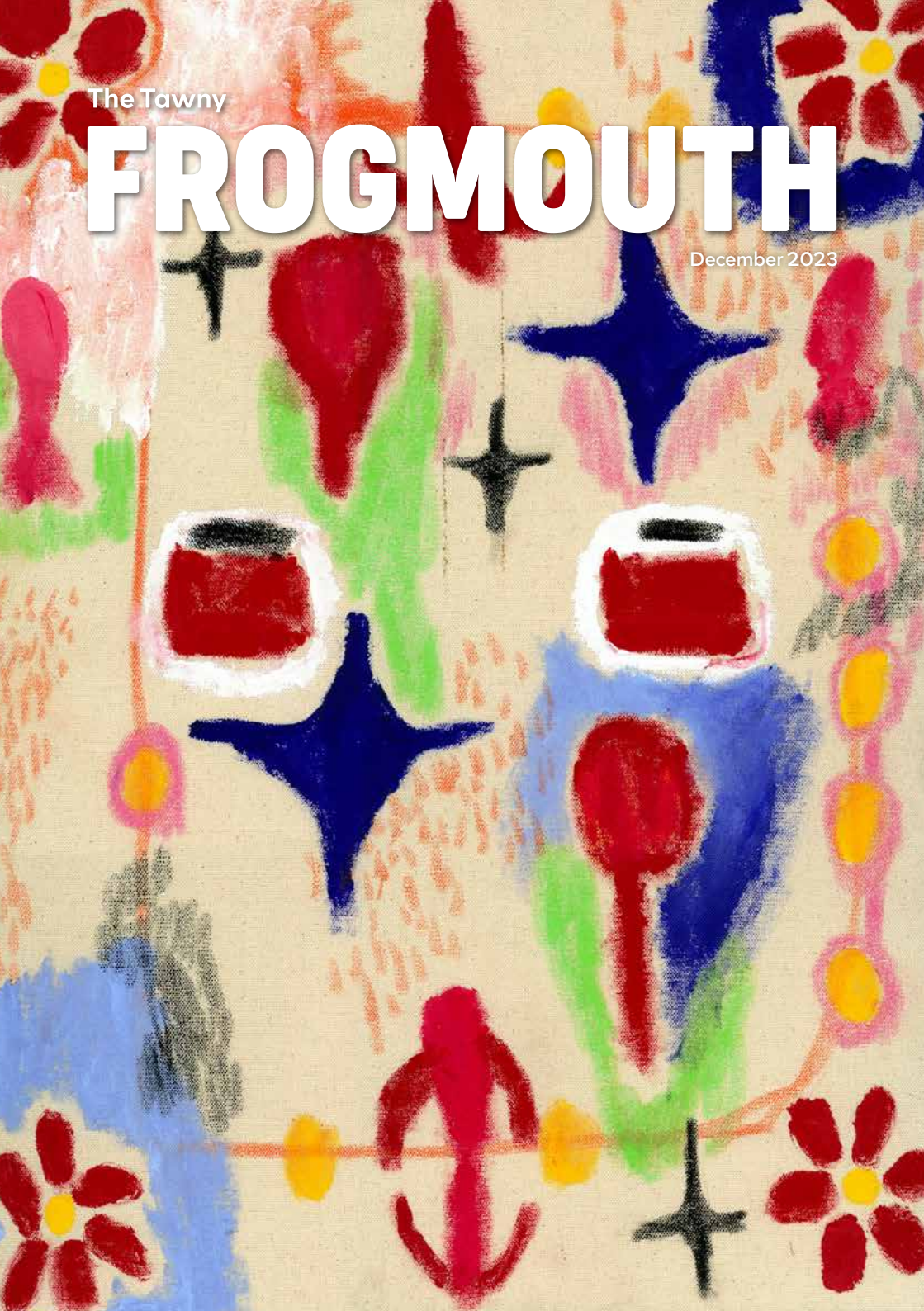


The Tawny

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December 2023







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G'day Beaches

Merry Christmas! And Happy 3rd Birthday Tawny. Crack the bubbly, pass the Grogmouth, raise a feather to 34 issues.

Thank you Maddy O'Connor, our December cover artist and creator of Goodradigbee's Christmas Blush Gin label. Congratulations Forest High School, volume 2 of Northern Beaches teen mag, The Scrub Turkey, lands 4 December. As those turkeys well, don't be trashy: reuse, repair and recycle, precisely as Councillor Kristyn Glanville is paving the way for the Peninsula to emulate.

Tradies take note, Ray Trevisan outlines crucial ute owning tax insights. Warriewood's Be Centre leads the nation in child-led play therapy, helping children (and parents) heal from trauma, anxiety and mental health struggles which have increased following the pandemic.

Finally, the time has come for truth to be told. Sincere apologies Hawaii and The Duke but Manly's Walker brothers were tearing the ocean to shreds on surfboards long before you swanned in. Where's their statue?

Liam



The Tawny Frogmouth

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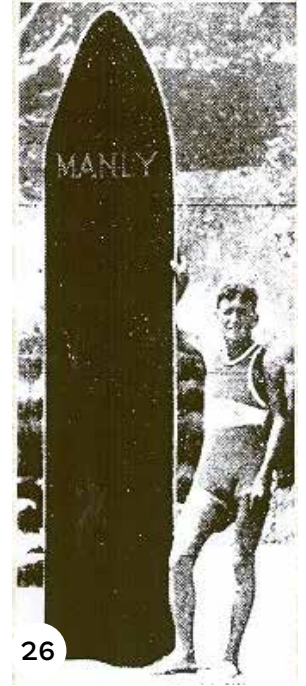
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Acknowledgement of Country

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

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



Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

Season's Greetings

Thanks Warringah for your support during 2023. My team and I wish you a safe and happy festive season.

I hope you enjoy spending time with family and friends and continue to support all the wonderful local Warringah businesses.






Contact or visit the Electorate Office
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Authorised by Zali Steggall MP, 2/17-19 Sydney Rd, Manly NSW 2095



Long Reef's Xavier Bryce locking in Surftag glory

Peninsula Wash Up

Long Reef go back-to-back

Long Reef Boardriders have won the 2023 Surftag series at Queenscliff Beach in pumping three-to-four-foot waves. Needing to finish third or better in the Under 18's Final to win the entire series, Long Reef's Baxter Hurt, Jonny Grainger, Xavier Bryce, Ryder James and Cooper Huggins finished runners up to North Steyne, securing their second consecutive Surftag crown. Team Manager Carl Musker was elated, "It's been a sensational effort by the whole club, and it's been 8 years in the making." Guzman y Gomez was extremely proud to sponsor this year's Surftag and loved feeding young surfers from across Sydney. While contest director Steve Harrison was blown away by the level of support each team had on the beach, "The vibe on the beach and around the TAG tent was next level with all ages of keen supporters cheering on their local Boardriding Clubs."

Nique Jewellery's third birthday

It's three years since **Danica Clifford** moved from a humble Balgowlah workshop with other creatives in the Underground Artspace, to share her talents of designing and producing a unique style of jewellery to the Showroom at **58 Darley Road, Manly**. Danica's jewellery isn't exclusive to the Northern Beaches anymore, after being discovered not only by the Tawny but by London fashion magazines too, with UK jewellery enthusiasts seeking something exciting and different. "I love creating new pieces of jewellery made from all the bits and bops in the bottom of your jewellery box," says Danica. "We create pieces with our hands to be held in your heart as your newest family heirloom." Pop instore at Manly or visit niquejewellery.com to get sparkling.

Royal Far West Christmas Trees

Santa's almost here, so welcome Claus in style with a Royal Far West Aussie Christmas tree. Sure to sell out fast, you can pre-order at aussiechristmastrees.com.au for pick up on either **Saturday 2 or 9 December** from the old Royal Far West School playground. Prices range from \$130-\$225, with a percentage of each sale going towards Royal Far West to help country kids. Last year's sales raised \$11,228. Walk-ins welcome too of course, from 8am until sold out.

Tidings of Comfort and Joy

Following a successful recruitment drive earlier this year, **Manly Choir** has reinvigorated local vocalists held mute during Covid, recording their highest audience attendance in the choir's 45year history at their August concert, Opera Choruses. Get set for their final concert of the year, "Tidings of Comfort and Joy", featuring excerpts from Handel's "Messiah", the fourth movement of Beethoven's 9th Symphony, and the glorious "Ode to Joy", as well as carols, naturally. The choir will be accompanied by a full symphony orchestra and four delightfully talented young soloists from the Sydney Conservatorium of Music.

Book tickets at manlywarringahchoir.org.au or call **0411 777 738**. Taking place **Sunday 3 December 4pm** at **The Waterford Hall, St Paul's College, Manly**.

Hot, hot, hot! And tasty

If you've ventured down Manly's Sydney Rd lately, you've no doubt spotted **THAT Hot Sauce Shop**, a locally owned hot sauce specialist where instore you'll find THAT Tasting Bar, the perfect perch to let your palate sample from mild to wild, plus the shelves are stacked with 130 saucy products, including a large variety supporting local producers.

THAT Hot Sauce Shop aims to elevate meals with a "flavour first" mentality and encourage adventure by adding a kick of happiness to your next cheese board, wing, pizza night, BBQ or cocktail. For the festive season, gift packs are wrapped, ready and available including the sought-after Hot Ones Challenge pack, corporate gifts, or something for the spice lover in your life.

Mention THE TAWNY with any purchase in store by 12 December to go in the draw to win a Saucy Summer pack valued at over \$100.

Words: **Liam Carroll**

PHOTO: BERNADETTE JOHNSON, IG @BERNADETTE2097

SUMMER
2023

Wakehurst Matters



Some issues in Summer's edition of *Wakehurst Matters* delivered to you:

- Performance Audit for Northern Beaches Hospital
- New Ambulance Station for Dee Why
- Supporting our Paramedics
- Thank you for your Lizard Rock Submissions!
- Have Your Say - Wakehurst Parkway Upgrades
- Graffiti Solution for Warringah Road and Forest Way Intersection
- Forests Pledge



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Letters to The Tawny

The Missing Issue

Hello Frog. I missed out on September's Tawny. How could this be? Tension rising. I hope you have a spare. Calm ye down oh loyal TFM reader and collector of front cover artwork. Could this have anything to do with me being in Japan at the time (quote Talking Heads "mebby"), but I doubt it. The solution to avoiding bloodshed of the innocent: Tawny and Froggy could pop a copy into my letterbox...To preserve the peace, just do it damnit!!

