

# THE TRIANGLE

COMMUNITY NEWS

Est. Sept. 2002

QUAAMA COBARGO BERMAGUI TILBA & LOCALITIES

Circulation 1800 plus online visits

ISSN 2652-9092 Issue No 207 June 2021

## What's been going on at the CWG?

Sarah Campbell Lambert, a Cobargo local, founded the Cobargo Wellness Group (CWG) in early 2020 in response to the bushfire crisis.

Sarah's and Richard's home was spared but many weren't. Like many other locals she wanted to help. Being a practitioner of complementary therapies, Sarah knew what was needed and what had contributed to her own resilience. So she decided her home would have an open door, for anyone and everyone to drop in as needed.

Sarah organised a chain-saw workshop, a crazy Karaoke night, a Petrea King event, yoga and meditation classes and community dinners. Other practitioners like Vanessa Corrigan, Sally Draayers, Neil Fox and Shereen Green volunteered, as well as Tracey Keogh and crew from the Central Coast.

When COVID hit, everything stopped.

During this time, Sarah met up with Dave Houston and the musical stage show *My Superpower* was born. Ginger the Frog, an emotional resilience program for young kids, came back to life,

'Dave's experience as an actor and theatre director, his involvement with children's recovery after the bushfires in Victoria plus ten years working with the Royal Children's Hospital, was the perfect fit,' says Sarah.

Ginger is a shy, anxious frog who has to navigate life's tricky issues, face her fears, build resilience and recognise her own 'superpower'. It's an everyday story for so many children, especially now.

Sarah produced an album of well-being songs and meditations for kids collaborating with Dave, Sam Seidel, Max Garner Tucker, Florencia Giorgi and Tamlyn Magee – all of whom are local musicians.

550 people have engaged in CWG activities: house concerts, Men's BBQs, a practitioners' retreat and pre-school visits distributing rag dolls. The Cobargo Community Bushfire Recovery Fund paid six local practitioners to provide 288 appointments and for Sarah to deliver a twelve-week mindfulness course.

'The CWG is now a thriving group,' says Sarah. The 'Dream Team' has evolved: Melissa Pickering is Administration and Suzanne Dickson is editing *Ginger* for schools. Richard Lambert is animating the beautiful artwork for the show, Yolanda del Valle-Buetefuer does marketing and costume making, Charlotte Ahrens plays Ginger and, along with the musicians and practitioners, they are all residents of the Bega Valley.

*Ginger the Frog* opens with two free previews at Wallaga Lake and Cobargo; then it opens at Narooma Golf Club on 11 July; with the big show and Kids Expo at Bega Civic Centre on Saturday, 17 July with morning and afternoon sessions.

We would especially like to acknowledge and thank the NSW Government's Bushfire Community Recovery and Resilience Fund, the Cobargo Community Bushfire Recovery Fund, St Vincent de Paul, the Australian Council of the Arts, the Hawkesbury City Council, Australian Government Regional Arts Fund, Coordinare, Australian Red Cross and Eurobodalla Shire Council for their grants. Also many thanks for Arndell College's contribution and for understanding Ginger and the importance of emotional well-being for young kids in schools.

For more information regarding *Ginger the Frog*, theatre production and CWG events go to [www.cwg.org.au](http://www.cwg.org.au) and [www.gingerthefrog.com](http://www.gingerthefrog.com)

Yolanda del Valle-Buetefuer



Ginger the Frog

More photos from the CWG p. 22

Among the many things happening in the Triangle at present, there is a burgeoning of creativity enriching our lives, minds and hearts. The feast of activities meanders through painting power poles with cameos capturing local life, play writing and production, garden workshops popping up like mushrooms, public sculpture infiltrating the landscape, local produce transformed into delicious food enjoyed by hundreds and music tripping across the valleys.

Young ones are at the forefront of creative and meaningful events. In Bermagui, ABC's Costa guided pre-schoolers on turning dirt into corn then pop-corn while a local artist taught teachers and school children how to shape clay into ceramics that were later decorated with traditional painting techniques at Umbarra. Cobargo students' Earth Savers group is sorting daily rubbish into recycle-ables and dramatically reducing waste. Cobargo student,

Lincoln Alderman won the Bushfire Poetry Competition with his heart-felt poem, 'Sunrise on a Hill'.

Such a wealth of creativity draws experiences and possibilities into visibility, ignites bolts of insight and clarity, stirs the rumble of amusement, offers inspiration and softens difficult realities. Our healthy and resilient community models circular economics as ukulele strings and children's caring hearts fund cancer research and businesses donate public art. The strengthening connections deepen a sense of belonging, a prime touchstone of a thriving social ecology.

And, well done to Cobargo CWA at the CWA NSW Conference for their unanimously adopted proposal for the CWA to lobby government to place medicinal cannabis on the Pharmaceutical Benefits Scheme.

## Letters to the editors

### Anzac Day at Quaama Public School

The impressive attendance at, and Quaama Public School's very obvious renewal of support for, this year's Anzac Day service in Quaama suggests that it's time for this important event to be upscaled now.

An audible public address system would be especially welcome, having a (real, live) bugler play the 'Last Post' and 'Reveille', providing a few chairs for the elderly, distributing sprigs of rosemary to all who attend, having a short (five minute) Anzac address would, at the very least, be small but appropriate enhancements that will help ensure our community continues to actively support and acknowledge the importance of Anzac Day – for the nation as well as locally.

Peter Lacey  
Quaama

### Thanking the woman who cleaned the evacuation centre facilities during the 2020 bushfire

Your time and effort were appreciated. I had a brief discussion with you in the main centre building and heard that you were cleaning multiple buildings. There had been talk of the Navy being deployed to help but they never came – didn't see Jesus after three days of darkness either.

I looked around at the low level of self-motivation and responsibility, thought to myself maybe divine intervention manifests as a cleaner, got off my bony butt and started cleaning too.

I gave a small broom to my two-year old child and set her to sweeping the hall floor. I only had baby wipes and began cleaning surfaces. Soon others noticed

and began to help and one hour later the entire room had been cleaned. Sorted, stacked and readied for the next influx of displaced people.

Thank you for your outstanding contribution during such adversity – you inspired me and that single act of giving did uplift the spirits of all.

Thank you to the cleaner; Phil who helped me have a shower; and the backpacker Anastasia from Russia who helped me drive this two-year old child to safety in Canberra.

Stacey Lay (and Amber)  
Narooma (formerly of Beauty Point)

### Community Meeting: Cuttagee Bridge Replacement

Bega Valley Shire Council has voted on and agreed to demolish Cuttagee Bridge. The community has asked Council to rescind that decision, but it has not done so.

The future of Cuttagee Bridge hangs in the balance.

The State Government has plans to demolish all wooden bridges and replace them with concrete bridges. Our Council has also asked the State Government to take over the responsibility for the Tathra-Bermagui Road and all its wooden bridges, as a cost containment measure. This could accelerate the removal of our wooden bridges. These heritage icons will be lost forever.

A Community meeting is being held from 5pm to 6.30pm, Wednesday 2 June at the Bermagui Country Club Auditorium. The Auditorium is restricted to 100 people seated. Council will be represented at the meeting by Mayor, Russell Fitzpatrick and senior executives, Anthony McMahon and Dr Alice Howe. Sheena Boughen will



Protest Photo Credit: David Rogers

facilitate the meeting.

To register to attend, go to the eventbrite page by searching for Cuttagee Bridge public meeting or email [bermaguiforum@gmail.com](mailto:bermaguiforum@gmail.com) by noon on 2 June. We will confirm your attendance by email by 3 pm on 2 June if seats are still available.

Show your support to keep and improve our wooden bridges. Preserve the uniqueness that brings visitors to our area and builds our community. Let Council hear our voices and support our heritage-listed bridge.

To date, the community has demonstrated its support for retention of the Cuttagee wooden bridge via letters to Council, speakers at two Council public forums, a petition with over 10,000 signatures, a 'Save Me' postcard campaign, a community rally at the bridge and the supply of possible alternative engineering solutions.

We want the community meeting to provide an opportunity to reach a better collaborative solution with Council.

Geoff Steel

## Regrowth

Where the fire went through fourteen months later a thousand small gums rise waist-high, their leaves a rich green; at the top, orange-tipped translucence.

That afternoon I loaded the cars watching the fire stride down the ridge estimating winds and chances.

In town, at the oval, families from the farms around Coolagolite set up their camping stoves tended their horses.

From the headland we watched the orange-brown mushroom eating the bush between town and lake. That was the fire's last push for the sea.

Soon after, in pairs and threes locals, mostly women, set up stations through the state forest with water, fruit, roo pellets carrots and sweet potatoes.

This was ours. This tree cradled the grey conduit with its bend to dispense water those two the wire necklaces of fruit for the little gliders so they wouldn't have to descend.

Every few days, near dusk we'd come to restock, refill. Only once I saw a wallaby startled, streak away but everything we put out was eaten only rinds with toothmarks left.

Among the riot of new growth the black trunks stand like memories of that dark time.

Kai Jensen  
2 May 2021



### Thumbs UP

To the two little girls who donated their own pocket money of \$5 each to the Can Assist raffle and didn't ask for any tickets in return. Thank you girls, every cent will help someone local.

To the Sydney Morning Herald. While Cuttagee Bridge faces the very real prospect of demolition and being replaced by a characterless, dreary concrete structure it is well worth reading an article in the SMH calling for its retention. This can be found at <https://amp.smh.com.au/national/nsw/a-demolished-bridge-too-far-the-unholy-rush-to-replace-charm-with-concrete-20210520-p57ts1.html>

### Thumbs DOWN



To the rumoured developers planning big things for Bermagui (resort, conference centre?). How about investing in some affordable housing because at the moment there is nowhere for the workers, who you will need to staff your businesses, to live.

## Community Notices

In recognition that meetings are not happening at the moment – at least, not in the ways they used to – we're placing 'Community Notices', the inside back page, in storage for the time being.

## 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.

## Who does the work

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Carolyn Banados (Secretary),  
Bhagya (Treasurer),  
Rosemary Beaumont,  
Debbie Worgan  
Sarah Breakey

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**Printing:** Excell Printing Group, Pambula

**Accountant:** Fredrick Tambyrajan

**Distribution Service:** Linda Sang

Distributed by Australia Post and available

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

Library **Bermagui:** 777 Supermarket,

Post Office, Shell Bermagui, Bermagui

Country Club, Bluewave Seafood, Library,

Visitors Centre **Central Tilba:** Post

Office, ABC Cheese Factory, Sweet Spot

**Cobargo:** Post Office, United Petrol,

Cobargo General Store, The Bowerbird Op

Shop, Well Thumbed Books, Kitchenboys

**Narooma:** BP station, Library

**Quaama:** The Quaama Store

**Wallaga Lake:** Merrimans Land Council

### Deadlines:

Advertising: 5pm, 19th of each month

Editorial: 12pm, 22nd of each month

### Thumbs / Letters to the editor:

All communications should be forwarded

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

Postal address: The Editors, *The Triangle*

PO Box 293 Bermagui NSW 2546

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*The Triangle* is a community newspaper.

Its aim is to provide information and news

to the people in the Triangle area - the area

bounded by the three mountains (Gulaga,

Mumbulla and Wandella). The committee

comprises volunteers who donate their

time and expertise for the benefit of

our readers. *The Triangle* is financially

self-sufficient through donations and

advertising income. Prompt payment of

accounts is appreciated. *The Triangle* is

published every month except January

and has a circulation of 1800 in print plus

online visits.

## 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 maximum except by prior arrangement.
2. Photos should be sent as separate JPG attachments – not embedded into your story. Please send the original digital photo, uncompressed, so we have a large image to work with. Please include a caption for your photo at the bottom of the article it accompanies.
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. Any questions at all, please email [contributions@thetriangle.org.au](mailto:contributions@thetriangle.org.au)

## NEED A CAR for a day or two?

The community car is available to borrow.

