

Extreme damage to Long Swamp track

Wild weather in early July washed away 200 metres of the track along Long Swamp at Haywards Beach. The storm event resulted in cliffs where vegetation fell away, taking the track with it. The 1.2-kilometre Long Swamp track is on Crown Land and is managed by a volunteer group, the Bermagui Flora and Fauna Reserve Land Manager (BFFRLM), on behalf of Crown Lands.

Crown Lands told BFFRLM that the full length of the track will be closed indefinitely because it is an identified coastal erosion zone and deemed unsuitable for further infrastructure, meaning the track cannot be rebuilt.

BFFRLM's concern is remediation of the precious wetland area after it has been assessed by a Crown Lands expert. Another priority is preventing the freshwater swamp from being breached by the ocean. It has a unique substrate that doesn't allow interchange between the swamp's fresh water and the ocean's salt water.

The track has been well-used by walkers and cyclists, both locals and visitors. A government spokesperson said Crown Lands can offer support and advice to the Council and BFFRLM on the track, but any future repair works would be subject to confirmation of feasibility and funding availability. Given safety and environmental issues, a high temporary fence has been erected at either end of the track. This will give the area time to stabilise and the impact of king tides at year's end can be monitored.

However, before the fence was erected, there was evidence that a motorcycle had been in the area and cut across the remaining dune vegetation. The community's cooperation in respecting the fragile nature of the reserve would be appreciated. The Bermagui Community Forum hopes a cycle- and walk-friendly path can be constructed as it has been important to the Bermagui and Wallaga Lake communities and is a significant tourist attraction and town asset.

Marion Williams



The terrible devastation of Long Swamp track (above) and the track in better days (below) Photos: Jo Lyons



This issue of *The Triangle* has several articles expressing concern and dismay about the storm damage to the walking track alongside Long Swamp north of Bermagui. The track is a favourite of visitors and locals alike and I have spent many glorious hours walking the track, stopping at the bird hides and unexpectedly meeting friends. Not to mention gingerly stepping around the very large red-bellied black snake who stretches out along the track on hot sunny days!

Less than ten years ago, in 2016, a storm destroyed the Wallaga Lake boardwalk. The recent damage to the track is evidence of ongoing dramatic

change along Australia's coastlines as we experience increasingly intense weather events due to climate change. Each of these events requires us to assess both the damage and our responses. Do we repair? Rebuild? Accept? How do we weigh up the wonderful amenity for humans, the significance of Long Swamp as a freshwater flora and fauna wildlife refuge, the ongoing and increasing power of nature to demolish human-built infrastructure and the significant costs of intervention and mitigation?

These are difficult decisions and, whatever we decide, it's not going to be the same as it used to be. Whatever we do, it is

likely to be temporary – adaptation will be an ongoing process. I hope that community members will come together with the Bermagui Flora and Fauna Reserve Land Manager (BFFRLM), the Bega Valley Shire Council and Crown Lands to chart a way forward for the Long Swamp track. BFFRLM is seeking submissions from the public on its website. The Triangle area we share with so many other species has an amazing abundance of people with experience, knowledge, expertise and passion for looking after the beautiful coasts and country. And this is a very good thing given the likelihood we are facing extreme levels of challenge and change.

Letters

To the Editors of *The Triangle*,

I would like to recommend a 'Thumbs Up' for the Horizon bank staff at Bermagui.

I was away from home in June so I didn't have access to fax or email when a Canberra hospital required pre-admission information.

The local doctors' surgery was closed for lunch. On the off chance I asked at Horizon if they could help although I'm not even a customer of the bank.

They were so kind and helpful. Well done, girls.

Ines Rees
Cooma, NSW

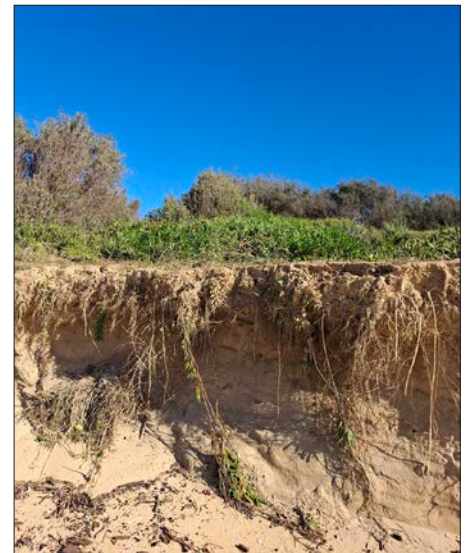
Bridge to nowhere?

There has been so much concern about the wash-out of the old Tilba Road walking track adjacent to Long Swamp as a result of the recent storms caused by an east coast low, but I haven't heard much about the severe erosion of the beach adjacent to the Bermagui-Tathra Road at the south end of Cuttagee Beach.

The ocean has cut away the sand dune to within approximately eight metres from the road which could easily be threatened in similar circumstances.

I hope those making decisions about the future of Cuttagee Bridge have taken this into account. It may be a bridge to nowhere?

Georgina Adamson
Bermagui



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

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

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- **Quaama** – quaama@farsouthcoastteam.org.au 0400 738 978
- **Tilba** – centraltilba@farsouthcoastteam.org.au 0448 100 974





Thumbs UP

To all those generous people who offer stuff for free or at mates' rates prices on the community email lists – such a lot of sharing and exchange is going on around here.

To those who give their still-good coats to the Bowerbird. I'm wearing one for the third year and it's a good friend on cold nights and frosty mornings.

To James and the Valiant coffee crew for providing veggie options at the recent sunny yummy birthday sizzle.

To the gentle, mighty, Yui writer Bruce Pascoe. Listening to the audiobook of *Dark Emu* while bushwalking brings a new level of understanding. Love your work.

To the volunteer men and women of Marine Rescue NSW on the South Coast who spent long hours in the radio rooms and on the water during the recent search for a fisherman lost at sea.

Thumbs DOWN



To people who just stop in the middle of a thoroughfare to look at their phones. Step to the side, zombies!

To folks leaving general household items on the Cobargo Food Share Table – thanks for taking that stuff to the op shop so the Food Share has food only.

To those who have a cold or flu who don't stay home or wear a mask. If you're sick, please do these small things to help prevent the germs hitting our older and more vulnerable community members.



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

Guidelines for contributors

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

1. Stories should be 300 words or less except by prior arrangement.
2. Images and graphics should be sent as attachments – not embedded into your story. Please send the original digital photo or image, uncompressed, so we have a large file to work with. Generally above 1 mb is large enough. Accepted formats include jpg, jpeg, png and pdf. Please include a caption for your photo at the bottom of the article it accompanies. Contact us for assistance.
3. Send all articles as WORD or other TEXT documents.
4. Please do not send posters or flyers! Instead, write a few paragraphs about your event and include the date, time and venue in that. And attach a photo if you have one.
5. Think about a headline for your story. Please don't leave it to us!
6. Deadline is midday on the 22nd of the month. Please email contributions@thetriangle.org.au and cclsang333@gmail.com with any questions.

Correction and apology

Last month's article on the River Rock Cafe inadvertently omitted the photo credit to Aiden Lowe.

Disclaimer

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

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

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

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Printing: Excell Printing Group, Pambula

Accountant: Pandanus Accounting

Distribution Service: Linda Sang

Distributed by Australia Post and available

from: **Bega:** Candelo Books, Bega Library

Bermagui: 777 Supermarket, Post Office,

Shell Bermagui, Bermagui Country Club,

Bluewave Seafood, Library, Visitors Centre

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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

Postal address: The Editors, *The Triangle*

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The Triangle is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and Wandella). The committee

comprises volunteers who donate their time

and expertise for the benefit of our readers.

The Triangle is financially self-sufficient

through donations and advertising income.

Prompt payment of accounts is appreciated.

The Triangle is published every month

except January and has a circulation of 1600

in print plus around 3000 unique online

visits each month.

Healing through somatic yoga

I've lived and worked in the healing arts for decades – as a nurse, a social worker and a yoga teacher. This year, I finally published my first book, *Release Trauma with Somatic Yoga*. It's a heartfelt guide filled with practical tools to ease anxiety, reduce stress and reconnect to the body – especially for those navigating life after trauma.

Writing this book has been part of my own healing journey. It's grounded in science, infused with mindfulness and shaped by years of teaching yoga and running retreats. I wanted it to feel accessible for everyone – from therapists and yoga teachers to people just beginning to explore their own well-being.

In the coming months, I'll be offering a series of gentle workshops in the area for anyone curious about somatic yoga or wanting to explore the ideas in the book in person. These sessions will be down-to-earth, trauma-informed and open to all levels of experience.

Feel free to call or text me for more details, or to express interest in a workshop near you on 0427 578 542 or email me at yoganirlipta@bigpond.com.



Kate-Nirlipta with her newly published book, *Release trauma with somatic yoga – a heartfelt guide to mindful healing*. (available on Amazon or directly from Kate)

I'm launching my book at Well Thumbed Books on Saturday 30 August at 10.30 am with a talk and morning tea and would love to see you there!

Kate-Nirlipta

Fund raiser for Bega Valley Can Assist

Bermagui Country Club is the place to be on Saturday 20 September for a fantastic afternoon of music with a variety of musical genres to suit all tastes. Visiting musicians, The Travellin' Country 3, who are well known across the Gippsland area, will be performing their unique country style music with humour and a mix of songs covering many decades. They have performed at The Gympie Muster, Thargominda Country Music Muster and many more events right across Australia.

Jan Belton, who has the voice of an angel, will be backing herself on keyboard and performing well-known songs of the type you might have heard from Judith Durham. Jan rarely has a week free when she is not performing across Melbourne at weddings, birthdays, residential homes and private parties. We are lucky to have her here in Bermagui!

A function at the Country Club would not be complete without the fun and huge variety of songs from Bermagui's own ukulele band, now sporting almost thirty players, who have been together now for more than six years, delivering upbeat numbers such as songs by Creedence,

Van Morrison, Beatles, Billy Joel, The Monkees and much more.

The stage will be managed by local artist Joe Driscoll, who is well known across the Bega Valley and beyond, and guaranteed to deliver something for everyone. There may be a few surprise artists performing as well, watch this space, as they say!

There will be afternoon tea with the Country Club providing coffee and tea. A raffle of donated goods will include beautiful handmade quilts. The door entry is \$5 per head with ALL money raised going to the local charity Can Assist.

Can Assist raises funds to assist local people affected by cancer in privacy, by paying for accommodation, electricity, pharmacy, fuel and food vouchers, and much, much more. Volunteers have raised and donated more than \$950,000 over the past twenty years and currently donate approximately between six and eight thousand dollars every month.

So come along and relax and enjoy a function that will assist so many people across the Bega Valley. For more information phone Lori Hammerton on 0459 027 308.

Lori Hammerton

Bowerbird Op Shop Community Organisation Awards

As part of our ten-year celebrations we are creating Community Organisation Awards, with over \$20,000 to be awarded to local not-for-profit groups and organisations. Do you want to help us celebrate by recognising pivotal organisations in the Triangle region, or those who support this area?

Nominations are open from 1 to 31 August 2025 (forms available in the Bowerbird Op Shop or email us at the address below.)

Once we have finalised the nomination process, the top nominees will be put on a ballot paper. Patrons of the Bowerbird will then be able to come in and vote every time they make a purchase between Monday 8 September and Saturday 4 October.

The final grant awards will be presented at a High Tea Party at the School of Arts Hall on Sunday 26 October 2025.

The Bowerbird Op Shop will continue to offer our traditional grants that, to date, have provided over \$250,000 to local community groups and organisations.

We are also launching a new initiative – a \$250 grant to assist groups looking to run a community event, have a raffle or set up sausage sizzle to fundraise or to get an idea off the ground that will have a positive impact on our local community. These are available now so please send an email request for an application.

