

## Celebrating NAIDOC Week

### Cobargo students embrace First Nations culture at Jigamy Farm

NAIDOC Week is a significant opportunity for all Australians to deepen their understanding of First Nations cultures and histories, celebrating the richness of the world's oldest continuous living cultures. This year's celebrations were brought to life by the students and teachers from Cobargo who embarked on an enriching excursion to Jigamy Farm on 24 July.

The day was filled with engaging activities designed to immerse participants in the traditional practices, stories and teachings that have been passed down through generations. Here are some of the highlights from their memorable excursion.

#### **Yara | Throw (boomerangs and spears)**

Cobargo Public students had the unique opportunity to learn about the traditional uses of boomerangs and spears. They discovered how these tools are crafted, the various materials and woods used in their construction and the significance of these practices in Aboriginal culture. This hands-on activity not only showcased the skills involved in making these tools but also emphasised their importance in the lives of Indigenous peoples.

#### **Dhanma | Eat up (traditional foods)**

Food plays a vital role in cultural identity and students explored the world of traditional bush tucker. They learned about the local foods of the area and the traditional methods used to prepare them, including seed grinding. A highlight of this culinary experience was sampling the famous johnny cakes and local mussels, which provided a delicious insight into the dietary traditions of First Nations peoples.

#### **Yarkural | Dance (didge, dance and art)**

No cultural celebration is complete without music and dance. Students learned about the didgeridoo and clapsticks, two instruments that are intrinsic to Aboriginal

music. They also participated in traditional dance, discovering the meanings behind various movements. This activity fostered a deeper appreciation of the artistic expressions of First Nations cultures and their connection to storytelling and community.

#### **Yanda biratj | Walk and talk (Mayi Bush Track)**

A guided walk along the Mayi Bush Track offered students a profound introduction and connection to the land. They learned about the traditional uses of plants, natural indicators and the significance of fire and cultural burning practices. This immersive experience highlighted the importance of living harmoniously with the land and understanding its resources, a perspective that is often overlooked in modern society.

#### **Naandha | Artefact tour and language learning**

The day concluded with an artefact tour during which students had the chance to see and learn about various traditional tools and items. They also engaged in

language learning, gaining insights into the importance of language preservation and revitalisation within First Nations communities.

The students from Cobargo Public School had a fantastic time during their visit to Jigamy Farm and we would all like to extend our sincere thanks to the Eden Aboriginal Land Council for hosting us during NAIDOC Week.

*Rebecca Moresi*



Sheltering in the windbreak



Traditional foods caught at Jigamy Farm



Students examine and learn about artefacts

Welcome to the September edition of *The Triangle*. Once again, this edition is jam packed with great stories from our communities. I am always intrigued how much happens between each issue of *The Triangle*.

In this month's edition we have articles from new and reinvigorated businesses in Bermagui and Tilba, the great experiences and learning about Indigenous culture for the Cobargo and Narooma High School students and, of course, news from many community groups.

The other day I was reflecting on how fortunate we are living in the Triangle.

There are so many unique things to experience in our Triangle communities and with more consistent access to the internet, we often don't need to leave the region to enjoy events from various parts of Australia and around the world.

There are so many opportunities to stream radio programs, cultural events, public lectures or even complete courses. We tune into radio stations 3RRR and PBS that have a wider variety of music than commercial radio and informative shows that keep you up to date with the latest developments in science, medicine, technology and marine research.

I recently attended the University of Melbourne School of Physics public lecture series that has been running every Friday in July since 1968. Friends of ours have attended the Sydney Writers Festival online as well as cooking and language courses. These complement the amazing events on our doorstep including the performances by world class musicians and singers at Four Winds. And don't forget to book to see the Bega Valley choirs perform Spring Sing at the Windsong Pavillion.

Please enjoy this month's edition of *The Triangle* and feel free to share your experiences in the Triangle community.

## Fun facts about ticks

*Read more about ticks on page 8*

- Australia punches above its weight with over 70 species of tick, only 17 of which bite humans.
- The paralysis tick has many names that apply to the various stages of the tick life cycle and create confusion as many people think these are different species. The larval stage is known as shower or seed ticks; nymphs are often called grass ticks; and adults can be called shellback, hardback, bottle or bluebottle ticks. Historically, pioneers in the Illawarra named them wattle ticks. But they are all *Ixodes holocyclus*.
- Larval and nymph ticks of both sexes bite and can cause a very itchy localised reaction to the bite, especially if you are unlucky enough to have many tiny ticks attach.
- The adult females need to have a blood feed before laying their eggs. Adult males do not feed directly from a host but, if they encounter an engorged female, they will sometimes pierce her blood-filled abdomen and help themselves.
- Those who are allergic to the tick itself should be very careful handling ticks – wear latex gloves to avoid triggering anaphylaxis.
- Tick-induced mammalian meat allergy (MMA) is an acquired allergy that was discovered by Australian scientists in 2002. It can be confirmed by specific blood tests ordered by a GP or immunologist. It is quite simple to avoid all mammal meat products if you are preparing your own food but a bit trickier when you are eating out or travelling. The allergy is not just to obvious foods like a steak or a chop, people with MMA must avoid a lot of 'hidden' ingredients like gelatine, many thickeners, stocks, sausage casings, Bonox, Bovril etc (but Vegemite is fine!). Mammal meat obviously includes beef, mutton, lamb and pork but also includes guinea pigs and whales. People with MMA can feast on all poultry, reptiles and seafood.
- MMA has been reported in 17 countries and six continents but occurs mainly in Australia and the US. It is the first known food allergy that has a delayed onset of several hours after eating the allergen, and the first that is an allergy to a carbohydrate (alpha-gal) rather than a protein.

*Angela Marshall*

## Join your fire brigade!

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

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

### Get in touch or find us on Facebook

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







## Thumbs UP

To Four Winds for the magical concert of Hamed Sadeghi and Sohrab Kolahdooz, postponed from May due to rain. It was absolutely worth the wait (but I can't wait for another Eastwood food box – heaven).

To our local vets for loving animals so much they are willing to put up with us loony owners.

A big thumbs up for those wonderful volunteers who check the pouches of animals hit on the roads. The highway to Canberra is a scene of carnage at the moment – so many wombats and kangaroos – and yet nearly all had the pink fluorescent paint mark letting passers-by know that the females' pouches had been checked for young.

## Thumbs DOWN

To the state of the dirt roads many are forced to use due to bridgeworks in Diggies. They are smashed and funds should have been set aside to maintain them.

To courier companies that say they will deliver and don't.

To the young man talking to the coffee drinkers at Elsewhere in the main street of Bermagui for not having his dog on a lead. The dog ran out into oncoming traffic, luckily cars in both directions stopped. He called his dog back and then started hitting the poor scared dog. Put your dog on a lead and never ever hit it.

## 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.

## Guidelines for contributors

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

1. Stories should be 300 words or less except by prior arrangement.

2. Images and graphics should be sent as attachments – not embedded into your story. Please send the original digital photo or image, uncompressed, so we have a large file to work with. Generally above 1 mb is large enough. Accepted formats include jpg, jpeg, png and pdf. Please include a caption for your photo at the bottom of the article it accompanies. Contact us for assistance.

3. Send all articles as WORD or other TEXT documents.

4. Please do not send posters or flyers! Instead, write a few paragraphs about your event and include the date, time and venue in that. And attach a photo if you have one.

5. Think about a headline for your story. Please don't leave it to us!

6. Deadline is midday on the 22nd of the month. Please email [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au) and [cclsang333@gmail.com](mailto:cclsang333@gmail.com) with any questions.

## Letters

At least one of the coffee shops in Bermagui has recently stopped selling take-away coffee in disposable paper cups. They now offer a non-disposable 'keep cup' option that is suitable if you want to travel with your coffee (but make sure you keep the cup in the car!).

It sounds like a good idea, but is it a win in the fight against pollution?

Not in my book as the non-disposable cup offered is made from solid plastic and plastic is the most polluting, least degradable substance on the planet – the same planet, recently described as 'drowning in plastic', that has failed to find any effective way of dealing with it.

They could at least have chosen bamboo non-disposable cups!

Jo Lewis  
Akolele

## Who does the work

### The Editorial Committee

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

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Bluewave Seafood, Library, Visitors Centre

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

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Books, Information Centre **Wallaga Lake:**

Merrimans Land Council **Narooma:** BP

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

The Quaama Store

### Deadlines:

Advertising: 5pm, 19th of each month

Articles: 12pm, 22nd of each month

### Thumbs / Letters to the editor:

All communications should be forwarded to:

[contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

Postal address: The Editors, *The Triangle*

PO Box 293 Bermagui NSW 2546

ABN: 75 182 655 270

*The Triangle* is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and Wandella). The committee

comprises volunteers who donate their time

and expertise for the benefit of our readers.

*The Triangle* is financially self-sufficient

through donations and advertising income.

Prompt payment of accounts is appreciated.

*The Triangle* is published every month

except January and has a circulation of 1700

in print plus around 3000 unique online

visits each month.



## Bega Valley Business Forum Awards

Oh, what a night! Cobargo shone at the Bega Valley Business Forum Awards held at Club Sapphire Merimbula in late July and attended by over two hundred and fifty guests and finalists. There were over sixteen hundred entries across seventeen categories, and the competition was very close. The six judges really had their work cut out for them as each category was judged twice by different judges.

As you would expect Cobargo attendees raised the roof when our winners were announced. Excellence in Sustainable Tourism went to Bandicoot Pottery Cobargo, owned and operated by Daniel Lafferty and Gabrielle Powell.

The award for Outstanding Employee went to Patrick (Paddy) Elliot, from Cobargo Hotel and I had the great pleasure of presenting Paddy with his award – a very proud moment for all of us.

Cheryl Robinson, a member of the Cobargo Chamber of Commerce and owner of Cheryl's Personal Support Services, won the award for Excellence in Diversity and Inclusion.

These winners will now progress to the next stage, which is the Far South Coast Business Awards to be held in Batemans Bay on Friday 5 September and we wish them all the very best. I will be there to cheer them on.

Also, congratulations to Cobargo Community Development Corporation, finalist in the Outstanding Community Organisation category. Go Cobargo!

*Janet Doolin, President  
Cobargo Chamber of Commerce*



Lyndal (L) accompanying Gabrielle to the Bega Valley Business Awards

I would like to extend my gratitude to Bega Valley Business Awards for hosting a fantastic event on Saturday 26 July at Club Sapphire, Merimbula. Daniel Lafferty and I are thrilled and excited to have won the Excellence in Sustainable Tourism Award and we also received an honourable mention in the Excellence in Micro Business category! Sustainability is a core objective and integral part of our lifestyle, as it is deeply connected to our sense of place.

At Bandicoot Pottery, we are committed to sustainability in our pottery practices, minimising our environmental impact throughout the ceramic process and caring for

our surroundings. Our primary objectives include reducing waste, conserving

resources (such as water, energy and raw materials), utilising sustainable materials and adopting eco-friendly production methods. We aim to transition to renewable energy sources, minimise our carbon footprint, and promote recycling and reuse. Congratulations to all the hardworking small business owners in Bega Valley. Thank you to everyone who supported us by voting and offering encouragement! I would also like to thank Maryanne and Lyndal for accompanying me, as Daniel was still firing the kiln.

*Gabrielle Powell  
Bandicoot Pottery*



Micro-business Camel Rock Surf School is recognised



Janet Doolin and Outstanding Employee Paddy Elliot



Bermagui Veterinary Clinic wins an award



Kelly Eastwood is recognised for excellence in hospitality



## Making a bark canoe

This letter of thanks was received recently by the Elm Grove Sanctuary Trust. It was sent by Narooma High School on behalf of the Narooma High School Men's Group ('Old men talk, young men listen'). Their motto is significant as it shows how respect and knowledge are passed on.

*We would like to express our heartfelt gratitude to the Elm Grove Sanctuary Trust for their generous donation, which enabled us to participate in the construction of a traditional permageua, or bark canoe.*

*To begin this project, we carefully selected a large stringy bark tree from which to harvest the bark. We ensured that we only took bark from one side of the tree, allowing it to survive and continue growing. Once we removed the large slab of bark, we transported it back to the school to commence the labour-intensive work of thinning it down to a workable thickness.*

*The following day, we completed the scraping process and steamed the ends of the bark to make them pliable enough for folding. After folding, we secured the canoe using wooden stakes and rope crafted from scraps of bark.*

*This experience was both powerful and humbling, and we hope to pass on the*



The finished permageua

*knowledge we have gained to future groups in the years to come.*

The description of their participation was very informative, and it reflects deep respect and a care for nature in the selection and method used, along with long-held cultural knowledge that was shared with these young men. So much additional



Permageua with the proud makers

knowledge and team-work was created in the construction of their proudly built permageua.

Our congratulations to the Narooma High School Men's Group on an outstanding achievement – you can feel so good about yourselves.

Laurel Lloyd-Jones  
CEO Elm Grove Sanctuary Trust

## I'm fundraising for kids with brain cancer!

Connor Dawes died at the age of 18 years and 8 months after a sixteen-month battle with brain cancer. Connor's family established the Robert Connor Dawes Foundation to honour his memory and raise money for brain cancer research, care and development, and to fund the care and support of young patients in the meantime.

