

The Tawny

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G'day Beaches

Hello October, you're looking superb, especially with Chris Thomas' cover art adorning 50,000 Tawny Frogmouths. The flags are up, beach season's here, so Slip Slop Slap and race to the water with sand in your toes and zinc on your nose every chance you get.

Night at the Barracks has transformed North Head into a global music mecca, with performances lighting up the Great Southern Sky. The show goes on until 9 October, get your tickets and revel! If cuddling up with a paperback's more your pace, Lifeline's GIANT Book Fair has 80,000 books on offer to ensure you find the perfect summer read. And North Narrabeen Boardriders, with one of the richest histories in surfing, continues to paddle into the record books, the women's crew recently carving their 8th SURFTAG title at South Curl Curl.

Finally, farewell Queen Elizabeth II. After an unwavering 70 years of service, rest in peace ma'am.

Liam



The Tawny Frogmouth

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Acknowledgement of Country

The Tawny Frogmouth acknowledges the Traditional Custodians, the Gayamaygal and Garigal and their Country on which we Tawnies nest today.

By these words we show our respect to all Aboriginal people. We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.

Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

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Try a class at Manly Sculpture School

Peninsula Wash Up

The Life of Brian, go figure

Manly Sculpture School founder **Katherine Castillo Alferez** is thrilled to report, "After a long wait, and lots of work, **Brian Booth Craig** has landed on our shores, all the way from New York for his September workshops." And who's Brian? Well, he's not the Messiah, but he's one of the world's greatest sculptors, specialising in bronze, whose "female nudes are imbued with a sense of agency." I'm intrigued. Manly Sculpture School will also soon welcome Australian artist **Heidi Willis** who will teach a botanical watercolour workshop October 14-16, and Spanish sculptor, **Javier Murcia** who will teach three separate 3-day workshops in December. "I am so excited to offer local artists the chance to learn from masters of their craft," Katherine explains. Learn more at manlysculptureschool.com

Stand up for Mental Fitness with a BIG Sit

In 2018, Avalon's **Jason Partington** and **Mike Britton** founded **The Sit Community** in response to a year of increased suicide rates in the area. Jason realised the importance of creating an opportunity for individuals to feel both a sense of belonging to the community and environment, as well as access the practice of meditation in a practical way. To celebrate Mental Health Month this October, The Sit Community is running a 29-day fundraising event, **The BIG Sit**. Every morning at 6.30am across 17 different locations in Australia, crowds gather to experience The Sit's connection at sunrise, fostering mental fitness and a sense of connectedness. To take part, visit thebigsit.com.au

Black Magic Halloween Fundraiser

You're a superstar at celebrating Halloween with your kids, but now it's the grown ups' turn to dress up at the **Black Magic Party!** Taking place at **Balgowlah RSL, 22 October, 7pm - Midnight**, all ghouls, witches, vampires and creepy crawlies are invited, with a live covers band, psychic readers, a magician, raffles galore and sure to be murder on the dance-floor. Get freaky! All funds raised go to a very special destination, the new **Manly Adolescent and Young Adult Hospice** opening on the old Manly Hospital site - Australia's first dedicated service for young people 15 to 24 years old with life-limiting illness. This crucial service will offer respite care, symptom management and end-of-life care as well as specialised care for families, including bereavement support and counselling. Get tickets at events.humanitix.com/the-black-magic-party-2022

Bake yourself feel better

Good health starts in the kitchen, with balanced nutritious meals being the key ingredient to feeling fabulous, absolutely. But with the tantalizing allure of anything-but-nourishing, off-the-shelf snacks, it can be challenging to whip up home-cooked goodies in our pre-packaged world. Not anymore. Hello **Youtritious**, purveyors of feel good baking. Founded by Beaches local **Gemma Dittl**, Youtritious provide carefully crafted, bake-at-home mixes, specifically designed to help people balance health goals and food sensitivities without compromising on taste or quality. Made with 100% natural, premium ingredients, the Youtritious mixes are free from gluten, dairy and refined sugar, with zero additives, and can be made in minutes! Clock's ticking. Launching 30 September. Purchase at youtritious.com.au

Memories, Dreams 2Live4

This October, **DiversARTY** Gallery are displaying some of the best artwork on the Beaches for the month long "Memories" charity art exhibition, raising funds to support **Dreams2Live4** - the only charity that makes dreams come true for Australian adults over the age of 17 years who are living with metastatic cancer. Each Dream granted is as unique and special as the individual Dreamer. View the amazing works of art from 4-31 October at DiversARTY Gallery, 5/161 South Creek Road, Cromer. And follow [@Dreams2Live4](https://twitter.com/Dreams2Live4) on socials.

Words: **Liam Carroll**

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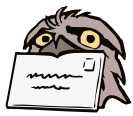
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Letters to The Tawny

Shark Nets

It was heartening to be a part of an organised rally on Manly Beach calling for an end to shark nets on the same day they were being dropped into the ocean along beaches from Newcastle to Wollongong. These death traps will be in the water for 8 months while allowing tiger, bull and white sharks to swim over and around them to potentially join beach goers. Shark nets are indiscriminate killers which serve nothing more than to provide a false sense of safety for swimmers. Swimmers who could be better protected by drones, smart buoys, alert systems, tagging and listening stations. After the rally, we watched a pod of 8-10 dolphins frolicking close to the shoreline, and it was hard not to feel anxious for these unsuspecting animals in addition to the numerous turtles, whales, rays, fish, seals and endangered sharks such as the grey nurse who become unfortunate victims of entanglement. The death tally is unwarranted and so the nets must go. Why is the State Government clinging to 1937 practices when the Northern Beaches Council and their constituents have voted for the removal of nets? Why isn't investment being directed towards effective, advanced non-lethal forms of shark bite mitigation instead of nets and drum lines? This is a crime against the ocean where destruction overrides protection. We must unite together to create a powerful voice to win this fight.

Susan Sorensen, Animal Justice Party

What's going on? Or not

Hey Liam, for this simple old lady could your readers just write short letters about what's going on, or not going on, in Manly! Oh, how I miss the Manly Daily for this. Not that I miss reading about a poor man being fined for doing a pee!! We have now a Manly without a local Paper, without a Post Office and without a Cinema! And with the Post Office, because I dropped cards in the Post Box outside with just a local stamp, as they were all within Australia, I have so far got four different bills from Telstra in Victoria for an extra \$2.60 for each! I did pay - by putting coins in an envelope!! They asked for a 'cheque' - who writes a cheque for \$2.60?? Thanks for listening, Liam!

Agnes McInerney

Hospitals overdosing women on drug to induce labour


My wife and I recently had our first child at the Northern Beaches Hospital and our experience was rather unpleasant. Her labour was induced with Syntocinon (synthetic oxytocin), and I was intrigued that the dose, which had started at 15ml/h, was increased first to 30ml/h, and then straight up to 60ml/h which seemed like a lot. Less than 30 minutes after that increase she was in immense pain, and after fighting through a few contractions, called for an epidural. While her pain had somewhat subsided, her contractions were still very strong, and her cervix was dilating rapidly. Shortly thereafter, the baby's heart rate was showing decelerations, and

after a few minutes, around 15 doctors and nurses rushed in to make an emergency delivery. When I later requested the Product Information from the manufacturer, I was shocked to learn the hospital had increased the dose by more than double the maximum increment. I subsequently learned that they were following a NSW Health 'Policy Directive' which was making the same mistake. I have contacted the Minister for Health, the Hon. Brad Hazzard MP, and the Agency for Clinical Innovation who are considering my query to provide a formal response. I'm gathering people's experience of induction at iwasininduced.com to try to get this changed and make labour a better experience. I would be grateful if you could get the word out. Thankfully, the baby was delivered with few further complications and is now happy and healthy, while my wife's recovery is ongoing.

Phil, Queenscliff

Lighting a Candle

I am always inspired by Mal Fisher's monthly 'Wild Side'. His August piece reminded us that the main antidote to the understandable feelings of despair about the state of our environment and our future is to get informed, stay connected to nature, and take meaningful action to protect our beautiful Earth. Doing this on our own can feel isolating but joining a group of likeminded people can sustain our efforts and make a positive impact and comes with the benefits of developing lifelong friendships that support us while we support our precious planet. Every small positive action by an individual counts, but for the fast change necessary to address



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the environmental crisis, the responsibility mainly rests with corporations, financial institutions and governments to change their ways. We can put pressure on these institutions to do better. Ask your bank and investment or super-annuation fund if they are animal cruelty and fossil fuel free, consider fairtrade shopping, and familiarize yourself with the environmental policies of candidates at elections. Mal writes and acts with the courage and compassion we all need to turn things around. **Kylie, Fairlight**

Alternative ideology and open-mindedness

There's a bunch of people that claim they are being 'shut down' or free speech is being restricted when they propel their alternative ideas. Just remember: get advice about a car from a qualified mechanic, advice about your oral hygiene from a dentist, and climate change information from an internationally appointed climate scientist that spends their life studying the topic. Until then, you probably will, and should, be shut down. Stupidity and 'open-mindedness' are not the same thing. **Roy Drage, Balgowlah**

Accidental humour

Hi Liam, I don't expect you to publish this although you can. On page 9 of the August issue, the top advertiser headlines "Having trouble finding your new digs on the beaches?" followed by Wilson Family Funerals. If you have what some call a Gallows sense of humour, I don't think I would run those two ads on the same page, or maybe not in that sequence. Cheers, **Jim Meem, Dee Why**

Response to Wes Taylor

Dear Tawny, Wind turbines are recycled at their end of life and are made partly of recycled materials like steel. Wind turbine manufacturers like Danish company Vestas report on the energy payback and return on energy for their products - for the 4.2MW wind turbines they are carbon neutral in about 5 months and return 50 times more energy than they consume. Comprehensive data on materials, including recycling, is included in the Life Cycle Assessments which are available on their website, and which comply with ISO standards so are a useful source of info.

China and India are investing in renewables on a massive scale, in part because it is cheaper and it doesn't require electricity transmission and distribution infrastructure to be upgraded, in part because it helps with air pollution problems and energy supply security. And the non-renewable sector also receives subsidies - the diesel fuel rebate costs taxpayers nearly \$8 billion a year, and transfer pricing means transnational corporations in that sector pay diddly squat tax in Australia.

But you are right, we will definitely have fires, floods and droughts, more frequently and more severe in their impact with every passing year. **Tech nerd from Manly**

Response to Hungerford Letter

Mr H's "Denying the Undeniable" (Sep '22) emphasises why I wrote my August letter. Yes, I do use a car, electric lights, a mobile phone, fly and visit medicos and, like most, I accept them as historically sound. They all usually work - unlike renewables, climate

doom forecasts and their proponents! I respectfully query medical advice though because it sometimes overlooks individual differences! Besides Mr JH, life for all involves hundreds of trusting assumptions daily - learning to risk! And medical science is built on painstaking historical methodology, scientific reproducibility and evidence, unlike most climate science claims. Yes, we humans are damaging our environment via pollution, over-building, waste etc. But, unlike climate science examples, that's measurable and fixable. Plastic and other packaging pollution alone are examples. It's curious that government, business and people generally don't focus more attention on this, while expensively keep hammering unproven climate change perils. Should we just agree to differ? **Carlo Bongarzoni, Clontarf**

Global Warming

It was an interesting and informative letter from Wes Taylor in the August edition of the Tawny Frogmouth. I have long thought that this was the situation but didn't know all the details. Thank you, Wes, for putting us all in the picture. Exactly - SO WHY?

