

# THE TRIANGLE

COMMUNITY  
NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

Circulation 1600 plus online visits

ISSN 2652-9092 Issue No 264 August 2026

## Home Defended: Bermagui Matters



Glossy black cockatoo

As dusk falls over Lot 60 on Nutleys Creek Road, the forest comes alive with brushtail possums, tiny feathertail gliders, yellow-bellied gliders, and grey-headed flying-foxes. For two years, this forest was at the heart of an extraordinary community effort.

When DA2023.301 proposed a 160-site seniors' land lease development, Bermagui Matters was formed. Rather than simply opposing the proposal, locals immersed themselves in understanding what was at stake.

Community concerns spanned bushfire safety, flooding, infrastructure strain, medical services, biodiversity protection and alignment with the Bega Valley Shire's Affordable Housing Strategy.

Nature lover Caity Brown and other locals documented the area's wildlife through citizen science, uncovering biodiversity values that hadn't

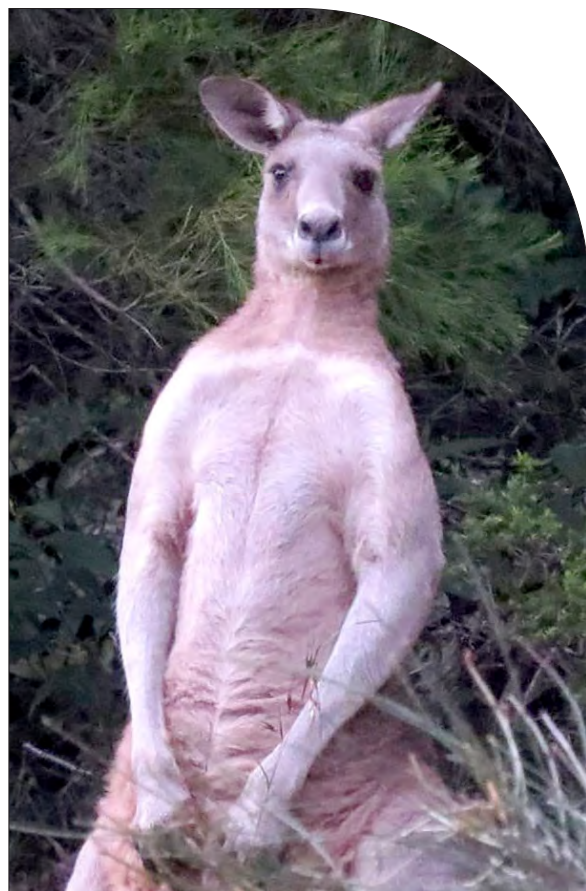
been fully recognised, including unmapped tree hollows and casuarina stands favoured by glossy black cockatoos.

Nearly 300 residents lodged submissions, supported by a petition signed by more than 1,700 people. Bermagui's population is approximately 1,865 and the response demonstrates the incredible strength of our collective spirit.

Bega Valley Shire Council's Assessment Report firmly recommended refusal. More than 40 community members and organisations then presented evidence to the Southern Regional Planning Panel that unanimously rejected the application.

'We thank Merriman's Local Aboriginal Land Council, Bega Valley Shire Council and the Southern Regional Planning Panel for carefully considering the site's constraints and community concerns,' says Bermagui Matters Chair Motria von Schreiber. 'The outcome demonstrates the value of informed, respectful community participation.'

The campaign was never about opposing housing, it was about it being the wrong development in the wrong place.



Eastern grey kangaroo

Bermagui Matters has now incorporated and remains committed to protecting the Nutleys Creek forest, Yuin culture and to providing housing in suitable locations that is genuinely affordable for low-income households.

As the lyrebirds make their early morning calls and wallabies move through the undergrowth, it's good to know sound planning decisions can protect both community needs and the landscapes we call home.

'This success belongs to the community,' says founding member Hal Judge. 'Thank you to everyone who made a submission, shared their expertise or simply cared enough to become involved.'

If you'd like to be involved, contact Bermagui Matters via Facebook or [bermaguimatters@gmail.com](mailto:bermaguimatters@gmail.com) by email.

*Joan Cornish, Bermagui Matters Spokesperson*  
All photos taken by Motria von Schreiber.



Wallaby and joey

They say winter slows things down, but in the Triangle, it never really slows but there is a noticeable change of tone. Sure, there are fewer tourists around but we locals are doing the same things, appropriate to the season.

The Cobargo rebuild is nearing completion and there is excitement and curiosity for this new section of town. All the community members who have been involved in the herculean task to get this multi-faceted project to completion and beyond deserve huge recognition. These are citizens who have jobs and families, or may be retired, but have committed to a project years in the making and who mostly haven't had experience at this level of multiple buildings and budgets. After the fanfare of an opening, that will be just the beginning of managing and maintaining a partially new town. Cobargo will grow into itself; it will take time, capacity and faith to invest in new businesses and new residents in town will bring a different energy.

## Time to go ...

Coming to live in Yowrie after leaving Sydney in 2003, and then moving to Cobargo in 2015, I've seen so much change between then and now. Working at Well Thumbed Books in Cobargo, a main street business since 2010, one could see

the changes weekly. Another big part of my life in Cobargo has been my abiding involvement with *The Triangle*. I was originally asked by Sarah Gardiner and Jen Severn, long-time denizens of the paper, to learn how to do the layout using InDesign software. I struggled with the learning as I was not a computer person, but with time I managed to fudge along till I stepped away from that role and found a better fit. Since that time, I have had to become conversant with computers, software, filing and managing. Living and working in Cobargo, being involved, getting to know other organisations and people, creating connections was a good fit for my role in *The Triangle*. But the best part was working with colleagues who became my friends and family, all with a singular focus on creating the best community paper we could. I've been working on *The Triangle* for about twelve years, but it's time to go. I don't know how I'll be not working on it, it's been totally engaging, enjoyable and sometimes frustrating, and it's taken up probably too much of my time; but it has given me an identity to be proud of.

And speaking of *Triangle* changes, Stuart Absalom is hanging up his shingle as the main writer for Tilba Bites. Stuart has been the unparalleled writer and recorder of Tilba life for ten years. He went beyond

the borders with his abiding interests in sustainability and spirituality, twin interests that imbued his writing with beauty and honesty. He writes of his departure with an invitation to the community to take up the opportunity his leaving offers.

## *The Triangle* AGM

will be held at  
**Linda Sang's house at  
52 Cobargo-Bermagui Road  
on Tuesday 8 September 2026  
at 4.30 pm.**

For anyone who reads *The Triangle*, has appeared in *The Triangle* or who is curious about how they could become involved in producing *The Triangle* please feel welcome to come along and meet *The Triangle* team.



## 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 – 2nd & 4th Thursdays, 5.00 - 7.00 pm.
- **Tilba** – Latimers Lane, Central Tilba – Monday 7.00 – 9.00 pm.

### Get in touch or find us on Facebook

- **Bermi** – bermaguirfb@gmail.com 0474 201 859
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Go to [thetriangle.org.au](http://thetriangle.org.au) and click on subscribe along the bottom of the home page.*





## Thumbs UP

To the cheerful and helpful folk who work hard at our local supermarkets. People could make it easier and faster by packing their own shopping. Don't just stand there, give it a try!

To Caroline the picture framer in Tilba for rescuing a precious print super quickly and at such a good price.

To Tilba Bakery for bloody good pies – loving the new cauliflower and blue cheese.

To people who give wombats a chance by taking the time to dab on the stuff that gets rid of mites. It really works. Some wombats in our area are bouncing back.

## Thumbs DOWN

To people who drive at 50 kph in an 80 zone with 20 cars behind you – it's actually not safe to cause that kind of a slow-moving car convoy. Get a wriggle on or pull over and let people pass.



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

## Disclaimer

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

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

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

## 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.

## Where you can find us –

Distributed by Australia Post and available from:

**Bega:** Candelo Books, Edge FM at Old Bega Hospital

**Bermagui:** Lake Road Pantry, PO, Shell Bermagui, Bermagui Country Club, Bluewave Seafood, Library, Visitors Centre, Gulaga Wholefoods, Marine Rescue

**Central Tilba:** PO, ABC Cheese Factory, Sweet Spot, Tilba Teapot

**Cobargo:** PO, United Petrol, The Bowerbird Op Shop, Well Thumbed Books, The Junction Café

**Narooma:** BP Station, Narooma Library, Casey's Café, Bold Catering

**Quaama:** The Quaama Store

**Wallaga Lake:** Merrimans Land Council

## Who does the work

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Bhagya (Treasurer)  
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Pambula

**Accountant:** Pandanus Accounting

**Distribution:** Linda Sang

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Advertising: 5pm, 19th of each month  
Articles: 12pm, 22nd of each month  
Thumbs and Letters to the Editor:  
[contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

**Postal address:** The Editors, The  
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NSW 2546

ABN: 75 182 655 270

*The Triangle* is a community newspaper. It aims to provide information and news to the people in the Triangle area – the area bounded by 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. It is published every month except January and has a circulation of 1600 in print (2400 in holiday months) plus around 500 unique online visits each month.



## Koalas in our Backyard

Yes, there are koalas locally, though not quite in our backyards – yet with support that could be our future. From being endemic throughout our region, koalas are now in ‘remnant communities’. Koala reduction is mainly due to habitat loss from wood-chipping and land clearing, and additionally fire and chlamydia infection. Each threat can be addressed. Local data shows that koalas thrive again when native forest ecosystems are protected, when good conditions are restored for all our biodiversity.

The Far South Coast Koala Action Network (KAN) is hosting a community information and engagement event, ‘Koalas in Our Backyard’, on Saturday 22 August from 10.00 am to 3.00 pm in the Bermagui Community Hall during Science Week. The event focuses on the koala communities south of Bermagui and in the Dignams Creek areas.

The day is intended to be family-friendly, informative and interactive. The morning is big-picture information and includes Indigenous science and relationships with koalas, historical effects on koalas, their present situation, location mapping from recent thermal drone surveys, DNA studies, current threats and protections, with engaged networking for

locals interested in becoming involved with ongoing citizen science activities.

The afternoon is more science based with information on thermal drones, DNA research, viral loads, fire protection strategies, healthy habitat identification and how to register a koala sighting.

Specific stalls circling the hall will enable direct interaction with experts during morning tea and lunch breaks. Presentations include strategies for low-intensity fire protection and buffer zone creation, networking with engaged koala neighbours, ‘koala facts’ expertise, maps of koala locations (maybe near you), examples of koala feed trees, KAN membership and recruitment for field work training, information about sustaining healthy forest ecology and scat identification – a favourite with children. Two local authors of children’s books illustrated with local native animals and flora will be there, together with story-telling and a puppet show. KAN has an informative website – search for ‘far south coast koala action network’.

Lunch and morning tea are provided. All are very welcome. We would appreciate registration via the QR code on the poster for catering purposes.

*Rosemary Beaumont*



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# The Bega Valley Women's Giving Circle



Women at the North of Eden Giving Circle event. Photo credit Honey Atkinson

A new kind of local giving is taking shape in the Bega Valley. The Bega Valley Women's Giving Circle, an initiative of Mumbulla Community Foundation, brings together women who care deeply about their community and want to create change through collective giving.

Launched late last year following strong community interest, nearly 50 women are now involved, with each member making an annual financial contribution. Together, members decide

how funds are directed, ensuring every woman has an equal voice in supporting projects that reflect the priorities of the Bega Valley and that matter to them.

