

THE TRIANGLE

COMMUNITY NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

Circulation 1600 plus online visits

ISSN 2652-9092

Issue No 231 August 2023

Nardy House opened its doors and my eyes

We've all seen it next to the highway, on the way to Bega. We've watched it grow, from one building to two with additions. What exactly is Nardy House? What goes on there?

Nardy House is home for up to six people with profound disabilities. And it's a real home – comfortable, supportive and sporting all the necessary space, equipment and staff to make life with a disability more enjoyable and inclusive.

It started when Triangle families with kids requiring disability support worked towards having a local facility that could provide both permanent and respite accommodation for young people. Before Nardy, there was nowhere, other than aged care facilities, that had the equipment and trained staff to assist. And putting a young person in an aged care environment didn't feel right. Nardy House was born out of that conviction and some hard work put in by its founders.

Residents enjoy home-cooked meals and their laundry done on-site. There is a recently installed wheelchair swing that will soon have an adjacent BBQ/

picnic area. A new hydrotherapy pool is under construction. It will be a climate-controlled facility with all the lifts and swings to allow residents access to the many benefits a physiotherapist can offer with the help of buoyant water. And Nardy House will make the hydrotherapy pool available to community members who are working hard to come back from a debilitating physical setback such as a stroke. Landscaping will provide access and interest around the entire facility as the plantings come of age.

Nardy House has beds for respite care too. They were shut down during the pandemic but will soon be back up and running to give families some time off to recharge from the demands of daily care.

Nardy House is looking for additional staff to add to their dedicated team. Both registered nurse and disability support worker roles are open. If that sounds interesting to you, check it out! It's a light, clean, well-designed space with great vibes. I was impressed by my tour.

Bhagya



Nardy House residents are looking forward to the benefits of hydrotherapy when this climate-controlled pool facility is finished.



Nardy House is home to residents with profound disabilities.



Nardy House rooms are spacious, new, comfortable and well-appointed.

The middle month of winter hits as hard as the ice on the dog's water bowl. What got me through and grinning at August? First, the *perfect* coat I found at the Bowerbird Op Shop. Second, the woollen dress and scarves I picked up there too. Everyone can find something warm, beautiful, and affordable in that wonderful place. Another source of warmth was among the lovely group of new friends in Bermagui taking Rune Alith's course on creativity. Jump into her next intake if you can. And despite my six-month probation for membership at the Cobargo Fire Brigade starting on a bitterly cold night, the meeting room and welcome to this cheerful group was especially warm.

As the pages of this *Triangle* attest, community spirit and activity keep us strong as well as cosy. Our fondness for the area even sprouts quirky words like Quaamese, a state of being as

much as a location, and Quilba, the engraved Cup awarded at the combined Tilba and Quaama athletics carnival. The issue is full of invitations too, some too good to pass up, like the Cobargo Preschool Big Book Fair 4-5 August, as well as safe and respectful spaces to discuss the upcoming referendum.

Spring is coming! But let's prepare our hearts and minds for summer too. The Bureau of Meteorology agrees that July generally gives Australia our coldest days and nights. But overall, Earth experienced its hottest day on 3 July, a record that managed to last a whole day before 4 July got hotter. It's not a record to celebrate, and it won't last long because El Niño is back. And we are wiser and stronger since it last visited. Still, let's make those 'to do' lists to prepare for fire season. We have time, we have support and we know how to help each other in this special and precious place.

Letters

Killer cats strike again

Once again domestic cats in Beauty Point have been let loose to wreak havoc on the bird life of the area.

No longer will we hear the 'whoop whoop' of a pair of beautiful native wonga pigeons who have frequented the area for some time. They were often seen and more often heard in the density of the garden, then I realised one was missing. They mate for life and the remaining pigeon wandered around calling for his mate. Only this week I found her with her head chewed off – the typical murderous way that cats do their thing. Obviously not hungry, just hunting to kill.

Being mostly ground dwellers, wongas haven't got much of a chance with cats, who just love to hunt and kill – it's in their nature to do so, no matter how well fed or loving they are when at home.

I have often had to chase domestic cats from my birdfeeder over the past 16 years or so, and recently from my verandah, which the tiny firetail finches love to frequent.

How can we bird and native animal lovers convince cat owners that their loving pussies are killers when allowed to roam?

I feel heartbroken as I see the destruction so often. Please keep your cat inside, especially at night.

Lori Hammerton
Beauty Point



A train wreck in slow motion

The Medicare rebate for my last general practitioner appointment [in Bermagui] was \$39.75 (full charge \$70.00). The rebate for my last specialist appointment was \$68.90 (full charge \$250.00). Both appointments took about 30 minutes of the respective doctors' time.

And we wonder why medical students are choosing to go the specialist route.

We're already seeing a chronic shortage of GPs, especially in rural areas (*Dear community members, patients and friends*, Dr Gundi Muller, July *Triangle*).

'A train wreck in slow motion' comes to mind, but with no-one to treat the casualties. I urge all Triangle region residents with an interest in their health to ask our local representatives what they're doing about it.

And when you're lucky enough to see a local GP, remember to thank them for their tireless efforts to keep us well in difficult times.

Jen Severn
Quaama

Country Club Board seeks increased powers

In the green heart of Bermagui, the Country Club is a valued sports and entertainment asset for locals and visitors. The Club also played a crucial role during bushfires, with the auditorium used for town evacuation meetings, while its generator enabled phone charging and other essential services when mains electricity failed. The Club provided generous support to the RFS and bushfire evacuees.

People may be aware of discussions about the Club's future, with suggestions to demolish the current large clubhouse and

construct a smaller building and investment dwellings. Although discussions are preliminary, it would be good to learn why the current Clubhouse is seen as 'unfit for purpose'. A solid building of this vintage can often be improved to become a more vibrant, modern venue.

Relevant to these discussions are Special Resolutions due to be voted on at the upcoming AGM. If successful, these will enable smooth administrative processes, but members need to be aware that decision-making power may be reduced to fewer hands, due to:

- the quorum for general meetings being cut by one third – only 30 attending members could be required to vote in major Club changes (current quorum is 40)
- ordinary members no longer electing Club President or Vice President
- use of future development profits possibly not requiring member approval.

The Special Resolutions could have longer-term impacts – for example, if member confidence in a future Board is not at the same level held for the current Board. To ensure they have a say on Special Resolutions, members can check details and attend in person to vote at the meeting at 5.30 pm on Wednesday 9 August.

C. Tay
Bermagui

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

www.thetriangle.org.au



Thumbs UP

To the caring Cobargo community, who look out, offer help, and generally care for each other, specifically our older citizens. Thank you, it's one of the many reasons we love our community.

To the Cobargo Skate Club committee, for the newly completed skate park, bike pump track and multi-use court – what an outstanding facility for Cobargo. It has created hours of enjoyment, confidence building, fitness and friendships already, and will for many years to come. Well done team!

To all the businesses in Bermagui and Central Tilba that donated so generously to the Umbarra NAIDOC event.

To the wonderful Cobargo Co-op, who have moved Cobargo into the electric vehicle age with two new EV charging points!

Thumbs DOWN



To whomever poisoned the eucalypt in Koerber St, Bermagui.

Sadly, some people have been stealing, or attempting to steal, items from our Bowerbird Community Op Shop. While this is rare, there appear to be repeat offenders. Remember, stealing from the Bowerbird is stealing from our community.

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

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

Guidelines for contributors

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

1. Stories should be 300 words or less 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 lsang333@gmail.com.

Who does the work

The Editorial Committee

Linda Sang (President)
Stuart Absalom (Vice President)
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Debbie Worgan, Steve Williams
Georgina Adamson, Flick Ruby

Advertising

Book advertising space by first ringing 6493 8369 then 0419 551 956 or email advertise@thetriangle.org.au

Layout & Design

Bhagya & Debbie Worgan

Copy Editing:

Jen Severn

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

Printing: Excell Printing Group, Pambula

Accountant: Fredrick Tambyrajan

Distribution Service: Linda Sang

Distributed by Australia Post and available from: **Bega:** Candelo Books, Bega Library **Bermagui:** 777 Supermarket, Post Office, Shell Bermagui, Bermagui Country Club, Bluewave Seafood, Library, Visitors Centre **Central Tilba:** Post Office, ABC Cheese Factory, Sweet Spot **Cobargo:** Post Office, United Petrol, Cobargo General Store, The Bowerbird Op Shop, Well Thumbed Books, Information Centre **Narooma:** BP station, Library, Casey's Cafe **Quaama:** The Quaama Store

Deadlines:

Advertising: 5pm, 19th of each month

Editorial: 12pm, 22nd of each month

Thumbs / Letters to the editor:

All communications should be forwarded to: contributions@thetriangle.org.au

Postal address: The Editors, *The Triangle*
PO Box 293 Bermagui NSW 2546

ABN: 75 182 655 270

The Triangle is a community newspaper. Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Wandella). The committee comprises volunteers who donate their time and expertise for the benefit of our readers. *The Triangle* is financially self-sufficient through donations and advertising income. Prompt payment of accounts is appreciated. *The Triangle* is published every month except January and has a circulation of 1600 in print plus an average of more than 1900 unique online visits each month..

The Voice: Are Indigenous people asking for special access to power?

‘Why them?’ is a question being thrown around lately. Why do our Indigenous people need a Voice? Isn’t Australia a democracy where everyone has equal access to power?

I’m tempted here to say, well, yes, we’re a democracy – but like democracies the world over, money speaks and some people, some bodies, have access more equal than others (\$10,000 for a seat at a Premier’s dinner, anyone?). But let’s just park that argument for another day.

Yes, we are all able to make representations to Parliament and the executive government. ‘You can write to your member of parliament, to a minister, you can make a representation to a parliamentary committee. I do that all the time.’ says constitutional law expert Anne Twomey.

Sure, there’s strength in numbers, and collectives have a louder voice than individuals – think lobby groups such as the Minerals Council, the ACTU, the Business Council of Australia, even the CWA – who have always made representations to the executive government and Parliament. If the Voice referendum succeeds, Indigenous peoples will have a similar collective voice.

But none of those other groups are enshrined in the Constitution, are they?

No. But, ‘There’s an implied right of political communication in the Constitution ... which Parliament *cannot* legislate to take away,’ says Twomey. Sounds a bit like the Voice?

‘The only difference here, in relation to Indigenous people and the Voice, is that they [will] have the stability of a continuing, existing body. And the reason

for that is *past experience*. How do you ever achieve things if everything chops and changes all the time?’

An example is when the government abolished the Aboriginal and Torres Strait Islander Commission (ATSIC) in 2004. Has the Minerals Council of Australia ever been abolished by government? The Business Council? The CWA?

So this constitutional amendment will give Indigenous peoples that stability.

‘But at the same time,’ says Twomey, ‘it’s very specifically calibrated so that Parliament has the ability to change the way the Voice is composed, to change the way it operates, in case there are problems with it. So there’s flexibility built in. But that flexibility ties to something that will *always exist*.’

She goes on, ‘Both sides have an imperative to say: we’ve got this system – now it’s time to make it work.’

The next meeting will be held at Well Thumbed Books at 11 am on Tuesday 1 August. Come along with your questions and join the conversation so that when Referendum Day arrives you can be confident in your vote, be it ‘Yes’ or ‘No’.

Jen Severn

(Want more? Google ‘Community Forum: Voice to Parliament with Anne Twomey & Sean Gordon’ for an excellent, expert but easy-to-follow discussion of referendum questions.)



Naomi Lewis

It won't hurt to ask ...