Brain cancer is the number one

disease killer of young people. I'm doing Connor's Run on 14 September to support the brave and awesome kids fighting brain cancer and to help fund the science that will one day end paediatric brain cancer. I'm not quite sure I've ever managed to run 18.8 km in the past, but I am training hard, and I can always walk part of it if I run out of puff.

Brain cancer research is at the tipping point. We can all be part of making important breakthroughs happen. My participation is something that I can do to support the science and, in the interim, the patients. This is for all the people out there currently battling brain tumours and for those who couldn't wait any longer for research to progress.

I'm doing this because we know we can find a way to make brain cancer go the way of the dinosaurs. Donate to my page and be part of making brains matter, together we can change the odds for young people.

To donate and follow my preparation go to [connorsrun.com/fundraisers/maritareynolds/connors-run](http://connorsrun.com/fundraisers/maritareynolds/connors-run)

Thank you to everyone who has already donated.

Marita Reynolds



Marita in running gear

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## Doing death better at Walawaani Way

Imagine weaving your own coffin or making the shroud you'll be buried in. Next month you'll get the opportunity to do both at Walawaani Way, Australia's first conservation burial ground located in Bodalla. In October, there will be a weekend packed full of great workshops and talks on-site and in the Bodalla village.

Walawaani Way Conservation Burial founders Fiona McCuaig and Ben Stainer have created a natural burial site that, over time, and with the assistance of local eco projects, will reforest an eighteen-hectare farm and provide much needed habitat for a variety of native animals. The Eurobodalla Koala Project has planted 120 trees to create a corridor for the koalas who reside in the Bodalla State Forest. Also 160 *Allocasuarina littoralis* trees have been planted as a haven and food source for the magnificent glossy black cockatoos.

Walawaani Way is the first burial ground to offer *only* natural burials – the bodies and what they are buried in are beneficial to the soil.

The events on 25 and 26 October are designed as a starting point to talk, understand and express various possibilities around how to die well and have a considered, eco transition.

Renowned artist Zimmi Forest will run four workshops teaching people how to weave their own beautiful coffins. Participants will learn how to transform an invasive species (cat's claw vine (*Dolichandra unguis-cati*)) into a valuable resource.

Artist Michele Elliot will host a contemplative and practical workshop to explore the tradition of shroud-making – a graceful way to return to the soil. Working with natural materials, Michele will guide people through the planning and design of a simple



Weaving a coffin at Zimmi Forest's workshop

shroud, providing hands-on sewing instruction and practical tips.

There will also be talks about doing death better by funeral directors and health and wellbeing professionals, and a death café hosted by local death doulas. Yours truly will be hosting talks on how to do death better by making decisions that are in line with your values, how to keep important papers in order and how to have meaningful conversations with your loved ones on your end-of-life choices.

You can find out more at the Walawaani Way website where you'll find links so you can book into the workshops (essential). Call Fiona any time on 0402 892 759 if you have any questions or want to chat.

Shanna Provost

## You're invited: Hannah's story – understanding coercive control

On the morning of 19 February 2020, Rowan Baxter murdered his wife, Hannah Clarke, and their three children. This devastating event shocked the nation and left many asking why.

In the years since, Hannah's parents, Sue and Lloyd Clarke, have worked tirelessly to ensure their daughter's story brings lasting change. Through the Small Steps 4 Hannah Foundation, they shine a light on coercive control – the subtle,

insidious patterns of controlling behaviours that too often escalate to domestic and family violence. Many who knew Hannah now recognise warning signs they once misunderstood or dismissed – abuse isn't always physical. The hope is that by sharing Hannah's story, lives can be saved.

Bermagui U3A and CWA invite you to join us for a presentation of Hannah's Story with Domestic Violence Prevention Educator, Michael Jeh.

Why should you attend? This is not just Hannah's story, it's a chance for our whole community to learn how to recognise the signs of coercive control, to better support loved ones and to help prevent abuse before it escalates. Whether you're a parent, neighbour, teacher, friend or simply someone who cares, your awareness can make a difference. Together,

we can create a safer, more informed community.

This free session will explore the red flags of coercive control that is now illegal in NSW.

Bermagui's U3A and CWA invite you to Hannah's Story on Wednesday, 24 September. Doors open at 9.45 am for a 10.00 am start and the event runs through until 12.30 pm. It will be held at the Bermagui Men's Shed with a morning tea supplied by the CWA.

Bookings are essential using the QR code below or on the Bermagui U3A website.

Please join us – your awareness and voice matter.

Bermagui CWA

### Anglican Churches of Bermagui Cobargo and Quaama

#### Service times in September:

*Bermagui at 8.30am  
7th, 14th, 21st, 28th*

*Cobargo at 10.30am  
7th, 14th, 21st*

*Quaama at 10.30am - 28th*

*Cobargo High Tea  
10.30am - 16th*

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## What does all the hype about the battery rebate mean?

The Southcoast Health and Sustainability Alliance (SHASA) has been assisting community organisations across the Eurobodalla to reduce their energy costs and greenhouse gas emissions through the installation of rooftop solar systems and battery storage.

The Federal Government has realised that households are going to play a pivotal role in the transition to clean energy. Over four million households and small businesses have rooftop solar.

Only a small percentage, 200,000, have their own batteries. This is resulting in a lot of solar-generated electricity going back to the grid in the middle of the day, when the power is needed in the early morning and in the evening. This is where battery storage can really help. It can store some of that solar-generated electricity to be used when there is most demand.

An added benefit is more households and small businesses batteries will reduce the need for expensive and controversial transmission lines that consumers pay for through electricity bills.

To incentivise increased take up of batteries there is now a

Federal Government rebate that will reduce the cost of installing batteries by about 30%. The aim is to have a million households and small businesses install batteries by 2030. Key features:

- **Eligibility** – Homeowners, small businesses and community facilities are eligible, provided they have or are installing a rooftop solar system.
- **Battery size** – The rebate applies to batteries with a usable capacity of between 5 and 50 kWh.
- **Connection** – The battery must be connected to an existing or new solar system.
- **Rebate amount** – The subsidy is based on the usable capacity of the battery, and the amount of rebate will decrease each financial year until 2030.
- **No means test** – The rebate is available to all eligible property owners, regardless of income.

For more information about SHASA and the battery rebate, head to the SHASA website, [shasha.com.au](http://shasha.com.au).

*Lyn Smith, SHASA*

# A better future for Far South Coast



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## Ticked off

So, it falls to me to provide the counterweight to the general tone of this month's spring positivity – the flip side to all that sap rising, flowering, burgeoning optimism of the new season. Because this is also the time of year that residents of the Triangle region (and, in truth, all along the eastern seaboard) need to remember the bloodsucking reality of living within twenty kilometres of the coast in a region of forests and treefern-dominated understoreys with abundant wildlife ...

### The villain

Boom tish, I present to you, *Ixodes holocyclus*, aka the paralysis tick.

This tick is present throughout the year in one of its many phases but spring heralds the presence of this year's population of adult female ticks 'questing' for a blood meal before laying eggs. The dominant hosts of paralysis ticks are bandicoots, but ticks have broad tastes and will also accept wallabies, 'roos, possums and other native animals (who are all relatively immune to their toxins). They also feed on livestock, such as sheep, horses and cattle, our pets (cats, rabbits and dogs etc) and humans.

### Tick life cycle

Paralysis ticks have a three-host life cycle and they require a host to provide a protein-rich blood meal for each phase of that life cycle from larvae to nymphs to adults and, for the female, a final feed before laying eggs.

The period from September to mid-summer is the usual peak season for egg laying but this is also affected by temperature and moisture. Ticks are happiest in warm (but not hot) weather, that is consistently moist. The last three years here have seen nearly perfect conditions for ticks to thrive. The prevalence of ticks in any particular season reflects the conditions during the previous year as the tick life cycle takes approximately a year to complete.

So here we are, looking at another season of abundant ticks and it is important that we are alert to the dangers of being bitten by the blighters. If you are bushwalking, camping and gardening, you need to wear light, loose clothing and a hat, closed shoes and socks. Try to have as little exposed skin as possible. I strongly recommend spraying your clothing, including hats and shoes, with a strong tick repellent, preferably containing DEET (and respray every few hours). In my experience the milder repellents and

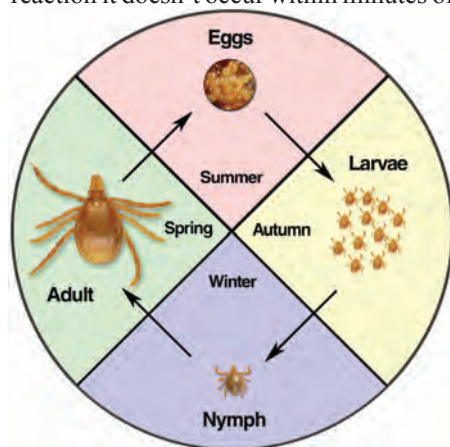
those based on herbal concoctions do not work sufficiently well.

### Possible consequences of tick bite

The more often you are bitten by an adult tick, the more likely you are to be badly affected by them. There are several pathways to harm.

Humans can have two different allergic reactions. One is immediate – the tick bites you and alpha-gal (a component of tick saliva) is injected into you in the tick's saliva and you can have a serious allergic reaction that can culminate in anaphylactic shock.

The second is tick-induced mammalian meat allergy (MMA). MMA is an ongoing allergic reaction to mammalian meats. This is not the result of an individual tick bite but is caused by a history of tick bites. The first time you are aware that you are having an allergic reaction it doesn't occur within minutes of



a meat meal but four to eight hours later. This can make it difficult to join the dots.

Paralysis ticks also have specific neurotoxins that disrupt nerve function leading to muscle weakness and eventually paralysis – this is usually seen in animals and small children rather than adult humans as the tick must remain attached for four or five days before sufficient toxins are delivered. The reaction to the toxin is dose related and the smaller the host, the quicker and more severe the reaction.

A fourth pathway to harm is that you may be affected by pathogens that are on and around the tick's mouth parts. The bite site can be contaminated by a range of pathogens (viruses, bacteria and even fungi). In Australia, this can include the Rickettsia group of bacteria that are responsible for spotted fever and Queensland tick typhus.

All this sounds pretty alarming but,

again, the tick must be attached for at least a day or more to transmit these pathogens so awareness of the possibility of ticks and their prompt removal are essential. Examine yourself, children's bodies and your pets daily after being in the garden or bush.

### Removing a tick – freeze, don't squeeze!

There are many incorrect ways to remove a tick – NEVER use methylated spirits, nail polish, teatree or eucalyptus oil (or any essential oils), kerosene, alcohol, a lighted match or any other irritants. Once the tick realises that you are onto them, they can inject more saliva, gut contents and toxins.

For adult ticks, the best method is to apply an ether-based spray (sold in pharmacies as wart or skin tag remover) that will freeze them almost instantly. For smaller larval or nymph ticks, gently smear permethrin-based scabies cream (Lyclear) on them and apply a band-aid for a few hours. Once dead, they should fall out (or can be removed).

If you insist on pulling them out, do not use normal tweezers – these are too bulky and run the risk of squeezing the body of the tick and causing it to inject more saliva and gut contents into the blood stream making the bite much more harmful. There are specific tick removal tweezers, but you need a very steady hand and good eyesight to grasp the tick firmly and quickly behind its mouth part and below its abdomen then, slowly and smoothly, pull it out without jerking or twisting. The mouthparts that are buried in the skin have reverse barbs making them difficult to remove while they are still alive.

### Pets

Domestic pets can also be disastrously affected by paralysis ticks. Dogs are the most commonly affected because they run around in long grass or in and under shrubs where ticks are hanging out waiting for their next blood meal. Closely examine your dogs every day even if you have them on tick preventative medication (your finger tips are better at detecting ticks than your eyes are). These days there is a large range of tick repellents for dogs and cats – some are edible, some are in impregnated collars, many even kill ticks, some are very long-lasting, others need to be reapplied frequently. Discuss the best products for your pet with your vet.

Angela Marshall



## Try tai chi with Rod Dunn

Some of you know him as Builder Rod or Lightning Rod, but I met him as Tai Chi Rod down at the pub. When I mentioned I'd like to try tai chi, Linda Sang introduced me to a grinning man in a flannie and crocs. At his Friday morning class at the Cobargo School of Arts Hall (SOAH), I realised what makes Rod such a good teacher is how he translates the ancient art of tai chi in terms that make sense right here and now. In a flannie and crocs, with patience and humour, he shows that anyone and everyone can do tai chi.

It was thanks to love that Rod moved from Jindabyne to the Brogo bush 34 years ago 'Now I'm just part of the furniture, but what brought me here was a matriarch of the valley. She introduced me to a wonderful community, the bush community. We all worked hard and played hard. I worked as a builder on timber, rock and mud, and passive solar houses. I've only just recently retired in the last few months.'

