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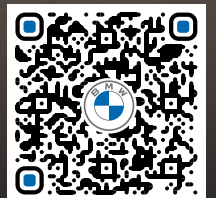


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G'day Beaches

Summer's sure to turn up any year now, trust me, but until then, stay warm! And there's no better way to keep balmy than ripping into the latest Tawny Frogmouth.

Kicking off with Avalon mega-talent Joanna Gambotto's "Under the Stars" cover art, this November birdy checks in with Manlygees' preparation to welcome a Syrian refugee family, takes a closer look at the upcoming theatre season at Glen Street, debuts sports journalist Angus Buncle to relive Manly's grand final throttling of Woollondilly, and profiles Kim Williams, One Meal Northern Beaches coordinator, delivering 7,500 meals a week to those in need.

Finally, as we go to print, Bucketty's reports the closing sale of Tawny GROGmouth 2.0, raising \$11,213 for Sydney Wildlife Rescue. Huge thanks to all involved in the Grogmouth's creation and to every swiller who heroically helped clear the vats, imbibing a few thousand litres of pale ale perfection. Our local fauna salutes you.

Liam



The Tawny Frogmouth

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from sustainably managed forests.

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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.



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Authorised by Zali Steggall MP, 2/17-19 Sydney Rd, Manly NSW 2095



Bernard Ollis' "An Opulent World" opens 12 November

Peninsula Wash Up

Be a FashionOPsta

Thursday 17 November, Newport and Avalon **Red Cross** Shops are joining forces to bring you the best of the best in Op shop fashion at the international mecca of haute couture, Newport Bowlo. Enjoy a fun evening of shopping both new and preloved summer ladies clothing together with a fashion parade styled by Red Cross volunteers. Brands include Camilla, Diane von Furstenberg, Calvin Klein, Camilla and Marc, Reiss, Zara, Lee Mathews, Zimmermann, Bassike, Sass and Bide, and more. Tickets are \$20 and redeemable against any purchase on the night. To book visit trybooking.com and search "be a fashionopsta"

A Mass for Peace

On 20 November, the Manly-Warringah Choir presents "The Armed Man" at St John's Church Dee Why. It is a strongly anti-war work, composed by Karl Jenkins in 1999, and dedicated to the victims of the war in Kosova, charting the horrors and futility of war. The final songs are a joyful and powerful cry for Peace "for a thousand years". Tickets are \$40. Book at manlywarringahchoir.org.au or call 0411 777 738

Ready, Set, Dance!

Channelling Paul Mercurio while knowing full well that no one puts Baby in the corner, the stage is set for the 4th annual **Stars of The Beaches Dance Gala** on Saturday 26 November at Manly Pacific Hotel. Challenging 11 local celebrities and community leaders to embrace their two left feet, and perform in front of an audience of more than 250 people, all funds raised go to the **Cancer Council**. Those strapping on their dance shoes include **Candy Bingham**, COO of ICMS **Cameron Stewart**, Hotel Steyne licensee **Rob Stanley Jones**, police officer **Natalie Clements**, to name a few, while

United Cinemas **Roy Mustaca** will be watching astutely on the judging panel. Funds raised help support Cancer Council's life-saving cancer research, prevention, advocacy and local support programs. For more info, visit stars.cancercouncil.com.au and click on "Stars of the Beaches".

Narrabeen's alive with the sound of music

The **Northern Beaches Music Festival** will once more raise its live music banner high, proud and as loud as Council will permit on November 5 and 6. With 50 acts on five stages, the festival includes multi-genre world music set amidst a village of world food and merchandise stalls. The talent on stage will be monumental, from the brilliant **Afro Moses** delivering African dance rhythms and song, to the hard driving swamp blues of **Daddy Longlegs** and **The Swamp Donkey**, to the wild Celtic whirlwind that is **Firrin**, and many more. More info: northernbeachesmusicfestival.org

Beyond the Gloves

Every week, during school term, **Community Northern Beaches** hold free hour-long boxing and mentoring classes for teenage girls at Manly's **Royal Far West**. **Beyond the Gloves** teach the positive aspects of exercise while also providing time to explore the issues of developing self-control, school organisation, building healthy relationships with food, goal setting, and more. To keep this program going, and potentially offer it to more girls across the beaches, CNB needs your support. All info is available at cnb.org.au

An Opulent World

Opening Saturday 12 Nov, 3-5pm, you're invited for complimentary drinks, nibbles and an artist talk from **Bernard Ollis** on his exhibition, "An Opulent World", running 12-26 Nov at **Harvey Galleries** (515 Sydney Road, Seaforth - parking via Whittle Ave). "These new works celebrate opulent spaces I have had the privilege of traveling to over many years, with sketch pads, pastels and camera in hand," Bernard explains. "They have inspired me to create what I believe to be an exciting new body of work, which includes the luxuriant patterns of a Moroccan riad, the exotic affluence of Lord Leighton's abode in London, the opulence of Louis Napoleon's apartments in the Louvre in Paris, and the majestic natural lushness of the World Heritage Daintree National Park. They have all inspired me to create an aspect of that world in my own inimitable manner." For more info, visit www.harveygalleries.com.au

Words: **Liam Carroll**

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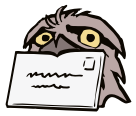
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Letters to The Tawny

Manly: Underutilized as a tourist attraction

The upgrade to North Head was long overdue, and these improvements will only make the scenic and historic headland even more popular with visitors. I believe that North Head and Manly in general are underutilized. The music venue, The Barracks, at North Head has been a revelation, and should be a permanent fixture on the former military parade ground. The Manly Jazz Festival was also a great success attracting thousands of people to The Corso. The festival proved once again that people will flock to The Corso if given a good reason. The Corso is also underutilized, and it should be a venue that hosts festivals and the like every weekend. I'm sure the local community and businesses would support anything on The Corso that was well organized. I also support rebuilding the ocean pool and boardwalk that once linked Manly Wharf with the former Manly Marineland site before it was destroyed in a storm in 1974.

Jens Ward, Manly

Qantas – winged again

The item by Michael West (Oct '22) about the damage Joyce has done to Qantas was a real eye opener, even if much was known previously, the information regarding the lack of pilots or engineers thanks to extensive downsizing during the Pandemic was jaw dropping! It makes my blood boil to know that despite the company being run down, divisions outsourced all to save money, our tax dollars being used to prop up the company, Joyce still manages

to walk away with bonuses and an increased salary. As a shareholder, I have not received a dividend for a number of years, yet Joyce gets his bonus! How can anyone justify a salary of over \$1 million dollars with added bonuses? The offer of \$50 per customer as a 'sorry' was an insult. What can customers get for that! Joyce can fly up in the front enjoying the best of hospitality whilst the 'plebs' are squashed down the back with poor food (no vegetarian options anymore). Once Qantas had an excellent reputation, based on safety and service, now it's been dragged down by someone who isn't even Australian. I have voted NO to all the questions re director's remuneration, especially for Joyce in the upcoming AGM in Sydney. We will also be there to voice our disgust with the whole Qantas Board for allowing the company to be so badly managed.

Eira Battaglia

Standardised Utopia

Today! whilst watching France News 24 (news in English! on SBS (3) at 7:30am AEDST) there was an interesting item whereby the European Union enacted a Law that all Equipment (IT) interfaces to power would be by USD "C" and that things like the easily damaged Apple Lightning would be verboten after 2025! A win for "Standardisation". These things should be brought in line over all the stuff that needs "Standardisation", like the Lithium battery on the "Power Tool". How many different batteries do we have? And interconnecting cords for computer screens VGA or HDMI or etc etc etc?

If you know a poor old motor mechanic, and I know several, you will find that in order to connect to your chariot's "Non-Standard" and "Non-Universal" computer he needs a box full of adapters!! No USB here!! Unfortunately, the people who represent us in government are either failed lawyers or accountants or some similar such and none of them have any technical capability. That is why we end up with trams that do not work, ferries that are not fit for purpose, etc etc etc. The list is ever increasing whilst we all await the second coming of the carpenter who said, "Forgive them Father for they know not what they do!"

Graeme Carmichael

PS - the best Lightening cable I have come across was sold by ALDI at less than \$10, but we all know ALDI is close to useless as one just cannot go there and buy another!

Review

Fair go Mr Editor, this "magazine" is nothing more than 50 pages of boring and exaggerated advertisements. I read it for the first time today. NEVER again. Best of luck with your next venture.

M Gridley

*It's actually 52 pages

Saving Lizard Rock

The State Government recently approved a Development Delivery Plan relating to approximately 225 hectares of bushland on the Northern Beaches in the Belrose and Frenchs Forest area - including pristine bush considered high conservation value - and are exploring turning it into housing, industrial land, and other uses. This is despite the biodiversity value of this land, the objections of the local community, local Council, and local Aboriginal people.



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Developing this land would contribute to problems created by urban sprawl such as traffic, build houses in areas with high bushfire risk, remove pristine habitat for native species, remove an important carbon sink, and impact the Narrabeen Lagoon catchment more broadly. We're a local community campaign with members from all backgrounds, working together to find alternatives to developing this bushland. We've prepared a petition to NSW Parliament which needs 10,000 hardcopy signatures (online petitions require 20,000!). We'd love for community members to print our petition off our website and get friends and family to sign at envirolink.mailerpage.io
Northern Beaches Bushland Guardians

To whom shall we go?

Dear Editor, your correspondent Roy from Balgowlah (Oct '22) suggests that we "stupid" people who wish to debate the climate zeitgeist should turn to climate scientists: To whom then should we turn? One of the world's most eminent climate scientists, Professor of Physics, William Happer, said this recently, "After decades of propaganda, most people really believe there is a climate emergency. They mean well, but they have been misled by decades of misinformation. As a scientist who knows a lot about climate, I can assure you that there is no climate emergency ... policies to address this phoney climate emergency will cause great damage." I can name dozens who hold similar views. Or perhaps Australian Professor Tim Flannery, who in 2005 predicted on TV "that (as a result of climate change) drought conditions would become permanent in eastern Australia", and that "the

rain that comes won't fill our dams". Alternatively, we could turn to facts. Take the alarmism over sea levels: Fort Denison in Sydney Harbour has the distinction of being one of the few locations where high and low tidal records have been recorded daily for 130 years. These show that over this time, our sea level has risen to a height equivalent to the bottom of my ankle bone from the bottom of my heel. As for temperatures, there has been no statistical increase in global temperature for 8 straight years, despite China's annual 28% global contribution to CO2 emissions, which makes the 43% reduction of our 1.1% global contribution an absurdity.
Kevin Begaud, Dee Why

Shark nets save human life

Dear Editor, the NSW Government maintains shark nets because their protection of human life is beyond dispute. Nine young people, at a median age of 17, were mauled to death by sharks at Sydney beaches in the decade leading up to net installation in 1937. There have been no fatalities at netted ocean beaches in the subsequent 85 years despite a massive increase in ocean use including at the high-risk periods of dusk and dawn. The probability of this occurring by chance is less than one in a million. As the nets are not occlusive, it is unclear why they have been so effective. What is clear, however, is that they are. The recent fatal shark attack at the unnetted Little Bay Beach is a reminder of a continuing, clear and present danger. As the nets do trap other marine life, it is hoped that new technologies will soon remove the need, but that time has not arrived, with current new devices an adjunct rather than a

replacement. And evidence supporting a new super-technology will need to be spectacular for any responsible government to carry out the real-life experiment of shark net removal. All marine life is important, and I respect their advocates, but as a physician and a volunteer surf lifesaver, I can't help but place the protection of human life above all else.

