



Moo's News

COMMUNITY NEWSLETTER

EDITION 1
July - August 2020

As I write, it has been 6 months since cataclysmic bushfires changed life for so many of us. The scale, ferocity and duration of the fires that torched our communities had an impact on everyone and left burn marks on much more than what can often be seen. The myriad of personal tragedies in our own community have melded into a common experience, igniting a community ethos which has brought individuals, groups and business together; a community effort for a common ethos. In a town that you don't often see on a map, this ethos resulted in "The Hub".

The Hub began with a beautiful gesture from our valued mates at the Tuross RFS and arrived in the form of a 20ft container full of relief goods. It was set down beside the highway on what was ironically a wet morning.

What followed was very much a grass roots response from our town to assist our neighbours during the initial period of crisis; a period before Council, Government or larger organisations were able to mobilise. The Bodalla Community Hall was commandeered to facilitate aid distribution and staffed by local volunteers [enter; the folk from Jade Place!]. Many of these volunteers had been directly impacted by the fires and all of these amazing people gave up their time and energy without hesitation to help others, during a period when time itself seemed to have stopped. The Hub negotiated food, water, clothing, bedding, cooking, medical and animal supplies from private local & interstate donations. The very first of these angels to pull up on our part of the Hwy was an enormous GA & JG Young rig. Dale McCleary had driven the semi through the night from Griffith, after collecting fresh produce from growers Goldbridge Estate, and the Rinaland & Rombolo family farms.



This was followed with an outpouring of generosity from individuals, families and small business. Good souls like George Webb & Ricky Herrera out of Sydney, Pat with his car and trailer from Bathurst, ute loads from Kiama Surf Club and an entire truck convoy from builder Charlie Jnaid and his boys. There were young people like John Fredericks, who purchased gas canisters from his workplace in Canberra to bring down to us. Rachael Kenney from Sydney who delivered donations from Just Cuts, Teddy Harjanto and SES.

Erica from Tilba Real Dairy with that liquid gold. Matt & Jo Broad who fought through their own battles to deliver Lachie's Eggs and a special mention to local boys Ben and Ryan from Wards Wardrobes and Showerscreens who tirelessly freighted all of these supplies up and down the coast. The Hub provided immediate assistance to well over 500 families.

It stocked five RFS stations and the stores of fifteen community organisations. It also facilitated emergency accommodation to those in need, access to services & information and provided a place of comfort during these horrific times.

The Moo's News would like to take this opportunity to give thanks to all the amazing individuals involved. Never did get to have that drink! We acknowledge the common ethos underpinning The Hub, that demonstrated a depth of community spirit residing within all of us.

COMMUNITY SPIRIT

The Community raised over \$13,500.00 in cash and vouchers, that was distributed equitably to those that lost their primary place of residence along Eurobodalla Rd, Waincourt & Cheese Factory Rd. The Downward Dog Café played an instrumental role in organizing fundraising efforts with local musicians. Unfortunately the fires had not finished with Bodalla & the event was subsequently cancelled. The cafe then set up a successful online 'Go Fund Me' campaign calling on assistance from further afield. Adding to the pot was money raised at the pub's New Year's Eve 'take 2' night from the Bodalla RFS food tent. The CFMEU in Canberra donated vouchers for groceries & fuel and a significant amount was received from Robin Scott-Charlton of Potato Point. We thank you xx

WORDS FROM THE EDITOR

They say when writing about trauma you should first write to heal and then write to publish.

We hope that this Community Newsletter will give us a vehicle to do both.

Some of us struggle to remember what happened during the weeks that the fires engulfed us. Yet others are forced to relive the trauma on a daily basis. The fires didn't just take homes and livelihoods, they seem to have taken the things that make us feel safe and connected. The floods and epidemic that has followed has simply compounded this isolation.

Moo's News is all about building resilience for our communities and overcoming that isolation. There is no intention to be a fast-paced, hard-hitting media presence, but rather a strong community publication aiming to encourage social engagement and cohesion through the sharing of stories and information.

Under the umbrella of the South-coast Health and Sustainability Alliance [SHASA], we were able to obtain grant funding from COORDINARE, part of the South Eastern NSW Primary Health Network. COORDINARE has taken a strong lead in supporting the recovery of bushfire affected communities. We are very grateful for the opportunity we have been given to both represent and assist ours. With the funding provided, we were able to spend some readies on a whiz-bang printer, which we have aptly named 'Ms Moo'. The old gal is sitting proudly in the pen of the Downward Dog Café, who have very generously made the space available for our initial production run.

Our purchase of Ms Moo was made possible by the good folk of FX Business Centre in Batemans Bay who rounded down the bottom-line number to fit within our ambitious budget!

We are aiming for a bi-monthly publication that will be made available both online and as printed copy.