Moving to Quaama has been great for Rod personally. 'In the bush we got smashed in the fires, we lost a lot – houses, trucks, tractors, tools, everything. It wasn't doing me any good staying out there, so I moved to Quaama. I've always had an affiliation with Quaama, I know a lot of people there, I've worked on so many houses there and it's been my post office forever. It's the first time I've had neighbours in 47 years, and that's been an education and revelation and total joy. I've got a wonderful young family living next door to me and it's great to hear the sounds of kids having a bit of a laugh or a cry or whatever. So Quaama has been good to me. With the help of the community and friends and people who went through the same thing, I'm over the hump but the fires took me into a deep, deep hole.'

It was another huge disaster in his life that brought Rod to tai chi. 'It might sound really silly, but I got hit by lightning in 1996. There were witnesses! Because I thought I was a really tough Aussie dude, I didn't go to the doctor when my health tanked over a period of two years. I was slowly

dying. My hair fell out; my kidney and liver were shutting down, my skin was splitting, and I was puffing up like a toad fish. I finally got diagnosed. The lightning had blown my thyroid to bits. It's a very important part of the body and I was a mess until they started giving me thyroxide. Within a week I knew I was on track.'

Right when Rod needed a gentle form of exercise to recover his strength, Dave Tooley moved to town and started giving tai chi lessons. 'I'd always been intrigued, if not fascinated by tai chi so after two or three weeks of realising this airy-fairy stuff was actually working, I hit it like footy training and went hard for the next three years. I just got more addicted. I'd come from such a low spot, any slightest bit of physical improvement was noticeable and appreciated. But when you practice the Qigong, you get into the mental part of it too, and the body and mind work together in all sorts of ways.'

After about three years of full-on learning, Dave encouraged Rod to start teaching. 'And that's been a wonderful thing in my life. I've never, ever, done it for the money. I just cover expenses here at the School of Arts Hall where I've been teaching for twenty years. In the old days this hall was an icebox or an oven, but the Committee have chased grants and now we've got the solar-powered air conditioning which is an absolute joy. Anybody that comes for more than six weeks changes, and you can see it. I rarely compliment people personally in class, but sometimes you can't resist. I've seen people release a lot of trauma, and people with injuries heal. Tai chi doesn't work on muscles but on tendons and ligaments, it strengthens the joints, so it helps with mobility and balance. Students inspire me because I do see their change, but I also have to stay in front of them. They test me.'

Learning tai chi takes time. 'It's certainly not a short fix. I remember when I learned here, I used to do my class with Dave, and before I got in the car, I'd do what we'd learned that night. Then I'd drive to the top of



Rod Dunn Photo: Flick Ruby

Brogo Road, get out of the car and do it again. I would have forgotten by the time I got home. It can be frustrating, but everybody goes through that. When you learn a form, it gets easier because the moves are variations on a theme. The beautiful stage of muscle memory is when the body is doing tai chi all by itself, and the brain is intent on moving chi. Qigong goes back even further than tai chi, and it's based on the Tao principles of harmony and balance, in yourself, between you and others, and probably more so with nature. When you're doing it, you appreciate your tiny, little spot in this cosmos. Without you here, the cosmos is different. Everybody belongs. Everyone has got to find their spot with their intrinsic internal energy. That's chi.'

If you're curious about what tai chi is like, try a Friday 10.00 am class or Thursday nights from 6.00 pm at SOAH. All classes are \$10. Everyone's welcome. Nobody's ever turned away.

Subscribe to the *Triangle Podcast* to hear our September feature interview with Rod.

# Tilba Bites

Stuart Absalom

The turning of the seasons gives us a way to perceive the weather – we tend to see it in predictable terms. We refer to a wet summer, a cold winter, a windy spring. Although weather patterns are far from predictable these days, the turning of the season from winter to spring is always marked by a sense of rebirth and renewal – dormant trees burst into spectacular blossom, fresh new growth adorns everything, days become warmer and longer, nights are shorter and not as cold. In the uncertain and, for some, harsh reality of daily life, spring is often very welcome. The beauty of nature that surrounds us with the coming of spring reminds us that there is a pattern to life. We have much to be thankful for and we shouldn't take anything for granted. As we hurtle towards the end of another decade, there is much that we need to pay attention to, ensuring that all that we value and hold dear continues to be a priority. Already there are things that we need to think about and act on to ensure that our future is as sustainable as possible and that the generations that follow do not bear the brunt of our lack of action and poor decisions. As James Baldwin said – *Not everything that is faced can be changed. But nothing can be changed until it is faced.*

And, as always, our Triangle community is active.

## Tilba Cooks

Local produce and food miles are important considerations these days for both those who make food and those who enjoy it so, unsurprisingly, Tilba Cooks, Sally Pryor and Victoria Somerville, whose partnership began during COVID, emphasise local in their catering and range of preserves. Their business is fully compliant and registered as a food business (meaning that it meets all Food Safety requirements). They work from a purpose-



Tilba Cooks Victoria and Sally

built, stand-alone commercial kitchen on Sally's lovely property at Victoria Creek, Central Tilba. It is a very appealing workspace, surrounded by horses – both Sally and Victoria are accomplished riders – and a small herd of Dorper sheep who are very welcoming.

A combination of limited work for Victoria in Sydney during COVID and a desire to utilise local fruit, led to the development of a range of preserves that sell through Pepe Saya, the online food shop. This outlet continues to be an important part of their business. More recently, Sally and Victoria have developed a range of preserves under their own Tilba Cooks label, with local distribution from Bulli to Bermagui. The range includes marmalades and jams, chutneys, caramel sauce and spices, all using local produce. These are available locally from Elsewhere and Twig and Feather in Cobargo, Sweet Spot and Pam's Store at Tilba, and The Hub in Narooma.

With Sally resigning from her long-term employment at Eurobodalla Shire Council, their attention has turned to catering for events – weddings, corporate functions, canapé parties, native food lunches and world food dinners. Rather than designated menus, Sally and Victoria like to work with people to create a menu that suits the occasion and this often takes time. Feedback indicates that this is time well spent.

Local doesn't just include produce. The artwork for Tilba Cooks labels is beautifully illustrated by local artist, Ivana Gattegno. Functions can be held at Henkley Historic Farm at Central Tilba and the Central Tilba Halls (currently undergoing extensive renovation). Rather than using courier services, the Cooks do all their deliveries themselves, combining them with travelling for other reasons – saving considerable food miles.

Further information and contact details are available at [tilbacooks.com.au](http://tilbacooks.com.au) and on Instagram @tilbacooks.

## Tilba Market returns

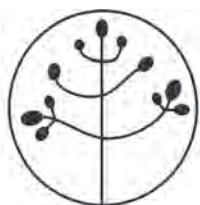


Tilba Market

After a winter break, the long-running Tilba Market will resume on Saturday, 13 September, from 9.00 am to 1.00 pm. Until the Tilba Halls are available for use again, the market will continue to occupy the veranda at the General Store and the nature strip near Ellen's Pantry. Its presence on Saturday mornings has been missed, and stall holders are eager to return, catch up with regulars and welcome visitors. The market's return to the rejuvenated hall is anticipated to house more stalls and visitors. Please note the return of the market and the welcome boost it gives to the village and its businesses.

## Showcasing EVs

Thanks to South Coast Health and Sustainability Alliance (SHASA), residents wanting to know more about



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## Tilba Bites

Stuart Absalom

EVs can explore their options. SHASA strongly supports and advocates for the transition to everything electric and has been present at markets and other events in the Eurobodalla for some time. SHASA arranges for EV owners to come along with their cars. As well as being able to talk to owners about their experiences and to ask questions, test drives of popular models like the BYD Atto 3 and MG4 will be available and have proven valuable. The next of these events will be at the Saturday Moruya Country Market on 4 October. Be sure to mark this in your diary if you are researching buying an EV. The increase in models available in Australia will be reflected in the models on display. To participate, contact Andrew at [andrew.john.everard@gmail.com](mailto:andrew.john.everard@gmail.com).

SHASA also has a EuroBEV Group that meets every second month. This is for owners to share their experiences – however, prospective buyers or those who are curious are also very welcome. The next EuroBEV gathering is on Sunday 21 September at Tuross Boatshed for lunch at 12 noon. RSVP Andrew at the email address above.



SHASA at Narooma Market in June

### Repurposing for the future

It is a special moment when we can acknowledge the past life of an important community building and its former occupants as it transitions to a new presence in the community. The old Central Tilba Fire Shed, now Tilba Central Makers Emporium, in Station Street behind The Dromedary Hotel, recently hosted a lunch for Central Tilba Fire Brigade members and their families. Acknowledging the past use of the building, owner Phil Shorten, said, 'Like the Fire Brigade members, our makers are contributing to our community with their passion, dedication and skills to produce practical products and services for everyday use.' Phil is committed to local production for local consumption, a theme reflected both in the renovation of this old building and in its new purpose.

The old Fire Shed with one truck bay was built around 1970 by Eurobodalla Shire Council on land donated by the Bate family. A second truck bay was added about ten years later by the community. Central Tilba RFS President, Tim Jones, reflecting on the proud history of the brigade said, 'This Brigade began when a group of local farmers came together to defend their properties and the local community in the 1950s. Tilba now faces a major fire around every ten years. Each and every year our volunteers fight bush fires and attend other incidents in the area. We moved into the new shed in 2012, and the new shed continues to support our volunteers so that the Brigade can continue its important work, particularly in the lead up to bush fire season, by working with the local community to raise awareness. We now have two vehicle bays, a training room, storeroom and kitchen – a major step



RFS lunch at Tilba Central Makers Emporium

up from the original 1970's shed.'

The special lunch, hosted by Phil and the Makers Emporium team, was attended by thirty current and former members of the Central Tilba RFS, their families and children, including Brigade Captain, Bruce Allen, who, impressively, has been in that role for over twenty years.

It was a real community event – thanks to Narooma Butchers for the Tilba pork, beef and the snags for the kids; Tilba Bakery for the kids' bread; Honorbread for the sourdough and fougasse; Breakwall for the array of locally (Narooma) brewed beers; Lake George Wines for the shiraz; Wagonga Oysters; and Tilba Dairy for the cheese. And special thanks to Yvonn Deitch who made the delicious lemon and honey cordial, using Gulaga Mountain water, and for her fabulous chili con carne.

Many stories were shared as this important community building celebrated its past while welcoming its future.

More information about the Makers Emporium is available from Phil Shorten, 0438 217 916 or by searching for the Tilba Central Makers Emporium online.

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### Rain or shine – Tilba School does Book Week in style

The theme for Book Week this year is 'Book an Adventure', and an adventure is certainly what we had when relocating our parade indoors!

This year's Book Week character parade was a vibrant celebration of creativity, enthusiasm and the boundless inspiration our students draw from literature. With the theme 'Book an Adventure', our children brought their favourite characters to life, showcasing their love of stories through imaginative costumes and joyful storytelling.

From daring explorers to magical heroes, each student embraced the spirit of adventure, sparking excitement and curiosity throughout the school. The parade was not just a display of costumes but a testament to the incredible power of books



From daring explorers to magical heroes

to inspire young minds and ignite a lifelong passion for reading.

We are proud to see our students' enthusiasm shine so brightly, reminding us

all that every book holds a new adventure waiting to be discovered.

*Tania Hextell*  
Principal, Tilba Public School

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## Get Ready Day

Tilba Fire Brigade would like to invite the community to join us at our station in Latimers Lane, Central Tilba on Saturday 13 September from 10.00 am to 2.00 pm for our Get Ready Day.

We will be conducting a range of fire readiness demonstrations that are aimed at helping you understand what you need to do for yourself and your property to be prepared for the upcoming fire season. It is also a great opportunity for anyone who is interested in joining the Brigade to ask questions about the variety of volunteer roles for men and women available in the RFS.

Crew members will be covering how to operate a water pump and discussing the best nozzles and hoses for those pumps; essential PPE (protective clothing); your fire readiness plan; information on phone apps to keep you informed of fires in the area; what to do in the event of a fire; and how to obtain a fire permit for pile burns after 1 September.

We would particularly like to encourage folks who are new to the area to come along and meet our members and ask any questions you may have about what you need to do to prepare for the upcoming fire season.

Get Ready Day will also give the Brigade the opportunity to show the community some of the new equipment we have purchased as a result of their continued support from the raffles we conduct at the Dromedary Hotel.

There will be a sausage sizzle from 11.00 am along with show bags for kids and grown-ups. Our little fire truck is returning this year too for all those young fires in the making. Do come along.

*Jody Vassallo,  
Tilba RFS*



The little Tilba fire truck

## Tilba CWA



High Tea 2024

The second annual High Tea at historic Henkley Farm will be the major fundraiser for Tilba CWA. The first High Tea in 2024 proved so popular that many have booked again for this year. Funds raised will go to Central Tilba School, Little Yuin Aboriginal Preschool and the Bega Women's Resource Centre.

The event is on Sunday, 26 October from 11.30 am to 1.30 pm and the food will be sumptuous. Tickets are \$75.00 per person and it is a good idea to get in early as there is only capacity for fifty guests.

Contact Helen Thomson for tickets by email at [hthomson0@gmail.com](mailto:hthomson0@gmail.com) or by calling 0407 100 710.

*Jo Major  
Tilba CWA*

## Central Tilba RFS awarded a grant

The Central Tilba Rural Fire Brigade is proud to announce that the brigade has been successful in securing a grant under the Community Building Partnership program to improve firefighting capabilities across our region.

