

# THE TRIANGLE

COMMUNITY NEWS

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QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

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## Bowerbird 10<sup>th</sup> anniversary celebrating \$250,000 of grants to the community

The Bowerbird Community Op Shop is celebrating its 10<sup>th</sup> anniversary. We've come a long way in that time – but the journey isn't finished yet.

We began the process of setting up the Cobargo Community Association in May 2015, finally opening the doors of our inaugural shop at the top end of the main street in July of that same year. Our goal was, and still is today, to raise money through the donation of goods, and then to use those funds to support local not-for-profits and community groups in the Triangle through grants. Our dedicated committee and volunteers – some have

been with the Bowerbird since day one – work hard to make sure every valuable donation brings as much money as possible back to the community. At the same time we're supporting another important goal, which is to reuse, reduce, and recycle.

We've certainly faced some challenges along the way – the Black Summer bushfires, COVID-19, and packing everything up and moving the whole operation down to the bottom end of the street. But we've stayed the course and, if anything, we've grown even bigger and better.

Our current location is big and bright and a great space for all the treasures the community and beyond regularly donate. The support of the Bowerbird has never wavered and continues to grow far and wide, becoming a regular stop for many visitors to the area, as well as a local icon. Importantly, this support has enabled us to distribute over \$250,000 into the community in those 10 years. An amazing achievement for everyone involved. We've come so far, always evolving and growing,

and I can't wait to see where we are in another decade.

To celebrate our anniversary there will be some exciting activities and events spread out over the rest of the year. One of these will be a nomination grant round, where community members can put forward deserving not-for-profit community organisations for grants. These will be in addition to our usual applications, made directly by organisations themselves. The details and application process will feature in the next edition of *The Triangle*. Look out for details in the store and online.

*Corrine Harris*



I moved back here six years ago. I'd grown up on a bush block without electricity, watching my parents build our home around us one brick, one window at a time. I was left with an eternal love of the bush ... and a deep longing for a flushing toilet.

But as soon as I had the chance to leave, I took it. I went to the city – I didn't know if I'd ever come back.

Life here is very different. It always has been. But it wasn't until I returned that I really noticed just how much is held quietly in this place – more than a passing visitor could ever see. You start to realise it when you flip through these pages. Caitlan Brown helping kids connect to nature through art at the Fungi Festival; Caron Parfitt showing up, again and again, to help steer boats and people to safety; or the Bowerbird Community Op Shop – ten

years strong – still run by people who give their time just to keep something good going.

There's something about this place. That sense comes up again and again, whether I'm chatting to a neighbour, filling up at the Co-op (is this the last place in the country where they still pump your fuel?), or interviewing people for *The Triangle* podcast. No matter their story, the reason people give for staying or for returning is almost always the same: 'It just feels like home.' Sometimes it's instant. Sometimes it takes years. But the feeling sticks.

We often talk about why people leave the Triangle area. But maybe it's just as important to understand why some of us come back. Or never leave at all.

*Jake Round*

## Letters

### Bureaucracy gone mad

We, the Cobargo School of Arts Hall Committee, have recently applied to Council for two upgrades to the hall.

1. three new switches to make operation of the hall easier for hirers
2. three new fans – larger and more efficient for the big hall

On neither occasion were we asking Council for any money, we had fundraised the necessary money. Yes, we did need to fill out a form on each occasion, irritating, but it is bureaucracy.

This is the response from Council for our second request: (Same as for the first). 'That the proposal for the upgrade of three ceiling fans at Cobargo School of Arts Hall be supported by Council, subject to the applicant sourcing external funds (we had already told them that), using a qualified contractor (yes); and CONFIRMING THEY WILL BE RESPONSIBLE FOR THE ONGOING CARE, MAINTENANCE AND RENEWAL.'

OK, so when the present committee retires, we take the fans cos we can't guarantee the following committee members will abide by Council's decision? Twenty years down the road, when maybe something needs fixing or replacing, Council says, 'Ah no, look for the committee members of 2025.' We'll be dead – well most of us.

What would be really nice, is if Council's reply had said: 'Thank you to the committee for your fundraising efforts. We're sure that the minor upgrades will make it safer and easier for your hirers. Council appreciates your efforts in upgrading and maintaining this valuable community asset.'

That's all, so simple.

*Louise Brown,  
Wandella*

### Why?

Why do a few people destroy and damage community buildings and land, even though we know how important these facilities are for us all? The debate about deliberate vandalism continues with many remedies proposed, from criminal prosecution through to family support. But, in the meantime, Council staff have to leave their regular work duties to clean up, repair and renew broken and smashed facilities.

Bermagui has been free of this kind of damage for a while. However, this month somebody lashed out at the toilet blocks in the Apex playground, leaving smashed fittings, a broken wall, and glass and ceramic shards all around.

These facilities are all-accessible and the park is a well-designed safe area for children and their families to use. It has

become a popular place for locals to meet, and for visitors to enjoy a playground with a beautiful view over the harbour.

The Council's town team looks after Bermagui year-round – mowing, cleaning, repairing and restoring our parklands, buildings, toilet blocks and streets. There's a never-ending list of tasks to keep the town looking good for locals and services running for everyone. They're the ones who look after Apex Park too, so it was pretty confronting for them to see this deliberate criminal damage.

Thanks to the team who moved in quickly to clear up the hazardous debris and got repairs underway so kids could keep on using this precious playground.

*Councillor Helen O'Neil  
Bega Valley Shire Council*



The team removing exterior debris



Removing debris in the toilets





## Thumbs UP

For the person who propped my Prius hubcaps against a lamp post, east of the Bermagui bridge, after I collided with a road chicane in the morning light of Friday 13th. Your thoughtful act saved me \$200. Thank you.

To the Yuin Folk Club for hosting the Zentangle workshop for 6 weeks in their Hub office. Great use of community cooperation and assets!

To Dave Allen, the Staff and especially the patrons of the Cobargo Hotel for the Friday night meat tray raffles. Throughout the year, various not-for-profit groups in Cobargo benefit from these meat raffles. A wonderful community effort which raises money for our local NFPs.

To the Cobargo Hotel for hosting Mahjong classes on Monday. Meet for lunch at 12 noon if desired and classes start at 12:30 pm. No charge for the classes!

## 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](mailto:contributions@thetriangle.org.au) and [lsang333@gmail.com](mailto:lsang333@gmail.com) with any questions.

## 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.



## Who does the work

### The Editorial Committee

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

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**Central Tilba:** Post Office, ABC Cheese

Factory, Sweet Spot **Cobargo:** Post Office,

United Petrol, Cobargo General Store,

The Bowerbird Op Shop, Well Thumbed

Books, Information Centre **Wallaga Lake:**

Merrimans Land Council **Narooma:** BP

station, Library, Casey's Café, **Quaama:**

The Quaama Store

### Deadlines:

Advertising: 5pm, 19th of each month

Articles: 12pm, 22nd of each month

### Thumbs / Letters to the editor:

All communications should be forwarded to: [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

Postal address: The Editors, *The Triangle*

PO Box 293 Bermagui NSW 2546

ABN: 75 182 655 270

*The Triangle* is a community newspaper.

Its aim is to provide information and news to the people in the Triangle area - the area

bounded by the three mountains (Gulaga, Mumbulla and Wandella). The committee

comprises volunteers who donate their time and expertise for the benefit of our readers.

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

Prompt payment of accounts is appreciated.

*The Triangle* is published every month except January and has a circulation of 1600

in print plus around 3000 unique online visits each month.

# Want to go to Uni, TAFE or get an apprenticeship?

If you are thinking about studying at a TAFE or university it is a great idea to attend Open Days.

Most universities hold an Open Day between July and September to give prospective students the opportunity to visit and experience the university firsthand. Open Days are a great opportunity to find out what the university is really like by talking to current students, meeting future lecturers, exploring the campus and finding answers to your questions.

University Open Days near the Triangle and surrounding districts:

## July

- University of Wollongong (Liverpool campus)
- Western Sydney University (Parramatta campus)
- Australian Catholic University (Blacktown campus)

## August

- Australian Catholic University (Strathfield campus)
- Charles Sturt University (Bathurst, Orange, Wagga Wagga and Albury-Wodonga campuses)
- Macquarie University (North Ryde campus)
- The University of Sydney (Camperdown campus)
- University of Notre Dame (Chippendale campus)

## September

- Australian Catholic University (North Sydney and Canberra campuses)

- University of Canberra (Bruce campus)
- University of New South Wales (Kensington campus)

If you miss an Open Day, you could attend the Career Expos in Canberra or Sydney in August. Universities, TAFEs and training organisations will be in attendance.

- Canberra CareersXpo – Wednesday, 13 August and Thursday, 14 August from 9 am to 2.30 pm, Exhibition Park, Canberra. Entry is free. For more information search for 'careersxpo'.
- Sydney Careers & Employment Expo – Friday, 15 August from 9 am to 3 pm and Saturday, 16 August from 9 am to 4 pm, Hordern Pavilion, Moore Park. Entry is free. For more information search for 'careersemploymentexpo sydney'.

*Marita Reynolds*



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

## On the Trail Far South

I turn around and dissolve into the landscape. I sense something hanging in the air. Trees seem to breathe, letting their leaves fall here and there and then I hear the breath of birds followed by a wheeze, one cockatoo calls another softly on the breeze and when I look they feel it and wing away towards the sea, a blur of black and red tail feathers through gum leaves. I start to feel their heartbeats echo below as waves bellow on the cliff wall where I heard whale-song days before. The bell-birds down the track chime together while close by a chorus of fantails keeps time. For mine I keep my eyes to the ground and slow down my thoughts, prowl through this world as part of warm air, yellow earth, grounded to this moment on this shoreline and this glossy black birdsong, the sound of beaks breaking seed.

*Jo Lyons*



## 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.

- **Bermagui** – 18 Bunga Street – Monday 5.00 – 6.30 pm fortnightly
- **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.

### Get in touch or find us on Facebook

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





## What does Wagonga Inlet mean to you?

Wagonga Inlet is the focus of a groundbreaking study, and a PhD candidate wants to hear from you.

Marine social scientist Jim DelBene is using science as a tool to raise the voices of the people in the community and packaging it to help inform decision-making.

The study is looking at things that are difficult to assign a dollar value to, the intangibles. For example, the pristine water quality that supports your business or your family's favourite swimming spot.

Often this information is only collected when people lodge complaints or respond to public exhibitions. That means decision-makers can miss the bigger picture. Jim's study aims to get a baseline understanding of what is important to people about Wagonga Inlet, and why, to better inform decisions.

'I did a literature review of the scientific work focused on socio-cultural values,' Jim said. 'Not a lot of work has been done on living shorelines so the recently completed Wagonga Inlet Living Shoreline project stood out. After talking with people in the community, I expanded my study to cover the whole inlet to not only fill a significant research gap but also create something more meaningful and useful for the community.'

The study includes three components: an online survey, two workshops, and interviews.