Annette Petersen

A reality check

The thrust of modern propaganda is not only to misinform or push an agenda, but also to exhaust critical thinking so as to annihilate the truth. As we share one universal atmosphere, no sensible nation would take a legislative policy decision WITHOUT considering what is happening in the rest of the world! This is where our zealous activism is exposed as foolish and debilitating. Australia has turned our com-

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parative advantage of abundant natural energy coal, gas, uranium and turned into a competitive disadvantage. It takes a special class of idiocy to achieve that with an emissions target enshrined in law. Altruistic yes, ideologically lovely, but it doesn't pass the pub test when China, India and Vietnam above us are responsible for over half the world's emissions. Right now, two Torres Strait islanders are suing the Australian government for inaction on climate change that they believe affects their part of the world. I bet they don't sue China, India or Vietnam. No, just the land of milk and money. You couldn't make this kind of stupidity up, could you? Once again, it's out with the deceptively veiled begging bowl disguised as a lawsuit, and these lawsuits will come thick and fast if we don't achieve a 43% emissions target by 2030. We've set ourselves up perfectly for the fall.

John Partridge, Bal. Hts

SCOMO

Dear Frog, with all the nasties spread about our ex-PM, it may be worth remembering that his multiple ministries may have allowed him to veto the oil rigs off our beaches. I have so far only met one person who thought they were a good idea.

Alan V

Climate Modelling

As an Engineer I am well aware of the potential of increased carbon dioxide levels in the atmosphere to increase global temperatures and produce more natural disasters. But as one who has done extensive computer modelling of indoor air climate, material behaviour and wave generation I am also well aware of the shortcomings of models. In most cases these have to be tweaked to get them to replicate actual data. The models I have worked on are time independent and do not have to take into account externalities and feedback which time dependant climate change models have to, so I remain at least a bit sceptical about their forecasts.

A similar problem exists with economic models, and they don't have a very good track record. I vividly remember in the 80s when an eminent epidemiologist said that in five years every second person in Australia would have genital herpes. It is also of note that 4 out of 7 climate change models predict the continuation of La Nina in Australia, not 7 out of 7.

The graphs produced by the IPCC look as if

they were produced by Greta, showing the catastrophic linear extrapolation case (as was done in the case of genital herpes) and a tapering off case to encourage us to reduce our carbon footprint. There is no suggestion of any possible decay due to externalities or feedback, mainly because we just don't know what these will be. Some work has been done by the IPCC on the effect of increasing cloud cover on temperature rise but this is only at an early stage. Despite what Penny Wong says, the science is not settled. True science is never settled, ask Einstein. I was around in the 60s when the settled scientists were telling us that we were about to enter an ice age. I was however not around to hear the flat earth scientists! Having said that I am prepared to abide by the precautionary principle, and support our government's desire to reduce our carbon footprint and investigate mitigation strategies such as constructing flood resistant houses and fireproof houses.

Kevan Heathcote, Manly

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A quiet word on...

Failure

Over here in the quiet corner, we've been thinking about failure.

There are oodles of self-help books out there on this topic: that inspires fortitude, wisdom, and even greater achievement. But when you're drowning in it, when you've put your heart and soul into something, or been craving this or that reward for what feels like forever, failure can crush even the strongest spirit.

For delicate flowers like me who don't carry much confidence, external validation is vital for emotional survival. We know it shouldn't be, but it demonstrably is. An encouraging note, a nod of appreciation, even just a smile from the apple of our eye, can fill our hearts with glee.

So, to experience rejection, or failure, or some other comeuppance can really knock us for six. The temptation then is to avoid risk; to live a life that is as close to certain as it can be. And for many shy, retiring types that's just what we do. We're the stayers, the reliable little oracles of our tiny domains.

Of course, this deprives the world and ourselves of what we have to offer. We'll never know what Little Lisa or Silent Bob could bring. And much of the modern world seems willing to accept that.

Rock solid confidence, or the belief that you're the only person in the world that could possibly undertake this challenge, are often the stated pre-requisites for many grand undertakings. But if we could set some more safety nets for the quiet ones, the tender hearts, or the creatively attentive, then we just might find that the world itself becomes more tender.

People need the room to fail, but they also need permission and acceptance when they do.

Words: **Gethin Fisher**

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Streetwork needs to grow its youth service team to reduce its waitlist

Community

Turning young lives around

Family breakdown can happen anywhere, and the Northern Beaches is no different.

Families hide domestic violence, anger control issues, mental health concerns, and substance addictions behind closed doors. These things happen even in the wealthiest suburbs, and when they happen, the young people in the family can often enter a downwards spiral of risk-taking as they seek to find belonging, outside the family, and on the streets. In the best situations they come to the attention of a teacher, a health care worker, or the police who help that young person access the counselling and support they need. In other cases, they slip through the cracks. This is where Streetwork come in.

The 11 to 18-year-olds in Streetwork's goals-based mentor program KickStart are typically experiencing the stress of family breakdown and in need of a positive role model. Vulnerable young people don't have the luxury of sleeping in a safe, warm bed or waking up to a healthy

breakfast. You might be surprised how many young people will be sleeping rough on the Northern Beaches tonight - on a mate's floor or in a tent behind trees in a local sports field, or in the home of an unsavoury adult preying on their vulnerability.

What do we do at Streetwork? First up, we allocate the young person their own youth case-worker, a personal mentor who understands the young person and can communicate on their level.

What is their level? Every young person has an interest or hobby, a favourite musician or place to eat, that they feel connected to. It might be graffiti art, rap music, song writing, photography, or movies. The trick is finding it.

When found, the mentor

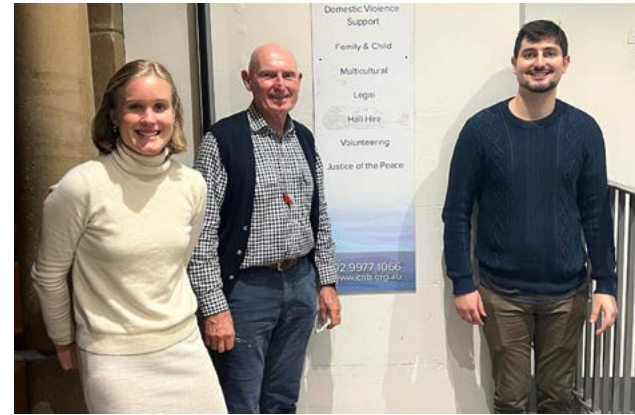
shares in the young person's interests, building trust and motivation. Once you validate a young person's interests, you can start to speak their language, demonstrate that you care about their dreams and what makes them happy. With an understanding of their purpose, the mentor will help the young person set goals. Having the right help is vital to achieving these personal targets.

The Northern Beaches has a range of youth-specific services, including drug and alcohol counselling, legal advice, crisis accommodation, school re-engagement and career pathways support, and Streetwork help young people link to the services that they need most. Without Streetwork, finding the right help can be challenging and confusing. And without a Streetwork mentor to encourage them, young people put up barriers and avoid attending appointments. Streetwork guide young people into the services they need to achieve their goals. We build resilience, confidence, and life skills.

One of Streetwork's essential services is youth advocacy at local police stations. Kids who are arrested on suspicion of criminal activity, and don't have a parent to support them, are confused and frightened. Streetwork advocates ensure the young person feels safe and comfortable, is treated fairly and can access legal support.

Words: **Sonya Mears & Thomas Dent**

Streetwork supports vulnerable young people turn their lives around. To support Streetwork, visit streetwork.org.au. Make a donation. Every \$50 funds a mentor session. Become an advocacy volunteer. Email volunteer@streetwork.org.au to enquire. All training provided. Keep up to date with news & events: follow [@Streetwork](https://twitter.com/Streetwork) on socials.



Ella Davidson (co-ordinator), Brian Hamer (lawyer) and James Zanon

Community

A volunteer run legal service everyone can rely on

The Northern Beaches is seen as an area of higher socioeconomic status but looks can be deceiving, and three decades ago a local group of lawyers saw an urgent and unmet need in the community - access to free legal advice. Whilst well established Community Legal Centres (CLCs) existed in other parts of Sydney, there were no such services on the Northern Beaches. The **Manly Legal Advice Service (MLAS)** was born.

Originally based at the Warringah Shire Council chambers in Dee Why, where it was known as the 'Referral Service', the Manly Legal Advice Service today is stationed in the Community Northern Beaches building at 52 Raglan Street, Manly. And for nearly 30 years the MLAS has been providing members of the Northern Beaches community with a free, walk-in, legal advice service, with expertise available on family, criminal, commercial, aviation, property conveyancing, and

estate planning legal matters.

The law affects nearly every aspect of our lives. However, understanding your rights and responsibilities - how to seek protection from the law, or make or challenge a legal decision - can be complicated. Attempting to navigate the law by yourself can be confusing and risks you losing out on the best outcome. What happens then when tasked with tackling a legal challenge, but can't afford to engage a lawyer?

People of many different walks of life access the service. Whether young or old, an Australian citizen or refugee, employed or unemployed, single or coupled, high school or tertiary educated, new to the Northern Beaches or have lived here your whole

life, everyone is welcome. And there are a variety of reasons someone may access MLAS.

It could be a failed marriage, or the realisation of a remote business risk, and financial hardship. In recent years there has been a trend of older women facing homelessness accessing the service. Mental health issues are also common, as well as pockets of disadvantage where people have been let down by the system and find themselves facing a legal predicament they don't understand.

A challenge MLAS faces is overcoming the stigma attached to accessing legal aid, meaning that knowledge about the service doesn't always travel by word of mouth. Even though clients often report being incredibly happy with the service, it's not necessarily good news that is easily shared with friends and family. Visitor numbers also dropped and have not recovered since the COVID-19 lockdowns.

The volunteer lawyers at MLAS are engaged by the work for a number of reasons. Some talk about how the service keeps them grounded, and that helping people brings them joy, being part of the journey towards happier, healthier clients. Others speak of their experience as helping the community at large, because in assisting people in the criminal justice system they mitigate against the risk of reoffending.

Words: **Liam Carroll & Ella Davidson**

The **Manly Legal Advice Service** operates out of the Community Northern Beaches building at **52 Raglan St, Manly**, open every Thursday, 6pm-8pm and the third Saturday of the month, 10am-12pm. If your community service has capacity to advertise or refer to MLAS please email manlylegaladvice@outlook.com



Steph Cooke and James with the brand new SES truck

James Griffin Update

North Head now even more spectacular

The \$3.89M upgrade of our beloved North Head National Park is coming along well and I'm pleased to say that the second and final stage of the upgrades will be open in time for summer.