Richard Dunn

Re: Mystify Me (Oct '23)

In the October Tawny, your "Mystify Me" correspondent could not see the point of trying to reduce our CO2 emissions, as Australia contributes only 1.1% of global emissions, and here on the Northern Beaches we are only 1% of Australia's 26,473,100 (or so) population. That got me thinking. As I'm only one of nearly 26.5 million people, I might start dropping my rubbish wherever I feel like it. What difference will it make as I'm such a minute part of our total? In fact, if all 263,000 on the Northern Beaches just dumped our rubbish in the sea, we could save the Council a fortune in waste collection fees and reduce all of our rates significantly. The sea is huge, what difference could it possibly make? However, on a per capita basis Australia is one of the highest emitters in the world. If you add up the 90 or so countries

that contribute less than 1% of CO2 emissions, you get to a third of the global total. Perhaps that's why every area, every State, and every country needs to do their bit.

Alan Marel, North Curl Curl

Re: Mystify Me (Oct '23)

In response to Kevin Begaud's "Mystify me" letter, a few points we must remind ourselves of - unless we blatantly choose an approach of, 'not my responsibility'.

We all have an individual and collective responsibility, particularly given that we are a wealthy nation who should arguably be carrying a greater load of the responsibility to address our emissions. To the specific points raised by Kevin. Yes, our contribution to Carbon Dioxide emissions was just 1.1% of the global total. However, look at it on a per capita basis and Australia emits 15.4 tonnes of CO2 per person which is over three times the world average of 4.4 tonnes per person! Consider our fossil fuel exports and other trade, we're in for an even greater shock.

We now sit in 11th position of Emissions globally and that is up from 13th position in 2019. We rank Number 1 per capita if we consider Australia's membership of the 38 OECD nations. New Zealand ranks at Number 16.

Whatever way we look at this Australia, and by extension the Northern Beaches, regardless of the number of trees, golf courses etc, we continue to have a very shameful record, exacerbated by years of sitting on our collective hands claiming that our contribution was insignificant.

Shame Australia, shame.

Patrick Buckley, Balgowlah

Re: CO2 Emissions (Nov '23)

Dear Editor, your November correspondent takes issue with my fact that Australia contributes a minuscule 1.1% to global CO2 emissions, arguing it's still too high given our population. He responds with the absurd proposition that the CO2 locked up in our huge coal and gas exports, the financial benefits of which underpin our national wealth, should be added to our 1.1%. So, ipso facto, that those emissions are only released when burnt in the export nation, they should be counted twice; here and there!?! The COP21 Agreement in Paris which Australia signed up to in 2016 rejected outright that "escape" emissions should be added to export nations. His other argument that Australia's manufacturing and industrial complexes can be run efficiently on unreliable renewable energy is comparable to a farmer trying to operate efficiently out of a factory.

Kevin Begaud, Dee Why

World Peace, please...

Hi Liam, are you and your family all right? Or are you occupied with writing the very first tiny tot's book of PEACE ON EARTH, implanting that concept from the very beginning of their lives; to be followed by games and more story books and music for that generation as it grows and so knows? Of course, no mention of politics nor religion is made, as these are totally personal and make no difference whatsoever to overall peace in the world, whatever language you might speak or colour of the skin you are in, because those facts are just as personal - do you agree?

Sunny cheers,

Marianne, North Narrabeen



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Constabulary throttle control

Dear Tawny, this Christmas will bring cheer to many but woe to others, as I predict Noël will hail an increase in the numbers of motorised pushbikes ridden by untrained, unlicensed and unhelmeted youth on our pathways and pedestrian access ways, and the constabulary seem unable to stop these machines which exceed the 8km per hour that allegedly they should be limited to when under throttle control. SAD for the first senior citizen that these machines send to the happy hunting ground.

Graham Carmichael



Proposed renovation Freshie SLSC

Freshwater madness

How do we continually get to the point where hundreds of thousands of our dollars are spent developing ideas that no-one really wants or needs? The latest case being a 164-seat restaurant in a surf club that is a couple of hundred metres from Pilu, a world class restaurant, and the newly renovated Harbord Hotel, as well as the vast Harbord Diggers facility on the headland, while not one new car parking space will be provided for an already oversubscribed facility...Who else could propose this madness but Council? Surfriider Foundation Northern Beaches objects in the strongest possible terms to the proposal outlined for the Freshwater SLSC. Surf Lifesaving Clubs exist on

the coast in the privileged and highly prized but very vulnerable positions they do FOR THE PURPOSE OF PROVIDING SURF LIFESAVING ACTIVITIES. These activities do not include: Raising money for council through commercial leases; Providing fine dining experiences with an ocean view for the paying public; Serving alcohol to paying customers as a core business; Spending a fortune of public money developing plans that many regard as a repulsive commercialisation of public space; Developing commercial premises where no other entity other than a Council/SLSC could possibly believe it would be acceptable; Proposing a huge new commercial development with no social license and no reasonable consultation befitting the obvious change of use of a public place; Proposing a huge new commercial development with sophisticated plans and studies that have been detailed to a point where the clear expectation is Approval; Stacking a "massive change of use" new commercial attraction on an already stressed carpark designed to accommodate beach users not diners - surfers can't surf in restaurants so why must diners be provided ocean views?; Contemplating an extraordinarily expensive proposition using public money, land and building without so much of a disclosed hint of return on investment or cost/benefit analysis. (To be fair, it seems to be yet another case of, it's all just public money so who cares - right, certainly not the first-time vast expense on very ill-considered surf club developments has occurred, some happily never eventuating). The expense of developing this proposal to date is considera-

ble, estimated to be at least in the many tens of thousands of dollars, while at the same time SLSC's have the "charity hand out", suggesting there needs to be public support or "kids will drown". If Council/Club wish to develop our land and our buildings with our money into commercial premises and have been clearly working towards this end since at least 2016/17, far more EARLY CONSULTATION and PUBLIC INPUT is required before plans are "firmed up" to the extent we see here as the development of these plans comes at a huge public cost in both amenity and monetary terms. There is no need for this development, no call for it apart from a select few in the Club and Council, yet considerable expense has already been incurred where so many more worthy coastal and other public works are required.

Brendan Donohoe, President Surfriider Northern Beaches

Shark attack horror

In "Shark Net Facts" (Nov '23), Reg from Freshie supported the retention of shark nets along our ocean beaches. Reg's facts are correct and are corroborated by the Australian Shark Incident Database, a joint partnership with Taronga Conservation Society Australia, along with Flinders University and NSW Dept of Primary Industries. However, bare statistics tell only part of the story. The rest is in the descriptions provided by onlookers and responders at the time. A few samples are sufficient to describe the horrific physical and emotional trauma suffered by the victims, their friends and family and the public. These descriptions, and hundreds more, are pre-

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sented in the press reports of the time and/or in the Global Shark Attack File 1993 or the Global Shark Accident File. For example: NSW 2014: Female (63yo) "Eaten Whole, finished by seagulls." Qld, 1961: Female (18yo) "Right arm severed at shoulder, left hand severed, right thigh bitten and surgically amputated. Died day after the attack." Qld, 2006: Female (21yo) "Attacked by multiple sharks, arms severed before she died." SA, 1985: Female (33yo) "Free diving for scallops. Bitten in half, decapitated and fully consumed." WA, 2017: Female (17yo) "Leg torn off in front of father, mother and 2 sisters. Died at the scene." WA, 2021: Male aged (57yo) "Separated in two and consumed." Ghastly reading but demonstrates the horror of a shark

attack. Shark nets deployed since 1937 have saved numerous families from the deaths and horror of the type depicted here.

David W., Fairlight

Shark nets

Reg from Freshie claims that shark nets are effective in preventing people from getting killed by sharks in the surf.

That may well be so – but how many people are we talking about here?

"In the 15 years from 1922 until 1937 there were 10 fatal shark attacks on Sydney beaches," writes Reg. That's fewer than one a year. Compare this with road deaths. According to NSW

Govt statistics there were 288 road deaths in NSW in 2022.

(10 people died in one crash alone in October 2023, in the Hunter Valley wedding party).

So, my message to Reg would be: Get rid of the shark nets (which as we know kill a lot of harmless-to-humans sea life) and, if you can, walk to the beach, and enjoy your time in the surf. Swim between the flags if you're a swimmer, and surf in the best break you can find if you're a surfer.

Don't worry about sharks. In the unlikely event that one visits your beach, the beach patrollers will let you know.

Sincerely,

David Hazelden, Manly Vale

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



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Don't be trashy: reuse, repair and recycle instead

Did you know each person on the Northern Beaches generates on average 400 kilos of waste per year?

Who hasn't been frustrated to see waste clogging up our natural environment? Waste is a huge problem for Sydney, as we are projected to run out of landfill space within 10-15 years. While for a time we may be able to outsource the problem, sending Sydney's waste to regional areas, or shipping plastic overseas, this is really just treating the problem as 'out of sight and out of mind'.

For example, many people are unaware that waste also contributes to climate change - as landfill decays it releases greenhouse gases such as methane. Conversely, our love of new products like fast fashion are burning through natural resources like it's going out of fashion: it would take 4.5 Earths for every person on Earth to consume resources in line with the Australian lifestyle!

We need a circular economy, where resources are continually reused or recycled into new products, compared to the current 'linear' economy where resources are extracted, made into products, then end up in landfill.

Every year around August is Earth Overshoot Day, where earth's demand for resources in that year exceeds what the earth can regenerate. From September to December, we're running on a credit card which we will soon max out.

I often hear from the community that people are enthusiastic for easy and reliable ways to recycle things like food waste, soft plastics and e-waste. It's great we live in a community that wants to reduce its waste footprint and be smarter with how we use resources, with so many local groups working on this problem.

We have local Facebook groups such as 'Buy Nothing', 'Northern Beaches War on Waste', and 'Mums Paying it Forward' where people pass along second-hand items or learn waste elimination tips.

The Northern Beaches Clean Up Crew and Operation Straw are local powerhouses of mobilising volunteers to clean up litter in our natural environment. The Manly Food Co-Op are the masters of waste free grocery shopping. The Hub at Kimbriki is home to many organisations doing their bit - The Peninsula Senior Citizens Toy Repair Group, Bikes 4 Life who repair and donate used bikes, Boomerang Bags, and Reverse Garbage.



