

The Tawny

FROGMOUTH

01.2023





Joeline Hackman
INDEPENDENT for MANLY



Joeline Hackman
INDEPENDENT for MANLY

I'm Joeline Hackman, your Independent state candidate for Manly. As a community Independent in State Parliament, I will represent the views of my electorate, not those of a political party. Find out more about me and have your say at JoelineHackman.com.au

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G'day Beaches

Hello 2023! And to kickstart the year, B.A.D. boy Miguel Gonzalez's cover features his very own Tawny Frogmouth creation, a sublimely plumaged reveller, surely destined for the Marvel Universe.

Forest High School's Digital Dynamites have created a print mag, The Forest Scrub Turkey! Craig Brokensha believes La Niña's fading, horror news for big wave chargers, music to the ears for everyone sick of a daily drenching. Girls on Fire will be lighting up Dee Why with Australia's first ever Rainbow Community Fire and Resilience Program. Vipers RC, the mental health club for men with a running problem, proves the power of connection when blokes let their guard down and go for a trot, and Michael West Media uncovers the true lifters and leaners when it comes to paying their fair share.

Finally, a special shout out to the Syrian family Manlygees are assisting in starting afresh on the Beaches. Welcome to a new life down under. Happy New Year!

Liam



The Tawny Frogmouth

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Contents

4	G'day Beaches	36	Community
6	Peninsula Wash Up		Girls on Fire
8	Letters to the Tawny	37	Health
			Vipers Run Club
14	Education	38	Lifeline
	The Forest Scrub Turkey		Looking after yourself this holiday season
16	James Griffin Update	39	Ask a Sparky
	Making positive change is hard work		The nuts and bolts of solar installation
18	Community	40	The Love Scout
	Manlygees welcome Syrian family to Oz		Baby come back!
19	Politics	41	Technology
	Manly's independent candidate Joeline Hackman		The hole story
20	Sport	42	Mal's Wild Side
	Welcome back Mickey		Re-wilding a Northern Beaches backyard
21	Environment	44	Education
	La Niña - the end		Bilingual education c'est la vie à Killarney Heights
22	Michael West Media	45	Film & Food
	Lifters and leaners	46	Local Photos
24	Silicon Brooky	48	Tawny's Bookclub
	Turning on the Tappr of plumbing ingenuity		Oh India
25	Silicon Brooky	49	Trivia
	Farm for the future		Sudoku
28	Cover Artist		The Funny Corner
	Miguel Gonzalez	50	Star Signs
30	Community		
	The Brookvale masterplan		
32	Roll of honour		
33	Tide chart		
34	Collaroy Plateau Vet		
	Heatstroke prevention		
35	A quiet word on...		
	Hope		



Acknowledgement of Country

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

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



Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

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



Valerie and Bailey, speakers at the Nets Out Now rally

Peninsula Wash Up

Time to cull shark nets?

Concerned locals and representatives from The Animal Justice Party, Animal Liberation, The Greens, Sea Shepherd Sydney, Action for Dolphins, Ocean Preservation and the Nets Out Now coalition came together at North Steyne, calling for an urgent ban on shark nets.

“Shark nets are cruel, indiscriminate and ineffective. They have no place on the Northern Beaches or anywhere across NSW,” said Bailey Mason. “Research has demonstrated that shark nets do not effectively improve human safety in the water, instead they simply kill marine animals while allowing target species to swim over and around these floating death traps. Over half the animals including dolphins, whales and turtles unfortunate enough to become entangled in these deadly nets, will suffer a slow and painful death by drowning. We are calling on the Ministers to scrap their outdated shark net program and to invest in humane alternatives instead.”

Sun worship pays off

Happy Birthday to the Northern Beaches' longest operating residential solar company, **Solarpro**, celebrating 13 years in business. And with rising power bills there's never been a better time to give Solarpro a call and take advantage of the ultimate power source fuelling our planet. Whether your rooftop has breathtaking views of Barrenjoey Lighthouse, Spit Draw Bridge or anywhere in between, make sure 2023 is the year all Tawnies reduce our power bills and become solar pros with Solarpro. Call **9453 1485** or visit www.solarpro.com.au

Inaugural Manly Health and Wellness event

The active, social and ridiculously good-looking people of the Northern Beaches are lucky to have such a bevy of health and wellness superstars to call upon as we courageously and successfully fight the ageing process that afflicts our Emerald City neighbours in other LGA's. And to celebrate the local health and wellness businesses, Northern Beaches Council and Manly Business Chamber are partnering to bring a free one-day health and wellness event with live fitness demos, classes and health seminars to Manly on Sunday 12 February 2023. Taking place right on Manly beachfront, the event will feature free fitness workshops and classes, informative health seminars and local interactive exhibitors.

Tick off, you cannot be Serum!

Like so many things, the tick anti-serum used to treat cats and dogs in the event of tick paralysis is in short supply. Peak tick season has thankfully passed, but in order to minimise the risk of your pet requiring treatment, please ensure you keep up to date with flea and tick prevention and search your pets daily.

Pilates & Ballet, your essential Turning Pointe

Lisa and Monica, the healing, agile wonders of **Turning Pointe Pilates**, have over 20 years experience in Pilates and professional dance, and offer prescriptive, personalised, corrective exercise to help everyone from over 55's to dance professionals. Their Pilates group, semi-private, and one-to-one sessions will have you more balanced, stronger and moving with ease. While their **Seniors Ballet Class** will even have your brain cells on their toes! Move better and be stronger with Turning Pointe Pilates, studio in Dee Why Grand, ballet classes in central Manly. To learn more call **0435 293 748** or visit turningpointepilates.com.au. Mention Tawny for a free trial class, no experience necessary.

'My Settlement Journey' storytellers

Community Northern Beaches are continuing the 'My Settlement Journey' stories program in 2023, showcasing the triumphs and challenges of refugees and migrants creating a home on the Northern Beaches. If you're a migrant or a refugee and would you like to share your story of settlement, or if you're a budding writer and would enjoy a new challenge to write someone's settlement story, please contact **Sandra Simendic** at sandra@cnb.org.au

Words: **Liam Carroll**

JAMES GRIFFIN

MEMBER FOR MANLY



Authorised by James Griffin, Shop 2, 2 Wentworth Street, Manly

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Letters to The Tawny

Acknowledgement of Country

Under "Acknowledgement of Country" in the December 2022 publication, your correspondent dismisses the need for recognition of indigenous Australians' plight as their mistreatment was a 'long time ago'. I wonder if he would feel the same had the Japanese invaded Australia in WWII and now 75 years later only Japanese was spoken in our schools, good jobs went to Japanese citizens, the occupiers of all desirable Australian houses and land were dispossessed in favour of Japanese settlers? Would he want to be acknowledged as dispossessed, have his own flag and want English recognised as a language worth being taught?
Martin Hartcher

Education Matters

Dear Editor, how is it possible that the consequences of government closing TAFE Colleges being very obvious these days, what with the shortage of tradies available for fire and flood rebuilding, for instance; yet now they appear to be allowing the Community Colleges to do the same? For example, Narrabeen Annexe of the Northern Beaches College, having existed in the grounds of Education Department property for many years, has to relocate its classes next year - and with the lack of an adequate number of venues available in the area, some ending up in Surf Club buildings! Why are they trying to dumb down the nation - from early education until that at retirement age and beyond - when we're not exactly top performers on the world scale as it stands?! Sincerely,
Marianne, North Narrabeen

December Issue

A great issue to cap off an interesting year. My interest piqued at Dr Irving Offercliff's letter bemoaning the B line bus service. I'll see that and raise you the 199 route Manly to Palm beach. Since privatisation there is an additional bus on the route. You won't see it in any timetable listing, it neither picks up or drops off passengers, but runs more often than the 199. It's the ever reliable "Not in Service".

Speaking of efficient public transport, Hugh G. Lee Indette's article on topography and its reference to Melbourne should have acknowledged the superior service provided down south. That said, like Hugh, for all its charms I don't think Melbourne holds a candle to Sydney. A few laneways with cafés and the ability to get obliterated at 3 in morning does not make a City great. Besides, when you fixate for the entire year on a footy code that is played nowhere else in the world you surrender any such aspiration.

Mike Kenneally, Manly

Are Tourist Events Worth It?

I refer to the letter on Manly being underutilized as a tourist attraction (Nov '22). Yes, it may well be from what it could host - BUT: Who pays for events such as The Jazz Festival and who benefits? Is there any profit to Council/ratepayers? Who benefits? Presumably the artists. How many are from Manly? Presumably businesses benefit, but who owns them and how many employ members from Northern Beaches rate paying families? Has this ever been assessed? I know that prior to Covid virtually every server in the

restaurants were casual workers typically from overseas. When there is an event that local businesses will benefit from, do those businesses pay a levy to fund the event? I doubt it. Why should ratepayers effectively subsidise the profits of these businesses, many of which are one of a chain and the profits do not stay in the community?

Is it known how many and what proportion of local residents attend these events, and at what total cost to the ratepayer, including all costs of planning, management, security, paying artists, cleaning, etc? I wonder if ratepayers knew the actual total cost of staging these events, would they still want to host them? Have we ever been asked? Manly is a Sydney wide attraction and most tourists come from other areas of Sydney or Australia plus internationally. Tourist-focused events in Manly should only be held if they are not a cost to the ratepayer or they should be funded by the State Government as one of their tourist attractions looking to attract the tourist dollar. A few years ago, I attempted to get information on all of the above, but no clear response was put forth from Council. Could someone from Council advise if there is any such analysis? And if not, why not?