The carparking and landscape works are now complete following significant weather-related delays and there is now 2,500 square metres of new turfed recreation space for visitors to sit and enjoy views across the harbour. In addition, the National Parks and Wildlife Service (NPWS) is constructing the new Yiningma and Burragula lookout platforms at North Head.

The Yiningma lookout will provide a vantage point that looks back at the cliff face and presents breathtaking views to the horizon, which is perfect for whale watching. The Burragula lookout will allow for panoramic views of Sydney Harbour that creates the ideal spot for events like

the Sydney to Hobart Yacht Race, or to watch the sunset.

Connection to Country has been central to the design from the outset to ensure the lookouts acknowledge and connect with the history, stories and place, which is called Car-rang gel.

This project is being delivered as part of the largest visitor infrastructure program in national park history.

PLAY MANLY - The data speaks for itself

It is not news to readers of the Tawny that I am a passionate advocate for the continued evolution of our local economy. Significant funding has been provided by the NSW Government to help rebuild our local music, cultural and events offering.

Typically, local businesses have been highly dependent on 7 weeks of trade over Christmas and January. That is not sustainable. Nor is obsess-

ing over how many visitors get off the Freshwater ferries each weekend. For over a decade we've had millions of visitors each year, but they typically spend less than visitors to other parts of Sydney. That is why it has been so important to build a healthy year-round events calendar, not just rely on our beaches in summer.

The 10-day family-friendly festival 'Play Manly' demonstrated exactly what I mean. Recently released data shows that not only did more people visit Manly during the 10-day festival, but visitors spent more than \$19.5 million over the duration of the event. Visitor spending from people living outside the local area during the 10-day event was significantly greater (24.1%) at \$6.4 million, compared to \$5.1 million for the baseline period.

That's a great outcome and feedback from our small business owners has been outstanding.

Manly SES get a new truck!

I know many of you have been very grateful for the work of our Manly SES Unit during the last few months. It looks like we will have some more unpredictable weather as we approach summer storm season.

Thankfully our Manly SES crew have a big brand-new truck to ensure they're fully equipped to help as many people as possible. I had a great morning visiting the team along with NSW Minister for Emergency Services and Flood Recovery, the Honourable Steph Cooke MP to hand over the keys to the \$425,000 vehicle. A big thanks to the SES!

Words: **James Griffin MP**
Member for Manly, Minister for the Environment & Heritage

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There's an ocean of support for switched-on pensioners

Families & Finance

Retired? A little work will save you a lot of money

For pension-age Australians, making the most of the support available is money in the bank.

The first step is to apply for the age pension. If you are born after 1 Jan 1957, you will be eligible to receive the age pension from age 67. However, you don't need to wait until your birthday to apply, you can start the process up to 3 months ahead. This will give you plenty of time to deal with any hiccups in the process, and there will be!

As soon as you start receiving your age pension, you will also get a Pensioner Concession Card, the key to around 40 concessions, rebates, discounts, programs and concessional thresholds. The savings available quickly add up, and you can make the most of all the help even if you are only eligible for a small amount of age pension.

Help comes from all levels of government. Local councils offer rate rebates and pet registration discounts. State

government helps with things like driver's licenses and registration. And then there are Federal government programs like Medicare and the Pharmaceutical Benefits Scheme. There are also various tax rebates to take advantage of. Plus, you need to be on your game with Super. If you haven't switched it to a pension by now, you could be paying too much tax. There may also be good opportunities to top up that you may not have thought about.

Some government help comes from other places. For example, you will need to go direct to utility providers for rebates on your gas, electricity and water. It's worth knowing you can get free ambulance and discounted parking at public hospitals. For those that like to get out and about in nature, keep an eye out for the free annual

National Parks pass. You can use your Pensioner Concession Card instead of a fishing license, and while you are at it get a discounted boat license and mooring fees.

If you have a job, you need to run the ruler over the impact of age pension eligibility and your choices. While the Government has incentives for you to continue paid employment, some retirees may be giving up age pension income for extra hours worked. Even if you don't qualify for an age pension, you may qualify to borrow against your house, using the government run Home Equity Scheme, or you may be eligible for the Commonwealth Seniors Health Card.

The most important thing to realise about reaching pension age is that your involvement with "the system" may be more significant than at any other time in your life. This can come as a shock as well as form-filling headaches that risk putting you off from accessing all you're entitled to. Persevere. It quickly pays off.

I'm sure you've put in a huge effort to save for retirement, but now is the time to do the work to understand how the system will impact your plans, and get your affairs organised so that your retirement income is fully supplemented by every opportunity your lifetime of taxpaying has earned you.

Finally, and rather ironically, if you have just turned 67 now's the time to get to work! But rest assured, it will be well worth it.

Words: **Brendan Ryan**, Certified Financial Planner

Retirees can sign up for updates from **Later Life Advice** at www.laterlifeadvice.com.au



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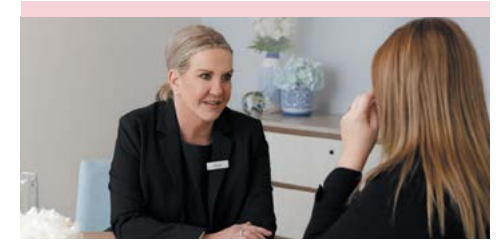
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North Narrabeen, 8x SURFTAG champions

Sport

"Let's be the Greatest"

North Narrabeen channel Steph Gilmore to land SURFTAG title number 8

They were pre-event favourites and seven-time SURFTAG champions, and the pressure was on to defend their title and represent their famous beach. Yet the women's crew from **North Narrabeen Boardriders** took it all in their stride to dominate the final of the SURFTAG women's event at South Curl Curl.

Tru Starling, who'd had an ordinary start to the event, face-planting in an early heat, was the star of the final. "It's pretty special," Starling said. "We sat down beforehand and said to each other, 'We have seven titles, let's go for eight. Let's be the greatest.'"

Squally cloud-showers on the horizon begat phosphorous rainbows while a blustery off-shore breeze made for clean, three-foot waves, yet such is the break at South Curl Curl, the waves can spring up wherever they want like underwater Whack-a-Moles.

The final began slowly. Four surfers caught just two waves in the first 10 minutes. Starling

was on one of them, recording 8.67 – the third-highest score of the day – after a long and searing ride of cutbacks before jamming it at the end. She got plenty for her second wave too, 6.83, doubling and producing a two-wave score of 22.3 – the third-highest two wave score of the day.

It's part of the tactics of this format. Do earlier surfers take their time and look for big numbers? Or should they 'dump and run' and take what they can so that those who follow have time to score. With good surfers waiting on the shore Starling said, "It's stressful" waiting for a 'perfect' wave. "You don't want to let anyone down and not give someone an opportunity."

She needn't have worried. Teammate **Kyla Whitfield** scored 5.07 from a long and fluid left-hander and followed

it up with an 11.66 power wave.

Sydney Chevalier and **Gabi Spake** of Long Reef did their best but couldn't amass big numbers on power waves. **Alysse Cooper** would not give up. She scored 8.33 on a power wave to help Queenscliff into second. But when North Narrabeen's **Ruby Trew** – who'd earlier scored 9.67 which an onlooker described as "solid backhand snaps and carves, committed surfing" – ripped off a 12.4 power wave, it was a question only of how far.

"**Elle Northie** could win here without getting her hair wet in the final," event organiser **Steve Harrison** declared of North Narrabeen's No.5. With 20 seconds to go Northie decided she wanted in, plunging into the surf to indeed get her hair wet, before a photographer's drone caused panic in the official marquee. Descending towards the sea, apparently out of battery, the operator's remote control was useless. Yet something, perhaps instinct, kicked in and the whirly-bird soared high back into the sky before returning home of its own volition.

Then the air raid siren signalled the end of the heat. North Narrabeen had won their 8th SURFTAG women's championship, winning by 16.42 points from Queenscliff (39.83), Long Reef (23.9) and North Shelly (23.3). North Narrabeen veteran **Bell Hardwick**, who's been involved in all eight championships, paid tribute to coach **Matt Cattle** and the greater club, saying "That one was pretty special."



Words: **Matt Cleary**, editor of **Beaches Champion**, providing daily news about the people and clubs involved in sport on the northern beaches. Read at www.beacheschampion.com.au

PHOTO: BERNADETTE JOHNSON (IG: @BERNADETTE2097)



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Winged again: the latest chapter of Alan Joyce's ruinous reign at Qantas laid bare

The national airline's losses under Alan Joyce are approaching an eye-watering \$3 billion amid self-administered engineering and pilot crises. But win or lose, the chief executive is always flying high and getting paid well, writes Michael Sainsbury.

Qantas' losses for the 2021-22 financial year bring total losses under the reign of CEO Alan Joyce to nearly \$3 billion since the 2009 financial year. In the same period, he has been given a salary of \$104 million plus this year's salary, which went up a few hundred thousand more. Adding insult to staff and customer injury, Qantas announced a \$400m buy-back of its own shares in August, sending its stock 9% higher. This despite the thumping losses and the \$2bn plus in public subsidies since the pandemic began. It's in stark contrast to Germany's Lufthansa, who recently paid the German Government back

the money it received during the pandemic.

Billions of public funds have been propping up Qantas during the pandemic, not to mention the sale of assets such as domestic terminals, large tracts of land at Mascot in Sydney, and piecemeal outsourcing of major divisions such as baggage and shift-ing mission critical heavy maintenance offshore. "He hasn't made a cent," Australian Licensed Aircraft Engineers' Association federal secretary Steve Purvinas told MWM. "My local hamburger shop has made more money than Qantas has under Alan Joyce for the last 15 years."

Joyce made another stumble with the announcement of a \$50 "sorry" payment and other perks to the company's regular customers. It follows the recent \$5,000 offer to each staff member – provided they sign up to new enterprise bargaining agreements that

effectively cut their pay by 10-15% over five years. This latest limp attempt at mollifying the airline's angry customers has drawn widespread and understandable ire, but has failed to disguise the fact that Joyce, and the company's board, badly misread the pandemic.

As the pandemic took hold, senior management were convinced that Qantas would not be flying at full tilt until mid 2023, company sources have said. Joyce appears to have seen Covid-19 as the perfect storm. Under the cover of a fleet grounded by the pandemic, he slashed millions off staff costs and increased outsourcing to improve his bottom line. The Federal Court found 2,000 of these dismissals to be illegal, a decision now the subject of a Qantas High Court appeal. But the vicious sacking program was carried out in extreme haste and customers are paying a hefty price.

Qantas management also made serious mistakes in getting rid of the wrong pilots as it handed out 240 voluntary redundancies and early retirement at an estimated cost of between \$70 million and \$80 million. It let go of pilots of the newer 787 aircraft, while hanging on to those who can fly the discontinued 747s. Qantas pilots past and present have told MWM that the airline told them that it had sufficient pilots on its books until June 2023. A number of early retirement cases ended in court action due to age discrimination, costing the company millions in legal fees and more in undisclosed payouts.