This project will map currently inaccessible water resources – such as creeks, dams, pools and static water supplies (SWS) – and establish agreements with rural landholders for access during bushfires. Using new high-volume pumps capable of filling a fire truck in minutes, we aim to strengthen our fire response and better protect the communities of Central Tilba, Tilba Tilba, Akolele, Wallaga Lake Aboriginal Community and Mystery Bay.

We invite landholders from these locations to contact us if they are interested in being part of this project. Properties with a SWS that meets access, egress and safety requirements will be reviewed by the Brigade for suitability.

To express interest or find out more, please contact the Central Tilba Rural Fire Brigade on (02) 4210 7667 or email us at [tilba-sws@rfs.nsw.gov.au](mailto:tilba-sws@rfs.nsw.gov.au). Contact us to request the online form.

*Tim Jones  
President/Senior Deputy Captain  
Central Tilba RFB*

## Spirit Place : Spirit People – exploring an ecology of Australian spirituality

There will be a unique gathering, a collaboration of Open Sanctuary at Tilba Tilba and Eremos, starting Friday 26 September and concluding Sunday 28 September. The weekend is a time for some silence, deep listening and reflective conversation about our place in the land and an ecology of spiritual practice. The rustic and natural setting of the venue will enhance our connection to the earth.

Eremos, founded in the early 1980s, aims to deepen Christian spirituality, helping Christians to understand and contribute to Australian society. The Open Sanctuary community gathers to explore their spirituality in the modern world through their relationships with silence, each other, the wider community and the community of the natural world.

Session facilitators include Aunty Lynne Thomas, Uncle Bunja Smith, Linda Chapman and Kate Scholl. The weekend



Open Sanctuary at Tilba Tilba

includes a special walk on the *bungarri-yana* track. Full program details are available on the Eremos website, including details of accommodation available at Mountain View Farm where the evening gatherings will be held.

*Linda Chapman  
Open Sanctuary*

# Bermagui Banter

Marita Reynolds

Winter kicked on with chilly mornings throughout August but spring has sprung and my daffodils are dancing in the breeze with their faces smiling at the sun.

Spring is a great time to prepare for the many activities on offer during Reboot in Bermagui. The team is busy putting together another great weekend with activities ranging from whale watching to fun runs, ocean swims, yoga and tai chi. Check out their website for more information, just search online for 'Reboot in Bermagui'.

The Bush Fire Danger Period officially begins in spring for the Far South Coast region (Bega Valley and Eurobodalla areas) and from 1 September permits are required for any planned burning and pile burns. The NSW Rural Fire Service is running their annual 'Get Ready Weekend' on 20 and 21 September across NSW. The Bermagui Rural Fire Brigade is running sessions to help you prepare for bush fires from 9.00 am to 12.30 pm at their station on the weekend of 20 and 21 September.

Congratulations to Blue Wave Seafood – it turned sixteen at the start of August. This coincided with the opening of Bermagui Fish & Chips opposite the Post Office and Octopii opening in their stunning new premises at Fishermen's Wharf.

Congratulations also to the Bermagui Veterinary Clinic, Eastwoods, Camel Rock Surf School and Paddy Elliot of the Cobargo Pub for their recent success at the Bega Valley Business

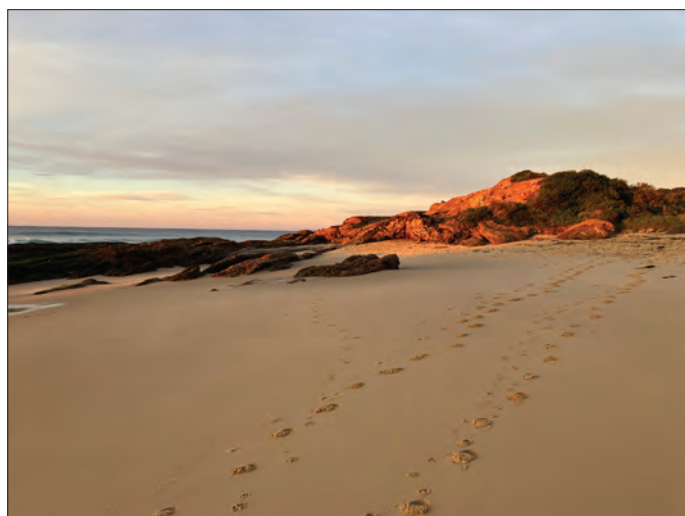


Storm brewing

Awards. We wish them all well at the Far South Coast Business Awards in Batemans Bay on Friday 5 September. See page 4 for more details.

And, finally, spring is a great time for a spring clean and clearing out any clutter. Good quality donations are accepted at the OK Shed at the All Saints Anglican Church from Wednesday to Friday from 10.00 am to 4.00 pm.


*Photos taken by Marita Reynolds*



Little Beares beach in the early morning



Beautiful Bermagui harbour



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Supporting our community





## Bermagui Banter

### The Cuttagee Bridge survey results that Council was keeping to itself

Bega Valley Shire Council's community survey about the Cuttagee Bridge showed that 70% of respondents want the bridge rebuilt as a single lane one made primarily from timber.

The Save Cuttagee Bridge Group (SCBG) accessed the survey using Freedom of Information legislation.

SCBG spokesperson Sheena Boughen said the survey results are clearly a matter of public interest. Since Council first signalled its intention to replace the single-lane timber bridge with a two-lane concrete one there have been well-supported public protests and town meetings, and a petition with almost 15,000 signatures.

The Council survey received 528 responses, 82% of those were from people living locally. 'Bega Valley Shire Council's own website states its commitment to incorporating community opinion into decisions and we feel certain that Councillors would want to know what local people think before they make a decision about Cuttagee Bridge,' Ms Boughen said.

In a statement, Council said '... it is important to clarify that our intention was never to publish the survey results as a standalone document. Instead, we aimed to gather targeted information concerning the three design options explicitly mentioned in the funding deed.'

SCBG will speak to each Councillor explaining it wants a one-lane bridge that honours the existing bridge's timber heritage and character because it is safer, more affordable, more sustainable, satisfies the state government's funding deed for



Cuttagee Bridge Photo: David Rogers Photography

a restoration in line with heritage principles, and fits with the aesthetics and cultural tone of the area, namely being in nature.

Council will publicly exhibit the three rough design sketches, with very little detail, for at least 29 days from 8 September. They will be published on Council's website for public comment and submissions. There will a public drop-in session held at Bega Village Shopping Centre on 11 September from 3.00 pm and the Bermagui Markets on 28 September from 8.30 am to 12.30 pm.

*Marion Williams*

### No easy path to an alternative for Bermagui's storm-damaged track

Extreme weather in early July destroyed part of the southern end of Long Swamp track but reinstating pedestrian and cyclist access between Wallaga Lake and Bermagui will take time and money – and there is no immediate or obvious source of funding.

That leaves Wallaga Lake Road as cyclists' only access for most of the way. With a speed limit of 80 km/h in parts, potholes and very rough edges, it is unsafe for cyclists in its current form.

A meeting was held on 19 August to find a way forward. It was attended by representatives from Crown Lands, Bermagui Flora and Fauna Reserve Land Manager (BFFRLM), Bega Valley Shire Council (BVSC), Bermagui Community Forum (BCF), Bermagui Chamber of Commerce and community members.

It became apparent quickly that repairing the damaged section of Long Swamp track or building a boardwalk over it was not feasible due to the environmental regulations protecting the fragile area. It is eroding much faster than forecast.

The only alternative for walkers is to use the beach, although access to the beach is limited at the southern end due to erosion.

The most likely solution for cyclists is to make a new track by improving the road reserve along Wallaga Lake Road. Member for Bega Dr Michael Holland indicated to BCF that it could request funding for that longer-term solution.

BCF representative David Monro said action was needed urgently for an interim solution, given safety concerns for pedestrians and cyclists. 'The response from BVSC to a request for work on Wallaga Lake Road's edges was unsatisfactory. It is likely the community will need to take some more action to ensure safety is addressed before the holiday season,' David said.

In the meantime, BVSC staff are investigating what to do with the South Tilba Road cul-de-sac, plan to restore access to Haywards Beach by summer and offered BFFRLM help with remediation work.

*Marion Williams*



Attendees at the meeting discuss the damaged Long Swamp Track

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## Bermagui Public School Report

Welcome back to the first *Triangle* of this term! We have had a very busy start here at Bermagui Public School, with so much happening already in just the first five weeks.

Everyone is excited about our upcoming school concert in Week 8. Each class has been hard at work preparing their performances. We have been building sets, learning our lines and dance moves, and creating costumes with our teachers. It has been a lot of work, but also a lot of fun, and we can't wait to share our performances with families and friends.

A few weeks ago, we also celebrated Principal's Day. All the students surprised Mr Constable with portraits of himself during our Friday morning assembly. His face when he saw all the pictures was priceless, and the whole school loved watching his reaction.

There have been some wonderful student achievements this term too. Two of our students represented the school at the Snow Sports competition, which was an amazing experience. Another of our talented students was selected to play AFL for New South Wales, which is a huge accomplishment and something we are all very proud of.

Another exciting event was Education Week, when families visited classrooms and we got to dress up as what we want to be when we grow up! It was so cool to see everyone's ideas and meet their families.

One of our big goals at the moment is improving school attendance. An attendance team made up of teachers and



Happy Principal's Day to Mr Constable!

students has been working hard to boost attendance across the school. We have been doing things like attendance sprints and setting class attendance goals, and it has been exciting to celebrate small improvements together. Every day matters!

That's all from us for this edition. We'll be back with more updates in the next *Triangle*!

Alice and Angel

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



## Bermagui Banter

### The faces behind Bermagui's new fish and chip shop

Meet John Burton and Nerida Hewitt, who opened Bermagui Fish and Chips on Wallaga Street, across from the Post Office, on 27 July.

They grew up in the Crookwell area and lived in Goulburn prior to moving to the coast 18 months ago, drawn by the lifestyle and friendly locals.

John, a keen fisherman, had a successful wool buying and selling business in Gunning and Nerida was an aged care assessor with My Aged Care.

Neither of them had worked in takeaway food before but all their eight staff have experience in the sector.

'People ask where they can get good fish and chips on the main street,' John says. 'It is what the town needs, good old-time takeaway.'

Along with the classic fare you

would expect from a fish and chip shop in regional Australia, there are some surprises. Alongside the hamburger and fish burger are lamb burgers and Greek burgers. Then there's the sweet potato chips.

Nerida says they have received a very warm welcome. 'They were all very excited about us opening,' she says.

All the fish is caught locally between Narooma and Eden, and they source as much of their other ingredients locally as possible. They buy their meat from Zac at Bermagui Fresh Food Emporium and bread from Bazza's Bakery.

John and Nerida have wasted no time getting involved with the community. They sponsor the Bermagui Breakers' player of the match awards.

They are still looking for two more staff members, including a cook. That



John Burton and Nerida Hewitt of Bermagui Fish and Chips Photo: Marion Williams.

will allow them to roster two shifts and potentially open longer hours.

Currently they are open 10 am to 6 pm and will extend that to 7 pm in daylight saving time, potentially even later during the busy season.

Marion Williams

### Octopii on the Wharf

'It's only been four days,' Nerine Hoek, Octopii's owner said, but the general public's response has been an overwhelming yes!

After eight years on the north side of the river, Octopii has moved to larger premises with a million-dollar view at the Fishermen's Wharf at Bermagui Harbour. Nerine said she loved her previous shop,



The beautiful long bar at Octopii – the teal tiles provide continuity with its previous location

but she needed more space and how could you say no to a harbour view?

Customers can sit outside or inside, enjoying the sunshine and watching the fishing and boating activities. It is a lovely place to have breakfast, grab a coffee, catch up with friends over a long, lingering lunch or even come back for dinner.

The move has just been completed, and signage was still going up as we spoke. The 'feel' is very much like the previous restaurant – similar bar area, furniture style, fresh flowers and tiles of deep teal. Nerine said it was important for her regulars to have that continuity and that customers know what to expect – fine food and excellent service but more space to enjoy the ambience.

The most popular dishes have stayed on the menu, but the chef is currently trying out new dishes too, with the menu still focussing on fresh local seafood from

the Fishermen's Co-op as well as specialty produce from the Sydney Fish Markets.

For Nerine and her staff, the move has been a big project, but it has been worth it for such a great result. The next school holidays are not far off and Octopii will be ready to cater for all the keen visitors coming to enjoy our lovely town. So, try it out while there is still space to get a seat!

Nerine is confident that they'll manage the transition smoothly. As she said, they have done this before, they know what they're doing and it is the same – just more. It's a good time to ease into the new location and iron out any issues before summer.

Octopii is open from 7.00 am to 3.00 pm from Wednesday to Sunday, Thursday to Saturday from 6.00 pm until late and, hopefully, even longer hours over summer.

Deb Worgan

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## Bermagui Banter

### Vikings' plans for Bermagui Country Club turnaround

On 5 August, 359 Bermagui Country Club (BCC) members voted overwhelmingly in favour of amalgamating with Vikings and the Queanbeyan Sports and Community Club (QSCC), also known as Campbell and George.