The model is simple but powerful. Each year, 45% of the fund is distributed through grants to local initiatives, 45% is invested in a growing perpetual fund, and 10% supports administration – ensuring sustainability so that the Circle can continue to create an impact and keep giving for generations to come.

The Giving Circle's newly launched *SheCares* grants are open to local organisations and grassroots groups with ideas that support people across the region. Projects focused on connection, wellbeing, leadership and strengthening opportunities for people to thrive are encouraged, with a particular emphasis on uplifting women as well as young people.

Beyond the dollars, the Circle creates a space where women can connect, share knowledge, support one another and be part of something bigger through a shared purpose. While members can become involved through events, working groups and grant activities, there is no expectation beyond making their annual contribution and voting on grant decisions.

At its heart, the Giving Circle is about local women backing their community. Through collective giving, members combine resources, experience and networks to invest in solutions that reflect local needs.

Find out more on the Mumbulla Community Foundation website or email [wgc@mumbullafoundation.org.au](mailto:wgc@mumbullafoundation.org.au).

*Alice Borowska*

Mumbulla Community Foundation



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Audiologist Annemarie Narraway  
(left), Office Manager Sophia Moody

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## Express delivery on the proposed future of Australia Post



I want to bring readers' attention to a Senate inquiry that I believe is highly relevant to Bermagui and the wider Bega Valley region.

On 24 June 2026, the Senate referred an inquiry into Australia Post's management of its retail network to the Environment and Communications References Committee, with a report due by 12 October 2026. The inquiry follows a leaked internal Australia Post business case, titled *Post Office Network and Licensed Post Office Reimagined* and dated 9 June 2026, that reportedly outlines plans to close up to 36 metropolitan licensed post offices in New South Wales and Victoria while encouraging regional and rural operators to move away from perpetual licences through a 'format conversions' strategy. This could see core postal functions stripped back, consolidated into other retail businesses such as pharmacies or newsagents or replaced altogether with parcel lockers.

As someone who works at our local Post Office and serves this

community daily, I see first-hand how much more these services mean to small towns like those in our region. For many residents, particularly older people and those who are digitally excluded, the Post Office is a vital point of connection for banking, identification, bill payments and government services. It is often one of the last remaining places where people can access these services face to face.

To find out more and make a submission: type 'Senate Standing Committees on Environment and Communications' into your browser, scroll down to 'Australia Post retail network'. Submissions to the inquiry close on 7 August 2026.

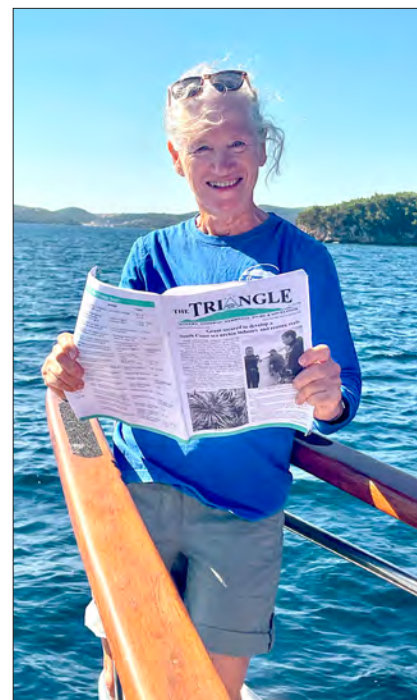
I believe *The Triangle* readers across Bermagui, Cobargo and the surrounding district would want to know this process is underway and that their voices can be heard. I would welcome the opportunity to speak further about this issue and to help highlight what is at stake for our community.

Please let me know if you would like any further information or a follow up conversation.

*Emma Vassallo*

## Are you travelling?

Send a photo of you holding *The Triangle* and we will try to include it in our next issue.



*The Triangle* has made it to Greece. Debbie Worgan holding a copy on the bow of a boat sailing the Ionian Sea.



**Are you thinking of Volunteering?  
Marine Rescue Bermagui is recruiting  
boat crew and radio operators.**

**Contact the Bermagui Unit Commander on 0417 248 724 today.**





# Threatened bats found at Cuttagee Bridge

The Restoration of Cuttagee Bridge Group is calling for a full Environmental Impact Statement (EIS) after it identified the Southern Myotis bats at the bridge. Also known as the Fishing Bat, the microbat is listed as vulnerable and protected by legislation.

Group member Stuart Meagher monitored the bridge area with his thermal imaging and infra-red equipment over a two-month period. He sent his footage to Dr Anna McConville, an ecologist who runs a company called Echo Ecology and Surveying on the North Coast.

In her letter, she said Cuttagee Bridge appeared to have suitable roosting and breeding habitat for Southern Myotis and that Stuart's footage showed the bats foraging nearby and activity from multiple bats near the bridge structure.

The group is now calling on Bega Valley Shire Council (BVSC), Member for Bega Dr Michael Holland and NSW Roads and Regional Transport Minister Jenny Aitchison to insist on an EIS.

Stuart said the Review of Environmental Factors (REF) being conducted for the bridge project was superficial and lacked details that councillors needed to make informed decisions about the project.

'Our group has no confidence in an REF to address the serious impacts likely to occur on the environment, biodiversity, fisheries, tourism, community safety and cultural heritage,' he said.

In February 2026 the group asked Dr Holland for permission and about \$3200 funding for a professionally prepared Microbat Survey. Dr Holland forwarded the request to the Environment Minister Penny Sharpe, but there was no response.

Council's website says that an EIS is not required and that an REF is the appropriate and legislated pathway for the Cuttagee Bridge project. 'An REF is inadequate for the sensitive environment in which the bridge is situated,' Stuart said.

Marion Williams



The Southern Myotis bat

## Calling curious naturalists, big or small, around the region

A huge number of bat species world-wide are known as microbats. Most microbats are insectivorous but there is one Australian species, *Myotis macropus*, that has a more diverse diet and an unusual way of acquiring food.

There is a lot of information contained within its scientific name, *Myotis macrocarpus* – this translates as mouse-eared big foot. And, indeed, it has small mouse-like ears, and those almost transparent ears are sensitive to the smallest sounds in its

environment. And big foot? For a very small animal (63 mm long with a 28 mm wide wing-span and weighing a mere 15 grams) it does have outsized feet. Those outsized feet are the next clue to a very unusual capability. Their feet, with long, hairy, distinctly separate toes finishing in long, curved claws, are used for fishing.

They fly above a body of water, trailing their claws along the surface of the water to scoop up prey – aquatic insects and tiny fish that they eat as they fly. Because of this specialised diet, they are never found far from permanent water.

*Myotis macropus* can be found from the far north-western corner of Western Australia right around the eastern Australian coast to South Australia, and even up some of our larger river systems. They live in colonies that roost in a wide variety of places such as caves and tree hollows, but they can also utilise structures such as tunnels, mines and the undersides of bridges.

It is thought that the old Cuttagee Bridge may have a colony of these bats. If you sit still at sunset, you may be lucky enough to see some of these tiny animals flying and swooping above the water as they hunt in the twilight.

Angela Marshall



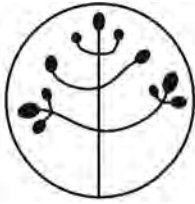
*Myotis macropus* – a tiny fishing bat

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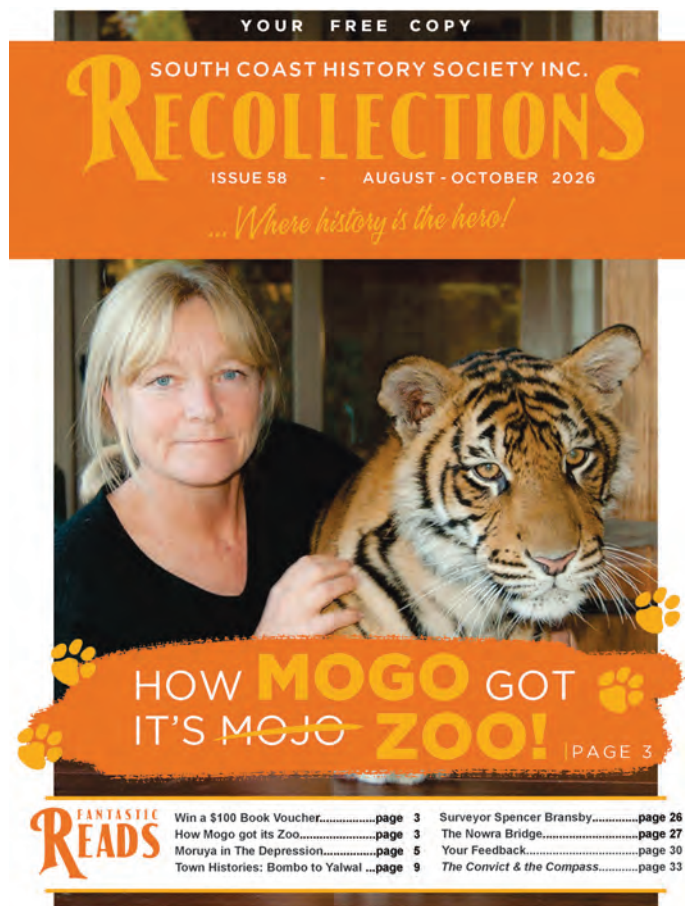
## South Coast History Society Turns Ten – a milestone worth celebrating

The South Coast History Society – now Australia's most active, most innovative, most widely appreciated, community-based history society – is celebrating its tenth birthday.

To mark this, the Society is offering locals the chance to win one of ten \$100 vouchers redeemable at their favourite bookshop (i.e. the winners choose the bookshop!). To enter the draw, simply email 'Happy Birthday' to [southcoasthistory@yahoo.com](mailto:southcoasthistory@yahoo.com) before 25 September.

South Coast History Society is constantly being asked when it will again be running its popular 1½ hour history stroll along Carp Street, Bega. So, also as a birthday celebration, walks have been scheduled at 10.00 am on Tuesday 22 September and Saturday 26 September. It's a free activity, but bookings are absolutely essential – call 0448 160 852.

The Society's incredible success results from providing our local community with precisely what the community wants – details of the South Coast's fascinating history, in ways that appeal to South Coast residents.



The August 2026 issue of *Recollections* magazine, available now

The Society issues a free, high quality, history-focused magazine, *Recollections*, every three months. It is available from 100 conveniently located outlets all along the coast and it presents interesting and intriguing stories about the South Coast. There is an enormous community demand for it – with 7,000 copies distributed and an estimated readership of over 12,000 every issue.

Feedback from readers of *Recollections* led the Society to compile a first-ever history of the entire South Coast, from Kiama to Kiah. *Extraordinary Histories: Amazing Stories from the NSW South Coast*, a 384-page book retailing for \$34.95, became an instant 'best seller', clocking up an extraordinary 4,500 sales on the NSW South Coast in just two years! Regrettably, this book is now out of print.

South Coast History Society's website (search for 'southcoasthistory') is attracting over 200,000 visits

a year. This is unsurprising as it is the largest single accessible 'library' of NSW South Coast history.

Peter Lacey

## What is Death Literacy, and how can we achieve it?

Death is a journey we all take, yet few of us receive the map – or know how to navigate it kindly and safely when we do. Death literacy fills that gap. It equips us with the wisdom and practical tools needed to make informed end of life decisions, from guiding palliative care to holding those deeply personal conversations with family before it's too late.