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The allure of fungi: Alison Pouliot in Tilba

The miso soup was heavy on the mushrooms and warmed us up in Central Tilba in late June. The mushroom focaccia and truffle cheeses went down well too, adding flavour to the opening of the Fungi Festival. As Alison Pouliot delivered her keynote speech she paced and smiled, swept up in her passion about fungi – photographing them, understanding how they grow and thrive, and how they are perceived by people. Her talk leapt from Australia to Europe, from the scientific to the historical, asking questions and answering with anecdotes, ideas, and invitations to forage and find out.

From 2012 to 2016 Alison spent a thousand days in the forest to answer her PhD question: why are fungi regarded so differently from other forms of life? Why is it somehow always repulsive or out of control in a terrible way when something is said to ‘mushroom’? Why are we taught to be so wary of the very few lethal ‘killer mushrooms’ when fungi regulate so much of the biosphere, and when so many plants and animals rely on fungi for their survival? Rather than only seeing fungi as threats, food, or of medicinal or agricultural use, Pouliot invited us to dig a bit deeper to understand the mycelium – the network of connective fibres that fungi form, also known as the Wood Wide Web. Alison’s wondrous photos made getting down into the dirt with her even more appealing.

Pouliot writes that, ‘Fungi make good stories because of their bizarreness, elusiveness and the plots humans embed in their being. Fungi thrive on storytelling and people inhabit those stories.’ I particularly enjoyed her stories about mushroom inspectors to be found in even small Swiss towns.

The stories were fun but were woven together to convey a serious message. The wonderful strangeness of fungi, their

complexity and beauty, also happen to make the soil habitable, provide a foundation for the forest, and are key to the survival of plants and animals – including us. The health and flourishing of the mycelial scaffold are beneficial to all life, so let’s look after it.

Whether you are a forager for food, or a forayer fascinated by the types and locations of fungi, Alison Pouliot’s three books are a source of information and inspiration. Full of her magnificent, detailed and dreamy photos, *Wild Mushrooming: A guide for foragers*; *The Allure of Fungi*; and *Underground Lovers: Encounters with Fungi* are a joy to read.

Flick Ruby



Fungus around Dignams Creek Photo Credit Flick Ruby



QUAAMA Public School **KINDERGARTEN ENROLMENTS**

Quaama Public School is now taking Kindergarten enrolments for 2024. Please contact the school or go to the school website for more information.

quaama-p.school@det.nsw.edu.au | 02 6493 8213

Small School, Big Heart

Elm Grove Sanctuary Trust announces 2023 Encouragement Grant winner

Our charity, Elm Grove Sanctuary (EGS) Trust, is pleased to announce that our Encouragement Grant for 2023 has been awarded to Elka Wood of Bega and her project 'Celebration Days for Girls'.

Elka has two children and, in watching them grow, she recalls her own childhood and the transition from child to adult. Realising that it can be a lonely and confusing time, Elka feels passionate about helping young people access all the information that they need, as well as the importance of face-to-face connection and the support of community.



Elka Wood's project seeks to dispel negative messages about menstruation.

A Blue Tree Fire Memorial

More than 350 trees were killed in Wandella Woods Arboretum on New Year's Eve 2019 and since, due to fire damage. As a lasting memorial to the severe mental trauma suffered by so many people in this region during and after the fire, we have registered a tree on the Blue Tree Project (www.bluetreeproject.com.au). It was a rare 13-year-old Pygmy Cypress from California. On the first weekend in June our family came from Canberra and, with the help of the grandchildren, we painted the tree blue.

Brian Myers



A family affair – Dan, Sam and Juanita Watters with the blue tree at Wandella

The Trust's annual Encouragement Grant of \$2,000 is offered to support early initiatives by individuals or groups that offer hope for humanity through their endeavours – especially when offering projects for young or marginalised people, or people whose lives might be enriched through caring, especially at this time with major challenges that face us all.

Elka Wood's project 'Celebration Days for Girls' focuses on the cusp of puberty (approximately 9 – 13 years) or the early stages of transition. The day offers a sharing circle of mothers, female caregivers and older teenage mentors.

'It begins with a shared morning tea and then time without the mums, when the girls are offered comprehensive period education and activities which focus on living cyclically,' says Elka. 'Then, after lunch, the girls make fresh flower crowns for when the mothers come back to crown their daughters in a small ceremony.'

'These days can create a positive experience of first menstruation and begin to untangle the taboos that leave so many feeling alone in their menstrual experience. Hearing the first period stories of a variety of older women, not just from their own mothers, allows the girls to realise that half the world's population has a menstrual cycle and that, without this totally normal and feminine effort, humanity would cease to exist.'

Elka's vision shines through. 'I love seeing young women empowered by their cycle and valuing themselves highly because of what their bodies can do, rather than dreading it.' Find out more by emailing Elka: theoovulationelk@gmail.com.

Elm Grove Sanctuary Trust is a small charity founded in 1983 by Franciscans, Brother Edwin Thomas Lloyd-Jones and myself. The Trust is income tax-exempt so donations are tax deductible. Should you wish to know more about our work, our website is www.elmgrovetrust.org.au.

Sr Laurel Clare Lloyd-Jones
0488 530 070, egstrust2@gmail.com

Save the dates! Referendum sessions at Well Thumbed Books

The year progresses!

We don't yet know the date for the Voice Referendum, but it will be held between October and mid-December, according to those who often know these things. We'll be asked to vote Yes or No to the proposition that an Indigenous Voice to Parliament be enshrined in the Constitution.

We'll continue to offer a safe and respectful space where we can ask questions, exchange ideas and share information at Well Thumbed Books, Cobargo on the first Tuesday of the month between now and the date of the Referendum. We start at 11 am and finish between 12.30 and 1 pm.

So circle these dates in your diary if you'd like to come for one or more sessions. No need to book – just come along.

Tuesday, 1 August

Tuesday, 5 September

Tuesday, 3 October

Look for updates in *The Triangle* once we know the date of the Referendum. For more information, call me, Heather O'Connor, on 0428 566 865.

Heather O'Connor

Luck

Don't look to the sky, a bird is in flight
Poop in your eyes from above, it just might
Don't let a black cat walk on your path
Your life might be over, cut right in half

Don't cross your knives, at the end of a meal
Bad luck is there, to make you a deal
Don't pass under ladders, when walking around
Something is sure to fall to the ground

Don't crack the mirror when shaving your face
The luck it will bring, is such a disgrace
Don't spill salt on the table or see a dead dog
Watch out for the cracks, while out for a jog

Don't whisper good luck, when going on stage
When breaking a leg is all of the rage
Don't buy a green car or watch a full moon
Bad luck is coming quite quickly real soon

With all of those don'ts running around in my head
I think I'll stay here, safe in my bed
If good luck is mine, it knows where I hide
I'll take it, embrace it and use it with pride.



Ray Stephens

Fungi Feastival finished for 2023 but there's more to come!

The Fungi Feastival may be finished for 2023 but the mycelium continue to grow underground, with another Feastival scheduled for next year. This year there were 31 fungi events from Batemans Bay to Eden, focused on the science, food and art of fungi.

Keynote speaker Alison Pouliot presented a fungi seminar in Central Tilba to sixty people, then hands-on fungi workshops to fifty people in Cobargo and Batemans Bay.

Practical mushroom-growing workshops at five venues attracted 130 people and truffle hunts were held at Gulaga Gold farm, near Dignams Creek.

There were two fabulous fungi dinners in the Triangle region. Diners enjoyed delicious courses like black risotto with wild mushrooms and truffle at il Passaggio in Bermagui, and mushroom bavarois with wood roasted mushrooms and truffle at the Dromedary Hotel in Central Tilba.

Local eateries offering fungi included Tilba Dairy, the Tilba Bakery, Tilba Teapot and Tilba Valley Winery. In Bermagui, Eastwood's hosted a mushroom and truffle cooking class.

Narooma Kinema screened two fascinating fungi documentaries. Twenty people attended fungi photography workshops in Merimbula and Narooma. Almost 60 children attended free fungi activities at Bermagui and Bega libraries.

Fungi Feastival co-conveners, Fiona Kotvojs of Gulaga Gold, Josh Whitworth of Collective Cultures and Annette Kennewell of Tilba Mushrooms, would like to thank the sponsors: Mumbulla Community Foundation, Tilba Area and Narooma Chambers of Commerce, Whale Coast Realty and Mushgrow Wood Pellets.

There are still oyster mushrooms available at Tilba Market, mushroom grain spawn at Collective Cultures near Narooma, and truffle hunts at Dignams Creek. To subscribe for early updates on 2024 events, visit www.fungifeastival.com.au.

Annette Kennewell



Fungi workshop in the fields of Cobargo

Anglican Churches of Bermagui Cobargo and Quaama

WORSHIP SERVICES DURING AUGUST

Bermagui - 11 Wallaga St 6th, 13th, 20th & 27th at 8am
Cobargo - 5-11 Hoyer Street 6th, 13th & 20th at 10am
Quaama - School of Arts Hall - 27th at 10am
Contact: The Reverend John Thomas Tel: 0427 260 833

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Fred Smith Sparrows of Kabul Concert
\$22 for club members or
\$27 for non-members
Tickets also available at door
but best to book online
Please bring a plate to share

A tale of two bridges

The township of Bermagui is inextricably linked to two historic bridges providing access and through-traffic along the coast from the north and south.

They have served the town well for approximately 130 years, but now, due to their advancing years and associated health issues (mainly structural), and a changing environment (increased pressure of traffic and usage) they are starting to demand urgent attention. Not surprising, really. Repair work to keep them functioning has been carried out over their extensive years, but now something more serious is required. These bridges were not designed for the volume and type of traffic to which they are now subject.

What to do is the dilemma. Removal and replacement isn't a popular option for many as these old bridges have become an iconic fixture in our landscape. Relocation would present huge problems as both the bridges cross sensitive areas on waterways. It's inevitable that whatever works to be carried out are going to cause major disruptions to traffic and impact our lives, but we'll just have to be patient.

Meetings and consultations with community and authorities are ongoing but no firm plan for the commencement and scale of work has yet been established.

Our thanks once again to the invaluable services of the Bermagui Historical Society for the photo of the Wallaga Lake Bridge in its younger days. Join now – only \$10, a small amount to keep this important organisation functioning. Or renew – renewals are now due.

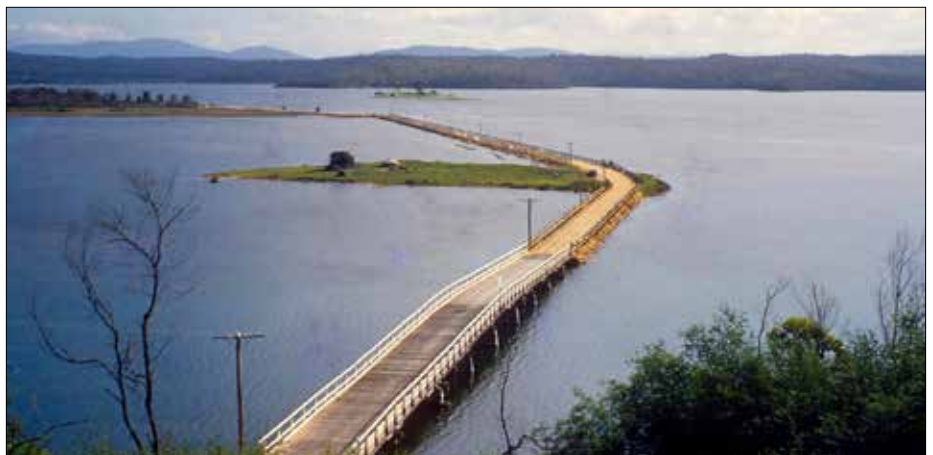
Although it's winter we are so fortunate to be experiencing glorious weather, allowing us to continue outdoor activities. Great to see the new netball courts getting much use. The facility has certainly improved the recreation area around the oval. Thanks to all bodies involved.



