

## White Rock: how one film is sparking urchin action nationwide

A new Australian documentary is bringing national attention to a silent crisis beneath our southern seas. *White Rock* explores the explosion of long-spined sea urchins (*Centrostephanus rodgersii*) that have stripped 2,000 kms of coastline of once-thriving kelp forests – from southern NSW to Tasmania – leaving behind barren seascapes.

Featuring environmental advocate Damon Gameau, the film follows scientists, divers, fishers and chefs as they confront the crisis and reveal a surprising solution: eat the problem. Globally prized as a delicacy, these urchins are largely untapped in

Australia. Leading chefs are now showcasing them in everything from devilled eggs to urchin gelato.

‘Urchins are one of Australia’s most overlooked seafood treasures,’ says Athena Ko, CEO of The Roe Australia. But transforming this ecological threat into a sustainable industry needs more than appetite – it requires investment, infrastructure and political will.

The Centro Task Force, a coalition of experts and community groups, has proposed a \$55 million national plan to restore kelp forests, expand commercial harvesting and embed First Nations-led marine management. A Federal Senate Inquiry in 2023 backed immediate action, but implementation has stalled.

‘If this were happening on land, we’d see urgent intervention,’ says Professor Maria Byrne. ‘We have the science and the solutions – we just need the government to act.’

Backed by the Great Southern Reef Foundation, *White Rock* is currently touring with a series of Q&A screenings and urchin tastings. Audiences are encouraged to sign a national petition calling for funding and reef restoration.

The tour launches locally in Bendalong on 26 April, with further dates along the NSW South Coast to be announced.

There will be a *White Rock* film screening plus community panel on Saturday 3 May, 6.30 to 9.30 pm at the Narooma Surf Club (doors open from 6.00 pm) and in Merimbula, 5 May at 6.30 at 80 Main Street at The Picture Show Man.

Saturday’s panel guests include: Uncle Wally Stewart, Yuin elder; Dr Cayne Layton, kelp ecologist; Dane Willmott, Nature Coast Marine Group; Ryan Morris, South Coast Sea Urchins; and Jane Elek, marine scientist.

Find more screenings on the Great Southern Reef website and scroll down to the *White Rock* tour.

Stefan Andrews



Urchin barrens like this are now common across the Great Southern Reef, caused by unchecked populations of *Centrostephanus rodgersii*.



Harvesting urchin for the table, around Actaeon Island, Tasmania

There's plenty of great reading in this month's copy of *The Triangle*. Community members are reporting on a wide range of interesting, fun and educational activities happening during the month of May and beyond.

Our history buffs have put together some fascinating looks at life a long time ago in our region. The Bega Pioneer Museum invites us to stop in to view the interesting exhibits they have on show including the old Cobargo lock-up. The South Coast History Society has a new booklet on the shipwrecks along our coast. It tells the story of the days when we were not connected to the outside world by road. Back then, all necessities came through our harbours and plenty of ships hit the rocks delivering these goods. The society's founder and president, Peter Lacey, will give talks as well at the U3As

in Bermagui and Tura Beach and at the Narooma Library in June.

If you haven't ever investigated the U3A, now is a great time to check it out. There are plenty of courses and adventures to enjoy and enrolment has started for Term 2. In addition to the shipwreck talks, some other offerings are on technology and AI, a film group, a geology class on the formation of the Rocky Mountains, French language and the, sadly pertinent, class on How to Survive Turbulent Times.

Maybe one way is to join one of the many healing activities on offer including a range of classes at Bermagui's Good Vibes Studio. Sol and Shanti Ramana have built The Flower of Life Healing Centre, a beautiful hempcrete health haven in Dignams Creek with many supportive events coming up. Or you could go to Four Winds for a world-class evening concert of

Persian-fusion music. Your choice!

You may have noticed new faces in your local surgery as our region has hosted medical students from the Australian National University to give them some hands-on experience in regional health. We hope some of them go on to choose to work here when they finish their studies.

Congratulations to the Tilba Public School for 125 years of education on their beautiful campus overlooking Najanuka and the coast.

And, finally, the Cobargo Co-op has a new rat/mouse trap that is meant to be the best ever. It is 'set and forget' as their 'donut' bait lasts six months, it resets automatically and the smartphone app will tell you when there's been a hit. Yes, it is autumn in the Triangle!

## Letters

### Reflection

When I chose to attend the screening of the film *The Day She Stole the Sun*, I had no idea what to expect. As the vivid images flashed up on the screen, I found myself reliving my own memories of the events of December 2019. Initially I was stunned by the rawness of the images. I felt like I was being traumatised all over again. As the movie progressed, I became more and more agitated and distressed.

By the time the film ended I was angry, really angry, and my head was full of questions. Why was this film made? What was its purpose? Why do we have to keep talking about this one event? Is it wise to re-traumatise our community?

My own personal response to deal with the effects of the fires has been to rebuild, to restore my land, to live in the present and to be grateful. And I really believed that, on an emotional level, I had come to terms with this tragic event. However, watching this film made me realise that I am not okay at all! In speaking

to others who saw this film and those who did not, I soon realised that they were not okay either. People have revealed that they put on a brave face in public but inside they still feel like jelly – weak and wobbly!

Grief has many stages and every single person who experienced the fires has been changed forever. We will never be the same again and we need to acknowledge this. Personal recovery is a long slow process that will go on long after the main street is rebuilt and our homes and land are restored. There is a public perception that we should 'be over it by now'. Well, we are not! And it's okay to admit it and to accept that we are not alone in our journey to recovery. Be kind to yourself and to others.

Now, after I have had time to reflect on my reaction to this movie and to share my thoughts with others, my feelings have changed. It is a well-made movie and I feel it has a place in our community as a conversation starter to allow more healing to take place.

Suzanne Dickson

Quaama

### The apolitical nature of CWA

I am writing to, hopefully, clear up some misunderstandings that are going around the village regarding political parties booking the CWA Cottage.

The CWA of NSW is an apolitical organisation. This means we do not align with, endorse or support any political party or candidate.

Any party is welcome to hire the cottage for internal meetings, but we ask that there is no display of political signs outside the venue, and that no brochures or other material are handed out to the public from our premises. We have certainly never refused to hire the hall to groups who are willing to comply with these requests.

If anyone has questions on this, please contact me via our email: cwa.cobargo@gmail.com.

Thank you,

Lynn Lawson, President  
CWA of NSW, Cobargo Branch



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## Thumbs UP

To the Junction Café in Cobargo that was open every day over Easter!

To the fabulous benefits of joining the library, including access to heaps of audio books that I couldn't otherwise afford to enjoy.

To the legends of the Tilba and the Cobargo Fire Brigades for driving the long way to Dignams Creek (80 minutes rather than 13 due to the closure of the bridge) on Easter Sunday to put out a fire.

To all who organised such magnificent musicians who came and played at Four Winds to delight us this Easter.

## Thumbs DOWN



To the people who steal bagged manure from the roadside. Worse still, they steal the honesty boxes as well. This is from children who collect and bag the manure for pocket money. Shame!

To how unaffordable the flights on REX are these days.

To people who let their dogs bark all night.

To those who don't slow down on dirt roads, raising dust and also endangering themselves and others.

## 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. Please email contributions@thetriangle.org.au and cc lsang333@gmail.com with any questions.



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

## Disclaimer

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

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

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

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Linda Sang

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**Deadlines:**

Advertising: 5pm, 19th of each month

Editorial: 12pm, 22nd of each month

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

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*The Triangle* is a community newspaper.

Its aim is to provide information and news to the people in the Triangle area - the area bounded by the three mountains (Gulaga, Mumbulla and Wandella). The committee comprises volunteers who donate their time and expertise for the benefit of our readers.

*The Triangle* is financially self-sufficient through donations and 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.



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Supporting our community



## Encouragement Grant awarded

The Elm Grove Sanctuary Trust board of directors was unanimous in the decision to award its first Encouragement Grant for 2025 to a young student at Narooma High School. We extend our congratulations to this student nominated by staff at Narooma High School for the grant.

Despite various challenges, this student has remained clearly focused and determined to succeed academically. It is gratifying to see the wonderful support offered by staff and counsellors. With university in mind, this student takes great pride in subject work, ensuring that it is aesthetically presented while also adhering to all marking criteria and the outcomes.

A small scholarship has been set up to support the student's academic needs, enabling a successful completion of the final year towards the HSC and, hopefully, leading to a rewarding and successful future. The Class Advisor speaks of the great role model provided by the student through engagement in school and community activities with a generous willingness to support younger students. 'A delight to have in the classroom' is the clear message from the teaching staff.

Anyone who wishes to contribute tax-deductible funds to the bank account that has been set up to cover the student's educational expenses can donate to EGS Trust Project Account BSB 032 766, Account no. 139 061, reference 'Student Scholarship'. Please email us at [egstrust2@gmail.com](mailto:egstrust2@gmail.com) with your details so that we can send out a receipt.

I thank you for your kind support and encouragement.

*Laurel Lloyd-Jones*  
Executive Director, Elm Grove Sanctuary Trust

## Bega Pioneers' Museum

The old Cobargo Gaol is one object that can be found at the Bega Pioneers' Museum, 87 Bega St, Bega.

Many years ago, Sister Bernice Smith MBE, founder of the Bega Pioneers' Museum, heard that renovations were to be carried out at the police station and lock-up at Cobargo and that the lock-up was to be dumped. Instead, at the instigation of Sister Smith, it was saved and remains an exhibit at the museum today.

The old Cobargo Gaol was made in the early days – early 1900s – by inmates at Long Bay Gaol, Sydney, so one wonders if there was an in-built escape system! The lock-up was shipped by boat to the Bermagui or Tathra wharf and taken by bullock team to the Cobargo Police Station where (probably) it was used mostly as a sobering-up point for the inebriated. While some would have slept it off overnight, others on a more serious charge would have appeared at a Cobargo Police court hearing maybe the next day. The more serious offenders would have been taken to Bega to appear before the Clerk of Petty Sessions where they might receive a sentence and/or be committed for trial.

Come to the Museum and see the gaol and to observe and learn so much more about the days of long ago in the Bega Valley and beyond.

The Museum is open Monday, Wednesday, Friday and Saturday – 10.00 am through to 2.00 pm.

*Shirley Sproats*

## National Volunteer Week 19 to 25 May 2025 – Connecting communities

National Volunteer Week is Australia's largest annual celebration of volunteering.

People usually choose to volunteer for an organisation or cause that is close to their heart or to gain new skills or use their existing skills.

There are opportunities in the Bega Valley Shire and the Eurobodalla Shire to volunteer either with Council or with a community organisation. You can apply

online to volunteer with the Bega Valley Shire Council or the Eurobodalla Shire Council.

There is a wide range of community organisations where you can join a group, find a service to suit your circumstances or to share your skills as a volunteer. Check out your local Council's community directory: Bega Valley Shire Community Directory or Eurobodalla Community Directory.

If you would prefer to talk to a volunteer, visit them at the *Club Sapphire Merimbula* on Tuesday, 20 May between 10.00 am and 1.30 pm when there will be a *Celebrate Service Volunteer Expo*. Many not-for-profit organisations in the Bega Valley will be present and provide information about volunteering opportunities.

*Marita Reynolds*

## Join your fire brigade!

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

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

### Get in touch or find us on Facebook

- **Tilba** – [centraltilba@farsouthcoastteam.org.au](mailto:centraltilba@farsouthcoastteam.org.au) 0448 100 974
- **Quaama** – [quaama@farsouthcoastteam.org.au](mailto:quaama@farsouthcoastteam.org.au) 0400 738 978
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## Future doctors experience rural health

March and early April were very busy for the Australian National University Medical School with local towns in Bega Valley and Eurobodalla hosting fifty Year 1 medical students. The students visited our two shires to gain an understanding of rural health and to, hopefully, sway them towards choosing to be a rural doctor when they graduate. We definitely need more rural GPs!

Year 3 medical students living in Bega and Cooma this year, travelled to Moruya for an intensive week of teaching and practical skills. Many of their tutors were local surgeons, emergency doctors

and visiting specialists, including Professor Sue Kurrel who developed the ABC show *Old People's Home for 4 Year Olds*.

Remember to say hi to the medical students you might see at Cobargo Doctors, the Lighthouse Surgery in Narooma, Moruya Hospital and South East Regional Hospital. We want them to feel welcome and encourage them to return to our Triangle area as a future doctor.

*Marita Reynolds*



Blood pressure monitoring in Bega plaza supervised by Dr Amelia Russell



Dr Claudia Leung demonstrating intravenous cannula  
Photos by Hannah McGoldrick

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# Capture the magic – Fungi Festival photography competition and advanced workshops now open!

The Fungi Festival 2025 invites all photography enthusiasts, from curious amateurs to seasoned pros, to explore the



Advanced Fungi Photography Workshops

mysterious and marvellous world of fungi through two exciting opportunities – the annual Fungi Festival Photo Competition and Advanced Fungi Photography Workshops with the acclaimed Tim Grimsey. The competition is now open.

Running from 1 April to 31 May 2025, the Fungi Festival Photo Competition is calling for your best shots of fungi found in the Eurobodalla and Bega Valley regions. There are two divisions: Open (all skill levels) and Youth (under-18). Prizes include mushroom-growing kits from Little Acre Gourmet Mushrooms, a truffle-hunting experience with Gulaga Gold in Dignams Creek, Godox LED lighting kits

and a copy of *A Guide to the Common Fungi of Coastal NSW* by Pam O’Sullivan.

