

## Cathedral – celebrating our native forests

The power of beauty is known deep in our being, the power of nature expressed in beauty connects with us directly. Beauty can open different ways of seeing, knowing and thinking, re-aligning values and re-orienting possibilities. That moment, the inner flash that hushes the ever-talking mind, offers the potential for glimpsing different paradigms when the old ones are failing. This is the aim of the project, *Cathedral – celebrating our native forests*.

*Cathedral* seeks to promote public awareness of the beauty, long-term resilience, environmental values and essential contributions made by our public native forests in south-eastern NSW through beauty.

*Cathedral* highlights the beauty of our native forests through works of local artists who share a passion for our forests and all they bring to our lives and the world at large. Their work can be viewed on our website and our Facebook page – enter ‘Cathedral, celebrating native forests’ into your search engine or Facebook search function. Our Facebook page garners likes and views by a growing number of visitors. Local artists who wish to participate can email the project at [paulpayten@gmail.com](mailto:paulpayten@gmail.com).

*Cathedral* grows out of the Great Southern Forest (GSF) proposal. GSF is a deeply researched, widely inclusive, solutions-based project advocating for the re-orientation of management of our publicly-owned, native forests away from industrial logging and wood-chipping to prioritise ecological integrity, climate stabilisation, water security and carbon sequestration, thereby activating new money and



Each tree is unique. This beauty lives on the foothills of Gulaga.

new jobs in the regional economy. The GSF proposal offers many benefits for increased resilience and biodiversity, regional employment, First Nations participation and social coherence. GSF refers to all public native forests in south-east NSW from Nowra to

the Victorian border and out to Tumut in the west. Further information and supporting academic research are available on the website of Great Southern Forest, NSW.

*Rosemary Beaumont*

Albert Camus wrote, ‘In the depth of winter, I finally learned that within me there lay an invincible summer.’ Some hard July frosts sure called on this inner warmth, when the ice was thick on the dog’s water bowl and the windscreen needed a saucepan of water before take-off.

As Nick Cave sang, ‘In the middle month of winter ... the wind, sir, it was wicked.’ But that’s all behind us now. August is here. Yes, cold will kick us out of bed grumbling for a bit longer, but not that much longer. For now, we keep earning

our PhDs in cosiness, setting perfect fires, neatly stacking the split wood, and keeping our flannies and long johns clean. Spring is coming.

Once again, *The Triangle* team has received, collated, discussed, edited, laid out, copy edited, proofed, printed and delivered another edition. Recently our dear Treasurer accurately observed that ‘*The Triangle* has tremendous momentum.’ The team gets its momentum from the fabulous contributions we receive from a busy community.

In this month’s edition I was struck by how *much* creativity this community creates and inspires. From the sublime Sunday arvo programs filling up the Four Winds Pavilion, to the prolific poetry of one resident, you will also read about exhibitions at the Spiral and Lazy Lizard galleries, as well as a new Arts Centre for Narooma and all the musicians cranking out the tunes. Stay cosy Triangulators, maybe by taking up pickleball. Never heard of it? Read on!

Letters

Council's welcome Active Transport Strategy

Editor,

The recent development of an Active Transport Strategy by Bega Valley Shire Council is particularly welcome. I sincerely hope that it includes a significant upgrade of pedestrian infrastructure for Bermagui.

Our town is woefully lacking in footpaths, especially in heavily used routes such as Montague St between Woolworths and the Blue Pool and Young St from the Police Station to the Pre-School. Pedestrian crossings or pedestrian refuge islands are also needed on Lamont St at Apex Park and on Bunga St at the Library.

Vehicles are regularly parked on verges within the town, forcing pedestrians to walk on roads with increasing traffic loads.

Michele Miller Bermagui

Bega Mental Health Hub

Mental Health Support is critical for healthy communities, and the Bega Mental Health Hub wants to be a genuine part of this. A safe space for people to visit to find information, support, connect or just sit – a space that is what the community wants and needs, designed by the people who will use it.

The Bega Mental Health Hub provides free outreach mental health and support services across the Bega Valley Shire and is now seeking to consult with you to understand how it’s been going so far, and to imagine the future of an accessible service and space that meets community wants and needs.

We’d like to invite you to join us and share your thoughts, experiences and hopes.

Two community consultations are being held: Cobargo, 20 August, 10.30 am to 2.00 pm, at the Cobargo School of Arts Hall, and in Eden, 21 August, 10.30 am to

2.00 pm, at the Eden RSL Hall.

A free morning tea and lunch will be on offer. Transport assistance will be available for both consultations.

For more information text 0407 578 984, or contact nadia@rosesintheocean.com.au or on 1300 411 461 (ext. 115).

Nadia Bagley



Join your fire brigade!

You can take up many different roles, for example, in communications, equipment maintenance, administration and catering. Just roll up and say g’day at your closest fire shed on a training night.

- Cobargo – Wandella Road – Thursdays 7.00 - 9.00 pm fortnightly.
• Quaama – Gordon St – Saturday 1.30 - 3.30 pm fortnightly.
• Tilba – Latimers Lane, Central Tilba – Monday 7.00 – 9.00 pm.
• Bermagui – 18 Bunga Street – Monday 5.00 – 6.30 pm fortnightly

Get in touch or find us on Facebook

- Tilba – centraltilba@farsouthcoastteam.org.au 0448 100 974
• Quaama – quaama@farsouthcoastteam.org.au 0400 738 978
• Cobargo – rfbcobargo@gmail.com 0412 919 708
• Bermi – bermaguirfb@gmail.com 0474 201 859

Meet your local rural fire brigades







### Thumbs UP

To the Quaama Men's Shedders who are splitting old pine pallets into kindling.

A big bag is only \$15 from the Quaama Store. It's a terrific product and it raises funds for the shed to keep them in the black. Everybody wins!

### Thumbs DOWN

Please ensure your load is secure when you go to the tip. Others don't want to clean up your rubbish after you.



### Who does the work

#### The Editorial Committee

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Stuart Absalom (Vice President)  
Flick Ruby (Secretary)  
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#### 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 **Wallaga Lake:**

Merrimans Land Council **Narooma:** BP

station, Library, Casey's Café, **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 1700

in print plus around 3000 unique online

visits each month.

## Don't forget the Council election is coming up. Saturday 14 September 2024



### 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 cc lsang333@gmail.com.



Each edition of *The Triangle* cost **\$3.00** to produce. Please donate what you can.

### Disclaimer

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

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

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

# BVSC news

## Planning changes for housing diversity

Changes to the Bega Valley Local Environmental Plan and the Development Control Plan are now in effect. Acting Director Community, Environment and Planning, Cecily Hancock, said the changes respond to the need for a greater mix of housing stock in the shire.

The updated plans provide for smaller low-maintenance homes for older people and single or couple households, as well as more affordable housing for key workers and families. One aim of the changes is to enable locals to stay in their communities through various life stages, rather than having to move.

Approvals are now possible for developments on large lots of three or more homes with ground floor access, enabling more one- and two-bedroom homes. Also, adaptable dwellings in shop-top housing, unit, villa and townhouse developments will be allowed in some towns and villages.

Some smaller blocks will be allowed in new residential

subdivisions, however, potential impacts on neighbourhood character will be addressed by limiting new villas and townhouses to larger blocks and having strict site density and landscaping controls. Smaller subdivisions will also be allowed in the village areas of Candelo (a minimum of 600 sqm) and Kalaru (550 sqm).

In the short term, due to NSW Government concerns about flooding, some of the changes to the planning scheme will not apply to Wolumla, Bermagui, Tura Beach and Cobargo. Council is undertaking flood studies for these towns and villages to address these concerns.

Ms Hancock said most existing development controls in place to protect neighbourhood character, such as character statements, residential building height limits, view sharing principles, solar access, privacy and overshadowing controls, are working well and will remain unchanged.

*Georgina Adamson*

## CWA FSCG CIA Community lunch invitation

CWA FSCG CIA is a lot of acronyms! CWA is for Country Women's Association, FSCG is for Far South Coast Group. CIA is for Cultural, International, and Agriculture and Environment. This lunch invitation is for the Triangle community to share lunch with CWA branch members from Eden to Batemans Bay.

Every year CWA FSCG arranges a CIA day in Cobargo that includes an international lunch. This year the lunch will be French-themed. The Cultural aspect of this CWA lunch means there will be entertainment – singing, dancing, skits etc performed by CWA members. And, of course, there will be CWA raffles with

prizes.

For Agriculture and Environment there will be educational displays and presentations. This year the primary product is seaweed, the fauna is microbats, flora has been replaced with fungi and the foe is fire ants.

This will be a fun day out with a delicious CWA-cooked lunch at Cobargo School of Arts on Monday 19 August. Lunch is only \$15 per person and everyone is welcome to attend (including men). Please RSVP for lunch to Annette Kennewell, FSCG CWA Publicity Officer, phone or text 0417 203 610.

*Annette Kennewell*



*Tarte aux pommes* – CWA members will be baking French desserts for the Cobargo lunch on Monday 19 August

## End of Life Matters – talking to your family

Assisting four families through the end-of-life process over the past months drove home how important it is for us to really talk with our families about what we want but, even more importantly, about *why* we want certain things. I've seen families follow a person's wishes to the letter and, sadly, others who completely ignored what was carefully written down.

My *Rest-Easy Tick'n'Flick Kit* has detailed information on the way to get the best results when having 'the big talk'. Here's an extract:

**Plan** what you're going to say. Do your research so you can explain in simple terms what is happening for you. Have all the forms you've completed on hand to show how much you've thought about the choices you're making.

Give them time to **prepare** for the conversation rather than suddenly dropping the subject on them. Even if people are resistant, explain that the conversation is

important to you. They will be thankful later that you did.

**Program** in the right time to talk. Don't start the chat in the middle of a shopping trip or when people are pushed for time, and **never** start the conversation when anyone is angry.

Choose the **place** to have the conversation in person where possible and, if not, try to gather people via Zoom, Facetime or WhatsApp etc., so everyone can see each other and register how others are feeling. Be somewhere private where you won't be disturbed.

Get all the right **people** in the room. I've seen conflict occur when people feel they've been left out of the decision making; they don't understand what is happening and why you've made certain choices; or they can't agree on what you've chosen. It's much better to sort out any friction and upsets while you are alive and can mediate.

Once you've expressed your wishes, allow time for everyone to take it all in. Be **patient**. You can revisit the topic when everyone has had a chance to think about it.

If talking to your family simply isn't an option for whatever reason, make sure you have written your wishes down and completed the paperwork (e.g. a legal Will, an Advance Care Directive or anything else that is relevant) so everyone can refer to it when needed.

Once you've discussed your choices/wishes, the important next step for you is to be realistic and have the **poise** to let it all go. For example, the rituals and ceremonies around death are actually for those left behind. You can guide but you can't control what happens. You can only hope that your open, loving discussions have inspired people to follow your wishes.

*Shanna Provost*  
[www.rest-easy.com.au](http://www.rest-easy.com.au)



# Pictures from the Tilba Festival





# Keep the fire burning

Narooma held a NAIDOC event on 9 July at the Leisure Centre that began with a smoking ceremony. Jordan Nye, a Walbunja man of the Yuin nation, explained the continuing significance of fire and smoke to Aboriginal people and their culture.

Fire is a practical tool of land management, keeping country healthy, but also psychologically and spiritually important – fire and smoke are used to cleanse and purify people and the land.

Four Aboriginal men collaborated to light the fire using the traditional friction method until there was heat then smoke before tree fern fibre caught alight. This was used to burn medicinal plants. We were all invited to walk through the smoke to be cleansed before gathering inside where Aunty Vivienne Mason gave a thought-provoking address.

In the 1950s Aunty Vivienne's grandmother, Muriel Stewart, was a member of the first National Aborigines Day Observance Committee (NADOC), alongside Charlie Perkins, Tom Williams and Rob Riley. She also helped establish Australia's first Aboriginal Medical Service (in Redfern) and was NSW's first female Aboriginal Justice of the Peace.

'That is where I got my fire from,' Aunty Vivienne said, speaking to this year's NAIDOC theme of *Keep the Fire Burning, Blak Loud and Proud!*

'Smoke is part of culture and fire is part of us. Fire is not just smoke. It is our spirit so when people say keep the fire



Jordan Nye explaining the importance of fire

burning, it is within us to keep it going for the betterment of our mob,' Aunty Vivienne said. 'You never stop striving to make things better.'