Graeme Stewart, Mona Vale

Climate Modelling

Your correspondent Kevan Heathcote's complaint about climate models is understandable by anyone who has relied 100% on the Bureau of Meteorology's predictions but if its service was taken away, our farmers would rise up in arms. However, unlike some of the Tawny's correspondents, at least Mr Heathcote seems to recognise the evidence that our earth is warming, and we need to reduce our carbon footprint before our planet becomes unliveable.

Peter Nash, Fairlight

STOP PRESS

Ostriches have been spotted on the Northern Beaches and judging by some of the letters in The Tawny many of them have their heads buried in the sand. Hands up if you don't care about future generations and biodiversity. Hands up if you don't want Australia to be energy independent (to avoid issues we are affected by like the war in Ukraine). Hands up if you don't want to lead the world in renewable technologies to make us a clean energy superpower and boost Australia's economy through billions of dollars of investment and create hundreds of thousands of jobs. Hands up if you don't think closures of ageing and unreliable coal-fired power stations are inevitable.

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It's very uncomfortable to have your head in the sand and a hand in the air at the same time, so even if you choose not to accept the science of climate change then at least accept the fact that our country has huge opportunities for economic success that will benefit us all and which will protect generations to come. Australia will move on without you no matter how much you rail against the now unstoppable transition to renewable energy. Instead of being threatened by this I find the prospect of a clean and safe environment bolstering a strong economy really exciting.

P. Bell, North Curl Curl

A reality check

I was startled to read John Partridge's claim in the October Tawny that "China, India and Vietnam were responsible for

half of the world's emissions". It would have been very easy for him to check the facts. In reality, China's emissions are around 32.5%, India's are 6.7%, and Vietnam's are less than 0.9%, which is less than Australia's. We are actually the world's 3rd highest carbon emitter if we take scope 3 emissions into account, which we should. Mr Partridge might enjoy reading Ross Garnaut's new book "Superpower Transformation: Making Australia's Zero Carbon Future", or if time is short, Peter Hartcher's excellent article in the Sydney Morning Herald on October 4, titled "Superpower ready to take flight" (available to read online), if he is merely concerned with the economic cost of action. Both point out

how well we are placed to take advantage of the transition to renewables, as we have the cheapest renewable energy in the developed world. As for legislating an emissions target; it will prevent the government from doing nothing but talk, and from kicking the can further down the road, as we have witnessed the previous Coalition government do for the last decade. Vast infrastructure is undoubtedly needed over the next decade, but the change is coming, whether Mr Partridge likes it or not, and it would set Australia on a path of economic and energy prosperity and stability for generations. Further failure to act will see us left behind.

Alan Marel, North Curl Curl

The Tawny Frogmouth invites the people of the Beaches to send in letters to mail@thetawnyfrogmouth.com.au



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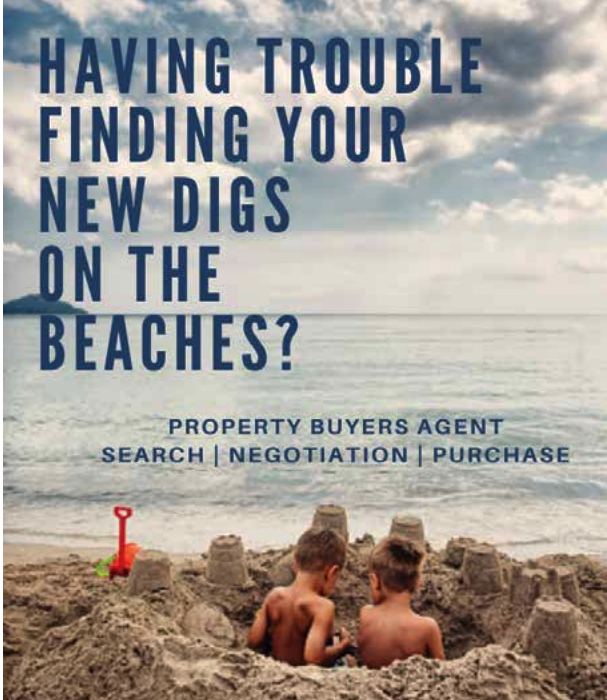
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Community

Manlygees: Northern Beaches' Refugee Support Group

Imagine your home being so unsafe that your family can no longer live there...

Overnight, you, your spouse and your children become refugees, travelling thousands of kilometres until you reach safety - a refugee camp in a bordering country. You remain displaced there for 10 years. Your children remember no other life and schooling is sporadic. One day, you receive the news you've been waiting for. Your family has been granted a visa and soon, you'll be flying across the world and landing in Australia!

As well as excitement, joy and relief, you also feel apprehension. You are starting your life again in a new country with a foreign culture and language. You don't know anyone. Your children must restart school. You and your spouse need to find jobs and you all need to learn English to do this.

You nervously step in arrivals at Sydney airport and... welcoming you is a group of local people. They've been preparing for your arrival for months and greet you and your family warmly. You're driven from the airport to a temporary home they have set-up for you and in the following week, they help you buy food and new clothes, enrol in Government services, sign up to English lessons and show you around the local area.

This is the experience local volunteering group the Manlygees are planning to give a refugee family from the Middle East this November.

The **Manlygees** are part of a new Federal Government scheme called the **Community Refugee**



Members of the Manlygees, making a difference for refugees.

Integration and Settlement Pilot (CRISP). Under this pilot, groups of five or more ordinary Australians can sponsor a family who are referred by the UNHCR as refugees in urgent need of resettlement. The program is run by Community Refugee Sponsorship Australia, a registered charity with DGR status.

The Manlygees are a mix of local Manly people with one thing in common: they are horrified by the plight of refugees and want to do something that makes a difference.

As you can imagine, preparing everything for the arrival of a refugee family takes a lot of planning! The group will support the family for their first 12 months in Manly. This includes organising temporary accommodation, furniture and household goods for three months, and helping to secure a lease after that. In the first few weeks, they will help them open bank accounts, buy new clothes,

navigate public transport, shop at the supermarket and apply for government services.

Over the next year, the Manlygees will help the family with whatever they need, whether it's finding jobs, learning English, understanding the education system, getting driving licences or joining sports and activities.

They will support practically, emotionally and financially over the course of the year and right now, are fundraising and looking for assistance from the local community.

How you can help

Visit manlygees.org or join the **Manlygees Facebook Group** and make a donation to their **'Shout For Good'** page or attend their **'Syrian Evening in Manly'** fundraiser on 4 November with traditional Syrian food, live Middle Eastern music and a fab silent auction.

Words: **Tahirih McLaren-Brown**



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Conservation program Operation Wattle at North Head

James Griffin Update

NSW Budget Benefits

As we approach 2023, the NSW Budget has placed the state in a strong position for continuing growth and the delivery of vital infrastructure and services. From upgrading our local schools to improving access to childcare and creating more open space, the current budget is full of great news for the people of Manly and indeed the entire Northern Beaches. I am particularly proud of the strong investment in preventing domestic violence and supporting vulnerable women.

It would be remiss of me not to acknowledge the massive \$2.3 billion investment in our environment. Locally, that means a record investment in clean oceans and upgrades to local National Parks. As Environment Minister this financial year's budget puts the environment front and centre. I am excited that local capital works expenditure includes:

- Over \$6m to upgrade Manly Vale and Village Public Schools
- \$5.4m to complete the Manly

- Young Adolescent Hospice
- \$4.3m to demolish the old Aquarium and build a new public open space
- \$55.4m for improvements to the North Head Sewerage Treatment Plant to remove odour and improve capacity.

Relief for Young Families to Retirees

The NSW Government understands that many households are finding it difficult to make ends meet in the current economic environment. Rising interest rates, increases in fuel and energy prices as well as higher costs for food are delivering challenging times. In response, the NSW Government is offering more than 70 rebates and vouchers to help save on everyday costs and more.

For young families there are \$100 vouchers for Active Kids, Creative Kids and for children 3 to 6 years so they can learn to swim. There are \$500 vouchers for before and after school care for primary school children but act quickly. The vouchers need to be re-

deemed by 31 December for services to 30 June 2023. For our seniors there are more than 60 rebates for pensioners and over 30 rebates for self-funded retirees.

To find out how you can benefit, I encourage you to visit to the Service NSW website and click on the 'Savings Finder'. The site provides a wealth of information and can even personalise your search.

Entry Upgrade to North Harbour Reserve

I am pleased to have secured funding for widening the northern entry and stairs to North Harbour Reserve from King Avenue, Balgowlah. Northern Beaches Council has called for tenders with the project to also include landscaping. It is hoped work will commence early in 2023.

North Head

As Member for Manly and Minister for the Environment and Heritage it was great to catch up with students from Balgowlah Heights Public School to help with an important conservation program on North Head. Operation Wattle is organised by Ashlea Zivanovic, consultant ecologist of Clontarf in collaboration with the Department of Planning and Environment and the National Parks and Wildlife Service. The program involves replanting a threatened species of Sunshine Wattle which naturally grows on North Head. For the botanists among us, it is Acacia Terminalis subspecies Eastern Sydney. I look forward to seeing it thriving once more on our magnificent headland.

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

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Community

Tackling food poverty, one meal at a time

Delivering 7,500 meals a week, One Meal Northern Beaches provide essential nourishment to those in need.

This may be an affluent area, but our community is as diverse as any: it may surprise some to hear that the Northern Beaches includes some 3,500 social service homes. And of course, living in an affluent area doesn't mean you can't lose your job or relationship. Many people are only a few pay packets away from financial stress and facing a serious challenge feeding their family.

Kim Williams, Coordinator of One Meal Northern Beaches, knows all too well how critical that challenge can get. He tells of one referral that tragically arrived too late: by the time One Meal got involved with this family, the mother was in hospital, where she passed away. "They did an autopsy and she had died from malnutrition. In Brookvale. Just let that sink in a moment."

