

THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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Shellebrating Narooma's new living shoreline!

The Wagonga Inlet Living Shoreline (WILS) project is now complete, and we were so thrilled to **shellebrate** with the Narooma community and partners at our official launch on Saturday 1 February. The site looks sensationshell!

In an Australian first, WILS combined Sydney Rock and Native Flat Oyster reef restoration at a single location and has enriched the foreshore with oyster reefs and planted the foreshores with saltmarsh and riparian vegetation.

The oyster reefs are already thriving, supporting fish species like luderick and bream, improving the water quality and developing into a vibrant marine ecosystem. The local community has been instrumental in assisting the Department of Primary Industries and Regional Development's (DPIRD) Oyster Reef Restoration Team researchers in measuring this success in a novel citizen science project led by the Nature Coast Marine Group and OzFish.

Similarly, the 17,500 new native saltmarsh and riparian plants are growing into a lush foreshore planting to buffer wave energy and improve the shoreline climate change resilience.

Stunning cultural elements have also been woven throughout the WILS foreshore with interpretative signage incorporating artwork, language and stories generously

shared by the local Aboriginal community.

It was only fitting that local Walbunja Elder, Wally Stewart, delivered a very special Welcome to Country for the launch, that was followed by a beautiful smoking ceremony by Brock Tutt. There was a moving dance of the Narooma tragedy, the mass drowning tragedy that wiped out almost a whole clan of the Yuin people returning from Baranguba, by the Djadjawan Dancers that will be the theme of a cultural sculpture to be installed on site shortly.

This project has also created a stunning, accessible space for locals and visitors by enhancing recreational infrastructure including a boardwalk, accessways, a jetty and pontoon. Jumping off the jetty was a hit at the launch, as was joining WILS staff for on-water tours of the oyster reefs in the region's glass-bottomed kayaks.

WILS has been a highly collaborative project, with success stemming from the joint efforts of multiple partners including DPIRD's Oyster Reef Restoration Team with funding from the Marine Estate Management Strategy (MEMS), Eurobodalla Shire Council, the Australian Government and The Nature Conservancy.

*Jillian Keating, DPIRD,
Fisheries Manager
(oyster reef restoration)*



Colourful kayaks on opening day



Djadjawan Dancers performed at the opening



Aerial view of the new jetty and pontoon



The new jetty was put to good use

Welcome to this edition's editorial and some reflections on our brave new world.

My question up front – is our glass half full or half empty? While we seem to be surrounded by dark clouds globally, we can still celebrate and look forward to progress in Cobargo, our region and our country.

By this edition we will know the date of our upcoming federal election. You may say, 'So what?' Well, for a start we get to vote as a nation. We are one of the few countries in the world to have compulsory voting and, while some of us think this is an imposition, it ensures that we only have ourselves to blame if we don't like the result!

Our rights as citizens are well protected. We have a very robust legal system and a constitution that has served us well and will continue to do so *unless* we decide as a people to change it. The Australian Constitution can only be changed through a referendum – a vote by the Australian people.

How are our electorate boundaries

protected? The electorates of the House of Representatives are flexible and can be changed to reflect significant population changes. The Australian Electoral Commission (AEC) is an *independent* statutory authority that manages the redistribution process. Politicians, political parties and the public may make submissions to the AEC on proposed new boundaries, but any interference with their deliberations is considered a serious offence. In essence, this process is open to scrutiny and input, and not run by politicians seeking base political advantage.

While we may have developed a blasé attitude to some of our politicians' grasp of the truth, we are well-educated enough to tell the difference between them stretching the truth and telling blatant lies. I'm not just talking about our formal education, but we also have that very well-developed Australian 'bull dust detector' and, hopefully, we will never be asked to believe baseless claims that some in our population steal and consume our family pets or that there is a secret unelected

'shadow government' that actually rules us, for example. We also know that our current system of government ensures that important political decisions won't be made by non-elected individuals who have bought their positions of influence. However, we must still assess the accuracy of some political claims and should not believe everything we're fed by media, especially some (but not all) social media that is at times deliberately inaccurate.

So where does this leave us?

We will soon be able to elect or re-elect a new government – peacefully. We have stable state and territory governments and administrations. Cobargo and the region is moving ahead with the impressive Resilience Centre nearing completion and the Rebuild Cobargo Project powering ahead. New businesses are emerging or changing hands – *and* we now have four doctors in town.

The answer to my up-front question? We really do have a glass *at least* half full as opposed to half empty. Let's celebrate!

Letters

Dear Editor,

I visit Bermagui regularly and busk around the commercial centre while there. I am really grateful for the patience shown an old busker and for the generous contributions to the Leukaemia Foundation. What a wonderful community spirit prevails in the area.

Tony,
Bathurst NSW

The Triangle you can now listen to

The *Triangle* now has a podcast! Congratulations and thank you to talented podcaster Jacob Round and wonderful interviewer Flick Ruby.

The first podcast included an in depth 'My Triangle' interview with Linda Sang (The *Triangle's* President plus so-much-more) plus a salient yet hopeful editorial from Angela Marshall.

Great format and content guys, I'll be listening every month!

Sally Josh
Dignams Creek

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

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



Thumbs UP

To the Cobargo Show Committee. They have done a fantastic job – again! The showgrounds looked terrific, the programme was non-stop, and the weekend great fun and well run. It is a mammoth effort from a small community to run a three-day event, well done one and all.

To the chainsaw-wielding Quaama citizen who cleared the path heading down to Dry River after a big tree fell across it. Thanks!

Thumbs DOWN



Shame to the community members who borrow from our wonderful Tool Library and either do not return on time, do not return at all or who 'lose' the tool. Currently, the Tool Library is 'missing' 200 items.

Come on community, this is a wonderful facility, don't spoil it for the rest of us.

To the person who ripped the number plate from our daughter's first car in Quaama.

Really??

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 cclsang333@gmail.com.

Who does the work

The Editorial Committee

Linda Sang (President)
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Tikka Wilson (Secretary)
Bhagya (Treasurer)
Debbie Worgan, Angela Marshall, Flick Ruby, Marita Reynolds, Steve Williams, Jacob Round

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Pandanus Accounting

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Linda Sang

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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 1800 in print plus around 3000 unique online visits each month.

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.



Dr Judy Gebhart - Chiropractic 0433 372 362

Tora Jong - Zenthai Shiatsu 0419 895 737

Michael Kennedy - Mindfulness Meditation 0433 372 362

26 Bunga Street Bermagui
www.harmonyhealth.au

Petition to open unused mental health care facility

Far South Coast mother Wendy Wait is urging people to sign a Legislative Assembly online petition to open the sub-acute mental health ward at the South East Regional Hospital (SERH) in Bega. The ward has sat unused for nine years.

Wendy, whose 26-year-old son has been struggling with his mental health for ten years, said the SERH's Bega Mental Health Inpatient unit has a high dependency ward and a low dependency ward, with fourteen beds in total. She said best practice is for three levels of care, but the Sub-Acute ward is sitting idle.

'This is just not good enough when the SERH is the only hospital-based mental health service available from Batemans Bay to the Victorian border providing longer stays and specialised support,' Ms Wait said.

When it opens, the new Eurobodalla Regional Hospital at Moruya will only provide beds for short-term mental health care.

The 2021 Census reported that 10.6% of residents in the Eurobodalla and 10.3% of Bega Valley residents had long-term mental health conditions such as depression or anxiety. That is above the state average of 8% and the national average of 8.8%.

Sub-acute wards provide a supportive recovery environment with psychiatry support, and fewer restrictions than high dependency wards. A sub-acute mental health ward allows patients access to an open courtyard where they can walk around freely. They may have cooking facilities and therapy dogs.

'I am sure my son would go to hospital more readily if this sub-acute ward was an option, instead of letting his condition reach the acute stage and blow out,' she said.

When Wendy asked why the sub-acute ward is not open, the response invariably came back to money. Wendy said the mental health care system is broken and urges people to sign the Legislative Assembly online petition.

Marion Williams



Wendy Wait holding the petition asking for the sub-acute mental health ward at the South East Regional Hospital in Bega to be opened.

Each edition of **The Triangle** cost **\$3.00** to produce.
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or email denise@nardyhouse.com.au to find out more.**

The 10th Candelo Village Festival is coming



Flamenco dancing in the main street during the 2023 festival.

When: Saturday 29 March
All day until late

Where: William St, Candelo, Bega Valley

The jewel in the crown of Candelo's rich and diverse cultural life is just around the corner. On Saturday 29 March, the free-entry Candelo Village Festival will once again light up our small village on the far south coast of NSW with a celebration of music, art, performance, and local culture.

Produced by the Candelo Arts Society (CAS) on a biennial basis since 2008, this year's edition is the tenth. CAS President, Anna Lindstrand, said, 'This year the theme of our festival, *Beginnings*, is one that celebrates the stories that have led us to where we are and holds space for imagining what comes next. *Beginnings* allows us to honour the past, make way for now, and embrace what's coming. We are excited by its plurality and hopefulness.'

Check out the festival program, including live music events, workshops, parties, community gatherings and delicious local food, is now online.

All Saturday Festival events will be

free. Here are some of the highlights of the 2025 Candelo Village Festival to whet the appetite:

Home – A special opening concert on the eve of the festival featuring four songsmiths who had their beginnings in the beautiful Bega Valley: Daniel Champagne, Felicity Dowd, Isabel Rumble and Kim Churchill. All are highly regarded in the festival and live music scene. It is a total honour to have them on stage together as they share stories and songs of home and their subsequent individual journeys in a one-off collaborative concert celebrating what has been and what is becoming. Friday 28 March 7.30 pm, Candelo Town Hall. Tickets: \$50/CAS members \$45 from the website. Look up Candelo Arts Society on your usual browser to buy tickets.

Unordinary Avenue – A series of collaborative art making projects and spaces along William Street including pottery, screen-printing, pop-up poetry, textiles and – a perennial favourite – chalk magic! The event is coordinated by Candelo's very own Rae Kennedy, who draws on a wealth of experience

in community arts practice. It features a stellar line-up of professional guest artists. Saturday 29 March, from noon until 6.00 pm, along William St and in the park.

The Generator – Enter the Candelo Town Hall and experience an immersive space of light and sound. *The Generator* will showcase the best experimental performers and electronic artists from the Bega Valley including The 5th Volt, Abre Ojos, Ike Andy Projects, Haniyami and GreyBox, plus a special live performance from Grief and Praise featuring Tamlyn Magee. Walk into another world, sit and watch performances, interact with the projections and weird sound generators. Fun for all the family. Saturday 29 March from 1.00 pm to 6.00 pm, free in the Candelo Town Hall.

The festival is supported by Create NSW, South East Arts and Bega Valley Shire Council.

For more festival information check out the Candelo Arts Society website.

Candelo Festival team



Basket-weaving workshop at the previous festival.

Fungi Festival returns in 2025 with Alison Pouliot

The 2025 Fungi Festival is pleased to announce our keynote speaker will be Alison Pouliot – a world-renowned fungi ecologist, photographer and author whose journey in search of fungi spans the southern and northern hemispheres. Alison will be conducting six sessions from Batemans Bay to Pambula, including several fungi forays, a soirée in Bermagui and a presentation focusing on women’s knowledge of fungi.

Alison is the bestselling author of *Underground Lovers* and *The Allure of Fungi* and is the co-author of *Wild Mushrooming*. Her appearance at this year’s Fungi Festival will coincide with the publication of her new book *Funga Obscura* – combining fungi and the photography of fungi. This book traces the evolutionary path of fungi as enablers of life on land and the creators of soils and forests. To capture these remarkable lifeforms in this ‘visual love letter’ to fungi, Alison has crossed continents and ecosystems, navigated lichen-covered landscapes, crawled through the fungal undergrowth, scaled glacial extremes and ducked between

rainforest shadows. Alison is a great storyteller. Come and hear her stories and explore the forests with her.

This year’s Fungi Festival program builds on the success of last year’s Festival that delivered a diverse range of over sixty high-quality science, food and arts events to locals and visitors alike across the far south coast region from Batemans Bay to Eden. The quality was so high that visitors came specifically for these events from New Zealand and interstate. Most events were fully booked, so early bookings are recommended.

This year’s Festival will offer an expanded program of events from 20 June to 20 July. Many can already be booked on the Fungi Festival website (just type ‘fungi festival’ into your search program) and more will be included over the coming months.

To discuss further or to interview Alison Pouliot, please call Annette Kennewell on 0417 203 610.

Annette Kennewell



Fungi Festival is excited to have secured Alison Pouliot as our keynote speaker for 2025 with a variety of fungi events.



Alison Pouliot’s new book *Funga Obscura* unites her two loves – fungi and the photography of fungi. *Hypoloma* species. Photo: Alison Pouliot

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Kamalashila Tibetan Buddhist Centre third annual Three Visions Festival

Saturday 5 April, 11.00 am – 4.00 pm

Gate opens 10.30 am at 9000 Princes Highway, five and a half kms south of Tilba

A festival celebrating Aboriginal, Tibetan and non-Indigenous Australian cultures through dance, art, food, costumes, music and song. The festival aims to preserve and promote these ancient world cultures and bring community and families together for a cultural exchange.

This event takes place at the base of the sacred mountain, Gulaga. The Three Visions Festival is the idea of the resident teacher and founder of Kamalashila Tibetan Buddhist Centre, Khenpo Ngawang Dhamchoe, a former refugee from Tibet, an ordained Buddhist monk and scholar. He teaches locally, around Australia, and overseas. His goal is for people of different cultures and backgrounds to come together for a day of harmony and joy, sharing and celebrating their differences and similarities.

Feedback from the performing groups, the public and volunteers has been very positive after the past two festivals.

Seeing children play together in harmony and joy has been a highlight of the event.