Jim is receiving positive responses from the community. 'People recognise there's a gap in how decisions are made about Wagonga Inlet. They see this study as a good opportunity to get information that can be used by both community groups and decision-makers.'

The online survey opened in mid-

April and will close towards the end of July. It takes around 20 minutes to complete, and participants can enter a prize draw for one of three \$100 grocery gift cards.

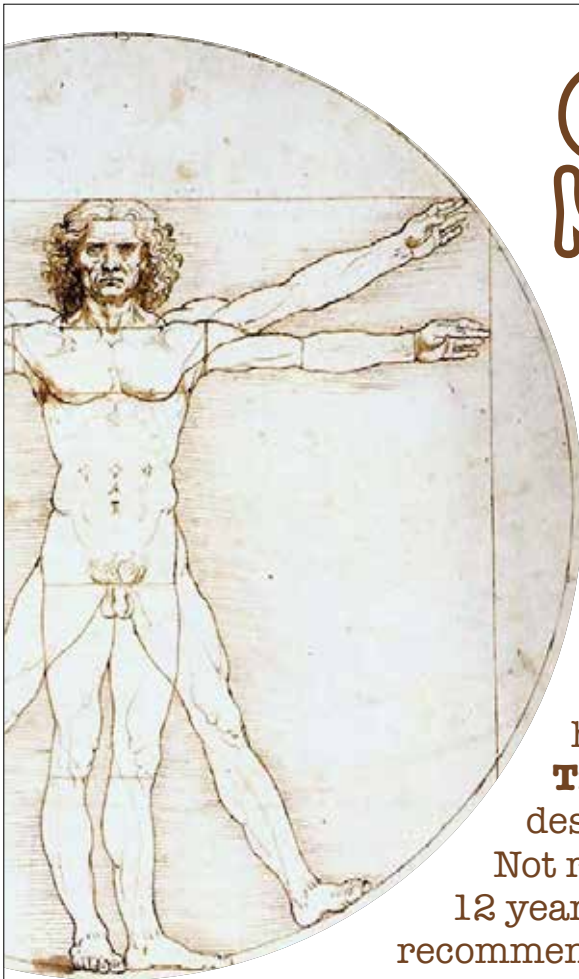
To take part, search online for 'ANU Wagonga Inlet survey'.

Jim hopes to share the findings early next year.

*Marion Williams*



Wharf and seal at Wagonga Inlet. Photo: Abigail Hills



# SOAPI

## Improv & Curry Night

**@ Cobargo School of Arts Hall**

**Saturday 26th July 5:00pm - 8:00pm**

**Curry served at 6:00pm**

**Gluten free and vegan friendly, BYOG**

**Booking essential:**

<https://www.trybooking.com/DCXDS>

**Tickets:** \$30.00 (including curry, desert & coffee) – limited to 36 seats  
Not recommended for children under 12 years old. Parental guidance recommended for 12 -17 year olds.



# Fungi Feastival art and storytelling events for children

Children are in for a treat these July school holidays with some exciting, hands-on events as part of the 2025 Fungi Feastival!

Educator Caitlin Brown – a local favourite known for blending art, science and imagination – will be running two fungi-themed nature art sessions at the Good Vibes Studio in Bermagui, plus a free forest fungi storytime and collaborative art activity at the Bermagui Library.

The studio sessions (5 and 19 July) start off with a warm and welcoming story circle exploring the magical world of native fungi, before launching into creative fun using natural materials – perfect for little hands and big imaginations.

The library event (8 July) begins with Caitlin reading *Creature Corridors* by Billie Rooney, accompanied by her crowd-pleasing crew of native wildlife puppets! Afterwards, children will co-create a colourful biodiversity corridor from clay and found objects – a shared artwork showing how creatures (including fungi) move through the landscape and help farms, rivers and forests stay healthy.

As with all of Caitlin's sessions, the focus is on nurturing children's curiosity, creativity and love for the local environment – qualities that build wellbeing, confidence and resilience.

Caitlin's workshops are part of the larger Fungi Feastival, a month-long celebration of all things fungi, from Eden to Batemans Bay. With activities in science, art, music, food, photography, film and more, the Feastival is a brilliant way for families to explore the fascinating world of fungi.

Follow Caitlin on Facebook at Creative Nature Children, or email [creative.nature.children@gmail.com](mailto:creative.nature.children@gmail.com) for art bookings and enquiries.

Book the free library story time via the 'What's on' section

(8 July) of the Bega Valley Library website. Search for 'fungi feastival' to see the full Feastival program.

Come join the fungi fun – we'll see you there!

*Josh Whitworth*



Caitlin surrounded by forest friends and children at one of her story-telling events.

Advertisement for Transition Electrics, featuring a modern kitchen interior with a wooden ceiling, a white ceiling fan, and several woven pendant lights. The advertisement lists various services offered, each preceded by a green checkmark icon.

✓ Switchboard Upgrades	✓ LED Lighting	✓ Oven Installation
✓ Smoke Alarms	✓ Garden Lighting	✓ Induction Cooktop Installation
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**TRANSITION**  
**ELECTRICS**



# Capacity at the end of life

The word 'capacity' comes up often in end-of-life planning, but what does it mean? In a healthcare context, capacity refers to a person's ability to firstly, understand information relevant to a treatment decision; secondly, appreciate the consequences of that decision; and thirdly, communicate their choices.

Having capacity allows people to make informed decisions about their own care. Here's a breakdown of the elements of capacity.

**Understanding:** a person with capacity can comprehend the nature, purpose, and potential benefits and risks of a proposed treatment or procedure, as well as alternative options.

**Appreciation:** they can understand how the treatment or lack thereof will affect them personally, including the potential consequences.

**Reasoning:** they can use the information provided to weigh the pros and cons of each option and make a reasoned decision.

**Communication:** they can express their decision and understanding, even if it's through an independent interpreter, writing or hand signals.

In Australia, people are presumed to have the capacity to make decisions for themselves unless proven otherwise (formally, by their local doctor).

Things to note about capacity in this context are that a person may have capacity for some decisions but not for others. A person's capacity can also change over time, depending on their health condition or other factors (e.g. temporary stroke symptoms, unconsciousness, etc.).

If a person lacks the ability to understand, appreciate, reason or communicate, they may have impaired capacity, meaning they may need a substitute decision-maker to make decisions on their behalf. That is why it's important to write a Will, appoint enduring guardians and/or substitute decision makers, through an Advance Care Directive, when you have full capacity.

Note that a person *must* have full capacity at every stage of the Voluntary Assisted Dying process.

If you need more information, ask your doctor or lawyer to explain capacity to you.

Shanna Provost

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

## Making a splash – dive into wellness with Aqualiciousfitness at Cobargo Pool



Holly at a Blue Pool fitness class

From October to March, residents in the Cobargo, Bermagui, Quaama area can enjoy a unique opportunity to improve their health and fitness with Aqualiciousfitness. In 2023 I founded this dynamic water workout program, designed for all abilities, to promote strength, balance, coordination, endurance, and overall well-being.

The classes at Cobargo Pool are popular among locals, offering a fun and effective way to stay active during the warmer months. The aquatic environment provides low-impact exercises that are gentle on joints yet highly beneficial for fitness. Whether you're a beginner or an experienced athlete, there's a session suited for you.

When the pool season ends in March, I continue to run fitness classes under the Bermagui and Cobargo Fitness Factory umbrella. These include Outdoor Circuit, Slow and Steady Strength, Outdoor Bootcamp, and Meta Fit – catering to diverse fitness levels and preferences. Classes are held at both Cobargo and Bermagui, ensuring convenient options for residents across the Triangle.

You can find detailed timetables at Bermagui and Cobargo Fitness Factory website and more information on Facebook by searching for 'Aqualiciousfitness' to dive in when the season starts again. These energetic sessions are a perfect way to build community, boost your physical health, and have fun outdoors.

Why not take the plunge into fitness and fun? Whether in the water or on the ground, these engaging, inclusive classes welcome everyone – regardless of age, ability, or fitness level – and inspire a fun, balanced, active lifestyle. Join me for fun, fitness, connection, and motivation!

Holly Burt



Making a splash in Cobargo Pool with aqua weights

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## Lifestyle Medicine: ancient insight, modern cure

Hippocrates warned 2500 years ago that health requires ‘avoiding too much food and too little toil’ – wisdom that’s still urgent today. In western countries (and now in developing countries), the Industrial Revolution mechanised work and filled diets with energy-dense, chemically treated foods. Stress and stimulants rose, infections fell, and lifestyle-driven disorders surged. We now live longer but, too often, sicker.

Lifestyle Medicine addresses this paradox. Grounded in science, it prevents, treats and can, at times, reverse illnesses such as heart disease, type 2 diabetes, depression, and some cancers. It rests on six pillars: predominantly plant-based eating, regular movement, restful sleep, stress mastery, relationships, and

avoidance of risky substances. It asks patients to become active partners, not passive recipients of care. Benefits include weight loss, blood pressure control and improved mood.

Modern drugs and surgery save lives, yet researchers in the 1990s identified ‘meta-inflammation’ – metabolic inflammation – as the silent engine behind most chronic problems, regardless of weight. Public health professor Garry Egger links political and environmental forces, with pressures like work or relationships, and personal habits such as smoking and diet as factors explaining over 70 percent of Australia’s chronic disease burden. Professor Egger calls these the ‘causes of causes’.

For example, ischaemic heart disease alone claims over 17,000 Australian lives

each year despite being largely preventable. The era of a pill for every ill is fading. Personal plans that combine clinical care with daily behaviour now matter most. Lifestyle Medicine empowers people to change what they can, integrating these changes with clinicians’ holistic support.

Some factors – urban design, food policy, advertising – sit beyond individual reach. Yet every meal, stroll, bedtime and friendship nudges biology toward or away from disease. Lifestyle Medicine makes those nudges intentional.

For information on Lifestyle Medicine contact Susan Hackfath (Lifestyle Medicine Practitioner/Plant-Based Nutritionist), Harmony Health Bermagui, 0433 372 362.

*Susan Hackfath*



**harmony  
HEALTH**

### Pilates Reformer Classes Starting in July

Strengthen, lengthen, and restore your body  
Beginner-friendly classes available

Call 6281 4740 or 0433 372 362 for more info

Harmony Health, 26 Bunga Street Bermagui

#### Anglican Churches of Bermagui Cobargo and Quaama

##### *Service times in July:*

*Bermagui at 8.30am -  
6th, 13th, 27th*

*Cobargo at 10.30am - 6th, 13th*

*Quaama at 10.30am - 27th*

*Special combined service at  
10.30am in Bermagui on the 20th  
with potluck lunch followed by  
HymnFest at 2pm*

*High Tea in the Cobargo Church Hall  
on the 15th at 10.30 am*

**Contact: Vanessa Williams  
Parish Administrator**

**0408 177 131**

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## Fungi Festival launches

Fungi Festival launched on 20 June in Bermagui and continues to 20 July. Still plenty of events to celebrate the science, food and art of fungi in the Triangle region and beyond. Everyone is invited to our finale at Four Winds on Sunday afternoon, 20 July, to see a matinee of the fascinating documentary, *Fungi: The Web of Life*, followed by a magical musical and enchanting visual performance of The Mushroom Whisperers. For more information on Fungi Festival events and tickets search for 'fungi festival' in your browser.