This is one of the stories that galvanised hundreds of volunteers to develop One Meal from a community meal provider to a service delivering 7,500 meals a week to those in need in the community.

"It was born of need during COVID, as the regular services couldn't meet community needs. They faced food availability issues and COVID infiltrated their organisations. The social service groups within our community are principally run by senior community members, who were the most vulnerable - so they stayed away."

Meanwhile, the need for help grew, with job losses and mental health issues rising and many not covered by Job Keeper. Vulnerable community members were particularly affected by lockdown, but still needed food.

"That's when we hit our stride. Harris Farm Markets came on board, donating an enormous amount of food, and we started home delivery."

Kim and the team also realised that current services weren't meeting the needs of the most vulnerable. "You could go to the park every week for a community meal cooked by volunteers. But many people don't have the physical capability to do that or can't get out and engage due to mental health issues, so they went without." So, One Meal sought referrals from organisations such as social housing organisations and women's shelters.



Kim in delivery mode

Delivering 7,500 meals is no small task. Volunteers collect donated food: veggies from Woolworths, bread from Bakers Delight or surplus from cafes. Others work in a warehouse space donated by St Vincent De Paul, assessing donations for cooking or bagging as grocery deliveries. Home cooks prepare meals and drivers make delivery rounds.

The volume of deliveries has been enabled by the generosity of Nagi from RecipeTin Eats, who donates around 400 meals a day. And it's 100% volunteer fuelled - not one person involved is paid for their time.

"Everything is about the volunteers and food donation partners," says Kim. "We are just so blessed. If it wasn't for our team exploring new opportunities, not just relying on people coming to us, there would be a lot more tragedies, I believe. With food in their stomachs, people have a different outlook - they gain the capacity to go and find another job."

One Meal Northern Beaches delivers food relief through weekly Community Meals and a Delivery Program getting fresh hampers and cooked meals directly to people referred by social service agencies and community groups. To donate or get involved, visit onemeal.org.au

Words: **Rebecca Payne**

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Long Reef's Kobi Clements hacking up a storm

Sport

Best of the best: Long Reef wins SURFTAG Series

In massive surf at Queenscliff Beach, the Avoca Boardriders Club held off fast finishing North Narrabeen to take out the SURFTAG Men's event while Long Reef took out the 2022 SURFTAG title.

Was that "massive" surf? It's a trope that surfers tend to underestimate the height of waves - no-one likes a big-noter. "But it's been easy eight foot," SURFTAG chief Steve Harrison told The Beaches Champion. "Sometimes bigger. It's been a huge day." And it was a huge day for Long Reef which capped a huge six weeks for the booming northern beaches club.

While their men's team finished just out of the final in fifth position, a win in the Junior event, second placings in Master's and Grommet's, and a third in the Women's,

saw Long Reef finish on 4060 points, runaway winners over a tight chasing pack of North Narrabeen (3535), Queenscliff (3365) and North Avalon (3345).

Avoca were best served by their fifth surfer Finn Hill who scored 20.89 for his two waves. Hill said it was a nervous wait on the beach as North Narrabeen chased down their imposing score of 77.91. "But we were very confident coming down here," Hill said. "We always thought we were in with a good show at this beach."

Early on the surf was so big that to reduce paddling time the 'tag' nature of the event was modified so that two

surfers from each team would head out first. They still had to surf in order, but one guy could bob about out the back.

A blustery sou-easter kept things cool while the "Beach Closed" signs showed that only experts should enter the water. Seconds into the final one did: Avoca's Sandon Whitaker ripping off an 8.00. His 15.8 for two waves got the Central Coast crew away to an early lead.

Elouera's Ben Dewhurst broke his board in half - not ideal. Particularly when Cooper Chapman delighted fans with a 6.17 power wave that sent North Narrabeen into the lead. But Avoca hit back - Lennox Chell ripping off 7.00 and 5.10 power wave. Meanwhile Arch Whiteman of NASA waited for a power wave. Patience led to nearly 15 points. Pretty good. But still 12 points last. With 30 mins to go. They would need a miracle.

There would be no miracle. Byron Stapleton ripped off a 6.37 power wave for Avoca. Finn Hill hit a 7.53. And the Men's title headed to the Central Coast.

After two years lost to Covid-19, event organiser Harrison was thrilled that the SURFTAG Series - now in its 19th year - is today a five-event series. "The inclusion of the Grommet's and Master's events was a great success and it was really good to see the old boys representing their boardriding clubs. With up to 25 surfers competing for each club over the five events, SURFTAG really does crown the best club in the Country."



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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BAE System's Dreadnought submarine

AUKUS was already a tough sell, but now it seems local industry will miss out

When Australia signed up to the AUKUS pact, it committed to enormously expensive nuclear-powered submarines. And if rumours of the US taking over their construction are true, there will be little if any benefit to Australian workers. As for strategic benefits ...

In the past 12 months Australia has gone from a \$90 billion Attack class submarine project that wasn't meeting industry involvement expectations, to a \$170 billion nuclear sub with limited local content, to a now even more expensive proposition where taxpayers will directly fund US defence industry expansion.

Reports are emerging that Australia will seek to acquire nuclear submarines earlier than would otherwise be possible by taking the first few submarines from a US production line; an expanded US production line funded by Australian taxpayers.

Did we learn nothing from

Covid? Did we learn nothing about the importance of having local capability?

We went through a lot of pain to get our Collins Class submarines to their operational state, supported in their full-cycle docking with a local involvement score of 92%. If there are problems with our Collins boats in time of conflict, we have an on-shore capability to deal with them.

Since 2009 the Defence Department has spent \$4 billion on our future submarine capability ... and delivered nothing. They've wasted a decade that we didn't have to waste. Now the same department

is advising us to steer into a strategic danger zone.

Nuclear vs the New Breed

Nuclear submarines are good. I say so from the informed position of having spent time at sea on USS Santa Fe, a Los Angeles Class submarine, in the 1990s. One of the most impressive capabilities of a nuclear submarine is their ability to submerge down to couple of hundred metres, crank the speed up to about 30 knots, and stay at that speed for as long as required.

Nuclear submarines are great for power projection. They also enjoy the ability of carrying a lot of missiles,

torpedoes, special forces etc. But they have some limitations over non-nuclear submarines.

The latest Air Independent Submarines (AIP) out of Germany and Sweden can stay underwater for extended periods without having to return to just below the surface to run their diesels. When operating on battery or AIP, they are quieter than nuclear submarines. They can operate in shallow water with advantages over their larger nuclear cousins.

Eight nuclear submarines for Australia have a price tag of \$170 billion. The Senate Economics Committee inquiry into Australia's sovereign naval shipbuilding capability priced Japanese lithium ion powered submarines at \$958 million per boat and a German fuel-cell powered submarine at \$807 million per boat. Twenty AIP submarines, with supporting elements, would have price tag of \$30 billion.

The right submarine

If our objective is to be a deputy sheriff to the US, as the 51st state of the Union, then eight nuclear submarines is the answer. If our objective is "defence of Australia", with the ability to forward deploy boats to operating bases in Singapore, Malaysia, Guam or Japan, in support of our allies and friends, then 20 AIP boats is the answer.

The contrast between a \$170 billion nuclear program and a \$30 billion AIP program is huge in the context of the huge deficit we have and challenging economic headwinds. The contrast between a 2040 first nuclear submarine delivery and 2030 first AIP subma-

rine delivery is striking when the geo-strategic circumstances we find ourselves in is factored into decision making.

We should, as other countries in the past have done when offered a US nuclear capability, just say "no thanks, it does not suit our strategic needs".

The wrong answer

Sadly, we have a Defence Minister, Richard Marles, captured by a Department that has failed the Australian public with its past advice. The last thing we need to be doing is exporting \$140 billion in expenditure difference to bolster the US defence industrial complex, when we desperately need strong and effective local defence industry capabilities.

One wonders what our Department of Defence leaders will do as our quarries that they sup off are depleted of their resources, or the markets they serve dry up.

Exporting this money at the expense of supporting local industry is an anti-self-reliance move that will tie all future Australian governments hands by institutionalising our dependence on the US for this most important capability.

It's a move that will see us less and less able to exercise our own sovereign decision making as to which conflicts that we participate in, and which conflicts we don't. We may find we have to participate in the conflicts that are not in our best interests and can't participate in the conflicts we absolutely must.

A national fiscal disaster that may bankrupt our Navy is pending, a national security disaster is pending, and the death of a sovereign submarine industrial capability is pending. And the average Joe and Jill Australian are the ones paying for it.

Words: **Rex Patrick,**
Michael West Media



The AUKUS deal is looking less and less attractive

IMAGE CREDIT: WIKIPEDIA

IMAGE: MARCUS REUBENSTEIN



10 questions parents of school-leavers need to ask

It's the final countdown! As a parent you've raised a newborn, a toddler, a tween, a teen... and now, congratulations, you have a school leaver on the cusp of adulthood. Between an HSC final exam and a fulfilling, lucrative professional career is that stretch of time known as tertiary education.

With information overload, the call on what to study can be a daunting one. We asked the team at Manly's 'castle on the hill', the International College of Management, Sydney (ICMS), the top 10 questions parents should be asking their school-leaver...



1. Will This Degree or Course Be the Key to a Fulfilling and Well-Paid Job? The commitment and time it takes to achieve a degree means that it's worth, together with your school-leaver, doing your homework on industry average salaries and locations. Do they want to stay in the Northern Beaches area? Can this degree help them achieve this goal?

2. Are Internships Included? Even entry-level jobs demand experience. Make sure a chosen degree includes built-in industry training (also called Work Integrated Learning). At ICMS, for example, students complete two trimesters (approximately 600 hours) of industry training at a company in their industry of interest - as part of their degree. And it's all organised by the ICMS Work Integrated Learning team.

3. Can You Apply Directly? If students apply directly, they don't need to set up a UAC account and select preferences. They can go straight to their preferred institution's Apply page and fill out the application form.

4. What's your top UAC preference? If students choose to apply through a centralised application portal, such as the Universities Admissions Centre (UAC), they should make sure that they pick achievable degrees on their preferences list to ensure they get an offer on 22 December 2022.

5. How Do You Want to Study? Do they want to commute to campus or study at home? Study options include online, face to face or a 'blended sync learning' mode. Students should investigate their options.

6. Is ATAR the Only Selection Criteria? A few institutions, like ICMS, look at factors other than ATAR when assessing a student's suitability for a course. There are countless examples of high profile, talented people who have achieved great success but whose ranking didn't reflect their potential.