Bikes 4 Life at the Kimbriki Hub have repaired over 2500 bikes, saving them from becoming landfill.

I'm really excited Council has recently finished drafting a Waste and Circular Economy Strategy to lead our community in eliminating waste and recycling. Developed by staff from hundreds of conversations with locals, and input from the Council's Environment Strategic Reference Group, the draft strategy recognises we all have a role to play, and responsibility to work together. The five priorities are:

- Eliminating waste - reducing waste generated by households, creating a circular economy hub, and creating reuse, repair, recycle network.
- Easy to use waste service
- Tackling priority wastes - such as soft plastics and food waste
- Green and clean environment
- Council leading the way - being a good example and advocate

I'm particularly passionate to see Council create a circular economy hub, a place to not just help the environment through reuse and recycle, but to connect with other community members around sharing, learning, and creating.

Do you have bright ideas for creating a local circular economy? The draft Strategy is open for comment until 10 December. Read more and give your feedback at yoursay.northernbeaches.nsw.gov.au/waste-and-circular-economy-strategy

Words: **Kristyn Glanville**, Councillor for Curl Curl Ward & Chair, Environment Strategic Reference Group

Merry Manly Christmas!

Well, that year flew by. 2023 has been a year of great achievement for our local community and the holiday break gives us an opportunity to reflect with family and friends.

Our local community groups from the Northern Beaches Women's Shelter and Manly Rotary Club to One Meal and Community Northern Beaches, have been working hard all year to provide support to those less fortunate. I'd like to express my thanks to the thousands of volunteers that we have in our community. The hours of effort that go into sporting groups, charitable causes and important community events make our part of the world the best place to live, work and raise a family.

Manly's Community Christmas Card

Every year I have some fun with the Manly Christmas Card Competition. Hundreds of students from our local schools submit their designs for what will ultimately become my official Christmas card. The card is sent to community leaders, Members of Parliament, even the Pre-



mier. The designs range from iconic Christmas day on Manly beach, to fantastic depictions of the many diverse ways we celebrate Christmas with our families. This year, the winners of the Manly Christmas Card Competition are:

- Front page: Ruby T (age 11) Manly Vale PS
- Back page: Olivia E (age 8) St Cecilia's PS
- Back page: Maximus M (age 6) St Mary's CS
- Back page: Freddie A (age 11) Manly Vale PS
- Back page: Darcie Rae H (age 7) Manly Village PS

It has been a privilege to serve as your State Member of Parliament. There's a busy agenda for 2024 and I look forward to delivering some great projects for our community in the new year.

Words: **James Griffin MP**



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Why are we subsidising native forest destruction?

Environment

The Forest Pledge

In October the NSW Environmental Protection Agency discovered an endangered greater glider dead in an area of the Tallaganda Forest being logged. This tragedy highlighted the threat that logging in native forests poses for our unique fauna.

An estimated 50 million trees are bulldozed in Australia each year, leading to the deaths of over 70 million native animals due to deforestation across Australia. That's why I have agreed to lead a push to end industrial scale native forestry nationally.

This might seem like a radical call. But just over two years ago, Australia, along with more than 100 other countries, signed an agreement called the Glasgow Leaders' Declaration on Forests and Land Use at COP26 to end deforestation by 2030.

Victoria and Western Australia are already going down this path. Logging of native forests in these states will end in December. But the practice continues in NSW, Tasmania and Queensland. That's why I am sponsoring a pledge which calls on state and federal governments to work together toward a total national ban.

I know the residents of Mackellar deeply value the natural environment. It's what makes our own region so special. Native forests are home to some of Australia's most iconic species - koalas, gliders as well as countless other birds, mammals and reptiles. But if Australia continues to log our native forests at the current rate, these animals may become extinct in the wild during our lifetime.

How will I look my children in the eye when

koalas have been wiped out in my home state NSW - which a NSW parliamentary inquiry found could occur as soon as 2050? Logging of native forests not only threatens our native species, but it contributes to climate change. We need to preserve our native forests as carbon sinks.

Native forest logging is also lossmaking and relies on taxpayer subsidies. This means here in NSW we are subsidising the destruction of our forests. While some of the logs ends up as floorboards, much ends up in low value uses such as woodchips and tomato stakes. Plantation forestry is more lucrative and a better way to produce the timbers we need, especially for housing.

Of course, there needs to be well thought through plans to assist timber workers and communities to adapt to other related roles including plantation work and tourism.

The pledge already has the support of my fellow independents Monique Ryan and David Pocock, most Greens politicians and our own state MP for Wakehurst, Michael Regan. It's also backed by former Labor and Liberal environment ministers: Geoff Galop, the former premier of WA, Robert Hill, former federal environment minister in the Howard government, Peter Garrett, former federal Labor environment minister, Bob Debus the former NSW Labor environment minister and, Rod Welford and Desley Boyle, two former Queensland environment ministers.

Over 30 scientists have signed the pledge. It's now time for the serving politicians in the major parties to act.

Professor David Lindenmayer, Fenner School of Environment and Society, Australian National University said: "All scientific economic and social data show that native forest logging is environmentally, economically and socially bankrupt. We have to make a rapid transition to a plantation-only industry."

I implore state and federal politicians to listen to the wise heads in their parties, economists and scientists, who have signed the pledge.

Individuals can help by writing to their MP and urging them to sign the pledge and work within their parties to support this goal. Find out more at theforestpledge.com.au

Words: **Dr. Sophie Scamps**,
Independent MP for Mackellar

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The Waxhead knows his rights



Dilemma, McTavish or Christenson? Matt went both

Surfing

2023's Halloween Bomb Swell

It's been a lacklustre year of surf with the onset of El Nino, especially after an almost non-stop run of La Nina monster swells for the past few years. And while the Halloween waves weren't huge, they sure packed a punch.

The prediction was for a 1.8 metre swell at a 12 second period. Given the season we've had, I packed my longboard expecting fun 2-4 foot peaks. I am so glad I was wrong! I arrived at Queenscliff to see buddies Chad and Max Milner who had just hopped out of the water, adamant it was picking up fast. I paddled out on my McTavish 8'3 Red gun.

After a few lefts, I snapped my leash under a mild 6 footer and began the swim in to shore. I borrowed a leash from Manly Surf School and enjoyed a few more waves until I was flushed in again by a flurry of sets. Meanwhile Winter

Vincent caught a bomb right, inspiring to watch.

Speaking to Northern Beaches' goofy-footing royalty Rob Bain on my run-around, he concurred and said it was heavy and getting bigger. I popped home, swapped boards to a 9'0 Christenson Surfboards handshape that I was keen to try in tubes. I did not regret the quick detour to get the new board, I needed it!

The rights were pouring in. Tom Bennett stroked into a bomb. I got the one after; a clean take off, cutting the bottom turn short and projecting down the line into a foamy double up. I rode high, in forward trim, ready for a tube, but the wave dropped out. The fins slid but I leveraged the 9 feet of rail and adjusted the heel/toe weight to complete safely. It was sketchy but nice to feel the board out.

I turned to see a line of

sets churning behind me. It wouldn't have mattered if I fell on my wave, I was about to get smoked by four bombs. My fifth paddle around ensued!

Now sitting on the lefts, my first wave was a peaky 8 foot roll in. The quad fins fought me on the backside carve, too big for the narrow 19 1/2 inch wide board. I paddled around again and found a clean walled up left, a few carves and a cute little tube, dreamy!

At 1:45pm the set of the day flushed everyone in. I was almost laughing underwater thinking how ridiculous this surprise swell was, doing a pretty good impression of second reef Pipeline.

Words: **Matt Chojnacki**

Follow Matt Chojnacki's wave riding adventures on socials @thewaxhead and keep an ear out for his insights in the @wsl commentary booth.

PHOTO: DARCI COLLINGTON - IG @DARCI COLLINGTON



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Peabody implicated in fake coal quality scandal

American coal giant Peabody, alongside auditor EY, is involved in the industry-wide coal fraud scandal which has rocked Australian miners since 2020.

In 2020, the \$6 billion laboratory business ALS confessed almost half of the results it produced from coal tests over a period of 13 years had been “manually amended without justification.” These amended results uniformly misrepresented the quality of the coal to boost results in line with contractual obligations. They effectively faked the results to make Australian coal look better quality than it was, and to fetch more money for it from buyers in Korea, Japan and China.

In light of recent revelations about a corporate whistle-blower being raided by 6 armed police officers and ‘frisked’ while in bed, the revelations of collusion and fraud by coal multinationals again put the spotlight on double standards in dealing with crime.

While the big names in the coal fraud scandal have yet to see enforcement action, corporate regulator ASIC has launched a civil action against coal miner Terracom for breaches of continuous disclosure obligations and whistle-blower provisions of the Corporations Act. It is unclear whether ASIC have advised TerraCom or other coal companies to appropriately account for their fraud, inform cheated customers or set aside funds for future claims.

Documents obtained by Michael West Media show the same scam was being perpetrated by Peabody as early as 2005.

EY has been Peabody Energy’s auditor since 1991. Confidential sources say that far from preventing Peabody’s fraud, their long-standing auditor actively audited for and found examples of Peabody’s fraud. They reveal that Peabody Energy were so actively aware of their fraud that they worried their own employees would accept bribes from customers to perpetrate the same fraud against Peabody, allegedly so worried that their employees would cause shipment results to be certified at worse quality than they really were to under-charge clients and then ‘share in’ the discount that they had EY audit for this.

ASIC’s case against Terracom is still ongoing with all four defendants, all Terracom executives, filing their defences at the end of September. ASIC is alleging that Terracom knowingly altered its coal export certificates in order to satisfy



Open cut Peabody Energy coal mine

contractual obligations.

No other miner, or any testing laboratory, has come under ASIC or a police force’s focus. The case against Terracom is limited to potential Corporations Act violations. The criminal offences of fraud, foreign bribery and money laundering are not being actioned by police at this time.

It is unclear whether ASIC or any law enforcement authority have informed customers they have been cheated in the order of millions of dollars. Such customers include Japan’s JERA and four of the five South Korean subsidiaries of Korea Electric. Since much of ALS’s fraud occurred in NSW, ALS was obliged to report the criminal actions of its employees to Police. Failing to do so would have been a criminal offence.

