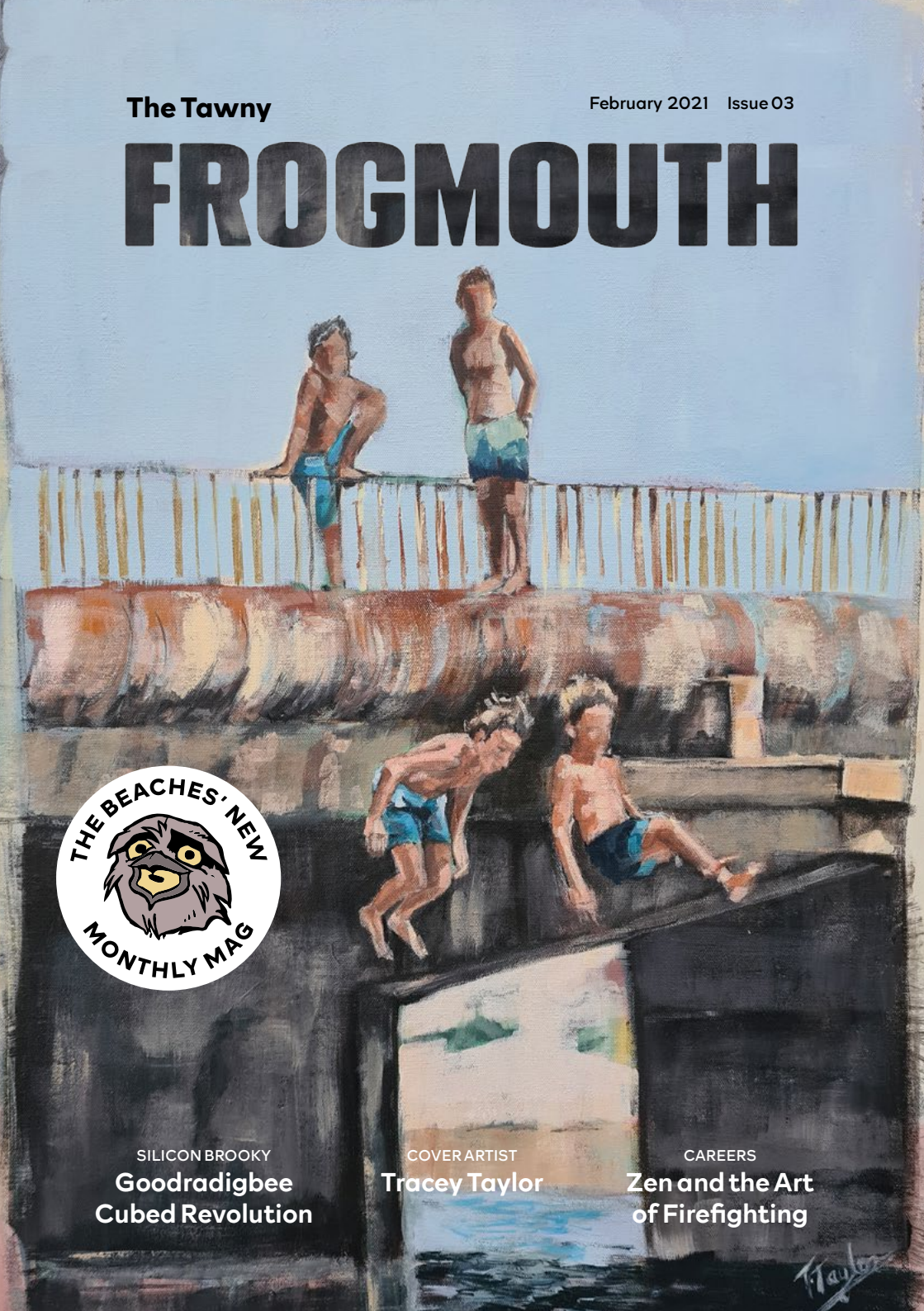


The Tawny

February 2021 Issue 03

FROGMOUTH



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Cubed Revolution**

COVER ARTIST

Tracey Taylor

CAREERS

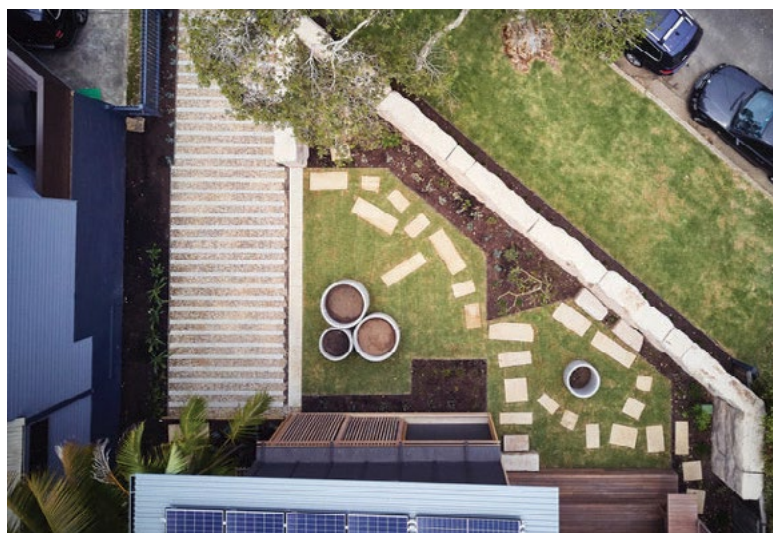
**Zen and the Art
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G'day Beaches

by Tawny Frogmouth



It seems an eternity ago when we pressed print on issue two, not knowing moments later a Covid cluster would sink its teeth into Avalon before spreading like wildfire. While it was heartbreaking to have so many businesses forced shut and our loved ones locked out, it was inspirational to see the Northern Beaches' response. We showed the nation how to stop Covid in its tracks.

Our testing numbers were stratospheric, everyone changed holiday plans to abide restrictions, and supermarket shelves remained stoically robust with rolls of toilet paper fully stocked, wiping away fears of a sh*tstorm. It also helped that Mother Nature gifted us the wettest and coldest Christmas since the Ice Age, making a summer lockdown oddly appealing. Well, that's all over now, and this month's Tawny has oodles of great stuff.

Cover artist Tracey Taylor has perfectly captured the beauty of the North-South Great Wall, previously known as Narrabeen Bridge.

The Tawny Frogmouth

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Letters mail@thetawnyfrogmouth.com.au

John O'Connor, Silicon Brooky innovator, takes us behind the scenes of his cubed revolution in spirit distilling. Bronnie Mackintosh shares the details of her career as a firefighter and explains the process leading to the creation of the "Girls on Fire" camps she's set up which are having a hugely positive impact on young women. All this and much more.

A massive thank you to the contributors, advertisers, letter writers, delivery foot soldiers and you, the reader. With continued support local print news will stay alive and well. **Cheers, Frogmouth.**

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Photo Credit: Alinka Hutchinson - @alinkah

Peninsula Wash Up

by Liam Carroll

Treasurer Frydenberg's Neville Bartos Act Won't Stand! Zali Steggall is not going to stop campaigning for Josh Frydenberg to face the reality that the government-man-dated closures of Beaches' businesses in our busiest time of year has been utterly devastating. The impact of having your business forcibly shut for over a fortnight inflicts a drastically more detrimental blow when that fortnight coincides with the one out of 26 fortnights a year where you do the lion's share of your trading. Try as Josh might to channel the spirit of a fellow short-armed, long-pocketed Melburnian, "Here? Cash? No!" The federal government has never had access to cheaper money than it does now, and to have spent nine months making that money available to hard-hit Australians, why on Earth would they choose now to destroy the businesses they've fought so hard to assist?

The Manly Ferries Face a V-Day D-Day Candy Bingham and her army of Save The Manly Ferries volunteers have done an amazing job in making local voices heard, and it's fantastic that James Griffin announced the saviour of two green and gold beauties. While it would be nice to rest easy knowing the Freshwater and Collaroy will carry on looking sublime and offering the best harbour crossing service on Earth, the reality is the job's only half done. Candy's petition requires 20,000 signatures by Valentine's Day, otherwise

we can kiss the Queenscliff and the Narrabeen adieu, and we will never see State Parliament forced to properly explore the pros and cons of rushing through a plan to remove the Ferries and replace them with Chinese catamarans in the first place. To see this happen, you must sign the petition by 14 February at the very, very latest: www.goodformanly.com.au/ferries

Salacious Media Hatchet Jobs It's disappointing, but not altogether surprising, the way clickbait-obsessed media outlets attempt to garner eyeballs by concocting stories that not only never happened but are specifically designed to destroy businesses as well as people's faith in humanity by instilling a misplaced certainty that the world's going to hell. The truth at the heart of the Northern Beaches response to the Covid Cluster has been stellar, businesses and individuals alike, in the overwhelming majority, all doing the right thing to stop the spread and abide the rules. So, when one of these hatchet mobs decided to go after a local shop, publishing age-old photos of their overcrowded retail premises from a pre-Covid time, trying to singlehandedly destroy the business in question, as well as paint the Beaches as flouting the Covid rules, it was

met with furious, instant and truthful rebuttal. The shop in question had successfully bent over backwards to make all the necessary changes to abide the most up to date health and safety guidelines, drastically reducing the number of customers they could see, while equally drastically increasing the time, effort and cost to provide the service in a socially distanced and sanitized way.

The Office Has a New Dunny! I've travelled the globe, lucky enough to have parked my derriere atop ceramic works of art in the Big Apple, robotic latrines with more buttons than a fighter jet in Tokyo, and saucy pits of chair-less despair in the sweaty back streets of Chennai, and I can proudly report that East Esplanade can now lay claim to housing the most pristine, uplifting and flush-tastic ablutions amenities anywhere in global hemispheres north or south. The Tawny has been ruthless in its reporting of the Beaches' below par public toiletry offerings, but if The Office's new dunnies are anything to go by, we're entering a golden age of great outdoors enjoyment for going number ones and twos. Well done Council.



A toilet with a view

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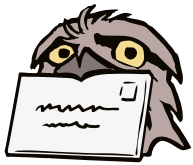
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Letters to The Tawny

December Issue

I brought your new magazine with me to Qld and have just read it cover to cover hanging on every word. I think it's wonderful - the interviews, the humour. Having been a Manly Daily fan - paper version (certainly not online) it's wonderful to see paper re-emerging. I hope you continue.

Lyn, Curly

Bus Debacle

Attention local northern beaches bus commuters, your local bus drivers stood out on the street holding placards and yelling until the heavens could hear.

Bus privatisation will mean route changes, loss of services and customers having to catch 2 to 3 buses to get to work. With the introduction of the 172x through Balgowlah, it seems the local community have now woken up. It's great to see the signs out, especially the "We Love Our Bus Drivers". But it was a little heated in the beginning, with water bombs thrown, verbal abuse and dangerously parked cars. Remember that 90% of northern beaches bus drivers live on the northern beaches. We carry your kids to and from school, always making sure they get home safely, even when lost. This is not a fight against us. We fought the fight



against this debacle and not many came to help. Not to be political but this is a NSW LNP incentive to privatise the buses, fill the privates

pockets via the taxpayer's purse. I live in Dee Why. I used to walk to Dee Why main and get any bus to the mall. Now it's a 10 to 15 min wait for B line or the 199...off peak. So, don't blame the drivers, blame the elected government. Remember the unions have been pushing to stop this locally as well.

Artic Fellows, Dee Why bus driver

The Manly Ferries are not saved!

The announcement that two Manly Ferries will stay in service for weekends and holidays is just smoke and mirrors. How long will they stay? Until the next major service is due? It has been announced that The Collaroy will remain in service until 2023 - then what? What happens when one of the ferries is out of service? How are they going to manage the big crowds when they come back after COVID?

Why isn't the government even looking at ways these ferries can continue to operate when they still have 40 years of service left in them? Major operational costs can be saved by operating the four ferries on just one shift, say from 10am to 10pm. Biofuels will work in these ferries - why hasn't that been considered? Two ferries only on weekends will not work. 4.4million people used the Freshwater class Manly Ferries before COVID. The ferries are a major tourist attraction and an important part of Sydney's tourism offering.

We need to stop the decision to get rid of these ferries, by stealth. The community campaign continues. We will not be lured into a false sense of security that "The ferries have been saved." They have not.