Winning entries will be showcased in a special exhibition during the Festival. Enter now by going to the Fungi Festival website and clicking on the Photography Competition in the top bar. While you are there, explore some of the best photographs from last year’s Festival.

## Learn from a master photographer

For those ready to take their fungi photography to the next level, don’t miss the Advanced Fungi Photography workshops with Tim Grimsey, known online as @timfromtasmania. With years of technical experience and a passion for fungi found on the forest floor, Tim will guide participants through both in-camera and post-processing techniques.

Two workshops will be held: Mystery Bay 21-22 June 2025 and Club Sapphire, Merimbula 28-29 June 2025. Each includes two classroom sessions and two guided field trips, offering immersive, hands-on learning in some of the South Coast’s most fungi-rich environments.

Andrew Larkin, photography coordinator for the Fungi Festival, says, ‘Tim’s work is stunning, and his ability to share the ‘how’ behind his images is truly inspiring. I’m thrilled to bring his talent to our region.’

Spaces are limited so visit the website for workshop bookings and full event details.

Annette Kennewell



Sarah Antal photographed this colourful flush of mushrooms in Goodenia Rainforest near Merimbula last year for Fungi Festival’s Photography Competition.



## Foster carers urgently needed

1300 791 677

[mackillop.org.au/fostercare](http://mackillop.org.au/fostercare)



## Reconciliation Week Talk and Walk

A free family-friendly community event is coming to Tilba on 1 June 2025, with an invitation to explore the Bungarri Yana Loop Track (formerly known as the Bellbrook Loop Track), a 1.5km walk at the base of Gulaga Mountain behind Central Tilba Village. The event will begin at 9.45 am with morning tea. This will be followed by a talk from guest speaker, Lynne Thomas. As a highly regarded educator and an Aboriginal Traditional Owner of the Yuin Nation, Aunty Lynne brings a breadth and depth of knowledge of the history and stories from this area that she has generously agreed to share.

Following the talk, participants will be invited to walk the Bungarri Yana Loop Walk at their own pace with a fresh understanding of its significance to local culture and community.

The morning tea and talk will be held at Bellbrook Meeting House, 106 Corkhill Drive, Central Tilba. Participants are asked to park in Central Tilba and walk the short distance downhill to Bellbrook Meeting House. For those with accessibility needs, there are a limited number of parking spaces available onsite.

Where: Bellbrook Meeting House, 106 Corkhill Drive, Central Tilba

When: Starting 9.45 am Sunday 1 June

What: Morning tea, talk by Aunty Lynne Thomas then walk the Bungarri Yana Loop Track

Contact Cathie Muller on 0418 581 944 or Lyndall Magnusseson on 0404 118 939.



The Bungarri Yana Loop Track

The Talk and Walk is a 2025 Reconciliation Week initiative of the Gulaga Reconciliation Group with the permission and support of Gulaga National Park Board of Management.

*Scott Danley*

## Narooma joins global men's health ride

Narooma's Distinguished Gentleman's Ride (DGR) for Prostate Cancer and Men's Mental Health on Sunday 18 May should be even bigger and better than last year's. 'The response to our inaugural ride last year was awesome,' said Narooma Rotary DGR coordinator Françoise Cleret. 'We had 73 riders from Batemans Bay to Merimbula, "dressed dapper", and we raised \$10,967 for these great causes. Many rode classic or vintage-styled motorbikes and they enjoyed the day so much they're coming again this year and bringing their friends. It created a huge amount of interest.' Ms Cleret said Narooma's DGR will be one of

over 900 DGRs across 107 countries held that day. 'They bring people together to celebrate these bikes and the "gentlefolk" who ride them, men and women, while celebrating the power of community and making a lasting impact on men's health worldwide. So, while the cause couldn't be more serious, coming together, dressing dapper and the ride itself do raise funds and awareness by having fun in style,' she said. All riders must register online before 18 May to take part and 'dress dapper' through the website – type in 'Gentleman's Ride Narooma 2025'.

Should you wish to donate to the Narooma DGR, please also go online and

support one or more registered Narooma riders or pillion passengers.

Bikes will assemble on NATA Oval (behind the Visitor Centre) from 9.00 am. The ride departs at 11.00 am. The Rotary Food Van will serve breakfast and lunch from 9.00 am to 2.00 pm. Coffee and other refreshments will be available. All funds raised by the DGR are invested by the official charity partner, Movember, in both local and global prostate cancer research and men's mental health programmes.

For Narooma DGR inquiries, please phone Françoise Cleret on 0402 967 494.

*Laurelle Pacey*



Checking out the assembled bikes and their riders at Narooma's first ever Distinguished Gentleman's Ride in 2024

# Busting myths about palliative care

National Palliative Care Week starts on 11 May – and what better time to crack some myths surrounding this important service? The World Health Organisation defines palliative care as ‘an approach that improves the quality of life of adults and children *and their families* who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual’.

## **Myth 1: Palliative care is only for people who are at the end of their lives.**

This is the greatest myth around palliative care and, sadly, why some people choose not to accept palliative care as part of their health plan.

Fact: Palliative care is not a death sentence. When it is integrated early into a person’s illness – including when they are receiving curative treatments – their quality of life can be optimised, and any symptoms or suffering can be eased significantly.

## **Myth 2: All other treatments will stop once palliative care starts.**

Fact: A palliative care team consists of specially trained practitioners who work *with and alongside* your primary health care team to create a treatment plan to help with the management of your symptoms and your quality of life.

## **Myth 3: Palliative care just provides pain relief.**

Fact: Whilst pain relief is addressed by a palliative care team, other symptoms including nausea, vomiting, diarrhoea, constipation, loss of appetite, trouble sleeping, anxiety, depression, itching and restlessness (among others) are also managed. And a palliative care team can assist with the practical, social, mental and

spiritual needs of the patient, caregiver/s and family.

## **Myth 4: Palliative care and hospice care are the same.**

Fact: Palliative care is offered to all individuals *at any stage of a disease* while modifying or curative treatments are being offered. Hospice care is usually offered at the *end stage* of disease when curative or disease modifying treatments are no longer effective or felt to be beneficial by the patient and the physician.

For more information on palliative care go to the palliative care Australia website or ask your GP to put you in touch with the local team in your area.

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

## A hemple is born

One of the many casualties of the 2019-20 fires was a remote retreat centre on beautiful Bilimbla Creek between Nerrigundah and Belowra where regular family-friendly retreats had been hosted by Shanti and me over the previous decade. A six-metre Mongolian *ger* had been our ‘temple’ for breathwork and meditations, but we had often dreamt of building a larger temple. Ironically, the bushfire left the perfect materials to manifest that dream in the form of many full-sized blue box trees that had been blown over by the fire storm. I never dreamt of becoming a lumberjack, but it became obvious that this was my destiny ... so, with some help from friends, I dragged the logs out of the forest with my Prado and had them milled.

By the time they were dry, Shanti and I had moved to a new property called Siam in Dignams Creek and decided to move our retreats there and build a ‘Hemple’ – an eight-sided, hemprete-clad temple incorporating the milled timber. I found and restored a set of beautiful old church windows, Ben-Lewie McDonald did the carpentry, Kate Ogden headed up a community effort to complete the hemprete walls and Rob Merigan did the rendering – all to produce a magnificent and inspiring hemple.

Towards the end of the project, Rob discovered a new quantum energy healing technology called the ‘Energy Enhancement System’ and his wife Tara found a second-hand one for sale in Victoria. After research into the EESystem’s health-promoting effects, Rob and Tara, Shanti and I, and Jenny Van Stekelenburg formed a partnership to buy this sixteen-unit system that fitted perfectly into the octagonal hemple ... and Flower of Life Healing Centre was born.


Our first retreat at Siam was over the weekend of 11-14 April and the hemple was the perfect place for a large breathwork session, community circle, meditations and a heavenly sound healing thanks to Robbie Hart and her crystal bowls. To attend one of these events you can request to join our list by emailing [shantiramana1111@gmail.com](mailto:shantiramana1111@gmail.com).

The hemple promises to be a great asset to the physical, mental, emotional and spiritual health of the community.

For more information search for ‘Flower of Life Healing Centre’ in your usual browser.



The hemple in all its glory



**Experience the Energy Enhancement System Scaler Wave Technology in Dignams Creek!**

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## Good Vibes Studio has a full schedule this month

**Iyengar Yoga:** Paula provides a welcoming space for beginners and experienced students. Movement, breathing and relaxation are practised and refined over time, the benefits are many. Iyengar Yoga looks to integrate body, mind and breath so you can walk through life feeling stronger, more confident, self-aware and whole.

**Traditional Hatha Yoga:** A yoga practice with Vera takes you into your heart and the depths of your being. Staying for longer periods of time in the asanas, so the effects can sink into the deeper layers of our being. We reconnect with our wholeness, knowing that we are perfect just as we are.

**Crystal Sound Spa:** Robbie attunes the sound frequencies of the alchemy crystal bowls guiding a meditation to restore balance in all the body's energy systems creating a sense of peace and well-being.

**Melt and Tone Block Therapy:** A unique therapy, designed to rejuvenate your body using massage tools, blocks, pressure and breath.

**Kirtan:** This is part of yoga tradition. It involves rhythmically chanting mantras with music and community singing in call and response style.

**Vinyasa Yoga:** Marika will share a flowing class with you to invigorate the body and mind, with a focus on alignment, breath and mindful movement.

**Zumba:** Get a full-body workout while forgetting you're even exercising by joining the Zumba dance party!

**Biodanza:** Come home to yourself through transformative movement, awakening playful innocence, affection and harmony within you, others and in your life.

**Creative Nature Kids:** Play-based creative sessions with environmental science themes.

**Glittering Gāyatrī:** A beautiful morning of chanting and learning. Together we unlock the magic of the Gāyatrī mantra.

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Find the full timetable on our website: [www.goodvibesstudio.com.au](http://www.goodvibesstudio.com.au)

*Vera van der Slot*



## Get your voice heard!

Here are two research projects that *Triangle* readers might be interested in investigating or even participating in.

The University of Adelaide is interested to hear your views on mangrove and saltmarsh habitats. Scan the QR code to start the survey or google: 'Community perspectives on mangrove and saltmarsh habitats' to access the survey.



Monash University is investigating whether our biology can lead to some people developing anorexia nervosa. They are investigating the effects of transdermal oestrogen patches on symptoms of anorexia compared to a placebo.

The oestrogen trial is looking to recruit fifty women aged 16 years and over, who are living with anorexia nervosa, including those in partial remission, and also those with atypical anorexia nervosa. Interestingly, anorexia can be triggered when people hit puberty and menopause. Go to the Monash program website and search for 'Clinical trials - HER Centre'. Scroll down to the Estradiol trial and follow the link to participate.

*Marita Reynolds*



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

## News from Narooma Education Support Team (NEST)

With amazing speed, Term 1 at Narooma High School has finished and students and teachers are taking a well-deserved break and a breather!

The last Breakfast Club for the term took place on Thursday this week and the venue, the Home Science room, is having a deep clean in preparation for next term. Throughout the term, students have taken advantage of the opportunity to fuel up, catch up with friends, and discuss their study and workload challenges with the teachers. This will also be a break for the NEST volunteers who help to make the Breakfast Club a great way for students to start their day!

Elsewhere at Narooma High School, preparations continue for the Bush Tucker Project that will enable students to get hands-on experience in the cultivation and use of traditional plants for food and medicine. There has been considerable

interest from students in this project and applications will be reviewed by the school.

Two other hands-on projects for students that are being developed are traditional bark canoe building and outdoor construction. These will be run with the guidance of experts. The bark needed for canoe construction needs to be cut at the right time and is dependent on favourable weather conditions to collect the most suitable material. This will determine when the project begins.

A mentoring program for students that is aimed at supporting reading skills will provide an opportunity for volunteers to become involved. Staff at the school are currently working on the scope of the program.

If you are interested in providing your skills in a volunteer role with the programs at Narooma High School, please contact

NEST, a committee of Elm Grove Trust, by email at [dukest@me.com](mailto:dukest@me.com).

*Tony Agnew, Chairperson NEST*



The green house for the bush tucker plant project at Narooma High School.

## Fascinating stories unearthed for the Heritage Festival

The Narooma Historical Society presents a poster exhibition of eleven little known local stories 'unearthed' for this year's National Trust Australian Heritage Festival. The exhibition is in Narooma's Lighthouse Museum until Sunday 18 May, open seven days a week 7.00 am to 2.00 pm.

The Society members have had some fun coming up with stories to appeal to all ages, visitors as well as locals, and working out how best to portray them.

Stories include 'Message in a Bottle shows high hopes', 'When Narooma had a hospital', 'From Messines to Montague', 'Barunguba visits over thousands of years', 'Why the Kinema shines' and 'Tramway Bodalla to Wagonga Heads'.

Historical Society members will talk about the exhibited stories on Wednesday 30 April at 10.30 am. Everyone is welcome. [naroomahistoricalsociety@gmail.com](mailto:naroomahistoricalsociety@gmail.com)

*Laurelle Pacey*

*President, Narooma Historical Society*



The Bodalla to Wagonga Inlet horse-drawn tramway is one of the eleven *Unearthed* stories that feature in Narooma Historical Society's poster exhibition in Narooma's Lighthouse Museum at The Hub. Exhibition closes 18 May.

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## 150 shipwreck stories

The longest list that has ever been compiled of NSW South Coast shipwrecks, accompanied by descriptions and details of each of the 150 shipwrecks, has just been issued by the South Coast History Society. It is available on our website – type ‘South Coast History Society’ into your browser to place an order.