The program includes a Welcome to Country, chanting, cultural performances from the three cultures represented, traditional foods and crafts. There will be a chai and coffee van plus interesting workshops, market stalls and

children's activities. Something for everyone.

For bookings, use the QR code or pay at the gate. We look forward to sharing this environment with you.

Contact: info@drogmi.org Phone: 0403 779 099

Lael Morrissey



Khenpo Ngawang Dhamchoe resident teacher, spiritual director and founder of Kamalashila Tibetan Buddhist Centre, offers teachings of the Buddha



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Learning about rural health

You may have noticed when you go to a GP clinic, allied health service or hospital that the NSW South Coast has a lot of students. Students from a variety of universities who are studying nursing, physiotherapy, radiation, medicine and occupational therapy undertake placements throughout the district.

The students are mentored by senior clinicians and multidisciplinary healthcare teams and gain valuable hands-on experience to help them develop their clinical skills with patients.

The Australian National University (ANU) has five students in Eurobodalla and nine students in Bega who will spend this year experiencing rural medicine firsthand. They are part of the ANU Rural Stream program that offers medical students the opportunity to spend the whole of their third year in the Bega Valley or Eurobodalla Shires.

The students are encouraged to become a part of the local community through sporting and other activities and to try out the diverse recreational activities that each region offers.

In Bega, Joe Rangiah, Breanna Humber and Charlotte Chen have become volunteers at Bega Valley Meals on



Charlotte, Bryher, Emily, Catie and Brie in scrubs. They are based in the Eurobodalla for 2025.

Photo: Hannah McGoldrick

Wheels. In Eurobodalla, Catie Snellgrove joined the local surf lifesaving club as soon as she moved there.

Catie said that she and her fellow students were really excited to be able to live and learn in such a beautiful area.

‘Everyone has been so welcoming, which has helped us a lot settling in,’ she said. ‘We are looking forward to the

year ahead and getting to know the local community.’

Every six weeks there will be a new student at the Cobargo medical clinic and several students at the Lighthouse Surgery in Narooma. If you see them, say ‘Hi’ and ask how they are going.

Marita Reynolds

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Community groups urged to join campaign to fix underfunded healthcare

Some South Coast residents wait days or even weeks to see a GP, thanks to forty years of the Australian government spending less on healthcare per person in regional areas. During the upcoming federal election campaign, the Tuross Head Progress Association (THPA) is demanding that the federal candidates for Eden Monaro and Gilmore commit to fairness in funding and equitable access to healthcare.

Research published in 2023 by the National Rural Health Alliance found that each person living in rural Australia receives \$850 per year less in healthcare funding than urban Australians.

That equates to the Eurobodalla

and Bega Valley shires' 76,535 residents receiving \$65 million less each year than if they lived in Sydney or Canberra.

THPA estimated that \$65 million would fund the equivalent of 72 full-time resident GPs, 72 nurses, plus additional primary care services. That is almost one additional GP and one additional nurse per 1,000 residents.

Retired GP Dr Arn Sprogis, chair of THPA's Health subcommittee, said the situation is outrageous 'because access to healthcare, particularly primary healthcare, should be equitable and based on need, not whether or not you live in a capital city.'

His focus on the federal members is because 'roughly 80 per cent of the missing

money is from the Commonwealth and arose when Medicare was introduced in 1983.' As Medicare is based mainly on consultations and GPs naturally gravitate towards larger populations, Medicare funding follows the GPs. He said that within five years of Medicare's introduction, rural areas were struggling to find GPs.

THPA wants urgent patients to see a GP on the same day and non-urgent patients within two days. 'The situation is completely unacceptable, and we are encouraging every community organisation up and down the coast to say so,' Dr Sprogis said.

Marion Williams

Advanced search of *The Triangle* back issues

Are you a family historian or passionate about local Triangle history? Have you ever wished that you could search all issues of *The Triangle* for articles about your family, an organisation, event or any other topic we've covered?

Now you can! From March 2025 you can search nearly all of the back issues

of *The Triangle* archive. Our archive has been uploaded to the National Library of Australia's website and a wonderful volunteer group dedicated to making the huge range of online resources held by GLAMs (galleries, libraries, archives and museums) more accessible, have developed a GLAM Workbench

search tool for us and other community newsletters.

So, if you want to try it out, go to *The Triangle* website and look for the 'advanced search' link at the top of the Back Issues page.

Let us know what you think.

Tikka Wilson



Hear Well - Live Well

We are committed to:

1) The best possible hearing outcomes

We do this by investing in our staff, their continuous professional education and well-being. We use top of the range technology and equipment, regularly providing community information sessions and longer appointment times. There are many benefits to hearing optimally!

2) Making the world a better place

Hearing well is essential to great communication and making our immediate

world a better place. We are mindful of our footprint, recycling, supporting local, refurbishing and supporting the great work of "Ears Inc" in Malawi and elsewhere". We also sponsor a child who has hearing loss through Compassion Child sponsorship.

It is a privilege to serve the community using our specialist skills and interests.

We look forward to hearing from you at Hear Well - Live Well

Please contact Annemarie or Sophia on 0411 839 414 for more information.

Why you need an Advanced Care Directive

Advance Care Planning Week this month will raise awareness of this important end-of-life document. There's a lot to think about, so I am running a free workshop at Moruya Library on 20 March to explain it in detail, but here are the basics.

What is an Advance Care Directive (ACD)?

It's a legal, voluntary process that enables you to make some decisions now about the health care you would or would not like to receive if you were unable to communicate your treatment choices.

Why do we need one?

An ACD helps to ensure your wishes around health care are known and respected, and helps your Enduring Guardian, or other advocate you have appointed, to represent your choices.

When does an ACD come into effect?

An ACD will only be used when you are physically unable to express your medical preferences to your medical team, such as in the case of stroke, dementia, coma or an advanced illness that limits speech.

Who will speak for me if I can't?

In an ACD you must nominate a 'substitute decision maker' (this might also

be your Enduring Guardian) to advocate for your choices on your behalf (they have to sign that they agree to the role). There is detailed information and a checklist to help you decide the best advocate for you in my Rest-Easy Tick'n Flick Kit on my website.

How do I complete an ACD?

You need to make some big decisions, so this is the way I recommend you do it.

Go to www.advancecareplanning.org.au and read everything there is to know on that site, then click on NSW and download a booklet, which includes a form to fill in.

Book an appointment with your GP and ask them to explain the consequences of the choices you are considering. They might offer to make an ACD on the spot, but I feel it's good not to rush things, and to use the form I mentioned at Point 1 as it's quite detailed.

Fill in your Directive and go over it with your substitute decision maker and get them to sign it. It's important to explain WHY you are making these choices.

Take it to your GP and sign it in front of them so they can verify that they believe you have the capacity to understand the choices you've made and have made them freely. Make sure you get your own original signed copy back to take home.

Who should know I have an ACD?

It's very important to have conversations with your family, carers and medical team so they understand what you've chosen and why. Believe me, it will make the process much easier for them if the time comes that it's needed.

Where should I keep my ACD?

The more people who know about your Advance Care Directive the better, as this will ensure that the medical team is fully aware that you have one.

1. Your doctor will scan and upload a copy to your medical file and will upload a copy to your MyHealth Record (if you use that process).

2. Make copies of the original and keep the original copy in your 'Important Papers' folder:

- give one copy each to your next-of-kin, Enduring Guardian and/or Substitute Decision maker;
- if you need to go to hospital for any reason (particularly in an ambulance), always take a copy of your ACD with you;
- if you are tech-savvy, keep a 'soft' copy on your phone or computer;
- keep a card in your wallet (or a note on your phone) that has details of your emergency contacts, substitute decision maker and the name, phone number and address of the GP who signed your ACD and holds a copy of it.

Sounds complicated right? But it's very important if you have a clear idea of what medical interventions you do or don't want. If you need more information, speak with your GP, come to the workshop in Moruya (bookings essential) or phone the Advance Care Planning Support Service on 1300 208582.

Shanna Provost
www.rest-easy.com.au

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Looking for a JP?

Our generous Justices of the Peace (JPs) make themselves available to witness and certify documents every Saturday between 9.00 am and 11.00 am 'under the dome' outside the Raven Cafe at Narooma Plaza. There is no charge for this service.

Free empathy workshops for community organisations

Rebus Theatre's latest training project, Stages of Empathy, is designed to help community groups become more accessible for autistic people and people with intellectual disabilities and psychosocial disabilities. Free training sessions start on 10 May 2025.

Community groups and organisations in NSW are invited to sign up for Rebus's tailored theatre-based training. Rebus can come to your organisation on its own or to a group of local community organisations

that would like to do the training together.

The training uses Forum Theatre, a hands-on approach that brings real-life scenarios from community consultations to life on the stage. The facilitators and actors all have lived experience of disability. To find out more, search for 'rebus stages of empathy' in your favourite browser.

Rebus Theatre is located in Canberra and the program is funded by the federal Department of Social Services.

An exciting partnership

The partnership formed in 2024 between the Elm Grove Trust and Narooma High School (NHS) has been a mutually satisfying and successful one and we look forward eagerly to what this year will bring. The Trust's education committee, Narooma Education Support Team (NEST) formed in February 2024, has been a very positive and worthwhile endeavour. All committee members are Associate Members of the Trust. Chairperson of NEST, Tony Agnew, was welcomed as a new director to the board of Elm Grove Trust recently and we value his commitment and input that align with the ethos of our charity.

Our Breakfast Club that operates daily has a roster of wonderful volunteers – Kevin Bird, Angela Young, David Oliphant, Tony Agnew, Kathie Thackray, Martin Thackray, Anne Genders and Jeff Lean – who gently support the students as they begin their school day. The adage 'it takes a village to raise a child' is freely acknowledged through this care and support.

Projects that Elm Grove Trust facilitated funding for in 2024 are now due to commence:

1. Cultural bark canoe building by students drawing on community knowledge with the opportunity for valuable introspective connections with those providing leadership and instruction.

2. Native plant regeneration and bush medicine, *Murrawandhanga Women's Project*, will provide a co-creation of learning and research tasks around plant use drawing on input from community expertise and professional knowledge. Student voices will mean this project can deliver a cross-cultural learning experience for young women at the school. Native plants play a role in science and technology, and cultural significance can be explored and developed across key learning areas.

3. Out of classroom learning – the construction of outdoor furniture by students for school and selected community facilities will be an opportunity for learning.

4. Expansion of the greenhouse capability.

Early discussions by the committee on potential opportunities in 2025 include to increase the numbers of community volunteers and to assess NEST's capability in providing literacy and numeracy tutors. Each program provides full and inclusive involvement for ALL students.

As new project opportunities arise the partnership between Elm Grove Trust/NEST and NHS will only strengthen and mature. We offer our sincere thanks to those special donors who enable these programs to be offered. There is more information at elmgrovetrust.org.au.

Laurel Lloyd-Jones, Exec. Director



Breakfast Club volunteers – Jeff, Anne, Kathie and Martin

Ukuleles on the move!

The Bermagui Ukalis, the ukulele group, has grown over the last six years and now boasts 29 members, some coming from as far away as Narooma and Quaama.

We have been practicing weekly at the Montreal Goldfield Heritage Centre and it was clear that the group had outgrown that venue and would need to seek a much bigger place to practice.

Enter the Bermagui Men's Shed with an offer for the group to hold their regular practice sessions in the shed's community meeting room. Our first meeting there was full of wows from group members who had not seen this venue before. A large space so we could spread out more, a fully equipped kitchen in case we want some refreshments and the big pull – air conditioning and power!

Bermagui Ukalis has progressed from a group of amateur strummers, to a professional music band. Group leader, Lori Hammerton, has pushed the group out of its comfort zone,

challenging it with more complicated arrangements, as well as instilling a sense of community, camaraderie and friendships.

Apart from having fun, the group also support the Bega Valley Can Assist, the cancer support network, through fundraising. Busking at markets, raffles and donations have brought in \$21,000 over the last six years that all goes to local cancer patients.

The Bermagui Ukalis will also feature at the Bega Valley 2025 Silver Summit Seniors Conference to be held on March 13 at the Bega Civic Centre. The group could be entertaining up to 200 people – our biggest gig yet!

Do you have a ukulele gathering dust in a corner? Why not dust it off and come along to practice every Thursday from 3.00 pm to 5.00 pm at the Bermagui Men's Shed, Tathra-Bermagui road (Bunga Street) just past the cemetery! For more information, please ring Lori Hammerton on 0459 027 308.

Carolyn Banados



Bermagui Ukalis making music at the Bermagui Men's Shed

Bermagui has been super busy with lots of visitors to our beautiful town. The doggies were in town at the start of February and brought the rain with them, which seems to be a common occurrence. So many strange and clever looking creatures parading on the oval.

The upgrade of the Bermagui Indoor Sports Stadium has commenced and is expected to be completed by early May. With that in mind, I thought it would be good to let you know about some of the opportunities for you to be active!

Bermagui Run Club – A free running club in Bermagui open to all abilities and levels. A fun, welcoming group with sessions on Tuesdays and Thursdays at 6.30 am, and 7.00 am on Sundays. Follow Bermagui Run Club on Facebook or Instagram for regular updates.

Sapphire Coast Pickleball – come down to Bermagui's Dickinson Park outdoor courts on Wednesday nights from 5.00 pm to 7.00 pm or Thursday mornings from 8.00 am to 10.00 am for beginner/newbie sessions. Book in through OpenSports.

Bermagui Breakers Australian Football Club – Pre-season

training at Dickinson Oval on Wednesday nights at 5.00 pm – Under 15 boys, 6.00 pm – senior women and senior men. New players always welcome. C'mon down to the oval for a kick and get a feel for the club.