To see the ferries saved and their pros and cons properly discussed in State Parliament, we need 20,000 signatures on Good for Manly's 'Save the Ferries' petition. Sign here: goodformanly.com.au/ferries
Candy Bingham, Deputy Mayor NB Council

Naming & Shaming

So, if the extremely inept Manly Daily feels naming every single person that goes through Manly court, on every day of the week, and for whatever reason, is such a community service, then why not name and most certainly shame this stupid couple from Avalon that have ruined Christmas for thousands? The same principal for those two Melbourne chicks a few months ago; they got roasted by the media and the public (and for good reason), yet absolutely nothing about these Avalon halfwits?

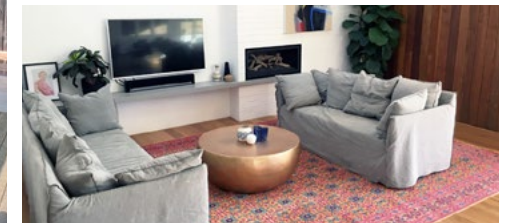
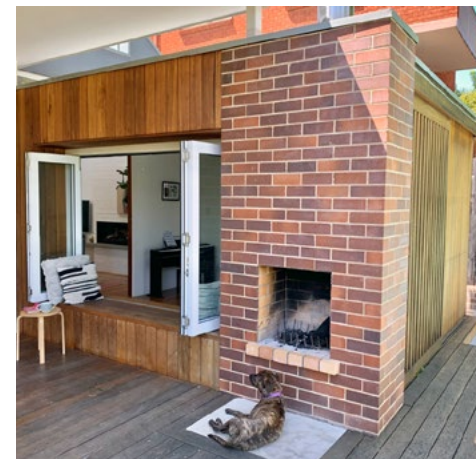
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Congratulations

Hi Tawny Frogmouth, Really impressed with your first issue and wish you good luck going forward. Most of the material was genuinely interesting, the content was varied, and the style was bouncy and quirky but enjoyable because of that. With the passing of The Manly Daily, there is definitely a gap to be filled and you're heading very much in the right direction.



Coincidentally, we have a Tawny Frogmouth in the loquat tree in our garden currently, and I read part of your magazine to him too. He was suitably impressed (I think). All the very best.

Stuart, Seaforth

Ferries

Wake up Australia! New ferries to be built overseas when we are quite capable of building them in Australia. Who is making this decision? Is it the person who ordered trains that wouldn't fit through the Blue Mountains tunnels until the tunnels were made wider and the safety regulations were altered to accept them? Was it the person who ordered the light rail in Sydney where the two rails are of different gauges, the carriages cannot be interchanged? Was it the person who ordered the ferries to Parramatta where people on the top deck would be decapitated if they sat there when it's high tide? Stop selling out Australia. Create jobs here and the wages will be spent here. I travelled to work for years on the old ferries and will be sad if they go, but the smaller ones will not cope with the swell at the heads in bad weather, back to the buses!

Barbara Bevan, concerned Australian resident

Boat Ramp Galahs

I have lived and used Little Manly Boat Ramp since the Farrell family owned the Boat Shed where the park now is. The storm water traffic island, central to the turning circle, used to have a clear code of conduct stating:

1. Do not block access to ramp.
 2. Do not rig or unrig vessels while on the ramp.
 3. Cars with boat trailers have priority.
- Then the Galahs blew in, off the back of a Southerly Buster laden with selfishness, living

by their own entitled code:

1. I will park in the turning circle while I have a swim.
2. I will occupy the turning circle while I wash my kayak for up to half an hour. The Wednesday morning Kayak club is a specialist group, similar to the SAS who then refuse to move once asked. They are elite athletes after all. They however are amateurs compared to the Local Dive Shop who have blocked access for years, impervious to hundreds of complaints. Perhaps related to Jacques Cousteaus?
3. I will park on the ramp and keep all boats waiting while I cool off having a dip after having unloaded my umbrella, esky and sun chair, all of which do not require a boat ramp. Heaven forbid if I have to walk an extra 20m. Polite approaches to such celebrities pointing out the turning circle etiquette is usually ignored, mocked or aggressively challenged. Whatever you do don't ask for an autograph. Some boat owners then try to avoid the con-



flict of having to ask celebrities to move only to find themselves jack knifed on the traffic island bollards damaging their cars or boats. Meanwhile the offending Galahs laugh, criticizing the driver's ability, while parked illegally in the turning circle. Ignorance truly is bliss, but I am certain the sign that states "No Parking" must be incorrect.

Two locals had their cars damaged last month, both hit and runs with no details left. Northern Beaches Council has obviously put the Galahs on an endangered species list as David Attenborough circumvented the emails of complaint in an attempt to protect these unique pests during their migration to the beaches to shower locals with their unique guano.

So, I come to the venerable Tawny Frogmouth. Please, feathered comrade, help this poor Pelican known as Percy petition the council for better signage so even a myopic Galah may find enlightenment to avoid a further pandemic of selfishness. Yours in feathers,

Percy Protest Pelican

Political Ignorance Isn't Bliss

Let's hope that "The Tawny Frogmouth" will grow both in size and political impartiality across the northern beaches.

Not only do I support your observation that the "Vote Tony Abbott Out" was negative, but on the evidence, utterly irrational in the progressive minds of so called "Liberals" who initiated and supported it. Even given - as proponent Mark Kelly claims - that his campaign to get Abbott out was "a truly... grass roots honest" campaign, in reality it merely managed to unleash the torrent of pent-up left wing media and Get-Up inspired hatred and retaliation, to rid them at all and any cost of both, a former LNP Opposition Leader who took 11 seats from Labor in the 2010 election before two MP's elected as conservatives defied their electorates and rather than take Government, returned Labor back into office; and a Prime Minister who having won the 2013 election with another 17 seats from Labor to give the LNP a massive 45 seat majority, only to be removed in a coup-d'etat by another likeminded progressive who in 2016 managed to lose 14 - and govern with 1 - his own.

Now Mr. Kelly, if your inability to grasp that

Hooroo from the Tawny



Celebrating the life of
Dorelle Ainslie Isaac

30th March 1943 - 15th November 2019

Mum adored the Beaches and often said every day felt like a holiday. She loved just pottering about, watching the world and the 139 bus go by. She chatted to everyone as she walked to the Captains for the daily paper, always reading the obits first to make sure her name wasn't there...a joke she enjoyed telling often! Facing the world without her hurts, but that hurt is lessened by thinking how delighted she'd be to know so many people cared about her and miss her. She'd be amazed that her smiling photo graces the wall behind the counter at the Captains, happy knowing her kids and grandkids are going strong even though they miss her dearly.
Love you Mum, Rest in Peace.

a "Vote Tony Out" campaign is indeed the epitome of a negative campaign, I can see why you and those of like mind were unable to grasp the Rhodes Scholar intellect and political acumen of Mr. Abbott, so as to contribute in denying this electorate in 2019 of a potential senior LNP Cabinet Minister with an independent tyro voice now merely crying in the political wilderness.

Finally, as Mr. Kelly proffered his name, I have no intention in my grass roots honest rebuttal, of using a nom-de-plume.

Kevin Begaud, Dee Why

Re- Dunny Business

1. Regarding men and public peeing.
2. Seems to be a natural instinct that they want to use a pole or a tree to display this canine behaviour.

I am aware of the state of the Manly Wharf toilets but they're not as bad as the Old Whistler Street Carpark toilets back in the early eighties. Their floors were constantly flooded, and to squeeze through the door one needed to manipulate oneself slowly. And there were no locks! They revamped them in 1988. Years ago, I had tenants (males) who not only used



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the backdoor, but the kitchen sink as well, to urinate. After several complaints, I got rid of them. They're probably still doing it to this day. I feel for the police who find these morons with their feeble excuses (no toilets attitude) when they would be happy enough to pee outside a shop window. One cannot blame the Council for everything. There will always be idiots who can't conform to the rules of common decency.

Catherine Jackson, Manly

Out with the old, in with the new

The new ferries will be heaps better than the old ones, which everyone will soon forget about. They will be like a public version of the fast ferry. Who would choose a 40min commute over a 15min commute? Tourists might not enjoy the cheapest cruise in town anymore with the new ferries, but the core function of public transport is transporting the people around town. Tourist activities are a fortunate side effect at times. Keeping a ferry as a tourist attraction would work, but to not want new ferries due to some sentimental attachment to the current ferries is not going to make your trips to and from the city any easier. As for tourism uses, perhaps we could sink an old ferry somewhere as a scuba diving attraction.

Cranky Commuter

PS: The more I think about an old ferry as a scuba diving site, the keener I get on that idea.

James Griffin, Manly Ferries

In response to MP James Griffin diatribe about his less than ordinary effort to save the Ferries one has to ask any number of questions. Firstly, where did you get those grossly inaccurate ferry patronage figures? Every weekend during summer I watch the Manly Ferries from my mother's balcony in East Esplanade and they are full to the gunwales. I have caught numerous ferries in both peak and off peak periods and you are telling us that only 280 people use the service at its peak. Pull the other one Mr. Griffin. You also stated that we are going to get more services with smaller faster vessels. How is this more economical when you clearly state you hope to attract more patronage? So, what fictitious figures did Andrew Constance use to convince you the new ferries would be more economical? You couldn't possibly have any accurate figures because you don't know if the new vessels will attract more patronage, so it's all fingers crossed guess work. I will predict that if the Liberal Party, or more

to the point Andrew Constance, goes ahead with this ridiculous plan that within 18 months the new service will be scaled back to less frequent trips.

I have consulted two marine engineers who have said on separate occasions that the ferries could be completely overhauled with new engines and complete overhaul of every other component including interior in six months per vessel. So wouldn't a refit for all four vessels over a two year period and lease a smaller vessel in the interim be a far more satisfactory outcome for all concerned?

In conclusion Mr Griffin MP for Manly, you and your party are going to sacrifice "OUR" Manly Ferries, you just pushed the Northern Beaches Tunnel back into the never, never and right now you have changed a whole lot of bus services around so people in Nth Balgowlah, Seaforth, Balgowlah Heights and other suburbs in your electorate will have to catch numerous buses instead of one to get to their destinations. Your batting average reads 0 from 3 in satisfactory outcomes for the "VOTERS" in your electorate.

Mark Roberts, Freshwater

WOW!!!

You have nailed it!!! Every page worth turning over for. Something for everyone. Fills the gap for what we were missing on the Northern Beaches. What a compact little publication. Tucks into the handbag - no prob. A smorgasbord of fabulous subjects - just love everything about it. Congratulations!!!

Ursula, Fairlight

Big things, small packages

I picked up a copy of 'The Tawny Frogmouth' January Edition. It was a very well put together publication with a great variety of articles. I particularly liked the Feature - Save The Ferries. I agree with everything in the article as I believe many people who live on the Northern Beaches would do so too. I like the "handbag" size format. You can pop it in your bag to read on transport or while waiting. We all missed the Manly Daily when it stopped but hey you have stepped up and given us this excellent magazine. I sincerely hope it is a big success.

Annette, Collaroy Plateau

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



Behind the Scenes at a General Practice

Covid Health by Dr Kiril Goring-Siebert

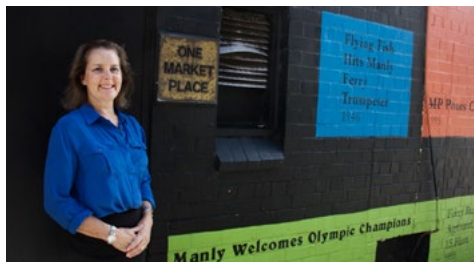
General practice is usually the first point of contact people have with the health care system. GP teams are very much a part of the local community. We know the community well and most of us live in the very same community we work in.

The first we heard about the "novel coronavirus" was an innocent fax which came from the public health department early in 2020. Then news reports emerged about this new virus affecting parts of China and then regions in South East Asia. Restrictions were imposed on flights coming in from China, then Australia quickly joined the world entering a period of lockdown to contain the spread of the virus.

At our practice, the developments were met with varying degrees of concern and alarm. COVID was a new virus and we did not know how infectious the virus was or how dangerous. There are doctors and staff who are vulnerable and at high risk if they become infected. All General Practices would need to find a way to safely care for patients who may be potentially infectious with COVID. The physical layout of our practice would become a key factor in how we managed the pandemic - we operate from a cottage with the benefit of having a small outdoor carpark. Having access to that outdoor space has been very valuable. Procedures had to change rapidly. The Commonwealth funded Primary Health Network sent us supplies of masks as personal protective equipment (PPE). The Commonwealth quickly developed and rolled out Telehealth

consultations to allow patients to access health care from home. At the practice, we appointed a clinical lead doctor for COVID. We used Telehealth and stopped seeing patients face to face unless necessary. We took advantage of the outdoor carpark to set up a tent clinic, with the doctor wearing full PPE (mask, gloves, gown, face shield) and with a nurse to scribe for them. Evidence is that the risk of spreading the virus outdoors is much less than within an enclosed room. We have used this outdoor clinic in all seasons - initially for all face to face patients, but now for all those with respiratory or infectious symptoms. The doctors and nurses clean the seats and surfaces between each patient. Procedures were changing on a daily basis as we got more information from the health authorities. Our administration staff valiantly had to keep track of daily changes and manage worried patients while also worrying about whether they themselves may be at risk.