The sheer amount of information may, for some, be a bit daunting. So, we’ve also issued a small booklet – a sort of South Coast Shipwrecks for Dummies – that explains why there were so many shipwrecks on the South Coast and provides a guide to easily identifying which of them are the more interesting.

The booklet, like the information on the shipwrecks, is free and available from the website but is also available in paper format.

Copies can be collected from South Coast libraries or can be obtained by simply emailing your postal address plus ‘Send shipwrecks booklet’ to the email address: southcoasthistory@yahoo.com.

Shipping and, therefore, the inevitable shipwrecks that followed, played an incredibly important part in the South Coast’s history. It’s not really appreciated by people today just how important shipping once was to the South Coast, with

road transport having almost entirely wiped out our once-thriving coastal shipping services.

There are many, many reasons why so many ships were wrecked on the South Coast. The weather was responsible for many. So was our geography. Then there were crews that were negligent, ships that collided, ships that were sunk by Japanese or German submarines or that hit mines laid by German raiders and even one that was sunk by a whale!

There were shipwrecks that simply cannot be explained, and a number that just

‘happened’. We must feel extreme pity for the captains of those ships.

I am also giving several talks about these shipwrecks to community groups. The first is to U3A Bermagui on Friday 23 May, followed by a repeat at U3A Tura the following Friday and at Narooma Library in June. Anyone wishing to attend the U3A talks who is not a member of U3A is most welcome but will need to contact me on 0448 160 852 beforehand.

*Peter Lacey*

*President, South Coast History Society*



The wreck of the *Dureenbee*, a fishing trawler attacked by a Japanese submarine in 1942

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The fog has been extremely heavy through this year's autumn period requiring a lot more care when driving but it also gives a dampening effect when it settles on the pastures and plants. It's not all bad and the colours autumn brings are simply breathtaking.

The 2025 World Jersey conference tour selected the farm of local dairy farmers Aaron and Emma Salway for guests from New Zealand, Germany, America, Canada and Jersey Island to visit. During the visit Aaron spoke of his family's history of breeding and showing Jersey cows since 1878. He spoke proudly of owning the family farm and of their enjoyment of breeding very fine, high production Jersey cows. The driver for their continued farming practice were their two boys, Jack and Riley. Both boys are very keen

on farming with Jack now working on the home farm alongside Mum and Dad.

The passion for the breed was fully evident with a magnificent display of past and present awards and ribbons. Aaron acknowledged Emma for her amazing support as well as her ability in the dairy and her care of the cows. Aaron spoke of five mentors he had in his life who encouraged him to keep trying to achieve goals. He spoke fondly of his dad Robert who always told him, 'Never give up, just keep trying.' The guests were delighted with the quality of the cows and the beautiful green pastures.

Janelle Salway (Aaron's mum) was delighted when she won the Supreme Saddle Pony Exhibit at the Sydney Royal Show with her home-bred filly Wilgos Miss Grace Kelly. Lexi Cowdroy (Janelle's

granddaughter) was also in the winning circle – she won Champion Tiny Tot Rider at the Grand Nationals. A very successful family.

Local cowboy Cooper Woods contested the Extreme Bronc riding event at the Man from Snowy River Festival and rode beautifully to make it to the top eight competitors.

Tye Bratby, grandson of the late iconic local bushman Ross Rixon, entered a writing competition at the festival with the category being 'Man or Myth' and he won the junior section. He wrote proudly, '... that you can see my Pop is a hard worker by his tough skin, old clothes and big hat'. The Wandellow Hall committee was absolutely delighted to have local identity Dave Williams give the commemorative address at their recent Anzac service.



Lexi Cowdroy, who won the Tiny Tot Rider competition at the Grand Nationals, with her Mum and pony



Tye Bratby's prize-winning entry featuring his Grandpop Ross Rixon.

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## Full steam ahead – good news all round with the Rebuild Cobargo Project!

The Cobargo Community Development Corporation (CCDC) is pleased to confirm that an extension to our our Bushfire Local Economic Recovery Fund grant timeline for the Rebuild Cobargo Project has been granted by the State and Federal Governments in recognition of the significant project delays outside the CCDC's control. As CCDC Chair, John Walters, explained:

‘This extension provides us with the necessary capacity to fully deliver the project on budget – as long as the weather gods give us an even break! However, as the building works continue, the potential impact of rain lessens as we reach the lock-up stage that then allows us to *sprint to the finish* as it were.

‘I would like to take the opportunity to acknowledge the support and efforts of our local members, Kristy McBain and Dr Michael Holland, whose ongoing support was important in bringing this extension about.

‘Our builders, Monarch Building Solutions, are well on top of the project and we can look forward to seeing significant vertical construction progress with the preparation for the pouring of the first-floor slabs for both the Market Hall and Village Square now well underway.’

Established in 2005, Monarch has a proven track record for delivering award-winning infrastructure, delivering exceptional projects throughout Canberra ACT, NSW South Coast and the

Riverina region. The company has a diverse portfolio including projects ranging in value from \$100K to \$30 million. They are a privately owned, family-run business with a strong focus on safety and quality across all projects.

CCDC is also pleased to announce the appointment of Dan Greenlees as a new skills-based Director to join the CCDC Board, filling a casual vacancy. Dan is a South Coast local whose skills and experience in commercial real estate and project management are important for the Rebuild Project's post-construction leasing and tenancy arrangements. Dan currently manages the Narooma Plaza Shopping Centre and was involved in the Centre's recent \$16 million redevelopment.

As Dan states, ‘I grew up and completed all my schooling in Narooma and have spent a lot of time in Cobargo. I was in Narooma when the 2019/20 fires devastated so much of the Cobargo town centre, the wider township and the surrounding area. I am looking forward to contributing to the re-establishment of the commercial area for the benefit of current and future generations of locals and visitors.’

It is important to note that Dan is undertaking his role as a director in an unpaid, voluntary capacity, as do all CCDC Board Directors.

For further information, feel free to contact one of our Community Representative Directors or visit the CCDC website or scan the QR code.

*Deb Summer and Steve Williams*  
Community Representative Directors

Cobargo Community Development Corporation Ltd (CCDC)

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The western site – a busy crew.



The eastern site – after the concrete pour.



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## Come and join us!

So far this year we have been very busy, and we are now preparing to send two members to Wagga for the CWA of NSW Conference in May.

At this conference, decisions will be made about advocacy for the coming year – the members decide on this after debating and then voting. CWA is a group where you can become involved in so many different activities for both your local and the wider community.

It is also a place where women can find new friends, learn new skills and enjoy new experiences, and feel encouraged and empowered to advocate and achieve positive changes. So much has been achieved for women and children in regional, rural and remote NSW

communities, made possible through our passionate voice and we are anxious to keep our voice strong and play our part in making things happen.

Among the issues CWA of NSW has been advocating for lately are telecommunications, feral animal controls, affordable housing for older women and the state of maternity services in rural and regional NSW and the ACT.

At the local level, discussions held recently centred on the future of the cottage. We recognised the value of the cottage to the community as a meeting place. It is an iconic building and has a heritage value to the community and we intend to continue to maintain it as part of our commitment to the wonderful

community we live in.

Becoming a member of CWA offers so many opportunities and experiences and, within our branch, you'll find a supportive, friendly and inclusive group of women who are all united in their desire to make a positive change for women, children and communities right across the state – and have fun while doing so!

To find out more about joining us, please ring us – we'd love to hear from you! Call 0411 432 533 (Lynn Lawson) or 0429 933 686 (Sally Halupka) or Mary Williams on 0447 401 725, or email us on [cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com).

*Mary Williams*

## Life In Our Cemeteries: Cobargo

Atlas of Life group and the Bega Valley Shire Council will be holding a *Life In Our Cemeteries* event at Cobargo Cemetery on Saturday 10 May from 11.00 am to 3.00 pm. Botanist, Jackie Miles, will lead groups around the cemetery looking for interesting plants, and Deb Taylor will be on hand to identify unusual invertebrates. One of the aims of the day is to photograph and record the species found on these walks in the iNaturalist app. There will be help available on the day with entering sightings and photos into the app.

I will lead interested participants around the cemetery to show how looking at the headstones and memorials can tell us about the social history of the town and the district.

A light lunch, tea and coffee will be provided and there will be a lunch-time talk on the Smart Farms project by Dave Newell.

Bookings are essential, so check the Bega Valley Shire Council website for more details and to book a place. Saturday 10 May 11.00 am to 3.00 pm.

*Fiona Firth, Historian*

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## Triangle Tool Library news



Summer saw very strong demand for mowers and brush cutters as residents did battle with grass growing at a rate not seen since who knows when. As autumn settles in, we're ready for a seasonal change in demand as we prepare for winter. But before we get carried away cutting and splitting firewood there is still time to spray blackberry and other weeds.

The Tool Library has continued to invest in Makita cordless tools, purchased from the Co-Op, and has bought two new cordless backpack sprayers that are now available for loan. For those about to prune, we have purchased four new Makita pruning saws that are very popular. We also have a few cordless chainsaws available. We have also purchased new cordless

whipper snippers that are lightweight and easy to use. All Makita, all good.

These new cordless tools are joining the other cordless Makita construction tools that continue to be in hot demand. The committee is committed to expanding our Makita range as they are exceptional quality, user-friendly and low maintenance.

On the topic of maintenance ...

We still have a lot of equipment that is powered by internal combustion engines that need constant maintenance. Things like chainsaws, the log splitter, high pressure washers, mowers, cultivators etc ... all need a bit of TLC every now and then.

Our MacGyvers (people who are good at fixing things) are under the pump and it would be great to hear from anyone out there who likes fixing things. Volunteers can make a big difference and, with a commitment of as little as three hours a fortnight, you will be welcomed with open arms. If you'd like to volunteer as a MacGyver or a Deskie (people who can't fix anything but like people) send me a text on 0432 508 518.

*Don Green*

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We will know the outcome of the Federal election soon. How we all vote will affect the lives of our children, their children and future generations. This is a vote for the future in so many ways and the choice is ours. I hope the future wins out and we can all get on with continuing to build the energy transition, doing the best for our environment and creating safe and sustainable communities with opportunities to be the best we can be.



Scaffolding at the Halls

### Fit for another 100 years

After more than a hundred years, the Central Tilba Halls, although ably supporting community activities, had obvious evidence of future issues. Fortunately, the SHASA/Halls partnership project has provided an exceptional opportunity to not only update the facilities, but to address major structural issues related to old age.

There are always unexpected surprises with this type of work and the halls have not disappointed! The Small Hall, in particular, has leaned to the south and bearers on the street end have required replacement and remediation. The excellent building team, led by Hahn and Tim and supported by Steph, Tony, Pete and Janine, have met these challenges with great confidence and skill.

It's very exciting to see the huge scaffolding at the back of both halls. The outline of the new extension to the Big Hall is clearly visible with all the completed blockwork for the toilets and the framing

for the kitchen and store-room. The rafters are in place on the extension and the Small Hall meeting room now has a new roof and there is a huge amount of building material onsite ready for more fitout, roofing and cladding. The heritage windows have all been removed and are being refurbished with new hardwood frames.

The Halls Committee is managing the old building materials that have been removed and are available to buy. Regular communication will be via the Tilba Community email and those interested can email [jvhalasz@gmail.com](mailto:jvhalasz@gmail.com)



Materials ready to go

Music is a universal language and its exercise may well be a measure of the spirit of the community in which it happens. No surprises then that The Drom, Central Tilba's active pub hub, is the venue for The Drom String Sessions that began at the start of the year and happen monthly. Open to anyone who plays a stringed instrument, the sessions are an opportunity to play with other musicians, an experience that many musicians value, and are a true community gathering.

Bev Long, well-known local musician – banjo and guitar player, singer and tap dance teacher – has a long history in community music. Believing that there are too few chances for people to play and sing, Bev has sought to provide opportunities for people to get together. First it was The Dromedarys, a community ukulele group started over a decade ago. This led to the formation of The Dromedary Lynch Mob, a fifteen piece band led by Bev, that is the host band for The Drom String Sessions. Many will know Bev from the band, Jazz Alley, and also the former Stitch.

Held on the first Thursday of each month, the sessions go from 5.30 to 7.00 pm in the Barn at The Drom. There is a dinner break at 7.00 for those who wish to stay and an after-dinner jam session until 8.30. Bev prepares the music and shares it on Google Drive. Being a community

### Strings at The Drom

gathering, the emphasis is on social, casual and enjoyable – there is no teaching and everyone is encouraged to play at their own level. More information is available on FB @The Drom String Sessions or by contacting Bev on [bevanne2546@gmail.com](mailto:bevanne2546@gmail.com) or 0419 285 960.

The Drom plays an important

role in the Tilba community and the encouragement from all involved at the pub is greatly valued. The Drom String Sessions are part of community music events that include the weekly Open Mic and the hugely successful Tilba Rocks. There is also regular weekend music at The Drom.



Some of The Drom String Sessions players



## Second inaugural Tilba Lake Regatta frivolity

Sunday 23 March saw perfect conditions for rowing on Tilba Lake. Live music by Mariano and Andy, playing appropriate tunes *Yellow Submarine* and *Pirates of the Caribbean*, added to the Regatta's frivolity.

Preparations for the Regatta reached new standards. Phil 'Either Oar' Shorten arrived with only one oar and rowlock, Cas had her stand-up paddleboard in a cardboard box straight from the shop and Maggie Clowes came with an inflatable Ibis (Bin Chicken) called *Sybilluncontrollable*. Racers in the under-73 or over-73 age groups were handicapped, depending on the size of the bribe paid to the Handicapper.

