

Marine Rescue Bermagui Unit Commander receives top award

Being named in the Queen's Birthday Honours List is one of the greatest professional and personal achievements of a lifetime for anyone. This year, Ms Caron Parfitt, Marine Rescue Bermagui Unit Commander, was awarded the Emergency Services Medal.

Since 1999, the Emergency Service Medal has been included in the Queen's Birthday Honours List to recognise distinguished service by members of emergency services involved in front line activities, management, training or education. This most distinguished award is designed to acknowledge and thank members for their ongoing commitment to their organisations and the community.

Caron Parfitt, who has served as a volunteer with Marine Rescue Bermagui since 2013, has brought a strong

background in boating and offshore sailing to the Unit and developed her knowledge and skills to become a Marine Rescue NSW Coxswain, enabling her to master our rescue vessel. In her role of Unit Commander, Caron engages with the local and wider community on a regular basis. During the 2019-20 bushfires, she kept the Unit operational for as long as possible to ensure operational readiness to assist in on-water evacuations and liaised with the Surf Club before finally being evacuated herself.

Only two other Marine Rescue volunteers – from Port Macquarie and Lake Macquarie – received Emergency Service Medals in the Queen's Birthday Honours List. They all deserve our gratitude for their ongoing dedication and selfless service to their Units, to

Marine Rescue NSW and to their local communities. Caron is hoping this award will inspire other women to join volunteer organisations like Marine Rescue.

Throughout her service, Caron has been held in high regard by the members of the Bermagui Unit and the local boating community. She has worked tirelessly to build the knowledge, experience and skill levels of Bermagui Marine Rescue members. She continues to display an enduring commitment to the Unit and safety on the water, as well as the welfare and support of her fellow volunteers. All the team at Bermagui are immensely proud of her achievements and look forward to serving with her for many more years.

Debbie Worgan

Marine Rescue Bermagui volunteer



Caron Parfitt, Marine Rescue Bermagui Unit Commander, on board rescue vessel BG30.

This edition of *The Triangle* may feel a bit lighter than our weightier spring and summer editions, as our contributors and readership shrink a little during the winter months. Festival season has long gone and the tourists may bypass the beaches for the snow. But that doesn't stop all the regular activities that we enjoy here in the Triangle area, as well as special events to look forward to. Like the Cobargo and Community Op Shop Ball on 16 July, the return of the *In Our Own Time* Playback Theatre Performance (COVID paused) in Quaama on 30 July and not forgetting the plethora of live music and galleries to explore. The invitations don't stop there – community updates and information can be found in articles and on the Fridge Door. And, importantly, there is an invitation in this edition to fill out a survey for a new

Access Centre in Cobargo – fill it in and have your say about the direction our community takes next.

Winter traditionally feels slower and a bit restricted but the work that is being done to fulfill the obligations of successful community grant applications has never been busier or more pressing than at present as the grants have time limits on their completion and there are immense economic pressures that have affected all budgets. This is the same for all building projects, from the large town rebuilds to people and families still living in inadequate portable housing. Save a thought for those who aren't warm and safe in their own homes. The question we can still ask of people we see – 'Are you ok?' – is as relevant now as when we first asked it after the fires.

Letters to the Editor

Time to bring Julian home

Editor,

Julian Assange has been punished enough for doing little more than exposing, at face, American war crimes.

It's time to get him home.

Jack Miller
Bermagui

Apology to Tony King

His article on page 6 in June 2022 about musicians adapting to survive COVID – we misprinted his contact details for photo restoration.

It's tonykris@bigpond.net.au

Editor

Marine Debris

Over many years, I've been collecting marine debris from my local beach and, more recently, pieces of cut-up waxed cardboard fishing-bait boxes have become a regular item.

In April, I collected 68 pieces, with another 43 in May.

The 'wax' is actually polyethylene, a plastic that can be toxic, so there is no way the box should be disposed of at sea. In addition, it is unsightly litter on our beaches.

Please do not toss any garbage off boats – it is marine debris that pollutes the ocean, before it becomes beach litter.

My monthly marine debris tally goes to the Australian Marine Debris Initiative Database, which has an aim of identifying the source of the garbage.

If you are responsible, or know who is, please stop polluting the ocean and our beaches.

Karen Joynes
Bermagui



Thumbs UP

To those 2% of residents who bend and pick up litter in public places. The Shire Council do a reasonable job, but without those one-in-fifty our Bermagui and environs would not look as presentable.

A big thanks to Ron Rankin and Norm Reed who cut the grass near the old golf course in Cobargo which is on Narira Trust land.

To the person or persons unknown who have continually broken into the Narira Sportsground building – vandalising and defacing a community asset. It's not cricket!

A huge thumbs up to the Bowerbird Op Shop for showcasing glamorous and glitzy outfits on sale for the upcoming

Ball. What a great selection and at such low prices. Where else can you dress up for \$10 or less?

To the Eurobodalla Shire Council for an imaginative response to the current severe homelessness crisis. Matt Hatcher, the Mayor, has written to the 8,000 non-resident ratepayers urging them to consider renting out their houses for the next one to two years while other longer-term solutions are nipped out. About a third of ESC houses are holiday houses.

Thumbs DOWN



To those who park facing the wrong direction in streets and on nature strips. Not only do these practices lower the tone of the neighbourhood but both are traffic offences. It can be put down to three factors: to some ignorance; but more to arrogance; and a lot to sheer exhibitionism.



Marine Debris includes cardboard fishing-bait boxes

Who does the work

The Editorial Committee

Linda Sang (President)
Stuart Absalom (Vice President)
Angela Marshall (Acting Secretary)
Bhagya (Treasurer)
Debbie Worgan
Georgina Adamson

Advertising

Book advertising space by first ringing 6493 8369 then 0407 047 404 or email advertise@thetriangle.org.au

Layout & Design

Bhagya & Debbie Worgan

Copy Editing:

 Angela Marshall

Accounts: Phone: 6493 8369

Email: treasurer@thetriangle.org.au

Post accounts to:

PO Box 293, Bermagui NSW 2546

Area Contacts:

Bermagui: Georgina Adamson

bermagui@thetriangle.org.au

Cobargo: June Tarlinton

cobargo@thetriangle.org.au

Quaama: Bhagya

quaama@thetriangle.org.au

Tilba: Stuart Absalom

tilba@thetriangle.org.au

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Quaama: The Quaama Store

Wallaga Lake: Merrimans Land Council

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to: contributions@thetriangle.org.au

Postal address: The Editors, *The Triangle*

PO Box 293 Bermagui NSW 2546

ABN: 75 182 655 270

The Triangle is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and Wandella). The committee

comprises volunteers who donate their

time and expertise for the benefit of

our readers. *The Triangle* is financially

self-sufficient through donations and

advertising income. Prompt payment of

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Celebrating Yuin culture on the South Coast



The inaugural Narooma Winter Night Markets Festival, to be held on Saturday 2 July, will be a huge celebration of Yuin culture on the South Coast, bringing together First Nations people and the wider community through story, song, dance, food, art and culture.

Sharon Mason, Artistic Director of the acclaimed Djaadjawan Dancers, who will be performing on the night, said that the festival is the first time that Yuin culture has been front and centre at such a major event.

‘While not an official NAIDOC event, the festival will be held at the start of NAIDOC Week which is a time of celebration with our people coming together all over Australia,’ she said. ‘In Narooma, it will be a chance to unite Indigenous and non-Indigenous people and we hope that through our presence and by sharing culture we can build more understanding of who we are and where we’re from. The festival will also bring great economic benefits to our Yuin artists and businesses who will be selling traditional art and crafts.’

‘Mostly we want everyone to have fun and get some enjoyment out of it. There will be great Yuin Nation entertainers who will be sharing Salt Water People legends through their music. Our Elders will be telling Yuin Dreaming stories in a special Elders Tent and then inviting and answering questions from the audience.’

‘I’m really excited that, after the Welcome to Country and Smoking Ceremonies, the all-female Djaadjawan Dancers and the Muladha Gamara Dancers men’s group will come together in collaboration for the first time. We will also be inviting members of the community to get up and join us in the dance.’

‘But I think my favourite part of the night will be the dog fashion show. Buddy, my schnauzer, will be entering in a traditional Yuin outfit!’

Tickets for the event cost \$25 for general entry, or \$95 for VIP tipi area that includes a package of luxury extras. Children will enjoy the event for free. Tickets are available now online at the Narooma Night Markets website.

What: Winter Night Markets Festival

When: 2 July, 4.30 p.m. to 9.30 p.m.

Where: NATA Oval, Narooma

Sharon Mason

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 cc lsang333@gmail.com.

Local communities invited to explore electricity microgrid opportunities

What is a microgrid and how might your community benefit most from installing one?

The Southcoast μ -grid Reliability Feasibility (S μ RF) group is currently asking residents, businesses and other groups in eight local communities how they could benefit most from various microgrid designs. A microgrid can be described as a small electricity grid that can operate as an independent system (with its own sites where power is produced and consumed) and/or be connected to the main grid. Benefits include backup power for community buildings and facilities, providing essential services during blackouts, sharing locally-produced energy and/or powering entire suburbs.

S μ RF is a joint research project funded by the federal government and combines forces from South Coast Health and Sustainability Alliance (SHASA), the Australian National University (ANU), Essential Energy and ZepBen (software development) to explore the feasibility of microgrids in regional contexts that face challenges in resilience from events such as bushfires, especially in the Eurobodalla Shire. The project will focus on eight different regions in the Eurobodalla Shire – Bodalla, Broulee, Central Tilba and Tilba Tilba (treated together), Congo, Mystery Bay, Nelligen, South Durras and Tuross Head. Consultation with these communities will begin later this year. Local community groups have been invited to participate and additional invitations will be in people's letterboxes in coming weeks. The goal of the project is to see whether grid-tied microgrids can truly meet people's needs and expectations. There is a lot of interest in the project in local communities.

A Central Tilba business operator believes a decentralised model such as the one SHASA is investigating, is imperative to the survival of regional areas. 'As a significant power user, we are

interested in being involved in regionally-based power solutions such as this, not only for the economic resilience of our business but for the economic resilience of regional communities in general. Solutions to power supply interruptions would encourage us to look at further expanding our business.'

A resident from Mystery Bay is interested in how microgrids can provide backup for the major power grid in case of emergencies. 'We also want to know if we can cut costs or connect to a local resource that is too small or unreliable for traditional grid use. We believe that a microgrid allows communities to be more energy independent and can be more environmentally friendly. These are important potential benefits to our community.'

Kathryn Maxwell, President of SHASA, said, 'Decentralising our energy systems makes sense to SHASA if we are to keep energy affordable for our community. Producing and consuming electricity locally will also have significant economic benefits in terms of employment and keeping the money local. Now that this project has a focus on these areas of the Eurobodalla, we can begin to understand what that energy system might look like from the communities' points of view.'

The selected sites all ranked highly in terms of vulnerability (e.g. high residential occupancy rates, lots of older people, people with disabilities, numerous critical loads) as well as having high rates of solar installations and at least one microgrid option that is relatively possible. The sites were selected through a consortium-wide process of quantitative and qualitative analysis and consultation with the Eurobodalla Shire Council.

For more information about this project contact Phil Shorten (0438217916) or via SHASA's website.

Phil Shorten



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U3A Updates



After a long period of learning on Zoom, our U3A classes returned to face-to-face mode last term. How wonderful to see old friends again and socialise as humans were meant to. Subjects were varied and conducted by both trusted and new presenters. Let me mention a few.

An escorted walk around Panboola Wetlands was supported by a Community Clubs Grant. If you've never visited this area, it's very worthwhile. It is the site of the original settlement of Pambula and the old streets lead you through the various habitats. The wetland's role in local plant and bird conservation is well underway with many projects planned for the future. Extensive landscaping and other earthworks have been implemented by volunteers.

