

The Tawny

FROGMOUTH

December 2022



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G'day Beaches

Welcome to December, and cheers to two years of Tawny! 23 mags sharing local stories with an avian dose of Frogmouth tongue in cheek, doing everything possible in print to support the endeavours of the greatest people on Earth, the residents of the Northern Beaches!

This month's 'Dreamstate' cover was created by Andrew Bennett, his mind-bending mastery on display 29 November to 11 December thanks to Artelan at Manly's Gallery 109. Trigger warning: Matt Cleary's Des-ember feature on the enigma that is Des Hasler may induce fits of laughter, fountains of tears, and awes of wonder. The Love Scout offers timeless wisdom on how to avoid flying off the handle, priceless counsel just in time for festive cheer with cherished loved ones. And beset with range anxiety, Campbell McConachie kicks off the True Blue Tawny Yarns column on page 40 with Fear and Loathing of Lost Voltage.

Merry Christmas everyone and enjoy the warmest of silly seasons.

Liam



The Tawny Frogmouth

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CIRCULATION

50,000 copies delivered monthly
47,500 to letterboxes from
Manly to Mona Vale;
2,500 to local businesses
Spit Bridge to Summer Bay

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The Tawny Frogmouth uses paper
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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.



Here to help

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



Luca on the Braille, the North Pole of Christmas card making

Peninsula Wash Up

'Tis the Season of Tactility

Braille by Luca's mission is to share the beauty of Braille with all. His work has been showcased in the Tawny, on SBS, and adorns cafes, galleries, libraries and public places all over the Beaches, but now it's time for you to get your hands on Braille by Luca's goods, with the small business owner's range of unique, tactile, beautifully handmade Christmas cards available for festive season cheer. Each card includes a bookmark and Braille translation code. Order now at braillebyluca.bigcartel.com

Take a walk on the rewild side

Pittwater artists **Michelle Ball** and **Lisa Atkins** have teamed up to create the Rewilding exhibition. Taking place 7-18 December at the **Curl Curl Creative Space**. Michelle and Lisa's paintings and sculptures explore the meaning of Rewilding and share the beauty of a disappearing environment. Although the exhibition centres on a dark subject, the destruction of native flora and fauna, it still manages to share both of the artist's hope and joy for the future of the bush. Rewilding opens Wednesday 7 December, 6-8pm, with artist talks at 11am, Saturday, 10 December.

No garden, no problem

Thanks to **Vegepod**, the Northern Beaches' home-grown world leaders in home growing, and their newly released **Kitchen Garden**, everyone can grow food all year round whatever your climate, whatever your living space. The Vegepod Kitchen Garden enables indoor edible growing in soil, as nature intended. No hydroponics, no fuss, just delicious fast-growing herbs, micro-greens and veg right where

you want them! Vegepod's signature self-watering reservoirs and the full UV spectrum lights above promote amazing growth rates. Take your cooking to the next level with delicious, home grown, fresh food! Visit vegepod.com.au and start growing today.

Portfolio Dissolution, PEP11 Resurrected

Ex-PM ScoMo was many things to many people, many Ministers to many Portfolios, and perhaps the lone "achievement" amidst his dogged determination to destroy democracy was taking Pitt's reins to veto PEP11. Well, stop the press, call Dennis Denuto (can only hope he's cleared tray 3), Asset Energy is now claiming ScoMo's actions were "unconstitutional", meaning the stage is set for a High Court stoush of Kerrigan proportions. It's about the law, the vibe, and so much more. Our battle to stop east coast drilling has only just begun. Onya ScoMo.

Jingle all the way to Pittwater House

Saturday 3 December, Pittwater House hosts their Christmas Fair for the first time since 2018! From 4pm, dash o'er the fields, laughing all the way, to more rides than ever before, including the Giant Fun Slide, family favourite Teacups, adrenaline pumping Storm ride, the adorable petting zoo, camel rides, pony rides, Christmas shopping at local, high-quality artisan and small business stalls, not to mention Gingerbread house kits, class-run stalls, musical entertainment, raffles, a selection of food stalls, Carols from 7:30pm, and a bar to relax at while the kids are having so much fun they'll sleep more soundly than Santa Claus on Christmas night. More details at pittwaterhouse.com.au

Wherefore art thou Romeo?

Harvey Galleries will be showcasing internationally acclaimed Australian painter **Johnny Romeo's** creations 9-20 December with the "Landed!" exhibition. Considered Australia's leading Pop artist with his electrifying collision of rock'n'roll swagger, comic book aesthetics and street art, Romeo's works explore the influence celebrity icons and brand-name heroes have on our pop-obsessed culture. Opening night, Friday 9 December 6:30-8pm. Artist talk Saturday 10 December 3-5pm with drinks and nibbles. Everyone's welcome. Pop along to **515 Sydney Road, Seaforth**.

Words: **Liam Carroll**

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Letters to The Tawny

Pittwater Rd's Big Yellow Beast

As bus commuters stand in perfect unison along Pittwater Rd, awaiting the B-Line Big Yellow Beast, I wonder; how did it all get to this? The NSW Liberals embarked on a franchising scheme to end the public ownership of bus services. They surely did that! Every Northern Beaches resident reliant on public transport is now ferried into a big yellow beast in order to ramp up commuter numbers on that one service. Feeder routes have been cut, with many commuters forced to ride 2 buses to get to work since the removal of 178x, 179x, and 182x for example. There's also increasing chatter of the private companies considering permanent dynamic timetables to reduce services thanks to staff shortages and drivers abandoning the profession all together, deciding to pull the handbrake up and walk away rather than work for cowboy companies who've transformed public buses into privatised mess. It's important to recall the old STA was run at a profit, \$40million annually, and being a public sector service ensured attracting and retaining staff was not a chore. It's equally important to look to the future. There will be a state election in March next year. NSW Labor have pledged to claw back the bus contracts and make it a public service once more. Don't be fooled about the fanfare of the great yellow beast. As you stand up in the aisles from Dee Why to Wynyard, think clearly about how you'll vote.

Dr. Iving Offercliff

Griddle Me This

Surprised to read M Gridley's letter in the November issue. As it's a free magazine naturally there are plenty of adverts. He has missed out on some very good articles eg. The "One Meal" initiative and the interesting resume of Matt Nable's book. Also, the letters were interesting. Keep up the good work.

Glenys Cunningham

AUKUS Submarines

Thank you, Rex Patrick (and Michael West Media), for your explanatory article on the AUKUS submarine deal in the November Tawny Frogmouth. We are not in a good place with this deal. If we proceed with the US supply of large nuclear-powered submarines, they will be out of date by the time we get them, the world knows that we will lack sub-surface defence for decades and, if and when we get them, we won't be able to maintain them ourselves. Our tram and ferry debacles reveal that purchasing overseas manufactured assets that we can't fix is expensive. The reason we made decisions to buy from overseas manufacturers was price. We are now paying further costs, lack of service and no developed skills and jobs in Australia. False economy. Large submarines can only operate effectively in deep water. The advantage of stealth can only be achieved by lack of detection by others. To gamble all that money on the assumption that in the next 20 years others will not have developed effective deep water detection methods is risky. A very large part of a submarine's cost is in the housing and safety of the crew. In Australia's case, with the longest coastline

in the world, would we be better off having many unmanned, Australian designed and built, submarine defence platforms moving continually around our coasts?

Peter Fuller, Narrabeen

Red Light Camera Needed

I have written to RMS and Council in the hope of putting a red light camera on the pedestrian crossing on Warringah Rd, Beacon Hill, near Daines Pde. Too many vehicles ignore the red light. My grandkids and I were very nearly taken out by a car rushing through the lights this morning on the way to school. I have complained in the past due to a few near misses but am fobbed off every time. Will something be done when a person is killed?

Charmaine Simpson

Acknowledgement of Country

Reading the latest Frogmouth, I noticed the Acknowledgement of Country, as we are getting so used to seeing this in many areas now. I wonder if you have to show this by law or just choose to do it; I personally find it divisive, as I reckon all Aussies should be treated equally, or fairly. There is no question that Aborigines were treated badly with early White settlement, but that's sure a long time ago. My personal view is that if you live in Australia and benefit from so many things like health-care etc, all should be treated equally, and have one flag - you know, be proud to be an Aussie. Sorry, I'm digressing here, but you probably get my drift.

Regards, Paul Baker

Epiphany on the Beaches

I've had an epiphany. Persuaded by some fervent writers to The Tawny it is clear that the vast majority of scientists around the world who accept the science of

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Warm wishes for the festive season

This year we've worked together to:

- Pass the Climate Change Bill
- Establish a National Anti-Corruption Commission
- Develop my forthcoming Ending Jobs for Mates and Regulating Junk Food Advertising private members bills
- Assist over 40 community organisations and 2,000 constituents

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Authorised by Dr. Sophie Scamps MP

climate change must be wrong. I've learned from those Tawny writers that it isn't right that the current warming trend is clearly the result of human activities since the mid-1800s and is proceeding at a rate not seen over recent millennia. And they dispute that carbon dioxide from human activities is increasing about 250 times faster than it did from natural sources after the last Ice Age.

And all the unprecedented weather events like fires and floods and drought are all a figment of my imagination. Silly me. And NASA made it all up too. Who'd have thought? Ocean temperatures aren't rising either. So, that's nice isn't it. I can stop worrying about future generations and biodiversity. Who cares about them anyway? Oh, and I've also joined the flat-earth society. Hooroo!
JJ Bell, North Curl Curl

Grim economic and energy security outlook

The real skill shortage in this country is the calibre of our political class. With its lack of business experience, acumen and foresight, we are in serious economic trouble. Our dollar has fallen from 76c to 62c US in the last six months and could hit 50c. That's how the world views us. Devalued and insignificant on the world stage.

This maniacal drive to renewables will cripple us - even if it's totally correct. We cannot afford it at present nor take the risk to have our supply lines cut in the event of conflict with China over any Taiwanese incursion that is more likely than not. We can also not be reliant on the supply of solar panels and wind turbines from China.

For those of you who voted Green, prepare yourselves for the personal sacrifices that you will have to make for voting for

ideology NOT substance, practicality and economic energy reliability. Even Greta Thunderbox is advocating for nuclear revision in light of Germany's folly - relying on Russian gas - but we refuse to look at the nuclear option despite having 32% of the world's uranium. Meanwhile, on the Northern Beaches, we live in paradise that may well be paradise lost without a credible plan B if the transition to renewables fails to secure stable and reliable base load power.

John Partridge, Bal. Hts

Climate Change Unravelling

Well, it's happening, all the doom and gloom being spread by the Climitites is unravelling at a rate of knots. August 2022, Australian Institute of Marine Science reports the Northern and Central sectors of the Great Barrier Reef have improved with coral covers never seen before average 34.5% from a "good" base. The southern sector was down 33% because of Crown of Thorn Starfish damage and "NOT" caused by climate change.