The women's stand-up paddleboard (SUP) race was won by Megan Fraser, with Cas Masters second and Sue Hall third. The result is in dispute as Cas never stood up on her paddleboard. The men's SUP race, a grudge match, between father and son Duncan and Alec Bond, was won easily by Alec. Bitterly disappointed, Duncan promptly fell into the lake. The Kayak Division was won by Stephen Clune in a photo finish with Maggie Clowes (who claims her kayak is older than her). Smiley Magill won the over-73 kayak race, again complaining about the lack of prizemoney.

The premier event of the day was the Tilba Lake Cup for rowing boats. 'Either Oar' Shorten decided that using a backpacker with a paddle may offset his self-inflicted single oar handicap. Shorten's strategy managed to sink his boat before the finish line. Smiley won the under-73 short course, using a young backpacker



Maggie in *Sybilluncontrollable*

passenger to lower the average age of his crew. Stewards are investigating the Shorten boat and its 'shortened' course using two types of oars.

The inflatable Bin Chicken time trials provided much hilarity. Maggie's 3 mins 48 sec for a lap of the buoys wasn't good enough to beat Sue Hall's very wet 1 min 38 sec. I don't know who won the final All Boats 'Le Mans' start race as I was so far behind.

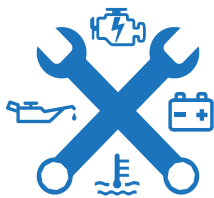
Huge thanks to the Sallys – Pryor, Record and Hawkins – with the free Sally's Silly Sausage Sizzle (tomato or barbecue sauce \$5). Thanks also go to the legends at Poo Carters for donating two Port-a-loos for the day.

The Regatta raised \$900, including a donation of \$200 from the Tilba Lake community. All proceeds from the day went to the Central Tilba RFS Brigade. Next year's Regatta will be held on the last Sunday in March 2026 – so start training now and start looking for another oar.

Rob Hawkins, Handicapper



The three Sallys



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## So many happy memories as Central Tilba Public School celebrates 125 years

People who hadn't seen each other in nearly 70 years came together to celebrate the rich history of Central Tilba Public School. Pupils from the 1950s and 1960s remarked how there were more buildings now and the grounds were much improved.

They were keen to see inside the classrooms. In their days, there had only been a partition separating the younger class from the older one. Teachers had used chalk and blackboards and pupils used pens and inkwells.

A welcome change was the toilets. As late as the 1960s the school only had pit toilets. Robyn Lucas (née Hoyer) said that as a little kid those toilets had been pretty scary. Robyn, along with Kaye Whiffen were guest speakers at the special school assembly on 4 April. Both families had four generations attend the little school.

In contrast Batemans Bay resident, Gerry Wilke, only attended the school for three years before his family moved on to Newcastle. He and his German family had

moved from the immigrant camp at Greta in the Hunter Valley to work on a dairy farm in Tilba from 1955 to 1957. Gerry could not speak English when he started at the school, but he was warmly welcomed. He said the school had had 'a very happy atmosphere'. Gerry had fond memories of Friday afternoons that alternated each week between folk dancing and playing rounders.

Robyn said that according to the *Cobargo Chronicle*, the school, originally called Tilba Tilba Public School, had 100 students and two teachers.

Cara Elton is one of the younger generations of the Whiffen family who attend the school. She is now the school's learning and support teacher.

'I feel very privileged to come back to something that gave me so much,' Cara said.

*Marion Williams*



Gerry Wilke (pupil 1955-57), Darrell Goodridge (pupil 1957-63) and Carolyn Lavis (née Goodridge; pupil 1955-61) examine a photo of the class of 1955.

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## Central Tilba Public School's 125th celebrations – a reflection

On two glorious autumn days, 4 and 5 April 2025, the endearing Central Tilba Public School celebrated 125 years of education on its current site. In April 1900, the then Tilba Tilba Public School (its name changed to Central Tilba in 1962) was opened after a concerted effort by the district to establish a new school for the villages of Central Tilba and Tilba Tilba.

On Friday afternoon, the current pupils and their teachers with Principal Ms Tania Hextell, welcomed all the visitors to the celebrations. The Year 6 students conducted the program of speeches and musical performances impressively during the formal proceedings. Kaye Whiffen moved everyone with her heartfelt words. Cara Elton and I spoke of our connections to the school and shared memories and history. Both Whiffen and Hoyer families have had four generations of children at the school. Tania spoke warmly of her time over the past six years as principal.

Everyone was invited to wander through the classrooms and around the grounds to see all that is on offer. The latest addition is an extraordinary orchard being built on the side of the slope that faces towards Latimers Lane. Community members were invited to purchase a tree from a selection list that will be planted in the new orchard. Every plant was bought and extra donations will go toward maintenance of this innovative project,

managed by the incredibly hardworking and talented Sandy Felder.

Afternoon tea was offered and the extensive school photograph albums were on display. The most popular item was the historical school punishment book dating from about 1913 to 1979. If you misbehaved or got the cane, you were in the book!

Friday night at the Dromedary Hotel was compèred by the wonderful Shanna Provost, with an open mic to share stories and memories of the school.

The school was open again on the Saturday morning. The P&C had special memorabilia for purchase including an updated and very professional version of the Central Tilba School P&C Cookbook (thanks to Jo Weire) that is still available to purchase from the school.

The celebration was a great success with pride and affection the main sentiments of the weekend. We look forward to the 150th anniversary in 25 years to celebrate our small school that achieves BIG things!

*Robyn Lucas*



Brendan Negus, John Carter (past Principal), Robyn Lucas, Amy Negus and Sharan Houston (past teacher).

## Enchanting illuminated verse event

Come along to the Poetry by Lantern Light guided walk around Central Tilba on 4 May, with poets reading their work at various spots around the village. It will be an enchanting event for those who enjoy poetry, the spoken word, history and culture, coming together in community to share art, layers of culture, local stories and motifs.

Part of the National Trust's annual Australian National Heritage month, this year the theme 'Unearthed – revealing the past, bringing to light lesser-known histories and stories, and unearthing knowledge to empower younger generations as custodians of culture and tradition' invites deeper curiosity, poetic investigation and excavation of stories and history.

We are keen to include the voices and words of traditional landowners and the original people of this land, the Yuin people, and Uncle Warren Foster has been invited to lead the Twilight Lantern Walk.

There are three parts to join in on the night:

The Twilight Lantern Walk in Central Tilba, arriving at 4.30 pm for a 5.00 pm start at the Barn at the Dromedary Hotel

A local children's/young people's poetry competition, with voting of the works to be shown at the Barn on the night from 4.30 pm

The Unearthed Stage, from 7.30 pm at the Barn, where anyone can share their poems and spoken word pieces after the walk. Order your pub dinner and drinks and settle in for enjoyable performances.

Please dress warmly, bring a torch and gather for a 5.00 pm start of the walk at the Barn. For bookings and details visit Tilba Walks online or the Australian Heritage Festival website. For any questions or to be involved, contact event organiser Virginia York 0419 200 737.

*Virginia York*

## Anglican Churches of Bermagui Cobargo and Quaama

### Service times in May:

*Bermagui at 8.30am - 4th, 11th, 25th*

*Cobargo at 10.30am - 4th, 11th*

*Quaama at 10.30am - 25th*

*Combined service at Bermagui:*

*11.30am on 18th celebrating volunteers followed by a BBQ.*

*Cobargo High Tea at Cobargo church hall: 10.30am on 20th*

### Contact:

**Vanessa Williams,  
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## Tilba rocked!



Damon Davies and Al Leake

Tilba was back to its quirky best for the second instalment of Tilba Rocks at The Drom on 5 April. A truly Tilba affair organised by locals Andy Read and Mariano Reggiani, the show is a Rockwiz-inspired evening with live music, trivia, laughs, costumes and impersonations.

Jess Hone once again donned the polka dotted dress to play Julia Zemiro and host the evening assisted by her husband Rex keeping score.

This year saw the number of special guests double with Billy Idol (Mariano Reggiani), Willie Nelson (Scotty James), David Byrne (Damon Davies) and Chrissie Hynde from the Pretenders (Shanna Provost). All performed a song each, some duets and an all-in version of The Band's classic song, The Weight. The final impromptu jam on Chic's disco anthem Le Freak, had the entire crowd of over a hundred up dancing under the stars in the pub's beer garden. All this was balanced with rounds of trivia, riff identifying and plenty of bad jokes.

The band kept the night rocking with James Ing on drums, Duncan Bond on keys, Andy Read on bass and Al Leake on guitar.

Shanna Provost



Tilba's Scotty James as Willie Nelson

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## SuRF community microgrids update April 2025

After a three-year feasibility study undertaken by ANU, Essential Energy, Zepben and Southcoast Health and Sustainability Alliance (SHASA), the communities of Tilba and Bodalla are continuing to investigate the possibilities of establishing an electricity microgrid.

The latest activity, in regard to the Tilba villages, is to gain an understanding of all matters that arise when planning and developing the infrastructure that includes a solar farm, battery and expanding rooftop solar. This work was suggested by the coordinator of the Newstead renewable energy project and is a necessary step in the NSW planning process. Newstead has been through this process and has built a local solar farm that is now operating and serving their community.

To advance this next planning activity, SHASA has made an application to the Foundation for Rural and Regional Renewal's (FRRR) Strengthening Rural Communities program. The grant application has been supported locally by the Tilba District Chamber of Commerce, the Tilba CWA and Central Tilba School of Arts. Should this grant application be successful, a consultant will be appointed to undertake pre-planning permit assessment of a suitable site for the solar farm during the second half of this year. The results will be shared with the community so all matters can be collated and considered by the project team in partnership with the community.

The motivations for Tilba and other communities were established during the initial feasibility consultations with the community and include:

Access to the 'normal' level of power during main grid

outages, including village sprinkler system and communal cool room.

Access to increased levels of renewable energy.

An opportunity for the community to influence the design and operation of their electricity supply system and potentially invest in the infrastructure.

An opportunity to minimise price increases and/or generate revenues to offset supply cost or reduce their electricity bills in some way.

To generate revenue for the community in return for their efforts with initiating and participating in a microgrid project.

These community outcomes are referred to in the SuRF preliminary business case for the Tilba villages. Contact Phil Shorten if you would like a copy of the business case or to discuss this community initiative – 0438 217 916.

*Phil Shorten*



## U3A Bermagui & District Inc



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**Or Search "U3A Bermagui"**

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

An overview of courses on offer for this term ... AI Revolution for Australian Seniors, Apple Technology, Conversation Cafe, Film and Lunch, French Language, Gentle Yoga, How to Survive Turbulent Times, In Conversation with Author Samah Sabawi, Melt and Tone, Seabird Rescue, South Coast Shipwrecks, The Formation of the Rockies, The Prince and the Riff-Raff – Henry IV, Walk, Talk and Café.

## ‘I Love Tilba’ CWA

It's more than ten years since Tilba CWA's members created the 'I Love Tilba' stickers. These stickers are one of the most successful fundraisers for Tilba CWA. It's wonderful to see them locally on vehicles but even more exciting when driving on a freeway in Sydney. I may have even tooted and waved! They are attractive to tourists and a good travelling promotion for our region. Currently the stickers are stocked by Central Tilba Post Office, Tilba Dairy, Gulaga Galley, Tilba Sweet Spot, Tilba Leather, Bath Patisserie and Pam's Store. If you're a local Tilba business and would like to add these stickers to your range, contact us for stock.

In April, Tilba CWA members were busy baking biscuits to celebrate Central Tilba Public School's 125th anniversary and to support Drogmi Buddhist Institutes' Three Visions Festival. Thumbs up to Jenny Burnett who baked choc chip for the school, peanut butter for the Festival and ginger for weekly Tilba Rural Fire Service training night. Thumbs down to Annette Kennewell who may have perfected the CWA recipe for Jam Drops for the school but forgot to bake biscuits for Tilba RFS! Thumbs up for new member Jill Comber who baked dozens of Anzac biscuits and enlisted her husband to cook a batch of pecan cookies. For our April monthly meeting we travelled to Bermagui CWA's rooms then enjoyed a delicious lunch at Boneless Vegetarian Café.

What's happening this month? More cooking to support the BIGGEST Breakfast in Narooma on Sunday morning 4 May after the Oyster Festival. This year the CWA International country is South Korea. Tilba members will help prepare Korean-themed dishes and craft for the students at Central Tilba Public School. Member Nola Ezy will travel to Wagga for CWA of NSW State Conference.

CWA of NSW are inviting all women to 'find your place at CWA'. Enjoy meeting together, supporting your community, learning new things and so much more! Tilba CWA branch President Vicky Staddon invites all local women to attend our next monthly meeting on Thursday 8 May, from 10.00 am in the Barn at the Dromedary Hotel, Central Tilba.

Written by Annette Kennewell as our Publicity Officer while Jo Major is busy coordinating the Easter bunny's delivery of chocolate eggs for Tilba Sweet Spot!

Annette Kennewell



Annette in Central Tilba distributing stickers



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# My Triangle – Dan Williamson

A step ladder was the first Coop purchase I made within days of arriving here, almost eight years ago. Tim, the manager at the time, carried it to my car, which made such an impact because, at that time, kindness from strangers was almost shocking to me. Soon after, I became a proud member of this institution, the Cobargo Cooperative Society, community owned since 1901, and felt relief at the thought of never entering Bunnings again! Pretty much every few days since Tim hit me with that kindness, I've found the tools, hay, hose fittings, plants, chook food, petrol as well as the help and advice I need at the Coop from folks I now call friends. They all help me carry stuff to my car, and the feeling of that being special hasn't worn off.