IMAGE: AAP AND UNSPLASH

Joyce is now playing catch-up with a major pilot recruitment program. It is understood that the company has employed about 200 of a target of 350 from rivals with Australian pilots, such as Hong Kong's Cathay Pacific and Gulf Air. There are also persistent rumours circulating around the company that Joyce is looking at leasing planes that come with full or partial crew from troubled airline Norwegian. Qantas also continues its practice of steadily increasing pilots' flying hours to the point where more are taking sick leave, company sources said.

Indeed, Joyce has admitted as much, appearing to try to blame the pandemic on a 50% rise in sick leave that has contributed to on-time and baggage woes, when Qantas staff in various divisions told MWM that sick leave was also increasing due to deteriorating conditions forced by management. One staff commented: "Joyce seems to think that people will just keep showing up through thick and thin because they get to work at Qantas, but people also have their lives to live, and the costs are now outweighing the benefits."

And in the engineering division offshore outsourcing and running down of local engineering capabilities are coming back to bite the company – and its customers – just as viciously. A Qantas engineer with decades of experience said: "I have seen many ups and downs with this company, but at the moment we are below rock bottom. Part of the problem with delayed flights and now a reduction in flights is not due to fuel or passenger numbers, we are sure it is due to engineering being cut back so far that we are struggling on a day-to-day basis to acquit all of the work that is put before us."

Rather than admit fault and tell the world that they cut too deep they blame other factors. Qantas engineering has not had any recruitment in reasonable numbers in over 10 years. Yet in that time approximately 1,000 engineers company-wide have been made redundant or retired. The engineer outlined a couple of examples of the multi-ple engineering problems that Qantas faces regularly.

Qantas is stuck with planes that have lucrative seats in first and business class out of service due to serial engineering problems. Qantas carries out the heavy maintenance on A380s and 787s with two to four months of

inspections and repairs at offshore locations. An A330 came back to Sydney from heavy maintenance in Hong Kong recently with over 20 defects, some quite significant. This means that the engineers in Sydney, who are already stretched, needed to look into all these defects before it could fly again.

"My local hamburger shop has made more money than Qantas has under Alan Joyce for the last 15 years."

Qantas has only three of its eight A380 super jumbo aircraft flying and is hoping to get one more back in the air by the end of the year. Each A380 has 14 first-class seats. These seats were overhauled at a heavy check for one of the A380s earlier this year in the UAE. This aircraft has four of its 14 seats locked out, unable to be sold for passengers to occupy. The first-class seats weren't replaced, they were reworked, modified and put back in, but the work was very second class. Hence, months later they are still trying to fix them. This equates to around \$15,000-\$20,000 per seat per flight in lost revenue, yet there are not enough engineers to do the work.

Another problem is the lack of aircraft engineers in Australia and elsewhere. Qantas wound down its major apprenticeship program soon after Joyce stepped in and now has only a small program that runs in Brisbane. This is yet another example of how successive governments have failed to require better conduct from the Australian airline market's 800-pound gorilla. Other examples are the lack of specific airline regulation and customer guarantees. Despite this, Qantas is only offering its engineers the company-wide pay offer of 1.5% each year for 2020-2020, or 2% each year following the Covid pay freeze.

The problems at Qantas run deep, many caused by poor management and failed planning. Yet Joyce retains the strong backing of the board. A board led by a former retailer and stacked with financiers and marketers, and only one member with airline experience.

Words: **Michael Sainsbury**, Michael West Media



Can the Hawks Navigate the Inflation Storm?

At home and abroad, monetary birds of prey appear committed to their tightening policy agenda.

US Yields on the Rise!

Federal Reserve Chair Jerome Powell made a clear statement at the recent Jackson Hole meeting. "History shows that the employment costs of bringing down inflation are likely to increase with delay," he said. "Our aim is to avoid that outcome by acting with resolve now."

Channeling his inner Paul Volcker, Powell was referring to the high levels of inflation of the 1970s through the early 1980s. In 1979, then US Fed Chair Volcker raised rates beyond a comfortable level - to 20%! - which caused a deep recession. Powell's aggressiveness in raising interest rates has sent US bond yields soaring to their highest levels since the early 1980s. The 10-year yield sits around 3.25, just 25 basis points from the 2022 high of 3.50.

When economic growth is accelerating, the higher interest rates can absorb the higher borrowing costs. The problem today is that growth is slowing and is expected to continue to slow. Investors sell riskier assets like stocks, causing stock prices to fall, and money is put into safer assets like US Treasury bonds, leading to yields falling. However, yields are being pressured higher by the Fed raising rates, while stocks are also falling.

When the Fed raises rates while growth is slowing, it has adverse effects on the economy, creating a lot of volatility in the financial markets. The last time the Fed raised rates during a growth slowdown was towards the end of 2018, which caused the S&P 500 to fall roughly 18% in just a couple of months.

Currently, stocks are reacting the same way they did in 2018 to the Fed raising rates. The S&P 500 was down as much as 23% in June, bounced higher but is still down roughly 17% on the year. With the Fed expected to continue raising interest rates, investors should expect more volatility and increased levels of risk.



In the Land Down Under

On 6 September, the RBA announced a 50-basis point hike in interest rates, making the cash rate raise to 2.35%. The Australian Bureau of Statistics released the Q2 GDP, up 0.9% from the previous quarter and 3.6% year-on-year. The strong GDP also reflects the slowdown of the economy, including the decline of household deposits portion, prices of commodities and housing-related investments.

The RBA sees Australian inflation could peak by the end of this year. Now it is not just a matter of how much the rate will rise, but also how long the high-rate environment will last.

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Automotive

The future is here – BMW's X1

Forget anything you know about compact, luxury SUVs, because there is a new one in town that has made everything that's come before it look dated.

Meet the new BMW X1, a savvy, clever and startling new player in the luxury SUV compact sector. It's the first time the X1 comes available with an electric driveline, known as the iX1, which sits alongside petrol versions, the X1 sDrive18i and X1 xDrive20i.

BMW has drawn heavily on cues from recent models, with a strong twin 'kidney' shaped BMW grille, distinctive shoulder treatment and flush door handles, leaving no doubt it's part of the new generation BMW family. While the exterior styling detail is stunning, the interior is where the revolution really begins. There you will find an amazing innovation, with an integrated curved cockpit that houses two stylish info screens, a 10.25 inch instrument display and a 10.7 inch touchscreen, paired seamlessly together as one unit.

It's a beautiful piece of modern automotive interior design, incorporating the latest satellite navigation with augmented-reality, 5G connectivity, as well as wireless Apple CarPlay and Android Auto, not to mention voice activated assistance. Just utter 'Hey BMW' and your wish is the voice assistant's command. Also revolutionised is the traditional centre console gear selector, which has been re imagined with a space-efficient floating console using a switch type 'shift-by-wire' selector, very efficient and very smart. When it comes to sound there is a 12-speaker Harman Kardon sound system, depending on the model you choose, while you can let the sunshine in with a panoramic sunroof.

The electric iX1 xDrive30 uses dual electric motors developing 200kW and 494Nm in standard mode or an extra 30kW when you switch to 'boost' mode, power, not to be sneezed at in anyone's language. BMW offers an AC charger, with up to 11kW unit that recharges to full in 6.5 hours, while the 64.7kWh battery delivers between up to 438km range, with regenerative braking putting charge back every time you brake.

The two petrol versions of the X1 include the front-wheel-drive sDrive18i or the all-wheel-drive xDrive20i, and when it comes to efficiency, these are very impressive. The sDrive18i uses a three-cylinder 1.5-litre turbocharged



The all new BMW X1 in Utah Orange Metallic

engine with 115kW of power and 230Nm of torque, matched to a seven-speed dual-clutch automatic. The xDrive20i model has BMW's 2.0-litre turbo petrol four-cylinder, delivering 150kW and 300Nm, fed to the road through all four wheels via the seven-speed dual-clutch automatic, and can sprint to 100km/h in just 5.7-seconds.

BMW is known for building 'Ultimate Driving Machines', and its suspension refinement is always impressive. In the case of the new X1 its no exception. There is revised suspension geometry, along with adaptive suspension, variable electric steering, and a new and very intelligent stability control system, claimed to be ten times faster than previous systems. That means that even before you perceive an imminent emergency, the ever vigilant electronic monitoring systems will have identified the issue and, thanks to the speed of the processor, can react and avoid or reduce the impact of a collision. Very high tech and very comforting for any driver.

Any way you cut it the X1 range is a revolutionary step forward in small SUVs, we just can't wait to drive it.

Words: **Jon Thomson**

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Cover Artist

Chris Thomas

What's your favourite beach and why?

Curl Curl, in part due to my living there, but more importantly due to the people you get to meet there, particularly the early morning swimmers' coffee crew.

Where's your favourite place to eat, drink, hang out? There are so many great places, but my main ports of call are Three Seagulls (Harbord Road), Market Lane Cafe (Manly), Gusto on the Beach (South Curlly), and Stowaway Bar (Freshwater).

Describe one of your fondest memories of life on the beaches. Christmas Day morning; champagne, mangoes and coffee with family and friends.

If you had to live anywhere else in the world, where would that second-best place to live be? Probably Queenstown, NZ. Further from the beach, but closer to the All Blacks!

What inspired your cover artwork? My cover artwork is a reminder of some of the lifestyle opportunities the Northern Beaches provides, whilst ensuring that fun and humour should always be part of these activities.

What inspires your artwork in general?

I have certainly taken some inspiration from 'Pop Art' with my use of bold flat colours. I always have music playing when I am working which can often stimulate a thought for future works. Humour can also be a strong influence, particularly when I play with words and puns in my cartoon work.

How would you describe your art? Quirky, colourful, and fun.

What is your favourite part of the artistic process?

The response of others to my finished work is what I enjoy most.

Which artists, or other inspiring people, would you most like to have dinner with and why? (Dead or alive) I would love to have met one of the 'Pop Art' greats such as Warhol or Lichtenstein. Keith Haring and Patrick Caulfield would also be on my list for their bold outlines and strong use of colour.

How did you discover you had a gift for art?

I remember when I was at school I used to ask friends to scribble a few lines or shapes onto a piece of paper and then I would convert these into a full drawing. Whilst not specifically taking art classes I was always doodling, and my love of cartoons certainly started at an early age through the strip cartoons in the



'Reasons to be Cheerful' by the artist

daily newspaper, as well as magazines such as 'Punch', and 'Mad'.

Did you study art? I studied architecture at university, but even then, I was actively involved in designing posters for the main college gigs and cartoons for the student magazine.

What else are you working on at the moment?

I have a few different projects, including a cartoon submission for 'Inkspot' (Australian Cartoonists Association magazine), a piece of art for the Dreams2Live4 charity art exhibition at Diversarty gallery, and after completing some tee shirt art for Market Lane Cafe I am now working on another wall piece for them.