Annette Kennewell

Alison Pouliot and her book, *Funga Obscura* (right); Caitlin Brown, who will be leading children's activities during the Festival (far right).



# COBARGO CO-OP

COMMUNITY OWNED SINCE 1901

## BARE ROOT SEASON IS HERE!

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Fruit Trees | Roses  
Ornamental Trees

---

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Quaama Public School continues to punch above its weight on the sporting field. We recently took our cross-country team to the Zone carnival and won the Small School's shield.

Our mixed soccer team also won two games against local schools as part of the Small Schools state knockout in soccer knockout games. Quaama will travel to Ulladulla to compete in the next round of the tournament.

Our school captain, Braedyn, has been selected for the PSSA South Coast Rugby League team and is off to the state rugby league championship next week. This is such a great achievement, and we are very proud of his effort to make it this far in representing Quaama and the South Coast.

## Small school, big heart

Quaama was very fortunate to receive a visit from Engineers Without Borders. They provided insights into what they do to help people around the world, and students participated in a few challenges to test their engineering skills.

The engineering learning continued with another visit from UNSW Engineering. Students from QPS and some neighbouring schools participated in a solar car challenge workshop at Quaama to learn about photovoltaics and take part in engineering challenges. The skills and knowledge acquired will support the students as they prepare for the state challenge at UNSW in September.

Quaama students continue to take part in the SCLC Beginner Band at Bega to improve their musical skills in the lead-up to the Performing Arts Festival. We are also sending students to participate in the combined schools choir to perform

on Wednesday 18 June at the Bega Civic Centre.

Our amazing P&C organised a working bee recently which was a great success, with many families helping to split wood for our raffle and tidy up the school orchard.

Rehearsals have started for our school musical, with the first scenes being practised at the Hall each week. Students have also been learning the chorus of one of the songs, *Revoltin' Children*, so it is beginning to gain some momentum.

We also want to publicly thank the Bowerbird Op Shop in Cobargo for their recent significant contribution to the school. Their kind donation will assist students with the costs of our Canberra excursion and the resources needed to design and create solar boats and cars for the state carnival in Sydney.

*Daniel Roe, Principal*



**WetSpot**  
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# Diggin Diggies

It was after quite a bit of searching down the Far South Coast, looking for a piece of country to be near friends, when we got the call from the real estate agent – Julie Rutherford – telling us about a place in Dignams Creek. ‘Where?’ ‘Google it.’ ‘Oh, yes, that’s close to them. Let’s check it out.’

That was 13 years ago, and we are so glad we did. Why? Well, because the Far South Coast and, specifically, Dignams Creek are stunningly beautiful. Dignams Creek, on the southern edge of Gulaga Mountain, is not a village, not a town, not even a ‘locality’. But it is a community! With properties spread out over several kilometres, it consists of a road (Dignams Creek Road) that follows the southern edge of Dignams Creek – the actual creek – and crosses it before disappearing into the forests of Gulaga National Park and Kooraban National Park. It includes several properties that border Reedy Creek Road before the two creeks join near the Dignams Creek bridge. As a community, some people like to keep to themselves while others are actively involved in

various groups including food sharing, working bees, land care, and sharing equipment. We have an AGM every year to talk about issues – such as Council maintenance of the road, or lack thereof.

‘Diggies’ is dominated by the magical Gulaga, sacred to the Yuin people of this area. It dominates our skyline to the east and her constant changes with the weather have an almost magnetic hold on those of us who live in her shadow. Or perhaps that should be, who live in her embrace!

On the western flank of Dignams Creek lies Kooraban National Park which is where most of the creek flows. Kilometres and kilometres of forest. Which is one (or two) of the reasons why we fell in love with the place: the trees. These national parks are all trees. Some areas were logged but there are many big old trees to stand beneath and wonder at their beauty. But one aspect that enthralls me about the trees is the phenomenal shades of green. As I look out across the valley towards the mountain it’s as if there are a million shades of green and they all move and shift with the journey of the sun or the movement of clouds. There



Dignams Creek Photo: William Zappa

is something very soothing about green and Dignams Creek is blessed with every shade imaginable.

*William Zappa*



Gulaga Photo: Flick Ruby

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# Cobargo Conversations

As the rolling green hills in the valley turn into white, we are very much aware that winter has arrived. Minus 4° in the dairy indicates some past winter lows will be on the cards for this year and all is as it should be. The calves have their coats on and are snuggled down for the months ahead. Bega Cheese have announced their gate milk pay rate and it has been returned back to where it was before last year's



Heading out onto the historic Tarlinton Track

downturn. We as farmers are impacted as well by what the rest of the country is suffering as we purchase our fodder from some of those areas. We are experiencing a better season than most, as many states are in the grip of drought. And further up the north coast our hearts feel for all who have suffered another flood of massive proportions in less than four years. Being a farmer is rewarding – to be able to produce such a beautiful wholesome product – but it can be very challenging at times.

A team of people who have a passion for retaining the heritage tracks that allowed the coastal country to be explored and developed are in the saddle and back out in the bush again clearing the W.D. Tarlinton Track. Richard Tarlinton and supporters spent many months clearing the Track and it was completely open. Then the 2019 bushfire came through and wreaked havoc, burning down many trees which closed access. Whilst people rebuilt their lives, the bush regrew weeds in massive proportions so the track was unattainable. The will to reopen it is strong again, so a small team is slowly making progress to return the track back to its former state and ensure this important piece of heritage is not lost forever.

The Cobargo Public School was part of the performing arts festival where students from grade three up were involved with other local schools in presenting a musical piece. Each school performed a few different music presentations. The evening concluded with a solo pianist and, from all reports, Cobargo had some amazing shining stars.

Graham Churchill celebrated a milestone birthday with a lovely afternoon tea at the renovated RSL Hall. Graham is an avid community supporter on many committees and we wish Graham all the very best. Just as the months settle into the quieter times of winter, Cobargo is certainly humming along as all the street rebuild projects start to become a bit more real.

*June Tarlinton*

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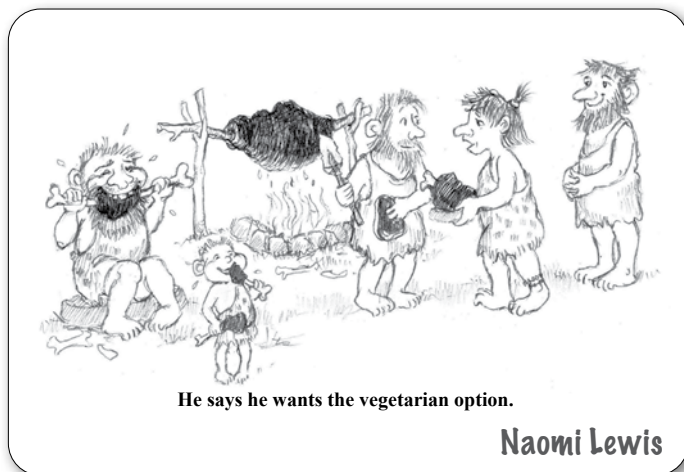
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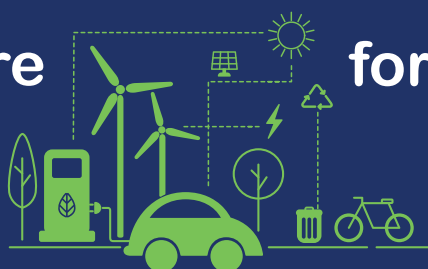
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## Rebuild Cobargo Project community update

Since the last Rebuild Cobargo Project update significant progress on the Market Hall and Village Square sites has taken place.

CCDC Chair John Walters informs us that, 'Since the completion of the pouring of the Village Square first-floor slab, the first-floor slab and front footings of the Market Hall have also been completed. In addition, the footings for the Post Office are well underway and the slab will soon be poured.'



View of building site

This progress has enabled Monarch builders to concentrate their efforts on the block walls on both sites and on the preparation of the formwork for pouring the second-floor slabs.

'This is an exciting stage for the main street. Within a few weeks the site will be basically weather proofed and will progress swiftly, whatever the weather throws at us,' John Walters continued.

Our current forecast is that the major construction works will be completed by the end of this year. Therefore, as indicated in last month's *Triangle*, the CCDC will soon be calling for Expressions of Interest (EOIs) from individuals and parties who wish to consider commercial and residential opportunities in the Market Hall and Village Square sites. The call for EOIs will include indicative costs and rental details, and will provide an opportunity for interested parties to begin the process of securing these brand-new fit-for-purpose premises.

Keep in mind that these premises will include a commercial café facility and five two-bedroom apartments, two of which will be wheelchair accessible. John Walters emphasises that, 'These apartments are intended for permanent living and, importantly, will only be leased to occupiers. They will not be for sub-letting or Airbnb type activities.'

As always, in addition to updates in *The Triangle*, look out for information in local media, social media, and via the community email lists. You can also visit our website or make an appointment to visit our project office at the Cobargo Innovation Hub, next to the Co-op and open most Wednesdays.

In another exciting piece of news, the CCDC has been announced as a finalist in the Bega Valley Business Awards in the Outstanding Community Group category. This is both an important recognition of the Rebuild Cobargo Project work to date and of the support provided by the wider Cobargo community.

For further general information, feel free to contact one of our Community Representative Directors or visit [www.ccdc.org.au](http://www.ccdc.org.au) or scan the attached QR code.

*Deb Summer and Steve Williams*

Community Representative Directors

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## Latest news from Cobargo CWA

Congratulations to our President, Lynn Lawson, who was awarded third prize in the International Dressed Doll



Lynn Lawson's prize-winning French doll

section at the recent State Conference. The country of study last year was France, so Lynn designed a beautiful outfit. Special note was made at the judging of the lacy underwear! Details are important!

But craft is just one aspect of the CWA. We are all able to find one or more areas that we prefer to focus on. For me, the main area is social issues, and I delight in the fact that the CWA of NSW is such a strong voice at state and federal government levels. Once an action has been agreed at State Conference, every avenue to promote that cause is followed. The main aim is to make positive changes for women, children and communities right across the state.

If you have an idea or a cause that you think might benefit from our focus on rural communities, or on education, transport, etc., try sharing your thoughts with us. If you do so, and perhaps join us, you will find a supportive group of women who will help you move forward with your cause. We are particularly eager to welcome younger women and their ideas.