Bermagui Blue Balls Swimming Group – Meet on the deck in front of the Bermagui Surf Club at 8.00 am, Sundays. Everyone welcome. All levels for women and men in the Ocean Swimming Group at Horseshoe Bay. Some meet every day at 8.00 am.

Bermagui and District Netball Association – Annual General Meeting on Tuesday, 25 March 2025 at 5.30 pm at the Bermagui Country Club. Nominate, vote or just come for a chat.

Bermagui Country Club – Check out their website or pop into the Club for more information about bowls, golf, croquet, tennis and darts.

Bermagui Sporting Clays – Club shoots are on the fourth Sunday of each month starting at 9.30 am. Contact the secretary for more information to become involved at bfsecretary@gmail.com.

So, get out, try something new and meet new people.

Sadness, joy and celebration at Bermagui's Survival Day

Each year Bermagui's Survival Day draws larger crowds and big-name performers as a growing number of people are open to what Survival Day is about. Community-minded Rodney and Belinda Kelly have been organising the event since 2016 when just fifty people turned up.

Now hundreds of people attend and Rodney's children, other family members, and his new food trailer have become involved.

This year the legendary Koori King of Country, Roger Knox, was the headline act. Other performers were Indigenous family band Castlereagh Connection who come from Coonamble, some 780 kilometres from Bermagui.

Other highlights were the three dance groups who performed together as part of the opening, and Nowra's Milumba Trio who sang their original songs, some in Dhurga language.

Rodney thanked all the local businesses in Bermagui for giving prizes for the raffles, and the businesses in Bega and elsewhere whose sponsorship helped make the event possible.

'I just want people to stop and think, reflect on the past, do some research on how our people have been treated, and why we have these Survival Days and Invasion Days,' he said.

That treatment included colonisation, massive genocide and dispossession of

their rights and culture. Their land was taken from them, and they were herded onto reserves.'

Lehane Mason from Narooma said Survival Day, 'Is a day of sadness and joy and celebration all rolled into one.'

Narooma's Harley Ladmore, said the day was about his ancestors, surviving, culture, 'And I am proud to be still here.'

Uncle Warren Foster from Wallaga Lake said the day was about survival, culture and unity. Rodney said it was a challenge putting on Survival Day, 'Every year I say I am not going to do it but I see all the people coming along and that keeps me going.'

Marion Williams



Harley Ladmore and Lehane Mason from Narooma enjoying Survival Day in Bermagui.



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Marine Rescue NSW recognises Jochen Adams with a 25-year Service Award

A lot has changed over the 25 years that Jochen has volunteered with Marine Rescue NSW, and he has seen it all!

When Jochen Adams became a volunteer in 1999 there was no radio base like we have today. Prior to 2010 two separate volunteer organisations existed in NSW; Coast Guard and Coastal Patrol became Marine Rescue. These organisations became amalgamated into the Marine Rescue that we know today. Jochen commenced with the then Coastal Patrol.

Back in the day in Bermagui, Coastal Patrol was based in a small timber hut at the wharf. There was no official uniform except for a t-shirt and cap, and no official training for either the radio or vessel. About 25-28 volunteers monitored the radios at the hut daily, and at night the logon sheet was faxed to the night operators to monitor the radios from their homes. In the morning the logon sheet was faxed back to the hut for the day volunteers to take over. If the volunteer numbers were down, the radios were only monitored for four days a week and night shift abandoned.

In the case of assistance being needed, first a radio operator like Jochen would send out a call to any vessels in the area to provide help. If there was no response, as a last resort, the rescue vessel was deployed. The small rescue vessel was suitable for close-to-shore assists, but volunteers also used their own boats occasionally or called on the police launch in Eden. Jochen says, 'In those days we did the job as best we could'. With the redevelopment of the wharf the hut was moved to another location at the wharf and then finally to its present location in the marina complex in 2010.

Jochen acknowledges that the technology now is vastly superior to those days of pen, paper, handheld radios and fax machines. Now, we have a very effective advanced radio systems and tracking technology. Marine Rescue encourages the boating community to utilise this free service. Jochen to his credit has kept up with the times and changes and still volunteers weekly as a Radio Operator and can often be seen at the boat ramp, handing out flyers about safety procedures and encouraging people to log on and log off with VHF 16. Such a lot has changed now, and Jochen has seen it all!

Deb Worgan, Marine Rescue Bermagui volunteer



Jochen Adam receives his 25-year Service Award from Marine Rescue NSW Commissioner and CEO, Alex Barrell.

A short history of volunteer rescue in NSW

The Coast Guard was the first NSW rescue service in Bermagui in the 1970s. This then became the Coastal Patrol, and many barbecues, raffles and other innovative efforts raised money to purchase a small inboard rescue vessel. Skipper qualifications at that time only required a NSW Boat licence and the agreement of peers in the organisation that the applicant was a competent seaman. The rescue vessels gradually became larger and more powerful: from *Scoot 'n* to *Eagle One*, with their last vessel being an ex-police boat, the 40-foot *James T Lees*.

During the 2010 amalgamation, the existing volunteer organisations merged their skills and knowledge to establish Marine Rescue NSW which instigated official state-wide training, qualifications and uniforms. In 2013, volunteers from Bermagui sailed their new rescue vessel, *BG30*, from Forster on the NSW North Coast to Bermagui where she is moored today.



Joan Hayward with her beautiful celebration cake at the Country Club.

Local Bermagui identity turns 90

A wonderful 90th birthday party was held at Bermagui Country Club on 18 January for long-time local identity, Joan Hayward.

Joan's children Rae Smith, Maxine Crawford and Terry Hayward organised the day with invitations sent to as many families and friends as they could contact.

Joan has lived in Bermagui and surrounds for all her 90 years and is the youngest and only surviving member of a very large family with the surname of Douch. She was the vocalist with her brother Murray's bands for more than seventy years entertaining at weddings, balls, dances, concerts and nursing homes.

Approximately seventy people enjoyed an afternoon of family catch-ups, good music

and camaraderie, and Joan surprised everyone by singing a bracket of her favourite songs, backed by guitarist and friend, Graeme Drury from Churchill in Victoria, and Lori Hammerton with three of her ukulele ladies.

A good friend of many years, Bryan Ayliffe of Cobargo, paid tribute to Joan's musical talent and added, 'She still has it, never went off key or missed a beat.'

Other musicians who attended were Trevor Best from Corryong, and Joe Driscoll of Bermagui who kept everyone entertained till around 5.00 pm. Tom Wright was the sound engineer on the day and, as always, did an exceptional job. Thanks to all who helped make the day so unforgettable.

Lori Hammerton

Council sidesteps community consultation on Cuttagee Bridge



Community support for Cuttagee Bridge, April 2021.

Council at their meeting on Wednesday, 29 January 2025 has dismissed any further community consultation on the three agreed design options to be developed for the restoration of Cuttagee Bridge. This is despite the high level of community interest in this project.

The design options outlined under a Deed of Agreement between Transport for NSW and Council in February 2024 were: a single-lane hybrid structure, a two-lane hybrid structure and a two-lane concrete construction, each with an attached shared pathway.

Background

During the 2023 election campaign, NSW Labor promised \$15 million for the 'repair and restoration of Cuttagee Bridge in line with its heritage position' together with a community consultation process. The Government formally committed to this funding in September 2023.

Following the intervention of Ms Jenny Aitchison, Minister for Regional Transport and Roads, the Council issued a press release on 16 February 2024, advising that an agreement was reached with Transport for NSW to consult with the community on the three design options.

The community has been greatly encouraged by the success of the recent Wallaga Lake Bridge single-lane restoration

completed by Transport for NSW. It provided some optimism for a good heritage outcome on Cuttagee Bridge.

The heritage and tourism value to the Bega Valley of all five timber bridges along the Tathra-Bermagui coastal road between Wallaga Lake and Tathra should not be underestimated.

Council meeting 29 January 2025

Councillor Helen O'Neil asked Ian Macfarlane, Director Assets and Operations, at the 29 January 2025 Council meeting whether there would be community consultation on the three design options. She was advised that the design option selected would be determined by Councillors before any further community consultation. Mr Macfarlane said that they are 'targeting engagement on what's been determined by Council'.

The last meaningful consultation on the Cuttagee Bridge restoration by Council with members of the community was nearly three years ago.

Any delays in this project over the last year have largely resulted from Council's determination to accept only one outcome – a two-lane concrete bridge.

At present it appears that Council has largely ignored the intentions of the Deed of Agreement and Jenny Aitchison, the responsible Minister, about timely and genuine stakeholder consultation.

Way forward

The immediate concern of the Save Cuttagee Bridge Group is to ensure that the entire process is open and transparent. Community and stakeholder consultation is needed before the three concept designs are finalised after which a preferred option can be recommended to Council.

The Save Cuttagee Bridge Group has sought a response from Ms Jenny Aitchison, Minister for Regional Transport and Roads, about this lack of meaningful consultation.

Geoff Steel, Bermagui

CWA adds recycling to its cookery and craft sections in Bermagui

Every year in March the Far South Coast Group (FSCG) Country Women's Association gathers in Bermagui for our annual Land Cookery and Handicraft competition. CWA branches of FSCG from Batemans Bay to Eden enter their best cookery, craft and, now, recycled articles to be judged, with the winning entries going on to the CWA of NSW State competition.

Everyone is invited to attend the FSCG CWA Cookery and Handicraft competition displayed at Bermagui Country Club from 1.00 pm on Tuesday 11 March. It's your opportunity to see the best cookery, craft and recycled articles from your local CWA members.

The CWA Land Cookery competition is open to any person residing in NSW or ACT. Cakes on display include fruit, sultana, butter, chocolate, coconut, apricot and coffee. There will also be fruit pudding, peppermint slice, remembrance biscuits, pineapple and onion relish, apple and cranberry chutney, tomato jam and strawberry jam.

The CWA Handicraft Group competition is open to CWA members to exhibit their best work. Branches enter eight articles of any handicraft technique with at least one garment of knitting or crochet in pure wool. There are Open Classes in the Handicraft competition for CWA members over eighty years old and juniors. There is also a section for natural fibres made into a knee or cot rug, hand knitted or hand crocheted garments and a felted garment.

The Recycled Article competition for CWA members focuses on helping our environment by creating a recycled article. The article is judged on its originality, usefulness and visual appeal with the emphasis on recycling.

CWA members enjoy participating in these competitions showcasing their creativity in cooking, handicraft and, now, recycling. Plus, it's a great day out in Bermagui.

Annette Kennewell



CWA Far South Coast Group's Land Cookery Officer Liz Tough with Handicraft Officer Sharon Perry preparing for CWA's Group competition at Bermagui Country Club in March.

Cheers to Bermagui's Camel Rock Brewhouse reopening

Bega Valley's first micro-brewery has reopened thanks to Broulee Brewhouse taking it on.

Camel Rock Brewery, at the BIG4 Wallaga Lake Holiday Park, closed abruptly a few months ago after seven years of operations.

New manager Joanne Taylor said that when Camel Rock Brewery closed, it left a big gap in the market. 'We are just so excited to have brought it back. Our vision is to create something that feels truly local, while also appealing to visitors who come to experience the South Coast's vibrant food and drink culture,' she said. Currently a mix of Camel Rock and award-winning Broulee beers is available until a new brewer is hired.

'We will get a brewer and the brewing happening in the early months of 2025,' Ms Taylor said. 'The initial focus has been to get it up and running in time for the holidays.'

The renamed Camel Rock Brewhouse reopened in mid-December, only a month after the Bermagui group approached Broulee Brewhouse. Camel Rock Brewhouse is now hiring front-of-house staff, including bar tenders and wait staff, as well as kitchen hands and chefs for the affiliated bistro. So far, they have employed some people outside the area, but most are locals. 'I think overall we will create twenty to thirty jobs for the region,' Ms Taylor said.

They are also bringing back live music to Camel Rock. Artists will perform every Saturday and Sunday from 2.00 pm to 5.00 pm, and the odd Friday for a special event.

'We have a bunch of musicians booked in already,' Ms Taylor said. 'People who play up and down the coast, artists people will recognise and, hopefully, some different ones. It is great to support that arts scene from the brewery's perspective.'

Marion Williams



Customers enjoying a drink at the recently reopened Camel Rock Brewhouse.

Two of Bermagui's treasures, Bob and Judi Hearn

Since Judi and Bob Hearn moved permanently to Bermagui in around 1995, they have been generous and inspiring volunteers, so much so that Bega Valley Shire Mayor Russell Fitzpatrick presented them with an award at their farewell event at Bermagui Country Club on 9 February.

In attendance were business folk, historians, a geologist, a filmmaker, a museum advisor, a multidisciplinary digital artist as well as former and current Bega Valley Shire councillors.

Judi is an historian who has written several books that document Bermagui's history, the first of which she co-wrote with Ron Gaha. She went on to write *Bermagui by the Sea*, a history of big game fishing in Bermagui, and the biography of local racehorse trainer Leone Creamer.

Judi was a founding member of the Bermagui Historical Society that first met in June 1993 at the Horseshoe Bay Hotel. She is the only founding member still involved and has been active there for more than thirty years. As an historian, Judi was quick to see the potential of the overgrown, almost forgotten Montreal Goldfield. In the mid-1990s she, along with local businessman John Neilson and Bermagui Chamber of Commerce members

Frank Haynes and Chris Franks, were instrumental in opening the goldfield to the public in June 2005 as Bermagui's new tourist attraction.

Judi had painstakingly researched the goldfield's history and applied for grant funding, while Bob, a skilled carpenter, along with others including Bruce Blackburn, Ian Barkland, and John Neilson, spent about four years going to the goldfield most days, preserving it by building pathways, fences, and covers for the mine shafts.

Bob and Judi were tour guides at the goldfield for many years.

They have moved to Echuca to be closer to their family. They will be sorely missed in Bermagui and have certainly left a legacy.