7. Will You Be Treated as an Individual? Comparatively smaller institutions, like ICMS, are able to offer prospective students the chance to shine as individuals, and offer a personalised educational experience.

8. Are Government HELP Loans Possible? If you are an Australian citizen, when you attend university or another approved institute of higher education, you can get a HECS-HELP or a FEE-HELP loan to pay for your studies.

9. Is the Degree Accredited and Recognised Globally? A degree that is recognised and accredited globally unlocks the world for your child, including the high paying professional jobs that are most sought-after.

10. Could you Get a Scholarship or a Bursary? A scholarship is one way to cover partial tuition fees for study and/or accommodation. High achieving students should also ask about High Academic Places and other bursary options. Like everything in life - if you don't ask, you don't get!

Answers to the above questions and more can be found at the **ICMS Parents Information Evening** on Thursday 24 November, 6-7.30pm, at the ICMS Northern Beaches Campus, Manly. Register by scanning the QR code



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Health

Living the Code

Connor Pettersson is on a mission to help 30,000 people lose 5 kilos and keep it off forever

Growing up in Allambie Heights with one dream - to play professional Aussie Rules Footy - **Connor Pettersson** dedicated his first 20 years towards winning a spot on the elite AFL turf. But, with his 21st birthday approaching, and having completed two pre-season trials with the Gold Coast Suns without being asked to progress further, Connor was forced to undergo a complete ankle reconstruction. He decided it was time to set his focus on a new path, one that's ultimately taken him to creating **CODE 5 Fitness** and well on his way to the mission of helping 30,000 people lose over 5kgs and keep it off forever.

"While I was living on the Gold Coast and training to get onto the Suns, I was completing a degree in journalism at Griffith University, but also working part-time doing personal training," Connor recalls. "That's where I first discovered how much I loved the connection to people that

would come from personal training, as well as how much passion I didn't have for pursuing a career in journalism."

Once the AFL dream was off the table, and Connor moved back to the Northern Beaches, he didn't immediately abandon a career in journalism. "I completed internships at Channel 10, Fox Sports, and various places, and it just cemented how much journalism wasn't for me. I wanted to be working with people, and helping people change the way they feel about themselves, behave, live, I just loved it."

Code 5 first opened in 2014, a small space in Brookvale, with a focus on one-on-one personal training. From the outset Connor had in mind a very clear idea of the ideological underpinnings of the business. "Before opening, I read a few different books and Simon Sinek's 'Start with Why' was hugely beneficial, specifically in identifying what CODE 5 was going to stand for. The five codes of the business were

born from there: Community, Accountability, Celebrating Success, Teamwork, and Gratitude. Those were the five things identified as critical to the business at the beginning, and it remains so today."

Quickly outgrowing the first space in Brookvale, Connor took on a premises that was far too big for CODE 5's needs at the time, the existing site at 1/98 Old Pittwater Rd, but the increased space meant the ability to transition to group classes. This allowed people on lower budgets to train too, while the classes also served to galvanise Connor's focus on Teamwork, and the CODE 5 Community was able to grow even faster.

Now, with the addition of gyms at Manly Vale and Warriewood, Connor's mission to help 30,000 people lose 5kgs or more forever is getting closer. "If you lose 5kgs, your body's moving better, you're suddenly so much more confident. You're almost a whole new person. This has a huge impact mentally too, assisting people get through tough times in their lives, having the community at the gym to rely on, and a place to look forward to spending time at.

"From the very beginning, I just really wanted to have a positive impact on people's lives. I have such a big background in team environments too, and I wanted CODE 5 to be like a team, all inclusive, everyone striving to be better, working together."

Learn more about CODE 5 Fitness at code5.com.au and nominate yourself or a friend for a free 2023 membership

Words: **Liam Carroll**

20 FREE

MEMBERSHIPS IN 2023

Code 5 is giving away 20 FREE memberships for people in need in 2023.

We are looking for people who fall into some or all of these categories:

- Struggling financially.
- Gone through or recovering from a time of crisis.
- Someone who is always giving to others but never gives back to themselves.
- Someone in need of support and guidance to hit their goals.
- Someone who needs a caring and kind community they can become a part of.

If you or anyone you know is struggling financially but really needs a supportive gym to help them achieve their goals in 2023 please scan the QR code to register.

Every nomination will remain completely confidential.

SCAN ME TO LEARN MORE





Joanna stops to find inspiration in her best friend's paws for reflection

Cover Artist

Joanna Gambotto

What's your favourite beach on the Northern Beaches?

Paradise Beach for its spectacular sunsets, Bilgola Beach for its ocean pool, perfect for a sunrise swim.

Where's your favourite place to eat, drink, hang out? The Newport

Describe one of your fondest memories of life on the beaches? Christmas during lockdown and having the Northern Beaches all to ourselves!

If you had to live anywhere else in the world, where would that second-best place be? Perhaps in a stupendously luxurious villa on a tropical island somewhere in the South Pacific.

What inspired your cover artwork? 'Under the Stars' comes from a recent body of work 'Dreamscapes', which collapses the barrier between the dreaming and waking realms, tapping into the world of unconstrained imagination. They have been stitched together from random, unre-

lated imagery, in a similar way our brain conjures up dreams and creates an alternative reality, which to a conscious, rational mind, wouldn't make sense. Unusual juxtapositions of objects and images introduce an element of playfulness to the work and charge it with a whimsical narrative.

What inspires you in general? Colour, texture, pattern, science, environment, climate change, storytelling, night sky, random objects, sleeping dogs, Matisse, Cummings, Klimt, cosmos, flora, fauna to name a few things.

How would you describe your art? I prefer not to use words to describe my visual practice. Head over to my website and have a look. An artwork is a language already, only visual, no need to dress it in words. If I need to describe a painting and tell you what you should think/feel about it, then I failed as an artist.

What is your favourite part of the artistic process?

The entire lot. Except for

the clean-up.

Which artists, or other inspiring people (dead or alive), would you most like to have dinner with and why?

I assume they're doing the cooking. John Olsen, to see if his paellas really are as good as they say.

How did you discover you had a gift for art? It's not a gift you discover, you work for it. I've always enjoyed making things. If art is something you enjoy and you're naturally inclined to pursue, over time you'll get better at it.

Did you study art? Yes, at the National Art School in Sydney.

What else are you working on at the moment? Paintings of interiors of Hill End cottages for an exhibition at Bathurst Regional Art Gallery early next year.

What's your favourite thing about what you do? The solitude of my studio.

What would you like to see in the future of the Beaches art scene? Tate Modern moved from London to Avalon.

What advice do you have for aspiring artists? Give up now. Just joking. Persist.

Any other words of wisdom for our readers? Sugar is poison, and more just a reflection that art is more than paint on canvas, and is for everyone, not just a select number of individuals. Being creative and inventive is innate to being human and it manifests itself in all aspects of life, be it cooking dinner or figuring out how to put humans on Mars.

Support (and purchase!) Joanna's artwork directly from www.joannagambotto.com.au and on Insta @joannagambotto

Interview: Liam Carroll

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Artist's impression of the Wiseman's Surf Lodge split-peak design

Technology

Making waves the new-fashioned way

Love them or hate them, the age of wavepools has arrived.

Sydney seems set to have two wave pools opening in the next couple of years, and the technology market is heating up globally. So, let's take a minute to look at what's on the horizon that might have surfers looking west of Pittwater Road for the first time.

The leader in wave quality has to be KS Wave Co, which works by towing a submerged foil back and forth. That freak-of-engineering looks destined to remain out of reach for most humans, with a price tag of over \$500 a wave. Surely for that kind of money you could bribe yourself into a real wave just about anywhere.

As for creativity, it's hard to go past Yeppoon's Surf Lakes. They've basically put a giant plunger in the middle of a lagoon and built artificial reefs around the outside. This provides great variety and a solid wave count, but it's been a rough road, snapping the main plunger during early testing. They are finally on the road to a public opening this decade. In the meantime, it's been a private paradise for a few lucky professionals and that guy who plays Thor.

Then, there's the proven model. Most commercial wavepools use the same basic premise - you've got a pool with contours on the bottom, and a series of moving parts lined up along one of the walls. Those moving parts are operated by a computer to push out a controlled amount of water, resulting in segments of a wave. Individual control of the segments determines the type of wave; turn sections, barrel sections, air sections, and so on. This means that the pool can offer up a whole range of different waves at the touch of a button. Pools like this are great for the masses. There's

potential to crank out a wave every 8-10 seconds, and with the usual mirror (left/right) design that means about 1,000 quality waves an hour - or about 100 times what DY Point offers on a good day.

Sydney's slated to get two pools using this sort of tech, although they'll be very different. First, there'll be URBNSURF at Homebush, with basically a cookie-cutter copy of an existing Melbourne pool (although with less arctic water). That uses a diamond shaped pool, with generator modules along a central pier to create a left and right on each side. It's efficient and compact, although arguably not especially attractive. Perfect for maximising activity on the turnstiles.

Then, there's the Wisemans, brought to you by the Northern Beaches crew behind Balnce, with tech from Endless Surf (backed by Whitewater, the biggest name in waterslide parks). They've gone for a split-peak design, with generator modules all along a back wall. That allows for a "bonus" mode which runs end-to-end with a 25-second ride - that's like Snapper to Greenmount. It's a little less efficient, but as a "members only" facility, there's less focus on maximising visitor numbers.

So, what will this all mean for our local beaches? Will we see an exodus to the west whenever the waves go flat? Will we see a bunch of groms from Parramatta start to dominate? Or will the ocean just keep getting busier and busier until everyone moves to Byron? We'll see.

Words: **Matt Ward**, technology lawyer



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

0414 556 038 | liam@thetawnyfrogmouth.com.au

November 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 ●	2	3	4	5	6
	0246 1.20 0810 0.68 1445 1.65 2154 0.41	0403 1.24 0929 0.68 1600 1.62 2257 0.39	0509 1.32 1045 0.63 1710 1.62 2350 0.36	0602 1.42 1153 0.56 1809 1.62	0036 0.34 0650 1.53 1252 0.48 1900 1.60	0117 0.33 0733 1.63 1345 0.41 1947 1.57
7	8 ●	9	10	11	12	13
0155 0.35 0814 1.70 1433 0.37 2032 1.51	0230 0.38 0852 1.76 1518 0.35 2115 1.44	0302 0.43 0930 1.78 1600 0.36 2156 1.37	0335 0.49 1005 1.78 1641 0.38 2237 1.31	0408 0.55 1041 1.75 1722 0.42 2318 1.25	0442 0.61 1117 1.71 1804 0.47	0500 1.20 0520 0.67 1157 1.65 1849 0.52
14	15	16	17	18 ●	19	20
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- New moon
- First Quarter
- Full Moon
- Last Quarter

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: @SPROUTDAILY



Spilling the Beans

Spill the Beans online writing community was a COVID love child – unexpected, unplanned, and now much loved.