On 12 August, 59 QSCC members voted unanimously in support of the amalgamation.

BCC has been struggling financially for between ten and fifteen years and was close to insolvency. ACT-based Vikings and QSCC were willing to rescue BCC by amalgamation with them. Anthony Hill has been CEO of Vikings since 2012. He oversaw Vikings' transformation of QSCC in 2014 and its subsequent turnaround.

Mr Hill said BCC is in a very similar position to where QSCC found itself eleven years ago – needing financial strengthening and being very close to members' hearts.

'QSCC has not lost its original feel and is more than a building. It is a club they are proud of and that is what we want to do in Bermagui,' he said. 'First and foremost, we must stop the bleed and start the investment program.' Early changes will include new carpet, a fresh coat of paint and replacing aging plant and equipment.

Vikings also intend to rearrange the floor space. Because the clubhouse is so large, it can be done without having to close BCC. 'The challenge is to win back the hearts and minds of the residents of the Bermagui region,' Mr Hill said. He wants the club to become the first choice for locals and visitors looking for a meal and sees value in making venues family friendly.

Vikings have a long affiliation with BCC through Vikings



Aerial view of the Bermagui Country Club

Fishing Club and the plan is that the almost 60,000 members of QSCC and Vikings will visit Bermagui and use BCC's facilities.

'I appreciate the faith the BCC members have placed in us,' Mr Hill said. 'Our job now is to deliver on it.'

*Marion Williams*



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## Bermagui Banter

### Hiro and his travelling garden

We found him at the bakery then invited him up for morning tea. He then met with the preschoolers before we upgraded his mobile garden with fresh Moodji-made potting mix and seedlings propagated from Bega Valley Seedsavers stock.

He's travelling and documenting his adventures to publish as a book (this was an unrequited wish of his grandfather that he chose to honour via the venture). He has appreciated the generosity of people along the way and is currently in Newcastle, on his way to Perth. Hiro's travels can be followed on Instagram [Hiro.the.world](https://www.instagram.com/Hiro.the.world).

*Dan Bakker*



Hiro passing through Bermagui



Hiro and Dan in front of Moodji Farm

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### Tennis Experience 2025



As part of the ReBoot in Bermagui 2025 program the Bermagui Tennis Club invites anyone interested to come along to have a hit with us. All ages, all abilities are welcome!

This will be from 2.00 pm to 4.00 pm on Saturday 4 October 2025 at the Bermagui Country Club on courts 1 and 2. Enter via Tuross St or Lamont St. There is plenty of parking available.

This event is free. Balls and racquets (and maybe a ball machine) will be provided.

There is no need to book, simply turn up wearing appropriate sports shoes. BYO racquet if you have one.

*Delmah Thompson*

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### Bermagui trio triumph at South Coast Women's Bowls Carnival

Bermagui is celebrating a standout achievement after three of its local bowlers took out the top prize at the highly regarded Montague Ladies Triples Carnival, held over two days at Narooma Bowls Club.

This annual event drew bowlers from across the region for two days of spirited competition, camaraderie and community connection. Against a strong field of experienced players, the Bermagui women's team delivered an impressive performance, claiming first place in a thrilling and unexpected win.

This victory comes at an exciting time for Bermagui Bowls Club that has recently amalgamated its men's and women's divisions into one inclusive and welcoming club. The club is now actively encouraging new members to come and try lawn bowls, no experience necessary!

Whether you're seeking a new hobby, wanting to stay active, or simply looking to make new friends in the community, lawn bowls offers something for everyone. It's a low-impact, easy-to-learn sport that keeps you both physically active and mentally sharp – all in a fun and social environment.



Clare Luland, Angela Ratten and Denise McGlashan accepting the top prize

Interested in giving bowls a go? Come along any Saturday morning, just arrive before 10.00 am wearing flat-soled shoes. We'll provide the bowls and friendly guidance to help you get started.

Alternatively, if you wish to find out more and/or have lessons before you participate in a team game, contact Denise on 0488 597 967 or Gerry on 0427 850 947.

*Angela Ratten*

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## Diggin Diggies

Flick Ruby

Our Diggies Landcare group is really kicking goals. A recent working bee smashed some cape ivy, a terrible problem in our valley, at Angela and Dave's. Many hands at work with rakes got rid of a huge heap. Thanks to all who showed up.

And thanks too to Sally Anne who brings out the Diggies Landcare Weed of the Month, which is so informative. Over the winter months we have learned about two Code Red weeds (finally some that are not on my place).

**Arum lily:** We have a small amount of it in Diggies that will turn into a large infestation – the type you see on the way to Tilba – if we don't hit it now. While the flower might look pretty, it's a serious problem in creek beds, wetlands and riparian zones because it goes feral, causes erosion and leaves a lot of nitrogen and phosphorus in the water when it breaks down which messes with freshwater mussels and tadpoles. It's toxic and can threaten wildlife, livestock and pets, and it's terrible for humans too because all parts of the plant contain calcium oxalate crystals that causes severe swelling of the mouth and throat if ingested so you have to be very careful when removing it. Gloves and masks are a must and do NOT compost! All plant material must be bagged and taken to green waste disposal. For a big infestation, herbicide may be the only solution.

**Honeysuckle:** This introduced species went feral in 1919 in Victoria. By the 1970s it had hit the Blue Mountains and by the '80s was on our coast. It is also in Diggies. It might smell sweet but it's aggressive and outcompetes and smothers natives by enveloping shrubs and trees, blocking sunlight and disrupting regeneration cycles. The berries and leaves are toxic to humans and can cause skin rashes and gastro upon contact. Because it climbs into tree canopies it creates biomass and also ladders for fires which are up to eight times higher with honeysuckle than native plant fuels, so let's smash it! How? Hand pull the vines before they seed, carefully removing roots. Mowing or slashing can suppress growth but has to be repeated a lot, and risks



Landcare groups from throughout the south coast at the first aid training at the beautiful Old Bega Hospital.

spreading it through cuttings. Controlled grazing can help. If it's out of control, call Landcare.

And one more huge thanks before I sign off, this time to Jean Bentley of the Far South Coast Landcare Association. With the generous support of The Friends of the Old Bega Hospital who applied for a grant with Bendigo Bank, Jean organised for seventeen people active in Landcare to get a first aid certificate. The all-day training was held in the beautiful old Bega Hospital, with Merryn Carey and me from Diggies now trained up to do first aid should any injuries, cuts, burns or other mishaps occur when our Landcare Group is busy.

Now we know what DRSABCD means – it's a great acronym to memorise – which Merryn suggested as Drs ABCD. Dangers (remove 'em from the scene), Response (talk, touch and squeeze the patient), Send (for help 000), Airway (first priority is to clear it), Breathing (look, listen and feel for it), CPR (30 compressions to two breaths, 120 per minute), Defib (get it and stick it on exactly as the machine tells you).

emailemailemailemailemailemailemail The Triangle's email address is [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)



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# Cobargo Conversations

June Tarlinton

Cobargo and District Pony Club held their annual gymkhana on 16 August at the Cobargo Showground. The committee that is only small in size worked extremely hard to make it all happen. There were children from Mallacoota, Bega, Bemboka, Pambula, Moruya and Cobargo clubs in attendance. It was a fun-filled competition with children displaying their skills in riding classes, showjumping and sporting events. Judges for the riding classes were Kristen Cowdroy, Kim Vickery and Hannah Abraham. The showjumping judges were Sarah Woodhouse and Madge Salway. The youngest group of children put on a fabulous display of fancy dress from fairies to Indian chiefs and a lion from *The Lion King* also appeared. Judges commented on how well-mannered and

respectful the children were. The committee would like to thank the community for helping out in all respects from donations for the raffle to cooking in the canteen to make it such a success. It was worth noting that a huge number of past Cobargo Pony Club members and mums and dads also helped out and thoroughly enjoyed it.

On 13 August, Mary and Dave Williams celebrated their 65th wedding anniversary. Imagine being just 18, married and stepping onto a ship at Southampton, England to sail halfway around the world to start life in a strange place with your new husband. Mary suffered many weeks of seasickness but said the trip was worth it. Mary and Dave both agree moving to Australia was the best thing they have ever done. They made a life for themselves and their two boys and enjoyed so many wonderful times together. I asked them for a little gem we could learn from when getting married and they both agreed



Dave and Mary Williams starting out

– you need to choose the right person. Congratulations and best wishes for many more of those fine times.

Congratulations are also extended to Jenny and Denis Baker on becoming grandparents to Josie, new daughter of Kate and Steve. Big brother Baxter is thrilled to have a playmate. Local couple Jessica and Adam have become parents for the second time with the birth of a daughter Chloe Alexis, baby sister of Thomas. Delighted grandparents are Beatrice and Willy Tanner of Wandella.

Julie Moore, past member of the Cobargo Horse and Trail Riding Club, gathered with a group of ladies to celebrate her 70th birthday. Julie still enjoys riding her new mount Peanut and the luncheon was spent reminiscing over many fun rides with great friends. Julie was publicity officer for over 15 years with the club. We wish Julie many happy times in the years to come.



Charlee Hite, a member of the Bemboka Pony Club



Aaliyah Twyford, one of the winners at the gymkhana

## Cobargo District Museum

The museum preserves the history of Cobargo and the district, to ensure our unique heritage is celebrated and shared for generations to come. The volunteer-run museum can be found at Shop 2, 52 Princes Highway, Cobargo and is open Thursdays and Fridays from 10.00 am until 2.00 pm and Saturdays from 9.00 am to noon.

This is a photo taken in 1924 of pupils and their teacher at Fox Hill School. The school was located on the right-hand side of the Bermagui-Cobargo Road (if you were driving east) at the Coolagolite Road corner. Mr Victor Carr was the teacher at the time. We'd love to know the names of the pupils so, if you recognise any of



Fox Hill School, pupils and teacher, taken in 1924

them, could you please email the museum at [cobargodm@gmail.com](mailto:cobargodm@gmail.com).

The Cobargo District Museum also has a Facebook page, and we'd love you to follow us there too.

Sandy Reed

## 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](mailto:kayroslynhewett@gmail.com)





## Cobargo Conversations

### The Rebuild Cobargo Project community update

Significant progress on all three sites of the Rebuild continued through August 2025. With the Village Square and the Market Hall slabs poured, the Post Office ground floor slab has now been finished and the first-floor concrete pour is imminent.

As CCDC Chair, John Walters, commented, 'The number of trades involved in the rebuild is increasing and the carpenters are hard at work on the Village Square and Market Hall, with the top floor roofing rapidly taking shape.'



The bricklayers have also completed the block work for the lift shaft in the Market Hall, and the electricians and plumbers have commenced their installations across all sites.

John Walters continued, 'Given that the major construction works should be completed by the end of the year, the project focus now shifts to the activation phase and the tenancing of the commercial and residential spaces of the rebuild.'

'We have already received interest from a number of potential commercial and residential clients, and we are now finalising the estimated respective rental rates.'

'Given the wide variety of opportunities in the Rebuild, including retail, hospitality, allied health, tourism-oriented small business and the residential accommodation, there is something to fit all tenant requirements. We expect demand for the five residential apartments, two being wheelchair accessible, will be particularly strong. Very soon after the completion of construction, prospective occupants will be invited to a site inspection.'



The new Village Square building nears completion  
Photo: John Walters

In other news, the CCDC Limited was a proud finalist in the recent Bega Valley Business Awards, but the winner of Outstanding Community Organisation went to Grow the Future, a well-deserved winner!

For further information, please 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  
Corporation Ltd (CCDC)  
Email: CCDCLimited@gmail.com*



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**Date:** Monday 15th September 2025

**Time:** 10am - 12:30pm

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## Cobargo Conversations

### It's all happening at Cobargo CWA!

We would like to thank everyone who purchased any of our delicious cakes and baked goods from our Bake Stall last month, as we were able to make a generous donation to the Bake for Babies fund for equipment for Newborn Intensive Care. Thanks again to everyone for making this possible.

This month we will be selling tickets in the Pub Meat Raffle thanks to the Cobargo Hotel. We look forward to seeing you there.

We hope you are enjoying the monthly market in the CWA garden. Anyone interested in a stall there on the third Saturday of the month, please see James at the Valiant caravan. It's great fun!

Everyone is invited to join us on 9 September at 1.00 pm at the cottage to meet Barb Smith from the Bodalla branch of CWA who has achieved a wonderful reputation over many years as a baker. As many people are interested in entering the Cookery Section at the Cobargo Show and might be interested in entering the CWA competition, we have invited Barb, who has a wealth of information on how to achieve the high standards demanded



CWA members at the Group lunch at Cobargo School of Arts Hall

in competition. Demonstrations of simple things that result in elimination will be discussed and how they can be easily avoided. She will use items baked by members, and she will highlight what judges are looking for in competition. So please come along and join us for a cuppa – and maybe a nibble or two! – with a warm welcome.

If you ever thought we are a staid and respectable group, those ideas would be dispelled by a view of the School of Arts gathering of CWA members from the whole of the Far South Coast earlier last month. They 'entertained' each

other with poems, songs and sketches VERY loosely based around the themes of Australiana and flowers. A great guest speaker, Lisa Cornthwaite from The Plot, Bodalla, inspired us with stories of growing vegetables, cut flowers and recycling solar panels. We finished with a great lunch of Korean-inspired food.