Well-known Walbunja people

include Peter Kirby, the first Indigenous Australian to win a gold medal at the Paralympics; Marcie Ella Duncan, the first Aboriginal scholarship holder at the Australian Institute of Sport and the first to represent Australia in netball; rugby league player Steve Ella; violinist Eric Avery; opera singer Deborah Cheetham; and singer Jimmy Little.

'We have a lot of people we can look up to and remember their fight,' Aunty Vivienne said. 'They had fire in their belly, and it has not died out in any of us.'

She said Narooma was pretty dull these days compared with when her children were growing up. 'Young kids have to get that fire back in their belly. It is like the Olympic torch – you have to pass it down through kids.'

Kids were entertained by local hip-hop artist Wizz and Neal McGarrity of Bullroarers who travelled seven hours to attend, while Narooma Rotary provided a sausage sizzle and drinks.

Marion Williams and Angela Marshall



Sharon Mason, Aunty Vivienne Mason and Jordan Nye



# NATURA Far South Coast

Like many locals last month, I too found myself drawn into the fascinating world of fungi. With everything from pretty mauve brittlegills and spiky orange coral fungi to tiny teal-green wood cups and glistening jelly fungi on offer at seemingly every turn, each forest foray has yielded a feast for my eyes and rich fodder for my enquiring mind. So great have the offerings been that I've often not known where to look, or what to photograph first and, on several occasions, my camera battery gave up long before I was ready to.



Salmon gum mushroom (*Phlebopus marginatus*)

One of the most astonishing finds, first noticed by my walking companion because I was off inspecting the deteriorating ghost fungi on a nearby log, was a huge salmon gum mushroom. These mushrooms grow in the eucalypt forests of WA and south-eastern Australia and are possibly Australia's largest mushroom. Although the one that I saw had an impressively large cap diameter of about 19 cm it was, apparently, quite a small specimen ...



Glossy black cockatoo

records show that these mushrooms can achieve a cap diameter of over 70 cm and weigh a stonking 29 kg or more!

Of course, fungi in all their forms and colours were not the only things that delighted me during July, and I am thrilled to advise that both the glossy black cockatoos and the gang gangs are back to overwinter in our local forests. With

populations of both these species under threat nationally due to habitat loss we are very blessed to be able consider them as 'locals' for at least part of the year. You can read more about fungi, cockies and other local wonders in the latest issue of NATURA Far South Coast. Please email me at [deb\\_taylor142@hotmail.com](mailto:deb_taylor142@hotmail.com) if you'd like a copy.

*Deb Taylor*

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**Are you thinking of Volunteering?**  
 Marine Rescue Bermagui is recruiting radio operators  
 Contact the Bermagui Unit Commander on 0417 248 724



# Dave Tooley 29.11.1952 – 27.6.2024

Dave leaves a legacy in the area spanning many diverse fields. He was the President of the Cancer Research Advocate Bikers (CRAB), a committee member of Quaama RFB and a member of CAN ASSIST (the Cancer Assistance Network NSW). He also undertook permaculture projects, was a Tai Chi instructor and was named 2012 Cobargo Citizen of the Year.

In all his quests, this 'larger than life' raffle ticket purveyor extraordinaire, raised thousands of dollars for many admirable causes.

Dear to many, Dave introduced Tai Chi in 2000, giving classes all over the valley. He arrived with the blessings of the Tai Chi Academy in Canberra where he became a Tai Chi instructor after ten years of practice. His patience,

encouragement and devotion to this life-changing practice was contagious. He touched many people, and he always had time for everyone.

Proudly, those classes in Cobargo have continued to this day. A legacy to the art and to Dave.

Love to Di and their family.

Rod Dunn



Dave's last ride

## Underfloor insulation

Cold, isn't it? Many homes were never built to prevent this bone-chilling aura from seeping into our homes. So, we use expensive heating to fight the temperature loss. Insulation is also a key in this battle.

Many of us have had ceiling batts installed. If you have a relatively modern home, hopefully it has wall insulation as well. But did you know cold also percolates up through your floor, especially if you are built above ground?

The solution is underfloor insulation. Underfloor insulation is designed to fit within the joist spaces under your home.

'Foilboard' is a polystyrene-based product, manufactured as a semi-stiff board with a reflective foil on one side. It is a simple enough task for anyone to tackle. The product can be ordered and purchased through any of our local hardware stores. Foilboard can also be used when laying a new floor, and even with concrete floors.

Another option is polyester batts. Unlike glass-wool batts, they are not itchy (no glass splinters to irritate your skin or lungs). They are non-toxic, low allergenic, moisture and, importantly,

rodent resistant. They also meet BAL ratings for bushfire-prone areas. Plus, they are made from 40% recycled PET bottles. The batts fit within the joist spacing and use a staple-system to keep them in place. Check the EcoMaster website for ordering details.

If you're not inclined to crawl around under your house to install it yourself, we have found a local installer who will do that for you. Contact us through the Renewable Cobargo website and we'll pass on those details.

### Free community energy consultation service has ended

Our funding really has finished – my role as Community Energy Coordinator came to an end on 31 July. Thank you to everyone who used the free energy consultation service.

David Neyle

Renewable Cobargo is an initiative of Cobargo and District Energy Transition (CaDET), a community group working to improve energy security and energy efficiency in our local area, and to assist the transition to clean, local electricity generation.

## LAKE ROAD PANTRY

New owners, Kerry and John, have plenty of fruit & veg, cold meats, cheeses & grocery's on offer at the revamped store.

How about Japanese street food, gozemes, soup, pies plus lots of treats for wet weekends? There are many options for your take home & reheat meals.

0455 045 278

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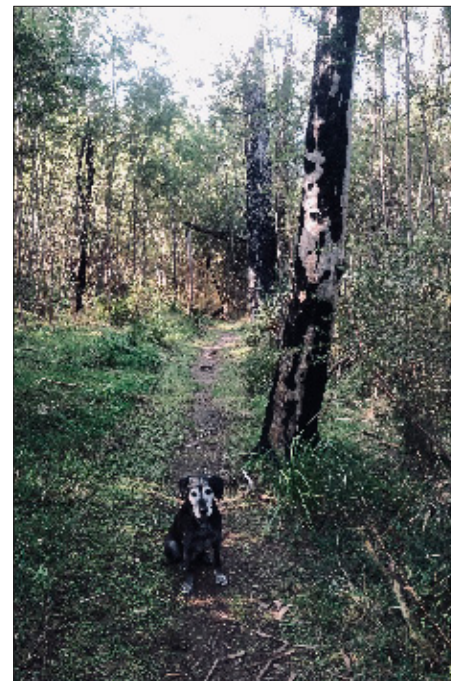


I'm back home and feeling good despite the cold. Trying to stay fit, I've returned to doing the 'loop' along Dry River with my dog, Ella. Before I left I noticed that blackberry had started to invade the path up to Murrabrine Street. Not so now! Grateful to see that someone is looking after it. The scars of the fire are still obvious, but the regrowth is thick. Sadly, I can't comment on whether what's filling the spaces are natives or weeds. If anyone knows, I'd love to have a walk and a chat.

So, it's true. Reclink has secured more funding. The popular Mindfulness and Movement class is back on at the Quaama Hall! You can come along on Tuesdays from 1.15 pm to 2.30 pm and enjoy some gentle time with movement, stretching, breathing, meditating and 'grooving'. This is free to all, so do check it out. No need to book, just show up on the day.



The walk along Dry River never gets old



Scars from the fire are still obvious but the regrowth is thick

Mindfulness and Movement is back on at the Quaama Hall

**Anglican Churches of Bermagui Cobargo and Quaama**

**WORSHIP SERVICES DURING AUGUST**

Bermagui 4th, 18th & 25th at 8.30am  
 Cobargo 4th & 18th at 10.30am  
 Quaama 25th at 10.30am

Centenary Celebration Service for Christ Church in Cobargo 11th August at 10.00am

Contact: The Reverend John Thomas Tel: 0427 260 833

The Social Justice Advocates of the Sapphire Coast present:

# AT WORK IN THE LARGEST REFUGEE CAMP IN THE WORLD

Raising awareness and funds to support justice for Rohingya people sheltering in Bangladesh

**FRIDAY AUGUST 2 | STARTS AT 6:30PM**  
**UNITING CHURCH HALL**  
**Corner Gipps & Upper Streets Bega**  
**Supper will follow a presentation from MSF team members**  
**NO ADMISSION CHARGED**

A special Diggies someone has left the valley. Vale Dave King, dear friend, dear brother, who cherished this place, and we him.

Dave wasn't a full-time resident, but he made it as often as he could, especially for the Folk Festival and to ring in the New Year. We all knew when he was home at 'the worst block on the best road' when the yard became a carpark due to all the visitors, the teapot constantly pouring and the jams sometimes going loud and late. Morning found Dave sitting on the shack deck watching birds, listening to the creek, soaking up sun under the peach tree.

Dave grabbed these Diggies moments with both hands, because his time here was fleeting, precious and hard worked for. This could be said for all of us, but as a quadriplegic Dave had to line up a lot of support and care workers to make travel possible, and the long drive hurt like hell. This made every sighting of a king parrot or tawny frogmouth, every visit to the pecan patch, the juice of every orange from the orchard, that much sweeter.

Getting away from work was hard for Dave as he supported disabled students through the TAFE education system. With his gentleness, his playful use of language, his quirky sense of humour and respectful treatment of people that I can only describe as a radical decency, I bet a lot of people enjoyed the benefits of an education thanks to his loving encouragement.

By far Dave's best fun was dreaming, planning and executing projects. Sometimes bonkers and at other times genius, the projects could be new tanks, shed improvements, tree

propagation, or garden beds, but each idea took a lot (a lot) of discussion and deliberation. His place evolved slowly, but surely,

to become an accessible bush retreat that he sometimes called Diggers Rest, and other times Jaffle Rock Rise after a jaffle iron that sustained him on early visits to his beloved shack. Today, I found a poem he wrote about it:

The shack evolves  
Unwittingly?  
Unwillingly?  
No! It's happy, it's smiling  
like its current possessor.

The light shines,  
the life lives,  
the candle burns ... for a moment  
then it's gone.

The peach tree bends with the wind,  
the shack composts with time.


Now the decomposition is arrested  
and evolution takes a different track.

The last time I hung out with Dave, his carers and friends had gone shopping. It was a rare moment alone. Feeling unwell, he had bounced back after a nap. Luckily, I had a batch of piping hot scones with me, and also some of Sally's fig jam and a jar of Rici's raspberry. We scoffed three or four scones each, played with his dog Heidi and talked about some projects. His long struggle in hospital started soon after the long drive home.

A musician, a genius gardener, a brilliant cartoonist, an obsessive chicken enthusiast, a dreamer, poet, wordsmith, Bob Dylan tragic and total sweetie has left us. Diggies is poorer with Dave gone. We are planning to dance with him and friends from far and wide under fairy lights in the pecan patch come midsummer to shake the grieving time out. See you there.



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So, Cobargo, is our glass half full or half empty? Where are we going as a community?

As we look around our wonderful town with its energetic community there are so many things on the move.

In addition to the Rebuild Cobargo and the Cobargo Resilience Centre projects, the RSL renovations are progressing well and the new extension at the rear is being incorporated seamlessly into the main building. Great to see the façade has also been retained. Expect to see the finished hall and surrounds in all their glory well before the end of the year.

Also keep in mind that the RSL Hall has recently had solar panels and battery installed and commissioned along with the School of Arts Hall, the Cobargo Co-op and the RFS buildings. Collectively these buildings add to the power security of the community in times of grid disruption.

In addition to independent power supplies, we have a wonderful range of community venues for use in the CWA Cottage, the RSL Hall, the School of Arts Hall and the Cobargo Show Ground. A great venue for every event!

The Cobargo Service Centre has

had a major upgrade with new and better positioned fuel pumps and upgraded offerings in the shop. Plans are also afoot to have hot food available in the near future.

In addition to a lot of time, effort and updating of equipment by our existing food suppliers and eateries, a new shop, the Junction, has opened up where Shake Up used to be. Wayde, the proprietor, is serving coffee and food to go as well as wholesaling specialist breads up and down the coast. The CoCo Café co-operative has opened up the Living Room next door which also adds to the comfort for locals and visitors alike.

Also in Haydon House, Cheryl's Personal Support Services shop has opened and will provide disability workshops and support as well as some retail.

One of the very positive aspects in our village is the cooperation of businesses in dealing with the temporary issues with parking and supporting each other. The Co-op, the Pharmacy and Benny's are making more parking available for customers or for tradies, which also frees up parking overall.