Excitement is in the air.

We are about to launch our coffee-loving writing group at La Boca café in Allambie.

Shiho Sparkle Hooper, a bubbly Japanese hoola hoop dancer who I'd met in Antarctica, is to be our first invited guest. We're just about to have some fun and share some great writing when COVID hits!

Our dream of having a casual writing group with writers from various cultures, ages and experience, vanishes. That is until we decide to go online. 'It can't be that difficult, can it?' Our first challenge 'It wasn't the travel experience we thought it would be' is launched by a video of Shiho. We are stunned to receive amazing entries from around the world.

Going online proves to be the best decision, as people who are coping with isolation and the restrictions imposed by COVID, get into the daily habit of stopping for cuppa to read a challenge story or poem. *'The days are long when you're living alone during COVID but opening the Spill the Beans website every morning makes me smile. It's so full of beans! I read the blog and enjoy catching up with people who have become part of my life.'*

With each challenge friendships and partnerships grow. Shift workers, new parents, and others who can't regularly join writing groups, take up our writing challenges. The Beans' writing community begins to sprout.

We are delighted when



Julie (right) and a bevy of story loving bean spillers

Catherine Wilson (of **STONE Real Estate**) sponsors the printing of Spill the Beans books of challenge stories and poems. **Georgia Wye**, Manager of **Harry Hartog** books, hosts a writing challenge and provides wonderful book prizes. Our membership continues to grow.

We learn from our COVID experiences that older people sometimes have difficulty with technology and some younger people struggle with story writing. We see an opportunity to build our community through an intergenerational project, **Tech Plus**, where younger and older people can share skills. Dee Why RSL provides seeding funding so we can plan a pilot program. Once more excitement is in the air.

Twelve challenges online and three books published and more planned! Our first ebook of **Settlement Stories** published in collaboration

with **Multicultural Services**, Brookvale and another planned for next year, and even more 'Beans' events to come, so why not join us on our writing adventures?

Be creative, take part in our writing challenges. Volunteer with us and use your skills to help organise challenges, promotions, events and of course the Tech Plus project.

Are you looking for a unique opportunity to sponsor an intergenerational, local community? Check out the Beans at **spillthebeans.net.au** or send an email to **spillthebeans321@gmail.com**. Become a member. Your \$20 annual fee puts you first in line for our events and gives you the chance to sell your books at our market stalls. So, 1, 2, 3...Why not join the Beans! Head online to **spillthebeans.net.au**

Words: **Julie Howard**, Spill the Beans President

A quiet word on...

Libraries

Libraries often bookend our lives. While curious toddlers enjoy some rainy-day distraction, grandmas collect their Book Club materials or harangue the scheduled JP.

For the studious amongst us, there are also some sticky hormonal moments. Back then, as our hippocampus attempted to store the key themes of Shakespeare's Othello or the anatomy of the brain, our throbbing amygdalae spiralled into lustful daydreams about Suzie's homework, followed by the joyful release when we exit our hot, silent cage.

Of late, I've spent more time in libraries than I care to admit. A failed manuscript, a new business plan and an inquisitive son have all drawn me back to my local library.

My favourite spot is Warringah Mall. Tucked in the eaves of this retail shrine, sits this modest oasis where young and old can escape the spider's web of commerce as they read the paper, hire a robot, or pretend to study. And if you can't find what you're looking for, a helpful owl will point you in the right direction.

This wholesome example of a sharing economy has proven surprisingly resilient, despite regular moans of underfunding and the rise of the internet. Perhaps it's the righteous simplicity of the concept that keeps it alive: that knowledge should be publicly shared, rather than privately hoarded on an unread shelf.

And so, despite all the data that now fits in our pocket, we can still return to these cathedrals of knowledge, to feel engaged in the chronicles of history, to be inspired by our elders, or to find solace in the simple act of reading.

I hope that we never grow so complacent that we forget this vital bank of knowledge; that we always build the time and space for quiet contemplation. We'll all be poorer if we don't.

Words: **Gethin Fisher**



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Old Man Bucketty's Wonderwall, a Brookie Oasis, Roger

Art & Culture

A wallflower of epic proportions

Brookvale bricks become the canvas for an iconic masterpiece

I have been photographing the local legends and creatives of Brookvale for the past six years for a portrait book series and when I meet someone that catches my eye, I don't let much get in the way of photographing them and finding out their story.

This was certainly no exception when it came to meeting Old Man Bucketty, Roger, a man that most would deem the mascot of family-run Bucketty's Brewing Co. in the heart of Brookvale. It was not just the fact that Roger looked like a real-life Santa Claus that drew me to him, but his energy and a deepness in his eyes that told me he was someone special, one with a story that would inspire, and I can say now that my instincts were correct. I explained my project to Roger and that I was looking for sub-

jects with a great story and I knew he had one, I just didn't know what it was yet.

Months later I was preparing for an exhibition where I planned to present the first release of portraits that would be included in my book and Roger had always been in the front of my mind as being one of the faces I wanted to include. When I arrived for the shoot, he was dressed to the nines with his Harley Davidson leather jacket, leather pants, Jack Daniels belt, gloves, boots, Ray Bans and a black Bucketty's beanie.

"Where do you want me?" He was ready to go, and I had to take a moment to compose myself. This was pure gold. I loaded my roll of film and started shooting, when I realised that Roger was playing one of the many characters

he has played throughout his lifetime.

Roger has been riding Harleys since the age of 18, and now here he was 54 years later, about to embark on a three-month solo journey on his Harley Davidson CVO Road King that he named 'Blue Bird' to travel 9900km to deliver a case of beer from Brookvale, Sydney to the Roebuck hotel in Broome.

After 26 shots on the roll, there was a moment where I realised that underneath all that leather exterior, there was one of the kindest, most sensitive and creative souls I have encountered whose story I hadn't even scraped the surface of yet.

I got the shot I was after and knew then that this portrait wouldn't be hanging in the gallery because it needed space on its own. Little did we know that meant it would be printed 8 meters tall on the back brick wall of Bucketty's venue for everyone to enjoy long after the exhibition closed.

Roger made sure he made it back in time for the opening night, where we revealed this portrait under a huge spotlight. He cried upon seeing it and climbed on top of the silos wearing the exact same outfit taken in the photograph to honour the journey we had both been on to get this work up there. It surely was a beautiful moment and the powerful beginning of our friendship.

Roger's story is filled with many curious journeys and lives lived, one of inspiration, passion and love. The full story will be included in the book 'The Artist Lens' due for release in March next year.

Words: **Renate Reinmueller**



Woolondilly never in the hunt against the high-flying Wolves

Sporting Mythology

A tale of Wolves slaying Knights

On paper it was a Sydney AFL Grand Final match up that didn't seem fair. On one side you had the Woolondilly Knights, the team that went through the regular season undefeated, swatting away opponents with disdain all year. Their closest margin of victory was 47 points. On the other side you had the plucky **Manly Wolves**, a team of misfits in a Grand Final almost by accident after a handful of heavy defeats throughout the year. Unfortunately for Woolondilly the game wasn't played on paper and the Wolves produced possibly the biggest sporting ambush since Australia 2 stunned the world and left Rhode Island with the America's Cup in 1983.

Under the lights of Newtown's iconic Henson Park, Manly got off to a flyer, full forward **Jackson Pola Smith** leaping above a heavily contested pack to open the scoring. 5 minutes later the Wolves dared to dream after midfielder **Connor Pettersson**, who by his own admission was lucky to be picked for the

decider due to an uncharacteristic form slump, slotted a goal from 50m with his left foot. The Wolves jumped to a two-goal lead at quarter time.

Visibly stunned, Woolondilly looked like a bully who had been hit in the mouth for the first time, unsure how to react. Meanwhile Manly coach **Louis Cannatelli** was in full control, out coaching his rival at every turn, even having the foresight to provide his team sugar free sports drinks pregame.

The Wolves picked up exactly where they left off in the 2nd quarter. Ruckmen **Jacob Albertini** and **Will Halpin** had the ball on a string, and goals to club stalwarts **Sam Rix** and **Darren Fagan** - which saw Fagan slice untouched through the Knights' defence, running over 100m before planting a pearly through the big sticks - had the Wolves travelling to the main break sheds with a stunning 4 goals to 0 lead.

In Aussie Rules circles the 3rd quarter is better known as premiers quarter, and that's exactly what it turned out to be as the underdog

Wolves turned it on, much to the delight of the packed eastern stand full of Northern Beaches faithful. But the quarter was not without incident as Woolondilly, watching their dream season fade to oblivion, resorted to stand over tactics. Justice prevailed. 3 Knights players were yellow carded. The Wolves didn't escape punishment though. Renowned enforcer **David Stroud** also spent 15 minutes in the bin - seemingly one minute for every blow he'd received from a supposedly chivalrous Knight.

When play restarted the Wolves absolutely turned it on. **Jack Coghlan** and **Tully Cameron** both bagged doubles and **Pola Smith** kicked his 2nd too. A stunned Henson Park looked to the scoreboard. 61-5 in favour of Manly headed into the final quarter. The last quarter was a Wolves victory lap. **Andrew Wright**, **Jack Parker** and **Matt Armitage** incredibly played most of the match with fractures in their shoulders, while **Owen Williams** suffered a career ending wrist injury only to bravely play on to the final siren.

Best for the Manly side was **Pettersson**, winning the famed "Walczak Medal". **Michael Atkinson** was also magnificent, as was **Michael Amos**, running all day on a dodgy hammy. Celebrations kicked through Mad Monday and well into the wee hours of Tuesday morning with a chunk of the side tasting premiers success for the very first time. And didn't it taste sweet. Manly Wolves 9.9 - 63 def Woolondilly Knights 2.6 - 18

Words: **Angus Buncle**. Angus studied Sports Journalism at the University of Georgia in Athens Georgia.

LGBTQIA+ alphabet soup

Unpacking the sexual orientation umbrella

In 2002, Avril Lavigne opened her smash hit Sk8r Boi with the iconic lyrics “he was a boy, she was a girl, can I make it any more obvious?” While this line was undoubtedly catchy, it highlights a subtle truth that steeped in our culture is a deep underlying assumption that people are heterosexual. Until very recently there was little diversity and representation of anything other than heterosexuality in cinema, media and music culture. Even that which was portrayed often carried themes of stigma, shame and immorality. With more awareness around gay rights, equality, gender and identity, we are seeing an expanse of language used to reflect human sexuality. So let’s take a moment to get everyone up to speed and define some key terms that can be used to describe a person’s sexual orientation.