We welcomed two visitors at our last meeting, and we hope they will be joining us shortly. They are very welcome indeed.

Final quote: CWA is the steel behind the sponge cakes! Anonymous

Mary Williams  
CWA of NSW Cobargo Branch



## OPEN DAY OPEN HEART Karma Dro Phan Ling Buddhist Centre

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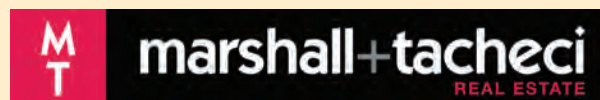
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## Cobargo Conversations

### Spring at the Triangle Tool Library

Those short sunny days and long cold nights of winter are almost gone and down at the Tool Library our volunteers are hard at work preparing our tools for the new season. The lawnmowers are lined up, brush cutters are on standby and the hedgers are sharpened. All our tools are fully charged for the upcoming season of growth, also known as spring.

For those who were a little tardy with winter pruning, our chainsaws and pruning saws are still available for members to borrow to make this big job easier, safer and faster. Anyone planning a spring clean around the house will be keen to borrow our vacuums and pressure washers and, perhaps, a trailer for a trip to the tip. We have an online inventory of tools on our website if you're looking for something specific.

Our range of cordless Makita tools is always available to anyone doing some DIY projects or just fixing that dodgy shelf.

Most of the tools are free to borrow with a \$50 annual Tool Library membership. So, join today!

It's amazing what you can borrow at the Tool Library, but it doesn't happen by magic. Volunteers make it happen! Anyone who can volunteer for three hours a fortnight in a friendly and extremely useful community asset will be made most welcome. Drop in for a chat or call Lynn on 0411 432 533 or Don on 0432 508 518.

We would also like to extend our special thanks to the Cobargo Co-op for their ongoing generous support.

The Triangle Tool Library is located behind the Co-op in Cobargo and is open every Tuesday, Friday, Saturday 9.00 am until noon.

Come in and borrow something!

*Don Green*

### Friday morning co-working sessions now in Cobargo

Finish your week strongly and join the free Friday Work Jams. It's a friendly, low-pressure, co-working day designed to help you get motivated, keep yourself accountable and have a dedicated time for focused work at the end of your week.

This is also a great opportunity to find fresh inspiration and build connections with local creatives, remote workers and small business owners. Bring your laptop and your to-do list; we'll bring the tea, tunes and a welcoming space. Stay on after noon if you're in the zone. Everyone is welcome, whether you're writing a book, catching up on emails or dreaming up your next big idea.

The Village Workspace is located in the Cobargo Innovation Hub next to the Co-op. Email [contact@coworkingcobargo.com](mailto:contact@coworkingcobargo.com) or phone 0417 027 849.

*Samantha and Dave*



The light and airy workspace

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### PlayAbility – supporting families in Cobargo

PlayAbility is a community-based, not-for-profit organisation dedicated to supporting children's development and family wellbeing. Working alongside families, it provides early childhood support and therapy services for school-aged children to both help children thrive and to strengthen connections within the community. This mix of individual support and group programs promotes development, strengthens family connections and builds positive links to community and culture.

While PlayAbility is relatively new to Cobargo, they've been part of the Bega Valley for over 35 years, with established centres in Bega and Eden. Their team includes skilled and committed professionals across administration, family support, early childhood support, and therapy services.

PlayAbility Coordinator Suzie Eruera explains, 'We're a well-established, NDIS-registered provider, and our goal in Cobargo is to walk alongside families – offering support that meets their needs, in ways that work for them. Our Cobargo Centre has an open-door approach to



families. We're here to listen, connect and help.'

The team includes qualified social workers, speech pathologists, psychologists, play therapists, specialist teachers and therapy assistants.

Together, they provide:

- NDIS-funded early intervention and therapy support
- family support services, including connection to local
- services, referrals and parenting resources
- assistance with attending appointments
- home visits and parenting support
- playgroups in Eden, Bega and Cobargo

- mobile toy library and parent resource service
- a welcoming place for families to seek advice, connect and feel supported.

Come and say hello. You can find us at the PlayAbility Cobargo Centre on Tuesdays and Thursdays, or on other days by appointment, at 49 Princes Highway, Cobargo. Drop in, call us on 02 6496 1918, visit our website or scan the QR code below to learn more. Whether you're looking for therapy support, parenting advice or just a friendly place to connect, PlayAbility is here for you.

*Steve Williams*



## Hear Well - Live Well

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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.**



## Art in the Triangle

### Spring Sing returns featuring choirs of the Bega Valley and beyond!



The Spring Sing is back with singers from across our region and beyond

Spring Sing is back again in 2025 on Saturday, 6 September! This all-day singing workshop will take place at the Windsong Pavilion, Barragga Bay, and will be facilitated by local choir directors Dan Scollay and Geoffrey Badger. The event will culminate in a public performance in the afternoon at 3.30 pm.

Spring Sing provides a wonderful opportunity for choirs from the region to come together in a spirit of joy and sharing. Each choir is encouraged to prepare the chosen combined pieces as well as they can before the event. On the day of the workshop, all participants rehearse together to polish these pieces for the final performance.

During the afternoon concert, each choir will perform a couple of short pieces of their own. The concert will conclude with the performance of the combined pieces.

Spring Sing began in 2014 as a result of a successful Mumbulla Foundation grant and has been held almost every year since.

‘We’re so fortunate to have such a vibrant and well-supported choral scene in the region,’ says Geoffrey, ‘and this means when we come together there are more than 100 voices. The sound is quite incredible!’

Choirs participating this year are: That Bunch of Singers, The Bega Valley Male Voice Choir, Riverbend Choir,

Spirit Allegro, HARK, The Salty Singers and Cooma Cantabile.

The public performance is at the Windsong Pavilion at 3.30 pm with entry by donation. Although it’s a big and exciting sound to listen to as an audience member, it’s much more fun to be a part of the choirs.

If you would like more information about joining a choir, you can contact Geoffrey at [begabadger@gmail.com](mailto:begabadger@gmail.com) or Dan at [danscollay@gmail.com](mailto:danscollay@gmail.com).

*Dan Scollay*

### What’s on at Shop7 ArtSpace Gallery?

Last month’s stunning ‘Harbour’ exhibition was a great success. With the most entries ever, there was a wonderfully diverse range of artworks by over forty artists. Twelve local businesses sponsored prizes for their favourite artworks, and visitors voted in the People’s Choice Award. Bumper sales reflected the public’s appreciation. Thank you to everyone involved.

This month the guest artists are Glen Morton from 28 August to 24 September, followed by Keith Coleman from 25 September to 15 October. They both exhibited in ‘Harbour’. Glen Morton creates exquisite *plein air* oil paintings and Keith Coleman’s creations are quirky, colourful ceramic sculptures. The guest artists’ display sits alongside art by the Shop7 ArtSpace artists and friends. These include paintings, drawings, prints, photography, woodwork, ceramics, glassworks, textiles, weaving and jewellery. There is also a lovely selection of cards produced by the artists. Shop7 ArtSpace Gallery is on the upper deck of the Fishermen’s Wharf, right next to the lift, in Lamont Street, Bermagui.



*Gone fishing* by Glen Morton

The gallery is open from 10.30 am to 3.00 pm every day except Wednesday.

*Lyndal Jenkins*



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## Art in the Triangle

### Landscapes of Memory at the Lazy Lizard

My exhibition, 'Landscapes of Memory, Learning from Fire', will be on show at the Lazy Lizard Gallery in September. This collection of pieces is the result of my eight-month residency at Bandicoot Gallery and offers a glimpse into the creative potential of woodfiring ceramics as a microcosm of the endless

interplay of earth and fire.

My relationship with clay was born from a love of the bushland in which I grew up and the horror and awe of witnessing the devastation of the Black Saturday bushfires as a child. Pottery brings me closer to these qualities and deepens my understanding of the world around us and the elemental forces of nature.

I have sourced materials from the local area, so each piece carries a memory of the places from which it was gathered. Soft iron reds appear in the mountain granite glaze, quarried and cut from the material in roadside cuttings. Rich browns of the seagrass glaze seem reminiscent of the satin-still water at the lake's edge. Ash cascades in mottled greens and crystalline patterns down the side of a vase like fast-growing wattles scattered by the seasonal change. These colours come and go, often unnoticed, in the landscape around us. My work offers tactile pieces, blunt edges and rough surfaces to create a visceral sense of recognition.

This exhibition has been made possible by the Foster a Potter program funding mentorships between young potters and experienced studio potters.



One of the pieces made during the residency at Bandicoot Pottery

These pieces are a culmination of the knowledge and skills passed along by Daniel and Gabrielle of Bandicoot Pottery and the ongoing support of Vicki, Jean and Susie of Foster a Potter.

The exhibition will open at the Lazy Lizard Gallery in Cobargo at 11.00 am on Saturday 6 September. I hope to see you there.

*Siena Lily Hyland*



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### Stiff Gins return to Four Winds in September

Nardi Simpson and Kaleena Briggs make up Stiff Gins, Australia's longest-performing all-Indigenous female group that blends folk and roots with First Nations language and culture.

Simpson, a Yuwaalaraay woman, and Briggs, a Wiradjuri/Yorta Yorta woman, met in 1997 while studying music at Eora college in Redfern. With 26 years of harmonising together, their voices have become a stunning instrument, transforming melodies and storytelling into textured soundscapes, often in language.

Beyond their musical endeavours, the members of Stiff Gins remain deeply committed to nurturing emerging First Nations talents, with Kaleena spearheading initiatives as the First Nations Development Coordinator with MusicNSW, and Nardi actively engaging as a cultural teacher, artist and mentor at the esteemed Sydney Conservatorium of Music.

Four Winds invites you to experience Stiff Gin's new album *Crossroads*, that merges tradition and innovation, and celebrates the work of these cultural custodians of the Australian musical environment.



Stiff Gins

The concert will be on 14 September 2025 at 2.00 pm in the Windsong Pavilion. The cost is \$45 a head with no charge for those under 16. The music is acoustic and suitable for all ages. Food and the bar will be open from 12.30 pm.

*Flick Ruby*



## Art in the Triangle

### Tilba poetry – springs into action

Tilba poets are meeting again Sunday 31 August in the Barn at the back of the Dromedary Hotel at 3.30 pm to share their recent winter poems in an open reading event called Poetry in the Pub.

All local poets and poetry groups are welcome – you can read or perform poems you love from any era, style or genre if you are not a writer yourself, while local poets will share their work to a poetically enthusiastic audience. Afterwards, dinner at the pub will be great for those who want to stay on.

Having opened many an art show with poems in my time running Tilba's Ish Gallery in 2000 and 2001, I know and celebrate that we have a long tradition of arts and crafts, and literary, musical and theatre talent in our village. Poetry can be shared and enjoyed in many different settings.

We have an array of poetic meetings planned roughly six to eight weeks apart, leaving busy poets time to do their day jobs as well as write poems!

The following meeting will be Saturday 11 October from 3.00 pm to 5.00 pm and is called the Sweetwater



Ed Southorn at the Poetry at The Drom event in May

Saloon Poetry Soirée. Cocktails, coffee and nibbles will be available at the bar for this magical venue. Dress up for this one!

And the final event for 2025 will be Sunday 7 December – a Poets' Summer Breakfast, at the Rotunda at Mystery Bay from 8.00 am to 10.00 am. This will be a delightful morning event, sharing

your BYO breakfast and champagne in nature's beauty. Bring your rug, umbrella and sunscreen. Come earlier if you want a swim and to see the sun rise!

For more information on any of these free community events contact Virginia (Sada) York via text on 0419 200 737.

*Virginia York*

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## Art in the Triangle

### Sunday Lemonade unveils new single

For the last six and a half years, indie/folk/rock duo Sunday Lemonade has earned its place in the Australian music scene, blending raw, authentic storytelling with upbeat, energetic live shows. But it's not just our music that has captured the attention of audiences – it's our extraordinary journey and ever blossoming rom-com-esque love story.

In a bold move to put our music careers first, we've been living in a campervan, travelling across Australia and creating unforgettable moments along the way. And now, Sunday Lemonade is back with a fresh sound for our new single, Lucy Goosey, to accompany a 27-show, celebratory tour across Queensland, NSW, Victoria and Western Australia. The track was released on 29 August and is our first in nearly two years. It offers a closer look into our wild ride.

We are a newly married couple – Loz and Tyson Lemons. We have been living in our campervan since 2019, which affords us the freedom to tour relentlessly and connect with fans across Australia. But last year, we found a home of sorts when we purchased a caravan and moved it onto some land on the Sapphire Coast belonging to friends.

We love calling the far south coast home, though we don't get to spend nearly enough time here! We're proud to roam about



Tyson and Loz Lemons of Sunday Lemonade

the country representing the incredible creativity of the area and already feel unbelievably supported by the community.

Sunday Lemonade kicks off the tour with a home show at the iconic Murrah Hall on Friday 5 September. 6 pm – 8.30 pm book with Humanitix.