See one of the women at Well Thumbed Books or book it by phoning

Louise: 0416 039 895

or Linda: 0407 047 404



49 Princes Highway, Cobargo  
Phone: 0418 613 771

## Ukalips donates to Bega Valley Can Assist

Local ukulele group, Bermagui Ukalips, recently held a successful raffle for Mother's Day raising money to assist people across the Bega Valley who are affected by cancer. The raffle raised \$739.

The first prize, a beautifully handcrafted quilt, was won by Marilyn Pearce who recognised the amount of work that went into the finished product and wishes to thank the anonymous donor.

Mrs Edith Spotto won the second prize, donated by Mollie from Sage Hairdressing of Bermagui and valued at \$65, and Pene Box was the happy winner of third prize, a beautiful gift pack, donated by long time supporter of Can Assist, Suzette from Mermaids of Bermagui.

Leader of the Ukalips and Life

Member of Can Assist, Lori Hammerton, wishes to thank the prize donors and everyone who purchased tickets. Lori also thanks her ukulele members who give so much time to rehearse and to busk for such a worthy cause, where every dollar raised remains in Bega Valley.

The Ukalips' next fund raiser will be at the Bermagui markets on Sunday 28 May, where the group will be playing under their newly acquired marquees and will be asking patrons to drop their small change into the open instrument case as they listen to the sounds of the 60s and 70s as well as some modern music from this fantastic group of players.

*Lori Hammerton*



Lori Hammerton holding the box of raffle tickets for Louise from Woolworths to draw out the winners of the Mother's Day raffle, raising money for Can Assist, run by local music group Bermagui Ukalips.

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# Introducing Sapphire Coastal Adventures

If you have driven past Bermagui Harbour recently you may have noticed one of our boats – *True Blue*. We are super excited to be operating tours out to Barranguba (Montague Island) and looking forward to our first Bermagui whale-watching season. It will not be our first ever but our first in Bermagui – we started whale watching seventeen years ago from Merimbula. We own and operate Merimbula Marina. Over the years the Merimbula sandbar has silted up and it is now too shallow for our boats to cross safely and reliably.

So our business has evolved and Merimbula Marina is becoming Sapphire Coastal Adventures. New look, new website, new locations – same friendly, welcoming, adventurous crew!

We own three boats and also operate whale-watching tours from Sydney where we trade under the name Go Whale Watching. Our primary vessel, *Bubbles*, will move to Bermagui in August to conduct daily whale-watching tours until November. She will then operate regular wildlife and seal swimming tours out to Barranguba.

Our reliable, faithful *True Blue* will work between Sydney and Bermagui whale watching and operating summer cruises.

And our new boat, *Eco Extreme*, a high-powered, adventure, rigid inflatable boat (RIB) will live in Eden and conduct super fun, whale-watching adventures and tours down to Green Cape during the summer months!

We are a friendly, welcoming crew. We love having fun on our tours and sharing our passion for the ocean. We have so many people who come and visit us each year for their annual ‘whale holiday’. It is always a joy to us to welcome back familiar faces and this year it will be wonderful to welcome them to beautiful Bermagui!

Our ‘Whale Family’ continues to grow and we invite you to join us in Bermagui this whale season.

*Simon, Jess, Roger and the team*



Roger, our boat dog



Dolphin off *True Blue* just outside Bermagui entrance  
Photo credit: Our eleven-year old son, Mikah

## 2021 Whale Watching Season August 14 - November 14

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# Next Steps

The world is opening up again very gradually here in Scotland. We are now allowed to travel within the country and it may be possible to visit some other countries too without having to quarantine when we return. Australia and New Zealand were two of the five listed recently but I think it is only a limited number of permanent residents, citizens and tennis players who are actually allowed into those countries, no tourists. There is a lot of misinformation, even from the hallowed BBC, however most people seem to be taking their own precautions and not relying on the contradictory information from the media.

We have recently joined the merry band of motorhome travellers – there has been a huge increase in this choice of recreational activity as people are wary of hotels, guest houses and Airbnbs where many people may share the same space. Even with the vaccine rollout,

caution is important with the emergence of new variants. They predict the price of motor homes will rise by 20% in the next year – valuable real estate! There is a new problem emerging – it seems that the massive increase in the numbers of campervans and motorhomes on the road, as well as all the hospitality venues that now serve customers outside and warm their outdoor seating areas with patio heaters, has led to a serious shortage of gas canisters! In fact the main gas supplier has no new canisters available in the country. I was advised to try scrap yards and second-hand sites to find one. Luckily I found one lurking in the back of the garage and re-fills are possible. The shortage also has something to do with Brexit and the supply from China as well as the COVID effect. But who could have predicted this shortage? A good opportunity for gas canister manufacturers.

*Sarah Breakey*



## Do you have Type 2 Diabetes?

Type 2 diabetes (T2D) has far-reaching health risks including cardiovascular disease, stroke, kidney disorders, nerve damage that can lead to blindness, muscle pain, autoimmune conditions, thyroid dysfunction, inflammatory arthritis, periodontal disease and depression.

Central obesity is associated with Metabolic Syndrome and the development of Type 2 diabetes (90% of people with T2D are obese). A major cause of weight gain is excessive sugar consumption that is converted into fat and stored in the abdominal area.

Weight reduction of 5-10% has shown to significantly improve blood glucose control, cholesterol and triglycerides, and to reduce blood pressure in people with T2D.

Diet and lifestyle modification can reduce the risk of Type 2 diabetes by improving insulin sensitivity, correcting nutritional deficiencies and balancing energy input with energy output to maintain long-term weight management.

Eating a wide variety of wholefoods while reducing animal products, saturated fat and trans-fatty acids in the diet has shown to improve health outcomes in people with T2D.

Regular exercise has also been shown to make a significant difference in the management of Type 2 diabetes because it assists in blood sugar regulation, increases basal metabolic rate, muscle mass and bone mineral density, and it releases endorphins, the feel-good hormones that improve mood.

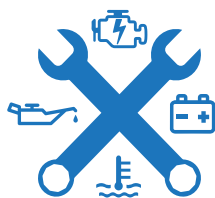
An individual treatment plan with ongoing professional support is recommended for the successful management of Type 2 diabetes.

For more information call 0410 460 688.

*Kathy Stokes BHS (Nat)*



Camper vans at Ben Nevis Photo credit: Sarah Breakey



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# CWA – winners are grinners

The 99th Annual Conference of the Country Women's Association of NSW in Bega in early May was a HUGE success for CWA members and the community of Bega Valley. Over four hundred CWA members visited our beautiful region for a week, staying in local accommodation and eating in local restaurants and cafes. Helen Galton, President of the local organising committee said, 'We are so proud of successfully delivering the CWA of NSW State Conference in Bega and would like to thank our whole community for their support throughout the Conference.'

At the Bega Conference, the Cow Cake Decoration Competition First Prize winner was Miranda Shearer of Bega Branch, who won \$50 and a cookbook. Nelleke Gorton, a member of the local organising committee for Bega State Conference, said, 'The judge loved the whimsical feel about it.' Another gorgeous entry in the cow cake decorating competition, a Holstein frolicking in green pasture, was made by Ann Holub, President of Cobargo CWA Branch.

The Conference Cow Sculpture competition for schools, with a \$500 First Prize, was won by Tathra Public School with their cow 'Daisy, the Cow with Attitude'! The other schools who entered the cow sculpture competition included Bodalla Public, Candelo Public, Central Tilba Public, Eden Public and Tanja Public. Lynn Lawson, Secretary of the local CWA conference organising committee, said, 'All cows in the competition showed a lot

of imagination and a sense of fun. They were a credit to the students who made them. The CWA visitors from around the state voted for all the cows, with the winning cow Daisy, from Tathra Public School, receiving the most votes.'

Handicraft was the BIG winner for the Far South Coast Group – they won First Prize with 724 points, retaining the State Handicrafts Exhibition Cup. The local committee thanked Rhonda Byrnes, the Handicraft Officer for FSCG and Bermagui Branch CWA, for coordinating the Handicraft Exhibition. Marion Cullen of Narooma Branch won the First Prize in three sections: with her Myreshka, a style of Ukrainian drawn thread work embroidery; with her Knee or Cot Rug sewn using natural fibres; and with her Dressmaking Garment made from mixed fibres. Another First Prize winner in the Top Ten Item Section 1 was Stephanie Stanhope, of Bega Branch and President of CWA of NSW, with her Aran knitting. Narooma CWA Branch won First Prize in the Branch challenge to make four aprons.

Far South Coast Group CWA Land Cookery competition also had State winners. Alison Jenkins, Treasurer of Pambula-Merimbula Branch and Treasurer for local organising committee for Bega State Conference, won first prize for her banana bread. Nelleke Gorton, President of Bega Branch and a member of the local organising conference committee, won Second Prize with her decorated 21st Birthday Cake and Third Prize with her

Steamed Fruit Pudding. Debbie Fisher, of Cobargo Branch and the Far South Coast Group Cookery Officer, won Third Prize for her Wagon Wheel slice.

The Bega CWA State Conference local organising committee would like to acknowledge and thank all the local businesses and community organisations for their support. The conference committee would particularly like to thank Pambula and Bega branches of Bendigo Bank, who were a key financial supporter and hosted a 'Welcome to Bega' Reception at the Civic Centre for visiting CWA officials. Committee Treasurer Alison Jenkins said, 'The generous support of our local Bendigo Bank branches in Pambula and Bega was gratefully received and was a wonderful community partnership.'

Bega Betta Home Living donated a KitchenAid mixer for the CWA conference raffle, which was won by a thrilled Rikki Bryan of Central Tilba. Georgie's Fine Jewellery in Bega, Merimbula, Narooma and Batemans Bay, donated a Pandora bracelet with charms. These prizes, enabled CWA members to sell enough raffle tickets to help finance the CWA Conference in Bega.

From 17-23 May, was National Volunteer Week and, in the light of this, the local organising committee would like to broadly thank all the volunteers who contributed to making our CWA State Conference in Bega a success. Thank you to CWA Far South Coast Group volunteers, Tathra Lions for their heavy lifting, Bega Rotary for use of their 101 trestle tables, Four Winds for lending us their stage, Cobargo Scouts who managed the parking, Bega Guides for helping with recycling and all the other community volunteers.

*Annette Kennewell*



Nelleke Gorton, President of Bega CWA, and Annette Kennewell, President of Tilba CWA, presenting a cheque for \$943 to Jane Hughes for the Women's Resource Centre in Bega



Ann Holub, President of Cobargo CWA, showcased her excellent cake-decorating skills with this Holstein frolicking in green pasture

## Exploring Inner Tourism

Make a booking for reality beyond trauma. Meditation is the key to relaxing and letting go your past and, though it often feels like hard work, you are paid – in maturity and inner growth.

Taking this trip is safe. Remember it's about not wasting most of your life making avoidable mistakes.

Heading into the unknown, you need:  
directions to enable a safe trip;

to be in the right mind-frame to allow lasting calm;

help with processing – we all need it at times;

a sense of your first destination point (letting go of emotional baggage);

willingness to let it go; and the ability to laugh at yourself sometimes.

Remember you are not alone – most humans are in a similar position and you need: people who have travelled before – that is, tour guides; people who are sharing your journey either in time or in experiential terrain – it can help; and to have someone to talk to, to bounce experiences off – that is, co-explorers.

Trust is tricky, because we are unsure who we can trust. Meditation is about learning to trust yourself. Then trust is never a problem again.

Reality is the place where we have completely justifiable confidence in ourselves and, therefore, we are always true to ourselves. Others see this and feel they can trust you and then become more real in themselves. Society has taught us to be untrue to ourselves and to act according to conventions designed to keep everyone under control. Then societies can function well, but individuals feel lost.