Up our end of the coast, Barry shared his knowledge of local flora and fauna on a Bush and Birds walk around part of Corunna Lake. There are plans to visit the Kamasahila Tibetan Buddhist Centre in June.

Bruce presented updated research into the origins of Gulaga and helped us to understand the development of the volcanoes of eastern Australia with reference to our local landscapes around the ACT, Bermagui and the Monaro.

And, for those seeking advanced skills, Bronwyn provided courses in MS Word. Useful information as we write our stories and family histories (in our spare time).

There are plans afoot to collaborate with Sapphire Coast U3A on some presentations with perceived reciprocal benefits for members, presenters and both organisations.

Check out our website as Term 3 approaches for something different. Want a clue? They are a majestic sight as they migrate north. Something HUGE!! Remember if you have any thoughts about what you would like to see presented or if you wish to present something yourself please contact Jan Rivers 0409 901 672. See you next term.

Bev Holland

Are you OK?

As winter settles in, challenges with our emotional, mental and physical health can arise. The past two and a half years have been difficult for many of us here on the south coast and sometimes the inward-looking nature of wintertime can bring challenges to the surface.

Through regular, gentle bodywork, this time of year can be made easier. Bowen, reiki, massage and tapping have been shown to improve mood after as little as fifteen minutes and can support clients with stress, anxiety and depression.

The emotional benefits of bodywork begin with physical relaxation. From the moment you lie on the table, your body begins to cue your nervous system that you are now warm and safe and it can begin to relax. With calming scents, a warm room and gentle music playing, your heartbeat slows, your breathing deepens, your stress hormone levels begin to drop and the 'feel good' hormones are released. Your treatment continues to deepen

this relaxation response, bringing your awareness inward to your body, soothing your nervous system. Receiving regular Bowen, relaxation massage or reiki allows the treatments to build on each other so, at times, simply entering the treatment room can begin the cascade of positive emotions and biological responses. As our bodies and minds are inherently connected with each other, bodywork becomes a great complement to other therapies that work to heal emotional trauma and support an overall sense of wellbeing, such as psychology.

At the Barn we cater for everyone and you can find a treatment that suits your level of preferred touch and interaction with a practitioner. We invite you to look at our website, read our practitioners' bios and see what treatment inspires you to indulge in self-care this winter. Google The Barn, Cobargo to read more.

Melissa Pickering

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.

We warmly welcome to The Barn

Tum Karaket, Masseuse

Clinton McCulloch, Psychologist and Somatic Psychotherapist

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The Crossing Land Education Centre Bermagui Winter Calendar and a BLERF update - New Dates



The Crossing is a non-profit community organisation near Bermagui. We run community workshops that develop Landcare and Sustainable Design Leadership and host outdoor education programs for schools, youth, universities and adult groups. Bushfire preparedness and fire-retardant landscape design are key components of our work. Bookings essential for all events and programs.

In 2021, the Crossing was successful with a grant application made to the Bushfire Local Economic Recovery Fund (BLERF) that has allowed us to work on fire-proofing the built and natural environments around the Crossing. If

it's been a while since your last visit, expect to see some exciting changes! Thanks to BLERF, we are employing a crew of three young Aboriginal people to help support koala country recovery. The crew will be helping at the Crossing, assisting the Firesticks Alliance Indigenous Corporation, doing koala survey work in the bush, developing cultural knowledge and doing some TAFE units as well. If you see the crew while out in the bush, make sure you say hi!

FREE Adult and community workshops

Bookings on Eventbrite

- 3-4 September: Preparedness and Permaculture - Design for Fire. Run in conjunction with John Champagne from Brogo Permaculture Gardens. Limited places remain.
- 3 July, 21 August: Fire-retardant Design and Cool Burning Preparation
- 16 October, 5 November: Fire-retardant shelterbelts and refuges (take home ten fire-retardant trees with guards to plant at your place).

Other adult and community workshops book through The Crossing website

- 18 August: Our annual Heritage and heirloom fruit tree grafting workshop returns after a three (!) year hiatus. \$30 – learn all about grafting and take home a grafted root stock and scion to plant at home. Additional rootstocks (\$10 each) and scions (\$5 each) will be available to purchase on the day. Free for fire-affected people living in temporary accommodation (simply email josh@thecrossingland.org.au and advise us which relief/recovery centre your family accessed).

Camps for young people – book through The Crossing website

- 28-30 October: Landcare Wild (8-9 years old) – come along for an adventure, meet great new friends and get your hands dirty planting trees and in the garden. Free for fire-affected young people (simply email josh@thecrossingland.org.au and advise us which relief/recovery centre your family accessed).
- 5-7 July: Land Leaders is a free fire-recovery and leadership extension camp for senior secondary/early tertiary aged young people (Yr 10+). Share experiences of fire, look at how the bush is recovering and learn how the Crossing is preparing and designing for the future.
- 2-4 December: Landcare Adventure (Yrs 6-7) Come along for an adventure, meet great new friends, and get your hands dirty planting trees and in the garden. Free for fire-affected young people (simply email josh@thecrossingland.org.au and advise us which relief/recovery centre your family accessed).



Young people learning to plant and nurture at the Crossing Education centre

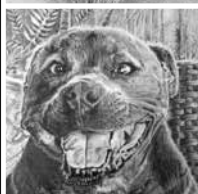
Dean and Annette Turner

Learn to Draw

Learn and apply all the principles of observational drawing in this four day beginners course by Donna Meyer.

Students will draw eight pictures of their own including a picture of their own pet, the human figure and a 'live' beach scene.

Anyone can draw. It is a teachable, learnable skill.
Sat/Sun, 13-14 and 27-28 August 10.30am-4.30pm
at Bermagui Hall.



0449 521 958 8podlearntodraw@gmail.com www.8podlearntodraw.com



**Australian
Men's Shed
Association**

Woodies seeking new members: all genders, abilities, ages (12+) welcome*!

Come along and make handy and beautiful things for home and friends, learn joinery and repair furniture.

The Woodies shed has a thicknesser, planer, router and jigs for dovetail joinery, table-, band- and drop-saws, lathes, dust extractors, some donated wood, tool sharpeners and all the hand tools you can think of.

Please express your interest in coming along on Saturdays on these FREE taster days coming up – 23 July from 12-3.00 pm and 20 August 12-3.00 pm. Numbers will be limited so book in through the events.humanitix website. We can open every Saturday at times that suit you if there is enough interest.

Otherwise, please drop in or contact us. Currently, Woodies is open every Monday and Wednesday from 9.00 am to 2.30 pm. We could stay open later if that suits people. We just need an experienced member who can close up the shed.

Please bring some eye and ear protection, and lunch or snacks. We have tea, coffee and biscuits.

Woodies membership is \$104 a year (or \$26 quarterly). Our shed is at 1346 Tarraganda Lane (the shed behind Tarraganda Hall and Fire Shed, two kilometres from Bega).

Contact: Sarah Davis 0497 612 791 or 6494 2992

Website: Look up the Bega District Woodcraft Association

*The Australian Men's Shed Association (AMSA) recognises that not all sheds are exclusively for men and that some sheds choose to call themselves Community Sheds as they may be open to female members.

Sarah Davis



Sarah Davis at the Woodies drop saw

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A Beer with Bazza

Along with the other old blokes around the open fire in the pub, Bazza shuffled over ever so slightly to make room for young Simon who said, 'By gee, you old blokes must be feeling the cold.'

There was the odd bone creak in the silent and passive competition for heat from the open fire. Mick, feigning nonchalance to the cold in shorts and thongs, steadied his shaking schooner with both hands and turned to Simon, 'Not really, young Simon. You need to toughen up a bit. It's nowhere near as cold as it used to get.'

There were nods of agreement and old Bill cleared his throat, 'When I was your age, Simon, we used to gather like this around the fridge with the door open to keep warm. Now, that was cold.'

There were a couple of chuckles and Mick's bald head was apparently trembling in agreement.

Old Bill sucked in a deep breath, 'That doesn't even rate with the cold down Gundagai way. You see there was this dog down there that used to piss on his owner's tuckerbox ...'

Simon's jaw dropped, 'Hang on, Bill. That's a tale about a dog being loyal and guarding his master's food. There's a statue and a song ...'

Old Bill cut him off with a shake

of his head. 'Nah, stay away from that Google thing, Simon. The real story is this bloody dog decided to piss on his owner's tuckerbox one night in mid-winter and a cold snap froze it in the act. It was so cold that the dog remained frozen like that all winter. Well, every dog owner in the district brought their mutts to witness it as a lesson. The arts community thought it was a mystery ice sculpture by some kind of nineteenth century Banksy-type



artist so it became a tourist attraction. Of course, come summer, they had to build a statue, change the story and make up a song to keep the tourists coming and save the good name of Gundagai ... but the point is – that's how cold it used to get.'

Timeless Tom's long sigh broke the pause. 'Ah, you are all a bit soft. Crikey, Simon, when I was your age we would call this spring weather. In '59 I was fencing for this bloke up the Clyde Mountain in the middle of winter. It got so cold his wife used to grow ice flowers. Anyhow, this bloke forgot all about me working one day and I had to spend the whole night in the far paddock. It was so cold that even the moon baulked at coming out. By nine o'clock, there were stalactites of ice on the barbed wire fence that I was trying to sleep under and that was before the real cold set in around midnight. By then you needed an icepick to blow your nose.'

Mick's knees knocked together and Simon let out a long, 'Bloody ... hell. How did you survive the night?'

Timeless Tom took a long sip and relished the short silence. 'Well, luckily, I had a spare cigarette paper I could use for a blanket.'

John Longhurst

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SATURDAY DINNER 5PM - LATE

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Judi Hearn: not a person who rehabilitates goldfields

It took Judi Hearn a few years to realise she was living in Bermagui. She and Bob were still on their cattle farm near Echuca on the Murray River when they bought the house in Bunga Street in 1989. At first, they'd head to Bermi for a couple of weeks at a time to give their sons, Jamie and Donald, some rein to run the property. Then it was a few weeks, and more often. By 1993, the farm was their sons', and they were living on the coast.

Judi had always been a historian at heart. In 1986 she'd done her BA, majoring in Australian History and Literature, and written *Galleries of Pink Galahs: A History of the Shire of Murray*. But when she looked around for a history of her new home town, there was nothing. A few years and a few trips to the State Archives later, she published *Bermagui by the Sea* (1996), which led to the launching of the Bermagui Historical Society.

Next, the Bermagui Big Game Anglers Club commissioned her to write *Big Game Fishing at Bermagui* (2000).

In researching Bermagui's history, Judi had heard of an abandoned goldfield on the road to Wallaga Lake. It had been mined for just three years in the 1880s before being exhausted of worthwhile finds but, at its peak, two thousand miners had camped there, families in tow, tiny leases cheek-by-jowl – there'd even been a school for the children. The shafts were still there.

Australia's only seaside goldfield? Intriguing enough, even without the mysterious disappearance of the government geological surveyor, Lamont Young, and four other men from a rowboat in 1880. In 2001, Judi published *Montreal Goldfield: 1880-1883* with the help of a grant from the Royal Australian Historical Society, presented by patron Hazel Hawke. 'That was a meeting I'll always remember,' says Judi.

In the meantime, she'd met local race-horse trainer Leone Creamer. Judi loved horses and had ridden extensively in her youth, and now she could ride again. A group of local horsewomen would go up to the Kosciuszko National Park for a week at a time to ride the old trails. 'Leone, as difficult as she was, would lend me a ride – I didn't need to own or feed a horse. My heart had always been in the high country. It was like a dream.'

Creamer had accomplished much in her career and Judi wanted to celebrate her racing life in a biography. In 2003, *Horse-sweat and Tears: Leone Creamer, Horse Trainer, 1966-1986* was published.

