

## Cobargo Conversations with Norma Grunow

On 15 September 1925, Thomas and Valerie Gourlay announced to the Cobargo community the birth of their first child, a daughter Norma. Norma was reared in Cobargo along with her younger sister Beth. Norma has just celebrated her 100th birthday at the Cobargo Hotel along with family members and invited guests tallying fifty.

Norma is one of the most astute, humorous and interesting people I have had the pleasure of meeting. Norma spent her youth attending school and enjoying creating and having fun times with her sister Beth. A particularly memorable event was when the girls were playing in their cubby with their dolls in the back yard when they decided to try smoking. Under Beth's instruction Norma gathered some bark and dried grass and rolled it into a cigarette, lit it up and commenced to attempt to smoke it. After coughing and choking the cigarette was tossed which in turn caused the cubby to catch alight and burn down. Both girls and their dolls were unharmed.

Norma recalls spending time with her grandparents who owned the original Cobargo Hotel that was on the same site as the present one but was a timber construction. At the age of fifteen, Norma commenced working in her parents' grocery store in the Benny building and found it a great learning experience. Norma was paid 19/1 a week. Norma had tutoring to learn to play the piano along with Beth and recalled travelling with the music teacher Eunice Dibley by horse and buggy

to the home of the McViety family and all the girls had their lessons there.

Norma loved to travel before her marriage and spent four months living in Honolulu with Lorna Benny's family. She recalled how things have changed and noted her dad used to purchase cheese for the grocery store directly from the ABC cheese factory at Tilba.

Norma met her husband Cecil Grunow at a Manchester Unity Independent Order of Oddfellows Ball at the Cobargo School of Arts Hall. He was a sheep farmer but, after they married on 23 June 1956, they moved to Canberra where he became a car and real estate salesman. Norma gained a job as a secretary/bookkeeper at National Printers and worked there for sixteen years.

She then worked for the Capital Dental Laboratory for 27 years and retired at age 82 because her boss decided to retire.

Norma has lived for 69 years in Canberra and throughout her life played golf to a very high level and also plays the organ at her local church but mainly enjoys reading murder mysteries. She recounted sitting up till midnight just recently to watch a great murder thriller movie.

She is planning to be here in sixteen months to help her younger sister Beth celebrate her 100th birthday. Norma's advice to live a healthy life is to not smoke or drink but to eat lots of chocolate. An absolute inspiration.

*June Tarlinton*



Beth and Norma holding their original hand coloured photograph of them as children. Photo Linda Sang

I had the pleasure of meeting Norma Grunow and her sister, Beth Whiffen, the other day with June Tarlinton. June was asked to talk with Norma in particular, as she had just celebrated her 100th birthday. Over tea and cake, Norma talked about growing up in Cobargo with her parents and Beth. When carts were pulled by bullocks over dirt roads. When Cobargo had four grocery shops. Where you could meet a sweetheart and probably marry him or her at the many balls and dances that were held at the Cobargo School of Arts. It was fascinating to hear about

times that are almost forgotten, the family connections, the changing landscape of Cobargo and environs, all from the point of view of a vivacious, generous centenarian with a good head for sharing memories and stories.

This issue of *The Triangle* is filled with stories from so many different voices and perspectives. We share humanity when we read the poem *When You Are Born Palestinian*, by Aroub Lahham of Moruya. We share commonality when we speak out and march for issues that are important to us, whether that is Palestine or Cuttagee

Bridge. When we share creative space at the Headland Writers Festival, try a recipe and invite friends or neighbours to a meal, read a book, check out an EV, go for a run at Reboot, hunt for whale sightings and share spiritual spaces.

Living in the Triangle is a privilege. For many of us it's a place of peace and growth, for others, depending on circumstance, a harder struggle. But from my experience living here for over twenty years, the community is strong, our smaller numbers requiring greater involvement and focussed attention. It's how it's done in the country.



## Thumbs UP

To all the retail shops in Cobargo for going the extra mile to help their customers. Shopping in Cobargo is a joy and very frequently a great help.

To the Junction Café opening seven days per week in Cobargo.

## Thumbs DOWN

To people who wilfully ignore that the Cobargo Bermagui Rd is a 50 kph zone between the showground and the highway. It's a residential street of only one kilometre – the time difference between driving at 50 kph and 80 kph along this section is a whole 27 seconds. Think about that ... take all the time you want.



## Join your fire brigade!

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

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

### Get in touch or find us on Facebook

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# Tick questions and a disclaimer

In the September issue of *The Triangle*, I wrote an article about paralysis ticks (*Ixodes holocyclus*). I was staggered by the amount of feedback and interest that this sparked. People have phoned, emailed and spoken to me about ticks, asked questions about ticks and steered conversations around to ticks. There is genuine interest in all things tick. I need to make something clear – I am not a health or veterinary professional. My interest in acquiring and distributing information on the local ticks is because I have both tick allergy and MMA (aka Alpha-gal Syndrome, AGS) – two compelling reasons to avoid being bitten.

But here are a couple of questions I've been asked since that article. The disclaimer above still applies and please note that different ticks have different requirements (much of the online information concerns ticks from around the world, particularly the US) so this only applies to Australian paralysis ticks.

## Where do ticks live?

For the most part, paralysis ticks live in long grass and on low, shrubby vegetation, especially in areas that are frequented by bandicoots, wallabies and other critters. They have sensory organs

on their front legs that they wave about as they sit on a twig or leaf (a behaviour called questing) and can detect CO<sub>2</sub> (exhaled breath), body heat and odours, and possibly even variations in light and vibrations. They usually transfer to a host as it brushes past them. They are not an ambush predator, and they are not high in trees unless they've been transported there (possums, koalas?).

## Essential oils as repellents

Many people want to avoid using 'chemical' protection against ticks. Essential oils are regularly suggested as a natural alternative. This is a false dichotomy as essential oils are potent sources of an enormous range of chemicals, some of which merit serious caveats. Depending on the essential oil, they can cause skin irritations, lung sensitivities, some are even hormone disruptors and others have neurotoxic effects. They must be heavily diluted and not used on animals, young children, elderly or unwell people. Their efficacy as deterrents is not high enough for me as I must avoid being bitten.

So, now that's over and out from me. If you find a tick on a human or a pet and are worried, please consult your GP or vet.

Angela Marshall

## 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.

## Disclaimer

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

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

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

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*The Triangle* is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and Wandella). The committee

comprises volunteers who donate their time

and expertise for the benefit of our readers.

*The Triangle* is financially self-sufficient

through donations and advertising income.

Prompt payment of accounts is appreciated.

*The Triangle* is published every month

except January and has a circulation of 1800

in print plus around 3000 unique online

visits each month.

## 600 locals occupy Mogareeka Bridge for Palestine

On 24 August the largest mobilisation for Palestine in Australian history took place, with over 300,000 people in 41 locations taking part. Locally, 600 in Tathra and 350 in Moruya joined the day of action to demand an end to the genocide on Palestinians perpetrated by Israel; and that the Albanese government sanction Israel; stop their two-way arms trade; and condemn Israel's war crimes and hold them to account.

Djiringanj Elder, Aunty Glenda Dixon, gave a warm Welcome to Country, before members of Palestine Action Bega Valley – Nadia Leppert, Sukalpa Goldflam, Caitlin Molloy and Bega Valley Greens Councillor Peter Haggard spoke to grief-stricken protestors, many of whom expressed their gratitude for being able to join the growing wave of frustration and outrage being echoed around the world.

Local Jewish woman, Sukalpa

Goldflam, shared her personal story of understanding Zionism and spoke about the Zionist project conflating being anti-Zionist with being antisemitic – a technique designed to silence people from criticising Israel. She made it clear that opposing the Zionist project does not make us antisemitic, it makes us a caring community facing genocide.

Sukalpa said, '... this is not a war, it is a planned genocide. We are here to voice our anger and outrage at the systematic killing of Palestinians, the strategic starving of a desperate Gazan population. And also in support of Palestinians in the West Bank who live with violence, killings and the proliferation of the continuous settler colonising project.'

Bega Valley protestors marched north to Mogareeka, crossing the Bega River, chanting and waving Palestine flags, carrying homemade banners and placards. The walk was peaceful, passionate and hopeful, with \$1,500 being collected and donated to the Gaza Mutual Aid Collective.

Palestine Action Bega Valley is running another event to coincide with the next nationwide day of action on 12 October, at 11.00 am in Littleton Gardens, Bega. You can stay informed via their Instagram page.

*Written by Nadia, Brogeo and Kalpa*



Bega Valley residents march in support of Palestine. Photo by David Gallan.

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## Inspirational Learning

On 9 September, Elm Grove Trust's committee, Narooma Education Support Team (NEST), and volunteers from the Breakfast Club met with Executive Staff of Narooma High School (Principal Tracy Scobie, Deputy Principal Joe Harper and Community Engagement Senior Leader Aunty Karen Ella-Bird), to review the projects that the Trust is very pleased to support.

A second Encouragement Scholarship for 2025 was awarded to an inspiring Year 12 student, a young woman for whom we wish every success in the upcoming HSC and her move next year into tertiary education. Both scholarship recipients have deserved this recognition and encouragement for their commitment

and dedication to the purpose of their lives. Their aspirations can ultimately benefit the future of society.

**Out of Classroom Learning Projects.** After a lovely afternoon tea provided by the school, Deputy Principal Joe Harper conducted us on an on-site inspection of the 'Hands on Learning' area and the Murrawan Dhanga Bush Nursery. Both these programs provide an opportunity for students to undertake non-classroom-based learning to enhance their educational learning journeys. Comments from students such as *it's good to work in a group and it helps me to stay focused back in class; I've learned a lot of new skills, like when to listen more and talk less; my focus plan – see a job and I do it; I get my work done here and back in class* confirm the success of these programs.

We then went on to inspect the proudly built *permageue* (bark canoe)

which was reported on in last month's *Triangle*.

**Our invitation.** The partnership between Narooma High School and Elm Grove Trust's NEST has been an undoubted success and our admiration for the school's dedicated and inspirational executive staff and teachers continues to expand. In acknowledging the importance of community support for quality education for our younger generation and the benefits to us all, Elm Grove Trust invites the wider community to support future programs through tax deductible donations or by volunteering. Contact us at [egstrust2@gmail.com](mailto:egstrust2@gmail.com) or PO Box 453 Narooma 2546. You can also visit our website for more information, just search for 'Elm Grove Trust' using your regular browser.

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## Online scams

*The Triangle* has been hearing a lot of stories lately from people in our community who have been scammed or have had close calls. One of the most disturbing incidents involved an online purchasing scam – basically a seller who took the money for goods they didn't have. All the contact information, including their local address, turned out to be fake.

With the help of Horizon Bank, we're starting a ten-part series this month on scams. Sadly, we're living in a world now where we have to look out for con artists and stop ourselves from the natural instinct to trust that people are who they say they are, especially if they are using local Triangle websites, forums and Facebook pages.

### Scammers love the ease of online shopping too!

Consumers and businesses are increasingly buying and selling online. Unfortunately, scammers like to shop online for victims.

Scammers can create very convincing fake retailer websites that look like the real thing, including on social media like Facebook. The biggest tip-off that a retail website is a scam is the method of payment – be wary if you are asked to

pay by wire transfer, gift cards or other unusual methods.

Online auction scams: the hook is when the scammer claims that you have a second chance to buy an item that you placed a bid on because the winner has pulled out. The scammer will ask you to pay outside the auction site's secure payment facility; you will lose your money, you won't get the item and the auction site will not be able to help you.

Online classifieds scams target both buyers and sellers by posting fake ads on legitimate classifieds website. The ads can be for anything from rental properties to pets, used cars or cameras, and will often be cheaply priced. The scammer may claim that they are travelling or have moved overseas and that an agent will deliver the goods following receipt of payment. You will not receive the goods or be able to contact the seller.

For sellers, the scammer will respond to your advertisement with a generous offer. If you accept it, the scammer will pay by cheque or money order and pay more than the agreed price. The buyer will then tell you that this was a mistake and will ask you to refund the excess amount. They hope you will transfer the money before you discover that their cheque has bounced

or that the money order was phoney. You will lose both the money, and the item if you have already sent it.

### How to protect yourself

Find out exactly who you are dealing with. Check if the seller is reputable, has a refund policy and complaint handling services.

Avoid up-front payments via money order, wire transfer, international funds transfer, pre-loaded cards or electronic currency. It is rare to recover money sent this way. Never send money or give credit card or online account details to anyone you don't know or trust and never by email.

Only pay via a website's secure payment method – look for a web address starting with 'https' and a closed padlock symbol.

Never accept a cheque or money order for payment that is more than you agreed or forward money on for anyone.

If you've lost money to a scam or given out your personal details to a scammer, contact your bank and report the incident to 'scamwatch.gov.au'.

