

THE TRIANGLE

COMMUNITY NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

Circulation 1600 plus online visits

ISSN 2652-9092 Issue No 265 September 2026

It's on – Tilba Festival!

For over 30 years, the Tilba Festival has been one of our most loved community celebrations. Traditionally held during the Easter long weekend, this timing brought with it a unique set of challenges to our quiet corner of the world. Central Tilba already experiences a massive influx of regular holiday tourists over Easter, making an extra, large-scale event overwhelming for our small main street and placing an enormous strain on local infrastructure. Behind the scenes, putting on a festival during peak holiday times comes at a steep financial cost, making it increasingly difficult to sustain year after year for the tiny group of dedicated local volunteers whose year-round labour of love makes the day possible.

This year, we welcome a fresh new chapter as the festival moves to spring: Saturday 26 September and we'll be decorating Bate Street with fresh flowers from Wyndham Flower Farm and Mountain View Farm.

This new spring date eases that peak holiday pressure, reduces event costs and gives our local retailers a welcome boost during these quieter months. Most

importantly, it proves that the true magic of the festival isn't a spot on the calendar, it's the timeless spirit of our beautiful community coming together.

That spirit shines brightest in the small, hand-crafted details that bring the street to life each year. If you look up during the festivities, you will spot our iconic hand-painted festival banners stretching overhead. Many date back to the early 1990s, carrying the whimsical art of the late John Small alongside creations by local schoolchildren from decades past. Thanks to recent touch-ups and repairs by Phil and Deb from Tilba Leather, Taisha Reed from Frontyard Tattoo, and an installation by Dan and Tarquin from Arcadia Tilba, these beloved canvas keepsakes are once again ready to shine. Adding to this living history, the children of Central Tilba Primary School will be painting a brand-new banner this year, leaving their own mark on festival history.

When the street closes to traffic on 26 September, the entire village becomes

a playground for connection and simple joys. Local musicians will fill the air with live music across multiple stages, while talented artisans and food trucks line the road.

Families can step back in time with old-fashioned street games including the gumboot throw, the legendary egg toss and the cheese rolling competitions!

The dedicated Kids Zone features free activities, face painting and two show-stopping performances by magic favourite, The Great Zamboni.

Bring your family, slow down and help us celebrate the unique heritage and connection that makes Tilba so special. We cannot wait to welcome you!

Information and tickets through Humanitix, just search for 'Tilba Festival 2026'.

\$20 Adult, \$10 child, \$50 family.
Parking in Tilba Tilba, 9.30 am – 4.00 pm.

Nicole Clark



Greasy pole contest poster, by the late John Small, Tilba resident and a previous Tilba Bites correspondent.



Tilba buildings, artwork created by Central Tilba Public School children



Millendium Games poster, John Small

Welcome to the September edition of *The Triangle*. Spring is here and like the change of season, there are many stories of change and renewal, with lots of news from our communities in this edition. Thank you everyone for your wonderful contributions.

As you would have read in last month's edition, we are farewelling two much loved stalwarts of *The Triangle*, with Linda Sang and Stuart Absalom stepping down from the committee. We will miss them both greatly. Fortunately, we have a lot of talent on our little committee and, through the excellent skills and leadership of Flick, we are working through the change and preparing for the next phase of *The Triangle*.

The Triangle showcases the amazing efforts of our community members, many of whom volunteer in a variety of capacities with the shared purpose of helping and growing our communities. I wanted to give a shout out to several individuals and community groups that I feel deserve a hearty round of congratulations along with all the other amazing volunteers in the Triangle region.

In no particular order they are: the Tilba community for rallying together to bring back the Tilba Festival on 26 September 2026; the ReBoot in Bermagui Committee that has been working very hard developing an even greater action-relaxation-packed program to help locals and visitors reboot their fitness on the weekend of 3-4 October 2026; the Cobargo Community Development Corporation for nearing the finish line of the Cobargo Rebuild project, which has been a herculean effort by the local community; and, lastly, although they are not a community group, well done Tim and Honor Northam for expanding their business into Merimbula. Personally, and through Honorbread, Tim and Honor do a great deal for the community and I deeply admire their energy and passion, as I do all the hard-working members of our community.

And lastly, with great sadness, vale Val Anderson. It has been a time of great sadness and dismay to see Val suffer over the past few years. My deep condolences to Jim, his family and, of course, Oscar.

Letters

A possum's hollow or a person's home?

The Nutleys Road over-50s proposal was knocked back at the planning stage due to concerns including native habitat impacts, bushfire risk and flooding. I understand these issues, but they are already relevant to the existing 60-odd homes within the identified bushfire risk zone. The question should be how to manage and mitigate hazards through design and conditions – not whether people should be denied needed housing. Bushfire risk can be addressed through defensible space, vegetation management, improved building standards and, where required, BAL-based design. Flooding can be reduced through stormwater engineering and drainage design. With proper planning, housing and native habitat can coexist – but humans should come first.

Clair Sinclair



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





Thumbs UP

To everyone involved in organising and speaking at the Koalas In Our Backyard event during Science Week. Every single speaker inspired us with information and ideas for protecting our furry friends. Thanks and kudos to the Far South Coast Koala Action Network.

To Bega Hospital that dealt with my recent visit in an efficient, professional and timely manner. What a great system, and all on Medicare.

To the South East Producers e-news that comes every Thursday with such great info on markets, food and growers in our community.

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

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 your contribution or questions to contributions@thetriangle.org.au.

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Articles: 12pm, 22nd of each month
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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 1700 in print (2400 in holiday months) plus around 500 unique online visits each month.

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Succession planning at Bermagui and Narooma medical practices

The long-standing arrangements between the Bermagui and Narooma medical practices will continue now that Principal GP, Dr Gundi Muller-Grotjan, and Practice Manager, Jane Taylor, have sold them to the same three individuals.

Doctors float between Bermagui Medical Centre and Narooma Lighthouse Surgery and patients can book appointments at either location because patients' records are in a shared software system. On 1 August, Braveheart, the owner of the two medical practices, sold them to three new owners. Gundi and Jane have owned the practices since 2015 under the name of Braveheart.

'I was tossing around the idea of selling for quite a few years, not to get out of the business, but more for succession planning,' Dr Gundi said. They raised the idea with a few people over the years but were never satisfied. After discussing the sale with the new owners for a year they knew they had found the right fit.

The new owners are a couple based in the Hunter Valley and their business partner in North Sydney. Between them, they have backgrounds in medicine and psychology. They have bought a unit in the Narooma area and will spend time in Narooma every few weeks.

They will run the two practices the same way, retaining the same doctors, patients, receptionists and software system. The new business name is Corvita, Latin for heart and life. Dr Gundi said the change of ownership will give the practices access to a larger pool of doctors. Some will arrive in September and others in November.



Dr Gundi at her desk.

The biggest change is that Braveheart's Practice Manager Jane Taylor has retired to pursue other interests but the practice will ensure that patients and their records won't be affected.

Gundi is happy she can focus solely on her clinical work and training new doctors to bring them up to the practices' standards.

Marion Williams

Trace the Bermagui Mystery on the October long weekend

Join other amateur sleuths on Monday 5 October on the trail of the crime that has intrigued people on the far south coast for 146 years – the Bermagui Mystery.

Members of Narooma and Bermagui Historical Societies and the Montreal Goldfield group will again retrace this mystery from Bermagui to Mystery Bay with five stops.

Five men disappeared from Bermagui on Sunday 10 October 1880. Their bodies were never found, only their small boat that had been deliberately wrecked near the area now known as Mystery Bay.

They were Government Geological Surveyor Lamont Young, sent to check out the new Montreal goldfields and other gold finds in the area, his assistant Max Schneider, and three men from Batemans Bay – Tom Towers, owner of the boat, William Lloyd and Daniel Casey. Their disappearance quickly became known as 'the Bermagui Mystery'.

This free expedition starts promptly at 10.00 am on Monday 5 October at the headland overlooking Bermagui River, ending at Mystery Bay picnic shelter about 1.00 pm. Bring your lunch. Maps will be issued and carpooling is recommended.

Laurelle Pacey



On the 2022 Bermagui Mystery tour, Judi Hearn of Montreal Goldfields Management Committee outlined to the gathered throng on Haywards Beach the scene on the Montreal goldfields and what was seen from the beach on the fateful morning Sunday 10 October 1880. Photo courtesy Wendy Douch.



Samuel McLennan spreads his messages from Bermagui

It is more than four years since Samuel McLennan had a vision of himself on the ocean on something built from rubbish. Project Interrupt is an attention-grabbing statement about many of today's issues including mental health, industries' lack of care for our environment and how people and businesses can make real change by taking responsibility, recycling and repurposing.

It took Samuel two years to build his vessel, *Heart*, from aquaculture debris, mainly from salmon farms. He embarked on his voyage from Nubeena, southern Tasmania, in February 2024 and is making his way up the east coast with long and frequent stops. He plans to arrive in Sydney by December.

Samuel is turning heads and starting conversations along the way as he demonstrates that people can live a great life with very little money and spreads his message about the importance of beautiful natural surroundings and the powerful impact that has on people.

He arrived in Bermagui in late July. Residents are visiting him where *Heart* is anchored along the Bermagui River,

wanting to talk to him about what he is up to and his distinctive vessel. Early on there were frequent comments about madness and insanity. Now that he has been on the radio and in newspaper articles and has safely crossed Bass Strait, people have become more welcoming and interested, rather than judgmental.

Samuel started Project Interrupt because nothing else was really working

for him or making him happy. 'I was looking for ways to have an incredible life, not just an ordinary life.' Samuel has faced 50 knot winds and eight-metre swells in *Heart*.

He is taking his message of 'when we care for the world, the world cares for us' into schools, and has made presentations at almost 40 schools so far.

Marion Williams



Samuel's boat is anchored in the Bermagui River.

Mumbulla School Students Concert in Cobargo

Mumbulla School for Rudolf Steiner Education is excited to announce there will be a music concert at the Cobargo School of Arts Hall on Wednesday, 9 September at 1.15 pm. The concert will be free and community members are welcome to come along and enjoy the music.

As part of their annual music tour, Mumbulla School's Class 5 and 6 students will also visit both Tilba and Wyndham Public Schools to share their love of music with the students. The audience will enjoy music performed in a string ensemble and band.

Children at Mumbulla School learn a string instrument from Class 3. This may be a viola, violin or cello. The children learn under the guidance of talented local tutors Anna Martin-Scrase, Stephen Freeman and Odette Bruinzeel. For many, the path to playing can require all of their will – and a good amount

of support by parents and carers. Practice is purposeful with the goal of performing for a wider audience.

In Class 5, the children may consider moving their efforts to a wind instrument, including clarinet, flute, trumpet or trombone. These students learn under the guidance of local musician Georgi Hargraves.

On 9 September at Cobargo School of Arts, the musicians will play a variety of traditional and modern pieces, and the concert will run for approximately 45 minutes.

Mumbulla School is an independent, co-educational, non-denominational school providing education from Kindergarten through to Grade 6. The school is located at 37 Bega Street, Bega. Phone 6492 3476 or go to our website mumbullaschool.com.au.

Vickie Goldsmith



The flute section of the orchestra

Vibration of the Heart: a spring retreat at the foot of Gulaga

As the days lengthen and the first signs of spring appear, it can be a beautiful time to pause, reconnect and notice what is beginning to stir, both around us and within.