Next, we have the Muppet reject Chris Bowen pushing renewables as they are cheaper to build but then he fails to mention the connection cost to the grid with poles and wires. Recently Chris uttered out the side of his mouth so no-one could hear him, that the latest cost to connect a wind farm in regional Qld was "estimated" at \$166million. Funny how none of the Climitites mention these figures when spruiking the construction of unreliable renewables.

While on the "Muppet Reject", he wants all vehicles to be electric by 2030. Well, here's a few facts for Mr Bowen. Not one block of home units in Australia has been built with the capability to accommodate electric vehicles. Every mains switchboard will have to be upgraded to handle

the power, plus each individual unit switchboard will have to be upgraded at the owner's expense.

It doesn't finish there. All the substations in the area would have to be upgraded or somehow more incorporated in the system to handle the load as the current 66,000volt substations spread around the suburbs would not be able to handle the volume. This was confirmed in research done on the substation structure and capability in a relatively new suburb in Melbourne, Southbank. Last but not least Princess Thunberg has done a complete 180. "How Dare She"! now claiming Germany took the right option in not demolishing its nuclear power stations. They are recommissioning them so as to have enough base power for winter and stop everyone from freezing. Her own country Sweden is currently stockpiling coal and timber for winter again to stop everyone freezing and keep the lights on.

Mark Roberts, Freshwater

Re: November Letters

Jens Ward makes several suggestions about encouraging tourists to Manly. This must surely be for his own commercial interests. I cannot imagine why any other local ratepaying resident would want to encourage more tourism with attendant increase in crowds, traffic, pressure on parking, increased rubbish and so on. I don't think we want Manly to lean towards being another Gold Coast in the years to come.

And Kevin Begaud queries the accepted science of global warming quoting Professor William Happer. Well, this Professor does not question the fact of global warming: he questions the contribution of human activity. However, the overwhelmingly vast majority

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of scientists around the world who have studied climate change do attribute global warming to human activity. If Mr Begaud had cancer and the vast majority of oncologists recommended chemotherapy, would it be sensible to try some herbal therapy recommended by one doctor? He would be gambling on his life just as we are gambling on the world's ecology and all the peoples of the world
David Griffiths, Manly

Pittwater in peril

Pittwater residents are facing inundation by a tsunami of new housing developments under proposed changes to zoning classifications by Council. A packed meeting at Mona Vale Memorial Hall on Sunday 16 October was told the grim news and that they only had until 31 October to tell council what they thought about it. ***This has been**

extended to 2 December*

As I sat and listened to the speakers against the destruction of the natural landscape of Pittwater, I was reminded of sitting through similar meetings in the neighbouring Ku-ring-gai some 20 years ago. What has happened there since council won that battle and allow property developers to ruin the amenity of the area where I grew up still makes me angry and sad. The same old council game plan is being used in Pittwater designed to make them win.
Pamela Mawbey, Brookvale

Skinks on the move

For a few weeks this Spring I had a small skink living in my house. It would emerge at night for a "warmie" under my heater and

I think it must have been eating the small houseflies which I usually have at this time of year. I discovered also that it liked the music I was playing on my iPhone, moving its back legs and tail to the rhythm. This made me wonder, if this small skink has a brain, would it be the size of a pinhead? During each visit, it would move from my living room to the kitchen where a few drops of water had fallen, enjoying a nice drink there!! Dancing is thirsty work. I called my guest "Skinky" but now Skinky must have made it to the outside world - the natural world for skinks I hope - as I haven't seen it for a few weeks now.
 Your avid reader,
Selma Creed, North Balgowlah

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Community

Energy for Change

You may have heard that your Council has slashed our annual electricity costs and reduced our carbon emissions by going renewable. And yeah, we are quite proud of it.

Northern Beaches Council is committed to reducing its emissions and costs, and in the past financial year alone, electricity costs for Council buildings and sites were slashed by \$321,690 and electricity costs for street lighting were reduced by \$201,870. All whilst prices are going up. And it gets better. At this rate, we're well on our way to reaching our target to be a net zero Council by 2030. That's not far away!

Just in terms of our energy use alone we have come leaps and bounds in the last 4 years. How have we done this? Our major savings were all achieved through Council's 100% renewable electricity Power Purchase Agreement (PPA), along with our work at improving energy efficiency. And, of course, our commitment to installing more solar panels on council properties.

Did you know that according to APVI (Australian PV Institute) there are over 60,000 houses on the Northern Beaches that have the potential for solar. So, what can Government do to convert them to solar? Are you one of those of 60,000 properties and if so, what is stopping you from putting solar on? If it saves you money and helps us reach net zero quicker, win and win. Especially as Electricity prices are only getting higher.

We're **Simplifying Solar** for you on our website, including **SunSPoT DIY Solar Suitability Check** and our popular **Solar Conversations** - learn more at northernbeaches.nsw.gov.au.

By investing in solar and switching to renewable energy, we've reduced our emissions by around 80% and slashed our energy costs. It's a win for the community with savings directed back into infrastructure upgrades and community projects right across the Northern Beaches.

We are proud to be part of a future-minded community that actively champions sustainability and climate change action on the Northern Beaches. In 2022 we have not just 'met' our corporate emission reduction targets - we have exceeded them well ahead of time.

Solar installations on Council properties and the PPA are together expected to achieve savings of over \$2.4 million over 7 years, com-



Mayor Regan, fully charged for a renewable future

pared with forward energy cost estimates. Our PPA with Iberdrola-owned Bodangora Wind Farm has reduced Council's overall corporate carbon emissions by around 20,000 tonnes. Ausgrid's Accelerated Residential Streetlight replacement project, which is more than 90% complete on the Northern Beaches, has also contributed to Council's street lighting energy savings. It's estimated to save Council more than \$1.7 million over ten years. It will also reduce Council's carbon emissions by 3,000 tonnes a year.

Let's all keep choosing renewable energy on the Northern Beaches, because together as a community we can bring about great change for our environment. And now as we convert our fleet to Electric, and support 3rd parties like Ausgrid/ Jolt to introduce free charging stations for our residents and visitors, there has never been a better time to convert to an EV and for Council to continue to invest in renewables. If it saves us money and cuts our emissions and helps our community, why wouldn't we do it?

Finally, there are so many other simple things we can do. Plant a native tree outside your house. Take a bicycle instead of the car. Encourage your friends and family to go solar. Little simple and effective things. Every little action helps.

For more information on Council's energy saving measures and how you can play your part in taking climate action visit Charge Ahead at northernbeaches.nsw.gov.au

Words: **Mayor Michael Regan**

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James farewells plastics in his business wetsuit

James Griffin Update

A huge year for Manly

As we enjoy the Christmas break and summer, it is worthwhile reflecting on the huge year that we have had as a community. I want to thank and congratulate the volunteers and people who have given their time to support our wonderful organisations like Meals On Wheels, OneDoor, the Northern Beaches Women's Shelter, Community Northern Beaches and countless others who help the vulnerable and voiceless in our community. There are so many great groups like the Rotary Club and Manly Lions who have also had a big year back, fundraising and putting on community events. Well done and thank you.

A year of delivery as NSW Environment Minister

This year has been a huge one for the Environment in NSW. It has been a great privilege to deliver some important environmental legislation and outcomes. Over the past year I have:

- Enhanced the powers of the Environmental Protection Agency
- Banned single use plastics in NSW to reduce litter and landfill and support our marine life.
- Increased the state's recycling capacity by investing in more recycling facilities and programs. Since 2012 we have increased our recycling capacity by an extra 3.2 million tonnes.
- Delivered the \$190 million NSW Koala Strategy, which is the single largest investment into a single species by any government in Australia.
- Launched one of the largest harbour restoration projects of its kind in the world to reforest and restore Sydney's marine habitats for penguins, seals, seahorses and turtles.
- Returned 10 locally extinct animals to their native habitats in our world-leading rewilding

sites, and we're on track to remove these species from the extinct list - the first time this has happened anywhere in the world.

- Expanded the NSW National Park Estate, in fact we have added more than 602,500 hectares of land to the national parks estate since 2019 - and there's even more to come.

Welcome to our international friends

I recently welcomed U.S Ambassador Caroline Kennedy to visit beautiful Manly.

Our area has pioneered some outstanding environment initiatives, like Operation Crayweed and the Living Seawalls. These projects are integrated into the world's largest Harbour restoration project that I announced earlier this year. The project will help to restore biodiversity in Sydney Harbour, improve water quality and increase carbon sequestration.

Seaweeds such as Crayweed provide critical habitat and food for marine life. They also act as underwater forests, capturing carbon and creating oxygen. However, Crayweed completely disappeared from the Sydney metropolitan region in the 1980s due to pollution and has never returned.

The Living Seawalls are part of the NSW Government's \$9.1 million Seabirds to Seascapes program which was recently announced by Mr Griffin. It includes three elements:

- Restoring Sydney Harbour as an ecosystem and marine habitat by installing hundreds of Living Seawalls, and replanting seagrass meadows and kelp forests
 - Supporting the future of Little Penguins in NSW by conducting the first ever statewide Little Penguin census to better understand their population size and how they're responding to threats such as climate change
 - Helping Fur Seals thrive as a species by conducting a Seal Survey to identify their preferred habitat, breeding grounds, diet and key threats.
- The initiative is being delivered in partnership with experts from the Sydney Institute of Marine Science (SIMS), Taronga Conservation Society Australia and NSW National Parks and Wildlife Service.

Thank you

If I don't get to see you over the Christmas break, have a safe time and enjoy all that our beautiful area has to offer!

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

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Keeping Freshwater's community voice strong starts at the grass roots

Community

It takes a village to keep watch of developers

Friends of Freshwater, born to ensure Freshwater Village is never overtaken by overdevelopment.

It was 10 years ago that developers sought to build 94 apartments in Freshwater Village. 100's of residents marched down Lawrence Street to protest. The overdevelopment of the Village was stopped. This protest marked the birth of **Friends of Freshwater Inc.** founded by **Peter Harley OAM** who remains as our president 10 years later. He has been ably supported by **Denise Goldstein**, Treasurer, since the beginning.

Over the last 10 years Friends of Freshwater has become the most successful Community Group on the Northern Beaches. It has a reach that has been instrumental in enhancing our suburb with projects including the **Soldiers Walk of Remembrance**, the **Freshwater Community Garden**, the total renovation of **Undercliffe Reserve** and Public Art Projects. These

endeavours have been supported by grants from Local, State and Federal government.

We have successfully lobbied and worked with the Northern Beaches Council for upgrades to key facilities such as public amenities, an example of which are the toilet facilities in Jacka Park. Other public amenities in and around the Village and the beach are still inadequate and we continue to seek improvements.