The same support is available in all areas of the CWA. We will have a

cooking session later in the year, headed by a State Level Cookery Judge. If you enter cookery competitions in local shows, her information will be invaluable. This woman is a storehouse of knowledge about how to achieve the best results possible. Watch for upcoming announcements as you won't want to miss this – it is free, of course, and all are welcome.

We also have a very viable Agriculture and Environment program which seeks to improve our environment wherever possible. At our last meeting the challenge was to find ways of recycling items which normally go to landfill. We are working on some of the suggestions right now – some wacky ideas, but they may work!

We also laugh a lot at our meetings. The stuffy image of the CWA is totally outdated, especially in Cobargo! The supportive, friendly and inclusive group is a wonderful environment. Come along to one of our meetings, or ring us – we'd love to hear your thoughts! Call 0411 432 533 (Lynn Lawson) or 0429 933 686 (Sally Halupka) or me on 0447 401 725 or email us at [cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com).

*Mary Williams*

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## Tilba Bites

I'm on *Triangle* duty again while Stuart and Phillip enjoy their annual trip to the desert. I've come to realise that we don't need a clock to know the time in Tilba. The kookas herald the new dawn each day and make way for the high-pitched thrum of the sewage pumpout truck that tells us it's 6.30 am on Monday. If we hit the snooze button because it's Monday, the tumble of the garbage trucks at 7 am tells us to get out of bed. The rumbling down the hill of the Greyhound bus from

Sydney tells us each day that it's 8 am, and the different tones of small and large bus engines tell us the kids are off to their various schools. The occasional loud cuss from the workers at the Tilba Halls tells us they've either dropped a heavy tool or found a snake. The belly laughs from the pub verandah each arvo tell us it's 3 pm and the 'boys' have gathered for an important meeting. The squeal of more bus brakes and the calls across the carpark tell us that the kids are home from school again. The

### Tilba Chamber news

2024-25 has been, let's just say, less of a smooth ride and more of a dirt track after a heavy rain. As a village and as a Chamber, we've faced some big challenges – the kind that make you question not just your business plan, but your caffeine intake and life choices.

In the past, we've punched well above our weight as a village and as a Chamber, firstly by creating a seven-part strategic plan after the fires that is still being followed and continues to be implemented.

We've run the incredibly successful Tilba Festival, bringing thousands of visitors and giving our village the kind of energy that reminded us why we love living in a small town with a big heart. We completed our new highway signage, with many visitors mentioning the signs being the reason they pulled off the highway. And we hosted A Very Tilba Christmas, a 3-day event to kick off the festive season that included a fashion parade, markets, workshops and late-night shopping.

But this past year was different. As a Chamber we had to make the very difficult decision to take a break from the long-

running Tilba Festival and from all extra Chamber commitments. This was hard, because Tilba is a community that thrives on doing – on pulling together, rolling up our sleeves, and making things happen. But sometimes, you also have to recognise when your tank is empty, and when your volunteers are running on goodwill and cake alone.

This pause isn't a failure. It's a breath. It's a moment to rest, to reflect, and to remember why we do what we do. Sometimes stepping back is the bravest and smartest move you can make, because if we don't protect the people behind the scenes – the ones on the BBQs, the emails, and the endless council submissions – we risk burning out the very heart of what makes our village special.

And the heart of Tilba is strong. It's resilient but currently lying down with a cup of tea and a heat pack while moving forward in quiet but meaningful ways.

Our new website is launching soon, complete with the much-loved Heritage Trails, which will be a wonderful resource for locals, tourists, and businesses alike.

sound of music wafting from the pub beer garden tells us it's Wednesday night 'Open Mic' or Sunday afternoon, and the busking outside Ellen's Pantry tells us it's Saturday morning and we've slept in. The squawks of the black cockatoos tell us rain is on its way and the lambs bleating for their mums tell us it's spring. Ah, the sweet orchestra of community living!

*Shanna Provost*



Jo Majors and Carrie Taylor at the Eurobodalla Business Awards

The town halls are undergoing huge restoration and renovation work (due to be completed by the end of the year) to make them top-class spaces for functions, shows, markets and town gatherings.

The Chamber and community have come back together with purpose, passion, and probably a few new ideas we cooked up during our break.

We will again be celebrating the festive season with A Very Tilba Christmas and we have a renewed and rested Festival committee excited about a new-look Tilba Festival in 2026.

To all the businesses who've had a tough year, we see you. To those who've had a great one – well done and congratulations.

*Jo Major, President*

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### Talk and Walk, Reconciliation Week 2025

On a crisp bright Sunday morning in June, the mist rising over Tilba Valley, the Gulaga Reconciliation Group's Talk and Walk event began at Bellbrook Meeting House. This event was initiated with the permission and support of the Gulaga National Park Board of Management.

The meeting room was warm and welcoming when the first volunteers arrived to set up the morning tea generously provided by the Board. The flyers dispatched, the *Triangle* piece written, the two interviews on ABC SouthEast Radio completed. Ready and waiting for the community to arrive.

'*walawaani njindiwan*'. We were honoured to have Auntie Ros Field welcome over 130 attendees. Adults and children spread out from the meeting room to the verandah and across the lawns. Auntie Ros spoke about the Board's vision for Gulaga National Park. Small significant changes such as renaming the Bellbrook Loop Track to *bungarri-yana*. Auntie Ros

emphasised the importance of recognising the deep history of the land, which pre-dates colonial settlement by many thousands of years, and expressed a desire to continue welcoming the community to future events.

Auntie Lynne Thomas shared stories of place, reflecting on cultural heritage and connection to Country. Auntie Lynne is the daughter of the late Guboo Ted Thomas, the Aboriginal Tribal Elder famous for his environmental campaigning on the Far South Coast and Anne Wirrimah Thomas, a Taree Purfleet woman and co-founder of the NSW Aboriginal Education Consultative Group. Auntie Lynne spoke about family and the Dreamtime stories that were handed on to them as children. She sang in Dhurga to call up the Spirits for the walk ahead. The children were captivated and a young mum later shared that her child and friends had been searching for Gulaga's umbilical cord during the walk.

Approximately 85 participants set

off to walk beautiful *bungarri-yana*. This offered a powerful opportunity to connect with the natural beauty and cultural significance of Mother Mountain Gulaga – made more tangible through Auntie Lynne's evocative storytelling and deep sense of place.

Those who remained in the meeting house watched archival footage of the 2006 Handover of Gulaga National Park by the NSW National Parks and Wildlife Service to the Yuin people. This historical handover will mark its 20th anniversary in 2026.

The Talk and Walk was a celebration of reconciliation, storytelling, culture, and community connection. Those attending included three generations of the Mongta and Oliphant families. For many it was a shared walk through Country.

The Gulaga Reconciliation Group extends its deep gratitude to all who contributed and participated, particularly to Auntie Ros Field, Auntie Lynne Thomas, Anita Mongta, Annie Thompson, Fiona de Preu and the Gulaga National Park Board of Management.

Some reflections of those present:

- a great occasion ... First Nations appeared on the front foot.
- a wonderful day ... I was very moved.
- I was impressed with how many people turned up. I came home overwhelmed and lifted ... Thank you.
- I was very glad to be there ... a terrific event and clearly much appreciated ... what a perfect day it was.

*Josephine Fleming and Cathie Muller*



David Glover walking the *bungarri-yana* for Reconciliation Week, 2025. Photo: David Glover



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### First Cultural Burn in Tilba in over 230 years

*For tens of thousands of years, fire has been used as a medicine for the earth – the right fire in the right place at the right time can restore environmental balance*

(Firesticks website)

As part of a long-term fire management plan, the Firesticks Alliance Indigenous Corporation, in conjunction with the local First Nations community and NSW National Parks and Wildlife Service, gained permission from the Gulaga/Biamunga Board of Management and the Tilba RFS to conduct their first 'cool burn' on the Gulaga mountain escarpment in perfect conditions in June.

Firesticks Community Coordinator Rhys Morgan and Koorin Campbell, lead fire practitioner, doorknocked Tilba residents, providing detailed information on the upcoming burn.



Overseeing the cool burn. Photo: Daniel Hodgson

'We have to give at least 24 hours' notice before any burns. We know it's short notice, but we can't give longer notice because we need to work with the Country to make sure conditions are just right, and they can change quick over time', said Koorin. 'We have to look at where the wind is, and the soil moisture and temperature. And the sun can draw the moisture out of the ground, so for us, we need to just act quickly when the Country is ready. Today we waited for the dew to drop to keep extra moisture there, and as you can see, it just burned perfectly.'

A cultural burn is a 'cool burn', which means that the fire is confined to the ground/shrub layer and the tree canopy is not burnt. It's beautiful to watch; there is such a gentleness about it.

The primary objective of cultural burns is to reduce and manage fuel loads and promote the regeneration of native plant species. But fire is also used to gain better access to Country, clean up important pathways, maintain cultural responsibilities, and is part of cultural heritage management. It also improves the health of particular plants, including bushfoods and native grasses, creates better habitat for threatened species, and improves biodiversity in general.

'The Country is so sick at the moment that we need to sometimes do a couple of "reset" burns to get it back to looking anything like normal', said Koorin.

Each cultural burn site offers an opportunity for research. Firesticks has a database containing pre-burn, during-burn and after-burn assessments.

The burns also offer training opportunities for young people learning the ways of cultural burns. For example, they've learnt that the colour of the ash can tell a lot.

'The right moisture at the right temperature gives us a charcoal mulch layer. We need that mulch layer for the microorganisms in the soil. But if you burn Country with hot fire the ash is white and it's going to put lime into the soil and you get the wrong plants and trees taking over.'

Koorin points to the nearby wattle and pittosporums. 'They shouldn't be up here. They're a native tree but this is not their place. They need to be down in the gully near the water.'

Koorin said that when a country experiences a hot burn (such as the 2019/2020 fires), a cool burn within twelve months will prevent incorrect species from taking hold.

'Understanding the ecology of each place is important. Going through a process of working on different Country types and just being around fires and seeing our fires helps the young ones to learn which tree species work in which soil types. You'll find that the trees that are meant to be in the area will have the right [native] grasses around them.'

Cultural burns will be taking place in the region through to September when weather conditions allow, and residents will be advised ahead of each burn.

Shanna Provost



Firesticks is a national Indigenous network that empowers communities to protect and enhance Country and wellbeing by reviving Cultural knowledge practices. Through mentoring, training, and advocacy, they are demonstrating the value of Indigenous land management and knowledge systems. They have supported 35 communities over 10 years to restore the cultural wellbeing and identity of their Country, while battling climate change and environmental disorder. Communities across the nation are leading the way in managing their own regions through Cultural Fire, providing opportunities for future generations.

To find out more, search for 'firesticks' in your browser. You can also listen to their Right Country, Right Fire podcast (accessible from the 'Discover' tab on the Firesticks website).



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## Specialty framing in Tilba

The 'Mother' has done her magic once more! Caroline Leach has been called back to Tilba to open The Little Frame Shop beside the Bath Patisserie on Bate Street. Caroline first moved to Tilba in 2004 and worked a successful framing business until she left in 2013. After a few adventures, she said, 'One day I just woke up and decided that I needed to return to Tilba, so here I am'.