Inner tourism is about finding and being our real selves. In that there is no confusion, no emotional interference, no lack of maturity and a great deal of strength. There is also readiness for the next part of our journeys ...

*Maggie Camfield*



## What's in a name?

Well, that all depends of course but when it came to goldfields in Australia, particularly ones that created a gold-rush, the name found its way onto everyone's lips far and wide.

The name would conjure up images of lots of people finding their fortunes and immediately told the hearer of the place where the action was. The geography went with the name, but Montreal goldfield?

No, it wasn't in Canada!

It wasn't uncommon for diggers on a new field to have a say in naming that field and after the Government Surveyor had completed the job of marking out the extent of the field (which allowed the Government to levy a tax in the form of a 'license to dig for gold') the diggers at the field at Bermagui agreed to be name it Montreal.

You see, in September 1880, a Canadian called Henry Williams and

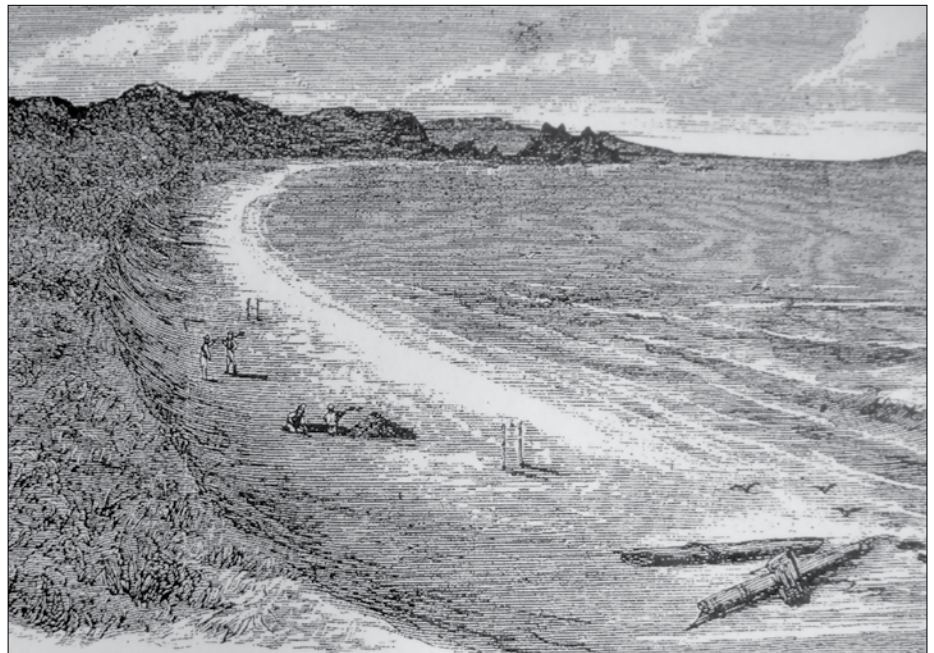
three mates, discovered gold on the long beach heading north to Camel Rock and he was quite happy to call the field after his hometown in Canada.

Within three weeks, over two thousand diggers were working that beach and continued for some six months before moving inland towards Wallaga Lake.

Over time, goldfields 'played out' and diggers moved on. The diggings then start to recover, leaving evidence of the period of the rush. Today however, the view of that long beach that saw such frantic activity is now stunningly beautiful when viewed from the headland above the town of Bermagui, with Gulaga (Mt Dromedary) as a spectacular backdrop.

You would be forgiven for saying 'What gold-rush?'

*Chris Franks, Montreal Goldfields*



The accompanying sketch is a reporter's impression of activity starting on the beach north of Bermagui that was to become the only beach in Australia to experience a gold rush – and one of only two in the Southern Hemisphere (the other was at Greymouth in New Zealand).

## U3A - don't despair, there is still time to become involved!



U3A has made a welcome return to face-to-face classes for this term. It's all about having enough time to do everything! There are still some presentations open for new enrolments: Lunch with a Local Treasure – and this month we are proud to have June Tarlinton speaking to us at the Cobargo School of Arts on Monday 14 June; Ted Beardow will present the second part of Dark Age Britain on Monday, 21 June – Ted has presented many fascinating talks and this second part of three sessions is one not to be missed (it will stand alone even if you didn't hear Part I in late 2019); and the ever-popular Demystifying Apple Technology is being run again (on Zoom) by Michael Gross (Wednesday 16 June).

So, if you ran out of time to enrol at the beginning of Term 2 or find you have some extra time, enrol online on our website: <https://bermagui.u3anet.org.au/> or give Jan Rivers a call on 0409 901 672 to secure your place in one or all of the above classes.

*Ruth Perrett, President*



## Amrei's new Bikram yoga studio is open

Before the fires swept away part of Cobargo's main street, if one were early enough one might have seen a motley group of people dressed in shorts and sweatshirts milling around the entrance of the Bikram yoga studio where yoga is practised at 39° C. Or, if it were a Saturday morning, some could be seen, still in inappropriate clothing, buying something sweet as a treat from the Baking Buddies stall a couple of doors up. It was an incongruous sight, particularly during the chillier months. The Baking Buddies are still plying their sweet and savoury offerings but the studio and its neighbours didn't survive those fires.

While husband Ben stayed to defend their property in Upper Brogo, Amrei and her family evacuated to Bermagui where she met with some students who had also evacuated. Encouraged by exhortations to rebuild her studio and continue her classes, Amrei was determined to re-open a space for health and healing for herself, her family and the community. It became a journey of many paths. Her Bikram yoga studio in Cobargo had been well-attended for seven years and her reputation as a highly skilled yoga teacher saw the small studio become a mecca for students, locally and internationally. How to rebuild? Not her building ...

Having a cuppa around the kitchen table with Ben and Amrei, with young son Noah playing in the background in their cosy home that they converted from the farm's original shearing shed, I was enthralled to hear of the many plans and pitfalls of creating a new studio from scratch. Initially Amrei looked at any other possible venues in Cobargo and, realising that they weren't realistic options, then thought about buying a block and building a studio in Cobargo. After countless calls, loan applications, DAs, grant

applications – you name it – Amrei had thoroughly investigated all possibilities and permutations until she came up with designing a purpose-built, environmentally sustainable, off-grid Bikram yoga studio with accommodation for retreats on the property they already owned in Brogo, about twenty minutes from Cobargo. The design incorporated Amrei's experience from more than twenty years of teaching overseas and here, knowing what would be optimal for her studio, she selected the beautiful site, the views of rolling hills, the absolute peace of the surroundings and a place to grow her family. As of printing, Amrei may have given birth to her new son.

Travelling on Upper Brogo Road through very green dairy country and then driving along curvy roads till I got to Waterloo Creek, I felt I was approaching a special place for learning, similar to the times when I visited monasteries in India. The studio sits on top of a gentle hill after you've passed the family home and the original farmhouse (unrenovated as yet) and outbuildings. The studio is luxurious in space and fittings. It's wonderfully new with the latest technology in heating, lighting, solar power and flooring. It is a beautiful destination for practice and peace. To see this new enterprise fully functional and completed in this very trying time is a testament to the faith and sheer will of a person who is willing to invest in her passion and the community.

To quote Amrei from her website ([www.bikramyogasapphirecoast.com.au](http://www.bikramyogasapphirecoast.com.au)):

'Whilst I don't want to claim to build a traditional Indian Ashram (since I am not Indian), I do believe, that by building an earth-friendly Bikram yoga studio on Waterloo, I am building something that will be a reflection of the traditional idea and an oasis for our valley and beyond. Please come and visit as we would love to share this place with you!'



Amrei teaching in the new studio Photo credit: Ben Marden

For reasons that will become obvious as you read on, this month’s contribution from your intrepid reporter will be shorter than usual. As autumn draws to a close, we are blessed with many lovely sunny crisp days, interspersed with good rain. The Federal budget has been handed down and is hugely distressing in its lack of action on climate change, taxation reform and a Federal Integrity Commission. It’s always good not to forget that there are good things happening in our Triangle and wider shire areas. Climate Action for Eurobodalla held a successful forum on 8 May and the Nature Conservation Council Regional Conference was held at Batemans Bay on 22 May.

**Not recommended**

For a number of years I have ridden my bike to the Tilba Cemetery on most mornings. Over that time I have managed to improve my performance on the ups and downs that are typical of the Tilba area. One of the thrills for me on this ride is to go very fast downhill – assuming that I meet no obstacles. Alas, that was not the case on a recent morning when I was confronted by a closed gate – too late to do anything except hit it!

At the time of writing it is the start of Week Four since the hit. I am recovering well although some bits are persistently slow at responding. It’s a bit of a lesson in patience for someone who likes to be always on the go. I think we all know how fortunate and privileged we are to live in our communities. However, it is in times of disruption that the true meaning of community is most evident. Both Philip and I feel blessed and thankful for the love, support and care that have been given to us at this time.



**Anzac at Central Tilba**

Central Tilba’s Anzac Ceremony is an important annual event in the life of the Tilba community. Organised by Harry Bate for the past eighteen years, it is a real community effort that includes the involvement of students from the Central Tilba School. In 2020, COVID meant that the ceremony was cancelled but an impromptu gathering saw local piper, John McMahon, and a local bugler honour the Anzac spirit. 2021 presented a further challenge and it was initially agreed to cancel the ceremony as the COVID requirements would have been difficult to meet. But then the restrictions were eased considerably and it was on again.


This year the ceremony started an hour early so that the bugler could attend another ceremony later in the morning. Led by piper, John McMahon, and a group of Central Tilba school students, the march left the Dromedary Hotel for the short distance down Bate Street to the Cenotaph. For many years, Arthur



John McMahon leading the school children. Photo credit: Jane Facchetti



Laying of the wreath by Alfeo Facchetti on behalf of the local RFS. Courtesy: Jane Facchetti

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## Tilba Bites

Worthley from Tilba Tilba has lead the march and his absence was noted by many. With a perfect autumn day, many locals attended as wreaths were laid at the Cenotaph and David Oliphant gave the commemorative address that included the iconic song, *We are Australians*.

The ceremony was followed by morning tea, replete with a variety of Anzac biscuits courtesy of the Halls Committee. Donations from the morning tea were given to Narooma Legacy for its ongoing work of supporting returned service members and their families.

### 33 Bate Street

I write often about the activities that are constantly happening at Tilba Real Milk, mainly because, as a community, we respect the hard-won successes that Nic and Erica Dibden and their team



33 Bate Street

constantly achieve. Now they have acquired 33 Bate Street, on the village side of Blacksmith's Lane. With an October opening planned, this will be the new retail space for their products, thus freeing up the existing retail space for factory use. This is an exciting new development and we wish them all the best as they expand their operation.

### Reminder

The Tilba Market will not operate on Saturday, 12 June. This weekend is always reserved for the Combined Woodworking Clubs of the Far South Coast's annual exhibition. It's a great opportunity to see the talented woodwork, maybe purchase something and chat with the woodworkers themselves.

## Halls News

Our regular second Sunday of the month Collectibles, Trash 'n' Treasure Market will not be operating on Sunday 13 June of the June long weekend. If you are interested in having a stall in future months contact Janine on 0400 992 246 for details.

Come along instead and visit the Combined Woodworking Clubs of the Far South Coast who will be in both Halls on Saturday 12 and Sunday 13 June with their display and sales. This is one not to miss.

Can anyone help the Halls expand our collection of photos of the Halls, events, people, cars, fashions ... from the past? We want to display archives and memorabilia in our Halls for locals and visitors to view.

If you can help please call Janine on 0400 992 246.