What does Manly on balance gain from all the tourists attracted here, especially on the weekend? As a local ratepayer, I avoid the Manly Beach area on weekends, especially Sundays, and feel average ratepayers are greatly inconvenienced by the tourism hordes with one of our major recreation facilities taken over. Let's hope these events don't effectively also cost us money to manage. A reasoned, informative response from Council would be appreciated.
Michael C Smith

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Constructive criticism

Dear Editor, I write in response to the review in November's Frogmouth by M Gridley. I applaud the fact that it was printed but have to comment it was unworthy of the magazine. There is a great deal of information relevant to our community and some interesting local articles as well. I understand that advertising pays for the production, but M Gridley obviously doesn't. He/she won't be reading this but I encourage others who do to support and contribute to the publication, to read it and offer suggestions for improvement rather than just being critical with no ideas of their own to put forward. Constructive criticism is always accepted and discussed. Keep up the good work!
Charmaine Simpson

Flipped Car on Woodbine St

I have complained to Council about cars that speed and drag race down North Balgowlah's Woodbine Street - night and day - and requested speed bumps be put in place. This has come to no avail. Does someone have to be seriously hurt or killed before anything is done? Most recently, on Woodbine, at the corner of Kalau St, a speeding green P-plater clipped another car before flipping itself. It's a miracle no one was killed! People walk their dogs at night here, and kids cross this road to get buses during the day and evening. With the flipped car blocking traffic, neighbours were also forced to stand on the street to stop other speeding cars from hitting the accident. Will someone now finally pay attention?! This speeding issue has been happening for the 16 years I have lived here! Surely enough is enough.
Vanessa Chang, N. Balgowlah

A note of thanks

To the truly fantastic midwives and doctors at Northern Beaches Hospital who looked after my wife Jessica through the birth of our daughter Amelia earlier in November. We could not have had a better experience. Everyone at the hospital was so caring and professional. We feel so lucky and appreciative of how you looked after our growing family. All our gratitude
Simon, Jess & Amelia

Homeless issues on the Beaches

We are fighting a constant battle with homeless people defecating in the bin room of our strata property in Dee Why. Once a week we find human faeces left behind with toilet paper, discovered one this morning, approximately 500g worth. This is disgusting and a health hazard. Council needs to step up and do something. Either build more public toilets near parkland or address the homeless issue. I'm frustrated at having to constantly clean up human faeces on our strata property. This has been happening for about 3 months.
Sanja Rostamians, Dee Why

Sliding Doors

While pondering your puzzle page (Nov '2022), I caught sight of the ad for 'Serenity Now!' which reminded me that my sliding door was getting very heavy to open and close. The number I called was answered by a pleasant young man whose reply was, "I'll be there tomorrow." True to his word, he arrived on time and attended to the door with no fuss or hard sell. I was delighted with the prompt attention I received and recommend 'Serenity Now!' to people with sliding door problems.
Roley Drew, Fairlight

No Unsolicited Mail!

Stop delivering your publication. Our letterbox is replete with a clearly visible sign stating, "No Unsolicited Mail", and as such we would greatly appreciate you instructing your walkers to kindly and immediately cease and desist from persistently shoving your unwanted periodical into our letterbox where it is so demonstrably unwanted. If you should disregard this notice, appropriate legal action will be taken. Kind regards,
Name and address withheld
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The Cromer Affect

Socceroos defeated Denmark 1 - 0. But drive along South Creek Road, past the Manly United FC. Gander at 400 rolls of contaminated waste plastic carpet. 600 cubic metres, 10 tonnes of old synthetic turf pulled from Cromer Park. A year gone at this unlicensed dump, adjacent the Home of Football. It's Jurassic. One Big Pile of... 11 rows Across, 3 rows High, 12 rows Deep. Waste polymer poly-ethylene fibres, stitched to poly-propylene mats, glued with poly-urethane resin, contaminated with decayed old car tyre crumb, plasticisers, and stabilisers. Any fool can look at a small Construction Site sign on the fence, where there's No Construction. The point is to understand. Of the new plastic carpet rolled out on Field #1, the local Council did not contract for Cradle-to-Cradle certification nor Closed-loop recyclability. \$1.3 million spent did not include the plastic being recycled at its end of life. That cost to ratepayers will be

Merry Christmas & Happy New Year

Labor

The state election is just around the corner on Saturday, 25th March next year. There are many important issues on the Northern Beaches that urgently need addressing including fixing neglected public transport, in particular our bus and Freshwater Class ferry services; ensuring education facilities, our public schools and TAFE are funded properly and not allowed to be run down and neglected; and do all we can to preserve and enhance our natural environment instead of taking it for granted.

Labor has worked hard to find three dedicated and enthusiastic individuals with deep Northern Beaches roots, who have put up their hands and are seeking pre-selection to run as the ALP's candidates at the state election. Sue, Jeffrey and Caroline would like to wish everyone on the Northern Beaches a Merry Christmas and Happy New Year. Enjoy the holiday season and stay safe on our roads and beautiful beaches.



Left to right: Sue Wright (for Wakehurst), Caroline Yarnell (for Manly) and Jeffrey Quinn (for Pittwater).

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paid later. When there is more certainty, says the Council. Yet Australia has ratified the Basel Convention on the Control of Transboundary Movements of Hazardous Wastes and Their Disposal. Basel, Switzerland has special place in treaty history. The Treaty of Basel (1499), a victory for Swiss independence. Exemption from edicts of the Diet of Worms (1495). Peace of Basel (1795), Prussia accepts the Rhine River border with France. Spain too conceded peace. Today's Basel Convention puts a chokehold on polluters. Unable to procure a Federal permit to export waste plastic turf carpet to Denmark. Tragedy of Shakespearian proportion to rival that of Hamlet, the Prince of Denmark. To be or not to be, the question for our Bürgermeister. Is Council dedicated to a plastic-free Northern Beaches, aligned with NSW

Say-No-to-Plastic policy? Is Council to thine own self be true? It did open cans of plastic turf worms at Cromer Park. This be madness, is there method in 't? Nay, the old worms have turned. Something's rotten in the state of Denmark. Yay, this lady protests too much. Cromer needs to be cleaned for a local win. **Gertrude, Cromer Heights**

Re: Two Simple Requests (Sep'22)

Dear Graham, the Australian Brush Turkey is not only a native Australian bird which has had its environment decimated to humans (that's you), it's also a protected species. Your suggestion that we "eradicate all the bush turkeys that are

destroying the environment" is in equal parts hilarious, narrow minded, ignorant and disturbing. I sincerely hope you are never put in a position to have to make a decision that affects others, with that outlook. Be better. **Mark Gibson**

Manly Post Office

Hey Liam, I shared the 'bad' news with you in August. Now let me share the 'good' news with you in December! A new Manly Post Office is opening on December 12, and in Raglan Street which I can still walk to - Yipee!! Your Irish name, Liam, is one of my favourite names - having grown up in the auld sod!! Bless you, **Agnes McInerney**

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

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Hooroo

Robert Francis Goode AM

14/10/1931 – 9/11/2022



First venturing to Sydney at age four on a family holiday, inclement weather caused the Goodes to visit Sydney Town Hall instead. The awe-inspiring sight of the lady playing the wondrous Grand organ blew young Robert away.

It was not until 1969 that he tried for a career in music, quickly establishing himself as a leading exponent of the harpsichord and taking over the Harpsichord Department of the Conservatorium of Music. A touring artist for Musica Viva and the Department of Foreign Affairs, concert, radio and television performances took Robert from Australia's red centre to Moscow's Red Square.

"Life is a wonderful journey, and I'm not too interested in destinations. For me, an open mind is the only true mark of intelligence, for without it, one cannot embrace new ideas and grow."

Witty and charming, a clairvoyant, fluent in three languages, a virtuoso organist, and Beaches Royalty through and through, hooroo Robert Francis Goode AM.

Digital Dynamites on the write path

The talented kids at The Forest High School release the first issue of The Forest Scrub Turkey, Northern Beaches' first ever teen mag

In 2022, The Forest High School's English Faculty has been running an exciting new elective for Year 9 and 10 students. The course, **Digital Dynamites**, gives students the opportunity to develop their digital literacy skills in areas such as advertising, social media, and journalism.

This technical writing elective has been tailor-made for the students by **Sarah Peachman**, Head Teacher of English, and I, Lauren Weatherall, EAL/D Co-ordinator. I also teach the class. Our inspiration originated in a desire to see students engage in topics of personal interest and learn skills appropriate to our technological age. The capstone of Digital Dynamites has been the inception of **The Scrub Turkey**, Northern Beaches' first ever teen magazine.

Inspired by **The Tawny Frogmouth**, Scrub Turkey aims to emulate Tawny's focus on the local community, adapting it to suit an adolescent readership, and produced seasonally, four times a year, aligning well with each school term. The class was lucky to receive several visits from Frogmouth creator Liam Carroll who shared insights into the world of media and journalism and was instantly impressed with the young media moguls' Scrub Turkey name. "That is gold. Everyone will have to pick up a mag with such an awesome title," he told the Dynamites. "You're off to a flying start."