Last time Dan threw some dog food into the back of my car, I twisted his arm for an interview and between one interruption for him to drive the forklift and another to locate some wire for a customer, I found out his family goes back a long way.

'I grew up in Sydney and moved here almost twenty years ago to get out of the city and have kids. But I've got a family history here too. My grandmother, who lived into her 90s, was born in her grandparents' house called Fair Verona, on Gilberts Road. Her grandparents were the Gilberts, and beyond them, were Tarlintons. That house was burned in the fires, but I did get to see it a couple of times before we lost it. My grandmother was a Gannon who married a Williamson, so my lineage goes back to the early settlers of Cobargo. I spent a bit of time down this way as a kid and was put on the bus by mum and dad to stay at the dairy farm in Brogo. So, when I moved from Sydney, I felt like I came home. Mel and I have been in Yowrie for ten years now.

'When I came into the Coop to ask for work, it just so happened that they did have a casual job going for a couple of days a week. It was a life saver because I had developed some pretty bad RSI that I couldn't shake from the landscaping and tree planting business I had been running solo. Within two years, Tim



Dan Williamson at the Coop – photo by Sidonie Barton

was ready to retire, and he asked if I wanted to manage. At first, I didn't know if I could be responsible. Imagine if I screwed it up! Who wants to sink a ship that's been running for 120 years? It was a big step up for me but there was so much pointing in this direction that I just decided to trust and say yes. Now I can see that everything in my life has led me to being here. For me, it's a privilege to work here. That's how I see it.'

The Coop is so much more than a farm supplies store, it's a community hub and where many of us go to get all our projects to the next stage. And now we can also slip out the back and borrow a giant tool or specialised gear that we could never afford from the Tool Library. I asked Dan how the Tool Library came to be parked out the back at the Coop.

'Geoffrey Grigg had been talking for twenty years about the idea of a tool library, and Scott Herring also had the idea in his head. It wasn't till the horror and loss of the fires that it really became something that could happen. IHG, one of our biggest suppliers, approached us (or did we approach them? I actually can't remember how it all just came together!) and a big donation of tools and a container arrived from the Independent Hardware Group and off it went! The Tool Library takes up a fair bit of our usable space so there was plenty for the Board to discuss, but it just seemed like such a perfect fit for our ethos

of community support to have it here. Some discussion was around it possibly taking away sales, but everyone agreed that our community needs this now. It was a no brainer. We had lost 400 homes and twice as many sheds and tool sheds.'

When I asked what change Dan has seen over the period since the fires, he paused. 'The terror that everyone went through is huge. The greatness and the beauty of what has happened since is also huge. I believe that fundamentally there is always equal positive to negative, so the bigger the negative, the bigger the positive. It was hard not to see overwhelming negative at the time, but now I can see so many amazing things that have grown out of that traumatic experience. I really feel like it's reinvigorated this community, and it also reinvigorated the Coop.'

'We're not here to make billions of dollars. That doesn't make sense. Those profits come out of our own community. We exist solely to provide services to the town. Since the fire, I think people have recognised and remembered again that this is a community-owned store. That feeling of what we are and what we do and why we're here has grown since the fire because of how we've acted. We could have profited from the adversity but, instead, we lowered margins on a lot of essentials like all the fencing or plumbing supplies so we could make it as affordable as we could. And we've got some changes in the pipeline that are going to really cement that in.'

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How amazing has the weather been? Beautiful weather for all our April visitors enjoying the school holidays and Easter break. Although there was almost a disaster on Good Friday when a swimmer was caught in a whirling rip and another swimmer went to save him. Fortunately, a female lifeguard swam out with a flotation device and was able to keep the two male swimmers afloat until the Sea Doo arrived to rescue everyone. The lesson here is never go into the ocean to rescue someone without a flotation device.

It's great to see the Marine Rescue boat back on the water after several months waiting for the engine to be repaired.

## Cuttagee Bridge: watershed moment

A watershed moment was achieved in the life of Cuttagee Bridge at the most recent Council meeting. The terms of the tender request for the two hybrid design options agreed to by Council would indicate that Council now agrees that the use of timber in any future hybrid bridge design needs to be more than cosmetic. To reach this position by Council has taken four years of delay, U-turns and, now, eventual acceptance.

The design engineers have been asked to develop three bridge designs to concept stage: a single lane hybrid bridge, a two-lane hybrid bridge and a two-lane concrete bridge. Each design would include an attached shared pathway. It is currently planned that these three concept designs will go on public exhibition before a

There have also been lots of changes around town with businesses coming and going and moving. The Bermagui Pharmacy is hoping to move next door before June, and il Passaggio is updating its milkbar and deli with a liquor licence. Around the corner a vegan cafe is opening and across the road Mane and Tales is flat out with customers. Mr Hope has closed their doors with Steve retiring and Honorbread is in high demand.

We are so fortunate in Bermagui to have such a beautiful town, hardworking businesses and a wonderful lifestyle. Let's support our local businesses as much as we can particularly as they are about to head into their leaner months.

final Council decision.

The community survey on the future design for Cuttagee Bridge has just concluded but, if you didn't complete the survey, you are encouraged to still write to Council and Councillors seeking support for the heritage values of Cuttagee Bridge in any future designs for the Bridge. The weight of community opinion in this matter will be important.

*Geoff Steel*

*Bermagui Community Forum*



Cuttagee Bridge

## Call out for volunteers

The OK Shed Op Shop in Bermagui is planning on opening an extra day each week on Fridays. For this to be viable we are seeking new volunteers who love supporting our community, have a passion for op shops and would like to join a wonderful team. If you have a flair for customer service and enjoy working in a friendly environment, then please consider applying. No experience necessary, but you must be over 18 years of age and have a reasonable level of fitness as the role is moderately active. Our current trading days are Wednesdays and Thursdays from 10.00 am to 4.00 pm and it is planned to open Fridays from 10.00 am to 4.00 pm also. Full or half day shifts are available and are flexible. For further information please contact the OK Shed Manager, Vanessa Williams on 0408 177 131.

*Vanessa Williams*

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## Backyard Growers – community call out

With a view to feature local produce at the upcoming Moodji Futures Dinner, local gardeners and growers are

invited to donate any seasonal surplus which our caterer will include in the

menu. Should you have a bounty of veggies, herbs, fruit or flowers, call Dan on 0427 746 980.



## Heed the warnings

Maybe when the coastal weather warning is, 'Dangerous and hazardous seas', it is a pretty good idea to stay out of the ocean. Those were the warnings for the entire NSW coastline on 18 and 19 April. Tragically, many did not heed those warnings and that resulted in rescues up and down the coast and six unfortunate, avoidable deaths.

Horseshoe Bay, Bermagui, usually a mill pond, was transformed into a swirling, churning, dumping monster. Swells off the eastern headland regularly reached five metres in height and three metres within the confines of the bay. Four of the regular morning swimmers ventured out along with six out-of-town visitors. Four of those visitors were all active members of their respective local surf lifesaving clubs.

Large seas buffet swimmers so that far more effort is required to maintain any momentum. One of the swimmers obviously did not have the capabilities to cope with the conditions and quickly tired. Once this situation became apparent, a shore-based observer alerted members of Bermagui Surf Life Saving Club (SLSC) Emergency Callout Team. Two of the original swimming group then re-entered the water and swam out to the distressed swimmer providing him with a flotation device and encouraging words of support. The Bermagui SLSC jetski was launched from the harbour and was quickly on scene, transferring the swimmer safely back to shore, then relaying rescuers Shannon and Shayne to the shoreline. The patient was assessed by the waiting ambulance

officers and given the thumbs up. They were released shortly afterwards to head off and enjoy a celebratory hot cross bun.

Kudos must go to Shannon, Shayne, Mark (jetski) and Euan (rescueboard) for contributing to the on-water aspect of the rescue. They were supported by a further three members of Tathra and Bermagui SLSC on the shore. Hats off to an amazing performance by dedicated volunteers from three different surf clubs who collaborated seamlessly.

Later that afternoon, when ocean conditions had deteriorated further, Shayne again entered the water and for 75 minutes gave an absolute masterclass of what a jetski can do when operated by highly trained, skilled and fearless individual.

*Ima Shiverer*



This amazing photo was taken from the western headland of Horseshoe Bay on Friday, 18 April 2025 by Mark Huxley

## Have you spotted one of these?

As with all volunteer organisations, Marine Rescue depends a lot on local communities for support, not only via those who become members, generously donating their time and expertise, but also from community donations that go a long way toward helping them to remain operational.

Our Marine Rescue bases are vital to our coastal communities and, while our local Marine Rescue base in Bermagui does organise regular fundraisers throughout the year, we have also engaged these cheerful little boats that are 'moored' at a number of locations around Bermagui's business precinct, as our year-round



funding buddies. These little boats provide a great option for anyone wishing to make an on-the-spot contribution to our unit and we are truly grateful for every dollar we receive.

So, if you spot one of our little buddies while you're out and about and wish to send something our way, we will welcome whatever you can give. Every donation is a bonus and your assistance is greatly appreciated.

It's your generous support that helps keep us afloat and means we will be there to help you and keep you safe when you're out venturing around our beautiful coastal waterways.

It's what we do.

*Lisa Ashurst  
Marine Rescue Bermagui volunteer*

## Enchanted gardening: children join Beauty Point Bushcare for planting

Children and adults alike were captivated by a special gardening session run by Beauty Point Bushcare on 25 March. The group ensured it was thoroughly enjoyable for everyone.

Children aged from two to ten busied themselves for the first hour or so planting natives, putting protective plastic cages around them and watering them in.

Most of the children were from Beauty Point or Wallaga Lake Heights but Marlow had come from Yowrie to join in a second time. First-timers six-year-old Aella and nine-year-old Edie worked together. Between them they planted a dozen native raspberries, carefully hammering in the bamboo stakes to hold the protective cages in place. It was the third time for six-year-old Lily. 'I like that you do planting and learn about nature,' Lily said.

The learning continued when Georgina Adamson started Kamishibai. It is a form of Japanese storytelling using pictures. The children were hooked instantly.

Georgina told a story about three children visiting their grandmother at Wallaga Lake. She surreptitiously taught the children how people can protect the lake's edge by planting vegetation. The children were absolutely engaged, putting up their hands to answers the questions that Georgina posed and to ask Georgina questions.

The second story was about animals living in the bush. 'Super-heroes like you've never seen before,' Georgina told the wide-eyed children. Adults were amazed by how attentive the children were, hanging onto Georgina's every word.

Next was a game of Nature Walk Bingo where kids marked

off each insect and plant on their sheet of paper as they spotted it.

The group put on a huge spread that the hungry and thirsty children relished, as did the adults. The plants and catering were funded by a 2023 community grant from Bega Valley Shire Council.

Marion Williams



Beauty Point Bushcare

## Talking circularity at the Moodji Futures Dinner with Costa Georgiadis and Paul West Friday 9th May 2025

As part of his ninth annual Far South Coast tour, Costa Georgiadis of ABC's *Gardening Australia* returns to Bermagui on Friday 9 May for an evening of local food, music and meaningful discussion on the circular economy and its role in building a resilient future.

Hosted by Bermagui's own Paul West (*River Cottage Australia*), the event is a fundraiser for Moodji Farm – Bermagui Preschool's urban and Indigenous agriculture project, now celebrating its sixth year. The panel will explore how circular thinking can strengthen communities in the face of social, economic and climate uncertainty.

Joining Costa on stage is Andrew Taylor of the Regional

Circularity Cooperative, sharing insights into the practical applications of circularity in regional settings. Local grower and beekeeper, Rhiannon Simmonds of Sunny Urban Farm, will also share her approach to climate-positive living through mending workshops, clothing swaps and seasonal produce.

The evening's three-course meal will be crafted by lead cook Tora Jong, who incorporates her love of herbs and food in nourishing creative dishes. The menu features produce grown especially for the event, with seeds provided by Bega Valley Seed Savers and harvested by preschoolers, students and volunteers. Oz Harvest contributions and a community call-out for backyard herbs and veggies for this hyper-local celebration of food.

The evening begins at 5.00 pm with live acoustic folk music from guitar and mandolin duo Ralph Cullen and Luciano Bassegio.

Proudly supported by Bermagui Surf Life Saving Club, Bermagui Hotel, Oz Harvest and Horizon Bank, this special event offers an inspiring taste of circular living and community collaboration in action.

To book for the evening search for Humanitix on your choice of browser, then put 'Talking circularity' in the events box and 'Bermagui, NSW' in the place box. Or use the QR code.

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## Sailing legend Jeanne Socrates serendipitously berths in Bermagui during storm

In late March, legendary sailor Jeanne Socrates and her 38-foot sailing vessel *Nereida* took shelter in Bermagui from the storm. Little did we know of her family links to Bermagui.

The English woman is the oldest person to sail solo, non-stop, unassisted around the world via the Southern Ocean's notorious five Great Capes, as well as the first woman to circumnavigate the world solo, non-stop and unassisted from North America.

Non-stop means not setting foot on land at any time, so carrying all food and provisions on board. Unassisted means no practical help from any other person or craft, nor using the engine which was sealed before she set sail and checked on her return.

Jeanne first stepped into a dinghy in 1990, aged 48. Four years later she did a course on yachting, thinking it would be boring.

Since then, Jeanne has circumnavigated the world four times. She was inducted into the prestigious Cape Horn Hall of Fame in September 2023.

She left England in *Nereida* in June 2009. Her current voyage began in Canada in September 2022.