*Tikka Wilson*

*Based on an article kindly provided by  
Horizon Bank*

## Telstra update for Mystery Bay residents

Mystery Bay residents were relieved to hear that Telstra had made some progress towards improving the village's mobile phone coverage. Telstra has proposed small cell technology to deliver on Federal Member for Eden-Monaro Kristy McBain's 2022 election promise to address Mystery Bay's 'black spot'.

On 27 August, Telstra representatives held a drop-in session at Mystery Bay to discuss the proposed solution. It consists of a twenty-metre pole in Negus Drive and a ten-metre tower on the corner of Lamont Young Drive and Casey Crescent. Each steel pole has a range of 200 to 400 metres. Telstra reiterated that the priority is that residential properties should have an outdoor signal.

Coverage at the beach and camping ground is not assured, and residents of Poole Parade and other areas in the village's lower parts may not get coverage because of the terrain.

The big question for everyone was when would the solution be operational. Residents were told that, over the next four to five weeks, community feedback would be compiled, and the design finalised. Next Telstra would submit a development application (DA) to Eurobodalla Shire

Council and the final plans would be exhibited publicly. A representative from Downer, engaged by Telstra as a consultant, said those two steps could take up to eight months in total.

Materials would be ordered, and geotechnical work finalised – taking the wait to 12 to 18 months. Installation would be followed by a few weeks of testing. So, residents may be waiting until late 2026 or the first half of 2027 for better mobile phone reception.

Residents living near the two poles were told there would be no humming and minimal noise. The Telstra representatives said the response had been 'overwhelmingly positive' from the people who had dropped by in the first two hours.

*Marion Williams*



Residents at the drop-in session

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## A two-week adventure sailing Coffs Harbour to Melbourne (almost)

With a little experience sailing a dinghy and a few days on yachts in sheltered waters, I felt I knew a bit about sailing. However, I didn't really know what I was in for as we headed out from Coffs Harbour to a life totally dictated by wind and weather. The first principle is that if the wind is fair in strength and direction, you sail and sail and keep on sailing. With three-hour watches during the day and two hours each during the night for 24 hours a day, the *Escapade* headed south while witnessing stunning moonlit nights, glorious sunsets and sunrises, whales breaching and slapping flippers and dolphins zooming in to play in the bow wave – what's not to like?

Maybe struggling out of bed after four hours sleep, feeling groggy and fumbly as you put on six layers of warmth and waterproofing, as well as a life jacket with tethers to clip on to cables so you don't fall overboard in the night (every sailor's worst nightmare). Or maybe a 'lovely day of calm' that would be beautiful on a beach, but at sea means hours of the auxiliary diesel chugging away in the echo chamber of the cabin and ruining the peace of the quiet ocean.

But sometimes, sometimes, all the natural elements come together: a steady 12-15 knot following wind with a stable sea and suddenly the vessel just starts to move in a more graceful way. She glides and she hums as she skims over the water's surface at a rate of knots and the only sound is the rush of water under the keel and the wind in the sails. There is just nothing that compares with that!

The main meal of the day is lunch around 2.00 pm and each afternoon at 5.00 it's happy hour in the cockpit. We watch the

sun set and enjoy the rations of a beer each with crackers, cheese and nibbles and bond over the highlights of the past 24 hours. The skipper, Michael, has been sailing most of his life, and his skill and experience is evident in his constant observation of the wind, sea state and set of the sails, always looking for the best boat performance no matter what the conditions. First mate, Rob, carries himself as an 'old man of sea', never working in haste, but always alert to the situation and applying a steady wisdom to solve any issues that come up.

From Coffs to a dawn arrival in Pittwater, then on past Sydney Heads and Botany Bay, flying past Jervis Bay on 20-25 knot tail winds to Bermagui, we

arrive for a short stay for boat repairs and to wait for the next change to pass. Then on to Eden under motor before 'going round the corner' into Bass Strait to dodge oil platforms in the night until the dramatic lines of Wilson's Promontory come into sight. Unfortunately, westerlies were just about to set in that would make the last stretch to Port Phillip Heads a hard and dangerous slog, so we pull into Port Welshpool until fair winds return to take *Escapade* back to her home port.

And this is where I jump ship to deal with some shore-based commitments after two weeks of adventure on a fine sailing vessel.

Jeff Donovan



Rob preparing to tie up in Bermagui

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## I did it!

What an amazing experience it was to participate in Connor's Run on 14 September in Melbourne. The fun, the energy, the uniqueness of the run ... there is nothing like it. So much atmosphere with volunteers supporting the runners and walkers all the way. They had musicians playing every couple of kilometres and people dressed up in costume high-fiving us and cheering us on.

I'm very pleased to report that I was able to run the whole 18.8 km in 1.5 hours.

More importantly, I managed to raise \$1,526.

Thank you to everyone who donated to Connor's Run and supported me. Over \$1.63m has been raised this year.

*Marita Reynolds*



Marita at the end

## Everyone is welcome at the Shed!

Have you been to the Narooma Men and Community Shed? The Shed is open for men on Tuesday and Thursday and for the Community (men and women) on Monday, Wednesday and Friday.

Their new shed is located at 41A Barker Parade and is the envy of many surrounding Men's Sheds. They have a variety of workshops for use by members, including woodwork, metalwork, painting, a greenhouse and jewellery making.

To raise money and to develop the skills of members, they also make a wide variety of wooden toys, chopping boards, ornaments and kitchen items such as toaster tongs, oyster holders and shuckers. They are also the creators of the Narooma Christmas whales that they sell to businesses and private households.

The Shed does a wide variety of work for the public. This year, they have been commissioned to craft wooden name medals that can be attached to a lanyard hung on the neck for Reboot in Bermagui.

Members are welcome to work on their own projects or one of the Shed's projects or just visit and have a cup of coffee and a chat. New members are always welcome.

Products can be purchased at the Narooma Men's Shed on Tuesday and

Thursday, at the monthly Narooma Market, and at Classics@Cobargo on 1 November 2025.

*Marita Reynolds*



Jan Atkinson. Photos Rick Reynolds



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## Narooma water stories on show in Lighthouse Museum

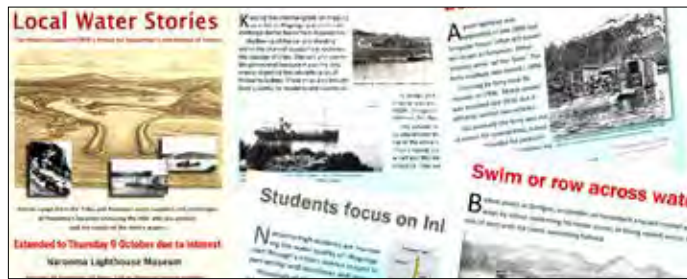
Local water stories feature in Narooma Historical Society's poster exhibition now showing at Narooma Lighthouse Museum until Thursday 9 October.

We've had such a great response to this exhibition, which opened earlier in September, that we've extended the exhibition until 9 October, during the school holidays. Our members had great fun coming up with ideas for this exhibition that embraces the History Council of NSW's Water theme for September's celebration of history.

These are great local stories that our members want to share with the wider community so I encourage everyone to drop by the Museum and check them out.

It includes stories about Tilba Tilba's early water and hydroelectric schemes, how Narooma had a reticulated water scheme before Moruya and Batemans Bay, the challenges of crossing Wagonga Inlet over the years, the importance of sea access for settlements like Narooma, and the importance of quality water in Wagonga Inlet, currently being measured by a Narooma High science project.

*Laurelle Pacey, President, Narooma Historical Society*



Collage of some of the stories in the exhibition.

## What IS the history of the NSW South Coast?

### What a good question!

In reality, it's a collection of many smaller histories – the histories of individual towns and villages, plus the stories of the area's pioneers, both men and women, as well as of exploration, mining, bushrangers, shipping ... and so forth.

But there are also some things that are common to the whole South Coast, from Kiama to Kiah and beyond. Understanding these, immediately explains why the South Coast has developed into what it is today.

Nine of those broad historical determinants have been

identified and included in a small sixteen-page booklet that has just been produced by the innovative South Coast History Society – *A Concise History of the NSW South Coast*.

It's free and is now available from many libraries, visitor centres and museums. It can also be downloaded from the South Coast History Society website.

I suggest it's definitely worth grabbing a copy!

*Peter Lacey*



*A Concise History of the NSW South Coast*

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## Yet more history!

The cover story in the October-November issue of *Recollections*, the South Coast's free history magazine, is about a unique visitors book now in the Bermagui Historical Society's collection.

In 1935, the astute residents of Bermagui realised the potential of tourism to their town. So, they asked visitors to the area to record their impressions of the village and to make suggestions about how the town could be improved. Seventy visitors accepted the invitation in the first year or so and, by 1963 when the last entry was made, hundreds of people had written in the book.

Stephen Mills, the Publicity Officer of the Bermagui Historical Society, suggests '... it's instructive to note that many of the impressions are entirely familiar to modern eyes'.

Many of those who contributed to the book were 'ordinary people', but there are entries from a number of 'dignitaries' including J. J. Cahill, the Premier of NSW, the future Prime Minister Billy McMahon, the painter and printmaker Margaret Preston, renowned music hall singer Harry Lauder and TV personality Dolly Dyer, who would have been visiting the area with her fishing-mad husband Bob.

Among the other interesting articles in this issue of *Recollections* is one from 1925 that describes the saga of a yacht and its crew that had taken shelter in the Bermagui River in 1858, illustrating the dangers to 'they that go down to the sea in ships' and, extending that maritime theme, another that outlines the shipping losses along the South Coast during World War II.

As always, it's worth grabbing a copy of *Recollections* from one of the many local distributors. Our local history is just so fascinating.

Peter Lacey



## Who will look after your pets when you are gone?

According to the RSPCA, around two-thirds of Australian homes have a pet (29 million pets). In 2023, according to *Channel 9 News*, 264 healthy cats and dogs were put down every day because they had no home. Without a plan, your pets may be taken to a local animal shelter or charity, and their future will be uncertain.

Pets cost money to feed, enclose, keep healthy and alive. Even though Pet Insurance has become a popular (and financially sound) option in recent years, annual premiums can be high.

When thinking about what to do with your pet, you need to consider their expected lifespan (are they old? sick? or young and require years of care?); your pet's behaviour and needs (is it a large or active dog that needs to be taken for a run daily? Is your cat people-friendly or anti-social? Will separating pets to different homes create stress for them?).

Estimate the cost of looking after your pet for the rest of their life (does your pet need special foods or medications?) and offer some financial support for this.

And, most importantly, who will *want* to look after your pet when you can't? Do they have their own pets? An appropriate home? Are they reliable? Is your pet likely to outlive them?

Your current options to ensure your pets are looked after include:

Guardian – you can designate a trusted friend or family member as a caregiver in your will, but they are not legally bound to accept the responsibility.

Charity (e.g. RSPCA'S Home for Life) – will care for your pets for life or find them a new home, sometimes free of charge. You need to register with them beforehand.

A Pet Trust provides stronger legal protection by creating a legal obligation for the caregiver to care for your pet and use the funds for their needs.

Whatever you choose, it is recommended to have a backup caregiver and to inform your executor, family, and friends of your wishes to ensure a smooth transition.

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

## 50 years since The Dismissal of the Whitlam Government

Come along to Well Thumbed Books on Tuesday, 11 November for a light hearted two hours, 3.00 pm till 5.00 pm, recollecting where we all were when we heard the news that the Whitlam government was dismissed. Fun for all! Testing your memory of the day itself, the aftermath and its significance in our histories.

Stay for light refreshments and raise a glass to what now seems a simpler time in life! Heather O'Connor

## Anglican Churches of Bermagui Cobargo and Quaama

Service times in October:

**Bermagui at 8.30am**

**5th, 19th, 26th**

**Cobargo at 10.30am**

**5th, 19th**

**Quaama at 10.30am - 26th**

**Special combined Blessing of the Animals service in Bermagui on the 12th at 10.30am (bring your pets)**

**Cobargo High Tea 10.30am - 21st**

**Contact: Vanessa Williams  
Parish Administrator**

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## It's Christmas every day at the Bowerbird

The first, second and the third time I went into the Bowerbird Op Shop, the volunteers were laughing their heads off while having treats and cups of tea. Must be fun to work here, I thought, while grinning till my face ached at the actual op shop prices and Such Great Stuff! The Bowerbird has kept me warm every winter since, supported many craft projects and even helped me get through weddings with a modicum of style. It's nice when browsing to see something I donated, but possibly the best thing was seeing someone stylish buy a skirt that had once belonged to my mother. To find out how this brilliant place works, I sat down with Trisha, who has been part of the Bowerbird since Day 1.