We felt we were in a war - and in reality, we are. We are fighting a virus which is sneaky and potentially deadly. People infected with the COVID virus may be infectious without showing symptoms. For most people the symptoms seem to be mild, but a significant proportion need to go to hospital and in Australia the case fatality rate is 2.7% (Australian Bureau of Statistics). The risk for each person increases with age to approximately 8% in the 70s age group and 26% in the 80s age group. Because the virus is so infectious, it can spread rapidly if not kept in check and cause many deaths due to the number of people it can infect. In London, where COVID is out of control, the Mayor has declared a major incident because of the surge in COVID cases, the ambulance service has been overwhelmed and firefighters are transporting people to hospitals which are filled to bursting. Australia has been lucky compared with the rest of the world. As an island and with quarantine, we have been able to better control our borders and keep COVID at bay more than many countries. We have been able to act quickly to contain outbreaks and have developed a COVID safe way of living our lives. We have lost lives and our economy has been battered, but so far have done better than most countries. Perhaps the biggest risk in Australia is complacency. COVID will be with us for years to come, despite the hope of a vaccine. It is important we continue into 2021 with physical distancing, hand sanitizing, masks to reduce spread, and if sick - staying home and getting a COVID test.



Manly Business Chamber President, Charlotte Rimmer

Taking Care of Business

by Charlotte Rimmer

Our local economy had a shocking end to 2020 and a devastating beginning to 2021. Although the Northern Beaches lockdown was necessary, it was also at the worst possible time of year, coinciding with what should have been local businesses' busiest time. From March to December, we focused on realistic and positive revival strategies for the economy, only to be hit with a closure right at the time business was preparing to make up lost earnings from previous closures. So, what are we doing about it at Manly Business Chamber?

We've been working with Council to improve the outdoor dining opportunities in Manly, addressing parking issues for business to assist in ease of doing business, and developing activations in and around The Corso, Market Lane, etc. to encourage regional tourists and "Staycations", while trying to activate some energy back into the area that is seeing a significantly reduced footfall in visitors.

Manly relies heavily on tourism as well as the regular patronage of our residents. The buzz and hype in our restaurants, cafes, shops and hotels comes from our residents combined with regional and international tourism. Many of our businesses are staffed by travellers who work locally to make money for their trips around Australia. ICMS contributes over \$20 million to the economy annually through its international students living in Manly and surrounding areas, so when all this was halted, high stress ensued, but the local community is very keen to support its local businesses.

With a "Manly" lens, we recognise we're sometimes seen as a gateway to the rest of the Northern Beaches and know these closures will be impacting everyone right through to Palm Beach. There are 5 Business Chambers

on the Peninsula and we've been working in collaboration with Northern Beaches Council to ensure our local businesses are being heard and effective solutions offered.

The Northern Beaches Council's Business Support Service offers a support line and a guarantee that you will always speak to the same Council Business Liaison Officer.



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Communication, marketing and collaboration are all key to improving the economy. In the short term, we've been requesting stimulus packages to help business retain staff and continue to pay rent. We liaise closely with Manly MP James Griffin; sit at roundtable discussions with NSW Treasurer Dominic Perrottet and Finance and Small Business Minister Dominic Tudehope to discuss financial solutions; we've been represented in the SMH, Peninsula Living, Manly Daily, Manly Observer, on ABC radio and, most importantly, The Tawny Frogmouth. We work closely with Northern Beaches Council and the other Chambers to ensure we use our voice to support business.

Business Chambers are Not-For-Profits whose mission is to support and serve local business. We recognise that in order to be heard, we need a voice and local representation, and we encourage the Manly business community to work cohesively to accomplish collectively what cannot be achieved as individuals. It's been heartbreaking listening to the stories of families who own business across the Northern Beaches.

Through our Instagram [@manlychamber](https://www.instagram.com/manlychamber) we promote local business along with [@backyourlocalau](https://www.instagram.com/backyourlocalau) and our newsletters. We hold regular events that are always sold out and create a great environment to have a relaxed chat with others about how we can work together. Our Executive Committee, all volunteers, consists of 11 people representing sectors across property, education, hospitality, events and professional services, all with a local presence. We know what's happening out there and are keen to keep unemployment low and the economy strong.

Support us so that we can support you:
www.manly.org.au/membership/join-or-renew-online

Manly MP's COVID Response

With James Griffin, MP Interview by Liam Carroll

The Tawny Frogmouth sat down with James Griffin to discuss his response to the Christmas Covid lockdown.

G'day James. Needless to say it's been a rough Christmas and New Year for everyone. How have you been? It has been a rough time. A lot of people were looking forward to easing into the Christmas break with the virus under control, and I'll be honest I was looking forward to some time at home with my family after a big year.

Absolutely, and then whack, suddenly all these cases come out and we're back into lockdown. It really has been hard for so many people, and not just because Christmas Lunch got stolen by the virus. I said from the start that this was just an absolute kick in the guts to everyone. We all know of the businesses that lost their bookings overnight and very quickly found themselves up against the wall in what was meant to be one of the busiest periods of the year.

One local business lost over \$45,000 of bookings in a day and there's no way to quickly make that back. But it's also been extraordinary to see how people have come together to support each other. Not just in the last few weeks but over the whole of 2020.

Tell us more about that. Firstly I think we need to congratulate every person that listened to the health advice and stayed home. We had record test levels from the first day and still have

high levels of testing occurring even now and that's really going to be how we get on top of the pandemic.

That's been the message right through the pandemic and I think we all agree Australia has come out very well compared to other countries.

What's been the local response? The effort from local businesses and individuals has been great. There have been wonderful displays of compassion. For instance, I joined Dr Daniel and Professor Ravi from the *Street Side Medics* days after cases came to light in the Northern Beaches.

They do great work making healthcare more accessible to the homeless community which is especially important during this time. The Manly Business Chamber has been running on overdrive with a number of virtual roundtables with local businesses. It has been very sobering hearing the immediate impacts of the restrictions.

Disastrous probably doesn't even begin to describe what happened. But while it was terrible, the sentiment from many has been very understanding as well. I think we all knew why this needed to be done and that if we didn't act then the infections would quickly spiral out of control and force a longer, more severe lockdown.

The big question is what happens now? How are you going to get us out of this hole? I've always been about delivering actual fixes to problems and not just complaining about the situation. What we have to do as the Government is get



James with Manly Long Board Co.

this response right, because the experience here in Manly will be the template for other areas if this happens again. I'm grateful to my colleagues in the Ministry who immediately came out to listen to the concerns of businesses, particularly the Treasurer and the Finance Minister who both joined in meetings with the Business Chamber over Christmas. We have the Small Business Commissioner currently visiting and talking to owners as he writes his report which will advise the Government what support measures are needed.

They have already had some great announcements including the Governments "Dine and Discover" vouchers being rolled out first in Manly and there will be more to come. I think the important thing that's really come out of my conversations though has been that we will come back from this. Manly is resilient and so many local business owners and employers are prepared to put in the hard yards, to keep their doors open and keep people in jobs. The Commissioner's report will go to the Government this month and I'll be talking to every minister I can getting the response Manly needs to help us pull through.



Glovebox Gym, Photo Credit: Warren Suen

Sport: Around the Grounds

by Matt Cleary, Editor of the Northern Beaches Sports Tribune

Christmas is done, the accursed virus is being managed as well as seems possible, and the people of the north are free! Which means sport is back on these our northern beaches, the sun's out and summer is humming along. Here's what happened in January in sport.

Boxing

Three fighters from Glovebox Gym in Warriewood – known as “The Pride of Ponderosa” (because it's on the parade) and “The Uppercut Hut” (because it's a cool name) – came away with comprehensive victories on the Paul Nasari Neutral Corner fight card, at Bankstown paceway. Super heavyweight **Andrew Doust**, light welterweight **Jordy Hammond** and heavyweight **Mick Radisich** all won in dominant fashion. Experienced sports broadcaster and corner man **Jon Harker** said: “Glovebox fighters are renowned for the intensity of their sparring and despite some ring rust, that intensity paid dividends”.

Cricket

After a brilliant 188-run stand between skipper **Jay Lenton** (101) and **Ben Bryant** (75), and a quickfire 38 from 27 balls by **Ryan Farrell**, Manly Warringah posted an imposing 9/273 in their round ten 50-over first grade fixture with UTS North Sydney at North Sydney Oval. Alas the home team went gangbusters and ran down the total with 2.5 overs to spare. Best of the bowlers for Waratahs was opener **Ryan “Paddles” Hadley** who took 3/39 from 10 overs. In lower grades seconds (9/267) won by 80 runs, thirds (6/229) won by 104 runs, fourths (237) lost by 12 runs and fifths (194) won by 111 runs. In women's second grade captain **Mikaela Turik** had another storming game scoring 49 from 47 balls and taking 3/13 in her team's 7-run T20

victory over St George-Sutherland. In the women's third grade 40-over fixture against UTS North Sydney, **Mia Nel** (59), **Renee Hough** (50) and **Extras** (43) were the star turns of their team's 43-run win. Manly Warringah Poidevin-Grays (U/24) beat St George by 60 runs in their round 6 fixture while the Green Shield (U/16s) team went three-from-four after the Christmas (and Covid) break, with victories over Easts, Parramatta and Sydney University, and a loss to Northern District.

Baseball

Manly Eagles went oh-for-two on the road in the Shire, losing 5-3 and 6-4 to Cronulla-Sutherland at Bonnet Bay. Best for the Eagles included second base **Yoshi Umezawa**, shortstop **Kenny Natio**, and boom catcher **Josh Butler**, 16, who showed poise belying his years on debut in the top grade. “We were competitive in both matches, as we have been all year,” team spokesman **Jimmy Miller** said. “But we didn't execute in the clutch moments and Cronulla were good enough to take advantage.” With a handful of games to play Manly sits second-last on the NSW State League ladder. In individual stats first base **Conor MacDonald** is third in the league on slugging percentage while pitcher **Shohei “Show Time” Arayama** is fourth in strikeouts. By contrast the club's second grade sits on top of the ladder and thumped Cronulla 7-1 in their one fixture.

Scan here to keep up to date with the local sports action in the Northern Beaches Sports Tribune
www.northernbeachessportstribune.com.au



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W4W filtration system in action. Photo credit: Rodd Owen

Waves for Water

by Mel Koeman, Director of Waves for Water Australia

When my surf obsessed 9 year old discovered his surfing heroes were distributing water filters to remote villages nestled behind perfect tropical waves, something immediately clicked for him. These demigods were surfing perfect breaks in paradise, but before they left they gave a gift back to the communities, the gift of clean drinking water.

Promptly, he set up a fundraiser platform called Surf To School Day (<http://win-tervincent.com/stuff-i-do>) which was embraced by many Northern Beaches schools for whom wearing boardies to school was a good excuse for a party in the name of charity. Surf To School Day has raised over \$40,000 from more than 30 schools, providing clean water for up to 80,000 people in the Mentawai Islands, Indonesia (a region where the child mortality rate from water-borne disease is 1 in 5).

Waves For Water's philosophy is rooted in one simple idea formed by founder Jon

Rose, an ex-pro surfer, "do what you love and help along the way." As a family who loves surfing and shares a spirit for adventure, we regularly took off with water filters in our board bags, connected with locals, and had first hand experience of the impact that clean water had on the communities we visited. In doing what we loved and helping along the way, we always returned home better versions of ourselves.



Waves For Water sets up rain catchment systems, restores wells and most importantly, implements water filtration systems that give the gift of clean drinking water for many years to come. Working in over 44 countries, it has been agile enough to

get to places where we can work directly with locals, tapping into community leaders who care about their people. Whilst COVID-19 crippled our ability to travel, it quickly became acutely apparent that those in isolated regions needed our help even more. Stable health services, good hygiene practice and clean water are universal human rights (not always accessible) and COVID-19 put strain on already fragile health systems.