Corrine Harris
bowerbirdopshop@gmail.com



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Supporting our community



Narooma Arts Centre receives solar grant

Narooma School of Arts (NSoA) has received a Far South Coast Community Solar and Battery Grant for the installation of a 15.84 kW solar and 28kWh battery system for the Narooma Arts Centre (NAC), now under construction.

The grant is funded through the Australian Government's Community Solar Banks Program administered by the NSW Department of Climate Change, Energy, the Environment and Water.

NSoA President Jenni Bourke said this will make such a difference to the NAC's running costs. 'It will reduce energy costs which in turn will keep user costs down, that will help with the NAC's ongoing viability and accessibility for our community,' she said. 'Minimising the long-term environmental impact of this building has also always been a major consideration for this project.' NSoA partnered with the Southcoast Health and Sustainability Alliance (SHASA) for the project's design and implementation.

SHASA President Kathryn Maxwell said the solar and battery system will significantly reduce emissions, reducing



The rear of the Narooma Arts Centre now under construction
Image: TAKT Studios for Architecture

the NSoA's carbon footprint. 'It will also support local employment by using a local company to install and maintain it and it will enhance the Narooma community's energy resilience through energy security,' she said.

Both NSoA and SHASA are local not-for-profit community organisations and

registered charities.

Other local recipients include Narooma Men's Shed, Narooma Preschool Kindergarten, Katungul Aboriginal Corporation Regional Health and Community Services and Merriman's Local Aboriginal Land Council.

Laurelle Pacey

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Hosting Cobargo Folk Festival performers is a great experience

The Cobargo Folk Festival has been an important and exciting fixture on the Far South Coast entertainment calendar for almost thirty years. It is renowned as one of the best festivals in the country with its community vibe, music, quality and local atmosphere – the Cobargo Folk Festival is an event like no other. In the most recent visitor survey the Cobargo Folk Festival scored an impressive average of 9.1 out of 10 – an exceptional result very rarely achieved – placing the Cobargo Folk Festival among the best in its industry.

Over these years, hundreds of musicians have visited our beautiful region. Many of them have been welcomed into the homes of locals and enjoyed the hospitality and friendliness that only a home stay can offer. Many a long-lasting

friendship has developed as a result, and the hosts and musicians alike have all enjoyed the experience.

The wonderful people who have hosted musicians and performers in the past have expressed their joy at being a part of the Cobargo Folk Festival community and most of them host year after year.

Now it's your chance to become a part of this amazing event. We need a few more people who would like to host musicians who are performing at the 2026 Cobargo Folk Festival.

Ideally your home would be fairly close to Cobargo, but that isn't an imperative. All you would need to provide is suitable sleeping arrangements and breakfast each day of the festival. No other

meals are required.

In return for your generosity in opening your home to one or more performers, you will be acknowledged as a Volunteer for the Cobargo Folk Festival. This means you will receive two free weekend passes to the Festival, plus an invitation to the volunteers' after-party. All this, and lots of fun as well!

We'd love you to become part of the Cobargo Folk Festival community.

Should you want more information or to register your interest in becoming a host, please call 0476 787 480 or email info@cobargofolkfestival.com.

Looking forward to hearing from you.

*Chris Walters
Secretary, Yuin Folk Club*

National Dying to Know Day

National Dying to Know Day falls around the week of 8 August each year, and I have run death cafés, end-of-life expos, produced and performed a play and radio shows, and run workshops since its inception twelve years ago to support this national event.

The theme for this year is 'Nobody Knows', a cheeky campaign designed to expose the absurdity of keeping your end-of-life wishes a secret. Because not telling anyone your final wishes is chaotic, confusing and, worst of all, creates guesswork and potential family division. But still only 53% of Australians feel comfortable talking to a family member about their end-of-life.

Eurobodalla Council has once again recognised the importance of supporting its community with end-of-life education, and, as a result, I am again running free workshops at all three of their libraries in August.

This year I've come up with a list of strategies, tools and resources to help people break down the fear of talking about death and having those difficult conversations. And I've created simple ways to think about and record people's wishes if they feel too uncomfortable to actually talk to someone about it.

Bookings are required at each venue, so get in early if you're interested as places are filling fast.

Monday 4 August 2.00 pm – 3.30 pm at Batemans Bay Library, phone 4473 5850.

Wednesday 6 August 2.00 pm – 3.30 pm at Narooma Library, phone 4476 1164.

Thursday 7 August 10.30 am – noon at Moruya Library, phone 4474 1333.

Or go to www.esc.nsw.gov.au/Events page and click on your chosen session and book online.

Note: There will also be death cafés run in Malua Bay and Bermagui each month, with one on 17 August in Bermagui. Phone 0477 087 688 for info.

*Shanna Provost
www.rest-easy.com.au*

Voluntary Assisted Dying (VAD) event

A heartfelt thank you to everyone who attended the Voluntary Assisted Dying (VAD) special event on Sunday 15 June, at the Bermagui Men's Shed. The gathering brought together a thoughtful group from our local area keen to learn about this significant development in end-of-life choices for NSW. The session featured valuable insights from the NSW medical lead and the operations manager of the Southern NSW Local Health District VAD team. Attendees received practical, clear guidance on the new VAD legislation and what it means for individuals and families navigating end-of-life options.

Key points discussed included:

- NSW VAD legislation: The Voluntary Assisted Dying Act took effect in 2023, making VAD a legal option for eligible adults in NSW.

- Access and cost: In NSW, all VAD services are completely free.
- Eligibility: Requirements include NSW residency, being over 18 and having a terminal illness (such as cancer or motor neurone disease) with a prognosis of six to twelve months. Medical eligibility is carefully assessed by two independent doctors.
- Decision-making capacity: To access VAD, individuals must be able to clearly understand and voluntarily request the process. This is a requirement under NSW law.
- The 11-step process: The VAD journey involves initial requests, medical assessments, paperwork and a choice of how medication is administered.
- Death certificates: The cause of death

will reflect the underlying illness, not VAD.

Feedback from participants indicated the session brought much-needed clarity and comfort around these sensitive topics.

For further information, contact the NSW Voluntary Assisted Dying Care Navigator Service at 1300 802 133 or visit the NSW Health website.

Our next Death Conversations Café is on Sunday 17 August at the Bermagui Men's Shed from 2.00 pm to 4.00 pm. This is a unique chance to talk openly and honestly about mortality, ask the tough questions and hear others' stories in a relaxed setting.

For more information, please ring Kerryn on 0400 251 735.

*Kerryn Davey
and Deepika Mistry*

How we survive

HowWeSurvive, is a long-term, independently funded initiative aimed at reshaping disaster recovery. Through research, education, advocacy and collaboration, our ambition is to promote community-centred practices in all disaster recovery and resilience efforts.

Based at the University of New South Wales (UNSW) in Sydney, within the Faculty of Arts, Design and Architecture, the initiative was launched officially in September 2024 and runs until 2063. We're working toward long-term systemic change in how disaster recovery and resilience are understood and implemented in Australia and worldwide.

We aim to build knowledge and share good practice about community-centred recovery whilst working with governments and disaster response agencies to ensure that community-centred practices are integrated into policies, organisational frameworks and operating procedures.

Since our launch, we have been building an interactive map of Australia with over 1000 stories, gathered from a variety of publicly available sources.

The Triangle's February 2020 issue, following the 2019-2020 bushfires, is a standout contribution. It showcases community collaboration during recovery. It was incredible to see the local community within the Bega Valley Shire come together and share their experiences as a collective. All your voices matter!

We are expanding the interactive story map to capture voices across underrepresented areas in Australia, as well as internationally. With the help of AI, everyone will soon be able to interact with the stories on the map and ask questions related to disasters and recovery. To find out more, visit the HowWeSurvive website where you can explore resources, submit your story and subscribe to our mailing list.

Laura Cimilio



Our February 2020 bushfire issue will be part of an interactive story of community resilience

Mumbulla School offers full primary school scholarships for 2026 intake

Mumbulla School for Rudolf Steiner Education is offering a full tuition scholarship for a local child to complete their entire primary education at the school, beginning in 2026. This is the second financial scholarship offered by the school, following its successful introduction in 2020, and aims to provide access to quality education for a family experiencing financial hardship.

Located in Bega on the Far South Coast of NSW, Mumbulla School is a co-educational primary school that offers a creative and nurturing learning environment based on the Steiner educational philosophy. The school also meets all NSW Education Standards Authority (NESA) syllabus and curriculum requirements.

The Mumbulla School Primary Scholarship will cover all tuition fees and levies from Kindergarten through to Class 6 for one eligible student. To be eligible, the child must be turning six in 2026, be a permanent resident of Australia and their family

must provide evidence of financial hardship. Applications must be submitted using the official Scholarship Application Form and include all required supporting documentation. All information will be kept strictly confidential.

'This scholarship reflects our belief that financial challenges should not be a barrier to accessing a rich, creative and high-quality education,' said Reagan White, the Education Manager of Mumbulla School. 'We are proud to extend this opportunity to a local family again in 2026.'

Parents or guardians of applicants must also demonstrate their commitment to Mumbulla School's educational values by completing the school's Application for Enrolment. Further information and all necessary documents can be found on the Mumbulla School website. Applications open 1 July 2025 and close 1 September 2025.

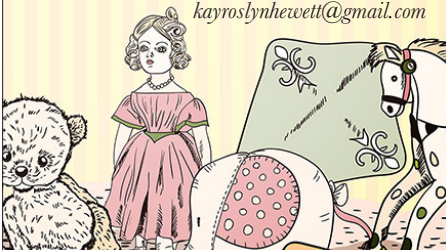
Vickie Goldsmith

Hidden Gems & Childhood Friends

This will be an exhibition for all the lovers of dolls and childhood's silent friends

- The exhibition will be at the CWA Hall, Cobargo, 18-19 October 2025.
- Calling all collectors, lovers and parents of dolls to join us.
- Categories to suit everyone and great prizes for standout entries.

For more information, please contact Ros at kayroslynhewett@gmail.com



Mumbulla School kindergarten kids at play

Brian Ayliffe and his 'sort of museummy thing'

When I bragged to a neighbour that Brian Ayliffe was *The Triangle* podcast feature interview this month, she quietly said, 'Brian is my hero. I would follow him anywhere. In fact, I did follow him into some pretty hairy situations when he was my captain in the fire brigade.' Others made similar remarks about what Brian has done in this community making even more of an impact because of how he goes about things and engages with people.

Sitting at his cosy kitchen table, I learned that Brian came here in 1945 at age five or six when his parents bought the Cobargo General Store. 'We sold groceries, but also drapery, televisions, washing machines, fridges and motorcycles! In fact, at one time, our store was the largest country Honda dealership in NSW. The store ran on accounts. The beef farmers would pay their account once a year after the spring sale. Dairy farmers had more regular income.'

'When the road to Bega was dirt, it was easier to shop in Cobargo. As roads were sealed and the population became more mobile, it made sense to get supplies in Bega, so the general store faded out. It was a pity, but it was just a fact of life. So, Mary and I started driving the school buses, which guaranteed early mornings, the very best part of the day.'

Mary had a terrific relationship with 'her kids' who she drove to school each day. 'Years later, Mary made a point of going down town to collect our mail quite late in the day. I finally woke up as to why. Five o'clock is when the tradies came in for a beer before going home for tea. And the tradies



Brian Ayliffe and the new fern in the Cobargo Bushfire Resilience Centre garden. Photo: Ronnie Ayliffe



Hear Well - Live Well

We are committed to:

1) The best possible hearing outcomes

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

2) Making the world a better place

Hearing well is essential to great communication and making our immediate

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

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

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

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

were her kids. She just felt so connected with them from driving them to school for all those years.

‘When you’re in a small town, you’re in everything, but my one big passion was the fire brigade movement. Sixty-five years of service in the Rural Fire Service (RFS) kept me busy. The NSW Volunteer Fire Brigade is the largest firefighting organisation in the world, with 70,000 volunteers. Each of them is just an ordinary volunteer. When you’re called, you drop everything. When I had the bike shop, we would just close, also because my mechanic was my deputy captain.