Wallaga Lake Bridge from the Centenary pamphlet



At the south end of Wallaga Lake Bridge there once stood a boarding house, Allawah House, established in 1928 by William and Mary Payne. This photo was taken circa 1930. The building was moved to Wallaga Lake Caravan Park in 1938 and is now part of the Camel Rock Brewery.



Wallaga Lake Bridge before the causeway road was bitumised

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Bermagui Garden Group visit to Four Winds

Enjoying some drizzling rain, 18 members of the Bermagui Garden Group visited the Four Winds site at Barragga Bay in early July. Members were welcomed to the site by Four Winds team members: Site Manager, Russell Stewart; Volunteer Coordinator, Ali Taylor; and Board Member, Geoff Steel.

The history of Four Winds concerts, the site and current facilities were outlined along with volunteer opportunities for

upcoming music events. Of particular interest to the Group was the development of the Arboretum and a tour of the site. Starting in the Windsong Pavilion, the Group investigated behind the scenes of the Sound Shell stage, before progressing around the dam to the wooden bridge.

The Four Winds site was originally a timber coupe, then was partially cleared for cattle grazing in the 1960s. Four Winds was founded in 1991; the land was leased

and development of the site as a concert venue commenced.

Using a Landcare grant, 5,000 trees were planted between 2015 and 2017 to begin the development of a local species Arboretum. Principally rain forest and hardwood trees found within 50km of the site were planted. Currently the site requires further planting, weeding and path clearing.

A few of the Garden Group members have volunteered for a tree-planting day in a month or so. Russell would appreciate hearing from anyone who wants to volunteer to assist with the Arboretum.

Four Winds is also seeking volunteers for music events and Ali outlined the roles, including ushers, bar staff, ticket sellers, parking team, event billeting or airport pick up of musicians and crew – a range of roles to suit all abilities. Both Ali Taylor and Russell Stewart can be contacted at volunteer@fourwinds.com.au.

The Bermagui Garden Group visits are on the first Tuesday of each month. Details can be obtained from me: christine.poulton@bigpond.com.

*Christine Poulton
Bermagui Garden Group*



Calling all gardeners: Russell Stewart (right) and the Bermagui Garden Group on the wooden bridge at the Four Winds site

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Bermagui Dune Care – the next project

Bermagui Dune Care has embarked on the next mini-project – where pittosporum dieback has occurred on Setons Headland, we are planting out small areas with natives. Yesterday we planted just seven, but with other seedlings on the way and more seed collected, we are adding to the Headland's biodiversity.

We also had a compliment from passers-by – the best they'd seen the track in years!

Many thanks to Far South Coast Landcare, Bega Valley Shire Council and Brighter Day Landscapes for their assistance – and, of course, to our dedicated members.

We wish Barbara all the best in her retirement. She will be very much missed, and many trees and shrubs are growing thanks to her efforts.

Please contact bermaguidunecare@skymesh.com.au if you would like to help our coastal biodiversity.

*Karen Joynes
Co-ordinator
Bermagui Dune Care*

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Bermi pre-schoolers design a hen house!

We are so excited to have chickens at Bermagui Preschool – what a great opportunity to learn more about sustainability, life cycles, caring for animals and so much more!

Recently Dan, our Gardening Man from Moodji Farm, let us know they are looking to build a new hen house for our chooks. We saw this as a wonderful opportunity for our children to get involved and learn about STEAM (Science, Technology, Engineering, Art and Maths) in a hands-on and real-life way.

We started the project by reading the lovely story *The Hilton Hen House* by Jo Hinchliffe. Then we discussed what type of hen house we could build for our Preschool chickens. The children expressed their ideas by drawing pictures, building with

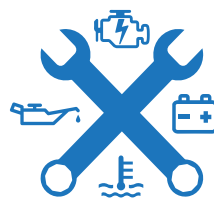
Lego and constructing with blocks. We definitely have some aspiring architects, engineers and builders in our midst! The ideas included a long ramp to get in and out, a place for sleeping and laying eggs with soft straw and silk, and places for the hens to access food and water.

We will use the documented comments, photos and drawings from the children to develop a concept plan for our chook house. Dan can then use these ideas to bring our hen house to reality. At Bermagui Preschool we view children as capable and confident, and love it when the younger citizens of our community are involved in planning and decision-making.

*Narelle Myers
Early Childhood Teacher/Director*



Lego vision for the proposed hen house



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Thirty years and counting

I was flicking through the Bermagui time-line the other day when a small entry caught my eye. '1993 Bermagui Historical Society formed', and then 'In 1997 the first museum opened in the old Post Office on the corner of Wallaga and Young Street, Bermagui South'. When I moved to Bermagui in 1999, I called into the Information Centre on Lamont Street and bought Judi Hearn's book *Bermagui by the Sea*. I was served by Margot Douch who informed me that the museum had been closed due to the sale of the old post office property, and the museum contents had been put into storage. A lot of water has passed under the bridge since then!

When the Community Centre opened, space inside the new library was made available. The library service subsequently required that space and the museum was obliged to downsize and move again. The museum is still in the Community Centre with two computers for research, open on Tuesdays 10 am – 2 pm at present.

In order to raise money to keep the Museum open, the Society sells publications, such as an annual calendar, books and

the aforementioned 'Timeline'.

The Museum has just acquired a new illuminated display cabinet, donated by the Bermagui Seasideers.

Our big fundraiser is coming up on Friday 29 September to Sunday 1 October: *People and their boats*. This multi-faceted display, comprising Merv Payne's model boats, historical displays and film shows, will be held in the Community Hall and the Museum space.

Dave Cotton

Bermagui Historical Society archivist



Christine Bimson of Bermagui Seasideers presents a new display cabinet to Alan Douch, today's Bermagui Historical Society President.



The first Bermagui Historical Society Museum, opened after a lot of hard work by volunteers. Then President Di Cook watches Nita Ayling cut the ribbon on 22 March 1997.

Moodji News: so much for winter respite!

Walawaani all.

What a winter we're having. Here I was, thinking that things might slow down a tad to offer this pickled-permi a window of respite, reflection and renewal after a season of cultivation, construction and Costa ... but no, there's work to do!

Here's some of it:

Covered areas for propagation, storage of tools and an all-weather space for workers are due for extension, the construction being championed by Per Staurup with the kind assistance of the Bermagui Men's Shed.

We're moving the worm farms down to the preschool fence where local households will soon be able to assist by depositing food waste for the worms to convert to brown-gold compost, helping the garden become self-sufficient. Also

assisting us in this venture are Eastwood's Deli and Horseshoe Café, providing their kitchen and coffee waste for hot-composting and chook feed.

You may have noticed our splendid, curvy fence. In true permaculture fashion, this structure has multiple benefits – providing a light, porous wind buffer and micro-climate, allowing plants to grow through and up it, and containing even the most adventurous chicken.

Our Bush Food Forest is settling in well under the hydrating care of our GrubClubbers, with hundreds more specialty species going in very soon.

A key asset in our program is having our Indigenous assistant, Yuin Kelly, working alongside us every week – a powerhouse of hands-on positivity. When surplus presents, Yuin couriers Moodji

harvest for sharing among the Wallaga Lake Koori community.

To get in on the action, come along at 9.30 am on any Thursday, when folk cherry-pick from the myriad maintenance jobs and construction projects, followed by conversation and coffee donated by Honorbread.

Coming up we'll be hosting a workshop on the lasagna no-dig garden method and wicking beds. Moodji is most grateful for the support of the Federal Government's Black Summer Bushfire Fund and to the many great volunteers, businesses, preschoolers and staff who keep us rolling forward.

Dan Bakker

(For full report and photos google Moodji Farm or check out their Facebook page.)

Quaamese come in all shapes, sizes, ages, and interests. You don't have to live in Quaama or the surrounding district to be Quaamese. It's a state of being as much as a location. If you answer 'Yes' to one or more of the following questions you are probably Quaamese.

- Have you sat in the Quaama Park eating a delicious Wild Rye's pie or freshly-made egg-and-bacon roll from the General Store? On Fridays you can pick up take-home dinners like Shepherd's Pie.
- Have you attended, or have kids at, Quaama Public School?
- Have you played tennis at the Quaama Tennis Courts with the best view of those rolling hills to the northeast? Reclink sponsors an all-abilities session at the courts on Wednesdays, 2 – 5 pm. There are also a lot of other Reclink activities at the Hall during the week, including yoga, mindfulness, and body groove. All are welcome! Contact Julia Wilson on 0431 531 453.
- Have you dropped into local gathering place and knowledge hub, the Quaama Renewal Centre, downstairs at the Hall on Wednesdays, 10 am – 4 pm? Support service representatives often attend to provide advice. Recently Ken from Meridien was at the Centre

to offer free advice and advocacy for older people navigating aged services. Contact Ken on 6257 2538.

- Have you sung with Quaama Choir, Thursdays 6.30 to 8 pm at the Hall? Lots of fun where classic songs as well as self-penned lyrics and music are workshopped for performance. Contact me (Cecile) on 0405 151 956 For a little village – ten minutes south of Cobargo and 25 minutes north of Bega – we sure have a lot going on! Mid-July many of us couldn't resist

a sticky-beak at the arrival of Angela's home in Moruya Street. Built in Sydney, this two-bedroom Park Cabins home came down icy Brown Mountain on the back of a semi with a police escort.

Sadly, there has been a bit of juju around the village with a reported break-in, a smashed toilet bowl in the public toilets, and tools taken and unrepeatable graffiti sprayed on a building site. Neighbourhood watch? Nah! Just keep an eye out and take precautions against any nefarious behaviour.



Vale Graeme Spicer, a long-time resident of the area, former Community Engagement Officer of the Quaama Rural Fire Service, and dear friend of many.



Angela's house arrived on wheels last month



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Wally's story

Picking up Wally Stewart's story where we left off in the July issue of *The Triangle* ...

The family moved from the Bermagui River encampment to Narooma in 1958, where Wally's sister Susan was soon born. Two years later Wally was born, the youngest of ten children.

Their house on the Narooma Flat was a short walk to the Wagonga Inlet and one of Wally's jobs was to walk over to the sandflats and collect a bucket of bimbler (cockles) once a week. The bimbler and other seafood were abundant then and Wally can remember feeling them in their hundreds beneath his feet as he walked across the flats. Bimbler were considered medicine food, good for diabetes and high blood pressure, and his mother Suzie cooked them up in a delicious curry gravy.