The term grew out of Australian research by Western Sydney academics between 2009 and 2015, who discovered that caring for someone dying at home builds practical wisdom through lived experience. This research led to the creation of the Death Literacy Index.

Out of this broader movement grew the annual Dying to Know Day on 8 August, with this year's theme, 'Nobody Knows', shining a light on a simple truth: keeping our final wishes a secret leaves loved ones navigating by painful guesswork.

Today, the Death Literacy framework underpins the mission of the Compassionate Care Collective. Across the Eurobodalla and

Bega Valley shires, our network of end of life doulas, deathcare practitioners, community members, health professionals and advocates are coming together to bring death and grief back into the heart of community care.

To turn those secrets into supportive conversations, the Compassionate Care Collective is hosting a free community event on Saturday 8 August from 10.00 am to 1.00 pm at Kyla Park Hall, Tuross Head. With Shanna Provost as MC, the morning features local voices experienced in end of life work – including representatives from Palliative Care NSW, end of life doulas and natural burial specialists – ready to share practical insights and answer your questions.

Come explore what it means to plan ahead. Registrations are essential via Humanitix.

Kerryn Davey

[thecompassionatecarecollective@gmail.com](mailto:thecompassionatecarecollective@gmail.com)

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## Nelson Beach development

Mimosa Rocks National Park's Nelson Beach is valued for its quiet, low-key setting and pristine natural landscape. The surf beach and estuary reflect the iconic Far South Coast, protected by national park tenure.

'Upgrade' works to the beach's track head and carpark area have diminished the natural setting forever, with large-scale clearing of ancient burrawangs, removal of several spotted gums, bitumen sealing of the carpark, edged by extensive concrete and an obtrusive 'bollard forest' – amounting to ugly engineering works. Like most 'bush' destinations, Nelson should be unsealed to highlight the natural environment.

NSW National Parks and Wildlife Service (NPWS) said the works address supposed flooding, sediment runoff and

summer tourists. Lifelong Nelson visitors argue flooding is not an issue, nor does minor sediment runoff warrant such drastic measures. Short-term visitor influx will still require responsive operational management, regardless of expanded parking space.

While NPWS undertook some community liaison, many who received information were unaware of the extent and nature of the outcome. Large swathes of native bushland have been cleared, including burrawangs that are especially valued by Indigenous culture. The 'upgrades' undermine the stated project and national park plan management objectives: to protect cultural, natural and social values and use of sustainable design and construction.

NPWS only recently publicly

displayed the Review of Environmental Factors underpinning the work. Given the scale, a draft design plan and environmental assessment should have been exhibited for public comment. When it is re-opened, there will likely be dismay that Nelson Beach entry now resembles a suburban carpark. Fortunately, the rest of the Nelson landscape and Mimosa Rocks beaches will not have a similar fate.

NPWS generally does an excellent environmental protection job with scarce resources. However, there is a fear Nelson could represent a trend towards over-engineered, heavy-handed inappropriate development of our national parks.

*Cathy Griff and Peter Hay wrote this for the Bermagui Community Forum and the article has been abridged by Marion Williams*



Nelson Bay carpark area



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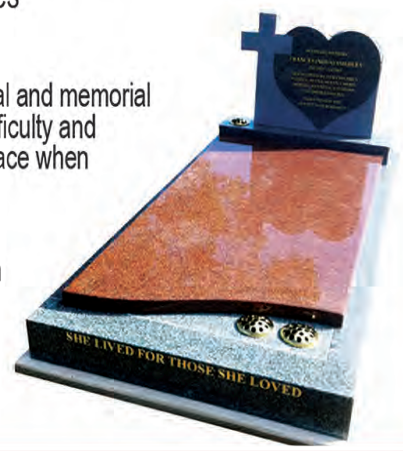
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## Koalas in Our Backyard

A free community education event presented by  
KAN (Far South Coast Koala Action Network)

**Saturday 22nd August 2026 – 10am - 3pm**

Bermagui Community Centre

Lunch and morning tea provided

Register here: [events.humanitix.com/koalas-in-our-backyard](https://events.humanitix.com/koalas-in-our-backyard)



*This Inspiring Australia initiative is supported by the Australian Government as part of National Science Week.*





Sometimes it takes a trip away to appreciate, yet again, what a wondrous area we live in. And as I write, even though we need rain, the sunshine is life warming – it makes the heart sing. We recently had our annual trip away – a road trip via inland routes to Brisbane and back in Frank our EV. It does make one realise what an amazing country we live in. Brisbane is a very easy and enjoyable city to visit, particularly around South Brisbane and the West End. We tried for back roads where possible thanks to Google Maps and Frank had many enjoyable and sometimes challenging charging experiences. However, as the old saying goes – there is no place like home.

Thank you to my dear friend Shanna for doing the last issue and her kind words of acknowledgement.

A community opportunity

*The Triangle* started in 2002 and its success is impressive. Many people have been involved over the years, particularly in writing the village sections. Tilba has been represented by Ewan Genders, John Small, Chrissy Montague, Sally Prior, Janine Halasz and Shanna Provost to name a few. Many others have contributed regularly, and I have been the main writer for around ten years. Being involved in *The Triangle* is a special way to learn and write about all sorts of things that happen in our diverse community. It is also an important way to keep the community informed.

Due to unforeseen circumstances – even though it really is time – I have made the decision that this will be my last contribution. I have health issues that must take priority for the moment. This is not an easy decision, and I wish it was being done

for less pressing reasons. So, this is a callout to any prospective volunteer person who has a desire to try out and develop their skills as a community journalist – there are press privileges (joke). You do get to work with a committed, fun and wonderful *Triangle* team and, at the same time, contribute to the community in a unique way.

Should this interest you, I am available to assist you initially. You can reach me on 0419 589 404.

Soft plastics recycling

When the collection of soft plastics ceased at supermarkets a couple of years ago, I discovered that Eurobodalla Council was trialling soft plastics recycling and arranged to get a bin at Central Tilba. That was in late 2024 and since then the bin has been used extensively by the community. Now the situation has changed, and soft plastic recycling has resumed at Woolies in Narooma and at other supermarkets. In addition, soft plastics can be dropped off at Brou Waste Facility, which is now a permanent arrangement following the initial trial.

Consequently, the decision has been made to cease the community collection in Central Tilba forthwith. Households can drop off at Woolies Narooma when they are shopping. Alternatively, a group of neighbours could band together to drop off their collective plastic waste at Brou.

Thank you to everyone who has supported this community service. It is now time for the next stage. Do keep recycling soft plastics as we all know that this is one of the big issues of our times. Happy recycling.

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|              |                                                                   |
|--------------|-------------------------------------------------------------------|
| Tathra       | Wharf Locavore   Thursday & Saturday                              |
| Moruya       | Sage Market   Tuesday 3-5pm<br>Southlands Fruit & Veg   Wed & Fri |
| Batemans Bay | Go Vita   Wednesday & Friday                                      |
| Bega         | Red Cafe   Wednesday<br>Candelo Wholefoods   Wednesday            |
| Tilba        | Tilba Cheese Factory   Friday                                     |
| Dalmeny      | Dalmeny IGA   Wednesday & Friday                                  |
| Broulee      | Broulee Supermarket   Wednesday & Friday                          |
| Tomakin      | Tomakin IGA   Wednesday & Friday                                  |
| Pambula      | Pambula Wholefoods   Wednesday                                    |

## Voices of Tomorrow

Central Tilba Public School is proud to announce its enthusiastic participation in this year's Premier's Debating Challenge, showcasing the talents and teamwork of our four dedicated student debaters. Competing with neighbouring schools including Wolumla, Moruya, Narooma and Batemans Bay, our team has demonstrated impressive skills in research, critical thinking and public speaking. Through each round of the competition, the students have grown not only as debaters but as confident communicators, embracing the challenges and learning opportunities that the Premier's Debating Challenge provides. Here is what the team had to say about their journey.

### Otto

My role on the team is First Speaker. My job is to announce the topics or arguments of my fellow speakers. My responsibilities include rebuttal when we are arguing the negative. I present three or four minutes of strong arguments.

My strengths include my manner (my tone of voice and delivery of the speech) and the arguments that I come up with. One of the only things I worry about is the length of my speech.

I like debating because of the rush of excitement and adrenalin before I speak. I also feel like I just belong there.

### Davi

My role on the team is the Second Speaker. My responsibility is to rebut the opposition's First Speaker by giving two reasons why their ideas are wrong. I present my arguments convincingly to the adjudicator.

I feel confident with my method and like to add humour to my speech. I am also

improving my timing. I enjoy the structure of debating and getting to yell at strangers!

### Grace

My role on the team is Third Speaker. My job is to deliver a strong rebuttal that is about two to three minutes long and a conclusion that summarises what my team has said and why we are right.

My strengths are the way I deliver my ideas, how strong and loud my voice is and my rebuttals. I am working on extending my arguments so that my speeches are longer.

I like debating because it feels like my 'thing'. I feel like I belong there presenting my arguments and talking to an audience.

### Tully

My role is the Fourth Speaker. My responsibility is to help my team plan their arguments and rebuttals. I support them by giving them ideas and words as well as examples they can use. I need to listen carefully to the opposition and take notes.

Even though I don't speak, I feel like I really support them and lead them through the planning, so we don't talk over the top of each other. Next year I'd like to be a speaker.

I like debating because I feel proud of my team and some of the arguments are funny. I also like the snacks we get when we are planning!

*Tania Hextell (Principal) and the Central Tilba Public School Debating Team*



Central Tilba Debating team (left) and Narooma Public Debating team (right)

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### News from CWA Tilba

'I never knew that you had to cook sauerkraut – it's delicious that way,' says Tilba CWA member Helene Sharpe. Since the Tilba Halls are closed for renovation, Tilba CWA meetings have been held at members' private homes with the bonus of a shared lunch. This time, it was a German-themed lunch, including home-made red cabbage (*Blaukraut*), sauerkraut, herbed potatoes and various charcuteries served with mustard. This was followed by delicious apple tart and a home-made pavlova. Yes, cooking remains an essential part of CWA activities and, in Tilba, this is frequently combined with an eagerness to learn about other cultures' food.

CWA branches are an inclusive and welcoming place. Tilba branch has members originally from as far away as Germany and Sri Lanka. Every year, CWA NSW chooses a specific 'country of study'. This year, it is Fiji. To learn more about this country, members are planning a Fijian day at Tilba Public School, including the cooking and sampling of Fijian traditional food.

Other important events on our calendar are organising a stall at the Tilba Festival, to be held on 26 September 2026, and our main fundraiser of the year, the High Tea, that will be held on Sunday, 25 October 2026. The Tilba CWA High Tea features French champagne and homemade sweet and savoury treats. Please contact Nola Ezzy for bookings on [nola.ezzy@gmail.com](mailto:nola.ezzy@gmail.com). All funds raised will stay in the local community, supporting Little Yuin Preschool, Central Tilba Public School, Tilba RFS and Bega Women's Resource Centre.

If you are interested in being part of our welcoming and inclusive group at Tilba CWA, please contact me on 0488 910 456.