In this article, sexual orientation will be defined as: “experiences sexual attraction to...”

- Heterosexual – *the opposite sex*
- Homosexual – *the same sex*
- Gay – *the same sex*
- Lesbian – *the same sex, specifically women*
- Bisexual – *both men and women*
- Queer – *those who are not heterosexual*
- Pansexual – *people (regardless of biology/gender expression)*
- Asexual – *nobody (low or absent sexual desire)*
- Demisexual – *a person with whom they have an emotional bond*
- Sapiosexual – *a person with whom they have an intellectual bond*

These terms are strictly speaking about what sexually attracts one person to another. This is not a conversation around personal identity (gender expression or trans), philosophy (what constitutes a man or woman/intersex) or relationship structure (monogamy/polyamory/open/don’t ask don’t tell). Stay tuned as these topics will all be discussed in future frogmouths. Let’s also not forget that this is an incredibly nuanced subject and there can be many factors and variables that influence attraction. The beauty of a more expansive vocabulary is that it can help us better under-



Be mindful of correct sexual orientation labelling

stand ourselves in relation to intimacy, who we are attracted to and why. It can also help us seek out a more compatible partner as we become aware of our needs in relationship.

For some, this conversation may be easy to dismiss, especially if you grew up in a time where there was no choice. However, it is incredibly relevant to the modern world as we continue to create a culture and climate of inclusion and diversity. Furthermore for parents, it is imperative to be across the language that reflects how people identify today.

Imagine if someone assumed your name was Jack, and called you Jack. The first time, it’s probably no big deal, but the third, fourth, and twentieth time, it’s probably going to get on your nerve. Having to constantly correct people by saying “my name’s not Jack, it’s actually”... is really annoying and also becomes disrespectful. This is how it can feel when people have to constantly explain themselves, disclose their orientation or correct others for their inaccurate assumptions.

Sexual orientation is a private matter and non-hetero people shouldn’t have to constantly disclose or correct. For some, sexuality can be a journey of self-discovery. One simple thing we can all do to help cultivate an inclusive culture is use gender neutral terms like partner or spouse. It shows respect without butting your head into people’s bedrooms. These terms are here to help us better understand ourselves, not to be used as instruments for judging or shaming. And honestly, if it’s not your sexuality, is it really any of your business?

Words: **Scout Smith-O’Leary**
Scout is a Relationship Therapist & Educator
For more info visit www.thelovescout.com
or call **0410 030 463** to book in a session.

If you’re cute, you’re still cactus

When our adorable, furry creatures are being pushed to extinction... it means there’s even less hope for the butt ugly ones.

On 30 September, a rally of concerned community members marched to James Griffin’s office in Manly, pleading with the NSW Environment Minister to take urgent action to save koalas from extinction (these lovable Aussie icons were listed as endangered earlier this year). Sadly, logging still proceeds unabated in our native forests and the last chlamydia-free koala population in our state, is still losing its home to a Lend Lease housing development near Campbelltown.

Meanwhile, Northern Beaches Council has decided that clearing a four-metre wide channel through intact bushland at Manly Dam for a boardwalk is fine. This is despite surveys revealing that the area, in question, is home to the most enchanting little animal on the planet...the Eastern Pygmy Possum (listed as threatened). The “Boardwalk” would be built using Fibre Reinforced Polymer, imported from China, which raises additional concerns of melted plastic pollution after bushfires. “Why not simply make the (barely used) adjoining road safer for pedestrian traffic and save \$1.8m?” I hear you ask.

A recent study of flora and fauna at Manly Warringah War Memorial Park showcases the amazing natural miracles which exist in the reserve. Every one of the professional ecologists involved in the project confirmed that fragmenting bushland, with more tracks, poses a threat to wildlife survival. Leading scientists insist that we need to keep half of the planet in its natural state to prevent the extinction of one million species, stay below a temperature rise of 1.5c and safeguard the future of humanity. They’re calling for a protection of at least 30% of the planet’s land and oceans by 2030.

Our Federal Environment Minister, Tanya Plibersek, agrees that “the need to protect our plants, animals and ecosystems from extinction has never been greater”. Northern Beaches Council proudly declared its support for the declaration of a “Climate Emergency in 2019”. An integral component of fighting dangerous climate change is to protect biodiversity (meaning we can store carbon in healthy ecosystems rather than release it into the atmosphere). Conversely, they went on to support



Nothing compares to this cutie, an Eastern Pygmy Possum

the Beaches Link tunnel concept which will have a hugely negative impact on our natural environment if it proceeds.

At the same time, the NSW Government and Metropolitan Local Aboriginal Land Council are teaming up to potentially develop over 225 hectares of high conservation value bushland in the Belrose and Frenchs Forest vicinity. The area in question is habitat to a small remnant koala population and a host of other threatened species. While Premier Dominic Perrottet also recently announced the government’s intention to raise the Warragamba Dam wall and so inundate 4,700 hectares of World Heritage listed “Blue Mountains National Park” (including a multitude of rare species and Aboriginal sacred sites). In doing so he declared that the state must “put people before plants”.

In Canada, this December, governments will meet to create targets on protecting biodiversity for the next decade (COP 15). According to Insurance Group, Swiss Re, more than half of global GDP is dependent on the healthy functioning of the natural world. Fingers, claws and paws are firmly crossed.

Footnote: At the 27 September Northern Beaches Council meeting - Agenda item 18.4 Manly Dam Link Trail Boardwalk (considered under “closed session”). Council resolved to “decline to accept any of the tenders received and to call for “fresh tenders”). Despite public money being used for this project, details remain hidden.

Words: **Malcolm Fisher**



From ancient Egypt to modern Cromer, expert surveying is paramount

Zen & the Art of Surveying

The Greeks may have invented democracy while the Romans pioneered plumbing and gladiatorial entertainment, but it was the Egyptians - humanity's finest walkers - who brought to life the civilisation-defining art of surveying.

Necessity is the mother of invention, and with the Pharaohs seeking innovative, state coffer-filling mechanisms, ancient Egyptian surveyors were tasked with assisting in the taxation of land plots, using measuring ropes, plumb bobs and other instruments to assess the dimensions of pieces of property.

Jump ahead 3,500 years to April 2001 and a Space Odyssey opportunity of providing precise, legally defined spatial boundaries for the Northern Beaches and beyond saw **Stuart McEvoy**, **David Lovell**, **Stuart Soltau**, and **Andrew Cummins**, set up **CMS Surveyors** in a tiny office in Brookvale.

With a commitment to integrity and a mission to provide the community with a professional, reliable and quality survey service, CMS has grown over the past two

decades to become the gold standard in the industry, a dynamic, multi-discipline company with clients consisting of government bodies, architects, builders, developers and engineers, as well as solicitors, real estate agents and individual property owners, and now based in Cromer with 75 staff.

"I got into university to study Mining Engineering but then discovered Surveying as a subset of Engineering," CMS director David Lovell recalls. "The more I learned, the more I enjoyed it, plus the appeal of living closer to the coast as opposed to off in some remote mining location, I saw very early on the chance to have a long and fulfilling career in surveying, while also providing an essential community service."

So, the question naturally arises, what do surveyors actually do? Fellow CMS director Stuart McEvoy explains, "Surveying, the ability to meticulously map out the environment, is essentially the core foundation block of the entire property and legal framework of society. The planning and execution of

most forms of construction require it. It is also used in transport, communications, mapping, and is an important tool for research in many other scientific disciplines."

David adds, "It's like being a land detective, on the job, going out with surveys that were made in 1800 and finding marks that were put in 100 or more years ago, measuring between those marks, figuring it all out, working out where a property truly starts and ends, getting your boots dirty while using all the tools at our disposal to find, down to the nearest millimetre, the boundaries of a property."

CMS is not only totally committed to their clients, but also to developing the profession and the future professionals who'll be part of it, investing countless hours in the career development of their staff as well as university students progressing towards graduation. "From the beginning, when we first established CMS, and ongoing, our chief focus is on integrity," Stuart explains. "And that means providing the best work possible for our clients, but also making sure the standards of the profession are maintained to the highest level, which is why we make a concerted effort to be available for the next generation of surveyors, share our expertise and do everything we can to see surveying go from strength to strength."

Happy 21st birthday to CMS Surveyors! To learn more about their business at cmssurveyors.com.au and to keep up to date their latest projects, follow [@cmssurveyors](https://www.instagram.com/cmssurveyors) on Instagram

Words: **Liam Carroll**

Ask a Sparky

The best currency is communication

Completed your apprenticeship? Spent valuable time building up your trade skills? You might be ready to go out on your own, but before taking that leap it's important to have some business insights from those who've gone before you.

What inspired you to start Local & Licensed Electrical & Airconditioning? I started the business because I saw a real gap in the trade. It's hard to find Sparkies that actually know how to communicate with customers and always follow up and follow through! Plus, I wasn't happy where I was working and figured I could do it better. So I went for it!

What's the trick to growing a trade business? It's the simple things that count the most, and I've grown the business by providing a great experience for my customers while teaching others how to do that, as well as how crucial the whole customer experience is. That's meant we are never short of work.

What advice would you give to someone who is aspiring to start their own trade company? Make sure to treat your staff the same way you treat your customers and look after them well,



Local & Licensed founder Chris Pemberton

because it's the staff that look after clients at the end of the day, so it's important to build a really good team that takes pride in their work and enjoys the process.

Finally, what does a Sparky eat in the field? It depends if he's trying to keep it light, but it's usually whatever amps him up the most.



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Deck shots, before and after a thorough once over

Home Improvements

How to prepare your deck for Christmas

The holiday season is finally approaching and having had the past couple of years of false starts, we can finally turn our attentions to having a proper festive season with friends and family from close and afar. And where is the great Australian celebration held? On the deck! So, it's time to look outside, and start preparing our 'outside rooms' for summer.

First thing we need to do is to remove everything from the deck, to let us see if there is any structural work that needs to be done. We want to walk up and down the deck and look for any boards that have movement. These want to be secured with self-tapping wood screws. It's also a good time to note any moisture or dirt that may have been held in place by planters, so lifting feet can be used when they are returned to the deck to allow for air circulation.

Next, we want to start to clean our decks. This is a

great opportunity to get the whole house washed. Washing the house not only brightens your property up, but also in washing away the corrosive salts, it adds longevity to your paintwork, as well as your aluminium gutters and windows. It can also add safety by cleaning slippery drives and paths, and of course, removes built up dirt on your decks. You could either do this yourself, or quite economically you could engage the services of a locally based company such as **Coastal Cleaning Pressure Washing (www.coastalcleaningnsw.com)** to reach all the difficult places for you.