In early 2020, Jeanne visited Australia to learn more about some of her Falkiner family, famous for sheep breeding in the Riverina. With international borders closed, Jeanne circumnavigated Australia in a camper van.

She learnt that her aunt, Lawre Falkiner, married Colonel John Mansel Bruce Steer. They had moved to Bermagui in the late 1940s after he served in World War II.

The couple were responsible for Bermagui's netted saltwater pool, and he was instrumental to the construction of the seawall. Jeanne intended visiting Bermagui Historical Society to learn



Jeanne Socrates: Sailing legend Jeanne Socrates holds several world records.

more about her aunt and uncle.

Bermagui Fishermen's Cooperative helped Jeanne out, while a fellow female sailor tumble-dried Jeanne's clothes after a portlight leaked and cooked her dinner before this truly inspiring 82-year-old resumed her voyage.

*Marion Williams*

## Meet your new GP

### ***What's your name?***

Christina Kim. I come from Sydney. I did my uni, medical school and hospital years in Sydney and decided to come down here for something different.

### ***What brought you here?***

I used to come here as a tourist with friends and I just fell

in love with the area. The first time I came down I visited my friend who was on placement in Katungal, the Aboriginal Medical Centre in Narooma. I was blown away as I had never seen such a beautiful place in my life.

I was intending to do my GP years in Sydney and, at the last minute, I applied for a transfer with the RCAP (Royal College of Australian Practitioners) medical college as I wanted a bit of adventure. It was approved and I started cold-calling practices. I wasn't sure if anyone was going to give me a job. When I called the Bermi clinic, I had such a good feeling and they asked for my CV. Then I had an interview, and it just felt right. They gave me a job. It really happened very quickly.

### ***How is it working at the Bermi Clinic?***

Generally, there are three or four doctors at the clinic each day now. I'm a junior GP registrar so I am still studying. I'm hoping to sit for my final exams at the beginning of next year, but the learning never really finishes.

### ***Where did you work before?***

I worked in a couple of different hospitals in Sydney – Hornsby, Northern Beaches, Westmead Children's and St Vincents Hospital. I've been all around.

### ***How long are you going to stay?***

I am planning on being here until next year and I'm very open to coming back later. It is so friendly and welcoming here.

*Interviewed by Deb Worgan*



Christina Kim

We are officially a divided community in Dignams Creek/Wullunthar.

Folks on the north of Dignams Creek are cut off from the highway and their neighbours. A 'Road Closed' sign on a fence stops anyone trying to cross the old wooden bridge that is half down, and a new concrete one is soon to go up.

As previously reported, the timeliness and accuracy of communications from both Councils has been just abysmal, albeit improving over time. Still, we have no answer or advice on emergency preparedness. We have no answer on a simple upgrading of fully public National Park roads. Before Council offered a solution on our mail, a neighbour had dragged an old kennel with our numbers painted on across the creek to collect it.

It's a one-hour drive to Narooma on the back roads. It's a lovely drive on well-maintained roads. But it feels like a long way in an emergency. And a hell of a long way to the Cobargo Coop, usually a thirteen-minute drive. There is a rather splendid pedestrian bridge, erected so quickly, and a car park provided for people to keep a second/spare car on the other side. Not everyone has a spare car, and not everyone has such great knees to get up those stairs but those that do can haul my shopping. Thanks for that, pals.

While they make a hell of a racket, sometimes for eleven hours a day, the workers are cheerful and helpful. In fact, one of them is a dear Diggies neighbour, Greg, whose truck delivered essential supplies. While I wish that our Councils didn't outsource so much and that more essential local workers and equipment were retained in-house, the company that got the bridge job is Australian and worker-owned. No one here is grumpy with them, not at all, we just wish we'd had less reason to be disheartened and disappointed in both Councils when the requests were so obvious and required a simple willingness to communicate.

There is a lot to be grateful for. As I scroll back through our community chat messages, I see neighbours picking other



The splendid foot bridge



The most definitely closed road.  
Dignams Creek bridge works, photos Flick Ruby

neighbours up from hospital visits and getting them settled. A cheese-making kit is going to get a workout after sitting in Sally's cupboard for too long. Good advice was shared about the right conditions for doing small pile burn offs and reminders

of who to tell. Sally Anne's weed of the month is bamboo that, of course, I have a lot of but, with neighbours like we have in Diggies, we will deal with it and stick together, despite all of the obstacles.



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BEST LITTLE OP SHOP ON THE COAST

## Cobargo's David Newell stars in *Summer of the Seventeenth Doll*

Cobargo's own David Newell is stepping into the spotlight in Theatre Onset's upcoming production of *Summer of the Seventeenth Doll*, playing the iconic role of Roo – one of the most enduring characters in Australian theatre.

Dave's performance is set to be a highlight of the production that opens at the Old Anglican Church in Bega on May 30.

'Roo is a man trying to hold on to the identity he's built over a lifetime – even as the world around him begins to shift,' says Dave. 'There's a vulnerability in him that really speaks to me. He's tough, but there's a deep heart underneath it all.'

I performed alongside Dave in Crimson Rosella's *Dead Horse Gap* in 2024 and, when I became the director of this play, I knew immediately that he was the right actor to take on Roo – I didn't give him much of a chance to say 'no'. Roo is the emotional centre of the story, a proud man wrestling with change, and Dave brings the groundedness and intensity that the role demands.

Set in 1950s Melbourne, *Summer of the Seventeenth Doll* follows two cane cutters who return south each year for a summer of love and celebration – until the seventeenth visit, when long-held rituals begin to unravel. Lawler's classic play explores loyalty, change and what happens when reality no longer fits the stories we tell ourselves.

Catch Dave and the rest of the cast on stage from 30 May to 8 June at the Old Anglican Church, Bega.

Tickets are available now through Try Booking. Visit their website and put *Summer of the Seventeenth Doll* and Bega in the appropriate fields of the Find Event section.

*Eva Mills, Director*



Dave Newell as Roo Webber

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

## An evening of Persian-fusion at Four Winds

Hamed Sadeghi is returning to Four Winds after his stunning 2021 performance, bringing with him an incredible percussionist, Sohrab Kolahdooz, for one night only – Friday 23 May at 6.30 pm.

Hamed started playing the tar as a child in Iran. From the first time he picked up this traditional instrument, made from the skin and bones of a sheep, he felt like he had played it in a past life. Since moving to Australia, he has been combining Persian classical music with jazz and other instruments and styles. It's 'simply complicated', he says of the process of being inspired by other musicians, conversations and the elements around him and weaving them into sound.

Sohrab Kolahdooz is dedicated to Persian percussion and also reimagines everyday utensils as musical instruments. After listening to him play on his YouTube and Instagram channels, this master of the tonbak, the principal percussion instrument in Persian music, could also turn our fruit bowls, saucepan lids and kitchen tables into a symphony!

This performance fusing Persian classical and contemporary music by two artists at their peak will be another world-class music event just minutes from home.

Come early for local food and drinks from 5.30 pm on Friday 23 May.

Tickets are \$45 (\$35 concession), with free entry for under 16s. The tickets are now available just visit the 'Four Winds Bermagui' website and buy tickets for a fabulous evening.

*Flick Ruby*



## Kara Coen and the FireFlies with friends

I'm beyond excited to invite you to the crowd fund Big Bash – a massive thank you celebration for all the incredible support we've received on this journey. Join me, Kara Coen, as well as The FireFlies and Friends on Saturday, 14 June at the beloved Murrah Hall for a vibrant pop-up art and music festival filled with heart, creativity and community spirit.

We've nearly reached our target of \$3,000 and we'll be heading into the studio soon thanks to our music-loving

community. I have been overwhelmed by the support, especially at our recent event in Cobargo at Valiant Coffee.

So, it's time to say thanks, especially to all those musos who've lifted me up – we have such a special music community here.

This is a family-friendly, LGBTQIA+ safe space event and, yes, daggy dad dancing is totally encouraged! Gates open at 11.30 am, and the entertainment kicks off at noon. We're showcasing amazing local talent, from musicians and dancers

to workshops and a buzzing artists market, in partnership with the incredible Crème Femme Collective.

We've kept tickets affordable for all:  
\$10 – I'm a bit skint  
\$20 – I'm doing alright  
\$30 – I've got spare  
Kids under 15 are FREE.

Buy your tickets through Humanitix – look for karacoen.com and help us celebrate the end of my crowd fund campaign and our return from the studio. This event supports not just our crowd funding for the recording studio but also paid gigs for the talented local creatives who've lifted us up along the way.

Expect a fun-filled day with an open mic and jam session, a kids art corner, warm fires, yummy food and drinks, and a fab raffle. Sign up for open mic (noon) – email [info@karacoen.com](mailto:info@karacoen.com) or just rock up with your act!

We've got special guests like Sapphire Tribal Bellydance, Miss Von Poss, Lady Karisma, Casey Greene, Don Jon and Marco, and more local legends. We'll close out the night with a full band show at 6.30 pm, followed by a fireside acoustic jam session.

Let's make this a day to remember!

*Kara Coen*



Kara Coen supporting Tex Perkins at Milton Theatre Photo: Bronwyn Kidson photography



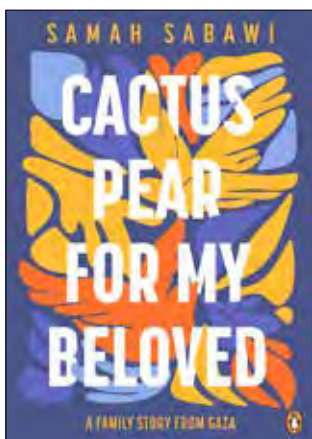
## In conversation with Palestinian-Australian Samah Sabawi

In July 1967, forty-day-old Samah was carried out of Gaza, Palestine, in her mother's arms in search of her father who had escaped to Jordan – somewhere. Fifty-six years later, she's an author, playwright, poet, journalist and recipient of multiple awards both nationally and internationally. Her recent book has just been short listed for the Stella Literature prize.

Samah will discuss her book *Cactus Pear for My Beloved* as part of her Far South Coast tour on her way to the Sydney Writers Festival.

*Cactus Pear for My Beloved* follows the journey of Samah's family over the past hundred years starting in Gaza under British rule and ending in Redland Bay, Queensland. Her parents were born as their parents were being forced to leave their homeland in Gaza.

Filled with love for land, history and its peoples, *Cactus Pear for My Beloved* is, more than anything else, a family story and a love story told with optimism, humanity and feeling. It reminds us that the call of home and land remains strong, and that belief in words, art, family and community can help you rise from poverty and exile into a fulfilling life.



Samah will talk about the process of writing the book and her other projects, reflecting on how decisions are made about the literary form of her works. *This book is a magic lantern, an elegant mosaic and a reclaiming and a reassertion of memory and history. It is playful and heart breaking, sly and true, defiant and tender.*

– Christos Tsiolkas  
For more information contact Steve Payne on 0417 738 331 or at [dukest@me.com](mailto:dukest@me.com).

### Samah's upcoming events:

Bermagui: Friday 16 May from 10.30 to noon organised by Bermagui U3A at Bermagui Men's Shed. For bookings call 0408 786 546.

Moruya: Monday 19 May from 2.30 to 3.30 pm at the Moruya Library. Bookings on Eventbrite, for more information call 4474 1333.

Bega: Tuesday 20 May from 6 to 7.30 pm at Café Evolve and Candelo Books. For bookings call 6492 1091.



Samah Sabawi



## News from Cobargo Creators

Cobargo Creators is absolutely delighted to present a display of work by some of the area's youngest creators! The 'Mini Stitchers' is a group of local, school-aged girls and boys who have been exploring their creativity by learning to sew. These young and very enthusiastic creators have been developing their sewing skills while working with our own doyennes of stitchery: Lorraine James and Beth Dogan.

Fostering creativity in the community is a fundamental objective of Cobargo Creators and this inter-generational collaboration has resulted in a fabulous collection of hand and machine stitched pieces that the group is eager to share with the wider community. In a broader sense, the items in the collection also represent the cultivation of patience and perseverance, the promotion of individuality and self-expression and the development of life skills. The group's work will be on display in the Cobargo Creators Gallery from Tuesday the 13 May until Saturday 31 May. We invite you to come in and enjoy what the Mini Stitchers are keen to show you.

The Mini Stitches' Exhibition will be followed in June by a focus on our wonderful local authors. Cobargo Creators boasts five local authors among our members and their work will be the highlight of our main window display between 1 to 14 June. With winter approaching, there's no better time to stock up on some quality reading material. So come in and help us celebrate local creativity expressed through the written word.

Glenda Heino

## QUAAMA GENERAL STORE



Your one stop shop for Australia Post services, groceries, petrol, hardware, lollies, takeaway meals, local produce and plants.

Tell 'em  
you found  
'em in  
The  
Triangle!

## Shop7 ArtSpace news

This month, Shop7 ArtSpace Gallery in Bermagui has an exhibition by guest artist Angela Ratten, a community exhibition *Edges* and new winter opening hours.

After years of closing every Tuesday, Shop7 is changing this to closing every Wednesday this winter, in keeping with our



A ceramic vessel made by Angela Ratten. Photo: Lyndal Jenkins

upper deck neighbours at The Sundeck, who will also be open every day except Wednesdays. You will be able to make a day of it by coming upstairs, enjoying their delicious offerings and then wandering along the deck to nourish your soul with art.

May at Shop7 begins with artworks by members alongside guest artist, Angela Ratten, whose clay vessels respond to her notion of 'Beauty lies in the irregular and unrefined'. She has hand-pinched vessels from rustic clay, creating earthy surfaces that are layered with white porcelain and glazed with bold blue and green patterns. Anne's exhibition is on until 7 May.