The Narira Oval and the skate park/ basketball court precinct is continuing with its redevelopment due to the hard work of local volunteers who have been securing much needed grant funding.

There are houses coming on to the market or being built in town that all add to our housing stock. One of the important elements of the Rebuild Cobargo Project are five two-bedroom apartments, two of which are NDIS compliant, that will be available for permanent lease when completed.

Sad news from the Cobargo General Store that Alfred's father has recently passed on. Also named Alfred, he was living in Brisbane. Our thoughts are with Alfred and Jane.

Keep in mind that Council elections will be upon soon us and should be of interest to us all. The elections on Saturday 14 September will not only elect the Councillors but also elect, by popular vote for the first time, the Mayor for the period 2024-2028.

Democracy at its best! Keep an eye out for information on the elections and make your vote count.

So, a glass half full or half empty? More than half full I would say!



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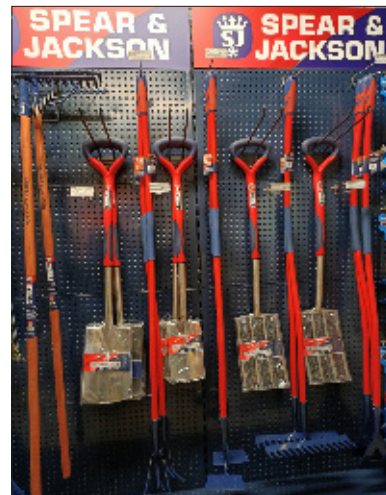


## Now in store at the Cobargo Co-op

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## The drums are beating!

Local Bega Valley taiko drumming ensemble, Stonewave Taiko, hosted two Miyake Taiko workshops and a public performance over three days from 3 to 5 July in Cobargo and Bega. It featured Haruyoshi Tsumura of the Japanese group Miyake-jima Geino Doshi Kai. Other than a visit to Melbourne, these events were the only ones held in Australia by the group.

The three-hour Cobargo workshop featured a range of local taiko drummers. Visitors from Melbourne, Sydney, New Zealand and Japan also took part in the program for the three-day visit that finished on a high with a performance at the mini mid-winter Japanese Festival at the Littleton Gardens in Bega.

Local Bega Valley taiko drummer, Janet Hastie, enthused: 'The workshops were an incredible opportunity for experienced or beginning Miyake drummers to learn from a master. In addition, the free public performance in Littleton Gardens gave a wider audience a wonderful insight into this important cultural activity.'

*Steve Williams*



The Cobargo workshop participants really getting into the swing of things!



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## Don't forget about us – Cobargo's shops are still open for business

With the Rebuild Cobargo project well underway, we are all becoming familiar with the changed traffic and parking conditions. While parking is becoming scarcer there is still enough parking for us all, but it may not be as convenient as it was or as it will be when the rebuild is completed.

At the southern end of the main street before the bridge we have Benny's Butchery, run by David Boyle, and the well-loved Bower Bird Op Shop. Both businesses provide great service to the community but may feel that some of their customers are disadvantaged as the parking spaces directly outside their premises are often taken up by non-customers.

As David commented, 'I appreciate that the rebuild is underway, but I am concerned that some of our older customers,



Dave Boyle, Benny's Butchery.  
Photo credit: Linda Sang



Shops at the southern end of Cobargo's main street. Photo credit: Linda Sang

who may buy a week's meat in one go, will find it hard to get it to their cars if they've had to park further away than usual.

'We can assist with this if they can give us some notice of their order then we can help them get it to their vehicles. This may be as it's purchased, or it can be ordered and paid for and then picked up at a more suitable place in town where parking isn't such an issue. We have an arrangement in place with The Cobargo General Store and I'd be happy to discuss how this would work for anyone interested.

'However, the message is don't forget about us. We value our customers, and our meat is second to none!'

Well done to the Cobargo Co-op staff for freeing up the Co-op carpark for customers' cars, RVs and cars with trailers. Likewise, the Cobargo Pharmacy has created an extra two car spaces of parking next to their building for customer use only. David Boyle has offered up some parking behind his shop for tradies' vehicles to get them off the street, but these are not

available to shop customers.

This situation can also be assisted by locals walking into town if they are able to or parking a little further away from the shops than they used to and enjoying the exercise.

With tradies and more people in town with the commencement of the building works, several of the shops are already experiencing, or preparing for, an increase in business in general. Some of our food outlets, including the Cobargo General Store and CoCo Café, are already working with Monarch Builders by leaving their menus in their building site shed and even providing an order and delivery smoko and lunch service.

As Jane and Alfred from the Cobargo General Store said, 'We are all in this together and we are keen to work with the tradies for as long as they are in town. With an anticipated forty plus tradies on site eventually, they certainly can add to Cobargo's bottom line.'

Steve Williams

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Jason Miles with his team at the Cobargo Resilience Centre. Up, up and away! The build is well under way.

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## CWA Cobargo bids a friend farewell

Our meeting in July was tinged with sadness, as our good friend, Maree Copping, attended her last meeting with us. Maree joined us in October 2011, and since that day has proved to be a very valuable member of our branch.

She has worked tirelessly in the background with catering, always providing help when required. One of those quiet achievers, she has always been ready to help without fanfare. She represented the branch at the 2023 State Conference in Bathurst. Her talents were not limited to her cooking, as she amply demonstrated when she inspired us to do our own tiling in the refurbishment of the Cottage kitchen.

The Cobargo Community Access Centre established a monthly high tea as a way for people to connect with each other in the community. These were seen as valuable by those who participated, with some coming each month and others dropping in and out at different times depending on availability.

Recognising the importance of these within our community, the Cobargo Anglican Church offered to continue their

She applied herself to painting window frames a few years ago.

We will miss her positive contributions at meetings, and we wish her all the best in her future in England. She goes with our love and best wishes for the future.

Meanwhile, our President, Lynn Lawson, has been elected to represent the Far South Coast Group on the CWA State Executive Committee this year and drove up to Sydney for her first meeting last month. The State Executive is responsible for enacting the policies agreed by the members – to advocate for everything from free skin cancer checks (proposed by Cobargo CWA) to better ways of dealing

### High tea in Cobargo

support of these events when the Cobargo Community Access Centre closed. This represented a continuation of their existing support as they had already been funding the event during 2024.

The intention is that there will be a seamless transition from one venue to another. From July, the high tea is being held in the meeting room at the Cobargo Anglican Church in Hoyer Street, and, when weather permits, in the shade of the

with rural crime. We cover a wide range of activities, such as funding a room at Ronald McDonald House, assisting in practical Hospital Support in Australia and providing for women's education and practical support in the disadvantaged areas of the South Pacific. If you would like to know more about how we make a real difference for rural and regional Australians, please contact us via email on [cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com).

We meet on the second Tuesday of each month at our cottage on the Bermagui Road, next to the playground. The meeting begins at 10.00 am for a 10.30 am start and you are assured of a warm welcome.

*Mary Williams*

trees in the church grounds.

These high teas will be held on the third Tuesday of every month at 10.30 am. All are welcome to come and join. RSVP is preferred to ensure our catering matches the number of attendees. For more information, please contact Fiona Kotvojs at [fiona@kurrajonghill.com.au](mailto:fiona@kurrajonghill.com.au) or phone 0448 453 422.

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Thank you to Shanna Provost for covering for me last month. I am grateful that Shanna is able to back me up and that the monthly Tilba Bites is in good hands. Our three-week adventure of back roads in north-west NSW and south-west Queensland went well – there had been good rainfall just prior to our trip and there were many comments from locals about how well the country looks. We spent quite a bit of time along the Darling River and around the Paroo River overflow areas where the red dirt roads have obviously had a lot of water on them. We love this type of travelling however camping and prolonged sleeping on the ground in a swag does make one appreciate the comforts of home.

The Central Tilba community is making the most of the winter months. From all reports the community dance in June was a great success and, for some, fondly reminiscent of past community events. With school holidays and dappled winter sunshine the ever-popular Tilba Festival on 13 July was a celebration of all things Tilba. It's a slower time of year that gives us the chance to appreciate warm and cosy fires, stunning sunrises and sunsets, amazing cloud formations and just being at home in the best place in the world.

### Tilba Festival does it again

The day of the Tilba Festival arrived with clear skies and a cold SW wind. Local Gudu Dancers opened the day with a walk along Bate Street, a very special Welcome to Country in the Dairy carpark with dances celebrating Mother Gulaga and her sons Barranguba and Nanjanuga and a Smoking Ceremony, led by Trey Parsons.

Jo Major, President of the Tilba District Chamber of Commerce, welcomed and thanked everyone attending and involved, with Dr Michael Holland, local State MP, officially opening the festival. Bate Street was lined with stalls selling local products, tasty food, great coffee and even gin! Several local community groups showcased their activities including Tilba CWA, SHASA, Narooma Men's Shed, Central Tilba School P&C and the Halls had kids' activities and the local History and Culture display. The two stages featured local musicians, including Tilba locals The Shenanigans, Punkalla Holler, and Pepper and Davies who entertained the crowd throughout the day. The traditional boot throwing competition and egg race drew large enthusiastic cheering crowds. And it was a delight to see Sol – this veteran of many past Tilba Festivals – strolling the street with his sax and playing songs on request.

The winter timing coincided with school holidays, attracted a smaller crowd and many families with kids. The Tilba Festival, with its focus on everything Tilba, has always been a celebration of community. And this year's Festival had that special community feel about it where locals and visitors alike get to spend fun time together. Behind it all was a very hardworking and sometimes overwhelmed group of five people from the Chamber of Commerce who, with the help and support of many committed volunteers, pulled together an excellent Festival. Here's hoping that they too were able to enjoy a bit of what they created. Congratulations to all involved.

### SHASA at Tilba Festival



SHASA at Tilba Festival

The Eurobodalla community organisation SHASA (Southcoast Health and Sustainability Alliance) will be celebrating its tenth birthday later this year. The volunteer organisation has an impressive list of achievements throughout Eurobodalla and is involved locally in the Microgrid Feasibility Project and the Tilba Halls upgrade. SHASA's role in working for a better and more sustainable future is encompassed by its promotion of *electrifying everything*. Some may be familiar with Saul Griffith's book, *The Big Switch*, that provides an easy-to-read guide for households and businesses to make this transition. This book, plus other very useful information, was available at SHASA's stall at Tilba Festival. And, for those who wonder about an Electric Vehicle (EV), Frank, our BYD Atto 3, was on site for people to see, sit in and ask questions about. A cool thing about the Atto 3 is that you can run electrical



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appliances such as a kettle or single portable induction element using the car battery! SHASA even signed up several new members and there was much lively discussion during the day. More information about SHASA is available at [shasa.com.au](http://shasa.com.au) or on Facebook.

## The Halls celebrate



Tilba Halls Project Steering Committee celebrating

The Tilba Halls Project Steering Committee, made up of project partners Central Tilba School of Arts Trust and SHASA members, has been guiding this rather complex upgrade project. The recent granting of the Construction Certificate plus relevant funding now ensures the successful completion of this project. A start date for work to begin has not yet been determined and will be announced

as soon as possible. Notwithstanding this, the Halls Trust Committee and SHASA members did get together recently at Food Mantra by Wildfire in Narooma to celebrate and acknowledge the hard work of the Steering Committee in reaching this milestone. Also present were Chris Scroggy and Robyn Turner-Scroggy whose cooperation and support has been crucial for this project. President of the Halls Trust, Janine Halasz, and Architect/Project Manager, Steph Chiu, acknowledged the ongoing commitment and dedication of all involved and the exemplary way in which the Steering Committee has operated and continues to oversee the project. It is an exciting project that is well supported and funded, ensuring the Halls have a sustainable future as a valuable community asset.

## Tilba Tattoo opens in Central Tilba

Central Tilba's newest business opened a few weeks ago in the house next to The Drom as a tattoo studio. James Ing, sister and brother Bella Black and Thomas Morawitz, all qualified and licenced tattoo artists, offer quality tattoo artwork in this well setup studio. They are open Monday to Saturday and invite anyone interested to



James, Bella and Thomas

drop in and view their artwork.

James, of course, is a Tilba local with a musical and graphic design background that progressed to tattoo art, in which he has a deep interest. Bella and Thomas have strong links to the area spending many holidays locally, and the three business partners have a longstanding relationship. As a testament to their trust in the ability of each other, James has been tattooed by Thomas.