Printing the Moo's News is an essential requirement of our mission. It allows the many locals with limited or no access to internet and social media to be included. Printed editions will be made available across town and we encourage you to share copies with neighbour's and friends or subscribe to our electronic mailing list via:

mooforthenews@gmail.com

Our ever-growing group of enthusiastic women & men are volunteering their time & skillsets to the publication of Moo's News. These members represent local residents from Waincourt, Cheese Factory Rd, Eurobodalla Rd, Cadgee, Reedy Creek, Nerrigundah, Tinpot, Belowra, Potato Point, Gannon's Point, Bumbo Road, Turlinjah, Bodalla & all roads in between!

We encourage you to submit your stories, experiences, ideas and feedback via this email or use the Moo's News letter box located near the post boxes at the Bodalla LPO.

As we develop our skills and grow the publication, we hope it will help the community to heal & rebuild. Lx

GOLD COIN DONATION

Printing is an expensive business and the Moo's News would love your support.

We will be putting gold coin donation tins at all of our distribution points for anyone who can spare a coin or two. This will help us distribute printed copies of our newsletter to everyone in our community.



NEW SOLAR SYSTEM AT THE BODALLA LALC



The Bodalla Local Aboriginal Land Council (LALC) is now officially powered by the sun! A solar panel system was installed at the property with thanks to funding gifted by SHASA and the team at Micro Energy Systems. The system is already performing well for this time of year producing 17-20 kilowatt-hours per day.

"It's anticipated the solar system will cover all of the Bodalla Land Council's electricity needs with excess power contributions expected to cover the majority of daily supply charges," said Kathryn Maxwell, president of SHASA.

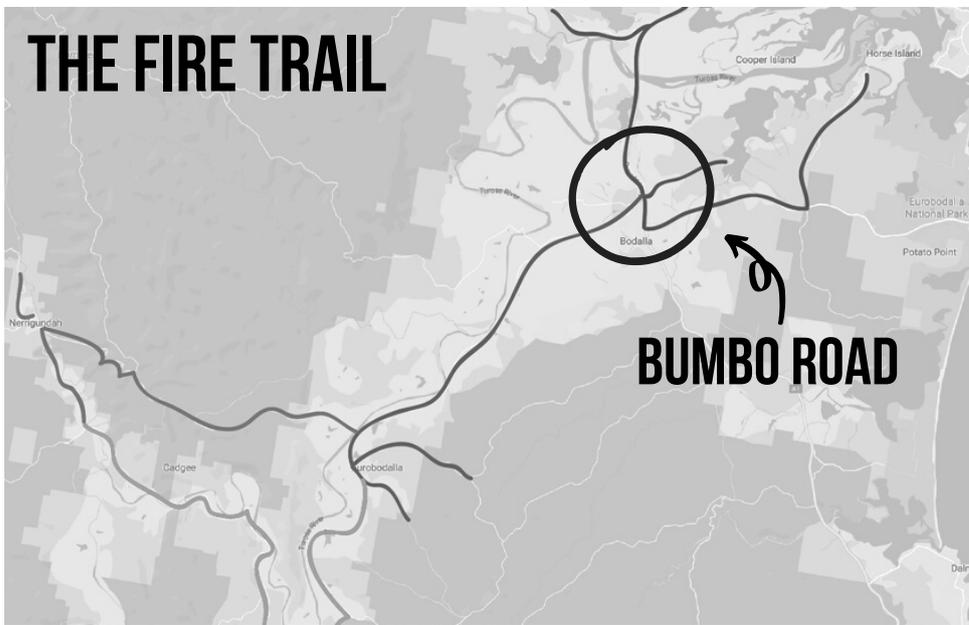
Staff of SHASA and Micro Energy Systems were overwhelmed by the kindness and generosity shown by

the team at the Bodalla LALC when they hosted a gathering to bring all parties together. SHASA & Micro Energy Systems were awarded with certificates of appreciation, thank you gifts of local Aboriginal Art work by Natalie Bateman and beautiful native flowers - not to mention the delicious spread of snacks!



with special thanks to our sponsors who helped to make this newsletter possible

THE FIRE TRAIL



The Moo's News is a publication dedicated to highlighting recovery and resilience in the wake of the NYE / January 2020 fires that severely impacted our region. Throughout our bi-monthly spread we aim to take you on a journey across Bodalla & its surrounding communities as we hear the tales of devastation experienced, and how individuals are rebuilding their homes and their lives in the months that have followed. This journey will follow a road map beginning with areas to the north and east of Bodalla – such as Bumbo Rd, Gannon's Point Rd and Horse Island Rd. In future editions we

will focus on Bodalla and to the West. We will hear from people along Eurobodalla Rd and Waincourt, and out to Reedy Creek, Cadgee and Nerrigundah before coming to rest with Belowra and Tinpot.

Prior to each edition we will put out a call for community members to tell their stories. We want you to have a chance to be heard and show us what recovery and resilience has meant for you. What has it been like to start over? How were you supported and what challenges have you faced?

Share your personal account with us at the Moo's News...

A NOTE FROM JOHN COWAN ...