Angela's exhibition will be followed by Shop7 ArtSpace Gallery's first community exhibition for 2025 – *Edges*. It includes 2D and 3D artworks in a variety of media that respond to the theme of edges, each in their own unique way, created by our local artists and a few from further afield.

Everyone is welcome to the *Edges* opening on Friday 9 May at 5.00 pm – *Edges* will be on show until Wednesday 28 May.

Shop7 ArtSpace Gallery is on the upper deck of the Bermagui Wharf. Take the stairs, or a lift is available. Open 10.30 am to 3.00 pm every day except Wednesday.

L. Jenkins

## Spiral members Easter exhibition

### Cash, card and carry exhibition

New works from Spiral Gallery members in various media including ceramics, jewellery, clothing, paintings, handcrafted wood and knives, and more. Runs to 13 May.

### *The Story of Used to Be ... continued*

Exhibition of up-cycled items by Rita Easton.

Upcycled items ranging from metal to fabric. Let's go zero waste, think twice before you buy. Make do with what you've got.



Bitza – used to be a leather jacket, stone was a jewellery piece.

### Family Threads

Cousins, Steve Stafford and Michelle Flynn, have an exhibition called *Family Threads* opening 1 May and running until 13 May in Gallery 2.

Michelle donated a collection of objects to AIATSIS (Australian Institute Aboriginal and Torres Strait Islander Studies) in 2014, highlighting the career of her grandfather, Alf Stafford. Alf Stafford, a First Nations sportsman and public servant who became a Prime Ministerial driver, donated his papers to Parliament House as evidence of an Aboriginal presence at the highest level of federal politics. This, and her interest in family history, has brought her and Steve's extended families together. During COVID, Michelle enrolled in an online course of *ngumipie* weaving and has created her own pieces from this experience.

Steve's woodwork interpretations, after discovering more of his Uncle Alf's life, reinforce the sayings 'don't judge a book by its cover' and 'nothing is how it seems'. His objects are changed from their original form by subtraction or addition. Steve's woodworks will be on display to provide some insight into the life of this amazing First Nations man, Alf Stafford.

Spiral Gallery, 47 Church St, Bega. Open Mon-Fri 10.00 am to 4.00 pm, Sat 10.00 am to 1.00 pm. For more information search for 'Spiral Gallery Bega' in your browser.



Wild Dog Creek, Anneke Paijmans



Meandering Steve Stafford



Michelle Flynn, woven basket with *gundiirr* (emu feathers)

**The Salt Path**  
**Raynor Winn**  
**Penguin Books**  
**RRP \$32.99**

First published in 2018, this memoir/travelogue has had a new burst in popularity. It has been made into a much-hyped film and chosen by many libraries for their book clubs and for their Words and Music programs. It received glowing reviews and was shortlisted for the Costa Awards. It mainly attracted adjectives such as: inspirational, liberating, regenerative, courageous and, of course, life changing. And these adjectives usually mean that I won't read it! It is another in the popular genre of firstly, a life changing event, followed by a seemingly impossible journey and ending in personal change and growth. But it is different.

Ray and her husband Moth have lost their lovingly restored farm, home and B&B in rural Wales. It is not their fault and an example of an unjust legal system where those who can afford expensive lawyers are the winners. Only a day after the judgement, in which they lose everything, they learn that Moth has an incurable degenerative brain disease. Within a week, the bailiffs take possession. They have become the new middle-class homeless.

What can you do when you are in your early 50s, have lost all your worldly possessions and one of you is dying?

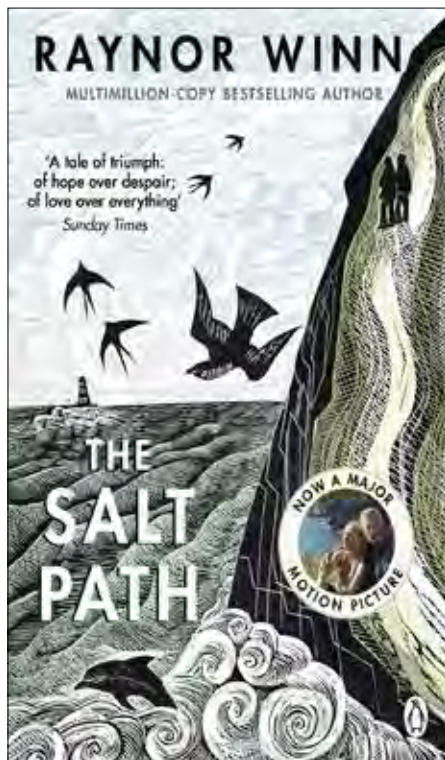
Ray and Moth decide to walk the Southwest Coast Path, from Minehead in Somerset, through north Devon, Cornwall and south Devon, to Poole in Dorset, via Land's End. A 630 mile walk over two summers. They have very little money, so their equipment is at best inadequate, they are not experienced walkers and yet they thrive. There are many highs and lows, just as this cliff path is often steep and unforgiving. A diet of noodles, rice and fudge bars, with the occasional treat of a pasty seems to sustain them, as well as the wild and wonderful scenery, with moonlight swims and the kindness of strangers.

Not all strangers are kind, and neither is the weather nor the path. There is difficulty in wild camping when there is no flat ground.

Winn gives vivid descriptions of the area and short histories of this part of ancient and wild Britain. Winn also adds her thoughts on homelessness and statistics about homelessness in Britain.

We follow them with the hope that all will be well.

I was involved, I hoped it would turn out well, but I also found this memoir repetitive. Mainly, and I'm sure I'm in a minority, I felt I never really felt the grit, the dirt or the hunger. At the end, I felt that I still didn't know this flesh and blood couple.



## Spiral Gallery: Celebrating First Nations artists living on Yuin Country

16 May – 11 June

The opening will be on Saturday 17 May at 10.00 am until noon. There will be morning tea and a chance to meet the artists. There will be a Welcome to Country at 11.00 am. Featuring Indigenous artists living on Yuin Country: Don Atkinson, Sabrina Canavan, Gavin Chatfield, Amanda Close, Sharyn Close, Jidi Cooper, Cheryl Davison, Sean Deaves, Toni Hill, Stacy Muscat, Bronwen Smith, Emma Stewart, Alison Walker and Andrea Warren.



Don Atkinson, Mulletts

## Camel Rock Brewhouse *is back!*

- Open Wednesday - Sunday
- 12 beers on tap
- Dine in or takeaway
- Live music every Fri and Sat nights
- Dog friendly



### CROSSWORD ANSWERS

#### ACROSS

7. Blue Pool 9. Router 10. Used  
 11. backgarden 12. tissue 14. endanger  
 15. assumed 17. impinge 20. emoticon  
 22. sneeze 23. impersonal 24. limp  
 25. is born 26. sinister

#### DOWN

1. classics 2. weed 3. cobble 4. Brogo  
 Dam 5. quarantine 6. serene 8. lackey  
 13. stub the toe 16. exciting  
 18. gazumped 19. an onus 21. momism  
 22. saline 24. lush

## Sage advice on salvias



*Salvia officinalis*

The genus *Salvia* is the largest in the mint family (*Lamiaceae*) and among the biggest in the entire plant kingdom – currently ranked twenty-fifth – with 1,024 recognised species and many more cultivars and hybrids.

The type species, *Salvia officinalis* (common sage), serves as the genus's botanical anchor, defining the key traits shared by all other salvia species. Common sage has a rich history in traditional medicine. The Egyptians valued its healing properties, and Roman author, Pliny the

flower's stamen is hinged, working like a lever. When a pollinator enters for nectar, it triggers the lever, depositing pollen onto the visitor that is then carried to the next flower's stigma – ensuring efficient reproduction.

With such vast diversity, there's a salvia for nearly every garden style and climate. They range from compact groundcovers to large shrubs, and flower colours span nearly every shade, including brilliant blues, fiery reds, soft pinks, purples, whites, yellows, and even rare tones like black and brown. Some are bold

the Victorian *Salvia* Study Group that is available online.

Meanwhile, around the town gardens, the tibouchinas are the stars of the show this time of year. Every garden should have one – they come in a range of sizes to suit almost any space.

Now's also the perfect time to plan for a splash of winter colour. Plant out a few punnets of cool-weather-loving annuals such as pansies, violas, primulas or polyanthus to brighten up the colder months.

In the wild, along roadsides around the Triangle, keep an eye out for yellow dots appearing at shrub height. That's *Acacia terminalis* (sunshine wattle) beginning to bloom. Growing to around two metres tall, with dark green, finely divided leaves, it's one of the few wattles to flower during the colder months.

In the vegie garden, the first peas and snow peas should be coming on. To keep your crop going, follow up with another planting. If you love broad beans – or want to give them a go – now's the ideal time to sow seeds. Lettuce can go in too (unless last season's seeds are already popping up) and it's also a great month to plant alliums such as onions, garlic, leeks and eschalots.

Finally, if you have any comments, gardening questions, or need help identifying a plant or pest, feel free to get in touch at [gardening@thetriangle.org.au](mailto:gardening@thetriangle.org.au) – we're happy to help.

Happy growing!



*Salvia oxyphora*

and vibrant, others subtle and pastel. As an extra bonus, many salvias have a coloured calyx or flower tube so that even when the flower petals drop off, a coloured stem remains for many months.

In addition to their beauty and ecological value, many salvia species are hardy, low-maintenance and drought-tolerant – making them a favourite among gardeners and pollinators alike.

For more in-depth information, one of the most comprehensive resources is



*Salvia gesneriiflora* 'Tequila'

Elder, first used the name salvia in 77 AD, derived from the Latin *salvere*, meaning 'to heal' or 'to be saved'. The species name, *officinalis*, refers to the *officina*, the storeroom in a monastery where medicinal herbs were kept and is often used in plant names to indicate those of a culinary or medicinal importance.

All salvia flowers are highly attractive to pollinators. Their tubular shape suits bees, butterflies and honeyeaters perfectly. A unique feature across the genus is a specialised pollination mechanism: the



*Acacia terminalis*

## Well Thumbed Books

Quality second-hand books. Fiction, non-fiction, children's books plus more.

Find us at:

51 Princes Highway, Cobargo  
 Mon-Fri: 10am to 4pm,  
 Saturday: 9am to 1pm



## It's pumpkin time!

Autumn is my favourite time of year; the weather lately has been perfect – sunny and crisp at the same time. The air holds a golden quality that shimmers with the glorious colours of the changing leaves. Pumpkins of all varieties are appearing

on roadside stalls and thoughts of warm, cosy meals featuring pumpkins spring to mind. Pumpkin soup, anyone? Let's try some other ways to enjoy our seasonal friends.

Linda Sang

### Pumpkin, sage and ricotta filling *Angela Marshall*

This mixture can be used for dainty little filo pastry triangles to be served as finger food or made into a filo pastry log, baked and cut into servings or even tipped into a pie case.

#### Ingredients:

- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 4 fresh sage leaves, finely chopped
- Pinch sea salt
- 200 g carrots, peeled and finely grated
- 250 g butternut pumpkin, peeled and coarsely grated
- 50 mls chicken (or veg) stock
- 1 egg, lightly beaten

150 g ricotta (try to avoid the rather wet ricotta sold in plastic pots – drain for a couple of hours if that's all you can find)

- 40 g Manchego cheese (substitute Pecorino if unavailable)
- Freshly ground black pepper
- Filo pastry or pastry shell

#### Method:

Cook onion, sage and salt over low heat for about 10 minutes until onion is soft. Add grated carrot and pumpkin and cook for another 15 minutes until soft.

Add stock and cook until it has nearly evaporated. Leave to cool before adding

egg, cheeses and pepper. Mix well.

If you are making finger food, wrap tablespoons of the mixture in sheets of buttered filo folded to make small triangles. Alternatively, lightly butter about five or six sheets of filo and place the mixture down the middle, tuck in the ends and form a log. Brush the outside of your pastries or log with butter and bake at 180° C for about 25-35 minutes until pastry is golden and filling feels firm. Otherwise, you can tip it into a pie dish lined with shortcrust pastry and bake as above. Serve hot or warm with a sharp dressed salad like rocket or mizuna.

### Alboronia (quince and pumpkin ratatouille) *bhagya*

#### Ingredients:

- 5 quinces
- 500 grams peeled pumpkin cut into 2.5 cm chunks
- 1 teaspoon salt flakes
- 150 ml olive oil
- 3 eggplants cut into 1 cm chunks
- 50 ml olive oil
- 1 large brown onion
- 2 green capsicums, seeded and diced
- 5 bay leaves
- 1 tablespoons cumin seeds, roasted and ground
- 1 kg tomatoes, peeled, seeded and pureed
- A handful of chopped parsley

#### Method:

Preheat the oven to 180C.

Wash the quinces and wipe dry, then place on a large baking tray. Roast for 1 hour or until soft and pinkish/golden. Meanwhile, spread the pumpkin on another baking tray, sprinkle with the salt flakes and drizzle with 60 ml of olive oil.

Jiggle the tray to ensure the pumpkin is nicely coated. Bake for 20-30 minutes or until golden and tender.

Heat the remaining oil in a large heavy-based frying pan over high heat until almost smoking. Add the eggplant and toss for 7-8 minutes. Add the onion and a pinch of salt and sauté for 5 minutes or until soft but not coloured. Stir in the capsicum, bay leaves and cumin, reduce the heat to medium low, cover and cook for about 30 minutes or until the mixture is soft and has a jam-like consistency.