Although the studio has only recently opened, James has been doing his tattoo art locally for several years and has developed a strong clientele base. This is supported by forward bookings until the end of August. All the best to James, Bella and Thomas in this venture – a somewhat unusual artistic endeavour for Central Tilba.



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**Tilba Public School – Soccer at Bemboka**



Tilba School soccer team

On Monday 1 July, Tilba School’s soccer team went to Bemboka to play the first round of the Soccer Knockout Competition. When we all arrived at the Bemboka oval, we put on our soccer gear and Tilba jerseys. Once we had our soccer gear on Ethan led the soccer team in doing some warmups and training drills before the game. The referee went through the rules and we kicked off at 11.00 am. Tilba started strong with Ethan kicking the first goal in the first minute of the game. In the beginning we scored four goals. Bemboka then decided to swap the goalkeeper. They were decent players.

At half time we had a five-minute break. We had oranges and Miss Elton gave us a little pep talk and our positions for the second half. Some of us changed from striker to defence. When we got back on the field, we started off strong once again and scored again and again. It was pretty lucky how Bemboka didn’t score any goals because that’s pretty rare in this competition. We were feeling great about the scores as the

field and goal size are much bigger than we are used to. All the parents were cheering for us, and everyone had a great time. The strikers and the defence did their jobs well and everyone played great, but the most important thing is that we all had fun.

The scores ended up being 10 – 0. We were very happy. We hope we can keep up our winning streak so we can make it all the way to the State competition.

In other news, Years 5 and 6 are very busy preparing for the Robocup Competition happening at Narooma High School next term. In small groups, the students have to build and code a robot and create a one to two minute performance. Mrs Allison (STEM and Science teacher) and some Narooma High School students have been visiting our school once a fortnight to support us in preparing for the competition. We are very grateful to Tilba P&C for purchasing our Lego STEM Kits so we can participate in this event and learn more about coding.

*Ethan, Duke and William*

**Tilba District Chamber of Commerce**

The big news for this month is the success of yet another Tilba Festival. While the day started off cold and very windy, it turned into a lovely sunny day. Visitor numbers were consistent with the time of year and expectations, with lots and lots of kids. The day went off without a hitch. The parking and buses worked well, the music went off with barely a wrong note, the kids’ zone was packed all day long. The stalls were well represented with all the food options hitting the spot.

Special mention must be made of the committee – Dan and Tarquin of Arcadia who were in charge of stalls; Janine and Will: volunteers; Muzza: music and set up; Rachel and Amy: the kids’ zone. Jo of Tilba Sweet Spot oversaw the whole process and attended to all the documentation and dealing with Eurobodalla Council – an arduous task, accomplished with great success. And me (Chrissy) – I filled in a few gaps! We could not put on this event without all the volunteers who helped in the lead up and on the day (and after) – a big thank you to all who were involved. A thank you also to all the businesses in town who contributed and supported in many ways.

The Chamber will be holding a feedback session on Wednesday, 7 August at 5.00 pm in the Barn at the Dromedary Hotel. Please come along and share your ideas for future festivals.

In other news, the Chamber was represented at this year’s Eurobodalla Business Awards with Jo Major (President) and Carrie Taylor on the judges’ panel. The group of fantastic applicants made the task very challenging. Every award finalist was well-deserving, and the winners should be exceptionally proud of their achievements. Carrie also gave a great insight into what the Tilba District Chamber of Commerce has achieved and what is to come.


The Chamber is also pleased with the progress of the new Visit Tilba website with many businesses signing up for VIP packages and getting their sign-up forms in. If you have not done yours yet, please reach out to Eden at [treasurer@visittilba.com.au](mailto:treasurer@visittilba.com.au) and get your membership finalised ready for the launch late in August.

*Chrissy Montague, Secretary*

# BERMAGUI EXCAVATIONS

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Protecting our assets is surely one of the most important tasks of any community and its members, particularly in rural areas. This might be the natural assets of bush, beach, waterways, flora and fauna, or its heritage and cultural matters. BVSC Council recently released a Coastal Management Plan aimed at just that, and one of the environments covered is the Bermagui River, one of the most important assets of this town.

In the last issue of *The Triangle*, I briefly made mention of this report and was delighted when a reader contacted me in response to that piece (great to get feedback). Cr Helen O’Neill encouraged me to look at a copy of this plan and praised the thorough work that has gone into it. I admit I don’t usually read long reports (this one is 150 pages) but, as I am limited in activity due to an injury, I had time to delve into what is a well-presented document.

There are many stakeholders in this river estuary, from commercial and recreational fisherpeople, groups concerned with the protection of flora, fauna and birdlife of these waterways, farmers, recreational users and, of course, individuals, like me, who have the privilege of walking along the shores every day, just to keep an eye on things.



Beautiful Bermagui. Photo credit: zetter, ID 1398547043

As well as the Bermagui River, the plan covers a number of other waterways such as Lake Curalo in Eden, Merimbula’s Back Lake and Wallaga Lake.

If you would like more detailed information, go to the BVSC website and look up Coastal Management Programs.

And on another note, the Winter Soccer program, is starting again for Term 3. It will be held every Wednesday at the oval, junior and senior players welcome.

## Chair yoga with Paula Casciola

Paula has loved contributing and being part of the vibrant yoga community in the Bega Valley. She brings a strong foundation of personal practice and experience to all her classes. She began training in Melbourne in 1999 and spent nearly ten years teaching yoga in some of the city’s favourite studios. She has been teaching beginners, intermediate and experienced students for nearly 25 years and teaching locally for almost fifteen years. She knows that there is a need for a class where participants use a support and is looking forward to introducing our new chair yoga class at the Good Vibes Studio in Bermagui.



Chair yoga comes to Good Vibes Studio

This class is open to everybody who is looking to begin or continue their yoga practice. It involves yoga with support, with less pressure on the joints, feet, legs, hips and spine. We will explore traditional yoga asanas (postures) moving through the usual range of movements, the usual rhythms of sequences but with less stress on the body and mind. You will receive

all the benefits of a traditional Iyengar yoga class.

It is designed for anybody who wants the benefits of movement but requires help with stability. For anybody who has found a general class too difficult, I would encourage you to come along to this unique class. It could be for the older folks or people recovering from injuries or

going through menopause dealing with the hormonal aches and pains that often occur. Perhaps young mums who need an hour’s break from the demands of life – everyone can benefit from time in the yoga room.

Paula looks forward to welcoming you all at Good Vibes Studio from Monday 22 July, 4.00 pm to 5.00 pm during school terms.

Bookings are recommended. Just type ‘Good Vibes Studio’ or ‘Paula Casciola yoga’ into your usual browser for more information or bookings; or you can call on 0458 271 168.

Vera van der Slot

## Bermagui Historical Society closing down

It has come to this ... very sad news. Despite all efforts, the Bermagui Historical Society will have to close down. It has been battling along for some time but many of the key players keeping it operating have sadly suffered ill health and other difficulties. So, due to a lack of volunteers and people prepared to stand for committee positions, the doors will have to close.

A final meeting will be held on 11 August to discuss the wind up and the future. Please attend if you can.

*The Triangle* will do a full report on the Bermagui Historical Society in the next issue.

This is a clear example of why organisations need to have succession plans in place.

Georgie Adamson

## CROSSWORD ANSWERS

### ACROSS

Across: 9 Looks, 10 Mortal sin, 11 Peery Lake, 12 Noise, 13 Spaceship, 16 Dingo, 17 Carpentaria palm, 19 S C U B A, 21 Close down, 23 Miami, 24 Black-eyed, 26 Reminisce, 27 Overt.

### DOWN

1 Slopes, 2 To be fair, 3 Esky, 4 Empathetic, 5 Tree, 6 Wayne Deane, 7 Assign, 8 Anteroom, 14 Elevations, 15 Personages, 17 Cashmere, 18 Acolytes, 20 U S Army, 22 Nudity, 24 Bush, 25 Knot.

### JOKES

1. Ring the porta-bella. 2. With a mush-broom. 3. ‘Put a cap on it.’ 4. They don’t want to get in truffle. 5. ‘Help! I’m in so much truffle!’ 6. He prefers toadstools. 7. He wasn’t stroganoff. 8. A toadstool.



## Week 10 at Bermagui Public School

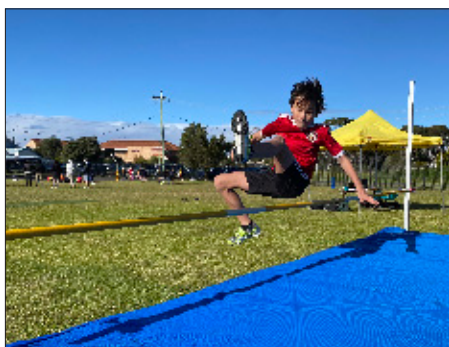
A busy Term 2 is finished, and next term we start preparing for *Kaleidoscope!* That's the Art Show the school has every second year, with our school variety concert every other year. Leading up to this event we start to make various artworks to be put on display around the schools and we perform dances in our classes, choreographed by Fling. Although we do have to wait until Term 4 for the event, making the art is still heaps of fun.

As always, our school is busy with sports. On 11 June, 16 students across Years 3-6 went to Merimbula for the state AFL knockout.

Another sporting event recently was the Weyman Legends NRL Gala Day at Narooma. It was on 18 June and the Canberra Raiders supported the event. Our school had one tag team and two tackle teams.

Luther P. in Year 3 went to the South Coast Regional Cross Country in Nowra on 21 June and placed fifteenth. Arlo and Milah also qualified but unfortunately couldn't attend.

Another event recently was the Stage



High jump at the Athletics Carnival



Narooma High School Showcase Day

2 AFL Super Kick Gala Day at Narooma. Our school had five teams and went up against Narooma, Cobargo and Tilba teams with students from Narooma High School (NHS) coaching. It was a fun day with amazing weather and lots of goals scored!

All Year 6 students went to NHS for a showcase day on 19 June. We were welcomed by NHS staff and split into two groups to do a variety of fun activities. We washed cows, played cultural games and played student-made video games. My favourite activity was definitely volleyball. It was also nice to see some of our friends from Year 7 at lunch and recess.

On Wednesday 26 June, our Stage Three boys AFL team went to Ulladulla for the second round of the Paul Kelly Cup.

On 1 July we had our school Athletics Carnival. We competed in events such as shot put, long jump, high jump, heats, relays and even student and parent/teacher races! We also had obstacle courses, ball games and mini relays for the younger students. The winning house this year was Gulaga. Although it was absolutely freezing, our P&C ran a cake stall for us, and the food was donated by students and staff. A huge thank you to our P&C for their hard work!



NAIDOC native planting

We held our NAIDOC cultural day on Friday 5 July. We had an assembly in the morning at which the Koori girls group performed a dance, our Kindergarten did a performance and the whole school sang a song one of our former students wrote. We also announced the flag design winners from a couple of weeks ago. After the assembly we went down to the flat to have a family picnic and the Year 6s competed in the annual Koori Cook Off. Following that, the whole school did cultural activities such as games, arts and crafts.

Years 3 to 6 competed in this year's Premier's Spelling Bee this term. They all did very well.

Throughout Term 2, twelve kids from Stage 2 have been going to Bournda for various events and courses including a visit to Potoroo Palace for an Environmental Science Day with Bournda Environmental Education Centre where they learnt about the behind the scenes of a wildlife park. There was a Working with Waste workshop, learning about worms and making beeswax food wraps, and a Creating Digital Stories workshop. Another session was on how to use iPads to learn digital photography and photo editing techniques before they went around taking photos of the environment to then make a digital story. And, finally, a Rockpool Ramble Workshop where they had a great time studying and identifying marine life in the lake.

*Billie Matters*



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## Pickleball in Bermagui

On 12 June, 23 players and several spectators enjoyed a fun-filled morning of pickleball, the fastest-growing sport in the world.

Pickleball found its way to Bermagui thanks to Shelley Rowlands, who brought the sport with her when she relocated from Sydney. As Batemans Bay was the closest place to play, Shelley decided to start a local group. After purchasing the necessary equipment and securing a venue, she turned to social media to gather interest. Her efforts paid off when eight eager players attended the inaugural session. Since then, attendance has grown steadily, with a record high of 28 players joining on a single occasion.

Veronica Ray, a resident of Kianga and former competitive badminton player, was among the first participants in Bermagui.



A fabulous turnout at our first morning tea competition Bermagui v Narooma

Inspired by her experience, Veronica was determined to introduce pickleball to Narooma and cultivate local interest in the sport. Thus, the friendly competition and morning tea tradition began.