Janine Halasz

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## Tilba to host NAIDOC '21 *Heal Country*

Drought, fire, flood and COVID ... it's hard not to feel the pain. Last year, some things were just too hard, but this year there'll be a NAIDOC event in the Central Tilba Small Hall over three days, Thursday 8, Friday 9 and Saturday 10 July, between 10 am and 3 pm. There will be an exhibition that will feature the Yuin timeline display, informative posters and inspiring art and books. Yuin cultural leaders will be present for a cuppa and chat. Someone will take home the stunning, framed, limited-edition print of Cheryl Davison's *Bringing the Rain*. The raffle is up and running and tickets are available at the Tilba Market each Saturday from 8 am - 12 pm.

Enquiries:

Cathie Muller 0418 581 944 or Linda Newcombe 0427 053 607.

The Gulaga Reconciliation Group acknowledges the Djiringanj people of Yuin Country as the traditional custodians of the land and waters around Tilba. We pay our respect to the elders, throughout time.

*Cathie Muller*




Cheryl Davison's *Bringing the Rain*

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### Festival funds being made available to the community

Tilba District Chamber of Commerce has donated \$575 to Central Tilba Public School on behalf of the Tilba Festival Committee. The funds are the proceeds from online ticket sales. Nearly 4000 tickets were sold entirely online for this year's event. Purchasers were given the option to make an additional donation to the school at the checkout. TDCC President, Susan Gray, and Treasurer, Carrie Taylor, presented the funds to the school at their assembly on Friday 21 May. Further funds will soon be available. Each Festival year, TDCC aims to retain surplus funds from the Festival income. Traditionally, these funds are donated to groups within the community that are seeking funding for activities that contribute to the Tilba District community. This year the Chamber has agreed to implement a simple Expressions of Interest process for groups seeking a share of these funds. Interested groups will have to: demonstrate they are a legitimate group – i.e. have a name, purpose/objectives and a mission statement that can be clearly articulated and understood; located in and active within the Tilba District, i.e. Central Tilba, Tilba Tilba, and surrounds within the area that lies between the three bridges at Akolele, Dignams Creek and Corunna, including Mystery Bay and out to Armitage Road on Gulaga Mountain; and clearly articulate specific activities on which the requested monies will be spent, giving as much detail as possible. Qualifying groups can apply for up to \$1,000 per application. There is no limit to the number of applications they can make. Each individual application will be considered on its own merits by the Committee of the TDCC. A minimum of three people (quorum) should agree unanimously and a recommendation, tabled at the next scheduled meeting of the TDCC, will be put to a members' vote. The total amount of funds available will be monitored and made public as part of the



Tilba Chamber members Carrie Taylor, Dani'el Hodgson and Susan Gray at the Central Tilba School

Treasurer's Report, presented at every TDCC meeting (usually the second Monday of every month, at least eight times per year). The Chamber will email an update to all members when applications open. The form will also be available soon via the Visit Tilba website at: [www.visittilba.com.au/tilba-chamber-commerce](http://www.visittilba.com.au/tilba-chamber-commerce)

*Susan Gray, President, TDCC*

### Tilba CWA Celebrates Volunteers Week

With National Volunteers Week in May, it's a good time for Tilba CWA members to reflect on our contribution to volunteer work in our community. In this month we cooked and delivered a delicious Mexican banquet for the volunteers at BlazeAid Cobargo who wrote on their Facebook page: 'CWA are amazing! Volunteers helping volunteers.' On the menu were guacamole

with corn chips, chilli beans with cornbread, pickled cabbage, Mexican meat filling with wraps and tacos, plus tomato salsa. Followed by desserts of caramel tart, apple flan and cheesecake. Helen Thomson, our new Treasurer, shared feedback from last month: 'The BlazeAid camp was absolutely delighted (over the top!) with their dinner on Sunday night. I can't remember the last time I was greeted with such enthusiasm! They were really happy to have something different and were definitely excited by the puddings!'

A BIG thank you to the teachers and students of Central Tilba Public School for entering the CWA Bega Conference Cow Competition. The Kinder to Year 2 class made a gorgeous cow named Willow Lavender Rose with a milkable udder. The Years 3 to 6 class made a herd of cows with the theme, 'We stand Together as One! We all belong! Size, colour culture, beliefs – nothing matters except being kind to each other. Respect, Acceptance, Tolerance, Empathy.' Both classes were awarded Highly Commended Certificates by the CWA Bega Conference Committee. To view the Years 3-6 herd of cows, please visit the CWA Gardens opposite the ABC Cheese Factory in Central Tilba.

In Volunteers Week, Tilba CWA members would also like to thank the volunteers at Narooma Men's Shed for framing and painting our new CWA Gardens sign.

All local women are welcome to join Tilba CWA members at our next monthly meeting. For details please contact Helene Sharpe, email: [cwasecretarytilba@gmail.com](mailto:cwasecretarytilba@gmail.com)

*Annette Kennewell*



Herd of cows

The nights have become quite cold and the mornings beautiful and crisp. Winter is upon us with stunning days. The buzz is about the floods and the damage done but stop and have a look at the water that is just lying around. Perhaps the water table has filled back up again which has been long overdue. The other comments from farmers and many non-farmers are the extraordinary numbers of weeds that are now so evident literally everywhere. Life is challenging but also interesting.

The working dog schools that were held recently at the Cobargo Showground were absolutely terrific. The Red Cross bought them to us toll-free with a men's and dogs' day held on Sunday and the ladies' day held on the Monday. There were all shapes and sizes of dogs with the common thread that they were working breeds. Some had never seen a sheep in their lives but under great instruction from Garry White most gained some understanding of some of the cues in training a dog. The key message was that in order for the process to work the dog must have stock instinct. A couple of stars shone on the day making for very happy owners. It was a wonderful social day as well.

A group of Cobargo Horse and Trail Riding Club members gathered for a fabulous lunch to acknowledge two members who have held positions on the committee for an extremely long time but who have now stepped down, namely Patricia Hayes as secretary for twenty years and Julie Moore as newsletter editor for thirteen years. Club President, Pauline Blair, thanked the ladies for all their hard work and June Tarlinton, Treasurer, recited two poems she wrote in their honour

complemented by a toast with lots of bubbles. We welcome Charmaine Lucas into the secretarial role and Marcia Beere as newsletter editor.

Joy Masterson, author of *Wandella Warriors*, is very excited as she has received a grant from the Department of Veteran Affairs to reprint her war history book after so many people had sadly lost their copies in the fires of 2019 and the spare copies had been in storage in Joy's

shed, which was also lost. The reprint is currently being organised and, hopefully in the not-too-distant future, new copies will be available for people to purchase.

The Business Council of Australia is thrilled to announce that the DA for their project, the Cobargo Business Hub, has been approved. The BCA can now move on to the next step in the process of achieving the completion of the project.



Lunch at June's



Working dog school

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## Cobargo CWA

Cobargo CWA has certainly had an exciting month. As everyone will have heard, the CWA of NSW State Conference was held in Bega at the beginning of the month. One of our members, the efficient and enthusiastic Lynn Lawson, was on the organising committee and what a great job they did. It was the first conference since COVID arrived in the world and the number of attendees was only half the usual tally. However, Bega was welcoming to members who had travelled from all across the State to attend. There were bus trips around the area, members were made aware of the various art exhibitions etc and, in spite of the rain, a good time was enjoyed by all. It was also good fun to meet up with friends from across the state and catch up on news.

To add to the excitement, two of our members won prizes in The Land Cookery Competition. Joan O'Halloran was placed 3rd with her Carrot and Ginger Loaf and our Cookery Officer, Debbie Fisher, also received a 3rd for her Wagon Wheel Slice. Well done, ladies – third in the State is a great achievement! The Far South Coast Group excelled in the Handicraft Competition, coming first in the State with all their entries. An outstanding result! Anyone who took the opportunity to visit the Handicraft Display in Bega would agree that the standard is very high indeed, with many outstandingly beautiful and different pieces of work. The other excitement was that the proposal by Cobargo Branch that medicinal cannabis should be placed on the Pharmaceutical Benefits Scheme was debated and passed almost unanimously by the members at the Conference. This means that the Government will be lobbied by the CWA of NSW to achieve this outcome. As we all know, the CWA is very good at getting this sort of thing done – it is what we are known for!

Once more, all this highlights the many aspects of CWA. We not only raise funds (\$19 million to drought relief!) but ensure that all money donated goes to the cause. This is why this is one of the most trusted organisations in Australia, as well as being the largest women's group. We work for the rural, remote and regional areas, trying to ensure equity with urban areas where possible. We support women in need – \$943 was collected at the Bega Ecumenical Service and given to the Women's Resource Centre in Bega. Interested? Come along to our next meeting on Tuesday 8 June at the CWA Cottage on the Bermagui Road, starting at 10 for 10.30 am. You are assured of a warm welcome and a cuppa!

*Mary Williams*

Publicity Officer, CWA of NSW, Cobargo Branch

Ph: 0447401 725

Colina May 'Wilma' Boreham

24.3.1941 – 23.4.2021

Late of Avernus Street, Cobargo.

Beloved wife of Col (deceased).

Loving mother and mother-in-law of

Clarie and Robin; Cathy, Andrew and Sally;

Colina, Daniel and Matthew

Nan to Trent, Kaila, Naree, Nadine, Jesse, Abbey,

Felicity, Jemma, Tayla, Rylee, Haley, Duke, Alivia,

Cody and Shikane.

Great-nan to Braydan, Ella, Jack and Owen.

A private cremation has been held

### BOOK LAUNCH

### Well Thumbed Books, Cobargo

Join local author and former Senator Scott Ludlam for the Cobargo launch of 'Full Circle.'

From the bushfires to local action to the world that comes next: come for coffee and conversation.

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## full circle

a search for  
the world that  
comes next



'Australia lost a senator, the world gained a luminous writer. Scott Ludlam's *Full Circle* is at once a comic chronicle of the climate apocalypse, a heartbreaking work of paleohistory, a fugitive tourist diary, strange, uncategorisable and magnificent.' —Raj Patel

**scott ludlam**

## Lincoln wins a poetry competition

Lincoln Alderman, twelve years old, has won the *KidsNews* Bushfire Poetry competition in the junior student category for his poem 'Sunrise on a Hill'. He's a student from Year 6 at Cobargo Public School and lives in Coolagolite. I spoke to Lincoln at Well Thumbed Books last Saturday and he was comfortable talking with me about his poem and what his inspiration was for writing it. Lincoln has now become an old hand speaking about the poem as he has been interviewed by *KidsNews* and more recently in the *Bega District News*.

He told me, 'I was at school [after the fires] and saw the oval was burnt black, it made me sad.' He said his teachers, Ms Lowe and Mr Campbell, started a programme for the students to put their feelings into words. 'That's when I started to think about what happened. I will never forget that image. It looked alive, like an enormous herd of red-orange coloured cattle on the move coming over the hillside. When we evacuated, I looked out the back

window of the car and saw a huge fire and I felt worried. Then my Dad said, "Don't worry, if we stick together, we will be ok".' Lincoln's teacher, Ms Lowe, entered his poem because she thought it was heartfelt and meaningful.

The poem has earned a place in a new book called *Fighting Spirit* that HarperCollins is publishing in partnership with NewsCorp and the National Bushfire Recovery Agency. In mid-June he and his Dad will go to Canberra (all expenses paid!) to receive his award, three copies of the book, one of which Lincoln is generously donating to Well Thumbed Books, and a chance to meet one of his favourite authors – Jackie French! I'm excited for him!

It's a well-deserved accolade to the spirit of community, our wonderful teachers and to the children who are so natural and honestly expressive that they are an inspiration to us all.

*Linda Sang*

## 'Sunrise on a Hill'

I can see a fire  
It's just over that hill  
but if we stick together  
We'll be fine

I can see a fire  
It's just over that hill  
but if we stick together  
We'll be fine

There was no sunrise  
On the hillside  
Even though my sister said  
there was.  
I said - No Astrid  
That's the fire  
No sunrise to see here today

I can see a fire  
It's just over that hill  
but if we stick together  
We'll be fine

I can see a fire  
It's just over that hill  
but if we stick together  
We'll be fine

Pack the car  
Call the dogs  
Where do we go  
What do we do?