‘We lost the old General Store premises in the Black Summer fire. We were insured so we were very fortunate. Public meetings were called, and nobody knew what to do. Where do we start? It felt almost impossible. A third of the business centre was wiped out and, economically, there was no fortune to be made out of a shop in Cobargo.

‘I remember a lot of advice being thrown around at a public meeting at the hotel. A lot of it was coming from people who didn’t really have any skin in the

game. Some of the business owners were still in shock. Some still owed money on their blocks and would have to charge huge rents if they rebuilt. I felt too old to start again. I just couldn’t see getting a return on the capital, so I made the selfish decision to donate the block of land. I thought it would be out of my hair, and I wouldn’t have to worry about it.’

Brian says the idea to build the Cobargo Bushfire Resilience Centre was one of those rash decisions that you make on the spur of the moment. ‘I thought a sort of museumy thing might be good. We had an architect draw up some plans. I wanted three areas: somewhere we can display artwork, artifacts and photographs; a remembrance garden where we can commemorate the lives that were lost; and a theatre area where we can show films. I had a vision, but I could not have imagined the magnificence of the building in Cobargo today. A lot of people like it, other people don’t like the black. It’s a conversation starter already.

‘We are calling for submissions and ideas from the community. The Resilience Centre will be a living entity. Nothing is set in concrete, but I want it

to be a place that tells the story of the volunteer. The oral histories collected with the National Library after the fires will be part of it. We want the centre to be something that helps our community be even more resilient, to help equip people to handle not just fire, but also other things. COVID is a classic example.

‘They took the best part of Cobargo to the rubbish dump after the fires. Truck after truck. When the clean-up was finished there was a double storey chimney where my childhood home had stood, and a big old tree fern. I planted that fern under the tank stand with my dad when I was a 10-year-old kid. Because I was smaller, I could get in underneath the tank stand and dig the hole. It survived the fires. It survived COVID, but it didn’t survive the wait for government funding and permissions. It gave up the ghost. So, with my two grandkids, we replanted the same type of fern last week. I hope it’s around in 70 years like the one I planted with my dad, and that we’ve got something that will demonstrate resilience in this great little town full of great people. I’ve had no desire to live anywhere else.’



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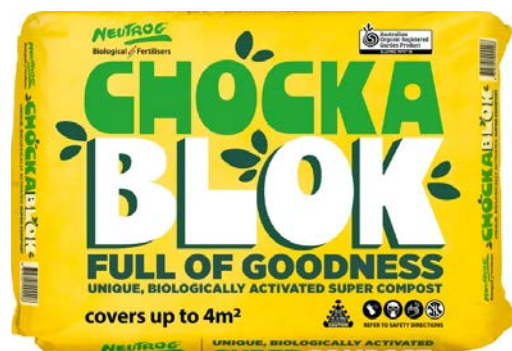
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Thank goodness for the sunshine because it has been cold on those grey, cloudy and rainy days. The weather was mainly good for the visitors during the school holidays, allowing them to get in those beach visits or fishing expeditions.

The heavy rain and big winds in early July had a shocking impact on the town. A massive amount of uncontrolled, muddy runoff of topsoil and clay from the earthworks at the Sapphire Cove development flowed downhill into Bermagui Harbour and out to sea in a chocolate coloured plume.

The same wild weather had another big impact. About 200 metres of the beachfront at the southern end of the Long Swamp walking track, adjacent to Haywards Beach, was severely eroded and washed into the sea. The erosion is still very unstable, and the track looks like it will be closed for quite a while. This issue of *The Triangle* has a lot more detail on both these distressing events elsewhere, starting with the front page.

Bermagui Medical Centre has reached capacity and is not taking on new patients. The management of the clinic is very apologetic and will reassess the situation later in the year but if you are new to town and need a doctor, Cobargo, Narooma or Bega are your options.

The shopfronts of Bermagui continue to change. We covered the pub changing hands, and Il Passagio becoming Elsewhere on the main street in the June *Triangle*. The talk is now that Octopii will move into the vacant shop space downstairs at the marina and a new fish and chips shop is setting up opposite the Post Office. There is even a rumour of an Asian restaurant moving into the vacant space upstairs in the marina. It would be great to fill some of the empty shopfronts about town, especially as the weather warms up and the number of visitors increases.



The muddy runoff is clearly seen in the harbour
Photo credit: Surfingwiththemob



Erosion on the Long Swamp walking track Photo: D Worgan



The new Fish and Chips shop signage Photo: D Worgan



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Runoff from Sapphire Cove development turns Bermagui Harbour brown

A coastal low-pressure system at the beginning of July transformed the sparkling blue waters of Bermagui Harbour into something resembling a mud bath due to extensive runoff from the Sapphire Cove development.

In its newsletter dated 5 July, Bermagui Community Forum (BCF) said there has been significant environmental damage to the estuary, mangroves and harbour area at Bermagui resulting from uncontrolled runoff of topsoil and clay from recent earthworks at the Sapphire Cove property development. 'This appears to be in breach of their development application (DA).'

Emily Harrison, Council's director of community, environment and planning, said Council is monitoring the situation and is working closely with the developer to ensure the site is managed in accordance with their approvals.

'However, it is important to note that in cases of intense volumes of rain – there is little that can be done to prevent some runoff occurring. Council is the regulatory authority for this situation. The developer is taking appropriate action to stabilise the site and is seeking to implement additional measures where possible,' Ms Harrison said.

For some residents this is not good enough. The site of more than 24 hectares has been almost completely cleared of trees and slopes down towards the golf course, meaning runoff was predictable and adequate retention ponds should have been installed. Some residents would like Council to investigate whether the developer complied with the required standards and whether the Council had followed the necessary processes to



The sloping site of the Sapphire Cove development has been almost completely cleared of trees

ensure compliance. They want the Council to make its findings public.

Bermagui Matters, a group that is opposed to proposed development DA 2023/301 at Nutleys Creek Road, said the environmental damage caused by the Sapphire Cove development heightened community concern about the devastating environmental impact of the proposed Nutleys Creek Road development.

Marion Williams

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Action required to preserve wetland and reinstate Long Swamp Track

The people of Bermagui and its outlying suburbs have been saddened by the damage to the coastal track along Haywards Beach. The track provided an accessible and delightful route to Bermagui and Camel Rock. It was possible to get into town and back without risking one's life walking or cycling along the busy, narrow road that wasn't constructed with pedestrians and cyclists in mind.

The track allowed older and less confident cyclists access to much-needed exercise, the fabulous views and wetland, without having to worry about traffic. Neighbours enjoyed catching up while walking in a safe and beautiful environment. Young kids could taste a bit of independence; others could cycle or scooter to school. The loss of the track affects the physical and mental health of the whole community.

We have been rather bluntly informed that there are no plans to reinstate the track and that pedestrians and cyclists should use the Wallaga Lake to Bermagui Road. This recommendation is callous showing a lack of empathy and regard for community safety. My 95+ year old neighbour, Jack, who has cycled all his life, will not stop riding into town three times a week and

will be in real danger as he negotiates the potholed shoulder of the main road.

We understand that the Bermagui Flora and Fauna Reserve Land Manager (BFFRLM) group has a responsibility to preserve the coastal wetlands. The communities that live here want that too. However, that responsibility must be considered alongside the safety, needs and well-being of the local community. Currently Bega Valley Council seems willing to consider options, but the attitude of the BFFRLM group can best be described as defensive, and it is hard to get a response to queries and concerns. A large temporary fence has been erected to keep us all out, further alienating the community.

Instead of this defensive attitude, we hope that the BFFRLM will realise that this is an opportunity to liaise with the wider community and come up with a solution that helps everyone.

If the scientists are to be believed, this is not an isolated event. At some time in the not-too-distant future, another storm will probably cause more damage, endangering or even destroying the wetland. The community would like its track back – and to protect the wetland.

The suggestion from the current managers, to leave the area to its own devices, seems very naive. There is room for a track between the waterline and the wetland. Can one be constructed that aids in the protection of the wetland? Perhaps this is an opportunity to combine forces. There could be a way to shore up the 200 metres of damaged dune and track at the southern end of the beach. Perhaps a retaining wall of boulders could be created with a track on the top, like the walkway along Bruce Steer Pool. It will cost money but if the environmentalists and the community combine forces to liaise with Council and apply for grants, it is not impossible. We should investigate such options before the Council starts fixing up the southern car park and beach access.

Bermagui and its suburbs are expanding rapidly. The recreational needs of the growing community and the links that strengthen that community should be taken into account.

The wetland, and the track that borders it, are an iconic part of Bermagui. They are loved by residents and tourists. Let's not wait for an accident to happen to force us to investigate the issue. Let's act now, as a community, to save them both.

Diane Bray

Mud sludge

Bermagui residents want an explanation for how 'mud sludge' was allowed to run off from the Sapphire Cove Development site into the harbour. The answer it seems was inadequate sediment control and monitoring at the site.

When the coastal low hit Bermagui, mud, dirt and silt from the site washed across the golf course, into the ecologically sensitive mangroves, the usually pristine harbour, out to sea and into the Bermagui River, close to oyster leases.

Apparently, approval for the development by Council came with a requirement that the developer put in place sediment control measures.

The Developer's Construction Environment Plan states they will:

- Install sediment control structures in accordance with the Subdivision Works Certificate prior to commencement of works.
- Keep all sediment control measures in good operating condition, functional at all times, with regular maintenance.

- Assess weather conditions prior to and during operations. Consider temporarily halting works until more favourable weather.
- Management and mitigation measures must be put into place if sediment-loaded runoff is likely to occur or a rainfall event is predicted.

Given the scale of sludge, it's not unreasonable to conclude these measures were not done. In some good news, the Council has advised they will investigate what went wrong, but explaining this was an 'intense rain event' is no answer. Hard questions need to be asked:

- Were all the Construction Environmental Management Plan actions implemented?
- Did Council inspect the site and confirm sediment control was in accordance with the Subdivision Works Certificate prior to commencement of earthworks?
- Did Council sign off on the



The harbour was affected by the sludge
Photo: Serena Lillywhite

Management Plan prior to earthworks commencing?

The investigation outcomes must be made public, and any findings of non-compliance should incur fines and remedy. The mud sludge has heightened community concerns about the environmental impact of the proposed Nutleys Creek Rd development.

*Serena Lillywhite
Bermagui*

Proposed Bermagui Country Club amalgamation

On 5 August, members of Bermagui Country Club (BCC) will vote on a proposed amalgamation with Queanbeyan Sports and Community Club (QSCC) and Tuggeranong Valley Rugby Union and Sports Club Ltd (known as Vikings).

BCC ran operational deficits of \$500,000 in 2024 and '25. It doesn't have enough money to keep the clubhouse, bowling green, tennis courts or golf course up to standard. In the 2025 financial statements, the auditor noted a \$500,000 bank loan that expires on 30 January 2026, and that BCC needs to improve cash flows by selling assets, amalgamating with another club or significantly changing operations.

After amalgamation, all BCC assets, debts and liabilities would be transferred to QSCC and the BCC president would join the QSCC board for three years. The memorandum of understanding said QSCC would keep the golf course for at least twenty years, the bowling green for at least four years and the tennis courts for at least eight years.

However if, after two years, BCC doesn't make an annual EBITDARD (a measure of profitability – earnings before interest, tax, depreciation, amortisation, rent and donations) of \$25,000, BCC could cease trading, and Vikings could sell the clubhouse and its land. That is the worst-case scenario. The land is zoned RE2 (private recreation) and its valuation is not disclosed.

Assuming BCC returns to profitability, the next hurdle is the viability of the outdoor sporting facilities. If, after three years, the number of full members of the golf club, bowling club and tennis club has fallen below the average of the four years before amalgamation those activities will cease. That would leave QSCC/

Vikings with a profitable clubhouse with bar, restaurant and pokie machines. Bermagui residents and visitors could lose the tennis courts and bowling green. BCC has a perpetual lease for the golf course land with NSW Crown Lands. Any change of purpose for that land, e.g. property development, would require approval from Crown Lands.