The clean up of destroyed homes and outbuildings continues in the Cadgee /Nerrigundah community leaving dust and desolation in its wake and yes, maybe also a little hope for the future. Most of Tinpot and Belowra are still awaiting the arrival of the trucks, bobcats and hi-vis vests. A small number of 'living pods' have arrived to house those who are planning to stay and rebuild. A few sheds have been rebuilt. Cadgee Mtn and Nerrigundah Mtn Roads have become highways for trucks and utilities clearing and gradually rebuilding these communities. Despite all the despair, there have been moments of optimism, when our communities realised that Australians further afield really understood what we'd been through and empathised with us. A fund-raising group in Canberra raised enough money to give direct cash donations of over \$2000 to those 22 households in the Cadgee, Nerrigundah, Belowra and Tinpot communities who lost their homes.

This was a huge effort, greatly appreciated and was a real morale booster. Many other groups and agencies have also come forward with cash grants to help those in more pressing need. And of course we must never forget the great support we've all had from friends, acquaintances, family and other community members.

Oh, and by the way, many of you would be aware that the venerable institution known as The Nerrigundah Agricultural Bureau, the community hub of Nerrigundah for so many years, was completely destroyed in the fire.

A wonderful thing happened a couple of months later when a building company from Sydney arrived with tradies, tools, materials and some family members and converted an existing building into a new community centre. So once again we have a place to meet, to relax and to share experiences and plan for the future. One cannot put a value on such kindness.

HE WAS JUST A REALLY NICE BLOKE

These are the words of Mick's sister. She is absolutely right! Maree Burdett

Mick was a helper - whether it be a bit of tinkering on the car, a shoulder, a bit of advice, wood (he loved his wood), fixing stuff, anything really. If he could be of assistance.. he was there.

When Michael was a youngun he went to a lot of schools, he made a lot of mates, he surfed, he was a foundation member of the Broulee Surf Club, he was a milkman, he played footy, he loved his Mum, he bought his land on Bumbo Rd and built his palace in the beautiful bush where he always wanted to be. Mick also liked to bowl. He bowled for Bodalla, Moruya and Tomakin at different times, although, "Maybe for being a little over enthusiastic" he was banned from all three at the same time!!

This was Michael Clark

Funny, loving, caring and helpful... and terribly missed by those who knew him

He was just a really nice bloke

Vale Michael Clark

May 1960 - January 2020

RFS SNAPSHOT

The Far South Coast RFS incorporates both the Bega Valley and Eurobodalla Shires. Currently consisting of 11,000 volunteers, with the Eurobodalla contributing in excess of 600. There are 24 Operational Brigades divided into 3 geographical Groups; South, Central and North (Bodalla area is within South Group). What may be of special interest to some is the other 3 brigades that also exist:

1. Catering Brigade - this one we hope is self explanatory
2. EVOS Brigade (Eurobodalla Volunteer Operational Support); assisting in numerous areas, radio communications being one of the main ones.
3. RAFT Brigade (Remote Area Fire Team); these members are the ones dropping out of helicopters to access the remote areas.

If you would like to be involved or know more, please visit www.rfs.nsw.gov.au

A story by Felix at the old Trunketabella Cheese Factory



The first action came a couple of days before New Year's Eve. That feels like about 10 years ago. Robert and Barbara run a big dairy farm right up the end of Bumbo Road. They were away and I was house sitting their house as well as looking after my own place. A big lightning storm came in and must have started all those fires. A lightning strike hit a massive gum tree, up in the bush, behind their place. I had only just taken the dogs for a run up the back there. It knocked the top off the tree. The whole inside of the tree was on fire. It was spewing flames out the top. Sean, the farm manager, was watching with me and we called the RFS. Two trucks came around 10 o'clock at night.

They hooked up all their hoses and got some water into the very top of the tree. You could see that there were fires all burning out the back there in the bush. On New Year's Eve it was getting pretty gnarly and I was on the phone again to the RFS, "You guys might have to come back". Sean had to do all the milking and then it was like the whole hill out the back there was on fire and we were freakin' out. We brought all the cows out and put them down by the river and came and stayed at my place. In the morning, we found out that Nerrigundah and everything had gone. And I just called up Rob and Barbara and said, "You need to get home". We were lucky that day but the fires were still alight out there.

It was like three weeks till we got burnt. Everyone was freaking out. "It's gonna come."

All the neighbours got together and we had meetings. Everyone was going out to check on the fire and would report back in saying, "It's all right so far. It hasn't crossed over this road yet". Everyone was calling each other. Then Jake, one of the local boys got all of us in the street to sign a note. We wrote a big plan which we took to the RFS. We said, "We'll back burn this bit behind the farms. We have all these tractors and diggers." And the fire brigade was like, "Yep, yep we'll do that and take it to another level". And so they went out to do this huge back burn [the Redex Road Containment Line].

The fire fighters working there were from Sydney, the Northern Territory and all around the area.

On January 23rd there was this gale-force wind blowing. All the neighbours had been working for weeks on containment lines around the farms. We prepared markers to tell us where the fire was as it approached. "It's at so and so's road". The RFS came and parked down on the corner of Bumbo Road. And they would say, "It has crossed this road. Be ready. It's going to come".