This September, local yoga teacher and Good Vibes Studio owner, Vera van der Slot, and her husband Marenn are bringing their Vibration of the Heart Spring Retreat back to the beautiful Kamalashila Tibetan Buddhist Centre, at the foot of Gulaga in Tilba.

From Friday 25 to Monday 28 September, this four-day retreat offers an opportunity to deepen your connection with yourself, embody more of what you love, enjoy great company and rejuvenate in nature, with delicious, nourishing food throughout.

The program includes meditation with Neil Fox, traditional Hatha Yoga, Yin Yoga and pranayama with Vera, and inner exploration workshops with Marenn, internationally certified in Zen Coaching and Results Coaching.

Sunda from Oshen will offer ecstatic dance on the beach, while Skye will guide deep ecology and creative sessions. Evenings will bring the group together through music, laughter and playful voice activation with Lynn and Radha from

Bermagui Kirtan. Radha will also offer a much-requested seasonal cooking class.

For Vera and Marenn, community is at the heart of their retreats.

‘There is something really special about sharing experiences that take us inward to connect with deeper layers of ourselves and others, through yoga, enquiry, music and movement, nature and food. The retreat is open to everyone, it really is an invitation to come exactly as you are, and relax more into being your natural beautiful self,’ said Marenn.

The retreat runs from 25 to 28 September 2026 at the Kamalashila Tibetan Buddhist Centre, Tilba Tilba and costs \$750 for early bird bookings and \$840 full price. This includes accommodation, all meals, morning and afternoon teas, and the full retreat program. Payment plans and local concession options are available.

To find out more, email veravanderslot@gmail.com or visit the website ‘warm heart hatha yoga’.

Vera and Marenn



Group photo after an ecstatic dance on the beach at Vibration of the Heart Summer Retreat earlier this year.



OPEN DAY OPEN HEART Karma Dro Phan Ling Buddhist Centre

33 Kirkland Cres, Bega
Saturday 12th September 2026
11am - 2pm

- Curry lunch \$12 • Sweets \$5
- Music • Stalls • Plants
- cash preferred

Kate: 0468 452 236



Triangle Travels

The Triangle is a great read wherever you are – for us we were in the Cocos Keeling Islands.

Marg West



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On having an arm tied behind your back – or in a sling ...

I have a fractured elbow. Fractures and sprains can happen to any of us and usually when we least expect it. There is also a higher chance of injury if your bones are brittle – one of the common side effects of ageing, unfortunately.

Fractures usually require a cast, splint or sling to immobilise the bone. This can disrupt your life immediately and severely. Suddenly you are forced to take on a much slower pace. There may be pain to deal with, but also the inability to look after yourself properly is surprising and annoying. You can't carry anything on that side, you can't lift your arms, so hair washing is out as is brushing or doing your hair. You can't shower, dress or undress yourself without assistance. You can't lower your arms so putting on socks and shoelace tying is out. And bras? – say no

more! You can't cut up food or open jars or tins. Everywhere you turn is another thing you now can't do. No driving, no house chores (no complaints there) and no sport. There is a lot to get used to.

But it is surprising, how quickly you can adjust to limitations, to begin to accept offers of assistance and to discover tricks or tools to make do.

Many tricks I have learnt by necessity – slip-on shoes, a long stick to aid dressing, a shower sponge on a long handle, a waterproof covering for the cast and an electric toothbrush can help. Front zip up tops are easier to deal with. Rediscover hair clips and headbands. There are lots of YouTube 'how to' videos available. Friends want to help, so don't feel bad about asking them to do something easy like prepping a meal, opening tins or jars in advance or

driving you somewhere. Rediscover the joys of reading, listening to music and even jigsaw puzzles. Walking is available to you, which keeps you active, outdoors, meeting people and saves your sanity. The aim is for a speedy recovery with fully restored mobility, so keep moving, keep planning, keep in touch with people.

Only three weeks to go!

Deb Worgan



Cycling the Dalmatian Coast

What to do if you have a European trip planned but you want to veer a little bit east as well as getting some exercise? Book a bike-boat tour through the Croatian islands of North and South Dalmatia. Croatia has an extensive coastline on the Adriatic Sea, just across the water from the eastern Italian seaboard. There are numerous rugged islands scattered along the coast and anywhere it's not too steep or rocky there are fields of olives or grapes and villages of white buildings with terracotta roofs.

We booked with Tour Radar/Katarina Line to do seven days of riding in North Dalmatia. We lived onboard a beautiful old wooden motor vessel *Plomin* and paid a bit extra to get an on-deck cabin. This was definitely worth it to have a door opening out to view the sea and land slipping past in brilliant sunshine.

We had a continental breakfast each morning and a three-course lunch every afternoon. For dinner it was up to us to find a tasty restaurant that suited our palates and pockets in a different village every evening.

Between breakfast and lunch was a different cycling adventure of 25-50 km every day: round coastlines, through tiny villages, on tracks between fields, to national parks with stunning waterfalls and up some seriously long, steep climbs to high ridges. Our guides knew all the best routes for good views and where to stop for morning coffee and ice cream as well as how to minimise time on roads with busy traffic.

Along the way we learnt about Croatian history and the influence of Greeks, Romans, Venetians and Ottomans. We did our best to master a few Croatian phrases and tried out lots of the local food and drink with our fellow bike-riders from Slovenia, Germany, Italy, USA, Scotland and New Zealand. The majority were on eBikes, but there were a few hardy types who rode regular bikes and still made the distance.

We initially booked for only one week, but it was so enjoyable that when a spare cabin came up for South Dalmatia, we only hesitated a moment before signing on for another seven days. Highly recommended!

Jeff Donovan



The group is ready to ride with our boat *Plomin* in the background.

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End of an era in Brogo

I have been a nurseryman in Brogo for twenty years and I am finally hanging up my secateurs after forty years of greening the Far South Coast. I was the planting officer for Men of the Trees (MOTT) and Bega Valley Tree Planters (BVTP) in the 1980s and '90s.

MOTT and BVTP are credited with the first serious attempts to re-tree coastal and hinterland farmlands, assisting farmers revegetate parts of their farms. Notable achievements include the many trees planted in many Bega Valley towns for the Bicentennial celebrations, including the lovely crepe myrtles lining the highway through Cobargo.

Inspired by local botanist Jackie Miles, MOTT planted a wildlife corridor on private land linking Biamanga National Park with the Brogo Wilderness. And for many years MOTT had an annual Mother's Day planting at the Russel's dairy farm at Jellat.

5,000 trees were planted along the southern approach to Cobargo on Lois and Terry Irwin's Brandywine property. These enlightened farmers showed the farming community what can be achieved by tree planting to improve degraded farmland.

With the rise of Landcare groups in the region, I grew thousands of native tube stock for Landcare and other public plantings.

Twenty years ago, I re-established my nursery specialising in unusual plants at Lomandra, 300 metres west of the Brogo Bridge, building and landscaping an earth-integrated fireproof home. This proved very reassuring during the 2019-20 fires when neighbours sought shelter with us.

Once I clear the stock from my present nursery, I will continue with my love of woodworking.

My knowledge of plants and plant propagation is extensive, and I will no doubt continue to 'spout forth' on my lifelong passion to anyone foolish enough to engage!

For a limited time, until stock is cleared, you can visit me at Lomandra and admire the landscaped surrounds. Phone 0410 404 041 for an appointment.

Don Firth



Planting the Brogo wildlife corridor in 1994



Side view of the house at Lomandra



Front view of the house

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to make an appointment



It's whale season. The southern migration of humpback whales is well underway and they have been spotted at Narooma, Bermagui and Tathra. Each year, May to July, the humpbacks travel north to breed in tropical waters. Then, from August to November, they move south with their new calves to the Antarctic feeding grounds again. We are lucky enough in Bermagui to live right next to their route and, on the southern journey, the whales tend to come in closer to shore with their young. They move slowly, rest and play right here, delighting everyone who spots them.

You can get up closer if you like on whale-watching cruises leaving Bermagui Harbour every Friday and Saturday in September. It is an excellent way to see these magnificent creatures in their natural environment and provides great photo opportunities. You can also see other marine life like dolphins, seals and seabirds while you are out on the water.

Now that winter has almost finished, Bermagui Blue Balls winter swimming group is holding its official last swim on Father's Day, Sunday 6 September. However, be warned that, although September may offer longer days and

the promise of warmth, the sea water temperature is at its coldest. Come along to Bermagui Surf Lifesaving Club on Sundays at 9.00 am, if you want to experience the thrill of the chill!

Don't forget to check out the regular Bermagui Community Market at Dickinson Park on Sunday 27 September. It's a small local market specialising in handmade and homemade products, arts, crafts, plant stalls, fresh local produce and yummy food caravans.

If markets are not your thing, what about music? Four Winds has two great events in September: Ensemble Offspring with guest artist Nardi Simpson performing *Freshwater Woman* on Saturday 19 September and Radical Son will present material from his new album *Bilambiyal* on Sunday 27 September. These different contemporary concerts both feature amazing First Nations artists.

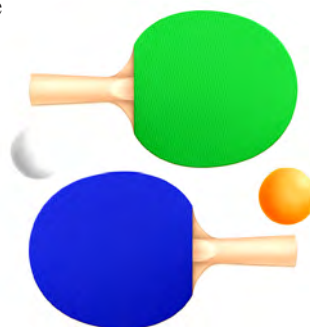
ReBoot in Bermagui is not on till October 3 and 4, but now is the time to dust off your runners, swimmers or bike to get some training in before the event. This year there will be a half-marathon as well as the usual 10 km, 5 km and kids' 1.2 km runs. There are two ocean swims – one of 350 m and the other 1.2 km. The 34

km bike ride is good for fit beginners and more experienced riders alike. There are other events too like yoga, Pilates and Tai Chi as well as some come-and-try sessions of badminton, pickleball and others. Add a sauna to the mix and it is looking like a great weekend to get the blood pumping and the mind and body involved in all things physical.

And, finally, for the end of winter we have had a small taste of that beautiful life-giving element that falls from the sky when the conditions are right. There have been so many beautiful sunny days this season, but it would be lovely to get some more rain into the earth and foliage before we head into what might be a long hot summer.

Play Table Tennis in Bermagui

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



We are also having a free come-and-try experience during the Bermagui ReBoot weekend on Saturday 3 October at the indoor sports centre (see details on the ReBoot website or flyers). Come along and find out more about joining our friendly club.

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

For more information contact President Murray Macpherson on 0408 620 530.

Janet Macpherson

ReBoot into Bermagui 3 and 4 October 2026

The twelfth annual ReBoot in Bermagui on the long weekend in October is approaching fast and we have an action and relaxation packed line-up again for this year's event. The ReBoot running events program has added a half-marathon trail run and a 10 km run as well as the no-hills run and the kids' run.

Showcasing the stunning coastal landscape, the half-marathon (21.1 km) is a loop run starting in town and continuing out to Murunna Point along pathways, trails and tracks, beaches and headlands. All runs are professionally timed and participants receive finishers' medals (thank you to the Narooma Men's Shed).

We also have ReBoot merchandise for sale this year – stock is limited so get in early and order through our website's fun runs entry page.

For those who want to have a go – Mel and the team from Bermagui Run Club is running a couch to 5 km running program (for absolute beginners) and a 5 km to 10 km program (for those who nailed the 5 km run and want the challenge of taking on a 10 km run). Check it all out on Facebook and Instagram.