2023 promises to be a challenging year for our Village. While we now have improving occupancy rates amongst the shops on Lawrence Street, this is likely to be heavily disrupted in the next few years.

In 2023 we will see significant development on the south side of Lawrence Street, with the redevelopment of the corner building between Oliver and Dowling Street, which has been approved for

11 apartments and 2 shops, with construction to commence early 2023. With the help of Friends of Freshwater and members of the community we ensured this development met all Council regulations. The Village will once again be a construction zone for at least 2 years.

Further, we anticipate that in 2023 a DA will be lodged for a total re-build from Dowling Street up to and including the Thai restaurant, is imminent and will include shops, apartments and underground parking abutting the residences on Undercliffe. We will monitor this closely and make submission to Council if necessary.

In order to keep our community voice strong, we need financial members to show Local, State and Federal government that we are supported and represent the Community. This means we all need to become financial members. For a modest \$20 annual family membership, we keep a strong community voice to ensure things get done for the benefit of our community. \$20 is a modest investment to ensure our voices are heard loud and clear so if you want to support Friends of Freshwater, please go to freshie.org.au and sign up!

Words: **Diana Ryaal AM**, Vice President, Friends of Freshwater

Friends of Freshwater is celebrating our 10-year anniversary. We've come a long way over the past decade. Founded by Peter Harley OAM and Denise Goldstein along with 4 others, Friends of Freshwater ensures the Freshwater Village is not overtaken by overdevelopment. Your support as a financial member is critical to our continued success in stopping overdevelopment and keeping Freshwater unique. Visit freshie.org.au and become a member for \$20 per family.

healinghuman.com.au to book your Manly session.' and '*Terms apply.'"/>

freshie.org.au friends@freshie.org.au 0412 218 832'. A QR code is in the bottom right corner."/>



Des Hasler, a Manly champion in a league of his own

Sport

Enigma: The beautiful mad b*stard called Des

They are the Liberaces of league. Like Madonna and Maradona, Pele and Prince, these worthies need one handle only. One is plenty. Think Joey and Matty, Rabbits and Gus. Think Beaver, Benji and Braith. Think Sterlo and his mate the great Fat Man.

And think, of course, of Manly coach, the funny, mad bastard called Des. Yes, Desmond John Hasler; a one-off, a singular cat, a weirdo in a good way. He's an enigma. Private and a showman. Remember when he ripped a door off the hinges at Parramatta Stadium? People who knew thought setup – unscrewing hinges is a thing Des'd do. The man maintained innocence. Blamed the door. Blamed Channel Nine for filming it. Said he would pay for the hinges. Betcha the club did. Classic Des.

He doesn't talk a lot about himself, yet there's lots talked about him. He doesn't like

things written about him, yet he'll read every word. Bet he reads this.

He's musical. He's a regular at Sunday night mass. He keeps odd, mad hours. He'll ring friends at 1am and ask, "Did I wake you?" He has craggy features below Farrah Fawcett's bangs (Google her, kids). He's familiar though we don't really know him – few do. Thomas Keneally wrote his biography in '93. His main takeaway was: "Des is very private". What an insightful read it must've been.

Until recently he was a fixture at Narrabeen's training track with his footy shorts and bowed legs, barking away, revving the cement truck, circling wagons, instilling the mentality of the siege.

Des is like a mad, fun uncle: quick with a quip; protective; and clearly tough, he'll put a boot up your arse because he loves you. Players will run for a man like that. They will work

and sweat and bleed for him. He's got their back, and they know it.

When the Brett Stewart saga broke ten years ago after the Eagles' ill-fated season launch at Manly Wharf Bar, Des took control. He spent a hot minute deciding that Stewart was innocent; that it was an extortion attempt by a grub, the father of a girl who'd accused Stewart of sexual assault.

A man can tell if a young bloke is lying, particularly those with whom one spends every day. Des was a teacher once – he knows young blokes. He knows they aren't socio-paths or criminal master-minds; they're largely guileless, innocents. Boys.

Des went with Stewart to the police station, to court, out in public. Just as he fronted the press after the rainbow jumper saga, it was probably the chief executive's job. Hasler made it his. No arguments. The Stewart family will never forget it.

Des played 256 games for Manly and won two premierships ('87 and '96). He went on Roo Tours in '86 and '90. He was so good he forced Phil Blake out. And Blake was ridiculous. In 1983 Blake scored 27 tries. Hasler was a halfback without much of a pass. But Bob Fulton knew: he was fit; he was tough; he would run all day. And he would never give up. Ever.

Blokes kept fit in the '80s – but Des was next level. He was on the Wayne Pearce train. Outside the boxer and Bulldog Billy Johnstone – who would go on to be a conditioning legend – there weren't a lot on the train.

"Des was the hardest, fittest bloke I ever played with," Paul Vautin says. "He was my

favourite bloke to play with." In the gym, Des would hang off the roof, doing isometrics, or something, blokes didn't know what it was. It was just Des, hanging off things.

Des was working his core before it was called one. He was ripping off Pilates-style moves before it was a thing. He was Spiderman in Manly kit, inverted, mullet dangling. He'd get on the bike machine, ride flat out for a minute forwards, then flat out a minute backwards.

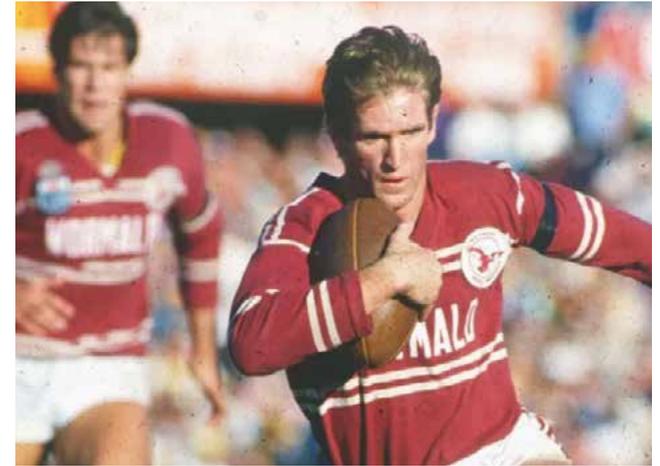
He'd get onto the field, hop for a hundred metres. Hundred right leg, hundred left leg. People would gaze out the dressing shed windows – what the hell is he doing? He wrung every ounce of ability from 75 kilograms. He was a greyhound with muscles.

There's an apocryphal story that Des would sprint up Brookie Hill after games. It's never been confirmed. But it's telling that people who know Des could not discount it. "Sounds like something he'd do," said a mate. As Ivan Drago said of Rocky, he is a piece of iron.

Since he came back to Manly at the end of 2018, the Sea Eagles' board gave him free rein. He'd got them to the top doing it his way. They figured he could do it again, even if he did leave both his previous coaching positions – one at this very Manly – acrimoniously.

"Dessie doesn't play political games very well," says a Manly insider. "He positions himself as the boss of 'his' area and that's how he operates. That's been challenged twice and out the door he's gone twice."

Around rugby league and on the Northern Beaches particularly, tales of Des abound.



Des played 256 games for Manly, winning two premierships ('87 & '96)

They'll tell you he loves country-and-western music and once sang in a band. They'll tell you he would travel by train from Penrith to Circular Quay and busk for change. After he'd earned a few bob he'd catch the Manly Ferry.

His wife drove a Toyota Land Cruiser; he'd give her \$5 for petrol. He once picked up 50 cents in the race at Brookvale and put it in his footy sock. He arrived at a function late because there was free parking after 8pm.

He remains mates with parents from his kids' school. He's involved at church. He's mates with Thomas Keneally. He helped Zali Steggall train for the Olympics. He taught at St Pius X at Chatswood and also St Augustine's next to Brookvale Oval.

Des's brother Danny Hasler was a teacher at St Augustine's, too. An elite-level long-distance runner, he died of brain cancer in 2013. At the funeral service,

Des stood up and sang a song they'd sung together as kids. Unaccompanied. Unadorned. A beautiful, plaintive lone voice in a church...

Des is a devotee of The Art of War by the Chinese warlord, Sun Tzu, written in 500BC.

He's always re-reading it, picking out gems. He was tipped onto it by former Wallabies coach Rod Macqueen, who lived near Des in Collaroy.

But as it was for Shane Warne (who thought the team bus was more useful than John Buchanan was as coach), for most of Des's players, the war book is so much malarkey. They barely know Clive Churchill, much less Winston.

But they went to war for Des. They knew he's a Manly Man. They respected his hardness. And they like the mad old buzzard. Paul Vautin reckons he's mellowed. "He's not ripping doors off hinges any more," Vautin says.

Words: **Matt Cleary**

Enjoy that story? Help author Matt Cleary tell more like it by shouting him a coffee at www.beacheschampion.com.au or scan here:



IMAGE CREDIT: NRL.COM

IMAGE CREDIT: NRL.COM

Trigger shy: dithering on the obvious fix for gas and electricity bills costs every Australian

In Western Australia they earmark a portion of gas supply for domestic users. This Domestic Reservation Policy works. Prices are lower, supply is guaranteed. So why is the government refusing to do the same for all Australians? Rex Patrick reports for *Michael West Media*.



LNG Export Terminal, Gladstone.

Already suffering Australian households and businesses will suffer even more over the next two years with a 56% increase in power bills predicted. It will drive up the cost of living further, increase inflation by around 1% - which will contribute to higher interest rates - and will cause manufacturers, particularly those with energy intensive operations, to shred jobs or go out of business. Meanwhile, the gas companies are racking up super profits, and the Labor Government is afraid to act decisively. Instead, they dither about, tinkering with an already flawed system of regulation.

Gas prices set electricity prices. Gas powers the gas turbines that turn on (at high per unit prices) to boost power when there are wind and solar troughs, or demand spikes. And yet there's no shortage of gas in Australia and no need for Aussies to be paying high prices for it. Next year Australia will produce about 1980 petajoules of gas, of which only 570 petajoules will be used domestically. We have plenty of gas. Its high cost is the result of government policy failure and the unrestrained greed of the gas cartels, not lack of supply.

Readers can see where the problem lies: between 2014 and 2017 three LNG projects operating on Curtis Island near Gladstone kicked off east coast LNG exports - the Shell

managed Queensland Curtis LNG (QCLNG), the Santos managed GLNG plant and ConocoPhillips led Australia Pacific LNG (APLNG) - All majority owned by foreign multinationals. Prior to the development of these export terminals Australia had relatively low gas prices by international standards, reflecting local supply and demand circumstances characterised by relatively low consumption and high reserves. In 2005-06 prices in Australia were generally less than \$4 per gigajoule while in the US and Europe they were around \$10.