Marion Williams




Bega Valley Shire Mayor Russell Fitzpatrick presenting Bob and Judi Hearn with an award for 25 years of volunteering.

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I'm writing this on a stunning February day that feels more like autumn than summer. The hills are green and we're going into autumn with full dams and tanks. This weirdly cool summer was surely better than dry and scorching, I've just had no idea what to wear.

There have been changes at the Quaama Store. Cathy has headed back to Tumut and is missing our community. She sends love. And welcome Bernadette! She's new to Quaama and is building a house near the store. She has plenty of feathers in her cap including a banking background which surely will help at the Post Office end of things. She's a hairdresser too and will be cooking

takeaway meals out the back when she's not serving us at the counter.

The Quaama Tennis Club is hanging on by its fingernails. The committee is putting on one last Open Day on Sunday 9 March from 3.00 pm to give the community the opportunity to show support. Come and hit a few balls and check out the new basketball hoop! Bring your team and enjoy the free facilities. If there isn't enough interest, the committee will let the insurance lapse and the courts will close in June when their current insurance expires. So come along! And ensure that this wonderful Quaama asset stays open.



Bernadette joins the team at the Quaama Store.

A New Year for Quaama Public School

It has been a wonderful start to the new school year. We are excited to welcome a number of new families to Quaama Public School and some families who are returning to us after time at other schools. We now have enough students to secure a third classroom teacher for 2025. We have also had a few new staff start at Quaama PS who are enjoying the calm and peaceful environment we have at the school. Welcome Ms Sainsbury, Ms Kozicki, Ms Horsnell and Mr Kendell.

Students are enjoying catching up with friends after the summer break and have been very active in the playground, picking fruit and riding bikes on the school track.

Our swimming carnival was a great success this week due to the effort of staff and parents on the day. It was very satisfying to see so much effort from every student throughout the day. Whether it was cheering, swimming or participating in a novelty event, everyone was committed to giving their best effort. I am so proud of those students who have been attending our 'learning to swim' program over the past few years and have now graduated to competing at the swimming carnival. What a wonderful achievement. We also have seven students heading off to the zone swimming carnival this week to represent Quaama PS.

Students are very focussed in class and lifting their effort to be the best learners they can be. Teachers are implementing specific strategies to increase the engagement of all students to support their learning. It is so

pleasing to see the standards rising each year for the staff and students at Quaama PS and the improved learning opportunities.

Daniel Roe
Principal, Quaama Public School



They're back! Quaama schoolkids return for another year.

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Supporting our community

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There are advantages sometimes to living at the arse end of two council districts, as we do in Diggies, but sometimes it bites you on the bum. This is one of those times. Let me explain.

For well over a year, rumours and surveyors have been circulating down at the Boundary Bridge that marks the boundary between the Bega Valley and Eurobodalla Shires, about five kilometres down Dignams Creek Road.

In January, we received correspondence from the Bega Valley Shire Council that the bridge replacement would take three months from 13 March and were promised more information that has not yet arrived. We are getting pretty antsy about it because of the affected residents in the Eurobodalla Shire facing health, safety and loss of livelihood issues that are not trivial.

At one point, we were told it was possible that the existing bridge would remain, and another would be built alongside, allowing for ongoing access to the highway. At another point, pedestrian access was proposed, that would basically require each household to have two cars. We are a cooperative community and could have worked around that, despite it not really solving some health or emergency concerns.

At another point it was suggested that residents would simply be required to drive around Gulaga, undertaking long drives on poorly maintained fire trails and dirt back roads to Narooma (a 51-minute drive) and Tilba (57-minute drive) via Wildhorse Creek Road.

We have recently written to Council requesting a better solution, such as the upgrading and grading of dirt roads closer

to home to provide car access. Why are we worried about this?

One affected resident has a heart condition that is in the throes of being properly diagnosed and has recently presented to the emergency room at Bega. One of our residents is 95 and requires regular visits from a cleaner to support them. Another resident is an NDIS worker caring for a client on the other side of the bridge. Yet another resident (me!) works in Bermagui starting at 5.30 am, requiring a 4.45 departure in the dark and I don't relish staggering over the creek with my injuries, so I might have to give up my job. Two children attend Cobargo Public School and an additional resident faces not being able to take his cattle to market in May, the annual and sole source of income for the farm.

So, we have written to both Eurobodalla and Bega Valley Councils to ensure they have formal knowledge of these specific risks, the materialisation of which could result in harm. If that language sounds formal, it's because it is lifted directly from the relevant portion of the Civil Liability Act. Council is liable if they have knowledge of risks, and we aim to make sure that they are fully informed. We have also written to ask what emergency readiness procedures will be in place and to please advise residents of these.

We have asked Council to take these concerns to all relevant decision makers and to clarify what solutions are proposed. We look forward to a Diggies helicopter being provided to escort us about our business. Or to a path being cut to simply and quickly deal with the issue.



The steel reinforced Boundary Bridge at Dignams Creek - photo Flick Ruby

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February 7 to 9 were the three days set aside for the much-loved Cobargo Show. The first day dawned extremely hot but that didn't deter the fabulous crowd from coming to see the quality beef cattle, a mad-style Moto stunt show along with record entries in the working horse challenge. The open, junior and juvenile campdraft was held with a crazy storm sprinkling lightly that cooled us all down. Howlin' Mitch entertained with Felicity Dowd and bought the first day to a close.

Saturday was a jam-packed day full of entertainment ranging from hack events to showjumping, Hawkesbury working kelpies, shearing demonstrations and the ever-popular mini rodeo. The pavilion opened for all to enjoy viewing other people's efforts in a vast range of produce, cooking, art etc. The official opening was brought forward to 10.30 am with Simon Marnie, radio broadcaster, officially opening the show. A special presentation of thanks was given to Adrian Pomery who was recognised for his incredible help in upgrading the entire public address system.

During the evening the campdraft finals were held, with a young lady named Montana Chamberlain taking out the honours. The lawnmower race was heavily contested with the Colebrook father and son duo doing extremely well. Mason Gee plans to come back next year with a bigger, better, faster mower. The motorbike obstacle course saw riders showing some amazing skills to negotiate the challenging course.

Comedy duo Aaron Salway and Jade Corby put on a terrific

display on how to make your way around the course on the ever-reliable postie bike called Trojan. The dog high jump was won by Connor and his dog Jax. The wife carrying competition was again heavily contested with Jasmin and Josh Ventura giving it their all while celebrating their seventeenth wedding anniversary. The night finished on a high note with the best band on the coast – The Poddy Dodgers.

Sunday saw the chainsaw carver Justin McClelland create a stunning eagle out of a piece of red gum timber, an eating competition and also the chainsaw event intermingled with the axemen's events. The crowd enjoyed the team sorting event with the post and firewood auction raising some funds towards the show. The rodeo was simply brilliant and created great excitement when Colt Croser won the open steer ride to gain the Oscar Salway memorial buckle. Colt also won the juvenile campdraft and his younger sister Hallie Cowdroy took out the supreme ridden horse of Cobargo Show with Bellvale Charisma. The last event for the show was car soccer that saw a serious competitive streak coming out in some drivers.

Throughout the show we had a few light showers of rain but further down the coast there was up to twelve inches of rain, with some areas flooding. The Committee was very weary as they cleaned up on Monday but were also very elated with the success of the show.



Supreme ridden horse of Cobargo Show, Bellvale Charisma, shown and ridden by Hallie Cowdroy



Charlie Otton and little cow. Photo Cliff Shipton Photography



Cobargo Young Women, L-R Gypsy Rigatos, Olivia Harriden & Errin Farron

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A friendly entrant in Holstein cows. Photo Cliff Shipton Photography

Rebuild Cobargo Project – it takes a village!

March is here and the Rebuild Cobargo Project construction is well and truly underway. The site now features some vertical construction, and both the Village Square and Market Hall sites will take shape quickly now that the ground works are completed.

Monarch Building Solutions, the contracted builder for the project, has indicated that while rain is always a builder's enemy, they will have crews working on both sites concurrently and that additional workdays on Saturdays can help remedy any delays if or as required. Once the buildings have walls and a roof, the impact of inclement weather is not such

a limiting issue to works progressing in a timely manner.

The Cobargo Community Development Corporation Limited (CCDC) would like to take this opportunity to again share with locals and visitors a little about what the project covers and why we are undertaking it.

To assist with this the Yuin Folk Club, organisers of the Cobargo Folk Festival, has generously funded a sign board through their 'It takes a Village' initiative that will run this year.

What the wording really tells us is that it does take a village to accomplish a project like this. Substantial government

funding, a strong vision and commitment can make it happen, but community input, support and patience are essential in shaping the final project.

The journey has been long, and it has further to go, but the final outcome will repay the support, patience and vision that the project has generated!

For further information feel free to contact one of our Community Representative Directors.

*Deb Summers and Steve Williams
Community Representative Directors
Cobargo Community Development
Corporation Ltd (CCDC)*

The sign on the Cobargo Post Office wall brings together the intent of the Project and what it will entail:

The REBUILD COBARGO BUSHFIRE RECOVERY PROJECT will offer new retail spaces for businesses, artisan traders, and specialist shops, as well as a wellness hub for health practitioners and a co-working space. A new Post Office, a regional Visitor Information Centre and a spacious market hall courtyard for local events and market days will also be part of the transformation. To top it off, five new rental apartments will provide affordable housing for locals.

Funded by the Federal and NSW Government Bushfire Local Economic Recovery Fund, construction began in 2022, with completion expected by late 2025.

This project is about more than just rebuilding – it's about creating a thriving community space for generations to come.

This exciting initiative will restore the heart of Cobargo's main street, replacing the buildings lost in the Black Summer Bushfires of 2019/2020 with a vibrant, multi-use space designed to boost the local community and economy.

The CCDC Limited is a Registered Charity with the Australian Charities and Not-for-profits Commission, working to ensure that this project serves both the local community and the broader region for years to come.

For details, visit www.ccdc.org.au or scan the QR code.



Site photograph

Old ladies' bingo



The lovely group of old ladies enjoying the thrill of the chase!

Feel like a bit of fun on Mondays? If so, you could always join the self-titled 'Old Ladies' Bingo' morning at the Cobargo Hotel each Monday from 11.00 to 12.00 for some good company and the thrill of winning a chocolate bar!

There is also the opportunity to stick around and enjoy a wonderful hotel lunch. It's a great opportunity for an outing on Mondays with great company and a bit of fun.

No cost, a warm welcome and Rhonda Moore calling the games. What could be better?

Steve Williams



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CWA Cobargo

As the world around us becomes more confusing, it is time to think about ways we can make our lives more enjoyable – perhaps learn new skills or just have fun.

One way this is possible is by meeting new people and making new friends. What better way to achieve all the above than by joining the Cobargo CWA? I originally joined as a means of meeting other women in my area. Well, I certainly achieved that by making friends, not just in Cobargo, but in the area from Eden to Batemans Bay – and eventually across the state!

If you have an interest in cooking or handicrafts and want to expand those skills in a friendly way, there are opportunities to learn from the women in our group. You will find encouragement and hints to build on your skills from the members in our branch and the opportunity to enter competitions at local and state levels.

Perhaps your interest lies in social issues – the CWA has a reputation for bringing about change, particularly in remote and regional areas of NSW, and helps improve the living standards of all. Agriculture, environment, health, education, transport, communications and family issues are all areas of focus for the strong CWA lobby group at both state and federal governments.

The CWA has the strength of being driven from its branch level members. Its direction is determined by the individual whose desire to introduce change has been endorsed initially at the local branch. For instance, CWA of NSW is pursuing the aim to have whole body skin cancer examinations performed free under Medicare because of a motion initiated by Cobargo CWA.

All this is achieved in an atmosphere of friendship – the reason we meet according to a survey last year. So why not give us a go? We really need more support to continue the work that has been ongoing in Cobargo since 1946. Why not become a part of a group of women that has enjoyed such respect in our village for so long. Perhaps you are working and the timing of the meetings during the day is not convenient? Get in touch and maybe we can organise evening meetings to suit.

Call us on 0411 432 533 (Lynn Lawson), or 0447 401 725 (Mary Williams) or 0429 933 686 (Sally Halupka) or email us your thoughts at cwa.cobargo@gmail.com – we'd love to hear from you.

Our next meeting is Tuesday 18 March at 10.00 for 10.30 am.

Mary Williams, Cobargo CWA

ROLL UP, ROLL UP –

Join the Bowerbird Opshop volunteers!

If you like visiting the Bowerbird Community Op Shop in Cobargo, you'll love volunteering even more. We are always on the lookout for keen community members who can volunteer for a day or a half day.

We are very flexible and can work in with whatever availability you may have.

If you are interested, pop into the OpShop in person (Monday to Friday 10.00 am to 3.00 pm or Saturday 9.00am to 1.00pm), through our Facebook page or by email bowerbirdopshop@gmail.com. Looking forward to a visit and a chat.

Steve Williams



Remembering Shane Kiwi Rowe 1957 – 2025

A big character with a big heart and a big dog. We will miss his banter, we will miss his helping hands at community events but mostly we will miss his unique 'Kiwi style'.

There will be a memorial service and celebration of his life on 8 March at 3.00 pm at the Cobargo Showgrounds. All welcome.



WEEDS INFORMATION DAY AT COBARGO CO-OP

Council's Biosecurity team will have a stall in Cobargo at the Cobargo Co-operative on Saturday 15 March from 9.00 am to noon to offer advice about weed identification, management and control methods.

Landholders are invited to come along to have chat with staff, discuss concerns they have about weeds on their property, or get advice on controlling priority weed species.



Service Directory

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Just released – *Cobargo: a rural village energy story*

Last year you might have seen a film crew in Cobargo at the Co-op, the School of Arts Hall, the RFS shed or flying drones above the town. That was the Crewcible crew shooting a series of videos and photographs about some of the recovery projects Renewable Cobargo initiated after the Black Summer bushfires to increase Cobargo’s energy resilience.