The full program is on the ReBoot website with details on how to enter and information on all the ReBoot activities including fun runs, Horseshoe Bay swims, a road bike ride, kids' and adults' boot camp, Sunday morning breakfast, the ReBoot tug of war and Sunda's soundscape journey. Good Vibes Studio is offering an exceptional wellness program of sessions including Vinyasa and traditional Hatha yoga, Pilates, dance and Kirtan.

The come-and-try program invites all ages to try tennis, pickle ball, table tennis and golf. Relax on the river with a stand-up paddle board, join in barefoot bowls and, when the mornings activities are over, you can eat, drink and shop your way through Bermagui's fine selection of food and beverage outlets and boutiques.

Like and follow us on Instagram and Facebook for all the latest updates. Gather your friends and family and join in the fun of this local, friendly, community event. ReBoot in Bermagui is grateful for the support of local businesses through the donation of vouchers for prizes and financial assistance to run the event. Full details of donors and major sponsors are on the ReBoot website.

The ReBoot team



Runners heading off at the start of the 15 km Camel Rock loop



Morning Tai Chi with Gulaga watching over



Kids entertainment with Bananas in Pyjamas

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We are on the lookout for *Triangle* fans with social media smarts!



Please get in touch with Flick on 0452 161 673

Bermagui State Emergency Service Unit is 25 years old

In June, the Bermagui SES Unit celebrated our 25th birthday! We decided a party was in order and our lovely members whipped up delicious curries and a cake. Dr Michael Holland also joined us for the big day.

You may have seen us out in the community – we are often called to assist with fallen trees blocking roads and property access, to help patch roof damage or to assist in a land search. We have retrieved lost drivers twice this year from fire trails in our beautiful bushland.

There is a huge variety of roles and opportunities available. These include:

- Flood, road crash and vertical rescues
- Land searches
- Community engagement including support at events such as ReBoot and the Cobargo Show
- Storm response including chainsaw operation and working on roofs
- First aid
- Logistics, administration and operational roles

- Social media management
- Tsunami awareness
- Boat operation
- Heavy rigid vehicle driving and many more ...

Whether you're keen for a more or a less physical role, there is a large range of opportunities. Volunteering with us is flexible – doing what you can, when you can. The NSW SES provides all training, personal protective equipment and other member benefits. Best of all, you can improve your skills and preparedness for emergencies while helping others in our community.

We meet weekly on Tuesday evenings from 6.00 to 8.00 pm at our headquarters on Bunga Street, right next to the Men's Shed. If you are interested or just want to learn more about what we do, come along. You can also contact us on Facebook or via our website, search for 'ses.nsw.gov.au' and go to the volunteer section.

If you require assistance in a storm or flood, contact the NSW SES on 132 500. In a life-threatening emergency call 000.

Chloe Spear



Bermagui SES Unit pictured with Dr Michael Holland



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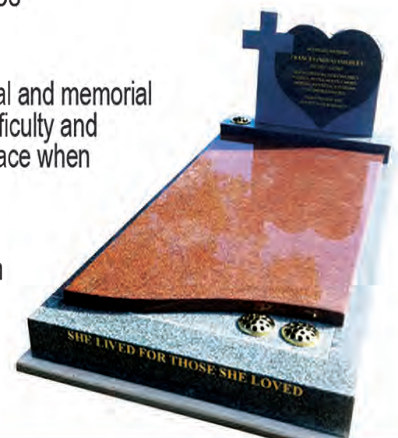
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Meet a Bermagui Marine Rescue member

Name: Andrew Christie

Where do you live currently?
Bermagui – within walking distance of the pub.

Do you have a partner, can we know their name? My wife is Cath Renwick. I have been hanging around her since I was nineteen.

How long have you lived here and where did you come from?

We moved here from Camperdown in Sydney in 2017.

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

I've worked in television and been a

gardener and a landscape architect. I've written four crime novels that entertained me if no one much else. I also wrote a blog about a quest to eat at every café, restaurant and pub on King Street in Newtown.

What skills have you acquired over the years?

I think I have a skill for learning new things and that has been useful at Marine Rescue.

When and why did you join Marine Rescue?

I joined back in March 2021, at the tail end of COVID. I trained as a Radio Operator first, then joined the crew. This year I stepped into the Deputy Unit Commander role where I hope I can continue to develop the Unit's capabilities.

What are your hobbies or pastimes?

Dog wrangling and house repairs seem to take up most of my time.

A philosophical quote from you would be –

Mostly stuff works out despite my efforts.



AndrewChristie



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Audiologist Annemarie Narraway (left), Office Manager Sophia Moody

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Forbes Stynes reopens office after major refurbishment

After several months operating from temporary premises, the Forbes Stynes Real Estate team has moved back into its newly refurbished Bermagui office. The agency's prominent premises on the corner of Lamont and Wallaga Streets suffered significant water damage during a severe weather event earlier this year, forcing staff

to relocate while repairs and renovations were undertaken.

The renovation has given the office a fresh, contemporary look, with the reopening coming at a time of growth and change for the local real estate agency.

The process took longer than initially hoped, with time needed to assess the

damage, coordinate trades and complete the building works. Now, with the refurbishment finished, the team is once again settled into its familiar location in the heart of town.

Principal licensee Paul Tutt said, 'This new office reflects not only the ethos of the business, but also of the staff – smart, modern and growing. We're very proud of the business and what we've achieved following the takeover from Marshall & Tachei back in October 2025.'

Throughout the disruption, the Forbes Stynes team continued operating from temporary premises, maintaining its property management and sales services while work on the office refurb progressed.

Now back in its highly visible corner location, the team is enjoying a welcome return to familiar surroundings – albeit with a distinctly new look.

The reopening also comes at an ideal time, with the agency settled back in and ready for the busy spring and summer property season ahead.

Donna Portland



The Bermagui staff - Sonya, Liza, Donna, Emily, Sandra and Kelsie

Rachel Burke – a life lived in beauty and light

Family, friends and colleagues gathered at the Bermagui Surf Life Saving Club on Monday, 10 August, to celebrate the life of Bermagui resident and acclaimed artist Rachel Burke.

Rachel and her husband, David Campbell, had holidayed in Bermagui for many years before eventually leaving Melbourne to make the place they loved their home.

Born in Hobart in 1967, Rachel was an artist to her core – always learning, creating, collaborating and encouraging others. An award-winning lighting designer, dramaturge, writer and creative collaborator, she spent four decades working across the fields of theatre, architectural lighting, teaching and mentoring.

Above all, Rachel was a storyteller, using words, movement, colour and light



Rachel Burke

to create emotion and meaning. Fellow theatre-maker Ailsa Piper once said Rachel '... could make the moon envious', such was her artistry.

Her family described her as a 'lover of beauty and light' and an expert colourist who understood tone as mood, whether arranging orange tiger lilies alongside blue hydrangeas or casting red light across a stage.

That same artistic eye found expression in her garden, where she combined colour, form, texture and light with the care of a stage designer creating a scene.

Intelligent, funny, generous, passionate and deeply loving, Rachel had the rare ability to be completely present with people. She was also a devoted keeper of family memories – diaries, photographs, cards, trinkets and hand-written records.

Rachel is survived by her beloved husband David, her children Amelia, Claudia and Ryan, Shonet (Ryan's partner), her grandchildren and a wide circle of family, friends and fellow artists.

Perhaps her greatest legacy is contained in her family's words: Rachel taught us, her children, how to love – a gift that will live on wherever flowers are planted, tables beautifully set, words carefully chosen and light falls upon something beautiful.

Donna Portland



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The day the Health Check Convoy rolled into town

In early August, the Health Check Convoy rolled into Bermagui as part of a five-day tour across south-eastern NSW. A number of local health providers teamed up to bring free health screening services and more – including the Walkabout Barber and Walkabout Beautiful bus. The bus is fitted out as a mobile salon offering professional barbering, hairdressing and beauty appointments.

Brian Dowd, a proud Gamilaraay man from the Central West of NSW and former professional Rugby League player, set up the bus in 2019 to provide free barbering, hairdressing and beauty services with trauma-informed mental health support, for communities around Australia.

For years people have been going to hairdressers and barbers where they can let their guard down. A fresh haircut, beard trim, mini manicure or eyebrow wax is a great way to encourage yarning about personal challenges.

The queues outside the bus in Bermagui were quickly serviced by a team of First Nations professionals who

were qualified barbers, trauma specialists, beauty therapists and hairdressers. There were lots of people coming out of the bus with huge smiles on their faces.

The Health Check Convoy is such a great initiative that visits communities so people can access skin checks with the Skin Check Champions' Silver Bullet van and a variety of dental and health check screenings by Katungul Aboriginal

Corporation Regional Health and Community Services who brought their Dental and Outreach Vans to the coast.

If any health issues were detected during the Health Check Convoy, community members were referred to their local GP or local health service.

Well done Coordinare for providing a fantastic visiting service to Bermagui.

Marita Reynolds



The Walkabout Barber and Walkabout Beautiful bus parked outside the bakery in Bermagui
Photo credit: Marita Reynolds

Heart – Talking with Sam McLennan

If you have driven over Bermagui bridge recently you may have seen an unusual sight.

What is that? Is it a floating pile of rubbish? Yes, that is exactly what it is.

What you're seeing in the Bermagui River is a 27-foot vessel, named *Heart*, built by Samuel McLennan in 2024. The vessel is constructed entirely from marine debris and Tasmanian fish farm waste he had collected over two years. Salvaged black industrial pipes and dozens of buoys from salmon farms, oyster mesh bags, rubber straps and salvaged rope have been stitched together with fishing line. Inside, the vessel is dry with room for two stretchers and a little cooker. There is even a salvaged solar panel integrated into the boat. To gain seafaring approval the vessel had to be fitted with mandatory marine communication and

emergency equipment including a marine radio, a mobile phone, and an Emergency Position Indicating Radio Beacon (EPIRB). Also, funding provided a Live-Tracker – a real-time tracking device so people can monitor his location along the coast. *Heart* is equipped with a donated four-stroke outboard motor too. While Samuel relies primarily on his handmade tarpaulin sails, the motor is vital for navigation and safety.

From looking at it, it is hard to believe it is seaworthy and can handle the perils of open waters, but he has proven the sceptics wrong, gained his seafaring approval and successfully navigated hundreds of nautical miles.

His mission is to sail *Heart* 1170 km from Hobart, across Bass Strait and up the east coast to Sydney. Crossing Bass Strait was one of his main hurdles. It is a notoriously treacherous stretch of water and can change from calm and benign to dangerous and unpredictable quickly, so he waited months for the perfect conditions to cross. The crossing itself took about five weeks as he island-hopped his way across. He has been on this voyage for two years now and aims to reach Sydney later this year, leaving Bermagui in late August to sail north.

While in Bermagui he visited the local preschool, conducted a basket weaving workshop using rubbish and met the locals. Next year he has been invited to Germany to speak at a sustainability conference as well as at the Wooden Boat Festival in Tasmania.

Samuel hopes to raise public awareness. 'It's about people learning that they can make a difference to the world even though they may think they can't. If everyone just does a little, it can make a great difference. I want people to recognise they can make an impact on future generations – to have more abundance, more preservation, more sustainability or just having less.'

Deb Worgan



Samuel McLennan, junk boat builder, owner and captain, amongst many things

Bringing Back the Quaama School Canteen – we need your help!