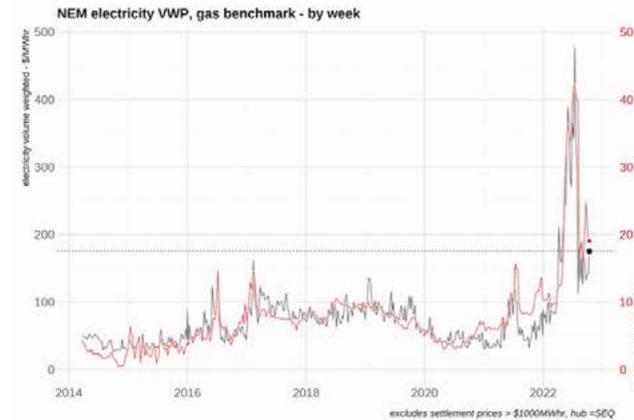
However, warning signs were emerging in Western Australia, which was and still is a separate market to the east coast, with their LNG exports starting to put pressure on domestic prices. The West Australian government responded with a Gas Reservation Policy. Not so in the east, by the end of 2008, three applications had been lodged to establish LNG plants in Gladstone. The three proponents adopted a narrative that 'all would be well'. Only benefits would flow.

Shell stated that its QCLNG project rationale was: "to further develop Queensland's vast CSG resources by opening up new markets for this gas through conversion to LNG and export to international markets, whilst enhancing and creating new supply options to domestic markets".

Santos stated that its GLNG project: "will provide assurance of gas supply to international and domestic markets".

ConocoPhillips and Origin stated that the primary objective of the APLNG project: "Is to further develop Queensland's vast CSG resources by opening up new markets for this gas through conversion to LNG and export to international markets, whilst enhancing and creating new supply options to domestic markets."

How wonderful, but the reality has turned out quite different.



With abundant gas supplies, why have prices skyrocketed?

Moving forward almost a decade to 2017, with the export facilities all up and running, supply shortages and significant price hikes were being experienced in the east coast gas market. The output from the fields intended to support the gas companies export contracts were not meeting expectations, and so the companies scooped up local supply to meet their needs. They put their export customers ahead of domestic users and the nation. The government intervened with a gas trigger regulation to ensure supply could satisfy local demand.

But that didn't adjust the mindset of the companies, confident the government would never pull the trigger. They clearly cast aside their national benefit façade in favour of profit. By 2019 Australian consumers and businesses were paying more for Australian-sourced gas than their Asian counterparts, even after liquefaction and shipping. There was no rational defence for their conduct.

And now the gas predators are taking full advantage of the misfortune of Ukrainians to maximise their profits even further.

Without regard to the pretences under which they established their LNG operations here, they're taking gas that belongs to Australians and selling it at super profits, both here and abroad, crippling Australian consumers and business. Companies need to make profits. We shouldn't mind too much if they make super profits from overseas customers, provided they pay a fair royalty to the people who actually own the resource. But they cannot be permitted to steal away our comparative advantage.

And yet our government stands still like a kangaroo caught in the headlights. Sure, they're talking about minor measures, but they're not doing the big things needed, like enacting a gas reservation policy. The government seems to place (non-existent) sovereign risk ahead of local poverty and loss of manufacturing.

There is no sovereign risk. Companies that advance a benefit to a host nation as they establish an operation and then don't come through must anticipate that a government must respond accordingly. Companies that operate in a moral vacuum and without social licence must expect a switch by the government away from its 'good faith' norms.

The Albanese government has been in power six months, yet they've done little to deal with this crisis. The moderate national secretary of the Australian Workers Union, Daniel Walton, is right in telling the government to stop dithering and to act.

Perhaps the Labor leadership can look to their WA colleague who went on ABC's 7.30 Report and explained how a reservation policy has served his state well. "Because of it, WA has reliable electricity, affordable gas, a reliable supply, and none of the chaos we're seeing in the eastern states," he said. "Industry didn't like it at the time but now, it's seen as a wonderful initiative and, across the board, it's accepted by industry - both the oil and gas industry itself, but also other industries that are downstream users of it."

He then pointed out something our federal leaders haven't grasped. "Obviously, producers of gas in the east wouldn't like [a reservation policy], but Australian national interest and the people of Australia must come first". And that's how it should be.

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

IMAGE CREDIT: CONOCO PHILLIPS



Community

Hitting the Ground Running

Running a pub's no picnic, but that's where true Steyne power shines brightest.

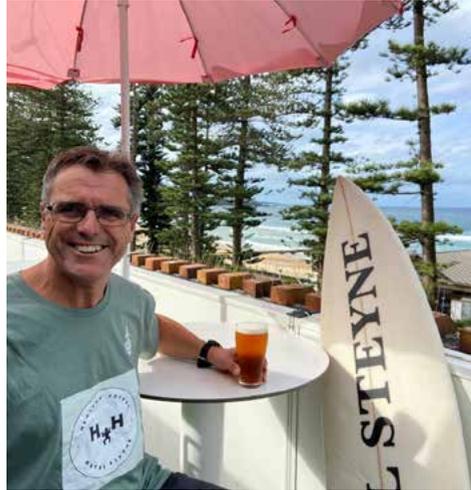
Ever since 1859, when the visionary Henry Gilbert Smith took the plunge and built Hotel Steyne, planet Earth's pre-eminent watering hole and tourist destination right atop Manly beachfront, every publican at the helm since has felt the well-deserved weight of global swiller expectations to ensure the loftiest of public house standards are not only maintained, but constantly evolving.

So, with this front of mind, in March this year Rob Stanley-Jones accepted the challenge laid down by Henry Smith 163years prior, becoming Hotel Steyne's Licensee and declaring in unspoken reverential terms to safeguard the historic venue's ongoing supremacy. With over twenty-five years' experience as a Licensee, Rob was tailor made for success from the get-go.

Having grown up on the Beaches at Avalon, his local knowledge and ability to look spectacular in a horizontal striped t-shirt is unquestioned, as is his commitment to community safety, taking on the role as Chairperson of the Northern Beaches Liquor Accord, where local Licensees work together with Police, Council and other stakeholders on harm minimisation initiatives and education programs for staff and patrons on their obligations when frequenting venues.

What really marks Rob's approach to hospitality and life in general though is his unwavering dedication to the importance of a fit and healthy lifestyle, and a passion for supporting worthy causes. Back in the 80s, while Sigourney Weaver ventured high into the African mountains to rescue Gorillas in the Mist, Rob and his brother commenced the family tradition of running the City2Surf in their matching primate suits to raise funds for The Leukaemia Foundation, a fun run, sweat fest custom they have continued for the last 37 consecutive years.

Having lost his father to leukaemia, while having also fought his own battle with cancer – Rob is a testicular cancer survivor – the power and importance of being a positive advocate for helping to raise funds for cancer awareness and research is dear to Rob's heart. This explains why, on 26 November, he's taking his two left feet to the dancefloor to trip the light fandango for the **Stars of the Beaches Dance Gala**,



Hotel Steyne Licensee, Rob Stanley-Jones.

raising funds for the **Cancer Council**, but it also highlights Rob's inspiration for a new campaign: **#HealthyHospos@HotelSteyne**

Rob's success and longevity in the hospitality industry is directly tied to his dedication to a healthy lifestyle, something not always easy to maintain in the long, often nocturnal hours required of the profession. With a team of over a hundred staff, Rob is approaching local businesses, health and fitness providers, with a view to staff being able to take advantage of activities and programs designed around their busy "hospo" schedules.

Having Manly beach on Hotel Steyne's doorstep, the prospect of encouraging and facilitating staff to take full advantage of the healthy activities the Northern Beaches has to offer is a pivotal step in ensuring Steyne supremacy well into the future.

Help Rob in his hot shoe shuffle fundraising efforts for the **Cancer Council** by visiting stars.cancercouncil.com.au and searching **Rob Stanley Jones**. And a special shout out to Rob's dance partner, **Emily** from **Classic Dance Northern Beaches**, volunteering her precious time toward mission impossible, teaching Rob the cha-cha!

Words: **Liam Carroll**

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Spirituality

Enjoy the Unique Spirits of Goodradigbee, Every Month

Just imagine: A never-before distilled sweet gin or a unique Aussie hardwood-aged single malt delivered to your door every month, courtesy of the creative crew at Goodradigbee Distillers.

The Spirits of Goodradigbee Club is the brainchild of a Scottish Malt Master, Tony Reeman-Clark, and an innovative Aussie and CEO of Goodradigbee, John O'Connor. They are offering in total four single malts, three gins, two vodkas and rums over the first 12 months that are unique to the Distillery and its patented production processes.

Members will then receive one bespoke spirit each month. Cost is \$85 a month for a 12-month subscription, \$90 per month for a 6-month subscription, or \$95 per month for a 3-month subscription. Each bottle will be numbered with the member's membership number, so the collectors can proudly display their bottles. All bottles are packaged in a gift box and sent via courier, which is included in the monthly subscription fee.

Members also receive free merchandise on sign-up, a permanent 10% off on the Goodradigbee.com/store and at **Digbee's Bar**, the Distillery's new venue in Brookvale.

The full 12-month repertoire is detailed below. It is subject to change – John and Tony may have an even better idea in a month or two – but one thing you can be assured of is that the Goodradigbee crew put quality first, so if the spirit isn't an award winner, it won't be sent out.

If you thirst for more, please call John, Goodradigbee's CEO on **0410 841 007**, or email him at john@goodradigbee.com. He can talk through the finer details. Or visit spiritsclub.goodradigbee.com to register.

Spirits of Goodradigbee 12-month product repertoire

The 12 launch spirits will encompass the following:

1. Tasmanian Blackwood Aged Jamaican Rum – Amazing Worthy Park Jamaican rum aged 2 years, finished in a Blackwood cube.
2. Tasman Straits Gin – Kawa flakes, Nori seaweed, Manuka honey, Finger Lime, Quandong and Lemon Myrtle for the best of both New Zealand and Australia.
3. Sydney Blue Gum Single Malt Cask Strength



You'll soon warm to our unique single malts

- Sydney Blue Gum delivers a vanilla ice-cream flavour. Yum.
4. Navy Strength Finger Lime Citrus Gin – High ABV navy strength gin at 50% with finger lime and a sneaky dash of the myrtles.
5. Red River Gum Single Malt – Our flood plain red river gums provide a wonderfully soft single malt spirit.
6. Myrtle Malt (single malt) – Yep, a single malt infused with botanicals for a fragrant fruity nose and soft sweet palate.
7. Lemon Myrtle and Native Currant Vodka – The softness of lemon myrtle and the tangy potency of native currants delivers a sweet and sour, double distilled vodka.
8. Australian Spiced Rum – Cinnamon myrtle, pigweed from the coastal heath and pepper berry from Tasmania.
9. Rose Gin Pink – Rose petals, soft lemon on the nose, quandongs and Davidson plums for an earthy sweetness.
10. Ironbark Blended single malt – Another first for us; we're blending Ironbark Red and Ironbark Yellow.
11. Salted Caramel Vodka – A sweet vodka? Why not. Salt? Yes, please. Caramel? Absolutely.
12. Ironbark Whisky Cask Strength – Our first aged whisky released to members, and only they get the 48% ABV rendition of the Ironbark Red Whisky.