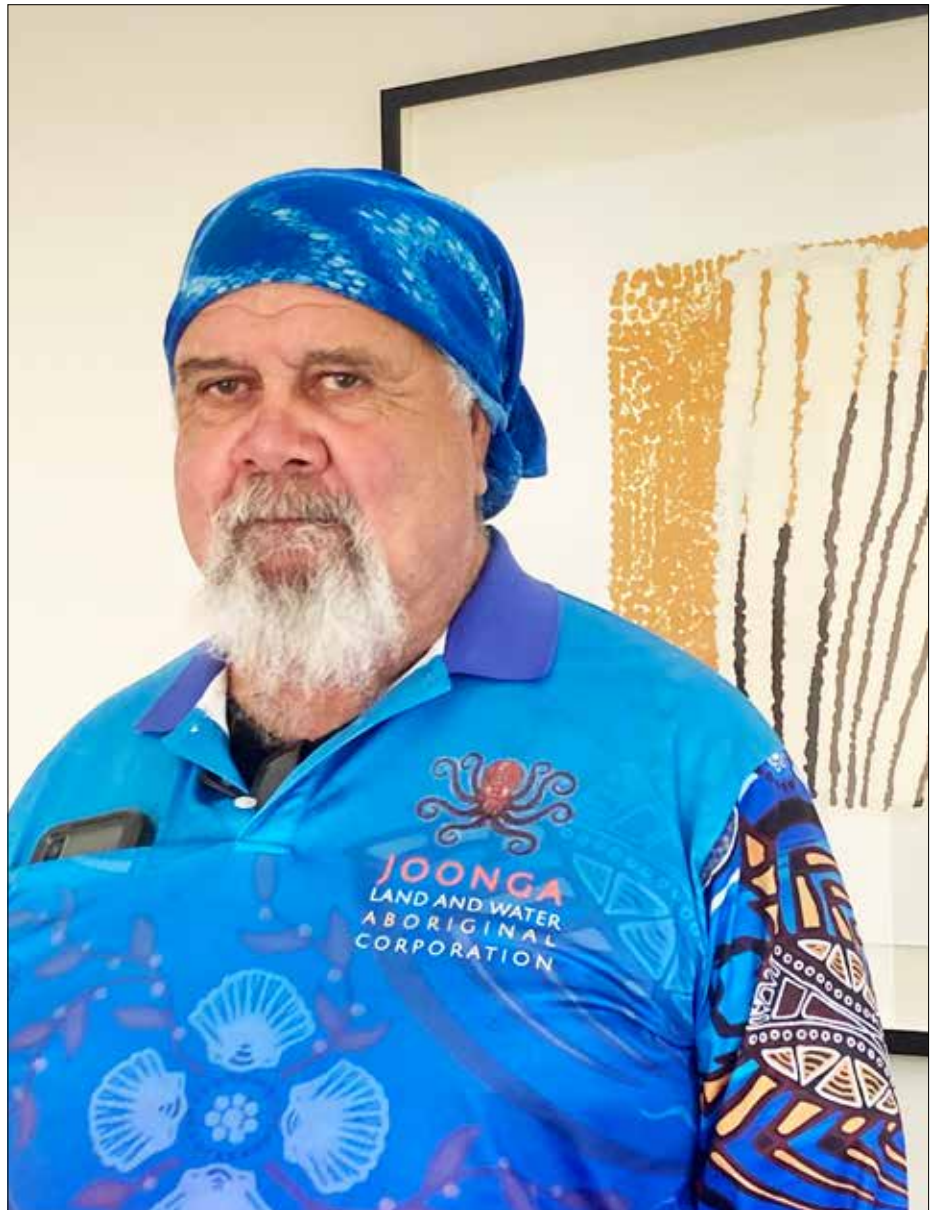
That situation changed in the 1990s when Fisheries allowed commercial hand gatherers to exploit the inlet's seafood and it was rapidly fished out. But back in the 1960s, there was always plenty of seafood to eat and they would even eat fish for breakfast if times were tough. 'We used to go to school, trading prawn sandwiches and lobster sandwiches for kids with Vegemite and peanut butter sandwiches.' All the kids went to the local schools and '... we had to put up with all the redneck attitudes when we were kids'.

Wally would earn pocket money by diving for golf balls in the gap below the cliffs at the Golf Club. 'I'd get up early, ride my bike to the golf course to dive for golf balls before going to school. Then get dressed and go to school with wet undies. And, as soon as school finished, I'd go back down the gap.' The balls were sold through the Golf Club Pro Shop.

Wally's two older brothers went fishing on the tuna boats and Wally left school early. He hadn't asked to leave school but one of the teachers came around with a form allowing him to leave school at the minimum age. 'They had it ready for you when you turned fourteen years and nine months. A standard procedure, I think. That was just the assumption for black kids.'

Wally, like his father George, is a Walbunja man and a traditional owner. He had a commercial fishing licence and a lobster pot licence. He also worked the lakes – his father had taught him how to hang and make nets. He had a good life and a good business – 'Fishing was just in our blood. We were just fishermen. Our fathers were fishermen and it just went down the line. Most of the Aboriginal people on the south coast can fish.'

His life was upended in 1986 when his first partner was killed in a car accident, leaving him with a toddler and a very sick baby to care for. In the aftermath of that he floundered, went bankrupt and struggled until his sister offered to look after the children, urging Wally to go to Monash University, where he enrolled in



Aboriginal studies and photography. It was there that he met his wife of thirty-five years – Yvonne, a Bundjalung woman.

Wally and Yvonne lived in Byron Bay, Yvonne's country, for twenty years while she helped her aunts with a successful native title campaign before they moved back here nine years ago. They have six children between them, all of whom consider themselves at home in Narooma and in Byron Bay.

They now have a successful business down here, maintaining their cultural connections while generating training and employment for many young people. They run cultural tours on Wagonga Inlet with local Indigenous tour guides, educating people about cultural practices and the impact of colonisation on the local people.

Colonisation changed everything for Aboriginal peoples and the injustices keep rolling on but Wally, ever the optimist, says, 'We can't change that but we can make a difference now'.

Thank you so much Wally for your remarkable generosity and patience in sharing your family history with me and *The Triangle* readers.

Angela Marshall

By the time you read this, the Tilba Festival will be over and I will be on a South Australian outback trip. Hopefully the new timeslot for the Festival has been good for all, bringing a boost to the usually quiet winter time.

It's a common belief that winter is very quiet in Tilba, but I happened to look back through *The Dromedary Drum*, August 1998. Lots of goings-on – the now famous (or maybe infamous) Trivia Night; restoring and updating the War Memorial; discussions about the Narooma Bypass; a Punkalla Road update; the Aboriginal language derivatives of our town names; Narooma and Mystery Bay snippets; James and Christine Heaslip's jaunt through Italy; local profiles, the history of the Brooklands Deer Farm and a gardening column as well. So, while businesses may be quiet and visitor numbers smaller, winter may be the time when the community takes stock and gets things done! So, I hope there was lots of support for the Tilba Festival.....

Wood Wide Web

A fascinating concept, the alternative 'www', popped into the recent talk at Central Tilba by Alison Pouliot, an internationally renowned ecologist, conservationist and photographer. It was part of the Fungi Festival. Entitled '*Underground lovers – a foray in fungal realms*', the talk attracted an eclectic gathering, some already very familiar with the world of mushrooms.

Alison described her decades-long exploration of the fungal world, with many amusing stories of her adventures with mycologists and foragers in the Northern Hemisphere autumn – she tries to have two autumns a year, one here and one in the north. It seems that old European cultures may have a better appreciation of the benefits that underground fungal activity can have, particularly for damaged environments. While a relatively young science, there is growing interest in mycology, with all sorts of potential uses for underground mycelia, hence 'Wood Wide Web'!

Alison's talk encouraged us to view the fungal world as an integral part of healthy ecosystems. While most of us are very familiar with edible mushrooms, the fungal world is diverse and endlessly active underground. Traditionally, fungus unsettles

us – often reflected in the negative language that surrounds it – relationships are 'blossoming' while crime is 'mushrooming'.

For those who wished to explore further, Alison's latest book, *Underground Lovers: Encounters with Fungi*, was available. A delicious supper of mushroom miso soup and mushroom focaccia, prepared and served by local food writer Jody Vassallo, warmed us all.

On the move



Greg and his wife Peta have sold Mockingbird Lane Antiques after 21 years and are looking forward to their retirement.

Originally from Sydney, Greg and Peta Wall made the decision to sell their Sydney and Mittagong antique businesses and find a suitable location on the south coast 21 years ago. By chance they found the Bate Street, Central Tilba property – ideal with its residence and large storage shed, an essential requirement for antique dealers. And Peta's sister had already moved to the area some years before.

Initially only offering antiques, Mockingbird Lane Antiques branched out into jewellery and homewares as the market changed. Like any retail business, the work has been constant with little opportunity for time off. However, it has enabled a way of life, and Greg and Peta made many friends over the years. The Tilba District Chamber of Commerce has also benefited during their time in business – Peta was Secretary for many years – as well as the Tilba Festival.

Now that Mockingbird Lane Antiques has been sold, Greg and Peta are looking forward to retiring in Central Tilba. There will be time for grandchildren, gardening, cooking and, for Greg, staying young riding his three motorbikes, one of which he's had for 43 years. Here's to their many years of participation and contribution, and a leisurely retirement in the Central Tilba community.



Alison Pouliot, conservationist and photographer, forays into fungal realms.

Winter times

The Saturday Tilba Market has been operating for close on 15 years. That's pretty significant as far as markets go. During that time the standard hours have remained unchanged – 8 am to 12 noon. The market has now moved to winter hours – 9 am to 1 pm – which seems to suit most stallholders. As well, visitors to the area may appreciate a later start during the cooler months.

These hours will continue to the end of August and will revert to 8 am to 12 noon on 2 September. The market continues to offer the usual range of locally-made handicrafts, produce and well-being products. There's always a rush on fresh produce from Triangle locals at the start of each market.



You've got to be early if you want local produce from the Saturday morning Tilba Markets, currently opening 9 am until the end of August.

Celebrating a milestone



Darcy Hoyer had trouble stomaching the cookies baked for his 60th in July.

Darcy Hoyer turned 60 on 14 July. To celebrate this significant birthday he decided on an outdoor bash on *Sherringham*, the family property at Central Tilba, a week earlier. The property has a wonderfully secluded location with lots of trees on the southern side of Little Lake, including a bush shack and other outdoor shelters. Over a hundred people, including kids and grandkids and some who had travelled a long way, were treated to a real outdoor bush celebration with a couple of pigs and a sheep spit-roasted.

Darcy reckons it was a good way to celebrate, although cutting and boning the meat was quite a task! A very clever person had even made cookies superimposed with a picture of the man of the moment – Darcy can't quite come at eating one! Some of the very adventurous chose to camp the night down by the lake. Happy birthday, Darcy, and here's to many more.

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Tilba District Strategy – progress

Regular readers will be aware of the great work being done by various community members on elements of the Chamber's Tilba District Strategy, which was finalised in 2022. Two areas of potential interest include the ongoing feasibility assessment for the Tilba District to become a UNESCO Biosphere Reserve, and the development and implementation of a Bushfire Resilience Plan for Central Tilba village.

Biosphere Reserve Project

A UNESCO Biosphere Reserve does not impact or over-ride existing planning policy and laws at any level of government. People living within the area declared as a Biosphere Reserve continue to enjoy their lifestyles, operate their businesses, responsibly use and develop their land and enjoy the outdoors while doing so in a responsible and sustainable way.

Following significant consultation during 2023, the following steps have occurred:

- While in Paris in mid-June, the Chamber's consultant, Professor Peter Bridgewater, had an informal discussion with the Chair of the UNESCO Biosphere Committee, who was supportive of the idea.
- In early July, Professor Bridgewater and I met with the State Environment Minister, Penny Sharpe, and State Labor MP for Bega, Dr Michael Holland, who were in Narooma for the dual-naming of Baranguba-Montague Island. The Minister was very positive and interested about the project and wants to engage with the Chamber when the feasibility assessment is concluded.

Bushfire Resilience Plan

In June, the Chamber received the final Bushfire Resilience Report from EcoLogical Australia, which provided some very useful recommendations on how to prepare and protect the Central Tilba village from future bushfire risks.