That's why this year we joined forces with another Manly-based charity, Australian Doctors International (ADI), to support at risk communities and frontline health workers. Focusing on our neighbours in Papua New Guinea, ADI distributed portable water filters to patrol teams, providing clean drinking water for remote communities and health clinics – many of which operate without clean running water.

Collaboration between the two charities has seen a coming together of like-minds with a common purpose. Our upcoming joint fundraising event celebrates the importance of community in responding to the pandemic, with all funds going towards improving the health of remote communities in PNG and Asia Pacific. It is fitting that we have chosen the hospital site at Q Station for this event. If we get forced to lock down again, be assured it's the place to be, especially for a stunning sunset drink! Hope to see you there. And feel free to wear your boardies too.

Follow Waves for Water
@wavesforwateraustralia
and find out more at
www.wavesforwater.org

FUNDRAISER SATURDAY 27 FEB

Join **Australian Doctors International** and **Waves For Water Australia** for their joint fundraising event at **Q Station**, Manly, to help provide life-saving health, water and hygiene solutions.

<https://w4w.grassrootz.com/adi-w4w-manly-fundraiser>

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The Spirit Trade of Cubed Aussie Hardwoods

Innovation: Silicon Brooky by Liam Carroll

Seemingly overnight, Brookvale has become Australia's Loire Valley, Sydney's Barossa, Northern Beaches' Napper, with breweries and distilleries popping up faster than Beaver Menzies off Cliffy Lyons' shoulder. And thanks to John O'Connor's foray into whisky business, an element of innovation has been added to the mix.

Five years ago, John was an ad man, but having relocated to London and finding it tough to get a foothold in the advertising business without the contacts he'd amassed in Sydney, he decided it was time to chance his arm at something he'd always wanted to do - work with booze. "I wanted to get good at something that wasn't advertising. Having always worked with intangibles, ideas, creativity, I thought it'd be great to physically make a product, something you can touch and feel...and drink!"

He lobbed up to a top-notch whisky distillery in the Scottish town of Pitlochry. "Do you need labour? I'll work for free." What sort of penny-pinching Scotsman could possibly say no? Straight to work, almost instantly his Eureka moment struck. Looking at a distillery warehouse with acres of barrels stretching into the distance. "I thought, that's an interesting business model, all that investment parked on concrete, money sitting idle for years at a time."

The challenge was clear; is there a way to mature whisky faster while maintaining quality? "It's the barrel's wood that imparts flavour, particles interacting with timber. There's a higher surface area of wood with a cube as opposed to a barrel. I figured, if I can distil with cubes, ensure more frequent timber interaction with spirit particles, the maturation will naturally speed up." Not content to give distilling a geometrical overhaul, John had two more innovative ideas in his cask.

Firstly, using Australian hardwoods to impart flavour. "I had memories of camping at my happy place in the Snowy Mountains, Goodradigbee River, huddled up around the fire thinking, am I crazy or can I smell cinnamon, pepper, myrtle? So many rich flavours were emanating from those smouldering Aussie hardwoods." If a spirit's flavour comes from the wood it interacts with during distillation, what better flavour to impart than aromatic Australian hardwood? Secondly, placing diagonal veins of timber in the cube itself to further increase the surface area interaction and facilitate the maturation process even more.

Armed with a great idea, and ably assisted by the experienced Scottish distiller who gave him a job, it was time to experiment. "I made four cubes; oak, which was my control, ironbark red, ironbark yellow, and a jarrah cube." It was a long, cold 60 days and nights of spirit particles brushing against Aussie hardwoods in the Scottish Highlands before taste test time arrived. "The oak was just clear spirit. It hadn't aged at all. The ironbark red was ready to drink! Phew! The ironbark yellow was mellow, quite soft. And the jarrah was rough as guts! A Scottish distiller called it windscreen washer! But another fella, a bearded Irishman called Russell, he said it'll come good, give it another month. We did, he was right. That extra month made all the difference."

John had viable product! A crucial ingredient for every start-up. And for the past four years, he's been committed every step of the way to ensuring that product becomes ever more refined. "I've spent a lot of money on R&D, chewing through 6 figures no problem. But you don't know unless you have a go." His R&D includes designing the perfect cube too. "The first design leaked, but they have to leak in order to seal. Prototypes 2 and 3 sealed, but the wood cracked. Prototype 4 and 5, I played with sliding and dovetail joints, allowing for expansion, much like shipbuilding techniques. And we cracked it. Well, 'cracked' is the wrong

word, but we worked out the ideal cube design to ensure uniformity of production."

With his feet firmly planted back on the Northern Beaches where they belong, his Goodradigbee product is very much ready for market, with a range of Ironbark Red, Ironbark Yellow and Jarrah malts, all packaged in the cubed design that is the heart and soul of his innovative journey to the spirit trade. Bizarrely though, in a quirk of nomenclature only the Brits are capable of, John's spirit is prohibited from being called whisky, as that specific term legally requires 2 or more years of maturation.

"That law came out of the UK pre-WWII to stop people trading in moonshine as a way of getting around food coupon stamps. They decided over there that you weren't allowed to call a whisky, whisky, unless it was 2 years old. And it was basically a defence against starting a black market in booze. Whisky before that never had to be 'old'. It's a marketing construct, something marketers use to denote quality

when, in fact, it has nothing to do with that."

You put your spirit in a big oak barrel, it'll take 2 years to mature. Put it in John's Goodradigbee cube, you're all set in 2-3months.

Simple. But the last thing John wants is any drama with whisky producers over age statements. "My Goodradigbee product is a barley, single malt spirit, which is what I call it."

John has grand plans of producing whisky in line with UK timing guidelines, already has a range of Saltwater and Freshwater gins to complement his malts and may have even made proposals to council for creating a destination distillery in one of the Insular Peninsula's most iconic watering holes. Rest assured; John's cubed revolution is just the beginning.

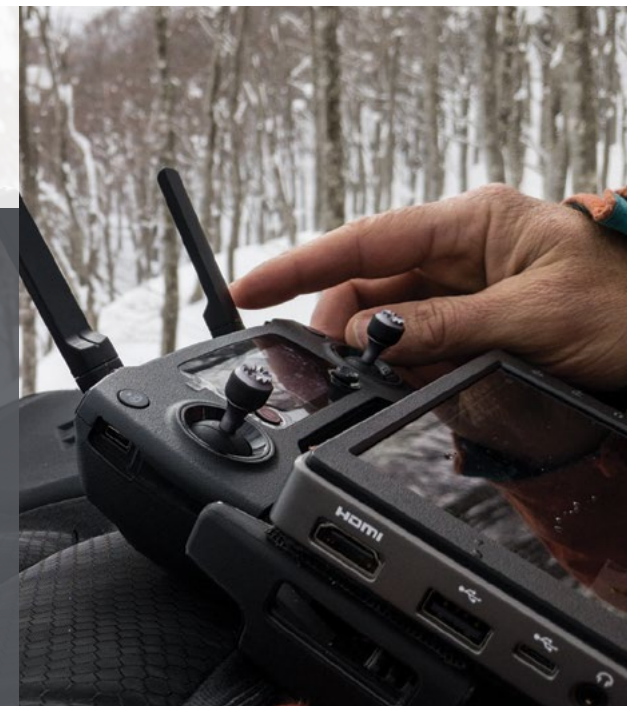


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Let your neighbours know how gifted your child is with a saxophone

Your First Instrument

Music with Digz by Digby Robinson

It is getting close to that time of year where parents rejoice and children shudder as the thought of returning to school approaches. For some of you it will be the first year your child will be introduced to musical instruments and the school band which means you will need to take on the very daunting task of buying, renting or borrowing their first saxophone, flute, trumpet or whatever instrument the dreaded 'blow test' deems appropriate for them to play. So, allow me to make the process as smooth as possible and give you the crash course on your first instrument.

Rent/Buy/Borrow

The inevitable day will arrive where your son/daughter comes home to announce they now have to play a

particular instrument in the school band which they'll either be ecstatic or indifferent about (let's hope for the former). This means money being spent on an instrument along with servicing, books, lessons and cleaning products to go along with it. My aim here is to save you as much money as possible while getting the best quality that is available.

Rent

My strong suggestion would be to rent an instrument before you buy anything, unless you have friends or family members with an old instrument, they're prepared to lend you. Renting allows time to see whether or not your child embraces this new endeavour or it is simply a novelty that wears off in a few months, and for a bunch of

you this will most certainly be the case. Mall Music and other instrument stores in Sydney offer great rental programs and on average will only cost you about \$120 over 6 months. If your child makes it through the year without quitting, SUCCESS, they could be on their way to becoming the next Charlie Parker and you should consider investing in a brand new instrument. Which leads me to my next point

Buy

Buying is something you should consider for the second or third year of playing so you can be sure this is something your child is truly invested in and prepared to put the work in. It can be enticing to go for the cheapest option but BEWARE this will probably end up costing you way more in the long run with it requiring many more services than a quality instrument and may even not be worth the work. The two best options would be to go the Yamaha and Jupiter student instruments. Yamaha while ever so slightly more expensive is the best quality in student instruments and provides the best playability but Jupiter follows closely behind if you want to save a little coin. Not only are they great instruments but they tend to hold their value quite well so when it comes to upgrading you will get a decent amount of money back from the sale. Anything less than these brands will tend to cause more headaches and should be avoided.

Lessons

Digby is available for saxophone & guitar lessons
digbyrobinson@gmail.com



Jesse Gardiner putting a student through his paces

Building a Pathway for Lifelong Learning

Education: HSC CoWorks by Liam Carroll

It's all well and good to "Give a Gonksi" about the alarming fall in basic numeracy and literacy standards of our nation's schoolkids, but when David's endlessly revamped plans are so complicated not even Duckworth Lewis knows the score, parents and students alike are rightfully asking, how did education become so complicated?

This predicament's nothing new. In 1996 Fergus Gardiner, a teacher who'd become frustrated with the gaps in the school system, set up a coaching business specifically for year 11 and 12 students, HSC CoWorks. The premise was simple; give the students a framework for learning so that it can be applied for HSC excellence in that very challenging two year process, but beyond that, the principles can be applied to the real world.

25 years later, and in an increasingly competitive and complex work environment, the ability to learn is far more important than the underlying specifics of what you learn. Jesse Gardiner, Fergus' son and HSC CoWorks' Head Performance Coach explains, "Our focus is making the educational experience a priceless tool for greater life. We think of our students working towards their best possible HSC result as climbing a mountain, but we're not a 'Marks Factory'."

Whatever HSC result a student attains is

only as valuable as the climbing skills they've learnt to get there. Jesse continues, "If a student's been spoon fed specific answers, that's not going to serve them well down the track. In fact, it harms them. But if they've taken our principles to become independent learners with the mindset that learning is a positive experience, they're primed for success in the greater world regardless what mountains they'll have to climb in their career paths ahead."

The fact so many HSC CoWorks' students apply to work as coaches once they've completed their high school exams is a strong indication of how highly they value the program. "We've got an abundance of our ex-students, 19 and 20 year olds, who've gone on to tertiary studies, and are so keen to work as coaches, impart all the wisdom they've taken from their own HSC journeys to the next generation."

HSC CoWorks is not intended to replace the great work schools do in educating kids but is designed to be the perfect complement. With coaching clinics expanding in Dee Why, Mosman, Chatswood, Bondi Junction and online, there's clearly a healthy appetite for the educational product they have to offer.



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“Before completing all of my Internship hours, I was offered a part-time job with my intern company.”

Georgina Johnston
Northern Beaches Local
Second-year Bachelor Degree Student

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Bachelor degree student at the International College of Management (ICMS), Georgina Johnston, explains why choosing to stay local for her degree studies has given her not only a fun student experience but a great start to her event management career, despite the pandemic. This is her story...

Four years ago, when I was in year 10, the idea of finishing school and taking on University began to quickly loom and all I can remember was my perception of University at that time being filled with; long commutes, exhaustingly long hours, endless essays and enormous lecture theatres with hundreds of students.

It wasn't until after coming across ICMS that everything changed. ICMS is a place like no other, offering:

- Magnificent views and prime location over Manly Beach
- Small, intimate class sizes without lecture halls
- Contemporary curriculum
- Full time study is only 2-3 days
- Free parking on campus
- Internships are included – and they find them for you.



“I contacted ICMS and discovered it was like having an intimate uni at our back door with a wide range of subjects, and let's face it, one of the best views in Sydney! This was a fabulous find because we had already made the trek to a couple of university Open Days which were frankly, overwhelming, and Georgina felt like a number rather than a student.”