GET INTO THE CHRISTMAS SPIRITS.

'Tis the season to be blown away by 'The Spirits of Goodradigbee' Club. Our members-only club was born of a passion to make Australia's most unique spirits by two exceptional people; a Scottish Master of Malt who produces brilliant single malt whisky, rum and gin, and an inventive Aussie who creates spirits not seen or tasted before.

If you have a thirst for more, please call or email John and be part of Australia's most unique spirits club.

john@goodradigbee.com
0410 841 007

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Andrew's 'Dreamstate, Turtle Dreaming' cover art in full seascape glory

Cover Artist

Andrew Bennett

Artelan, the online gallery founded by Queenscliff's Lynn Westacott will once again be moving from the cyber realm to the real world, hosting their "Dive into Art" exhibition from 29 November to 11 December at Manly's **Gallery 109**. Among the artists on display will be December's cover creator, **Andrew Bennett**.

As our first ever cover artist who's not from the Northern Beaches, please tell us more about where you're from?

It's been a twisted journey, starting in Sydney's inner west then, via Artarmon then Central Coast's Chittaway Point and the superbly named Watanobbi, I've now settled in Maitland's Horsehoe Bend, home for the past 5 years, where I live on a good plot of land in a quiet wooden shack with a great studio.

You've been a practicing artist since 1990. How did you originally enter the art world? I was actually studying Applied Physics at UTS, while wanting to move towards

Astronomy, but only getting credit level maths. I really needed distinction level. Then I broke my arm and couldn't finish the course anyhow.

My mentor suggested I go to art school. I was worried about how insecure this field is, which has turned out to be completely true, but my mentor introduced me to the Eddie Glastra Gallery in Paddington. For the following decade I was under Eddie's expert guidance. Starting off, I was very much an introvert, but I learnt to use my curiosity to overcome my own insecurities and introverted ways.

What inspired your cover art? I was always quite petrified of doing the human figure. It had become a phobia, and I got to the point where I had to conquer that. I wanted to do the human figure in such a way that it would best fit the image. That's where I discovered the free diving movement. It takes the human figure to an area where it doesn't have gravity, which creates so many interesting poses. But I didn't

just want to paint people underwater. I wanted to create images of when you're at home, stuck, dreaming of being on holidays. So, I got the figure in, but felt the whole image didn't balance. I hunted around, thinking about reefs, and why do people want to go on holidays, to even go diving at all? That's when the turtle came to me. You travel to meet new people, see interesting things. And the home, that has elements of the federation homes from Sydney's inner west, Haberfield, where I grew up, one of the country's first heritage suburbs, which funnily enough has a style of home very similar to many in Maitland where I now live. Those 10foot ceilings, I find the proportions of the older homes more human. The artwork comes from all those places.

Is there a quote or piece of advice which has proven priceless over the years?

Brett Whiteley's quote: "Painting is a difficult pleasure." This is a hard thing to do, and hard to do well, hard to make a living from, hard to keep it changing, but all those things are what keeps it so interesting too. There are so many other fields where you can get trapped into doing things a certain way, whereas with the arts, the only real limitation is yourself. The difficulty of this pleasure is what makes art so addictive.

Interview: **Liam Carroll**

Follow Andrew's work online at artelan.com.au and on Instagram @artelansydney

Artelan is also pleased to announce a new partnership with **Art Money**, allowing art lovers to purchase art over 10 months with zero interest payable. 10 payments. 10 months. No interest. Own the artwork while paying it off. Find out more at artelan.com.au

DIVE INTO ART WITH ARTELAN

29 NOV - 11 DEC

Join us on Saturday 3rd December, 3 - 5pm

Gino Ambriano
Michael Ambriano
Andrew Bennett
Jane Bennett
Sue Meyer
Sallie Portnoy
Madeleine Winch
Jessie Winch



at Gallery 109
109 Sydney Road, Manly
open 10 - 5 daily

Lynn Westacott 0412 784 783
artelan.com.au

Sue Meyer *Interruptions*
mixed media on canvas 76 x 76cm



Wicker chair would you prefer?

Home Improvements

Prime time for a summer project

The season for upcycling is here

The summer holidays are almost finally upon us. Endless days eating, drinking, and swimming at the beach. Busy doing nothing... nothing much to do. And then you find you need a little project to break up the days. This is a perfect time for a bit of 'upcycling'!

What is upcycling?

It's finding a piece of furniture that might not be as loved as it was before and giving it a new lease of life through a fresh coat of paint to unearth an inspirational new look.

Where do we find prime furniture?

Well, it could be an unloved bedside cabinet from the spare room, or it could be a potential gem of a chair rescued from your neighbours' council clean out. You have to look beyond its appearance, and see what it can become.

1. Choose something small

The key is to not pick a project that is too big. This way you are guaranteed to complete it in a couple of days. Also, it makes it something that you can involve the little ones with, who need a distraction from too much time on their hands. Maybe a perfect time to create a fairy decorated bedside table.

2. Remove fixtures

Having found your chosen project, the first thing you need to do is to remove any fittings or fixture, like handles or feet. Then you want to give your project a good wash, preferably with sugar soap. This will remove any grime or oils that will prevent the new finish to adhere.

3. Prepare your surface

Once it's dry, next comes the sanding. This is important to create a good matte surface for your new painted finish to grip to. 80 grit is a good universal paper to use that will soften previous finishes without marking too much.

4. Paint the undercoat

The preparation coat is important, as it not only provides the surface of your finish coats, but it also prevents the old finish coming through the new paint. There are a variety of water-based preparation coats on the market, but if you really want to be sure, then oil based under coat is your one step solution.

4. Paint the finishing coats

Having given the preparation coat a day to dry then comes your finish coats. You want to finish your furniture in hard-wearing enamel. Taubmans produce an 'Ultimate enamel', which is an alkyd-based product. This gives you all the strength and durability of an oil-based product, combined with ease and simplicity of application, while being water-based means it's also environmentally friendly.

5. Add the final touches

After a couple of coats, it's then time to visit the local hardware store to buy some new fittings to finish the look. When your new prized possession is installed in place, it will be time again to get down to the beach and cool off in the ocean.

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

Alanah lost 40kgs & keeping it off for over 5 years now.

Alanah was a busy mum struggling with her weight and felt like she'd tried everything when it came to weight loss. Although she was nervous to give the code 5 Fitness 28 a day challenge a go, it turned out to be life changing!

Over the next 18 months she trained consistently, monitored what she was ate and saw jaw dropping results, losing over 40kg!

Alanah is now fitter and stronger than she ever thought possible and contributes it to the fun sessions and friendly community at code 5, for some reason after years of being scared of the gym she now loves it! Try our 28 day challenge, just like Alanah did.



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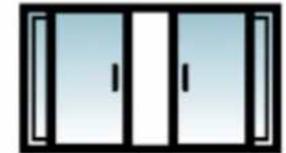


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The Tawny Frogmouth is an independent publication, committed to sharing local stories, and supporting the endeavours of the people on the Northern Beaches. We rely on advertising and sponsorship to keep our free, printed magazine in circulation each month.

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

December 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 0338 1.33 0914 0.66 1535 1.60 2222 0.41	2 0439 1.41 1028 0.65 1642 1.52 2312 0.42	3 0533 1.49 1139 0.61 1742 1.46 2358 0.44	4 0622 1.59 1243 0.55 1837 1.41
5 0039 0.45 0707 1.67 1337 0.49 1927 1.37	6 0117 0.48 0748 1.73 1425 0.45 2014 1.33	7 0153 0.50 0827 1.77 1507 0.41 2057 1.31	8 0229 0.53 0904 1.79 1546 0.40 2138 1.29	9 0304 0.56 0941 1.79 1624 0.40 2218 1.27	10 0341 0.59 1016 1.78 1701 0.41 2258 1.25	11 0418 0.62 1054 1.75 1740 0.44 2337 1.23
12 0458 0.65 1131 1.70 1820 0.48	13 0019 1.21 0541 0.68 1212 1.65 1903 0.51	14 0106 1.20 0628 0.72 1254 1.58 1948 0.54	15 0157 1.21 0721 0.75 1342 1.51 2036 0.55	16 0253 1.24 0822 0.78 1434 1.45 2125 0.54	17 0349 1.30 0930 0.77 1534 1.40 2213 0.53	18 0443 1.39 1041 0.73 1637 1.37 2259 0.50
19 0531 1.50 1147 0.65 1738 1.36 2344 0.48	20 0618 1.63 1248 0.53 1837 1.37 1902 0.24	21 0030 0.46 0705 1.76 1344 0.41 1933 1.38	22 0116 0.44 0753 1.88 1437 0.30 2030 1.39	23 0206 0.43 0843 1.98 1530 0.21 2125 1.40	24 0257 0.43 0934 2.05 1622 0.16 2219 1.40	25 0350 0.43 1027 2.07 1715 0.15 2314 1.40
26 0445 0.45 1119 2.03 1808 0.18	27 0010 1.39 0543 0.48 1213 1.95 1902 0.24	28 0106 1.38 0642 0.53 1307 1.82 1955 0.31	29 0204 1.39 0745 0.59 1403 1.67 2046 0.39	30 0303 1.42 0852 0.64 1502 1.51 2137 0.46	31 0401 1.47 1005 0.67 1606 1.38 2226 0.51	

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: ANISE HENSHAW

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



A quiet word on...
Christmas Shopping

Thursday morning, the centre aisle at Aldi. A smorgasbord of Christmas gifts and enormous pickles. What might I pick today? A boxing bag? A pallet of mulch? A lifetime's supply of sauerkraut perhaps?

Some weeks I think these clever Germans have installed a listening device in my kitchen (Yes, I really do need some new salopettes!) and other times I fear they have overindulged at Oktoberfest (No, I don't need a collection of Peruvian gnomes). Still, it's fun to watch the inspections of the Aldi enthusiasts as they eye their Christmas Specials.

The hawks have studied the catalogue and swoop for their prize with ruthless precision. The magpies greedily stuff their trollies with kilos of detergent and squawk away with glee. A handful of studious tawny frogmouths peck away at the labels of the \$120 sandals but think better of it. And then there's me, a nervous robin, wondering if I'll really need all this mixed fruit at Christmas?