Caroline knows what works well, so she is creating beautiful frames, up to 915mm x 610mm, hence The Little Frame Shop.

'I love taking something, whether a simple (or not so simple) painting, drawing or photograph, then adding some matt board, some timber and glass and wow, you suddenly have something good enough to hang on the wall', she said.

Caroline's goal is to create a friendly, creative space where people can come to explore the difference a matt board and frame can make to their pictures. She's also hoping to sell some original art cards by locals or people connected to locals.

The Little Frame Shop will be open from Thursday through to Sunday with appointments by arrangement on the other days.

*Shanna Provost*



Racheal Clune, David Oliphant, Angela Young with Caroline at the opening.

## Tilba Teapot reinvented

New owner Philippa Bembo has created an all-day European-style menu and feel at the Tilba Teapot with her long-standing friend Christian Poulet and his son Charlie.

Philippa fell in love with the 'magic of the mountain' 30 years ago when she was visiting a friend living here.

It took her many years to finally lay down her roots under the Mountain, and although it has been a huge task to get the building and café renovated, she's delighted to finally be up and running.

'I needed a different ratio of trees to concrete and felt a strong pull back to Tilba', she said.

Christian left the intensity of cheffing at a high-end restaurant in the Whitsunday Islands to jump at the chance for a better quality of life.

'We both believe food should nourish but also bring pleasure, so we want to have a mix of tasty but nourishing food', says Philippa. 'We also want a space for community to gather and fill not just the belly but the heart as well. We want to bring joy and celebrate it all with a cultural and contemporary mashup.'

Although they're new to town, they're mindful of upholding the spirit of the Teapot, which has been a Tilba icon in its various incarnations since 1979.

They'll be open Wednesday to Friday from 7.30 am to 4 pm and Saturday/Sunday/public holidays from 8 am to 4 pm.

*Shanna Provost*



Philippa Bembo and Christian Poulet open the 'new' Tilba Teapot

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# Tilba Primary student leads fundraiser to support MND awareness

In an inspiring display of compassion and community spirit, Year 6 student Marcus has taken the initiative to raise funds and awareness for Motor Neurone Disease (MND) at our school. Driven by a personal connection to the disease, having lost family members to it, Marcus has turned his grief into action, mobilising his peers to support a cause that is close to his heart.

Marcus organised information and awareness sessions for students in K, 1 and 2 and 3-6, educating them about MND and its impact on individuals and families. His engaging presentations not only informed his classmates about the disease but also encouraged them to participate actively in the fundraising efforts.

To make the event even more exciting, students were invited to wear their favourite footy colours, creating a vibrant atmosphere throughout the school. In addition to wearing their team jerseys, students made gold coin donations, with each contribution bringing them a step closer to supporting those affected by MND.

Marcus also took it upon himself to sell MND beanies, further promoting



Marcus and Sue fundraising

awareness while providing a stylish way for students to show their support. His efforts culminated in an impressive fundraising total of over \$300 – a testament to his hard work and dedication!

The school community is incredibly proud of Marcus for his initiative and leadership. His ability to turn personal loss into a positive and impactful movement is truly commendable. Not only has he raised crucial funds for MND research, but

he has also fostered a sense of unity and compassion among students.

As Marcus continues to inspire those around him, we look forward to seeing how his efforts will contribute to the fight against MND and encourage others to make a difference in their communities. Well done, Marcus! Your hard work and determination are making a real impact.

Tania Hextell


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Dalmeny	Dalmeny IGA   Wednesday & Friday
Broulee	Broulee Supermarket   Wednesday & Friday
Tomakin	Tomakin IGA   Wednesday & Friday
Pambula	Pambula Wholefoods   Wednesday

## Family gifts historical painting to Tilba community

The Cowgill family has gifted an historical painting of Central Tilba to the Tilba community, honouring their family's deep connections to the district.

The artist is William Rumph, Tilba school teacher from 1895 to 1912, and leader of the Tilba Brass Band among other things. He originally gave the painting to then Tilba residents Len Hunt and Amy (née Fookes) as a wedding present in 1912.

'Tilba was very special to our parents and to us as kids and we've spent a lot of time in this part of the world,' said Len and Amy's grandson Geoff Cowgill. 'But it doesn't have the same meaning for our kids, nor does this painting.'

'So, after talking it over with my brother Nev and sister Marg, we decided we should return it to the Tilba community.'

Central Tilba's Dromedary Hotel was suggested as a possible home where everyone could see and enjoy it.'

Dromedary Hotel Manager Bianca Humphries is delighted, as are the pub owners.

'This is a wonderful gesture by Geoff and Nev,' she said. 'People sometimes forget just how historic this pub is and how it means so much to so many people. We try to add to that with historical photos and community happenings.'

'This painting will now hang in the dining room for all to see ... we just have to rearrange a few things first!'

Ms Humphries said the growing historical collection, including this painting, is now part of the pub and would remain in the Tilba community.

Geoff said Len and Amy's daughter Dulcie married Allan Cowgill and they had an interesting life together, mostly on the South Coast.

'They were dairy farmers at Bergalia and Narooma, and later proprietors of a Narooma guest house. Dulcie was also a talented pianist and Allan played drums. During the 1940s and 1950s they had a very successful dance band which was very popular on the South Coast – their favourite dance hall was at Central Tilba.'

*Laurelle Pacey*

## It's cleanup time in Eurobodalla

The end of this month will be the time to drag all that unwanted stuff from under the house and put it kerbside for Eurobodalla Council's annual hard waste collection.

If you're on a residential property that uses Council's domestic waste collection service, you're eligible, but each household is allowed to put out a maximum of two cubic metres only. Note that you will have to remove any excess waste or items not accepted for pick-up as *any items left on the kerb will be considered illegal dumping*.

Residents in Akolele, Tilba Tilba, Central Tilba, Mystery Bay and Narooma must have their waste ready for collection by Monday 21 July. But to keep our towns looking beautiful, please only put waste out just before that date.

Council WILL collect white goods, fridges, microwaves, mowers, garden tools, hot water systems, heaters, jugs, hair dryers, corded power tools, furniture, toys, metal fencing (max 1.2m x 1.5m), gutters (max 1.5m long), carpet rolls (max 1.5m wide) and other household items too large for your rubbish bin.

Council WON'T collect any item deemed to be a work health and safety issue, vegetation, motor vehicle parts, tyres, building materials or renovation waste (soil, bricks, rubble, stones, steel), glass, mattresses/bases/ensembles, liquids (paints, petrol, oil), hazardous materials, e-waste (TVs, computers, monitors, printers, scanners, stereos, DVDs/video players, laptops, gaming machines, set-top boxes, other plastic electronics with screens, circuit boards, toner cartridges or items with inbuilt rechargeable batteries), or recyclable material (paper, glass, aluminium cans, rigid plastic containers).

To allow recoverable goods to be recycled, please sort your hard waste into three piles:

**Pile 1:** fridges, freezers and air conditioning units. Note that doors must be removed from all large airtight white goods and containers as they could trap and suffocate young children.

**Pile 2:** other metal items.

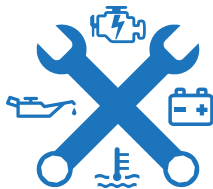
**Pile 3:** other junk items.

For more information phone 4474 1024 or search for 'Eurobodalla annual hard waste collection' where you will also find an A-Z of Recycling and Waste Disposal.

*Shanna Provost*



Nev Cowgill of Eden (left), Dromedary Hotel Manager Bianca Humphries and Geoff Cowgill of Mittagong with the 1912 painting by William Rumph of Central Tilba



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## Caron Parfitt

Caron Parfitt from Marine Rescue Bermagui took a moment out of her day to talk with me about her life, love of the ocean and volunteering.



Caron Parfitt of Marine Rescue Bermagui

Caron lived next to the ocean as a child, spending many hours in and around the water. Her love of sailing didn't begin, however, until she moved to Sydney where she did a sailing course and took on a job delivering a yacht to Hamilton Island. Initially she learned on the job, sailing extensively along the NSW coastline, on a tall ship in New Zealand and Australia, and then she took up racing. There was a lot to learn, it was hard work, but she loved it and became quite a good sailor along the way.

Her life before Bermagui involved working at big businesses in financial services, in roles including IT, marketing and customer service. She also spent 10 years as a strategy and project management consultant, and did volunteer mentoring of disadvantaged kids in the city.

When Caron and her husband moved to Bermagui, she knew she wanted to volunteer, to give back to the community in some way. She found Marine Rescue Bermagui to be a very welcoming and friendly environment and she appreciates how everyone contributes something different. Caron has also been able to draw on her skills of project management to streamline processes and introduce new technology to volunteers.

During Caron's years with Marine Rescue Bermagui, she has worn many hats – the first as a Radio Operator and shore-based Watch Officer. Her love of the water and experience with boats was a natural fit for her to progress through crew and soon onto Coxswain, being in command of the rescue vessel at sea. Then, after a couple of years, came the appointment as Deputy Commander and two years later Unit Commander. She is very grateful to her mentors and role models from those early days, especially to Alec Percival who showed her how to work with volunteers and operate in a volunteer organisation. Caron was awarded an Emergency Services Medal in 2022 for her commitment, passion and nine years of dedication to Marine Rescue, both on the water and in the radio base. Caron stepped down from the role of Unit Commander with the Bermagui unit in 2024 as she felt it was time to move on and the organisation needed new energy and change. She also had a bigger vision in sight.

Last year Caron attended an international conference in

Finland for Women in Search and Rescue. She said it was an amazing opportunity to work with 16 other female coxswains from Finland, Estonia, Sweden, Germany, Netherlands, New Zealand, United Kingdom and Ascension Island. 'It was great', she said, 'to see how other places approach search and rescue, and the role of women in their organisations. Search and rescue has largely been a male-dominated area, so it was good to see that women are being accepted and recognised as having equal skills to their male counterparts.'

One idea Caron brought back from the conference is the use of headsets while crewing on the vessels. Weather and engine noise are significant issues, so headsets would significantly aid in communication and safety. She was also very happy to see that Marine Rescue in Australia compared favourably with organisations that have been operating for up to 200 years, especially regarding training, safety and risk management.

Marine Rescue NSW is hosting the International Women in Search and Rescue conference in August to acknowledge the contribution of women, and it will be a perfect opportunity for local women to become involved.

This year, Caron was elected a Regional Director for Marine Rescue NSW to represent the Monaro Region which covers the area from Batemans Bay to Eden, including the inland waterways of Alpine Lakes and Moama on the Murray River. She said she was honoured to be elected as a board member and hopes to bring her strategic management experience to the forefront. 'I want to do anything we can do to make volunteering as flexible and engaging as possible.'