By the early 2000s, Bermagui's timber industry had died and the state government was buying up commercial fishing licenses. The town needed a new industry and the answer was clear – it was tourism. But, apart from some pristine beaches and game-fishing, what did Bermagui have? What made it unique? The Chamber of Commerce was playing with the idea of a giant sundial on Dickinson Point with a souvenir shop underneath, to add to the list of Australia's 'Big' things. Gladly, the idea was quashed quickly.

Could Montreal be the answer? 'I just felt that it was a good thing for the town,' says Judi. 'The Chamber was interested. Council came out and had a look – they hadn't even known it existed! Everything just seemed to fall into place.'

Montreal Goldfield also caught the attention of local farmer, Chris Franks. 'Chris came on board, and a great crew of volunteers. Grants were available. We put up the boardwalk in 2004 and tours started.' Bermagui had its very own unique tourist attraction.

'But it couldn't have been done without the enthusiasm and commitment of our team of volunteers. It's been a community-run project from the start.

'What keeps me there now is the creative side of things,' says Judi. 'There was the Soundscapes project last year. Now our local filmmaker Hiromi Matsuoka's making a full-length documentary for visitors unable to do the walking tour. We've got BioBlitz in September – a team of scientists and volunteers is going to spend two days documenting the flora and fauna of the Goldfield.'

By the time COVID hit, Montreal Goldfield was attracting 2500 visitors a year and had become one of Bermagui's premier attractions. Is Judi surprised at where she finds herself? 'Well, I'm certainly not a person who rehabilitates goldfields,' she laughs. 'It's presented an interesting challenge!'

In writing *Bermagui by the Sea*, Judi had opened the history with a poem. 'It happened quite naturally,' she says, wryly. 'I only realised later, when I tried writing more poetry, how easily that first one had come to me!' But she persevered and, in 2019, Ginninderra Press published her collection *Blowing in the Wind*.

Judi was awarded Bermagui Citizen of the Year in 2010, was nominated for BVSC Citizen of the Year in 2015 and received a BVSC Recognition of Community Service Medallion in 2017.

Jen Severn



Judi Hearn – historian, poet, author, goldfield rehabilitator

Solidity – Gulaga

**With timeless rubbed-down curves and
hidden folds of moss-encased ravines**

**she calls to me –
like coming home,
a refuge for my soul**

**her solid strength defies my weak resolve
and bids me stay,**

**while mystic mists hide shadows of her past
and at her feet blue music quiets my restless heart.**

I shall remain.

Judi Hearn

It seems like a breath of fresh air! The change in attitude, supported by the change in messaging, is almost palpable. Notwithstanding the many challenges our new Federal Government is facing, there is a renewed sense that the big issues of our times can be approached with careful consideration and a focus on what is achievable and with our best interests at the forefront. This suggests that there will be many more opportunities, at a community level, to be involved in actively shaping our future – not just in the short term, but with a firm view on the medium and long term. All Triangle communities have developed future-looking projects after being successful applicants for grants from bushfire recovery funds. These projects form a great foundation for participation in an unfolding future which promises so much. So, as the saying goes, let's seize the day. Even though winter tends to be a quieter time, local life continues as always with perhaps a moment here or there to reflect, enjoy and plan.

Historic Henkley

I first wrote about this historic Central Tilba farm in July, 2020. At that stage, its owners, brothers Richard and Les Stokes, were in the process of completing a small complex of new farmstay buildings, including a chapel. Now complete, the modern and fully equipped accommodation has been operating for over twelve months. Visiting two years later, there is much evidence of the careful development of both the accommodation and the adjacent original homestead and outbuildings – much hard work but very obviously a labour of love. The old post and rail fences have been reinstated – all the old fence timbers were stored in one of the farm sheds – and dry-stone walls from rocks collected on the property frame the extensive new and reinvigorated old gardens. There is a well-defined and signed farm walk, with fine views towards Gulaga in one direction and the ocean in the other, that ends on a high ridge, as well as a fully functioning tennis court. The many children who have stayed get a chance to pat friendly sheep and chase the chooks that wander freely around the grounds.

Richard and Les, although relative newcomers to the area, are passionate about the history of this original Tilba property and its place in contemporary times. Sharing is a frequently used word when they describe their accommodation – and is all encompassing: sharing history, sharing the landscape, sharing the peacefulness of the farm's environment, sharing part of their

property, sharing farm life, sharing their faith and creating a place for families to share time together. The chapel is an integral part of this as a retreat from the pressures of modern-day life or as a place to actively express faith. Recently consecrated by the Anglican Bishop of Canberra and Goulburn, the chapel is available for weddings. Information is available at <https://www.visittilba.com.au/tilba-accommodation>



Henkley Farm accommodation

A Tilba Thumbs Up

Sometimes, when things go wrong the real value of community is shown. It is really heartwarming, with a generosity of spirit that makes everything worthwhile. This recently from Sally Pryor:

I got a phone call this morning from Gary Whiffen saying a fella driving past from Dignams Creek had called him saying one of my vealers was out on the road. Whiff immediately called to see if I was home and alert me to the problem. As I was well and truly at work in Moruya by then, he said he'd go straight down. I then called neighbour Tony to see if he was home - he wasn't but offered to come back from Cobargo if he could be of any help.

I then thought I'd better get Whiff some back up and called Phil Shorten and explained the situation – he immediately said he'd pop down and help.

Within no time, the vealer was back with the herd and the

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herd moved to greener pastures a day earlier than planned.

I just want to thank all concerned, and especially Gary and Phil, for so readily giving up their time to help me out and prevent a potential accident. That is what community is all about and I feel very blessed to live in one such as this.

School Goals

Central Tilba Public School is certainly making its mark in regional sports. During the summer its relay swimming team did well at regional and state level. Now the soccer team is aiming for the State knockout. After its stunning 9–0 win against Taralga at Batesman Bay Public recently, the team will play the winners of the Wyndham/Delegate game in the regional knockout. Well done and good luck to the soccer team. Some highlights recounted by the participants ...

On Friday it was the day of the soccer knockout. I jumped out of bed and quickly got ready for a big day. I did the chickens, guinea pigs and had breaky. Then I hopped into the car to school. At school we got our T-shirts, socks and shorts, we were ready... Tinkabell

We went out and did a lap then we played a warm-up kicking game. The game was about to start so we went on the field and we got to choose which side we were going to play on and they kicked off ... Billie

When I got on the field, I was relieved and scared but I loved the excitement of the game. At half time we got lollies and mandarins. It was a nice energy snack. When we got on the field, I was very energised ... Dali

When I woke up on Friday, I jumped out of bed like a kangaroo... Then it was all rush, rush, rush ... we were leaving to Batemans Bay in a bit less than an hour, so we still had to move ... Molly

Soccer is a major focus for the school. Currently, all children are participating in a four-week Sporting Schools soccer program. The structured program includes fun games with skills and drills to support the development of fundamental soccer skills. The children are having a lot of fun and keeping active and warm in the chilly weather. It seems there is great potential for future ongoing regional sports!

Meanwhile, there is a lot of construction and refurbishment happening with concreters, painters, landscapers AND builders! The classrooms have never looked better.



School soccer team

The Hairy Concert returns

For ten years, from 2009 until 2019, Tilba's Hairy Concert had been an annual fixture on the Tilba Hall's fundraising calendar. Indeed hairy, this was a chance for established musicians and performers to strut their stuff, for emerging artists to show their talent and for anyone with a yearning to stand up in front of the local community and perform. Much loved, this concert has featured tap dancing, a ukulele group, the Central Tilba School drummers and much more. Originally started by Kay Ewin and for the past many years organised by Bev Long with the Halls Committee and MC-ed by Chrissie Montague, it has usually been late in the year. After a break of three years, its return is being badged as the Hairy Christmas in July Concert and will be held on Saturday, 30 July. With an earlier start at 5.30 pm in the Small Hall, the concert will run until 7.30 when it will move to the Big Hall where the Halls Committee will serve supper and the live music will continue. Bev is keen to encourage new musicians from the Tilba area to take part and plans to introduce more comedy this time round.

Not to be missed and here are the details:

Tilba Hairy Christmas in July Concert

Saturday 30 July

5.30 to 7.30 in the Small Hall

7.30 onwards in the Big Hall

for supper and music including a singalong

BYO drinks

Entry – adult \$15, children \$5, supper \$15

Information and enquiries,

Bev Long, 0419 285 960

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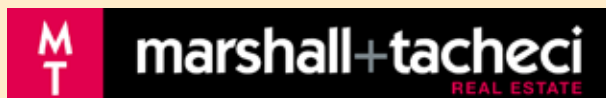
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Tilba CWA's Vintage Garden Party tickets selling fast!

Tilba CWA's Vintage Garden Party will be held on Saturday 10 September 2022 from 11 am to 3 pm at Mountain View Farm, Tilba Tilba. Vintage dress is encouraged with prizes for the best dressed.

The event will begin with an Opening Ceremony celebrating the life of Mrs H.J. (Elsie) Bate who was the President of Tilba District CWA for thirty-five years from 1934 to 1970. During this time, Elsie lived at Mountain View Farm, with her husband Mr H.J. (Harry) Bate where they ran a dairy. Elsie hosted garden parties for visiting dignitaries, the Red Cross and CWA fundraising at Mountain View Farm.

The Opening Ceremony will include a Welcome to Country by Ms Lynne Thomas, a Yuin-Biripi cultural knowledge holder, whose family lived and worked with the Bate family on Mountain View Farm for many years.

Our Vintage Garden Party is a ticketed event with a variety of activities to select and enjoy. There will be three sittings of high tea at 11.30 am, 12.45 pm and 2.00 pm. High tea tickets are \$35 per person with guests enjoying tea or coffee, scones with jam and, of course, Tilba cream, a variety of fresh sandwiches, hot food and homemade sweets.

Guests are also welcome to select a wine and cheese tasting with tickets at \$20 per person.

Wine and cheese tasting times are 12 noon, 12.30 pm, 1.00 pm and 2.00 pm.

For those who would like to enjoy the other activities at Mountain View Farm, entry is only \$5 per person or \$10 per family. New Tilba CWA member and current owner of Mountain View Farm, Kathryn Ratcliffe, has replanted her paddock of paper daisies this year to celebrate CWA of NSW's centenary. While you're enjoying the scenic sites and garden of Mountain View Farm, you can listen to *Stitch*, the band, playing their cool Tilba vibes.

At our Vintage Garden Party, we will have craft, cakes, drinks and other stalls for you to visit. You could play games including croquet, bocce, giant Jenga, table tennis and more. There will be a chocolate wheel, raffles, lucky door prizes and a scavenger hunt for the kids.

Car parking is available at Tilba Tilba Oval with a shuttle

transport past La Galette and Tilba Nursery Garden Centre onto scenic Mountain View Farm at the base of Gulaga. It's also a pleasant 450 m walk from the oval to the farm.

Please note this is a smoke free and dog free outdoor event.

If you would like to purchase tickets please contact Helen Thomson, Tilba CWA's Treasurer on mobile 0407 100 710 or email cwatreasurytilba@gmail.com

Teresa Stubbings, President, Tilba CWA



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Sat 9 July	Val Moogz aka Hannah Matysek
Sun 10 July	Totem
Sat 16 July	Sons of Atticus
Sun 17 July	Two Dogs Plucking
Sat 23 July	ChangoTRee
Sun 24 July	Tony Jagers
Sat 30 July	Moondog
Sat 30 July	5pm Stand Up Comedy
Sun 31 July	Roddy Reason
Sun 31 July	5pm Tall Shaun & the Resolution Blues special guest, Genevieve Chadwick

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

Fireweed – still a problem for the South Coast

Fireweed is a significant problem for Far South Coast areas in New South Wales despite many attempts to tackle it. Noel Watson, President of the Bega Valley Fireweed Association, told a forum at Central Tilba last month that, despite many years tackling the problem weed, it remains an issue for property health in local shires.