In terms of creative process, students began by researching a topic for their articles. These articles reflect each writer's interests, likes, writing styles and personalities, and as such cover a wide range of issues. Readers of The Scrub Turkey can expect to find all sorts of journalism represented in its pages, from reports on war in Ukraine to tips on the best snacks to eat at the cinema.

Tamar, a student in the class, said her favourite thing about writing for The Scrub Turkey is the opportunity to reach an audience with ideas. "We get to share personal thoughts and opinions on our chosen topics." **Iszy**, another student, believes she has come to appreciate the importance of keeping the audience in mind. "It's important to write local stories that are relevant to the Northern Beaches. Things



The Scrub Turkey Launch at Warringah Mall

have to be relevant to the readers."

For our dedicated English students, their aim was to collaborate and create stories, articles and artworks to inform, educate, entertain and help build a strong message of community pride, well-being and revolution for Northern Beaches kids. With a goal to promote "back to print" and a "culture of reading" the students have worked tirelessly to make this magazine a success through their own innovation, entrepreneurship and ingenuity.

Launching in November, with the support of our wonderful The Forest High School P&C, **Kelly Bar-Jones** P&C President and **Nathan Lawler** school Principal, this project has had ongoing involvement from Northern Beaches Council, **Dean Wells** at Arcade Studios and The Forest Police to ensure its long-term success and sustainability in giving students a community voice and platform for activism, fun and unity.

Learning important communication skills through the study and practice of digital media, students are developing their collaboration, confidence, and creativity, while also creating something to educate and entertain the community. Stay tuned and make sure you grab a copy of the next issue of The Scrub Turkey!

Words: **Lauren Weatherall**

To learn more about **The Scrub Turkey**, contact Lauren at lauren.weatherall@det.nsw.edu.au, and if you're looking to advertise, this is a great way to connect with local residents.



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James Griffin Update

Making positive change is hard work

In my first speech to Parliament in 2017, I spoke about our community getting its fair share – its fair share of funding for schools, healthcare, and to protect our beautiful local environment. Over the past few years, I have secured \$118 million to upgrade our local schools, \$50 million to open the Brookvale Health Centre, launched and expanded the B-Line, and launched Australia's first palliative care centre for young adults at the old Manly Hospital.

I'm not saying it's been an easy journey. These last few years with the pandemic, floods and fires have been difficult for everyone across NSW. But I believe we can, and should be, very optimistic about our future.

Over the past few years, I've worked with businesses across the electorate on reopening our local economy and sustaining an economic recovery into the long-term. We brought together business and community leaders to

create Experience Manly, which has secured 60 musical acts in over 20 local venues as part of Encore Manly to grow our arts and music scene.

When times were tough, it would have been easy to say tools down. But this community of passionate hard workers got to work to get a job done and together build a brighter future. This is what has inspired me to run again for Parliament.

You may have already seen my pitch for next year's election: Environment, Integrity, Results. I believe this reflects my track record to date, and it's what I want to bring into the next term if I have the privilege of being re-elected as your local member.

Much has been said about integrity in politics recently, and for good reason. Being trusted and trustworthy is something only your community can say about you, and I will leave it to you to judge my character. For me integrity is about standing up for what you

believe in, what's right, and what's in the public interest, even if it can be politically difficult.

So whether it's expanding mental health services at our local hospital, or restoring bus services in our suburbs, or fighting to stop gas exploration off the coast of our community – I have stood up every time.

My record as your local member and NSW Environment Minister also demonstrates this. I have always believed that our local environment is key to our community's success and its future. It wasn't that many years ago that our beaches were not what they are today – now rated good or excellent across the board for water quality. Or when single-use plastics from straws to cutlery to polystyrene would choke our waterways – I phased them out in NSW in November last year. Or when NSW didn't do its part for the planet – and now we are leading the nation to make us a renewable energy superpower. Don't just take my word for it, ask the World Wildlife Fund.

This leads to my final point – results. It's one thing in politics to say the right things, but it's another to do them. I'm part of a team that has delivered real, positive change for our community. I've listed some above. With the community's support we have been able to power our recovery, build that better future, and get real results on the table for the community to see. We live in the best part of the world, and I am determined to make sure it remains the best place to live, work and raise a family.

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



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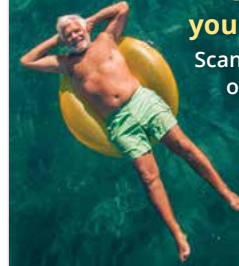
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Taking in the sights of home

Community

Life's a beach: Manlygees welcome Syrian family to Oz

In November, the Manlygees community group welcomed an excited Syrian family to their new home in Manly.

After settling into their temporary accommodation kindly provided by a local family, the focus turned to the admin of setting up a life in Australia. Members of the Manlygees helped the family to open bank accounts, register for Medicare and other Australian services, enrol in schools and navigate the supermarket.

The three children started school in November and their parents are being taught English at home by some Manlygees members while they wait to join a TAFE course. They are very keen to become fluent in English, meet new people and be part of the Northern Beaches community.

The group have been blown away by the kindness of local people who have donated household goods, money and their time. Thank you for all your support!

Their next focus is on finding employment and a permanent home for the family, as well as having fun by attending events, joining sports, exploring Sydney, and making new friends!

If you'd like to help in any way, please join the Manlygees Facebook group [facebook.com/groups/manlygees](https://www.facebook.com/groups/manlygees) or visit www.manlygees.org

Words: **Tahirih McLaren-Brown**

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Politics

Meet Manly's independent candidate

Joeline Hackman is running to win the seat of Manly in March's state election.

Why are you running?

I want firmer action on climate, greater integrity in politics, better public transport and more support for our health system and workers. There is frustration with sports-rorts, Barilaro jobs for mates and voting along party lines which means voting for Perrottet and the Nationals. We should do more to make energy and transport costs more affordable, increase economic transparency and community consultation.

What do you want to bring to parliament? A decision-making process that incorporates community engagement, subject matter experts and

responsible economic management. Government should be investing more in people - people who are in critical jobs like nurses, teachers, paramedics, emergency services and food production who need better pathways and deserve support. There is economic, social, cultural, and environmental benefit in doing so.

What change can an independent make? As your local MP, I will work hard to support our community, I will have the freedom to introduce private member's bills and importantly, it is only the community I need to listen to when I vote in parliament. Manly deserves a representa-



tive who will vote according to the electorate's values and not along party lines.

What are your policies? Our policies are being shaped with the community and with experts, see our website for regular updates.

To support Joeline's campaign and give community feedback, visit joelinehackman.com.au and follow @joelinehackman

Interview: **Liam Carroll**

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Mickey Edwards hurling heat at Blacktown

Sport

Welcome back Mickey, bowling faster than ever

Mickey Edwards is 27 years old, and he's been a fast bowler since he first picked up a cricket ball aged 10 in the backyard of his family home at Allambie Heights. By conservative estimate he's sent down tens of thousands of deliveries and become so adept at the art of fast bowling that he performs the role in first class cricket for the great state of New South Wales.

Play for this state, you're a serious cricketer. But there he was, at the top of his mark at the Sydney Cricket Ground in a Sheffield Shield game against Western Australia early this month, and he was worried that he could do a Steve Harmison at the Gabba, first ball of the 2006/07 Ashes series.

Edwards was worried he wouldn't hit the pitch. Edwards (if not Harmison) perhaps had an excuse: he hadn't played first class cricket for four years. Long time in politics – for a fast bowler it's an epoch.

"When you get the news that you'll be out for a period, it's like three months of grief, three months of light at the end of the tunnel," Edwards told the *Beaches Champion*. "You start off kicking stones, why me, all that. But then when you can do more, train more, bowl more, and there's a date in line for your next game, you have something to work towards."

Age and muscle memory are both on Edwards' side. At 27 he's approaching his athletic and experiential prime. (And that first over? No worries. And soon enough he had the key scalp of Cam Bancroft LBW for one.) He's also seen Australia captain **Pat Cummins** overcome lengthy periods out of cricket, and plenty of peers including **Josh Hazlewood** and **Mitch Starc**

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



overcome similar injuries. And if he's lucky, all Edwards' injuries are out of the way.

"They reckon you're not a fast bowler unless you've had side injuries and stress fractures. I've had both. I've had stress fractures every year," Edwards says.

Fast bowlers are a different breed: they just soldier on, pounding in, time after time, for apparently little reward. Yet Edwards says his run of injury was particularly dispiriting. Because time after time the big man broke down. Ask him how he kept going and he admits he contemplated the end.

"I wasn't going to give up, if you like, but there were times I thought I might have to. I'd ring around mates in the building game, asking about labouring work. I never stopped loving cricket, but you had to be realistic," Edwards says.

The plan now is just play. For NSW, for Sydney Sixers, for the Waratahs of Manly Warringah DCC. "It's a little hard to plan a schedule. You're not a hundred per cent sure if you're going to be picked, particularly in the [T20] Big Bash League given NSW has great depth in fast bowling.

"It's also hard to balance between training and playing too much. There is such a thing as bowling too many overs. You're at risk of breaking own. But I'll have my hand up for all forms of cricket and when I'm not playing at first class or Big Bash level I'll be playing with Manly, which I love to do. The club is looking at something special this year," Edwards says.