Marine Rescue Bermagui needs a large number of volunteers to cover two radio shifts every day of the year, as well as to crew the rescue vessel. These operational roles provide a great opportunity to learn something new and be stimulated by new challenges. All expenses are covered for training and you don't need to have any boating or radio experience beforehand. There are other important roles as well, including administration, fundraising and publicity. Many people from all different walks of life have found their place in Marine Rescue. It is a great team to be part of.

*Interview by Deb Worgan  
Marine Rescue Bermagui volunteer*

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



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# Bermagui Banter

Now that we are past the winter solstice, we can look forward to longer days and shorter nights for the next six months. It will still be chilly but there are warmer days ahead.

Winter is a great time to get out and about around Bermagui. Enjoy the stunning views from the cliff walk opposite the cemetery. Take a stroll through the cemetery and check out the amazing ways people honour the dead with inventive headstones and beautiful plants. Enjoy the native flora and fauna in the bush at the back of the golf course – you might hear and see the lyrebirds. Or enjoy a walk along one of the many beaches and check out the whales and seals frolicking in the water.

Speaking of whales – they are back! Since mid-June I have seen these magnificent creatures cruising past Bermagui as they

head northwards on their annual migration. They always put on a spectacular display when heading south with their calves as they blow, breach, pec slap, tail slap and tail throw. Sometimes you can even hear them calling as they cruise past.

The town has become quieter with fewer tourists but some of the local businesses have been busy making changes. Octopii Restaurant is relocating to Fishermen's Wharf, the Bermagui Pharmacy is moving to a larger space next door, and Il Passaggio has changed its name to Elsewhere and is now a Deli Bar Restaurant and open every weekend from 2 pm for drinks and nibbles.

So get out and about and enjoy beautiful Bermagui.

*Marita Reynolds*



Cliff walk view Photo: Marita Reynolds



View south from the Blue Pool Photo: Marita Reynolds

## Nutleys Creek Road revised DA

Metacap Developments have submitted a revised DA 301/2023 for 120 lots at Nutleys Creek Rd, Bermagui. First lodged in November 2023, the community has until 3 July to submit comments to Council on the revised DA.

A total of 120 independent living unit (ILU) sites are proposed to be delivered in four stages, including 24 ILUs in stage one. The development is exclusively for over 60s living, and is not for aged care. Most housing lots are small at 275m<sup>2</sup> with single storey detached two-bedroom dwellings with a garage, ranging in size from 159m<sup>2</sup> to 201m<sup>2</sup>. Land lots are leased long-term from Metacap and dwellings could be priced around \$700k with a weekly land rent of about \$220 to cover all services. Properties are resaleable by the owner.

The revised DA has a reduction in the number of units from 162 to 120, and an additional emergency fire exit at the back of the development into Alexander Drive.

### Main queries

Bushfire risk. The development site is bushfire prone, surrounded by forest and will be occupied by up to 240 elderly residents on small lots.

Floor space ratio compliance. The dwellings range in size from 159m<sup>2</sup> to 201m<sup>2</sup>. The maximum floor space to lot size ratio permitted by Council is 0.5 to 1, which is exceeded on a 275m<sup>2</sup> lot.

Regionally significant development. Regionally significant developments over \$30m must be assessed by an independent panel under NSW State Environmental Planning Policy. The development costs of 120 dwellings, common village facilities, sewerage and roads is unlikely to be less than \$30m.

Potential financial risk for owners. There may be some financial risk due to the long-term land lease arrangement if Metacap runs into financial difficulty.

### Community information session

Given the large size and complexity of this DA (which runs to hundreds of pages), the number of uncertainties and the high level of community interest, it is again recommended that Council call on Metacap to hold a community information session before any final decisions are taken by Council.

*Geoff Steel*

*Bermagui Community Forum*

## Damage to Dickson Oval

You may have noticed that parts of Dickson Oval have large patches of yellow due to salt induced dehydration from the recent high tide flooding in Bermagui. Bega Valley Shire Council has advised that the results of treatment to the Kikuyu grass won't be known until mid to late spring and asks users to try to avoid the damaged areas.

*Marita Reynolds*



Dickson Oval Photo: courtesy of Bega Valley Shire Council



## Bermagui Beach Hotel sold to Sydney pub baron

Yannis Gantner and his wife, Claire Wheaton, have sold Bermagui Beach Hotel to a Sydney-based company, Epochal Hotels.

Epochal Hotels took ownership of the 130-year-old hotel at the end of June, taking its portfolio of east coast pubs to seven.

Yannis and Claire have transformed the pub since they took ownership in August 2017, making the pub far more family-friendly and accessible.

Their stylish renovation of the accommodation won them the Australian Hotel Association's award for Best Deluxe Pub Accommodation in 2022. The pub was shortlisted in the best regional casual dining category the same year.

They also acquired the tightly held motel next door and gave that an equally stunning makeover.

Yannis sincerely thanked the Bermagui community for its support over the past eight years, and most importantly their staff who had been a part of the journey, many since day one.

'We are incredibly honoured to be a part of the pub's history and its renewal into a venue that we hope the town is proud of and feels connected to,' he said. 'It's



The new owner of Bermagui Beach Hotel, Epochal Hotels CEO Glenn Piper, with Yannis Gantner and Claire Wheaton. Photo: Naturally Jek Photography

now time to focus on our young kids and other ventures.'

The young family will continue to call Bermagui home.

Epochal Hotels CEO Glenn Piper had never been to Bermagui before he came to inspect the pub. He said he was drawn to Bermagui's raw beauty, community warmth and laid-back rhythm, qualities that aligned seamlessly with the group's values.

Mr Piper said he would not be bringing

in any staff to run the pub, with all existing Bermagui staff assured their jobs are safe. What will change is they can draw on the marketing, procurement and general management resources of Epochal Hotels.

He said they would continue to support Sculpture Bermagui and the many other community events that Yannis and Claire supported.

*Marion Williams*

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## River Rock Café celebrates 20 years of music and community

Bermagui was blessed the day Jacqui Howarth and Matt Gilder opened the River Rock Café. It is rare for a two-person business to have such an impact on a community. The café has fostered musical careers and inclusion. It was also instrumental in finally getting a skate park for the kids.

When Matt and Jacqui bought the café in 2005 it was already well-established, having been run as On the River by Amy White, and previously Love at First Bite.

Prior to running the café Jacqui was a musician, a singer/songwriter who sang and played the piano and guitar. Matt had spent 35 consecutive winters in the snow and was looking to settle down somewhere nice. 'I liked surfing and found this beautiful magic spot and decided to settle here,' Matt says.

That was in 1999, around the same time that Francesca Micheilin and Alberto Cementon arrived to later establish the Bermagui Gelati Clinic, and a year or so after The Crossing's Dean and Annette Turner came to the town.

The café could have been a surf café given Matt ran his surf school from there, but Jacqui had her music thing going,



Jacqui, Shane and Lisa performing at River Rock Café's 20<sup>th</sup> birthday celebration.

so it became a music café. 'We started weekly jam nights in 2005, and Jacqui was teaching music from here and people are still teaching music from here,' Matt says.

The very social Jacqui was deeply involved with the community through the Murrah Hall with her music and assisting with music programs at Bermagui Public School. Having a young son led Jacqui to lead the town's drive for a skate park.

Tracey Reeves and a group of young local kids tried for 10 years without success. Jacqui formed a committee which met to work out the design and funding. It took a few more years but eventually the then State member for Bega, Andrew Constance, approved the grant that funded the concrete, and a local group built it. The skate park opened in September 2014.

Jacqui also formed the Surfing Bettys, a group of young women who met on Saturdays for years to surf at Moorhead Beach.

At one point the building had been

used as a space for Aboriginal art and Jacqui and Matt renewed that connection. Living at Akolele, not far from the Wallaga Lake Koori village, the first person they employed was Cathy Thomas, granddaughter of Guboo Ted Thomas, from Wallaga Lake.

'We have always given the Koori kids milkshakes and jobs,' Matt says. Warren Foster Senior and Junior are regular performers at the café's Friday jam night.

The café welcomes everyone. 'Being outside the main part of town, the café is more for the fringe,' Matt says. 'It has always been open and welcoming and a little bit of a quieter place.'

They have seen a lot of change in Bermagui over the years, with many businesses coming and going.

Matt says music has maintained the business. 'Because music is creative, it is good for the soul and brings the community together. Music has been the backbone.'

*Marion Williams*

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*Supporting our community*



## SOAPI news

SOAPI is calling for actors to play characters in two wonderful plays by Jenifer James, *Danse Macabre* and *Kaos*. Jenifer writes of myths, compassion, love, lust and despair. These plays push us to suspend time and concentrate on the wonderful characters Jenifer has created.

*Danse Macabre* takes place on the night of the dead when the psychopomp guides lost souls to their destiny. Who is living, who is not?

*Kaos* is a comic romp involving the ancient Greek gods of war, destruction and amorality – chaos – and a couple of hapless humans. It is pure fun but leaves us reflecting on those who instigate such chaos.

The plays will be staged in early October. The main rehearsal nights will be Tuesdays.

Please phone Robyn Freedman to discuss the roles and table readings. The roles are described in more detail in our ad in this edition of *The Triangle*.

In addition, SOAPI is joining with The Moveable Theatre Group and Tilba's Mountain View Farm to stage a set of local

history inspired short plays at Mountain View Farm in late spring. We are also still looking to cast some characters in *Life Drawing 301*, a major production through which we aim to raise funds for the Butterfly Foundation.

If you have ever thought of acting or you are ready to have another thespian adventure, SOAPI has lots coming up. We are still running our development program for young talent and our play writing group.

To get you warmed up – or just to have a lot of fun – we are hosting an 'Improv and Curry' night at the Cobargo School of Arts Hall on Saturday 26 July. This is a limited place event, offering two improvisation sessions and dinner (GF and vegan options available). The first improv session will start at 5 pm, dinner will be served around 6 pm. Coffee/tea and sweets will be available as the second comic improv session unfolds.

Ticket price is \$30, which covers dinner, sweets, water, coffee and tea. This is a BYOG event. Booking is highly recommended as places are limited due

to catering. See our event ad for booking details.

For more information on any of the above please contact Robyn on 0410 525 968.

Robyn Freedman

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## SOAPI is calling auditions for the Jenifer James' plays, *Danse Macabre* and *Kaos*

The roles are:

### **DANSE MACABRE**

Fay - a middle aged woman, full of angst and self doubt

Neil - Probably late 30's to mid 50's, a very charismatic man - or he thinks he is!

Evie - Younger. She is the 'other woman', assertive, self-assured, spiteful & possessive.

Psychopomp - The guide for the dead, a figure of compassion, but also decay.

### **KAOS**

Eris - Goddess of war, chaos, destruction. A blousy, vulgar, narcissistic woman

A'te - Eris' daughter, a younger version of the mother.

Lethe - Eris' other daughter who somehow tries to manage the chaos.

Barney - A salesman, who stumbles into Eris' world. He is cocky and shallow.