Most weeks, as a lonely old white guy, I limit myself to a hand basket as I pick my way through the fruit and veg, selecting the odd banana, a pre-mixed salad bag and a litre of milk. I start to feel more animated as I spy the hefty olive jars - reduced to \$9.99 this week - and then I sulk through the sugary treats in the bulging Christmas bays.

At the checkout I try some awkward banter with the blue haired clerk as I race her scans into my tote bags, determined not to hold up the queue. She kindly humours me. And as the automatic doors blast me with some more stormy weather, I feel proud of my discount shop and my neighbours that hunt here. I'll scour the specials for some more Euro festive treats next week.

Frohe Weihnachten everyone.

Words: **Gethin Fisher**




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The Seniors Health Card is money in the bank

Families & Finance

Government announced Health Card help for another 50,000 retirees

The **Commonwealth Seniors Health Card** is a must have for self-funded retirees. While it is a bit of a slog to apply for the card, most will hold it for the rest of their life and make the most of the savings on offer.

Most importantly, how much help is the card? Let's start with \$5,200 worth of medical cost help for a couple. It works like this. Firstly, a lower safety net means Medicare steps in to help sooner with out-of-pocket costs. Secondly, holders of the card get a much better deal with PBS medicines.

There is more. Like the extra \$2,000 in payments that came through Covid, and a recent \$250 to help with the cost-of-living. There is also an annual \$200 rebate available to help with electricity costs, as well as free ambulance in NSW.

There has been a sharp increase in Northern Beaches self-funded retirees applying for the card in recent years, and with the rule changes we expect even more residents to make the effort. It's worth taking a closer look at the changes in the rules to see if you are eligible.

To find out more about how the **Commonwealth Seniors Health Card** can help, visit laterlifeadvice.com.au

Words: **Brendan Ryan**, Certified Financial Planner
 Retirees can sign up for updates from **Later Life Advice** at www.laterlifeadvice.com.au

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Be careful, or else whooff, things can get out of control

The Love Scout

Flying off the handle

Understanding argument escalation

How many times have you been slightly annoyed, made a passing comment and had it blow up into a massive fight? Sound familiar? I bet sometimes you're even having the same fight over and over.

Perpetual arguments are exhausting and leave both parties and the relationship completely depleted. It's even more frustrating when it feels like the punishment doesn't fit the crime. Perhaps you said one small thing and your partner just loses it. It's easy for things to get blown out of proportion, but what is actually going on under the surface? Let's break down an example.

Imagine Jennie exasperatingly says to Mark "you left your dirty clothes on the floor...again!" Jennie rolls her eyes. Mark aggressively replies saying "this is my house; I'll do what I want when I want. You're always on my back telling me what to do, giving me orders, I'm sick of

it". Jennie gets defensive and starts yelling "I'm not telling you what TO DO, I'm telling you what you DID DO!" Mark even more riled up responds by saying "everything I do is wrong, I can't do anything right!" and the escalation continues until one party gives in or walks out.

Escalations can seriously disrupt the nervous system and unfold at lightning speed. To understand argument escalation, we need to understand what is being received by the listener.

When people react, especially when the reaction seems disproportionate to the current situation, they are usually carrying an experience from the past that has not been resolved. Any present situation will likely cause them to respond with more ferocity. Furthermore, if a person has some impaired core beliefs, and a present comment triggers them, they will likely have a heightened

response. So when Jennie says "you left your dirty clothes on the floor", what Mark may hear and is "you are incapable, you are incompetent, you are lazy, you are a child". If he hears this, he will emotionally respond to this as a personal attack.

Mark will probably attempt to assert and prove himself as a capable and competent adult in control of his life, thus replying with something like "this is my house; I'll do what I want". Instinctively Jennie will attack to defend herself and correct him. This correction will exacerbate Mark's feelings of incompetence, inadequacy and unworthiness resulting in an even deeper defense to protect himself by expressing "everything I do is wrong, I can't do anything right". Rather than it being in an open and vulnerable delivery, it will most likely come across as hostile. The two individuals are in different conversations. Jennie is trying to address a tangible issue in the present while Mark is trying to defend his worthiness and adequacy as a person. No wonder they don't see eye to eye!

All of us have sensitivities around our core beliefs. Our reactivity and defensiveness is proportionate to how fearful we are of the belief being true and being exposed. The key to functional communication is understanding what the listener feels you are implying about them and being empathetic to any sensitivities they may have. If you can identify that, you can re-assure them, reduce tension and make space to address the issue at hand.

Words: **Scout Smith-O'Leary**, Relationship Therapist & Educator Visit thelovescout.com or call **0410 030 463** to book in a session.

Property Danger, Satire!

Topography, the unsung hero of sky high property prices

Ever find yourself stuck conversing with deranged lunatics, also known as Victorians, where they steer the chin wag to how much better Melbourne is than Sydney? As if the Yarra holds a candle to Sydney Harbour or half decent coffee measures up as a tourist attraction akin to catching the Ferry to Manly, or that enduring four seasons in one day may be a catchy Crowded House tune, but as a way of life, it's a nightmare.

Having suffered through many of these tête-à-têtes, I realised how to slam the door shut on our southern neighbours' preposterous proposals with a single piece of irrefutable evidence. Melbourne is and always will be irretrievably dreary for one reason, it's flat. Flat as a pancake. Stand anywhere, you may as well be everywhere. It's all the same, a smooth, level, insipid sprawl of monotony. Topography? Here? No!

Without life's ups and downs, lofty heights, enticing ravines and natural rollercoasters in between, where do you climb for challenging

self-fulfilment, or descend into for requisite reflection? And how, most precipitously, is a property supposed to have the greatest asset of all, a view? Think about our Peninsula. North Head rises from the Tasman with colossal wonder. Spit Draw Bridge opens and closes in the shadow of an ascent to Seaforth so incisive that within moments you gaze back south, feeling you could tap Centrepont on the pointy end. Long Reef headland looks copy and pasted from a fairy tale of epic proportions. Is it even real?

Every Beaches postcode rises and falls as though our Creator was an astute real estate agent, carving out an oasis of beach-front amphitheatres and life-affirming vistas. It reserves letterbox-delivering Tawny Frogmouths for elite athletes, while also ensuring Emerald City property prices will always outperform the entire planet. Sorry Melbz.

Words: **Hugh G. Lee Inndette**



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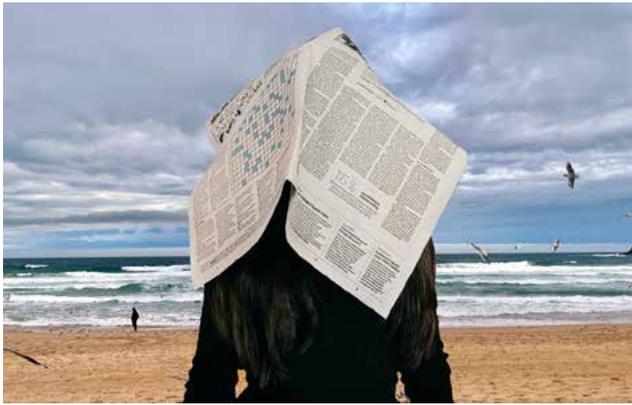


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Life's a beach, so turn away from the bad news

Health

How to navigate the negativity

It seems wherever we look, whatever news we watch, it's all bad news...

Starting with the weather, grocery bills, fuel prices, rising interest rates, war in Ukraine, just to name a few, but also the "back to normal" didn't really happen the way we thought, adding frustration, longing, and disappointment for some. So how do we go forward? How can you stay positive and unfazed and not get sucked into the negativity - or even flourish and grow?

A great start is learning to distinguish between what you can control (e.g. your mood), what you can affect or influence somewhat (e.g. your schedule), and what you cannot control at all (e.g. the weather). Most frustrations will probably come from those things you cannot control, however you can always control the reaction to how you respond to those things.

Choosing a healthy reaction to the issues that are out of our complete or partial control (e.g. higher interest rate on your mortgage), gives

you more power to shift your attention and take action on things you can control (e.g. review your personal or family budget and find ways to save money) that might help you stay more positive and focused.

Other recommendations:
• **Practice Mindfulness:** as woo-woo as it can sound, it simply means to be attentive to what you are doing this very moment (e.g. holding the Tawny in your hands, reading this article and learning). By focusing on what is here and now, your mind cannot wander off into the future or past, or allow darker thoughts to sneak in and take over. Over time, paying attention to your sensations and thoughts will lay the foundation for other practices help you increase your happiness - and that's what we are after, or not?

• **Focus on what is important to You** - but first you need to know exactly what this is! Many people focus on

the wrong things, chase the wrong goals and end up living a life they assumed was what they wanted, because "everyone else does this". By figuring out what is important to you, what you deeply value and then translate this into work, relationships and hobby will lead to a fulfilled life.

• **Practice Gratitude** - every day. In our family we have to list 3 things that happened each day and we are grateful for. By consciously choosing to review and find positive things in your day, you are training yourself to focus on the "good" things in life, as opposed of the negative ones. And by expressing gratitude for these things, over time this habit translates into greater happiness as documented by several studies.

• **Stay connected:** One of the most frequently listed reasons for people's happiness is having a strong support network - and it takes work to build and maintain it, but is always worth it! Go ahead and message one person you haven't spoken to during the last year, now!

• **Get a Coach** - now as relevant as ever. Having somebody help you navigate this uncertainty, make the right decisions and help you grow stronger, more confident and empowered to grow now and once things are more amicable.

And remember, the most powerful tool to manage during these uncertain times is your own ability to choose how you will respond to what is happening around you!

Words: **Mathias Witt**

As a Life and Mindset Coach, I help people take control, get unstuck and build the life they always wanted, with clarity, focus and decisive actions. Schedule a free call at mathiaswitt.com



Now's the perfect time to rest and reflect

Looking after yourself during the holiday season

The end of the year brings change and busy-ness. Keeping an eye on your own wellbeing can help maintain your mental health. Check out our seven tips for managing the holidays and, hopefully, keeping stress to a minimum.

Everyone's personal situation is unique, which means what can look like 'balance' to one person could be overwhelming to someone else. So, take everything below as some helpful suggestions that may be beneficial to you.

1. Make a budget

Have you got a lot on? Secret Santa at work, or lots of gifts to purchase? Combine this with the current news that prices are increasing and your finances could take a bigger hit than expected. Be realistic about what you can afford, set a budget and try to stick to it - this can be a huge stress reducer for the holidays. Paying with cash or only using your savings card might also help you spend within your limits.

2. Take time out for you

It's one of the busiest times of the year, so it's important to take some time caring for

yourself. Sometimes it's the simplest things that can help improve the day or week. Maybe try reading a book, taking a longer shower, setting your alarm 30 minutes earlier to have a relaxed morning coffee, go for a short walk, or blocking out time when you're not on social media or your phone.