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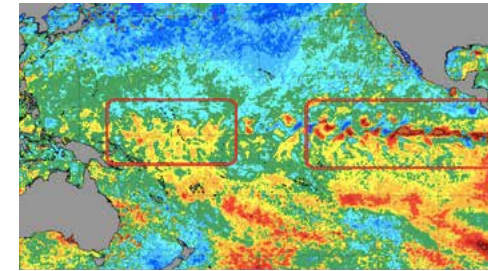
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IMAGE CREDIT: MANLY WARRINGAH DCC



Recent warming trend across the equatorial Pacific

La Niña – the end

The first was a relief, a welcome change from bushfire and drought. The second set the pattern of easterly swell and rain, a few weather records too. But when the third La Niña was announced, surfers knew they were living through something special. No longer could old timers brag about the days of yore: these were the glory days!

For almost three years our easterly swell window has been wide open and active. Not always pretty, especially when the Northern Rivers copped the floodwater outflows, but extremely active. No need to rush for this eight-foot swell, there'll be another one next week. Sadly, all good things must come to an end...

La Niña events form under stronger than normal easterly trade-winds blowing across the equatorial Pacific Ocean, creating surface currents which pile up warm water towards the western Pacific (north-east of Australia), while upwelling colder water throughout the central and eastern Pacific Ocean. The usual starting point of La Niña/El Niño cycles is in spring, with a peak during summer before weakening through autumn, the case through 20/21 and 21/22, but the trifecta came anomalously early this year, restrengthening through winter and peaking through the middle to end of spring.

Any transition from La Niña to neutral or to El Niño isn't like flicking a switch, with an instant change from wet to dry. It's gradual. The equatorial Pacific slowly warms. The heat to our north-east slowly subsides. This means we'll continue to see the influence of La Niña through summer before a more average state of affairs for surf and weather returns next autumn and winter. Surfers should expect a less active swell season from the east, compared to the last two. Sorry shredders. Golf anyone?

Words: **Craig Brokensha**, Swellnet Mastermind
 Follow Craig's swell analysis at swellnet.com

Lifters and leaners: Energy giants and Rupert bludging, big banks and miners pay their dues

The schism between the lifters and leaners in corporate Australia has deepened. BHP, Rio and the banks are tipping in massive taxes, while those paid by fossil fuel giants remain paltry, abjectly failing to merit a social license to operate in Australia.



Resources heading offshore, corporate taxes too.

It's the usual mob, the leaners that is, again. Foreign gas giants and petrol corporations, Rupert Murdoch's News Australia Holdings, Lend Lease, Qantas, the financial engineers from Brookfield, real estate stapled trusts and infrastructure securities such as Sydney Airport, Transurban and Mirvac (their members are supposed to pay the tax). Zip.

By the looks of their tax payments, mostly zero, the energy companies would appear to have been doing it tough in 2020-21 but scroll across to the total income and they are raking in the cash, up to their usual tricks of debt loading. Analysis of their accounts over the years has established how aggressively the energy giants siphon their taxable income offshore to their other entities so they don't have to pay the 30% corporate tax rate in Australia.

Rupert Murdoch's News Australia Holdings paid nothing in tax for the eighth year on the trot, despite \$1.6billion in income, down \$100million from last year. But the oil and gas companies are once again the worst offenders, the biggest and greediest leaners.

Property groups such as Brookfield's BPIH and Toga paid not a cent in tax. Lendlease virtually nothing again; it's been a decade now. They pay more to foreign governments and the Tax Office is still dragging its feet over the

group's \$1billion retirement village tax scam – too much pressure from the Big End of Town, mostly from their tax avoidance advisors PwC and KPMG.

The good news is Harry Triguboff's Meriton is beginning to pay some reasonable amounts, showing \$66million in tax payable (good thing, it was the peak of the biggest property boom in history).

The major miners again stumped up the super big numbers with BHP recording a staggering \$7.3billion tax bill, Rio Tinto coming in just behind at \$6.2billion and Andrew Forrest and Gina Rinehart's Fortescue and Hancock Prospecting paying up big time too.

Fossil fuels don't pay their dues

Some of the largest fossil fuel-related companies made zero taxable income in 2020-21. Topping the list of companies that have made stunning revenues and zero taxable income is Australian petrol station manager Ampol, with \$20billion in revenue and zero taxable income. BP Regional Australia comes in at number two, with over \$17billion in revenue and zero taxable income.

Insurance Australia, the nation's largest general insurer, is only one of three non-mining or energy companies to make the top 10 in terms of huge revenue and zero tax. The insurance group earned \$16.2billion in revenue in 2020 while making not a cent of profit. The other non-mining or fossil fuel related company is Downer EDI, a building and manufacturing company, and Singapore Telecom Australia which came in at numbers nine and 10.

The remainder, all earning \$10billion and up, made no profit for the year, and therefore paid no tax. Notable names include AGL Energy, ExxonMobil and Glencore. The former can be excused for tax dodging as incompetent management is the key for AGL.

Around a third of Australia's biggest com-

panies paid no tax. That's around the usual number, reflecting in some cases market cycles and losses rather than profits; in other cases, many cases mentioned here, unadulterated tax dodging.

Global culprit and coal major Glencore has just pleaded guilty to bribery in Africa in a UK court, setting aside \$1.5billion to cover the cost of fines, having agreed in May to pay \$1.1billion to US authorities for violations of bribery laws and commodity price manipulation.

Miners and frackers

Outside the top 10, there is a veritable who's who of fossil fuel miners and frackers. Woodside Petroleum made \$6.7billion in revenue without turning a profit. Ichthys LNG, a company formed for the Ichthys LNG project headed by INPEX, made just over \$6billion in revenue without earning a profit. Woodside, Shell, Santos, Yancoal, INPEX and others all also made zero profit.

Credit goes to Chevron Australia for paying some tax. Thirty dollars in total was recorded in tax payable for the fossil fuel giant, from \$113million profit after earning \$9.1billion in revenue. Various other Santos subsidiaries, primarily vehicles to run offshore oil and gas platforms, also paid negligible tax on a total of \$728million in revenue in 2020-21.

According to Bruce Robertson, LNG analyst and former stockbroker: "While some tax avoidance is legal, some isn't. For example, Chevron settled with the ATO a few years ago for over \$800million. This is industrial-scale tax evasion. The Tax Office figures are lagging, so the enormous spurt in cashflow from rising prices this year are not captured by the ATO disclosures.

"These companies use structures that are either very close to the edge of the law or against the law and it's a problem that has to be fixed. There's a revenue problem in the budget, and if we still want to fund programs like the NDIS the money has to come from somewhere."

While the global coal and LNG market had not yet been boosted by the Russian war on Ukraine in 2020-21, it was still strong. "We will see more tax in the coming year than we did this year," said Robertson. "But the question is 'is it enough? Is it a reasonable amount of tax?' The answer is: no."

As for the Petroleum Resources Rent Tax (PRRT), introduced to specifically tax offshore oil and gas production, it continues its record of bringing in a minimal amount of revenue from Australia's abundant hydrocarbon resources.

LNG, light and easy

Royalties remain a joke, the PRRT tax that is, which is supposed to target offshore oil and gas. Bear in mind, royalties are not taxes, they are the payments made to the states for the actual minerals extracted and mostly exported. The payment for our raw materials owned by Australians.

In 2020, PRRT brought in \$925million in revenue for the federal government. Compare this to 1999, where LNG revenue was \$5.5billion, and PRRT was \$1.3billion. By 2018-19, however, annual petroleum export revenues had grown by almost \$50billion, yet the royalty payments to the federal government had dropped by \$300million to \$1billion.

Comparing Australia's petroleum royalty schemes with the world's next biggest LNG exporter, Qatar, demonstrates just how much money Australia is losing on one of its biggest exports. In 2020, Australia overtook Qatar to become the world's largest exporter of LNG. Yet, according to Tax Justice Network Australia, Qatar collects \$26.6billion in annual royalties from LNG alone. Australia, by comparison, manages a measly \$1billion annually.

No tax was paid by the big trusts such as Mirvac, Transurban and Sydney Airport, although they are trusts so don't have to. That's up to their members who pay at their marginal rates, so probably averaging 10% and a bit.

It is past time to have the debate on reforming how much and how long tax losses can be claimed for, as well as reforming stapled security trust structures in property and infrastructure where billions of dollars "leak" in tax every year.

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



Turning on the Tappr of plumbing ingenuity

Fed up with creating sewer and drainage diagrams by hand with 2HB on paper, a pair of plumb-savvy Beaches boffins created a mobile app to get the job done digitally, onsite, and in under 10 minutes.

Danny Hamilton has been a plumber for over two decades, successfully running his own business for the past 8 years, but after yet another late night spent hand-drawing sewer and drainage diagrams under a light box once the kids had gone to bed, he knew there had to be an easier way.

Danny set out on his problem-solving mission in a very Australian way, "I had a couple of catch ups with close friends over beers," recalls Danny. "I wanted to work out what would be needed to design an App to digitise the way plumbers map out these diagrams." A total game changer if he could figure it all out.

Obviously, the ice-cold froths were delectable, but they also led him to a catch up with **Chris Hulsmann**, the meeting clearly going well, as these two are now business partners. "When Danny first mentioned the idea, I was hoping to help a mate out," Chris explains. "As we got deep into the details and researching the business, we knew we needed to partner up and go all in."

With an operations and production background within marketing and more recently technology start-ups, Chris was perfectly placed to assist Danny bring his idea to fruition. "Initially, we spent a lot of time researching and working out what the business was going to be," says Chris. The feedback was clear and gave Danny and Chris a lot of confidence they were on the right track.