Pack the car  
Call the dogs  
Where do we go  
What do we do?

I can see a fire  
It's just over that hill  
but if we stick together  
We'll be fine



Lincoln with his dogs

*Lincoln Alderman*

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## Anzac Day 2021

Cobargo was welcomed by a warm sunny day as the community turned out to commemorate Anzac Day this year. It felt like a 'new beginning' for this significant day following the difficulties of 2020.

A well-attended street parade was led by the Light Horse Re-enactment Squad (including a nurse), the local Scouts and children from the Quaama and Cobargo Public Schools. Extra support was provided by the RFS, the SES and the ADFA cadets with the Red Cross team catering for refreshments. The BlazeAid group continued to demonstrate its support of Cobargo and surrounding communities by attending our service.

The newly-landscaped grounds of the Soldiers Memorial

and public access to the Memorial Hall contributed to the feeling of 'renewal' for this treasured community precinct. A promise of things to come!

The 'For Country, For Community' collaborative project involving the Cobargo RSL and the Cobargo District Museum is still seeking public support with stories and photos relating to those remembered on our Memorial.

If you would like to know more about this project or would like to share your stories please contact Bev Holland at the Museum, email: [cobargodm@outlook.com](mailto:cobargodm@outlook.com) or phone 0408 280 024.

*Bev Holland*



The Light Horse Re-enactment Squad



Scouts entering the ANZAC Parade in Cobargo



School children at the ANZAC Parade in Cobargo

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

## Cobargo Public School Earth Savers



Ruby Kelly, Elodie Phillips, Dominic Eagles and Tori Callingham

The Cobargo Earth Savers is a group of Stage 2 students from Cobargo Public School that is working towards creating a waste-free school. The students have done a brilliant job promoting Trash Free days at school and every class has weekly prizes of reusable containers awarded to lucky trash-free lunchbox owners.

Members of the Cobargo Earth Savers work as waste monitors during eating times to ensure that the right things are going into the correct bins. Students are asked to bring waste-free lunches to school and are encouraged to take home their waste. FOGO bins are available for any food scraps, as well as recycling

and landfill bins.

Bottle tops and lids have been collected to create flower artworks that will be displayed in the school to educate the community about reusing and repurposing rather than landfilling.

The hard work of the Cobargo Earth Savers has paid off by when they compare their pre- and post-waste audits. The number of items in the landfill bin went from 467 in the first audit to only 45 in the second audit.

Carol Trevanio, Teacher

## Once upon a time

... I was a secret writer with stories and poems that I didn't know what to do with next. Then I went to university and learnt how to write and, very quickly, I won competitions and my work was published.

Like me, you probably have some brilliant pieces lying around that need a

bit of structure to build tension, thematic treatment to give meaning or some poetic language to help your work really sing.

I'd like to share the skills I've learnt. I will show you how to edit and polish your work.

Email me a piece of writing and we'll discuss it, either with others at writing workshops or in private sessions.

Whether your goal is publication or just pleasure in the written word, I can show you how to write more powerfully.

Please phone me on 0467 732 629, to book your place at my Sunday afternoon workshops or to have a chat about your writing requirements.

Sarah Gardiner,

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## Free wicking bed workshop at the Cobargo Community Garden

Want to know about wicking beds and what to grow in them? Join us for a free one and half hour workshop at the Cobargo Community Garden (CCG) on Saturday, 19 June starting at 2 pm. The workshop is funded by Wellways Australia in Bega.

Former Sydney Botanical Gardens horticulturalist, Alice Kelly, will use our new wicking beds to demonstrate the value of compostable soils, natural pest control methods, and companion and seasonal planting.

Afterwards there will be a scrumptious afternoon tea. To register contact Cecile on [bowercecile@yahoo.com.au](mailto:bowercecile@yahoo.com.au) by 14 June.

## Weekly working bees at the Garden

As well as this workshop, CCG has a regular garden-maintenance working bee on Thursday mornings starting at 10 am.

Every Monday we work on specific projects – Project Mondays from 10 am to 1 pm.

We would love you to join us in learning new skills, meeting new people and enjoying our community garden. You will need sturdy shoes, gloves, a hat, water to drink and garden membership (\$5). You can join on the day or RSVP by emailing Monica at [monica.considine@gmail.com](mailto:monica.considine@gmail.com) by 5 pm Friday of the week before.

Cheers from the CCG working group,

*Harry, Monica, Margaret, Stephen, Cornelia and Cecile*



Project Monday at the Cobargo Community Garden – building wicking beds.



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More photos from the Cobargo Wellness Group article p. 1



Sarah Lambert, Dave Houston and pooches out the front of the Cobargo Wellness Centre



Left to right, Sarah Lambert, Ginger and Dave Houston

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## Costa Visits Bermagui Pre School

There were some very excited children at Bermagui Pre School when ABC's TV gardening personality, Costa Georgiadis, came to visit recently. He came to have a look at Moodji Gardens, which he has been involved with from the start, and also to take part in a community event around sustainable gardening as well as teaching the children how to make their own worm farm. Ooey, gooey, wriggly, squirmy worms ... children love them and they learnt that the garden does also and that you can grow your own.

They visited the garden with Costa and their favourite gardener, Dan, and had a great time identifying plants and picking corn that they later made into popcorn with the machine that Costa brought along with him. It was a very happy day for everybody and they look forward to Costa visiting again ... he loves coming to Bermagui and everybody loves his visits. He brings so much joy with his enthusiasm for growing your own food. Thanks, Costa.

## Eat Dirt Permaculture

### Long Table Dinner and Panel Discussion

After a busy day, Costa Georgiadis, the gardening guru, took part in an evening of eating and discussion with various members of the community involved in producing and promoting local produce from the region. The event was held at the Country Club, with around one hundred and twenty people attending for a very reasonable, subsidised \$6 ticket, made possible with a grant from the Cobargo Bushfire Recovery Fund and the Foundation for Rural and Regional Renewal.

Kelly Eastwood provided a wonderful three-course meal using local produce from land and sea. Dan Bakker from Eat Dirt Permaculture (EDP) has been involved with these events for five years now, but this is the first incorporating a community meal.

The panel discussion, convened by chef and TV presenter, included Costa, Kelly from Eastwood's Deli, Taylor McGovern from Belly Up Farm, Bermagui Market President, Greg Lissaman, and Kay Saarinen from Saarinen Organics.

The discussion raised some interesting points: people's increasing interest in wanting to grow their own food, the resurgence of local markets and the increased demand for food grown, caught or produced locally.

Costa was ebullient as ever in his enthusiasm for the region with its 'pristine landscapes ... and amazing waterways'.



Costa at Bermagui Pre School

## Bermagui Public School Report

Earlier in the term, teachers received training from Annie Ray on how to wield clay to assemble sculptures, and how to use the kiln to craft a few straightforward pots and masks. Students will now have the opportunity to participate in pottery lessons. Students are working towards supporting the Bermagui Whale Festival, which will be coming up later in the year, with some ceramic artworks.

Just a few weeks ago Stage 1 took a trip to Umbarra for a cultural experience. Students did traditional painting and had the opportunity to decorate their own small piece of artwork to take home. Students used a special weaving technique to make friendship bracelets. Big thanks to the Narooma High School students who were also there to help run small games.

Year Six students are in their fourth week of practising for High School with Narooma High English teacher Mrs Wilton. The program is to prepare senior students for the transition and beyond. The students have loved doing High School assessment tasks and learning about others experiences offered at Narooma High.

*Archie Schwarz,*  
Communications Minister, Bermagui Public School



Students' clay work before being fired



Kelly Eastwood, Costa Georgiadis, and Paul West at the community meal

## Another bit of Bermagui's history gone

It's sad to see the old houses disappear from town. This one, on the corner of Montague and Young Streets, had quite a history.

Before 1908, Bermagui South's Post Office was on the steamer wharf at Horseshoe Bay. In 1908 James Frampton, who was both wharfmaster and postmaster, built the little office on the corner of Montague and Young Streets. It stayed there until between 1937 and 1938 when Les St Hill became postmaster and it moved to new premises on Wallaga Street. Frampton was in the adjacent garden where, patriotically, he used to raise the flag. It was never used as a signal semaphore but it was re-erected on the headland overlooking the wharf where it now stands. Frampton's old house is currently being removed.

Thanks again to the Bermagui Historical Society and the work of Dave Cotton in archiving hundreds of photos. Worth a visit there or, better still, become a member.

*Georgina Adamson*



Photo Credit Dave Cotton



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## Bermagui hosts major search exercise



More than 80 Marine Rescue NSW (MRNSW) volunteers from the Monaro Region gathered in Bermagui for two days of Search and Rescue training at the start of May.

Marine Rescue Bermagui hosted the Search and Rescue Exercise (SAREX), with volunteers from the Batemans Bay, Tuross, Narooma, Merimbula, Eden and

Moama units also taking part.

The NSW Police Force Marine Area Command, Eden-based police boat *Falcon*, Australian Maritime Safety Authority, Surf Life Saving NSW and the Westpac Lifesaver Rescue Helicopter also joined the major capability exercise.

The focus of the training was on communication, coordination and cooperation between agencies, as well as honing our search skills while looking for ‘victims’ missing at sea after a plane crash.

MRNSW Deputy Commissioner Alex Barrell said, ‘The exercises are staged along the coastline each year to hone marine rescue search and rescue skills and cooperation between agencies to ensure they can operate seamlessly in an emergency.’

He added, ‘This is essential to ensure that we have the best possible chance of finding and rescuing someone in the water as soon as possible in an emergency, when time is always of the essence. Our volunteers are trained to the highest standards for their roles and the experience they gain from a SAREX helps keep them rescue-ready around the clock.’

The search exercise began early with rescue vessel crews

receiving a Mayday alert during breakfast. Getting on the water as quickly as we could, we then carried out a number of different search patterns in cooperation with three or four other Marine Rescue vessels and *Falcon*.

MRNSW and Surf Life Saving Rescue Water Craft (jet ski) operators were deployed to search close to shore, near Haywards Beach, Camel Rock and around Blue Pool.

Search mannequins had drifted away and washed up on shore, where helpful locals moved them into the sand dunes, adding another layer of complexity to the operation to locate and recover the training tools.

Our next search area was off the Three Brothers, where the Bermagui team managed to retrieve two of the three targets. Even as a practise exercise, it was exhilarating to complete a rescue mission successfully.

It was a great experience to see what happens in a serious multi-agency exercise and the value of the training and drills MRNSW crews undertake regularly.

Meanwhile, on shore, just as many volunteers were taking part in a desktop exercise simulating an emergency management centre with an incident management team supported by communication, logistics and navigation teams.

The pace was frenetic as the simulated emergency unfolded and the teams worked to task search crews, determine the search areas and manage logistics such as ambulances for injured survivors and relief crew for search vessels.

*Debbie Worgan*



Marine Rescue Bermagui members Volker Aebischer, Michael Abbott and Jeff Donovan with one of the rescued targets during the Bermagui SAREX

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

## SCULPTURE Bermagui's permanent gifts to Bermi

This year there was an unveiling ceremony as the Bermagui Business Award winning sculpture, 'Crevice', was installed in the garden in front of Eastwood's Deli and Cooking School. 'Crevice' is the seventh and most recent on Bermagui's growing list of public sculptures. The ceremony was an opportunity to acknowledge the sculptor, the ongoing generous donations of the Bermagui business community and the 'host', in this case Kelly Eastwood. As we add more sculpture in the years to come we will celebrate and acknowledge each addition to the town's collection.