You can tune in to ABC South East on Friday 29 August to listen to our new track and hear us chat in the studio with Eddie and then join the bubbly chaos at Murrah Hall on 5 September.

Tickets can be bought on the Murrah Hall website.

*Loz Lemons*

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A photograph of a swimming pool surrounded by lush greenery and a building.

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## Art in the Triangle

### Lots on in September at Spiral Gallery

#### 'Feathered' Open Art Prize

The closing date for receiving entry forms for the 'Feathered' Open Art Prize is 4.00 pm Friday 5 September. This means that we need to receive the completed entry form, an image and payment of the non-refundable \$35.00 entry fee by that time.

The art prize is open to all members of the community plus artists working in any medium at any level of practice. The theme is feathered (and all things related to birds). There is a maximum of one work per artist allowed and size limits apply. It will be judged by South Coast artist Sue Chancellor. There are great prizes to be won.

Entry forms and the document stating the conditions of entry are available now at Spiral Gallery, 47 Church St, Bega. Or you can download one from the Spiral website (just type 'spiral gallery bega' into your browser). For further information phone Keith Coleman on 0479 171 651 or email us at [spiralartprize@gmail.com](mailto:spiralartprize@gmail.com).

The 'Feathered' exhibition opens at Spiral Gallery on Friday 3 October, with awards announced 4.00 pm. The show runs to 29 October.

#### Get your feathers on!

Spiral Gallery is holding drawing and painting workshops for teens and young adults with a street art feel and a bird theme.

You could have your work displayed. The best works will be displayed on the street side of the gallery during the Bega Streetlight Festival.

Terri Tuckwell is a local artist currently working in the street mural space and she will be the tutor at these workshops. Her background in traditional animation, visual communication, drawing and painting means she has many ways to help you create something interesting.

Get feathered and join in.

There will be four one-day workshops for young people between 13 and 21 years old – two will be in Bega on 7 and 8 October and two in Pambula on 10 and 11 October. These will cost \$60 per person. Numbers are limited so bookings are essential. Ring 0477 071 016 to make a booking.

This is a Spiral Gallery Co-operative project, supported by the Bega Valley Shire Council Community Grants Program.

*Diana Stewart*

#### Art in the Garage

'Kaleidoscope' is a group show featuring eighteen artists from Tulgeen Disability Services.

The exhibition runs from 5 September to 1 October at the Spiral Gallery, 47 Church Street, Bega. There will be an opening on Friday 5 September at 4.00 pm with Mr Dennis Wilson as the guest speaker.

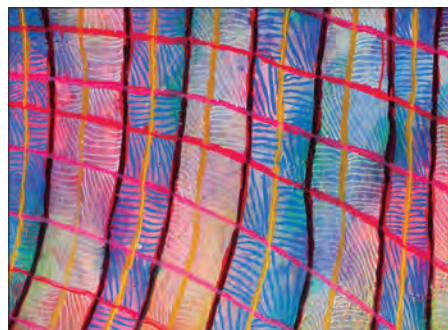
For more information search for the 'spiral gallery bega' on your usual browser.

*Sarah Buick*

The Spiral Gallery is at 47 Church Street, Bega and is open from Monday to Friday from 10.00 am to 4.00 pm and from 10.00 am to 1.00 pm on Saturdays.



*Untitled by Mitchell Porteous*



*Untitled by Jennifer Wade*



*Untitled by Cornelius Moon*



*Youth workshop image*



**Dr Judy Gebhart - Chiropractic 0433 372 362**

**Tora Jong - Zenthai Shiatsu 0419 895 737**

**Susan Hackfath - Lifestyle Medicine 0433 043 552**

**Michael Kennedy - Mindfulness Meditation 0433 372 362**

**26 Bunga Street Bermagui**

**[www.harmonyhealth.au](http://www.harmonyhealth.au)**



## Art in the Triangle

### Weaving as a way of healing

Aunty Andrea Warren, a Wutathi woman from Far North Queensland who is now living at Wallaga Lake near family, first visited the Triangle area 38 years ago and knew in her heart she would retire here.

Aunty gets her joy from living down by the lake at Wallaga and being a part of nature. 'It's quite inspiring. I wish I was a better artist, like with being able to draw and paint because there's so much to see and do as far as the birds and the wildlife go. But I leave that to other people. But it's just inspirational because the peace is incredible. And at night, you sit out here and look at the stars.'

Aunty Andrea started her weaving journey about eight years ago when she worked at the Brisbane Youth Detention Centre as an education officer teaching in the Aboriginal unit. 'I was teaching our young people different skills, and I did a lot of art with them and stuff like that. Then a lady came in and taught weaving, but I just couldn't pick it up. And then about six years ago, I just said, you know what, I'm going to try again and I taught myself

basically, off the internet. So, I haven't been doing it for long.'

Aunty Andrea then took what she learnt back to teach the young girls in detention. She worked with some challenging young people in that time, but she endured, always trying to instil a strong sense of pride in culture in them with good results.

Prior to the detention centre she worked for three or four years at Queensland's 'Former Origin Greats' program. The highlight was working with footballer Arthur Beetson, going into schools and improving attendance rates for the Indigenous kids.

Aunty says there's a healing in weaving. She does what she calls 'contemporary weaving', but she often finds her inspiration in nature. Aunty Andrea included her weaving in an Indigenous display at the Bermagui 'Sculptures by the Sea' this year, and from there she was invited by the Spiral Gallery in Bega to be part of their 'Celebrating First Nations artists living on Yuin Country'



Aunty Andrea Warren with one of her woven bags

exhibition in May-June, and her pieces were also part of the 'Harbour' exhibition at the Shop7 Artspace in Bermagui during August.

Shanna Provost

emailemailemailemailemailemailemail The Triangle's email address is [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

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## Happy gardening New Year!

Whether you subscribe to the meteorological view that spring begins on the first day of September or to the astronomical view that it starts with the equinox on 2 September, this month marks the season that many consider the beginning of the gardening year.

The word 'spring' has a rich etymological history. In English, it comes from the Old English *springan*, meaning 'to leap, burst forth, or grow'. The French call it *printemps*, from *primum tempus* ('first time'), while Spanish and Italian use *primavera*, meaning 'prime time' or 'first green'. In German the term is *Frühling*, from Middle High German *vrüelinge* ('early time'), while Dutch uses *lente*, from Old Dutch *lentīn*, relating to the 'lengthening' of days. Slavic languages tie spring to warmth and vitality, using the word *vesna*, also the name of the mythical goddess of spring, youth and fertility. The Polish *wiosna* shares this root.

Beyond Europe the names are just as expressive. In Mandarin Chinese, (春天 *chūntiān*, 'spring sky/day') uses *chūn* to evoke life and vitality, rooted in ancient agricultural cycles. Japanese *haru* (春) adopts the same character, symbolising blossoming and mildness. In Arabic, *Ar-Rabee* links to growth and pasturage, reflecting fertility in arid regions, and the Islamic lunar calendar names their third month *Rabi' al-Awwal* 'the first spring'.

Taken together, these names show how people everywhere respond to the same seasonal shift. Whether the emphasis is on growth, light or vitality, the language of spring reflects a shared human recognition of nature's renewal. However different the words may sound, they all point to the same moment in the year when life begins again.

Around the town gardens, spring is yet to make its full splash, though some of

the *Prunus* species (cherries, plums, etc.) are beginning to flower, as are deciduous magnolias and *Jasminum polyanthum* (jasmine). *Loropetalum chinense* (Chinese fringe flower) is bright with clusters of spidery pink blooms, while the leathery-leaved, white-flowered *Raphiolepis indica* (Indian hawthorn) is also in flower.

In the vegie patch, September is perfect for planting root crops such as beetroot, carrots and swedes, along with celery. If you're feeling adventurous, you can start capsicum, chilli, eggplant and tomato seeds, provided you keep them warm under a cold frame or on a heated pad and bring them inside at night. Otherwise, continue planting onions, peas, potatoes and silverbeet, and be ready for October, when the soil will suit most summer favourites.

With 1 September being National Wattle Day, the roadsides and bushland around the Triangle are brightening with golden blooms. Several acacia species are flowering, including the locally endemic *Acacia pedina* (Bermagui golden wattle), first described in 1999. This highly restricted species is currently putting on a show in nearby State Forests and Nature Reserves. You may also notice delicate white drapes in smaller trees which will be either the cross-shaped flowers of *Clematis glycinoides* (headache vine) or else the bell-shaped tubular blooms of *Pandorea pandorana* (wonga wonga vine). A closer look will tell them apart.

We apologise for having missed some of your emails. They've all been answered now and we're back on track. If you have gardening comments, questions, or plant or pest identification problems, please email [gardening@thetriangle.org.au](mailto:gardening@thetriangle.org.au) and we'll get back to you personally.

Happy growing.



*Loropetalum chinense*



*Acacia pedina*



*Pandorea pandorana*



*Clematis glycinoides*



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## Book Review

Wendy Tucker

### *Ghost Cities*

Siang Lu

University of Queensland Press  
RRP \$35.99

Lu's *Ghost Cities* just won the Miles Franklin award, certainly the most lucrative and probably the most prestigious literary prize in Australia. This was a bold, risky and brave choice because there is nothing safe about this novel. It is savage in its satire, hilarious in its observance of absurdity and, yet, surprisingly moving. It is also impossible to slot it into any definable genre.

Our protagonist is a young Chinese Australian man, Xiang, who has just lost his job as a translator with the Chinese Consulate when it was discovered that he doesn't actually speak any Mandarin but relied on Google translate.

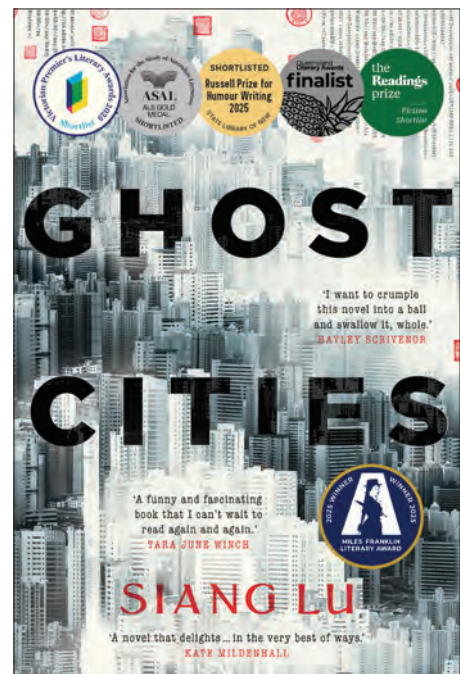
When this goes viral on social media, Xiang gains fame and the hashtag #badchinese. He is courted and then employed by an eccentric Chinese film director, Baby Bao. Bao is making a 24/7 film using citizen actors in the one of the ghost cities. Ghost cities are fully

functional cities built in China to house agricultural workers. Absurdly, this flow of population never happened, and the cities remain empty, most often used only as film sets.

Flowing in and out of this contemporary narrative are ancient and mystic stories and fables. One of these is of an ancient emperor who in his paranoia, creates a thousand doubles of himself, sends his advisors and brothers to the Imperial prison called Six Levels of Hell, builds a labyrinth of amazing complexity under his palace and burns all books. His favourite concubine hides in the labyrinth recreating books from memory. There is also the perspective of people surrounding the absurd emperor who end up dead for creating art that is too beautiful.

There is the narrative of a village, known as 'the armpit of the armpit' where a mountain becomes sentinel, a lake hides an ancient temple and a sculptor creates a garden of stone.

The times and the characters interact and surprise the reader in this seemingly bonkers mixture of wonder, wisdom and fascinating storytelling.



This novel shouldn't work, but it does, due to the superb intelligence of the writing, the biting satire and the theme that art and love continue to survive absurdity and madness in times both contemporary and ancient.

emailemailemailemailemailemail The Triangle's email address is [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

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## Open Sauce Recipes from the Triangle area

Here we are in September and all those back-yard chooks are revelling in the increased day length (even if those days not yet reliably warm) and are

pumping out large numbers of fabulous fresh eggs. If your poultry has access to fresh green grass, insects and a few worms plus your delectable kitchen scraps, those

eggs will have a deep orange-gold yolks and dense egg whites. So here are a few recipes that celebrate the abundance of wonderful spring eggs.

### Quick scrambled omelette with a sweet and sour tomato sauce (adapted from a Kylie Kwong recipe)



#### Omelette:

- 5 eggs
- 2 tablespoons sliced garlic chives  
(or ordinary chives)
- ¼ cup vegetable oil (or less)
- ¼ cup sliced green shallots

#### Sauce:

- ¼ cup peanut oil
- 1 tablespoon julienned ginger  
(or just finely chopped)
- 1 teaspoon salt
- 1 large ripe tomato cut into wedges
- 2 tablespoon shao shing wine
- 1 tablespoon white sugar
- ½ cup chicken stock
- 1 tablespoon light soy sauce  
(or regular)
- 1 teaspoon black vinegar  
(or balsamic vinegar or rice vinegar if necessary)
- ½ teaspoon sesame oil

#### Method:

To make the sauce, heat peanut oil in a hot saucepan till it seems to shimmer slightly, then stir-fry ginger, salt and tomato for two minutes. Add wine and sugar and fry for a minute. Pour in stock and soy sauce and simmer for a further two minutes. Add vinegar and sesame oil, then remove from heat. The sauce should be reddish in colour with a salty, sweet flavour. Keep the sauce warm while you make the omelette. (I make double or even four times the quantity of sauce to keep on hand. Use it within a few days, or it can be frozen. It's great with other things like seafood, chicken or tofu.)