*Eva Mosler-Teichmann*



Traditional German food at Tilba

## U3A Bermagui & District Inc



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

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**Or Search "U3A Bermagui"**

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

An overview of courses on offer for this term ... Apple Technology, Brassed Off the Movie, Breath and Mindfulness, Bush Bugs and Birds, Conversation Café with Jo Lane, Creating an Autumn-inspired Plate, Dance for Fitness, End of Life Planning, Film and Lunch, French Language, Gentle Yoga, George Orwell and Political Lies, Internet Banking Safety, Mahjong, Shakespeare's Romeo and Juliet, Shorebirds of Our Coast, Tai Chi, The South Coast's Four Estates, Visit to Horse Island, Zagros: The Iranian Mountain Range.

### Ordinary People as Mystics and Monks

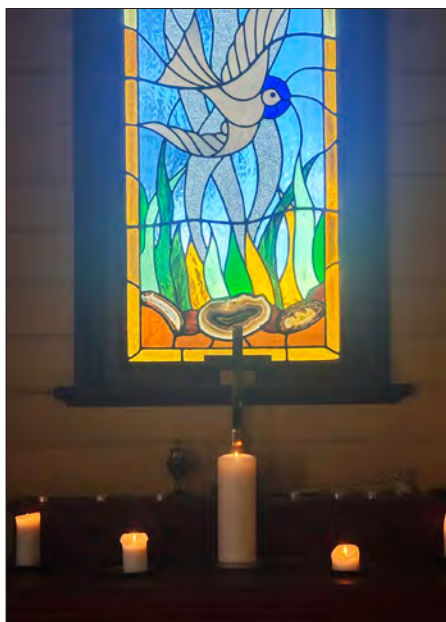
Open Sanctuary at Tilba recently held a reflection day on the theme Ordinary People as Mystics and Monks with a particular emphasis on the Benedictine way of monasticism.

Traditionally, monks have lived within a cloister of some kind and mystics were considered a kind of spiritual elite. Today we recognise the experience of ordinary people and those who are drawn to live a monastic rhythm of life in the world, a monastery without walls. During the day we covered the essential precepts of the Benedictine way, the pattern of days lived in prayer and meditation, *lectio divina* (sacred reading) and work to sustain the community.

I am a Benedictine Oblate and I would suggest that the stability, stillness, silence and simplicity of monasticism could be a counter to the social and ecological crises of our times. Monks and mystics are generally contemplatives. Contemplation has been described as a 'long, loving look at the real'. We reflected on what supports the contemplative stance in life. In a world distracted by so much unreality it seems important to pay attention, with love, to discern reality. I suggested that developing a monastic rhythm of days in our ordinary lives can help.

For more information about Open Sanctuary go to the 'open sanctuary tilba' website. If you're interested you can also visit the 'Bonnevaux Centre for Peace' website.

*Linda Chapman*



The lovely window at Open Sanctuary

### Lea Lingard

Lea May Lingard, 62, of Mystery Bay, passed away peacefully at Claire Holland House, Canberra, on 26 May 2026 after a courageous two-and-a-half-year battle with metastatic breast cancer.

Lea was born on 22 May 1964 in Sydney to Joy and Ivan Koeford, both deceased. After her parents separated when she was young, Lea was raised by her beloved mother, Joy.

In 1983, at the age of 19, Lea gave birth to her daughter, Amy. As a single mother, she devoted herself to raising Amy, who grew to become not only a wonderful woman but also her best friend.

Lea worked for 14 years at Frederick Street Kindergarten in Sydney, where she took a special interest in supporting children with additional needs. During these years, she also created commissioned stained-glass windows and tile mosaics.

Seeking a tree change, Lea fell in love with the Tilba area and moved permanently to Ridge Road in 2003. After working at Bermagui Preschool, Lea became the Director of Little Yuin Aboriginal

Preschool at Wallaga Lake in 2007. There she found her true passion, creating a nurturing environment for children to thrive. She successfully fundraised for a school bus and helped create the book *Our Little Yuin*.

In 2011, Lea met her soulmate, Sean Lingard. Together they shared a love of travel and adventure. They married at the Deer Farm in 2017 and later made their home together in Mystery Bay.

Lea later worked with Marymead in Moruya and Red Cross in Narooma and was awarded the Premier's Medal for supporting bushfire-affected communities.

Lea loved animals, worked in wildlife rescue and became an accomplished snake catcher.

Lea leaves behind her beloved husband Sean, daughter Amy, granddaughter Brooklyn and the entire Lingard family who adored her. She was laid to rest beside her beloved mother, Joy, at the Tilba Cemetery and will be forever loved and remembered.

*Amy Sutherland*



Lea Lingard

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As the frosts land on our very dry countryside, it brings a rather parched, white appearance with it. It has been a fair while since we have had a good fall of rain and I'm sure you have all noticed the low level of the dams in the district. Cattle sales have been high as farmers make the decision to sell with conditions being tough to manage. A lot of beef cattle are heading to Victoria with weather conditions down there being quite different to here and

market prices have been considerably higher. It is refreshing to see the farmers gain good prices for their quality stock.

It is with sadness we bid farewell to Leanne and Timmy Salway from being long-term dairy farmers who have chosen to disperse their dairy herd and continue farming producing beef cattle. Gemma and Tom Otton have also stepped away from a dairy share-farming role with Tom returning to his family's beef farm. We wish them great success in their new careers.

The Cobargo Show committee has held their annual general meeting with a change of guard of president with Daniel Allen retiring after eight years. Daniel was an extremely progressive young show president, ably assisted by his wife Shelli, who was also on the committee, and was instrumental in creating a fantastic sponsorship schedule and media promotional package that helped bring the show to a new level. With their family and work commitments becoming unmanageable, the committee wishes them the best of luck as they progress with their lives. A massive thank you is well deserved.

The outgoing show secretary, Naomi Rolfe, has also done an extraordinary job and will be missed as she takes a well-earned rest from her role. We welcome Vicki Cooke, who has been in training to step up to the position. Treasurer Christy Holland has maintained her position and the new President is June Tarlinton who, along with a great committee, will aim to bring a terrific 2027 show to the community.

I was very fortunate to be invited to speak at Narooma View Club to a wonderful group of women and I was amazed to learn of their incredible fundraising efforts supporting the more needy along the coast. I had a fabulous time and spoke of my life, which has been a little different, but, as I said, everyone has had a different and interesting life. If you are looking for some company look up the View Club and I'm sure you will be really welcomed.

Finally, we welcome the birth of Wandella resident Christa Rehwinkle's new female camel calf Saffi – named after the spice saffron. Mother and calf are doing well.

**Social media,  
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## What is CWA Cobargo?

The Country Women's Association was started with country women and their children in mind. But it has evolved to meet the many different needs of all women. For instance, did you know that there are many branches in the Sydney metropolitan area that work tirelessly in multiple areas of CWA? Did you know we advocate for change in our society in all areas of need? We are currently focusing on domestic violence and slavery in Australia.

Each branch, whether country, city or town, represents its community and every community is different and changing. When I first joined Cobargo CWA in 2004(?), the cottage where we met needed updating. There was no hot water, the facilities in both kitchen and bathroom were sadly outdated. There was a wood fire for heating, but the building itself was solid.

Over the past 20 years, thanks to grants etc, we now have updated facilities, air conditioning and plentiful hot water in



The CWA Cottage Photo credit: Linda Sang

in our modern, fit-for-purpose kitchen. It has been painted inside and out several times and is a welcoming meeting place for several community groups. Contact us if you want to hire the facilities.

As you know, we still represent some very good baking as seen once a month at our Bake Stall, where we are better known for sourdough crumpets than scones!

Our meetings have a wide range of discussions. We study other countries – this year it's Fiji. We are learning some of their language along with some of

the problems they face, such as domestic violence and drugs.

Our handicraft projects are many and varied. We have weavers, knitters and embroiderers of great skill. We share produce from our gardens, as well as preserves, jams and our latest attempt at a new cake recipe. Most of us have computer skills. We even have a coffee machine!

The members? Well, they come from all walks of life – and we're not all elderly! We would love to welcome some younger members with new ideas.

Like to join us in our endeavours and advocacy, or simply to make new friends, or learn new skills in baking, crafts etc or all the above? Then simply come along and have a cuppa with us at our monthly meeting on the second Tuesday of the month at 10.30 am at the cottage on the Bermagui Road. You'll be made very welcome.

We can be contacted at [cwa.cobargo@gmail.com](mailto:cwa.cobargo@gmail.com) or phone 0429 933 686.

*Mary Williams*

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### Cobargo Public School at the Far South Coast Dance Festival

The Far South Coast Dance Festival was held on 23 June at Batemans Bay Pavilion.

Our dance was inspired by Candy Crush, Sugar Rush!

The Cobargo students practiced during their lunch and recess times to perfect the dance.

The dancers powered through an explosion of energy, just like when the sugar hits, only to crash into a dizzying low.

It was a playful journey of highs and lows, so the audience sat back and enjoyed the rush.

Cobargo Public School has attended this wonderful festival since it first started five years ago.

Professional photos were taken and have captured our amazing dancers on the stage.

Mrs Gresty and the parent helpers put in countless hours of effort to get our students prepared with hair and make-up. They also dressed and assisted in the design of costumes. Their hard work and dedication is greatly appreciated.



*Cobargo Public School*

The Cobargo Far South Coast Dancers outside Batemans Bay Pavilion

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## Rebuild Cobargo Project

As the work on all three rebuild sites enters the final weeks, both the commercial spaces and apartments are taking their ultimate shape. While the completion of the bulk of the externally visible works is obvious, internal works including joinery, painting and installation of appliances is also well advanced.

Final commissioning and testing of equipment such as air-conditioning and irrigation systems, the lift to the NDIS-compliant apartments above the Market Hall area and the solar power systems are in the final stages.

There are already a number of commercial leases signed and the new Post Office interior is nearing completion with the migration of the existing post office boxes to the new site being the last step in the process.

CCDC Board member Dan Greenlees said, 'The level of commitment from tenants and prospective tenants is very pleasing and we should have retailers and tenants finalising their locations and fit outs over the next few months. Pleasingly, there is also strong interest in the turnkey café/restaurant opportunity and prospective

tenants will soon be able to view the final layout and equipment. As expected, demand for the five residential apartments remains strong as is interest in the health and business hubs.'

And, CCDC Chairperson John Walters, said, 'As soon as our builders hand over the completed site we will be able to give prospective residential and commercial tenants, as well as community members, a tour of the premises.'

As always, the sixty-four million dollar question is 'When will the formal opening take place?' but, as John Walters explains, 'The handing over of the finished buildings at practical completion by the builders and the formal opening are different events. The formal opening date will be determined in conjunction with the State and Federal Governments as the primary financiers of the project, but we will keep the community in the loop as details become available.'

Please note, if any of the leasing opportunities are of particular interest, feel free to contact Tammy Edmonds or Sarah Jolicoeur on 6492 4300 or email LJ Hooker Bega at [office@ljhbega](mailto:office@ljhbega).

For general information, take a look at the floor plans on the CCDC website or on the LJ Hooker website listing to see what is being delivered for Cobargo or scan the QR code.

*Deb Summer and Steve Williams*

Community Representative Directors  
Cobargo Community Development  
Corporation Ltd (CCDC)  
[CCDCLimited@gmail.com](mailto:CCDCLimited@gmail.com)



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It's nice to be home.

I have been travelling and, coming back to Australia and the far south coast, I can see it with fresh eyes. Some things I found to be different, and others were comfortingly similar.