Samantha Johnston,
Georgina's mum.

The opportunities here at ICMS are truly endless. One of the amazing benefits about studying at ICMS is the Industry Training that you complete in your second year of study. In 2020, I was lucky enough to have secured my internship with an events company.

With the variety of challenges and hurdles of COVID-19 - and especially studying Event Management - I started to have doubts about the industry. However, I was determined to still give it my all and really immerse myself in the company to prove my worth.

Just before completing all my required Internship hours, I was offered a part-time job with my intern events company as the Social & Events Coordinator. It just goes

to show that during a global pandemic, and being deemed an industry to severely crash, event companies are learning to adapt to these changes in circumstances and thrive in a new look future.

Securing this job has given me first-hand experience and will give me a huge advantage over other graduates when I'm looking for further employment after my studies. The whole experience this year has made me realise just how important having a tertiary education under your belt is, especially with the scarcity of jobs available now and beyond.

I cannot stress how crucial having a degree backing you is, and what a positive experience it's been to study at ICMS.”



Tracey in the studio

Local Artist... Tracey Taylor

Interview Quyen Hutchinson

From production powerhouse to full-time artist, this month's talented cover artist is Narrabeen's Tracey Taylor.

How long have you lived on the Northern Beaches? Close to 10 years. I grew up between Parramatta and Blacktown, but have always wanted to be near the beach. So I moved here as soon as I was able to.

What's your favourite beach? Dee Why for its vibe and energy.

Where's your favourite place to eat, drink, hang out? 'Oceans', a really good breakfast, lunch and dinner place.

What's the best thing about the Northern Beaches? The amount of space we have and the variety of beautiful places there are outdoors and enjoy nature.

If you had to live anywhere else in the world, where would it be? I've got my eye on Mudgee. A little valley in the country with a river and a barn I can make my studio. As I get older, I find myself wanting more isolation, more silence. I just want the chance to be on my own and paint.

What inspired the cover art? I walk over the Narrabeen Bridge every morning. Watching people jump off the bridge is so iconic of the lifestyle and the playfulness of the Beaches.

What else inspires your art? The human form, and being able to capture relationships or moments or interactions. Over the last year or so I've moved away from trying to capture reality, instead concentrating on capturing the essence of a scene. I've developed my style to be much looser with paint and forms.

How would you describe your art? In a non-formal way I'd call it impressionism.

How did you discover you had a gift for art? I discovered that I could draw at a very young age. I was always observing how light played on surfaces. My mind sees the planes and the shadows; but I've never seen that as talent. It's just the way my brain works.

How did your style evolve from realistic to impressionistic? It was just having the time to really explore and push the limits of my art until it started feeling truthful. That's how I knew I had found my style.

Have the events of 2020 impacted your art? Covid has brought a lot of suffering to so many people. In some ways it ended my career, but then again, I was ready to walk away. I was made redundant last March from Managing Director of a production company. In some ways it was a blessing as I finally had time to explore my art. I feel guilty that it has been such a good thing for me, though it hasn't been easy getting my head around the fact that I went from earning lots of money, running teams of people and being wanted and needed to suddenly being at home.

I clean and wash and paint and nobody cares what I'm doing. But how lucky am I that I've been able to focus all of my attention on my art and that people have responded so well?

Did you study art? Nope! When I was 17 my Mum took me to a week long holiday art camp but that was it.

What else are you working on at the moment? I've got a large commission I'm working on and I'm also doing a painting for a gallery exhibition for International Woman's Day.

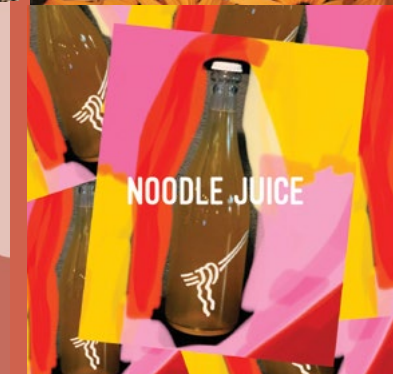
How can people buy and support your work? Simply letting me know you like my work would be supportive. And if you'd like to buy my art, you can find my portfolio at: <https://bluethumb.com.au/tracey-taylor>

Any words of wisdom for young, aspiring artists? Being an artist today is very difficult. There are many online sites selling art for ridiculously low prices. Do you hold out and try and get a gallery to exhibit you (which is almost impossible), do you try and build your brand online, or do you make it a business and sell your art cheaply hoping for quantity sales? I don't have the answers, but I think aspiring artists need to know their end goal in order to plot the path accordingly.

What is your favourite thing about what you do? There is a sense of wonder and fulfilment in creating something.

Do you have a suitably pretentious quote to impart? Be true to yourself because no one else will be. And be kind to each other, we need it.

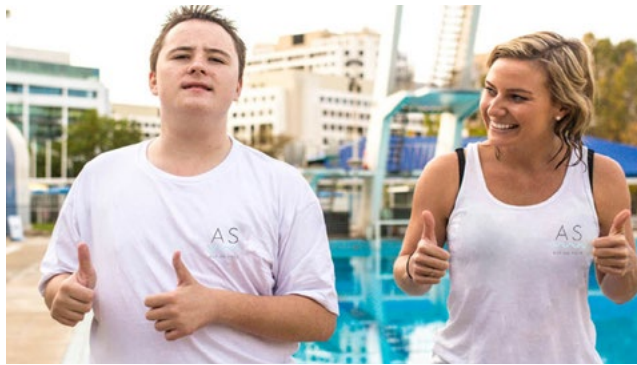
Tracey's art is available for purchase & commissions. Contact via social @traceytaylorart



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Erika and her legendary friend Paddy

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Health & Awareness By Erika Gleeson, CEO of Autism Swim

Children with ASD (Autism Spectrum Disorder) are 160(!!!) times more likely to drown than their peers.

As a Senior Behaviour Specialist working with people on the Autism Spectrum I was shocked by this statistic. For many years I was a consultant, working around Australia with individuals who had intellectual disabilities, severe behavioural challenges (including physical and sexual aggression and self injurious behaviour), and other unique needs. Individuals who were also authentically themselves, uncorrupted by the world and a real pleasure to work with. I became desperate for my clients to engage in aquatic services and mitigate the substantial risk they faced but the local swim centres were not prepared to take them due to their needs. A vicious circle if ever there was one! My solution - offer pro bono training, resources and support to do my best towards bringing this dire statistic down. The need for this service became immediately

apparent and Autism Swim was born. After only a week of digitising my content, Autism Swim expanded into Malaysia. Five years later, Autism Swim is operating in 15 countries, but there's still a huge amount of work to do.

In 2021, it just doesn't seem right that individuals with a disability can be turned away from swimming lessons simply due to their needs, but that's the devastating reality and contributes to their untenable risk of drowning. On top of a lack of suitable opportunities to learn new skills, some of the other reasons for the disproportionate statistics include:

1. Over 50% of those on the autism spectrum 'wander', often gravitating toward bodies of water. Wandering

is also very common in those with dementia.

2. Many on the autism spectrum have a decreased ability to perceive risk and danger.

3. If these individuals are engaging in aquatic services, their goals are often not being met as they are not taught in ways conducive to their needs (one size does not fit all - specialised training is required to successfully teach people with autism how to swim).

4. Those on the autism spectrum are at an increased risk of seizure activity, which can happen in the water.

5. Most people in our community don't know just how massive the increased risk is of someone with autism drowning - UNTIL NOW.

Autism Swim is the ONLY organisation in the world dedicated to this issue, to ensuring aquatic safety for all. We're a small team driven by insatiable passion, and offer:

- A certification package (training, resources and support) to aquatic professionals such as learn to swim teachers and aquatic therapists. Soon to include surfing instructors.

- An award-winning modified nippers and surf education program named Dippers, now growing at a rapid rate.
- Wandering and Drowning Prevention Support to parents
- A free water safety App for those with other abilities.

To find out more about Autism Swim, to find your local Autism Swim Approved provider or to sign up to become certified, visit www.autismswim.com.au

To donate visit www.autismswim.com.au/support-us/

For surf lifesaving clubs wishing to discuss the running of an inclusive nippers program, please contact Kat at partnerships@autismswim.com.au



The Crusaders Group enjoying a day at Clareville

Creating PossAbility

Community Support by Liam Carroll

Life can be a struggle for everyone but when you, a friend or family member has additional needs and challenges, that struggle can quickly become overwhelming. To contend with this, in the late 1970's a group of Northern Beaches parents and volunteers got together and started to care for each other's children, all of whom had disabilities and were not easily able to access other avenues of support.

In 1982, the 'Manly Warringah Interchange' was founded. In 1991, this became the NBI (Northern Beaches Interchange), a grass-roots organisation committed to the people of the Northern Beaches and surrounding suburbs. In 2017, the NBI integrated with Ability Options, a NSW state-wide organisation that provides support for people who need assistance to achieve their aspirations and inclusion in the community.

From their Brookvale hub, Ability Options provides a huge array of life-enhancing services; accommodation, case management, community activities and support, employment, access to NDIS and individualised funding services, after school programs, respite, supported living, and transition to work.

The Ability Options team gave the Tawny an overview on some group activities for kids and carers, all designed to encourage making new friendships and forming bonds within the community.

The Kookaburra Playgroup is an active and fun playgroup for children 0-5yrs, held 10am to 12pm fortnightly on a Monday during school term at the Cromer Community Centre. Babies, toddlers and pre-schoolers engage in creative and imaginative play, social sharing, music and

movement. It's also a great place for parents and carers to relax a moment and recharge while their kookaburra enjoys some fun and education without them. More info, head here: www.nbi.org.au/kookaburra-playgroup

The Adventurers Group for kids 5-11years, and **The Crusaders Group** for 12-17year olds. These groups offer day trips and holiday activities where the youngsters explore the great outdoors in idyllic local regions, do arts, crafts, acting, filming and creative workshops, spend time with Fire and Rescue NSW to see firsthand the ins and outs of frontline work, and a whole host of other activities spending time in the community, engaged in all manner of interactive, fun and educational endeavours. For more info, head to www.nbi.org.au/activities-holiday/

When it's not school holidays, these group activities are still available every Saturday; **KidsActive** for 5-11year olds, **JusTeens** for kids aged 12-17years. Covid-19 restrictions prevent planning too far ahead, so the best way to stay up to date, email: nbiservice@abilityoptions.org.au and take advantage of these awesome group activities.

Ability Options also run **Out n Active Friday to Sunday Activities** for those 18+ years to meet up for age-appropriate activities, whether it be exploring Manly Dam or Narrabeen Lakes, going for pancakes, movie nights or fancy dress parties, all sorts of activities to facilitate fun, friendship and active engagement in the community. The best way to stay up to date and be part of the activities is to email nbiservice@abilityoptions.org.au

Finally, there are 2.65million carers across Australia and, as the saying goes, who cares for the carers? **The Carers Café** does, a dedicated place for carers and parents of someone living with a disability to meet, enjoy a coffee, share experiences and form friendships, to simply have a moment without responsibility and give the batteries a much-needed recharge. Held at the Cromer Community Centre once a month on Friday from 9:30-11:30am, the Carers Café can make all the difference for those working so hard, essentially nonstop, who thoroughly deserve some care themselves.

Ability Options offer many services to assist everyone to live their best life. Learn more www.abilityoptions.org.au and follow on social [@abilityoptions](https://www.instagram.com/abilityoptions)



Banksia Ericifolia (Lantern Banksia), one of the most important for birds such as "Honeyeaters".

Banksias are Better than Banksy

Mal's Wild Side By Malcolm Fisher

In "normal" times, Australian tourists travel to the UK and beyond to admire the street art of enigmatic dauber "Banksy". Meanwhile, back home, some rather more wondrous creations go largely unnoticed. I'm talking of a genus of around 72 native plant species called Banksias... named, ironically after another Englishman named "Banks". The person in question is botanist Joseph Banks who sailed to these shores with Captain James Cook in 1770.

On the Northern Beaches of Sydney, we have seven locally occurring Banksias, all of which boast spectacular spiky flowers that morph into sculptural seed heads as they mature. These showy flowers, ranging in colour from burnt orange to greenish yellow are fabulously rich in nectar which provides crucial food for honey eating birds, possums and bats as well as being highly attractive to bees and other insects.

In our area, a number of rare animals depend on Banksia nectar for food including the Eastern Pygmy Possum, the Brown

Antechinus and the Sugar Glider. Aboriginals used to suck the flower spikes to get a "nectar hit" or they soaked them in water to produce a sweet drink. Many people are familiar with the "Banksia Men", the villains of May Gibson's children's book "Snugglepot and Cuddlepie" which were modelled on the gnarly looking Banksia cones.