What's your favourite thing about what you do?

Two favourites; the freedom I have in expressing myself, and the out-of-the-blue coffee shop conversations I have whilst drawing! **Editor's note: Chris often does his best work when sitting at cafes. So, keep an eye out for him filling his notebook with cartoon gold next time you're grabbing a coffee or B&E roll!*

How can people buy and support your art? A selection of original artworks can be found at DiversARTy gallery in Cromer. Some of my cartoons and other design work is available to purchase on a wide range of products through Redbubble: [redbubble.com/people/ct67ringo](https://www.redbubble.com/people/ct67ringo) I have an Instagram account

@[christhomasillustration](https://www.instagram.com/christhomasillustration) and you can always get in touch if you are after something specific.

Interview: **Liam Carroll**

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The Watermarx logo is a stylized 'W' made of three curved lines. Below the main text is a detailed illustration of a printing press mechanism.

Meet Kamaroi School Principal, Vanessa Snaith

What first got you interested in a career in education? My first love is painting, and as a teenager doing the HSC my dear conservative father couldn't reconcile that his daughter with the high grades intended to go to university to 'just' study fine art. I then had an epiphany that everyone had to go to school and, even then, truly believed if I studied education and could reach and nurture children in schools that I could make a difference. I did fine art and a Dip Ed so I could teach High School Visual Art.

When did you discover the Steiner approach to learning? I was 21 and saw an ad in the Sydney Morning Herald for Steiner House Bookshop in Sussex St for a public lecture to be given by Dr Fiona Campbell, (who is still furthering great research) on Art History and the Evolution of Consciousness. To see 'Art and Consciousness' in the same sentence was rare and I scooted down there. I recall so palpably someone mention Steiner Schools had specialist Art/Handwork teachers. My heart was beating out of my chest. Everything that was important to me; Art, Education, Nature, Consciousness studies, Creativity, Imagination, and a Philosophy that integrated diverse spiritual perspectives was all integral.

What defines the Steiner education approach? We really look at what is the task of humanity and how is the evolution of consciousness occurring. Within that, how do children need to be prepared, and what kind of education will give them the lived experiences necessary to face the challenges of today and the kinds of capacities and tasks that they will need to develop. In practical terms this translates as the children learning in ways that foster deep engagement, critical thinking, discernment, perception, clarity, teamwork, and kindness.

What are your "unplugged education" methods? We do not introduce any screen-based learning at all in the younger years. In class 5 and 6 we have a specialist information technology teacher who runs targeted lessons to ensure all students have the skills they need to be fully prepared for high school, learning to make word documents, power points, spreadsheets, touch typing and research skills, as well as learning about cyber safety, the history and



Vanessa with Kamaroi student Galina

development of technology, and gain practical experiences of understanding computers as tools - by pulling them apart and seeing and understanding how they work. Our intention is that students leave with the feeling they can be creators of technology not consumers.

How does the campus itself assist in the children's education? We are on a very special site surrounded by National Park resounding with incredible natural wildlife, flora and fauna. We have nature-based play spaces, veggie gardens, chickens, and we cultivate a connection to country, and caring for the land. Each term ends with a seasonal festival in which nature and the changes within are celebrated, acknowledged, and appreciated. Our focus on a reverence for nature and sustainable practices allows children to feel empowered in relation to caring for our resources.

Any advice for Tawny readers with infants trying to decide on the best path for their child's education? Find your people and trust your intuitions for your children. Be very clear about finding avenues to preserve your child's childhood. It is precious. And if finding it hard to decide on their best path, you can bring your child onsite to Kamaroi for a tour, see the classrooms, engage in the outdoor spaces. This can be very helpful in seeing your child respond to the atmosphere here.

Interview: **Liam Carroll**

Preparing them for life

Based on Rudolf Steiner's approach to learning, Kamaroi's integrated curriculum is designed to enliven and enrich the development of the whole child encouraging a rich and progressive education with a solid foundation.



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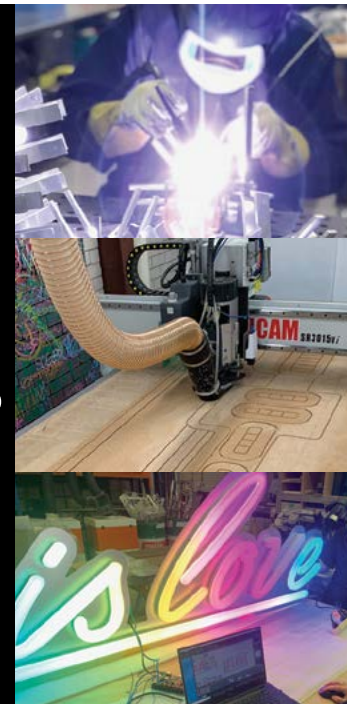
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Contact Liam to find out how you can support local media.

0414 556 038 | liam@thetawnyfrogmouth.com.au

October 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 0132 1.23 0658 0.64 1334 1.71 2043 0.41					1 0515 0.51 1148 1.67 1831 0.46	2 0029 1.23 0706 0.60 1346 1.63 2046 0.49
3 0243 1.16 0813 0.66 1457 1.60 2208 0.47	4 0410 1.16 0934 0.67 1616 1.62 2320 0.41	5 0526 1.23 1054 0.62 1730 1.67	6 0019 0.34 0625 1.33 1202 0.53 1830 1.73	7 0109 0.27 0714 1.44 1300 0.43 1922 1.77	8 0152 0.23 0758 1.54 1354 0.35 2009 1.77	9 0231 0.22 0840 1.62 1443 0.31 2054 1.72
10 0308 0.25 0920 1.68 1530 0.30 2137 1.63	11 0343 0.31 0959 1.71 1615 0.32 2218 1.52	12 0415 0.38 1037 1.72 1700 0.36 2300 1.40	13 0447 0.47 1114 1.69 1744 0.42 2342 1.30	14 0519 0.55 1151 1.65 1830 0.49	15 0026 1.20 0554 0.64 1231 1.58 1920 0.56	16 0115 1.13 0636 0.71 1316 1.51 2019 0.61
17 0214 1.09 0731 0.77 1412 1.45 2127 0.63	18 0329 1.08 0844 0.80 1520 1.41 2233 0.61	19 0445 1.12 1003 0.79 1632 1.42 2330 0.56	20 0544 1.20 1112 0.73 1733 1.47	21 0015 0.50 0628 1.29 1208 0.65 1822 1.52	22 0053 0.44 0704 1.38 1255 0.56 1903 1.57	23 0127 0.38 0739 1.49 1338 0.48 1944 1.60
24 0159 0.34 0814 1.59 1420 0.40 2023 1.60	25 0231 0.32 0849 1.69 1503 0.33 2105 1.58	26 0305 0.32 0927 1.78 1548 0.28 2149 1.54	27 0342 0.35 1008 1.84 1637 0.27 2238 1.46	28 0422 0.41 1052 1.85 1730 0.28 2330 1.38	29 0507 0.49 1140 1.83 1827 0.32	30 0027 1.30 0558 0.57 1233 1.78 1930 0.37

- New moon
- First Quarter
- Full Moon
- Last Quarter

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: ALISON KELLY



The New Brookvale: Structure Plan 2022

Recent years have seen Brookvale transform from an industrial business district into a thriving cultural hub.

In 2017, Northern Beaches Council released the Brookvale Structure Plan, laying bare their intentions to transform the suburb into a desirable destination with mixed-use development including offices, retail, services, and housing. With manufacturing-related employment expected to decline, the Council announced it would rezone Brookvale's industrial areas to allow for additional permitted uses and drive local jobs growth and a "net increase in employment floor space". And for the past five years, Council has been analysing community feedback on the initial plan, and conducting employment and transport studies, to feed a revised 2022 Brookvale Structure Plan, scheduled for release this year.

The foundations of the original 2017 Brookvale Structure Plan are likely to remain, which will see a decline in exclusively industrial zoning, an increase in mixed use and commercial zoning, and an extension of the town centre. Maximum building heights are also set to increase, to 21m in the in the Town Centre straddling Pittwater Road, and 15m in the Transition Area, according to the 2017 plan. Retail will likely not be a primary focus, with Warringah Mall seen as the major retail centre for the Northern Beaches. No changes have been proposed to Brookvale Oval or the adjoining park to the north.

To date, much of Brookvale's art and cultural growth is in the gritty and grungy industrial district on the eastern side of Pittwater Road. However, with a large part of the Brookvale Structure Plan focused on activating the Town Centre, the future will also see increased demand for property on Pittwater Road. For now, though, demand for property on Pittwater Road is coming from tenants who are unable to secure property in the industrial district due to zoning restrictions. One such early adopter is Manly-based pizza icon, Pocket Pizza, who have a reputation for epic pizza, embracing low-fi, and drawing big crowds to non-traditional destinations, such as at their Manly restaurant on Pittwater Road.

Dylan Eisenhut, one of the Pocket Pizza founders, opened their Brookvale restaurant in March 2022 and said the suburb was the



Brookvale adopter, Manly-based Pocket Pizza

only location they considered for a second store. "We only really had eyes for Brookvale. It is an emerging destination with breweries and specialty coffee and getting on board with that movement was a great opportunity", he said. "It was also a geographical decision. It was far enough away to expand our client base without consuming too much of our existing market, but close enough to take pressure off the Manly restaurant," he added.

It was not all smooth sailing though. They worked for five months trying to secure a 140sqm site in Brookvale's industrial district on the eastern side of Pittwater Road, however the restricted zoning there saw them settle on a 30-seat restaurant with a separate takeaway section on Pittwater Road.

"It is going great. We are expanding our client base and building a name in Brookvale where there will be big population growth," Dylan said, adding that he is keeping an eye on the Brookvale Structure Plan to continue with Pocket Pizza's business plan. "Our long-term vision for Brookvale is to establish a large manufacturing kitchen that is both a restaurant for locals and able to service multiple smaller sites."

Words: **Patrick Kelleher**, Director of Pine Property
Contact Patrick for all your commercial property queries. Call **9977 6555** and learn more at www.pineproperty.com.au



Property & Finance

Any interest in making an easy \$100,000?

Some people might say you're away with the pixies to imagine you can just sit at home on your favourite stoop, making money while doing little more than watching the grass grow north, the Sun meander east to west, and the Tawny Frogmouth descend south to your letterbox, but this wealth-amassing fairy tale can swiftly become reality thanks to one magic word, **refinance**.

And right now, with a glorious summer set to arrive, it's the perfect time to ensure any spare dollars floating round the universe are stacking up in your coffers rather than someone else's. So, with that in mind, you'll be pleased to know there are several competitive refinancing options available.

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than 50 basis points above these rates, which means they're simply wasting money that's rightfully theirs or, as I like to say, and this is a rather technical economics term, they're being silly billies. To put this "basis points" jargon in concrete terms, here are two examples with a loan of \$1,000,000.