Around lunchtime, Barbara from the big dairy farm came screaming down the road, "the whole farm is already gone". She'd had to leave her husband Robert up there by himself.

The hay shed caught on fire and he was trying to save that. He didn't lose one cow, or their houses or the dairy. They lost all their fences, a bridge and heaps of inventory.

He still milked all his cows! It's another level having a dairy farm. Barbara and I got in the car and went to Tuross. The fire was just like this glow coming over the hill.

There were two fire trucks I think. Then five or six more trucks came. They helped everyone. They tried to get up to the dairy farms but all the trees were down across the road.

They couldn't get in anywhere. The RFS were stretched for resources. Crews from Bodalla, Tuross and Nerrigundah worked together to protect The Old Cheese Factory, which is 120 years old.

We were proud of the fire fighters working that day. Especially the Nerrigundah crew. Most of them had lost their houses and everything they owned but the way they were able to help others, like they did, was just amazing.

We lost Mick who lived up the road on top of a hill. The fire went completely across the top of his neighbour Paul's house and didn't touch it. But it destroyed Mick's.

He died in his house.

Mick was a really great guy.

The rest of us were lucky that it didn't happen on those earlier days when there were no firefighters to help us. I found it hard to be on my own. I had a tank on the back of the ute with a pump. Buckets and stuff everywhere.

"I thought I was super well prepared and then you realise, if it comes.. howling flames, as soon as that water's gone, I've got to wait 15 minutes to fill the tank up again. I've got no one else here."

"You could easily just fall over in the darkness and knock yourself out and die. It's not just the flames you've got to worry about."

WIRES & THE FIRES

It is hard to comprehend the scale of the wildfire destruction that happened to our beautiful country and our wildlife. Our hearts go out to those who have suffered personal losses. We may never know how much wildlife we've lost but are relieved to hear stories of wildlife returning to areas as the bush slowly recovers.

Our WIRES Mid South Coast Branch was involved with the rescue of hundreds of fire affected animals with many coming into care for recovery and rehabilitation. We have a dedicated number of rescuers in our area, but we need more. If you have ever thought of becoming a WIRES member please consider, it's so worthwhile. Some of our fire affected animals were visited by Dr Harry from Better Homes and Gardens! Check out the Moo's News facebook page for links to the article.

I've been a member of WIRES for four years and this summer was by far the most challenging. I do mainly rescues & transportation to our species carers.

I've had the privilege of caring for and releasing many birds over the years. It's so rewarding when you can release them back into the wild where they belong.

If you find a sick, injured or orphaned native animal in NSW please call our Rescue Office on 1300 094 737 for rescue help and advice or report a rescue by filling in our online Rescue Form:

<https://www.wires.org.au/rescue/report-a-rescue>

Rachel McInnes, Potato Point
WIRES Mid South Coast Branch

AS WE BREATHE TOGETHER

We can collectively let out a sigh of relief: the virus so far has been less deadly here than elsewhere. Dodged a bullet, sort of.

Meanwhile our government stalls and downplays the gathering clouds of rapid, severe and unstoppable climate change.

We have to question the mantra of endless growth. It is clear this tenet that underpins the global economic model is not tenable. The emperor has no clothes.

The biggest lesson from the recent past is that we have to learn, adapt, focus on the bigger picture, recognise that the clutter of consumerism has a dark side and we can change it.

The Italian 'conspirare', literally to 'breathe together' is how I express this awakening.

Unlike fires and drought this pandemic is out of our living experience.

We have seen that social distancing has had some benefits. Slow down, relax at home, get into the garden, enjoy family and maybe even home schooling. Some of this will stick, a good learning.

We also need to rebuild a global trade union movement, take a regenerative approach to agriculture and insist on reducing waste while moving toward higher quality longer lasting consumer goods.

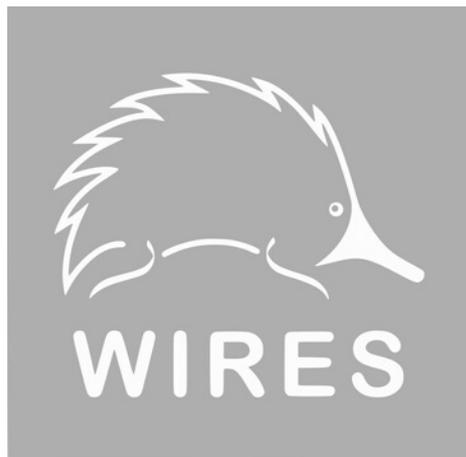
In recent years there has been renewed interest in an old idea, a universal guaranteed minimum living wage.

Questioning the endless growth mantra also requires us to address the carrying capacity of the planet, including the other creatures and ecosystems/services that our own survival depends on.

Automation and population are like two tectonic plates that rub together in dangerous ways. What politician will admit that many of those not yet born will never find work?