Renewable Cobargo formed in 2020 and decided to focus on ensuring that the dreadful effects of losing access to the national electricity grid would not happen again. Over the next three years we offered the Cobargo Energy Coordinator service, funded the installation of solar panels and batteries at the School of Arts Hall, RSL Hall, RFS station and the Co-op, and supported the installation of EV chargers in Cobargo, Bermagui and Tathra. Work on a microgrid to improve Cobargo’s resilience to energy blackouts continues.

Crewcible’s stunning visual storytelling has come together in a website visual story about our recovery effort. It features interviews with many familiar Cobargo and Triangle area faces: June Tarlinton, Dan Williamson, Chris Walters, Monica Considine, Roger Park, Steve Williams, Deb Summers, David Neyle, Zena Armstrong, Bill Southwood, Alex Boulgakov and Frank Muller.

Cobargo: a rural village energy story aims to document the amazing work that can be done by determined people working together to ensure that Cobargo will be better prepared the next time the electricity grid goes down.

We’d like to thank everyone who joined us to work on both the energy projects and the visual story documenting our efforts. Go to cobargoenergystory.org

Renewable Cobargo



Drone image of the solar panels on the roof of the Cobargo Co-op.

There was movement at the Junction!

The big news for café goers in town is that the Junction Café has changed hands. The new owner, Corrine Harris, is a well-known figure at the Bowerbird Op Shop, a regular cook at the Cobargo Hotel and is one of the principal movers behind Cobargo’s popular Christmas Day Community Lunches.

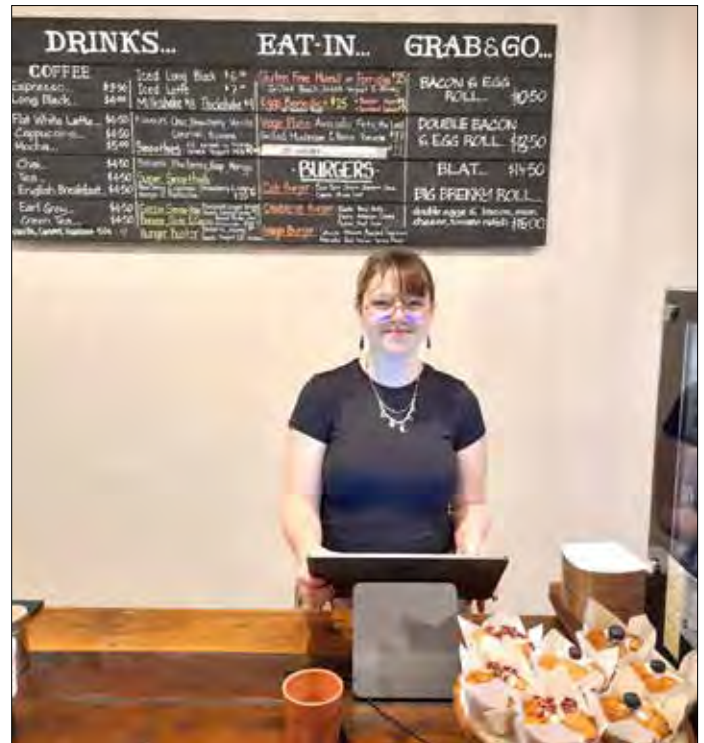
As Corrine explained, ‘This is a very exciting project for me and is something I’ve always wanted to do. I have been involved with cooking and catering for a long time and I’m looking forward to welcoming current and future customers to the Junction. The great coffee will still be here, and the menu will provide something for everyone.’

The menu will continue to evolve and I’ll eventually be offering pick-up meals for those folk that would like a tasty treat to take home.’

It’s a real family venture, with Corrine’s daughter Emma already a familiar face behind the coffee machine and her son Liam being co-owner and working behind the scenes. The Junction name will remain, as will the front of café staff.

Opening times are Monday to Friday 6.30 am to 2.30 pm and Saturdays 8.00 am to 1.00ish.

Steve Williams



Emma Harris is front of house

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Sonia English at the Tilba Bakery

Sonia English starts work at 4.00 am to have all the bread, pies and goodies we enjoy from the Tilba Bakery ready when it opens at 8.00 am. The tables were all full when we went to see her, so we had to wait for many scones, roast beef and gravy rolls, mushroom pies and muffins to be washed down with coffee by customers before we could sit down.

Many moons ago, Sonia's family migrated from Italy. After working on the Snowy Mountains Scheme, they settled in Narooma and opened the first takeaway shop, selling fish and chips, souvlaki and Italian food. 'I spent 20 years living in Sydney, but I didn't want my kids growing up in a city, so we came back down here. We stay because of the peace, my cows and animals, the wildlife and I love people down here too. Pick a beach and see no people on it. Cobargo is one of my favourite spots on earth and I love Tilba as well.'

Pre-COVID, Sonia was offered a job by the then-owner of the Tilba Bakery. 'She kept saying come and work for me. My uncle ran a bakery in Corryong for 40 odd years. My step-mother grew up in a bakery, her father was a baker in England. I felt surrounded by bakers, so I did go and work full time. My family run La Bocca in Narooma and I spent 30 years working evenings with them, so I know how to work. Alfie, the original owner of the bakery, took it back over and came and said to me, "Sonia, do you want to take the

bakery on?" I said I'd love to!'

Some local people didn't want to see Tilba without a bakery, so they supported Sonia financially to take on the business. 'I've had a lot of local support from beautiful people to get me in here. Very good community. People were quite keen to get me in and they all helped me out. Alfie came in and taught me everything from scratch. Everything I have learned, I owe to Alfie. He's taught me all my pastries – base, puff, choux and sweet crust pastry. He still comes in nearly every morning to check on me, see how I'm going and if I need help. He asks me, "What do you want to do next? What do you want to learn next?"'

The pies are the top seller at the bakery. 'The pie fillings are my own creations. That's what we're famous for. My chicken and leek are the best sellers, followed by the steak and mushroom. Thanks to the success of the Fungi Festival, and the lobbying by Fiona Kotvois and Annette Kennewell, I'm creating a mushroom pie for vegetarians, and I will do a vegan one too. My son is growing lion's mane mushrooms, so I'll work them in too.'

Sonia's favourite thing to create at the bakery is the bread. 'Everything is made by hand in this bakery, and the bread is old school. I hand turn it and the only preservative in it is a bit of salt. A lot of loyal customers send their kids in to get their bread from me because it's the only bread they want.'

Tilba was absolutely pumping this Christmas, one of the busiest seasons Sonia has ever seen. The shortest day she worked was 14 hours, with 18-hour days becoming normal. 'I did get very weary, and I thought, how am I going to do this? But I kept going. And it still hasn't died down. Over Christmas the butcher told me I was going through between 100 and 150 kilos of meat a week! The children have gone back to school but now the grey nomads are coming through in numbers. It will quieten down after Easter and the hardest thing about that is not having work for my staff. We have a lot of tradies in the early morning and cheese factory workers come for lunch. All of the locals in town enjoy our pies and salad rolls, and I'm getting a lot of demand that our hot beef gravy rolls become a permanent item.'

Tilba is seeing a lot of changes. We asked Sonia what her vision of a really successful, thriving Tilba would be. 'It would be great if we had no AirBnBs in the main street. I would love the shop-front buildings to remain shop fronts. It's hard to see shops closing down. We've got a beautiful bookstore coming very soon just two doors down from the tattoo shop. Philippa at the Tilba Teapot will be opening again soon and I can't wait. We share the love in Tilba.'

You can listen to a longer interview with Sonia in this month's *Triangle* podcast (linked from *The Triangle* website home page).



Sonia English at the beloved Tilba Bakery Photo: Flick Ruby

During February we went camping with friends to Bittangabee Bay in the Beowa National Park. It reminded me that the Far South Coast is a treasure trove of nature, easily accessible to us all. Bittangabee Bay is north of the Green Cape Lighthouse, an area that suffered badly in the 2019/20 fires. The Light to Light walking track was also affected and remedial work is still underway. The well-maintained campground is a short walk from the lovely swimming beach at Bittangabee Bay. The bay has an interesting history as the drop-off point for building materials for the lighthouse that were transported by a horsedrawn tramway seven kilometres away – the remains of the old storehouse are still visible. We were entertained by large monitor lizards that prowled around the campsites looking for food scraps. One afternoon, we were enthralled by a male lyrebird wooing a potential partner.

Energised by being outdoors we did the seven kilometre walk to the lighthouse one morning. The bush is pretty lush with the good summer rains, and it was heartening to see the growth of young coastal banksia. A short distance from the coast, the walk goes through banksia forest and crosses small creeks with vibrant vegetation before coming out on low heathland just north of the lighthouse. Situated on a wild and windy headland above Disaster Bay, Green Cape Lighthouse is the southernmost lighthouse in NSW. By chance, we met a young man who is staying with relatives in Bermagui. He was walking alone along the coast from Bermagui to Mallacoota – a major feat that includes swimming across several waterways. We were very impressed that a young person is undertaking such a strenuous walk!

Connecting with nature, it seems to me, is an important way of balancing the demands and challenges of daily life, providing moments of respite and maintaining hope for the future. We are very lucky to live in an area that offers its residents and visitors so much of the natural world. Getting away camping for a few days does take a bit of organisation but is always rewarding. However, a quiet walk close to where you live, a beach walk or even just a drive to a deserted headland or up a country track is always easy to do. It's good for the soul and a reminder of how important nature is to our wellbeing.

Healing through Indigenous Wisdom

Valerie and Lukas Ringland describe moving to the Tilba area as feeling right. This has been a journey for them as New York-born Valerie and Melbourne-born Lukas have lived and worked in many places worldwide. Valerie is an Indigenous East Frisian Jewish-Sumerian woman and Lukas is related to ship's captain, William Ringland, who is buried at Cobargo Cemetery and is responsible for the name Ringlands Estate.

Valerie has recently published a book – *Healing through Indigenous Wisdom* – which is the culmination of many years of work and study in both Indigenous and Western trauma healing work. This book is a 52-week guide to support a journey of reflections, practical exercises, Indigenous storytelling and knowledge sharing to respectfully connect with your own ancestors as well as the ancestors of the land where you live, whether you identify as Indigenous or not. Valerie will give an author talk on her book at the Bermagui Library, on Monday, 24 March at 10.30 am. This is part of a book launch tour to introduce Ancestral Healing to a wide circle of people. With a PhD studying Western and Indigenous healing, and experience working in both Western and Indigenous communities on trauma healing in different parts of the world, she brings a new perspective to this important work.

Part of why Tilba feels right is the importance of nature to Valerie and Lukas and their daughter. Their property, in the foothills on the north side of Gulaga in spotted gum country, is ideal for their

vision to hold retreats. And from 28 March, Earth Ethos Retreats will run over long weekends throughout 2025 focussing on Indigenous science and a journey around the Medicine Wheel.

As a breastfeeding mother, Valerie has initiated a Nature Play group through the Australian Breastfeeding Association. This group meets at different locations on the first Wednesday of each month and dads are welcome too. Valerie will also give a community talk at the Red Door Hall in Moruya on Birthing as Women's Initiation on 19 March from 10.00 am – 12.00 pm. You can find more information by emailing ABAEurobodalla@gmail.com.

As well as being involved in their Earth Ethos activities and caring for young daughter Savana and rescue greyhound Chloe, Lukas works as a Community Worker while preparing and caring for their secluded property with magical views of Gulaga. More information about Earth Ethos and what it offers is available at earthethos.net



Valerie and Lukas Ringland on their deck

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Tilba Market



Tilba Market in the street

The Tilba Market has been going for over sixteen years. Inspired by the Transition Towns movement in the UK, a few locals got together and, following discussions with SCPA South East Producers who agreed to sponsor it, commenced running a market in the Big Hall at Central Tilba in December, 2008. Focussing on local handmade or homegrown, it continues that ethos to this day. An important aspect of the market has always been a SCPA stall that gives small home producers an outlet for their surplus fresh produce. Stalls have varied over the years and many memorable ones come to mind – Marri Barr’s cakes, Sandy’s homemade bread and pastries, Andrew North’s array of breads, Sue Croft’s prolific and sometimes unusual fresh produce, Coline’s steam punk, Phil’s woodwork and popular pepper grinders, artworks by Cheryl Davison and Allison Walker, and lots more.

Operating almost every Saturday of the year in the Big Hall – except for when it’s required for the annual Woody’s exhibition or a private function – its undercover location and ongoing contribution to Hall coffers has been of great value to the local community. It was also fortunate to have its own special piano player in Cathie Muller, whose playing always created a very fitting atmosphere.

Now, with the important and long-awaited upgrade to the Halls underway, the Tilba Market has turned into a village street market, utilising the verandah of the General Store/Post Office and the nature strip area adjacent to Ellen’s Pantry. With a small group of core stallholders there are well-being products, homemade and sewn kitchen items, woodwork, preserves, local photography, children’s clothes, fresh flowers and fresh produce. And the SCPA stall lives on with contributions from Philip, Teresa, Robyn, Dave and Sam as well as others from time to time. It is a weather-dependent area and, so far, the

weather has been generally kind. However, winter operation will be reviewed closer to the time. Thanks to Shanna Provost, local musicians come along to each market to share their music. This is a special treat for everyone – locals, stallholders and visitors. More information about the market is available on 0490 130 478.