### About pickleball

Pickleball, combining elements of tennis, badminton and table tennis, originated in 1965 on Bainbridge Island, Washington. The game was invented by Congressman Joel Pritchard, Bill Bell and Barney McCallum who sought to create a game that the whole family could play together. Originally played with ping pong paddles and a perforated plastic ball, pickleball quickly gained popularity

across the United States and, eventually, internationally.

In Australia, pickleball's popularity has been growing steadily since its introduction with communities, like Bermagui and Narooma, embracing the sport for its inclusivity and accessibility to players of all ages and skill levels.

A big shout out to our volunteers who make it all happen!

If you'd like to give it a go, please come and join our Beginners group on Thursday mornings from 10.00 – 12.00 noon.

*Shelley Rowlands*

## Bermagui and District CWA

Many thanks to the Bermagui SES for hosting our July meeting at their depot. Gary, an SES member, gave an informative overview of the role of the SES in our community and showed us around the facility.

Cultural, International and Agriculture Day, an inter-branch annual get-together for Far South Coast CWAs, is coming up on Monday 19 August at the Cobargo School of Arts Hall. Bermagui ladies are busy practising their high kicks for their music and drama item *We can Can Can!* Come along at 9.30 am for a 10.00 am start, this needs to be seen to be believed!

A soup and trivia luncheon will be held prior to our next meeting in our Corunna Street rooms. The afternoon will begin at 12 noon on Friday 2 August. Please feel welcome to come along for hearty hot soup and some friendly competition.

*Chris Richard-Preston  
Publicity Officer*



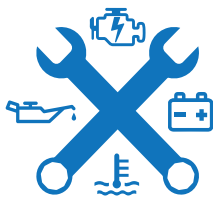
Let the games begin! Narooma on the left and Bermagui on the right

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## A book's enlarged edition – the result of a chance remark

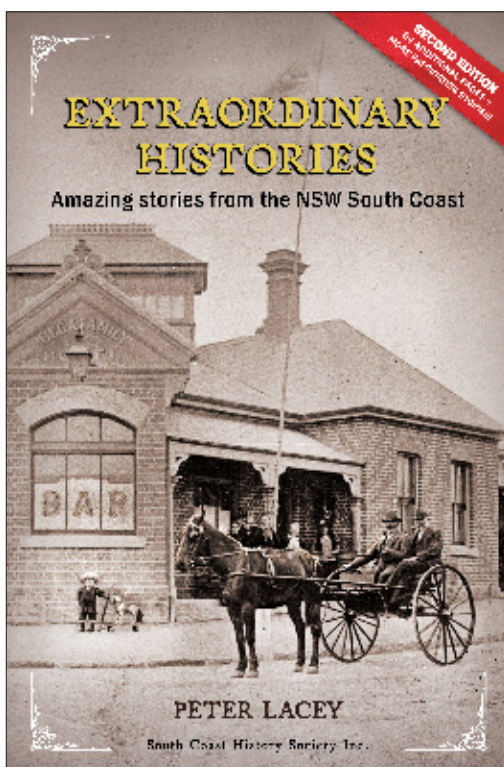
Earlier this year, the South Coast History Society was wondering what to do next with *Extraordinary Histories: amazing stories from the NSW South Coast*. Its print run of 1,500, that had been expected to meet demand for several years, had sold out in just 49 days. Print more? Revise and expand it? Just be thankful the publishing exercise had been profitable and move on?

A question from a lady at a local market effectively decided things: 'Can you please show me everything in *Extraordinary Histories* about South Coast women?'

It instantly became obvious that there must be a second, expanded edition with a chapter on significant South Coast women!

And that second edition of *Extraordinary Histories* has just hit the shelves of local retailers.

There are sixty-four more pages, four more chapters and more historic photographs. The price remains \$34.95,



and it's been released in time for Fathers' Day gift-giving ... and it includes a chapter, for balance, on significant South

Coast men!

The second edition of *Extraordinary Histories* will be launched at Well Thumbed Books at 11.00 am on Saturday 3 August, with Quaama's Peter Lacey talking about several extremely interesting women from the Triangle area. It's a free event and those attending will also enjoy one of Well Thumbed's 'legendary' morning teas.

The August 2024 issue of *Recollections* will also be available. It includes several articles of particular relevance to the Triangle area, including one on the Wallaga Lake bridge, another on Narooma's and Tilba Tilba's 'Kelp Ladies', and a third about the first Europeans to walk across the area and make contact with local Aboriginal peoples.

Enquiries about *Extraordinary Histories* or *Recollections* magazine can be made by phoning 0448 160 852.

*Peter Lacey*

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or email [denise@nardyhouse.com.au](mailto:denise@nardyhouse.com.au) to find out more.**



## Too much poetry is never enough

Arriving in Bermagui three years ago, I wasn't sure how much poetry I'd be writing. I didn't expect to end up with a book's worth. After a career in newspapers and higher education, and four years' PhD research, I was burned out.

Poetry has been my creative constant. I was anticipating some poems to emerge on my page from the stunning landscapes of the Bega Valley, but I was surprised and grateful to find such a dynamic and welcoming community of artists, writers and performers.

Soon, I was reinvigorated and in deep, first with Sculpture Bermagui and now with the Bermagui poets group. My arrival coincided with the new Headland Writers Festival and I joined the South Coast Writers Centre.

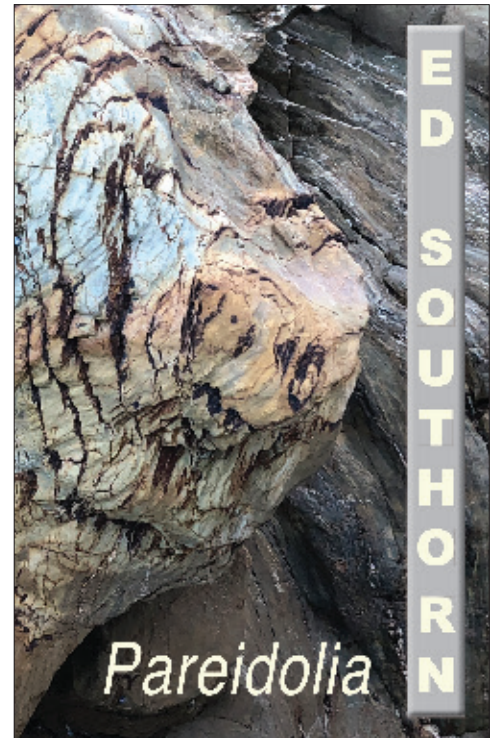
Thanks to this intoxicating space framed by Gulaga, Mumbulla and the coast, I've never written so many poems. Those poems, more than a hundred, have been published by Walleah Press, a long-established independent publisher in Launceston.

Around half of the poems in my book, *Pareidolia*, focus on the Bega Valley – Cuttagee Bridge, Barragga Bay, Haywards Beach, Bega, Wapengo, Wallaga Lake, Camel Rock and elsewhere – featuring pelicans, eels, oystercatchers, cunjevois, horses, shells, rocks, surfing, fishing, koalas, whales, dahlias, cornflowers, Ben Boyd, Sam Sinclair and more ... it's a long list.

*Pareidolia* is available direct from the Walleah Press website and Amazon; you may also find it in bookshops. For any writer, it's a thrill to know others are reading your work, not least because there's a chance a reader may be inspired to get writing. We feed off and learn from each other.

I'm now planning a series of seminars for those interested in developing skills in writing news, media releases, fiction, memoir and, of course, poetry, with tips on research, interviewing and pitching to publishers. For more details, you're welcome to email [ed7gold@bigpond.com](mailto:ed7gold@bigpond.com).

*Ed Southorn*



Front cover of Ed Southorn's book, *Pareidolia*

## Shop7 Art Space Gallery, Bermagui holds annual community exhibition – Harbour


Shop7 invites you to the opening of the *Harbour* exhibition, on Friday 9 August 2024, from 5.00 to 7.00 pm.

Local businesses can preview the show and choose their favourite artwork. Winners will be announced at the opening. Visitors are encouraged to vote for the People's Choice award throughout the exhibition.

This exciting show will continue until Wednesday 28 August. It showcases creations by many talented artists responding to the theme 'harbour' in a host of unique ways.

Shop7 Art Space Gallery overlooks Bermagui boat harbour, a safe refuge for many boats. It protects them from the perils of the ocean, which gives as it takes away. Only last month the little blue trawler in the photo was lost at sea. Thankfully, this time the crew were returned home safely. Sadly, in the past few years, we have also lost the *Camella T*, the *Shoalhaven*, and the *Salvatory*. This reminds us how powerful and unpredictable the ocean is, and how important a safe harbour can be.

*L. Jenkins*



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### ***Dust and Echoes* releases single from their upcoming album, *In the Blood***

Jodi-lee Jessop and Dennis Pitt, the renowned local musical partnership known as *Dust and Echoes*, have been wooing local audiences with their captivating swing-style country music for many years now. Their musical journey together began when they connected at Apma Creations in Central Tilba and has progressed from there. As Cobargo locals, Jodi-lee and her sister performed at the first Cobargo Folk Festival and, together, she and Dennis now perform at all the well-known local music venues.

As often happens, Jodie-lee and Dennis discovered deep family links. Dennis, a Kamilaroi man from Northern NSW, and Jodi-lee, a Yuin woman whose great-great-grandfather settled at Nerrigundah, share a connection with *The Kelly Gang*, who were the first family to busk in Tamworth in the early 60s and taught Slim Dusty how to play swing-style country. Both have music in their blood, ably reflected in their musical partnership in which Dennis's accomplished rhythm and lead guitar playing support Jodi-lee's vocal versatility.

Both Jodi-lee and Dennis are singer songwriters. In August they will launch their first original album, *In the Blood*, recorded with the father of grass roots country music, Bill Chambers. This long-awaited album expresses the deep connections between country, music, family and community and the gratitude that Jodi-lee and Dennis have for each other and their ability to continue to play music through deep personal challenges. Their songs, such as *Lonesome highway*, written about Jodi-lee's Cobargo family from Nerrigundah, tell their stories.

Their single from the album, *Leave the light on*, was released in early July and is described as a country heartbreaker about the different levels we give and receive love. To listen, go to Jodi-lee



Jodi-lee Jessop and Dennis Pitt

Jessop's page on Facebook. Congratulations to them both for this achievement and be sure to keep an eye and ear out for this long-anticipated release.

Stuart Absalom

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## U3A Bermagui & District Inc



U3A offers classes taught by local members for members. Membership is available to the whole community. We offer face to face classes in a range of subject areas. Please check our website for the latest program updates.

**Term 3 Class Enrolment is Online  
Open from Monday 22 July 2024  
Visit [u3abermagui.com.au](http://u3abermagui.com.au)  
Or Search "U3A Bermagui"**

**Course enquiries: Elizabeth Johnson on 0499 818 454**

An overview of courses on offer for this term ... Apple Technology, Chair Yoga, Conversation Café with Paul West, Cricket for Novices, Croquet, Eden Killer Whale Museum Excursion, Film and Lunch, French Language, Local Author Bruce Nash, Positive Ageing – Your Mental Health, Posture Improvement, Shakespeare's Hamlet Discussion, The Carboniferous Age, Why Crime Happens, Yoga for Men.



## The Offering: immersive rap, poetry and cello at Four Winds

In partnership with Headland Writers Festival, Four Winds presents *The Offering* – the latest collaboration of Omar Musa and Mariel Roberts.

Genre-defying, multi-talented, Australian-Malaysian Omar Musa is an award-winning author, poet, rapper and visual artist from Queanbeyan, NSW, who performs alongside Mariel Roberts, an internationally renowned American cellist, composer and improviser.

*The Offering* combines storytelling, poetry, hip hop, cello and original music using field recordings taken from forests and oceans in Malaysian Borneo. The work brings together two unique voices for a deeply personal voyage into sound and story.

‘Omar Musa is a revelation on stage: inspiring and eloquent,



Omar Musa and Mariel Roberts

with a buoyant comic presence and an emotional authenticity – an openness to sharing the pleasures and pains of life – that stands as a vital opposite to the bane of “toxic” masculinity.’ – *The Age*

Exploring themes of seafaring, environmental destruction, belonging, borderlessness and Omar’s family history in South-East Asia, the work immerses the audience in storytelling and music. The performance will be housed beautifully within the walls of the Windsong Pavilion. Come together for delicious nourishing food, community connection and musical artistry at Four Winds. Sun 4 August at 3.00 pm. Food and bar will open from 2.00 pm. Windsong Pavilion, Four Winds at Barragga Bay.