After six or so years of opening for special events only, the canteen at Quaama Public School is being prepped for what will be a most welcome return. Very soon tasty fortnightly orders will be available for students to enjoy. To keep it going, though, we need a little help from the wider community.

For many of us, a canteen is a simple pleasure that has become a very fond school memory. The anticipation of perusing the menu and choosing your favourite treats is a delight which adds a special excitement to the usual school lunch.

I am a parent and P&C member, and I decided that it was worth tackling the canteen challenge. With strong support from parents, the school and the P&C committee, I have completed the required food safety training, cleared out and reorganised the canteen, and developed a new menu that meets current nutritional requirements.

In smaller communities, these things work best when everyone chips in. With a few extra volunteers, we can keep the canteen on the calendar and give Quaama's students the chance to enjoy a school tradition that generations before them have loved. As the saying goes, it takes a village to raise a child.

If you have some time to spare and would be willing to lend a hand, please get in touch with me. I can be reached at 0450 533 665. To begin with canteen will be happening every second Thursday. We are also looking for volunteers to help in the Quaama School garden.

Hollie Harvey

Parent and Quaama P&C member



Kim Mangan and Laura Gillies of the Quaama P&C outside Quaama Public School.

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As we inch towards the spring equinox, the days get longer, the winter chill eases and Mother Nature can't wait to bloom. August was consistent in being the quietest commercial month in Tilba, and some businesses took advantage of that to have a well-earned, albeit short, rest.

We're now all ramping up for the Tilba Festival on 26 September, whether it be as a small business, stallholder, member of the planning team, volunteer, entertainer

or traffic controller. That such a huge event is managed so successfully by such a small team (please put your hand up if you can spare some time to help) always amazes me, but such is the depth of community spirit in our village and environs that we always accomplish yet another fabulous event.

We're still looking for someone to fill the very big shoes of Stuart Absalom to manage these Tilba pages in the long term

so, if you are interested, please contact the Editor. It's not a difficult job and is a wonderful way to feel connected and be of service to the community.

And, finally, even though we're all so busy with the 'doing', our hearts are always holding space for those in our community who are experiencing ill health (and for their carers), and for families dealing with the loss of a loved one (including our beloved pets).

Tilba Students Dive into Creativity at Dubbo Zoo Camp

As part of the WILDarts Adventure project, nine adventurous students from our school recently embarked on an incredible three-day creative arts camp at Dubbo Zoo, joining over 350 young 'Creative Cubs' from small schools across NSW. This amazing opportunity combined nature, friendship and imagination as students slept in canvas tents, participated in hands-on workshops led by expert Wildlife Wizards and Creative Wranglers, and tackled exciting WILD Quest challenges in the heart of the zoo wilderness. From the thrill of meeting new friends to the joy of creating together amidst the wildlife, this camp was truly an unforgettable journey filled with fun, discovery and creativity!

Davi – 'The drive to Dubbo was long, nine hours! We stayed the night in Dubbo and arrived at the camp at Dubbo Zoo the next morning. At our camp we found that all our stuff was in a pile. We had to scavenge through it to find what was ours then return to our tent.'

Coby – 'The kids from the camp that was on before ours did a welcome dance performance for us. It was their last day. It was pretty good. I was hoping that I didn't have to do a dance!'

Pippy – 'When we arrived we got a yellow vest and a bag with a safari journal we could draw in, a map of the zoo and popcorn. In the afternoon we got jumpers that said WILDarts and had animal tracks over it. On that night everyone got a light-up scrunchy and ribbon.'

Grace – 'On the first day, everyone was buzzing with excitement and eager to get to their activities and see the campsites. I was so excited to see what was going to happen. I was lucky enough to have three Tilba kids in my group, and we decided to stick together. We had a bunch of fun. We made up routines and by the end we were all rocking new nick-names, and we had somehow managed to pull our circus teacher into our chaos. She became Barry. We also had Larry, Gary, Bermi and I was Plate Queen.'

Edie – 'Everyone was shocked when we opened our tents on the first night because we were sleeping on thin mattresses on the ground. After setting up we had tacos, then we all walked over the bridge to the little island and sang songs around the fire.'

Otto – 'On Day Two I did Safari Stories where we got to make a mini documentary and interview people, and Jungle Juggle where we got to do fun circus activities including plate spinning, devil sticks, hoops and staffs.'

Ethan – 'On the second night it was so cold me and Otto had to wear two jumpers! But not Coby, he was keeping himself warm with farts. It was disgusting but it was keeping us warm! When we woke up, the tents were drenched with dew and mist.'

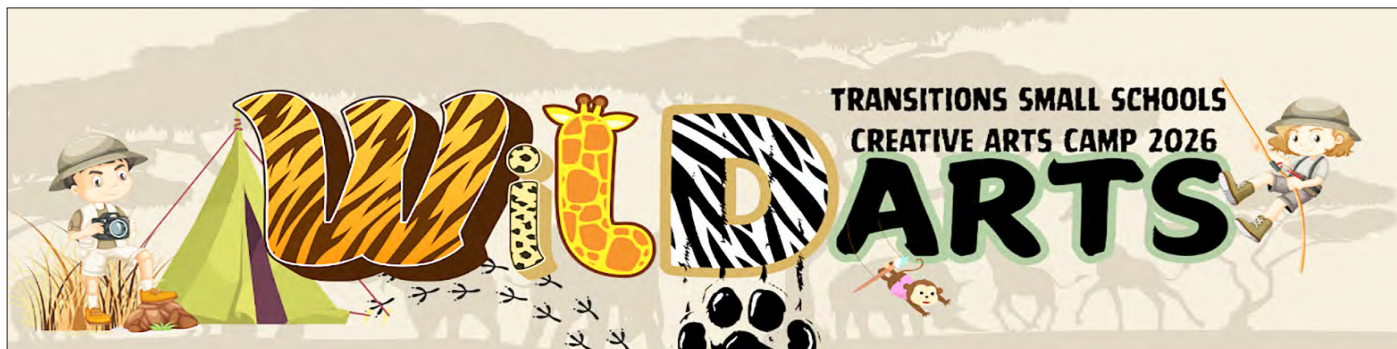
Lilah – 'On the second night there was a big competition for the best chant. I had an idea to have a relay at the back of the chant with Cillian (my friend from Quaama) and we won because of it. On the third day at lunchtime all the totems – Bouldaru, Chinix, Miamang and Rineal – played a series of fun games.'

Riley – 'It was finally the last day. Everyone was ready to see their families again and to perform in the showcase that all the parents came to watch. The first performance was circus. It was amazing, you had Otto taming a hippo, then you had plate tricks and, last but not least, was the tight rope walking. After circus it was time for Cheetah Swag. I was in it and it was so fun. It was cool seeing what other people did. Finally, it was the Lion King dance and even the teachers joined in.'

Central Tilba Public School



Tilba students sharing their experiences of the adventures



You are all invited to an elegant High Tea Fundraiser

The community is warmly invited to enjoy an afternoon of delicious homemade treats while supporting four worthy local causes at the CWA's annual High Tea fundraiser on Sunday, 25 October 2026 from 11.30 am to 1.30 pm.

Set against the picturesque backdrop of historic Henkley Farm, 11 Sherringham Lane, Central Tilba, the event promises a delightful afternoon featuring French champagne and an impressive selection of homemade sweet and savoury delicacies, including freshly baked scones with jam and cream, all lovingly prepared by CWA members.

Guests can also take part in raffles and other fundraising activities throughout the afternoon, with proceeds supporting the Rural Fire Service, Little Yuin Preschool, Central Tilba Public School and the Bega Women's Resource Centre.

The High Tea has become a much-anticipated event on the local calendar, bringing together friends, families and visitors to celebrate community spirit while raising much-needed funds for important local organisations.

Tickets are \$75 per person, and bookings are essential as places are limited.

To reserve your place, email nola.ezzy@gmail.com.

Whether you're celebrating a special occasion or simply looking for a memorable afternoon in one of the district's most charming historic settings, the CWA High Tea offers the perfect opportunity to indulge in homemade hospitality while making a positive difference in the community.

Jillian Comber



The famous Tilba CWA high tea for four



Historic Henkley Farm is the venue for the event

Flanno for a Farmer

Seeing the odd 'flanno' at the pub is not an unusual thing. Probably strange to not find at least one, but seeing all the patrons in flannos on a Friday night is a bit more special.

On Friday 14 August, Tilba locals turned out in large numbers to raise money for Flanno for a Farmer, a charity event created by Farm Angels who provide practical assistance, emotional support and financial relief to thousands of farming families each year.

\$850 was raised through the raffle run by Jess Hone and Bryan Coughlin and a great night was had by all.

Any farmers out there having a tough time are encouraged to visit farmangels.org.au for assistance.

Andy Read



Linda Bartley, Bianca Humphries, Butters the lamb, Ash Ward and Warren Hadfield get on their flannos to support farmers



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Fungi Photos on display at Dromedary Hotel this month

If you're visiting Central Tilba this September, don't miss the opportunity to see the stunning winning and highly commended photographs from the Fungi Feastival Photography Competition 2026, now on display in the dining room at the Dromedary Hotel.

The photographs were previously exhibited during the Fungi Feastival at Club Sapphire in Merimbula and showcase the amazing diversity and beauty of fungi found across the Eurobodalla and Bega Valley Shires. All images were taken locally during the past twelve months.

The competition was judged by internationally renowned fungi photographer Stephen Axford and filmmaker Catherine Marciniak, who were special guests at the Fungi Feastival 2026

launch. The overall champion photograph was taken by Sharon Pearson of Narooma.

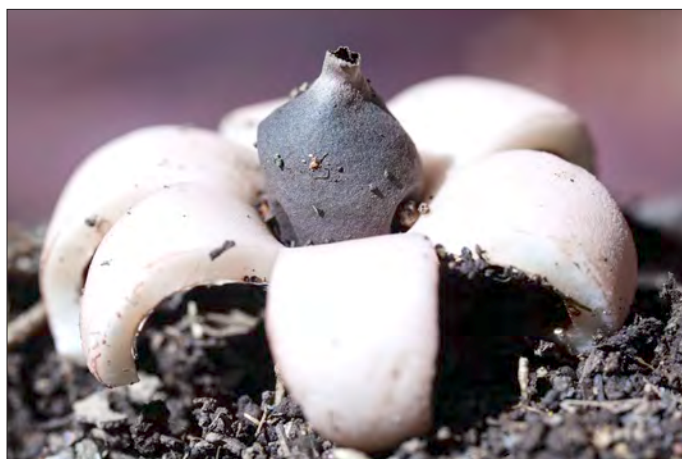
The exhibition will remain on display throughout September, providing plenty of opportunities to call in and enjoy these remarkable local images – including over Father's Day, during the Tilba Festival on 26 September and throughout the spring school holidays. So why not combine a meal at the Drom with a closer look at the fascinating world of fungi.

To view the results of the 2026 Fungi Feastival Photography Competition online visit the 'Fungi Feastival' website and check out the photography finalists for 2026.

Annette Kennewell



Craig Allery photo taken in Bermagui State Forest



Fungus, likely an Earth Star, taken by Gina Szafner at Corunna

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Springtime at the Drom

Winter is a beautifully quiet time in Tilba, but that can be tough on local businesses. Here at the Drom we made the very tough decision to pause our weekly live music for winter to save a bit of money with an eye towards a big spring. And now that spring is in the air, here's a sneak preview of what we have coming up for the village and environs to enjoy.