Plumbers hated creating these diagrams, commonly cited problem areas were issues with hand-drawing, specific pen thickness, paper quality, time wastage, late nights doing finicky work and, most importantly, a high rejection rate from councils when the diagrams weren't done correctly. Chris explains, "With all the technology in smartphones and tablets, we knew we could leverage technology to assist with the process, automation, steps and integrations."

Fast forward to today, Danny and Chris are the proud founders of **Tappr**, an App that allows plumbers, and everyone else, to easily create digital drainage and sewer diagrams on their phone or tablet while on site in under 10 minutes! These diagrams can then be used



The Tappr app in action on site

and shared with plumbers, builders, customers, inspectors and local councils.

The duo's hard work, ground up strategy focused on word of mouth, shareability and a few strategic partnerships within the industry is paying off. Danny says, "We've had a lot of interest from plumbers doing new build and renovation projects for council approvals, plus leak/blocked drain plumbers that offer drainage plans as part of completion of works. Tappr can increase their revenue by \$5-10k a month." Chris adds, "We also have enterprise offerings for larger plumbing groups and project home builders, and we have new products planned on our roadmap."

Passing several incredible milestones already, the most exciting seeing the App go live on the App Store, Chris and Danny are more focused than ever on Tappr's future. Chris explains, "The focus is on the local market and doing it very well, then repeating what we've done here into new markets."

Follow **Tappr** on socials @**tapprapp** and visit **www.tappr.app** to learn more and head to the App Store to download Tappr for free.

Words: **Liam Carroll**

Farm for the future

In December 2020's first ever Tawny, the debut Silicon Brooky article profiled **Tim Howell** and **Stu Adam**, a dynamic Beaches duo who'd set their sights on an evolutionary mission to digitise agriculture via their **Agronomeye** start-up. Well, the pair have been very busy lads since then.

The Agronomeye team has grown from 3 to 15. They now work with landholders in every Australian state. They've secured \$3.5million investment capital from notable investors including Canva Co-Founder and billionaire Cameron Adams, and Northern Beaches local, SiteMinder co-founder, Mike Ford.

The ability of Agronomeye's tech expertise to digitise farming assets allows farmers to get properly rewarded for their natural capital via carbon credits, as well as vastly improve water-use efficiency, biodiversity management, and bring integrity and transparency to the entire agricultural space to ensure unquestioned robustness of green finance.

Agronomeye have grand plans for the next five years, aiming to build a digital twin for every farm in Australia by 2027. If you don't know what



Stu Adam with Canva co-founder Cameron Adams

a "digital twin is", imagine being able to inspect every inch of a farm digitally and virtually, down to every leaf on the trees, all from the comfort of your laptop, which is what Tim and Stu's Agronomeye offers farmers. Absolutely twinning.

"2023 is shaping up to be an incredible year for Agronomeye," Stu Adam tells us. "The value in our technology is undeniable and the market is evolving in our favour at an incredible rate. Putting farmers at the centre of the fight against climate change will prove to be pivotal for the sector and society."

Learn more at agronomeye.com.au

Words: **Liam Carroll**

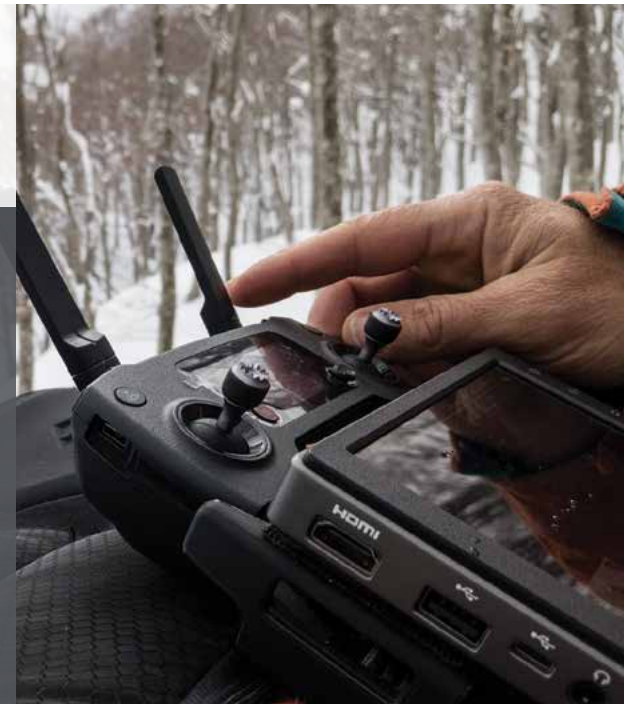


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For a B.A.D. boy, Miguel sure smiles a lot

Cover Artist

Miguel Gonzalez (M-Lon)

To kickstart 2023, Venezuelan /Australian, Brooky-based artist Miguel Gonzalez lights up the cover. Better known as M-Lon, he's a B.A.D. boy through and through, La Crème Creative of the crop. **What's the best thing about the Northern Beaches?** Everyone's easy going mode. I believe it has to do with our proximity to the sea, it allows us to breathe easier.

How long have you lived here? In March it will be 10 years living on this side of the planet.

What inspired the cover? I see Tawny Frogmouth, the mag, as a hip, funky character that likes to walk, surf and skate around the Beaches, bringing a small sample of local culture to the Northern Beaches. So, I went and gave it a character!

What inspires your art in general? Almost everything. It could be a movie, a book, an article, a song, a protest going on somewhere in the world, different emotions, moods, or

it could be a new digital tool that makes me want to use it to create.

How would you describe your art? Spontaneous. I work with many tools and within various styles, always looking for new challenges. I would describe my art as cartoonish, figurative, traditional, and digital, with a conceptual touch, full of colour, depth, and movement.

Which artist (dead or alive) would you most like to have dinner with and why? Undoubtedly, Maestro Carlos Cruz-Diez (recently deceased), colour theorist and recognised as one of the most important figures of the kinetic art movement. Beyond studying his work, I would love to have known him up close as a human being, an artist, and a Venezuelan.

What are you working on at the moment? I'm working on exhibitions that will include animation, installations, augmented reality, and art with artificial intelligence. The past

few months, I have focused a lot on B.A.D. (Brookvale Arts District). I have worked at Brookvale for almost 9 years and have seen the rise of the creative population that continues to emerge and adapt to this industrial environment. Our suburb is becoming more vibrant in many sectors.

What's your favourite thing about what you do? I do a lot of things! But my favourite thing about co-running a not-for-profit creative space (La Crème Creative) is having an extended artistic family that I can share with almost every day. What I love most about B.A.D. as a community project is how much I'm learning from bringing together an entire district and the people I've met. As an illustrator and animator, it excites me that each project is a very different creative challenge from the last.

What would like to see in the future of the Beaches art scene? A huge art movement that would be impossible for anyone to miss. A landmark in time. Artists collaborating with businesses, art on walls, roller doors, rooftops; live music indoors and outdoors, exhibition in every corner, theatre taking over the streets and so much more.

What advice do you have for young or aspiring artists? Do it. Go for it. We need you. It's as complex and important as any other career, maybe even more difficult, but it's up to us to change that and make it different. I am an architect and an artist, and nothing beats being able to express myself through my work without 'filters'.

Any words of wisdom for Tawny readers? Just breathe.

Interview: **Liam Carroll**



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The new-look Brookvale town square

Community

The Brookvale masterplan

Northern Beaches Council is seeking community input on a revised plan for the future of Brookvale, aiming to create a vibrant precinct that supports jobs growth in professional, industrial and creative businesses, provides more diverse housing options, improves the Pittwater Rd strip and increases community and green space.

A draft structure plan was released in 2017, identifying a need for more extensive traffic and transport analysis. The revised plan is informed by this analysis, as well as an employment study, community feedback and other significant changes such as the rise of people working from home and home-based businesses, and new policies on employment lands and housing.

The revised draft plan is designed to provide jobs and housing over the next 15 years including:

- Support for 975 new jobs including quality office space
- 5,000m2 of new public open space, greening and improvements to streetscapes
- 1,300 new homes, delivering more diverse housing options

for the area

- A new town centre around the B-line stop
- 2,000-2,500m2 of community facilities including a new community centre in the proposed town square
- Improved pedestrian and bike connectivity throughout Brookvale.

The draft plan divides Brookvale into five sub-precincts, each with its own character, focus and proposed changes. CEO Ray Brownlee said the draft structure plan sought to maintain the diverse character of Brookvale while facilitating the growing demands for local jobs, industrial space, arts and creativity studios and housing.

“As local government we need to make sure we are not just meeting the needs of our population now but also planning for the future,” Mr Brownlee said. “Brookvale is already organically evolving. We’ve seen an amazing transformation in the last few years. This plan seeks to support and cultivate Brookvale’s new night-time economy, the micro-breweries, distilleries

cafes, and emerging art and creativity sector. It proposes to maintain the industrial zones for local manufacturing sector, as well as recognise the need to keep the existing trade supplies hub and car showrooms.

“The Pittwater Rd strip is tired and needs investment and reinvigoration. The draft plan proposes a number of ways to attract that as well as meet the increasing need for quality office space to encourage home-based sole trader businesses into more professional environments where they can grow and hire staff. Plus, it proposes to provide more housing supply that young adults, downsizers and key workers can afford, all near the B-line transport hub to reduce traffic congestion.

“There is also a proposal for 5% affordable housing. That’s housing owned by Council in perpetuity, with rents controlled at a particular level so these households are able to meet their essential living costs. And to give the suburb a focus, a new town square is proposed behind the B-line stop with open space, community centre and outdoor dining.