Buy your tickets from the Four Winds Bermagui website. General admission is \$45 and a concessions ticket is \$35.

Madison Phillips

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<b>Bega</b>	Red Cafe   Wednesday Candelo Wholefoods   Wednesday
<b>Narooma</b>	Narooma IGA   Wednesday & Friday
<b>Tilba</b>	Tilba Cheese Factory   Friday
<b>Dalmeny</b>	Dalmeny IGA   Wednesday & Friday
<b>Broulee</b>	Broulee Supermarket   Wednesday & Friday
<b>Tomakin</b>	Tomakin IGA   Wednesday & Friday
<b>Pambula</b>	Pambula Wholefoods   Wednesday



## Contrasts at the Lazy Lizard

Susan is a visual artist living in Bermagui who spent her childhood in rural NSW where, from an early age, her love for and deep appreciation of Australia's natural beauty sparked her passion for creating.

Susan lived and worked as a teacher in Berry for more than 25 years, and began selling and exhibiting her work in Berry and the Shoalhaven.

Her other interests are her native garden, playing the keyboard, travelling, or out in the bush, walking and taking photographs. She also shares her artistic skills at regular monthly meetings with a

group called 'Create in me' at the Bermagui Baptist Church.

Susan's inspiration continues to come from the diversity and details of the desert, coast and bushland landscapes of Australia that provide the opportunity to explore and experiment with a variety of styles, colours, shapes and forms.

She predominately works in watercolour and mixed media: gouache, watercolour pencils, inks, pencils, charcoal, fine marker pens, printed collage papers and mark making.

Colours have inspired this exhibition as

well as the interplay of light and form. Each piece is a heartfelt and authentic expression of the extraordinary beauty she finds in Australia.

She feels blessed to see the world with a sense of wonder and awe, and hopes the viewer can see this through her art. Her aim is to take the viewer through some of our contrasting landscapes, highlighting the beauty and fragility of these places.

Susan would love to welcome you to her *Contrasts* exhibition in the Side Room of the Lazy Lizard Gallery, Cobargo. The exhibition will open with a 'Meet the Artist' on Saturday, 3 August from 10.00 am to 2.00 pm, with nibbles, tea and coffee.

Please drop by and have a closer look during August.

*Susan Virtue*



Melodic movements in green by Susan Virtue



Be still and know - Moorehead Beach by Susan Virtue



Anticipation - Simpson Desert by Susan Virtue

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## Narooma Arts Centre's new design goes to Council

Narooma School of Arts (NSoA) has lodged a Development Application (DA) for the new design of Narooma Arts Centre (NAC) with Eurobodalla Shire Council.

'We're now hoping for a swift passage through Council's DA process to ensure our long-awaited Arts Centre is built within the project's time frame set by the funding authorities,' said NSoA President Jenni Bourke. 'The Narooma community has about \$8.5m of funding at stake with this project.'

Narooma Arts Centre is a community initiative on community-owned land.

Mrs Bourke said the community and a procession of volunteer committees have worked diligently on this project for over twelve years. 'It had to be completely redesigned over the past

year because the cost of building the original design would have exceeded available funds due to delays and cost increases beyond School of Arts' control,' she said. 'I know that once the Centre is built, our community will wonder how we ever did without it. It will be such a vibrant centre of creativity, learning and gathering that will benefit the whole region, as well as bring economic benefits from cultural tourism, training and job opportunities.'

NAC's design by Takt Studio for Architecture will include two multi-use studios/rooms, a large gallery and a small café.

The NAC Project is funded by the Bushfire Local Economic Recovery Fund jointly funded by the Australian and NSW Governments.

*Jenni Bourke*



Architectural illustration of the front of the proposed Narooma Arts Centre facing Campbell Street, courtesy Takt Studio for Architecture.



Architectural illustration of the rear of the proposed Narooma Arts Centre facing Bowen Street, courtesy Takt Studio for Architecture.

## Tell 'em you found 'em in *The Triangle!*

### Spiral Gallery exhibitions – 26 July to 14 August 2024

*Spiral Gallery 47 Church St Bega (02) 6492 5322*  
*Mon-Fri 10.00 am to 4.00 pm Sat 10.00 am to 1.00 pm*

Both exhibitions open on Friday 26 July at 4.00 pm. All welcome.

In Gallery 1

#### *Artistic journeys – from the studio*

Fresh artworks from the studios of Spiral Gallery artist-members, exploring their current interests, preoccupations and inspirations in ceramics, sculpture, paintings, jewellery, textiles, prints, lamps, knives and wood.

In Gallery 2

#### *A sort of homecoming*

In recent years, fires, floods, the pandemic and global economic pressures have redefined our relationships with our homes. Rhonda Ayliffe's sculptures and photographic prints of ephemeral installations all based on the house motif, explore what home means in a contemporary context.

For more information visit the Spiral Gallery Bega website.

*Anna Balcomb*



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# Art in the Triangle

**Between heaven and earth – 16 August to 4 September, 2024**

*Spiral Gallery, 47 Church St Bega, (02) 6492 5322*  
**Mon-Fri 10.00 am to 4.00 pm, Sat 10.00 am to 1.00 pm**

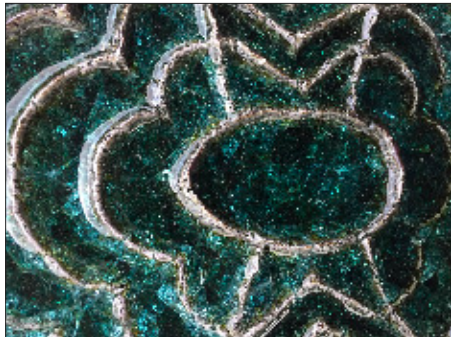
Opening event on Saturday 17 August, join the artists for morning tea 10.00 am to 12 noon.

In an exploration of ideas and materials, Stephen Gill uses layering and linear marks, and dioramas using various materials; sculptor and ceramicist, Anneke Paijmans uses clay and recycled glass, and makes wall hangings with painting and textiles.

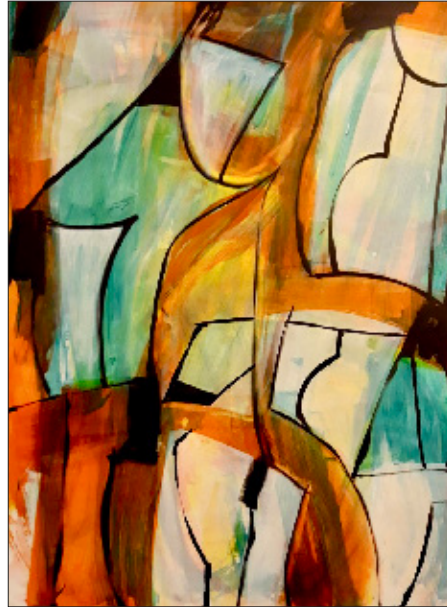
Stephen Gill: 'My art happens from an inner impulse to create an object, much like hunger triggers the impulse to cook. Art is food for the soul.'

Anneke Paijmans: 'Everything is composed of the five elements: earth, water, fire, air and ether, art is composed of these elements in subtle form, in different combinations.'

*Anna Balcomb*



*Genesis* by Anneke Paijmans, ceramic and glass



*Gambol* by Stephen Gill, painting on canvas



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# Book Review

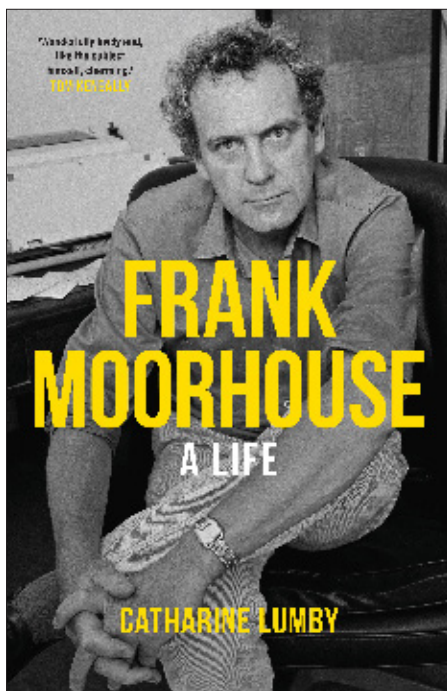
Wendy Tucker

## Frank Moorhouse: A Life Catherine Lumby Allen & Unwin RRP \$34.99

Frank Moorhouse, the celebrated Australian author, essayist, screenwriter and journalist, died in 2022, aged 83.

There are now two recent biographies of Moorhouse. He asked his friend, journalist Catherine Lumby, to be his biographer. She spent many hours interviewing Moorhouse and was granted total access to all 158 boxes of archival material. It seems Moorhouse kept everything – a great gift to any biographer. Lumby had finished all but the conclusion before Moorhouse died and she had his approval. Lumby focuses her biography on the connection between Moorhouse’s life and his work.

His early novels are credited with inventing the new literary form of the *discontinuous narrative*. They paralleled his life in bohemian Balmain through the late sixties and seventies as part of but, in Moorhouse fashion, not in total agreement with the avant-garde group known as The Push. Moorhouse was heavily invested,



to the point of arrest, in gay rights, First Nation rights, feminism, censorship and copyright laws for writers. His efforts and activism were partly responsible for changes to both copyright law and the lessening of censorship restrictions.

Moorhouse was a bisexual cross-

dresser at a time when homosexuality was a crime. He had long affairs with both men and women. The women in Moorhouse’s life are named with their permission. All are well known strong successful woman in the arts and academia. The male lovers are not named, as requested. Interesting?

Moorhouse had a total aversion to domesticity in any form. He preferred to live alone, write in comfortable female clothing, eat excellent food in excellent restaurants and drink martinis. He seems to have managed this while often without money.

Moorhouse’s greatest achievement is his United Nation Trilogy, where he created Edith Campbell Berry, one of the best, most complex and fascinating characters in Australian fiction. The three novels *Grand Days*, *Dark Palace* and *Cold Light* tell of Edith’s life from her time in Europe to her return to Australia. Lumby makes a lot of connections between Frank and Edith. When I first read these novels I had thought Edith was indeed Moorhouse and now I’m more convinced.

This is a fascinating biography of a great Australian writer and his time.

## Pet of the month

Kerri Brady

Tabitha is a beautiful girl with a tabby coat so dark her back is almost all black. She is happy to be handled and loves attention and, although she is in care with other cats, you can tell she would rather be the only one. A lovely girl who will make someone a fantastic pet and companion. Tabitha is about 18 months old and will cost \$250. Please call 0400 372 609 (phone hours are Monday to Friday 9.00 am-5.00 pm).

All AWLNSWFSC animals are microchipped, de-sexed, vaccinated, treated for fleas and ticks, wormed, and are eligible for lifetime registration in NSW. Adoption fees are subsidised in the hope that rescue pets will be people’s first choice eventually stopping unwanted litters. Available animals are on the Facebook page of the Animal Welfare League, Far South Coast Facebook page.

However, if you need to make further enquiries about any of the cats, kittens, dogs and pups available for adoption, please call us on 0400 372 609. If you would also like to become a member please call. De-sexing vouchers are available at all vet clinics in the Bega Valley Shire for residents who hold a Centrelink Pension



Tabitha

Card. We will subsidise the de-sexing by \$125 for female dogs and cats and by \$100 for male dogs and cats.

Remember not to leave pets in cars. It is against the law and is a very cruel death. Phone police if you find a dog shut in a car and they are panting.

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BEST LITTLE OF SHOP ON THE COAST

## The green spring clean



Emerging bluebell bulbs



Time to sprout your potatoes



Orange trumpet vine is currently all aflame

As we move into August and pass the cross-quarter day, halfway between the winter solstice and the coming vernal equinox, the days are getting longer and brighter and the first signs of spring are beginning to appear in the garden – a reminder that it is time for some green spring cleaning.

Although we usually associate spring cleaning with housework, the same concept can be applied to the garden and right now is the best time to purge, cleanse and organise our green spaces. While in the house we might focus on washing, vacuuming and dusting, in the garden we focus on the three 'eyes' – excise, pulverise and fertilise.

Excise means to cut out and refers to the fact that now is a great time for pruning and weeding. Almost everything in the garden can be pruned right now – roses, perennials, shrubs, deciduous trees, grasses, the whole lot. All your plants will be getting ready to burst forth with a flush of new spring growth, so hop in now before that happens and give them a good chop to shape so that none of that growth and flowers are wasted. Additionally, now is also the best time for repotting and/or transplanting any potted plant, indoors or out, as well as moving plants from one part of your garden to another.