With the Tilba Festival just around the corner, the Tilba Rocks crew are warming up with a Father's Day Boot Toss in the Beer Garden on 6 September, so bring Dad along for some lunch and see if he can toss the boot.

We're installing a TV up the back in The Barn for the community to enjoy watching some sport together, including the AFL Grand Final, which falls on Tilba Festival day.

On the music front we are excited to be bringing back live bands on a Saturday night each month, with local bands Drive

Time, Howlin' Mitch and Shannanigans among the first few bookings.

Wednesday's Open Mic has continued strongly through winter, as has the Thursday String Sessions, and both will continue all year round.

DJs are getting a spot for spring too. The first Saturday of the month will see a relaxed afternoon hosted by Bassick Beats, a family-friendly beer garden session.

The Tilba Rocks crew has some more events in the works too, with another Trivia Night being planned, and the annual Darcy Cup on Melbourne Cup Day is back by popular demand. Will Brian, the current Champion Foxy, be looking to go four in a row – or will he retire to give his little sister Snuffy a chance to continue the dynasty? Time will tell.

For more information on all these events as they are announced, follow the Drom's Facebook page.

Andy Read



The friendly staff at the Drom



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Monster Raffle to support Tilba Halls

The Central Tilba School of Arts Trust Inc. is running a Monster Raffle to raise much-needed funds for the Tilba Halls. Whilst the building is yet to be completed using Government funds, we continue

to raise funds for fixtures, fittings and appliances. Updates on funding results will be in future issues of *The Triangle*.

We have some fabulous prizes for locals and visitors alike. The raffle will now be drawn on 31 January 2027 in the Barn at the Drom Hotel at 1.00 pm.

The prizes include:

Two nights' accommodation at Lyrebird Lodge in Central Tilba valued at \$570; and two nights' accommodation at Clonlea BnB in Central Tilba valued at \$390.

Plus gift vouchers from: Tilba Leather

\$120; Sapphire Coast Muscular Therapy sessions \$105 x2; Dromedary Hotel \$100 x2; Tilba Dairy \$100; Tambourine to Tilba \$100; Mitre 10 \$100 x2; Salon Narooma \$100; Tilba Sweet Spot \$50; and The Little Frame Shop \$50.

Buy your tickets at the Tilba Festival near the Tilba Halls (\$5.00 each) or for more information ring Chrissy Montague on 0457 074 980 or Janine Halasz on 0400 922 246 to place your orders.

Thank you for your kind support.

Chrissy Montague



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Tilba Halls

Tilba's Saturday Markets return in October

Most of you will know that Tilba's Saturday Markets didn't operate over winter while home-grown fruit and veggies took their seasonal hiatus. As it's still an open-air market while the Tilba Halls renovation is underway, setting up the marquees in the dark and damp, and stallholders having to brace for the cold winds just wasn't viable.

The good news is that they will start up again on the October long weekend

(Saturday 3 October), and what a fanfare it will be! There will be more info in the October edition of *The Triangle*, but the Tilba Saturday Markets crew looks forward to seeing everyone around 9.00 am on that day.

They'd love to see more stallholders join, so if you are a crafter, have spare eggs to sell or any other locally-grown or created produce or offerings, please contact Sami or Dave on 0490 130 478.

Shanna Provost



Tilba Markets produce

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Volunteers Needed for Tilba Festival

The Tilba Festival is fast approaching. This year it will take place on Saturday 26 September. We are in desperate need of more volunteers to ensure the day runs smoothly. No experience is necessary, so if you are able to spare a few hours we would very much appreciate it.

We'll give you all the information and support you need to help on the day, PLUS you'll receive:

- Breakfast at our volunteer briefing
- Lunch on the day
- A complimentary ticket for you to enjoy the festival outside your shift
- Your very own Tilba Festival branded cap
- A warm feeling of having done something fabulous
- Plenty of lovely new friends

This year our volunteer co-ordinator is me, Christine Montague, and I can be contacted on 0457 074 980. We really appreciate all the help we receive – we simply couldn't run the festival without our wonderful volunteers!

Christine Montague

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Steve 'Betto' Betteridge

Betto is a big bear of a man and he's a hugger from the first time you meet him. Soon after he hugged everyone at our Tilba Teapot table, the plumbing, gas and gutters at my place had been sorted by him and his sons, Alby and Rusty, or his crew James, Rohan and Leon.

Hailing originally from around Manly in Sydney, Betto soon decided the city life wasn't for him. He hit the road, trying out Alice Springs, Perth, Geelong, Townsville, Palm Island, Fitzroy Crossing and working on several Aboriginal communities over the years. After working for builders Jimmy and Emmanuel Drakos from Bermagui, Betto decided to come and check out the place. 'I ended up going for a surf out at Camel Rock, hit the Bermi pub, camped at Mystery Bay and just fell in love.

'Then I found myself back in Perth for a second time, living with this beautiful man named Varchi, a retired drag queen from Sydney. I was really unsettled and he said, "You just don't seem happy. Where do you want to be?" Someone had to ask me that question and that was it. I knew I wanted to live around Bermagui and I believe I'm meant to be here.

'The mountain, the first time I stopped at Pam's Store, and the vibe at the Tilba pub were all great, but it was the down-to-earth people that drew me here and kept bringing me back. A spade's a spade. There's no bullshit. I was also very hungry when I first came down because I had a couple of young kids to feed, and they were big boppers like myself. I seemed to take on the jobs no one wanted. I answered my phone on Christmas Day, Easter, nothing was off limits. I was keen to have a go and just provide for the kids.'

Then the fires showed Betto just how much local tradies were needed. 'There was so much fire prep as it was coming, and then so many properties needed patch-up fixes to get water back on. I saw so many shell-shocked people. We ended up getting the contract to do maintenance on the Mindaroo pods in south-east New South Wales and dealt with a lot of people who were going through PTSD. As a survivor of domestic violence and leading a pretty wild life, I was suffering from PTSD myself and could relate. I hugged a lot of people and just held them as they let out their emotions. So many brave people. So many different stories. Turning up for

months and years after has meant I have some strong rapport and relationships, and I still see or work for those people around the community. It's a deep connection.'

Betteridge and Sons Plumbing also has a long-term relationship with the Aboriginal community at Umbarra. 'I'm very, very lucky to be a guest of the community at Wallaga Lake. My connection with the original Australians started as a young fella when I grew up in Manly next door to an Aboriginal family, the McClures. Ever since I've just warmed to Indigenous people, their free spirit and how they stay young. I've worked at Aboriginal communities in the Kimberley, up in the Tanami Desert, Haasts Bluff, Yuendumu, Hermannsburg and Palm Island. When I came down here 18 or 20 years ago, I was really lucky to meet old Max Harrison and the CEO. At the time they needed a plumber, and I've been there ever since. I love the people and especially the connection with the elders, having a cup of tea and listening, whether it's about the area, the families, or the stolen generations. There's just so much we don't know about this country.'



Panorama

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My granddaughter has often asked me, ‘Gran what is your favourite smell and noise?’ and my answer has never changed. It is the smell of rain and the pitter patter of it on our roof. Even when I was young it was the noise of it on our tent roof because that meant a day off from cutting timber. A member of our family recently accidentally ran over our rain gauge with a tractor because it had been unemployed for so long that he had forgotten it was there. The rain gauge was particularly special because it was installed in 1965 by the Bureau of Meteorology for the purpose of being a recording station. The rain has been recorded every day since then. The cattle are bounding and skipping around the paddocks as the rain has washed the dust off the very dry grass they are foraging.

A magical night happened in Cobargo recently with a special event, the Lanterns and Lights Winter Festival. It commenced at the park with the announcement of the colouring-in competition winners, then the huge crowd gathered under the bridge and proceeded to parade up the street with their lanterns showing the way. The number of excited children was purely magical and the atmosphere totally infectious. Throughout the town many shops were open for business and many offered special treats like mulled wine, chocolate tasting and tea tasting, with firepits to toast the supplied marshmallows. The smell of wholesome, hot, tasty food drifted throughout the streets with warm soup and casseroles, sausages and delicious sticky date puddings and tiramisu to end your dinner. A truly special night.

Cobargo Public School has a pilot program running with an agriculture class. The children were selected for their strong interest in agriculture. To date they have spent time experiencing growing barley, making butter, clipping and presenting cattle and

also learning about different fertilisers such as chook manure, cow manure and the more processed types.

The students have also been involved in making a song that is the anthem that will be played at assembly and presentation events. The music teacher, Miss Low, and the students have captured thoughts that make Cobargo Public School and the locality special to them. The students have participated in singing and filming the video. It is very well done.

A huge 50th birthday wishes to Jai McMahon. Celebrations will be aplenty, we’re sure.

And I would like to say a huge thank you to Linda Sang, a beautiful lady who has encouraged me to submit Cobargo Conversations for many years and is stepping down from *The Triangle*. THANK YOU!



June Tarlinton and Linda Sang at the Cobargo Rebuild meeting room.
Photo credit: Deb Summer



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Honouring Biddy Hall (Taylor): A Pioneer Woman Remembered 103 Years Later

Recently, I oversaw the placement of a headstone on the grave of bushranger Ben Hall's widow, Bridget 'Biddy' Hall, in Cobargo's cemetery. I would like to tell you all the story of my ancestor, Biddy Hall (Taylor).

About 30 years ago, I discovered that I was connected to Bridget 'Biddy' Hall through my three-times-great-uncle, James Taylor. My family tree research got me hooked, not only on the genealogy but also on the personal history involved. James Taylor's brother-in-law, William Fogg, was a friend of bushranger Frank Gardiner, who may have also introduced James Taylor to the Hall family, thus beginning a chain of events that would change all their lives.

Biddy married Ben Hall but life was far from easy, especially when he was away mustering leaving her to manage their small property and raise their second son Henry. Eventually, Biddy ran away with James probably believing she and Henry would have a better life. However, James's chronic alcoholism brought its own hardships. It's very easy to say that Biddy made mistakes, but she lived during a harsh and unforgiving period of Australian history. Pioneer women often endured isolation, poverty, exhausting physical work and had very limited choices.

Widowed twice, Biddy lost her daughter at a young age, but she helped raise her grandchildren. Her granddaughter, Bridget Carr, was married to the schoolteacher at Fox Hill, Cobargo, and cared for Biddy during her final years.

There was more to Biddy than just being Ben Hall's wife, and the more I learned about her trials and struggles the more I discovered a pioneering woman who endured grief, hardship and uncertainty while continuing to care for her family.

After 30 years of research, and 103 years after her death, a headstone has been finally placed on Biddy's grave at Cobargo with funding from the Bowerbird Cobargo Community Op Shop. The Bega Vally Shire Council is also providing signage at the cemetery with a QR code linking visitors to the Cobargo District Museum (CDM) website.

With further research, CDM's Sandy Reid will add information to the website to ensure that Biddy's story grows. A very special mention also to local gravedigger Robert Jennings who has been a tremendous help throughout the project. His support, along with the assistance of everyone involved, has meant a great deal to me.

Robert thoughtfully saved some of the stone shavings left over from making Biddy's headstone which I scattered on Ben Hall's grave [in Forbes]. It was a small but deeply meaningful gesture – a moment of remembrance, reflection and perhaps even reconciliation. It was my way of giving a little piece of Biddy back to Ben after everything that had happened between the Hall family and my own.