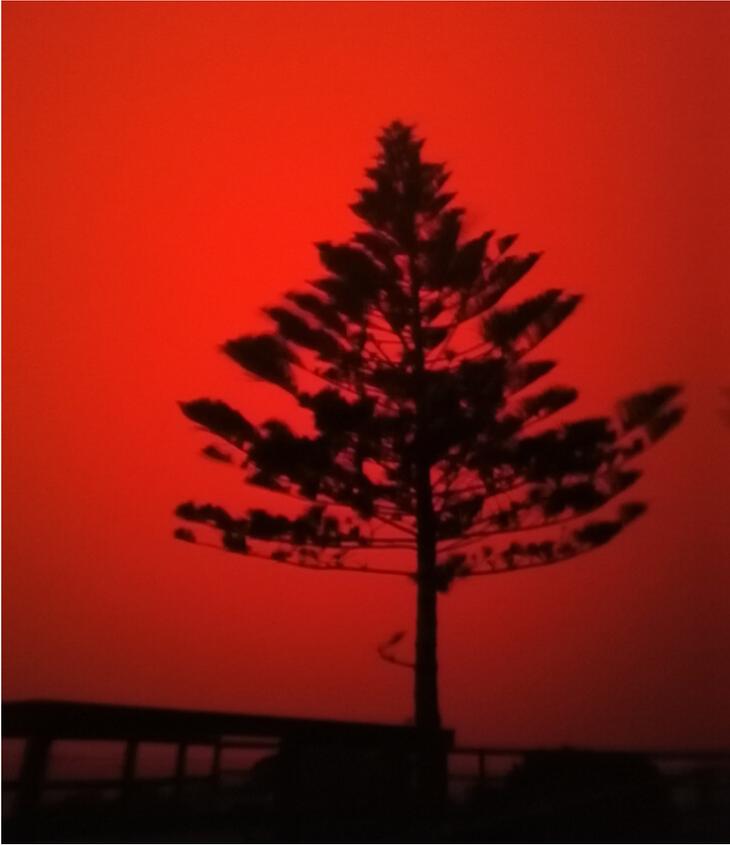
Growth itself has to be redefined less in physical terms and more in relation to sharing a very finite planet. Then perhaps we can all breathe together.

Dr Karin Geiselhart, climate change presenter



LOCAL ART

If you are an artist of the local area and would like your profile to feature in the Moo's News, send a short note and a photo of your work to mooforthenews@gmail.com



Tree photograph by Shay Nowicki. A Snap Shot Story.

Fire Spirits.' Acrylic on board, Jordan Roberts

Jordan's Work is bold, powerful and evocative, full of colour and life with each piece telling a story of living in contemporary rural Australia with strong traditional ties to the land.

A proud Bundjalung man, Jordan's family moved to the area for work on the thriving bean farms. It was both Jordan's father and grandfather who nurtured Jordan's natural talent, teaching culture, painting techniques and encouraging him to cultivate his own identity within his work.



Losing a Life

The young wife, placing a sunflower on the coffin
containing her husband's remains:
becoming a widow and sole parent.

*"I never learned what the words 'I miss you' were
before I reached out for your hand
and it was not there."
Her farewell words.*

Buried at the same time,
the young man's father;
his wife tenderly touching his casket.
Father and son died attempting to save their home.

Heartbreaking to see a little girl
never leaving her firefighter father's coffin;
clutching his helmet to her.

Wrenching to see
a posthumous medal for bravery
pinned to the chest of a tiny son
attending his firefighter father's funeral.
Young men dead in the line of duty.

And a gentle man,
devoted husband to his wife from overseas,
proud father of their young daughter,
who died while trying to protect
their bush block out near Nerrigundah.

Glimpses of grief
in the bushfire horror season.
trained firefighters and quiet Australians
killed amidst the flames.

Leaving anguished families to mourn,
leaving a nation in deep sorrow;
leaving time and all love's memories
to make bearable the searing pain.

POEM BY URSULA NIXON

MOO'S NEWS SUBMISSIONS



There is now a dedicated Moo's News letterbox at the Bodalla LPO, where you can post in articles, stories, pictures, ideas and feedback or you can alternatively email to mooforthenews@gmail.com

THE CUBBY HOUSE

Find-A-Place

P E L D I T V X M B N P D K P
 B R E E D Y C R E E K O N C R
 F O D A T H L M R X S T A O P
 F I R G L Z Z R N L W A L R N
 B R M A D L I J L R A T S G Q
 X V E H N G A A R L I O I I H
 L K R V U G F D A J N P E B A
 J G S N I S L K O B C O S H M
 I M D L S R E A E B O I R D H
 F A S O C B S E K F U N O L L
 H B R E R W G S F E R T H Q Z
 I U L O G D J P O Q T Y L I T
 T E U Y A W X G A R W O L E B
 F A Z C T I N P O T U S Z F F
 A L L A D O B O R U E T D X I

Belowra	Big Rock	Bodalla
Borang Lake	Cadgee	Eurobodalla
Horse Island	Lake Brou	Nerrigundah
Potato Point	Reedy Creek	Tinpot
Tuross Falls	Tuross River	Waincourt



These fab works of art were sent in by Tristan Mette, aged 10 from Bodalla. Ok maybe it was his proud mum, and why not they are brilliant. We just love them here at the Moos.