IF YOU'RE CURRENTLY BORROWING

\$1,000,000 @ 4.00% = \$4,775/mth
Interest over 30years = **\$718,696**

\$1,000,000 @ 3.50% = \$4,491/mth
Interest over 30years = **\$616,561**

The 50 basis points reduction afforded you via the refinancing yields an **interest saving of \$102,135** over 30 years. Easy money.

Words: **James Leader**, Shore Financial

If you're interested in making \$100k, contact **James Leader** at **Shore Financial** on **0450 029 418** or email jamesleader@shorefinancial.com.au

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The Winter Wonder 8 Week Challenge

It was late May, Winter was approaching, and as I made my way down Manly's Wentworth Street, I was adamant it wouldn't be a season of discontent despite the bone-rattling wind inducing goosebumps on my love handles. A sandwich board caught my watery eyes:

'BFT Manly: 8 Week Fitness Challenge'

Hello soldier! Two birds, one stone. I could stave off the winter chill and transform my rotund bag of flesh into something capable of being unveiled shirtless for an August trip to Queensland. I went inside to see what's what.

Founded by Cameron Falloon, a former strength and conditioning coach for international soccer and elite AFL teams, BFT offers a science backed, functional training program. 13 workout programs organised into 8-week progressive blocks utilising scientifically proven techniques to reduce fat and create lean muscle. Plus, one crucial tidbit, the 8 Week Challenge winner would pocket \$10,000!

The challenge could only begin once my "before" measures were known. BFT put my frame through an Evolt scan, producing every body composition metric imaginable.

"BEFORE" BODY DATA

- Weight: 88.1kgs
- Body Fat Mass: 18.2kgs - High
- Visceral Fat Area: 102cm² - High
- Body Fat Percentage: 20.7% - High
- Biological Age: 41 - Correct!

It was time to work out, but prior to burning the first morsel of fat I was fitted with a Heart Rate Monitor. Every exercise in the BFT assortment is not merely concocted to make you sweat, rather their bespoke heart rate technology (BFT³) is a world first in group training technology. While most heart rate monitors purely reward high heart rates (cardio), BFT's bespoke system is designed to reward all styles of training, particularly strength and resistance training.

Having not "worked out" for a long while, my 50-minute BFT debut saw sweat pouring from me like water falling from Niagara. But I survived, even had fun, and was well on the way to the \$10k pay day! On top of the workouts always overseen by professional trainers, BFT provided an App spelling out clearly the ideal diet to complement the training regimen,



BFT Manly, where spare tyres vanish into thin air

complete with daily meal plans, recipes, and shopping lists. Jerry's Pizza and Tawny Grogmouth were turfed, BFT's tailored menu followed closely.

8 weeks flew by in a wave of workouts that quickly transitioned from torturous to enjoyable and healthy eating was made impossibly simple by the BFT App. Layers of blubber vanished without a trace into the fat deposit ever after. D-Day arrived. Time for final scans and to collect my \$10k.

"AFTER" BODY DATA

- Weight: 80.9kgs (7.2kgs lost)
- Body Fat Mass: 13.5kgs - Optimal (4.7kgs lost)
- Visceral Fat Area: 84cm² - Optimal (18cm² lost)
- Body Fat Percentage: 16.7% - Optimal (4% lost)
- Biological Age: 39 - Flattering (two years lost)

Two years have been lost! The fountain of youth exists and it's at BFT Manly. Tell your friends. The results were incredible, the 8 Week Fitness Challenge impeccable, and I'm feeling amazing in every way. Alas, someone else won the \$10k...good luck to them!

Words: **Froggie Fittler**

Whether you're on a mission to lose weight, build muscle, break a fitness plateau or simply develop healthier habits, **BFT** can help.

Learn more at bodyfittraining.com, follow [@bft_manly](https://twitter.com/bft_manly) and [@bft_freshwater](https://twitter.com/bft_freshwater) on socials and sign up now for the October 8 Week Challenge

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I'm the original Bluey mate. Photo by Barrie Seppings.

Mal's Wild Side

How ancient are your neighbours?

They look as old as the hills, seem a bit scary but they're real treasures.

To live on the Northern Beaches and still have "dinosaurs" roaming around your garden is something of a modern-day miracle. But Eastern Blue-tongue lizards have somehow adapted to the Sydney suburban sprawl.

Blue-tongues (there are six types across Australia) are the largest member of the skink family and grow to around 60cm in length. They love chomping on the slugs and snails which abound in most backyards and will also eat caterpillars and beetles making them a boon to gardeners.

Blue-tongues are shy, gentle creatures that enjoy basking in the sun. They find shelter under rocks, in woodpiles or in discarded drainage pipes. Their vivid blue tongue is just a "bluff" mechanism to frighten off potential predators. So, if threatened, they'll poke it out, hiss and look as intimidating

as possible. Scientists have found that the tongue reflects UV light, which makes it even more visible. They also use their tongue to "smell" the air for food and it can produce a thick mucus to make catching prey easier.

They don't like being picked up - so it's best to observe them from a distance. If they are in danger (or roughly handled by a human) they can give a harmless bite. They can also drop their tails, as a distraction, to assist their escape.

Female Blueys tend to hang around home base, but the male will roam across an area the size of approximately 15 house blocks and visit several "girl friends" on his rounds. Unlike most reptiles, Blue-tongues give birth to up to 25 live young (usually between December and January). The babies (about 14cm long) can look after themselves straight after birth but are very vulnerable

and can easily fall prey to Kookaburras and other predators. If extremely lucky, they will live up to 30 years in the wild.

Curiously, Blue-Tongues have a small hole on the top of their head which leads to their brain. This is used as a mechanism to regulate temperature, and also to detect different environmental conditions. They also have what's known as a "Jacobson's Organ" on the roof of their mouth. This acts as a sensor to detect chemicals emitted by insects and other prey.

To help them survive, don't ever use snail or slug pellets (if they eat snails that have taken these baits, they themselves, will die). A safer and more humane way of killing gastropods is to fill a small container with beer - this entices them to drown in drunken happiness. (Please don't use Tawny Grogmouth branded ale in the trap though - or I will invoke the wrath of this magazine's editorial team).

To provide suitable Blue Tongue habitat, ensure that there are some un-manicured areas of your garden (ideally planted with endemic native grasses and shrubs). It's good to leave plenty of leaf litter around too. Watch out for them when you are in the car - they love sunning themselves on driveways and keep an eye out when you are mowing too. Most importantly, keep dogs and cats away at all times, they are very bad news for these docile creatures.

To me, the occasional glimpse of a Blue-tongue is always a source of great joy and wonder. They provide a living connection to this timeless land.

Words: **Malcolm Fisher**



The fluoro superheroes will help you navigate Lifeline's GIANT Book Fair

Bookworms assemble

The next Lifeline Book Fair is just around the corner.

The Lifeline book depot and book fair volunteer team has been hard at work getting ready for Lifeline's next giant Book Fair, which is to be held at the Forestville Memorial Hall from 5-8 October.

There will be more than 80,000 books in at least 50 categories ranging from Children's books to Architecture, Sci-Fi/Fantasy to Cooking, Military History to Literature.

Lifeline Northern Beaches Book Fairs also include a wide range of games, puzzles, CDs, DVDs, video games, vinyl records, collectibles, rare books and stationery.

"We have customers and supporters who travel from all over the northern beaches, Sydney, and beyond to visit our Book Fairs," says David

Thomas, Lifeline Northern Beaches CEO. "It's an indication of the quality and range of each Book Fair."

Every item that you find at Lifeline's Book Fairs has been donated by the community. Each purchase helps fund the crisis support and suicide prevention services of Lifeline Northern Beaches, including face-to-face counselling, financial counselling, support groups and the Community Visitors Scheme.

"It is always amazing to see the dedication of every volunteer who helps to raise significant funds for Lifeline's services," says David.

The team of volunteers give countless hours each year sorting, pricing, packing and storing donations as well as organising and running

each Book Fair.

"We're really excited by the Forestville Book Fair," says Penny, Book Fairs Coordinator. "This is the second time at the Forestville Memorial Hall, so we're hoping to build on the success of last time to raise even more funds for Lifeline Northern Beaches."

One of the key attractions of the Book Fairs is the wide range of books and titles that are unique and out-of-print, and with new stock added throughout, every visit gives an opportunity to find something you have never read before.

See you at the Book Fair, bookworms!

Words: **Lifeline Northern Beaches**

Lifeline's next Book Fair is happening in **Forestville** from **5-8 October**, which is Wednesday to Saturday, at the Forestville Memorial Hall in Starkey Street.

Doors open from 11am on Wednesday, 5 October 2022. Gold coin donation for entry.

To donate books, CDs, DVDs and other items, visit the Lifeline Book Depot at 18 Roger Street, Brookvale. Opening hours are Monday - Thursday, 8:30am-12:30pm.

For more information about Lifeline Northern Beaches' Book Fairs, and to find out how to volunteer, visit lifelinenb.org.au/book-fairs

NEED SUPPORT?

Call **Lifeline** on 13 11 14 or text 0477 13 11 14. Lifeline is available anytime.

Local ongoing support is also available: visit lifelinenb.org.au/get-help



It can get a bit lonely between a Manly Dam and a Queenscliff

Environment

Manly Lagoon needs friends

For less than a cup of coffee, you could join an amazing community cause to help clean up one of the Northern Beaches most important waterways.

It's been over 6 months since the beautiful Manly Lagoon that graces my backyard came rushing uninvited into my home, prompting a harried rescue by the SES, a slew of mud and a crash course in water remediation.

I know I'm not alone when I admit that the relentless rains that followed provoked feelings of stress in my body every time I saw the Lagoon rise, even during normal tidal cycles. I'm also not ashamed to admit that during my lowest points I often wondered, "If this is the new normal, can I still live here?"

The answer is yes. Like many fellow residents in the community, I am finally making my peace with Mother Nature. I have woken the past few mornings to a snow-white pelican gliding gracefully past my house reminding me that the Lagoon is still a place to be revered for the value it brings to our ecosystem

and our quality of life on the Northern Beaches.

Just as we put energy in to protecting the physical homes in which we live, we must also put in place an insurance policy for the future of the nature that surrounds us; including the waterways that undeniably depend on our guardianship to survive.

As spring offers us a season of new beginnings, many in the community are turning their attention to this insurance policy and how to address longstanding problems in our Northern Beaches waterways, such as pollution, erosion, climate change and wildlife conservation. One community group that has come together in the wake of the floods is the newly formed

Manly Lagoon Friends which was launched to advocate for the protection, preservation, and regeneration of the Lagoon on behalf of the community.

From those that live on the Lagoon to those that cycle the surrounding pathways and stroll the banks from Queenscliff through the many parks and reserves with dogs and families, to the sports clubs that rely on recreation fields, we all stand to benefit from setting some meaningful short and long-term goals to make the Lagoon more sustainable and less disruptive.

It should come as no surprise that the Manly Lagoon faces a number of stressors which threaten its ecological health, water quality and ability to cope with its urban surrounds and the effects of climate change. An upcoming "10 Year Health Report Card" (2011-2021) for the Manly Lagoon will conclude that the lagoon gets a dismal "D" grade for water quality. We can and should do better.