Recycling for the future

Soft plastics recycling has been a hot topic for quite a while now, especially after Coles and Woolies collections ceased. An initial trial by Eurobodalla Shire Council last year has now become an ongoing collection, with drop-off points at the Shire’s Waste Management facilities. After discussions with Waste Manager, Mel Norman, Central Tilba has its own soft plastics recycle bin located near the public toilets in Bate Street. The response from the community indicates that this is a service valued by local households. While there is no local collection, the bin is monitored regularly, and full bin bags are taken to the Brou facility as required. The collection bin also needs to be monitored to avoid unacceptable items being disposed of there – there have been some inappropriate items, so if you notice any when you are dropping off your soft plastics, please remove them to the general rubbish bin on the footpath. A small amount of contamination is not unexpected, especially with the flow of visitors over the summer period. The collection of soft plastics will continue as the Council has a contract with a recycling company in Melbourne.

Electrical waste, and its disposal, is always an issue for households. Last year, in this column, I did a story on a young man, Wade Cawley, who had set up a recycling and reuse business for small electrical items in the Illawarra area. Wade and his business, Rekindle Me, was recently featured on WIN News Illawarra. Rekindle Me has saved over 80 tonnes of e-Waste from landfill over its four years of operation and now, Flash, his red, second-hand Mitsubishi EV van is in need of an upgraded battery and a Crowdfunding campaign has started to raise funds. Rekindle Me also provides employment to people with disabilities through a partnership with Real Life Assistance. Regular community collection days happen in the Illawarra, as well as arranged pickups at schools and other community organisations. Eurobodalla is too far away – however, there are plans

to organise an e-Waste collection day locally. The haul can then be transported by trailer to Wade’s warehouse at Oak Flats. The community will be notified when there is a date for this. In the meantime, more information is on Facebook @Rekindle Me.

Locally, Repurposing for Resilience Eurobodalla is contributing to the circular economy. With its facility at the Moruya Transfer Station, its focus is on repurposing solar panels and associated e-Waste. It is open on Friday and Saturday each week, 9.30 am to 2.30 pm and, as well as repurposed solar panels, has a shop with repurposed items and pieces of art made from discarded materials. Advice, projects and workshops are ongoing at this volunteer-run operation. More information at rfreurobodalla.com.au.



The soft plastics bin at Central Tilba



Wade with Flash



Repurpose for Resilience Eurobodalla at Moruya Transfer station

Tilba Halls Project

It is exciting to actually see progress on this long-awaited project. As this is a community project and the site is off limits during construction, it is planned to report progress regularly. Quite a bit has happened since the start of the year with some surprises and questions about past building expertise.

- The structure of the existing halls has slowly been peeled back where necessary to increase fire protection revealing the original structure and some surprises – a huge lean on the Small Hall, termite damage to structure and windows, and a tree stump as a foundation! This is the best opportunity to do remedial work to ensure the Halls last for another 100 years.

- Project builder, Hahn Gunthorpe, is pondering how did they construct the Big Hall? How did they get those huge trusses up and in place?

- Existing windows – many with rot – have been moved off site and will be lovingly repaired with new frames and their original sashes.

- Decking between the halls has been removed.

- The slab for the new additions at the back – toilets, kitchen and storage – has been poured and the next step will be to commence this building work.



On the new slab - Steph, project manager, Hahn, the builder, and Tim, the site foreman.

The Project Steering Committee met onsite recently with the building team to view and celebrate the significant work to date.

Stuart Absalom

SHASA and Tilba's Twin Halls Project

A very happy project team at Tilba celebrated the start of building work on Tilba's twin Halls in December 2024. The project will deliver new facilities, including a commercial kitchen, designated meeting room and storage area, and increase capacity of to a hundred people.

The planning for an upgrade and extension to the Halls began about twenty years ago but funding wasn't available. In June 2021, SHASA and the Committee were awarded \$1.048 million from the federal and NSW governments' Bushfire Local Economic Recovery Fund (BLERF).

Costs increased markedly over the three-year planning and approval process (to \$3.03 million) from the initial budget, but the funding body has accepted that the resulting upgrade will reduce costs,

improve essential safety and provide much better community resources for residents of Tilba and the surrounding area.

From SHASA's point of view, the essential improvements

include solar panels, batteries and an emergency power generator so the halls can operate during emergencies, plus a lift between the two levels so that the new toilet facilities downstairs meet accessibility standards. There will also be a fire booster pump in a separate enclosure for the sprinkler system. With these facilities in place, residents of the National Trust villages of Central Tilba and Tilba Tilba have a heatwave and bushfire smoke haven in the downstairs meeting room.

Our congratulations to the hard-working and effective project team.

Lynette Smith



Tilba Halls Committee: Tony Lowe (SHASA Project Manager), Sally Pryor (Secretary Central Tilba School of Arts Trust), Stephanie Chiu (our architect and Proj Mgr + SHASA), Janine Halasz (President Central Tilba School of Arts Trust), Stuart Absalom and Pete Phillips (both SHASA)

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Tilba CWA advocates for public transport

Tilba CWA, through the work of Helene Sharpe and a small group of members, presented a petition for better public transport in the Tilba-Narooma-Bermagui area to Dr Michael Holland in 2023. Feedback has also been submitted to the Draft South East and Tablelands Strategic Regional Integrated Transport Plan that Transport for NSW sought to validate by February 28, 2025. Whilst the plan covers a large area of NSW from Eden through to Batemans Bay, Queanbeyan, Young, Goulburn, Bowral and Mittagong, one of the initiatives that is of particular interest to us and that we support, is set out in the 0-5 years' timeframe:

Improve public transport connectivity between small centres and strategic centres, by providing enhanced bus services linking:

- Bega to Batemans Bay via intermediate towns
- Crookwell to Goulburn
- Yass to Canberra
- Braidwood to Queanbeyan
- Captains Flat to Queanbeyan
- Moss Vale to Goulburn
- Southern Highlands villages to Moss Vale
- Moss Vale – Bowral – Mittagong trunk route
- Moss Vale to Nowra via Kangaroo Valley.

Tilba CWA is also advocating for on-demand services in the Tilba-Narooma-Bermagui area.

Tilba CWA meets on the second Thursday of each month in the Barn behind The Drom and also has a craft day on the last Thursday of the month in the same venue. New members are always welcome and our newest member, Jill Comber, who is new to the area, was welcomed recently.

Jo Major, Publicity



Nola Ezzy and Helene Sharpe talking about local public transport at the CWA FSCG meeting

Tilba Festival



The Tilba Festival will be held on 12 July 2025. Organising this important annual event will begin soon and we urgently need volunteers to form a management committee. This is a very rewarding activity – some hard work at times, but a real privilege to hear local musos playing and to see the street lined with visitors. We need new ideas and people with enthusiasm to ensure the Tilba Festival continues its tradition of showing the best of the local community. The festival is a key event for Tilba District Chamber of Commerce. Please call Jo on 0448 296 506 or Chrissy on 0457 074 980 to discuss further.

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Tilba	Tilba Cheese Factory Friday
Dalmeny	Dalmeny IGA Wednesday & Friday
Broulee	Broulee Supermarket Wednesday & Friday
Tomakin	Tomakin IGA Wednesday & Friday
Pambula	Pambula Wholefoods Wednesday

Now in Narooma too!

Central Tilba School – the Swimming Carnival

It was a warm morning when we arrived at the Narooma Swimming Pool with Central Tilba and Bodalla Public Schools and at nine o'clock the races started. The first race was the 100-metre freestyle. After that race we started doing the 50-metre races like breaststroke, freestyle, backstroke and butterfly. The freestyle race was the most stunning, all the people who competed in it were amazing. They swam like little fishes in a giant lake.



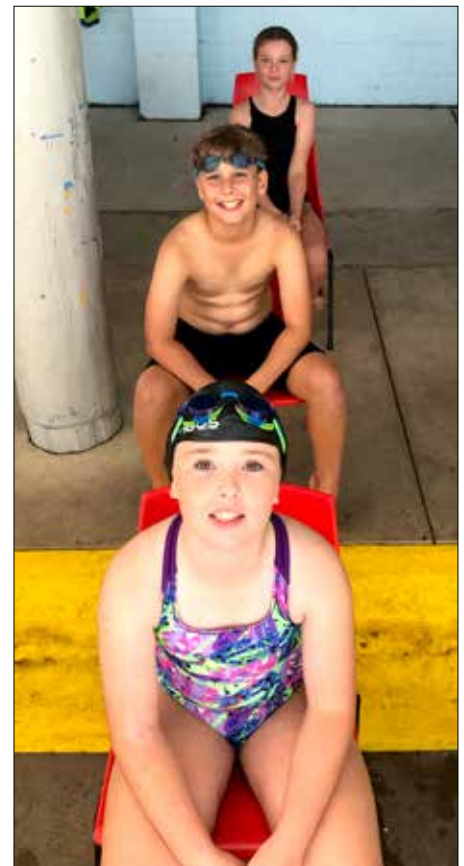
Feeling proud of our achievements

In between races we had recess and lunch. I had a sausage roll and it was delicious.

After we had lunch, it was time for the 25-metre races where the Year Sixes had to help the people who are still becoming confident at swimming to compete in a fun event. We helped them by walking next to them or waiting in the pool at the finish. Near the end, we had the school relay where our school picked out our fastest freestyle swimmers who would swim against Bodalla. It was shocking how fast they swam against Bodalla. They zoomed past them, but Bodalla kept the pace and tried really hard. But Tilba still won!

Soon after our school got into relay teams and just raced even if they didn't get into the official relay team – it was like relays for fun. We had some amazing free time and most of us were playing a chicken game. My friend Marcus went with me, and we beat everyone who was competing against us.

Overall, the day was super fun and amazing. We all learnt new things and gave different things a shot even if they were hard. It was the best swimming carnival I've been to!



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gang gang residencies



Johann Sebastian Bach turns 340 years old – and you're invited to his party in Cobargo on 23 March 2025!

Yes, the (free!) annual celebration concert for Bach's birthday, with local community musicians, is on again at the Cobargo School of Arts Hall on Sunday 23 March at 10.00 am.

Every year for Bach's birthday a spontaneous, global community of musicians unites to sow the seeds for future generations of classical music lovers and share their joy of Bach's music. This year it will be Bach's 340th birthday and events and musical happenings are taking place all over the world (type 'Bach in the subways' into your search engine for more details). Our Cobargo event is the only 'Bach in the subways' performance registered in Australia!

Bach is a mega music dude! Widely regarded as one of the definitive composers of the Baroque period, Johann Sebastian Bach's works are still loved today as each new generation discovers his incredible gift. However, many people are unaware that without some specific enthusiasm and recognition for this master's classical works, Bach might have been relegated

to obscurity – only being known as a skilled organist, musical mathematician and that guy with the perfectly curled, white wig. Fortunately, however, his musical compositions were admired and appreciated by geniuses like Mozart and Beethoven; and, in 1829, nearly eighty years after his death, Felix Mendelssohn brought Bach's *The Passion According to St Matthew* out of oblivion and had an abbreviated version performed in a German concert hall for a significant historical event.

But did you also know that Bach:

- fathered 20 children
- loved wine, coffee (twenty cups a day!) and hot chocolate
- smoked a pipe
- had shares in a silver mine
- was jailed for bad workplace behaviour, and
- famously incorporated his name, 'B-A-C-H' (B-flat, A, C, B-natural), into his music as a musical cipher, most notably in the final fugue of *The Art of*

Fugue where the notes spell out his name when played sequentially?

All of this while writing and performing the most heavenly music ever written dedicated to his religious faith and uplifting the human soul.

We are inviting musicians (and listeners!) of all ages and abilities to join in this celebration in an open and friendly environment, where you can bring along some favourite Bach pieces that you play or sing, either by yourselves or with others. Or you can play along with us. There will be tea and coffee and cake to sustain us and it will be a lot of uplifting fun.

So do come along to the concert and enjoy the music of Bach played and sung by keen local musicians to celebrate his 340th birthday this year in Cobargo.

For further information call Kate Jorgenson on 0428 135 052.

Or, better yet, join us as we fill the world with Bach!

Kate Jorgenson



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Beatle's marvelous creation and legacy

When Jarra McKay-Collins from Bermagui Motor Works was approached by the Sculpture Bermagui committee in 2021, Jarra recognised an opportunity. Jarra's connection to the exhibition ran more than skin deep. It wasn't just about being a local and a local business owner, it was about being the son of one of Bermagui's most iconic homegrown sculptors – Peter 'Beatle' Collins.

Beatle passed away after a battle with pancreatic cancer in 2016. Having been a long-time supporter of Sculpture on the Edge, Jarra wished to continue this with something more significant than a donation.

'I thought this may be a long-term thing, not just to support the event but I thought how about we do a memorial prize and make it acquisitive,' Jarra explained.

It seems the sculpting career of Peter 'Beatle' Collins ran short but bright, like a shooting star across the cultural landscape of the far south coast. And, like a shooting star, Beatle's work is stunning but ephemeral: here in full one minute and fading away over time the next.

Some artists are lucky enough to nail it. To create a work so striking, so powerful and resonant that it seems no more needs to be said. Beatle Collins's *Wave* series falls into that enigmatic category.

Jarra remembers his dad as artistic, but recalls the sculpting came later in life. 'When he was in his fifties, when he was working for Philip Cox down at Thubbul on the Murrah, it sort of started out ... he had to pick up sticks and stuff around the place and that's when he started doing those waves.'

Those waves went on to be exhibited at Sculpture by the Sea and art galleries across the state, one even finding its way to Korea.

Once again, Jarra and Bermagui Motor Works will proudly present the Peter 'Beatle' Collins' Memorial Prize to an artist exhibiting at Sculpture Bermagui between 8 and 16 March 2025.

Vic Silk



Tides Turn by Beatle Collins, took out the People's Choice award Sculpture on the Edge 2010. Photo: Jarra McKay-Collins



Jarra and Sophie McKay-Collins with Jenni Bourke, recipient of the Peter 'Beatle' Collins Memorial Prize for 2024. Photo: Vic Silk



The Wave, on site at Narra Bukulla. Photo: Marina Ely

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Easter concerts are back at Four Winds

The Easter concerts at Four Winds have been a highlight of the cultural calendar since the early 1990s, drawing audiences from near and far that immerse themselves in the beauty of music and nature. And they're back!