Those different things included the shock of how early the winter night comes on here. We had been in a European summer with evening stretching until about 9.30 or 10.00 pm. Here we are in darkness by 5.30 pm, but at least now the days are starting to get longer. Also, of course, the temperature was a big shock. Europe was in the middle of a heatwave when we left so it was almost a relief to come to more manageable climes. The temperature of the water was also vastly different with very pleasant 22-24° C water being replaced by a chilly 16° C or lower temperatures here.

Driving and using the roads in Europe as pedestrians or cyclists required a brain adjustment to the right side. I forgot a few times and was almost wiped out. There are fewer large shops, at least that I saw, and more small corner stores, chemists and lottery shops. Language of course was a big adjustment. We found almost all young people were able to help us in English but signage on public transport unreadable and menus in Greece were frustratingly similar, but not. Croatia seems to have very few vowels in their words and has so many inflections it is hard to know how to read it. At least Italian and Spanish seemed more familiar and logical to us. Queues were long and slow but Australian airports and events are equally bad in this respect. Crowds at attractions were expected.

In Croatia we found everyone smokes – in cafés too – all day. As well as smoking, coffee is an obsession, with people drinking strong black coffee from morning until late at night – five or six cups a day! In a pub, people would often order coffee instead of a cold drink. No one wears hats – ever – and helmets are optional. They have clever windows that open on a side hinge or alternatively open on a bottom hinge. Also, heavy metal shutters on a lot of buildings were great to keep that early morning sun out. The standard size of a doona is single so at least you don't have to share.

Greece is a land of neighbourhood cats. People leave food and water out for them, and they are generally accepted and looked after. Public toilets cost one or two euros, but they are clean and often have a resident cleaner on site. Also, no paper goes into the toilet, but a small bin is provided. That was a bit hard to get used to. Church bells sounded morning and night, possibly for mass. Restaurants use paper tablecloths that are changed with each sitting. Shops and cafés open late but stay open until very late too. Although ubiquitous in Australia, I didn't see one plastic chair in Europe. Greece did offer some similarities and reminders of

home. Roads were often lined with flowering oleander bushes in alternating pink and white, there was the occasional large eucalypt tree and bougainvillea in vibrant purple was the plant of choice on many tall buildings.

Now to Italy. We had noted the absence of seagulls in other countries, but we saw them in Italy and they were enormous! Very frightening. Venice has perfectly good drinking water and also maintains its free public drinking water fountains. During the hot days we experienced, they were popular spots.

These are just some of the small things I noted while we were away.

It is so good to be home. To slot back into familiar routines and talk face to face with those we left behind. To be able to cook at home, wash clothes whenever we like and sleep in the same bed for more than a few days at a time, is great. We live in such a beautiful, safe and peaceful part of the world, travelling reminds you of that.



One of the many public water fountains in Italy.

The Triangle Community

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## Revised funding deed for \$30 million to replace Cuttagee Bridge

In July, Bega Valley Shire Council signed a revised funding agreement with the NSW Government for a further \$15 million to fully fund a replacement of Cuttagee Bridge, still without final construction approvals in place.

At the last election, then Shadow Minister for Regional Transport and Roads Jenny Aitchison and Member for Bega Dr Michael Holland committed an initial \$15 million to restore Cuttagee Bridge.

Speaking on ABC Radio on 10 July, Dr Holland said the funding was for council to get on with the job and build a safer, stronger and more accessible bridge. It would provide safe access for emergency services including fire trucks, ensuring the community remains connected and accessible during emergencies such as bushfires. He said the load limit would remain at 15 tonnes.

'The initial commitment was to restore, but when engineers assessed it, it would be complex and expensive,' Dr Holland said.

Phil Coates, a spokesperson for Restore Cuttagee Bridge Group, said they would continue to ramp up their efforts to save, restore and repair the existing bridge and protect the sensitive environment around the bridge ensuring it was not damaged during construction.

'The disappointing comment from Dr Holland is, while he says repair and restore would be expensive, it has never been quantified or properly considered,' Phil said. 'The planned load limit is low, but the footprint of the proposed bridge is much larger and the design and cost absurd. It lacks practical reality and may become NSW Labor's folly.'

Regarding the heritage impact, Dr Holland said '... they will try to use materials' from the existing bridge and '... otherwise, other heritage characteristics will be maintained for the heritage nature'.

Construction is expected to start in early 2027 and be completed in 2029.

*Marion Williams*



Cuttagee Bridge David Rogers photography



## Bermagui's Biggest Morning Tea

An incredibly successful Cancer Council fund raiser was held at the Bermagui Country Club in June that raised \$4,359.75.

140 people attended, most bringing plates of scrumptious food to add to the donated morning tea already packing the table in the centre of the auditorium. There were also two coffee and tea stations provided by the Club that were enjoyed by all.

This annual event, run by the Bermagui Country Club's darts, needlework and craft groups had previously raised \$48,604, bringing the total now to \$52,637.75.

Spokeswoman for the group, Lyn Moore, said that without the wonderful donations from Bermagui's businesses, it would not be possible to run such a successful event. Apart from prizes worth hundreds of dollars there were also vouchers worth over \$1,050.

There was a lucky door prize, a trading table, raffles and a guessing competition which kept the crowd waiting in anticipation until the very last draw.

Betty de la Mare and I kept things moving along and thanked everyone for attending and extended special thanks to the club management and staff for their support.

*Lori Hammerton*



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## Meet a Bermagui Marine Rescue member

**Name:** Caron Parfitt

**Currently lives in:** Bermagui

**How long have you lived here/ where did you come from?**

We purchased our Bermagui property in 2006 with a view to retiring here. At the time we were living in Sydney and moved to Bermagui in 2013.

**Please share with us some interesting facts about your life before Marine Rescue.**

- I grew up in South Africa and moved to Sydney in my early twenties after meeting an Australian while travelling in Europe.
- I started my career in IT, moved to marketing and strategy roles and eventually my partner and I started a consulting company that gave us the flexibility to work to our own timetable.
- Sydney is an amazing city to live in and I enjoyed sailing on the beautiful harbour and walking the many bays with our dogs.

**When and why did you join Marine Rescue?**

I joined Marine Rescue in 2013. I was keen to contribute to our community after moving to Bermagui, and Marine Rescue team members were very welcoming and offered a lot support with training. I enjoy the positive and

friendly comradery that has always existed amongst the volunteers.

The ocean can be a scary place when things go wrong and being able to bring people safely back to shore is very rewarding, either as rescue vessel crew or as a radio operator managing communications and providing reassurance to boaters who need help.

**What are your hobbies/pastimes?**

Kayaking, hiking, cooking and gardening.

**A philosophical quote from you would be:**

A quote from Nelson Mandela – 'What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.'

*Note the digital version of this story is slightly different from the print version.*



Caron Parfitt

## Bermagui Men's Shed has just acquired a new sculpture

Darren Bailey is a Yuin artist who is known for his scrap metal repurposed sculptures. During transportation to this year's Sculpture Bermagui one of his pieces had broken. Bermagui Men's Shed came to his assistance with a workspace and the tools to fix it. As thanks, Darren created and gifted this piece to the Men's Shed. By repurposing everyday items, he made a new sculpture out of 482 knives, 88 forks, 12 spoons and a Holden fly wheel. The piece is called *Joolah* which means lyre bird in the Yuin language.

Deb Worgan



*Joolah*, an artwork of ingenuity and beauty, by Darren Bailey

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## Bermagui Public School is 150 years young!



### Kaleidoscope Art Show

Friday, 11 September 2026, from 5.00 pm to 7.00 pm.

This is an interactive art event. We welcome families and community members to Kaleidoscope, our school's art show. You can enjoy students' dance performances, explore an art gallery, experience interactive art with your children and discover art displayed around our school. Please join us to celebrate and appreciate the creative talents of our students.

### 150th birthday celebrations

Saturday, 12 September 2026 from 10.00 am to 2.00 pm.

Join us in celebrating 150 years of our school. Families and community members are warmly invited to share in this special celebration. There will be live music, market stalls, food vans, an historic museum, memorabilia and games.



### 'Big Tree' exhibition

As part of our sesquicentenary celebrations and the Kaleidoscope Art Show, we warmly invite students, staff, families and community members to participate in a 'Big Tree' exhibition. We want to celebrate this most magnificent feature of our school yard. If only it could talk ...

We are seeking creative submissions to enter work for an exhibition in the new school hall that will be part of a static display during the 150th celebrations.

You might choose to paint, draw, sculpt or use any other medium or technique you like. You could even write an ode to the tree.

Your imagination is your only limit – let it soar!

Entries need to be at the school office by Thursday, 3 September 2026.

We look forward to celebrating 150 years of public education at Bermagui Public School. Please follow our Facebook pages '150 years Bermagui Public School' and 'Bermagui Public School'. For more information you can email Ally Smith at [alison.smith@det.nsw.edu.au](mailto:alison.smith@det.nsw.edu.au) or call the school on 6493 4271.

*Rosyln Jubb*

## Bermagui CWA Craft Group

There's something special about a room full of people creating together and that's what the Bermagui CWA does on the second Wednesday of every month, from 9.30 am to 11.30 am. Our CWA Craft Group gathers at the Bermagui CWA Hall for a relaxed morning of conversation, creativity and community. Everyone is welcome to come along, whether you're a long time CWA member or simply curious to join in. All you need to bring is yourself, a current project if you have one and a coin donation for the tea tin. If you don't have a project, don't worry! We have supplies available to help you get started, along with plenty of friendly guidance.

The craft group is about much more than making beautiful things. It's a space where skills are shared, friendships are formed and knowledge is passed from one member to the next. Around the table you'll find members working on embroidery, knitting, crocheting, quilting, needlework and many other creative pursuits. Whether



We have many colourful squares ready to turn into cosy blankets.

Photo credit: Bermagui CWA

you're a complete beginner or have decades of experience, there's always someone happy to lend a hand or teach a new technique.

Alongside personal projects, our members generously create handmade items for those in need, including knitted and crocheted lap rugs, adult and baby beanies, and baby clothing. At the moment, we're focusing on knitting and crocheting squares that will become our next collection of lap rugs. These handmade donations are prepared with great care before being distributed to local charities and community organisations where they can provide comfort and warmth.

If you've been looking for a welcoming community group, a chance to learn a new skill or simply a reason to spend a morning with good company, we'd love to see you. Pull up a chair, pour yourself a cuppa and join us for a morning of creativity, laughter and friendship.

*Rhiannon Simmonds*



## Bermagui Blue Balls Contingent Swims in Greece

The water was warm, crystal clear, calm ... and salty. No sharks. No stingers. That was what struck us every day as we swam in the Ionian Sea off Greece's spectacular west coast.

In June this year, a lucky group of Bermagui residents – all members of the Bermagui Blue Balls winter swimming group – travelled to Greece for a seven-day swimming adventure. Escaping part of the Australian winter was a major attraction, along with the opportunity to enjoy supported swims through beautiful waters, savour wonderful food and soak up long, warm Mediterranean days. It proved to be all that and more.

The tour, operated by Big Blue Swim, provided safe, fully supported daily swims that were well organised, friendly and flexible enough to cater for individual abilities and needs. There were 21 swimmers aboard our mother ship, *Mowgli*, a beautifully restored 15-metre, wooden motor cruiser.