Look in any local garden though and you'll be hard pressed to see any Banksias. They've largely been replaced by the ubiquitous imports from overseas, such as Jacarandas, Bird of Paradise plants, Tibouchinas or Agapanthus. If Banksias are around, they're likely to be a hybrid, grown to be more robust or flamboyant by the Horticultural industry and not the "real deal". Indigenous Banksias can be seen in Bushland reserves such as Manly Dam.

If you'd like to plant your own, original endemic Banksia... go to local plant nursery **Indigo Native Nursery (www.indigonursery.com.au)** You can purchase a tubestock seedling for less than \$5. An inferior "Banksy" stencilled artwork, on the other hand, is likely to set you back hundreds of thousands of dollars.

So, choose the Aussie option. You'll be laughing all the way to the Banksia.



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Don't Inflate to Celebrate

Burial Notice: Balloons By Malin Frick (pictured, Collins Beach)

Balloons, you see them in shopping centres, at kids' birthday parties, at the opening of new shops and handed out by clowns. Balloons are seen as fun, a way to celebrate and show joy, but your ten minutes of fun can have severe long-term impacts on our environment and wildlife. Balloons are the perfect reflection of the throw-away society that we have become. Why do we find it so hard to make the connection between balloons and the destruction they have to the environment and wildlife?

Balloons are in the top three most harmful waste items to wildlife and the number one killer for seabirds. Birds and turtles not only ingest balloons, they actively select them as food. This is because a burst balloon often resembles a jellyfish, the natural food sources of many marine species like turtles.

Ingesting balloons, and the clips and strings attached to them, can cause intestinal blockages and results in a slow painful death through starvation. Marine animals don't have the gastrointestinal pH levels to breakdown a balloon and for turtles, it may also cause floating syndrome. Trapped gases in the gut can

cause a turtle to become buoyant, unable to dive for food—making them vulnerable to boat strikes and leading to starvation and severe dehydration.

Wildlife, both terrestrial and marine, can also become entangled in balloon ribbons or strings, causing injury or death through drowning, suffocation, or an inability to feed and avoid predators.

Many people and businesses argue that they dispose of their balloons "in a safe manner" or "they only use biodegradable balloons". However, new research conducted in 2020 at the University of Tasmania has revealed the truth behind "biodegradable" balloons. The paper, Latex balloons do not degrade uniformly in freshwater, marine and composting environments, was released in the Journal of Hazardous Materials, and presents evidence that natural latex balloons do not decompose.

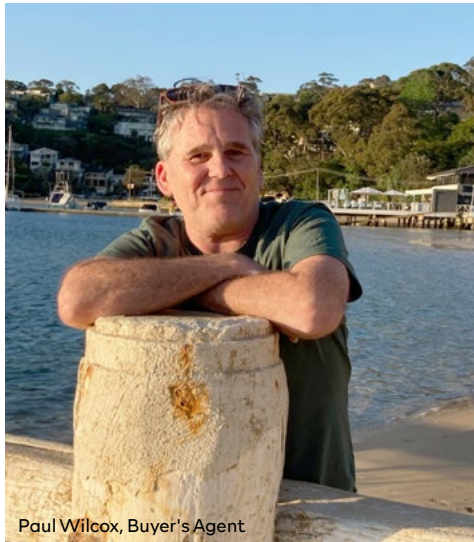
The research concluded balloons labelled "100% biodegradable" and "100% natural latex rubber" do not degrade,

but actually act like plastics in the environment. Following four months of freshwater, saltwater, and industrial composting tests, the research determined that "bio" balloons retained their original size, shape and even some of their colour. This, the paper says, poses ongoing threats over several years to animals and marine environments, as balloons continue to leach chemicals like dyes, anti-fogging elements, and flame retardants. Latex balloons are often marketed as biodegradable because latex is a natural product, but the manufacturing process adds many other chemicals and compounds. To create high-quality, long-lasting balloons, latex needs to be vulcanised with sulphur and compounds such as heavy metals, plasticizers, flame retardants and pigments are added to it. All these compounds leak into our local environment, whether it is on land or in the ocean.

There are many other ways you can celebrate; flags, banners, streamers, kites, floating flowers, bubbles, light shows, ribbon dancers, fabric, wooden or paper decorations. Have fun, be creative but remember - you don't need to inflate to celebrate!

Balloons are not used, given away or released at any Northern Beaches Council events or at any events approved by Council with their Waste Minimisation for Functions and Events Policy and balloons are not permitted in approved outdoor dining areas.

Malin is the founder of The Northern Beaches Clean Up Crew. Learn more at www.northernbeachescleanupcrew.com and follow @northernbeachescleanupcrew on social



Paul Wilcox, Buyer's Agent

Property: The Australian Dream

by Hugh G. Lee Inndette

Man's Best Friend, the Buyer's Agent

The property game is fraught with booby traps of all sorts. Buying your home will carry with it not only the greatest financial risk you're ever likely to encounter but is also immensely time-consuming and emotionally draining. In spite of this, the role of Buyer's Agent is relatively unknown. Professionals, like Balgowlah's Paul Wilcox (paul@oasisskeen.com.au) have expert knowledge in every aspect of the buying process, finding your home, selecting the ideal bidding price, negotiating with all parties, referring you to the best assessors of legal, development and building construction paperwork and providers of mortgage finance. A buyer's agent is your best friend when buying a home. They also provide unbiased, independent appraisals to best guide your decisions when considering selling.

The Secrets of a Home Stylist

In the dark ages, the early noughties, when selling your home, it was considered exemplary to give the place a vacuum with a device capable of lifting bowling balls, take the dirty dishes off the sink and hide them in the closet, make sure the kids had made their Power

Ranger and My Little Pony doona'd beds neat and tidy, spick and span, then proceed across the street to take your perch in the neighbour's kitchen and sneak a peek through the aluminium venetians, watching the throng of would-be buyers like John Nash eyeing off CIA operatives. Oh, how times have changed.

You can't sell even a one bedder nowadays without being inundated with interior design stylists, whose sparkling portfolios would put Gianni Versace in the shade, all spruiking their wares with divine powers of ensuring your abode shines bright like a diamond to lock in the sale of the century because, after all, you're worth it. They do great work, and if you're new to the housing market, having perused your first few properties in the search of a lifetime, you've surely seen the tell-tale signs of a Home Stylist's intricate involvement in the most crucial step of the vending process, beautification.

Firstly, minimalism is maximalism. Every surface of your dwelling must resemble the humbly titled Genius Bar of a less is more Steve Jobs edifice. Clutter is chaos, and no sane buyer could possibly part with a 6-figure deposit and stump up to a mortgage broker seeking a 7-figure multi-decade loan were they to see even the slightest skerrick of your home having ever been lived in. It's science; Clean up to clean up.

Second, raise the bedding. If you're serious about fetching the highest price, you must immediately remove whatever bed you now rest your weary bones on. It's not high enough. A buyer can't enter your home and even look your boudoir over without thinking, 'What on earth, is that the highest bed I've ever seen?!' It adds an air of boudoir mystique and instils the seed of conviction in a genuine purchaser's mind that their bid's going to have to rise higher to have any chance of successfully sliding between the sheets.

Third and final, smoke and mirrors. Only an amateur would dare contemplate allowing buyers through their residence without first ensuring the air is thick with fragrant aromas wafting straight to the pre-frontal cortex at the helm of facilitating unfathomably huge financial decision making, while also outfitting every wall with ornate, gargantuan mirrors that give each room a comforting sense of decadent spaciousness, ably assisted by the first point of having every surface ascetically bare. Your smoke and mirrors transform a 25square metre cramped nightmare into an ostentatious manor with almost too much room to move.

February 2021 Tide Chart

Info Bureau of Meteorology Tidal Centre Photo Alan Purnell, Manly Camera Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0520 0.44 1143 1.84 1814 0.28	2 0022 1.49 0612 0.47 1229 1.75 1857 0.33	3 0112 1.51 0708 0.51 1318 1.62 1942 0.40	4 0205 1.53 0812 0.56 1415 1.47 2032 0.47	5 0305 1.56 0926 0.59 1522 1.34 2130 0.54	6 0410 1.60 1048 0.57 1642 1.26 2233 0.58	7 0516 1.66 1208 0.51 1801 1.25 2340 0.58
8 0621 1.73 1315 0.43 1909 1.28	9 0042 0.55 0719 1.80 1410 0.35 2004 1.33	10 0137 0.51 0812 1.86 1457 0.30 2052 1.38	11 0228 0.47 0859 1.88 1539 0.28 2135 1.42	12 0314 0.45 0942 1.87 1617 0.29 2215 1.44	13 0356 0.45 1022 1.83 1653 0.32 2253 1.45	14 0437 0.47 1100 1.75 1727 0.37 2330 1.45
15 0516 0.51 1134 1.65 1758 0.43	16 0005 1.45 0557 0.56 1209 1.55 1828 0.49	17 0043 1.44 0641 0.62 1245 1.44 1900 0.55	18 0123 1.43 0729 0.68 1326 1.33 1936 0.61	19 0209 1.42 0827 0.72 1416 1.23 2021 0.68	20 0303 1.42 0938 0.74 1523 1.15 2119 0.73	21 0405 1.43 1058 0.72 1645 1.12 2228 0.74
22 0510 1.47 1209 0.66 1802 1.15 2333 0.72	23 0609 1.55 1304 0.57 1900 1.21	24 0030 0.66 0700 1.64 1348 0.48 1945 1.29	25 0117 0.58 0745 1.74 1429 0.39 2025 1.37	26 0202 0.50 0829 1.83 1507 0.30 2105 1.45	27 0247 0.42 0912 1.90 1545 0.25 2145 1.53	28 0332 0.36 0955 1.92 1623 0.22 2228 1.60

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



Subject Dawn Swim at Mona Vale Pool



Delwood Beach, surely a vicious assault at this location has witnesses

Crimewatch: On the Beat

Inspector Con Vikshun

Delwood Beach Assault

On a peaceful and balmy Sunday afternoon, the idyllic setting of Delwood Beach played host to a vicious assault on a 26-year-old man, struck in the back of the head after an altercation with what is believed to have been four men. Officers from Northern Beaches Police Area Command and NSW Ambulance paramedics found the man crashed to the ground and suffering head injuries. He was rushed to Royal North Shore Hospital where he required emergency surgery. At the time of going to print, the man remains in a critical condition. Delwood Beach is a very popular place and despite often being crowded, it's known far and wide for its tranquillity. Contenders for the loudest usual disturbance will usually be a contest between a squawking seagull desperate to pilfer some hot chips versus a crying bub unable to contain their emotions after their poorly constructed sandcastle tumbles. It's near impossible to imagine such a savage attack could've taken place in broad daylight with-

out several witnesses. Please, if you can help detectives in their investigation with any information at all, contact police or Crime Stoppers on 1800 333 000.

Pent-Up Youths Running Wild

There's no doubt that 2020's Covid lockdowns have created the worst possible conditions to be a delinquent since Kylie Minogue's 1989 feature film debut, but Beaches' residents are up in arms with the post-Covid phenomenon whereby swathes of youths descend upon public places with reckless abandon the moment the sun goes down. Displaying no respect whatsoever for the community, routinely smashing glass bottles, blasting music full bore, yelling obscenities, and unashamedly peacocking when not cutting each other's grass, it seems like only last year, because it was, that the pre-Covid world allowed for our Insular Peninsula enclave to successfully export this public nuisance problem to Surfers Paradise where our precocious teens indulged in maniacal one week rev-

elvy intensives, returning home refreshed, recharged, pregnant or in urgent need of a Clinic 16 appointment to attend to horrific, post-party, pants-based repercussions. Those glory days of interstate problem shifting are over. We're now stuck with pent-up youths running amok on our doorstep all silly season long, and no one knows what can be done to solve the problem besides, of course, opening up nightclub dancefloors so we can all once more blame it on the boogie.

This Ain't No Seal Clubbing Club!

Following on closely from the above problems with juvenile dropkicks, Reg the Seal, the Peninsula's favourite pin-niped who can't decide if he wants to call Manly or Dee Why home, may think twice about having a nap anywhere near The Strand again. Only months after an unhinged canine tried to mow him down during an afternoon sun bake at Long Reef, Reg caught a bit of shuteye at Dee Why's foreshore only for some moronic louts to try to sneak up on him and give him a belting. Reg is a top bloke though and has told the Tawny all's forgiven, no hard feelings, provided his attackers shout him a family serving of fish and chips, hold the lemon.