Ten years ago, when Ros Hewett came up with the idea for the op shop, a mutual friend took her around to Trisha's place for a conversation that helped get it off the ground.

'Previous op shops in Cobargo had failed for various reasons, which is why Ros wanted us to be set up properly and legally. She wanted the shop to raise money to give back to the community and for everything happening here to be transparent so the community could know their money was safe. We have people from Canberra, Wollongong, Sydney and Victoria who specifically keep stuff to give to this op shop because they know it's a community-run op shop and that all the money goes back into the community.'

From the outset, the Bowerbird has maintained the principle that everything would be run by volunteers; no one is paid to be on the management committee, or for legal or admin work. 'Susie did a lot of the background legal stuff at the beginning, and over the years many people have assisted in ironing out issues and streamlining the way we run. Many volunteers collaborated to run the shop and make it the success it is. You learn a lot but it's also fun and such a purposeful thing to do with your time.'

The op shop allows for recycling, upcycling, reusing and repurposing. 'There's a lot of stuff here that would end up in landfill if it didn't have an outlet to be potentially cleaned up and sold. We consider clothing our bread and butter. Most things go for \$4.00 and jackets and dresses are \$6.00 and then occasionally random things that are worth hundreds of dollars, we'll put \$10.00 on them, sometimes \$20.00, and that's as expensive as we usually get.'

To mark its ten-year anniversary this year, the Bowerbird is letting the community nominate organisations for a grant. 'We opened it up for nominations for six weeks, advertising online and through *The Triangle*. Ten organisations have been nominated and, until October 11, everyone can vote by making a purchase at the shop and filling out a ballot. We've committed \$22,000 in prizes to be distributed among the ten organisations and have

invited everyone who nominated and all the organisations to an afternoon tea at the School of Arts Hall on 26 October, where the prizes will be given out.'

This is just one of several grant opportunities created by the Bowerbird. Recently, Trisha came up with a great idea for a community engagement grant. 'Organising an event, like a trivia

night to raise money, costs money. You need outlay to start up your event, to book the hall, to buy the raffle tickets or print a program. You have to buy the sausages before you can sizzle and sell them. To help community organisations help themselves, we've done a startup community engagement grant of \$250 for groups that don't meet our other criteria. To be eligible for our general grants you have to be a non-profit organisation with a bank account in that organisation's name. A lot of smaller groups don't have that yet or will

never have that, because they're just doing a one-off community event and we want to support them too.'

The Bowerbird has given out more than \$250,000 dollars over its ten years to community organisations that do meet their criteria, which is certainly an inspiration to give and buy up big. 'We usually do our general grants for community organisations every three months. If a group needs the money urgently, we will usually just call a meeting and push it through. We all read every grant application, and all get a say, but we've never denied one that meets our criteria.'

As Christmas approached a few years ago, Trish had another one of her ideas. 'Working on the census one year meant I'd seen a lot of people on their own, with no family or no family nearby. My neighbour Greg was in this situation. I thought if Greg is alone there are others, why not start a community Christmas event? Lots of other areas have Christmas events but not many run it on Christmas Day, the day you really need it. We opened it up for everybody, you don't have to be poor, or isolated and you don't necessarily have to be alone. Corrine, the Bowerbird President, does a lot of the cooking with help from others like Linda Sang. I do a lot of the decorating and prepping. The first year we booked the CWA cottage because we thought it would be nice and cosy, but we got a pretty big turnout of fifty people, and it got a bit hectic when people wanted to dance! Since then, we've been in the School of Arts Hall, which has been great. Last year worked best with a buffet and great big banquet table that went all the way down the hall.'

It's thanks to people like Trisha, Corrine and Ros, along with all the vollies, and everyone who also donates and shops from the Bowerbird, that Cobargo has the best op shop in the world.



Trisha Olsen at our beloved op shop. Photo by Flick Ruby

## Bowerbird Op Shop 2025 Community Awards celebration and afternoon tea



The 2025 Community Awards celebration will be held on Sunday 26 October 2025 for a 2.30 pm start at the Cobargo School of Arts Hall, 20 Cobargo Bermagui Road.

We would love to see representation from the groups nominated, those who nominated and supported them, and our association and volunteers. However, for catering purposes, please RSVP by email to [bowerbirdopshop@gmail.com](mailto:bowerbirdopshop@gmail.com) by Monday 20 October 2025. Voting will end on 11 October 2025.

The organisations in the running for this year's awards are the 1st Cobargo Scout Group, Bermagui SLSC, CAN Assist, Cobargo Pony Club, Friends of the Cobargo Cemetery, Marine Rescue Bermagui, Narooma High School Cattle Show Team, Quaama Public School P&C, Cobargo School of Arts Hall and the VRA Bega Rescue.

*Steve Williams*

## The Red Cross AGM

The local chapter of the Red Cross held their AGM meeting on Friday 19 September in Cobargo. A special thank you to our guest Julie Ivey from Bega Red Cross. Thank you to all who were able to attend. Thank you to all who have supported the local Red Cross.

*Helen Jones  
Publicity Officer*



Red Cross attendees at the AGM

## Co-operative compost

At Cobargo Public School, we've set up compost bins and a worm farm as an important gateway to growing our own food, using school food scraps and garden waste for the valuable resources that they are. We recently linked up with the Junction Café in Cobargo to collect coffee grounds and more food waste to add to our compost.

There is a big focus on building the children's awareness of the opportunities for community sufficiency and reducing waste through composting. In return we've shared lettuces from our school garden with the Café for their meals. We look



Picking the fruits of our labour

forward to sharing more of our bounty with them as the warming weather sees the garden pumping with food.

We're not aiming for a closed system of self-sufficiency at Cobargo Public School, but rather we're bolstering community sufficiency. Instead of trying to produce all our practical needs by ourselves, we are looking more widely for opportunities to support each other to live lightly and tightly in our connections.

Thank you, Corrine and staff at the Junction Café for your shared enthusiasm and support. Our garden loves you!

*Lauren Johnson, garden educator*

## Let's eat well – seasonally!

As spring is at last arriving, we enjoy the feeling of awakening in Nature. The wattles bloom, and our gardens begin to blossom into life. In the same way, the small market held every third Saturday of each month in the Cobargo CWA Gardens reflects this, with the friendly atmosphere and sense of fun. Come along and join in!

The focus for the CWA of NSW Awareness Week is on Food Sustainability as food insecurity and waste are becoming increasingly urgent issues. We are urged to change the way we think about food, change the way we shop and learn ways to help reduce food waste with seasonal eating. The CWA has a history of showing people the value of preparing their own food, storing food and preserving food to keep it from becoming waste.

Seasonal eating has health, economic and environmental benefits. By consuming foods that are in season, we are receiving the best possible nutrition and helping reduce waste. By buying locally, it results in good news for our weekly budget, good news for the environment and more support for local producers.

CWA of NSW is also advocating for the introduction of a national Food Donation Tax Incentive. This motion was overwhelmingly endorsed by delegates to the State Conference that led to this year's campaign to address the issue of food insecurity within segments of the community, particularly low-income households and those in remote areas. If it is enacted, this proposed incentive will go a long way to reducing the 7.6

million tonnes of food waste in Australia each year. Importantly, it will help the 640,000 households in NSW and ACT who experienced food insecurity in the last twelve months.

We view this as a real crisis and anything we can do to help raise awareness, change people's thinking and get strategies in place that can make a difference, we are behind it 100%. If you would like to be part of these kinds of initiatives, come along to our next meeting. You will be made very welcome.

Meetings are held on the second Tuesday of the month at the CWA cottage on Bermagui Road, beginning at 10.00 am for 10.30. Hope to see you there!

*Mary Williams  
Cobargo Branch, CWA of NSW*



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## South Coast Dance and Drama Festival 2025

On 3 September 2025, students from Cobargo Public School performed at the South Coast Dance and Drama Festival held at the Yuin Theatre, Bay Pavilions, Batemans Bay.

The Festival lit up Batemans Bay as students from many local schools took to the stage showcasing remarkable resilience and talent. It was postponed last year due to severe weather, the rescheduled event combined the region's dance and drama festivals, delivering a memorable performance that energised the community.

### Drama

Sixteen talented students from Years 2-6 proudly represented Cobargo Public School in the Far South Coast Dance Festival. After weeks of dedicated rehearsals during recess and afternoon sessions, the group performed *The Brothers' Bond* – a story of loyalty, betrayal and the unbreakable ties of family.

The performance was enhanced by stunning costumes and face paint. Inspired by *The Lion King*, the designs featured lions, zebras, flamingos and giraffes in earthy tones, bold black-and-white patterns and bright pink highlights.

Blending drama and dance, the play told the tale of two brothers – one destined for the throne, the other drawn into darkness. In a world of roaring laughter, fierce rivalry and

dangerous ambition, the pride soon learns that even the strongest of bonds can break. Audiences were transported to the Heart of the Savannah by the students' energy, enthusiasm and commitment.

### Dance

Our dance piece, *Thunder*, captivated the audience with its vivid depiction of a thunderstorm, highlighting creativity, teamwork and determination.

Cobargo students dedicated themselves through weekly rehearsals during breaks and increasing their efforts as the performance night neared. Twelve girls portrayed thunder with bold, commanding movements, then swiftly transformed into radiant suns with their glittering gold skirts catching the Pavilion's lights. Other dancers dressed in flowing blue costumes to represent the rain, alongside hikers who were 'caught' in the storm.

The students' impressive maturity and stage presence earned them high praise from the audience.

Rebecca Moresi



Drama lions



The CPS dance group

## Trivia and team spirit: Cobargo Preschool launches its first community fundraiser

Cobargo Preschool is inviting the community to come together for an evening of fun and friendly competition at its first-ever Trivia Night, to be held on Saturday, 1 November at the Cobargo School of Arts Hall.

This new event marks a fresh approach to fundraising for the preschool, with all proceeds going toward valuable learning resources and materials that support the early education of local children. Organisers hope it will become a regular fixture on the community calendar.

The night promises to be a relaxed and entertaining evening.

Doors open at 6.00 pm, with trivia kicking off at 6.30 pm sharp. Teams of up to ten people can register, and individuals

are also welcome – there'll be space to join others on the night.

In addition to the trivia rounds, attendees can look forward to raffles, silent auctions and prizes, with platters available to pre-purchase. Guests are encouraged to bring their own drinks and settle in for a night of laughs and shared community spirit.

The idea for the event came from a desire to not only raise funds, but to strengthen connections between families, educators and the wider community after several challenging years.

Tickets are available through Humanitix, and all funds raised will directly benefit the preschool.

Whether you're a trivia buff or just

keen for a night out with friends and neighbours, the evening offers a great way to support local early education in Cobargo.

For more details, contact Cobargo Preschool on 0455 043 489 or visit the school's Facebook page.

Emma Anderson





## Save the date – Cobargo RSL Hall official opening

It's official – the beautifully restored Cobargo RSL will finally be opened on Saturday 29 November!

The works were funded to the tune of some \$1 million through the Federal Government Black Summer Bushfire Recovery Grants program. The project was to undertake extensive restoration and renovation of the RSL Hall before returning it to the use of the community and sub-branch.

The project also received an additional \$100,000 solar and battery installation from the local Cobargo and District Energy Transition Group to enable the Hall to act as a 24/7 community refuge independent of the grid at times of disaster emergency.

Look out for more details of the official opening in the November edition of *The Triangle* and through other regular community networks.

*Graham Churchill, Spokesman for Cobargo RSL*



## Making a splash – take the plunge with Holly at the Cobargo Pool

Aqualicious Fitness is back at the Cobargo Pool from Monday, 13 October 2025!

Join Holly to build strength, improve mobility, boost coordination and get fit.

Did you know that Aqua Fitness is incredibly adaptable? Whether it's strength, cardio, post recovery, preseason training or simply fun in the water, sessions can be tailored to your group's needs.

Holly is available to run private sessions, men's or women's groups, or to bring something different to holiday parks and their activity programs. Where there's water, there's a way – get in touch and let's make it happen!

Come and make a splash! Get moving and enjoy the dynamic water workouts that make you feel good.

*Holly Burt*



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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.

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Spring is such a special time. Gardens and roadsides are ablaze with flowers of all shapes and colours; birds are active and noisy in a nice way; new growth sparkles in the sunshine particularly after rain; the weather fluctuates but the days are warmer and longer and nights not as cold; and every so often there are brief spells of absolute quiet with only the sounds of nature. Australian Eastern Summer Time is about to start too, which some love and others do not.

A particular joy, which is still fresh, was Spring Sing. This annual community choir event is a real treat with choirs from Moruya, Bermagui, Bega and Cooma. There were 120 voices for the final massed choir pieces, all squeezed together in the Four Winds Pavilion – and, oh, what a sound! Special thanks to Dan Scollay and Geoffrey Badger for organising this and to everyone involved.