The forum was jointly promoted by the Tilba Environment Landcarers (TEL) and the Bega Valley Fireweed Association and run by Dr John Virtue of Wild Matters Pty Ltd and Dr Ben Gooden, Senior Research Scientist and Team Leader Temperate Invasive Plants, CSIRO. Paul Martin, the Invasive Species Coordinator at Eurobodalla Shire Council also spoke.

TEL President Geoff Pryor said, 'Fireweed has been a significant infestation problem for farmers and property owners alike. The May forum provided an opportunity for all those who are interested to learn and exchange views on current practices being implemented to remove or reduce fireweed – which is a Weed of National Significance.'

Dr Virtue presented new scientific knowledge on fireweed and its management, as part of work to develop a new national best practice manual. The Commonwealth Department of

Agriculture, Water and the Environment is funding a number of fireweed-related projects, including the manual's preparation by Wild Matters Pty Ltd and CSIRO research into potential biological control agents.

The forum heard first-hand from property owners about strategies they are using to deal with fireweed, ranging from hand-picking and disposal, spraying, use of sheep and goats and a novel composting idea.

Dr Virtue said, 'Valuable practical information was provided for developing the best practice manual as a resource for landowners such as producers, rural residential and park managers, as well as advisors like weeds officers and agronomists.'

Dr Gooden, funded by the Department of Agriculture, Water and Environment, is researching biological control methods to control fireweed. He told forum attendees, 'Our research on the safety of the weevil from South Africa is progressing well, but there remains a way to go before we fully understand its suitability as a potential fireweed biocontrol agent.'

For further details contact Geoff Pryor on 0428 930 196

Geoff Pryor



Attendees at the Fireweed Forum

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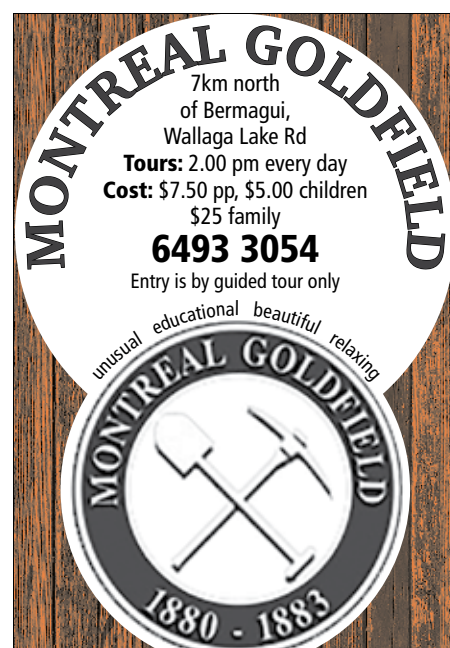
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Putting a weed to advantage

There is something constructive you can do with fireweed – compost it!

At the recent Tilba Environmental Landcarers Fireweed Forum, compost expert, Gerry Gillespie, outlined an effective way to go about it. Jenny and Lindsay Gabriel from Narooma who have tried it on their property then gave a short

overview and circulated photos showing what they have done.

They said that hot composting their collected fireweed was a huge success. After about twelve weeks, they have a large healthy pile of compost and not a single germinating fireweed seed where it was situated.

A bonus is that the pile of compost was built on an erosion zone – now the clay is good chocolate soil. The proposal is now to put straw bales as swales down a hill with compost between to convert more erosion to green paddock.

Geoff Pryor

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Hot composting fireweed



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Community Services & Activities Survey

Cobargo Community Access Centre Inc

Dear Community Member,

The former Cobargo Bushfire Relief Centre has become Cobargo Community Access Centre.

We are eager to further build on our strong relationship with service providers to benefit everyone in our community. To enable us to better support YOU, we would love to hear about your ideas and needs.

Please Tick ✓ your answers below:

- # People in your household: ☐ 1 ☐ 2 ☐ 3 - 5 ☐ More than 5
- Ages of people in your household: ☐ Under 5 ☐ 5-15 ☐ 16-25 ☐ 26-50
☐ 51-70 ☐ Over 70
- Km from Cobargo village: ☐ In town ☐ 5-10km ☐ 10-20km ☐ More than 20km
- Own transport: ☐ Yes ☐ No
- Communication preference: ☐ Postal ☐ Phone/ Text ☐ Email ☐ In Person
- Social media: ☐ Facebook ☐ Instagram ☐ Do not use it

Are there services or community activities you or others in your household need, but are unable to access in Cobargo?

Yes / No

Service Provider	Access Challenges (e.g.: money, time, child minding)

Which services or community activities would you like to be more accessible in Cobargo?

Please Tick ✓ your answers below (you can choose more than one):

- Arts/Craft/Music/Hobby classes (All ages)
Administration (E.g., Photocopying, Scanning, Grant writing, Hot desk etc)
Employment and Skills Training (Kids Homework Club, Literacy, Computer Skills, Industry Tickets)
Social Services (Oz Harvest, Mental Health, Legal Aid, Aged Care, NDIS etc)
Government Services (Centrelink, Service NSW, Primary Industries etc)
Social Interaction and Engagement (Morning Teas, BBQs etc)
Other Suggestions _____

Would you use a Community Access Centre in Cobargo? Yes / No

If no, why wouldn't you use it? _____

Any further suggestions? _____

*****All responses are confidential*****

Please return by FRIDAY 8 JULY to the collection boxes at

Cobargo Co-op, The Shake-up Café, Cobargo Chemist or the Relief Centre/Access Centre Cottage.



Winter is truly upon us bringing icy blasts from the snow, still frigid nights and even colder early mornings. There have been glorious sunny days to enjoy and, if we are fortunate, some of us can enjoy the comfort of a warm house with heating. This will be the third winter since the fires and I am mindful of the disparity of living conditions in which our fellow community members live. Through the randomness of fate, lives and properties were lost in the fires. Lives were also drastically and irretrievably altered. It's hard to ignore the empty spaces in our main street, but it's easier to forget there are many individuals and families who are still living in motley collections of sheds, pods and containers.

It's the elephant in the room that not many want to dwell on. Some of our fellow residents do not want to sound like they are complaining, they can always think there is someone worse off than them, maybe they did not jump fast enough in the right direction or backed the wrong horse ... two and a half years and three winters later some are still in limbo, waiting for glacial DAs from the Council, not being able to secure a builder, watching the economy erode insurance payouts and savings, and, added to all that, there is the rising cost of everything.

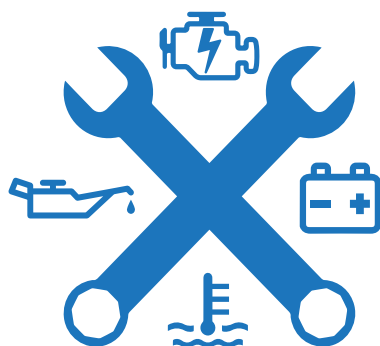
Life goes on, but it's so much tougher without a place to call home. Then there is the almost impossible challenge of finding a place to rent at an affordable cost, rentals are scarce as hen's teeth around here (and they say it used to be cheap compared to Bermagui), let alone buy. I wonder when inflation will slow this growth in the price of housing down. To build again or repair – some have done it already and there are others who haven't even started yet. Not for lack of trying. A herculean task at any level but having to contend with the virus and its ripple effects as well – even in small town Cobargo we feel the echo of world events. Scarcity and higher prices can be seen on supermarket shelves.

As I move through Cobargo it's not all gloom and doom – as I said, life goes on and some of the wheels are moving inexorably towards stated goals. Sometimes I have a morning cup of tea on the veranda behind Shake it Up Café and have watched with interest the establishment of the new business hub in the Cobargo Co-op precinct. Six new spaces almost ready to be tenanted. I can't wait to see who's going in there. Last Saturday, I attended a community event to introduce the latest design concepts from the architects commissioned by the CCDC (Rebuild Cobargo). I was buoyed

by the presentation of Ashley Dunn, one of the head architects at Dunn & Hilliam Architects. In layman's terms, he outlined the main features of the design concept: the acknowledgement of the town's historical features, the 'small' nature of the buildings, interesting and sympathetic roof lines, more flow-through areas that connect to the back streets or behind properties that can be used by the public. At the end of the presentation and Q&A session, the architects displayed a model of the proposed rebuild as a surprise. The energy of the presentation felt positive, it really felt like we will be getting our town back in the not-too-distant future. It's a future I want to be part of.



The new Murrabrine Bridge works, the old wooden bridge has been removed Photo: Louise Brown



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The rejuvenation of Cobargo's RSL Memorial Hall

Over the last two years, the RSL Cobargo Sub-Branch has been working towards the reopening of the Hall for the use of the community. This has been a very intense and interesting journey. The Hall has had to be brought up to modern-day standards for safety with a view to fire regulations, food preparation facilities, an electricity upgrade, disabled access and toilets. At times, the job seemed overwhelming but then Rachel Lacy, a representative from PPG (Taubmans Paints), came along and introduced us to the Australian Institute of Architects and, in turn, to Nigel Dickson of Dickson Rothschild Architects. This has all meant that the job has taken a massive step forward and we are in the process of getting things under way.

The Cobargo Sub-Branch would like to invite those interested to join us at the Hall on Saturday 23 July at 10.30 am with some of the key people involved in this project. There will be time set aside for a question and answer session after the presentation, followed by a cup of tea and a sausage sandwich. We look forward to seeing you there.

Glen Morrison, President, RSL Cobargo sub-Branch



The RSL Hall with the pole that Naomi Lewis painted for this year's Anzac Day

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Cobargo District Museum

The Cobargo District Museum has been fortunate to be given a copy of a photo that we believe was taken in 1931. Thanks to Bruce Williamson for passing it on. Originally, this photo was given to Bruce by the late Roy Gannon who was Bruce's uncle. Dear Roy always had a story to share with those who listened.

We believe this photo is of the Dry River Football Club. Don't you just love the attire? So, are there any people in our community able to identify any of the players? We would love to hear from you so please either call in at the museum on Saturdays or contact me via email at cobargodm@outlook.com or call me on 0422 377 278.

Please remember we are always looking for stories and photos – as well as volunteers to join our organisation.

Vicky Hoyer
Cobargo District Museum



Photo of the Dry River Football Club (we think!)

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



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How can we help you?

The Cobargo Community Access Centre (formerly Cobargo Bushfire Relief Centre) is conducting a survey of residents of the Triangle area to determine what services and activities are needed in the area.

There are a number of service providers doing great work in the region, but due to difficulties with access, travel, lack of internet access and other issues, there are some people missing out on much-needed help.

We would love to know what you need. The survey on page 15 of this month's *Triangle* will help us to map where the gaps are, how we can help fill those gaps and create pathways to services that community members need.

The Cobargo Bushfire Relief Centre developed strong links with existing service providers and we aim to expand on those networks to ensure that all members of the community are engaged and receive any assistance they require.

We also have open and ongoing communication with NSW Health, the Women's Resource Centre, Headspace and other organisations that help community members in times of need.

As well as providing some services

on site, The Access Centre will provide advocacy to other services. There will be more community engagement offerings, such as seniors' gatherings, art and craft groups, a homework club for young people, computer access and training, access to legal services, counselling services and employment service providers – all in the one location.

What we provide will largely be determined by what the community wants and needs.

So, snip out the Community Services & Activities Survey on page 15 of *The Triangle*, fill it in and drop it into a Survey Returns box at the Cobargo Co-op, the Cobargo Chemist, the Shake-Up Café or the Access Centre/Relief Centre cottage.

Help us to help you!