The first order of business for the Manly Lagoon Friends will be to receive this Report Card and request Council meet with members to outline its planned way forward to a healthier Lagoon. The group will need a strong membership base to make this a reality and to demonstrate that the community cares about decisions that affect our environment.

Words: **Jennifer Mulveny**,
Manly Lagoon Friends Coordinator

To join the **Manly Lagoon Friends** for as low as \$2 please visit manlylagoonfriends.org or scan the QR Code here



See who's cooking on the Beaches

Welcome to FoodSt, we're a collective of local home cooks creating high quality home cooked meals from countries and cultures around the world. We pour heart and soul into every meal, sharing our love for cooking and our cultures and stories with you.



 **Michelle**
Fairlight

Hi, I'm Michelle, I'm a passionate home cook, caterer and mum of two. I love sharing my family favourites including Lasagne, Enchiladas and Cannelloni. I use seasonal, organic or free range ingredients to create delicious and nutritious food good enough to serve my own family.



 **Natalie**
Warriewood

Hi I'm Natalie, my bestselling meal is my handmade Polish Pierogi's. Made to my Grandmother's family recipe and with a tick of approval from my Mum, my Pierogi's come in three mouth watering flavours; Traditional Farm Cheese and Potato, Slow-Cooked Beef and Spinach & Ricotta.



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I love hymn, but which organ am I being played by?

The Love Scout

They told me think with my head not that thing in my chest

Understanding the conflicting parts of self in relationships

It's long been argued that men have two brains, one in the North Pole and one in the South. Sometimes it can feel like women experience double the emotional load than our male counterparts. But what if both sexes have even more going on? What if each person has four primary centres all with different needs, wants and desires? Let's bring these centres into the spotlight to better understand how they impact our decision making in relationships.

Brain

The place where our intellect, cognition and reason live. Logic also likes to hang out here. The brain is quite handy as it helps us weigh up decisions and rationally consider consequence and outcome. On the downside, the brain can be too logical and rigid and neglect our free, wild, emotional, creative parts of self.

the case that the brain judges the heart and dismisses its experience. Warm word of advice. Go easy on the heart, yours and those around you. Deep down, all humans just want to be loved.

Gut

The intuition or intrinsic state of knowing and personal wisdom that resides within all of us. The more you spend time tuning into yourself, the more you will be able to get into touch with this sixth sense. You know the experience after a break-up when you get together with your friends and laugh about all the red flags you chose to ignore at the start? Hindsight affords us this vision, but we can also use it preventatively. Why not start paying attention before the fact and save yourself a possible headache?

All of these centres have a role in helping us choose the best partner for us. What I encourage you to do is consider what your needs are in the relationship you are seeking. Brain will lean you towards someone who is compatible and makes sense and bits towards deep sexual attraction and physicality. Heart will lean you towards emotional safety and comfort and gut will lean you towards where you instinctively feel you need to go or guide you against where you've been that hasn't worked. There is no perfect partner, just a bunch of people doing their best to find love and experience a bit of joy. So go forth in your romantic adventures, just be mindful next time...who is behind the wheel!

Bits

I mean your baby making bits! Sex organs certainly have a voice in who they want to create with and speak loudly when they feel attracted to another person. While it is fun to let them get behind the wheel from time to time, be warned. Your bits may decide the most attractive mate for you, but that person may not be the best co-parent or life partner.

Heart

The emotional core of the human. The heart wants to feel love, acceptance, warmth, safety, security and stability. Hearts are home to our feelings and are incredibly fragile places. Sometimes our feelings can seem irrational, unjust or disproportionate. It is often

Words: **Scout Smith-O'Leary**

Scout is a Relationship Therapist & Educator working with singles and couples based in Manly. Visit www.thelovescout.com or more info or call **0410 030 463** to book in a session.



Mould on! I've got a fungi feeling about this

Home Improvements

The monster in the bathroom

On the Northern Beaches we have survived, to date, through what has been one of the wettest years in living memory. Unfortunately, if we listen to what the forecasters are saying, we have more inclement weather yet to come. As a result, we are all finding an unwelcome visitor in our houses...Mould! The green, black demon that has started to appear in abundance on our bathroom ceilings and windowsills.

Mould is a collection of lots of different spores that continuously float in the air, both inside and outside our homes. Mould spores gain traction in our houses when they are presented with an environment that not only includes damp air, but also porous surfaces that hold moisture and give mould a chance to grip.

When cleaning mould a holistic approach is recommended. The mould in your

bathroom is probably the same family as the mould that maybe appearing in your wardrobe, and also on the back of your front door. The best approach is to tackle all of the mould in your house at the same time, and in doing so you start to break the cycle.

There are a lot of remedies to kill mould. If you want an organic method that will kill the spores, then vinegar and paper towels is an excellent option. However, it's important to have separate paper towels that you use to apply the vinegar with, and paper towels that you use to wipe the residue off with, so you do not cross contaminate the surfaces.

If you are looking for more of a one stop solution, then

drop into your local hardware store where, for a reasonable price, you can purchase a mould specific product that will do the job and is good to keep in the shower for a quick spritz up of tiles.

Okay, I've killed the mould, how do I stop it from coming back? Well, first we need to change the environment that encourages the mould to grow. Windows need to be kept open during steamy showers, and ventilation fans need to be used. Mould in bathrooms can be a real issue in rental properties. A proven solution is to connect the ventilation fan to the light switch, this guarantees the fan is run every day.

Then you need to look at the surface your ceiling is currently painted in. Almost all trade and quality paints have a mould inhibitor in them. So much is the demand that it has pretty much become a standard. However, you need to look at the finish of the ceiling. Flat paints allow moisture, and in turn mould, to get a purchase. In that static position they flourish.

Most professional painters will always finish wet areas like bathrooms, kitchens and laundries in a low sheen. This causes the water to 'bead up' and drip off, thus robbing mould of an environment to thrive. One of the best low sheen products to use in these areas is an external low sheen, if it can stand the weather outside then it can surely stand the steam from a shower.

Words: **Matthew Ballard**

If you are renovating, getting ready for sale, or starting strata works, and have any questions about painting contact **Matthew of Labrador Painting at matthew@labradorpainting.com**

Acting classes teach more than acting

I've always been mesmerised by actors with the skill to draw me in to their characters. Maybe that's why advertisements about acting classes in Manly run by The Sydney Actors Playhouse caught my eye. It was seeing their production of *Stupid F**king Bird* staged in Desire Books that started me thinking maybe I should sign up.

The Sydney Actors Playhouse is the brain-child of Mike Booth, a hardworking actor, writer and director, who had to leave his successful career in London because of Covid. Returning to Australia and finding everything equally shut down Mike needed to devise a Plan B. That's how Northern Beaches-based The Sydney Actors Playhouse came into existence. Bravo!

I was apprehensive about joining a class where I suspected everyone would be half my age. I quickly realised that learning about acting is a great leveller, especially when everyone is a beginner. Mike is an inspiring teacher. His style quickly puts everyone at ease. Over the six 3-hour classes he lays the groundwork each week for everyone to overcome any shyness or awkwardness and enthusiastically get up and have a red hot go at the act of acting.

Mike distils the acting craft to an essence that avoids pretension. An actor's job description, Mike said, is to bring stories to the moment, to bring them to life. Acting is doing. Writing is about telling; actors are the vessels to bring the story into the moment.

Mike walked us through the acting theories of Stanislavsky, Stella Adler, Lee Strasberg and Sanford Meisner and it was fascinating to hear about their contribution to developing the craft of acting and its continued relevance.

We learned that spontaneity is important in acting and that fear, overthinking and being focused on self are spontaneity killers. When you understand this, it makes sense that we spent time doing Meisner's repetition exercise. This required us to pair up and make an observation about the other person and they repeat it back. You react to the other person's behaviour in the moment, so you need to be spontaneous and respond to what you're seeing.

If that sounds easy, it's not. Using the skills from "doing Meisner" helped when it came to



Mike Booth, actor, writer, director and founder of The Sydney Actors Playhouse

doing scenes from a play. Remembering we'd never acted before it was astonishing to witness each other's rapid improvement.

Our group was aged from mid-20s to mid-60s and consisted of a fitness instructor, a risk management professional, IT gurus and a marketing expert. We formed a strong bond through the shared acting experience and plan to take more classes together. We've already started going to see films and plays together and have spirited discussions afterwards about the acting among other things!

These classes teach so much more than acting and an appreciation of what it involves. They help build confidence, improve verbal and non-verbal skills, enhance concentration and challenge you to think about things from different perspectives. The shy people in our class shed their shyness and said they felt more confident at work when communicating in groups, meetings or making presentations.

What Mike is teaching through the medium of acting is as much about life skills as it is about acting, and you can never nurture too many useful life skills.

Words: **Paige Turner**

Visit sydneyactorsplayhouse.com for all info on classes, plays and upcoming events.



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Film & Food

Magnificent Murder Mysteries

Everybody loves a good whodunnit. The characters, the mystery, and the suspense, all give flavour to this wonderful genre.

Only Murders In The Building

Both seasons streaming on Disney Plus
Charles Haden Savage, Oliver Putnam and Mabel Mora are strangers living in the same art decor apartment building in New York until a fire alarm brings them together and they discover a shared interest: true crime podcasts. When the fire alarm is revealed to actually be a murder in their building, the unlikely trio set out to make their own podcast and discover the killer themselves! This is a delightfully creative, sneakily clever and fantastically made show that is both eerily suspenseful and wickedly funny! Plus with names like Steve Martin, Martin Short and Selena Gomez headlining the stellar cast, how could you go wrong?

Knives Out

Streaming on Netflix
Eccentric detective Benoit Blanc arrives at the grand mansion of Harlan Thrombey, tasked with finding who killed him. His suspects include a whacky collection of Thrombey's selfish relatives and family, as well as his faithful nurse Marta Cabrera. What follows is a story that flips the murder mystery genre on its head, a wildly original and highly entertaining thrill ride that is so rare these days at the movies. Come for the mystery and wild characters, stay for the surprising call to empathy and kindness at the story's heart! Look out for the sequel titled *Glass Onion* coming to Netflix this Christmas.

Cinnamon Scrolls

These treats are just like a murder mystery: fun, flavourful and with a few twists for good measure.