All this is offset by preparing for the fire season and other possible emergencies. Planning is the basis for preparedness and the Rural Fire Service and other organisations provide useful information and guides for households and property owners. Eurobodalla Council will be distributing a preparedness guide during October so keep an eye out for this. It's a really good way to prepare so do take the time to read and think about it.

## Jo the Kelp Lady and the importance of seaweed

Living on the South Coast gives us all a perspective on the presence of a vast ocean along our coastline. Like all natural environments, the health and wellbeing of the marine environment is facing challenges because of a warming planet. These challenges also provide opportunities that have significant benefits for our future. Tilba residents, Jo Lane and Warren Atkins, are at the forefront of exciting work with enormous implications for the future of seaweed bioproducts as well as for reducing greenhouse emissions.

Jo Lane's story as a marine biologist and modern-day Kelp Lady has featured in Tilba Bites in the past. This is a continuation of both Jo's and Warren's journeys since they left for South Australia where government support for seaweed aquaculture is both stronger and more available. As you will read, their couple of years away have been filled with activities, acknowledgement and important outcomes.

In 2023, they were invited to South Australia for three months by SA's premier primary industry research organisation to build a seaweed hatchery. This followed the success of the Tilba Tilba prototype. Jo secured a lead research job with the Australian Sustainable Seaweed Alliance (ASSA) focussing on the temperate species *Asparagopsis armata*. This native seaweed produces a compound that is highly effective in reducing methane emissions from ruminant animals – cattle, sheep and goats – and has obvious applications in Australia. Although promising, it is still experimental with many challenges to be considered before it is commercially viable. There is also a tropical species and a research team in Townsville. The developmental research that Jo led, funded by a grant of \$8.1 million, has helped the industry understand the basic challenges of seeding and growing *Asparagopsis* and

has produced a comprehensive Hatchery Manual.

During this time, Warren secured a contract to build Australia's first mobile seaweed laboratory and hatchery. This was used initially for education, before it was put out for tender and bought by a private company operating in Western Australia.

While all this was going on, and following Jo's research appointment, the focus turned to the fishing capital of Australia, Port Lincoln, and the production of *Ecklonia radiata* (golden kelp) seedstock. With the acquisition of a large shed on the Port Lincoln industrial estate, Warren built a fourth hatchery that was subsequently approved to grow many species of seaweed including *Ecklonia radiata*. During this time, Jo and Warren were also successful in obtaining two approved marine leases at Port Lincoln totalling an area of 18 hectares. In June, just before their return to Tilba Tilba, the first crop of kelp seedstock on tiles was released into the water and from all reports is doing well. Tiles have also been given to well-established tuna farmers to help expand the ongoing sustainability of the Great Southern Kelp Forest.

Such collaboration is key to this




Jo Lane with her Breakthrough Award



Warren, Jo and friend with the mobile seaweed lab

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work and Jo has recently applied for grant funding to expand hatcheries and train people in kelp production including tuna farmers. Jo is also working on a Marine Bioproducts Cooperative Research Centre (MBCRC) project with partners in Australia and New Zealand to develop 'Co-operative models for a sustainable kelp industry in Australia'. Jo received a Breakthrough Award at the recent MBCRC conference in Brisbane – this award ... *celebrates a breakthrough contribution or early success by a new entrant in the marine bioproduct sector, particularly those who have achieved progress despite challenges.*

Another highlight for Jo in January this year was a 15-day Homeward Bound trip to Antarctica with 124 women and non-binary people involved in STEMM (Science, Technology, Engineering, Mathematics and Medicine). This global transformational leadership program aims to heighten the influence and impact of women and non-binary people in making decisions that shape our planet and our future.

Now that Jo and Warren are back in Tilba Tilba, their attention has turned to the South Coast. The kelp forest along our coast has been severely affected by the increase in sea urchins and Jo is joining a restoration project with the University of Wollongong, Great Southern Reef Foundation and Narooma-based Joonga Land and Water Aboriginal Corporation. This project will present to State Parliament in October with the screening of *White Rock*, a documentary about urchin barrens in southeast NSW. Jo will also be presenting at the New Zealand Seaweed Summit in October.

Welcome home Jo and Warren. The work you are involved in has obvious benefits for future sustainability. Congratulations for your advocacy in ensuring its value gains attention. Jo continues to make sea health products – you can find her website on the internet, just look up 'sea health products'.

### Local history

The rich history of this area is widely available, especially in the books written and published by Laurelle Pacey. Tom Skulander, who moved to Punkalla in 2017, piqued my interest recently by talking about the history of his property – and a 2002 book called *Wagonga – a journey through its pictures and personalities* by Joan Graham. Joan Graham was the daughter of Gordon and Vida Simpson. Joan's grandfather, Richard John Simpson, settled the property in the early 1880s calling it Glencoe and Joan grew up there. This is the property that Tom now owns, and the area is better known these days as Punkalla.

The Wagonga/Punkalla area on the western arm of Wagonga Inlet was an important navigable area. It had a wharf and supplies were shipped in for the gold fields along the creeks to the north of Gulaga up to Nerrigundah. Although Wagonga was gazetted as a village in 1885 it did not go ahead. However, there were Post Offices at both Wagonga and Punkalla, a hotel, school and cemetery. The old South Road also went through to Central Tilba and Tilba Tilba before the Narooma bridge was completed in the early

1930s. The history of this area is integral to that of Wagonga Inlet, Narooma and the Tilba district. Many of the names of those early settlers are still recognisable.

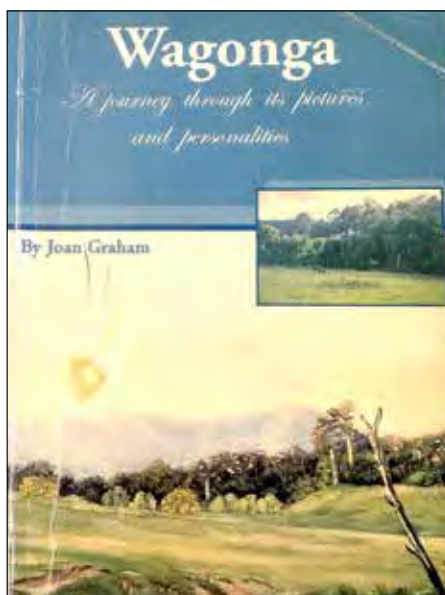
Local history plays an important role in understanding how these areas developed and the connections that people continue to hold with the area. Books such as Joan Graham's give a detailed personal account of life in what we now consider a remote area. The roles of local historians like Laurelle Pacey, Joan Graham, Norm Hoyer, Mal Dibden, Harry Bate, Robyn Lucas and many others are special, and their stories bring past times to life. These books are well worth a read to ensure all of us, whether new to the area or generations old, know and appreciate our shared history.

The local library has Laurelle Pacey's books and they can be purchased at local shops such as Tilba Dairy Shop. However, Joan Graham's book may be harder to find – I was lent a copy by Jenny Johns. Jenny, and her husband Peter, owned Glencoe before Tom and had contact with Joan, who appreciated their stewardship and care of Glencoe. Also accessible nowadays, are the stories of this area's First Peoples, the Walbunja and Dhuringanj peoples of the Yuin Nation. Their Dreaming Stories of country, especially sacred Gulaga, give special meaning to the landscape that has drawn so many of us here.

### Tilba Halls need help

The Tilba Halls need help from our community as the upgrade and renovation project nears completion. The funding for this project in 2021 was an important and much needed boost to the community. It acknowledged the value of the two Halls to the community and the potential loss of significant community infrastructure to future bushfires. The funding application was a collaboration between the Central Tilba School of Arts Trust Inc (Halls Committee) and Southcoast Health and Sustainability Alliance (SHASA). This collaboration became a partnership when the Project Steering Committee was formed with three members from the Halls Committee and three from SHASA.

Much background work was necessary to get the project to its present stage. What appeared in 2021 to be a straightforward project has been challenging in many ways. Compliance measures for community public buildings have changed since the bushfires, particularly for old wooden



Wagonga history



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buildings; accessibility is also a requirement when updating old public buildings and that has needed special attention. In addition, there have been a range of consultants required to assist in various ways to ensure relevant compliance for community buildings. Negotiations with neighbours, Eurobodalla Shire Council and with the funding body have been necessary. And, once building works started, and hidden structures were exposed, it was clear that significant remedial structural work was also required, particularly on the street entrances of both Halls, as a result of water damage over time.

Despite all this, the Steering Committee has worked diligently and met almost weekly for over three years with local architect and project manager, Stephanie Chiu. The initial \$1 million was revised and has been significantly increased so that the planned works could be completed.

The vision has always been for the two Halls to continue to play a key role in the community, with modern facilities that suit their multipurpose use. They are owned by the community, a rare thing these days, and managed by the Halls

Committee. The support that this project has received from SHASA, Steph and the building team, headed by Hahn Gunthorpe, speaks volumes for the significance of this work.

Now to how the community can help! At the pointy end of the project and budgeting for work still to be done, the Steering Committee with Steph, Hahn and his team, have realised that there is a shortfall. Attending to the structural work is a priority – the Small Hall can be completed, however \$65,000 is required to undertake the work on the street front of the Big Hall. This will ensure the best possible outcome for this community project. Further information is available from the Halls Committee, through President Janine Halasz who can be contacted on 0400 992 246. See details about where to donate in the accompanying ad.

### Tilba Halls update

Now that the scaffolding is down along the north side of the Big Hall (the public toilet side), the workmanship is on full display – the new doors and windows, the decking, the colourful weatherboards and the fire sprinklers. The entry to the Small Hall is being rebuilt with a new roof

and the side wall adjoining Sweetwater has been completed. The new colour is stunning and looks striking with the new fretwork above the rebuilt entry.

Thanks to Eurobodalla Council for the heritage grant that has contributed to the replacement of the Small Hall entry. Please consider donating to the fundraiser to fix the front wall of the Big Hall.



Big Hall north side

## THE TILBA HALLS NEED YOUR HELP!



SHASA secured 2 grants to upgrade the 2 halls. Due to unforeseen extra work we have a shortfall of \$65,000 to complete this vital project. You can make tax deductible donations to the SHASA Public Fund and SHASA will transfer these funds to the Tilba Halls Committee.

SHASA PUBLIC FUND  
BSB: 641 800  
Account: 200924351  
description: tilba halls donation



Illustration by Steph Chiu

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### Solar, batteries and EVs

Southcoast Health and Sustainability Alliance (SHASA) is active across Eurobodalla. At this end of the shire, there are several organisations that have benefited from collaboration with SHASA. In late 2024, the Far South Coast Community Solar and Battery Grants Program, funded by the Australian government and administered by the State government, was announced. SHASA, in collaboration with Merrimans LALC, Narooma School of Arts, Narooma Men's Shed and Narooma Preschool, received funding for these four organisations. These installations are currently underway and have benefited from the Australian government's Cheaper Batteries Program.

The next of SHASA's mini EV Expos will be on Saturday, 4 October, at the Moruya Country Markets, 8.00 am to 1.00 pm. This is a great opportunity to talk with EV owners, ask questions and have a test drive. Why not give it a go?

### What's Scroggy up to?

With the closure of Nicole's educational toy shop next to Sweetwater, Scroggy is expanding his business and the new space will be occupied by LPs and vintage clothing. Never a dull minute on this corner! All the best to Nicole.



Open Sanctuary, enjoying afternoon tea after the choir

### Celebrating 20 years

Saturday afternoon was the highlight of a weekend in late August to celebrate 20 years of the Open Sanctuary community. This was held at the small church on the hill at Tilba Tilba. The Bega Valley Male Voice Choir, led by Geoffery Badger, performed to an overflowing audience. This well-known and popular choir enthralled everyone with a selection of modern and old folk songs as well as ancient sacred music. With no idea how many people would attend, the response was impressive and an indication of the high regard for

Geoffery and the choir and for the place of Open Sanctuary in the community.

On the following morning, Sunday, there was a rare gathering – Open Sanctuary does not normally hold Sunday services. This was an occasion for the Open Sanctuary community to acknowledge the 20 years with gratitude and song. And, of course, a celebratory cake made and donated by Linda Sang.

For Open Sanctuary information go to the 'Open Sanctuary, Tilba' website or call Linda Chapman, 0422 273 021.

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### Year 6 students' Crazy Sock Day

The Year 6 students of Tilba Public School have shown remarkable leadership and community spirit with their recent fundraiser to support their end-of-year excursion to Barranguba (Montague Island).

The highlight of the fundraiser was a lively Crazy Sock Day, for which students and staff alike donned outrageous, colourful socks – some even crafted their own unique designs! For a gold coin donation, everyone joined in the fun, creating a vibrant and joyful atmosphere throughout the school.