“The draft plan is underpinned by rigorous traffic, transport, employment and housing studies and strategies and includes changes which address the feedback Council received during the last public consultation phase. It’s now up to the community to have a look at what is proposed and have a say.”

The Brookvale Structure Plan is available for community feedback from 1 December to 28 February. Visit Your Say yoursay.northernbeaches.nsw.gov.au for summaries, info videos and details of community drop-ins.



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January 2023 tide chart

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30 0416 1.51 1100 0.69 1644 1.15 2230 0.67	31 0516 1.54 1215 0.65 1800 1.13 2328 0.69					1 0458 1.52 1121 0.66 1712 1.29 2315 0.55
2 0551 1.58 1231 0.62 1815 1.23	3 0000 0.58 0640 1.64 1329 0.56 1912 1.22	4 0045 0.59 0725 1.69 1415 0.50 2001 1.23	5 0128 0.59 0806 1.73 1456 0.46 2044 1.25	6 0208 0.59 0845 1.75 1532 0.43 2123 1.27	7 0246 0.58 0922 1.77 1607 0.41 2200 1.28	8 0324 0.57 0959 1.78 1641 0.41 2236 1.29
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- New moon
- First Quarter
- Full Moon
- Last Quarter



INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: BETTY LEE

Collaroy Plateau Veterinary Hospital
Heatstroke Prevention

Every summer since I have been a vet on the Northern Beaches I have seen cases of heatstroke. They have ranged from very mild to severe life-threatening cases which require rapid and intensive treatment. It can be one of the most distressing emergencies we see for both our clients and our staff.

Dogs, particularly flat-faced dogs such as Pugs, French Bulldogs and Aussie Bulldogs, are prone to heatstroke because of our hot and humid summers. Dogs cool themselves by panting and these dogs with short muzzles cannot pant as efficiently as dogs with long muzzles. The most common causes of heatstroke are dogs playing or running in the heat of the day, being left outside without sufficient shade and water, or dogs being left in cars.

Clinical signs of heatstroke include:

- Unsettled behaviour
- Excessive panting
- Excessive drooling
- Lips, tongue and gums may be reddened and hot to touch
- Vomiting and/or diarrhoea
- Loss of coordination, collapse and loss of consciousness

What to do if you think your dog has heatstroke:

- Remove your pet from the heat
- Let them drink water, unless they are vomiting or regurgitating
- Start cooling them by wetting their coat
- Ring your local vet, or your emergency vet, and let them know you are on your way

How to prevent your dog getting heat stroke:

- Be aware of the outdoor temperature and make sure your dog is in a well-ventilated area with access to shade and water, particularly in hot and humid conditions
- Avoid walking/running your dog in the hottest part of the day
- When travelling with your dog make sure the car is well ventilated and never leave your dog in the car unattended

Words: **Dr Lewis Hunt**

This content is for informational purposes only. It is not a substitute for professional veterinary advice. If you have any concerns or questions regarding your dog and heatstroke this summer, please contact your vet.

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A quiet word on...

Hope

Last January I had cause to call Lifeline. I had made some questionable life choices, that were compounded by Covid, and my life felt hopeless.

The first time I rang I was barely coherent. I could not articulate the overwhelming weight of dread and anxiety I was failing to carry. The second time was a little better. I had broken the seal and I was beginning to reach out rather than sink within. With time and talking I began to repair the many fractured elements of my life. I began to feel some hope return. I had some agency again.

This January things look brighter. I'm still lonely and broken in places but it seems manageable. I can see around the edges. I am planning for a future that has me in it. It is tempting to set some lofty new ambitions. To write some new rules. To dare to dream again. But I'm not. Having crashed and burned before this year, I'm aiming for 9% happiness.

'9%? Did I read that write?' Yes, you did. 9%. I figure that if I expect 91% of my time to be mediocre or worse, then I should not be disappointed. Plus, I can then relish the 90 minutes or so each day which are actually fun or tolerable.

I've tried grander resolutions before, with little success, so 9% happiness seems doable to me. Of course, the hard bit will be spotting the 9% amongst all the other sh!t and to not let the 91 bring you down.

So, let's accept that life is most often 'meh'. But if we resolve to embrace the good times, then maybe 9% happiness will be enough for you too. I hope so. And I wish you well for 2023.

Words: **Gethin Fisher**

Lifeline is available at all times to give you caring support with no judgement. Trained Crisis Supporters will listen with care and empathy. You can call **13 11 14** anytime or text 0477 13 11 14

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 SCAN ME



At the end of the rainbow is a blaze Girls on Fire learn to control

Community

Setting Northern Beaches Pride aflame with Girls on Fire

What if we told you the future of fire and emergency management in Australia could be in the hands of Northern Beaches' young people? And that in addition to kids 14 to 25 leading the charge, these young people were doing so with pride for the LGBTQIA+ community? All this and more will be happening on the Northern Beaches this February, with not-for-profit organisation, **Girls on Fire**, bringing the **Rainbow Community Fire and Resilience Program** to Dee Why.

An Australian first, the program invites LGBTQIA+ youth from the Northern Beaches and beyond to attend an immersive program where participants learn how to prepare, prevent, manage and recover from a variety of emergency situations. Built with vocational training and volunteering pathways in mind, Girls on Fire programs enable young people to face challenges in a positive and proactive way and have helped hundreds of girls throughout New South Wales connect to

their local community.

The two-day Rainbow Program aims to bridge the gap between young LGBTQIA+ people and emergency service personnel, operating on a "what you see, you can be" style-ethos. Participants are mentored by LGBTQIA+ volunteers and staff from the participating fire and emergency service agencies as they tackle all kinds of team-based problem-solving activities, fostering a learning environment that celebrates difference, cultural competence and working together for everyone's safety and wellbeing.

"Representation matters. It's how we connect. If I had seen LGBTQIA+ people in emergency services when I was young, I doubt it would have taken me so long to find firefighting. Young people need a place to belong – and have hope for their future and know their community supports them. I am so proud to bring the Rainbow Community Fire and Resilience Program to the Northern Beaches as part of World Pride,"

explained Girls on Fire Founder, **Bronnie Mackintosh**.

Community and inclusion are foundations for Girls on Fire programs, and they are already working closely with Principal Partner, National Australia Bank, who are connecting their Pride employee network to the inaugural program. The Rainbow Community Fire and Resilience Program was made possible by Northern Beaches Council. In-kind support and community connection comes from local social support group for LGBTQIA+ youth, GLAM+, who are eager to spread the message of inclusion for young people with diverse genders and sexualities.

"We want to showcase local young people giving their all, connecting over shared tasks and personal goals, and really show the wonderful, vital contribution LGBTQIA+ youth can make to their community," shared **Melissa Spencer**, Glam+ facilitator and Program Manager for the Rainbow Program.

The Rainbow Community Fire and Resilience Program takes place at James Meehan Reserve, Dee Why, February 21/22. On day two, families and community members can attend from 3pm to watch the final activities and participant graduation. There will be live entertainment, LGBTQIA+ stalls, sausage sizzle, and opportunities to meet our local emergency services.

Words: **Bek Lambert**

Applications for the **Rainbow Community Fire and Resilience Program** open 12 December. To follow the program as it unfolds, sign up for the **Girls on Fire** newsletter via Facebook and/or **girlsonfire.com.au**. For enquiries, contact Melissa Spencer **0412 503 343**



Great blokes, hot laps, tearing up the Viper runway

Health & Community

Vipers RC: the mental health club for men with a running problem

Legend has it way back in 2017 a group of blokes decided to meet on Thursday evenings to run laps of Snake Hill – the twisting serpentine track in Manly's east that leads to and from Collins Beach. The exercise itself was great fitness, but something these men quickly realised was that the good vibes of these Thursday catch ups carried over into Friday and the weekend, giving them an undeniable boost of positivity, transforming their lives for the better.

By 2019 the group had grown, the Thursday Snake Hill ritual enticing more participants than ever, and it was decided to give the club a proper name. With Snake Hill as the geographical and spiritual home of the whole shebang, it didn't take long for the "Vipers" name to become the men's group's moniker.

Ravi Rudner explains, "Essentially, the Vipers is a group of men who get together regularly to run, but with the greater purpose of becoming better blokes, learning to support each other better, to

communicate better. We really try and drive the conversation around the core aim of 'being a good bloke.'"

The Vipers home now rotates each week between Manly Oval aka Viper Oval, and the sacred Snake Hill, which remains pivotal, aptly renamed Viper Hill. Regardless the location, there are two key pillars upon which the club is based. One is running. The other is personal development.

Corey Allen says, "A core tenet of Vipers RC is to be a mental health club for men with a running problem. There are a lot of running clubs out there where you meet up, run, and that's awesome for fitness, but it's not about connection. Vipers is about running for connection more so than running for fitness."

This focus on personal development is exemplified by The Viper Academy, which centres on Ravi putting out a short video on Tuesdays to provide a theme around which the Thursday run will be focused. "An example that really stands out to me of what

the Viper Academy is all about is when I got everyone to carry eggs around during the session," Ravi explains. "This of course seems very silly, it is, but as we were all running and carrying eggs, passing them to each other, each egg was designed to symbolise anyone in the community who's going through a fragile time, that we're all here to support them through that period, to help carry the load when anyone needs it."