The best-case scenario is that the Vikings invest in BCC, bringing the clubhouse and sporting facilities up to scratch and growing its membership. At the August 2024 AGM, BCC president Anthony Corbitt said that is what the Vikings did for QSCC.

BCC needs the support of the community and visitors to keep the golf course, bowling green and tennis courts.

Marion Williams

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Missing person



For three days, Marine Rescue Bermagui was called upon to assist in a search for a missing boat and fisherman off the coast between Narooma and Bermagui.

The first callout was at 9.00 pm on Saturday 19 July until 1.30 am on Sunday 20. The search continued on Sunday from 8.30 am until sunset and again from 8.30 am until 3.00 pm on Monday afternoon when BG30 (Bermagui's rescue vessel) was stood down by Marine Area Command. Marine Rescue units from Narooma, Ulladulla, Batemans Bay, Tuross/Moruya and Merimbula, as well

as an Australian Marine Safety Authority jet Challenger, police helicopter and Police launch Falcon were called on to assist.

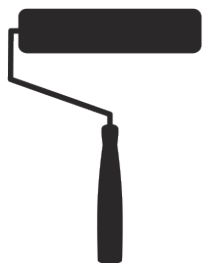
Bermagui base put in a huge effort as one of the coordination centres of operations, with watch officers, radio operators and boat crew putting in more than 22 hours over the period of the search.

Stuart Massey, the Regional Zone Commander, expressed his thanks and said that both the rescue vessel BG30 and radio teams had done an amazing job.

The missing boat was finally located eighty miles east of Narooma. This is well outside the initial search area. Sadly, there was no one on board. The police are now working to determine the causes of this significant incident.

*Debbie Worgan
Marine Rescue Volunteer*

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Diggin Diggies

Flick Ruby

July gave us beautiful sunny days when flooding rain and hailstorms weren't hitting. Loads of citrus at the Share Shed kept winter colds at bay, thanks to oranges and tangelos from Angela, grapefruit from Rici, lemons from Sally and sunrise limes (a cross between a native lime and a calamondin which is a hybrid of a cumquat and a mandarin) from Didi. Many of us attended a bonfire party at Greg's that rocked, and so did the latest Diggies Landcare event.

Jens Birchall updated the community on his nine-month effort against wild tobacco that has infested Dignams Creek since the 2019-20 bush fires. He will be sweeping through once more to remove the seedlings that are coming up. Rebecca Rudd, the Beauty Point Landcare Coordinator, explained how this work undertaken in Diggies has flow on effects to other areas. Restored biodiversity along the walkway that starts at Camel Rock will be protected if fewer weeds come downstream to Wallaga Lake from Diggies. We also heard from our very own birder, Maggie Clowes, who explained how to preserve birdlife in your own backyard by identifying the plants birds in your garden like. Since the event, another Landcare working bee saw some great weeding done at Heather's place.

I went away for the month of June. As friends will attest, the noise and absurdity of the bridge works at Dignams Creek had made me supernaturally grumpy. Having lost my job due to the bridge works I was free to go, but I needed to go. Sometimes to appreciate what you have, you need to get some distance. It was great to get home with a sense of perspective, and also to



Dignams Creek Landcare Group at the New Old Shed Photo: Suzannah Walker



Vandalism at Dignams Creek Photo: Flick Ruby

see the back of the Council's giant chug-a-lug pump, that has been replaced by a couple of quieter models for the ongoing 24/7 pumping.

The bridge works are not going well, thanks for asking. Initially scheduled to finish on 16 July, the revised end of August date will surely be pushed back. Apparently, bedrock can't be found on one side and a redesign of the bridge has been necessary. Failing to do adequate testing of

the substrate is a pretty basic error. Delays must also be due to the company having two other jobs on the go in the area, so last week nothing happened at all. Maybe they were working out Plan B or is that C or D? The delays have implications for businesses and individuals that are not being considered. The cost to a lot of us has already been significant. And for how much longer? Our biggest concern is that the bridge won't be completed by summer. No quick access for fire trucks is a major issue.

Of course, we understand the need for infrastructure, but much mess could have been avoided through viewing community consultation as beneficial to all parties. Far from being troublemakers, practical locals could have helped Council and the construction company understand what happens when Dignams Creek is in flood, at least preventing the pedestrian bridge from being so badly smashed. Perhaps so much vandalism in the creek, so many trees and ferns, could have been spared. One of our residents is a geomorphologist! She wouldn't have given formal advice, but we do have some serious expertise out here, as well as decades of observation of the waterway that has seen gravel dumped for millennia where the creek does a 90 degree turn at the bridge. Sigh.

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Cobargo market day at CWA gardens

As Cobargo rebuilds after the fires, the decades-old Saturday street market has been badly affected by the lack of parking and fewer tourists stopping for a look around.

On 19 July, our local marketeers rallied at the CWA gardens with many stalls, music and activities for kids. The locals arrived in great numbers on a gorgeous sunny winter day to enjoy the gathering. Based on this success, plans are in place to make this a monthly event – so the market will be held every third Saturday of the month.



Market day in the CWA gardens

James and Valiant Coffee birthday



Cobargo's iconic barista, James Bristow, celebrated his birthday on 5 July at his beloved Valiant Coffee Caravan that turned six, and the community showed up in big numbers to pay their respects.

Valiant was one of the first businesses to open after the 2020 bushfires and it quickly became a community hub and place of support for our hard-hit community.

It moved from central Cobargo to the CWA gardens last year, where almost immediately it was nearly lost to a raging flood. But the community has continued to support the Valiant and has shown their appreciation for James and his highly valued but unpretentious business.



Some familiar 'folk' at at Valiant Coffee's birthday celebrations

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Rebuild Cobargo's latest update

As the Rebuild Cobargo Project progresses, the overall scale and shape of the new buildings continues to emerge. With the unwelcome rain events now a thing of the past (hopefully!) all the major concrete slabs have been poured and the structures are rapidly reaching that all-important weather-proof stage with the construction of second floor wall frames and roofing scheduled over the next month.

Once the construction reaches the lock-up stage, the emphasis will then move to the internal structures and then on to the retail and residential fit-out. The major building construction works should be completed by this December, with minor internal works and the completion of the fit out flowing into early 2026.

As CCDC Chair John Walters said, 'The stage that construction has now reached is allowing the CCDC board to focus on the activation stage of Rebuild Cobargo, including attracting and onboarding a range of business operators for the commercial ground floor shops, and other commercial areas in the new precinct.

'We plan to complete the formal commercial tenancy EOI procedure and be in position to invite submissions from interested parties for both classes of tenancy within the next month. We are pleased by the number and range of inquiries we have received so far through informal discussions that indicate a strong

level of interest from tenants.

'The completed buildings will provide a diverse variety of retail and other commercial and business opportunities that will contribute to the key objective of securing a much stronger and more resilient main street economic biomass into the future,' John concluded.

CCDC Board member, and Chair of the Cobargo Cooperative Society Board, June Tarlinton said, 'We can't overestimate the importance of the rebuild to our town and the surrounding areas. Not only will the finished rebuild assist our economic recovery and future it will also see more residential accommodation return to our CBD.

'We will soon be releasing the process for how the apartments will be let, keeping in mind that two of the apartments will be fully accessible with wheelchair and lift access and allocated parking. While they will be suited to independent living, the two-bedroom layout could also suit a tenant who may require a live-in carer or support person. This will be a first for Cobargo,' June concluded.

These two apartments are vitally important. In addition to the value for the primary tenants of living in their community, any form of assisted living brings with it carer/support people and is an employment multiplier for the community, as most people requiring around the

clock care usually require four support people. These create potential additional employment opportunities for the town.

Importantly, the central position of the apartments contributes to that important wrap-around support for tenants, provided by proximity to the existing doctors' surgery, the pharmacy and allied health services, and with additional allied health capacity included in the rebuild.

Once completed and tenanted, the new commercial and residential premises will continue to be community assets owned and run for the benefit of present and future community members. The floorplans for the two fully accessible apartments are available on our website.

As always, in addition to updates in *The Triangle*, look out for further 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 which is open most Wednesdays next to the Co-op.

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

Deb Summer and Steve Williams
Community Representative Directors
Cobargo Community Development
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Cobargo CWA report

Apart from pursuing the aims of CWA of NSW to promote the well-being of women and children in regional, rural and remote areas of NSW, we are well-known for baking delicious cakes, biscuits, slices and so on.

Those of us who enjoy this aspect of CWA are always looking for hints and suggestions to improve our results. To this end, we have invited Barb Smith from the Bodalla branch of CWA to join us for an afternoon, to give hints and tips, using items baked by members. Barb is a champion baker and judge, both at CWA State level and in local shows, so she will highlight what judges are looking for in competitions and show ways of achieving these standards. Demonstrations of simple things that result in elimination will also be discussed and how they can be easily avoided.

As many people are interested in entering the Cookery Section at the



The State competition prize-winning jaffa cake

Cobargo Show and might be interested in entering the CWA competition, we are inviting everyone to come along to listen to Barb, to learn those vital tips that make all the difference to the judges. She will be at our CWA cottage in September, following our meeting on Tuesday 9 September at 2.00 pm. and everyone is welcome. You will also be able to access information

about the CWA Cookery competition which is not restricted to CWA members only. A warm welcome is extended for you to join us in a cuppa and perhaps a nibble or two!

We look forward to meeting you!

Mary Williams
Cobargo Branch, CWA of NSW

Cobargo Public School report

**Cobargo Public School performed
at the Bega Civic Centre**

The Sapphire Coast Learning Community Performing Arts Festival is a celebration of music, dance and drama featuring students from Far South Coast Public Schools. It showcases their artistic talents through engaging performances, promoting collaboration and confidence.

The Cobargo Primary drumming group performed their own arrangement of Yankadi and Makru, two traditional West African rhythms. They wowed the audience with their speedy hand movements and rhythmic patterns.

The choir group performed a percussive interpretation of 'Feeling so good' by one of their favourite local bands, Sunday Lemonade. The choir worked enthusiastically on arranging and interpreting the musical feeling in the song. They enjoyed arranging kiss kass shakers, djembes, tambourines and even the humble kazoo to accompany them and left the audience feeling so good!

Sporting School initiative

An exciting five-week Sporting Schools Soccer Program is currently happening at our school, led by professional coach Neil McKay, a representative of Football NSW. This inclusive program is designed for all students, providing a fantastic opportunity to learn new skills, enhance teamwork and develop a love for the game. With tailored coaching sessions delivered right here on our school grounds, every child has the opportunity to participate and develop their soccer abilities. Plus, students will discover pathways to connect their newfound skills with local clubs. The children are having a blast with the weekly sessions of the program, and their enthusiasm has transformed lunchtime and recess into mini soccer matches.

Rebecca Moresi

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Naomi Lewis retrospective at Lazy Lizard

On 5 July, there was a beautiful exhibition of many examples of Naomi Lewis's artwork. From her illustrations of children's books, cartoons for *The Triangle*, paintings, drawings and print-making, we were all there appreciating the breadth of her work, her love of nature and whimsy, and her great sense of humour again. Many of us met up again afterwards and joined her family for a celebration of the woman we admired and loved.

It was great to see so many of Naomi's family – the Lewis family of Damon, Bronwyn, Tully and Freya; and the Shiptons – Ancret, Mitchell, Kassie, Ava and Bev Shipton were all at the opening. It was a wonderful, warm community party.



Linda Sang

Ancret Shipton, Shirleyanne Meyers, Doris Hoyne and Damon Lewis Photos: Shirleyanne Meyers



Artists themselves, Naomi's granddaughters attended the opening, Freya (L) with her painting and Ava (R) with her sketchbook.