Adding to the excitement, a colouring-in and design-your-own-crazy-socks competition was held, with special sock-themed prizes awarded to the most creative entries. The day was further sweetened by a popular bake sale featuring a wide array



Socks!

of delicious home-baked treats, generously donated by families and staff.

Thanks to the enthusiasm and hard work of the Year 6 students, the event raised an impressive \$281.20. The funds will go directly towards making their Barranguba excursion a memorable and enriching experience.

The school community is incredibly proud of the leadership and initiative shown by the Year 6 cohort, who not only organised a fun and engaging event but also fostered a strong sense of teamwork and school spirit.

Well done to all involved – this fundraiser was a resounding success and a wonderful example of student leadership in action!

*Tania Hextell, Principal*

### Tilba CWA



High Tea of years past

October promises to be a month full of connection and community as we prepare for our second annual High Tea at Henkley Farm on Sunday, 26 October. Set against the beautiful backdrop of the farm, it's the perfect chance to gather with friends, enjoy a glass of French champagne and treat yourself to delicate pastries and dainty sandwiches – all while helping raise funds for the Central Tilba School, Little Yuin Aboriginal Preschool and the Bega Women's Resource Centre. Tickets are \$75 and can be booked with me, Helen Thomson, on 0407 100 710. We'd love you to join us for this special afternoon.

Many of our members recently visited the wonderful team at the Bega Women's Resource Centre. We came away truly inspired by the support they provide to women in our region. We're excited to keep exploring new ways we can stand alongside them in their valuable work.

At our most recent gathering, we also

welcomed Stuart Absalom, who spoke on behalf of SHASA about emergency/disaster preparedness and the many ways SHASA supports local groups.

Looking ahead, our next meeting is on Thursday, 9 October at 10.30 am in the Barn at the Dromedary Hotel. We'll begin with the AGM but, once the formalities are done, we'll open the floor to talk about how we can better support women of all ages in our local community. We warmly welcome new faces, so if you've been thinking about getting involved or simply want to hear more about what we do, this is the perfect time to come along.

We would also love to hear directly from the wider community – your thoughts, ideas and suggestions on how we can better support local women are so important to us. Please feel free to share your suggestions, or better yet, come along to a meeting and join the conversation.

*Helen Thomson, Secretary*



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THE  
DATE**

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5 & 6 December**

**Late night shopping,  
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**Details to come.**

**Tilba District  
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Spring is here and it is wonderful. The bees know all about it and are working hard to make the most of the longer days. There have been some swarms too which is a positive sign that the bees are happy, healthy and growing.

Singers welcomed in spring with the annual Spring Sing event. Local community choirs gather each year to sing together and immerse themselves in a day filled with music, harmony and friendship. It was all that and more.

The ocean waters are still cool but with warm air and sunshine even a chilly dip feels great. The whales seem to like it too as they are in sight most days, slapping, breaching and getting in quite close to shore at times. Such majestic creatures it makes me feel very small. Likewise, there are a lot of tuna about ... and a lot of happy fisher people. I heard there was even enough caught fish to share one day with passersby to the Bermagui boat ramp scoring fish portions to take home.

In late September a group of hardy Bermagui residents braved the rainy conditions and made their way to join others at Tathra for the Walk for Palestine. While people have divided opinions on this conflict, it is important we are able to voice our beliefs in this country. This type of public gathering allows people to add their voices to call for an end to this war. There is a future nationwide day of action scheduled for October 12, at 11am in Littleton Gardens, Bega.

Another local gathering was concerning the Cuttagee Bridge proposal. This was a well-attended and quite heated meeting where people voiced their ideas, complaints, values and concerns for Cuttagee Bridge, now and in the future. Basically, the concepts being discussed were a single-lane or two-lane structure with or without non-structural decorative timber. To see the concepts designs, or take a survey, you can visit the BVSC web page and navigate to the 'Have your say' section where the concept designs are available

for viewing.

Are you looking for a local gift for Christmas? Marine Rescue Bermagui have calendars for sale from the Radio Base upstairs at the marina. These are produced locally and feature some amazing views taken by both professional and amateur photographers. The sale of these calendars goes towards keeping the volunteers and vessel rescue ready.

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Whales enjoying Horseshoe Bay. Photo credit Ryan Shaw Photography

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## Community Energy Workshops power ahead in Bermagui

Renewable Bermagui is a community-led volunteer group, formed in 2024. Ours is a local chapter of the Cobargo and District Energy Transition (CaDET). We are working to engage our community with the potential of renewable and sustainable technologies.

On Sunday 24 August, we hosted the first event in our community workshop series: 'Know your energy bill (and what to do about it)'. The session was well attended and warmly received, with participants saying they now feel more confident understanding their bills, comparing plans and finding ways to cut household energy costs.

Our thanks go to Bega Valley Shire Council, whose funding has made this six-part workshop series possible. Its support helps us deliver practical, hands-on events that empower our community to make informed choices about energy, efficiency and renewable solutions.

The workshop series continues throughout 2025-26:

**Sunday 19 October** – 'Batteries and virtual power plants (VPPs) – what they are, how they work, and whether they're right for you' with an opportunity to chat to local installers. Bermagui Surf Club 10 am – 12.30 pm.

**Late November (date TBC)** – 'Building an Energy Efficient Home' about designing for comfort and minimal energy use.

**Autumn 2026** – three more workshops will follow, offering topics to help households save money, reduce emissions and make the most of renewable opportunities.

By attending, you'll gain clear, practical advice – whether you're thinking about home batteries, planning a new build or renovation, or simply looking for ways to minimise your bills. Be sure to sign up to our newsletter through Renewable Bermagui's website or scan the QR code. Subscribers will be the first to know

dates, topics and registration information, ensuring you don't miss out.

We look forward to seeing you at the next session in October and working together to build an even more energy-smart Bermagui.

*Renewable Bermagui*



Renewable talk

## Play table tennis in Bermagui

Bermagui Table Tennis Club meets every Wednesday from 6.00 pm to 7.30 pm at the Bermagui indoor sports centre on Bunga St. Whether you're a seasoned player or just starting out, you are very welcome to come along for drills and friendly competition in a relaxed and friendly environment. Bats and balls are provided – just wear comfortable clothes and non-marking sports shoes. The first night is free and then regular fees are \$10 (\$8 for members) or \$5 concession.

We are having a free Come and Try experience



during the Bermagui ReBoot weekend on Saturday 4 October between 1.30 pm and 3.00 pm at the indoor sports centre – come along and find out more about joining our friendly club.

Also, if you have a spare table tennis table collecting dust in your garage, we would gratefully accept donations to help expand our club and accommodate more players.

For more information contact Murray Macpherson on 0408 620 530.

*Murray Macpherson*



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## Community response to Cuttagee Bridge designs

There was a public forum on 18 September at the Murrah Hall on the three Cuttagee Bridge design options. The forum was attended by about 50 locals who peppered the bridge project team with questions and comments for two hours. Councillors O'Neil, Nadin, Porter and Allen attended, with Council CEO Anthony McMahon and Infrastructure Director Ian Macfarlane.

The main messages from the community were that:

- there was still steadfast support for a single lane bridge design with greater respect for Cuttagee Bridge's heritage principles, including timber handrails and roadway decking;
- values such as a slow life and heritage and scenic values of the bridge should be honoured – many don't want 80 kph speed limits, 80 tonne weight capacity or any prospect of future high-density property developments;
- there was insufficient attention given to the safety of pedestrians and children in response to proposed higher traffic speeds, particularly with a two-lane bridge;
- the area around bridge needs to be given more attention because the proposed design options increase bridge width and traffic speed; cater to larger vehicles; and limit available space for parking.

The following information has been gleaned from the public forum and stakeholder meetings with the Bridge Project Team:

- All three bridge design options will cater for up to 80 tonne vehicles and all options are for a much wider bridge (currently five metres width but up to 9.7 metres or 12.2 metres wide) and all propose a shared pathway. All options support nine bridge spans and four pylons per span.
- Council expects construction to commence by mid-2026 and it will likely cost more than \$20m.
- The proposed new speed limits are 60 kph for the single lane option and 80 kph for both of the two-lane options.

- There will be a \$1.5m temporary single lane, steel bridge. Community members are encouraged to complete the Council 'Have Your Say' survey on the Cuttagee Bridge design options. There is ample opportunity to express what you like or dislike about each option – deadline is 6 October.

Council has still not released the results of the April survey, but a freedom of information request discovered that 70% of respondents supported a single lane solution for Cuttagee Bridge.

The final decision on the design options for the bridge will be made by Councillors on 12 November.

Key issues are the lack of recognition of heritage in the design options and the need for more emphasis on bridge and road safety.

*Geoff Steele*



Option 1

## Aged Care Home services funding for Bermagui locals

Residents of Bermagui waiting on a Home Care Package to be issued to them can receive aged care home services in the interim period delivered by IRT, thanks to funds from the Thomas Cairney Estate. This support is particularly relevant given the long waiting times currently being experienced before receiving an aged care home services package.

There has been a campaign to advertise the IRT support scheme over the last year, including working with local GPs and liaising with the Aged Care Assessment Team (ACAT).

The result has been that twenty residents received a total of \$51,000 support from the Thomas Cairney Scheme during the financial year to 30 June 2025.

The following key criteria for eligibility apply:

- be 65 years or above or experience issues associated with aging
- be a citizen or have permanent residency in Australia
- have been a resident of Bermagui NSW for at least 1 year
- be able to establish their identity
- be financially disadvantaged

- receive or be eligible to receive a full pension or, in extenuating circumstances, pass an alternative income and assets test
- be eligible to receive a government-funded home care package or, in extenuating circumstances, have relevant care support needs as determined by an IRT assessor.

If you are interested, please discuss with your local GP, contact IRT on 134 478, or Ann-Maree Hindson from IRT Home Care on 0448 530 779.

*Geoff Steele*

## The Bermagui Markets are open again

The Bermagui Growers and Makers Market, commences this spring on Thursday 2 October on the grassed area at the Bermagui Country Club.

We operate every week until the end of April and the market times are 3.30 pm to 5.30 pm. Our market is here to showcase local produce and artisan makers.

Applications for a stall are now open for the new season – we welcome local

growers, makers and creatives to be part of this special community market. You can apply for a space using our Bermagui Market website.

Every week we run our vibrant Community Stall and welcome anyone who has a glut of backyard veggies, fruit or plants to add them to the Community Stall. For more details, please call Lynne on 0425 711 795 or Kristy on 0447 788

665. Or even wander down to the stall on a Thursday and have a chat with us about how it's all organised.

In February next year we will be celebrating our tenth anniversary with an extra special celebration market. Stayed tuned.

Come and support local, shop fresh and be inspired.

*Lynne Ford*

## Bermagui Preschool speaks out

After nearly fifty years of delivering high-quality early education, Bermagui Preschool is feeling the impact of a growing national crisis threatening early childhood services across Australia. I have worked for 27 years at the not-for-profit, community-run preschool and am now its director. I can see that the sector is at breaking point. We're facing triple threats: profit before children, compliance before care and an underpaid, undervalued workforce.

Despite being rated 'Excellent' under national standards, Bermagui Preschool is struggling to retain staff due to low wages, high expectations and rising living costs. People can no longer survive on an early childhood education wage. We're losing talented educators who simply can't afford to stay.

Recent government measures, like retention bonuses and a 15% pay increase, were welcome but more is needed. Aged care workers received a 30% pay rise. Our educators are equally skilled and deserve recognition.

Increased regulatory demands also affect quality – we spend more time on mandatory paperwork than with the children.

The perception of early education as just childcare is outdated. Research shows that the first five years of a child's life shape lifelong health, learning, employment and social outcomes. We are not babysitting – we're building futures. Quality early education plays a vital role in lifelong learning and brain development.

There has been a real shift in the sector. In the 1990s, 90% of preschools were community-based. Today, that is only 10%, large corporate owners dominate

the sector, and funding often flows to shareholders. Bermagui Preschool is calling for early learning to be funded in the same way as primary and secondary education.

There is a national crisis playing out in small towns. We want to continue to provide exceptional early education, but we need more help to do that.

*Narelle Myers*

*Director/Teacher, Bermagui Preschool*



Local children thrive through quality early learning at Bermagui Preschool

## Oktoberfest comes to Bermagui

Mark your calendars, the Bermagui Country Club is bringing the spirit of Bavaria to our own backyard! Oktoberfest is coming to the club's Beer Garden on Saturday 4 October, from 11.00 am to 5.00 pm, for a day of festive fun the whole community can enjoy. Entry is free, and everyone is welcome – whether you're a local, from up or down the coast, inland or interstate.