Nigel - Barney's adult but rather naive nephew

SOAPI is planning on staging this production in early October 2025. The first table readings will be announced once the cast for the plays is confirmed. Rehearsals will be on Tuesday nights, some at the Mezz in Wandella and then at the Cobargo School of Arts Hall. Note closer to production additional rehearsals will be required.

**Queries and to arrange an audition -  
Phone Robyn Freedman on 0410 525 968**

## Two unmissable concerts in our own backyard

This July, Bermagui locals are in for a rare treat as two remarkable concerts take place at Four Winds Windsong Pavilion – each offering something entirely different, but equally special.

On Friday 11 July at 6 pm, acclaimed vocalist Ngaiire and legendary pianist Paul Grabowsky AO come together for *A Bird is Not a Bird That Cannot Sing* – an intimate evening of sound, story and connection. Ngaiire, known for her soul-infused voice and creative boldness, joins Grabowsky, one of Australia's most respected composers, in a performance built on listening, improvisation and trust. Expect a powerful exchange between two artists meeting in music.

Then on Sunday 27 July at 2 pm, audiences can enjoy a vibrant afternoon of jazz, swing and timeless melodies as Simon Tedeschi and George Washingmachine deliver *Gershwin & More*. From *Summertime* to *Cole Porter classics*, this playful duo will charm with virtuosic piano, lively violin, and a whole lot of rhythm.

Both concerts offer a chance to experience world-class music right here on the Sapphire Coast. Bring a friend, come early, and settle in – this is music worth pausing for.

11 and 27 July, Windsong Pavilion, Four Winds, 9 mins south of Bermagui

Tickets and info: search for 'Four Winds Bermagui'

*Madison Phillips*



Paul Grabowsky and Ngaiire. Photo: David Rogers



George Washingmachine and Simon Tedeschi. Photo: Keith Saunders

## Hey! What is 'improv'?



An improv group in action.

Well, 'improv' or improvisation (sometimes called theatre games) offers a rewarding, enriching and joyful experience. Improv builds on new and existing life skills by offering generosity towards one another, helping each other to succeed, developing confidence, and improving memory. It is so much fun. Improvs are challenging, rewarding and – as a bonus – everyone wins!

Improv is an art form. It's safe and accessible, although your ribs may ache with laughing! It offers a space for delight, to be playful. As a local improv group, we came together nearly two years ago, through U3A, under the guidance of our wonderful teacher, Peta Burchell. We have recently invited some terrific improv guest teachers to join us and enhance our learning ... we are improving our skills, deepening our knowledge and looking forward to welcoming new participants!

U3A Bermagui is offering a four-week Improv Course in Term 4, from 22 October for 4 consecutive weeks. Contact 0481 171 400.

Please join us – you will have so much fun!

*Jenifer James*



## What's on at the Spiral Gallery

### A Plethora of Postcards

Hundreds of postcard-sized artworks will be on display. Do not miss out on seeing this delightful and varied show, with entries from all ages. The special categories this year are 'Eyes' and 'Cost of climate change'. Runs to 8 July.



*Leafy Sea Dragon* by David Whitfield

### Fish and the Sleeping Whales

Drawings, etchings and lino cuts by David Whitfield and Kate Wall.

Exhibition runs 11 July to 6 August. The opening is Saturday 12 July, 10 am to 12 noon.

We long for ocean views, the deep blues slashed with white foam, deepening in the distance until it meets the pale blue of the sky. But this exhibition is about what is under that blue blanket. Fish and marine life are the subject of the drawings and prints, many now endangered through loss of habitat, overfishing, and polluted water. The artists explore our impact on oceans and waterways – how we are endangering the ecosystems that are needed to sustain life. And, in an explosion of scale, a sleeping sperm whale is part of the drawn background.

Their studio, amongst the trees in Corunna, has given David the opportunity to draw large, as he explores his ideas in painting and printmaking. His drawings create the background for the exhibition, along with more delicate etchings. Kate has been expanding her printmaking skills and



*Big Fish Little Fish* by Kate Wall

has primarily focused on linocuts.

Spiral Gallery, 47 Church St., Bega. Open Mon-Fri 10 am to 4 pm, Sat 10 am to 1 pm. For more information search for 'Spiral Gallery Bega'.

*Sarah Buick*



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

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

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

## Retrospective of an extraordinary artist – Naomi Lewis (16/10/43 – 18/9/23)



*Self-Portrait, Naomi Lewis*

Naomi's business card for her Touchwood Studio reads 'Graphic Artist, Illustrator, Printmaker'. All of which is correct, but aside from being an amazing artist, Naomi was so much more than that.

For us at the Lazy Lizard Gallery, she was a valued member for well over 10 years, a beloved friend to us all, someone with a quirky, fun sense of humour (as readers of *The Triangle* you are all familiar with her great cartoons), an organiser, a teacher, a confidant, and oh my, how we all miss her.

In conjunction with her beautiful family, we wanted to put together this Retrospective exhibition to give a history and context of her incredible artistic world. She was a supreme master of her craft, but so humble with it. She was never without a pencil and sketchbook (or lino and tools) and would use every opportunity to sketch, even when on the phone! We have some



*Possum, linocut, Naomi Lewis*

of her sketchbooks on display to give a real insight into her final products – her watercolour paintings and prints. There are a few of her outstanding original watercolours to see, as well as prints from her linocuts, drypoint etchings and woodcuts.

To quote Naomi, 'most of my creative life has been spent illustrating children's reading books for the educational market, which has been a lot fun, and has helped me develop good drawing skills'. We have a selection of these books to view.

Naomi also said, 'I love a child's world of make-believe and imagination, and despite advancing years, maturity and a serious attitude to life in general seems to have eluded me, so I find I still enjoy seeking out and sketching the local gnomes and other faerie folk around this area'. Naomi's book, *A Field Guide to Cobargo Gnomes and Other Local Wee*



*Banksia, linocut, Naomi Lewis*

*Critters*, illustrates her comment perfectly. This book is on sale throughout the Retrospective.

Naomi's connection to Indigenous populations and Country comes through in so many of her paintings and etchings, and her wooden triptych in our Backroom exhibition space draws so many comments of admiration about that connection.

We would love you to join us and Naomi's family for the opening of the exhibition on Saturday 5 July at 10 am. The kettle will be boiling, and we will have lots of yummy goodies to go with your cuppa. There is so much to see and marvel at.

The Lazy Lizard Gallery Side Room Exhibition, July 2025. Tuesday to Friday 10 am to 3 pm, Saturday 9 am to 1 pm until the end of July.

Shirleyanne Myers

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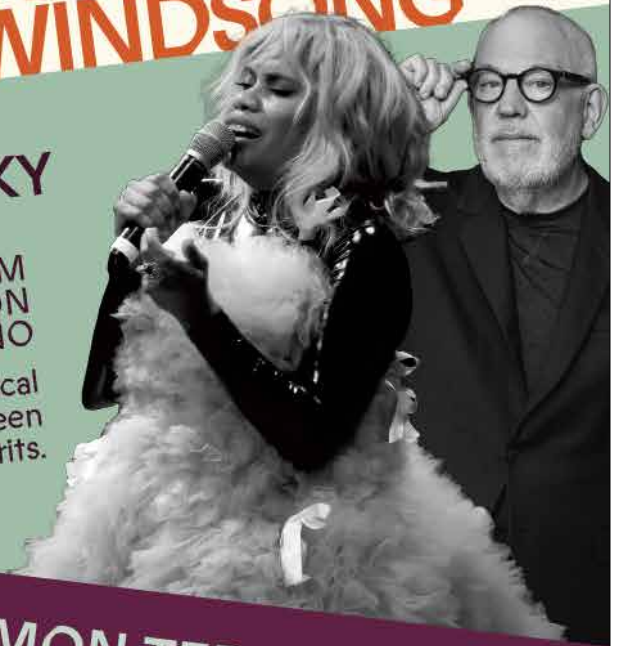
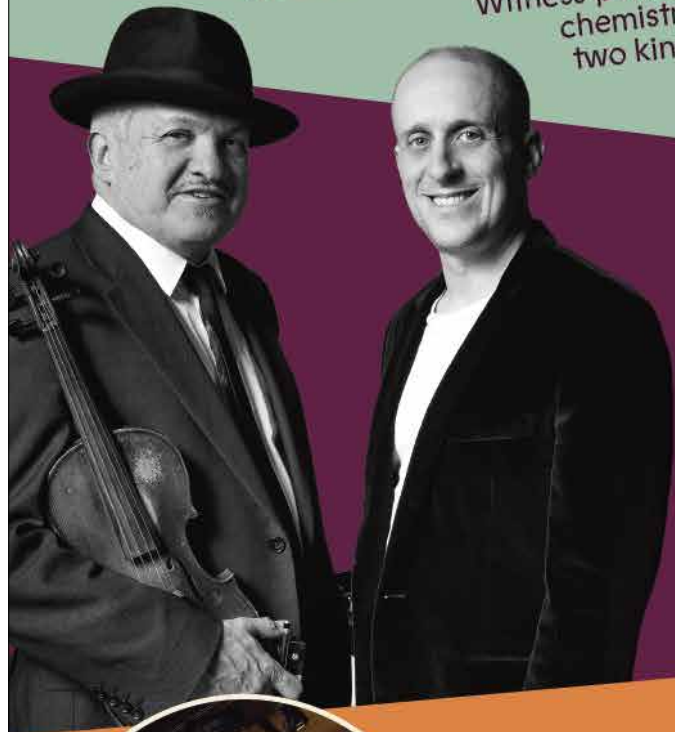
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### Cobargo Creators

This month, Cobargo Creators is hosting Christmas in July in the Gallery for the very first time. In addition to the regular stock of beautiful creative offerings, the Gallery will showcase a range of Christmas-themed items that are ideal for gift giving. So why not take this opportunity to get a head start on your Christmas shopping? We'd be very happy to see you and we hope you'll call in and see what's on offer.

#### Call out for entries

Cobargo Creator's annual 8xEight Exhibition is on again and will open on Friday, 8 August. Everyone is welcome to enter this popular exhibition, and if you haven't entered before we encourage you to take the plunge this year.

Entries can be in any medium but must be no bigger than 8 x 8 inches (20 x 20 cm) or take up a space of those dimensions. Each entrant can submit up to three entries at a cost of \$5 per entry (entry is free for Cobargo Creators members). Canvases and boards are available from the Gallery at very reasonable prices. You can collect an entry form from the Gallery or request one by email to: [mail@cobargocreators.org](mailto:mail@cobargocreators.org). We look forward to receiving and displaying your entries.

And just a reminder that the Art and Craft Bank, located at the rear of the Gallery, still has plenty of inspirational material to offer and it's all free for the taking!

Cobargo Creators is open Sunday to Friday, 10 am to 2 pm, Saturday 10 am to 1 pm.