Share the sunshine and pull your best off the fridge and send them in to us here at Moo's News.

Let the kids shine.

THE WATERWAYS ON OUR DOORSTEP

When the fires were raging, the impact on the ocean and waterways wasn't the first thing we were thinking about. But as the fire debris accumulated, both on beaches and inland, concern grew that it could be harmful to marine and other life. This became an immediate risk when heavy rains came and started to wash debris into creeks, rivers and lakes. All beaches were closed for swimming for a time, debris and litter was obvious everywhere and there were reports of fish kills in estuaries.

Government organisations undertook monitoring and sampling of water quality and while the current situation is much better, we can't be sure of what the long-term impact might be. There is still debris on the sea floor.

Despite the cool conditions in Winter, it's rewarding to get into the water. On a dive trip to Montague Island in mid-June we came across a couple of turtles – they would have hitched a lift on the East Australian Current.

By Bill Barker

July is the main time for cuttlefish courtship displays and August will see the mating Port Jackson sharks here in much greater numbers. Both events happen in shallow water so it's worth getting out for a look.





Moo's Kitchen

COOKING TIPS AND LOCAL RECIPES

Winter harvest is for the dedicated foodie during cold winds and chilly days. It would be easy to curl up in front of the fire rather than be out toiling in the veggie patch. Those who are brave and of greater stuff will enjoy the rewards of winter delights such as cauliflower, cabbage, kale, broccoli, potato, leek, silver beet and spinach.

Here at the Moos Kitchen we have compiled a couple of recipes to deal with this bounty of frosted veg. If you preferred a good book this year, that's Ok, but by buying produce in season from your LOCAL area, you will not only support a small Australian producer, but save on food miles and the environment.

By simply eating seasonal, you are part of the slow food, buy local community.

Oh, to be so cool!

Cauliflower Hummus

This recipe is super easy as there is no formal amounts, all to taste. Remove florets off the head of the cauliflower, and if it is a young cauli, not woody, chop the stem into roasting pieces. Place on a tray, drizzle with olive oil and add a few cloves of garlic. Roast until golden. Add roasted cauliflower and 2 drained cans of chickpeas into a processor and whiz. Add the garlic, and while processing, add tahini (start with about a tablespoon) and lemon juice (from 1 lemon). Still processing, drizzle a little olive oil and blend to smooth rich paste. Keep tasting, adding tahini, lemon and garlic until you are happy. Season with salt and pepper. Enjoy with crusty toast, on salads or even with your favourite meat and veg. Keeps refrigerated 5 - 8 days and it will freeze well.



Marinated Kale

Remove kale leaf from its stems and shred. Stuff a jar with a mix of kale, herbs (rosemary, sage and thyme is a favourite mix), garlic, preserved lemon or lemon zest. Top up the jar with extra virgin olive oil and leave for 24 hours. Will keep in the fridge for 2 weeks. Drain before serving.

Great with lamb, beef, fish, tossed with pasta or use with grilled vegetables to make a power salad. This recipe also works with mushrooms. Just slice mushrooms and add them to the jar, either with, or instead of, the kale. Perfect with hummus and toast.

Quick Kale Pesto

Into a processor; kale, removed off the stem and shredded. While processing, drizzle olive oil and add lemon juice and grated fresh ginger to taste. Continue processing, adding pine nuts and parmesan cheese to tone the bitterness down. You're done! Place into tubs and refrigerate. Will freeze. Not a fan of kale? Try this recipe with spinach or silver beet.





THE MAGIC OF GARDENING

To Plant a garden is to believe in tomorrow

There are as many different styles of gardeners as there are types of gardens, and just as many reasons for gardening. My mother gardened for mental health. She battled depression her whole life. She was a florist and found peace, joy and happiness designing living floral arrangements. She had detailed plans on paper, depicting, defining and organising the environment around her. She kept all the tags and knew each plant by name, she loved to flick through the catalogues and order rare and special treasures to nurture into spectacular blooms. Going to the nursery with her was an event. It called for afternoon tea first, usually in the nursery, lots of checking out the displays, admiring the new releases and this seasons trends. We never left without filling at least one trolley.

My father on the other hand, rarely came to the nursery. He was too busy in his orchard and vegetable garden growing food to feed his family. His plants were grown from seeds shared amongst friends brought from the old country. Everything he needed the land supplied. The horses, cows and pigs supplied the fertiliser. The weed tea provided micro nutrients. Nothing went to waste, everything had a purpose, a reason, and a story. If you had the time, he had the story (he still does). Like any good story, there was always a little bit of exaggeration. Nobody could ever grow anything as sweet or as big as they did in the old country. But most importantly he shared a lot of garden lore. How things were done in the old days and why. He gardened not only with the seasons, but with the land itself.