Then we want to acid wash the timbers. This is done using a 'timber reviver', which is an acid that you mix with water. You can purchase this cheaply from your local

hardware store. You first wet the deck, and then you scrub it with the solution and a decking brush. You then rinse the freed dirt off. This allows the natural colours of the timber to return. You may want to repeat this two to three times.

After the deck has had time to fully dry out now is the time for a final inspection to see if there are any offending marks of stains remaining. A quick buff with an electric sander and some 40 grit will send these packing.

Now that the timber is prepared, what to finish it with? There are two options, firstly you could use a water based product such as Intergrain ultra deck. Water based products have some penetrative qualities but tend to sit more on the surface of timbers, however they have the advantage of being fast drying. Or secondly you can use an oil based product such as Sikkens cetol HLSe. Oil based products tend to penetrate timbers deeper, replace natural oils and cause the timbers to swell and close cracking.

Either way, if it has been a period of time between your last maintenance of your deck then you are going to want to apply three finish coats to you deck, allowing a day between each coat for the product to harden between coats.

After all this hard work the only thing left to do is to fire up the Barbie, fill up the Esky, and wait for the celebrations to begin!

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.ballard@labradorpainting.com



Finding support and connection in a group

Sharing your experiences in a support group with people who can relate first-hand can be helpful to your mental health.

Lifeline Northern Beaches support groups are an opportunity to complete a structured program that is facilitated by tertiary trained, accredited professionals in a supportive, respectful and confidential environment. By talking openly, sharing ideas and experiences, and being there for each other, support group members gain valuable insights and support, and can feel less alone.

Groups are offered focusing on a variety of issues – from grief, loss and suicide bereavement to survivors

of trauma and domestic violence. The groups are designed to give practical tools that may improve mental health and well-being.

“Our local services are aimed at creating connection and empowering our community to be safe from suicide,” says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. “If you're finding difficulty dealing with your feelings, and past experiences are negatively impacting you, ongoing support could be helpful.”

Lifeline Northern Beaches'

support groups typically have no charge, though there are participation requirements and some eligibility criteria.

“Feedback from our support groups is overwhelmingly positive,” says Barbara. “And we find that they can be a constructive addition to individual counselling. Though, sometimes, one-on-one sessions are the most appropriate option.”

Support groups are run throughout the year, most with weekly sessions over six to eight weeks, with new intakes regularly.

“Group members can be hesitant at first about sharing their feelings and experiences,” says Barbara. “But often participants find that by telling their story they feel more connected – with many friendships and support networks formed from group participation.”

Find out more about support groups and counselling at Lifeline Northern Beaches by visiting lifelinenb.org.au/get-help

Words: **Lifeline Northern Beaches**

Need support? Contact Lifeline anytime. Call **13 11 14** or text **0477 13 11 14**. Ongoing support is also available. Call **9949 5522** to make an appointment.



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The stage is set for Glen Street Theatre's 2023 Season Launch

Do you remember the first stage show you saw? How did it leave you feeling? For me, there's no better feeling than walking into a theatre, taking a seat among a sea of strangers; the lights go down, the show begins and collectively you experience something beautiful – storytelling, music, movement in dance – you leave your seat at the end, surrounded by people who are not quite strangers anymore. It's magic.

When COVID-19 hit, the lights went down at Glen Street Theatre. Around the world we shut down and shut in – but we still craved that connection, inspiration, and comfort that the arts give. Now, as we emerge from our collective social hibernation it is more important than ever that we immerse ourselves in the pleasure and community of art spaces.

We are so lucky here on the Northern Beaches to have our very own performing arts centre in Glen Street Theatre at Belrose – a home for comedy, drama, music, film, dance, and wonderful children's performances. The team there have faced big challenges navigating the pandemic and now they are turning towards a brand new 2023 season launch that promises their loyal theatre-going community, as well as new friends plenty of laughter, reflection, music, and entertainment! The lights are on and burning bright, the stage is lit with possibility!

The 2023 Season Launch in November will see some familiar performances return, such as the hilarious and beloved *The Wharf Revue*, with their new show – Looking for Albanese. As well as some of the finest drama productions in *The Sunshine Club* and the acclaimed *Wild Thing*. There will be laughs galore at the Melbourne International Comedy Festival Roadshow, as well as pure magic as Roald Dahl's *The Twits* and Mem Fox's classic *Possum Magic* are brought to life on the stage! Glen Street Theatre is also home to lots of film screenings including the ever-popular Manhattan Short Film Festival and Warren Miller's action-packed snow films. There's plenty to get your 'groove on' to as well, with an unbeatable rollcall of fabulous musicians and tribute shows.

So, dress up, head out and meet some friends, have a glass of bubbly in the foyer – indulge in the happiness and excitement of live performance! We know that small joys have



Time to dress up, head out and enjoy a Glen Street show

such a big impact on our overall wellbeing, and sharing creatively, experiencing stories and music are fantastic ways to connect – good for the mind, good for the soul!

It is also a great time for our children – who may not yet have experienced the wonder of a stage show – to take a trip to the theatre. To open up their world to new ideas, inspiration and creativity and to challenge them to think critically and learn. What a joy it is to see their faces light up and their brains start ticking over all the ways they too can be creative, learn and play through theatre.

Memberships will also be on sale from 21 November, providing access to excellent benefits including discounts on certain shows, pre-sale access to tickets, a couple of free (delicious) drinks at the foyer bar and much more! You can get yours and check out the rest of the program at glenstreet.com.au.

It's time to relax and enjoy a show, get some friends together and have a night out at the Northern Beaches' premier space for performing arts. See you at Glen Street Theatre!

The Glen Street Theatre 2023 Season is launching 21 November. Check it out online at glenstreet.com.au and follow Glen Street Theatre on socials.

Words: **Georgia Slater**

Fantastic Foodie Flicks

There's something especially mouth-watering about seeing delicious food on film, and with a festive season of excess eating imminent, this month's picks feature fabulous food and equally fascinating stories that will hopefully inspire some kitchen creations of your own.

The Bear

Streaming on Disney Plus

Carmen Bezzato, a superstar young chef, returns home after the passing of his brother to run his family's sandwich shop in Chicago. With grief fresh in his mind he battles unpaid debts, menu changes, family drama, personal problems and even more on the way to proving to himself and others he is the chef he thinks he is. Surprisingly funny and heartwarming, this show has a sweet charming nature amongst the intense circumstances and before you know it you feel part of the family too! Come for the array of eye-popping food, stay for the intricate and thoughtful character drama.

Boiling Point

Streaming on Amazon Prime

Boiling Point follows the relentless ins and outs of a restaurant on the biggest night of the year. From the head chef to the wait staff, from rude diners to guests with engagement plans – the pressure and intensity bubble and rise to a searing crescendo that stuns. This is an experience unlike any other, full of delicious food, relatable restaurant experiences and fascinating characters – a wild ride from start to finish.

Big Night

Available to rent on Youtube and Amazon Prime

In 1950's New Jersey two brothers run an authentic Italian restaurant but face fierce competition from a glitzy Italian restaurant across the road. In a last ditch effort to save the restaurant they plan one show-stopping evening of food. This underrated nineties gem features some of the best looking food in all of cinema, with a stirring story of brothers facing the pressure to compromise their art for commercial success. A delight.

Words: **Christopher Roberts**

Chris is the author of [@filmmandfoodpodcast](https://www.instagram.com/filmmandfoodpodcast)



Warning! You'll definitely have beef with this sandwich

Aussie Beef Brisket Roll

Inspired by the classic Chicago beef sandwich made in *The Bear*, here's an Aussie version that packs a flavourful punch.

Ingredients (makes four with leftovers):

1.4kg beef brisket
1 cup orange juice
1 cup veggie stock
2 tbs maple syrup
2 tbs tamari
Tin of diced tomatoes
Ras al hanout spice mix
Quarter cabbage, shredded
3 garlic cloves,
1 red onion, roughly chopped

Half a cabbage, shredded
1 red onion, thinly sliced
4 rolls of your choice
Jar of mango chutney

Method:

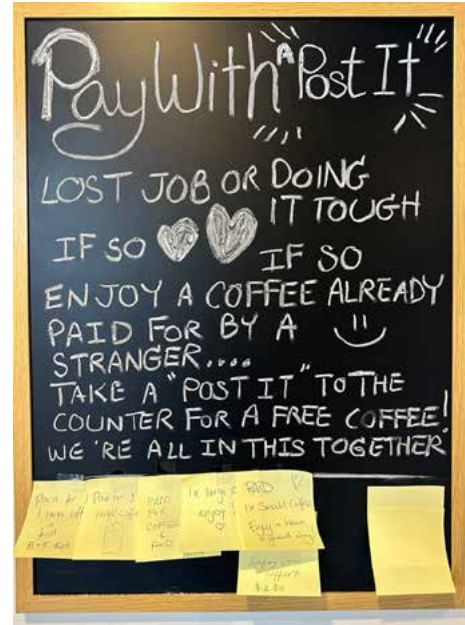
1. Preheat oven to 130 degrees. In an oven-proof dish, brown both sides of the brisket on medium heat, then remove and rest in a bowl.
2. Add the onion and garlic to the dish, cook until soft, then add the diced tomatoes, tamari, maple syrup, orange juice and veggie stock.
3. Take the dish off the heat and place the brisket back in, it should be two thirds covered by liquid. Amply season the top of the brisket with ras el hanout.
4. Place the meat in oven for 6 hours, then remove from the oven and use a fork to shred.
5. To serve, on a roll add a serving of brisket, a few dollops of chutney, then some cabbage and finally top with some slices of red onion. Serve warm or cold and enjoy!



Subject Manly Wolves 2022 AFL premiers
Location Mad Monday



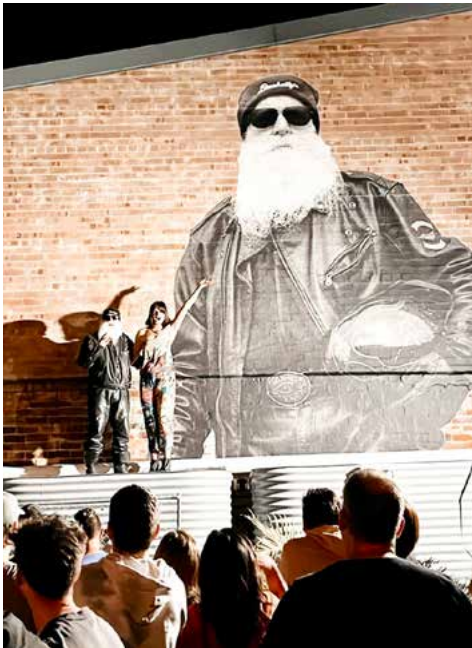
Subject BettyLee
When Sharing at Manly Jazz



Subject Post It initiative at One Cafe Dee Why
Photographer Anne Henshaw



Subject Freshie Brewing Co's freshly painted mural
Location 4 Powells Rd, Brookvale



Subject Old Man Bucketty by Renata Reinmueller
Location Bucketty's Brewing Co.