Perhaps you have been wondering where the sculptures come from, who owns them and where they can be found. The collection is growing through the Bermagui Business Award acquisitions, funded by local businesses, and most are managed by site hosts in conjunction with SCULPTURE Bermagui.

They can be found around town and are well worth a walk and a look.

If your walk prompts thoughts you'd like to share we would welcome your feedback on Instagram, Facebook or on our website, letting us know what feelings the sculptures evoke and how you think they add to the town's public face.

SCULPTURE Bermagui feels that free public access to art in all forms is valuable and we trust you enjoy our sculptural contributions to the town. If you would like to be part of this process contact us on [admin@sculpturebermagui](mailto:admin@sculpturebermagui) or 0466 013 153.



'Southern Exuberance' by Alan Watt; located on the foreshore near the War Memorial. The BVSC Acquisitive Prize 2014



'Big Fish' by Tobias Bennett; located in front of the Bermagui Country Club, Bermagui Business Award for 2018



'Crevice' by Robert Barnstone. Unveiled by Robert Barnstone, with Kelly Eastwood and Paul Payten



'Short-tailed Shearwaters' by Victoria Nelson; located at Woolworths in Montague St, commissioned as part of the DA requirement, 2015



'Road Kill' by Joy Georgeson; located in the garden of Bermagui Motor Inn, corner of Bunga and Lamont Streets, Bermagui Business Award for 2019



'Fluidity' by Edward Willson; located in the garden adjacent to the car park of 777 Supermarket and Deli. Bermagui Business Award, donated by SCULPTURE Bermagui on behalf of the business community affected by the fires in 2020



'Hot Head' by Shannon Hobbs; at the front of the Bermagui Country Club, first purchase by SCULPTURE Bermagui in 2017



Strange sight ... foam up on Horseshoe Bay Photo Credit: Carol Hawken

## Strange weather

May has seen dramatic weather conditions again with heavy rainfall, always welcome, but causing havoc in some places with flooding causing erosion, road closures, washed-out roads, landslides and impassable roads due to high water levels. All the usual we are familiar with in such deluges.

Huge seas brought with them large amounts of foam covering beaches, sometimes over roads and fences and even heading inland up rivers.

People wonder what causes the

foam and is it harmful? Kids and dogs in particular love to frolic in it. So, I checked out the National Ocean Service website for some information.

Basically, sea foam forms when dissolved organic matter in the ocean is churned up. Seawater contains tiny particles – dissolved fats, proteins, dead algae and a whole lot of bits and pieces of organic and artificial matter and bubbles form when the ocean is agitated by winds and waves.

Although the foam isn't usually

harmful in itself there are a few potential risks. The foam can cover concealed objects in the water, it has been known to attract sea snakes, there is the possibility of contamination from sewage and storm water drains and, of course, entering the surf in the high seas associated with such occurrences is a danger in itself. There was even a report that a small dog disappeared in the foam and had to be rescued at Tathra Beach.

*Georgina Adamson*



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# Quintessentially Quaama

Bhagya

Winter weather certainly did come suddenly. After a beautiful and mild autumn, in mid-May the mercury fell and once again there was the smell of wood smoke in the air as we lit our fires and contemplated soup. Who knows if the lovely warm autumn weather might return but for now, it's feeling like the cold has settled in. The Quaama Store has started their winter offering of ready-cooked dinners for just \$10 so if you're hungry and wanting some yummy home cooking but can't be bothered, you know where to go.

The day before the Tennis Club's planned 'Fun Day' event was cold and windy but it all settled down perfectly for the get-together that attracted a LOT of people. The venue was changed from the courts to the park. It was fun and there was so much food for everyone. The Lions were on the BBQ cooking up sausages, steaks and burgers and there was coleslaw and some wonderful slices and other sweets on offer too, plus delicious Tilba cheese on crackers. The many raffle winners went away with firewood, vouchers for the Quaama Store and the Cobargo Hotel. With any luck, the Tennis Club has a few more members now!

The Sapphire Food Pantry was at the Hall at the same time, so people could shop for bargains then head across the road for food and socialising. And, when walking home, the 'beards' had opened up shop at the treasure chest next to the tennis courts so there was a trifecta of things to do in central Quaama that Sunday.

The Hall Committee has been busy and the restoration of our hall continues bit by bit. The side rooms to the stage are all now lined and re-wired and attention is being turned towards external paths. There will be upgrades to improve the access to the supper room on both sides of the Hall. The committee would love to have new volunteers so if you have any time to spare, get in touch with Glenda on 0408 411 956. If you're looking for a volunteer role for Jobseeker, you can fulfil your obligations without leaving town!



A beautiful day and a big turnout for the Quaama Tennis Club's 'Fun Day'  
Photo credit: Jody MacRae



Tennis Club President and 'Fun Day' organiser, Beck Grenfell (at rear), with Julie Greaves, Karen and Tane Matthews  
Photo credit: Jody MacRae

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Kym Mogridge from Quaama attending one of the Cobargo Wellness Group Men's BBQs. See article p. 1

## Call for expressions of interest to deliver activities for the Quaama Renewal Projects

Quaama Renewal Projects, under the auspices of Sapphire Community Projects and Quaama Progress Association, has received funding to deliver a range of well-being and community connection activities to help with the post-fire renewal of residents of Quaama and surrounding communities.

The funding allows for events, workshops, short courses and classes to be scheduled for delivery over the next two years. A wish-list of activities has been identified by community members and we are now seeking expressions of interest from locally based practitioners/tutors/demonstrators etc who wish to be involved in the delivery of these undertakings.

Key activities include courses, classes or workshops focussing on: yoga; creative arts; cooking classes; tai chi; woodworking; dance; creative writing; journaling; sewing/textiles; parenting and other life skills; gardening techniques such as propagation; and other healing events involving music and/or drama. We have also planned some events so we are looking for community members interested in helping to organise a bush dance, a music night, a spinning and weaving expo, and a self-care day.

### Project overview

Quaama Renewal Projects will deliver a range of well-being and community connection activities, including short courses, workshops and community events, to support the renewal of all members of the fire-affected communities of Quaama and surrounding localities. The priority is for the needs of vulnerable groups and at-risk communities to be addressed at a time of disaster recovery. Our aims are to provide opportunities for community members to reconnect and interact; help address social isolation; ensure that participants can learn skills to cope better in future disasters; help identify pressure points or time-critical issues for supporting agencies; and contribute useful recovery information for other stakeholders.

If you are an experienced tutor or practitioner and would like to be involved in helping our communities in their renewal journeys, please contact [quaamarenewalprojects@gmail.com](mailto:quaamarenewalprojects@gmail.com) for more information or to request an activity proposal form.

Veronica Abbott

## Bat Mate Frank

*Triangle* readers may recall my having found a microbat hanging on brickwork behind a sofa on the veranda, in autumn 2020. Sara from Wildlife Rescue South Coast (0418 427 214 – if you need to contact them) took him to overwinter in Bermagui with a bat mate from Nowra named Ernest. She released him in Spring 2020 back in Quaama near the trees next door. Well, the bat is back! Behind the couch on the bricks. I suppose he likes our company.

Bronte Somerset



Bat Mate Frank

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## Genesis Project: Exhibition at Spiral Gallery 5 June - 23 June



*Twisted and Shaped by Peter Storey*

Three local artists – Doris Hoyne, Glendamai Morgan and Peter Storey – present their work in this combined show.

The artists all have a connection with the natural environment and you can find similarities between them in their chosen subjects and artistic approaches. Their inspiration is the bush that has somehow come to embody a physical, emotional and even a spiritual link to nature.

Doris Hoyne combines intaglio and relief printing techniques in her work.

The ground is taken from a calligraphic plate, overprinted with strongly contrasting shapes, using templates in repetition. Her works are not a window onto the landscape, rather a notation, a representation of a world coloured by her particular perception.



*Turning over a new leaf by Doris Hoyne*



Glendamai Morgan and Doris Hoyne with their artworks

forest and the animals that inhabit it. Her paintings are a tapestry of form and color, inviting the viewer to explore and reflect, visually and emotionally, on the genesis of life on this planet.

Her painted sculptural forms are small functional tables, custom made by George Foster, to be used as the support for her painting. They are utilitarian and highly decorative objects to be used in our daily life, reminding us of the sacred beauty of our world.

Peter Storey's work introduces the concept of minimal form while preserving the integrity of the material. His forms are comprised of layered native timbers, finely sanded and oiled to a perfect surface.

Some pieces are arranged in a group, some are stand alones. They are abstract in their intention, however they continue to become ambiguous, so in this way, the work enfolds a suggestive narrative and poetic dimension.

**Please join us for the official opening on Sat, 5th June, 11.00 to 3.00, drinks and nibbles at Spiral Gallery, Bega.**

The Genesis Project exhibition is also delighted to be hosting a special event:

**Portal - Poetry and Spoken Word to Music on 12 June** to celebrate the interconnection of all art forms and the beauty and passion of the spoken word. This poetry performance is an occasion when each performer responds to the artworks on display and to the ethos of the Genesis Project Exhibition. Performed by Kai Jensen, Matthew Perry, Sandra Taylor, Tex Goffredo and David Harris.

**Please join us on Saturday 12 June 1.00 pm to 3.00 pm, at Spiral Gallery, Bega.**

**Performance starts at 1.30 pm. Drinks served at 1.00 pm.**

*Glendamai Morgan and Doris Hoyne*



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## Four Winds announces the appointment of an innovative new leadership team

Four Winds is delighted to announce the appointment of their new leadership team: Melissa King and Gabrielle Waters, as Co-Executive Directors, and Matthew Hoy, Artistic Director. They will work closely with both Lindy Hume AM, Creative Director of the Four Winds Easter Festival, and David Hewitt, Director of 'Create and Inspire', Four Winds music-based program focused on youth, community and First Nations.

Gabrielle, an orchestral bassoonist here and overseas, was formerly the Director of Operations at the Melbourne Symphony Orchestra (MSO) and will be responsible for day-to-day operational management. She has a particular interest in the training, care and development of artists and administrators.

Melissa King will concentrate on business management and artistic administration. She is the Director of Artistic Planning at the Sydney Symphony Orchestra and will continue in this capacity. She has managed the National Youth Orchestra of NZ

and is deeply committed to the role of music in community.

Matthew Hoy will focus on the year-round program of activities. He is a cellist who is Head of Programming at MSO and has also held similar roles at the Australian National Academy of Music (ANAM) and Melbourne Festival/RISING. Matt has performed at Four Winds, initiated its residency programme with ANAM in 2013 and understands what a special musical experience it gives both performers and audience.

They all know each other well and have worked together over many years and circumstances. Four Winds is delighted that three professionals with such a depth and range of experience will collaborate and use their skills for the future of Four Winds. The team will work from both the Four Winds site near Bermagui and remotely. Melissa King and Gabrielle Waters both live in Eden-Monaro and all have committed to maintaining a consistent local presence.

Four Winds Chair, Michael Darling, said: 'This is an innovative structure enabling a regional arts organisation to capture the high-level skills of wonderfully talented industry professionals in a new, 21st century way of working together. It endorses the standing of Four Winds now and signals the scale of our ambitions for the future.'

Gabby, Melissa and Matt are looking forward to being in Bermagui, meeting the Four Winds community and getting to work.

*Michael Darling, Chair of Four Winds*



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## Djinama Yilaga and *Songs from Yuin Country* ... onward and upward ... off to Canberra for Reconciliation Week.

*Songs from Yuin Country* is the outstanding, much-lauded musical collaboration between the Four Winds' Djinama Yilaga Yuin Choir and Candelo musicians and artists.

It won't surprise you that *Songs from Yuin Country* has taken on a life of its own and will be hitting the road to Canberra where they will perform in the Garden of Australian Dreams at the National Museum of Australia during Reconciliation Week on Saturday 5 June at 11 am.