3. Know your personal boundaries

There can be a lot of competing commitments for your time and attention. It's okay to have your boundaries and limits. As nice as it might be to get that invite to another Christmas party, if it feels too much then it might be time to respectfully say no.

4. Acknowledge your feelings

If you've experienced significant changes this past year, or lost someone, then the Christmas and New Year period

can bring strong emotions. Feelings of loss and grief may be difficult. Acknowledge how you feel, share your feelings with someone you trust, and reach out for support if you need - Lifeline is available anytime on 13 11 14 or via text on 0477 13 11 14.

5. Keep your routine

Even though you might be busy, it can be helpful to maintain your routine. Stay with your regular morning run or continue making your bed first thing in the morning. Small actions can have a big impact and help keep everything feeling under control.

6. Let others off the hook

Someone cancelled at the last minute? We're all feeling a range of pressures at this time of year and sometimes others will have reached their limit before we do. Changing plans, even at the last minute, may be more about someone else overcommitting than not wanting to visit or catch up. It can be helpful for everyone to be mindful about not increasing the stress of a situation for someone else.

7. Seek support

If you find that your emotions are overwhelming, or your situation is too hard to handle - help is available.

Words: **Lifeline Northern Beaches**

Lifeline will be available throughout the Christmas holidays to give you caring support with no judgement. Trained Crisis Supporters will listen with care and empathy. Call **13 11 14** anytime or text **0477 13 11 14**.

For ongoing support visit lifelinenb.org.au/get-help to see what options are available.



'We can't stop here, this is bat country!'

True Blue Tawny Yarns

Fear and Loathing of Lost Voltage

We were somewhere around Newcastle on the edge of the Pacific when range anxiety took hold.

It was almost noon, it was our first road-trip in the EV, and I knew that very soon we'd need to charge the battery. Half an hour before, the Plugshare app had taken us to a shopping mall. One charger was occupied, one was out of order, and the other, a 'compatible Type-2 charger', turned out to be Tesla-only. There was no time to rest and I pointed us back to the highway.

Plan B was a BMW Dealership near Gosford. They had a supercharger and it was available 24/7. When we got there, I hit the brakes and pulled over on the gravel verge. It was surrounded by a fence of black steel spikes and the gate was locked. It was a Sunday and the dealership was closed.

My partner looked at me through her Spanish wrap-around sunglasses and asked, "What the hell are you yelling about?" "Never mind," I said. "It's your turn to drive." No point mentioning the

deficiencies of Plugshare, I thought. The next closest was a private marina down a long dead-end. But we knew better than to risk going there.

The only other option was a shopping centre at Pennant Hills. But it would be tight. In the boot we had the home charging cable, a heavy-duty extension cord, a portable type-2 plug which the dealer had supplied for \$300 - and half a packet of party balloons that we'd liberated from a kids' party before they could wreak havoc upon the world. With 30km to go, the monitor said we had 33km range and the low charge warning got to DEFCON 2. We'd long since switched to eco-mode and cut the aircon and now I leaned over to turn off the radio. "Man, this is no way to travel," said my partner. She began swiping through contact lists for anyone who might live nearby.

Around the 10km mark, the charge remaining turned

into three blank hyphens. "Okay kids," I said to the back seat, "it's go time." They were sweating like lizards in their woolly jumpers, but they had the balloons ready and began furiously rubbing them on their chests. It was enough, and we coasted into the charging station on our last two electrons.

Of course, I had to download yet another app (I now have five of them, not counting the one that never worked) and the charging station was in the basement carpark - with no mobile reception. So, I punched in bank details, and a ten-digit password including at least one hieroglyphic, while standing on the down-ramp, staring down oncoming traffic, "They're not your friends," said my partner. "We're not like the others."

I think back today on the three hours that followed, wandering the backstreets of Penno and wondering how things had gone so wrong. Private enterprise, left to its own devices, has failed to build a coherent charging eco-system, that's how. Like the idiotic birth of Australia's railroads, each state laying a different gauge track. Nevertheless, after two years in the EV, the idea of returning to an ICE vehicle reminds me of another great archaism: eighteenth century London at night, the streetlamps all burning the oil of butchered whales.

Words: **Campbell McConachie**,

Campbell is a Northern Beaches writer whose book, **The Fatalist**, recounts the life of a former drinking buddy who turned out to be a five-time murderer, as seen on Australian Story. Buy now at Booktopia and on Amazon.

Ask a Sparky

Listen Sun, Bill's hurting, roof needs you

Federal Treasurer Jim Chalmers revealed recently in his maiden budget speech that Australians can expect a 56% increase in power bills over the next two years. Horrible news, especially amidst a rising sea of cost-of-living pressures, but could this be the catalyst you've been waiting for to get solar powering your home?

Is solar expensive to install? Yeah sure, a solar system can cost a lot, but the government incentives are fantastic at the moment. In most cases you can get solar installed on your roof for no money up front and the repayments are less than your current electricity bill! It's a no brainer for most people, especially in sunny Australia!

Will solar panels still work when it's cloudy? Absolutely! You can still get sunburnt when it's cloudy so the same goes for solar panels. They will still work when it's cloudy as they use the UV energy from the sun, able to get through the clouds no problem at all.

Can my switchboard handle solar? Yes, every switchboard is capable of having solar installed. In some cases, you may need to get a new smart meter, but your solar technician will be able to get that all sorted for you.



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Your summer pet care guide

I had almost forgotten how nice it was on the Northern Beaches when the sun is out. Walking along Manly promenade with my 18month old son recently, it took over an hour to reach North Steyne and back with all the dogs, and their owners, we stopped to say hello to. But as the days get longer, the sun warms up and people and their dogs venture out and about, many of the problems we haven't seen or thought about through winter become issues once again.

Ticks

While most ticks are not life threatening, the Paralysis Tick (*Ixodes Holocyclus*) is. These nasties are most active in Spring and early Summer. Make sure you are up to date with some sort of tick preventative, check your pet daily and most importantly if you see any weakness, wobbliness in the back legs, reduction in appetite, vomiting, difficulty breathing or change in bark or meow get your pet to your local vet asap. There is currently a shortage of Tick anti-serum (TAS), so it's even more important to make sure you are up to date with your tick prevention to help maintain the stock of TAS we do have.

Skin

Everyone who has owned a dog can appreciate how much the sound of dog licking and chewing at itself can drive you mad. I have one client whose dog suffers from allergic skin disease who describes how he hides behind the couch when he wants to chew his feet because he knows how much it annoys her. Things like hot spots, allergic skin disease, flea allergy dermatitis can all present in similar ways, the skin becomes moist, red and inflamed where the dog has been licking and chewing. The more the dog chews the itchier the skin becomes, and we go round in a vicious cycle. It continues to amaze me how quickly a benign little spot can progress to a massive red, raw and infected spot which the dog cannot leave alone.

Regardless of the initiating cause, initial treatment centres on 2 main areas - treatment of secondary bacterial infections and management of the itch. Once we have the initial infection under control there are many things we can do to try and minimise the recurrence. Make sure underlying causes such as parasites, diet and conformational (structural) issues are



Dr Lewis and Lord Barney after some successful puppy vaccinations

addressed. In recent years there have been several new drugs developed which allow us to manage the itch and stop the cycle of recurrent secondary bacterial infections.

Puppies

There is nothing better than a puppy consult to brighten my day, and Summer means I get to do more puppy consultations than the rest of the year. The whole aim of the puppy consult is to get the puppy to relax and enjoy the experience, which usually involves a large number of treats and lots of cuddles, while checking there are no underlying health issues and discussing what we need to do to keep the puppy happy and healthy. It is an opportunity for the owner to ask questions and discuss any issue or concerns they may have.

Christmas Food Guide

No December issue of the Tawny Frogmouth is complete without mentioning the Christmas foods which are toxic or can cause harm to your dog, so to ensure a safe festive season for all, please ensure you don't feed your furry, four-legged friends any chocolate, sultanas, raisins and grapes (Christmas cake/pudding), Macadamia nuts and the cooked ham or Turkey bones, and enjoy a very Merry Christmas.

Words: **Dr Lewis Hunt**

Lewis is a vet at the **Collaroy Plateau Veterinary Hospital**. To make an appointment book online at www.collaroyplateauvet.com or call **9982 9439**



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This stuff gives new meaning to Christmas cheer

Mal's Wild Side

Deck the Halls with Boughs of Christmas Bush

And bid farewell to a bunch of pricks

The weird thing about a hot, summery Christmas is that it still comes accompanied by the visual paraphernalia of a bleak northern hemisphere's winter yuletide. We've somehow adopted snowmen, icicles and spikey old holly for our seasonal froufrou. But who knew that holly actually originated in Australia?

The oldest holly fossil ever discovered was in Victoria and is estimated to be 90 million years old. From there it apparently spread around the globe through wind pollination and ultimately finished up on the snow-scaped Christmas cards which we oddly love to replicate.

Holly's religious significance actually predates Christianity,

as it was valued as a great fertility symbol by the Pagans. They would also use it ornamentally to ward off evil spirits. Naturally, like almost every other Pagan symbol, it was appropriated by Christians who then determined that the red berries represented the blood of Jesus, and the pointed leaves portrayed his crown of thorns.

A native Australian holly which grows in rainforests from NSW to Queensland still exists today but the evolved European version is now a declared "Invasive weed" in the cooler parts of this country, where it causes major environmental damage.

Luckily, we are blessed to have our own locally indig-

enous floral, festive symbol, the NSW Christmas Bush (*Ceratopetalum gummiferum*), so named because its green foliage contrasts with its brightly coloured "flowers". The petals are actually small and white and it's the sepals that turn reddish pink in December. The plant's beautiful sprays have been used as a decoration here since early colonial times and frankly it totally "woops holly's ass" as a crowd pleaser.

Large plantations have even been established for the export market to provide high quality flowers for Thanksgiving in the U.S, Chinese and Japanese New Year and Valentine's Day in Asia. In the mid-2000s it was described as the fastest growing export crop in eastern Australia, with 100,000 plants under commercial cultivation.

Go to any farmers market in the lead up to December 25th and you'll see queues of covetous people paying top dollar for smallish sprigs of this native plant (it occurs naturally only in NSW, East of the Great Diving Range). Alternatively, you could grow your own, save money and provide habitat and a food source for local wildlife too.

Indigenous plant nurseries such as Indigo or Harvest Seeds will sell you authentic tube-stock plants for less than \$10. It should be grown in full sun, where possible, to develop the full colour intensity.

So, if you're looking forward to a true-blue, Aussie Chrissie, stock up on Tawny Grogmouth beer, crank up the vegan barbie and festoon yourself with NSW Christmas Bush. You know it makes total sense.

Words: **Malcolm Fisher**

Film & Food

Nostalgic Christmas Cinema

Noël is well and truly here, and we have some cozy and comforting choices that will charm, delight and get you into the spirit of the season. Merry Christmas, happy watching and hope you have a safe and joyful time with loved ones around.