After a trial swim on the first day, each swimmer was filmed for individual stroke analysis before being divided into three pace groups – pink, orange and

yellow. These groups quickly became our swimming families for the rest of the week. Each group was accompanied by a rigid, inflatable support boat whose crew supplied water, mouthwash, jelly babies and constant encouragement throughout every swim.

With hundreds of islands scattered throughout Greece, no two swims were alike. Local knowledge ensured each route was sheltered from the wind while showcasing diverse underwater landscapes, secluded beaches, dramatic coastlines, hidden sea caves and the stunning turquoise waters for which the Ionian Sea is famous. We followed coastal routes, circumnavigated islands, explored caves and swam between islands, with each day offering a new adventure.

For many of us, the biggest concern was the distance. After the initial trial swim, the program called for five kilometres each day, culminating in a non-stop five-kilometre swim at the end of the week. That was further than most of us had ever swum, and backing up day after day seemed almost impossible. But we did it – all of us. Twelve islands and 25 kilometres

were promised, and twelve islands and 25 kilometres were delivered.

The camaraderie of the group played a huge part in our success. The buoyancy of the salty water, the encouragement from the support crews and the freedom to swim at our own pace made each day's challenge achievable and gave us the confidence to front up again the next morning.

Of course, there was more to the experience than swimming. Every day we sampled a different local taverna for lunch, afternoon drinks or dinner. One of the rewards of swimming so much is the licence to enjoy eating whatever you like – fresh seafood, pasta, stuffed vegetables, rice dishes, desserts and drinks. Our guides delivered us to different harbours each day and recommended local specialties, while the evenings were ours to discover special tavernas and bars.

Looking back, I feel immensely proud to have completed the week and so glad to have shared an unforgettable experience with friends new and old. It was a magical adventure that exceeded every expectation and one that will stay with me for years to come.

*Debbie Worgan*



The 11 members of Bermagui Blue Balls who travelled to Greece for a great week of swimming



## Bermagui Blue Balls greets sunrise

There appears to be some confusion in the wider community as to the origins of Bermagui's ocean swim group. The founder of Bermagui Blue Balls in 2013 was Gary Pearse. The name of the group and its official mascot, the two blue 75 cm inflatable gym balls tethered in PVC fishing net, were Gary's inspired idea and creation. In the early days of the BBB, the two inflatable balls would be anchored approximately 100 metres offshore and the group of winter swimmers would swim out and around the balls. When the swell in Horseshoe Bay was up, the balls despite their size could be briefly obscured from the shoreline. Hence the mantra was, 'To be a winter swimmer you need big balls'. Whatever other connotation people place on the name of the swim group is due to their own imagination.

The BBB commenced as an organised swimming group that only assembled on Sunday mornings between Mother's Day and Father's Day, and that remains our official winter swim season. However, over the years the group has morphed into a



Sunrise television presenter (clothed) interviewing Maggi, with a background of BB bodies.  
Photo credits: Lisa Fosterling

365 days a year swimming group, weather permitting. The name has always been the Bermagui Blue Balls and will continue to be so. Anyone who is prepared to accept the ethos of the ocean swim community is welcome to come and join us.

And so, on Tuesday, 2 June, Destination NSW in conjunction with the Sunrise television program prevailed on the BBB to be part of their swim through the Far South Coast. Sunrise requested that BBB's 82-year-old Sergeant-At-Arms, Maggi, be the interviewee. The rest of the group were background fillers and then encouraged to run into the water on cue like elite Ironwomen/men competitors. Wary of the perils of the shore break's underwater sand undulations that are treacherous for ankles, knees, backs and hips, those directions were duly ignored as a more cautious water entry was undertaken. Apparently, the studio anchorman sagely commented, 'That's obviously hurrying Bermagui style.'

*Ima Shiverer*



A quick demonstration of BBB prowess

## Bermagui Dune Care has received a grant

Bermagui Dune Care is excited and pleased to receive another Community Environment Grant from Bega Valley Shire Council. The news is very welcome, as it will enable the group to employ a contractor to remove weeds of significance, such as moth vine and blackberry.

The contractor will remove large or difficult to access weeds while the group continues to remove the thousands of seedlings that spring up continuously.

It is vital that ongoing funding is maintained as just one year's seeding can destroy any progress made in previous years. The Far South Coast Landcare Association will assist with administration of the grant.

The group is also planting at Setons in areas where pittosporum dieback has opened up the canopy allowing the proliferation of weeds such as thistles and ink weed.

The recent working bee saw another 22 plants across three species. Of special mention is Russell Stewart from Nerimbah who assisted with water and access, saving us a lot of walking with heavy water casks. The group is small but determined to improve the biodiversity in coastal areas that have been negatively affected by human activity. New members are always welcome.

*Karen Joynes, Bermagui Dune Care*  
bermaguidunecare@skymesh.com.au

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### Strong Yuin voices come together in Bermagui exhibition

There are moments when a gallery becomes more than a place to hang artworks. It becomes a place where stories are remembered, conversations begin and community gathers. That has been the experience of *yuwinj bulwal* – Strong Yuin People, now showing at Mane & Tales Studio in Bermagui until 21 August.

Presented in collaboration with the *katungal* (saltwater) people of Djiringanj

Country, the exhibition brings together artists whose works emerge not from the pursuit of art as a profession, but from lives deeply woven into Country, family, memory and cultural responsibility. Visitors have encountered paintings, shell work, timber sculptures and cultural objects carrying living knowledge across generations, inviting audiences not simply to admire the work, but to listen.

Uncle Glenn Campbell learnt timber working from his uncles. His finely crafted works continue an important cultural tradition, reflecting knowledge of tools, Country and cultural practice passed carefully between generations.

Artist Loanna Panton says her creativity began with her mother. 'My art is influenced by nature, my connection to both water and land, and culture,' she said. 'My mother taught me how to make shell necklaces and bracelets and to create using materials gathered from the bush.'

The exhibition also features works by Alison Walker, Beryl Williams, Leah Ardler, Louis Campbell, Rodney Kelly and Shakira Kelly, each contributing their own voice while reflecting the strength found through community.

The opening was warmly supported by the Bermagui Country Women's Association, whose hospitality reflected the spirit of the exhibition itself: people gathering over conversation, tea and shared curiosity.

Supported by the Indigenous Visual Arts Industry Support (IVAIS) program in partnership with South East Arts, *yuwinj bulwal* continues until 21 August at Mane & Tales Studio, Shop 3, 2 Wallaga Street, Bermagui. The studio is open Tuesday to Saturday.

*Elise Idiens*



Paula and Glenn Campbell Photo credits: Elise Idiens



Beryl Williams

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## *The Brainstorm* at the Headland Theatre

I grew up on the island of Guernsey in the 1950s and '60s where, a century before, Victor Hugo lived for fifteen years as a political exile during France's protracted revolution. These were Hugo's most productive years when, far away from the distractions of his Parisian lifestyle of literary soirées, political wrangling, lover's trysts etc, he finally completed his masterpiece, *Les Misérables*. His rigorous and energetic work regime during this time produced half a dozen other novels, volumes of poetry and republican tracts.

A man of intense passions, Hugo fell in love with the island, walking daily on its cliffs, swimming in its bracing waters, engaging with islanders from all walks of life, dining heartily on the fruits of the sea and the land. Guernsey shares many characteristics with the Sapphire Coast!

'I live in a seagull's nest high above the town; ... I overlook the entire archipelago of the channel; I can see France from which I am banished ... imagine my state of mind living in such splendid solitude, as though perched on the pinnacle of a rock, with all the great foaming waves and huge scudding clouds below my window. I live in this immense ocean dream, gradually turning into a sleepwalker of the sea ...' (VH).

One of his novels, *The Toilers of the Sea*, features a cast of Guernsey characters and unfolds, in the time of steam travel, on the island of Guernsey, in Saint-Malo in Brittany and out on the treacherous waters in between.

In my play, *The Brainstorm*, I embody Hugo in the act of creating this 'ripping yarn' in his roof-top studio ... the



Patrick Dickson, as Victor Hugo Photo credits: Lis Shelley



Victor Hugo, with the octopus

'lookout'. Hugo becomes the colourful characters, reads fragments of his manuscript, acts out scenes, crystallising the adventure that has been building in his imagination. This is the writer at work and in full flight.

The 'lookout' itself is like the fabulous and fantastical cave described in the novel as 'that extraordinary palace of shadows' and 'the inside of a vast skull'. Metaphorically, we are inside the writer's head.

My play also gives us glimpses of how Hugo's tumultuous personal life finds expression in his romantic drama of obsession, betrayal, love and the powerful unpredictability of the natural environment.

'I dedicate *The Toilers of the Sea* to the rock of hospitality and liberty, to that portion of old Norman ground inhabited by the little nation of the sea, to the Island of Guernsey, severe yet kind, my present asylum, perhaps my tomb ...' (VH).

The production features some of Hugo's own beautiful and evocative ink drawings, brought to life as dynamic projections by local talent, Scott Baker.

*The Brainstorm* was first produced at the Murrah Hall in 2019 and I'm reviving it in preparation for its second season in October in Guernsey – its spiritual home. I'm thrilled to be amongst the first producers at the new Headland Theatre at the Tathra Hotel.

*The Brainstorm* will be at the Headland Theatre in Tathra on 7 and 8 August at 7.00 pm and 9 August at 2.00 pm.

Patrick Dickson



### Lucy Wise in Concert

Cobargo Arts Music and Culture is excited to bring you the talented Lucy Wise who is an award-winning singer-songwriter with a voice that pulls hearts out from the shadows, whilst effortlessly blending acoustic, traditional folk, roots and pop sounds.

Her forthcoming record *Salt* is inspired by artists such as Joni Mitchell and Madison Cunningham, sitting comfortably between the intimacy of traditional folk and the clarity of modern pop.

Diving deep into '90s pop and alt rock sounds, *Salt* draws on music Lucy heard on the radio as a kid, including artists such as Lucinda Williams, Sheryl Crow and Crowded House.

It explores diverse topics, from op shopping to life in regional Australia, to power dynamics and imagining people at a party as glowing sea creatures. Lucy tells stories, with humour and a whole lotta heart, of everyday moments that shape us.

You can hear her on Saturday 26 September from 3.00 pm to 6.00 pm in the Cobargo Showground Supper Room. Tickets are available through the Humanitix website, search for 'Lucy Wise' in 'Cobargo'.

General Admission will be \$30.00 and Yuin Folk Club Members \$25.00.

Light snacks will be provided.

For further enquiries email [program@cobargofokfestival.com](mailto:program@cobargofokfestival.com).