Last November, independent Tasmanian MP Andrew Wilkie named a string of companies including Glencore, Macquarie Bank and Peabody, as all involved in the coal fraud, saying, “Disappointingly, my concerns have been largely ignored by the Australian Government and regulators, in a pattern of behaviour that extends to the previous Government as well.

“I hold out hope that the legal proceedings will finally blow the lid on the widespread use of fraudulent coal quality testing. They have been used for years by Australian miners and exporters to give the impression that Australian coal is cleaner than it is really is, and to falsely show that shipments are compliant with contracted metrics.”

Words: **Callum Foote**, Michael West Media

Federal Politics

Why is it important to have political advertising we can trust?

Under current Australian law it is perfectly legal to lie in a political advertisement.

We have well established laws to protect consumers from misleading advertising. We recognise the importance of protecting consumers from scams and unfounded claims. Yet we do not apply the same protections to voters.

In consumer advertising, claims need to be true, accurate and based on reasonable grounds. Any claims advertised must be able to be proved. Yet politicians and political advertising are not held to the same standard. Are our voting rights not as important as our consumer rights?

The recent Voice to Parliament referendum brought out some of the best and worst of political debate. As campaigning rolled out, there was concern from both the Yes and No supporters about misleading and deceptive advertising. Voters of all persuasions want political advertising standards brought in to line with consumer advertising.

The feedback from the referendum is very similar to Australia Institute polling following the last election suggesting almost three quarters of Australians came across advertisements they knew to be misleading during the 2022 election. If we look back a little further, examples of disputed claims such as ‘death taxes’ during the 2019 election campaign and ‘Mediscare’ in 2016 spring to mind.

Currently under Australian law it is perfectly legal to lie in a political advertisement. Misleading and deceptive advertising can lead to scaremongering and distractions getting in the way of a fair debate, so it’s no wonder public trust in politicians has been eroded over time.

All major parties have at some time taken advantage of the low standards and cry foul when the other side does it. Voters of all persuasion want political advertising they can trust.

A recent poll by the Australian Institute showed 87% of voters agree that truth in political advertising laws should be in place in time for the next federal election campaign. It’s time the Government and opposition acted on their voters’ wishes.

I have introduced a private member’s bill to stop the lies, now titled “**Voter Protections in**



Zali’s bill strives for voter protection

Political Advertising” to regulate misleading or deceptive political advertising, including deep fakes, and am calling on the Albanese Government to support my bill or introduce similar legislation. They have delayed long enough.

This style of voter protection legislation is not without precedent. South Australia’s truth-in-political-advertising provision has successfully operated since 1985 and survived constitutional and legislative scrutiny.

The growing quantity of false political advertising poses a real threat to our democracy. Freedom of speech comes with responsibility and should not be a free pass for political campaigners and third party organisations to intentionally misinform and lie with impunity.

One of the major voices against protecting voters from misleading political advertising are regular offenders: Advance Australia. As third party organisations get more and more influential in election and referendum outcomes, it is vital for future elections, debates and key policy decisions that political advertising be cleaned up.

Words: **Zali Stegall OAM MP**

IMAGE: PEABODY ENERGY VIA NSENERGYBUSINESS.COM





Michael Regan MP December Update

A massive thank you to all Wakehurst residents who mailed their objections to the “Lizard Rock” rezoning proposal. We received over 1,300 submissions which were lodged with NSW Planning. A strong response that demonstrates the overwhelming and well-founded community opposition to the proposal.

An essential aspect to my campaign was greater transparency and insights to ensure our recently privatised local services, such as buses and our major

hospital, are meeting the needs of the community. I am pleased to report the NSW Audit Office has added a performance audit of Northern Beaches Hospital to their 2023-26 Work Program. And I believe the Bus Industry Taskforce is now delivering on the transparency required, with recommendations currently being implemented to improve services.

I am pleased to report the NSW Labor Government will build a modern, state-of-the-art ambulance station in Dee Why. Did you know our paramedics are the lowest paid in the country? We must offer critical workers a fair and sustainable wage to undertake their duties. I will work with our paramedics and the Minns Government to find common ground on this issue.

Major upgrades to Wakehurst Parkway have hit a key milestone, with Transport for NSW

now exhibiting detailed plans for the fully funded upgrade. In addition, Northern Beaches Council will soon commence flood mitigation works to increase the resilience of this vital arterial road, thanks to additional funding I secured from the NSW Government. Find all the details at michaelreganmp.com

I have signed onto the Forests Pledge, in collaboration with the World Wildlife Fund, which calls on all levels of government to end native forest logging across Australia. I have secured sign-ons from many NSW crossbench colleagues and travelled to Canberra to help launch the Forests Pledge in Federal Parliament.

Wishing you a safe and joyful Christmas and new year holiday season!

Words: **Michael Regan MP**,
Member for Wakehurst

Authorised by Michael Regan MP. Funded using Parliamentary Entitlements.



Utes and Fringe Benefits Tax (FBT)

Do you own a ute or provide them for your employees? This month, Frank Drenth, our tax expert from the Institute of Financial Professionals (ifpa.com.au), discusses five key points regarding utes, what's entailed in the ATO's approach to Fringe Benefits Tax (FBT) and how it's applied to work provided vehicles.

1. Utes are now the most popular type of car bought in Australia

We've all seen the ads, and in particular dual cabs towing boats or caravans.

2. Many utes are provided by companies to their tradies for work purposes

No problems there, unless the tradies start to use their utes outside of work hours for private purposes, that's when the ATO starts to become interested.

3. The boss will be on the hook

There are conditions attached to the reduced record keeping concession provided by the

ATO. Workers need to be careful in filling out their yearly FBT statement as there's little leeway. If they are wrong, it's the boss who will be on the hook for the FBT and any penalties for non-compliance.

4. School drop off and holidays could be a problem

The rules only allow 2km diversion from a direct route home to work or return, and on top of that, total private mileage must not exceed 1000km for the FBT year, with no return journey of more than 200km (ouch!).

5. Family, social media and tolls

The ATO looks dimly at trips not considered to be work travel, which includes school runs. Posting your holiday snaps with your work ute towing a boat or caravan on social media, or using tollways are all the different ways the ATO now verifies.

Got questions about money, finance or investing? Contact Ray on **0400 186 446**, listen to his show on Spotify and YouTube, and visit otgcapital.com.au/blogs



Words: **Ray Trevisan**
OTG Capital Fund Manager



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History in the making

No Duke, Aussie Walkers were surfing Down Under well before a Hawaiian hula'd in

It's long been accepted that Duke Kahanamoku "brought surfing to Australia" but like most things American, this is fake news!

Familiar with Australian surfing history? You've likely heard the heroics of **The Duke**; A charismatic, musclebound, Hawaiian, Olympic swimmer with perfect teeth and a cartoon superhero's chiselled mandible, wowing the Sydney crowds in the summer of 1914-15 with his wave-riding grace, casually picking out a teenage girl on the Freshwater shores to take her for a tandem ride. He even went so far as, when asked by reporters if there were sharks in the water, to say "Yeah, plenty." Did they bother him? "No, but I didn't bother them." Right'oh mate.

The throng lapped it up. A superb showman, a supreme athlete, written into history it went, this gregarious gallivanter brought surfing to Australia on 24 December 1914. Merry Christmas! But with a claim this huge - bringing surfing to one of the most surf-obsessed countries on Earth! - why has no one scratched the surface to see what's what? Why are we so eager to find our most prized possessions to foreigners?

Time to set the record straight. Allow me to introduce the true pioneer of Australian surfing, **Tommy Walker**. Born in 1890 in Marrickville, moving to Manly in his youth, Tommy was described in 1911 as "the well-known shark-catching sportsman who is practically as much at home in the water as a duck and who is continually up to all kinds of jokes." Nicknamed **Looney** "because of his daredevil acts in the water due to the big waves he would tackle off Manly, and because he dived into shark-infested waters to retrieve his fishing bait."

It's even suggested Duke wandered over Queenscliff headland to "introduce surfing to the nation" at Freshwater because the Walker brothers were too busy tearing the bag out of North Steyne. The PR campaign photos wouldn't look quite so impressive if they were taken beside Tommy and his band of wave-riding brothers, especially considering Walker's preferred surfing stance - upside down, whistling the Tipperary!

The Hawaiians of course deserve the credit for pioneering wave-riding itself. Indeed, Tommy first got his hands on a surfboard thanks to his globetrotting aboard shipping vessels. Landing



Tommy Walker surfing at Yamba, 1912-13 season

in Waikiki in 1909 to see the thrill of wave-riders, he purchased a board for "two dollars". Returning to Australia, with older brother **William** and younger brother **Russell**, the Walker brothers were instrumental in the surf carnival demonstrations from Manly to Yamba, 'shooting the breakers' well before 1914. Pivotal to the surf life-saving movement, they were members of Manly Seagulls Surf Club from inception in 1911.

The next generation Walkers comprised another pioneer, **Ainslie Sprint Walker**, William's son. A Manly surf champion, as genetics would decree, when transferred to Melbourne, Ainslie was disappointed with Port Phillip Bay. In search of "broken water", he ventured to Sorrento, discovering perfect surf going unriden. You beauty! Pragmatic, rather than cart his behemoth board each weekend, he'd bury it in the sand! Ainslie's adventures soon took him west, to surfing Mecca, Bells! Inspired by loneliness, he had to convince others to join him on these epic missions. Imagine that call up? What an honour. In the 1940s he helped establish the Torquay Surf Club, before serving as Surf Life-Saving Australia's national President from 1947 to 1970.

Thank you Duke but the time has come to pay homage to **The Walkers, Australian surfing's Australian founders**.

Huge thank you to Alan Fawcett, dedicating countless hours research to prepare this article.

Words: **Liam Carroll**

PHOTO: PORT OF YAMBA MUSEUM

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THURS 14TH - NICK MIDDLETON

FRI 15TH - THE WAVES BAND

SAT 16TH - THE SHIELD - LONG WAY SOUTH

SUN 17TH - MONEY PENNY

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SUN 24TH - ZIGGY MCNEIL

TUES 26TH - ARTIST TBA

WED 27TH - ARTIST TBA

THURS 28TH - NICK MIDDLETON

FRI 29TH - THE BERNIES

SAT 30TH - STILL SO FRESH

SUN 31ST - NYE PARTY WITH OG LOVE DOCTORS

JANUARY

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WED 3RD - GAVIN RIMMER

THURS 4TH - ARTIST TBA

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Sometimes the Devil is a nice lady...