We are presently securing grant funding from Minderoo Foundation to appoint EcoLogical Australia to help the Chamber implement the report. The first step will be for EcoLogical to present the report to a community meeting, which will be organised soon.

Mark Stubbings

Steering Committee Member, Tilba Strategic Plan

See what Tilba Tilba looked like 100 years ago

Over 4,600 historic plans of 460 regional towns in NSW — including Tilba Tilba — have just been digitised and made available for the first time on the State Library of NSW's website.

The best URL to search the site is sl.nsw.gov.au/subdivision

According to the State Library's maps expert, Maggie Patton, 'Subdivision plans are an absolute goldmine for genealogists and local historians as they allow us to place ourselves in the past — on a street, in a town, where we once lived, where our ancestors established themselves.

'What's more, they're filled with fascinating details like property prices, town descriptions and sometimes a photograph,' says Ms Patton.

Subdivision plans were ephemeral items, usually discarded once a development site was sold. Luckily, the State Library has acquired and preserved these 100-year-old plans for the people of NSW and beyond to access and use.

Dating from as early as the 1880s, up to the 1930s, the plans were produced by real estate agents and auctioneers to advertise new subdivisions and land sales. They range from hand-drawn surveyors' plans to beautifully designed colour posters.

'They provide a fascinating visual record of how your town was imagined by town planners of the past, and how it has developed and expanded over time,' says Ms Patton.

'Some of the plans are annotated with sales figures, and you can see how public transport or access to shops, parks and local attractions influenced the popularity of a town. Estate agents used creative marketing strategies to entice people to regional locations by promoting special events with free transport, refreshments or entertainment for the kids.'

Maggie Patton is available for interviews.

For inquiries, people can contact 02 9273 1414.

Vanessa Bond

*Media & Communications Manager
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Leslie Bate

11.5.1949 – 4.6.2023

Leslie grew up in Woodend, Victoria and moved to Tilba Tilba in 1974 after marrying Richard Bate. She had met Richard through mutual friends Brian and Val Mead while holidaying up here, and Brian and Val remained lifelong friends. Leslie and Richard lived at Mountain View Farm, the original Bate property, where they raised their four children, Ben, Miranda, Sam and Kendall. She remained there until 2021 when the property was sold.

Leslie was an active and much-loved member of the community. Through the years she saw plenty of floods, drought and bushfires, along with all the usual that goes on with running a dairy farm. In the 1990s she and Richard chose to stop dairying to run beef cattle and to start a small, short term accommodation business known as Mountain View Cottages. Over the years they catered to many guests from near and far, which gave them much enjoyment.

Grandkids and kids in general were Leslie's great joy, along with puzzles, craft work, gardening and her farm animals, which were her pets.

Leslie moved briefly to Narooma but town living was not for her. She decided last year to buy a small-acre property in Bega – much more to her liking – where she moved at the start of 2023. She was diagnosed with advanced cancer in late April and passed away in June with family by her side.

Ben Bate



Leslie Bate, an active and much-loved member of the Tilba community, passed away in June.

Table upgrade

The well-constructed picnic tables down by Tilba Cheese have recently been enhanced with equally well-constructed roofs. Always pleasant on a sunny day, this area is now very user-friendly in all weather and the ideal spot to enjoy the many culinary treats Central Tilba has to offer. Thanks to Eurobodalla Shire Council for this great upgrade.

Stuart Absalom



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Reconciliation group celebrates NAIDOC 2023 'For Our Elders'

The Gulaga Reconciliation Group's NAIDOC 2023 'For Our Elders' Morning Tea at the Umbarra Cultural Centre on 20 June was an exceptional celebration of eldership and cross-cultural recognition.

Fifteen Yuin elders, five non-Indigenous elders, and community leaders, families and friends enjoyed cultural performances and conversation over a generous morning tea. They gathered in the wintry sunshine to experience the Gadhu Dancers' traditional, vigorous storytelling, and indoors to hear Warren Foster and colleagues perform original songs. The Little Yuin Preschool children sang of how they cherish the earth and each other, then presented hand-made braids of red, yellow and black yarn to their chosen elders. Their gentle respect inspired hope in us all. Four hospitality students from Narooma High School and two recently-trained baristas brought a youthful and professional energy.

MC Shanna Provost contributed her own brand of musicianship and humour, especially to a bingo-style presentation of gifts to the elders, who were overwhelmed by the generosity and recognition of the broader community. An amazing number of Bermagui and Central Tilba businesses donated gifts and vouchers.

Acting CEO of Merrimans Local Aboriginal Land Council, Mandy Foster, presented hand-turned wooden pens to non-Indigenous elders David Oliphant, Heather O'Connor and Rosemary Beaumont.

Aunty Lorraine Naylor spoke appreciatively of the initiative to celebrate together at Umbarra. Heather O'Connor reflected on the warm welcome, and the mutual respect and friendship between

and toward the elders. 'It was a privilege to be part of what felt like a significant turning point, a new beginning,' she said.

The Group is grateful to the Eurobodalla Shire Council, the Tilba District Chamber of Commerce and the Bermagui Country Club for their financial assistance, and to the Tilba and Bermagui CWAs for their splendid home-baking and ongoing support of women and families across the cultures.

The Group's next event will be a VOICEcafe, 10.30 am – 12 pm, Saturday 12 August in the Tilba Small Hall. All are welcome to be part of the referendum conversation.

*Cathie Muller
Gulaga Reconciliation Group*



Little Yuin Preschool children won hearts as they sang

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 may be subject to COVID restrictions. It is essential to check our website for cancellation notices.

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An overview of courses on offer for this term ... Apple Technology, Artificial Intelligence – Present and Future, Conversation Café with Scott Bevan, Emergence of Life on Earth, History of Bermagui, Film and Lunch, French language, The Arrival of Plants and Animals on Earth, The Voice Referendum.

And the first annual Quilba Cup goes to ...

Each year students and staff from Tilba Public School travel to Quaama

Public School for our combined athletics carnival. We combine because we are

two small schools. If we had our athletics carnivals separately, we would both have to set up and pack up and Tilba would need to travel anyway because the Tilba School oval is not big enough for the 100m, 200m and 800m races.

The other reason we like combining is because there are more entrants in each event, which makes it more fun and competitive. For example, Molly is the only 12-year-old girl at our school so she would not have anyone in her races or field events to compete against. But Quaama has four so Molly gets to compete against them.

The other good thing about combining is that we are making friends with the kids from Quaama. We combine for our cross country here at Tilba in Term 1 as well, so we are becoming good friends. The Quaama P&C provides a canteen, so the parents are all getting to know each other too. In fact, the P&C from Tilba provides a canteen for the cross country event and the canteens are even becoming quite competitive with each other!

This year we had the first ever Quilba Cup. This is a ball games competition with the winning school getting their name engraved on the perpetual trophy and keeping it for that year. We played each other in Captain Ball and Tunnel Ball in seniors and juniors. The best of three games won in each event. The crowd cheered and chanted, and it was very exciting for all the spectators and competitors. Proudly, Tilba won the first ever Quilba Cup. Go Tilba!

Billie Hordpenko



Children from the two small schools compete and make friends.



Tunnel Ball features as the children contest the Quilba Cup.

Voice Café at Central Tilba

Saturday 12 August in the Small Hall, from 10.30 to noon.

All welcome – ask questions, share ideas and gain information about the upcoming referendum on the Indigenous Voice to Parliament.

Organised by the Gulaga Reconciliation Group.

For information, contact Cathie Muller, 0418 581 944.

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Tilba CWA – soups, stalls and more!

Tilba CWA soups were popular once again at the Winter Solstice Lantern Parade in July, where students from Central Tilba School marched to the beat of drums down to the Big Hall, with glowing lanterns in hand. Thanks to Cara Elton for her organisation behind the scenes and our very own members for making hearty soups and tempting desserts.

Vicky, our Handicraft Officer, will be hosting another craft day on Thursday 31 August at the Drom. You're all welcome to bring along a project you've been working on, or just rock up and Vicky will supply the materials you need.

Meanwhile our plans are on track for the Tilba Festival, where the CWA ladies will be running a stall offering the usual delicious baked goodies, preserves, jams, dog treats and craft.

We'll also be raffling a very special painting by Allison Walker. Allison's beautiful painting is called *Muriyira* (whales). It symbolises magnificence, communication, music, protection and gratitude. Tickets will be on sale at the Festival and Saturday morning markets and the raffle will be drawn later in the year. We look forward to updating you in next month's *Triangle*!

All are welcome to our next meeting at 10.30 am on Thursday 10 August in the Small Hall in Bate Street. We'll be chatting about what's coming up in the calendar, our plans for the next Tilba Market stall and ideas for future fundraising.

Teresa Stubbings
President, Tilba CWA



Hearty CWA soups and entertainment at the Winter Solstice Lantern Parade last month

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The heavy frosts are leaving their mark and the paddocks have turned brown and crunchy underfoot. Farmers are spending

most days accessing and feeding fodder to support their cattle through the cold winter days and nights. Sadly, due to the dry cattle market, prices have slumped severely. We hope that rain lands in the valley in the not-too-distant future.

Cobargo Showground was the venue for the state Mounted Games, with over 90 horses and competitors putting on a fine display of skill and showmanship. Combining speed and athleticism, it truly was a great event to watch. Congratulations to all who represented their clubs.

During National Volunteers week, with the theme being 'Change Matters', three members of our community were honoured for their contribution to restoring and improving the Cobargo Showground. Congratulations are extended to Greg Holland, Ron Cole and William Mead, who were very surprised to receive their letters from Kristy McBain.

The Cobargo AP&H Society held their AGM recently with Daniel Allen continuing as President, Secretary Naomi Rolfe, and Treasurer Christy Holland assisted by Dave Rugendyke. Life membership was also awarded to Dennis Whiffen, William Mead, Carolyn Cole, Graham Parr, and Richard and June Tarlinton (me). We were all shocked and thrilled to receive the honour.

A delegation from the Wandellow Hall committee met with Mark Baker from the BVSC to make the final selections for the kitchen layout and whitegoods for the Hall, which is really starting to take shape. The last touches were discussed and planning is well under way. Unfortunately, the opening has been put back to late November because of a delay in securing the windows.

Huge birthday wishes are extended to Vin Motbey, dairy farmer from Wandella, who is turning 90. Vin, father to Charles, Shirley and Gail, has lived a great life with his lovely wife June. A celebration is planned at their family home amongst friends and family.



Ron Cole, Will Mead and Greg Holland were honoured with the letters of award from Kristy McBain during National Volunteers week.

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Robyn Williams

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robwill2546@yahoo.com or 0439023148

Project Alchemy is made possible thanks to funding from the Australian
Government for the Black Summer Bushfire Grant Program

Rebus Theatre ACT Arts and Creative Industries Project Alchemy

CTBA web launch

The Cobargo Tourist and Business Association (CTBA) will be launching its new website in the courtyard of Valiant Coffee on Tuesday 1 August, 10 – 11 am. Members and non-members are very welcome. Come and have a yarn with us – your thoughts and ideas are most welcome.

Our new website has created a great deal of interest. Please visit www.cobargo.org.au and let us know what you think. Our aim is to provide easy access for locals, and to help visitors plan their time in our picturesque setting. For \$50.00 annually your business can have a page on the website and your voice will be heard at meetings.

We're excited to have more than fifty members now, a huge increase on previous years. If you wish to find out more about what we do, now is the time. We'd be happy to discuss any matters you have.

With the good membership, we can look forward to a fabulous 'Celebrate Cobargo' on Friday 1 December – hoping Santa has saved the date!