He gardened sustainably, replenishing what he used, improving the ground for his children and grandchildren. He gardened to provide for his family.

Personally, I love the magic that happens in the garden. You see I believe in faeries. I love that no matter how quick you look, you just never seem to catch them. But I know they are there helping with the magic and the mayhem. The magic of a bud opening, the magic of autumn colours and the magic of the cycle of life. All found in one place, the garden. For me, Mother Nature has been a gentle healer, the best teacher and a never ending source of inspiration. I have always found gardeners to be generous and inspiring people, sharing tips and knowledge, cuttings and recipes. Some gardeners believe in the magic, some gardeners believe in the science, but all believe in tomorrow.

By Sonja Grant

JVALA JEWELLERY



Growing up along some of Australia's stunning coastlines in the Tuross area, I was never short for inspiration to create. The textures, colours, patterns, materials all fascinated me and I learnt a respect of nature through this appreciation.

From a young age I created, regularly drawing and re-creating trinkets I had been given. When I started my jeweller apprenticeship I had no idea what was involved, but became quickly enthralled with the complexities of the art.

I completed my apprenticeship with Diamond Boutique of Canberra, whose high end, fast-paced, strikingly unique character set me off on the right foot into the jewellery world. They also taught me older techniques, such as using a torch that is controlled by my breath.

This 'breath of fire' inspired my logo and business name, Jvala, meaning 'flame' in Indian, and the triangle a symbol for fire and alchemy, with the centre 'J' being my hallmark. Manufacturing jewellery is a humbling process, taking elements that the Earth has gifted us, and reforming it with my own hands into an item someone will cherish.

The sentimental value I believe jewellery holds is why I choose to hand make my products, so that each piece has its own individual touch.

My love of nature makes me mindful of the need for sustainability, utilising recycled silver and eco-friendly packaging.

I also very much encourage remodelling, as it re-uses already owned material with sentiment, giving a second life.

For me, creating jewellery is the perfect creative collaboration with the Earth.

Jess Dragisic



Your Horoscope By Barbara



Cancer: June 23- July 23

The Crab. A Water sign, ruled by the Moon

Cancer New Moon 21st July 3.32am

Discovering new or innovative ways to completely restructure your money habits is possible with Saturn in Aquarius. Saturn's initial visit to Aquarius may prompt ideas to promote financial wealth and stability. Regardless of your current financial circumstances thinking outside the box when it comes to consolidate your debt, improving your savings and investments or working with joint or family finances can lead to a welcome progress.



Leo: July 24 – August 23

The Lion. A Fire sign, ruled by the sun

Leo New Moon August 19th 12.41pm

The radiance and warmth of the new moon in Leo can boost your confidence, helping you to be seen in a new light. Taking the lead in a situation may see your leadership skills affirmed or recognised with Mercury emerging from its recent connection from the Sun, known as Cazimi, it may signal your readiness to reveal a creative project or matter close to your heart. Striking out in a new direction with your personal style is possible with Venus and Uranus work together. If an update in your appearance is on the cards, think flamboyance, opulence and luxury.



Virgo: August 24 – Sept. 23

The Maiden. An Earth sign, ruled by Mercury

New Moon September 17th 9.00pm

The New Moon in Virgo may prompt you to declutter your home or office space. Practicality and efficiency will help clear your mind, body and spirit so you can focus on the new beginnings the lunation promises. A fresh start around any health and wellness rituals are supported thanks to a link with stable Saturn. What you begin now shows potential to be long lasting. As New Moon ruler squares off with Jupiter, you may need to make some adjustments if you've been overdoing it.



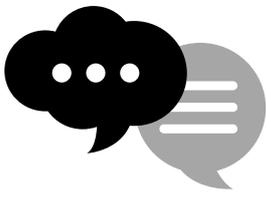
Libra: Sept 24 – Oct 23

The Scales. An Air sign, ruled by Venus

Full Moon October 17th 6.31pm

Teamwork and togetherness comes under the cosmic spotlight thanks to the New Moon in Libra. Relationships, either personal or professional, may require more of your attention and focus. With New Moon ruler Venus forming a link to dreamy Neptune, this lunation supports discussions about your dreams and visions for the future, even if that feels overwhelming or impossible. That said, Venus in Virgo lends a practical quality, helping you keep your feet on the ground.





BUSHFIRE RECOVERY RESOURCES

See more information at <https://www.esc.nsw.gov.au/>

Financial Support

Australian Government

Apply online or call 13 77 88 for:

Disaster Recovery Payment:

\$1000 per adult and \$400 per child for people severely affected by the bushfires

Disaster Recovery Allowance:

short-term income assistance (up to 13 weeks) for people severely affected by the bushfires

Additional Child Care Subsidy Temporary Financial Hardship:

for people eligible for the Child Care Subsidy who have been severely impacted by the bushfires

Crisis Payment: a one-off payment for people in severe financial hardship who are not covered by other disaster relief offers.