Cobargo has now been added to the Bushranger Trail, a tourism initiative connecting places, tracks and graves associated with Australia's bushranging history. It's wonderful to see Biddy's story becoming part of that wider history.

*Donna Hill
Queanbeyan*



Donna Hill honouring her ancestor's death with a new headstone placed at Cobargo Cemetery

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Rebuild Cobargo – sprint to the finish line!

The Rebuild Cobargo project is rapidly moving towards completion with final finishing works underway ahead of the handover by principal contractor Monarch Building Services. The CCDC earlier this month hosted a team from the NSW Reconstruction Authority (NSWRA) who undertook a full site inspection with the CCDC Board and our builders.

Our government visitors were very impressed with both the build quality and what the Rebuild Cobargo project is delivering for our community. Gary Randall, Director of Reconstruction Delivery, commented that this was a wonderful opportunity for the CCDC to showcase the progress of the project, and it really was a great effort by the Board and the community to bring the project this far. 'The high quality of the build, its outstanding design features and contribution to the future resilience of the village make it a real stand-out amongst the bushfire recovery projects – well done Cobargo,' he concluded.

CCDC Chairperson John Walters commented that while the upcoming completion of construction works is a great achievement in itself, it is also pleasing we can report that we now have five signed rental agreements for retail shop tenants and there is only one retail space still available in the Village Square site.

'We anticipate that we will also be signing further retail leases on the Market Hall site tenancies very soon. Much of the credit is due to the work of CCDC Board members Dan Greenlees and Shona Taranto, together with Tammy Edmonds and her team from LJ Hooker at Bega,' Mr Walters said.

The CCDC anticipates that Monarch will achieve practical completion within the next month and will then hand the completed project to CCDC to enable it to organise Occupation Certificates for the buildings with BVSC. The CCDC then plans to give further on-site tours of the premises for prospective residential and commercial tenants, as well as members of the community.

The date and format of the official opening is currently being negotiated in conjunction with the State and Federal Government partners as the primary financiers of the project. Obviously, we will keep the community in the loop once this is finalised.

If any of the leasing opportunities are of interest, feel free to contact Tammy Edmonds on 6492 4300 or email LJ Hooker Bega at rentals@ljhbega.com.au.

For general information or to take a look at the floor plans, visit the CCDC website or jump onto the LJ Hooker listings page to see what is being delivered for Cobargo by scanning the QR code.



CCDC Board members visiting the Rebuild Cobargo project in August with NSW Reconstruction Authority representatives. From left to right John Walters, Narelle Cooper, Gary Randall (NSWRA), Shona Taranto, Mick Pryke, Dan Greenlees, Steve Williams, Deb Summer and Luke Stephen (NSWRA).

Deb Summer and Steve Williams

Community Representative Directors

Cobargo Community Development Corporation Ltd (CCDC)

Email CCDCLimited@gmail.com



QR code for Cobargo rebuild site



QR code for LJ Hooker property listings site

Spring Teddy Bears Picnic Fundraiser

Hosted by OzHarvest Sapphire Coast North Chapter and Cobargo Commons Community Gardens, the picnic will be held on Sunday 13 September from 1.30 pm.

Please come and gather at the Cobargo Community Gardens Food Hub Cottage, Cobargo Street, opposite the tennis courts. Pack a picnic rug, some afternoon nibbles and drinks, and join us for a fun, family-friendly afternoon in the gardens.

There will be pikelets with OzHarvest's 'Oh! Jam' and other delicious toppings as well as assorted home-made cakes and slices for \$5.00 a plate. And there will be fun games, activities and a treasure hunt!

OzHarvest merchandise will be

available (and EFTPOS). All proceeds will go to support OzHarvest and Cobargo Community Garden.

Bring your family, your friends and don't forget your teddy bear!

For more information and updates check out our Facebook page, OzHarvest Sapphire Coast North chapter.

Rebecca Norman



Nominations are needed for the Cobargo Citizen of the Year

All you have to do is write a few paragraphs about who you want to nominate and say why you think they should be honoured.

Please note that the person should be doing things, over and above their normal work or study, to contribute to our community.

Send entries to PO Box 5272, Cobargo, or email cwa.cobargo@gmail.com

A Brave New World at the Cobargo School of Arts Hall

As many community members would appreciate, the Cobargo School of Arts Hall, or our 'Grand Old Lady', has stood our community in good stead over the last 150 plus years. During that time the various committees, Council groups and the wider community have supported many restoration and improvement projects to achieve what we have now.

In many ways the single most important (and most overdue) element is now in place with the building of the concrete ramp from the disabled parking area to the kitchen area at the back of the Hall. This means that we have finally achieved disabled access to all areas of the building.

In addition, successive Hall Committees have successfully bid for grants or Council support to ensure that a new roof, a rebuilt toilet block, an updated kitchen, air conditioning, repairs to the main hall floors, a picnic area and seating on the east side of the building, and a self-contained solar panel and battery array to ensure constant power availability even when the grid goes down, are all in place.

So, what next? Well, now that the booking arrangements for all the halls in the Shire are made through the Council

there is very little left for a full committee to do. There are some minor ongoing secretarial and reporting duties, including future potential grant applications, but the capital improvement items on the overall to-do list have been ticked off and a full committee structure is no longer fit for purpose.

Therefore, it is our intention that we replace the hall's full committee with a

streamlined model. This revised model will retain only a couple of formal committee roles but will be supported by a 'Friends of the Hall' group if or as required to ensure any further support is available, but not as a part of a full committee.

If you want to book the School of Arts Hall, please search for 'venue hire bega'.

Steve Williams



The new disabled access ramp from the disabled parking area to the back entrance of the hall, giving access to kitchen, supper room and the stage.

Cobargo Community Invited to Celebrate Local Book Launch



Kelly Ryner in her studio

There's a little bit of Cobargo in every page of my *Red Rabbit Roo* series of children's books and on Saturday, 12 September, I'll be officially launching the books right here at home.

I created the series after raising orphaned kangaroo joeys on our property near Cobargo. The stories are inspired by those real kangaroos, their personalities, relationships and adventures.

The first two books, *Maxie Roo Is Just Like You!* and *Indie Roo Is Now a Mother Too!*, are rhyming picture books illustrated

with my hand-painted watercolours of kangaroos and our beautiful Australian bush.

It has been an exciting lead-up to the launch. *Maxie Roo* recently received a coveted Starred Review from *Kirkus Reviews*, which described it as 'a tender, gorgeously illustrated escape into nature'. Both books have also received Gold Book Awards from Literary Titan.

But hosting my book launch here in Cobargo is particularly special. These stories wouldn't exist if we hadn't relocated here, so I really wanted to celebrate their launch with our local community. I hope the books help children around the world fall in love with our wildlife and understand a little more about the animals we are so lucky to have around us.

A significant portion of the Red Rabbit Books proceeds is always donated to volunteer wildlife carers and small wildlife sanctuaries. More information can be found at the 'RedRabbitBooks' website.

The *Red Rabbit Roo* series launch celebration will be held at the historic Cobargo Bank Café on Saturday,

12 September, from 10.30 am to 12.30 pm. The morning will include live story readings, a Q&A session, book signings and a colouring and activity area for younger guests.

The event is free, and families and wildlife lovers of all ages are welcome. Please RSVP via Humanitix to help us



plan seating and children's craft supplies. Go to the Humanitix website and look for 'red rabbit books launch'.

Kelly Ryner

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Where did all the kids come from?!

The recent Cobargo Lanterns and Lights Winter Festival was amazing!

Cobargo really came alive (and illuminated) as the main street hosted a huge crowd of revellers of all ages to raise the spirits of the community, especially the families with kids.

So, what was it really about and who made it happen? At this point we need to hand over to the event's movers and shakers, Monique Jones and Zoe

Pook, who said, 'We wanted to create an event to bring the community together, enjoy the magic of lights and lanterns on a winter's evening and support the wonderful businesses and community groups in our area.'

'We were blown away by the great support from shops that opened on the night, and the organisations that provided such delicious food. In fact, the night was so popular that most food vendors ran out

of produce to sell.'

The burning question asked by many community organisations and members was, 'Will this be a regular feature in Cobargo?'

Back to Zoe and Monique, 'We would love to make this an annual event. The lanterns and lights theme was an obvious winner ... and where did all the kids come from?'

Steve Williams



Handmade lanterns outside Twig and Feather



Cobargo Commons

Cobargo CWA – from Fiji to sorting out the rural health crisis

At our last meeting in August, we were delighted to welcome students from Years 5 and 6 at Cobargo Public School. They too have been studying Fiji, our Country of Study for this year, and they gave us a PowerPoint presentation that outlined multiple facets of life in Fiji. They spoke confidently and were a pleasure to listen to. They also submitted their drawings and messages for a postcard designed to reflect a visit to Fiji. The best three postcards were chosen and will go to the next round of judging, as will their superb presentation.

These students were a credit to their school and community. They thoroughly enjoyed the Fiji-inspired goodies we gave them, had fun with quizzes and thanked us enthusiastically. Such a pleasure to meet them!

September is the month where we promote awareness of the issue on which the CWA of NSW is focusing. This year we say *Enough is enough and Cobargo Branch calls time on the rural health crisis*. Residents in regional communities deserve the same healthcare as every other Australian. People living in regional, rural and remote NSW have been expected to settle for less available healthcare for far too long – and the Country

Women's Association of NSW says it's time to stop accepting the unacceptable.

Launching its 2026 Awareness Week campaign, the CWA of NSW is calling on the NSW Government to commit to practical reforms that deliver better healthcare closer to home. Awareness Week will run from September 6 to 12, focused on a simple message: *Stop normalising the rural health crisis. Start fixing it.*

Lynn Lawson, President of the Cobargo branch of the CWA of NSW, said bad experiences have become so common they are now being treated as normal.

'Our members have watched local services disappear and healthcare professionals become harder and harder to access. Communities have become conditioned to accept these changes as inevitable and we refuse to accept that,' she said.

'For thousands of families outside metropolitan NSW, accessing healthcare has become increasingly difficult. Finding a GP can take weeks. Specialist appointments often require hours of travel. Expectant mothers are forced to leave their communities to give birth. Older Australians travel hundreds of kilometres for routine appointments, while many delay seeking treatment altogether because of the cost, time and distance involved.

'People in regional and rural NSW deserve the same timely access to doctors, hospitals and essential healthcare services as anyone living in Sydney. Where you live should never determine the quality of healthcare you receive.'

Would you like to join us in our advocacy endeavours, 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!!

Mary Williams



Students from Cobargo Public School presented their Fijian project of study.

I hear the voice of my late mother very often. I'm unsure whether this ongoing dialogue is a healthy part of grieving or whether she really is a Diggies resident, but she sure shames me about my windows. Cleaning them at winter's end brings in an embarrassing amount of light, but is newspaper and vinegar really the only way? More light is streaming in, but the winter fire still goes 24/7 because the frosty Diggies mornings are still biting pretty hard.

The Diggies community group chat has sure been chatty lately with notices about the many burn piles lighting up and the magnificent quality and quantity of citrus and jonquil bulbs at the Diggies Share Shed. Didi's blood oranges are legion, and so are Angela's navels, mandarins and pumpkins, not to mention Sally's lemons. There is nothing like enjoying food you've grown yourself, but a close second is enjoying the produce from the carefully tended trees and gardens of neighbours.