On the weeding side, now is a good time to spray or root out any emerging bindiis in your lawn if you want to avoid the 'bindii ballet' when their flowers dry out to prickles come summer.

Pulverise refers both to mulching and composting the excised parts from the step above, as well as a general mulch of your garden beds and pots to help suppress weeds, improve soil biota and conserve water in the coming warmer months.

Fertilise speaks for itself and all plants will appreciate a feed right now in preparation for their impending growth spurt: citrus, roses, lawns, you name it, all will benefit from feeding this month.

If this all-green spring clean sounds overwhelming, break the process down. Start small by concentrating on just one particular part of the garden – the area most neglected. Try limiting yourself to a small block of work at a time and increase to longer periods as your inspiration grows. Additionally, try and involve others, remembering the adage that a problem shared is a problem halved. Finally, make it more enjoyable by listening to the radio or a podcast as you work.

Like spring cleaning the house, spring cleaning the garden has significant emotional benefits that will leave you

feeling empowered and energised. The accompanying sense of achievement and the feeling of order is the perfect antidote to any overwhelming feelings of helplessness and your garden will be ready to zing into spring.

August is also the best time to purchase and plant bare-rooted roses, fruit trees and ornamentals, plan your upcoming spring/summer vegetable garden, spray your peaches, nectarines and apricots to prevent peach leaf curl and other fungal issues before they open their buds, and to sprout your potatoes (a process that goes by the splendid word chitting) ahead of planting.

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

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

Happy growing.


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## The seductive promise for wonderful winter vegetables

We're deep in one of the coldest winters that I have experienced in the past twenty-five years in this region. So, to acknowledge this, I want to concentrate on those winter crops that revel in cold temperatures: those whose flavours

improve and sweeten when the nights are genuinely cold, not just a bit nippy. Among the best winter sweeties are Brussels sprouts, fennel bulbs, parsnips and all citrus fruit. Some of these won't even bear a decent crop when the winter is too mild

(here's looking at you, Brussels sprouts!) but the difference a run of seriously cold nights makes to all of them is amazing. These aren't recipes per se, just guidelines for making them a delicious part of winter.



### Brussels sprouts

Let's get these little beauties out of the way first – do not allow them to become too big and floppy, do not boil them and do not leave them whole. For all recipes, pick them small and tight, trim off the base, discard the outer leaves (and check for aphids and any dirt while you're at it), cut in half and then either oven roast them or sauté them. You can go simple – just a slick of olive oil, salt and pepper; or add caramelised onion, some finely sliced garlic, freshly grated Parmesan, cubes of cooked spuds or even some finely chopped bacon. Over to you!

### Fennel bulb

Another great winter veg when treated with respect. It pairs beautifully with fish (think Greek fish stew) or chicken (a tray-bake of chicken pieces with fennel and a squeeze of lemon juice) and is perfectly lovely by itself as a gratin for a light supper with crusty bread. It has a fresh, aromatic flavour and can be roasted, sautéed or added to soups and sauces. Cooking it long and slow brings out a mellow sweetness that can become addictive. A slow-cooked shoulder of lamb on a bed of roasted fennel and carrots kept moist with orange juice is as good a winter dinner as you'll find anywhere.



### Parsnip

The world is divided into those who love parsnip and those who hate it. But for those of us who crave it, it's a taste like no other – sweet, earthy, nutty. Dig them up, scrub clean and roast, steam for mash or turn them into a delicious soup. For soup, I start with onions and a couple of leeks on a drizzle of olive oil, once soft add a chopped potato (for added silkiness) and a carrot or two (mainly for colour – white soup isn't alluring) and a heap of chopped parsnips. As they soften add a dash of curry powder and balance out with salt and pepper to taste before adding stock to just cover. But the classic must be roast parsnips – with a roast or as a side dish, by themselves or with other root veg for company.

And **citrus fruits** because they are particularly marvellous this year – so sweet, so juicy and so generous. Add lemon or lime juice or slices to savoury dishes to lift the flavour of all ingredients, mix any citrus fruits together for healthy, delicious juices and eat oranges at half-time. You can freeze the juice in ice cube trays for refreshing summer drinks, make citrus flavoured cakes and puddings, and there is always any number of variations in the key of marmalade.



Image Credits: Anna Mironova (Brussels sprouts), achtung-ein (fennel bulb/citrus), sweetsake (parsnips)

# COMMUNITY NOTICES

Community Notices are advertised in *The Triangle* for non-profit groups free of charge. If your organisation would like to be listed or if details change, please contact us at: [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

## ALCOHOLICS ANONYMOUS

Bermagui Saturdays 2pm at the Anglican Church Hall, Ph: Dave on 6493 5014

## ANGLICAN PARISH OF COBARGO

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Ph: The Reverend John Thomas 0427 260 833

## ANIMAL WELFARE LEAGUE

Far South Coast Branch promotes the welfare of companion animals and responsible pet ownership. Call 0400 372 609

## BERMAGUI BAPTIST CHURCH

West Street, Bermagui. All Welcome.  
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## BERMAGUI CROQUET CLUB

Every Sunday morning at 10 am  
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Beginners and new members welcome.  
Contact Bermagui Country Club on 6493 4340

## BERMAGUI CWA

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## BERMAGUI DUNE CARE

Meets on the 3rd Sunday of each month  
Contact: [bermaguidunecare@skymesh.com.au](mailto:bermaguidunecare@skymesh.com.au)

## BERMAGUI GARDEN GROUP

1st Tuesday every Month 10 am until 12 noon,  
venues vary. Phone Christine 0400 301 040

## BERMAGUI HISTORICAL SOCIETY

Museum Open Tuesdays 10am - 2pm.  
Researchers & helpers welcome.  
Contact [bermaguimuseum@gmail.com](mailto:bermaguimuseum@gmail.com)

## BERMAGUI & DISTRICT LIONS CLUB

New members welcome. Meet 1st Thurs  
each month at Cobargo Hotel & 3rd Thurs at  
Bermagui Country Club at 12 for 12.30 pm  
Enquiries: Geoff 0407 164 466

## THE BERMAGUI MARKET

Last Sunday of the month. Coordinated by the  
Bermagui Red Cross. Gary Stevens, 6493 6581.

## BERMAGUI MEN'S SHED

Meets Tues, Thurs & Sat from 10am @  
new shed adjacent to the council depot on  
Bermagui Tathra Rd. All men are welcome.  
Contact Ian Bailey 0409 691 458

## BERMAGUI PROBUS

Meets at 10am to 12pm on the 2nd Monday of  
each month at the Men's Shed meeting room.  
Bermagui Tathra Rd. Contact Lorraine Courts  
email [lcou6446@bigpond.net.au](mailto:lcou6446@bigpond.net.au)

## BERMAGUI SENIORS' SOCIAL CLUB

Meets the 1st Wed, 11.30 am at the Bermagui  
Country Club, with social luncheons to follow.  
New members are most welcome.  
Enquiries: [bermaguiseniors@gmail.com](mailto:bermaguiseniors@gmail.com)

## BERMAGUI U3A

(University of the Third Age)  
Lifelong Learning Opportunities  
For a full list of courses and timetable visit:  
[www.bermagui.u3a.net.org.au](http://www.bermagui.u3a.net.org.au)

## CATHOLIC CHURCH

Weekend Mass times.  
Bermagui - Sun 7:30am Cobargo - Sat 5pm

## COBARGO AND DISTRICT ENERGY TRANSITION GROUP INC (CaDET)

Email - [renewablecobargo@gmail.com](mailto:renewablecobargo@gmail.com)  
[www.renewablecobargo.com](http://www.renewablecobargo.com)

## COBARGO COMMUNITY ACCESS CENTRE

Unit 5 & 6 / 48 Princes Highway, Cobargo  
Open Tues, Thurs and Fri 10am-3pm  
[cobargoreliefcentre2550@gmail.com](mailto:cobargoreliefcentre2550@gmail.com)  
Ph: 0493 671 117

## COBARGO CREATORS

Established in 2012, a volunteer-run, not-for-profit art collective. Manages the Cobargo Creators Art Gallery. New members and volunteers always welcome! Committee meets monthly. email: [mail@cobargocreators.org](mailto:mail@cobargocreators.org)

## COBARGO CWA

Meets in the CWA Rooms, 5 Bermagui St  
2nd Tues of the month, 10.30am.  
[cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com)  
Cottage Hire 6493 6428 or 0429 933 686

## COBARGO DISTRICT MUSEUM

The Cobargo Museum: researching local history, old photos & information.  
New members welcome.  
Contacts: Vicky Hoyer 0422 377 278  
Bev Holland 0408 280 024

## COBARGO PRESCHOOL

Child centred, play based preschool  
education for 3-5 year olds.  
Mon - Thurs during school terms  
0455 043 489 [cobargopreschool@gmail.com](mailto:cobargopreschool@gmail.com)  
[www.cobargopreschool.com.au](http://www.cobargopreschool.com.au)

## COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

New Members Welcome!  
Enquiries: CQBRG Secretary Ph: 0418 361 781  
e: [cqbrgroup@gmail.com](mailto:cqbrgroup@gmail.com) [www.cqbr.org.au](http://www.cqbr.org.au)

## COBARGO & DISTRICT RED CROSS

For meeting dates or catering enquiries  
phone Kathy Rix 0488 048 701

## COBARGO SCHOOL OF ARTS

Hall bookings and inquiries:  
Linda 0407 047 404 / [cobargohall@gmail.com](mailto:cobargohall@gmail.com)

## 1ST COBARGO SCOUT GROUP

Children 6 - 18yrs. Meetings 6.30pm to 8pm in  
school term Cobargo Showground dining hall.  
Contact Graham Parr on 0429 936 795.

## COBARGO SHOWGROUND

Contact: Mike Nicholas m: 0414 012 287  
e: [miknik62@hotmail.com](mailto:miknik62@hotmail.com) for bookings

## COBARGO SHOW MEETING

Monthly 2nd Wednesday, 7.30 pm - Cobargo  
Showground dining hall. Contact Naomi 0417  
456 354 [secretarycobargoshow@yahoo.com.au](mailto:secretarycobargoshow@yahoo.com.au)

## COBARGO TOURIST & BUSINESS ASSOC

Meets every 2nd Tuesdays, 6pm @ the CWA  
cottage. Contact: Janet Doolin 0409 033 828

**DIGNAMS CREEK COMMUNITY GROUP**  
Meets randomly. Contact Nick van Stek, Pres.  
0439 361 118 or Felicity Ruby, Sec. 0452 161 673

**MOBILE TOY LIBRARY  
& PARENTING RESOURCE SERVICE**  
All parents of children 0-6 welcome to join.  
Enquiries: 6496 1918

## OPEN SANCTUARY AT TILBA TILBA

Meditations, discussions,  
guest speakers & special events.  
[opensanctuarytilba.org](http://opensanctuarytilba.org) and on facebook.  
Contact: Linda Chapman 0422 273 021

## QUAAMA / COBARGO QUILTERS

Meets Mondays 10am-3.00pm in the CWA  
Cottage, Bermagui Road, Cobargo. Anyone  
welcome who does patchwork, quilting, or any  
other fibre or needlecraft. Contact Lorraine  
James 0459 022 368 or Leanne Tett 0408 627 103

## QUAAMA MEN'S SHED

Meets Weds from 10am, 20 Bermagui Street  
John Preston (President) 0429 179 184  
Ron Higgins on 0408 788 528.  
All men are welcome.

## QUAAMA PROGRESS ASSOCIATION

New members welcome. Phone: 0408 411 956  
[quaamaprogress@gmail.com](mailto:quaamaprogress@gmail.com)

## QUAAMA RENEWAL PROJECTS

[quaamarenewalprojects@gmail.com](mailto:quaamarenewalprojects@gmail.com)  
Phone: Veronica 0437 263 128  
[www.facebook.com/quaamarenewal](http://www.facebook.com/quaamarenewal)

## QUAAMA SCHOOL OF ARTS

Hall bookings and inquiries:  
Call 0408 411 956  
[quaamahallbookings@gmail.com](mailto:quaamahallbookings@gmail.com)

## SOAPI COMMUNITY THEATRE

School of Arts Players Inc (SOAPI) writes,  
produces and performs theatre in the region.  
10 years to adult. No experience necessary.  
Facebook @SOAPItheatre or call  
Robyn Freedman 0410 525 968

## TILBA CWA

Meeting 2nd Thursday of the month, 10.30 am  
Tilba small hall, Bate Street, Central Tilba  
Contact: Teresa Stubbings 0417 418 447

## TILBA MARKET

Home grown, Hand made,  
Grow it, Make it, Sew it, Bake it.  
Every Saturday 8am to 12, Central Tilba Hall  
Stall booking essential. Phone 0490 130 478.