Chris Walters

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Cobargo Public School update

Over the past month, the students have been busy with additional curricular experiences to provide them with a range of opportunities beyond the classroom. Year 6 reporters Iris, Milla and Danielle were on the case to update you with recent events at the school:

Tennis – Iris

Throughout the past term a professional tennis coach, Mr Geordie McEvoy, has been delivering tennis sessions to all students at Cobargo Public School. As such, we have been learning new skills and developing our techniques. The children have been incredibly receptive and absolutely enthused with these enjoyable lessons which have been delivered to all students from Kindergarten to Year 6. We have had so much fun being taught by a professional coach, we have all cherished these lessons and are very grateful for this opportunity.



Tennis fun

Local Elder, poet and artist visit the school – Milla

This term Cobargo Public School was honoured to welcome poet, Nicole, and artist, Bonny, to our school to produce wonderful murals to be displayed around the school. Bonny helped us make water-based art by channelling our creativity, teaching us not to over-think what we produce and just go with the flow. To complement this, Nicole helped us write awesome poems using high frequency vocabulary to be placed over the art we created. Every student participated in this event and has ownership of the murals that will be posted around the school. This visit was an awesome experience and will add an extra splash of colour to our school.

Year 5/6 residential art excursion – Danielle

Earlier this term, Years 5 and 6 Cobargo Public School students set off on a three-day journey to Bundanon, an art retreat in the Southern Highlands. We started our experience by meeting the lovely staff members Kat and Sam who took us on



Excursion to Bundanon

a tour around the grounds followed by a walk around the Arthur Boyd Museum. Our first art works were displayed on the wall in the room that we stayed in as a visual display welcoming us to Bundanon. Caterers provided us with breakfast, lunch, dinner and afternoon tea and the students agreed that the food was amazing, especially the dessert! On the second day, we recreated a collage made by Izabela Pluta using only old and new photos. After we finished our collages, we returned to the museum to watch a video of a dancer, Jo Lloyd, for inspiration for our next masterpiece. We drew her movements and swapped our drafts with someone else. Layering other student's chalk lines onto our own resulted in fluid and flowing chalk pastel boards which are now displayed in the school's reception area. For our last artwork, we ventured out to sketch the magnificent scenery with graffiti before getting back on the bus to return to Cobargo. The residential was a fantastic experience. It was tiring but we all agreed we had an amazing time.



Inspired painting

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The Cobargo Bushfire Resilience Centre invites you to attend the public information and engagement afternoon

The event will provide an update on both the BLER funded construction project for the Cobargo Bushfire Resilience Centre (70-72 Princes Hwy, Cobargo) and the BCRRF Oral History project undertaken in partnership with the National Library of Australia

Cobargo Bushfire Resilience Centre committee members will provide both background information and an overview of numerous CBRC projects currently being undertaken and institutional partnerships being pursued.

Project Architects - TAKT Studio - will formally present updated plans and models of the Centre.

Also in attendance will be project manager - Public Works Advisory - and representatives from Regional NSW to answer any questions from the community.

This is an important event – representing the culmination of 29 months of quiet work undertaken by CBRC committee members and project stakeholders on behalf of the community and it's also the beginning of a new chapter in Cobargo's history.



1.30 - 3.30pm - July 2, 2022
Cobargo School of Arts Hall,
Bermagui Rd, Cobargo
Hope to see you there.

Rhonda Ayliffe

An angel takes flight at CWA

At the June meeting, we welcomed Alan and Vicky Thorogood who came to promote Angel Flight. Alan is a pilot who volunteers his plane and time to transport regional patients to hospital for ongoing treatment. Started in 2003, Angel Flight is a charity that coordinates non-emergency flights for financially and medically needy people. All flights are free and involve passengers travelling to or from medical facilities anywhere in Australia. Requests for these flights come from doctors, hospitals and other specialists.

Alan and Vicky live in Bilpin in the Blue Mountains and flew from Richmond into Frogs Hollow to come to our meeting. They emphasised that they are not an alternative to the Flying Doctor Service as they do not carry medical staff. They were anxious to raise awareness, particularly among the medical profession in the area. We thoroughly enjoyed their visit, and were impressed by someone devoting his time, expertise and plane to assist others.

Alan recounted stories of some of the people he had transported. For example, a young lad from Nyngan who needed ongoing treatment monthly in Sydney. The lad and his mother were collected from Nyngan, flown to Bankstown airport, picked up by car by Earth Angels and transported to Westmead Hospital. A few hours later the journey was reversed and mother and son were delivered safely back to Nyngan having avoided a horrendously long road trip to Sydney and back which would have been a big burden for the family. How fortunate we are to have this organisation and the wonderful volunteers who give so much.

There is no doubt that at CWA we continue to learn new things at every meeting. Earlier in the meeting we discussed the Uluru Statement from the Heart which broadened our knowledge of that issue. This was followed by an update on the arrangements for the Op Shop Ball. We certainly cover a wide variety of concepts at CWA.

Everything is moving along for the Ball with bookings coming in at a steady pace, so if you want to attend this notable event, celebrating eighty years of CWA in Cobargo and a hundred years of CWA in NSW, please ring or email Lyn Lawson on 0411 432 533 or cwa.cobargo@gmail.com

It is being held at the Cobargo School of Arts on 16 July. Tickets are \$10 and you can book a table of eight for \$80. An evening of fun, laughter and dancing is promised. Live music will be provided by Kitty Kat and the Band of Thieves. See you there!

Mary Williams

Cobargo Country Pick
12-14 Aug 2022



Crow Mountain



Bluegrass, Old Time
Acoustic Music Event

Jamming and performances all weekend.

www.cobargocountrypick.org

Enquiries : 0423092725



Alan and Vicky Thorogood of Angel Flight

REBUILD COBARGO Project –

Successful meeting on Saturday 18 June 2022 at the Cobargo School of Arts Hall

Thanks to everyone who attended the REBUILD COBARGO Community Consultation on 18 June! It was great to see you there!

The meeting provided an opportunity for the community to view the most current version of the concept designs for the project and several community members commented positively that their comments on the previous designs had been considered and incorporated.

The opening presentation by lead architect, Ashley Dunn, provided a comprehensive walk through of the updated designs and, importantly, a recap of the guiding design principles of the REBUILD COBARGO Project. It also covered how these design principles were reflected in the evolving design and how the new elements were incorporated from community feedback.

The presentation included a computer animation visual of the new buildings, to illustrate the approximate shape and size of the new buildings and how they will sit in the main street. Although this lacked some fine detail, it was valuable in providing a view of how foot traffic may enter from the street, the size of the courtyards and plaza of the 'village square project', and height of the buildings.

After the following Q&A session, the moderator and

CCDC Board member, June Tarlinton, commented, 'The nature of the questions and issues raised showed how the community appreciation of the REBUILD COBARGO Project designs had matured. The clarifications and explanations sought indicated the acceptance of the overall project design and an understanding that the next step was the Development Application with Bega Valley Shire Council.'

Several questions were asked about REBUILD COBARGO Project time frames and CCDC Ltd spokesperson John Walters stated that, while there were several matters relating to timings that were outside of CCDC Ltd control, the target date for completion remains June 2024.

Identifying potential builders would begin at the start of the Development Application process in the next month or so.

Ashley Dunn indicated that there were still more details about materials to be used on building facades, colour schemes and the shape and size of windows and the like and this would be further considered as part of the Development Application process in conjunction with Bega Valley Shire Council.

For more information on the REBUILD COBARGO project and community consultations, including the video of the last community presentation, visit the CCDC website.

Steve Williams and Jess Evans



Model presented to the community Photo credit: Geoff Steele

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.

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Postcards, #2 - Park City

The second part of my Journey to America is Park City, Utah, located in the Wasatch mountains that rise steeply from the flat plains of Salt Lake City. This is where my son resides with his family and runs two restaurants with his partner.

I asked Nick when he first went there to describe it and he used words to the effect – a giant version of Tilba, which is pretty accurate. Originally a silver mining town, the steep Main Street is lined with original timber shop fronts and homes, many of which are heritage listed. There are many remnants of its history in and around the area. In the late sixties, when the mining boom finished, the town was

largely deserted until some smart people realised its potential as a ski area with perfect light powder snow making it an ideal alpine resort.

It came to fame when the 2002 Winter Olympics were held there and the rest is, as they say, history.

Robert Redford built Jeremy Ranch, the home of the original Sundance Film Festival, that later moved to Park City and has been a yearly fixture there ... that is until COVID. The summer season is also popular, with a vast range of sports available – bike riding, kayaking, hiking, climbing, fly fishing – as well as cultural activities, such as art, food and music, attracting people from all over the world to enjoy the summer mountain

season and beautiful landscape.

But, like many tourist areas, it shares a common problem with the south coast – housing for the people who live and work in the hospitality industry, with real estate at a premium and expensive. There is an ongoing fight to limit the number of short-term rentals and efforts are being made to deal with this issue by building affordable housing.

Next month I will be reporting back from the south coast, *speriamo* (hopefully), and glad to be home. The rare, endangered, white-masked bird will be heading homeward to the quieter shores of the far south coast to hunker down for the quieter and cooler winter months.



Our intrepid correspondent, Georgie Adamson



Park City streetscape



A walk in the countryside

Gardin Yarnin' with Cheryl and Dan

As part of Seniors Week, two delightful weaving workshops with Yuin artist, Cheryl Davison, were held at Moodji Farm in Bermagui. The women and men attending appreciated her sharing of weaving knowledge and demonstration of techniques. On the same days, Cheryl held separate workshops for the preschool children. They made string from natural fibre to be used as wicks for solstice lanterns, wove raffia spirals and were treated to stories and songs with elements of local Indigenous language.

Earlier in the day, the organiser, Dan Bakker, had a hands-on demonstration of the lasagne gardening method. The events were funded by NSW Seniors Festival Grant, Create NSW and the Foundation for Rural and Regional Renewal.

Leila McClelland



Attendees listening as Cheryl teaches in the covered area

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Bermagui and District CWA

An aspect of CWA we would like to feature this month is the CWA of NSW Disaster Relief Fund. The fund was set up to assist recovery efforts following drought, bushfire and floods. The Fund Committee recently approved an amount of \$500,000 be made available to support flood recovery efforts across the State. Every branch that raises money for local use, contributes the same dollar amount to the Disaster Relief Fund, in this way branches state-wide are able to support districts experiencing hardship.

Many readers may be aware that the Bermagui and District Branch of the CWA is fortunate to have the Seaside Cottage adjacent to their meeting rooms in Corunna Street. The cottage is available for holiday rental and is very popular with our CWA country cousins to take a seaside vacation. One such visitor who has been visiting Bermi since her childhood and staying at the cottage for the last couple of decades is Pam Allen (née Yea). Pam popped into a recent meeting to donate a book to us that she wrote about her father, Gordon Yea, a sprinter and Aussie Rules legend. The memoir features family holidays in Bermagui back in the 1960s. Pam also brought along an oil painting that she commissioned local artist Lyndal Jenkins to paint. The oil on canvas features the family Holden and caravan against the backdrop of Bermagui. In the foreground is Pam as a youngster. The nostalgic painting was very popular with our members.

The next meeting will be at 1.00 pm on Friday 1 July in the meeting rooms, Corunna Street, Bermagui. All welcome.

Chris Richard-Preston, Publicity Officer



Pam Allen shows the painting depicting childhood holidays to Bermagui in the 1960s

Harry Black's orchard ... for those who remember

As we age we get sentimental about the way things were but, as we know, change is inevitable and we are left with our memories. Recently I was reminded of Harry Black's orchard at Fairhaven Point that produced some most unusual fruit, many from tropical areas, not usually grown in this area. Harry had a scientific background, an inventive mind and, on this protected piece of ground, he set up an automatic irrigation system and used natural fertilisers to produce around sixty diverse types of fruit.