The organisation paused its Easter events in 2024 to experiment with a year-long program of diverse performances, collaborations, residencies and festivals. These generated healthy audiences across a wide range of ages and interests, with a 15% increase of locals attending Four Winds for the first time.

Audience responses and feedback has led to the Easter concerts returning in 2025, and a continuation of year-long programming too – because we want it all and more!

Four Winds invited world-renowned Australian pianist Andrea Lam to program the 2025 Easter concerts. She won the ABC's Young Performer of the Year in 2009 and will soon host a new program on ABC TV called *The Piano!* alongside Harry Connick Jr and Amanda Keller. Andrea is invited to do solo engagements alongside leading orchestras and chamber ensembles around the world – from Carnegie Hall in New York to Sydney's Opera House. She has invited a bunch of her friends, world-class musicians from Australia's leading orchestras as well as some overseas guests, to play for us.

'It's a joy and privilege to return with some of Australia's finest musicians for this weekend of concerts. Each concert stands as its own world yet connects as a larger journey: gathering together through profound human experiences – love, loss, transcendence, passion, hardship – and concluding with a celebration of song and dance. With music spanning Bach to today, from all corners of the world, we invite you to share this richness with us, surrounded by the beauty of nature.'

With five concerts over the three-days of Easter, you can bring your friends, picnic on the grass and be inspired by the works of renowned composers.

You can attend one, some or all concerts with flexible ticketing options through the Four Winds Flexipass. All concerts cost less than \$50 and those who are 16 years and under attend at no charge.

For more information and to book your tickets, visit the Four Winds website (search for 'Four Winds Bermagui' on your favourite browser).

Felicity Ruby




Celebrated pianist Andrea Lam. Photo credit: Keith Saunders

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Large-scale sculptural installation *Warigamban* lands at Four Winds

A captivating exhibition by Walbunja/Monaro artist Cheryl Davison, titled *Warigamban | A long time ago*, will be on display at Four Winds in Barragga Bay, 9, 15 and 16 March. The exhibition will be open from 1.00 to 5.00 pm on 9 March and 9.00 am to 5.00 pm on 15 and 16 March, with artist talks on March 9 and 15 at 2.00 pm. Admission is free.

Warigamban features a large-scale sculptural and screen print installation that explores the stories of Country, cultural practices and Dreamtime through immersive visuals. Davison's work, a celebration of First Nations storytelling, reflects her deep connection to the land and her cultural heritage. The installation, in partnership with Sculpture Bermagui, will be displayed at the Windsong Pavilion.

The exhibition features two main stories. The first follows Wonga, a pigeon journeying back to her nest after an encounter with a hawk. The second focuses on the ancient Yuin practice of breadmaking, reflecting the knowledge of Elders and the communal process of preparing food.

As a revered artist and educator, Cheryl Davison has spent over forty years working with screen printing, combining cultural memories with artistic expression. This exhibition invites the local community to experience and connect with the rich cultural traditions of the South Coast.

To find out more head to the Four Winds website (just type 'Four Winds Bermagui' into your usual search engine).

Madison Phillips



Artist, Cheryl Davison, Four Winds Festival '23 Photo: David Rogers

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Bundanon, bagan bariwariganyan: echoes of country Photo: Rachel Tagg

A new chapter for Narooma Kinema waits in the wing

The iconic Narooma Kinema has been in the family of owner/manager Jade Griffiths since she was seven. She was living in Sydney and for the next

eleven years spent every school holiday in Narooma, staying with her grandparents, John and Janette Griffiths, who ran it. After purchasing the Kinema from her grandparents and running it for the last six years, Jade is moving on to the next chapter in her life.

The heritage-listed Kinema, housed in the Narooma Memorial Hall, will also begin another episode in its 100-year-old story. It is believed to be Australia's second-oldest running cinema. The main physical change to the Kinema in her grandparents' time was turning what used to be the town's library into a second cinema.

Live shows were presented in the Memorial Hall before films were shown. The Narooma School of Arts, which leases the building to Jade, installed dressing rooms and wings on either side of the stage that facilitated more live shows.

Jade said the building is versatile, has very good acoustics and its character creates atmosphere, drawing performers from Sydney and Canberra and, sometimes Melbourne. Being one of only three cinemas in the Eurobodalla and Bega Valley shires, the Kinema has a large base of regular cinemagoers, plus those who travel 60 to 90 kilometres to watch a movie there. And then there are the visitors from Canberra and Sydney who drop in because they have heard about the Kinema and its history.

The Kinema is a real community and social hub. Jade said they like being involved in the community with fundraising events and the Kinema's monthly Film Society has built up quite a following. The Kinema is also loved by current and former team members.

Jade would like someone who is creative with a sense of fun and community-minded, to take over the reins.

Marion Williams



Jade Griffiths, with her grandparents John and Janette, and Narooma School of Arts president, Jenni Bourke

Crossword Answers

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

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

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My latest exhibition, *Moment in time ... chaos to canvas*,



A work by the artist

My latest exhibition will appear in the Lazy Lizard Side Gallery in March. When I create art, I enter 'the zone', a timeless happy place, where I'm trying to capture images, feelings and moments in time that inspire and delight.

Pastels are my passion, and I have been fortunate to win not only several awards with this beautiful medium but was honoured to have a winning piece showcased in the *Australian Artist Magazine*.

Watercolour, pen, ink and charcoal continue to challenge and delight me. Acrylics and abstract art are a recent addition to my paintings, and I now have an exclusive jewellery range, *Ann M*.

As a self-taught artist, I'm continually striving for 'less is more' in my artwork and always looking for the next artistic challenge – having fun amidst the chaos.

Ann Mawhinney

H₂O – Monday Art Group, Bega Valley Arts and Crafts Society

The Monday Art Group is holding their annual group exhibition at Spiral Gallery. The show will run from 14 March to 9 April and there will be an opening event at 4.00 pm Friday 14 March.

Everyone is welcome.

The Monday Art Group has chosen the theme of water for this exhibition and artists have turned their minds to representing water in some of its many permutations. The various group members have used a variety of media and subject matter in their works.

The Spiral Gallery, 47 Church St, Bega. The gallery is open from Monday to Friday, 10.00 am to 4.00 pm and on Saturdays from 10.00 am to 1.00 pm. Check out their website for more information (type in 'Spiral Gallery Bega').

Diny Stewart



Rolling up water plants, Lake Dulverton by Graeme Krake

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- House / Shed Sites
- Road Construction
- Clearing
- Footings / Trenching
- Dam Construction
- Civil Works
- Detailed Excavation

Anglican Churches of Bermagui Cobargo and Quaama

Service times in March:

Bermagui at 8.30am - 2nd, 9th, 16th, 23rd
Cobargo at 10.30am - 2nd, 9th, 16th
Quaama at 10.30am - 23rd

March Parish Events:

4th - Shrove Tuesday - Pancake Day in Cobargo at 6.00pm
5th - Ash Wednesday in Bermagui at 9.00am
7th - World Day of Prayer Service for all denominations, in Bermagui at 10.30am
30th - Combined Service and Annual General Meeting in Bermagui at 10.00am

Contact:
Vanessa Williams, Parish Administrator
0408 177 131

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ALEXANDRA OSBORNE, VIOLIN
TOBIAS BREIDER, VIOLA
MIHAI MARICA, CELLO
DEAN NEWCOMB, CLARINET
ANDREW GOODWIN, TENOR
ANDREA LAM, PIANO

FRI 18 APRIL 6PM

GATHERING

SAT 19 APRIL 11AM

LOVE

SAT 19 APRIL 3PM

WINTERREISE

SUN 20 APRIL 11AM

TRANSCENDENCE

SUN 20 APRIL 3PM

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fourwinds.com.au/whats-on



gang gang residencies



Australian Gospel

Lech Blaine
Black Inc
RRP \$32.99

Lech Blaine spent eleven years researching and writing his family's story. He had access to his mother's diary,



thousands of official documents, and letters. He interviewed hundreds of people to ensure this work of creative non-fiction was balanced and nonjudgmental.

It's difficult to review this hilarious, heartbreaking memoir without making it sound like a potboiler about an Aussie-battler family overcoming the odds. It is so much more.

This is the true story of the Blaine and Shelley families. Lenore and Tom Blaine are working class publicans, moving from pub to pub in county Queensland. Lenore hasn't been able to have the children they long for and they decide to foster the damaged children that nobody wants.

Michael and Mary Shelly have abandoned their privileged former life to become evangelical Christian fanatics. Michael is the Messiah and Mary is the archetypal mother. Michael despises his fellow Australians with their '... reckless indulgence of alcohol and obsession with idiotic ball sports'.

All four of the Shelly's children, three sons and one daughter, are removed by Child Services and placed with the Blaines. The growing Blaine family of five foster kids, and a number of Dalmatians,

is raucous, egalitarian, atheist, loving and sports obsessed. This family is everything the Shellys rage against.

The surprise arrival of a biological son enlarges the family and that baby, our author Lech, is embraced by all with no acknowledgment of difference, except he is not good at sports in which all his siblings excel.

Michael and Mary Shelly are deluded, irrational and frightening. They have also been diagnosed with various mental illnesses. Yet we have sympathy for them, largely because of the skilful writing. It would have been easy to cast them as villains and the Blaines as heroes. But Lech Blaine is far more subtle, witty and empathetic than that. The Shellys are totally driven to retrieve their children. Kidnapping, stalking and abuse follow, and the loving household is subjected to violent harassment. Truth is indeed stranger than fiction.

Lech Blaine tells this almost unbelievable story with compassion and wit. He makes room for all the characters to tell their own story.

I absolutely love this book.

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The juicy world of succulents

Succulents are unique plants known for their thick, fleshy tissues that store water, helping them survive in dry or arid environments. Many of these plants have special features, such as waxy coatings, spines or rosette formations that minimise water loss. This diverse group includes familiar species like cacti, aloe and jade plants, each with its own characteristics.

Found all over the world, succulents are especially common in dry climates. In Australia, one well-known succulent is *Carpobrotus spp.*, also called pigface. While succulents are often praised for being low maintenance, not all thrive in the same conditions. Some varieties, like *Echeveria spp.* and *Sedum spp.*, love direct sunlight, while others, such as *Haworthia spp.* and *Gasteria spp.*, need shade. If a sun-loving succulent doesn't get enough light, it will stretch out and develop long, weak shoots. On the flip side, shade-tolerant succulents can suffer sunburn.

To keep succulents healthy, they need well-draining soil or dry conditions. The ideal potting mix should be light, airy and gritty, allowing excess water to drain away quickly while ensuring good airflow around the roots. A common blend includes potting mix combined with coarse sand, perlite or pumice. You can also use regular potting mix, as long as you water sparingly. Being porous, terracotta pots are especially suitable for succulents.

Succulents come in a stunning variety of shapes, sizes, colours and textures. From the sharp, geometric forms of aloe and agave to the soft, rosette shapes of *Echeveria* and *Sedum*, there's a succulent to match every style and space. But be warned: like eating potato chips, once

you start collecting them, it's hard to stop at just one!

Meanwhile, around the towns I have noticed the old fragrant hedge favourite *Murraya paniculata* (murraya) is in full bloom, as are the tough old *Nerium oleander* (oleander). If you are planning a murraya hedge, consider interplanting with *Michelia figo* (port wine magnolia) for a fragrance that I interpret as being akin to bubble gum. Another current eye-catcher are some colourful mixed stands of red and yellow canna lilies.

In the wild places on the sides of the road, one of the current standouts is unfortunately the ornamental weed *Lilium formosanum* (Taiwan lily) which is easily recognised by its large (up to 15cm long) trumpet-shaped white flowers that point out horizontally atop a single strap-leaved main stem (to two metres). The flowers are highly fragrant, and you'll be doing the bush and yourself a favour if you stop and pick some flowers to take home and put in a vase, thereby preventing seed spread.

Finally, this month in the vegie garden we will be preparing for the first of our pea crops. Whether they are snow peas or pod peas, March is the month. On St Patrick's Day, 17 March, I also like to plant sweet peas in anticipation of some welcome late winter colour and fragrance. Remember, peas climb and beans twine, so give your peas some mesh or chicken wire to scramble up.

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

Happy growing.