Cover Artist

Maddy O'Connor

How long have you lived on the Northern Beaches? Apart from a brief stint in London and then the Inner West, my whole life.

Where's your favourite place to eat, drink, hang out? Banco in Manly. Such good food, amazing service and I love how cosy and intimate it is.

What's the best thing about the Northern Beaches? The beaches for sure, and the abundance of good coffee

What inspired your cover artwork? I was commissioned by Goodradigbee Distillers to paint a label for their Christmas Blush Gin. The work is a reflection of long, lazy Christmas lunches, with laughter, debate, and love.

What inspires your artwork in general? I look at nostalgia, childhood, and femininity in my work. I'm really drawn

to childlike art, and I like to approach painting as an act of play. I use a lot of text in my work. I love the idea of using the written word as an image.

How would you describe your art? Playful and silly.

What is your favourite part of the artistic process? I love that it gives me an opportunity to be less precious. It's a great outlet for me when the rest of my life feels serious. There is something very rewarding about tapping into your inner child and trying to make something, not so that it looks good, but because it feels good to make.

Which artists or inspiring people, dead or alive, would you most like to have dinner with? Tracey Emin, Dolly Parton, and Fran Lebowitz. They are huge sources of inspiration for me as smart, creative, and unfiltered women.

How did you discover you had a gift for art? I don't know that I ever thought I had a gift for art. I just always loved it. I used to draw constantly as a kid, and that love of drawing and art just never went away.

Did you study art? I did! I studied a BFA at the National Art School in Sydney, and hope to do my Masters in Fine Art at some point.

What are you working on now? I'm trying to step away from painting at the moment and take my practice back to what I loved most growing up – drawing. It's really helping me connect with that inner naivety, and I feel less obliged to make a masterpiece because it's just on paper.

What's your favourite thing about what you do? Making people angry. I can't count how many times someone has told me what I do isn't art. The fact they react at all to my paintings means my work is doing its job.

What would you like to see on the Beaches art scene? More community run initiatives, and less high-end gallery spaces. Art needs to be more accessible on the beaches.

Any advice for young or aspiring artists? Just make stuff. Don't put pressure on yourself to be brilliant. Work out what you like about artmaking and do more of it. Skill comes with practice.

Follow Maddy on Instagram @mccoworldwide and visit maddyconnor.com

Interview: **Liam Carroll**

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Colormaker commissions new Revolve® battery

On Wednesday 11 October, Northern Beaches' sustainable paint and ink manufacturer **Colormaker Industries** took another step forward in commissioning their new 144 kWh ReVolve® battery. This battery is groundbreaking technology, made from nine second-life Nissan Leaf EV batteries.

Two years in the making, this was a major milestone on Colormaker's pathway to Net Zero. The following Thursday and Friday mornings, Colormaker's morning paint production was completed entirely with electricity produced the day before by their solar array and stored in the ReVolve® overnight.

This followed just two weeks after Colormaker passed the milestone of saving 600 tonnes of greenhouse gases through the electricity produced from its 100-kW solar array, installed four years earlier. Since then, despite first the Black Summer bushfires and three successive years of La Niña rainfall, Colormaker's solar array has pumped out clean electricity every day.

The array was designed to produce twice as much electricity as the business used, but once they became a solar electricity generator, Colormaker also became a lot more conscious of their own use. A new compressor was the biggest factor in getting overall electricity usage down by 23% across the entire site, making them much more energy efficient.

"Having such a huge energy surplus has been a great enabler for Colormaker"

said MD, David Stuart. "We produce 2.2 times as much electricity as we use, but until recently, we've only been 65% self-sufficient. Since our small battery was installed, for every kWh that we've taken from the grid, we've put 5 kWh back in. The battery and solar has also enabled us to reduce Demand, a measure of strain on the grid, by 85%," said Stuart.

"The ReVolve® battery will assist us in eliminating buying any power during the evening peak, thus taking more strain off the grid, whilst also improving our self-sufficiency. The first battery moved us in that direction, so we're very confident of big things from the new ReVolve®," Stuart said.

The solar installation proved to be a jumping off point for Colormaker. They also have three EVs (electric vehicles) for deliveries and staff commutes, an electric forklift (no LPG on site), the energy efficient air compressor, the small battery, a mega shredder to give cardboard a second life as packing material, and a new reverse cycle air conditioner in their carbon abatement assets.

The ReVolve® storage units are "end of life" batteries from Nissan LEAFs, a new Australian designed and built technology from Relectrify – a Melbourne-based innovation company engineering the future of battery energy storage. So, this powerful evolution marks one small step for Colormaker and Relectrify, one giant leap for the Northern Beaches and Australia.

Once finally approved, the ReVolve® battery on Colormaker's Brookvale



Colormaker MD David Stuart shows off his power tool

site will be the first in the world to be fully certified, commissioned and operating commercially, in this case, as a solar sponge.

David Stuart concluded, "We're still struggling to comprehend the enormity of what we've achieved. Just imagine what could happen if this technology was deployed not at one small business, but across thousands of businesses and communities across our wide brown land and indeed our South Pacific neighbours. This is the future that we want, that we deserve and, given our abundant sunshine, that we have an obligation to demonstrate to the rest of the world."

Learn more about **Colormaker Industries** at colormaker.com.au, on socials [@colormaker_industries](https://www.instagram.com/colormaker_industries) and stop by and visit the store at 44 Orchard Rd, Brookvale

Words: **Liam Carroll**

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Contact Liam to find out how you can showcase your business, service, or initiative, and fully engage with the Tawny Frogmouth's Northern Beaches community.

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December 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				0500 0.64	0027 1.20	0115 1.18
				1135 1.75	0544 0.69	0631 0.74
				1829 0.45	1216 1.66	1300 1.58
					1914 0.51	2000 0.55
4	5	6	7	8	9	10
0207 1.18	0304 1.21	0401 1.26	0454 1.34	0541 1.43	0622 1.53	0029 0.52
0726 0.77	0829 0.80	0937 0.80	1047 0.77	1151 0.70	1246 0.62	0701 1.63
1348 1.50	1443 1.43	1544 1.38	1645 1.35	1741 1.33	1832 1.33	1335 0.53
2049 0.57	2138 0.58	2226 0.57	2310 0.55	2350 0.53		1920 1.33
11	12	13	14	15	16	17
0106 0.51	0146 0.50	0228 0.50	0313 0.50	0400 0.51	0452 0.52	0019 1.33
0741 1.73	0822 1.82	0905 1.89	0950 1.94	1038 1.95	1128 1.93	0547 0.55
1420 0.44	1505 0.36	1550 0.30	1637 0.27	1727 0.26	1818 0.27	1219 1.88
2008 1.34	2055 1.34	2144 1.35	2233 1.34	2325 1.33		1912 0.30
18	19	20	21	22	23	24
0116 1.34	0215 1.36	0316 1.41	0416 1.49	0513 1.58	0606 1.67	0022 0.49
0647 0.58	0752 0.61	0901 0.63	1016 0.63	1133 0.59	1243 0.52	0658 1.75
1314 1.79	1413 1.68	1515 1.56	1623 1.46	1730 1.38	1832 1.33	1343 0.45
2006 0.34	2100 0.38	2153 0.41	2245 0.44	2333 0.47		1931 1.30
25	26	27	28	29	30	31
0108 0.52	0153 0.53	0237 0.55	0318 0.56	0359 0.58	0439 0.60	0519 0.63
0745 1.81	0831 1.84	0914 1.85	0955 1.84	1033 1.81	1111 1.76	1148 1.69
1435 0.39	1520 0.36	1602 0.35	1642 0.37	1719 0.40	1756 0.43	1832 0.47
2024 1.29	2112 1.28	2156 1.28	2236 1.28	2315 1.27	2354 1.26	

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: STEPHEN B



What every Teen needs right now, a story of community, advocacy and inspiration

Stop the press! An enormous, unidentified bird's egg has appeared smack bang in the middle of the Northern Beaches

It towers above Warringah Mall, confuses drivers along the Wakehurst Parkway, and awes the surfies down at Manly Beach. What creature could be gestating in this oversized ovum? A crack forms along the egg, its brittle, beige exterior beginning to splinter, the hulking spheroid starting to teeter on its smooth, rounded base. People gather, standing agog, unsure whether to be afraid or excited. As the eggshell finally fractures and falls apart, they gasp amazed at the strange form of the curious hatchling...

It is a turkey; to be precise, a scrub turkey; and to be even more precise, it is the second issue of The Forest High School's Scrub Turkey magazine. This uniquely journalistic species of scrub turkey evolved last year when an idea hatched in the minds of Forest's Year 9 and 10 students: Let's make the news. Not just be on the news... MAKE the news.

Hence The Scrub Turkey was first conceived – as a local newspaper by teens, for teens, and about the things that interest teens. Students began by brainstorming topics that fascinated them, the things that made them laugh, or think, the things they Snapchatted each other about, the things that kept them up at night, or distracted them during Science class.

They surveyed friends, fam, baes, homies to illicit

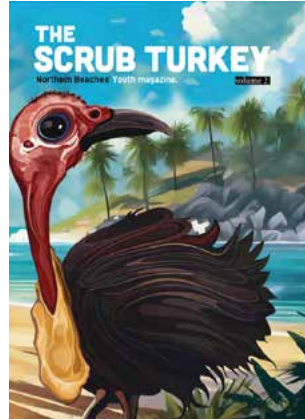
what topics make teenagers tick. Armed with these areas of adolescent attention, the writing frenzy began. The budding journos worked tirelessly, they interviewed, researched, and laboured over the stylistic minutiae of their prose until 100% content with their content.

Graciously aided by the expert graphic design skills of Arcade Studios, the glossy final product set the team's eyes glistening. With copies of the publication distributed free of charge at myriad establishments across the Northern Beaches at the end of 2022, it is estimated that the magazine was enjoyed by many thousands of readers!

And now it's back! A new team, comprised of seasoned reporters and eager newcomers alike, has gotten to work to bring matters of teenage import to the world.

The 2023 edition will bring you all the things you loved in its predecessor and more. Articles range from treatises on the nature of war to tips on how to stay healthy, from musings on medicinal marijuana to selections of the best cinema snacks, and snippets of students' creative works. The magazine is a true showcase of teenage talent, an erudite expression of young people's intellect and emotion.