*Glennnda Heino*

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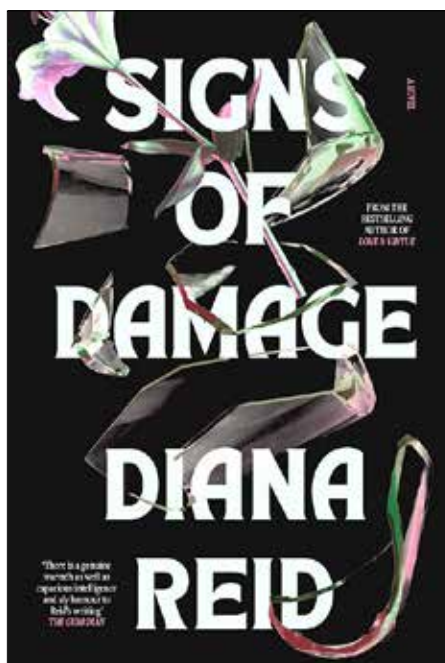
Diana Reid

Ultimo Press

Diana Reid is one of Australia's youngest and most admired authors. Her first novel, *Love and Virtue*, was published when she was just 24. This prize-winning novel of love and heartbreak was compared to Sally Rodney's *Normal People*. Reid quickly followed with a second success, *Seeing Other People*, a forensic examination of family and power. Each of Reid's novels takes an issue or trope that she re-examines and opens for discussion.

In her new novel she explores the 'trauma plot'. The often used 'marriage plot' looks to the future – will they or won't they? The trauma plot looks to the past – what terrible thing happened to her/him? This plot is currently very popular in novels, films and TV series. It seems once the past trauma is revealed, all will be well, the hero will be healed and become a better person.

Reid asks 'What are we missing? Why do we now look for signs of damage



in others?' She seems to conclude that we find what we are looking for because of our own psychology. And I must admit that I feel too old for this novel about a young woman just entering full adulthood. But it intrigued me and I'm still puzzling about it.

The novel centres on Cass and her childhood friend, Anika. During an Italian

holiday with Anika's wealthy family, Cass is accidentally locked in an old icehouse for several hours but is rescued seemingly unscathed. When at a family gathering, the now 30-year-old Cass suffers a seizure, Anika is convinced that past trauma is the cause, and that something else happened in the icehouse.

We are taken back and forward to the childhood and adolescence of the main and other characters. The role of good, mad and missing mothers is explored. The women in this novel, both mothers and daughters, are vividly and sympathetically drawn in all their complexities.

Through them, Reid continues to explore the idea that the signs of trauma we perceive in others actually come from us.

Anika's unconfirmed yet insistent interpretation of Cass's marriage and illness sets in motion a series of events that ends in avoidable tragedy.

This is a many themed, many layered novel of a young woman navigating today's society with its multitude of choices. Beautifully written and thought provoking, it leaves the reader wondering.

Wendy Tucker



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## Orange you glad you planted a vitamin C-citrus tree?



Lemons for days



Jade flowers



Grevillea 'Moonlight'

Surely it's no coincidence that most citrus ripen just as winter chills set in, right when our bodies most need a vitamin C boost. Limes, oranges, lemons and mandarins all flourish in our area, and few sights are as cheerful in the winter garden as glossy green leaves dotted with sun-kissed ripe citrus. So don't be a scurvy sailor, get out there and plant one.

To grow citrus successfully at home, select a sunny, sheltered spot with well-drained soil. In heavy clay soils, plant on a slight mound or slope to avoid waterlogging. For containers, use large pots with drainage holes and raise them to allow excess water to escape.

Variety matters. Meyer lemons fruit year-round, while Satsuma mandarins are winter-hardy and easy to peel. Makrut limes (for leaves), Tahitian limes (for juice), and native finger limes (with zesty 'caviar' pulp) all thrive. Washington Navelis are sweet, seedless, and winter-tough, and Valencias extend the season into summer. Many come in dwarf form, ideal for pots or small gardens.

Keep the area under your tree clear of grass and weeds. A neat mulch layer a few centimetres from the trunk conserves moisture and suppresses pests. Watch for citrus leaf miners, scale insects and

bronze orange bugs. Early treatment with horticultural oils or gentle removal helps control pests without harsh chemicals.

Regular feeding supports tree health and fruiting. Fertilise from late winter or early spring as new growth begins, again in mid-summer, and lightly in early autumn. Use citrus-specific fertilisers or aged compost, watering well afterward. Avoid fertilising in late autumn or winter to protect tender new shoots.

Water consistently. Citrus trees have shallow roots and need steady moisture to stay juicy and stress-free. Deep watering encourages strong roots that cope better with heat. Potted trees may need daily watering in summer. Ensure good drainage to prevent root rot, and use mulch to retain moisture and regulate soil temperature.

Light pruning in late winter or early spring improves airflow, reduces disease risk, and keeps fruit off the ground. For container trees, pruning controls size and shape.

Harvesting can be tricky since colour isn't always reliable. Some oranges re-green when ripe, and Tahitian limes turn bright yellow. If in doubt, a sample taste is the best way to check. Most ripe fruits can be left hanging on the tree for weeks.

With care, your citrus trees will

reward you with fruit for many years. So, if you find yourself buying lemons at the supermarket, maybe it's time to plant a tree, or else befriend someone who already has one.

Meanwhile, around the town gardens, the camellias continue to shine and the normally unremarkable but hardy jade plants (*Crassula ovata*) are bursting into peak bloom. The banksias and grevilleas are also having a flowering flush.

In the wild places, on the sides of the road around the Triangle, the bushland is rather homogeneously green at present, with very few flowers currently obvious.

This month in the vegie garden we continue catering to the cooler weather and are mostly still limited to planting leeks, shallots or onions, peas of all kinds, as well as broad beans and lettuce.

Happy growing.

Mark Evans



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# Open Sauce! Slow Cookers

## Easy slow cooker recipes for the winter months from the Cobargo Butcher

As Cobargo's own butcher, David Boyle, says: 'Slow cookers are invaluable for simple slow cooked winter meals. In fact, the best slow cooker recipes use the lesser beef cuts including chuck steak and beef brisket. The ingredients at hand can also be varied to suit family tastes and what's in the pantry. Enjoy the following recipes.'

### Basic beef and potato curry in a slow cooker or on the stove top

This recipe is based on 500 grams of diced chuck steak.

#### Ingredients

500 grams of diced chuck steak  
2 tbsp oil of choice  
1 large brown or red onion  
sprig of curry leaves (optional)  
250 grams of new potatoes  
4 cloves of sliced garlic or a tsp of minced garlic  
1.5 tps of whole cumin seed  
1 tbs each ground coriander and cumin  
1 tsp of garam masala  
1.5 tbsp of mild korma or rogan josh paste  
1 cup of Greek Style yoghurt *or* coconut cream  
1 cup of beef stock or water

#### Method

1. Fry off the onions, cumin seed and curry leaves. When onions show some colour add the garlic but make sure it doesn't burn.
2. Add the beef and stir until brown.
3. Once this is done stir in the ground coriander and cumin, and the curry paste.
4. Cook off for a couple of minutes. Add the new potatoes and

cook off for a few minutes more.

5. Add the Greek Style yoghurt *or* coconut cream and 1 cup of beef stock or water.
6. Continue cooking in the slow cooker for 4 hours or on low on the stove top until the meat is tender.
7. Serve with spring onions/fresh coriander leaves to garnish.

### Beef brisket/chuck steak in red wine sauce in a slow cooker or on the stove top

This recipe uses 500 grams beef brisket or diced chuck steak. The brisket can either be diced or left as a piece.

#### Ingredients

500 grams of beef brisket/chuck steak  
2 tbsp oil of choice  
1 large brown or red onion

2 bay leaves and 1.5 tps of dried mixed herbs  
200 grams of cut fresh or frozen green beans  
a handful of sliced mushrooms (optional)  
2/3 rashers of bacon  
6 cloves of sliced garlic or 1.5 tsp of minced garlic  
1 cup each of diced celery and carrot  
1 tin of cherry or diced tomatoes  
1 cup each of red wine and beef stock

#### Method

1. Fry off onions until they show colour
2. Add the diced bacon and cook until it starts to brown slightly and then add the garlic but make sure it doesn't burn.
3. Cook for a few minutes, then add the beef and cook until it browns.
4. Add the dried mixed herbs, diced vegetables, mushrooms (if using), and green beans and cook for a further two minutes.
5. Add the wine, tomatoes, stock and the bay leaves.
6. Continue cooking in the slow cooker for 4 hours or on low on the stove top until the meat is tender. Salt and pepper to taste. Serve with mash or whatever the family likes!

David Boyle



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## For the fridge door

JULY	WHAT	WHERE	TIME
All July	Naomi Lewis: a comprehensive retrospective of her artistic works	Lazy Lizard, Side Room pg 30	T-F 10 - 3 pm Sat 10 - 1 pm
	Christmas in July, apart from the usual creative offerings, Christmas-themed items will be available. Pg 32	Cobargo Creators gallery	Sun-Fri 10 am - 2 pm Sat 10 - 1 pm
Sat 5	Kids fungi art session, blending art, science & imagination pg 6	Good Vibes Studio, Bermagui	12 pm - 1 pm
Tues 8	Forest Fungi story time with collaborative art activities, free, pg 6	Bermagui Library	10.30 am start
Till Tues 8	<i>Plethora of Postcards</i> large group show. Theme: Eyes + Cost of Climate Change	Spiral Gallery, Bega pg 29	M-F 10 - 4 pm Sat 10 - 1 pm
Friday 11	<i>Fish &amp; the Sleeping Whales</i> , David Whitfield and Kate Wall, mixed media opening Sat 10 - 12 pm pg 29	Spiral Gallery, Bega	M-F 10 - 4 pm Sat 10 - 1 pm
Fri 11	<i>A Bird Is Not a Bird That Cannot Sing</i> Ngairi & Paul Grabowsky in concert	Windsong Pavillion, Four Winds, Barraga Bay pg 28	6 pm start
Sat 19	Kids fungi art session, blending art, science & imagination pg 6	Good Vibes Studio, Bermagui	11 am - 12 pm
Till Sun 20	Continuing the Fungi Feastival: Fungi Forays, Mushroom and Truffle Growing Workshops, Truffle Hunts, Art Exhibitions, Fungi Movie, Photography workshops, Fungi dinners, Truffle lunch, Children's activities. pg 9	Various locations - Bermagui, Mystery Bay, Central Tilba, Narooma <a href="http://www.fungifeastival.com.au">www.fungifeastival.com.au</a>	Various times - day and night events. Check online.
Sat 26	SOAPI Improv & Curry Night: 2 sessions of improv & curry, BYO pg 27	Cobargo School of Arts Hall	First session starts 5 pm
Sun 27	<i>Gershwin &amp; More</i> , Simon Tedeschi & George Washingmachine pg 28	Windsong Pavillion, Four Winds, Barraga Bay	2 pm

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