NSW Volunteer

Firefighter Payment

Volunteer Firefighter Payment: for eligible volunteer firefighters who are self-employed or employed by a small or medium business and have lost income.

OZ Harvest Mobile

Market

is coming to Eurobodalla with free fruit & vegetables for any household doing it tough.

Please text or call 0490 262 519 for an ongoing schedule of locations.

Australian Red Cross

Apply online or phone 1800 733 276:

Re-establishment grant: for people who lost their primary place of residence – whether owned or rented – to have somewhere safe to live. \$30,000 per household for homeowner occupiers, and \$10,000 per household for people who were renting a home, or whose primary residence was a caravan or mobile home. Open until 31 August 2020.

Blaze Aid

Contact Blaze Aid Directly For Assistance Rebuilding Fencing

Co-ordinator: Mary Howarth
0429 367 538

Admin: 0435 585 988

E: blazeaid.moruya@gmail.com

Mental Health

Medicare bushfire recovery counselling:

Individuals and families impacted by the bushfires can access up to 10 sessions of counselling. Many are at no cost (100% billed to Medicare) and others have co-payments. You don't need a mental health plan from a GP or a diagnosed mental illness to get these services.

W: Medicare bushfire recovery counselling on COORDINARE's website

Bushfire care navigation:

From MacKillop Family Services. Get help finding the right services including financial, legal, housing, mental health and parenting support.

T: 1300 736 384

Bushfire counselling service:

Delivered through CatholicCare. General counselling and psychological support services.

T: 1800 068 698

W: CatholicCare

Interim bushfire response service for young people:

Available via Headspace App
Mental health and wellbeing services for young people in Batemans Bay and surrounding areas who were affected by the bushfires.

W: headspace

Connect for Kids:

Provided by Royal Far West
Video conference program for children aged 0-15, providing short-term intervention to children experiencing mild mental health and/or behavioural concerns.

You can self-refer for the first three sessions, then speak to your GP for a Mental Health Treatment Plan to continue further sessions.

T: 8966 8500 or 1800 500 061

Digital wellbeing program:

From Pa2health

4 week digital program for people who need a physical and mental boost after experiencing trauma from drought and fires.

Tailored and intensive support for the local business community

With the recent bushfire devastation in regional NSW, the NSW and Commonwealth Governments have provided support to businesses in affected communities. However, the need for assistance has only been amplified by the COVID-19 crisis. EY have been in discussions with the Department of Regional NSW about delivering tailored and intensive support for the affected communities and in particular the small and medium sized businesses in those regions. I'm pleased to announce we will be establishing 4 virtual Business Support Drop-In Centres, one in each local government area across Bega Valley, Eurobodalla, Snowy Monaro and Kangaroo Valley/Southern Shoalhaven.

These Drop-In Centres will provide free, tailored support needed by local businesses to help them move from the immediate bushfire response phase into a mid-term recovery phase.

Each virtual Business Support Drop-In Centre will be staffed by an EY Senior Manager and a local Community Lead. The Community Lead is the key contact for each centre and will be responsible for organising and leading virtual meetings with local business owners; identifying business needs, creating a support roadmap and referring business owners to relevant services.

The Community Lead will virtually meet with interested business owners to understand

the current state of their business. They will gather relevant information, identify immediate and long-term challenges and start to create a support roadmap that is specific to the needs of each business. This roadmap will be facilitated by the Community Lead and will act as a takeaway document for the business owner to support next steps. Each Community Lead will have access to guidance on all support available to businesses in regional NSW.

The guide is updated frequently and covers Government & non Government support related to bushfires and COVID-19. Each business owner will leave their meeting with a clear plan on the support available to them and a roadmap identifying the steps they need to take to access support.

Please email EY's local liaison Christine Quick for further information at christineaquick@gmail.com



CONTACTS IN THE COMMUNITY

Bodalla CWA

- Contact President Elizabeth Tough at liztough@live.com.au or Secretary Deb Ellis at ellishomes@bigpond.com

Narooma VIEW Club (Voice, Interests and Education of Women)

- Contact Shirley Gunter, Publicity Officer, shirleygunter@y7mail.com

Cadgee/Nerrigundah news

- Contact John Cowan at johnocadgee@gmail.com

WIRES (Wildlife Rescue, 7 days a week, 365 days a year)

- Rescue Line 1300 094 737 or <https://www.wires.org.au/rescue/report-a-rescue>

Narooma Woodies

- Contact Jeffrey at thenaroomawoodies@gmail.com or find Narooma Woodies on Facebook

Gallery Bodalla

- Contact Valerie Faber at gallerybodalla@gmail.com

Bodalla Soccer Club

- Contact Amy Miles at bodallasoccerclub@gmail.com or find "Bodalla Soccer Club" on Facebook

Club Muzo and various music events

- Contact Julie Brooking at potatojulie@yahoo.com.au

Bodalla Embroiderers Inc

- Contact Mary Fabbo, President, at brumar@internode.on.net

If you would like your community organisation listed also, please contact Michael Brown at mb100202@gmail.com.)