The Scrub Turkey has once again been let loose. So, when you see this ornithological phenomenon strutting its stuff



Keep a look out for this Turkey

around the streets of Seaforth, flapping its feathers over the façades of Fairlight, or building its bowers in the boulevards of Brookvale – don't be alarmed. Grab yourself a copy of this prestigious publication if you want to expose yourself to some of the best local content, to find out what the kids really think, and to whet your appetite for quality journalism.

A thunderous shout out to our partners and friends at The Tawny Frogmouth and Together For Humanity. Without you both none of the hatchlings would be possible!

Words: **Lauren Weatherall**

The Forest High's Scrub Turkey Volume 2 lands 4 December. Grab a copy at Northern Beaches libraries, Forestway, DeeWhy plaza, and your letterbox if you're lucky. For advertising and general inquiries, contact the team via email at scrubtrky@gmail.com

FIND YOUR GLEN STREET THEATRE 2024 BOOK NOW!



 Glen Street Theatre





Toys are children's words and play is their language

Health

Be Centre: Child-led Play Therapy

According to the World Health Organisation, half of all mental health disorders begin before the age of 14, and 75% by mid-twenties. And with a typical childhood being turned upside down over the last few years due to global pandemics, extreme weather, and global current affairs, it's no wonder our children are struggling with their mental health. But where do parents go to find support? Ask any parent of a child under 12, you'll hear big sighs of despair.

One such parent was Newport mum **Deborah Killelea**. Unable to find the right support for a young family member more than 20 years ago, Deborah wasn't going to let other parents endure the same experience, founding **Be Centre** in 2008, having discovered the value of play therapy and its power to unlock and help heal trauma.

Be Centre is one of the only not-for-profit services on the Beaches specialising in children's mental health. Be Centre is also the largest play therapy-specific service offered in Australia. Starting with one therapist and one room, Be Centre's premises in Warriewood has twelve clinical staff and provides over 2000 one-to-one sessions per year to children who experience anxiety, parent separation, loss/grief, and other struggles.

What is play therapy? It is for children what talk therapy is for adults. Because a child's verbal development lags their cognitive development, kids often don't have the words to express themselves. 'Playing out' their trauma in a safe environment – that includes a huge variety of toys and arts and crafts, knicks and knacks and all manner of expressive options – with a highly

qualified play therapist is how they can do this.

The therapist team all have post-graduate degrees in Play/Art/Drama Therapy, along with undergraduate degrees in related fields such as psychology, mental health, and social work. With this shared wealth of knowledge, the team is equipped to deal with all kinds of early childhood trauma – from social anxiety to domestic violence.

Be Centre's approach to play therapy is child centred and child-led, meaning each child can work on what is most meaningful to them. Toys are children's words and play is their language. Children choose from the various toys in the room and through the safe distance of symbol and metaphor they can explore what is most important to them. This allows them to naturally play out their feelings and past experiences in a way that is self-directed and self-healing.

Tom Carroll, surfing legend, is a long-term passionate Ambassador for Be Centre who understands the importance of healing from childhood trauma. "When I first researched Be Centre and saw the extraordinary outcomes from Play Therapy on traumatised children and the positive impact, it simply hit my heart and peeled it wide open. It is crystal clear that making these remarkable programs available to those seeking help is an absolute high priority. The medium to long term ramifications of not addressing these issues for all involved both directly and indirectly can be devastating. Every young person must be given the best chance possible."

Be Centre's flagship 1:1 program, 'Hear Me Play', is available to children 3-12 years following a Professional Referral. Parents/carers are also supported in a variety of ways including psycho-educational programs and parent counselling. With a new group therapy room and free group therapy programs starting in 2024, including an art program made possible by funding from Sydney North Health Network, through the NSW Ministry of Health, there are a variety of programs to choose from.

A short free online course for parents on the 'Need to Play' with lots of great ideas for parent/child play can also be found at

becentreacademy.org.au

As a not-for-profit organisation, volunteer support is always appreciated. Every dollar saved goes towards keeping this essential service running. To volunteer, or for any queries, visit becentre.org.au or email info@becentre.org.au

Words: **Liam Carroll**

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FREE PROGRAM Art Therapy Group 7-14 years
Opening now for Term 1, 2024
Enquire now, space limited.

Do your child have an artistic flare? Do they struggle with anxiety, social hurdles, or have challenges regulating? Do they care about climate change?

We have a free 10 week art therapy group program 'Good Planet Studio' where program artists, using a variety of mediums, will share their unique perspectives on climate change.

More about 'Good planet studio':

- Weekly term based program
- Led by Art Therapist
- 1.5 hour after school
- Various artistic mediums
- Various special guest local artists workshops
- Participant artworks, if desired, will be showcased in a local Art Exhibition in 2024.

Enquire now and secure your place.
E: info@becentre.org.au T: 02 9913 7000 A: 10/3 Vuko Pl. Warriewood

www.becentre.org.au is a for-purpose children's mental health organisation, helping kids on the Northern Beaches since 2009.

This Program has been made possible by funding from Sydney North Health Network, through the NSW Ministry of Health.

phn NORTH SYDNEY
SYDNEY NORTH Health Network
be centre



The floral desserts of a device-free outing

Help yourself

Hot Tips for Unproductivity

The year is drawing to a close, to-do lists are ramping up, 'self-care' has been erased from the vocabulary, and we've reached that time-warp part of year where we all have full social calendars yet none of us are seeing each other - can someone explain this one to me? Then, when asked to write an article on productivity, I shuddered. As a mum, being productive isn't a choice, it is a social demand. So, to give your overloaded brain a break, here are five unproductive activities to help you re-engage with your inner child and fill your joy cup.

1. A device-free outing

In a recent outing to the supermarket, instead of the usual Freddo I buy myself (as a pat on the back for adulting), I chose an artisanal yoghurt in a cute little glass pot. After consuming this delectable treat (in my car, in my garage with a spoon I found on the floor) I admired the chicness of the pot and imagined it sitting on my desk full of flowers. I decided to go for a device-free walk and pick tiny flowers for my tiny vase - just for the fun of it.

The playfulness of it, the fact I didn't then Gram about it later, felt liberating.

2. Break the Rules

To be clear, I'm suggesting you break the rules, not the law. Think about a rule in your house. For us, it is around screen time and ice-cream. From sunrise to sunset, I am explaining to my toddler why we can't have both in excess. When you've thought of the rule - break it and break it hard. For me, it's watching two movies in a row, during the day, while eating a tub of ice-cream. Did I feel guilty? Yes. Did I love the hell out of the experience? Erm, yes.

3. Go shopping, with no intention to buy

Our digital lives mean we're no longer tactile. Remember shopping in-store, picking up the fruit to inspect it for bruises or run your hand across the fabric of a coat? This exercise is all about touch. Visit your local village and browse through the shops. Touch anything that draws your fancy. Pay attention to the texture, the temperature

and how it feels against your skin. But don't buy - that would be too productive. Just enjoy the sensation of being in the world.

4. Listen to music

Of course, I listen to music, but always while doing something productive. I never just sit and listen anymore. For this activity, I suggest finding some grass to lie in, have snacks close by as you're going to be there for a while, preferably a whole album - remember those? Bonus points if you have noise-cancelling headphones so you can immerse yourself in the music.

5. Ride a bike to nowhere

As a kid, I used to go for bike rides with my friends, just for the fun of it. It wasn't about exercise; it was about freedom and adventure. Pick a route that takes you past neighbourhoods and streets you haven't visited in a while. Be nosy, check out people's gardens, look in their windows, smile and wave at the people on the street. Be present to your surroundings.

There you have it, five unproductive ways to do what seems like absolutely nothing but may just be the most enjoyable part of your day. Also, did you notice a theme? Mostly this is about getting away from your device, the tool that has turned us into endlessly productive machines. Also note, these are all free activities - unless you buy the artisanal yoghurt and ice-cream, but that is a worthy purchase.

Words: **Candace Little**

For more Candace tips, follow [@candacelittlewriter](#) or visit [candacelittlewriter.com](#)

Mal's Wild Side

Savour some green dates in 2024

It seems that almost every day of the calendar year is now earmarked for a cause that's designed to make us think, act, celebrate or laugh. If you're into enviro stuff (and who isn't) here's next year's guide to help you know when to feel warm and fuzzy (or be ready to take to the streets). There's also a liberal smattering of fun and whacky "awareness days" thrown in (just cos it's Christmas). Simply "Google" any specific item of interest to gain more detailed info. Only one of the observed dates is not authentic. The first person to spot the bogus interloper (and advise the editor of the fake by email) will win a special Yuletide prize of a Tawny Grogmouth six-pack.

January

3rd Greta Thunberg's birthday
9th World Nerd Day
11th Learn Your Name in Morse Code Day
17th Ditch New Year's Resolution Day
22nd Answer Your Cat's Questions Day
26th International Environmental Education Day

February

2nd World Wetlands Day
3rd Eat Ice Cream for Breakfast Day
4th Create A Vacuum Day
16th Do A Grouch A Favour Day
18th World Whale Day
24th Possum Appreciation Day.

March

3rd World Wildlife Day
6th Learn What Your Name Means Day
14th International Day of Action for Rivers
20th World Re-Wilding Day
21st International Day of Forests
28th Something on a Stick Day

April

4th International Carrot Day
14th Reach as High as You Can Day
17th Bat Appreciation Day
21st World Fish Migration Day
22nd Earth Day
25th World Penguin Day

May

9th Lost Sock Memorial Day
14th Dance Like A Chicken Day
17th National Endangered Species Day
20th World Bee Day
23rd World Turtle Day
29th Put a Pillow in Your Fridge Day

June

1st World Reef Awareness Day
5th World Environment Day
8th World Oceans Day
21st Daylight Appreciation Day
22nd World Rainforest Day
26th Chocolate Pudding Day

July

3rd Compliment Your Mirror Day
16th World Snake Day
19th Stick Out Your Tongue Day
26th World Mangrove Day
28th World Nature Conservation Day
31st Uncommon Musical Instrument Day

August

2nd Ice Cream Sandwich Day
6th Fresh Breath Day
14th World Lizard Day
22nd World Plant Milk Day
24th Pluto Demoted Day
29th International Day Against Nuclear Tests

September

1st Wattle Day
5th Be Late for Something Day
7th National Threatened Species Day
10th National Bilby Day
27th Save The Koala Day
29th World Rivers Day

October

4th No Disposable Cup Day
7th World Habitat Day
10th World Porridge Day
21st Count Your Buttons Day
24th World Kangaroo Day
26th Howl at The Moon Day and Night

November

4th World Numbat Day
9th Chaos Never Dies Day
13th World Kindness Day
15th Clean Out Your Fridge Day
29th Electronic Greeting Card Day
30th Australian Buy Nothing Day

December

4th Wildlife Conservation Day
5th World Soil Day
6th Put on Your Own Shoes Day
11th International Mountain Day
21st International Dalek Remembrance Day
30th Bicarbonate of Soda Day

Thanks, for all your support in 2023. Have a great Christmas and new year and remember... always nurture your wild side!