Ravi's not ashamed to admit, "We did lose some good eggs that day but, bigger picture, men, on the whole, we find it difficult to share our troubles. It's very hard to ask for help. Learning to reach out and ask for help, that's easy to do when it's just a game, but hopefully it sets a pathway for when it is necessary in our lives to ask for help, to share how we really feel. It can make all the difference."

Corey can attest to how beneficial the group has been for his wellbeing. "Coming out of the 2019 firefighting season, I found I'd been quite impacted mentally by those experiences, and that I really didn't have a network or anyone to talk through those things with. Discovering the Vipers, running, this has basically been therapy for me, and become such an important and valued part of my life."

Learn more about **Vipers RC** at **www.vipersrunclub.com**. Also, huge congrats to Vipers for their Movember mo[ve] 60 fundraising efforts, running 60 continuous hours of loops from Queenscliff to North Steyne Surf Clubs, and raising just shy of \$100,000 (as we go to print) for men's mental health.

Words: **Liam Carroll**

Increasing counselling accessibility for anyone who has experienced domestic violence

*This article discusses domestic violence – see end of article for support services if this raises issues for you. Domestic and family violence is widespread. Approximately one-in-four women and one-in-six men have experienced emotional abuse by an intimate partner while one-in-six women and one-in-16 men have experienced physical and/or sexual violence (source: ABS, 2016).

Trauma is a normal emotional and physical response to violence and abuse. Traumatic stress reactions can include anxiety, depression, disassociation, flashbacks, and difficulty forming relationships and connections. These responses can have a negative impact on mental health and wellbeing, however accessing support services can improve outcomes. Importantly, help is available.

“It’s shocking how broken our system is. Once all this is over, I want to do everything I can to advocate for DV awareness,” says a counselling client at Lifeline Northern Beaches.

Lifeline Northern Beaches has received grant funding from Northern Beaches Council to provide a dedicated specialist service of trauma-informed counselling at no cost to individuals impacted by family and domestic violence. This service adds to the range of support services available on the northern beaches.

“Our aim is to support victim-survivors to heal and recover from their experiences and create a positive future,” says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches.

“We have a counselling team of qualified psychologists and counsellors who all have experience and training in trauma-informed care,” says Barbara. “The funding provided by Council means there is no financial barrier to accessing counselling support as each session is no cost.”

“We work with other local organisations that offer support, with referral pathways to ensure the physical and emotional needs of a client are taken care of.”

Lifeline Northern Beaches also offers free financial counselling, which helps clients deal with financial issues by advocating with creditors and supporting money management. Financial counselling can also be accessed via Catholic Care or calling the national debt helpline on 1800 007 007.

Local Services: Across the Northern Beaches, there are community services that work together to provide a coordinated and integrated approach to improve outcomes for victim-survivors.



Counselling:

- **Lifeline Northern Beaches** provides trauma-informed counselling services for no cost, with funding provided by Northern Beaches Council – call **9949 5522**
- **Relationships Australia NSW**'s Family Relationship Centre on the Northern Beaches meet with people experiencing domestic violence in their home. They provide victims/survivors and their families with trauma-informed services to support them; offering counselling, post-separation mediation for parenting and property arrangements, and relationship education. Call **1300 364 277**.

Housing and temporary accommodation

- Services can be accessed through organisations such as:
- **Northern Beaches Women's Shelter** - **9977 7772**
 - **Women & Children First** – Dee Why - **9971 4499**
 - **Community Northern Beaches** – Manly - **9977 1066**
 - **Women's Resilience Centre** – Mona Vale - **1300 737 983**

Family, domestic and sexual violence support

- **1800RESPECT** – **1800 737 732**: A National sexual assault, domestic and family violence counselling service. This service is free and confidential. Available 24/7. www.1800respect.org.au
- **Link2Home** – **1800 152 152**: If you are homeless and need help, contact the Link2home 24-hour Homeless Crisis Line.
- **Domestic Violence 24-hour Crisis Line** - **1800 65 64 63**
- **Mensline Australia** – **1300 78 99 78**: Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support and information service for Australian men. www.mensline.org.au
- **Lifeline** – Call **13 11 14** or text **0477 13 11 14** anytime. Local services: **9949 5522**. www.lifelinenb.org.au

If safety is an issue or life is in danger, call 000.

Words: **Lifeline Northern Beaches**

Ask a Sparky

The nuts and bolts of solar installation

Cost of living pressures are always a challenge, but it seems especially acute as we enter 2023, with interest rates rising and electricity bills surging. Fortunately, there is a reliable way to alleviate inflationary pressures, and that's by installing rooftop solar power.

How long will my solar panels last? This will of course vary in line with the underlying quality of the solar panels used, but at Local & Licensed we only use solar panels which have a minimum 25year warranty. As such, we always back our installs to the fullest. We know how important it is to use the best quality suppliers so that we never have to return for product issues.

How long does an installation take? This will vary depending on the complexity of the job, but the majority of our residential installations are completed within a single day. get that all sorted for you.

How much will I save with Solar? Individual results will of course vary, but a reliable metric that our customers report is a saving on their power bills of at least 50%. In many cases it's even more.



Chris Pemberton in his solar element

Some of the savviest users we've worked with are saving up to 90% over summer by making their homes as energy efficient as possible, which is something well worth aiming for.



She moved east, the ferry tale is over

The Love Scout

Baby come back!

Understanding types of loss in relationships

When we hear the word loss, most of us think about death. These days, chances are we will have to face loss in love at some stage during our life, usually through a break-up or divorce. Sadly, we don't really consider this reality when pouring our hearts out in our vows which can leave us brutally unprepared for the reality when it comes. Understanding the complexities and nuances of loss can help you come to acceptance with your emotional state, help you move through your grief and inform you and your loved ones how to re-build your life afterwards. There are 3 types of loss to break down to better understand our experience in relationship.

Primary Loss

This is the loss of the relationship and person. Whether it be by death or separation, you no longer have them in your life. The primary loss is the most obvious one to understand. People often try to console us based on this loss rather than the myriad of other losses that lie beneath the surface.

Secondary Loss

These are all of the things that were attached to the person that you lost. This can include but is not limited to: loss of identity (as a wife or married person), loss of security

(financial, emotional, psychological), loss of sense of family (breakdown, dysfunction), loss of imagined futures and dreams (growing old together, family holidays, opening a new business, raising grandchildren), loss of faith or meaning, loss of hope (in love), loss of confidence, loss of friends connected to the marriage or partner, loss of routine and traditions, loss of a best friend or primary support person.

Depending on each person's world view and beliefs, some of these secondary losses can be crippling. If a woman has built her identity around being a wife, mother, care-taker, perfect home-maker and suddenly finds out her husband wants a divorce this can destroy her. It is not just the divorce that is painful; this will be rattling to the core of her existence as it destabilizes the foundation that she built her identity on. On the flip side, if a man has built his identity purely based on their ability to acquire money, status and achievements, a job loss can be just as soul destroying.

Ambiguous Loss

This is a loss experienced under a few circumstances. Perhaps the person you are grieving is still living, just not with you. There may have been a profound change or disappearance in the dynamic. In terms of relationships, it can feel like there is no emotional connection anymore but you still live with the person, do life or parent duties and operate day-to-day as a family unit. Often in this case there is very little to no intimacy experienced anymore. Ambiguous loss can also be a painful pendulum that oscillates between hoping to return to "before/normal" and a sense of doom that that ship has sailed.

People often have expectations around how long it should take to "get over it" without really understanding the nature of the loss and what it means to the individual. If a loss is connected to your sense of identity, it will be much deeper and take longer to heal. Yet if you can identify how it has impacted your identity, after the grieving process, you will have the knowledge to re-construct who you are and step into an empowered new version of yourself, and that is the way to heal.

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

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



Trust a bloated bureaucracy to believe AI will fix pot holes

Technology

The hole story

What do Black Moth Vision Systems, Retina Visions, Vaisala RoadAI, Frontline Data Systems, Mobileye, RoadBotics and EagleSoft have in common? Deep learning. Yet that is not the whole story.

Local Council missed out in the NSW Government's \$50 million Fixing Local Roads Pothole Repair Round. Monies went to 94 regional councils, in dire need to repair flood-ravaged roads. The Greater Sydney focus is developing artificial intelligence to machine learn about edge detection and spectral segmentation of potholes, high resolution cameras, 3D stereo image analysis, GPS locators, vibration acceleration gyroscopes, and 5G Internet of Things (IoT).

On 28 November 2022, Digital NSW, a Whole of Government initiative of NSW Customer Service, announced Asset AI® Digital Recovery of local roads to make NSW a 'Safer Place'. The Institute of Public Works Engineering Australasia with a local

council in western Sydney completed phase one trial. It now moves to final phase completion in early 2024. Our local Council may participate from late 2023.

Deepfake takes its name from swapping human faces in video and digital content to make realistic-looking fake media. Anyone with an iPhone app can make deepfakes. A portmanteau of words: Deep Learning by machine robots, Artificial Intelligence, Neural Networks, and, of course, faking it. Generative Adversarial Networks (GANs) detect and improve flaws in deepfakes with multiple neural networking. We should be very concerned by deep-fakes filling the web.

Today our Council sends out traffic engineers to audit roads. They drive around assessing pothole patches for complete road resurface. Council takes four years to complete one whole audit cycle. During these four years, the roads deteriorate beyond what was audited. By the time a road maintenance crew comes along to spade cold mix asphalt emulsion into potholes, it is simply going to washout next heavy

downpour. Additionally, the mix is big batched at the depot. It quickly deteriorates in the back of a Council dump-truck. A technique unchanged in the last 50 years. Naturally, stupid.