## TRIANGLE TOOL LIBRARY

Behind the Cobargo Co-op  
Open 9-12 on Tues, Fri and Sat  
[www.triangletoolibrary.org.au](http://www.triangletoolibrary.org.au)  
Lynn 0411 432 533 or Nacre 0419 425 208

## UNITING CHURCH SERVICES

Narooma - Sundays at 9am, 134 Wagonga St.  
Cobargo - 2nd Sunday at 11.00 am.  
4th Sun Prayer & Praise (ecumenical) at 11 am.  
38 Bermagui Road, Cobargo  
Phone Di: 4476 2024 [mtdromedary.uca.org.au](mailto:mtdromedary.uca.org.au)

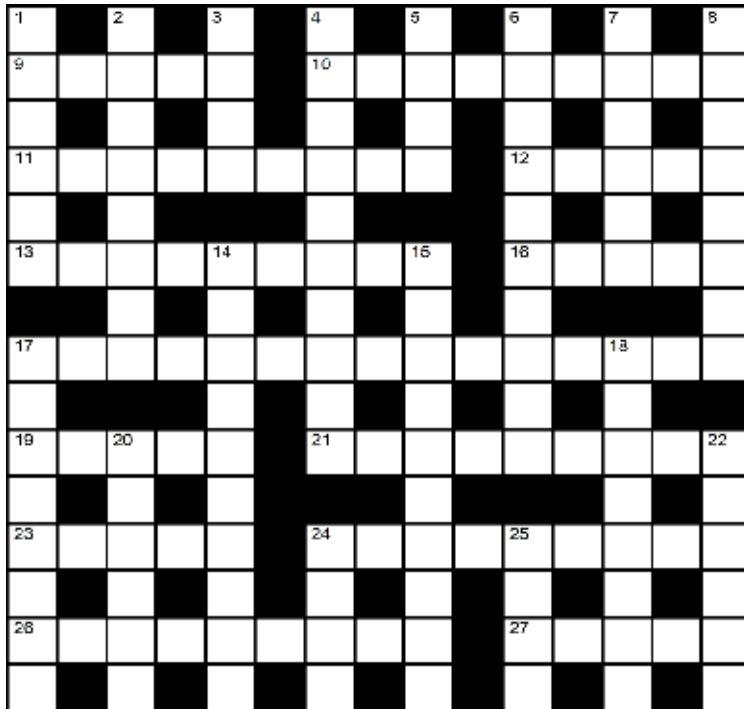
## THE YUIN FOLK CLUB

The Yuin Folk Club organises the annual  
Cobargo Folk Festival and hosts folk music  
concerts throughout the year.  
Details at [www.cobargofolkfestival.com](http://www.cobargofolkfestival.com)  
Ph. Secretary Carolyn Griffin 0400 391 324,  
Treasurer Zena Armstrong 0402 067 615 or  
email [info@cobargofolkfestival.com](mailto:info@cobargofolkfestival.com)

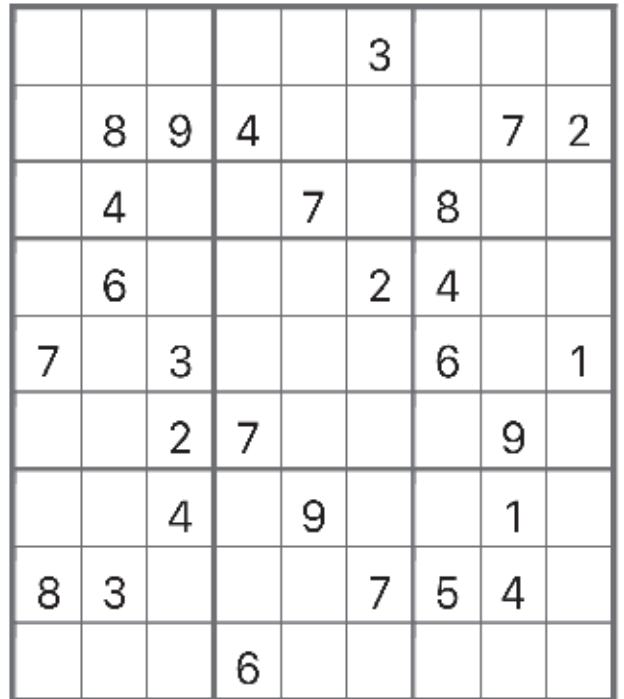


# Game On

## AUGUST CROSSWORD



## SUDOKU



### ACROSS

- 9 Peers (5)
- 10 It's normal to be hammered - priests don't like it. (6,3)\*
- 11 Paroo River feature internationally important as a wetland (5,4)
- 12 Sound (5)
- 13 Interplanetary transport (9)
- 16 Native dog (5)
- 17 Darwin garden sight (11,4)
- 19 Diving kit (1,1,1,1,1)
- 21 Cease operations (5,4)

\*Indicates a cryptic clue.

- 23 It's nicknamed the 'Capital of Latin America'. (5)
- 24 Type of pea (5-4)
- 26 Recall past experiences (9)
- 27 Not concealed (5)

### DOWN

- 1 Skiers' challenges (6)
- 2 In all honesty (2,2,4)
- 3 Barbecue cooler (4)
- 4 Feeling the pain of others (10)
- 5 Superficially, it's all bark and no bite (4)

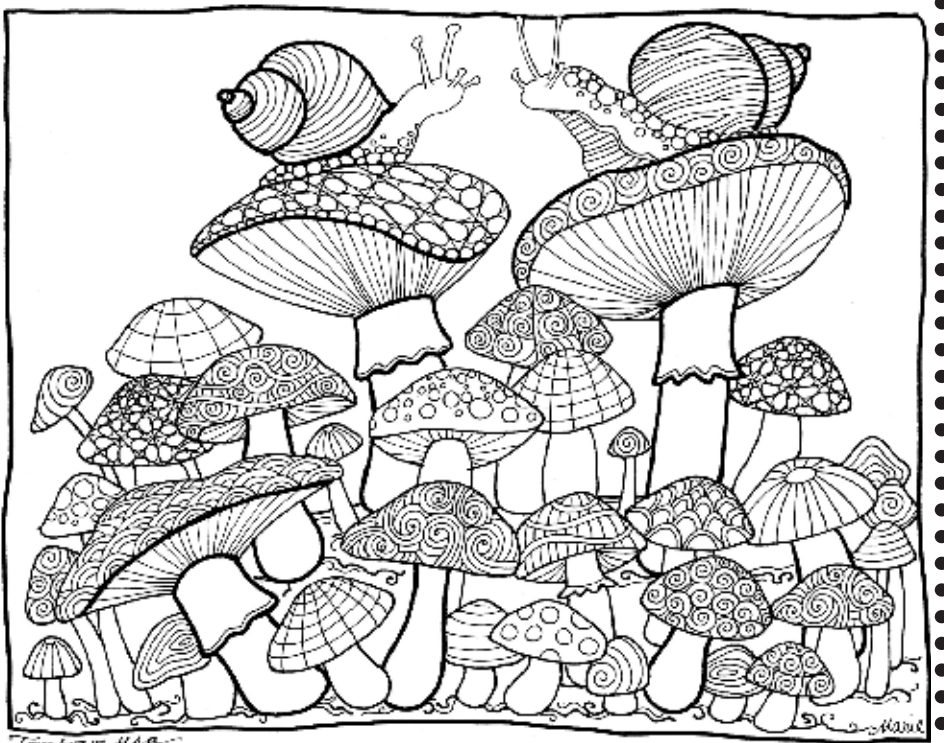
- 6 Champion surfer/shaper, father of Noa (5,5)
- 7 Allocate (6)
- 8 Place for waiting (8)
- 14 Side views on blueprints (10)
- 15 Illustrious people (10)
- 17 Fine, soft goat's wool (8)
- 18 Follower/adherents (8)
- 20 Say! Rum manoeuvres for some soldiers (1,1,4)\*
- 22 Natural state? (6)
- 24 One burned but was not consumed (4)
- 25 Timber flaw (4)

**Answers on page 20**

## Mushroom Jokes

## Kidz' Korner

1. How do you get into the mush-room?
2. How does a mushroom clean house?
3. What did the grouchy mushroom say to the loud mushroom?
4. Why do mushroom children behave so well?
5. What did the mushroom say after getting into a car wreck?
6. Why won't the mushroom buy a couch?
7. Why did the mushroom lose the weightlifting competition?
8. What do you get if a frog eats a mushroom?
9. Did you hear the joke about fungus? You may not like it at first, but it will definitely grow on you.
10. Knock, knock. Who's there? Mush. Mush who? Mush you always ask so many questions?
11. A mushroom walked into a bar and after a while he was friends with everyone. When he walked out someone asked him, 'How do you make friends so easily?' and he said, 'Because I'm just a fun guy.'



# For the fridge door

AUGUST	WHAT	WHERE	TIME
Fri 2	Bermagui and District CWA soup and trivia lunch pg 4	Corunna Street, Bermagui CWA rooms	12 noon
Fri 2	Doctors without Borders talk on refugees plus supper, no admission charged pg 10	Uniting Church Hall, Corner Gipps and Upper Streets, Bega	6.30 pm
Sat 3	Book launch and morning tea <i>Extraordinary Histories</i> pg 23	Well Thumbed Books, Cobargo	11.00 am
Sat 3	<i>Contrasts</i> exhibition opening. Meet artist Susan Virtue pg 27	Lazy Lizard Side Room, Cobargo	10 am - 2 pm
From Sat 3	<i>Contrasts</i> , Susan Virtue pg 27	Lazy Lizard Side Room, Cobargo	10 am - 2 pm
Sun 4	<i>The Offering</i> , rap, poetry and cello pg 26	Four Winds, Barragga Bay	2 pm, Music from 3 pm
Mondays	Chair Yoga pg 20	Good Vibes, Bermagui	4 - 5 pm
Tuesdays	Mindfulness and movement pg 8	Quaama Hall	1.15 - 2.30 pm
Wed 7	Tilba District Chamber of Commerce community feedback session pg 16	The Barn, Dromedary Hotel	5 pm
Fri 9	<i>Harbour</i> exhibition opening pg 24	Shop 7 Artspace Gallery, Bermagui Boat Harbour	5 - 7 pm
Fri 9 to Wed 28	<i>Harbour</i> exhibition pg 24	Shop 7, Artspace Gallery, Bermagui Boat Harbour	W-M 10:30 am - 3 pm
Until Wed 14	<i>Artistic journeys from the studio</i> , pg 28	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 Sat 10 - 1
Until Wed 14	<i>A sort of homecoming</i> , pg 30	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 Sat 10 - 1
From Fri 16	<i>Between heaven and earth</i> , pg 28	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 Sat 10 - 1
Mon 19	CWA South Coast get-together Day pg 7	Cobargo School of Arts Hall	9:30 am, Lunch at 12
Tues 20	Community high tea, booking required pg 13	Cobargo Anglican Church	10:30 am
Tues 20	Bega Mental Health Hub community consultation pg 2	Cobargo School of Arts Hall	10:30 am - 2 pm

## Own your home quicker!

## Use the equity in your home to get this great deal.

Home Sweet Home Loan

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Interest rate

**6.61%**<sub>p.a.\*</sub>  
Comparison rate

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**Horizon Bank**

2 Wallaga St, Bermagui ☎ 6497 8810

**horizonbank.com.au**

\*WARNING: The comparison rate is calculated on a loan amount of \$150,000 over a term of 25 years for an owner occupied loan with a loan-to-value ration (LVR) of 70% or less. Terms & conditions, fees & charges apply & are available on application. Approval conditions apply. The loan is secured and the rate is variable. SPECIAL DISCOUNT RATE - the rate includes a 0.50%p.a. honeymoon discount for 2 years. Available for new business only. At the conclusion of the honeymoon period, the rate will revert to the Home Sweet Home Loan standard rate at the time. The standard variable rate, currently 6.49%p.a. is published at each Horizon Bank branch & on our website. Horizon Credit Union Ltd ABN 66 087 650 173 AFSL and Australian Credit Licence Number 240573 trading as Horizon Bank. Advertisement including all interest rates quoted current as at 16.7.24. Subject to change.