The CTBA will also hold its AGM within the next few months. All positions will be declared vacant and nomination forms will be emailed to all members.

We look forward to having a coffee and chat on 1 August. RSVP appreciated but not essential.

Janet Doolin
President, CTBA

0409 033 828 or cobagofarm@hotmail.com

Cobargo Public School celebrates 150 years!

Cobargo Public School quietly turned 150 during the COVID lockdowns. So we are holding a 150+ celebration on Saturday 16 September, 2023, from 10 am till 2 pm at the school.

We invite all ex and current students, parents, teachers, principals, and of course the community of Cobargo and surrounds, to join us. There will be a history display, school tours, stalls, and food and drink available for purchase on the day.

We are also inviting interested stall holders, food vendors etc to get in touch – let's make this a celebration! Please contact Sarah: Iain.sarah.h@gmail.com.

Spread the word!

Sarah Hamilton



Cobargo Public School turns 150!

Cobargo CWA bake stall

Cobargo CWA is devoting the profits of its bake stall on Saturday 5 August to the Bake for Babies Charity, which aims to provide assistance to the Neonatal Intensive Care Unit and Special Care Nursery at Canberra's Centenary Hospital for Women and Children, where around 350 sick and premature babies from regional NSW are admitted each year.

We've adopted this charity as it echoes the aims of the CWA – to provide for women and children in rural, regional and remote NSW. So when you buy your goodies at our stall this month you will be supporting a very worthy cause. Please feel free to make a donation too.

Unfortunately, we must defer the planned Flower Ball until next year. We've had difficulty in co-ordinating a date to suit, so we've decided to concentrate our efforts again next year. We're as disappointed as you are!

We're busy making a submission to the CWA of NSW to lobby the NSW Government to look at underwriting some of the costs involved in accessing skin cancer checks. As skin cancer is a growing problem, we feel that access to checks should not be made difficult for lower income families.

Rehearsals are happening for our Music and Drama Day next month. Cobargo is presenting its own version of *The Man from Snowy River*! There's always something happening in our branch!

New members and visitors to our branch are always welcome. Why not drop in at our next meeting to see what we're up to? You're certain to be offered a cuppa and something scrumptious to eat. Drop in and say hello!

Mary Williams

Publicity Officer, CWA of NSW, Cobargo Branch

Big Book Fair – fundraiser for Cobargo Preschool!

With hundreds of quality second hand books available for purchase at Cobargo Preschool's Big Book Fair, there'll be something for everyone!

We're seeking donations of books in good condition for sale. Please drop these directly to the Preschool.

Cobargo Preschool is a not-for-profit organisation and relies heavily on fundraising to provide resources for the Preschool community. The Preschool has been providing quality education to the youngest members of our community for 30 years. We would love to see as many people as possible supporting this event.

Come along to 1 Park St, Cobargo and find a bargain on Friday 4 August, 3 pm – 6 pm, or Saturday 5 August, 9 am – 2 pm.

For more information or for donations of large numbers of books please contact me on 0401 636 827.

Emma Anderson



A quiet moment. Teacher, Lynne reading to Mackenzie Anderson

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Renewable Cobargo – the E-Hubs are coming!

Installation work is under way on Cobargo's four cool-refuge E(nergy)-Hubs. They're located at the Cobargo RSL Hall, the School of Arts Hall, the RFS shed and the Co-op. Each refuge will be fitted out with solar panels, storage batteries and reverse-cycle air conditioning. Expected completion is November 2023.

With an El Niño on the way, Cobargo and district residents will have four family-friendly and accessible refuges where we can be cool, safe and more resilient during extreme hot weather, even if the grid goes down. Look out for the new solar panel installations!

Heat pump expo

Renewable Cobargo's Community Energy Coordinators, David Neyle and Fiona Drum, were on hand at the Community Access Centre on 1 July with a number of local hot water heat pump suppliers, including Southern Cross Solar, Bega Heating and Solar, and SolarHub. We had a wonderful turnout – about 70 people stopped by to chat with us.

With electricity bills rising and water heating representing 30-50% of an average electricity bill, the 300% to 400% efficiency of a hot water heat pump will save you money and produce lower emissions.

Renewable Cobargo is looking to do a bulk-buy program with the suppliers of the models demonstrated at the Expo. Make an appointment for a free energy consultation with David or Fiona.

National Renewables in Agriculture Conference

In June, Fiona Drum attended the National Renewables in Agriculture Conference in Dubbo, on behalf of CaDET, to find

out about new developments in the transition to renewable energy in agriculture. There were many take-home messages from this conference, however one over-riding theme was the emergence of new industries and new employment opportunities in the renewable energy sector for rural and regional communities.

Renewable Cobargo is an initiative of Cobargo and District Energy Transition (CaDET). Our key projects are to develop extreme weather refuges, work towards a Cobargo microgrid, and provide information about energy through our Community Energy Coordinators. Visit www.renewablecobargo.com or email renewablecobargo@gmail.com.

The Renewable Cobargo team



There was much interest at the Heat Pump Expo at the Cobargo Community Access Centre last month. Photo credit Linda Sang

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Horizon Community Grants Program kicks goals at the Cobargo School of Arts Hall

The Horizon Bank's Community Grants Program has enabled the Cobargo School of Arts Hall Committee to purchase three beautiful benches with integrated seating for a community picnic



Members of the Cobargo School of Arts Hall proudly unveil the new picnic area.
(L – R) Ros Hewett (friend of CSA), Linda Sang, Maggie Cursley, Steve Williams, Elly Williams, Jan Rivers, Louise Brown

area on the southern side of the Hall. The seating is designed to enable wheelchair access if required.

‘The development of this area is an important first step in our project to create a haven for community members during extremes of heat or cold,’ said Secretary of the Hall Committee, Louise Brown. ‘It’s not meant to deal with bushfires but rather with the extremes of weather for those who may not have suitable housing accommodation, or where there are legacy non-housing accommodation issues arising from the bushfires. Keep in mind that we still have many community members living in sheds, caravans and even tents.’

The next step in the project is the installation of solar panels and batteries – already funded through the Cobargo and District Energy Transition (CaDET) team under the Black Summer Bushfire Recovery Grants. These should be in place by October this year and will have the capacity to provide 24/7 power if the main grid is down.

In addition, Council has recently completed the rebuild of the bushfire-damaged Hall toilets, which are now first class facilities.

The new picnic area is available for groups hiring the Hall as well as for community members who would like a cool, shady spot to have a family picnic.

Many thanks to the Horizon Bank and its wonderful Community Grants Program.

*Steve Williams
President, Cobargo SoA Hall Committee*

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Help us take Dhurga Language to the desert

**Walawaani njindiwan –
Welcome everyone.**

For our First Nations community, Dhurga language is a direct connection to our ancestors, Country and culture, unique to our region. Dhurga is not the language we were raised speaking, and it is through the song writing process for the choir that we are learning and championing our grandparents' tongue.

In April 2023, four members of Djinama Yilaga choir travelled to the Big Sing in the Desert outside Alice Springs, where we met with the Central Australian Aboriginal Women's Choir. We've been invited to return and perform at Desertsong Festival in September, 2023 and are excited to build on those connections we made. This time we want to take the whole choir with us, including our kids, to show them what our culture is – to us and to other people.

We're reaching out to our local community, and beyond, to help us achieve this dream. The funds we raise through our campaign will be used to pay for travel and accommodation for the seventeen singers and crew of Djinama Yilaga. Thank you for

supporting us to take our Dhurga language to the Desert, to sing it loud and proud at Desertsong Festival and connect with the communities, choirs and Country.

**Donate online here:
bit.ly/dhurgatothedesert**

Djinama Yilaga Choir is an intergenerational choir, established in 2019 and led by renowned Walbunga/ Ngarigo artist, Cheryl Davison. Dhurga was spoken and understood by many within the 13 tribes of the Yuin Nation. It was spoken by the Walbunga people of the

Broulee region and the Brindja Yuin people of Moruya. Recently, Djinama Yilaga Choir and their songs have been featured in the award-winning suite of three music videos, *Bagan, Barra Barra Mirriwarr - Land Sea Sky*. This year has brought new opportunities and audiences for the group, with performances at Parliament House, the Royal Botanic Gardens, Sydney, and a tour of Poland as part of the Ngarigo Polish Exchange.

*Cheryl Davison
Djinama Yilaga Choir Leader
Four Winds First Nations Creative Director*



Djinama Yilaga Choir in full voice (photo: David Rogers)

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What's on at Shop7 Artspace, Bermagui Wharf

We've just wound up our successful annual *Harbour Community Exhibition*. The Exhibition displayed the work of 20 new local artists across many mediums. As in past years, many thanks to all the local business owners who donated prizes to their favourite works. It was great to have the chance to encourage emerging local artists.

Our featured artist for August is Victoria Nelson. Victoria has a rich history of artistic achievements, and we asked her to describe herself and her philosophy of art.

'Henri Matisse moaned that "creativity takes courage". I have thought about this quote often as I've gazed at a blank canvas, or some unmarked paper on my drawing board, or a lump of marble,' Victoria said.

'My philosophy about art? A pretty big question! For me it's many things.

'The last big commission I completed was from the Bass Coast Shire, for a sculpture to encourage children to empathise with the passing whale population. I designed a whale with a calf to be carved in marble – I did have to go to Italy for this! Four really big stones to

be sat on, ridden, cuddled and enjoyed. My biggest challenge was the eyes of the calf. They had to be engaging and tender enough to make you laugh and make you cry.

'The works I am exhibiting at Shop7 Artspace are watercolours of our local landscape. For me they are just about being here and watching the changing sky and the absolutely beautiful landscape we live with,' she said.

Please drop in to the gallery to see Victoria's work and the work of other Bermagui artists, and browse the quality, original art and gifts for sale.

Shop 7 Artspace is upstairs at Bermagui Wharf. It's open from 10.30 am until 3 pm every day except Tuesdays. We look forward to seeing you!

Peter Campbell



Opening night at the 2023 *Harbour Community Exhibition*

'Nature Stories' art workshops start this month

As part of Rebus Theatre's 'Project Alchemy', Robyn Williams will be presenting 'Nature Stories', a series of eight art-making workshops. So, if you love nature and wish to explore that connection through the visual arts, come and experiment with a range of mark-

making techniques to tell the story.

Over eight sessions we'll experiment with traditional drawing materials such as pencils and charcoal, watercolour and gouache paint. We'll collect leaves for eco-dyeing and mono-printing, seedpods and other mark-making, natural materials

for drawing studies.

Each week we will explore principles of art and design, such as line, texture, shape and form, with colour being a major element. Depending on the weather, some of the studies will be experienced 'en plein air'. Spring should provide a delightful range of inspirational ideas as the basis for your visual narratives, which we'll display together in early November.

The workshops will be in the Supper Room, Cobargo School of Arts Hall, on Tuesdays from 10 am – 3 pm on 29 August; 5, 12 and 19 September; and 10, 17, 24 and 31 October. The cost will be \$10 for each session.

Bookings are limited. Contact Robyn Williams on robwill2546@yahoo.com or 0439 023 148.

Rebus Theatre's 'Project Alchemy' is made possible thanks to funding from the Federal Government's Black Summer Bushfire Grants Program. Rebus is also supported by Ainslie and Gorman Arts Centres and the ACT Government.

Google 'Rebus Theatre Project Alchemy' for more information.