Celebrate the day alongside friends and family as the Bermagui Country Club transforms into a little slice of Munich. The chefs will be serving up authentic German favourites, including *Tiroler Gröstl* with speck and potato, currywurst with sauerkraut and curry ketchup, and the classic *Jägerschnitzel mit Spätzle* served with creamy mushroom sauce and home-made egg noodles.

The celebration doesn't stop there, with plenty to do for the young and young at heart. Join in the inaugural keg roll, take part



in a lively round of trivia, participate in carnival-style games and, for the kids, enjoy a jumping castle. Plus, explore what's on offer at the outdoor pretzel and beer cart, sip from steins of German beer and enjoy Bavarian-inspired cocktails and mocktails.

No celebration is complete without live music. Reflections Trio will be keeping the atmosphere buzzing all day, providing the perfect soundtrack for raising your glass, indulging in pretzels and sharing laughs.

Oktoberfest at the Bermagui Country Club promises an unforgettable day out with friends and family. So, dust off your lederhosen (or come as you are), gather your mates, raise a stein and get ready to say 'Prost!' as we celebrate Germany's most iconic festival right here on the South Coast.

*Kate Mason*

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## And so the music played!

The auditorium at the Bermagui Country Club was packed to the rafters on Saturday 20 September. Both locals and visitors were there to attend a fundraising concert organised by Lori Hammerton on behalf of Bega Valley Can Assist – the local cancer awareness network.

An impressive \$1,830 was raised through entry charges, donations and raffles. These dollars will go a long way to assist someone in the Bega Valley undergoing treatment for cancer.

The audience was entertained by a variety of musicians – from country music, blues harmonica to our local Bermagui ukulele group – Bermagui Ukalips. Well-known local performer, Joe Driscoll, had the audience up on their feet and dancing throughout the afternoon.

A very special appearance from Dame Edna Everage (an incognito member of

Bermagui CWA) and her troop of ‘Aussies’ had the audience in fits of laughter as only the gals from the CWA can do.

The organisers would like to thank all those who attended, the Bermagui Country Club for their support, the CWA ladies and the musicians who freely gave up their time, to Lyn, Jan and Renee who manage the door – no one gets past these girls! Lastly, big thanks to all those who donated prizes for the raffle, the Bermagui Quilters and Joy Masterson for the lovely quilts.

The Bermagui Ukalips supports Bega Valley Can Assist through fundraising and busking at local markets and outside Woolworths from time to time. In the last six years the Ukalips has contributed over \$23,000 to Can Assist. So, if you see the group out there busking, please throw a few coins into the hat as it all goes to help locals.

*Carolyn Banados*



Dame Edna made an appearance in Bermagui

## 2025 Bermagui Blue Balls winter ocean swimming

After a bumper snow season, the cool conditions in the mountains did not seem to translate to the coast and the winter swim season was remarkably mild. Every Sunday morning from Mother's Day to Father's Day, an enthusiastic ensemble of extras from the movie *Cocoon* gathered at Horseshoe Bay to swim, shiver and socialise. Apricity was experienced often and with much delight. Our official recording device, The Duck, indicated the water temperature varied from 17° C to 13.8° C over the 18 weeks. Attendance numbers were fluid each week but often reached 25 participants.

The Far South Coast's most prestigious and unique Clubperson of the Year award, The Wim Hof, was awarded to the BBB's moonwalking and amateur thespian,

Mandy Evans. Thoroughly deserved, Mandy displayed all her extensive talents with her acceptance performance. The Wim's simple curved lines, commented on by many who view the trophy, were inspired by the uniformly breaking waves of Horseshoe Bay.

Throwing caution to the wind, post-season Mad Monday celebrations for the BBB once again centred around having two cups of tea for breakfast. For many of the swimmers, the focus is now on the ReBoot Bermagui ocean swims of Sunday, 5 October. Some are eyeing a potential podium finish, but most will be delighted to happily reach the finish line and welcome all comers to the swimming location they enjoy all year round.

*Ima Shiverer*



Mandy is never short of a few words



The Bermagui Blue Balls group stop shivering for a nano second to hold still for a photo to be taken.

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The bush sure feels dry, despite our wet winter, but it also looks like a huge Jackson Pollock painting, spattered with intense pinks (*Indigofera australis*), with deep purple dripping over the ground and up trees (*Hardenbergia violacea*) and bright yellow straw flowers everywhere.

Thinking about planting bamboo at your place? Please don't. We had a great Landcare day ripping out three huge tractor loads of the stuff at Didi's and Mark's place. Our latest energetic young residents, Freda and Trent, turned a few loads into bee hotels, but needed an industrial scale chipper to turn the bulky waste into something useful: mulch.

The best part of Landcare meet ups is the cuppa afterwards, where we share ideas and make plans, this time to deal with our feral cat problem – we are collecting sightings (two tabbies so far) and buying a trap. Feral cats in Australia kill 1 billion mammals, 400 million birds and more than 600 million reptiles a year and that's why

we have to get them gone. We also plan to organise an event with dingo experts so we can work out the best way of engaging National Parks and Wildlife, who think killing dingos with baits is a great idea. It's just not.

We were intrigued to learn about Intrepid Landcare Teams, gangs of energetic young people keen to offer help – we could sure use some of them out at Diggies to deal with our weed problems.

Thanks to the fundraiser we did last year, the Dignams Creek Community Group is offering all members support to buy one Storz plug per household. The Fire Brigade told us at our Get Ready Diggies day that they prefer a 65 mm plug to draw water from tanks to fight fires. We are also determined to rid the valley of fruit fly by offering every household support to buy the excellent baits and traps supplied by the Cobargo Co-op at cost price. Get your stuff and send your receipts to Fiona, dear neighbours.

So that we can keep doing great stuff like this as a community, we will be organising a Christmas Market, selling treasures coughed up by our spring cleaning from our sheds and cupboards, all the great plants we are potting up, and some lovely puddings and presents to give away this year.

And what about the bloody bridge I hear you ask?! It's open! This has been a textbook case of how to *not* undertake a project. Will the Eurobodalla and Bega Valley Shire Councils or the company learn any of the lessons? I doubt it. Will BVSC plant the 700+ trees within 15 kms of the bridge required under the plan? I doubt it. Will the creek recover from the vandalism and destruction of so many trees, not to mention the ferns older than me along the bank that we lost just last week? It will take a very long time. Are we all relieved and looking forward to the end of the noise as the company packs up? Verily and indeed.



Diggies Landcare Group



The bridge is open

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**Cobargo Preschool wait list applications are now open for 2026 enrolments**

For more information and to request an application form please email [cobargopreschool@gmail.com](mailto:cobargopreschool@gmail.com).

**Cobargo Preschool Team**



## When You Are Born Palestinian

When you are born Palestinian,  
crisis is waiting for you in the room –  
handcuffs without a key.

When you are born Palestinian,  
you are born with a mission.  
You learn it before you walk.  
You memorise it from your mother's lullabies,  
you taste it in her salt-stained tears.

When you are born Palestinian,  
chances are you already know a martyr in your family –  
or you come from one.

And if you grow up Palestinian,  
you inherit your grandfather's story,  
his key –  
the key he carried on that dark night  
when he was forced to leave his home by a man  
with a heart darker than the night itself.

If you grow up Palestinian,  
you walk the earth longing to belong  
to your own home,  
yet you cannot.

So, you travel the world  
in search of refuge, of warmth.  
And when they tell you,  
'Go back to your country,'  
you sigh, 'I wish.'

You see your people fighting  
for the soil of your land  
while your hands are tied –  
tied tightly to your identity crisis.

And, oh, how you wish you could belong.  
How you wish they would open the borders.  
How tightly you hold on to your grandfather's key,  
waiting for return.  
But when you are born Palestinian,  
so much of your life becomes wishing.  
You walk with one eye on massacre,  
the other on genocide.

You march in rallies chanting Free Palestine,  
yet your wishes seldom come true.  
And when you walk as a Palestinian,  
you find people who are fighting for your cause.

People who remember Palestine  
before the wars, before the lies.  
People who know the truth and refuse to believe otherwise.

And when you walk as Palestinian amongst them  
you suddenly feel stronger  
And when they chant your chants  
and fight for your right  
the dreams start to take shape

And when they raise your flag beside their own,  
you realise you are not alone.  
And when their voices echo with yours,  
the world begins to listen.  
And when their hands join yours,  
the borders tremble,  
the silence cracks.

And when you walk as a Palestinian among them,  
you no longer walk with only wounds –  
you walk with power.  
And when you see this, you know:  
the flame of Palestine burns brighter,  
and freedom moves closer.

*Aroub Lahham, Moruya*

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in their voice.'  
Tony Backhouse

## String Quartet at Four Winds in November

Lately at Four Winds we have enjoyed contemporary and world music, informative panels and choirs, and exquisite classical music is coming on Sunday 2 November at 2.00 pm.

Celebrating ten years of playing together this year, the globally-recognised, Melbourne-based Affinity Quartet will perform *Incantation in Four Parts* by French composer Héloïse Werner, *Movement for String Quartet* by Australian violist and composer Justin Williams and Debussy's groundbreaking work *String Quartet in G minor*.

From 2025 to 2028 Affinity Quartet is the Artist-in-Residence at Four Winds. These residencies often extend into workshops, performances, retreats and seminars, fostering creativity that resonates far beyond the performance space. So, we will be seeing these lovely young musicians in the Windsong Pavilion but also in our schools as part of the remarkable work of Youth and Community Engagement Director, David



Affinity Quartet photo by Kristoffer Paulsen

Hewitt, that exposes young people in our community to the world-class musicians Four Winds brings to Barragga Bay.

This quartet has won more prizes than can be listed here, but one particularly notable accolade was becoming the first Australian string quartet to reach the finals of London's Wigmore Hall International String Quartet Competition, winning Third Prize in 2022. Their public programs earn praise for 'captivating playing' (*Süddeutsche Zeitung*), 'flawless ensemble' (*Limelight Magazine*), 'highly committed' (*The Age*), and 'first class string playing' (*Classic Melbourne*).

Come along on Sunday 2 November from 12.30 pm for food and bar, and to sit down and close your eyes for Affinity Quartet at 2.00 pm. Tickets will cost \$45 and you can bring your kids under 16 for free.

Flick Ruby

## Join Bandicoot Pottery for the annual Open Studio event

We, Gabrielle Powell and Daniel Lafferty, ceramicists and artists, invite you to embark on an adventure and find us nestled in the foothills of Cobargo. Our pottery is hand-crafted and individually designed, specialising in functional decorative works and one-off, wood-fired pieces. Explore all our handmade wares because buying pottery directly from our Showroom Gallery is more of an adventure than purchasing from a shop.



Daniel's mugs

Our studio is open, so you can drop by, check out the studio and have a chat about clay!

We work across electric and wood-fired ceramics so come along to this long-standing studio to meet us, find out about upcoming classes, purchase a gift card or buy a unique piece of pottery from us.

Saturday 4 October,  
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Gabrielle's wattle pasta bowl

Gabrielle Powell

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### Spring Sing – a celebration of friendship and song

The joy of singing together was evident on Saturday 6 September at the tenth annual Spring Sing in the Windsong Pavilion at Four Winds, Bermagui. This choral event has become one of the main community singing occasions on the south coast and something everyone looks forward to. We have an abundance of choirs and choristers in the area, and we are lucky to be able to sing together in various community ensembles. Spring Sing is a celebration of friendship and song that just keeps getting bigger and better.

Choristers from Moruya, Eden and Cooma joined the local crowd from Tilba, Bermagui, Narooma and Bega and

everywhere in between. Performing on the day were That Bunch of Singers, Cooma Cantabile, Spirit Allegro, Bega Men's Choir, Riverbend Choir and Hark. Each choir came prepared with two songs from their own repertoire as well as two pieces for the massed choir that everyone would sing together. There were 120 voices in this year's finale, so it was quite a tight fit on the stage in the Windsong Pavilion and the sound was just stupendous.

Catering was taken care of by the amazing Sundaramani, who managed to keep our energy up with a scrumptious lunch and snacks. We had a lot of fun in the morning workshops on general technique

and listening as you sing, then the focus was on preparation for the afternoon concert pieces for the massed choir. Having learnt the pieces is one thing but bringing them up to concert standard is another. Our ever-patient conductors pushed us to polish and refine every note and phrase, which made all the difference to the final performance.

The concert encompassed a smorgasbord of styles and was obviously enjoyed by the audience of over 100. Each choir performed with energy, skill and obvious pleasure, and it was a joy to watch and listen to so much local talent and appreciate the positive power of music.

Of course, Spring Sing could not happen without the considerable efforts of two wonderful people: Dan Scollay and Geoffrey Badger. They planned the day, prepared their own choirs and then rehearsed and conducted the massed choir. We thank them for their exceptional instruction, good humour and patience. We are so lucky to have such talented people with a strong love of music as well as the ability and desire to share it with others.