*Pamela Shears*



Lucy Wise. Photo credit: Laura May Grogan



## FROM EARTH & FIRE

**This exhibition showcases 32 established and emerging potters from the South Coast of NSW.**

**The exhibition runs from Friday 7 August through until 2 September.**

**There will be an opening on Friday 7 August at 5.00 pm if you want to come and meet the artists.**

**Spiral Gallery is at 47 Church St, Bega.**

**It is open Monday to Friday from 10.00 am to 4.00 pm, and from 10.00 am to 1.00 pm on Saturdays.**

*Joyful Contemplation by Phoebe Turner*



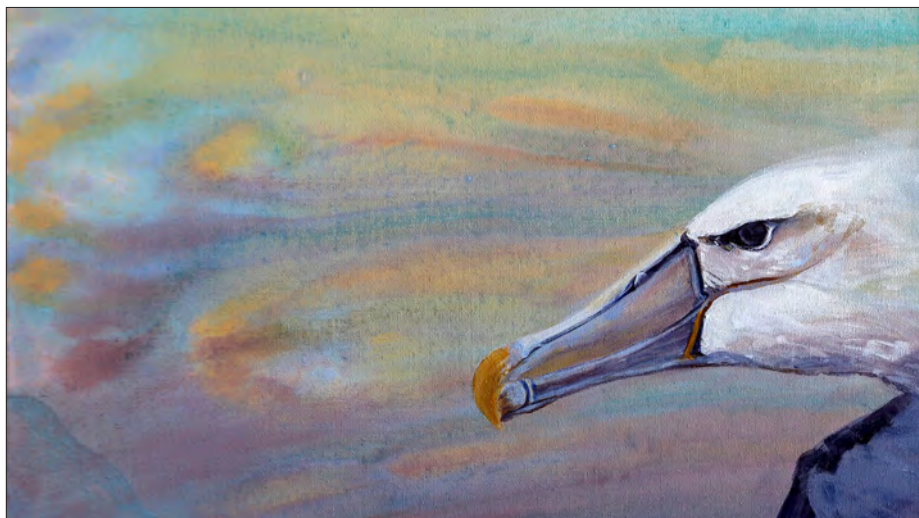
## Community Art Exhibition – *Harbour*

Shop7 ArtSpace Gallery of Bermagui is hosting their annual exhibition of artworks in any medium relating to the theme, Harbour. Gallery visitors can expect to enjoy artworks by more than 30 local artists.

There are still a few days left until entries close on Tuesday 4 August. Pick up your entry forms at Shop7 ArtSpace Gallery, on the upper deck at the Bermagui Fishermen's Wharf overlooking the boat harbour, or email [coastclay@gmail.com](mailto:coastclay@gmail.com).

We welcome everyone to our opening night on Friday 7 August, from 5.00 pm to 7.00 pm, when awards will be announced. We thank local businesses for their support with small donations to award to the creator of their favorite artwork. There is also the People's Choice Award of two free weeks exhibiting as a Guest Artist at Shop7 ArtSpace Gallery. So, call in and vote for your favorite.

The *Harbour* exhibition is on until 1 September and can be seen from 10.30 am to 3.00 pm at Shop7 ArtSpace Gallery Bermagui every day of the week except



*Albatross* by Lyndal Jenkins

Wednesdays. Meet the artist on duty while you're there.

My new painting of the majestic albatross that graces our water will be included in the exhibition. Many years ago, I'd go fishing off Bermagui where albatross would soar between the waves. Sometimes they'd pick up the lure we were trolling

and get hooked, so Dad would gently reel it into the boat and fearlessly remove the hook. The gentle giant would walk around in the boat for a while until it jumped up on the side and flew off. What an honor to be so close.

*Lyndal Jenkins*

### New exhibition at Cobargo Creators

**Cobargo Creators invites you to come into the Gallery and explore our latest exhibition**

***Black and White with a Splash* opens on Saturday 8 August and will run until Thursday 3 September.**

To help with our fundraising, we're also running a different kind of wood raffle – first, second and third prizes are all examples of beautifully hand-crafted wooden items that are both functional and aesthetically pleasing.

We are extremely grateful to the creators of the pieces as they have generously donated them to help us keep the Gallery open. The prizes can be viewed in the Gallery between 10.00 am and 2.00 pm from Sunday to Friday and between 9.00 am and 1.00 pm on Saturday. Tickets are \$2 each and the raffle will be drawn at the end of September.

*Glennnda Heino*



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



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## Poetry, Dance and Music at Four Winds Arts Salon

A celebration of poetry, dance and improvised music will come to Four Winds, Bermagui, on Saturday 15 August, when local writer and musician Elizabeth Walton launches her new poetry collection, *How to Read a City, Your Place of Last Resort*, published by 5 Islands Press. More than a traditional book launch, the free event will bring together acclaimed writers, dancers and musicians for an afternoon of collaborative performance.

Travelling from the Canberra region are distinguished literary guests – Jen Webb, Distinguished Professor Emerita of Creative Practice at the University of Canberra and award-winning novelist, playwright and poet Nigel Featherstone. They will be joined by celebrated local poet Sandra Renew, whose recent collection *She Goes to Town* has received widespread acclaim.

Adding a visual dimension to the event, dancers from the Sydney Dance Company will respond to poetry and music through improvisation. The afternoon will also feature live painting by artist Justin Pearson, creating a multi-disciplinary arts salon in which poetry, movement, visual art and music unfold together in real time.

At the heart of the event is live improvised music by Elizabeth Walton and Richard Lawson, responding spontaneously to one another as the poets read. The result promises to be a unique performance.

Hosted at Four Winds, the salon celebrates the growing dialogue between regional and metropolitan artists while showcasing the richness of Australia's contemporary literary and performing arts communities. Audiences will have the opportunity to meet the artists after the event.

The free Salon: The venue will open at 1.30 pm for Dance, Music, Poetry at 2.30 pm on Saturday 15 August at Four Winds, Bermagui. Copies of *How to Read a City, Your Place of Last Resort* will be available for purchase and signing.

If you wish to attend, please register at EventBrite – search for 'ElizabethWaltonSalon4Winds2026' at Bermagui.

Elizabeth Walton



Walton will be performing with Richard Lawson at her book launch, Four Winds, 15 August. Free event but registration essential.

## Spring Dance Night with the Kameruka Bush Orchestra

Nothing beats a good community bush dance where everyone is welcome. Back in the day, Cobargo was famous for its bush dances with the village turning out regularly on Saturday nights to dance at the School of Arts Hall.

CoMAC is reviving Cobargo's community dancing with a Spring Equinox Dance hosted by local legends, the Kameruka Bush Orchestra.

The Kameruka Bush Orchestra is a collective of traditional players from the Bega Valley who play and promote Australian dance tunes for traditional bush dances. Expect lively fiddles,

squeeze-boxes, and all the classic bush dance favourites plus a few surprises. Don't worry if you don't know the dances – the KBO will teach you step by step.

Dress up or dress down!

Come for the music, stay for the fun and dance the night away with your local community on Saturday, 19 September from 6.30 pm to 9.30 pm at the School of Arts Hall, Cobargo.

Tickets are available from the Humanitix website, search for 'CoMAC Spring Dance' in 'Cobargo'.

General Admission will be \$30.00 and Yuin Folk Club Members \$25.00. A curry supper will be available for an extra \$10.00.

This is a CoMAC (Cobargo Music Arts and Culture) community event supported by Create NSW, the Yuin Folk Club and the Cobargo Folk Festival.

For enquiries email [program@cobargofokfestival.com](mailto:program@cobargofokfestival.com).

Pamela Shears



The Kameruka Bush Orchestra

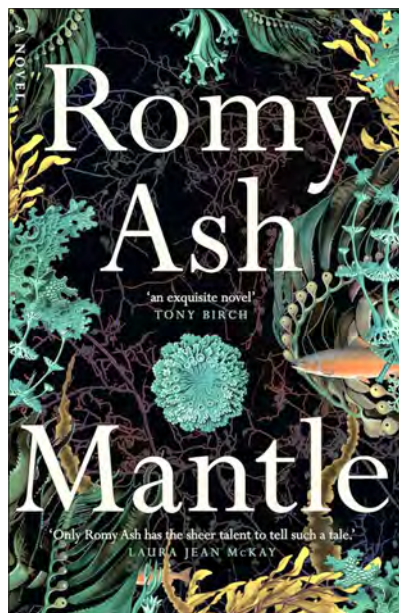


## Mantle

Romy Ash

Ultimo Press, RRP \$34.99

Romy Ash is a young Australian female author of extraordinary talent. Her first novel, *Floundering*, published in 2013 was short listed for the Miles Franklin and Commonwealth Book Prizes and the Prime Minister's Literary Award. An amazing



accomplishment for a thirty-year-old, first-time author.

Now, thirteen years later she has published her wild, weird, watery and wonderful second novel, *Mantle*. It is dystopian, Tasmanian gothic (a crowded genre) and driven by climate change, but don't let that deter you from this complex, marvellous novel. It depicts us and our world under pressure and it's really about grief, love and the superiority of the natural world.

Ursula is our narrator. She is a 50-year-old academic, a geologist/stratigrapher who studies the earth's layers and sadly says that we are leaving 'the plastic layer'. Ursula is childless, intelligent, self-aware and self-deprecating. She is real, funny and food obsessed. Ursula anchors us and the novel in both the science and the surreal. She has returned to this isolated, clifftop, self-built house on the D'Entrecasteaux Channel on Tasmania's south-east coast to visit her mother. The landscape, the house, the cold and the ever-hungry fire are all characters in this novel.

Ursula's mother, Delores, is dying because her lungs are failing and Ursula is caring for the mother that she has had little contact with for many years. They both

carry the same grief from the accidental death of Ursula's sister and father. Delores has chosen the simple life and has been 'prepping' since the 2000 millennium bug. The distance between mother and daughter closes as death comes nearer.

When the ambulance arrives, both drivers are clothed in Hazmat suits and Delores's body disappears from the hospital. Something is wrong. The rash that Ursula and, it seems, half the town have developed, refuses to disappear. Ursula and her younger lover awake attached to each other by fine filaments; the rash erupts into clumps of frightening yet beautiful mushrooms. Fungi are proliferating in the warming climate, and their spores are in the air we breathe. Is this a new epoch?

Soon the world is in lockdown again ...

Ash divides the novel into sections: Civil, Nautical and Astronomical. These are the phases of twilight before complete darkness.

The last section is Night, and this section will not leave me, at least for a while.

There was one short description that caused my stomach to turn. But it was worth it. Strange, bizarre, beautiful and brilliant.

## Anglican Churches of Bermagui Cobargo and Quaama

### Service times in August

**Bermagui at 8.30am – 2nd, 9th, 16th, 23rd**

**Cobargo at 10.30am – 2nd, 9th, 16th**

**Quaama at 10.30am – 23rd**

**Combined Service in Cobargo – 30th at 10.30**

**followed by lunch**

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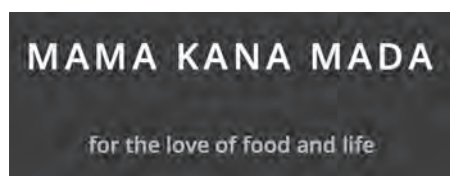
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## Open Sauce's Recommended Sources



'Nat's what I reckon' is Nat's YouTube channel that became famous during COVID for teaching a lot of people about the basics of cooking. His tips and ideas, along with his humour, swearing, long hair, tattoos and rings in ears, nose and lip certainly motivated a lot of us to giggle in the kitchen. His opposition to microwaves is fierce. Made Ya Look Roast Chicken is hands down the best roast chicken I've ever made.



And 'Mama Kana Mada' is a treasure trove of recipes for and from the friends of a dear friend Dimity, who says 'Mostly vegetarian, handed down from friends or family to me and mine, these recipes are shared to be shared.' Her blog gathers new and old recipes and culinary experiments that delight in the richness of home-style cooking. Her flu blaster recipe, which is the older, bigger and far more feisty sister of the usual hot toddy, really works.