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We are a lucky community with the eleven publications of *The Triangle* each year keeping us up to date with what's happening. In order not to miss a beat, it was special to have Shanna Provost covering Tilba for me and bringing her perspective of Tilba life. And her 'Sounds of Tilba' received some pretty special and grateful feedback. Shanna, of course, is no newcomer to community and community publications. She was founding editor of *The Triangle's* predecessor, *The Dromedary Drum*, way back in 1997. Thank you, Shanna.

I'm back in front of the computer now after a four-week road trip to Alice Springs. Heading into the vast unknown has been part of our yearly winter holiday for several years now. This year we retraced some of our trips going back to the late 80s. In lots of ways, it's as though one is seeing the sheer vastness, diversity and beauty all over again. From the strange and surreal beauty of Lake Mungo in a dust storm, across the flat plains country to the undulating hills of Broken Hill at sunset, the approach to the Flinders Ranges from the eastern side along the dusty access road through the old ruins at Waukaringa, there is wonder and appreciation of just how



Flinders Ranges

wild and amazing Australia is. Once in the Flinders Ranges and an exciting 4WD adventure at Willow Creek Station, there is an understanding of just how wonderfully rugged and impossible this country must have been to early white settlers with their dreams of establishing sustainable cropping and everlasting supplies of gold. As we know now, there was a lot of failure, leaving its mark on white settlement in

its inability to learn the true nature of country from First Peoples. At Wilpena Pound, in the Ikara-Flinders Ranges NP, the story of tragic dispossession of country is told in parallel with the history of failed white settlement. From there the trip through the Northern Flinders Ranges to Vulkathunha-Gammon Ranges NP is stunningly beautiful and in places reminds us of the Macdonnell Ranges either side



Ikara-Flinders Ranges NP

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of Alice Springs. Again, there was the opportunity for some moderate 4WDing on Wurtupa Loop Track.

Leaving Vulkathunha NP through the unexpected magic of Italowie Gap, it was westward to Copley on our way to the Oodnadatta Track. An absolute find was the underground bakery at Farina. Farina was the old railhead to the railway south and, in its day, it was quite a town. The old ruins are being restored with a large force of volunteers who run a bakery café in the old pub each year from May to July – we did stock up on freshly baked bread! Next stop is William Creek and the first section of the Oodnadatta Track that starts at Maree, just north of Farina, with views of Kati Thanda-Lake Eyre (South). We took an hour's flight from William Creek out over the southern part of Kati Thanda-Lake Eyre (North) which is still filling and gives an idea of the extent of Australia's largest inland lake. Once water from the Cooper systems arrives, so will the waterbirds.

The Oodnadatta Track traverses the country from Maree to Marla on the Stuart Highway, the link between Port Augusta and Alice Springs. We went as far as Oodnadatta and the Pink Roadhouse on this, at times, very corrugated road, before heading north to the Aboriginal community at Finke (Aputula). Recent good rains have had a wonderful effect on this Eucalyptus/Acacia country, and it was a great joy to travel through this area with its sudden eruptions of low rocky outcrops. We took the opportunity to finish the last leg to Alice Springs on the Old Andado Track via the Old Andado Homestead – a stunning journey where the track travels between the western end of the north-south

sandhills that are the main feature of the Simpson Desert, on through the Aboriginal Community of Sante Fe (Ltyentye Apurte).

This two and a half week journey is not everyone's idea of a relaxing holiday – it's very dusty, the flies are horrendous and the roads are often so corrugated that you just have to put your foot down. It's imperative to have a good camping setup, particularly a high-quality tent and mattress, plus all the other gear that makes things a bit easier. We do travel with friends who have a very well-equipped and capable offroad hybrid caravan. A trip like this is a rare opportunity to see the raw



Camping near Alice Springs

nature and ancient beauty of this amazing continent, away from the well populated east coast.

A few enjoyable days in Alice Springs with family, a comfortable bed and hot

showers, gave us the energy for the nearly 3000 kms, six-day trip home. This part of the journey also has some wonderful surprises – the spectacular Breakaways near Coober Pedy, the stark beauty of the southern Flinders Ranges near Port Augusta, the picture postcard beauty of the Western Slopes country east of Hillston. Where possible – and it is possible – we stayed off the main highways from Port Augusta to near Yass.

A trip of over 6000 kms through some of the most beautiful and also arid regions is very special. What's also very special is being reminded of the beauty that is on our doorsteps. A few days after arriving home, I was driving to Verona on a lovely winter morning – Gulaga, Mumbulla and all the other parts of the range that connects them were bathed in a glorious light where the many rocks were outlined from their treed surrounds – magical!

Tilba Tallow

Regenerative farming and grass-fed beef are not usually associated with skincare products. Huon Thompson lives and works on the family property, Caluga, at Tilba Tilba, which is farmed using regenerative farming practices. Continuing a tradition that started with his parents, Amanda and Graham Thompson, who distilled their own now-famous eucalyptus oil and made castile soap, he has been experimenting with tallow-based soaps and skincare products. Excitingly, he has now refined the process and launched a range of products under the evocative Tilba Tallow brand. While this is Huon's enterprise, the whole family contributes, exemplifying their holistic approach to sustainability and diversity.



Huon Thompson with Tilba Tallow Hand Wash

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The old steam distillery

Tallow has been well known since ancient times for its skin nourishing properties. Rich in vitamins A, D, E and K, it is 100% organic when sourced from grass-fed beef that are raised through regenerative farming methods. Suet, the basis for tallow, from beef raised in this way has a stable balance of omega-3 and omega-6 fatty acids, ideal for premium skin care.

The Tilba Tallow range includes lip balms, hair and body soap bars, skin balm, body wash and hand wash, made in small batches with great care and attention. Ingredients include tallow, herbs, botanicals and essential oils, all carefully chosen for their therapeutic benefits. Branded with elegantly simple labels and stylish presentation, these products are available at a couple of local businesses and are being well received online.

With the launch of the range, Huon's focus is now on reinvesting to ensure that production meets demand. There are plans to expand the factory premises

and streamline the bottling, labelling and packaging processes. With on-farm plantations of eucalyptus and tea-tree, the old steam distillery, used on their Reedy Creek farm to distill eucalyptus oil in the past, will be relocated and recommissioned at Tilba Tilba.

Comprehensive information and online ordering are available on their website (search for Tilba Tallow in your usual browser) and you can follow them on Instagram and FB.

Tilba Halls update

It was exciting to visit the Halls recently with the Project Steering Committee. From time to time, I have had a peek through the security fencing in the carpark and even poked my head into the Big Hall one day when the door was open. Being onsite, though, gives a better impression of the progress and a glimpse of just how good these Halls will be when the project is complete.

The Big Hall, like its previous use and history, is a multifunctional area. At the moment, it has turned into a giant



Big Hall workshop

workshop where a lot of the magic of this project happens. It also provides an essential storage place as well as doubling as an onsite office and rest break space for those working onsite. The magic includes some very appealing hand-crafted timber doors, thanks to the skill of Donovan Sellin, new hardwood timber frames for all the old windows and restoration of the original timber window sashes.

Most impressive is the view of the rear extension to the Big Hall now the scaffolding has been removed. It is large but it blends in effortlessly, particularly as the weatherboards are already painted in the finished colours. The roofline connection between the two halls works well and the upper section of the Small Hall has also been reclad in new weatherboards in the finished colour. The lower-level areas at the rear will be the next to be clad and this will really give a good idea of the completed look. Recladding will also



Timber door



Big Hall extension



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start on other external walls. Once this is finished, the internal fitout will begin.

Of course, there are still challenges – as has been mentioned previously, the front porch section of the Small Hall was badly damaged from age and is being rebuilt. It will look exactly as it was – but safer and structurally sound to ensure its longevity. There will no doubt be further challenges to negotiate and there may well be further surprises. We can all have confidence that the Steering Committee, Project Management and the Building Team are doing an amazing job.

Community = well being

As we journey through life, we often have to make decisions which are not easy. This is especially true when active employment ceases and how we live life becomes the priority. A decision made ten years ago may not be relevant to one's situation today. These decisions require us to think about what is important to us now and over the next few years. One key aspect is the importance of community – there is a lot of evidence that demonstrates that health and well-being are enhanced with well-established social networks and community connections.

So, well done to Bev and Stew Long, who have made the hard decision to leave their lovely Whiffens Lane home. They realised that they still wanted to live in Central Tilba so, when the opportunity arose and personal circumstances aligned, they committed to stay in the town they love and are moving into a one-level home in Bate Street. And we are all pleased about that!

Stuart Absalom

WINTER SPECIALS

- Deals on Nectre & Eureka wood heaters
- Echo/Shindaiwa logsplitters & chain saws

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Pyjama and Movie Day at Tilba School



In our pyjamas

What a way to end Term 2!

Our Year 6 school leaders decided to combine a fundraiser for supporting children in foster care by wearing pyjamas to school with a Movie Day for some end-of-term fun!

A small school with each student contributing a gold coin doesn't amount to much – but every little bit helps!

We received this reply from the foundation we donated to.

Thank you so much for participating in National Pyjama Day and for making a donation of \$111.27 to The Pyjama Foundation.

We're one step closer to achieving our

dream of creating positive relationships for all Australian children living in care ... thanks to you!

With your generous support to our campaign, we will be able to provide more children in care with their very own special Pyjama Angel mentor who will empower them with learning, life skills and confidence.

Thank you again for your support

We had a fun day all snug in our pjs and enjoyed watching a movie, with popcorn and an ice-cream of course! We also reflected on how grateful we are.

Tania Hextell

Willy Worry Worm

Purchased recently in Batemans Bay and made in Tilba, this critter has given great comfort to a young girl. Her appreciative mother would like to make contact with the creator. If you are that person or know who it is, please contact Jo Major, Tilba Sweet Spot, 0448 296 506.



Makers Emporium, Tilba Central – locally made and locally consumed

[I asked Phil Shorten, owner of this creative space, for an update. Here's what he had to say ... Stuart Absalom.]

Once referred to as the 'old shed', the old Fire Shed in Station Street Central Tilba, is now being referred to by locals as 'the shop'. The support in the village has been incredible because so many locals share our vision. Council has also supported the project after considerable negotiation with the change of use. Pending all the right ticks in all the right boxes, we hope to be trading sometime in September 2025.

The Emporium provides a creative space for half a dozen local makers. Andy, Aimee and Tom from Tilba Wood are in full production mode and getting ready to trade making kitchen tools, cutting boards etc as well as storage boxes and other household items. Andy, with a young family, particularly likes the low-cost entry the Emporium provides.

Adam Kesper from Raven Wood guitars builds his very collectable guitars from his home-based workshop. Adam loves what this space provides and loves the village and the vibe. He repairs as well as makes guitars and makes stock

whips, leather belts and guitar straps. Phil Elton, local legend of Tilba Leather, has welcomed another leather artisan to the village.

Zoe Burke from Heritage Walks is negotiating a mobile information centre registration and will use the Emporium as her home base. Zoe says the Emporium reflects the heritage values of her work as well as a high-profile village location for her heritage experience and information business.

There will also be space for a bi-monthly art exhibition curated by local artists and the Emporium will continue to be supported by local street musicians and performers.

In the lead up to the grand opening in October/November, a lunch on 2 August is being held for current and past members of the Central Tilba RFS and their families to acknowledge the history and the community of the old RFS shed in Central Tilba and its new identity. Later in August a lunch will be hosted for the original builders of the Fire Shed. They will be joined by the current crop of tradies who have transformed the shed into a stylish yet typically Tilba retail space.



Adam Kesper working on a new guitar
Photo credit: Phil Shorten

We are keen to add a couple more local makers of practical products such as boots, shoes, hats, clothing, metal hardware or anything else that might be useful to locals. They need to commit to one or two days a week on the shop floor while their products continue to be sold five days a week. Interested? Call me on 0438 217 916 or email me at info@tilbacentral.com.au.

Phil Shorten

Au revoir

Patricia Coutant, well known for La Galette café and food van, is leaving us. Patricia has contributed hugely to our community through her various food endeavours. Famous for her Breton galettes, she has introduced French café food to locals and visitors alike.