Echeveria spp. in terracotta pots



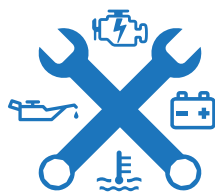
Echeveria sp. (bee's knees)



Haworthia retusa (star cactus)



Crassula undulatifolia (ripple jade plant)



BERMI AUTOS

🏠 1 Sherwood Road
Bermagui NSW 2546

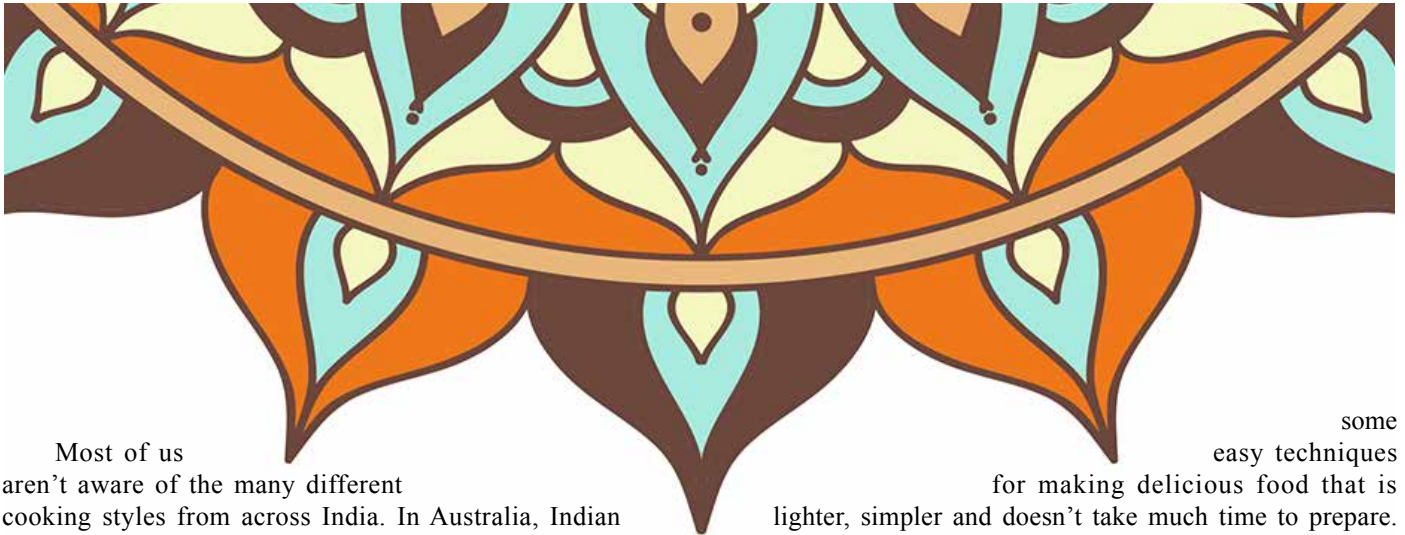
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Most of us aren't aware of the many different cooking styles from across India. In Australia, Indian restaurants usually serve Punjabi food. Think tandoori chicken, palak paneer, channa masala and some sort of wheaty flat bread. The Punjab is just one of 28 states in India, all of which have their own cuisine. Its northern style is heavier than in other regions and most recipes include onion, garlic, ginger, tomatoes and spices cooked up as a masala. On my last visit to South India, I was taught

some easy techniques for making delicious food that is lighter, simpler and doesn't take much time to prepare. Most meals there have rice and lentils in some form or another and they top off many dishes with a tadka which is aromatics and spices sizzled in oil and thrown over the dish just before serving. It works a treat! Try the super easy lentil dish below to see how a tadka can make basic dal delicious. I hope you give these recipes a try and enjoy them as much as I do.

Mangalore Fish Curry

Ingredients:

500 grams firm white fish in large boneless chunks (kingfish, swordfish, marlin, ling are good)
 1 onion, very finely chopped
 4 green chillies, slit
 ¼ cup coconut milk
 oil, as required
 2 tablespoons ground coriander
 1 tablespoon ground red chilli
 25 grams tamarind*
 1 tablespoon ground turmeric
 a handful of curry leaves
 salt, to taste



Method:

1. Toss the fish with a pinch of salt and another of turmeric and set aside.
2. Soak the tamarind in ½ cup warm water and set aside.
3. In a heavy bottomed pan, heat the oil and sauté the onions and chillies until the onions are golden brown. Keep stirring so that they don't burn.
4. Add red chilli, coriander and turmeric and sauté for one more minute.
5. Extract the juice from the soaked tamarind and add to the onion mixture with ¼ cup of water.
6. Boil for 4 to 5 minutes. Reduce the heat, add the marinated fish and simmer until done.
7. Add coconut milk and curry leaves then simmer for another minute. Turn off the heat. Taste and adjust the sour flavour (tamarind) and salt to suit you. Serve hot with rice.

* If you don't have access to a pressed block of tamarind, Coles and Woolies sell tamarind purée. If you have tamarind paste on hand, it's best to add a tablespoon at first and more later to suit your taste.

Dalithoy (Konkani lentils)

Ingredients

1 cup toor dal (available at Coles)
 a pinch of turmeric
 2 green chillies, split lengthwise or sliced
 coriander leaves
 For the tadka:
 1 teaspoon black mustard seeds
 1 dry red chilli
 8 to 10 curry leaves
 ½ teaspoon asafoetida (available at Candelo Wholefoods or Gulaga Organics or just skip it)
 1 to 2 tablespoons ghee or oil (preferably coconut oil) or a mix of both
 salt to taste



Method:

1. Wash the dal thoroughly then put in a saucepan or pressure cooker with 3 cups water and a pinch of turmeric. Cook until soft adding more water if required.
2. Mash the dal until smooth. Add the green chillies, salt to taste and bring to boil on medium heat. Lower the heat and simmer for about 5 minutes.
3. Prepare the tadka:
4. In a small frying pan, heat the oil. Add the mustard seeds and when they start to pop, add the red chillies and curry leaves. After a few seconds, add the asafoetida and remove from the heat, pouring immediately over the simmering dal.
5. Mix well and garnish with chopped coriander leaves. Serve hot with rice or flatbread.

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

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

ANGLICAN PARISH OF COBARGO
Bermagui: All Saints - every Sunday 8.30am
Cobargo: Christ Church -
1st, 2nd, 3rd Sundays 10.30am
Quaama: Quaama School of Arts Hall -
4th Sunday 10.30am
Ph: Vanessa Williams 0408 177 131

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.
Family Service Sundays 10.00am - 12pm

BERMAGUI CROQUET CLUB
Every Sunday morning at 10am
behind the Bermagui Country Club.
Beginners and new members welcome.
Contact Bermagui Country Club on 6493 4340

BERMAGUI CWA
Meeting, first Friday of the Month at 1pm.
CWA Rooms, 10 Corunna St, Bermagui.
Contact: Mrs Kathryn Preston, 6493 5887
kfpreston@bigpond.com

BERMAGUI DUNE CARE
Meets on the 3rd Sunday of each month
Contact: bermaguidunecare@skymesh.com.au

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

BERMAGUI HISTORICAL SOCIETY
Museum Open Tuesdays & Thursdays
10am - 2pm. Researchers & helpers welcome.
Contact 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 12.30pm
Enquiries: Geoff 0407 164 466

THE BERMAGUI MARKET
1st 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 Courtis
[email lcou6446@bigpond.net.au](mailto:lcou6446@bigpond.net.au)

BERMAGUI SENIORS' SOCIAL CLUB
Meets the 1st Wed, 11.30am at the Bermagui
Country Club, with social luncheons to follow.
New members are most welcome.
Enquiries: bermaguiseniors@gmail.com

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

**COBARGO AND DISTRICT ENERGY
TRANSITION GROUP INC (CaDET)**
Email - renewablecobargo@gmail.com
www.renewablecobargo.com

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

COBARGO CWA
Meets in the CWA Rooms, 5 Bermagui St
2nd Tues of the month, 10.30am.
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
www.cobargopreschool.com.au

**COBARGO QUAAMA BUSINESS
RECOVERY GROUP INC (CQBRG)**
New Members Welcome!
Enquiries: CQBRG Secretary Ph: 0418 361 781
cqbrgroup@gmail.com 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:
Don Green 0432 508 518 / 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 for bookings

COBARGO SHOW MEETING
Monthly 2nd Wednesday, 7.00 pm - Cobargo
Showground dining hall. Contact Naomi 0417
456 354 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

**KAMALASHILA TIBETAN
BUDDHIST CENTRE**
Every Sunday
Sunday guided meditation 10am - 11am
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guest speakers & special events.
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

QUAAMA SCHOOL OF ARTS
Hall bookings and inquiries:
Call 0408 411 956
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, 10.30am
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.
Saturdays 8am to 12 noon, Central Tilba Hall
Stall booking essential. Phone 0490 130 478.

TRIANGLE TOOL LIBRARY
Behind the Cobargo Co-op
Open 9am-12pm on Tues, Fri and Sat
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Lynn 0411 432 533 or Nacre 0419 425 208

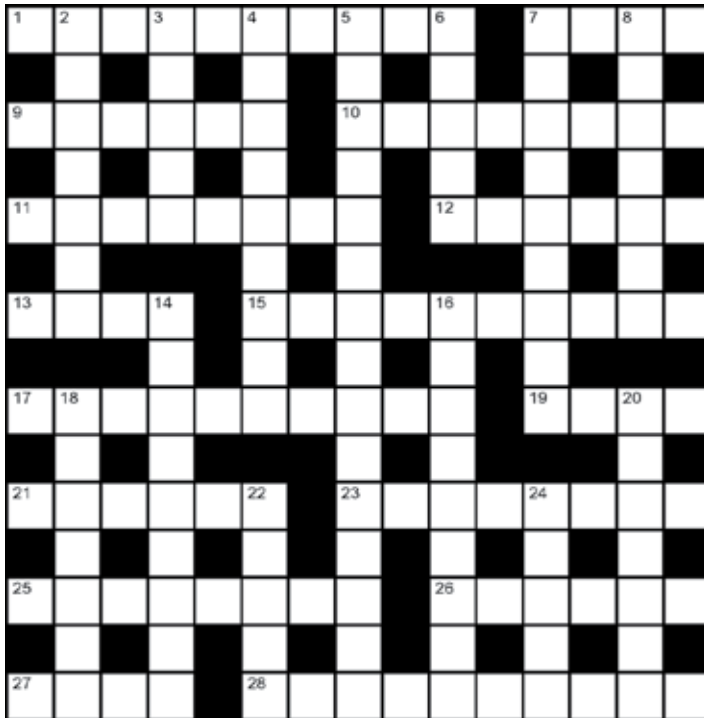
U3A BERMAGUI
Lifelong Learning Opportunities
For a full list of courses and timetable
visit: u3abermagui.com.au

UNITING CHURCH SERVICES
Narooma - Sundays at 9am, 134 Wagonga St.
Cobargo - 2nd Sunday at 11.00am.
4th Sun Prayer & Praise (ecumenical) at 11am.
38 Bermagui Road, Cobargo
Phone Di: 4476 2024 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
Ph. Secretary Chris Walters 0476 787 480,
Treasurer Peter Shears 0439 738 377 or email
info@cobargofolkfestival.com

Game On

MARCH CROSSWORD



SUDOKU

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

ACROSS

- 1 Like rings on a target (10)
- 7 Factual TV programme (4)
- 9 Ramble (6)
- 10 Having considerable worth (8)
- 11 Shirley Temple or Manhattan, maybe (8)
- 12 Imaginary Australian beast (6)
- 13 Swamp menace (4)
- 15 Pesky (10)
- 17 Generally useful (3-7)
- 19 Small blemish (4)
- 21 Croatian capital (6)
- 23 One way to order a meal (1,2,5)
- 25 Huge fins adjusted for Chinese space system* (4,4)
- 26 Stand for hot dishes (6)
- 27 Body of soldiers (4)
- 28 Chaotic (10)

DOWN

- 2 Alfresco (7)
- 3 Its produce can be poached (5)
- 4 It's plain short of trees* (9)
- 5 Stirrers unveil oratories, stirring things up* (15)
- 6 Big star (5)
- 7 Doctor's news (9)
- 8 Bone-building element (7)
- 14 Author's protection (9)
- 16 Eternally (4,5)
- 18 Stet (5,2)
- 20 Breakfast dish (7)
- 22 Get taken (2,3)
- 24 She meets a smoking caterpillar (5)

* A cryptic clue

Answers page 35

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

I SPY nature



- 2 ☁ 4 🍄 4 🍄 2 🍄 4 🍄 5 🍄 7 🍄 4 ☀ 6 🍄 5 🍄
- 1 🍄 6 🍄 7 🍄 1 🍄 3 🍄 6 🍄 7 🍄 4 🍄 7 🍄 4 🍄
- 3 🍄 2 🍄 4 🍄 6 🍄 2 🍄 7 ☀ 3 🍄 9 🍄 6 🍄 3 🍄

For the fridge door

MARCH	WHAT	WHERE	TIME
All March	<i>Moments in time ... from chaos to canvas</i> Ann Mahwinney mixed media	Side Room, Lazy Lizard page 37	M-F 10 - 4 pm Sat 10 - 2 pm
Sun 2	<i>Songs of the Sea</i> various artists, maritime/ folk themes more info online	Windsong Pavilion, Four Winds, Barragga Bay	Food truck & bar 5pm, event 6 pm
Mon 3	Bingo every Mon called by Rhonda	Cobargo Hotel pg 20	11.00 am - 12 noon
Sat 8 -Sun 16	Sculpture Bermagui, free exhibition curated by Victoria Nelson and Carolyn Killen. Canberra-based sculptor, David Jenz, will judge the major prize.	Dickinson Pt Headland and indoor sculptures at the Bermagui Surf Club page 31 & page 33	Info on website Sculpture Bermagui or FB or Instagram
Sun 9	Quaama Tennis Club Open Day page 16	Quaama tennis courts	3.00 pm
Tues 11	FSCG CWA cookery, handicraft and recycling competitions exhibition	Bermagui Country Club page 14	1.00 pm onwards
Fri 14 - 9 April	H ₂ O Bega Valley Arts and Crafts Soc group exhibition opening Fri 4 pm	Spiral Gallery page 37	M-F 10 - 4 pm Sat 10 - 2 pm
Sat 15	Weed information day, bring a sample of an unknown weed in a plastic bag and have it identified	Cobargo Co-op page 21	9.00 am - 12 noon
Thurs 20	Advance Care planning info session with Shanna Provost free, bookings essential page 10	Moruya Library Eventbrite online booking	10.30 am - 12 noon
Sun 23	Bach's Birthday, free event with local community musicians coming together to perform Bach's music.	Cobargo School of Arts plus tea, coffee and cake page 32	Starts 10.00 am
Mon 24	Author Valerie Ringland talks about ancestral healing, <i>Healing through Indigenous Wisdom</i> , in her book	Bermagui Library page 26	10.30 am
Sat 29	Candelo village festival, free event, many activities, check the website for details.	William St, Candelo page 5	All details online



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