New Year, New Phone

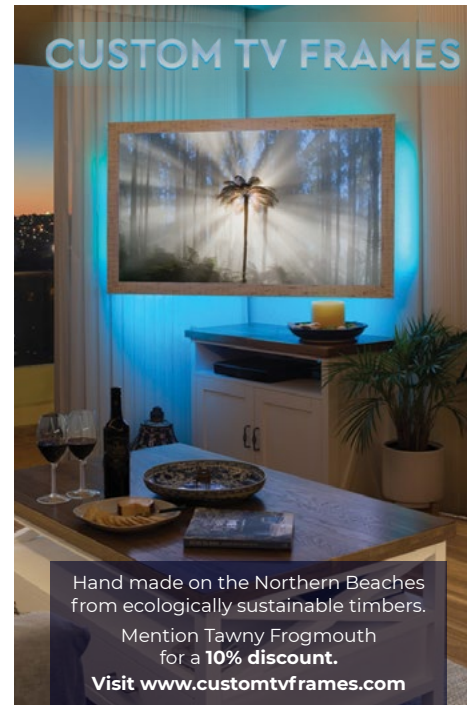
The Tawny reader response of generosity to last month's story of an innocent boy's phone being smashed on a Wednesday afternoon bus ride has been fantastic. Thanks to the kindness of Beaches' residents, the young man has a new phone and \$100 in credit to kickstart his 2021. Thank you so much.



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Girls on Fire in action

enough. Luckily she decided to call Australia home, returning Down Under to stay with her brother in Dee Why.

Her rugby love affair continued with the Rats as a player and coach, until she essentially fell into the fire service. "I never had an AHA moment where I thought to apply for the fireys. It was more thanks to colleagues and people in my rugby network encouraging me to give it a go. I did. They were right. I loved it from day one."

In 2016, after more than a decade on the firefighting frontlines, Fire and Rescue NSW grew increasingly aware that 93% of a firefighter's role - whose sole objective is to save lives - is achieved via community prevention measures, while 7% of the life-saving task is spent in the heat of rescue. Bronnie was once more at the frontlines, but now assisting her organisation's drive to find ways of recruiting a more diverse work force.

She received a Churchill Fellowship, a grant which provides funds for overseas travel to research world's best practice. Travelling the world, she discovered that far from quotas or government mandates paving the way, encouraging women into a firefighting career was achieved with great success via girls' fire camps. So, in 2018, Girls on Fire was set up.

"You can't be what you can't see, so with Girls on Fire we run week-long camps for 15-19year olds. We show them everything; fire science, trauma classes, extinguishing simulated fires, abseiling, raft building, getting in the fire truck and taking part in simulated rescues as we race around the bush. The girls learn teamwork, have to think on their feet to solve the problems we throw at them, use their bodies to build rafts or whatever they can in order to facilitate a rescue. You want to talk about empowerment? Show a girl she has the ability to save someone from dying in a fire, you see an empowered young woman standing tall. It's incredibly powerful."

Not every girl will go on to become a firefighter, but the skills they learn become talking points with their family and friends, very rapidly informing the community around them about fire safety. A perfect win-win for recruitment and awareness.

Learn more about girls fire and resilience programs run by "Girls on Fire" at www.girlsonfire.com.au and follow them on Instagram @girlsfirecamp

Zen and the Art of... Fire Fighting

Careers

by Liam Carroll Featuring Bronnie Mackintosh

Originally from Rotorua, New Zealand's bubbling muddy wonderland of geysers and sulphuric stench, Narrabeen firefighter Bronnie Mackintosh is now lighting things up with her Girls on Fire program.

Having been a firefighter since the early 2000's, a point in time when the catastrophic events of 9/11 put the world on notice that firefighters epitomise courage, resilience and community service, it's safe to say Bronnie loves her job. "You get to be with people on their worst days, working to bring out their best selves to get them safely out of a horrendous situation, whatever it may be. To be the calm in the chaos, this job is a privilege."

It's little wonder she found this career path, having honed a dedication to teamwork, physicality and adventure from the outset. In the early 90's, eyes focused on a professional rugby career, she set sail for, of all places, the U.S.A., to join the burgeoning College women's rugby scene, playing for Florida State University in the curtain raisers before their sold out gridiron games. "The crowds had no idea what was going on, but they loved it. You'd always hear them saying, how cool's this, all these chicks are smashing each other!"

But with all the cash being splashed on blokes with helmets, pads and figure-hugging dungarees while the rugby girls had to walk the crowds post-game, hat in hand, ice packs on their bruises, doing their own fundraising, four years of college fun and games was



Cass and Cam searching for online love

How to Tinder in Covid Times

The Love Scout by Scout Smith-O'Leary

2020 was rough on all of us, let alone those single and ready to (would if we could) mingle folks. With most social interaction being basically illegal, it forced many to turn to dating apps as the only means of making new connections, finding sex buddies and searching for romantic partners. While the ability to source infinite potential mates from the comfort of your sofa without having to put on pants clearly has its advantages, there are quite a few cons to this swiperific app.

Here's what you need to know if you want to have the best chance of meeting someone online and not destroy humanity's faith in love.

Don't bullshit. Resist all temptation to put up the 9 best photos ever taken of you. While you may feel good about yourself, you are projecting an unrealistic expectation of what you look like. This may get you "hotter" matches in the short term, but the last thing you want is to meet

someone in real life and have them be disappointed by your appearance. Don't be the "you were more attractive in your photos" person. Choose a few great pics, a few average ones and one of you being silly and less attractive. It shows you have personality, character, aren't stuck up and can take the piss.

Be bold. Put full sentences in your bio about who you are and what you want, even if that is casual sex or a long term relationship. Don't waste people's time. Culturally we are allergic to honesty, but wouldn't you rather have someone be real with you so you can actually find what you're looking for? We all have different wants and needs and limited time. Be precise and go get what you want!

Know your intentions. If you are just on Tinder to hear the sweet match "ping" and dopamine hits, be up front. Nobody wants to be led on. If you are genuinely there to meet someone, have a quick

text, call them for a chat and then organize a walk or coffee in a public place during the day. Nobody has got time to text strangers for months on end with no plans of meeting.

Put in the effort. We forget that Tinder is designed with the same algorithms as the pokies! It was built to keep us on the app swiping; that's how they make their money. You must stop your swipecy finger and invest time in the matches you make, otherwise, what's the point?

Be kind. Behind most profiles there is a real person with feelings and a story. How you treat someone online will impact their outlook on love and relationships. Be gentle with the hearts of strangers. The last thing we want is a bunch of bitter disillusioned lonely hearts.

None of us really know how to use dating apps properly or make them less awkward. However, we can apply integrity, kindness and compassion to the way we interact with the people on the other side. So, next time you open a dating app, take a second to think about who you want to be; do you want to be someone who destroys or restores a stranger's faith in love?

Scout is a matchmaker and relationship educator. To know more about her upcoming dating workshops, visit www.schoolofconnctionsydney.com



My Phone Died, Thank God!

Izzy's Mumma Files By Izzy Buda

Offt! So recently I experienced the breakdown of my relationship. What a gnarly time that was. As always when a relationship ends, it hurts and there is a process of grieving that must take place in order to make it out the other side. I moved to an epic new pad, was suddenly getting lots of writing jobs and I decided to immerse myself in the world of online dating. It was in the name of fun ok? A bit of distraction, a bit of attention. No problem, right?

In the name of fun it quickly turned into a consuming addiction? Yes, it got like that. The phone pings! A new admirer. Hey this is fun. Suddenly my sadness has dissipated because look how desired I am. Swiping left, swiping right. Every second when there's nothing to do swiping left and swiping right.

I very quickly turned cyborg and my phone was now an extension of myself. Cooking dinner with my phone in my hand, at the park with my phone in my hand, reading bedtime stories with my phone flashing incessantly in the corner of my eye. Waking up at 3am and checking my god damn phone!

It got ridiculous. It still is ridiculous. The only reason why my addiction has momentarily been curbed is because my phone broke mid use yesterday. I actually thought to myself, thank god for that. My self-control had left the building. Now what is it exactly? It's no secret that notifications from our mobile phones release dopamine in our brains. I knew this yet I couldn't stop or switch off. The other side of these apps is that we are never able to sit in our discomfort. Gone are the days where we anxiously await a text from our crush. We can easily fill the waiting period with praise and conversation from other suitors.

I soon realised after an in-depth conversation with my ex that I was not processing my grief. I was merely covering it up with the dopamine rush of apps. Ping Ping Ping went my phone, ever so enticingly. Move aside sadness and welcome excitement. This evading of feelings did catch up to me. As did my guilt. I could see myself foregoing my real life because I was stuck inside my phone. The once lovely distraction had become a giant

distraction to my real life.

It made me reflect on the Michael Leunig cartoon that many were outraged by. It was labelled as condescending judgement and feminist author Clementine Ford labelled him a f**cking gronk. I wonder if his cartoon struck such a nerve because it carried with it some element of truth. The image could easily represent me as a new mum. No, I never dropped Ruby from the pram, but I became very good at steering my Bugaboo one armed with my phone in the other. The cartoon did resonate with me, as uncomfortable as it was to admit.

My ex wisely told me, get off your phone and sit in your feelings until the answer comes to you. I have to thank him for that. I'd like to say that's what I did, but really my phone had to completely cark it for that to occur.

So, now I sit here and ponder my way forward. I need my phone for work and obviously everything in life, leaving it in its broken state is not going to happen. But when I do get that little bad boy fixed, how will I be? How will I put all of my recent realisations into play and action a plan that is not down that same road?



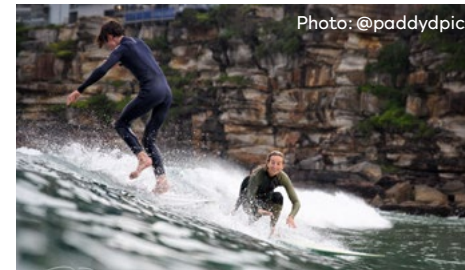
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Freshie's Sea Otter

By Johnny Baylis @billysclinks

Freshwater beach is home to two surfing legends. The first is Duke Paoa Kahanamoku, whose statue forever watches over the spiritual home of Australian surfing closer than an eager clubby. The second is Paddy Duggan, the photographer ready at the edge of the break to snap your latest move and hopefully not your board.

Like most surfers, Paddy's call to the ocean is a unique story, with one major unexpected turn. Our lifelong waxer chose to become a photographer the minute he realised surfing was just too much hard work. As Paddy puts it, "I saw a group of Sea Otters at the zoo. They were lying on their backs lazing around and having a blast. We connected there and then. I realised my focus on life was all wrong. From that day on the Sea Otter became my spirit animal"

It's Paddy's laid back 'Otter' style that makes him the photographer of choice for groms, pros & everyone in between to get their stylised pics. But don't let his relaxed floating form fool you. "If you can paddle out the back and stand up on a wave, I've got all your angles covered" explains Paddy. "If you can't do that then maybe get someone else to crack a few Kook shots from the beach".

One thing's for sure, Paddy's always working hard to manage your exposure under the Australian sun. That is, until next winter, when he predicts one of life's great events will strike again off Freshy Beach. "The 50 year storm's striking the coast a few years early on the first weekend in August, and I will be there," he says in an unusually serious tone. "I'm not taking bookings that weekend, it'll be me and my wide angle lens against Mother Nature."

The Shutter Priority reckons everyone should put that date into their phones right now. If nothing else there might be a few Col-laroy beachfront units going cheap.



C'mon Sydney

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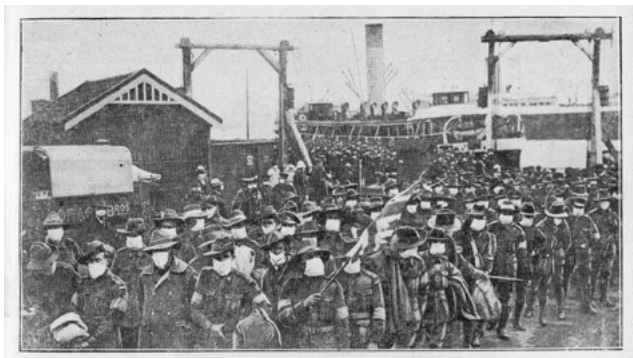
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Education: Ongoing education of our members.

Friendship: Linking people who share a passion for photography.