*Deb Worgan*



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## *Arwain* – a new SOAPI production

*Arwain* is a set of two plays by our own Jenifer James, produced by SOAPI and directed by Robyn Freedman. It will be performed at the Cobargo School of Arts Hall on 31 October and 2, 7 and 8 November.

*Arwain* consists of two plays inspired by myths, with the presence of a guiding figure cementing the narrative and acting as a foil for the more flawed and vulnerable characters. *Arwain* means guide in Welsh.

When we first read Jenifer James's *DANSE Macabre* we knew we had to get it on stage for audiences to experience this beautiful play about lust, love and eternal longing. Jenifer's dialogue is a delight with her characters lamenting, raging, charming, berating

and soothing the audience, coaxing them through the story. You will be absorbed by the suspense, the puzzle, and the beauty that is *DANSE Macabre*.

*Kaos*, the second play in the *Arwain* set explores more eternal themes but is also more confronting. *Kaos* is a jack-booted romp through a 21st century living room populated by Ancient Greek gods. These are not the gods who inspired centuries of love poetry. They are the gods of chaos, trickery, oblivion, war and famine etc. This is not the family you want to live next door to or visit. When a couple of hapless travellers arrive, the outcome is not pretty, but it is brutally funny.

Again, Jenifer's command of language creates fascinating characters and the production highlights the ghastly mix of ambition, lust, violence and raw appetite for suffering tempered with some common sense, survival and even a little compassion. These are big personalities – you will love them.

The performances are on Friday 31 October at 7.00pm, Sunday 2 November at 2.00 pm, Friday 7 November at 7.00 pm and Saturday 8 November at 7.00 pm.

The ticket price is \$30 and senior and youth discounts will be available. You can book a table for six for \$150. BYO drinks and snacks but glasses will be provided. Tea, coffee and water are supplied at no charge.

To book on the TryBooking site (just put TryBooking in your browser) and search for 'ARWAIN Cobargo'. Or you can use the QR code.



Jenifer James and Robyn Freedman working on the production of *Arwain*

Robyn Freedman



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## Headland Writers Festival, Tathra

Headland Writers Festival is a celebration of storytelling, literature and ideas, and it's held on the breathtaking headland at Tathra, on the lands of the Djirringanj people between 17 and 19 October. The festival brings together authors, poets and thinkers, sparking conversations, challenging perspectives and inspiring creativity. It's a festival with a deep connection to place, one where words meet the sea and stories shape the future. The theme for our festival this year is New Horizons, where we look into our past and contemplate new and better futures.

This year, we'll be hosting the first of many truth telling sessions as we shift around our region. We'll begin by asking Djirringanj elders, Ellen Mundy and David Dixon, about their own personal and

family histories and what truth telling means to them. They will be joined by young leader and local teacher, Marcus Mundy, and historian, Mark McKenna. Local authors and poets

who will be joining us this year are Jade Timms, Gabbie Stroud, Miribi Manyanga, Champion Decent, Nick Whittock and Gabrielle Journey Jones.

Fans of crime fiction will be tantalised by Destination Murder, a panel discussion about machines and their passengers hurtling into an unknown future, with authors Toby Schmitz and Sulari Gentill. Essayists Quentin Sprague and Kim Mahood will discuss the tangible and intangible aspects of the creative life, and Tyson Yunkaporta and Megan Kelleher will take us on a global journey, exploring ancient serpent lore from around the world.

Other highlights include award-winning children's author Pip Harry, poetry performances from Omar Musa, David Stavanger and Sarah M Saleh, and a timely discussion on Australia's future in the Asia Pacific region with Hugh White and Linda Jaivin.

With your support, we can assure that Headland Writers Festival continues to be an unforgettable and inclusive experience. Together, we can elevate regional and First Nations voices and nurture bold, thought-provoking conversations and storytelling.

Find the full festival program online at the Headland Festival website.

*Myoung Jae Yi*



Myoung Jae Yi, Creative Director. Photo Anise Yi

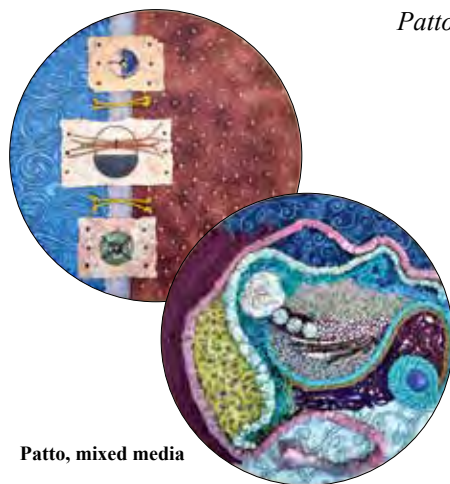
## Circle at Lazy Lizard

I will be exhibiting in the Lazy Lizard's Side Room during the month of October.

*Circle* is the theme, and I have been busy working on a number of 'round things'. I have enjoyed doing something a little bit different and have combined my love for fibre art, mixed media and collage to create some wall art along with a few other pieces created with paper and clay.

I have also put together some circle-themed jewellery using a combination of materials including some upcycled pieces from old broken jewellery.

*Patto*



Patto, mixed media

# COBARGO DRINKING WATER

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### Narooma School of Arts appoints NAC coordinator

The Narooma School of Arts (NSoA) Committee is delighted to announce that Liz McCrystal has been employed as the interim Galleries and Studios Engagement Coordinator for Narooma Arts Centre (NAC) that is now under construction. She will work with key stakeholders and the local community to develop a preliminary programme for the NAC.

‘We’re delighted and so encouraged to have received such impressive applications for this position,’ said Jenni Bourke, NSoA President. ‘Liz fits the bill perfectly. Her passion for the arts and the community, and her experience working in so many facets of the arts means she will help create a dynamic programme with a point of difference for the NAC making it unique.’

Ms McCrystal is thrilled to be involved in the NAC, ‘It’s so wonderful to be part of laying the foundations of a new arts and cultural institution,’ she said. ‘I feel as though my last ten years working in arts administration and programming and, more recently, in the therapeutic applications of the arts have been great

preparation for this role – programming the NAC for the next 12 to 24 months.’

The NAC will be operational from mid-2026 and if you have any suggestions, please contact Liz by email at [admin.nac@nsoa.com.au](mailto:admin.nac@nsoa.com.au).

Construction of the NAC is jointly funded by the Australian and NSW governments through the Bushfire Local Economic Recovery Fund and is being project managed by NSW Public Works.



Liz McCrystal has been appointed the Galleries and Studios Engagement Coordinator for Narooma Arts Centre, currently under construction.



Chiropractic – Dr Judy Gebhart – 0433 372 362

Zenthai Shiatsu – Tora Jong – 0419 895 737

Mindfulness – Michael Kennedy – 0433 372 362

Reformer Pilates – 6281 4740/0433 372 362

**26 Bunga Street Bermagui**  
**harmonyhealth.au**

*Feathered and Interwoven Images*  
from Spiral Gallery article facing page



Nic Vandersteegen, *Look Both Ways*



Gabrielle Powell, *Spot*, tray made from recycled wires and pressed plastic

## Camel Rock Brewhouse *is back!*

- Open Wednesday - Sunday
- 12 beers on tap
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~~\$3.00~~



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



## Art in the Triangle

### Feathered Open Art Prize

*Feathered* presents works by 77 artists, interpreting the theme of birds and feathers. This is an exhibition brimming with ideas, humour, creativity and keen observation; from the elegant to the whimsical, the surreal to detailed realism, in paint, print, ceramic, sculpture and photography – birds feature in every medium.

The exhibition will be judged by well-known south coast artist, Sue Chancellor. The winners will be announced at the Opening on Friday 3 October at 4.00 pm. Major sponsors are Far South Coast Birdwatchers, Clark Rideaux Solicitors and South East Arts.

The exhibition runs to 29 October. For more information check out our website 'Spiral Gallery Bega'.

#### Get your feathers on

We are running drawing and painting workshops for teens and young adults with a street art feel and a bird theme. You can have your work displayed on the street during the Bega Street Light Festival.

Your tutor will be Terri Tuckwell, a local artist currently working in the street mural space. 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 13 to 21 years old. Two will be in Bega on 7 and 8 October; and another two in Pambula on 10 and 11 October. They will cost \$60 per person. Numbers will be limited, and bookings are essential. Ring 0477 071 016 to book or ask questions.

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

*Diana Stewart*



Terri Tuckwell, workshop tutor

### Interwoven

*Interwoven* is a group exhibition running from 31 October to 15 November at the Spiral Gallery, Bega. It will bring together weavers, basket makers and creators from the Bega Valley and beyond. There will be works by textile artists and weavers from the NSW South Coast and the Canberra region, including some artists who are new to Spiral!

Artists will explore new forms of artistic expression combining natural and waste products with different weaving techniques. The exhibition will showcase repetitive processes and demonstrate the aesthetic consideration each artist uses to resolve and produce their 'interwoven works'. The exhibition will consist of a combination of sculptural and functional pieces – woven baskets, woodwork, textiles, installations and sculptures.

Come and meet the artists at the exhibition opening on Friday 31 October at 4.00 pm.

*Spiral Gallery Cooperative*

The Spiral Gallery  
47 Church Street, Bega  
Open Mon-Fri 10 am to 4 pm  
Saturdays 10 am to 1 pm

## Horizon Bank's business operations are Climate Active Certified!

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**Horizon Bank**  
**horizonbank.com.au**  
2 Wallaga St, Bermagui ☎ 6497 8810

## Have a crack, grow a snack

Growing your own vegetables is one of the most rewarding forms of gardening. It combines the joy of working with plants with the satisfaction of producing fresh, nutritious food. October is the perfect month to get started, as it's when the widest variety of vegetables become ready for planting. There's something deeply satisfying about seeing seeds and seedlings transform into vibrant, edible plants and the spring sunshine in October provides ideal conditions for growth.

If you're new to vegetable growing, it's best to start small. For those who already have experience with ornamental gardens, simply set aside some space alongside your flowers or shrubs. The combination can make your garden both productive and visually appealing. For complete beginners, seedlings in pots filled with good-quality potting mix are a great way to begin your first season. Once you feel more confident and inspired, you can expand into a small garden patch in the ground. Always choose a sunny location and remember the basics: water regularly, feed your plants with suitable fertiliser and keep weeds under control. Easy-to-grow options for first timers include cucumber, tomato and zucchini, all of which are forgiving and can be planted now.

Growing your own vegetables does more than just fill your plate with fresh food. It provides a valuable connection to the natural world, encourages gentle physical activity and can boost mental wellbeing. By growing your own produce, you have full control over the use of chemicals, allowing you to choose more organic approaches if you prefer. Harvesting vegetables at their peak ensures the best flavour and nutritional value and can even reduce your dependence on supermarket produce. If things go well, you may even find yourself with a surplus harvest to share with neighbours and friends or to preserve for later use.



*Wisteria sinensis*



*Echium candicans*



*Hardenbergia violacea* and *Daviesia ulicifolia*

Growing your own also offers the chance to experiment with unusual and colourful varieties not commonly found in stores. Fancy purple carrots, blue potatoes, white strawberries, yellow tomatoes, orange-fleshed watermelons or even green cauliflower? All are achievable for the adventurous gardener, adding variety and excitement to both your garden and your plate.

Meanwhile, the towns' gardens are alive with spring colour. Perennial flowering shrubs such as lavender, pelargoniums/geraniums and daisies are sparkling everywhere. Azaleas are aflush, while clusters of orange clivia brighten the shadier spots. Wisteria cascades in colourful curtains, and the tall, intensely blue spikes of echium sway above their grey-green foliage. Callistemons are coming into flower as well, much to the delight of the local lorikeets.

In the wild areas, along roadsides around the Triangle, splashes of purple are appearing as the native climber *Hardenbergia violacea* produces its mass of small pea-shaped flowers. Combined with the bright yellow and orange blooms of the native 'eggs and bacon' bushes (*Daviesia* spp., *Pultenaea* spp., and others), the result is a royally striking display of colour.

This month in the vegetable garden is the one we've all been eagerly waiting for. Now is the time to plant your favourite varieties of beans, capsicum and chillies, corn, cucumber, eggplant, melons, pumpkins, tomatoes and zucchini. Continue planting and tending to beetroot, carrot, celery, lettuce, onions, peas, potatoes and silver beet.

If you have any comments, gardening questions or plant or pest identification problems, please send to [gardening@thetriangle.org.au](mailto:gardening@thetriangle.org.au) and we will get back to you personally.

Happy growing!