I was a very happy recipient, who

received and used the 'fruits of his labour' at the Le Wharf Cafe and it was a treat to showcase some of this rare produce on the menu including white sapote, a variety of guavas, custard apple and babacos just to name a few.

Sadly, the orchard was abandoned when Harry passed and his land was sold and I hear the remains are to be demolished to make way for a housing development.

Harry was an intriguing character and he and his orchard were really ahead of their time in terms of local food production.

In writing this small piece, I unearthed a most interesting book called *Capital Taste* that was '... the first ever culinary guide to Canberra' written by Mary Brander in 1997. It is an interesting read, comprehensive, very well produced and features a wonderful cover of a Margaret Preston *Still Life*, 1927. Harry Black features in this book under south coast producers. If anyone has a copy of this book, I would love to acquire, or at least borrow, it. Please contact me at *The Triangle*.

Georgina Adamson

Seniors Rights talks at Bermagui Library

Bega Valley Shire Libraries is hosting a series of information sessions run by the Seniors Rights Service NSW to assist senior members of the community to make empowered decisions about their future.

Want to know more about your aged care options? Want help with planning ahead and what your rights are? Everyone is welcome to come along to meet Penny, our local Senior Rights Service advocate, who will be discussing 'My Aged Care service and what SRS Advocacy is'.

The sessions will run monthly and are free to attend. The first two sessions are coming up in July and August.

My Aged Care Services and SRS Advocacy

Wednesday, 21 July, 12:30 pm

Advance Care Directives and how to

complete them

Wednesday, 18 August, 12.30 pm

Bermagui Library and Community Centre, 3-5 Bunga St, Bermagui.

Book online at begavalleyshirelibrary.eventbrite.com.au or phone the library on 6499 2411

Vanita Wahl



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On a beautiful day in June, just ahead of the winter solstice, the QPA put on its first Quaama Fair in what seems like an eternity. First, the fires upended our lives, then COVID kept us apart, so they've been a thing of the past until now. And as though it has been building up during all that time, it burst forth in a truly engaging and fun day.

Brilliant minds invited Philippe Ravenel of Galba Forge to come along, so leaves were being hammered out the front for the commemorative community tree. It is being erected to remember the fires and if you haven't booked a place yet to make your own leaf, you really should do it. The experience is educational as well as fun and perhaps cathartic too! And the tree with everyone's named leaves should be a beautiful sculptural memorial of what we lived through. Something for the future, to teach kids who will have no memories of it themselves about that time.



Letitia Carrol made her leaf for the commemorative community tree while wearing a Yoda hat she bought at the fair. Photo: Marie-Claude Ravenel

All around the hall were stalls. Lots of them! All sorts of things were being sold and that ring of marquees made a colourful atmosphere for the crowds of people milling about. There were jugglers too who were sharing their expertise. Our kids enjoyed learning that useful party trick. Basketboy returned to entertain everyone. I caught him weaving baskets while atop his absurdly high unicycle. He put on a weaving workshop too so others could learn that skill (but not while on top of a unicycle ... at least not yet!).



Basketboy, Matt Nettheim, led a basket-making workshop at the fair with great results Photo: Matt Nettheim



Quaama's winter fair was a lovely day for all ages Photo: Matt Nettheim

The Men's Shed put on a great sausage sizzle and eventually ran out of snags! They were very pleased to get so much support. More food was coming out of the supper room and there was a van selling spiralised potatoes fried on a skewer that looked too good for my waist. The P&C had a pancake stall and the coffee van was packed with happy sippers. Our own Quaama Community Coffee Van really does make an excellent coffee.



Quaama locals, Alicia Abbott and Murdo, performed with their band Fractured Minds

It's so great to see our town alive again and with such a joyful, celebratory atmosphere. Thanks to the QPA and all contributors for keeping the flame alive and putting on such a terrific event.

But wait! There was more! The fair wound down and the fire pits were lit. Good dance music tracks then started to play and the Solstice Soirée began. Fractured Minds soon took to the stage so we could rock out to original live music. They're a great local band featuring two of Quaama's own. There was free food out of the foyer too. People danced until they were sore! It was a perfect end to a wonderful day.



FAREWELL FRIEDA

Many of you may remember how fearful she was when she arrived in Quaama years ago. Her transformation was inspiring. She became the sweetest friend and a loving, funny and joyful companion to bhagya.

News from Far South Film Society

If you are interested in any aspect of film you should check out the Far South Film site. The following is an extract from their latest newsletter:

Films to be screened at the third Far South Film Festival 2022 announced

The quality of entries this year is better than ever, with seven youth entries – three from New South Wales, two from Tasmania and two from Western Australia and open entries from regional filmmakers in New South Wales, Victoria, Western Australia, Queensland and the ACT.

The Film Festival will be held live in Merimbula from 19-21 August and online Australia-wide from 20-31 August.

We hope our members and followers will join us for the launch party on Friday 19 August at Twyford Hall. Tickets for the Festival and opening night will be on sale in July. We are looking forward to a jam-packed Festival with special guests from the film industry on discussion panels, Q&As with finalists, great films and the Gala Awards Ceremony on Sunday afternoon.

Free kids' drama workshop School holidays, mid-week

10.30 am – 12.30 pm, 5 and 6 July and repeated on 12 and 13 July. **Bookings essential.**

Ages: Four years to teenagers. Children under eight years old accompanied by an adult.

All welcome to join in. Cobargo School of Arts
Bookings: Phone Robyn Freedman 0410 525 968

Far South Film Writers' Group

The Far South Film Writers Group meets on the third Monday of each month. Come join us with your ideas or scripts to discuss, develop, and get support and advice from other writers. Email us at info@farsouthfilm.org.au

Membership

It's the month memberships fall due again. If you renew this month you get the benefits of membership for a full twelve months. If you are not already a member, now is the best time to join up to get a full year of benefits, including discounts for the Far South Film Festival, for workshops and other events held by Far South Film as well as exclusive activities for members, like the Writers Group. Look up our website by googling Far South

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U3A Bermagui & District Inc



U3A offers classes taught by local members for members. Membership is available to the whole community. We continue to offer face to face classes and these are subject to COVID restrictions. It is essential to check our website for cancellation notices.

TERM 3 CLASS ENROLMENT IS ONLINE
OPEN FROM WEDNESDAY 20 JULY 2022
VISIT www.u3abermagui.com.au
OR SEARCH "U3A Bermagui"

Course enquiries: phone Jan Rivers on 0409 901 672

Check our website for our Term 3 program. If you have the time, we've got a class for everyone! Don't forget that many of our classes are now available to view or listen to online at u3abermagui.com.au/online-resources.

Art in the Triangle

Linocut printing with Aileen

Here is another workshop by our favourite linocut artist, Aileen Maloney. No experience necessary just a passion to create – Aileen will teach you how to carve into linoleum to create a one-of-a-kind, hand-cut artwork. The workshop will explore different mark-making techniques, preparing paper for printing, learning how to ink a tile and how to simplify drawings

into design lines, as simple or as intricately detailed as you like.

20-21 August

10 am - 3.30 pm BYO lunch

Cost: \$220.00

Places are limited so please book by 5 August via email at cobargocreators@gmail.com

Cobargo Creators Annual Members' Exhibition

Celebrating ten years

From 6 August to 7 September, Cobargo Creators gallery will host an eclectic exhibition by its members in celebration of ten years creatively exploring the edges of art and crafts. Over this decade, the gallery has consistently displayed and sold beautiful works. It has promoted the sharing of skills via workshops, held many varied exhibitions and actively engaged in community development projects.

Members, please enter your work between 23 July and 30 July.

Members' opening – 5 August, 5 pm

Cobargo Creators Gallery

Open Tues to Friday 10 am - 2 pm

Saturday 9.00 am to 1.00 pm



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

Weekend Breakfast 8:30am to 11am

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SATURDAY // 23 JULY // 2022
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FOUR WINDS
MUSIC IN NATURE

Art in the Triangle

The sound of drums

The sound of drums, big drums. Have you heard them on Tuesday evenings emanating from the School of Arts Hall in Cobargo? That's Stonewave Taiko. They played at the start of the Cobargo Folk Festival, they played in Moruya, in Merimbula, in Bega. The big drums are on the move ...

Playing taiko is energising and fun. It is a dynamic form of drumming that can have positive transformational effects on group dynamics, individual energy and self-esteem – as well as being lots of fun. Ask anyone who has played! It is amazing how many muscles are used in taiko playing!

Stonewave Taiko has been running a taiko class in Cobargo on Tuesdays for a few years now and the class is full of

committed, excellent taiko players, both young and old.

Now we would like to offer an Introductory Course for beginners, starting next term on Tuesday 26 July at 4.00 pm in Cobargo. The Intro to Taiko course is suitable for all ages and abilities. The class will be ongoing if there are enough enthusiasts keen to keep playing.

If you would like to have a taste of taiko, then join our four-week course at Cobargo on Tuesdays. Bookings are essential. Please check our poster in this edition of *The Triangle*. Phone, email or head to the website to make contact or check out FB and Instagram.

Contact Mahamati on 0448 248 322 or go to Stonewave Taiko website.

Mahamati



The Cobargo class

The Painted Poles of Cobargo invitation

Cobargo Creators and The Lazy Lizard invite you to attend the opening of *The Painted Poles of Cobargo*.

Zena Armstrong, President of the Cobargo Community Bushfire Recovery Fund Inc, will launch the completed project on Saturday 6 August at 11.00 am in the Cobargo School of Arts Hall's supper room.

All welcome – meet the artists, celebrate with a cuppa and cake, come along and enjoy the vibrancy of art in the streets of Cobargo.

Walking tours will be available. For more information email cobargocreators@gmail.com

Sandra Taylor



Cartoon characters by Sally Wilson



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Book Review

Wendy Tucker

Sea of Tranquility

Emily St. John Mandel
Picador, \$32.99

Emily St. John Mandel is a Canadian novelist and essayist now living in New York. She has written six novels and came to fame in 2014 with her post-pandemic, prize-winning novel *Station 11*, published and widely acclaimed well before the real COVID-19 pandemic hit the world. It has now been translated into thirty-three languages and made into a mini-series by HBO (available on Stan in Australia). Both the novel and series are highly recommended as ways to begin enjoying this gifted author. She followed with *The Glass Hotel* in 2020, my absolute favourite novel of that year and her only novel set in contemporary time and, again, optioned for a mini-series with Mandel as screenwriter.

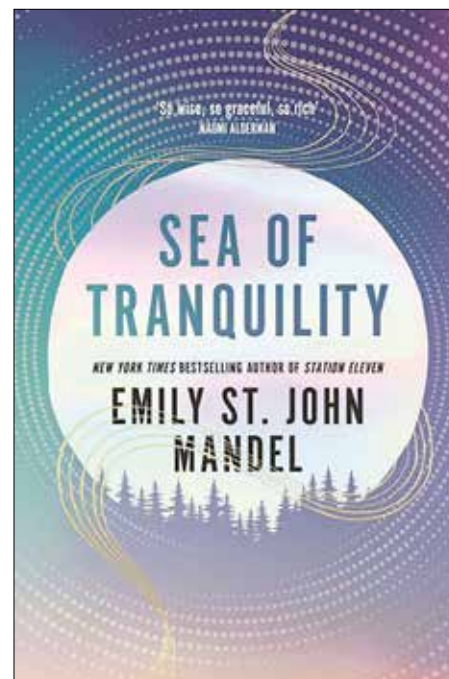
So, I was eagerly awaiting her sixth novel, *Sea of Tranquility*, published this year and, again, Mandel has seduced me. I have never been a fan of speculative fiction or science fiction, and this is the genre to

which this novel is assigned but, to me, it is just wonderful literary fiction.