'It is so encouraging and heart-warming that this show, our Dhurga language and our culture is being so fully embraced by audiences,' enthuses Four Winds Aboriginal Creative Producer, Cheryl Davison, who established and led the choir through bushfires, COVID, sorry business and its fledgling year.

Throughout the 75-minute show, the choir's songs in language are woven in and around the songs and stories from Candelo musicians and poets. These words sit beside the poignant rapping of Yuin hip-hop artist, Gabadu. What transpires is a show

that truly resonates with people, connecting with audiences and with community. People want this in their backyard!

Djinama Yilaga Choir is revitalising their language through song, making it accessible and easy to share not only with the Yuin community, but with non-Indigenous artists and audiences across the region. The choir sings of things that are important to them: maintaining their cultural skills, knowing how to hunt and gather, and to live from 'your place' on this earth. Through songs in Dhurga language, the choir is honouring their creator beings and their ancient stories.

The message from *Songs from Yuin Country* is that together, our community can connect, share and support each other while facing a wide range of 21st century challenges.

For further information visit: <https://www.nma.gov.au/whats-on/stories-from-yuin-country>.

Lara Crew

Four Winds Create and Inspire Producer



Djinama Yilaga Yuin Choir Photo Credit: David Rogers

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## The Painting of the Poles Project Cobargo 2021



From L-R Josie, Kingston, Anouk and Tiller who belong to an after-school art class tutored by artist, Robyn Williams. Robyn will be supervising the class in the repainting of a pole.

Cobargo Creators and The Lazy Lizard Gallery are collaborating on an art project aimed at restoring colour and self esteem to our village and hearts. Story, Art, Beauty and a sense of Belonging will once again unfold telegraph pole by telegraph pole up and down the main street and around the corner in Cobargo.

Previously painted poles will be reimagined and given a new lease of life. The original painters of poles have been given first dibs on repainting where possible; while some have taken up the offer, others have handed the baton over to other artists with a deep connection to this place and time.

From the children's playgroup, children's art class, local school, indigenous students, villagers and newcomers, all of whom call Cobargo home, art in the public domain will once again recall our shared culture of caring and the honouring of our differences through the Stories we tell.

We acknowledge the donation from the Cobargo Community Bushfire Recovery Fund and thank you for supporting this project. Thanks also to Taubmans via Givvit, Essential Energy, BVSC and all those people who have helped move this project into reality.

People interested in this project, who would like further information or have information about previous painters please get in touch:

Sandra Taylor

Email: [cobargocreators@gmail.com](mailto:cobargocreators@gmail.com)

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## The Journey – Fire to Regrowth

Helen Stafford is once again in the side room of the Lazy Lizard Gallery for June and July.

As a long-time exhibitor and knitter of the Cobargo gnome hats, Helen was given a grant to re-establish her supplies and workshop area after losing everything in the New Year's Eve fire.

June will be an exhibition of knitted hats using colours that represented her environment. Unbeknown to her when ordering wool, Helen's mind was guiding her to choose colours that were representative of her living environment.

After evacuating and then going to Canberra to stay with her

daughter for a week, Helen's first purchases were knitting needles and wool. She felt the need to keep her hands moving knitting her fingerless mittens, something she can do without having to concentrate. It wasn't until late February that she could follow a pattern and return to knitting hats.

Many friends gave Helen knitting needles, wool and vouchers to buy more wool for which she is heartily grateful.

Come and view this Journey.

There will be a different exhibition in July.

*Helen Stafford*



A selection of hats representing the fires and aftermath.



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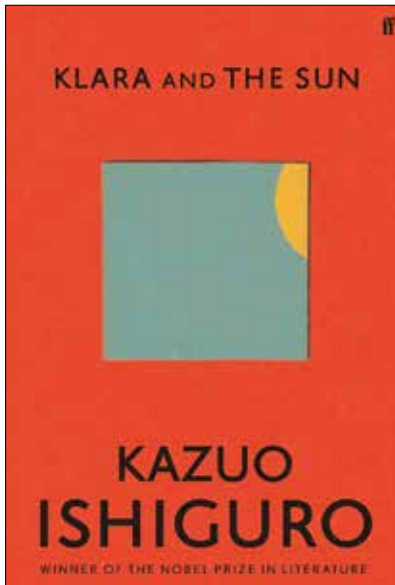
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**Klara and the Sun**  
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It is a bit of a cliché, but this really is a much awaited novel – Ishiguro’s eighth and his first since winning the Nobel Prize for Literature in 2017. It falls into the category of science fiction but don’t be turned off if that is not where you usually go. Klara is an Artificial Friend, bought



as a companion to a very sick teenage girl, Rosie. Rosie has an illness related to having been ‘lifted’, that is, genetically edited to improve her intelligence. Her closest friend, Rick, has not been lifted and is, therefore, deprived of an education and doomed to a lower station in life.

Klara has outstanding observational powers as well as the ability to empathise with humans around her. She feels sadness, concern, fear and love, especially for Rosie. Her inner life is beautifully described, as is her relationship with Rosie. Questions arise about the nature of love between humans and machines, about the nature of service between owner and servant – a theme going right back to *The Remains of the Day*, one of his earlier novels. Do machines have the potential to feel or, as one character in the book asks, ‘Should I just treat you like a vacuum cleaner?’ Whose love is more true?

Eternal questions about love and loyalty are raised, here seen through the eyes of an android. Klara has no need for food, but she relies solely on the Sun for energy and life. Thus Sun becomes a central character in the book.

This is an amazing novel by one of the most challenging and interesting modern writers. Another highly recommended novel.

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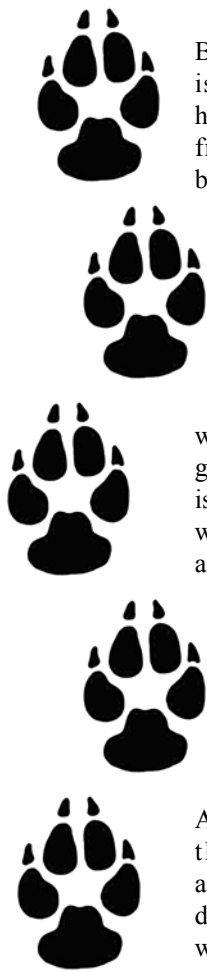


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for fleas and ticks. Their adoption fee is subsidised in the hope that rescue pets will be people’s first choice and that, eventually, we will be able to stop unwanted litters. Please note that potential dog owners will need to have secure ‘dog proof’ fencing and be suited to the needs of the animal. You can view available animals on our Facebook page [www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch](http://www.facebook.com/AnimalWelfareLeagueFarSouthCoastBranch) but you will need to call the Animal Welfare League FSC Branch on 0400 372 609 to enquire about any of the many cats, kittens, dogs and pups available for adoption. If you would like to become a member please call 0400 372 609. If you have lost or found a companion animal please call BVSC Companion Animal Facility on 6499 2222. De-sexing vouchers are available at all vet clinics in our branch area (Bega Valley Shire) for local residents who hold a Centrelink Pension Card. AWL Far South Coast will subsidise the de-sexing by \$125, for female dogs and cats, and by \$100, for male dogs and cats. Simply make a booking with your vet, show your pension card and you only need to cover the balance of the cost of de-sexing.



Koda, the alert and handsome pet of the month

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# Nardy House

across three shifts per day. All shifts are active shifts. Support staff work within a team under the direction and support of a Registered Nurse. The award rates are AFEI described: penalty rates apply.

For further information, please contact Jane MacGregor at Nardy House on 6493 8120. Application to the position can be made to Denise Redmond CEO by email at [denise@nardychouse.com.au](mailto:denise@nardychouse.com.au).

## Winter pruning



As the days are now cooling and with winter having commenced, I thought it was time to remind gardeners that the time is now right to look at the pruning of winter-dormant roses, trees, shrubs and fruit trees. Pruning of these plants needs to be done to form new wood for future flowering and fruiting.

If your garden is a bit closer to the coast pruning can be put off until July when the plants will be even more dormant. It is important to remember that pruning too early, while the sap is still flowing, can cause the plant to stress with 'bleeding' and allows disease to enter these wounds. Also pruning roses too early will encourage them to shoot early with these shoots being possibly burnt off with a heavy frost.

Roses should be pruned reasonably hard as this will encourage more new growth that in turn will encourage more flowering wood and then, of course, more blooms will appear in late spring. If you are unsure of the severity of pruning, then these few tips will help:

1. Initially remove all dead or damaged wood.
2. Remove any branches that are crossing over another branch or are growing into the centre of the bush. The idea is to keep the centre of the bush open in a vase shape to allow for better air circulation and increased sun penetration. These will decrease the likelihood of fungal diseases when the plants come into leaf again in spring.
3. Reduce all remaining growth by as much as half, remembering to ensure that you have live buds below the cut and the upper-most bud is pointing away from the centre of the plant – basically pointing in

the direction that you want the new growth to grow.

An important fact to remember when attending to your roses is not to prune those that have only one flowering period in summer. These roses flower on the current season's growth and if pruned in winter there will be no flowers. Pruning of these roses takes place in late summer after they have flowered. Generally, these are mainly climbing roses.

The pruning of deciduous fruit trees is a bit more complicated and if you are unsure of the technique, I suggest you contact a professional horticulturist for some help. Fruit trees develop fruit buds on different types of wood, so it is important to know these so you don't remove established fruiting spurs, particularly on apples and pears.

Once all the roses and trees have been pruned, complete a spray of winter insecticide and fungicide to remove any over-wintering insect pests and fungal problems.

Pruning of hydrangeas should also take place now and it is recommended to use a similar method to the one you use on your roses. Hydrangeas flower on growth that has been made in spring on new season's wood so the more that this is encouraged the more flowers you will have.

Now is also a good time to divide and relocate summer-flowering bulbs and tubers like dahlias and other herbaceous perennials. Divide them with a sharpened spade and dust with a fungicide to prevent any damage to the cut. Plant them in their new positions with a combination of cow manure and a handful of blood and bone added to the existing soil. Remember that most herbaceous perennials like a well-drained soil, so slightly raised garden beds in full sun are the ideal.

Still on the theme of pruning it should be well remembered that not all flowering trees or shrubs in the garden need to be pruned in winter. I have seen many spring-flowering plants heavily pruned in winter and then no blossom appears in spring. Spring-flowering trees and shrubs develop their flowering buds in late summer and autumn and if these plants require pruning, do it in late spring after flowering. They then have the rest of the year to develop new flowering wood.

Ensure all your pruning tools are well sharpened and clean. Cleaning the cutting tools between plants with a diluted antiseptic, will decrease the spread of infection from one plant to another.

# TILBA NURSERY

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Tried and tested dinner suggestions from the Triangle Team. Who can resist a simple pumpkin soup followed by Bhagya's new favourite chicken dish and finishing up with the ever-popular Lemon Delicious Pudding. All winter favourites that are comforting and perfect for sharing.

## Roast Pumpkin Soup

### Ingredients:

- 1 kg peeled, deseeded pumpkin
- 1 medium parsnip, peeled
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- generous pinch ground nutmeg
- 1 teaspoon ground cumin
- Salt and pepper to taste
- 1 litre chicken or vegetable stock
- Cream, sour cream or yoghurt for serving

### Method:

Chop pumpkin and parsnip into evenly sized pieces. Place on a baking tray, drizzle with the oil and toss to coat. Bake at 190° C until tender and cooked through but not blackened. Heat the butter in a large saucepan on medium heat. Add the onion and cook until translucent. Add the garlic, nutmeg, cumin, salt and pepper. Cook, stirring for another couple of minutes. Add the pumpkin, parsnip and stock and bring to the boil. Reduce heat and simmer uncovered until onion is soft and the stock has reduced, about 20 minutes. Cool and blend into a purée. Check seasoning. Serve hot with a swirl of cream, sour cream or yoghurt.