Words: **Malcolm Fisher**

I love you, just not at the expense of me

How being self-nurturing can create optimum relationship conditions

In relation to others, why does it seem like you can only be described in one of two ways? Either you're selfish; too concerned with your own well-being and lacking care for others, or you're selfless; putting your own needs secondary to people around you. As I trolled the internet, hungry for a word to meet my needs, it occurred to me that maybe we, the English language, lacked the word I was after. How can we know where to set the healthy relation bar if we don't even have a word that explains what it is? So here it is, I'm coining it now; self-nurturing – an adjective to describe a person who takes care of themselves, their well-being, is still considerate and compassionate towards others just in a way that has boundaries and is not at the expense of themselves.

It is so easy to lose touch with your own identity in a relationship. It's common cultural practice to identify emotionally and psychologically as one (we), entangle finances, cohabitate, share a last name, and bear children, to name a few. While it often begins as romantic and wanted, this merging of two can also lead to suffocation and distress. With a new couple identity, we can lose sight of ourselves and our personal responsibilities. Being a self-nurturing person is not an act of selfishness, but devotional love to ensure that the infrastructure of your relationship (and you!) are built to last. Here are a few ways you can be more self-nurturing and how they can help.

- 1. Your happiness is your responsibility.** Too often we shaft off personal responsibility to our partners. We can be quick to blame and shame. Your happiness is yours to take care of, so do it.
- 2. Take care of your needs.** Your partner is not your parent. It's imperative that you meet your own needs as much as you can otherwise you risk developing a parent-child dynamic which makes intimacy very complicated.
- 3. Nurture the friends you had before the relationship.** Spend time with your friends without your partner. You had them before and you probably want them after it ends. Nurture them.
- 4. Say no to your partner.** When you don't want to do something, be honest and transparent. If you build a habit of saying yes when you really want to say no, you end up becoming resentful towards them which leaks out sideways later.



Self-nurture your way

Also, when your partner knows you can say no, it means they can trust your yes.

5. Keep having new experiences with and without them. Stagnation is a relationship killer, but often people are not enriching their lives in any department. Try a new hobby, start learning a language. Do that thing you've always wanted to do but fear has been in the way. This will keep you invigorated and will bring fresh air to the relationship.

6. Regulate yourself. Practice mindfulness, meditation, journaling, swimming, yoga etc. The more grounded and centered you are, the more you will be able to show up for your partner. Remember, your partner is not a toilet for your emotional dumping. Don't sh*t where you eat.

Perhaps it's obvious and a bit clichéd but the airplane oxygen metaphor is true; you've got to put on your mask first. I've seen too many couples metaphorically pass out in relationship because they were trying to fix, change, alter or do for their partner and forgot about themselves. When applied, all of these steps can help you pro-actively safeguard against relationship burn out, resentment, stagnation, contempt, boredom, and intimacy droughts. Through personal responsibility, self-nurture, and compassion, you can move from relational surviving to relationship thriving.

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

Scout is a Relationship Therapist providing counselling to couples & individuals. Based in Manly. Telehealth available. Visit thelovescout.com or call **0410 030 463** for more info or to book a session.

PHOTO: MAT GEYER - IG@G.EYER_PHOTOGRAPHY

12 Days of ThriftMas - Making Christmas sustainable

Christmas can be a time of over consumption, stress and waste. Apply a little thoughtfulness to where you shop and who you support this Christmas.



Christmas goodies, ready to be gifted

Every purchase from a Lifeline Shop or Book Fair helps to fund local crisis support and community programs. Lifeline prides itself on curating a wide range of high-quality second-hand fashion and homewares and presenting fresh, creative retail spaces. So, here are 12 ways for you to treat yourself to a little retail therapy and shop sustainably for loved ones. It doesn't have to be new to be awesome!

On the 1st Day of ThriftMas: the Balgowlah Store. This on-trend homewares specialty store is a one-stop shop for all your home décor, some furniture pieces, clothing and accessory needs.

On the 2nd Day of ThriftMas: the Brookvale Store. This hip and happening store has exceptional visual merchandising and an abundance of books and groovy fashion and homewares that will delight everyone.

On the 3rd Day of ThriftMas: the Cremorne Store. Definitely a 'destination' store filled with retro and vintage treasures for thrifty op shoppers who have an eye for potential, love to revamp, repair and get creative with their looks.

On the 4th Day of ThriftMas: the Dee Why Store. A favourite among the budget-savvy with men's, women's and children's clothes and toys all \$5!!

On the 5th Day of ThriftMas: the Forestville Store. Perfectly curated, this high-end men's and women's fashion and homeware boutique will have you ohhhhing and ahhhhing over so many quality products.

On the 6th Day of ThriftMas: the Manly Store. This roomy two-level lifestyle flagship space, with price points to suit all budgets, is a local hub for the community. You are unlikely to leave empty-handed.

On the 7th Day of ThriftMas: the Mona Vale Store. Confirming size isn't everything, this store is small but mighty and stacked with treasures that you have to see to believe.

On the 8th Day of ThriftMas: the Narrabeen Store. All the way up on the Northern Beaches coast is where you will find this breezy, beach style store filled with beautiful homewares and fab fashion for both men and women.

On the 9th Day of ThriftMas: the Neutral Bay Store. An on-trend boutique store, with beautifully curated racks and displays that showcase glorious knick-knacks and special treasures.

On the 10th Day of ThriftMas: the Spit Junction Store. One of Sydney's most affluent suburbs, it's not surprising that the donations regularly include luxury finds, quality fabrics, ornaments and trinkets galore.

On the 11th Day of ThriftMas: the Online Store. Lifeline Shop Online means wherever and whenever you want to shop sustainably you can find many designer labels, often with new tags, in the carefully curated collection – but all for a fraction of the cost. Visit: shop.lifelinenb.org.au

On the 12th Day of ThriftMas: the Brookvale Book Fair. There are four GIANT book fairs locally during the year with every fair planned, prepared and presented to ensure Lifeline book fairs remain renowned for their great quality pre-loved books, CDs, DVDs, games and more. The next Lifeline Book Fair is **7-10 December** at **St Augustine's College, Brookvale.**

Merry ThriftMas!

Words: **Lifeline Northern Beaches**
For all information on local Lifeline store locations, opening times and contact details, head to shop.lifelinenb.org.au





Wine connoisseur St Nick decides who's been naughty or nice



Eat / drink

The wine they deserve

A helpful and hilarious guide to choosing the perfect wine for friends, family and loved ones.

Dear Santa (or dear reader if you happen to have that role),

I know that at this time of year you do the rounds, delivering gifts to those whose good behaviour over the year deserves a reward. Below are some suggestions for those who deserve to be recognised with some wine.

I've created a scale - the good equivalent to Dante's Nine levels of hell - where the most benevolent get the best grog. Think of it as a virtuous exchange rate.

1. I've been positively Saintly. Beatification can't be far off. The least I can expect is to be nominated for Australian of the Year." **Billecart Salmon Rosé Champagne** \$150. This is what they drink in heaven - if they drink in heaven.

2. Please don't get me anything, I don't drink. That sounds like a challenge. At the risk of insulting/corrupting an innocent soul, here's a

wine that will challenge your teetotal position - **Bass Phillip 2021 Pinot Noir** \$100.

3. I've paid all my taxes and donated to lots of charities. But perhaps I erred on the Voice referendum. How about a more progressive take on tradition with a Christmas pudding you can drink? **Sanchez Romate Cardenal Cisneros Pedro Ximenez** about \$70.

4. I've adopted three abandon dogs, two cats and a rabbit. I really regret the rabbit. You deserve more than a pat. Try a **Dog Point Section 94 Sauvignon Blanc** 2011, \$45. By comparison, most Marlborough SBs are mere pups.

5. I've used public transport to get to work all year and have a Keep-cup. I also offset by flight to Europe. Enjoy some forgivable Carbon Dioxide emissions with **House of Arras Blanc de Blancs NV**. A consistently impressive bubbly

from Tassie. **94 Points Halliday Wine Companion 2021** \$40

6. I have had lustful thoughts about a certain person at work but haven't acted on them even though I think he likes me. Time these two shared a bottle. Something joyful and not too serious, like **Avalon Rosé**, \$38.

7. I don't believe in Santa Claus. But I always buy the Big Issue. 2017 **Mt Pleasant Elizabeth Cellar Aged Semillon**. This remarkable Semillon may well challenge your belief system. \$27

8. I always put the loo seat down after I've had a pee - apart from that one time. De Bortoli Village Chardonnay 2018, \$20. An honest wine, for an honest truth.

9. Although I was disappointed with the result, I didn't lambast the NSW NRL team for losing the State of Origin series." **Taylor's Promised Land, Cab Merlot** \$16 - their Shiraz recently won the world's best red wine award, so you probably won't be able to find it. Try this instead and pray for the promise of a 2024 series win.

So, Santa, I hope this helps. If you don't have any of the above in stock, do a search on the names and you'll discover who has, and for how much. Merry Christmas.

Words: **Ben Welsh**

Ben is the creator and author of **Wine under 20, Life over 50**, dedicated to finding decent wine under \$20 a bottle, while knowing any search is inevitably also about the searcher, so that's the life over 50 bit. Read more at wineunder20lifeover50.com



Not even God knows what Battlesnake will unleash

Live Music

A Very Battlesnake Christmas

It's that time of year where the trees go up, the lights are attempted to be untangled before you give up and duck down to Bunnings for a brand-new set, and you watch Die Hard for the 30th time. That's right, it's Christmas, only this year it's extra special because Battlesnake are throwing their first ever Christmas Party at Avalon RSL.

If you know who Battlesnake, stop reading. You've already got tickets, amping up right now for a Battlesnake party sure to be madder than Arkham Asylum. For those that don't know, Battlesnake is a 7-piece band that have emerged from the depths of the underworld. They've opened for Kiss and even toured with the Smashing Pumpkins in their illustrious 3-year career.