Subject Hungry Cocky in the bush
Photographer TwitchBirdisThat



Subject Long Reef Boardriders, 2022 SURFTAG supremacy
Location Secret Spot (ask @sproutdaily)



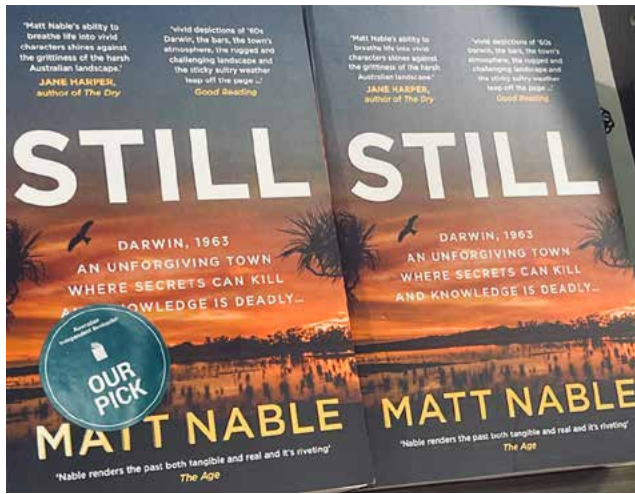
Subject My favourite rock in Manly
Photographer Peter Fysh



Subject Togetherness
Photographer Jenny and Ross Smiles



Subject Declan Wyton, crowned world's 4th best longboarder at Malibu
Credit WSL



Tawny's Bathtub Bookclub

Still, a gripping read

Still was released some months ago but if you haven't read it yet then get a hurry on because this book by Northern Beaches writer, actor, and former rugby league player, **Matt Nable**, is gripping.

I read *Still* when it was first released but it was a speed read because it reeled me in and I was desperate to find out whodunnit! The second read was recent and gave me the luxury of enjoying Matt's talent at conveying the Northern Territory landscape. I have never been to the NT but through Matt's writing all my senses were on high alert – I could see what Matt's characters saw, feel it, smell it and experience the discomfort of the heat and the beauty of the intense colours. It reminded me of how I felt reading Jill Kerr Conway's *The Road from Coorain* many years ago where in the early parts of that book she transported me to the windswept, drought haunted acres in the Australian outback where her story began.

Set in Darwin in 1963 the intense heat and humidity is so real that even though I read it in my freezing cold abode during winter and with rain pelting down, I could still relate to the horrendous and relentless extreme heat and its discomfort.

This book is a crime thriller of the highest quality. It's got the lot – shady government officials, bad coppers, a good copper, racism in the extreme, macho men who make the feminist in me want to kick them where it hurts, corruption, seriously despicable people and hard to solve crimes. It's also got humour, tough men who ultimately reveal their vulnerability, strong women and the extraordinary landscape of the Northern Territory – it's its own character and Matt writes "place" with exquisite care and beauty.

Writers who can write place as well as they write their characters, especially in the crime genre, are quite rare.

Matt excels at both.

There are a lot of characters in *Still*. Matt develops them all to a level that ensures you know them. You get a vivid sense of their appearance, their speech, what makes them tick and how repugnant some of them are. Every character is quite complex, just like people are in the real world, and this makes them even more relatable.

So what's this book about? A mysterious Aboriginal death, a copper who knows there's more to the death than his Senior Sergeant is letting on, a crooked mayor and his despicable priest brother, underhand deals, more deaths, simmering racial tensions and extreme drinking.

Another Northern Beaches writer, Thomas Keneally, has been justifiably supportive of Matt's writing talent and encouraged him to keep at it. Thomas Keneally showed his support when the book was released and joined Matt at Writer's Festivals and the book's launch. This type of support in our ultra-competitive world speaks volumes of both men.

Keneally said of *Still*, "You will yourself fret, sweat and ache for Nable's two imperfect main characters for whom you will wish redemption."

Still would make an excellent movie or miniseries. The characters are fully shaped and the dialogue sounds so realistic that it would take little reworking. It's better than *Mystery Road*. Come on Screen Australia, hop to it!

Get your copy of **Still** from **Humphreys** at Manly or any good bookshop.

Words: **Paige Turner**



1. The area behind which one of these surf clubs used to operate as a rubbish tip back in the 1960's – Dee Why, Freshwater, Mona Vale?
2. In what year did the Warringah Road underpass next to the Northern Beaches Hospital fully open to traffic?
3. Lake Park, or as some would call it "Shark Park", is in which Northern Beaches suburb?
4. What is the name of the lighthouse at Palm Beach?
5. What is the name of the newest brewery to have opened last month in Brookvale located on Powell Rd?
6. Olaf, Kristoff & Hans are all characters in which Disney animated movie?
7. If I was watching a sporting event called The Everest, what sport would I be watching?
8. Which US state is also the name of a country?
9. Volcanic ash from which country starting with "I" spread such a thick cloud that some air traffic over its continent had to be shut down in 2010?
10. What are 7 babies called in a multiple birth?
11. In what year is Halley's Comet next due to fly back past earth: 2053, 2061, 2072?
12. The Ringgit is the currency of which Asian country?
13. What was the nationality of the man who won the Men's 100m sprint final at the Tokyo Olympics?
14. "Presbyterians" is an anagram of which female US singer (first and Surname)?
15. Ceylon is the former name of which Asian country?
16. Which hand did Will Smith slap Chris Rock with?
17. Which instrument is usually played when the "Last Post" is heard on Anzac Day?
18. On a Qantas plane, does the Kangaroo logo on the tail face the front or back of the plane?
19. Which Australian state capital city is named after a NSW Governor?
20. What nationality was Nostradamus?

For enquiries email **"RAZZLE"**
razzledazzletrivia@gmail.com

Sudoku

Medium difficulty

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

THE FUNNY CORNER

Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says, "Is this Whisky?" Elmer says, "Yeth, but not as whisky as wobbling a bank!!"

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Star Signs

by Krystal Bawl

Scorpio Oct 24 - Nov 22

The planets are aligning in a tsunami of psychosexual energy that will knock you over. Resistance is useless.

Sagittarius Nov 23 - Dec 21

Your mystery gives you a sexy cachet many find attractive, others find you hard to get to know.

Capricorn Dec 22 - Jan 20

Capriciousness is your nature, and your unpredictability leads to unrivalled fun for those gutsy enough to join you.

Aquarius Jan 21 - Feb 19

Your love juju is like steam rising from a burning cauldron. It's reaching all in your orbit and causing havoc.

Pisces Feb 20 - Mar 20

All that yoga, meditation and self-restraint isn't bringing you joy so let loose and have some fun. Dance. Drink. Enjoy.

Aries Mar 21 - Apr 19

Those meaningful conversations are getting lost in translation. Just speak plainly and from the heart.

Taurus Apr 20 - May 21

Going full pelt at everything all at once is wearing you out and jeopardising what's most important. Time to reset.

Gemini May 22 - Jun 21

Warmth, wit and wisdom work brilliantly for you. Time to set up a charm school, you'll make a fortune.

Cancer Jun 22 - Jul 22

Your friends love your big heart, available shoulder and that you never judge. What you give is what you get, right?

Leo Jul 23 - Aug 22

You are always the life of the party. Pace yourself this season, choose your parties wisely and you'll last the distance.

Virgo Aug 23 - Sep 23

You'll be every flirt's target this month. If you're up for that go for it but keep the vitamins handy. You'll need them.

Libra Sep 24 - Oct 23

The moon has favoured you with a celestial glow that's sparked energy from you that's irresistible. Use wisely.



Oil on Canvas 152cm x 130cm
'Prince Louis Napoleon's Rooms'

BERNARD OLLIS

12 - 26 NOV

An Opulent World

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3:00 - 5:00 pm

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Trivia Answers

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

Sudoku Solution

1. Dee Vhy 2. 2020 3. Narrabeen (North)
4. Barranjoey Lighthouse 5. Freshwater Brewing Company 6. Frozen 7. Horse racing 8. Georgia 9. Iceland 10. Septuagets 11. 2061 12. Malaysia 13. Italian 14. Britney Spears 15. Sri Lanka 16. Right 17. Bugle 18. Front 19. Brisbane 20. French

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WHAT'S ON TAP AT *Bucketty's*

New beer creations every fortnight* AND the freshest in town with 98% of Bucketty's sold directly from our taproom



PALE ALE No2
3.5% ABV
Recently awarded 3rd Best session beer in the world. THE WORLD!!!

WHAT OUR CUSTOMERS SAY

★★★★★

"One of the best spots on the northern beaches for a few cold ones and some quality live tunes"
- Diego BZ

★★★★★

"Bucketty's is an amazing brewery. Nice staff, great beers very clean. Good live bands playing every weekend. I highly recommend this place to come and have fun."
- Will AZ



GINGER BEER
3.5% ABV
Sweet, spicy, even better with a lime wedge and super refreshing on a hot spring day.



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
Packed full of citra hops, & fermented using Norwegian super yeast, turns from barley to beer in only 5 days!



MIXED BAG IPA
5.5% ABV
This is a true one-off IPA that riffs on the flavour and aroma of some of our other IPA's.



SUNDAY BITTER
3.8% ABV
Tastes like the motherland, malty, slight bitterness, perfect for a Sunday session.



MYSTIC GOLDEN ALE
4.3% ABV
Easy drinking UK style ale, low on the fizz so you can slam it down fast*

*Please don't slam it down fast



VIENNA LAGER
4.5% ABV
A collaboration brew with our World Beer Cup Winning mates. Tastes like victory.



WEST COAST IPA 3
6.5% ABV
Son of WCIPA 1&2. Like your favourite child, he's lovely, strong and spunky, just like you.



BUSH CIDER
4.2% ABV
A bit of honey, a bit of Lemon Myrtle and a whole truck load of Granny Smith apples. Refreshing!



OKTOBERFESTBIER
4.2% ABV
A good times brew, super that's smashable and pairs perfectly with friends.



THERE GOSE DAN PASSIONFRUIT SOUR
3.5% ABV
Dan's final brew at Bucketty's. Tart and sour unlike him.



CHEERS TO A CHAT
3.5% ABV
A collab brew to raise funds and awareness for mental health.

*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.

IN A *Bucketty's* STATE OF MIND