Meanwhile, peel and quarter the roasted quinces and cut into 2.5 cm chunks.

Add the pureed tomatoes to the capsicum mixture and cook for 2-3 minutes or until warm. Add the roasted pumpkin, quince, eggplant and parsley then gently mix together. Season to taste and serve warm.

### Pumpkin fruitcake *Linda Sang*

#### Ingredients:

- 125g butter
- 1 cup brown sugar, lightly packed
- Zest of a small lemon
- 2 eggs
- 2 cups self-raising flour
- 1 cup of cooked, mashed pumpkin
- Use a dry pumpkin, not Kent
- Cook 350g to get 1 cup
- 1 tsp mixed spice, a pinch of salt
- 375g packet of mixed dried fruit

#### Method:

Cream butter, sugar and zest. Add eggs one at a time, beating after each addition. Add flour, pumpkin, spices, salt, mix until combined. Lastly fold in the mixed fruit. Cook in a prepared 20 cm cake tin (greased, paper-lined) in a preheated 170° C oven for 1 hour or until cooked when tested with a skewer. Serve plain, or you could drizzle a lemon glaze over the cake when cooled. Just whisk 100g icing sugar with 1½ tbsps lemon juice till smooth.



# COMMUNITY NOTICES

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

## ALCOHOLICS ANONYMOUS

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

## ANGLICAN PARISH OF COBARGO

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  
kfp Preston@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

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

## BERMAGUI MEN'S SHED

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

## BERMAGUI PROBUS

Meets at 10am to 12pm on the 2nd Monday of  
each month at the Men's Shed meeting room.  
Bermagui Tathra Rd. Contact Lorraine Courtis  
email 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](mailto:renewablecobargo@gmail.com)  
[www.renewablecobargo.com](http://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](mailto:mail@cobargocreators.org)

## COBARGO CWA

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

## COBARGO DISTRICT MUSEUM

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

## COBARGO PRESCHOOL

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

## COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

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

## COBARGO RSL HALL

Hall bookings and inquiries:  
Graham Churchill  
0409 638 323 / [cobargorsl@gmail.com](mailto:cobargorsl@gmail.com)

## 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 0432 508 518 / [cobargohall@gmail.com](mailto:cobargohall@gmail.com)

## 1ST COBARGO SCOUT GROUP

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

## COBARGO SHOWGROUND

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

## COBARGO SHOW MEETING

Monthly 2nd Wednesday, 7.00 pm - Cobargo  
Showground dining hall. Contact Naomi 0417  
456 354 [secretarycobargoshow@yahoo.com.au](mailto:secretarycobargoshow@yahoo.com.au)

## COBARGO TOURIST & BUSINESS ASSOC

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

## DIGNAMS CREEK COMMUNITY GROUP

Meets randomly. Contact Nick van Stek, Pres.  
0439 361 118 or Felicity Ruby, Sec. 0452 161 673

## KAMALASHILA TIBETAN BUDDHIST CENTRE

Every Sunday  
Sunday guided meditation 10am - 11am  
Self-guided meditation 10am - 11am  
By donations. Everyone is welcome.  
9000 Princes Highway, Tilba

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## OPEN SANCTUARY AT TILBA TILBA

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

## QUAAMA / COBARGO QUILTERS

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

## QUAAMA MEN'S SHED

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

## QUAAMA PROGRESS ASSOCIATION

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

## QUAAMA SCHOOL OF ARTS

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

## SOAPI COMMUNITY THEATRE

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

## TILBA CWA

Meeting 2nd Thursday of the month, 10.30am  
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 9am to 1pm, Bate St, Central Tilba  
Stall booking essential. Phone 0490 130 478.

## TRIANGLE TOOL LIBRARY

Behind the Cobargo Co-op  
Open 9am-12pm on Tues, Fri and Sat  
[www.triangletoolibrary.org.au](http://www.triangletoolibrary.org.au)  
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](http://u3abermagui.com.au)

## VISITING 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](mailto:mtdromedary.uca.org.au)

## THE YUIN FOLK CLUB

The Yuin Folk Club organises the annual  
Cobargo Folk Festival and hosts folk music  
concerts throughout the year.  
Details at [www.cobargofolkfestival.com](http://www.cobargofolkfestival.com)  
Ph. Secretary Chris Walters 0476 787 480,  
Treasurer Peter Shears 0439 738 377 or email  
[info@cobargofolkfestival.com](mailto:info@cobargofolkfestival.com)

# Game On

This crossword was created by TWIG and includes some local references

## CRYPTIC CLUES

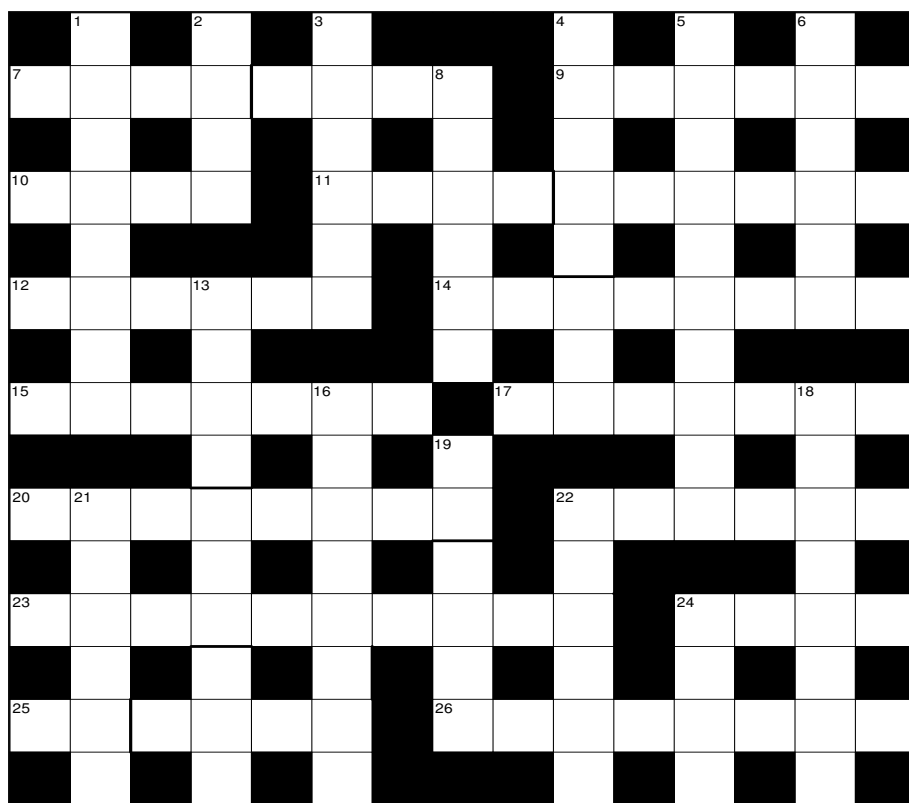
### ACROSS

7. Place to dip down and turn round (4,4)
9. In vitro, uterus only partly required by net (6)
10. Took beginnings of underground spears each day (4)
11. Worried danger to follow support in area behind house (4,6)
12. Sit backwards on a girl and wipe (6)
14. Confuse renegade with changing direction to put in difficult position (8)
15. Understood hesitation in Ukraine city with no opening retreating (7)
17. Bear upon little devil with middle finger (7)
20. Notice performance takes a little time to make a typed expression (8)
22. Symptom of cold from south – articulated knees! (6)
23. Some whimpers on allocation – nothing to do with anybody (10)
24. Relaxed writer's into record (4)
25. Robin dances with first song and comes into the world. (2,4)
26. Left – something not feeling right (8)

### DOWN

1. Left idiot to appear in One Hundred and One, with odd cast like Fawly Towers and Monty Python (8)
2. Little Edward followed after we passed water (4)
3. Poisonous gas cups the French put together (6)
4. Sounds like mate has energy to curse head of main provision (5,3)
5. Discovered square wants wines in isolation (10)
6. Calm and very dry to north east (6)
8. Subordinate type of beetle of great importance (6)
13. Sort out the best to hurt foot (4,3,3)
16. Cutting out old confidential informer and his job (8)
18. Cheated, short judge gazed around (8)
19. One for one exchange in unison breaking up a task (2,4)
21. Cardamom is means of keeping adulation of mother (6)

## MAY CROSSWORD



22. Alien's stormy like the sea (6)
24. Starts to learn ukulele. Shut up! That's rich! (4)
25. Enters life (2,4)
26. Menacing (8)

## STRAIGHT CLUES

### ACROSS

7. Local saltwater swimming pool (4,4)
9. Internet connector (6)
10. Vintage (4)
11. Area for family to play (4,6)
12. Thin paper (6)
14. Put at risk (8)
15. Leapt to conclusion (7)
17. Affect (7)
20. Emotional character (8)
22. Allergic reaction (6)
23. Detached (10)
24. Walk with difficulty (4)

### DOWN

1. Established works of art (8)
2. Unwanted plant (4)
3. Put together roughly (6)
4. Local water reservoir (5,3)
5. Isolation (10)
6. Peaceful (6)
8. Gofer (6)
13. Kick painfully (4,3,3)
16. Removing (8)
18. Sneaked in with higher price (8)
19. A duty (2,4)
21. Oedipus's affliction (6)
22. Salt water solution (6)
24. Luxurious (4)

Answers on page 35

## Traditional Maori art

Traditional art of the Māori culture in New Zealand dates to more than 700 years ago, originating from Polynesian settlers and heavy European influence. Interestingly, there is no traditional Māori word for 'art' as its form and function were so integrally woven in daily life. One of the most common elements depicted in Māori art is the koru, a symbol of an unfurling new fern. This distinct coil or spiral shape represents new life, harmony, growth and strength.



# For the fridge door

MAY	WHAT	WHERE	TIME
All May	Open photography competition for Fungi Festival; winners will be exhibited & some great prizes pg 6	Enter by going to the Fungi Festival website, click on Photography	Till 31 May
	Exhibition of upcycled items by Rita Easton pg 34	Side Room, Lazy Lizard	M-F 10 -3 pm Sat 9am-1pm
Thurs 1 - 7	Guest artist ceramicist, Angela Ratten + member artists pg 34	Shop7 ArtSpace @ the Wharf. Not open Weds	Open 10.30 - 3 every day
Thurs 1 - 13 Thurs 1 - 13	<i>Family Threads: Steve Stafford + Michelle Flynn, cousins</i> pg 34	Spiral Gallery 2 Church St Bega	M-F 10-4 pm Sat 10-2 pm
	Cont. Members Easter cash, card & carry exhibition pg 34	Spiral Gallery 1 Church St Bega	M-F 10-4 pm Sat 10-2 pm
Fri 2	Bookfair & wood raffle, lots of yummy food, coffee & many books to peruse	Cobargo Preschool, Park St, Cobargo	Fri 3 - 6 pm
Sat 3			Sat 9 - 3 pm
	<i>White Rock</i> film screening and panel discussion, front page	Narooma Surf Club, 7 Ballingalla St, Narooma	6.30 pm - 9.30 pm
Sun 4	Poetry by lantern light: guided walks, listen to poetry, spoken word, histories and culture. pg 21	Central Tilba, bookings search for Tilba walks on Aust. Heritage Festival site	Times vary see page..
Tues 13 - 31	<i>Mini Stitchers</i> , boys + girls display examples of their stitched work. pg 33	Cobargo Creators, Lorraine & Beth taught mini stitchers	Sun-Fri 10-2 Sat 10-1 pm
Thurs 1 - 18	Narooma Historical Society exhibition <i>Unearthed</i> 11 local stories pg 10	Narooma Lighthouse Museum	Open 7 days 7 am - 2 pm
Fri 9	Moodji Futures Dinner: local food, music, talk, fundraiser Bermi Preschool	Bermagui Surf Life Saving Club. Booking essential pg 28	Starts 5 pm
Fri 9 - 28	Opening <i>Edges</i> community exhibition	Shop7 ArtSpace pg 34	5 pm
Sat 10	<i>Life in our cemeteries: 3 presenters</i> talk about history, flora and fauna in the cemetery. pg 14	Cobargo Cemetery, bookings at the BVSC website	11 am - 3 pm
Sun 11	Crystal bowl healing sound spa in the EE System with Robbie Hart \$50 pg 8	The Hemple, Dignams Creek Ph 0427 737 333	2.45 for 3.00 pm start
Fri 16	Samah Sabawi author talks about her book and life. pg 33	Men's Shed, Bermagui	10.30 am - noon
Fri 16 Sat 17	Spiral First Nations exhibition, many artists living on Yuin country. Meet the artists Sat, morning tea pg 35	Spiral Gallery 1, Church St, Bega	M-F 10-4 pm Sat 10-2 pm
Sun 18	Distinguished Gentleman's Ride for prostate cancer and mental illness.	NATA oval, behind Visitors Centre pg 7	Assemble around 9 am
Fri 23	Persian-fusion music, Hamed Sadeghi and Solrab Kadooz, traditional and contemporary mix of jazz. pg 32	Windsong Pavilion, Four Winds, Barragga Bay, book online	Food + drink 5.30, 6.30 start
Fri 30 - Sun 8	<i>Summer of the Seventeenth Doll</i> Theatre Onset production. pg 31	Old Anglican Church, 125 Gipps St, Bega	Opening 7.00 - 9.30pm check other times
<b>JUNE</b>			
Sun 1	Bungarri Yana Loop Track walk with Aunty Lynne Thomas, pg 7	Meet @Bellbrook Meeting House, 106 Corkhill Drive, Central Tilba.	Start 9.45 am for morning tea and talk