## QUAAMA GENERAL STORE



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[cm.emjf@gmail.com](mailto:cm.emjf@gmail.com)

**Josh 0408 476 733**



**Theory and Practice**  
**Michelle de Kretser**  
**Text Publishing**  
**RRP \$32.99**

This is Michelle de Kretser's seventh novel and her second one to win the Stella Prize (for writing by women and non-binary authors). In this novel, de Kretser is again experimenting with form as she did in *Scary Monsters* where one story paralleled the other. I feel that this is primarily a novel with a splash of memoir and some thoughts on the theories of women's writing that could be seen as a tilt into essay. The novel starts with the beginning of a story that the author decides is not the story that she needs to tell but, instead, she must tell one of personal truth.

De Kretser is a writer of great intelligence and multiple talents. Her extraordinary ability to create character is foremost throughout. Cindy, our protagonist and narrator, is a 24-year-old postgraduate Sri Lankan student who arrives in Melbourne from Sydney to do her Masters in English. She quickly becomes part of the 1986 bohemian St Kilda student life. She begins an affair with

Kit, an engineering student, who is already in a *deconstructed* relationship with Olivia. De Kretser explores the gap between the narrator's feminist principles, and how she behaves towards other women. Cindy deludes herself that she is not responsible for Olivia's suffering and, as the affair progresses, feels intense, sexual jealousy, and fantasises about taking revenge on the other woman.

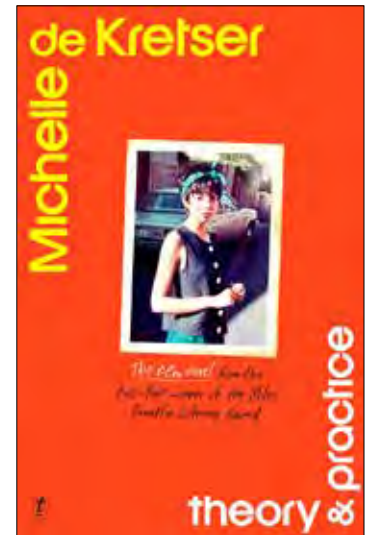
This begins De Kretser's theme of how we abandon our ideals and moral principles for self-interest, how we abandon the political for the personal and how we deal with the gulf between shame and desire.

Cindy is doing her master's thesis on Virginia Woolf. She has always admired Woolf's groundbreaking work, her feminism and modernism. Now that she is reading Woolf's diaries cracks begin to appear between Woolf's theories, and her actual practice of racism, snobbery and antisemitism. Cindy begins to call Virginia Woolf the *Woolfmother*, and questions Woolf's formative influence as a literary mother.

Cindy is also experiencing a reversal in the mother-daughter role as her widowed

mother is becoming more dependent on her. Worried phone calls to Cindy, often upset the flow of Cindy's life and work. As the daughter of immigrants, Cindy confronts the unfairness of the wealthy privilege and open doors enjoyed by her fellow students. It appears colonialism is alive and well.

This is a short novel, but extraordinarily powerful in its telling of the *messy gap* and the breakdown between theory and practice in all of us.



## DISABILITY SUPPORT WORKERS WANTED

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**There is nothing like a touch of pure, delicious honey to lift a meal. It blends perfectly with sweet, sour and salty flavours to give a whole new level of complexity to any dish. Add it to a marinade, drizzle it over a dessert, stir it into your tea. In fact, just about everything benefits from a dash of honey.**

## Honey teriyaki salmon

### Ingredients

4 x 125 g fresh salmon portions  
2 tablespoons fish sauce  
2 tablespoons honey  
2 tablespoons white wine vinegar  
½ teaspoon sesame oil  
4 cups spinach, steamed (or fresh if you prefer)

### Method

1. Mix fish sauce, honey, vinegar and sesame oil together and marinate salmon portions for 30 minutes.
2. Grill salmon portions for 2-3 minutes on a pre-heated grill until cooked to your liking.
3. Serve with spinach, wilted or fresh.



## Honey drink

Simply combine the following ingredients in a blender until the honey dissolves.

### Ingredients

¼ cup fresh lime juice  
¼ cup fresh lemon juice  
2 cups water  
1/8 teaspoon of sea salt  
2 tablespoons of raw honey



## Honey roasted almonds

### Ingredients

2 cups almonds (about 300 g)  
2 tablespoons honey  
2 tablespoons olive oil  
2 tablespoons water  
1 teaspoon salt  
½ teaspoon cinnamon

### Method

1. Place the almonds on a baking sheet. Put them in a cold oven and then heat to 180° C while roasting for 12 minutes. Check on them frequently, shaking the pan at least twice while they are roasting. They can burn quickly if you leave them unattended!
2. While the almonds are in the oven, mix the honey, coconut oil and water together in a saucepan over medium heat. Bring to the boil and stir constantly for about 5 minutes. Reduce to a simmer while the almonds finish roasting.
3. After the almonds are done, pour them into the saucepan and stir, coating completely. Let them sit in the honey mixture for 5-10 minutes so it soaks into the nuts, stirring occasionally.
4. Sprinkle on salt and cinnamon and stir until completely incorporated. Spread out on a parchment paper covered baking sheet and cool completely.



## Honey roasted vegetables

### Ingredients

500 g pumpkin, peeled and deseeded  
500 g small or baby carrots, peeled  
1 medium cauliflower, cut into small florets  
1 teaspoon ground cumin  
3 tablespoons olive oil, plus extra for drizzling  
2 tablespoons honey  
½ cup Greek yogurt  
½ cup mint leaves, chopped, plus extra for garnish

### Method

1. Preheat the oven to 180° C (or 160° C for fan-forced). Line two baking trays with baking paper.
2. Cut the pumpkin into 2.5 cm pieces. Place on a baking tray lined with baking paper.
3. Place the carrots and cauliflower florets on another baking tray lined with baking paper. Sprinkle the cumin onto both trays of vegetables and top with the drizzled olive oil and honey. Season with salt and ground black pepper and mix to make sure all the vegetables are coated.
4. Bake for 40 minutes or until the vegetables are cooked through and lightly caramelised. Set aside to cool slightly.
5. Meanwhile, make the yogurt dressing by combining the yogurt and chopped mint. Season to taste with the lemon juice, salt and ground black pepper. Toss spinach through the roasted vegetables and place on a platter. Drizzle with yogurt dressing and a bit more olive oil. Garnish with whole mint leaves and serve.





# COMMUNITY NOTICES

## ALCOHOLICS ANONYMOUS

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

## ANGLICAN PARISH OF COBARGO

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

## ANIMAL WELFARE LEAGUE

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

## BERMAGUI BAPTIST CHURCH

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

## BERMAGUI CROQUET CLUB

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

## BERMAGUI CWA

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

## BERMAGUI DUNE CARE

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

## BERMAGUI GARDEN GROUP

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

## BERMAGUI HISTORICAL SOCIETY

Museum Open Tuesdays & Thursdays  
10am - 2pm. Researchers & helpers welcome.  
Contact bermaguimuseum@gmail.com

## BERMAGUI & DISTRICT LIONS CLUB

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

## THE BERMAGUI MARKET

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

## BERMAGUI MEN'S SHED

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

## BERMAGUI PROBUS

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

## BERMAGUI SENIORS' SOCIAL CLUB

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

## CATHOLIC CHURCH

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

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)

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

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

## COBARGO CREATORS

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

## COBARGO CWA

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

## COBARGO DISTRICT MUSEUM

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

## COBARGO PRESCHOOL

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

## COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

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

## COBARGO RSL HALL

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

## COBARGO & DISTRICT RED CROSS

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

## COBARGO SCHOOL OF ARTS

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

## 1ST COBARGO SCOUT GROUP

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

## COBARGO SHOWGROUND

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

## COBARGO SHOW MEETING

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

## COBARGO TOURIST & BUSINESS ASSOC

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

## DIGNAMS CREEK COMMUNITY GROUP

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

## KAMALASHILA TIBETAN BUDDHIST CENTRE

Every Sunday  
Sunday guided meditation 10am - 11am  
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By donations. Everyone is welcome.  
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## MACKILLOP FAMILY SERVICES

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Contact: 1300 791 677

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## OPEN SANCTUARY AT TILBA TILBA

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

## QUAAMA / COBARGO QUILTERS

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

## QUAAMA MEN'S SHED

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

## QUAAMA SCHOOL OF ARTS

Hall bookings and inquiries:  
Call 0490 902 616  
[quaamahallbookings@gmail.com](mailto:quaamahallbookings@gmail.com)

## SOAPI COMMUNITY THEATRE

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

## TILBA CWA

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

## TILBA MARKET

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

## TRIANGLE TOOL LIBRARY

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

## U3A BERMAGUI

Lifelong Learning Opportunities  
For a full list of courses and timetable  
visit: [u3abermagui.com.au](http://u3abermagui.com.au)

## UNITING CHURCH SERVICES

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

# For the fridge door

OCTOBER	WHAT	WHERE	TIME
All month	<i>Circle</i> , by Patto. Fibre, mixed media and collaged wall pieces, circular themed jewellery, mixed materials pg 33	Side Room, Lazy Lizard Cobargo	T - F 10 - 3 pm Sat 10 - 1 pm
Thurs 2	Bermagui markets spring opening, local growers, makers, bakers pg 25	Bermagui Country Club, grassed area	3.30 - 5.30 pm
Fri 3 - 29	<i>Feathered</i> , bird inspired, open art prizes announced @ the opening pg 35	Spiral Gallery, 47 Church St, Bega. Opening @ 4 pm	M-F 10 - 4 pm Sat 10 - 1 pm
Sat 4	Bandicoot Pottery, open studio. Buy, check out classes. Drinks with the artists after 4 pm pg 30	Bandicoot Pottery 247 Tyrrells Rd, Cobargo	9 am - 4 pm
	SHASA EV expo pg 19	Moruya Markets	Market times
	Oktoberfest: free German festival fun - German food, keg rolls, jumping castle, games, live music pg 26	Bermagui Country Club, Beer Garden	11 am - 5 pm
	Table tennis: come & try without charge pg 24	Bermagui Indoor Sports Stadium, 20 Bunga St	1.30 pm - 3 pm
Sat 4 + Sun 5	ReBoot event: fun runs, ocean swims, social bike rides, kid's events, demos.	Bermagui, bookings and programs online. <a href="http://rebootinbermagui.com.au">rebootinbermagui.com.au</a>	Refer to online program
	Bermagui Men's Shed Monster Sale p. 21	4243 Tathra-Bermagui Road	9 am - 1 pm
Tues 7 + Weds 8	Spiral workshops for 13 -16 y/os Tues 7 Weds 8 16 -21 y/os. Street art with a bird feel. Muralist Terri Tuckwell Bookings 0477 071 016 pg 35	Bega, Old Bega Hospital, South Bega	10 am - 4 pm
Fri 10 + Sat 11	As above: Fri 10 13 - 16 y/os, Sat 11 16 - 21 y/os.	Pambula, Panboola Wetlands Office, Pambula	10 am - 4 pm
Fri 17 - Sun 19	Headland Writers Festival p. 33	Tathra	Refer to online program
Sun 19	Renewable Bermagui workshop - batteries & virtual power plants pg 24	Bermagui Surf Club	10 am - 12.30 pm
Sun 26	Tilba CWA High Tea fundraiser, enjoy food and friends. Bookings Helen Thomson 0407 100 710 pg 20	Historic Henkley Farm, 11 Sherringham Ln, Central Tilba	11.30 am - 1.30 pm
	Bowerbird Community awards celebration & afternoon tea RSVP <a href="mailto:bowerbirdopshop@gmail.com">bowerbirdopshop@gmail.com</a> pg 12	Cobargo School of Arts, Cobargo	Starts 2.30 pm
Fri 31	<i>Arwain</i> SOAPI prod, set of 2 plays written by Jenifer James (local writer & playwright) BYO pg 32	Cobargo School of Arts, Cobargo	7 pm
Fri 31 - Sat 15 Nov	<i>Interwoven</i> textile artists and weavers. Opening Fri 4 pm pg 32	Spiral Gallery, 47 Church St, Bega	M-F 10 - 4 pm Sat 10 - 1 pm
<b>NOVEMBER</b>			
Sat 1	Cobargo Preschool fundraiser: Fun community Trivia Night, lots of activities, BYO drinks, food can be ordered. Book a table or join one pg 14	Cobargo School of Arts, Cobargo	Doors open 6 pm Trivia 6.30 pm sharp
Sun 2	Affinity Quartet, will perform three pieces of music, by three different composers. Book through Four Winds website. pg 30	Windsong Pavilion, Four Winds, Barragga Bay	Food & drink @ 12.30 pm Concert starts 2 pm
	<i>Arwain</i> SOAPI prod, set of 2 plays written by Jenifer James (local writer & playwright) pg 32	Cobargo School of Arts, Cobargo	2 pm matinee