*Flick*

### COOKIE + kate

If you're on the vegetarian/whole foods side of things, I recommend Cookie and Kate. You might need to navigate around some of the more American offerings but all the recipes have been meticulously checked, and you can count on them working well first time. Her healthy banana bread is the most delicious banana bread I've ever eaten.

For the more entertaining side of recipe sites, I love 'Tasting History with Max Miller'. Max is a bright and talented YouTuber bringing menus from ancient and memorable times past to the modern world. He digs into the history. I've just bought 'garum' and plan to make 'defrutum' if I can buy some pure grape



juice from anyone. So, when he says, 'It tastes so Roman', I'll know what he's on about. Anyone growing lovage?

*bhagya*



I can't lie – I refer to 'RecipeTin Eats' as a ready reference as her recipes are usually spot on, with explanations and substitutions with easily found Australian ingredients, that aren't too fancy or expensive. Two of my favourite recipes are the Thai chilli and basil pork stir fry and the Twice-baked Make Ahead Cheese Soufflé.

### ANDY COOKS

Another site I love to visit is 'Andy Cooks'. Andy is a New Zealander, living in Australia. He is a working chef but has now carved out a big presence in the foodie/YouTube world. Firstly, cooking a lunch dish his wife 'Babe' would request. All ingredients magically available in the fridge with easy, well filmed content. Then a series where he travels the world to discover the best of. Always entertaining, always personal.

*Linda*



My all-time favourite is YouTube channel 'Rainbow Plant Life'. Presenter Nisha Vora offers easy to prepare vegan dishes along with tips for ensuring they're nutritious and balanced. My favourite is Whipped Tofu Ricotta that includes the base ricotta recipe plus a range of ways to use it.

My other go-to channel is 'Tortellino' that dives into home-style Sicilian recipes. The Creamy Chickpea Pasta is unusual



and opens up a whole new style of one-pot pasta cooking. Presenter Francesco is a hoot and sometimes starts in the garden to demonstrate recipes using remnants such as brassicas that have gone to seed.

*Tikka*

Like so many others, 'RecipeTin Eats' is one of my most common references, particularly for really basic recipes (like fluffy Basmati rice, pannacotta or romesco sauce) as well as more sophisticated but never pretentious fare.



I find Adam Liaw ever reliable – unfussy, delicious and imaginative recipes with just the right amount of chat and background. He can be found on SBS (turmeric fish on spiced rice), SMH Good Food Guide (miso butter Brussels sprouts) and Adam Liaw (Hainanese chicken rice).

Both cooks are fantastic if you have a vegetable you want to dress up and honour rather than serve it up the same way every time. Really useful when you have a large veggie garden producing waves of plenty.

*Angela*

My go-to recipe site is 'RecipeTin Eats'. It has a very comprehensive collection of recipes and a good mix of eastern and western styles. The recipes use everyday ingredients, are creative, easy to follow and offer practical notes and suggestions for alternative ingredients. I haven't had a bad experience with RecipeTin Eats. Highly recommend her Beef Stroganoff.

*Debbie*

*A quick note – The names and phrases with quotation marks (for example 'RecipeTin Eats') can all just be dropped into your regular browser and will come up trumps with the required site.*



## The Bare Necessities

Bare-rooted plants look like they shouldn't work. A rose or fruit tree dug straight from the ground with no soil or pot, roots wrapped only in damp hessian or sawdust. Yet this has been the standard way to grow and sell deciduous plants for centuries, long before plastic pots existed, and it remains one of the cheapest ways to build a garden.

The trick lies in dormancy. Once a deciduous plant drops its leaves, it stops transpiring and its metabolism slows right down, so roots can sit exposed for days or weeks without harm – try that with an actively growing plant in summer and it would be dead within hours. Nurseries exploit this dormant window to lift plants straight from their growing rows, and skip the costs associated with transporting pots and potting mix, a saving passed on to us in lower-priced, often better quality, bare-rooted stock.

There's another reason to make the most of bare-root season while it lasts. Many heritage and less common varieties such as old-fashioned roses and unusual heirloom apple cultivars only ever get produced in bare-root form. It isn't commercially viable for growers to pot up and hold rarer stock year-round, so once the season ends, these varieties often vanish from nurseries until next winter. And right now is the best time to purchase and plant them.

Buying bare-rooted is only half the job – planting technique matters just as much. If the roots feel dry, soak the whole root ball for an hour or two first. Dig a hole wide enough for roots to spread out naturally rather than curl, since curled roots often struggle for years. Plant at the same depth the tree was at in the nursery row, judged by the soil mark on the trunk and, for grafted roses and fruit trees, keep the graft union just above soil level. Firm the soil gently as you backfill, then water deeply to settle it around the roots. Do all that, and by spring you'll barely recognise the bare, dormant stick you planted back in August.

Around the town gardens, the first jonquils and daffodils are nodding their heads in shadier corners, a reminder that spring bulbs are best bought and planted while the soil's still cool, before it warms up and works against you. *Pyrostegia venusta* (orange trumpet vine) is also erupting in swathes of orange.

This month in the vegie garden we're still mostly limited to planting leeks, shallots, onions, peas, broad beans and lettuce, plus rocket, silverbeet and the quick-growing radish (ready in twenty-three days). If you're growing spuds, now's the time to chit your seed potatoes: cut into sections, stand eyes-up in egg cartons on a sunny windowsill, and let them sprout ready for planting later in the month. It's also your last chance to spray peaches, nectarines and apricots for peach leaf curl before the buds open, and a good time to plant asparagus crowns if you're after a bed that rewards you for a decade or more.

In the wild places around the Triangle, the roadsides are having their moment, with several wattle species now flowering together in a proper golden flush.

Got a gardening question, plant mystery or pest problem? Drop us a line at [gardening@thetriangle.org.au](mailto:gardening@thetriangle.org.au). We'd love to hear from you.

Happy gardening.



Emerging bluebell bulbs



Time to chit your potatoes



Orange trumpet vine is currently all aflame



# COMMUNITY NOTICES

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

## ALCOHOLICS ANONYMOUS

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

## ANGLICAN PARISH OF COBARGO/BERMAGUI/QUAAMA

For service times and contact details please check our website: [anglicanchurchcobargobermagui.org.au](http://anglicanchurchcobargobermagui.org.au)  
For enquires please email: [info@anglicanchurchcobargobermagui.org.au](mailto:info@anglicanchurchcobargobermagui.org.au)

## 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

Meet 2nd Tuesday of each month at CWA Hall, 10 Corunna Street, Bermagui. Contact Amanda Greedy 0413 613 773 [cwa.bermagui@gmail.com](mailto:cwa.bermagui@gmail.com)

## BERMAGUI DUNE CARE

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

## BERMAGUI GARDEN GROUP

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

## BERMAGUI HISTORICAL SOCIETY

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

## BERMAGUI & DISTRICT LIONS CLUB

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

## THE BERMAGUI MARKET

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

## BERMAGUI MEN'S SHED

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

## BERMAGUI PROBUS

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

## BERMAGUI SENIORS' SOCIAL CLUB

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

## CATHOLIC CHURCH

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

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

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

## COBARGO CREATORS

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

## COBARGO CWA

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

## COBARGO DISTRICT MUSEUM

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

## COBARGO PRESCHOOL

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

## COBARGO QUAAMA BUSINESS RECOVERY GROUP INC (CQBRG)

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

## COBARGO RSL HALL

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

## COBARGO & DISTRICT RED CROSS

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

## COBARGO SCHOOL OF ARTS

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

## 1ST COBARGO SCOUT GROUP

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

## COBARGO SHOWGROUND

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

## COBARGO SHOW MEETING

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

## COBARGO TOURIST & BUSINESS ASSOC

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

## DIGNAMS CREEK COMMUNITY GROUP

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

## KAMALASHILA TIBETAN BUDDHIST CENTRE

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

## MACKILLOP FAMILY SERVICES

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

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

## OPEN SANCTUARY AT TILBA TILBA

Meditations, discussions, guest speakers & special events.  
[opensanctuarytilba.org](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 and lunch  
2nd Thursday of the month at 11am  
Call Helen Thomson 0407 100 710

## 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

| AUGUST       | WHAT                                                                                                                                        | WHERE                                             | TIME                                       |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------|
| Until Fri 21 | Strong Yuin Voices group exhibition.<br>Mixed media pg. 27                                                                                  | Mane & Tales, Shop 3/2<br>Wallaga St, Bermagui    | Studio open Tues<br>- Sat                  |
| All August   | 20th anniversary exhibition of members<br>past and present.                                                                                 | Lazy Lizard, Cobargo                              | M-F 10 - 3<br>Sat 10 - 1                   |
| Fri 7        | Harbour community exhibition,<br>opening 5-7 pm pg. 30                                                                                      | Shop7 ArtSpace,<br>Bermagui Wharf                 | Thurs - Tues<br>10.30 - 3                  |
|              | From Earth & Fire, 32 potters from the<br>Sth Coast, opening from 5 pm pg. 29                                                               | Spiral Gallery,<br>47 Church St, Bega             | M-F 10 - 4<br>Sat 10 - 1                   |
|              | <i>The Brainstorm</i> , Patrick Dickson one-man<br>play about Victor Hugo & his exile and<br>creativity on the island of Guernsey<br>pg. 28 | The Headland Theatre,<br>Tathra Hotel, Tathra     | Fri 7 pm                                   |
| Sat 8        | Free Compassionate Care Collective event<br>with speakers & proponents of end of life<br>practices. pg. 8                                   | Kyla Park Hall, Tuross<br>Head                    | 10 - 1 pm                                  |
| Sat 8        | Black + White with a Splash exhibition<br>pg. 30                                                                                            | Cobargo Creators                                  | Sun-Fri 10 - 2<br>Sat 10 - 1               |
|              | <i>The Brainstorm</i> , Patrick Dickson play<br>about Victor Hugo & his exile and<br>creativity on the island of Guernsey<br>pg. 28         | The Headland Theatre,<br>Tathra Hotel, Tathra     | Sat 7 pm                                   |
| Sun 9        | Same as above, matinée                                                                                                                      | The Headland Theatre                              | Sun 2 pm                                   |
| Sat 15       | Salon: Poetry, dance & music with<br>Elizabeth Walton and friends, free pg. 31                                                              | Windsong Pavilion, Four<br>Winds, Barragga Bay    | 2.30 pm                                    |
| Sat 22       | Koalas in our backyard event: family-<br>friendly, informative and interactive<br>pg. 4, 10                                                 | Bermagui Community<br>Centre                      | 10 - 3 pm                                  |
| Sun 23       | Streeton Trio, Women who dared;<br>internationally successful chamber<br>ensemble. Book on Four Winds website.                              | Windsong Pavilion,<br>Four Winds,<br>Barragga Bay | Food & bar<br>from 12.30 pm<br>Starts 2 pm |

## DISABILITY SUPPORT WORKERS WANTED

### Nardy House, Quaama

Join a compassionate team providing care for people with profound disabilities. We're seeking reliable, caring individuals who value person-centred care and want to grow in a supportive environment.

Nardy House offers you a meaningful role in complex care with ongoing training and development. Experience is welcome, but a commitment to learning is key.

**Location: Nardy House, Princes Hwy, Quaama. Phone: 6493 8120**

**Permanent part time and casual positions available**

**Inquiries to: [servicecoordinator@nardyhouse.com.au](mailto:servicecoordinator@nardyhouse.com.au)**