She has also worked in other food businesses locally. Her energetic presence, her food, her friendliness and her sense of humour with a French accent will be greatly missed. We wish her well in her move to Brisbane – *je te souhaite bonne chance.*

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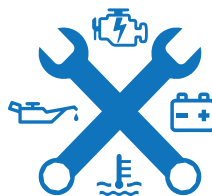
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Open Sanctuary at Tilba Tilba turning twenty

On 22-24 August, Open Sanctuary will hold its twentieth anniversary celebration with three days of activities. All are welcome to come along.

The anniversary weekend will begin with dinner at the Old Dairy at Mountain View Farm on Friday night, a morning meditation on Saturday followed by a concert by Geoffrey Badger's Male Voice Choir at 2.30 pm. There will be a Yarning Circle around the fire in the early evening with a soup and bread supper in the church. On Sunday morning we will gather for a celebratory service and conclude with morning tea.

In 2005, a small group of people founded Open Sanctuary based in the historic Holy Trinity Anglican church situated in the foothills of Gulaga, a sacred mountain for the Yuin people and others. That year, with the imprimatur of then Bishop of Canberra and Goulburn Diocese, George Browning, we began the Open Sanctuary journey, transforming a traditional Anglican Sunday church into a place of meeting, of contemplative gathering, of silence and song and friendship, and profound respect and love for the country itself.

Our first gathering, following a walk up Gulaga, began with some of us washing cow poo off some of the walls of the church and the path – an auspicious start. Over time we cleared out much of the furniture and fenced the ground, painted, redid the foundations, planted, installed solar panels and a water tank, and now we have a new self-composting dunny. In this place we have gathered – a variable community with a strong core of people who have remained committed to the vision for twenty years.

Open Sanctuary is a diverse community of people from



The start of the Open Sanctuary journey

different traditions and none, who are exploring their spirituality together in the modern world through their relationships with silence, each other, the wider community and the community of the natural world.

Whether you know Open Sanctuary or not, all are welcome to join us. You will find further details at the Open Sanctuary Tilba website. All donations given during the twentieth anniversary weekend will go towards a much-needed new roof. Contact Linda Chapman, 0422 273 021 for more information.

Linda Chapman

U3A Bermagui & District Inc



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

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Course enquiries: Elizabeth Johnson on 0499 818 454

An overview of courses on offer for this term ... Apple Technology, Art Therapy, Conversation Café, Bronze Age Archaeology, Film and Lunch, Family Trees, French Language, Gentle Yoga, Geology of the American Pacific North-West, Melt and Tone, Small Steps for Hannah, Shakespeare's The Tempest, South Coast Women, String Instruments from Medieval Times, Taboo Topics, Walk, Talk and Café, Windows Technology.

Art in the Triangle

August at Four Winds – Spanish classical guitar and Persian fusion

Four Winds regularly brings world-class music to our ears, and this month the music will be from Spain and Persia.

On Sunday 10 August at 2 pm, internationally acclaimed Karin Schaup will play Spanish classical guitar for us, accompanied on piano by Alex Raineri.

Karin, who hails from Queensland via Germany, was given her first guitar at age three and has won many prizes. Judges in Madrid gave her an award for Best Interpretation of Spanish Music.

Her passionate playing has inspired composers to create works specifically for her, and Australia's best known and prolific playwright David Williamson has written a one-woman play for her. *Lotte's Gift* is about three generations of women, Karin, her gifted musician mother Isolde and her grandmother Lotte. Come and hear the poetic intensity of this ARIA and APRA award-winning musician.

On Saturday 16 August at 2 pm, tar player Hamed Sadeghi and percussionist Sohrab Kolahdooz, two gifted artists at their peaks, will play a fusion of Persian classical and jazz music.

These Persian musicians were scheduled to play in May but 180 mm of rain forced Four Winds to postpone the performance. Head to the Four Winds website to grab some of the few tickets left.

Eastwood's Bermagui will be doing delicious pre-ordered food boxes, and the bar will be open for both August performances from 1.00 pm. Tickets are \$45 (\$35 concession), with free entry for under 16s. Available now on the Four Winds Bermagui website.

The Four Winds Team



Karin Schaup, internationally acclaimed Spanish classical guitarist.



Hamed Sadeghi will play Persian music and jazz with percussionist Sohrab Kolahdooz.

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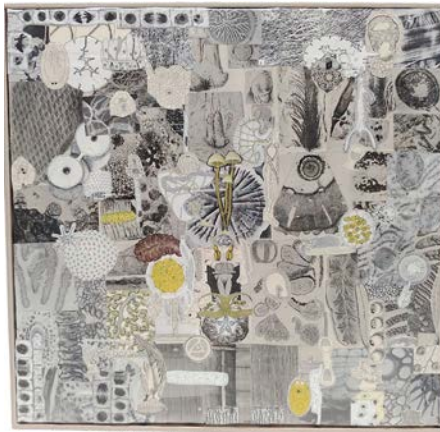
‘Journeys’ at Spiral Gallery running from 8 August

This is a group show by Spiral Gallery artists and artists from the community.

Journey: ‘an act or instance of travelling from one place to another. A trip or going on a long, life-changing expedition.’ We invited artists to be part of the ‘Journeys’ exhibition focussing on family journeys, personal journeys, emigration and immigration experiences.

Artists explore and share meaningful family, personal and migration stories. They express individual journeys and highlight the complexity of these experiences – celebrating the beauty, resilience and challenges of our life journeys. The theme of journey has inspired artists for centuries, capturing the duality of belonging to two places, along with the nostalgia and challenges of personal journeys.

The exhibition runs 8 August to 3 September and will be opened on Saturday 9 August, 10.00 am to noon at the Spiral



Intracellular Journey by Carolyn Teo

Gallery, 47 Church St, Bega.

The Gallery is open Monday to Friday from 10.00 am to 4.00 pm, and Sat 10.00 am to 1.00 pm. For more information go to the Spiral Gallery Bega website.

Sarah Buick



Loaded Up by Gabrielle Powell

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*Bermagui at 8.30am
10th, 17th, 24th, 31st*

*Cobargo at 10.30am
10th, 17th, 31st*

Quaama at 10.30am - 24th

*Parish Combined service
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*Cobargo High Tea
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**Contact: Vanessa Williams
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Never say dye exhibition at the Lazy Lizard Gallery

Frayed Edges return with fibre, friendship and fresh creations.

The Frayed Edges art group was stitched together nearly twenty years ago by founding member Cathy Blake who gathered a small circle of friends passionate about fibre arts and mixed media. From the beginning, it was more than just making – it was about connection, creativity and community.

For years, the group met regularly to explore materials, share stories, and create with heart and humour. Their work was exhibited annually at the Lazy Lizard Gallery until 2019, when a series of challenges – bushfires, COVID and the heartbreaking loss of Cathy – brought an unexpected pause.

Now, in 2025, Frayed Edges is joyfully reuniting with a mix of original and new members. With renewed energy and inspiration, the group is thrilled to present a fresh exhibition featuring both collaborative and individually handmade pieces.

This is more than just a show of art – it's a celebration of resilience, friendship and the threads that bind us.

Sharyn Wotton



A collection of felted bowls



Felting in progress

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Book of poetry launched in Bermagui

About seventy people attended the launch of my book of poems, *The Zebra Path of Tree Light*, at the Bermagui Surf Lifesaving Club on Saturday 21 June.

Mark Tredinnick, editor at 5 Islands Press in Wollongong, spoke at the launch of the need to revive interest in poetry by ensuring it is readable and enjoyable. He said that my book was one of only ten manuscripts chosen by 5 Islands Press (from 1,369 submissions Australia wide) for its 2025 publications list. Mark asked me questions about my life and what inspires me to write poetry, and I recited four poems from the book.

In the second part of the launch program, seven of my poet friends each read a poem of their own. Local poets who read were Ed Southorn from Beauty Point, Olga Nielsen from Wallaga Lake Heights, Chloe Spear from Cobargo, Elizabeth Walton from Mystery Bay and Linda Albertson from Bega. Kathleen Bleakley and Steve Meyrick, poets from Wollongong, also read.

Forty-five copies of the book were sold at the launch. The book's cover features a photograph of an abstract art quilt by my wife, Rajni (Kathy) Troup, and the book includes a series of four poems about the experience of being a quilter's husband.

Many of the poems describe scenes from the Far South Coast, including moments in the Black Summer fires and during the COVID pandemic.

Triangle readers can obtain copies of *The Zebra Path of Tree Light* from the 5 Islands Press online shop (search for the 5 Islands Press website on your search engine) or from Shop7 at Bermagui Fishermen's Wharf.

Kai Jensen



Rajni (Kathy) Troup and Kai Jensen
in front of her quilt that features on the book's cover.

On bed shorts

I miss my old bed shorts
but their fabric keeps turning up
in patches on my jeans,
the baby quilt you made for Micah –
material we bought in Fifi's Fabricology
on the Gold Coast, visiting Vic.
Fifi's is an Aladdin's cave
of out-there fabrics, a whole wall of Kaffe,
another of Tula Pink –
so many of my bed shorts come from there
but not the pair you made as
a surprise 65th birthday present,
out of fabric Denise gave you
with the big lion roaring at the front
on a yellow veldt, observed cautiously
by several zebras. Not easy
for a man my age to live up to
and strange to think of you
stitching them there in the CWA cottage,
holding them up for the whole
Cobargo Quilters Group to admire.

Kai Jensen
July 2024

From *The Zebra Path of Tree Light*
published by 5 Islands Press

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recipes, book reviews, and gardening tips
going back years

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Far South Film Festival 2025

The Far South Film Festival (FSFF) is on again in Merimbula. This year the festival starts with an opening night on Friday 15 August and Festival Day on Saturday 16 August. Audiences will be treated to eighteen films selected from all over Australia. This year, four of the selected films are from the south-east region of NSW.

On Friday 15 August, The Twyford opens its doors at 6.00 pm for a 7.00 pm start. Ticket holders will be offered a complimentary drink and nibbles, and the Twyford Café and Bar will be open. Two short films (*The Seeds of Supervention* and *Primitive Medium*) and a feature documentary (*Whip Rev and Barrel*) will be screened, followed by a Q&A with filmmakers discussing the genesis of their ideas and how they went about bringing them to the screen.

On Saturday 16 August, doors open at 9.00 am with the first session kicking off at 10.00 am with 'South East Stories' – three films from the south-east region – documentaries *Manna* and *BRAWL* and experimental film, *Surface Tension*.

After the second session, 'Tales of Family', there will be a Q&A session



entitled 'Our Stories, Our Way' with special guest Lisa O'Meara, CEO of Screenworks, and filmmakers discussing regional identity on screen.

After a break for lunch the sessions 'Tales of Youth', 'The Way We Live' and 'Scary Tales' screen films that encompass everything from an experimental dance/drama from the young people of South Coast's FLING Physical Theatre (*My Black Dog*) to the story of a regional family living a radically simple way of life (*The New*

Peasants) to some great jump-scares and an 'ingenious ghost story' (*Bear*).

In its sixth year, FSFF is unique amongst festivals in Australia for showcasing the work of rural and regional filmmakers. Don't miss your chance to see their work!

Full program and tickets are available at the Far South Film Festival website – search for Far South Film Festival in your regular browser.

Hirome Matsuoka

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Art in the Triangle

‘Feathered’ Open Art Prize at Spiral Gallery

Entry forms are now available to enter ‘Feathered’, the Open Art Prize. The exhibition of entrants will be held at Spiral Gallery, Bega from 3 to 29 October 2025.

The art prize is open to all members of the community as well as artists working in any medium at any level of practice. The theme is feathered and includes all things related to birds. A maximum of one work per artist is allowed, size limits apply and there is a non-refundable entry fee of \$35.