Any summary of the plot would not do the novel justice and would need to go into too much detail that may spoil it for readers, or lead a prospective reader to think that it's just too out there and confusing. It isn't. It shifts from 1912, when our first character experiences a paranormal occurrence, to the present where that occurrence has been captured on video, to 2203 where a writer, Olive Llewellyn is on a book tour on earth (she is from a moon colony) and experiences this paranormal occurrence. We then move forward to 2401 and the Time Institute is investigating this anomaly. Is it a glitch in the timeline? A corrupted file? Or, as some suspect, are we all living in a simulation?

Beloved characters from previous novels appear – but you don't need to have read previous books to enjoy this novel. The returning characters are part of the comfort we find here, driven by the faith in human creativity, kinship and connectedness. There is a huge and time-

moving plot line in this novel but it doesn't overwhelm or confuse because the writing is graceful and intimate and the characters are so easy to know and love.



Pet of the Month

Kerri Brady



Lassie

Lassie is a very affectionate and playful young kelpie cross – just check out her fantastic smile! She is one-year old (still a pup!) and has been picking up new skills incredibly quickly while in foster care, despite not having much training beforehand. She is very friendly with all the people she has met so far, including kids – though she can get a bit excited and boisterous, so would be best suited to a

home where the kids are a bit older. She is very good with other dogs, always greets new dogs in a friendly way and especially loves playing with other pups who match her energy and passion for zoomies. She's spent a little bit of time around cats and doesn't seem to confront them but would not be suitable for a household with pocket-pets. She is house trained and sleeps inside without problems and, as much as she loves active adventures, she also will be happy to relax and cuddle inside at the end of the day and get as many belly rubs as she can. She has been making lots of progress with walking on lead but can still pull a bit and, in particular, is still quite reactive to passing cars so would need an owner who can spend the time on continued training with her. She has just discovered that boiled chicken is her favourite treat – which makes training a lot easier! Lassie is growing into a confident, people-loving pup who will be an amazing companion – if she sounds like your forever best friend please get in touch! She will cost \$450.

If you are interested, please give our enquiry number a ring – 0400 372 609 (phone hours are Monday to Friday 9.00 am – 5.00 pm).

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 will need to have secure dog-proof fencing and be suitable for the animal's needs.

You can view available animals on the Facebook page of the Animal Welfare League, Far South Coast Branch but you will need to call Animal Welfare League FSC Branch on 0400 372 609 to enquire about any of the many cats, kittens, dogs and pups available for adoption. 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, that includes 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 still sometimes quite warm 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.

Goldilocks and the Three Bros.

For the past few months, the auditorium at the Uniting Church in Bega has been infested with dancing goats, overeager pigs, sleepy bears, dreadfully boring bees, lost children in lederhosen and mountains of porridge dispensed by a cranky Ghostbuster.

Why? Because Theatre Onset has been rehearsing their brand-new show, *Goldilocks and the Three Bros.*

Written by Jamie Forbes and Luca Yi, featuring original songs by Jamie, Luca and Dennis Milsom, *Goldilocks and the Three Bros* is an hilarious pantomime romp suitable for all ages, performed by all ages.

This is Theatre Onset's first large-cast show since *Bat Soup* in 2020 and its first all-original production since 2013's *Romeo & Juliet* and *The Enormous Knockers*.

'It's been a delight working with this cast,' says the show's director, David Stocker. 'The young actors have been

inspiring the more experienced ones with their enthusiasm, and the older performers are teaching the young people a few tricks. It's been a great community experience for us all. We can't wait to share it with an audience.'

So, if you've ever wondered what would happen if all your favourite fairy tales collided, come and see *Goldilocks and The Three Bros.* And, if you haven't wondered what would happen if your favourite fairy tales collided ... come anyway.

Performances:

7.00 pm on Friday 8 and 15 July
11.00 am on Saturday 9 and 16 July
11.00 am on Sunday 17 July
2.00 pm on Saturday 9 and 16 July
Tickets are available at
www.trybooking.com/CAGAY

Mahamati

Country Pickin'

Bluegrass music is the synthesis of American southern string-band music, blues, country, and sacred music with English, Irish and Scottish music traditions, and sacred and country music. It is distinguished by its high energy, fast tempo sound. The typical bluegrass band includes five-string banjo, flat-top guitar, fiddle, mandolin and bass. The instruments are traditionally acoustic with the guitar and bass carrying the downbeat and providing the rhythmic foundation. Bluegrass songs are played with each melody instrument taking turns carrying the melody while the others revert to backing; this contrasts with old-time music, in which all instruments play the melody together.

Bluegrass music came out of the

rural south after World War II, but its roots date back to the 1930s. The genre was named after Bill Monroe's band *The Blue Grass Boys* who began performing in the 1940s. Bluegrass songs were about issues important to everyday people and is now performed and enjoyed around the world – the International Bluegrass Music Association alone claims members in all fifty states of the US and over thirty countries.

Come along on the 12–14 August with your instrument and join in. There will be performances throughout the weekend with plenty of time for jamming.

For more information and the program go to the Cobargo country picking website.

Peter Hiscoe

Twists and Turns plus gnome hats galore at the Lazy Lizard

Last month, we all enjoyed that beautiful display of Helen and Steve Stafford's work in the Side Room – Steve's exquisite wood turning and Helen's cable-knit beanies, cosy mittens and soft felted neck cowls. Well, the good news is that not only will they be back this month, but that they have both been working hard, not only to replace sold items but also to add new and exciting work to the display.

This month, as a special bonus, Helen is also offering for sale a large and varied selection of gnome hats. She has knitted them, using three basic patterns that allow for variations of ply, brims and points, as well as sizes to suit babies to adults!

It is a little-known fact that, around the time of the Winter Solstice, it is a gnome tradition to renew and revive their special gnome headgear. To mark the mid-winter celebrations, these unique pointed hats are often given as love tokens – a tradition that has come to be known as Noggin-Capping.

After the fires, when many gnomes emerged with singed and tattered hats, Helen was quick to step up and knit replacements and she soon became the official supplier of headgear to the Cobargo gnome community. She has been keeping up a supply of gnome hats in all colours, shapes and sizes ever since! So don't miss out on your chance this month to choose from one of Helen's special gnome hats. Join the Noggin-Capping and buy a unique pointy beanie for that special big gnome or that little Sheelagnome in your life!

CROSSWORD ANSWERS

ACROSS: 1 Breaths, 5. Welfare, 9 Uproar, 10 Put to use, 11 First aid, 12 Ripple, 13 Jamie Dwyer, 16 Iran, 17 Idea, 19 Respective, 21 Undone, 23 Anything, 25 Lyrebird, 26 Acacia, 27 Virtual, 28 Persist.

DOWN: 2 Replica, 3 Atoms, 4 Hard alder, 6 Enter, 7 Footprint, 8 Rosella, 10 Paddy Island, 14 In a moment, 15 Reedy Lake, 18 Dinky-di, 20 Vinnie's, 22 Eliza, 24 Heaps.

TRIVIA ANSWERS

1. An orange. 2. Camels. 3. The Great Barrier Reef. You can send it a postcard. 4. Kangaroos. There are over 40 million kangaroos. 5. 21 6. Yes, in 1980. 7. 6 to 1. There are over 150 million sheep in Australia. 8. The platypus. They believed us Aussies had stitched a duck's bill onto a rat. 9. Goon - the wine cask. 10. Yes



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Naomi Lewis

We are now officially well into winter and The Triangle team has rounded up some winter appropriate recipes for you. There are abundant crops and varieties of citrus weighing down trees all around the district and the lovely flavours and colours of mandarins, oranges and lemons can brighten our meals at this time of short days and long cold nights. Bulb fennel also grows well in the Triangle area and is ready to pick now (the colder night temperatures make it even sweeter and more distinctive) - a remarkably useful and generous crop.

Do not be suspicious of the peanut soup recipe - the people of West Africa know exactly how to dress up peanuts with tomatoes, chillis and ginger - so quick and easy with ingredients from the pantry. It's super comforting on a cold night and it will please all the vegans among us too.

A south coast version of Ottolenghi's chicken with clementines and fennel

Angela Marshall

This is an adaptation of a recipe by Yotam Ottolenghi whose recipes are a byword for fabulous flavours and very long, involved and often unobtainable ingredient lists - but at this time of year we have a bounty of citrus and fennel bulbs as well as thyme and parsley. And the rest of the ingredients are pretty common pantry items.

Ingredients:

1/3 cup of dry vermouth (ouzo is even better if you have some in the back of a cupboard. If you use vermouth and want to boost the aniseed flavour throw in a star anise or two.)

1/4 cup of olive oil

1/4 cup fresh orange juice

1/4 cup of fresh lemon juice

2 tablespoons of grainy Dijon mustard

3 tablespoons light brown sugar

Salt to taste (about 1-2 teaspoons)

A generous amount of freshly ground black pepper (about a teaspoon)

1.8 - 2 kilogram free range chicken, jointed and cut into about eight pieces or the equivalent in free range chicken pieces

2 medium sized fennel bulbs

400 grams of thin-skinned mandarins (I don't think it will work as well with the thicker, baggier style of mandarins)

1 tablespoon fresh thyme leaves

2 teaspoons fennel seeds, lightly crushed

Chopped fresh parsley

Instructions:

1. Trim fennel bulbs and cut each one in half and then into about four wedges
2. Slice unpeeled mandarins horizontally into 5 cm slices. Discard the tops and bottoms, remove seeds (if any).
3. Combine the first eight ingredients and whisk together.
4. Add the next five ingredients to the marinade, stir well (your hands will be your best tool) and set aside for several hours (or overnight if you're really well organised).
5. Preheat your oven to 200° C, place the chicken and marinade in a large baking tray, skin side up. Roast for about 40-45 minutes and scatter with chopped parsley and serve with cous cous.
6. The original suggests separating the cooked chicken and vegetables from the marinade and reducing the marinade to about a third before pouring it back over the dish but I don't bother as I serve it with cous cous that soaks up the liquid and tastes wonderful.



West African Peanut Soup Bhagya

Ingredients:

4 cups low-sodium vegetable broth

2 cups water

1 medium red onion, chopped

2 tablespoons peeled and minced fresh ginger

4 cloves garlic, minced

1 teaspoon salt

1 bunch collard greens (or kale), ribs removed and leaves chopped into 25 mm strips

3/4 cup unsalted peanut butter (chunky or smooth)

1/2 cup tomato paste

hot sauce, like sriracha (AKA rooster sauce)

1/4 cup roughly chopped peanuts, for garnish

Cooked brown rice, for serving (optional)

Instructions:

1. Combine the broth and water in a medium Dutch oven or stock pot. Bring the mixture to a boil, then add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Season with additional salt or hot sauce if desired. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