Less fun around here was the giant fallen tree that closed the road a few Fridays ago (thanks to Jake and Eva for cutting away enough for traffic to pass before the Council got here); or grappling with the possible impact of avian flu (thanks to dear Maggie, our resident bird expert, for keeping us informed); or

seeing the number of dead wildlife on the road, (although the signs asking people to slow down along the dusty patches are apparently working).

The Landcare crew continue to kick goals. It's such a treat to be at the beautiful places along the creek, most recently at Maggie's where we smashed a lot of cape ivy flowers and seeds before demolishing an orange cake under a pepper tree planted a century ago. In July, we met up at Sally Anne's to hear from Danie Ondinea from the Wombat Protection Society of Australia. This inspired four residents to complete an online course and qualify to establish the Dignams Creek Wombat Mange Hub. It is possible to treat and reverse the scourge of mange in our precious wombat community and we're going to have a red hot go.

Preparations are underway for the annual Dignams Creek Christmas Market, on Saturday 12 December from 3.00 to 7.00 pm. This year's market will feature live music again, local handmade items, and trash and treasure stalls, the best Christmas cakes and puddings money can buy, delicious treats and the ever-popular raffle with prizes mostly made, grown and enjoyed in Diggies. All local makers, growers and stallholders are warmly welcomed and encouraged to set up on that day too. In the meantime, Diggies residents are striking seedlings, making jams and marmalades, and collecting the treasures from their house declutterings and shed clean ups. Plan on coming along for a festive afternoon of community, music and Christmas cheer (it's sooner than you think!).



Didi's delicious blood oranges and lemons, photo Flick Ruby



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South Coast Music Camp Returns!

Founded by Geoffrey Badger and sponsored by Four Winds, the South Coast Music Camp is open to everyone, regardless of age or musical experience. Whether you're new to your instrument or have been playing for years, come along to the Mumbulla School in Bega from Monday 28 September to Friday 2 October to build your skills, make new friends and experience the joy of making music together.

This year's outstanding tutors include members of Acacia Quartet and teachers from the Sydney and Wollongong Conservatoriums. Many of them are among the best of Australia's musicians and have performed with award-winning artists. The program has four main streams: Orchestral, Concert Band, Choral and Whole Camp Orchestra. Within the Orchestral and Concert Band streams, participants are grouped according to their experience and confidence levels, so everyone learns at a pace that suits them.

The repertoire is carefully chosen to be enjoyable and appropriately challenging without feeling overwhelming. There are also electives like improvisation, chamber music and private lessons in areas of interest. There's plenty of flexibility and activities like meditation, visual art or even a game of frisbee!

It all contributes to a relaxed, creative learning environment and it's beneficial to your music practice too. Don't be nervous! We've had people attend who had only just started playing, couldn't read music or even tune their instrument. The progress they make in just one week is remarkable. If you have any worries or concerns, please get in touch to have a chat, because we'd hate fear or worry to be the reason you didn't take part.

Just bring your instrument. We provide delicious food – lunch, morning and afternoon tea every day – and there's plenty of support throughout the week. You'll play for around three to four hours a day with regular breaks, so it's a full but enjoyable experience.

Fees include all tuition, ensemble experiences, meals and a camp T-shirt. The cost is \$450 for the first family member, \$350 for the second and \$250 for each additional participant. We know there is a lot of pressure on families at the moment, so if cost is a barrier, please get in touch. We're committed to making attendance possible wherever we can.

For more information, visit southcoastmusiccamp.com.au or contact me on 0430 382 971 or email me at david.h@fourwinds.com.au for further details.

David Hewitt, Create and Inspire Director

South Coast Music Camp

Proudly sponsored by Four Winds

Monday 28 September - Friday 2 October

8:30AM - 4:00PM

Mumbulla School, Bega

All ages and levels of experience welcome!

For more info and to register visit:

southcoastmusiccamp.com.au



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The Far South Film Festival Round-up

The seventh annual Far South Film Festival was a great success, opening on Friday 14 August, with Festival Day on Saturday 15 August 2026 at The Twyford, Merimbula.

Audiences enjoyed six sessions of exceptional films by regional and rural filmmakers from around Australia, with filmmaker Q&As on Friday evening and Saturday afternoon, culminating in the Awards Ceremony on Saturday evening.

The Festival thanks all the regional filmmakers who submitted their work. We celebrate your creativity and courage in bringing your stories to the screen. Thank you also to our generous award sponsors, venue and accommodation partners, and the FSFF and Twyford volunteers who helped make the event possible.

Our thanks also go to Award Presenters Dr Michael Holland MP; Helen O'Neil, Councillor Bega Valley Shire Council; Cathy Griff; Kate Bradbury, ED South East Arts; Jamie Forbes, Chair, Theatre Onset; Nugheena Gowland; and Tim Shepherd, Chair, Community Bank Pambula and Bega.

Most importantly, thank YOU, our audience, for your wonderful support and celebration of regional filmmaking.

2026 Award Winners

Best Call to Action: *The Circle – Using Fire as a Tool for Healing Community and Culture* – Clare Young, Upper Shoalhaven Landcare Council.

Best Youth Film: *My Friend Artemis* – Stanley Cook.

Best Documentary: *Tallaganda & Beyond* – David Gallan.

Best Performance: Tobie Webster and Sebastian Tang in *Ludovic* – Nick Bolton and Vic Barbeler.

Best Comedy: *Bin Day* – Jane Fullerton Smith.

Best Use of Regional Location: *Ludovic* – Nick Bolton and Vic Barbeler.

Best Technical Achievement: *Saltwater Home* – Andrew Robinson and producers.

Best Diversity: *Gaga Wakulda* – Tad Souden and Nicole Smeden.

Best South East Film: *Saltwater Home* – producers Tamika and Robbie Townsend, Emma Stewart and Andrew Robinson.



Far South Film Festival Award winners

Best Director: Georgina Haig – *No Thank You*.

Best Film: *No Thank You* – Georgina Haig, Kezia Brett and Damian McLindon.

People's Choice: *Little Jetty* – Chum Ehelepola, Kush Bourke and Marna Smith.

Hiromi Matsuoka



Roots of Time by David Beck

Three Ways

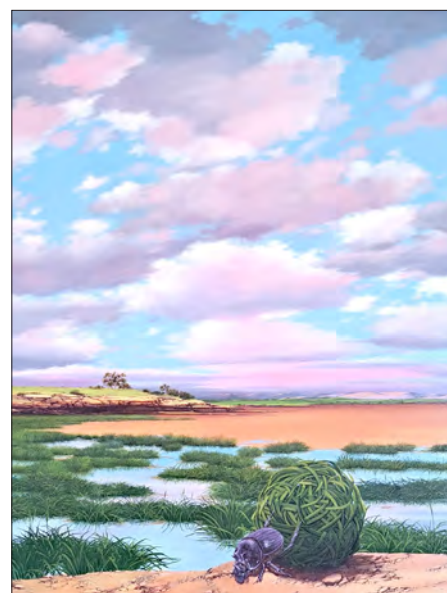
Three artists, three journeys, three visions – this exhibition celebrates the creative journeys of three local artists, David Beck, Ray Hamilton and Graeme Krake. They each have a life-long dedication to studying landscapes spanning Australia and the world. Their artworks explore memories of travels past, observations of our local area and journeys into the landscape of fantasy.

The exhibition runs from Friday 4 September to Wednesday 30 September.

For more information check out our website – 'Spiral Gallery Bega'.

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

Spiral Gallery



Rolling up Water Plants at Lake Dulverton by Graeme Krake

Lucy Wise – *Salt* album tour 2026



Lucy Wise

A concert of beautifully crafted songs from award-winning folk singer Lucy Wise and her band, blending contemporary folk sounds, masterful storytelling, intricate guitar and poetic lyricism.

Lucy will be supported by local singer-songwriter Piper Allen, who we're delighted to have open the show. Her style of music blends dreamy folky sounds with jazzy neo soul.

Lucy will be performing on Saturday 26 September from 3.00 pm at The Cobargo Showground Supper Room.

Tickets are available from the Humanitix website, search 'Lucy Wise, Cobargo'.



General Admission is \$30 and Yuin Folk Club Members pay \$25.

Brought to you by Cobargo Music Arts and Culture (CoMAC).

Pamela Shears

Wood and Wool at the Lazy Lizard

Steve and Helen Stafford are presenting their individual creations in the Lazy Lizard Side Room during September.

Helen has been focusing on designing and felting new items for her clothing collection – capelets, collars, scarves, wraps, hats and mittens. There will also be neck cowls and all items are reversible.

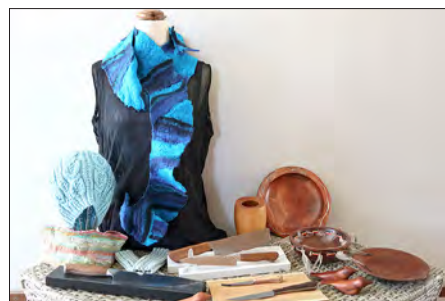
Steve has assembled a collection of culinary items suitable for Father's Day

gifts as well as other wooden items that will be available for sale.

The Lazy Lizard will be open on Father's Day, Sunday 6 September from 10.00 am to 3.00 pm.

Helen will open the gallery every Sunday during September from 10.00 am until 3.00 pm.

Helen Stafford



Beautiful items in wood and wool Photo: Steve Stafford

Cobargo Spring Dance

Come along to the Cobargo Spring Dance Night with the Kameruka Bush Orchestra.

Expect lively fiddles, squeezeboxes and all the classic bush dance favourites, plus a few surprises. Don't worry if you don't know the dances – the Kameruka Bush Orchestra will teach you step by step. Help keep music and dancing alive in our community!

Spring Dance will be on Saturday 19

September from 6.30 pm at the School of Arts Hall Cobargo.

General Admission will cost \$20.00 and Yuin Folk Club Members pay \$15.00.

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

For an extra \$10 there will be a curry supper available.

Brought to you by Cobargo Music Arts and Culture (CoMAC).

Pamela Shears



The Kameruka Bush Orchestra

The Things We Never Say

Elizabeth Strout
Penguin, RRP \$35.00

I hardly dare to review this new novel by this highly acclaimed and most beloved author with a world-wide devoted readership. This is Strout's (I want to call her Elizabeth because I feel I know her) eleventh novel and she is again long listed for the 2026 Booker Prize. She won the Pulitzer in 2009 for *Olive Kitteridge* and continues to be nominated for prestigious literary awards. Many of her characters reappear in subsequent companion works and some readers have come to regard these characters as personal friends. Such is the brilliance of her character driven novels.

This novel is a departure in both the setting and with a new cast of characters. And I hope I will meet them again in future novels. We are still in small town America, but now on the coast of Massachusetts and in the bitter political backdrop of the 2024 election and its aftermath.

Our protagonist is Artie Dam who is 57, a history teacher, who loves both his

subject and his students. He gives his time to his overlooked students, opens new ways of thought and gently corrects the cruelty of adolescent teasing. He is regarded as wise and kind by students, colleagues and friends alike, if occasionally 'dopey'.

He married up, his wife of 30 years is Evie, a therapist. Evie comes from wealth and they live in the beautiful waterfront house that she inherited. Artie is not sure he belongs in this house.