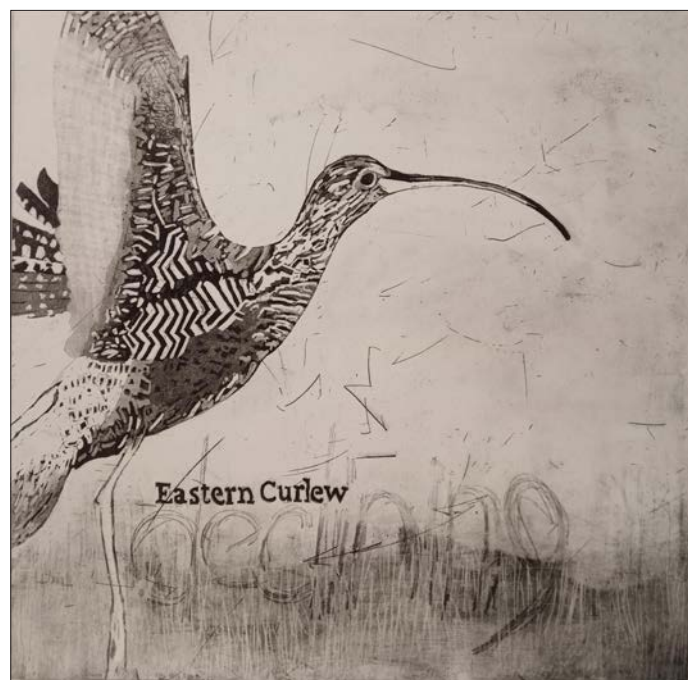
It will be judged by South Coast artist Sue Chancellor and there will be great prizes to be won.

An entry form and a copy of the conditions of entry are available now at Spiral Gallery, 47 Church St, Bega. Or you can download one from Spiral Gallery’s website – just enter ‘Spiral Gallery Bega’ in your usual browser.

For further information you can phone Keith Coleman on 0479 171 651 or send an email to spiralartprize@gmail.com.

The closing date for entries delivered to the gallery with an entry form and entry fee is 4.00 pm, Friday 5 September.

Diana Stewart



Eastern Curlew by David Whitfield

‘Harbour’ at Shop7 ArtSpace Gallery



Fish painting by Lyndal Jenkins 2025

Each year Shop7 ArtSpace Gallery hosts the very popular ‘Harbour’ exhibition that includes all sorts of artworks by many artists responding to the harbour theme in their own unique ways.

It’s the perfect place for this exhibition, as the gallery is on the upper deck of the Bermagui Fishermen’s Wharf and looks over the boat harbour, with its captivating views of both working and leisure boats, sea birds and fish, stingrays and seals, with a backdrop of Gulaga and the Pacific Ocean.

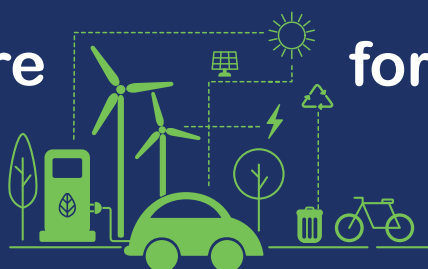
Everyone is welcome to come to the opening night on Friday 8 August from 5.00 pm to 6.30 pm when they can view the art and meet the artists. Several awards will be announced on the evening. We are very grateful for the ongoing support of local businesses. They preview the exhibition, choose their favorite artworks and provide prizes of vouchers for the artist. Throughout the exhibition, visitors are encouraged to vote for their favorite artwork in the People’s Choice Award – the prize for this is two weeks as the guest artist at Shop7 ArtSpace Gallery.

The exhibition is on until Tuesday 26 August 2025, at Shop7 ArtSpace Gallery, upper deck at the Bermagui Fishermen’s Wharf. It’s open from 10.30 am to 3.00 pm every day except Wednesdays.

Lyndal Jenkins

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Acacia Quartet at Four Winds: *How to Read a City* comes to life

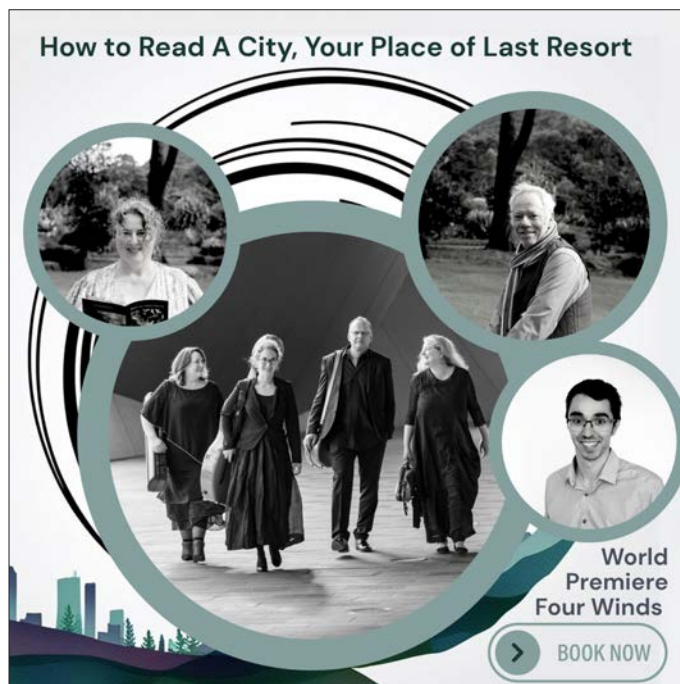
On Saturday 30 August, I'll be joining the Acacia Quartet at Four Winds for the world première live performance of *How to Read a City, your place of last resort* – my new suite for classical string quartet, in collaboration with poetry by Elizabeth Walton. It's a deeply immersive piece, exploring both the beauty and sorrow of our times through sound, word and conversation. After performances as a listening experience in Melbourne, Sydney and regional venues, this is the first time the music will be performed live in front of an audience, and I'd like to invite you to join me as part of our café-style concert.

About the artists

Acacia Quartet are one of Australia's most admired chamber ensembles. Since forming in 2010, they've championed new Australian music with passion, earning multiple ARIA nominations and a loyal following both at home and internationally.

I have recorded and toured the world extensively as a punk rock drummer with the Lime Spiders and explored many other musical genres but this suite for string quartet is my first classical suite, with listeners finding the work as moving as it is meditative. Elizabeth Walton, whose poetry on environmental and social themes has earned national acclaim, brings her words into this collaboration, heightening the sensory resonance of the music. Eddie Williams will be hosting a Q&A after the performance, inviting the audience into the creative process that shaped this evocative work.

This project debuted earlier this year on ABC Classic FM's Limelight Australian Art Music playlist, and we're proud to now share it live with you, not just as a concert, but as a reflective listening experience shaped by nature, impermanence and the



subtle act of witnessing beauty in decline, with a message of hope for the future.

Join us at Four Winds, where music and poetry will meet the questions we're all still asking.

To book, visit the Four Winds Bermagui website and buy your tickets.

Richard Lawson



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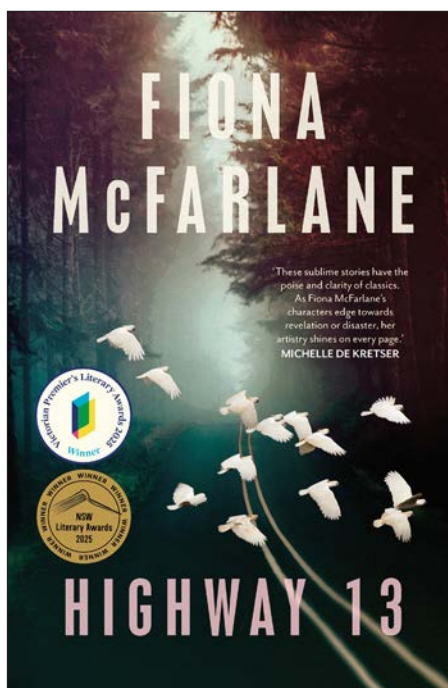
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Book Review

Highway 13 Fiona McFarlane Allen & Unwin RRP \$32.99

This is the fourth book of fiction from the amazing Fiona McFarlane and her second book of short stories. Her first novel, *The Night Guest*, was short-listed for the Miles Franklin award in 2013 and now *Highway 13* is shortlisted for this award in 2025. By the time this review is published, the winner will have been announced but, at time of writing, I'm still hoping *Highway 13* wins. It's my favourite. And that's unusual because I'm not a fan of the short story form. I prefer the immersion of a novel. But for McFarlane I'm delighted to read anything she writes.

The short stories are all linked by connections to a serial murder, some close, some distant and circumstantial. McFarlane has loosely used the 'Backpacker murderer', Ivan Milat, to centre the stories. This sounds grim but McFarlane is not interested in the man, the crime nor the violence. There



is neither crime nor violence in these stories. She is looking at the ripple effect, the connections we make and the stories we tell.

Each beautifully crafted story is dated but they are not in chronological order and the setting roams around from far north Australia to the killer's hometown, to

Rome and Texas. McFarlane's murderer is called Joe Biga but we never meet him. The characters range from an Englishman who has been transported to Texas and his memories of his murdered sister while feeling distressed by the American celebration of Halloween. There is Biga's elderly neighbour watching his family home as it is demolished while he is being interviewed by a reporter. A political candidate is cooking democracy sausages and feeling disadvantaged because he coincidentally shares the same surname as the murderer. An inner-city trendy couple help a distressed young woman backpacker from the nearby youth hostel and they have a story to tell and retell. A nun leads a group of adolescent students to Rome; while in another story an actor dons a fat suit to play a serial killer and worries that he will never get another role.

The stories are all in different styles, with different characters, different times and in different settings and all are complete masterpieces.

There are twelve stories in *Highway 13*. Perhaps there is one that can't be told.

Wendy Tucker

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Power up the upcoming spring with the three Ps

August is named in honour of Caesar Augustus, Rome's first emperor. The Latin root *augere* means 'to increase' or 'to make great', which are fitting terms for both the emperor and this month's garden tasks. August is a time for quiet, powerful, behind-the-scenes work that prepares your patch for the vibrant season ahead. While the garden might seem dormant, there is a lot happening under the surface and plenty that you can do to support the coming surge of growth.

P is for prune. Almost everything in the garden can be pruned right now: roses, perennials, shrubs, deciduous trees, ornamental grasses, the whole lot. All your plants are getting ready to burst forth with a flush of new spring growth, so hop in now before that happens. A good prune helps shape plants, encourages healthy branching and ensures that no energy is wasted on scraggly or wayward growth. Cut back spent growth, remove any dead or damaged wood, and think about the overall shape you'd like the plant to take in spring.

P is for prepare. This is the month to really feed your soil. Enrich garden beds with compost, manure or worm castings, anything that adds life and nutrients. Topping up mulch is also worthwhile, helping to conserve moisture, suppress weeds and support soil organisms as temperatures begin to rise. Don't forget to fertilise your plants and pots in preparation for the upcoming growth spurt of citrus, roses, lawns – they'll all benefit. It's also the right time to spray stone-fruit trees for peach leaf curl. Do it before the buds start to open, timing is crucial. Once the fungus gets in, you're stuck with it for the season.



Emerging bluebell bulbs

P is for planting. August is ideal for putting in new trees, shrubs and perennials. The soil's still cool, but roots will begin to establish, giving the plant a strong head start before spring really gets going. Bare-rooted fruit trees, roses and ornamental shrubs are available now and offer great value. They're cheaper than potted specimens and often grow faster once planted. It's also the best time to repot your pot plants or to shift things around in the garden. If you need to move a plant to a better spot, do it now. A corresponding prune will reduce stress on the root system.

In the vegie patch, cool season crops still reign supreme. Think peas, broad beans, leeks, onions, shallots, rocket, lettuce, spinach and silverbeet. Don't overlook the humble radish, it's one of the fastest-growing vegies, ready in just over three weeks. And if you're growing spuds, now's the time to chit your seed potatoes: place them in egg cartons on a sunny windowsill and let them develop



Orange trumpet vine, *Pyrostegia venusta*, is currently all aflame



Time to sprout your potatoes

short, strong shoots ready for planting later in the month.