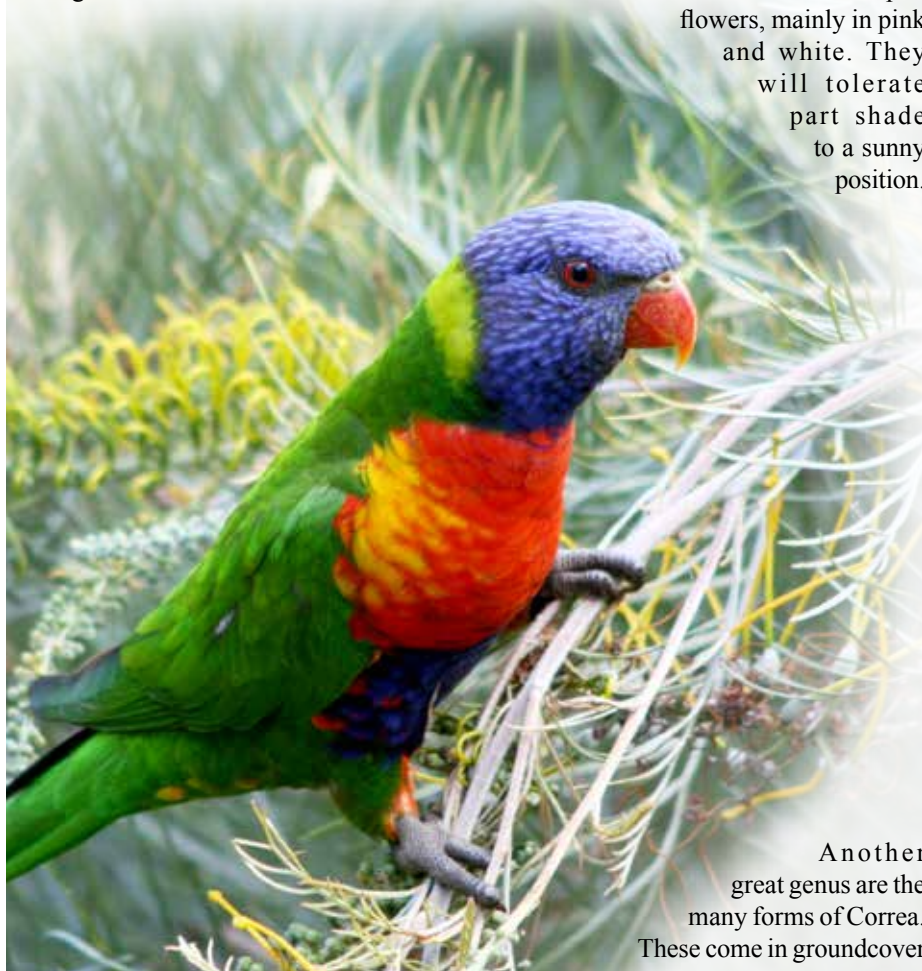
Food for our friends

With winter well and truly with us, thought should be given to not only brightening up your garden with some winter-flowering shrubs but also providing some plants to provide food for our native birds. In most cases, Australian native plants will provide most of the requirements to sustain our birds through the

harshness of winter. There are many genera of plants that will do this, and it is well worth trying a few in your garden.

Croweas are generally small shrubs varying in height from fifty centimetres to one metre tall. Several forms are available including *Crowea saligna* and *Crowea exalata* species and their hybrids.

These all have star-shaped flowers, mainly in pink and white. They will tolerate part shade to a sunny position.



Another great genus are the many forms of *Correa*. These come in groundcover

forms through to plants one and a half metres tall. Foliage varies from grey to deep green with flower colours of white, red, pink and salmon. Again, these are suited to semi-shade or full sun with *Correa alba* very suited to first line coastal positions.

Philotheca (formally *Eriostemon*) is another great winter/spring flowering plant. They also come in groundcover forms ('Cascade of Stars') through to plants up to one and a half metres. The flower colours vary from white through pink and are star shaped. The foliage is covered in minute oil glands and has a lovely fragrance if crushed.

These three groups of plants are suited to nectar feeders like spinebills and wattle birds.

Banksia varieties are also great winter-flowering plants especially the coastal banksia (*B. integrifolia*). Not only will these provide a great windbreak for coastal gardens but also provide food for nectar feeders and yellow tailed black cockatoos that feed on the seeds in the spent flower cones. Banksias also come in many forms and colours from groundcovers to the very large forms like the coastal banksia. A great groundcover is *Banksia integrifolia* 'Roller Coaster'.

Although they do not all flower in winter, the genus *Grevillea* has many forms that will flower throughout winter. Again, sizes and colours vary widely, but they are mainly in shades of red and yellow.

Ideally, when planting all these genera a well-drained site is preferable with a slightly raised planting mound to give the plant a chance to establish.

There are many other plants including non-natives, perennials and others that can be used and these will also provide nectar and seed for a range of other birds but especially bees that still require feeding in winter.

Planting winter-flowering perennials around your vegetable garden or fruit trees will encourage bee activity that, in turn, helps in the pollination of vegetables and fruit trees.

Finally, some other maintenance chores should be commenced now including pruning of dormant fruit trees, roses and hydrangeas. Do not prune spring-flowering ornamental trees until after they have flowered in spring. If you do, you won't get a flowering display.

Stay warm,

Keith Mundy

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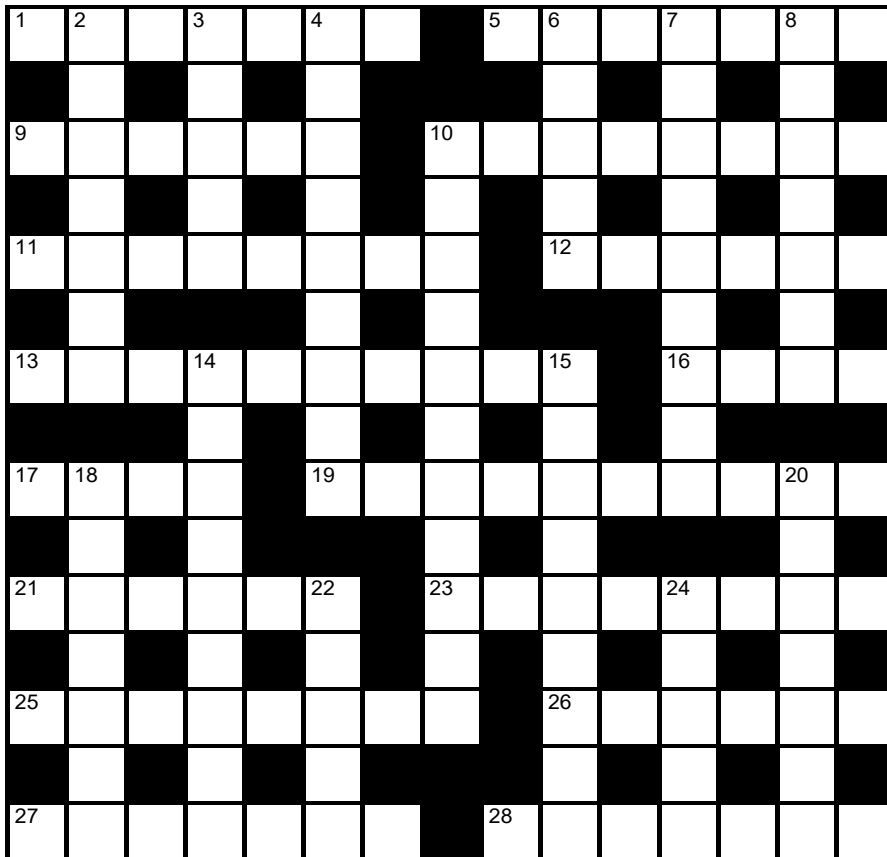


For the fridge door

JULY	WHAT	WHERE	TIME
Fri 1	The Beez free concert byo food + drink	Quaama Hall, email below	7 pm onwards
Sat 2	Cobargo Bushfire Resilience Centre community information presentation	Cobargo School of Arts	1.30 - 3.30 pm
	Free performance workshop with Nina Vox & Tony King	Quaama Hall quaamarenewalprojects@gmail.com	1 pm
	Narooma Night Markets ticketed	NATA Oval pg 3	4.30 - 9.30 pm
Sun 3	Josie Laver	The Drom	1 pm
	Damon Davies	Cobargo Hotel	5 pm - 8 pm
	Felicity Dowd	Tilba Winery & Ale House	12 noon
Weds 6	Twists & Turns Helen Stafford all July	Lazy Lizard gallery side room	10 am - 2 pm
	Bermagui Seniors meeting	Bermagui Country Club	11.30 am
Fri 8	Goldilocks & the Three Bros play	Uniting Church Bega pg 32	7 pm
Sat 9	Red Cross 40th anniversary	CWA Hall Cobargo	10 am - 2 pm
	Val Moogz aka Hannah Matysek	Tilba Winery & Ale House	12 noon
	Goldilocks & the Three Bros play	Uniting Church Bega pg 32	11 am + 2 pm
Sun 10	Salt	Cobargo Hotel	5pm - 8 pm
	Jakob Poyner	The Drom	1 pm
	Totem	Tilba Winery & Ale House	12 noon
Fri 15	Goldilocks & the Three Bros play	Uniting Church Bega pg 32	7 pm
Sat 16	Sons of Atticus	Tilba Winery & Ale House	12 noon
	Goldilocks & the Three Bros play	Uniting Church Bega pg 32	11 am + 2 pm
Sun 17	Al Watts Blues	Cobargo Hotel	5 pm - 8 pm
	Tony Jagers	The Drom	1 pm
	2 Dogs Plucking	Tilba Winery & Ale House	12 noon
	Goldilocks & the Three Bros play	Uniting Church Bega pg 32	11 am
Thurs 21	Seniors Rights, booking advised	Bermagui Library	12.30 pm
Sat 23	RSL Hall information on rejuvenation of Hall	RSL Hall tea and sausage sizzle after presentation & Q&A	10.30 am
	ChangoTRee	Tilba Winery & Ale House	12 noon
Sun 24	Sugarants	Cobargo Hotel	5 pm - 8 pm
	Tony Jagers	Tilba Winery & Ale House	12 noon
	ChangoTRee	The Drom	1 pm
Sat 30	Hairy Xmas in July concert	Tilba small hall pg 11	5.30 - 7.30 pm
	Continues with supper, music pg...	Tilba big hall pg 11	7.30 onwards
	In our own time Playback Theatre performance, book by email	Quaama Hall quaamarenewalprojects@gmail.com	6.30 pm
	Moondog	Tilba Winery & Ale House	12 noon
	Stand-up comedy - ticketed event	Tilba Winery & Ale House	5 pm
Sun 31	Totum	Cobargo Hotel	5 pm - 8 pm
	Benji Fowler	The Drom	1 pm
	Roddy Reason	Tilba Winery & Ale House	12 noon
	Tall Shaun & the Resolution Blues with special guest, Genevieve Chadwick	Tilba Winery & Ale House ticketed event	5 pm

Game On

JULY CROSSWORD



ACROSS

- 1 Gulps of air (7) 10 Exploit (3,2,3)
 5 Assistance for the needy (7) 11 Used in an emergency. (5,3)
 9 Big commotion (6) 12 Small wave (6)

SUDOKU

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

- 13 Field hockey player with Olympic gold and bronze medals (5,5)
 16 Land of ayatollahs (4)
 17 It may be half-baked (4)
 19 Corresponding (10)
 21 Unbuttoned shirt or jacket (6)
 23 It goes, according to Cole Porter (8)
 25 A dishonest flyer, by the sound of it (8)
 26 Trees that have flowers without petals (6)
 27 Simulated on a computer (7)
 28 Hang in there! (7)
- ### DOWN
- 2 Knockoff (7)
 3 Tiny particles (5)
 4 White-flowered NE Queensland rainforest tree (4,5)
 6 Go in (5)
 7 Clue in the dirt (9)
 8 Parrot variety (7)
 10 Burnett River dry spot? (5,6)
 14 Directly (2,1,6)
 15 Bellarine Peninsula swamp (5,4)
 18 Genuine (5-2)
 20 Catholic welfare organisation (7)
 22 Subject of Professor Higgins' experiment (5)
 24 A lot (5)

TRIVIA QUESTIONS AUSTRALIA



- What was the design of the Sydney Opera House inspired by?
- What unexpected animal does Australia export to Saudi Arabia?
- What natural Australian landmark has its own mailbox?
- Are there more kangaroos or humans in Australia?
- Of the 25 deadliest snakes in the world, how many are found in Australia?
- Has Australia ever been the world's richest country?
- What's the ratio of sheep per person in Australia?
- What Australian animal did England scientists think was a prank?
- Which alcoholic beverage holder was invented in Australia?
- Does Australia have a cattle station larger than the entire nation of Israel?

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.