Argyllshire soldiers prepare to march through the city, February 1919

On Q

History in the Making by Richard Michell

Today the Quarantine Station is considered a very attractive place to stay. Perhaps not surprisingly, this has not always been the case.

When more than 1000 Australian soldiers set sail from England for Sydney aboard the troopship Argyllshire in late 1918, they were leaving behind the killing fields of Europe but sailing into a new horror, the Spanish 'flu pandemic that would eventually claim the lives of at least 20 million people worldwide. The journey did not go smoothly. When the ship arrived at Albany in Western Australia there was a strike by coal-loaders, so the soldiers had to load 800 tons of coal.

Their return to Sydney was further delayed by a stop over in Melbourne to offload commercial cargo. While stuck onboard, some officers were sent to inspect a potential alternative camp site at Broadmeadows but found no facilities. So, the soldiers stayed on the Argyllshire and eventually proceeded to Sydney.

Although the men had already served quarantine time

in Albany, and again in Melbourne, the excursion by the officers to Broadmeadow had inadvertently broken quarantine regulations. So when the ship finally sailed into Sydney on 6 February, 1919, it was put into quarantine for another four days, anchored off Chowder Bay. But, on the promised release date of 9 February, in a development we would recognise from recent experience with Covid and cruise ships, a suspected case of the 'flu was found on board and the soldiers were told a further period of quarantine was necessary.

In a bid to appease them, the authorities announced that they could go to the Quarantine Station at North Head where a camp had been prepared. However, on arrival they found that all that was provided was an area of bush. They had to clear it, dig drainage ditches and pitch their tents. Also, given their unexpected arrival, food was scarce, water distant and cooking and sanitation facilities non-existent. To top it off, the camp site was shared with

some poisonous snakes.

So, the soldiers mutinied, albeit in a controlled and disciplined manner. On the morning of 11 February, 1919, about 900 men formed into ranks and marched out of the Quarantine Station. The police officers guarding the Station realised the hopelessness of trying to stop 900 angry soldiers and let them pass. Wearing the compulsory face masks, the soldiers and their NCOs marched down the hill to Manly.

Alerted to the men's action, the authorities sent the Manly ferry Bellubera to the cargo wharf at Manly to collect them and take them to Fort Macquarie, now the site of the Opera House. While the military brass understood the men's grievances, they could not condone their disobedience and refused their request to be allowed to finish the remaining three days of their four-day quarantine at Victoria Barracks. Instead, they were offered the Sydney Cricket Ground.

The soldiers then marched from Fort Macquarie, face masks still in place, to the SCG. But again, they balked and refused to enter. Their concern was that if even a single case was detected in the next three days they would all have to remain in quarantine. A delegation went to the State Government and it was agreed that they would be broken up into segregated groups of 50. This satisfied all parties.

Fortunately, the three days passed without incident and so on February 14 - nine days after arriving in Sydney - the soldiers from the Argyllshire were finally demobilised. Not quite the homecoming that they had hoped for.

Stow's Jackfruit Tacos with Cashew Cream & Tomato Salsa

Recipe by STOWAWAY

This dish goes out to the 'no meat Monday crew' at the Stow. It's vegan, moreish and a crowd fave. Pair it with a freshly shaken Jalapeño Margie delivered to your door by the Stow's delivery team.

Ingredients (Feeds 4)

Jackfruit

2 Tins of jackfruit
 ½ Brown onion
 4 x Cloves of garlic
 2x Coriander stalks
 50ml Vege oil
 1 tbsl Paprika powder
 1 tbsl Cumin powder
 100ml Chipotle bbq sauce
 1 tsp Sea salt
 200ml Water
 50ml Lime juice

Cashew Cream

500gms Raw cashews
 100ml Lime juice
 70ml Agave syrup
 1 tsp Paprika
 2 tsp Onion powder
 2 tsp Garlic powder

Tomato Salsa

6 Tomatoes
 ½ Spanish onion
 2 Bunches coriander
 100ml Lime juice
 50ml White vinegar
 1 tsp Sea salt

Shell Options

Gluten-Free Corn Tortilla
 5/6inch.
 Flour Tortillas 5/6inch
 Lettuce Cups [YUM! Think Mexican Sang Choi Bao]

Method

1. Strain jackfruit and wash with fresh water
2. Dice onion, garlic, coriander stalks
3. Add vege oil to pot on high heat, add garlic, coriander stems and jackfruit.
4. Caramelize till onion is golden in colour.
5. Add the lime juice, paprika, cumin and salt and stir through. Finally, add the water and Chipotle bbq sauce and stir through.
6. Pop the mix on a low heat and let that bad boy simmer for 20 mins.
7. Mash with whisk when done. Boom.
8. Last but not least, Assemble to your taste!



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Subject Manly Arvo Glory
Photographer Paige Turner



Subject A Comfortable Perch
Submitted by Andrew Thwaites



Subject Crazy Cocky
Photographer Suzanne Lawson



Subject Ted Reading the Tawny
Proud Parents Tom & Phillipa Preston



Subject Feeding Time
Photographer Margo Lucas, Manly Camera Club



Subject NSW Police attend Ability Options Superhero Day
Location Cromer Community Centre



Subject ICMS Rainbow
Photographer Matt Connor@manly_drone



Subject Lining up an epic North Steyne drainer
Photographer @olitas



Subject Easy Like Sunday Morning, Reg the Seal
Photographer Tikky Hes, @thehesgallery



Subject Life Savers
Photographer Lisa Pittar, @lisa_pittar

The Tawny loves to feature great local pics!

Please send them to liam@thetawnyfrogmouth.com.au



Whitewash

Tawny's Bathtub Bookclub

by Paige Turner

It felt wrong reading *Whitewash* among the bubbles of my favourite bathtub, as if I was dishonouring the First People of this great land and all the people of colour who were slaves over the centuries and their descendants.

It's impossible to read John Ogden's book and not marvel and appreciate the depth of his passion for telling Australian stories that need to be told. Stories that would go untold if not for "Oggy" and his Cyclops Press.

I had the privilege of meeting the author at the launch of *Whitewash* where he spoke. It was an unforgettable experience. Beneath John's self-effacing manner is a historian dedicated to finding every hitherto buried fact and shining a torch on them. He first got the idea for *Whitewash* eight years ago and has spent the best part of the last three years researching and writing.

At 406 pages and with 37 pages of Endnotes, in very small print, this book is not for the faint hearted but it's so well structured and has chapter headings that make it easy to dip in and out of.

At the book's launch sitting inside Freshwater Surf Club, a building just metres from the location where Oggy's inspiration for undertaking this mammoth task began it felt eerie, almost as though the ghosts of John Boyd Steel, George Bernard Showery and Duke Kahanamoku were nodding their approval at their stories being unearthed with such care. In true historian style the book's launch coincided (almost) with the anniversary of one of the book's characters, John Boyd Steel, announcing in November 1908 the beginning of the lifesaving movement by establishing a club at Freshwater.

Whitewash is many books in one. Yes it's the story of George "Bernie" Showery who was abandoned by his African-American father when he was three years old and eventually found a place in Australia with an eccentric father-figure in John Boyd Steel, but it's much more. Oggy wasn't satisfied to just tell one story. Instead he has pulled together possibly the most comprehensive and understandable history of slavery in every so-called civilised country since the 1500s. These countries all engaged in a practice that to civilised people is utterly repugnant and makes for an uneasy read. Did you know of a "black holocaust" in the United States? Does the term "blackbirding" mean anything to you? How about that approximately one hundred of the convicts sent to Australia during 80 years of penal transportation had African heritage.

If you've watched on in horror at what's been happening in Trumpland then *Whitewash* will also help to

put many of today's attitudes towards people of colour, especially in the (not so) United States of America into a perspective that enables better understanding of just how deep the prejudice, and the brainwashing that caused and enables it, runs.

You won't find this book on the summer reading lists of the usual booksellers. Shame about that because *Whitewash* deserves a big audience and Oggy deserves to get paid for tackling such a massive subject in such an accessible way. This is a serious book dealing with serious issues. Oggy uses historical facts and superb story-telling as the creative technique to keep you, dear reader, intrigued, flabbergasted and appalled by what went as acceptable behaviour towards people of colour down through the centuries.

Whitewash deserves to be compulsory school reading. It covers so many aspects of Australian history from the country's discovery to slavery in Australia, Federation, the White Australia Policy, the gold rush, a brief history of surfing and much more.

Australia does not come out of *Whitewash* untainted. Scott Morrison was wrong when he recently said there had been no slavery in Australia in a comment relating to the Black Lives Movement. There was. It behoves all of us to seek a greater awareness of our nation's true history. *Whitewash* is just the book to help you do that.

Buy your copy at www.cyclopsproductions.com.au and follow Oggy's work @cosmic_cyclops

Razzle's Trivia

1. Predominantly what colour is the Northern Beaches B Line Bus?
2. What is the earliest time of the day the Spit Bridge opens on any day of the week?
3. What is the name of the only Senior AFL club on the Northern Beaches?
4. To the nearest 10km, what is the driving distance from Manly Wharf to Palm Beach - 20km, 30km, 40km?
5. How many surf life saving clubs are there south of Dee Why on the Northern Beaches?
6. How many Oceans does the equator cross?
7. Only one country starts with the letter Y - What is it?
8. Who was Australia's prime minister immediately before Tony Abbott?
9. Did Robin Williams ever win an Oscar for best actor?
10. The Zodiac sign of Cancer starts in which month?
11. Bed of Roses was a massive hit for which iconic band?
12. What is the name of the Female Australian Rugby League side?
13. What colour is on the bottom of the German Flag?
14. In 1781 what was the 1st planet discovered by telescope?
15. In what country was Nokia founded?
16. In which US city would you find Disney World?
17. Off the coast of which country did Mick Fanning punch a shark?
18. In which US city is NASA's headquarters in?
19. Sri Lanka is surrounded by which ocean?
20. Are there more bones in the hand or in the foot?

Sudoku

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



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Star Signs

by Krystal Bawl

Aquarius Jan 21 - Feb 19

Don't for a second let anyone forget it's your birthday month! Even strangers who don't know you, tell them too!

Pisces Feb 20 - Mar 20

Keep things cordial by hiding your true feelings. Face masks are multi-purpose, a Covid cloak to shield your rage.

Aries Mar 21 - Apr 19

Know when to make your unfounded opinions heard. Ideally, load up on booze prior to a live TV appearance.

Taurus Apr 20 - May 21

Stand up and escalate the situation. It's fun to watch the fallout! See who values truth too. Hot tip, no one!

Gemini May 22 - Jun 21

A bad Penny always turns up. If you're lonely this Valentine's, give them a call. You could use the company.

Cancer Jun 22 - Jul 22

If at first you don't succeed, try, try again is what got you into this mess. For God's sake, try something else!

Leo Jul 23 - Aug 22

You have a vivid imagination, but your friends and family tell you it's paranoia. It sounds like they can't be trusted.

Virgo Aug 23 - Sep 23

Your sympathetic ear and understanding of other people's problems is a sign of weakness. Be strong, don't listen.

Libra Sep 24 - Oct 23

Lie down with dogs, get up with fleas. You'll be well rested and superbly placed to socially distance.

Scorpio Oct 24 - Nov 22

Your influence over your friends is waning. Consider blackmail. You've got the dirt, it's time to dish it up.

Sagittarius Nov 23 - Dec 21

With enough digging and scratching, the molehill can become a mountain! Persevere in your quest.

Capricorn Dec 22 - Jan 20

Rome wasn't built in a day, it took aaaages and ultimately led to ruin. What makes you think you can do better?



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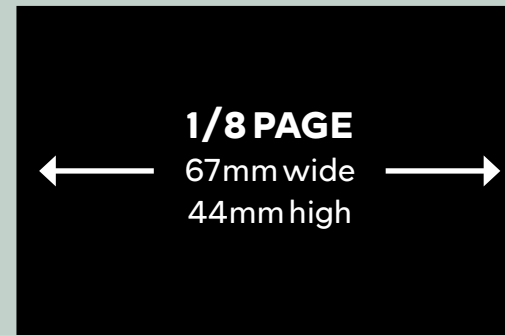
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Trivia Answers

- Yellow
- 8:30am (Weekends)
- Manly Wolves
- 30km
- 6
- 3
- Yemen
- Kevin Rudd
- No
- June
- Bon Jovi
- Jillaroos
- Yellow
- Uranus
- Finland
- Orlando
- South Africa
- Washington DC
- Indian
- 20
- Hand (27-26)

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

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