Robyn Williams



Drawing in pastel from 'The Love of Trees' activity
(Project Alchemy 'Move, Draw, Restore, Sing!' Cobargo/Batemans Bay workshops)

Sparrows of Kabul comes to Cobargo

Fred Smith and his band are bringing *Sparrows of Kabul* to Cobargo School of Arts Hall at 3 pm on Saturday 12 August. An extraordinary song cycle, *Sparrows of Kabul* has been described as 'a beautiful retelling of Australia's Afghanistan experience', and 'utterly beguiling'.

Fred Smith is seen by many as the unofficial storyteller of Australia's involvement in Afghanistan. The lyrics to his song *Sapper's Lullaby* are engraved in marble at the Australian plot at the centuries-old British War Cemetery in Kabul.

Fred was the first Australian diplomat to be sent to work alongside Australian soldiers in Uruzgan Province. He arrived in 2009 and was among the last to leave in 2013. While there he wrote songs and put on regular concerts, playing with bands comprising Australian, US and Dutch soldiers and Afghan interpreters. Returning to Australia, he released the album '*Dust of Uruzgan*', earning him comparisons to the great Australian balladeers Eric Bogle, Don Walker and John Schumann. The title track was covered by Lee Kernaghan on his top-selling '*Spirit of the Anzacs*' album.

In 2020 Fred went back to Afghanistan and, when Kabul fell under Taliban control, he worked from Kabul International Airport (KIA) on Australia's mission to evacuate passport and visa holders. 'Seeing the desperation with my own eyes struck

me to the core,' he said.

Called *Sparrows of Kabul*, the new show offers a vivid personal account of Australia's 20-year involvement in Afghanistan. 'Despite the many challenges during the evacuation mission, the Australian team managed to get 4100 people out, most of whom are now living in Australia. Their girls and boys are going to school and having swimming lessons. We've changed people's lives,' said Fred.

To book, go to iwannaticket.com.au and search for 'Fred Smith'. Tickets: \$22 for club members or \$27 for non-members. Tickets may also be available at door but best to book online. And you might like to bring a plate to share for afternoon tea.

Coral Vorbach



Fred Smith and his band are bringing *Sparrows of Kabul* to Cobargo this month



'Seeing the desperation with my own eyes struck me to the core.'
Fred Smith's stage show is a vivid personal account of Australia's involvement in Afghanistan.

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Cobargo Creators News

This year's 8xEight Exhibition will open on Tuesday 8 August and the entries will be on display until Saturday 9 September. Please join us for the official opening at 5.00 pm on 8 August and enjoy some refreshments while chatting to some of the artists and creators of the entries. We've had plenty of interest, both locally and from interstate, and are expecting a bumper crop of entries this year.

Our AGM will take place at 1.00 pm on Saturday 12 August in the Gallery. The meeting will be followed by afternoon tea and everyone is welcome. We are looking for a new Secretary so let me know if you're interested and I'll provide you with the relevant information.

Over the weekend of 16 – 17 September, Cobargo Creators will showcase the creative talents of students who attend primary schools in the Triangle area. An exhibition of students' art and creative work will be held in the Cobargo School of Arts Hall. The Hall will be open between 9.00 am and 3.00 pm on Saturday and Sunday and the proceeds from the gold coin entry fee will be divided between the participating schools. This exhibition will coincide with other activities planned to celebrate the 150th anniversary of Cobargo Public School.

For more information about these events or Cobargo Creators in general, contact me on 0408 411 956 or at mail@cobargocreators.org.

Glennnda Heino

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Uncommon in the Side Room



Mustelidae and Mona (Mona Lisa and ferrets)

At Cobargo's Lazy Lizard gallery this month, a slightly surreal exploration of unlikely pairings and whimsical characters by local artist Michelle Marley (me), who works from her shed-studio amongst the gum trees in Cobargo.

Using rich colours on canvas or reclaimed timber, each painting holds its own story, aiming to inspire curiosity, imagination and hopefully a smile. For those who like their art with a twist.

You can drop by to view *Uncommon in the Side Room*, 10 am – 3 pm, Monday – Saturday, until the end of August.

Michelle Marley



Frida's cat (Frida Kahlo)

CROSSWORD ANSWERS

ACROSS. 1 Concentric, 7 Doco, 9 Stroll, 10 Valuable, 11 Cocktail, 12 Bunyip, 13 Croc, 15 Bothersome, 17 All-purpose, 19 Spot, 21 Zagreb, 23 A la carte, 25 Feng shui, 26 Trivet, 27 Unit, 28 Disorderly.

DOWN. 2 Outdoor, 3 Chook, 4 Nullarbor, 5 Revolutionaries, 6 Celeb, 7 Diagnosis, 8 Calcium, 14 Copyright, 16 Ever after, 18 Leave in, 20 Oatmeal, 22 Be had, 24 Alice.

KIDS' KORNER VEHICLES 1 Bus, 2 Ambulance, 3 Motorcycle, 4 Bicycle, 5 Train, 6 Car, 7 Crane, 8 Tractor, 9 Truck, 10 Taxi.

JOKES 1. Because she couldn't control her pupils 2. Hailing taxis 3. A little plaque 4. A mammoth 5. A palm tree 6. It goes through a jarring process 7. Bison 8. Me-OW 9. Shore 10. To the dock 11. They log-in 12. A scare conditioner 13. It synes

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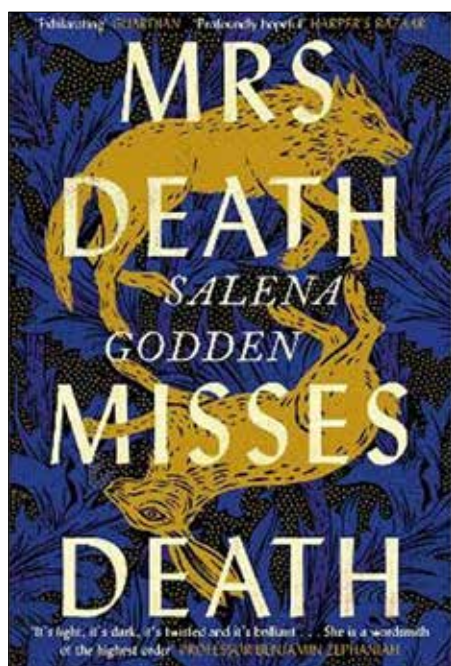


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Mrs Death Misses Death Salena Godden Canongate Books, RRP \$35.90

Salena Godden is an English poet, author, activist, broadcaster, memoirist and essayist. Born in the UK, Godden is of Jamaican-Irish heritage. She is known for the graphic power of her poetry and is considered one of the foremost performance poets in the UK.

This is her debut novel. I had heard a lot about this prize-winning prose/poetry novel and because of the



enthusiastic reviews regarding the beauty and confrontation of the language and because of her reputation as a performer, I decided to first tackle this supposedly difficult novel (it isn't) as an audio book. And here we could get into the argument about listening to versus reading a book. Has a book been read if you listened to it? I think there is a place for both and for this stunning book, I did both.

I'm very glad I listened first. Godden reads the novel herself and has a beautiful voice, full of the inherited lilts of her Jamaican/Irish background, and as the author she knows the rhythms and flows.

The novel is the product of the Covid lockdown in the UK, where the number of deaths attributed to COVID exceeded 100,000.

This is not a novel about death but an urging not to waste our time, our lives.

Our protagonist is Wolf Willefort and their gender is neutral. Wolfie is a young impoverished poet living in a cold flat post-lockdown. They were traumatised as a child after their mother died in a high-rise apartment fire, based on the Grenfell Tower fire in 2017. Godden describes this horror and the wasteful, unnecessary deaths, where the poor, mainly black and disadvantaged, live in unsafe, cheaply built apartments. Understandably, Wolfie is still ruminating on this tragedy and how it changed their life.

Wolfie buys an old desk and somehow,

through this old piece of furniture, Mrs Death appears and is able to transmit her stories. Mrs Death is personified as a series of black women, old and homeless, old and kind, young and shimmering. This allows her to pass through the world unnoticed – 'there's no human more invisible, more easily talked over, ignored, betrayed and easy to walk past' than a black woman. Mrs Death is tired after an eternity in her job and she wants to tell her stories, unburden herself and stop unnecessary deaths. 'I'm as busy now as I was in 1066. I'm as busy now as I was with Attila the Hun'.

Mrs Death talks of the waste of human life, of drowned refugees, of children dying of poverty, of the homeless dying in the doorways of the rich, of mass murders, of Syria.

She tells of the sheer amount of wasted life we are accustomed to accepting as part of the way we live. She underlines that so many deaths are preventable and that these tragedies need not be repeated. But only if we change.

This may not be a book that you would wish to read after the last difficult years but it is a beautiful, confronting novel of hopefulness.

'Humans still have so much to learn. But in times of difficulty, when you are in pain and trauma, accidents and emergencies, you draw breath together, you connect, you're most tuned in and alive and alert.'

Pet of the Month

Kerri Brady

The pride of the pack! Hello, I'm Leo. I'm a blue and white male American Staffie, so you can see straight away I am not just your usual run of the mill handsome fella. I am a very happy, healthy and de-sexed two year old, with some puppy playfulness still in me – but none of the bad sort. I'm very gentle, quiet and chilled.

I'm house-trained and well behaved. I sit when asked and I'm not pushy. I'm alert and pretty clever too, so learning new things together will be fun. While I'm gentle, I'm also strong and can be a bit boisterous playing with other dogs, so it would be ideal if you're a confident owner and have time to guide and continue my training in dog social etiquette.

I've been known to scale fences when left alone for too long – because all I want to do is be with you! This means you need to have a good secure yard for me – but I'm worth it! I'll be an excellent and loyal companion to some loving human who has the time to share their life with me. Cost \$450. Please call 0400 372 609 (phone hours are Monday to Friday 9 am – 5 pm).

You can view other available animals on our Facebook page – Animal Welfare League, Far South Coast Branch – but you will need to call us 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 the BVSC Companion Animal Facility on 6499 2222.



Hi! I'm Leo, a blue and white male American Staffie.

Bare-rooting season

For thousands of years humans have cultivated shrubs and trees, and dug and distributed them as bare-rooted young plants, often wrapped in damp rags or bound in a damp ball of sawdust. For growers, this is the most economical way to produce and distribute plants, and for buyers it means we get a bigger, better plant for less money. August is the perfect time to plant bare-rooted roses, fruit trees and ornamentals, because with spring around the corner they will be shooting up in no time.

August is also a great time to pore over the seed catalogues and to start preparing for your warm weather garden by topping up your mulch, compost and manure to help stop the soil drying out later. It's also a good time for some maintenance on your irrigation system, which after our dry July you have no doubt already been using!

August is also your last chance to spray your peaches, nectarines and apricots to prevent 'peach leaf curl'. It's caused by the fungus *Taphrina deformans* and, if not controlled, it can seriously weaken the trees. It can usually be controlled satisfactorily with a spray of a suitable registered fungicide but the timing of the spraying is critical – it needs to be done before any buds begin to open. Anytime thereafter is a waste and could even prevent the fruit setting.

Another essential gardening chore for August is to chit your spuds. Chitting is the practice of encouraging potatoes to sprout strong, stubby green shoots prior to planting, which gives your



Emerging spring bulbs

tubers a head start. Place your potatoes, or even pieces thereof, into an egg carton or two on a sunny windowsill, plant them out towards the end of the month into rich soil, and mulch over.

Another way to get a head start on the growing season and improve your seed germination is to warm up your seedling soil artificially. One way is to use an electric seedling heat mat placed underneath the seedling tray. Or you can make a solar-powered version, commonly known as a 'cold frame' – essentially a glass-topped box that traps heat and humidity. You can construct a cold frame easily from an old window sitting atop a box made of timber or bricks. Cover the glass during the night to keep as much heat in as you can, and prop the glass lid slightly open as the daily temperatures begin to warm to avoid burning your seedlings.