Ingredients (makes 12 scrolls):

- 3 & 1/2 cups of plain flour
- Zest of 1 lemon
- 1&1/2 cups lukewarm milk
- 2 tsp dried yeast
- 1/3 cup caster sugar
- 2 eggs
- 90g melted butter

Filling

- 110g brown sugar
- 2tbs ground cinnamon
- 1 tsp cardamon
- 1/2 tsp nutmeg
- 1 beaten egg for brushing
- 90g soft butter for greasing

Method:

1. Using 90g of butter and caster sugar, grease a 12 hole muffin pan. Preheat oven to 180°C.
2. Add flour, yeast, lemon zest, and a pinch of salt into a large mixing bowl and combine. Add butter and eggs and stir to combine, before adding the milk.
3. Combine until a dough has formed. Cover with plastic wrap and leave to rise for 2 hours. Meanwhile, mix all filling ingredients into a bowl.
4. When dough has risen, remove plastic wrap and place dough onto a lightly floured surface. Using a floured rolling pin, roll dough into a 40cm by 30cm oblong shape. Brush with butter. Now scatter the filling until the dough is completely covered.
5. Grab the top corners of your dough and carefully roll the oblong towards you until you have a long snake-like piece of rolled dough. Using a sharp knife, cut the rolled dough into twelve even shapes.
6. Carefully place your dough shapes into your muffin tin. Cover the muffin tin with plastic wrap and allow to rise again for 30 minutes. Remove plastic wrap and brush the tops with the beaten egg. Put muffin tin in the oven for twenty minutes or until all buns are golden brown. Let cool on a wire track, dust with icing sugar if desired and then enjoy

Words: **Christopher Roberts**
Chris is the author of [@filmandfoodpodcast](https://www.instagram.com/filmandfoodpodcast)



Subject World's greatest bird (fact)
Photographer Phil Ingram



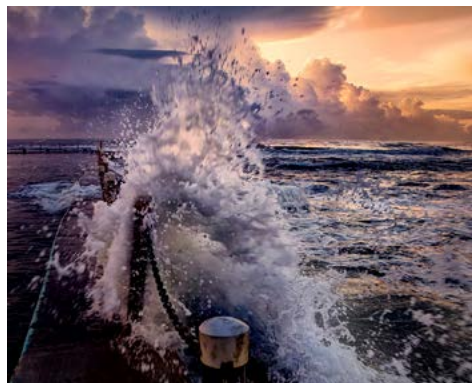
Subject Let's rock!
When Night at the Barracks - Opening Night



Subject Avalon sunrise
Photographer Craig Fallshaw (IG wickhamlane)



Subject Alysse Cooper representing QBC
Photographer Bernadette Johnson



Subject Splash
Photographer Margo Lucas - Manly Camera Club



Subject Peregrine falcon on North Head
Photographer Suzanne Lawson



Subject Couple of Battlers enjoying the Harbour
Photographer Twitchbirdisthat



Subject Welcome to Country
When Night at the Barracks - Opening Night



Subject Manly Dam late afternoon
Photographer Simon Falzon



Subject Fur seal in grassed heaven
Photographer Raymonda Dijkwel

August in Kabul: Deeply staggering to read, difficult to ignore

Andrew Quilty's book, **August in Kabul** seems to be everywhere on social media, print media and radio. In case you haven't caught it then read up and then get this book. It needs to be read. It's a first-hand experience of America's last days in Afghanistan.

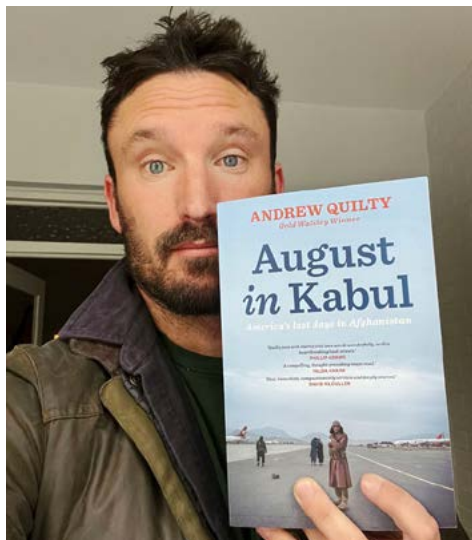
First, two admissions. #1, I have not followed the events over the last 20 years in Afghanistan. Call me deeply superficial but it seemed so complex I figured I could never catch up. Now for #2, Andrew Quilty is my son's friend, surfing mates whose paths went different ways and both in unusual ways for boys groomed by the ultra-conservative private boys' school system; that system may have some merit after all.

Quilty has done a remarkable job with *August in Kabul*. You'd expect this from a person who has received ten Walkley Awards, including the Gold Walkley for his work on Afghanistan, where he was based since 2013 and remained until late 2021. What makes Quilty's book even more remarkable is that he is a photojournalist extraordinaire NOT a writer, until now, yet he captures in words every detail as evocatively as he does with his camera.

I won't lie. I found reading this book difficult and not just because of the subject matter. Quilty writes in a way that shows he believes his readers are intelligent enough to keep up. I struggled to start with and read many pages a few times over. By page 58 my brain had adjusted, and I couldn't read it fast enough, yet slow enough to fully absorb the impact of what I was reading.

I have intentionally not listened to any of Quilty's interviews, nor read any of the reviews of his book. I wanted to come at this task with my own eyes and opinions. I started out reading with a highlighter in hand because I wanted to easily call out the aspects of Quilty's account that hit me in the gut. It didn't take long before I cast the highlighter aside, otherwise the whole book would have been highlighted in yellow.

I remember back in August 2021 when we were all deep in our Covid-19 crisis reading about the fall of Kabul. My thoughts immediately went to Quilty's welfare, would he get out



Andrew Quilty and his debut novel

alive? I soon realised he had no desire to do anything but stay. Crikey.

This extract from his book puts this into some perspective, "As journalists, we were in the middle of what would be the biggest story in Afghanistan since the US invasion 20 years earlier. There had never been so much 'news' to cover, nor so great a demand for it, yet we were all somehow paralysed, unable to divert attention away from the impending collapse of the city and the community we'd become emotionally invested in over the years." Quilty's love of the Afghan community shines through in his book. What happened to that community and his many friends is beyond words.

The Taliban's brutality is horrifying, and they certainly outsmarted the US, there's a lesson in that for us all but that won't help the Afghan people today. Almost half the population is on the verge of life-threatening starvation and their plight was made worse by the earthquake that struck in June 2022.

It's hard to imagine any sort of happy ending for the people of Afghanistan. Quilty's account helps us understand why.

Words: **Paige Turner**



1. Of the four Freshwater class of Manly Ferries, which name is missing here – Freshwater, Queenscliff, Narrabeen?
2. Before amalgamation of the councils, who was the last mayor of Manly?
3. Kitchener Park is located in which Northern Beaches suburb?
4. Both built in the 1800s, which Manly hotel was built first - The Steyne or New Brighton?
5. Which golf course on the Northern Beaches would be considered a links golf course?
6. What is the only number that has the same number of letters as its value?
7. What part of the body is also a punctuation mark?
8. In which foot race would you associate "Heart Break Hill"?
9. The Goat represents which star sign?
10. What colour are all the other Logies that are won apart from the Gold Logie?
11. Listing the Seven Dwarfs alphabetically – who is 5th?
12. Starting with K, what is Rupert Murdoch's real first name?
13. In which major US sport would you find the New Orleans Pelicans?
14. The Tasman Sea was named after the Dutch explorer – Someone Tasman, what was his first name?
15. Madonna once starred as a female sportsman in a movie – What sport was she playing?
16. Which finale had the most viewers in the US – Seinfeld or Friends?
17. Which of the following European capitals shares the same latitude as New York? Berlin, London, Madrid, Paris
18. In poker, the term "golf bag" is used to describe a flush in which suit?
19. What single word can be both an instrument & a glass?
20. The main Oktoberfest festival is held in which German city?

Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Libra Sep 24 - Oct 23

Mirror, mirror on the wall who's the fairest of them all? No prizes for guessing – it's always you, well mostly.

Scorpio Oct 24 - Nov 22

Guilt free indulgences have become your obsession. Your new virtuous self is unrecognisable.

Sagittarius Nov 23 - Dec 21

Your gut never lies, or so you tell yourself. BS, it's a pathological liar, the sooner you wake up the better.

Capricorn Dec 22 - Jan 20

One door closes and another opens. You excel at finding open doors and shutting them behind you. Let us in too.

Aquarius Jan 21 - Feb 19

Love is in the air, again. Your knack for finding love is unequalled. Share your secret with us lesser love Gods.

Pisces Feb 20 - Mar 20

You're leaking money, it's running through your fingers like water. Block it up, it's time to buy some Crypto.

Aries Mar 21 - Apr 19

Your aura is on high beam, and those around you have nowhere to hide. Beware what's been hiding in the dark.

Taurus Apr 20 - May 21

Sharing is caring but there is such a thing as over-sharing you know. Being mysterious has its benefits too. Try it.

Gemini May 22 - Jun 21

The sun in your sector is giving you more than a tan, you're a magnet for new and interesting people. Enjoy.

Cancer Jun 22 - Jul 22

You've had a few setbacks but they're behind you now. The future is looking promising for repeating those same mistakes.

Leo Jul 23 - Aug 22

Your intuitive intelligence is radiating ideas so fast that your body can't keep up, slow down or you'll have a stroke.

Virgo Aug 23 - Sep 23

IT nerd wisdom: when things aren't working, shut down then start up again. Rebooting isn't just for computers.



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Sales Associate

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m: 0450 029 418

Trivia Answers

1. Collaroy 2. Jean Hay 3. Mona Vale 4. Steyne Hotel (1859 v 1880) 5. Long Reef 6. Four 7. Colon 8. City to Surf 9. Capricorn 10. Silver 11. Happy 12. Keith 13. Basketball 14. Abel 15. Baseball 16. Seinfeld 17. Madrid 18. Clubs 19. Flute 20. Munich

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

Sudoku Solution



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3.5% ABV

Sweet, spicy, even better with a lime wedge, just like you.



BUCKETTY'S LAGER

4.5% ABV

A crowd favourite, cold, clear, crisp and pumped directly from our tanks to the taps.



5 DAY XPA

5.1% ABV

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AUSSIE HAZY

4.5% ABV

Juicy, bitter and fruity with a deep orange haze, like your favourite Freshwater sunset.



SUNDAY BITTER

3.8% ABV

Tastes like the motherland, malty, slight bitterness, perfect for a Sunday session.



BUCKETTY'S IPA

5.8% ABV

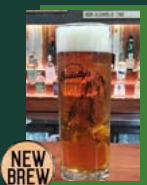
A staff favourite with a delightful blend of malty sweetness, aroma and bitterness.



VIENNA LAGER

4.5% ABV

VA collaboration brew with our World Beer Cup Winning mates. Tastes like victory



WEST COAST IPA 2

4.5% ABV

Complex, beautiful and balanced inside and out, like your dream lover.



COFFEE MILK STOUT

6% ABV

Velvety, creamy and sweet, brewed in collaboration with our mates at Supreme Coffee on Brookie.



IRISH RED ALE

5% ABV

Like an old Irish pub, warm, welcoming, nostalgic but ready to party.



NZ IPA

6% ABV

Packed with NZ hops and a lovely long white cloud haze.



TAWNY GROGMOUTH

4.5% ABV

A collab Aussie pale ale brewed for people who give a shit



*We pump out creative new beer recipes regularly, often every week, but sometimes it's a bit longer than a week, so let's say fortnightly to be safe.

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