He has a small sailboat and loves sailing in the bay. A pleasant life, by all appearances.

His beloved son, Rob, at 17, was the driver in an accident that killed his girlfriend's friend, Heather. This tragedy hovers over the small family. Some of Artie's friends have died or left town. He is becoming overwhelmed by feelings of isolation. He is in a world gone mad. 'His country was committing suicide.' Slowly Artie contemplates suicide, but only if his family and friends can believe it was an accident. He doesn't want to upset them.

After a totally accidental almost drowning, Artie must live and change. He learns a life changing secret about his own life. Should he reveal this new knowledge or not. And does it matter? The secrets we keep and those we don't and the people we

love but never really know.

Artie learns what he needs to learn ... 'Why don't people ever say anything real? Because to say anything real was to say things that nobody wanted to know. Or if they wanted to know, they would not care in the right way. Or even understand. It was a private thing to be alive. He understood this now.'

Strout is known for her minimalist prose, but she says more in one sentence than most in a chapter. Gentle yet fierce, kind yet simmering. No one is ordinary. We are extraordinary creatures, if only we could know each other.



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Eating for bone and muscle health

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Professor Cyrus Cooper, President of the International Osteoporosis Foundation



Creamy Mushroom, Chicken and Asparagus Bake

Ingredients:

1½ tablespoons olive oil, plus 1½ teaspoons, divided
200 gm sliced fresh mushrooms
1 cup chopped onion
3 tablespoons flour
2½ cups milk
2 teaspoons chopped tarragon
½ teaspoon salt
½ cup finely grated parmesan cheese, divided
1 bunch fresh asparagus, trimmed and cut into pieces
1½ cups cooked brown rice
2 cups chopped cooked chicken
¼ cup breadcrumbs

Directions:

Preheat oven to 180 °C. In an ovenproof pan, sauté mushrooms and onion over low heat, stirring often for about 10 minutes. Stir in flour and cook for about 1 minute. Gradually add milk, stirring constantly, until the liquid thickens. Stir in tarragon, salt and ¼ cup parmesan until melted. Add asparagus, rice and chicken. Remove from heat.

Toss breadcrumbs with the remaining 1½ teaspoons oil and ¼ cup parmesan in a small bowl. Sprinkle this over the chicken mixture.

Bake for 15 minutes until the mixture is bubbly and the topping is golden.

Note: 865 mg of calcium in 2½ cups milk and 250 mg of calcium in ¼ cup parmesan cheese.

Almonds

Make almonds your go-to snack or eat almond butter instead of peanut butter.

Note: 200 mg of calcium in a ¼ cup of almonds.

Sardines on toast

Easy, cheap and available. Mash them directly onto your toast or fancy them up with olive oil, mayonnaise, chilli or cottage cheese.

Note: 325 mg of calcium per 2 large sardines.

Chocolate tahini fudge

Ingredients:

200 gm dark chocolate, coarsely chopped
½ cup tahini
1 tablespoon balsamic glaze
1 tablespoon sesame seeds, toasted
½ cup pistachios, roasted and chopped

Method:

Grease and line a slice pan.

Melt chocolate in a double saucepan.

Remove from heat and stir in balsamic and tahini. Add seeds and pistachios. Spoon into lined pan and smooth out.

Refrigerate for four hours before removing from the pan and cut into pieces.

Note: 320 mg of calcium in ½ cup tahini, 140 mg of calcium in 1 tablespoon sesame seeds and 80 mg of calcium in ½ cup pistachios.

Super green veggie fritters

Grate or chop ½ cup onion, 1 cup each spinach and kale, 2 cups broccoli and 4 carrots into small pieces. Combine the chopped vegetables with ½ cup corn kernels, minced garlic and chives in a large mixing bowl.

Whisk 4 eggs, add them to the vegetables and stir gently to combine. Slowly add in ½ cup wholemeal breadcrumbs, ½ cup wholemeal flour and ½ tsp baking powder and mix well. Add ½ cup parmesan cheese, salt and pepper, stirring again. Heat 2 tablespoons of olive oil in a large frying pan then place large spoonfuls of mixture in the pan. Flatten them gently to form a patty and cook for 4 to 5 minutes on either side. Once cooked, remove from the pan to a plate in a warm oven and repeat until all mixture has been used.

Note: 250 mg of calcium in 1 cup kale, 250 mg of calcium in 2 cups of broccoli and 85 mg of calcium in 1 cup spinach.

~~\$3.00~~



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

Wrong place, wrong plant

There's no such thing as a weed, botanically speaking, just a plant growing where we don't want it. Years ago, we removed a *Lagerstroemia indica* (crepe myrtle) from our garden. It had been lovely in its day, but it had to go. The rootstock never got the memo and sends up suckers through our beds – that decision we made then is now the thing we're fighting to keep out.



Acacia pedina

Wrong place isn't always about taste, sometimes it's geography. Every plant has a natural range outside of which it cannot survive. *Andropogon gayanus* (Gamba grass), one of the tropical north's worst weeds, is killed outright by frost here. The reverse holds too: *Rubus fruticosus* (blackberry), a declared weed across temperate Australia, is essentially absent from the tropical Northern Territory, lacking the winter chill it needs. Climate draws a boundary as firmly as any fence.

Officially, weeds are ranked by the damage they do. Thirty-two are Weeds of National Significance, while NSW's Biosecurity Act sorts local offenders into Prohibited Matter, State Priority and Regional Priority Weeds, replacing the old noxious weeds label that operated until 2017.

Every garden escapee started as

somebody's deliberate choice, and *Lantana camara* (lantana) is the classic case. Arriving in Adelaide in 1841 as a handsome ornamental shrub, within twenty years it had leapt garden fences. It now blankets four million hectares of the east coast, reaching as far south as Mount Dromedary/Gulaga, practically our doorstep.

Not every weed arrives from overseas. *Pittosporum undulatum* (sweet pittosporum) is a true local native, fire sensitive and once confined to sheltered gullies. With fire now less frequent, it has spread well beyond them into surrounding forest and gardens, carried by birds feasting on its berries. A changed landscape can turn a native into a weed just as easily as a ship full of ornamentals once did.

So why does a plant turn weedy? Prolific seeding is one reason: our own *Tagetes lemmonii* (Mexican marigold) flowers beautifully but seeds relentlessly.



Clematis glycinoides

Its seeds don't travel far though, so we have decided to retain it and pull out any stray seedlings, a reminder that keeping weeds in check is part of the gardener's job description. Effective dispersal is another mechanism, as lantana and pittosporum demonstrate, and a plant with no natural checks left can just keep going.

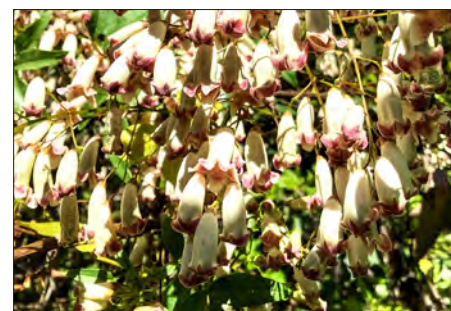
Whatever the mechanism, the response stays the same: pull small weeds before they flower and seed, since one plant left unchecked can produce thousands more, hence the old warning that one year's seeding means seven years' weeding. Keep bare soil mulched too, an open bed is an invitation, though nothing stops a stray seed drifting in on the wind or dropping from a passing bird.

Meanwhile, around the town gardens the *Prunus* spp. (ornamental cherries and plums) are opening into blossom, joined by deciduous magnolias and the perfumed *Jasminum polyanthum* (jasmine).

With September marking National Wattle Day, roadside Acacia species are lighting up gold all cross the Triangle, including the locally endemic *Acacia pedina* (Bermagui Golden Wattle). Look too for delicate white drapes in smaller trees, either *Clematis glycinoides* (headache vine) or *Pandorea pandorana* (Wonga Wonga vine), a closer look will tell them apart.

In the vegie garden, sow root crops such as beetroot, carrots and swedes, plus celery. Otherwise continue with onions, peas, potatoes and silverbeet, and get ready for October's main planting rush.

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



Pandorea pandorana

Anglican Churches of Bermagui Cobargo and Quaama

Service times in September

Bermagui at 8.30am - 6th, 13th, 20th, 27th

Cobargo at 10.30am - 6th, 13th, 20th

Quaama at 10.30am - 27th

Cobargo High Tea, 15th at 10.30am

Contact: Vanessa Williams
Parish Administrator, 0408 177 131
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SEPTEMBER	WHAT	WHERE	TIME
All Sept	Wood & Wool, Helen & Steve Stafford presenting individual creations pg 31	Side Room, Lazy Lizard	M-F 10 - 3 Sat 10 - 1
	Fungi Photographs from the Fungi Festival photo comp pg 20	The Drom Hotel	Hotel trading
Fri 4 to Weds 30	3 Ways: three artists, David Beck, Ray Hamilton and Graeme Krake pg 31	Spiral Gallery 47 Church St, Bega	M-F 10 - 4 Sat 10 - 1
Weds 9	Mumbulla School's Music Tour - years 5 & 6 will perform with string ensemble and band pg 5	Cobargo School of Arts Hall	1.30 pm start for approx. 45 minutes
Sat 12	Red Rabbit Roo series, children's book launch, readings, Q&A, children's colouring activities. pg 27	Cobargo Bank Café, Cobargo	10.30 - 12.30
	Open Day at Buddhist Centre: curry lunch, sweets, stalls, plants, music pg 6	33 Kirkland Cres Kate: 0468 452 236	11 am - 2 pm
Sun 13	OzHarvest: Teddy Bears' picnic, fun family afternoon with treats, games, treasure hunt. Fundraiser. pg 26	Cobargo Community Gardens Food Hub Cottage Cobargo St, opp tennis court	1.30 pm onwards
Sat 19	Ensemble Offspring with guest artist Nardi Simpson performing Freshwater Woman. Book on Four Winds website.	Windsong Pavilion Four Winds, Barragga Bay	Food and bar 12.30 Starts 2 pm
	Spring dance with the Kameruka Bush Orchestra, learn & have fun! Tix from Humanitix. Curry supper \$10. pg 32	Cobargo School of Arts Hall	6.30 pm onwards
Sat 26	Tilba Festival, family-friendly community festival, music, flavours, creativity & connection. Book & info at Humanitix 'Tilba Festival 2026' pg 1 & 22	Bate St, Central Tilba	9.30 am - 4 pm
Sat 26	Lucy Wise and band, contemporary folk singer. Tix from Humanitix pg 32	Cobargo Showground and Supper Room	3.00 pm onwards
Sun 27	Radical Son, First Nations contemporary, guitar & vocals. Book on Four Winds website.	Windsong Pavilion Four Winds, Barragga Bay	Food and bar 12.30 Starts 2 pm
Mon 28 to Fri 2 Oct	South Coast Music Camp, open to everyone who loves music, wants to build new skills, make new friends & play music together pg 30	Mumbulla School, Bega	Information on the website
OCTOBER			
Sat 3 & Sun 4	ReBoot, a family-friendly, action and relaxation weekend program in Bermagui. Full program is on the ReBoot website. pg 10	Bermagui and surrounds	Information and times on the website
Mon 5	Trace the Bermagui Mystery, starts at the headland overlooking the river and ends at Mystery Bay picnic shelter. pg 4	Bermagui and Mystery Bay - maps issued, free event	10 am sharp - till around 1 pm

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