Home Alone

Streaming on Disney Plus

The definitive Christmas film that brings up memories of endlessly watching this film on VHS in childhood; just the opening notes of John Williams iconic musical score will give you a warm Christmas glow. Featuring a cast stacked with great comedic actors, a story that balances heart with hilarious slapstick humour and a thousand iconic quotes and moments, it's hard to feel down when watching this film. Merry Christmas Ya Filthy Animals!

Muppet Christmas Carol

Streaming on Disney Plus

Who doesn't love the Muppets? Especially when they bring their special flare to Dickens classic tale of greed and redemption. This has everything you want in a comfort film: the singing, the characters, the humour, the whimsy and something you didn't expect: an intensely straight-faced performance from Michael Cain that somehow works brilliantly compared to the puppets around him. This film is a gift worth opening each festive season.

Classic Christmas TV Episodes

All shows streaming now

Let television be your gateway to the festive spirit with these two golden episodes.

Start with **Gilmore Girls** (S2, Ep. 10, *Netflix*), this episode features a quintessential quirky Stars Hollow event as Lorelai puts on the Bracebridge Dinner, featuring Elizabethan attire, horse-drawn sleigh rides and some blossoming romance.

Next up is **Lost** (S4, Ep. 5 - *Disney Plus*), where Desmond's consciousness begins to time jump as a helicopter takes him to the ship. Wait? How is this Christmas-themed? Well the heart of the story is the romance between Desmond and Penny, which culminates in a heart-stirring and long awaited phone call on Christmas Eve. Without a doubt one of the best episodes of television I've ever seen.



Bar up with a flapjack stack

Christmas Chocolate Flapjacks

This festive treat tastes like Christmas in all the best ways and is so so easy to make, I'm sure it will become your new yearly tradition.

Ingredients:

200g milk chocolate chips
100g dried cranberries
2 tbs cinnamon
2&¼ cups oats
100g butter
100g honey
Zest of an orange
¼ cup brown sugar
Pinch of salt

Method:

1. Preheat the oven to 160°C. Line a square baking pan with baking paper. Place the oats in a food processor and blend for 5 seconds. Pour into a mixing bowl. Add cranberries, cinnamon and lemon zest.
2. In a small saucepan on medium heat, melt the butter, honey and sugar together until smooth and combined.
3. Pour hot mixture into the oat mixture, then add the chocolate chips and salt. Then mix together, it should melt the chocolate and make a smooth mixture.
4. Press the mixture into pan and bake for 1 hour. Remove from oven to cool, then refrigerate to store. Cut into bars of desired size and enjoy!

Words: **Christopher Roberts**

Chris is the author of [@filmandfoodpodcast](#)



Subject Friday sunset, a thousand miles from care
Photographer Manly Drone @manly_drone



Subject Is this Manly Cove in 1788 or 2022?
Photographer Alan Pike



Subject Kookaburra Backyard Guest in Curly
Photographer Suzanne Jensen



Subject Dwarf Eastern Green Tree Frogs in Seaforth
Photographer Deborah Gray



Subject Trick or Treat?
Location Tawny Foot Soldier on the job in Balgowlah



Subject Yes, we can. Tawny Frogmouth hatchling
with Tawny Grogmouth Pale Ale



Subject Orchard Swallowtail butterfly in Manly Vale
Photographer David Hazelden



Subject Stone Cold Lampin'
Photographer Ellis Gerry



Subject Humphreys Newsstand Reading for all ages
Location Manly Corso

Present Tense People

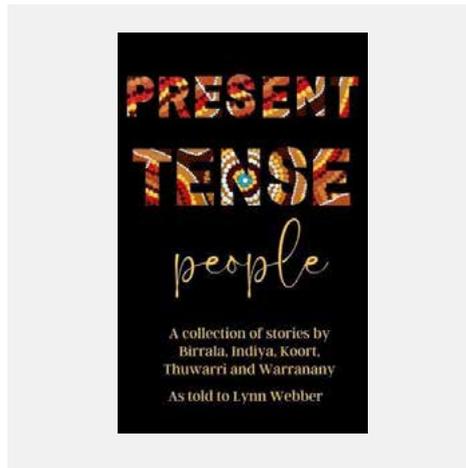
Present Tense People is a book of extraordinary stories about young First Australians. The book's name is brilliantly apt when you think of present tense being a grammatical tense which has a principal function of locating a situation or event in the present time; the present tense is used for actions that are happening now.

The actions that are happening now and written about through the voice of five brave young Australians is devastatingly pertinent. Even though we hear on the news and read in the media about the shocking injustices and human rights violations enacted on our First Australians and are moved by them, we also then just move on with our own lives, which are so different in almost every way to those of the First Australians back in Cook's day and still today.

There are five stories in Present Tense People, all told in autobiographical form and each set in a different area of Australia. Each in its own quiet way helps us to understand generationally what happened and keeps happening as each storyteller does their best to create a new and purposeful life while honouring their origins yet carrying the scars of the past in their DNA.

One of the things I found powerfully illuminating was the interweaving of extracts from Commonwealth Department edicts and legislation as it helped me better appreciate what happened in our relatively recent past. For example, the Chief Protector of Aborigines, A.O Neville, in Western Australia, created government policy that saw terms such as blood quantum and 'castes' (full blood, half, quarter, octoroon) become normalised in their use to define Aboriginal people. Neville successfully created fear concerning 'half-caste' children and this was reflected in the reporting of mixed heritage people as: "A pathetic, sinister third race which is neither white nor black." Leaves you speechless, doesn't it?

Every single story is gut wrenching and uplifting in equal measure. Every one of these young First Australians is doing everything, and more, that you'd hope from hard working, family-oriented young people just wanting to live independently and happily in the country of their birth. I would be so proud to call any of these young people my family. Their resilience, values, courage, kindness and work ethic are



the stuff all true-blue Aussies celebrate.

Yet for these First Australians the obstacles are clear, present and real. Here's an extract from the book that brings this point home.

"Powerlessness before the law wrapped a familiar dark cloak around my shoulders. I had suddenly become the victim, even though I was not even the perpetrator. How when I've almost graduated, am I still being so unjustly treated? I presented an emotional plea, justifying my absence, my call and my medical certificate but it all fell on deaf ears. Without a sound, moving bodies circled me like vultures circling their prey. The feel of cold metal clicking against my wrists signalled they had their catch, triggering a sad remembering buried deep inside my ancestral DNA."

Lynne Webber deserves the highest praise for her work in compiling this unique book. This is truth-telling at its best. The stories speak from the heart about Australia today while calling up the transcendence of the oldest continuing culture on earth.

It's a book about identity, ancestors, learning, language, family and culture and interwoven is the beauty our First Australians find in nature, seasons and the abiding values that make us human.

Every Australian should read this book. You will be a better human for the experience.

Present Tense People is available at Humphreys on Manly Corso, as well as online from Booktopia and Amazon

Words: **Paige Turner**



1. In what street was Manly's Post Office located before it was closed due to flooding?
2. In which beach suburb along the peninsula would you find a popular caravan park?
3. How many B Line buses did the government originally purchase? 8, 23, 38?
4. The name of one of the sporting grounds in the Curl Curl sports ground precinct is Reub WHAT Oval?
5. In what year did pub baron Justin Hemmes purchase the then "The Newport Arms"?
6. Which Batman character has Jim Carrey played?
7. Which South American country borders Brazil, Argentina & Bolivia?
8. Which service station chain is associated with Coles supermarkets?
9. If Australia's sporting colours are Green & Gold – Which European country's sporting colour is Orange?
10. As legend has it – Who is the arch enemy of Robin Hood?
11. Which country has the largest population of Spanish speakers?
12. Which end of the Titanic sank first?
13. According to the bible, who did God give the 10 commandments to?
14. Which of these 3 Queensland towns has the biggest population - Cairns, Toowoomba, Townsville?
15. The Nikkei – is associated to which country's stock exchange?
16. Which spirit is typically in a daquiri?
17. Stretching approx. 7000km – Which Mountain range is the longest in the world?
18. What part of the body is the Axilla better known as?
19. In which Australian state is the highest ski resort in Australia?
20. The movie 'Zero Dark Thirty' was released in December of which year?

For enquiries email "RAZZLE"
razzledazzletrivia@gmail.com

Sudoku

Medium difficulty

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

THE FUNNY CORNER

The Christmas jumper my kids gave me last year kept picking up static electricity. I took it back and exchanged it for another one – free of charge.



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Star Signs

by Krystal Bawl

Sagittarius Nov 23 - Dec 21

Your cosmic charisma has unleashed a tsunami of love your way, rein it in baby or risk getting crushed in the rush.

Capricorn Dec 22 - Jan 20

Mercury enters your orbit with a determination that you stay hot, hot, hot. in a way that others find irresistible.

Aquarius Jan 21 - Feb 19

No one is speaking to you. Last month's love juju and your excessive exploits might have something to do with it.

Pisces Feb 20 - Mar 20

You're a water sign, you live near the water but when will you dive in? The time is now or move west.

Aries Mar 21 - Apr 19

It's the silly season. It's hard to separate your usual level of silly from Christmas silly. You're such a silly billy.

Taurus Apr 20 - May 21

The training regime has worked wonders, you're half the human you once were. Ease up or there'll be nothing left of you.

Gemini May 22 - Jun 21

Jupiter has put a spell on your festive season. Endless fun with friends showering you with love and gifts is your fate.

Cancer Jun 22 - Jul 22

Dancing in the streets, singing in the rain, laughing till you cry, must be Christmas. Let the good times roll.

Leo Jul 23 - Aug 22

Don't let being a lion define you. All that fierce King of beasts stuff is getting old. Show us your softer side. Prrrr.

Virgo Aug 23 - Sep 23

I see trouble up ahead, the sort of trouble with your name all over it. You've been so good all year. Decision time baby.

Libra Sep 24 - Oct 23

Reach for the stars, especially Sean Penn, here filming with his mate Stan, but we all know he'd rather be touched by you.

Scorpio Oct 24 - Nov 22

Strategic socialising leaves you vulnerable to suspect characters. Best to slum it with the pricks you know already.

Trivia Answers

- Central Ave
- Narrabeen
- 38
- Hudson
- 2015
- The Riddler
- Paraguay
- Shell
- The Netherlands
- The Sheriff of Nottingham
- Mexico
- Bow (front)
- Moses
- Townsville
- Japan
- Rum
- The Andes
- Arm pit
- NSW
- 20
- 2012

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

Sudoku Solution

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31 DEC : Celebrate the coming of 2023 with us this NYE! We've got brit-rockers Long Way South headlining a night to remember . Head to the website and grab yourself a ticket, we're partying till 2am!



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