To make the scrambled omelette, heat the oil in a frying pan till the surface shimmers lightly. Break eggs into a bowl and whisk lightly. Add the chives. Season lightly.

Pour in the egg mixture and scramble quickly, not over-cooking the eggs. Remove from the pan, sliding onto a serving plate or bowl. Pour the warm tomato sauce over the omelette and garnish with the shallots.

*Linda Sang*

### Meringue/pavlova

(based on weight of egg whites – scale up quantities to suit your crowd)



If you have chooks of a range of breeds and ages, the eggs can range from tiny pullet or bantam eggs (maybe 30 to 45 grams) to great big googs of 70-80 grams from mature hens. This makes a nonsense of recipes that call for a certain number of eggs, and for pavlova or meringue this is a common reason for a less than perfect outcome.

Use all your unneeded egg yolks to make delicious custard or lemon curd.

#### Basic meringue

(caster sugar is double the weight of egg whites – you can scale it up or down with this simple ratio)

- egg whites at room temperature
- a pinch of salt
- caster sugar

Preheat oven to 150° C without fan. Using an electric mixer on medium speed, whip egg whites and pinch of salt in an impeccably clean steel or glass bowl until frothy and then add the sugar gradually one tablespoon at a time. The sugar must completely dissolve into the egg whites so do not be tempted to increase the speed. You can check by rubbing a tiny amount between your fingers to check for grit.

Once the mixture is stiff and glossy and will hold fancy peaks you can place it in spoonfuls on a baking parchment-covered tray, pop into the oven and immediately turn it down to 120° C. After five minutes lower the temperature to 100° C for around an hour.

### A pavlova for 6-8 people

(a pavlova has a crisp shell and slightly gooey centre unlike meringues that are dry)



- 125 gms egg whites
- a pinch of salt
- 250 gms of caster sugar
- 2 teaspoons of cornflour
- 1 teaspoon white wine vinegar
- A few drops of pure vanilla essence

Pretty much as above. Whip the egg whites with a pinch of salt and about a third of the sugar for about three minutes and add the rest of the sugar by the tablespoon until the mixture is thick and glossy and the sugar is completely dissolved (rub a little of the mixture between your thumb and finger to feel for grit). Once completely smooth, sprinkle the rest of the ingredients over the mixture and fold through quickly but gently using a large metal spoon. Spoon onto your baking paper tray (I draw a circle on the paper to guide me), and leave the edges raised with pretty, curly spikes. Slide into the 120° C oven for thirty minutes, drop the temperature to 100° C for another hour. Turn the oven off and allow to cool in the oven for several hours or overnight.

Do not peek into the oven while cooking.

Decorate with whipped cream and soft fruit of your choice close to the time you will be serving it.

*Angela Marshall*

# COMMUNITY NOTICES

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

## ALCOHOLICS ANONYMOUS

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

## ANGLICAN PARISH OF COBARGO

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

## ANIMAL WELFARE LEAGUE

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

## BERMAGUI BAPTIST CHURCH

West Street, Bermagui. All Welcome.  
Family Service Sundays 10.00am - 12pm

## BERMAGUI CROQUET CLUB

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

## BERMAGUI CWA

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

## BERMAGUI DUNE CARE

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

## BERMAGUI GARDEN GROUP

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

## BERMAGUI HISTORICAL SOCIETY

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

## BERMAGUI & DISTRICT LIONS CLUB

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

## THE BERMAGUI MARKET

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

## BERMAGUI MEN'S SHED

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

## BERMAGUI PROBUS

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

## BERMAGUI SENIORS' SOCIAL CLUB

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

## CATHOLIC CHURCH

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

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

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

## COBARGO CREATORS

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

## COBARGO CWA

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

## COBARGO DISTRICT MUSEUM

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

## COBARGO PRESCHOOL

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## COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

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

## COBARGO RSL HALL

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

## COBARGO & DISTRICT RED CROSS

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

## COBARGO SCHOOL OF ARTS

Hall bookings and inquiries:  
Don 0432 508 518 / [cobargohall@gmail.com](mailto:cobargohall@gmail.com)

## 1ST COBARGO SCOUT GROUP

Children 6 - 18yrs. Meetings 6.30pm to 8pm in  
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Contact Graham Parr on 0429 936 795.

## COBARGO SHOWGROUND

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

## COBARGO SHOW MEETING

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

## COBARGO TOURIST & BUSINESS ASSOC

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

## DIGNAMS CREEK COMMUNITY GROUP

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

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## 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](mailto:quaamahallbookings@gmail.com)

## SOAPI COMMUNITY THEATRE

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## TILBA CWA

Meeting 2nd Thursday of the month, 10.30am  
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Contact: Teresa Stubbings 0417 418 447

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

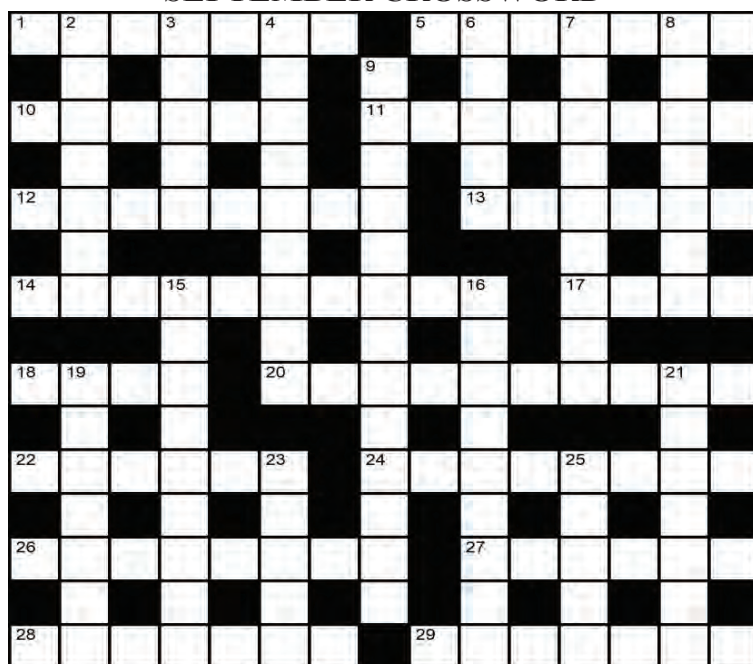
## THE YUIN FOLK CLUB

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



# Game On

## SEPTEMBER CROSSWORD



### ACROSS

- 1 Realm (7)  
5 Makeshift (7)  
10 Top gear for a biker (6)  
11 In being (8)  
12 Set upon (8)  
13 Adequate (6)  
14 Olympic gold-winning Melbourne Hockeyroo (5,5)  
17 Such as Perth or Brisbane (4)  
18 Chital or Rusa, perhaps (4)  
20 11, to 121 (6,4)  
22 Red grape variety (3,3)  
24 Enoch ate out, finding nothing to drink (3,5)  
26 Abnormally dilated (8)  
27 "9 to 5" actress Lily --- (6)  
28 How Leda wrong-footed a tennis champ (3,4)  
29 Magnates (7)

## SUDOKU



### DOWN

- 2 Sluggishness (7)  
3 High-energy radiation (5)  
4 Fringe areas (9)  
6 Nonsense (5)  
7 Cop carrier (6,3)  
8 When bats fly (2,5)  
9 Pioneer Sydney, NSW and national rugby footballer (5,8)  
15 Often called the father of Australian Rules football coaching (4,5)  
16 With deep sincerity (9)  
19 Proceed (7)  
21 Sort out Ontario address (7)  
23 Tenor violin (5)  
25 Injury payment (5)

\*Indicates a cryptic clue.

Answers on page 40

# First Home Buyer Home Loan

A rate that's hard to beat!



**4.99%**  
p.a

Interest rate

**4.99%**  
p.a

Comparison rate\*

Variable. Secured. LVR < 70%

## BONUS!

- NO Establishment fees
- NO Horizon solicitor fees
- NO Valuer fees



Let's talk!

**Horizon Bank**

**horizonbank.com.au**

2 Wallaga St, Bermagui ☎ 6497 8810

Credit eligibility criteria, terms and conditions apply. The comparison rate is calculated on a loan amount of \$150,000 over a term of 25 years. **WARNING:** \* This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Terms and conditions, fees & charges apply and are available on application. The loan is secured and the rate is variable. Owner occupied only. All borrowers must be first home buyers and must have not previously purchased property in Australia. Horizon Credit Union Limited ABN 66 087 650 173 AFSL and Australian credit licence 240573 trading as Horizon Bank, 27 Stewart Street, Wollongong NSW 2500. Information correct at 15.8.25.

## For the fridge door

SEPTEMBER	WHAT	WHERE	TIME
All Month	<i>Landscapes of Memories</i> - pottery exhibition by Siena Lily Hyland pg 30	Side Room, Lazy Lizard Gallery	T-F 10 - 3 pm Sat 10 - 1 pm
All month till Weds 24	Guest artist Glen Morton creates beautiful <i>plein air</i> oil paintings pg 29	Shop7 ArtSpace Gallery, Bermagui Wharf	Thurs - Tues 10.30 - 3 pm
Fri 5	Sunday Lemonade launches new single, <i>Lucy Goosey</i> , book online pg 32	Murrah Hall	6 pm - 8.30 pm
Fri 5 - 1 Oct Opening Fri 5	<i>Kaleidoscope</i> artwork by 18 artists from Tulgeen Disability Services. Guest speaker Mr Denis Wilson pg 33	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 pm Sat 10 - 1 pm 4 pm for opening
Sat 6	Spring Sing, combined choirs in all-day workshops, public performance at day's end pg 29	Windsong Pavilion, Four Winds, Barragga Bay	3.30 pm combined concert
Mon 8	Let's talk weather, booking essential	Bermagui Library	Starts 11 am
Sat 13	Get Ready fire information session	Tilba Fire Station, Latimers Lane, Central Tilba	10 am - 2 pm
	Karma Dro Phan Ling Buddhist centre Open Day: live music, curries, sweets, stalls, plants pg 26	33 Kirkland Cres, Bega enquiries: Kate 0468 452 236	11 am - 3 pm
Sun 14	Stiff Gins, female indigenous group, blending folk & roots, no charge for under 16 yo, acoustic, suitable all ages pg. 30	Windsong Pavilion, Four Winds, Barragga Bay	Starts 2 pm food and bar opens 12.30 pm
Sat 20	Get Ready fire information sessions and includes Community Opening event for the completed upgraded station facilities. Morning tea & BBQ lunch included	Cobargo Fire station, 12-14 Wandella Rd, Cobargo	9 - 2.00 pm Opening Event 11 am
Sat 20	Get Ready fire information sessions, sausage sizzle & more	Quaama Fire Station Gordon St	11 - 3 pm
Sat 20/Sun21	Get Ready fire information sessions	Bermagui Fire station	9 - 12.30 pm
Sun 21	Get Ready fire information sessions, sausage sizzle	Brogo Fire Station	10 - 2 pm
Thurs 25 - 15 Oct	Keith Coleman, ceramicist, makes quirky, colourful, small ceramics pg 29	Shop7 ArtSpace Gallery, Bermagui Wharf	Thurs - Tues 10.30 - 3 pm
Weds 24	Coercive control talk and information about domestic abuse. Bookings essential. Free with morning tea pg 6	Bermagui Men's Shed, Bermagui-Tathra Rd, adjacent to council depot	9.45 am for a 10 am start - 12.30 pm
<b>OCTOBER</b>			
Sat 4 & Sun 5	ReBoot event: fun runs, ocean swims, social bike rides, kids' events, demos. Bookings and program online. <a href="http://rebootinbermagui.com.au">rebootinbermagui.com.au</a>	Bermagui	Refer to the online program.



## Call for Mowing

- Lawn mowing
- Tree pruning
- Hedge trimming
- Garden mulching
- Garden clean ups
- Gutter cleaning
- Excavation

All aspects of garden care  
[cm.emjf@gmail.com](mailto:cm.emjf@gmail.com)

## Josh 0408 476 733

**SEPTEMBER CROSSWORD ANSWERS**

**ACROSS**

1 Kingdom, 5 Stopgap, 10 Helmet, 11 Existent, 12 Attacked, 13 Enough, 14 Danni Roche, 17 City, 18 Deer, 20 Square root, 22 Cab Sav, 24 The ocean, 26 Varticose, 27 Tomlin, 28 Lew Hoad, 29 Tycoons.

**DOWN:**

2 Inertia, 3 Gamma, 4 Outskirts, 6 Tripe, 7 Patrol car, 8 At night, 9 Tedda Courtney, 15 Norm Smith, 16 Earnestly, 19 Emanate, 21 Oration, 23 Viola, 25 Compo.