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

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Vegan food is easy and delicious. More people are choosing a plant-based diet for a bunch of reasons we're too hungry to go into here. Instead, let's try out some yummy warming vegan recipes this winter.

PS We recommend the SBS Food – 'How to make focaccia while you sleep' recipe too.

Vegan sweet potato and pear soup



Serves 4

Ingredients:

- 2 tbsp olive oil (or any oil)
- 1 large onion, chopped small
- 2 medium sweet potatoes (about 500 g), peeled and chopped
- 2 ripe pears, peeled, cored, chopped
- 750 ml vegetable stock (add more if you want it thinner)
- 100 ml Flora Plant Cream (or other vegan cream)
- 1 tsp fresh thyme leaves or ½ tsp dried thyme
- Salt and pepper to taste
- Optional: pinch of cinnamon or nutmeg or cayenne for a warming twist

Method:

1. In a large pot, heat the oil over medium heat. Add the chopped onion and cook until soft and slightly golden (about 5 to 7 mins).
2. Stir in the chopped sweet potato and

pear. Cook for 3 to 4 mins to get a bit of caramelisation.

3. Pour in the vegetable stock and add thyme. Bring to the boil, then lower heat and simmer for 20 to 25 mins, until sweet potato is soft.

4. Use an immersion blender directly in the pot (or transfer to a blender in batches) and blend until creamy and smooth.

5. Stir in the Flora Plant Cream. Taste and season with salt, pepper and an optional pinch of cinnamon, nutmeg or cayenne.

6. Serve warm and garnish with a drizzle of cream, extra thyme or toasted seeds if desired.

Serve with sourdough toast.

Jacob Round

Cath's delicious lentils

Ingredients:

- 1 cup brown lentils
- 1 onion
- Small handful of sage (if you like the flavour)
- Small handful of thyme (ditto)
- Garlic-infused oil (okay for the FODMAPs) or just a few cloves of garlic
- Splash of oil
- 1 tablespoon of miso
- 3 cups vegie stock

Method:

- The general ratio with lentils is 1 cup of dried lentils to 3 cups of water or stock.
- Peel onion, cutting the top and bottom off but leave it whole. This is cooked with all the ingredients as the lentils absorb the liquid but removed at the end.
- Sauté the garlic, or gently heat garlic-infused oil, add lentils and herbs and stir for a few minutes before adding the stock and miso.
- Put on a low heat until the liquid is mostly absorbed. Long and slow is best for the



flavour but, if you are in a hurry, turn it up and keep an eye on it until the lentils are soft.

Cath served this with perfectly roasted pumpkin and potatoes, and a spinach, walnut and pear salad and winter never tasted so good.

Flick Ruby



The SBS focaccia ready for the oven

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Quaama: Quaama School of Arts Hall -
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BERMAGUI CWA

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

BERMAGUI DUNE CARE

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

BERMAGUI GARDEN GROUP

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

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New members welcome. Meet 1st Thurs
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THE BERMAGUI MARKET

Last Sunday of the month. Coordinated by the
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BERMAGUI MEN'S SHED

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

BERMAGUI PROBUS

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

BERMAGUI SENIORS' SOCIAL CLUB

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

CATHOLIC CHURCH

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

COBARGO AND DISTRICT ENERGY TRANSITION GROUP INC (CaDET)

Email - renewablecobargo@gmail.com
www.renewablecobargo.com

COBARGO CREATORS

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

COBARGO CWA

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

COBARGO DISTRICT MUSEUM

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

COBARGO PRESCHOOL

Child centred, play based preschool
education for 3-5 year olds.
Mon - Thurs during school terms
0455 043 489 cobargopreschool@gmail.com
www.cobargopreschool.com.au

COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

New Members Welcome!
Enquiries: CQBRG Secretary Ph: 0418 361 781
e: cqbrgroup@gmail.com www.cqbr.org.au

COBARGO RSL HALL

Hall bookings and inquiries:
Graham Churchill
0409 638 323 / cobargorsl@gmail.com

COBARGO & DISTRICT RED CROSS

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

COBARGO SCHOOL OF ARTS

Hall bookings and inquiries:
Don 0432 508 518 / cobargohall@gmail.com

1ST COBARGO SCOUT GROUP

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

COBARGO SHOWGROUND

Contact: Mike Nicholas m: 0414 012 287
e: miknik62@hotmail.com for bookings

COBARGO SHOW MEETING

Monthly 2nd Wednesday, 7.00 pm - Cobargo
Showground dining hall. Contact Naomi 0417
456 354 secretarycobargoshow@yahoo.com.au

COBARGO TOURIST & BUSINESS ASSOC

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

DIGNAMS CREEK COMMUNITY GROUP

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

KAMALASHILA TIBETAN BUDDHIST CENTRE

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

MACKILLOP FAMILY SERVICES

Empowering children and families.
Become a foster carer today.
Contact: 1300 791 677

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

OPEN SANCTUARY AT TILBA TILBA

Meditations, discussions,
guest speakers & special events.
opensanctuarytilba.org and on facebook.
Contact: Linda Chapman 0422 273 021

QUAAMA / COBARGO QUILTERS

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

QUAAMA MEN'S SHED

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

QUAAMA SCHOOL OF ARTS

Hall bookings and inquiries:
Call 0490 902 616
quaamahallbookings@gmail.com

SOAPI COMMUNITY THEATRE

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

TILBA CWA

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

TILBA MARKET

Home grown, Hand made,
Grow it, Make it, Sew it, Bake it.
Saturdays 9am to 1pm, Bate St, Central Tilba
Stall booking essential. Phone 0490 130 478.

TRIANGLE TOOL LIBRARY

Behind the Cobargo Co-op
Open 9am-12pm on Tues, Fri and Sat
www.triangletoollibrary.org.au
Lynn 0411 432 533 or Nacre 0419 425 208

U3A BERMAGUI

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

UNITING CHURCH SERVICES

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

THE YUIN FOLK CLUB

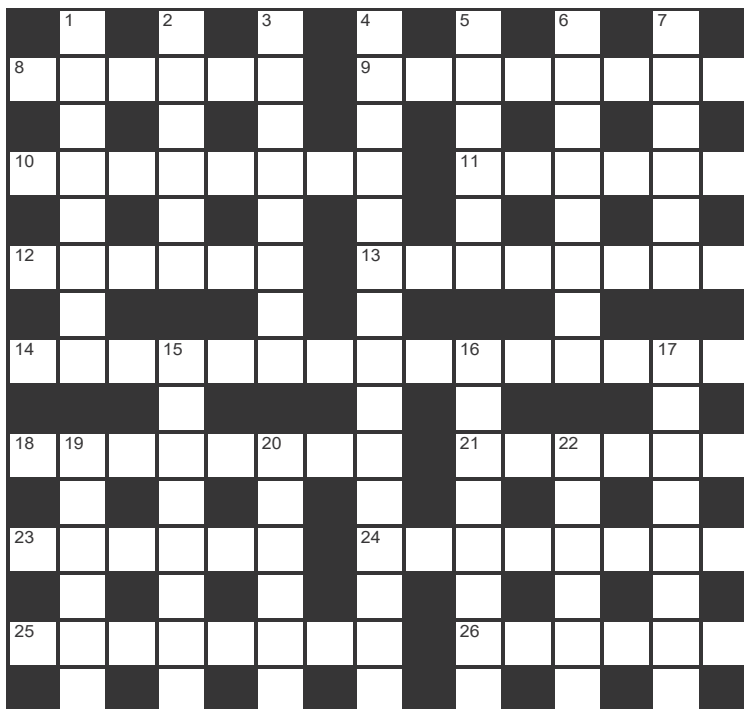
The Yuin Folk Club organises the annual
Cobargo Folk Festival and hosts folk music
concerts throughout the year.
Details at www.cobargofolkfestival.com
Ph. Secretary Chris Walters 0476 787 480,
Treasurer Peter Shears 0439 738 377 or email
info@cobargofolkfestival.com

Game On

SUDOKU

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

AUGUST CROSSWORD



ACROSS

- 8 Nearest to the centre (6)
 9 Former St. George Dragons pro rugby hooker and national captain (3,5)
 10 'Iron Gloves', Test wicketkeeper (3,5)
 11 Sort of (2,1,3)
 12 Gun butts (6)

- 13 What you usually see in a mirror (8)
 14 Rare Queensland spider-eating flying mammal (6-6,3)
 18 Oz patriotic (4,4)
 21 Refuse to accept (6)
 23 Deadeye Annie (6)
 24 Specialised interest or knowledge (8)

- 25 Ghastly (8)
 26 SA leader --- Marshall (6)
 1 Not too many (3,2,3)
 2 Relating to the universe (6)
 3 Gets cracking (6,2)
 4 Long NW Australian coastal strip (6,4,5)
 5 Instead (2,4)

DOWN

- 6 Pestered (8)
 7 East Mediterranean democracy (6)
 15 Inhabitants (8)
 16 Playful dolphin relative (8)
 17 Place for old documents (8)
 19 Justification (6)
 20 Dismiss (3,3)
 22 Bullying seabird (6)

Answers on page 11

Indonesian Batik Prints

As the country's most developed art form, Batik is Indonesia's traditional and highly decorated fabric. Some

of these intricate patterns are reserved to be worn only by royalty and others for brides and bridegrooms. While the

variety of patterns are endless, there are generally two types of designs: geometric and free form. You could tell from certain

geometric patterns where the batik originated from based on the use of circles, squares, plants or even animals.



For the fridge door

AUGUST	WHAT	WHERE	TIME
All August	<i>Frayed Edges</i> group exhibition showing textile art, collaborations + individual pieces pg 30	Side Room, Lazy Lizard Gallery, Cobargo	T-F 10 - 3 pm Sat 10 - 1 pm
Fri 8 - 26	<i>Harbour</i> group exhibition Opening Fri 8 5 pm - 6.30 pm pg 33	Shop7 ArtSpace Gallery Bermagui Wharf	Thurs - Tues 10.30 - 3 pm
Fri 8	<i>Journeys</i> Spiral Gallery artists and community artists group exhibition. Pg 29	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 pm Sat 10 - 1 pm
Sat 9	Opening of <i>Journeys</i>	Spiral Gallery, 47 Church St, Bega	10 am - 12 pm
Sun 10	Karin Schaup, Spanish classical guitarist & Alex Raineri on piano pg 28	Windsong Pavilion, Four Winds, Barragga Bay	1 pm bar opens 2 pm start
Fri 15	Far South Film Festival: opening night, films, speeches, drinks, Q & A. pg 32	Twyford Hall, 16 Market St, Merimbula	6 pm start 9.15 pm close
Sat 16	Far South Film Festival: full programme, networking, award ceremony, close. pg 32	Twyford Hall, 16 Market St, Merimbula	10 am start 7 pm close
	Cobargo markets: stalls, music & activities for kids	CWA gardens, Apex Park, Cobargo	9 am - 1 pm
	Persian fusion: Hamed Sadeghi, on tar & Sohrab Kolhdooz on percussion. pg 28	Windsong Pavilion, Four Winds, Barragga Bay	1 pm bar opens 2 pm start
Sun 17	Conversations at the Death Café pg 6	Bermagui Men's Shed	2 pm - 4 pm
Sat 30	Book launch <i>Release Trauma through Somatic Yoga</i> by Kate-Nirlipta pg 4	Well Thumbed Books, Cobargo	10.30 am start for talk
	<i>How to read a city, your place of last resort</i> , performance by Acacia Quartet, Richard Lawson, composer, & Elizabeth Walton reading her own poetry. Free pg 34	Windsong Pavilion, Four Winds, Barragga Bay	1.30 pm bar opens 3 pm start



Sun, Wind or Rain
We've got you covered!



(02) 6493 5303

www.bermaguiblinds.com.au