## Lemon Delicious Pudding

### Ingredients:

- 80g butter, softened
- 175g caster sugar
- Finely grated rind of a large lemon
- 4 eggs, separated
- 1 cup milk
- 3 tbsp (50g) SR flour, sifted
- 4 tbsp lemon juice

Heat oven to 180° C. Combine butter, sugar and lemon rind in a mixer and beat till pale and creamy. Add egg yolks beating one at a time. Add half the milk and half the flour, then beat in the remaining. Add lemon juice, beat well, then transfer to a bowl. Beat egg whites until stiff. Gently fold the egg whites into the batter. Pour the batter into a buttered oven-proof dish and place in a baking tray. Fill the tray with hot water till halfway up the side and place in the centre of the oven. Bake 1 hour, cover the top loosely with foil if it's getting too brown. The top should be light and cakey, and the base thick and gooey.

Serve immediately with lightly whipped cream. Serves 4



## Chicken with chickpeas, cumin and turmeric

### Chicken marinade:

- 1.6 kg chicken thighs, bone in
- Kosher salt and freshly-ground pepper
- ¾ cup full-fat Greek yoghurt
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground turmeric

### Chickpeas:

- 2 cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 small red onion, thinly sliced
- 2 tablespoons olive oil

### Garnishes:

- 1 small red onion, thinly sliced
- ¾ cup full-fat Greek yoghurt
- 3 tablespoons lemon juice
- ½ cup mint or coriander leaves, torn

### Preparation:

Season chicken with salt and pepper. Combine with yoghurt, lemon juice, turmeric and 2 tablespoons of water in a large bowl. Season well with salt and pepper – it should be on the salty side as this is a marinade. Add chicken and toss to coat evenly. Let it sit for at least 30 minutes at room temperature or overnight in the refrigerator.

Place oven rack in the top third of oven and heat to 220° C.

Combine chickpeas, fennel seed, cumin, turmeric and the red onion slices, drizzle with olive oil, season with salt and pepper and toss to coat. Put chickpea mixture on the outer edges of a rimmed baking sheet. Scrape excess marinade off the chicken and place chicken in the centre of the tray. Place baking sheet in the oven and bake, tossing the chickpeas occasionally until the chicken skin is evenly browned and the chickpeas are golden and starting to crisp (45-50 minutes).

Meanwhile toss the onion slices with 2 tablespoons of lemon juice and season with salt and pepper, set aside. Combine the yoghurt and the remaining tablespoon of lemon juice and season with salt and pepper and set aside.

Once chicken is ready, scatter lemony onions and mint or coriander over it.

Serve with the seasoned yoghurt alongside as a sauce.

# Game On

## CROSSWORD

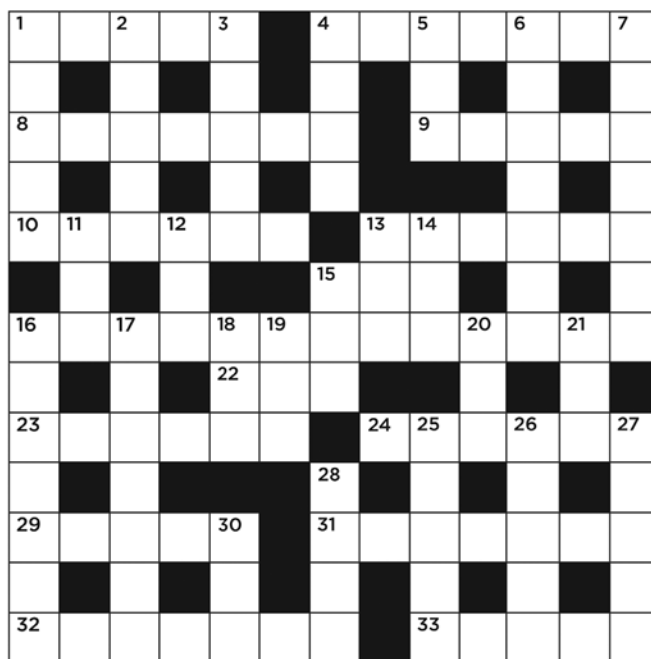
### ACROSS

1. Flour and yeast
4. Topic of a documentary film
8. A roundabout journey
9. Additional
10. Aromatic spice
13. Swap about
15. Not me, but ...
16. Goldfish are said to have short \_\_\_\_ (9,4)
22. Bond creator Fleming
23. Deficiency, short \_\_\_\_
24. Type of energy
29. Imbibe
31. A T-shirt is short \_\_\_\_
32. Myopic is short \_\_\_\_
33. Bed covering

4. Location
5. "See ya!"
6. Devoured
7. Swap
11. University of North Texas, for short
12. Banged Stoooge
13. Speak sweetly
14. Attila the \_\_\_\_
15. Yang partner
16. Video game parlors
17. Filling in
18. Author Anaïs \_\_\_\_
19. Price place
20. \_\_\_\_ Paulo
21. Onassis who wed Jackie
25. Elm, cherry, and maple, for example
26. Flick
27. Military academy student
28. Secondhand
30. A set of tools or supplies

### DOWN

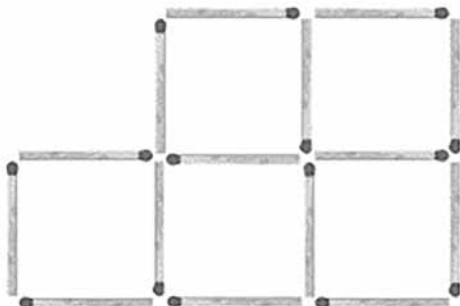
1. Breakfast meat
2. Leggy wading bird
3. Tennis score



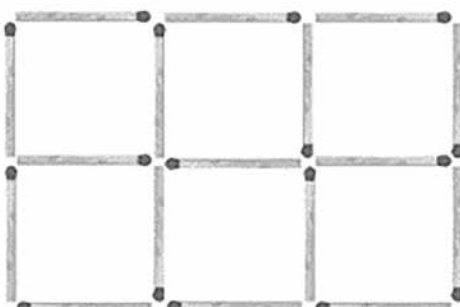
Crossword solution page 40

## MATCHSTICK PUZZLES

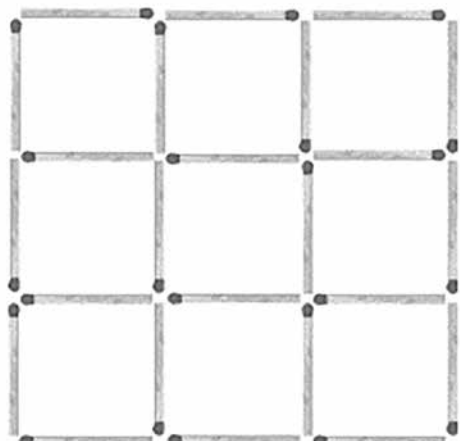
1. Leave just three squares by removing three matchsticks.



2. Leave just three squares by removing five matchsticks.



3. Leave just two squares by removing eight matchsticks.



## SUPER QUIZ

(from the Sydney Morning Herald)

1. What colour light is at the bottom of traffic lights in Australia?
2. The 1916 insurrection against British rule known as the Easter Rising occurred in which city?
3. In Australia, lamb's fry refers to which organ of a lamb?
4. To be confined in a Borstal is to be in what kind of facility?
5. Prince Philip, Duke of Edinburgh was born in which country?
6. On the internet, HTTP stands for hyper what?
7. A hoggerel is what sort of animal in its second year?
8. Who was Australia's prime minister when decimal currency was introduced?
9. Which band did Lionel Richie leave in 1981 to pursue a solo career?
10. On which continent are the Atlas mountains?
11. Who won a 2021 Golden Raspberry Worst Supporting Actor Award for playing themselves in Borat Subsequent Moviefilm?

## SUDOKU

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

# For the Fridge Door

JUNE	WHAT	WHERE	TIME
Tues 1	<i>Fire to Regrowth</i> exhibition all June Helen Stafford	Lazy Lizard Side Room	10 - 3pm
Weds 2	Bermagui & District Seniors' social club lunch after meeting	Bermagui Country Club	11 - 12.30pm
	Cuttagee Bridge replacement community meeting	Bermagui Country Club auditorium	5 - 6.30pm
Sat 5	<i>Genesis Project</i> Exhibition Opening Doris Hoyne, Glendamai Morgan, Peter Storey	Spiral Gallery, Bega	11 - 3pm
	Open Mic/Ziggy McNeill	Tilba Winery & Ale House	12.30pm
	Djinama Yilaga Choir + Candelo Musicians perform <i>Songs from Yuin Country</i> For Reconciliation Week	Garden of Aust Dreams at the National Museum of Australia ACT	11 - 12.30pm
Sun 6	Dan Challis & Stephen Grady	The Dromedary Hotel	3 - 6pm
	Howling Mitch	The Cobargo Hotel	5pm
	The Lounge Lizards	Tilba Winery & Ale House	12.30pm
Tues 8	World Ocean Day	Bend & Sip Narooma	5.30 for 6pm
Thurs 10	Contemporary Aust. Poetry workshop Kai Jenson	Bermagui Library	2.30-4.40pm
Sat 12	<i>Portal</i> : Poetry, spoken word to music	Spiral Gallery	1 - 3pm
	Daniel Challis & Stephen Grady	Tilba Winery & Ale House	12.30pm
	Combined FSC Woodworkers exhibition	Tilba halls	9 - 4pm
Sun 13	Combined FSC Woodworkers exhibition	Tilba halls	9 - 3pm
	The Dreggs (ticketed event)	Tilba Winery & Ale House	12.30pm
	McMahon Brothers	The Cobargo Hotel	5pm
	Red Heart Blue	The Dromedary Hotel	3 - 6pm
	Drumming workshop with Mohamed Bangoura, book Tara: 0414 527 481	Bermagui Surf Club	10 - 11.30am
	Dancing workshop with Mohamed Bangoura, book Tara 0414 527 481	Bermagui Surf Club	12 - 1.30pm
Mon 14	U3A Lunch with a Local Treasure: June Tarlinton enq: Jan Rivers 0409 901 672	Supper Room, Cobargo School of Arts	12 onwards
Sat 19	<i>Full Circle</i> book launch: Scott Ludlam	Well Thumbed Books	11am
	Free wicking bed workshop	Cobargo Community Garden	2pm
	Chris Parello	Tilba Winery & Ale House	12.30pm
Sun 20	Quaama mini-market/Sapphire Food Pantry	Quaama Hall	12.00pm
	Steve Benic	The Cobargo Hotel	5pm
	Ethan Parlato	Tilba Winery & Ale House	12.30pm
Thurs 24	Contemporary Aust. Poetry workshop Kai Jenson	Bermagui Library	2.30-4.40pm
Sat 26	Stitch	Tilba Winery & Ale House	12.30pm
Sun 27	Mel T & The Mix	Tilba Winery & Ale House	12.30pm

**MATCHSTICK PUZZLES**  
ANSWERS

**CROSSWORD ANSWERS**

**ACROSS**

1. Bread 4. Subject 8. Circuit 9. Extra 10. Nutmeg 13. Change 15. You 16. Attention span 22. Ian 23. Coming 24. Atomic 29. Drink 31. Sleeved 32. Sighted 33. Sheet

**DOWN**

1. Bacon 2. Egret 3. Dence 4. Site 5 Bye 6. Eaten up 7. Traded in 11. UNT 12. Moe 13. Coo 14. Hun 15. Yin 16. Arcades 17. Temping 18. Nin 19. Tag 20. Sao 21. Art 25. Trees 26. Movie 27. Cadet 28. Used 30. Kit

**SUPERQUIZ ANSWERS**

1. Green 2. Dublin 3. Liver 4. Youth/juvenile detention centre 5. Greece 6. Hypertext transfer protocol 7. Sheep 8. Harold Holt 9. Commodores 10. Africa 11. Rudi Giuliani