Finally, this month in the vegie garden we continue catering to the cooler weather, so we're mostly still limited to planting leeks, shallots or onions, peas of any description, and broad beans and lettuce. Rocket and silverbeet are probably also worth trying this month, as are one of the fastest-growing vegetables, the humble radish. It only takes them twenty-three days to grow from a tiny seed to a full-grown, ready-to-eat root!

If you have any comments, gardening questions, or plant or pest identification problems, please send them through to gardening@thetriangle.org.au and we will get back to you personally.

Happy growing.



Time to plant potatoes



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The Triangle team has a delicious winter dish for you that uses the lemons now in season as well as a yummy dessert that uses whatever fruit might be in abundance, now or any time of the year. We hope you enjoy.

Fish Yassa from Senegal

Yassa looms large in the cuisine of Senegal. If you've never had it and love lemon and onions, give it a try! You can cook the fish in a pan or on the BBQ before finishing it off in a delicious caramelised onion, lemon mustard sauce. The BBQ gives the best flavour, with a hint of char.

Ingredients

- 1 kg firm fish cutlets, skin on
- 3 onions, thinly sliced
- 2-3 cloves of garlic, minced
- ½ cup lemon juice
- ¼ cup neutral oil (peanut, sunflower, vegetable, etc)
- 1½ tablespoons Dijon mustard
- ½ teaspoon salt
- 1 Scotch Bonnet or other super-hot chili pepper
- 1 bay leaf
- ½ cup fish stock or water
- 4 tablespoons oil, divided
- Sliced green olives (optional)

Instructions

Rinse the fish, pat dry, then season.
Prepare the marinade by whisking together the lemon juice, garlic, mustard, salt and oil.
Pour the marinade over the onions and toss with the Scotch Bonnet and bay leaf.
Bury the fish in the marinade and refrigerate for up to 4 hours.

Remove the fish and reserve the onion marinade.

BBQ method

Wipe down the hot grill with oil then immediately lay the fish on the grate. Grill for about 1-2 minutes on each side. Remove and place on a plate.

Frying method

In large frying pan, heat 2 tablespoons oil over medium heat, add the fish, cook each side until cooked through. Remove fish and set aside.

Putting it together

1. Heat 2 tablespoons oil in an acid-tolerant pan. Fry the reserved onion marinade on medium low until the onions are a golden brown.
2. Add ½ cup fish stock or water, cover and simmer 4 - 5 minutes. Adjust for seasonings. Discard the bay leaf.
3. Place the fish back in the pan, covered in the sauce.
4. Simmer for another 5-8 minutes until the flavours come together.
5. Discard the Scotch Bonnet.
6. Arrange the fish on a plate, top with the sauce.
7. Serve on rice with bitter greens on the side.
8. Scatter with green olives if desired.

Bhagya



Wickedly warming winter dessert

I love making Clafouti. Once you know the basic mix, you can adapt it for any apples, pears or stone fruit base.

Heat oven to 180 degrees.

Prepare the fruit

Pears seem to be around at the moment, but apples are lovely combined with some rhubarb, and stone fruit is perfect when in season.

Peel and slice the fruit and poach briefly, just to soften. I use very little liquid when poaching, maybe a dollop of whatever jam is in the fridge and juice of an orange.

Spread the fruit in a baking dish.

Make the clafouti mix

- ½ cup ground almonds (I prefer to grind my own in the food processor as I like them a little coarser)

- ½ cup flour (I usually use GF)
- ½ cup caster sugar
- 6 eggs
- 1 cup milk
- 1 cup cream
- 1 teaspoon vanilla essence

1. Mix together and pour over the fruit, covering it well (you may have too much mix but it keeps well in the fridge for next clafouti time, or pour it into little ramekins and bake).
2. Bake for about 40 mins until golden brown.
3. For more indulgence, sprinkle brown sugar over the top about halfway through baking.

Georgie

For the fridge door

AUGUST	WHAT	WHERE	TIME
Tues 1	Cobargo Tourist & Business Assoc launch of website pg 23	Valiant Coffee in Cobargo	10 am - 11 am
	Voice referendum session, information & resources	Well Thumbed Books	11 am - 12.30 pm
Tues 1 - Sat 5	Entries to Cobargo Creators 8xEight exhibition due	Cobargo Creators Gallery or email pg 30	Daily 10 am - 2 pm
All August Wed 2	Uncommon, paintings by Michelle Marley	Lazy Lizard Gallery, Cobargo	10 am - 2 pm Mon - Sat
	Victoria Nelson, featured artist with her exhibition of watercolours	Shop7 Artspace, Bermagui every day except Tues	10.30 am - 3 pm
Fri 4	Fund raiser: Big Book Fair	Cobargo Preschool, 1 Park St, Cobargo	3 pm - 6 pm
Sat 5	Fund raiser: Big Book Fair	Cobargo Preschool, 1 Park St, Cobargo	9 am - 2 pm
	Tilba Markets winter trading	Big Hall, Central Tilba	9 am - 1 pm
	VOICEcafé referendum information session	Small Hall, Central Tilba	10.30 am - 12 noon
Tues 8	Opening: 8xEight exhibition	Cobargo Creators Gallery	5 pm
Sat 12	Sparrows of Kabul, Fred Smith and band, bookings: iwannaticket.com.au search for Fred Smith pg 29	Cobargo School of Arts \$22 members, \$27 non-members. Bring a plate to share for afternoon tea	3 pm
SEPTEMBER Sun 3	Affinity Quartet playing Mozart, Janacek, Mendelssohn, book tickets www.fourwinds.com/whats-on	Four Winds, Windsong Pavillion, Barraga Bay	2 pm, doors open 1.30: bar and snacks available

REGISTERED NURSES / FULL TIME / PART TIME / CASUAL

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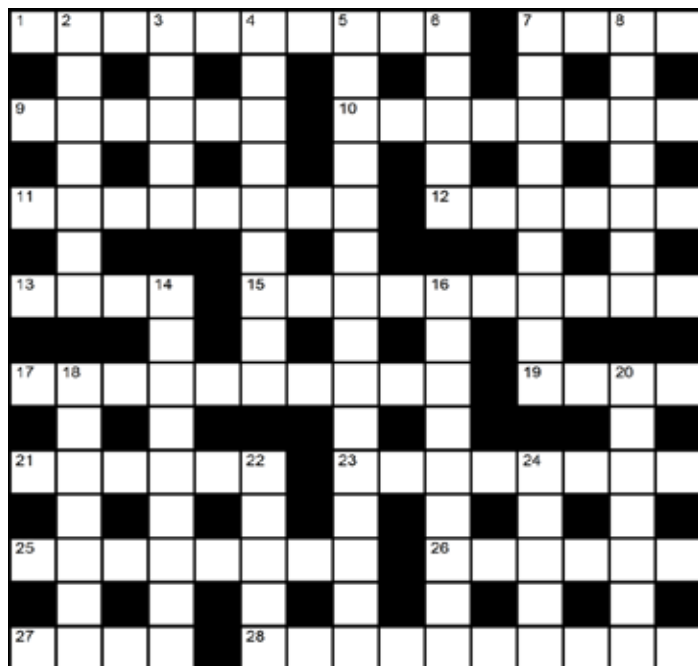
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AUGUST CROSSWORD



SUDOKU

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

ACROSS

- 1 Like rings on a target (10)
- 7 Allegedly factual TV programme (4)
- 9 Ramble (6)
- 10 Having considerable worth (8)
- 11 Shirley Temple or Manhattan, maybe (8)
- 12 Mythical Australian creature (6)
- 13 Menace of tropical waters (4)
- 15 Pesky (10)
- 17 Versatile (3-7)
- 19 Small blemish (4)
- 21 Croatian capital (6)
- 23 One way to order a meal (1,2,5)
- 25 * Huge fins adjusted for Chinese spatial design (4,4)
- 26 Stand for hot dishes (6)
- 27 Body of soldiers (4)
- 28 Chaotic (10)

DOWN

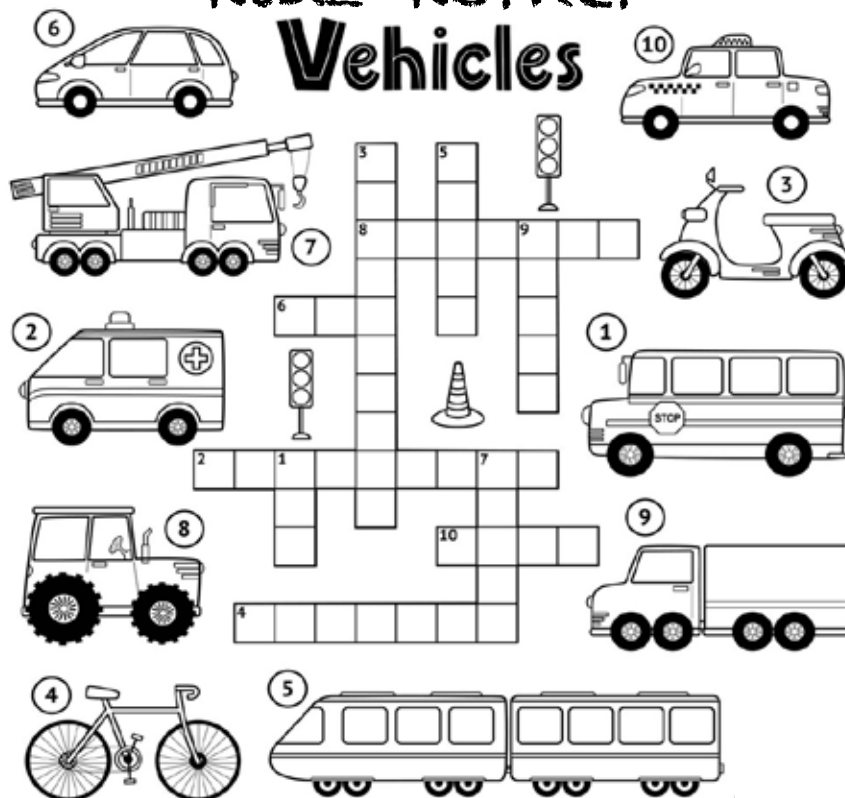
- 2 Alfresco (7)
- 3 Its produce can be poached (5)
- 4 It's plain without trees (9)
- 5 * Stirrers unveil oratories, stirring things up (15)
- 6 Big star (5)
- 7 Doctor's news (9)
- 8 Bone-building element (7)
- 14 Author's protection (9)
- 16 Eternally (4,5)
- 18 Stet (5,2)
- 20 Breakfast dish (7)
- 22 Get taken (2,3)
- 24 She meets a smoking caterpillar (5)

*Indicates a cryptic clue.

Answers on page 31

If you have a game, quiz or crossword you would like to see on the Game On page, send it to contributions@thetriangle.org.au

Kidz' Korner Vehicles



JOKES

1. Why was the teacher cross-eyed?
2. What's worse than raining cats and dogs?
3. What kind of award did the dentist win?
4. What's the biggest moth in the world?
5. What kind of tree can you hold in one hand?
6. How does a cucumber become a pickle?
7. What did the buffalo say when his son went to school?
8. What did the cat say when someone stepped on its tail?
9. What did the boy ocean say to the girl ocean when she asked him out on a date?
10. Where do sick boats go to get better?
11. How do trees get onto the Internet?
12. What do monsters turn on when it's hot?
13. What happens when you drop your phone in the water?