One of the most unique bands in music history, we're blessed to be alive at the same time in human evolution. In their simplest form they are a mythical heavy metal band genetically engineered as the cyborg love child of Queen and King Gizzard and Judas Priest. Their shows are filled with cult like costumes and performances to match with coffin props, pyro, and, if you're lucky, men in tighty whities. It's all tongue in cheek but must be taken very seriously.

It's hard to fathom what Battlesnake has in store for a Christmas spectacular, only that it will be turned up to 11 crazy.

A Very Battlesnake Christmas rocks out at **Av Rissolo 8:30pm Saturday 16 December**. Getrix any way you can. Follow IG @[battlesnakeband](https://www.instagram.com/battlesnakeband)

Words: **Digby Robinson**

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How many have you read?

Tawny's Bathtub Bookclub

A year of reading: Paige's best books of 2023

Every year I try and keep a record of the books I've read. Every year I fail. Some books activate my brain's auto delete button very soon after I've finished them. Others stay embedded in my brain's hard drive. In 2023, these are the books that stayed with me.

Sam Neill's *Did I Ever Tell You This?* If there was a silver lining to Sam's cancer scare it's that it made him write this book. It's as charming, engaging and self-deprecating as the man himself.

Richard Glover's *Flesh Wounds* was published in 2015 but I only got to it recently. Despite the trademark Glover humour, this is a heart-wrenching read about a dysfunctional family on par with what was described in Douglas Stuart's *Shuggie Bain*.

The Unbelieved by Vicki Petraitis won the inaugural Allen and Unwin crime fiction prize. It might be fiction but it felt very real as the story

centres around rape, sexual assault, domestic violence and how these matters are dealt with by the Australian justice system.

I fell in love with **Sarah Winman's** writing after reading ***Still Life*** in 2022. It's a book filled with charming characters and a story of optimism, hope and whimsy. I was on the hunt for Winman's earlier work and found ***A Year of Marvellous Ways***, published in 2016. *Marvellous Ways* shares the story of an 89-year-old woman who sits by a creek in Cornwall waiting for a last adventure. It's an uplifting, deeply moving read about the magic in everyday life, which is written in sparingly beautiful prose.

All That I Am is Australian writer **Anna Funder's** first fictional work and was published in 2011. I read it then, and again just recently, and it has lost none of its impact. It's a story of dissidents in Nazi-era Germany that deals

with themes of freedom and betrayal based on real people's stories and events.

The Bookseller at the End of the World is the memoir of 75-year-old **Ruth Shaw** who runs **The Wee Bookshop** on her property in New Zealand's Fiordland. She started with one Wee Bookshop but now has a few on her property. The bookshops are only a small part of her memoir. Ruth shares the story of her unconventional, adventurous and sometimes achingly tragic life. I adore books about booksellers. My passion for them started in 2017 with Scotland's **Shaun Bythell's *The Diary of a Bookseller***, a book that made me laugh until tears ran down my face. The driest of dry Scottish wit.

Finally, ***Hello Beautiful*** by **Ann Napolitano** makes the list. I bought this book because my sister always used to say 'hello beautiful' to me. This book is about four sisters who are as close as close can be until the unbreakable bond is broken. It's a story about love, acceptance, grief, depression, parenting, love, hate – it's got the lot! I could not put it down. And I can't wait to read Ann Napolitano's other novels.

I had a dear aunt who out-lived her husband, siblings and friends by many years, and she always told me she never felt lonely when she was reading a book. She died during an afternoon nap with a book open by her side. How perfect.

Where to buy

Shop local. Paige loves walking to Humphreys on The Corse, Desire Books in Manly and Berkelouw Balgowlah in Stockland Shopping Centre.

Words: **Paige Turner**

A Little Advice

A Christmas Revolt

Q. Last year I struggled to make Christmas a magical time for my toddler. We got photos with Santa, but they were unusable because my son was petrified. We attempted to make Christmas cookies together, but the whole thing ended in a tantrum – him AND me. I bought us matching Christmas Day outfits, but my toddler protested and wanted to wear his Spiderman costume and then my husband also refused. In the end, none of us wore the outfits. How do you create Christmas traditions that everyone enjoys?

A. Ah Christmas, the season of high expectations and inevitable disappointment. I've always loved the holiday season and consider myself a very festive person. But in the last couple of years, I too have felt the pressure to create the 'perfect' Christmas experience. I blame Instagram. Suddenly the bar for Christmas joy is home-made gingerbread houses, Christmas-themed crafts and matching Santa pyjamas (no shade to the people that like matching pyjamas...). And if you're not doing these things, and not posting it to Instagram with #christmasmoody, did you even celebrate Christmas?

We put so much energy into creating the *ideal* holiday traditions that we lose sight of the things we enjoy about Christmas. And what we enjoy may not look like what everyone else enjoys.

My advice is to sit down with your partner and make a list of all the things you loved about Christmas growing up. And then choose the things you want to carry forward into your own family, keeping in mind the season of life you're in.

Christmas traditions should be restorative, *not* performative. They should be easy to achieve and, most importantly, they should reflect the values of your family. My family values, erm, drinking...so I will be creating a special cocktail (mocktail for the kids) this year.

Are you in need of **A Little Advice?**

Email mail@thetawnyfrogmouth.com.au with important questions or contentious topics.

Words: **Candace Little**

Candace is an award-winning screenwriter and copywriter who works with CEO's and industry leaders to elevate their social profiles. Find out more on IG @candacelittlewriter or visit candacelittlewriter.com



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Subject Hoping for a summer breeze
Photographer Mat Geyer, IG @g_eye_r_photography



Subject Cozy in the nest
Photographer Andy Morgan, IG @photos.andymorgan



Subject Dee Why ocean pool sunrise
Photographer Carly Mowat



Subject A Tawny Grogmouth fan at Bucketty's
Photographer Paige Turner



Subject The golden path to Shelly
Photographer William Deer, IG @wayne.deer



Subject Our yearly visitor just returned, Seaforth
Photographer Maria Ogayar



Subject Lizard love knot
Photographer Suzanne Jensen-Lewis



Subject Gummy loves you, QBC surf tag victors
Photographer Bernadette Johnson



Subject I'm not a Tawny, just a very wet Kookaburra
Photographer Monica Ardill



Subject Cockatoo snacking in a tree, Alambie Heights
Photographer Ben Sutton



1. Which "city centre" is further north – Hornsby or Mona Vale?
2. Local identity Mike Pawley represented NSW at which sport?
3. Which road links North Narrabeen and Ingleside?
4. The Collaroy Strikers are a Northern Beaches club in which sport?
5. Approximately how long is the famous "Spit to Manly" walk? 5km, 10km, 15km?
6. In which band would you find a guitarist called "The Edge"?
7. Associated with Bundaberg Rum, what type of bear is the Bundy Bear?
8. Of Australia's 7 national public holidays – How many can never fall on a Sunday?
9. Taylor Swift is currently dating which American Football star?
10. What colour is on the right side of the flag of Italy – green or red?
11. In which month was King Charles' coronation?
12. What term for a large coral chain also denotes a type of knot?
13. In a game of pool, what colour is the number 5 ball?
14. Which hit Broadway musical features the song The Wizard & I?
15. The Aztecs were native to which country?
16. At the most recent Olympics, which took longer – The Men's athletic marathon or the Men's 10km Swimming?
17. The geographical centre of Australia is called Lambert centre – Which state or territory is that located in?
18. The late Matthew Perry was a junior phenomenon and almost pursued a career in which sport?
19. In which Middle Eastern country was the 2023 season of SAS Australia filmed in?
20. In what year did Notre Dame cathedral in Paris get destroyed by fire?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

A high-flying Beaches real estate agent has been banned for life from the fine wining and dining sanctuary of Hugo's after horsing around hay too much for Melbourne Cup celebrations.

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Star Signs

by Krystal Bawl

Sagittarius Nov 23 - Dec 21

Now's the time of year for self-reflection, but not in the mirror silly, not unless you're planning more injectables.

Capricorn Dec 22 - Jan 20

Goodbye doesn't mean forever, but keep watching your ex's socials like a hawk, and police intervention may ensue.

Aquarius Jan 21 - Feb 19

When friends said spice up your life, they didn't mean taking up Indian cooking courses, it was just idle chaat..

Pisces Feb 20 - Mar 20

Congratulations, your frisky business is going gangbusters, but your kids don't need to hear endlessly about it.

Aries Mar 21 - Apr 19

Your job insecurities will be confirmed by telling your boss what you really think. Good thing you're self-employed.

Taurus Apr 20 - May 21

Dog owners don't start resembling their dogs, but who cares, you and your beloved wild ass are peas in a pod.

Gemini May 22 - Jun 21

Love is blind. Beauty lies in the eye of the beholder. Optometrists should charge more for relationship advice.

Cancer Jun 22 - Jul 22

Movement, music, and meditation are superb for mental health but practising all simultaneously is problematic.

Leo Jul 23 - Aug 22

Venus in Virgo guarantees a good time if you take it slow, but it's sure to be tricky with Mercury in Uranus.

Virgo Aug 23 - Sep 23

As per the rest of eternity, work Christmas parties are a bad time to tell your married colleague you love them.

Libra Sep 24 - Oct 23

Stop doing everything for your grown-up kids. They're almost in preschool, time they take care of themselves!

Scorpio Oct 24 - Nov 22

Stoicism has stolen the life out of you. Dependable. Stable. Employed. BORING! Go back to your hedonistic ways.



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Friday: 4:00 PM - late

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Saturday: 12:00 PM - late

Wednesday: 4:00 PM - late

Sunday: 10:00 AM - late

Thursday: 4:00 PM - late

Visit The Goodbar, 41 Orchard Road, Brookvale.
Bar and cellar door open Wednesday-Sunday.

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Trivia Answers

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

Sudoku Solution

1. Mona Vale 2. Cricket 3. Powderworks Road
 4. Football (soccer) 5. 10km 6. U2 7. Polar Bear
 8. 2 (Good Friday, Easter Monday) 9. Travis Kelce
 10. Red 11. May 12. Reef 13. Orange 14. Wicked
 15. Mexico 16. Athletics Marathon
 17. Northern Territory 18. Tennis 19. Jordan
 20. 2019

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