Deep Learning deploys a machine attached to a public bus or garbage truck to automate the pothole audit. Conceptually, it is quicker. GANs also improve the quality of the machine learning. It does not however fix the pot-hole. Well might Premier Perrottet react last November with 'Porque no los dos?' (Why not both?), to NSW Roads Minister Natalie Ward's Liberal Party preselection defeat in the safe seat of Davidson for the upcoming March State election. In the peculiar situation where western Sydney bogans eat tacos, both hard and soft shell, with their limited knowledge of Spanish, they may instead retort, "You good? Or nah?"

Yet where literally there is rain over a wet (potholed) surface, deep learning is 'Llueve sobre mojado' (meaning, to flog a dead horse). What local roads need now is heavy equipment and skilled labour. We are talking about pothole pro combo road cutter / sweeper bucket / hydraulic-cropping machines; spray injected cold mix modified asphalt; and volumetric thermalisation on-site of small-batched polymer-modified asphalt.

Until Council's pothole repairs use innovative permanent physical techniques, the digital Asset AI® is deeply faking it. Artificial intelligence is no substitute for natural stupidity.

Words: **Gertrude Batty**



Southern Leaf Tailed Gecko (baby)



Hardenbergia

Mal's Wild Side

Re-wilding a Northern Beaches backyard

Imagine going on safari in your own garden

When I first came to Australia from the UK, I had a fondness for the environment but knew virtually nothing about Australian nature. Years later, when I moved from inner city living into a suburban house with a backyard, something special happened. Fascinating visitors such as Blue Tongue Lizards, Leaf Tailed Geckos and Possums provided magical wildlife encounters and my conservation passion, long suppressed, became reignited. As a result, when fragile bushland was threatened by a development nearby, I joined an action group. And, when the local council began planting native plants along a degraded creek line, I started to sit up and take notice.

When the 'windows of awareness' gradually began to open up, I realised that I needed to acquire some knowledge of native plants and environmental weeds. I really wanted to plant some genuine natives...and not the hybrid ones with showy flowers that you find in Bunnings. Later I discovered that, in Sydney, each suburb has its own original suite of endemic native plants which are vital in supporting local biodiversity. For example, there are nearly 1,000 wattles (Acacias) native to this continent but less than 30 were endemic to my area.

It subsequently dawned on me that almost every garden in my street had no indigenous plants at all. What was worse, many of the plant species visible, such as Agapanthus, Cotoneaster and Privet were invasive weeds which spread into bushland reserves and actually caused harm.

The irony was that none of the local plant shops even sold species which belonged in the area. To find them you had to travel to obscure specialist outlets or wait for the occasional Council native plant 'giveaway'.

Something had gone horribly awry in this city of Sydney. I realised that the original rich biodiversity had largely been scraped off the face of the earth, just like the indigenous people who once occupied this unique place. Meanwhile the current population seemed overwhelmingly unaware and unconcerned.

Amazingly, the Sydney area has more native plant species than the whole of the UK. They have a subtle, fragile beauty and have evolved both to live on the nutrient poor "Hawkesbury Sandstone" soils and adapt to climatic extremes. But try telling that to the gardening commentators in the media. Unfortunately, growing local natives is not good business as it doesn't profit multi-national fertiliser, pesticide or horticulture interests.

I realised that my new philosophy was to do the polar opposite of what the so called "Garden Gurus" were advocating. My plan was to remove all "foreign specimens" that were not of habitat value for local wildlife. I would plant species that were endemic to my area (trees, shrubs, groundcovers, grasses); identify any remnant natives and carefully retain them; remove weeds by hand and commit to never using commercial fertilizers, pesticides or fungicides. I might

occasionally use a weed killer made up of 99% white vinegar and 1% detergent.

Interestingly, my neighbours remember when my standard "quarter acre" backyard contained only a solitary lemon tree (which was given a stay of execution) and little else. But past decades have seen various plantings and re-growth. The house was built on remnant bushland in the 1920's and since then suburbia has filled in most of the remaining undisturbed natural areas in the neighbourhood. I often think that what is now happening to the Amazon rainforest in terms of land clearing, happened in this very place, not so long ago.

At this stage I should recommend an excellent book "Field Guide to the Native Plants of Sydney" By Les Robinson, which helped guide my progress. This amazing work contains invaluable information on our native flora including traditional Aboriginal uses for "bush tucker" and medicine.

My garden contained a large lawn area of Buffalo grass, several Radiata Pines, a smattering of eclectic garden species and a few natives. On the edge of the lawn there was actually some naturally occurring native grass *Microlaena Stipoedes*, some native *Geranium (Geranium Homeanum)* and some native Violets (*Viola Hederacea*) plus some naturally occurring *Commelina Cyanea* (which was eaten by early European pioneers to prevent Scurvy).

A few years beforehand, I had followed the current trend and planted a vegetable garden, but I decided that even this had to go, and it was ultimately replaced by natural vegetation. Luckily there are organic markets nearby for delicious supplies and also a wonderful community garden when I get the urge to plant more veggies.

It's been a gradual transition but over a few years a large area of lawn has been dug out and the native grass has taken over. A smaller area of Buffalo Grass was replaced with a groundcover called *Dichondra Repens*.

I no longer have use for a lawn mower! Endemic species of *Grevillea*, *Hakea*, *Correa*, *Banksia*, *Persoonia*, *Angophora*, *Eucalyptus*, *Bracken* and *Blady Grass* etc are growing well and providing food and habitat for wildlife. Additional accommodation has been provided in the form of various nesting boxes.

Insects such as Blue Banded Bees, Mud Dauber wasps and Golden Orb spiders are proliferating. A fishpond has been transformed into a frog habitat which has also spawned an abundance of Spectacular Dragon Flies.

A ban on toxic substances means that butterflies and cicadas can fly around more safely.

Caterpillars are allowed to chomp away to their heart's content. This type of garden requires virtually no watering; falling leaves don't have to be swept away (as they provide natural mulch) and the local possums kindly provide their own brand of proprietary fertilisers.

I have also converted the "nature strip" of foreign grasses and weeds in the front of the house into a mini habitat area with *Lomandras*, *Dianellas* and trees. Again, this is now a mow free zone.

American Gardener and Writer Benjamin Vogt struck a chord with me when he wrote: "We need to stop gardening solely for ourselves and see the incredible, beautiful, soul-magnifying existence that happens when we open up our gardens to the rest of the local environment by using native plants. We believe in giving to the needy and poor of our own species, and to other causes near our hearts, why not the birds, insect pollinators and amphibians in the gardens we supposedly cherish so much?"



Hibbertia Scandens

As the years go by, the native garden becomes more and more established and only occasional hand weeding is needed. Additional species are occasionally added from a nearby native plant nursery where volunteers propagate tube stock with seed collected from nearby bushland reserves. I sometimes try this myself with mixed results!

The "re-wilded" suburban backyard has provided greater biodiversity, a better connection to nature and more enjoyment whilst it has removed the time, cost, and energy of mowing, fertilizing and "manicuring". It's the ultimate "win win" gardening experience!

Words: **Malcolm Fisher**

Bilingual education c'est la vie à Killarney Heights



Hands up who adores bilingual parlance?

The French bilingual program at Killarney Heights Public School was launched in 1999 by a group of French-Australian parents who wanted to ensure their children benefited from a bilingual education. As such, **The French-speaking Association of the North Shore (FANS)**, a not-for-profit organisation, was born to help promote the French language and francophone culture amongst families residing in the Northern Beaches.

In its inception year, the program was piloted to 27 students. Fast forward to 2022, the school counts close to 600 students enrolled in the bilingual program, roughly 90% of the students. This growth and popularity stems from a strong and effective partnership between Killarney Heights Public School and FANS, with the collaboration evident in the classrooms, where Department of Education teachers work together with a team of 14 native French teachers to deliver the NSW curriculum in French and English. This whole-school approach to bilingualism now forms part

of the school's identity and the school has enshrined in its strategic vision the importance of delivering an excellent education within a unique bilingual setting.

Two distinctive streams are offered: the Francophone stream targets background speakers and students who have at least one native French-speaking parent at home, designed to either maintain the students' bilingualism or help develop the students' French fluency, primarily focusing on grammar, comprehension and writing skills. The Anglophone stream is designed for families eager to learn French as a second language or simply enjoy the benefits of a bilingual education. The students may start with no notion of French or come from families who speak another foreign language. This program focuses on developing oral and reading skills with the option of adding intensive hours to strengthen speaking and writing skills.

Both programs enjoy a mix of pedagogic methodologies tailor-made to optimise the French instruction hours.

The French teacher will have a reduced group of students, and the lessons will either focus more intensively on the French language during literacy hours or be taught through an adapted immersion technique in a science or a geography module that forms part of the curriculum.

The beauty of the program is the culture created around the school: The French language is omnipresent, naturally integrated in the school's daily life. French signs are seen around the school. Classrooms are decorated bilingually. The library has an important and comprehensive French section. Even the official school song is bilingual.

In this environment, we see the celebration of French language and francophone culture in an inclusive way, attracting Australian families, mixed families and French speaking families from all corners of the globe.

Bringing families and cultures together around a modern bilingual curriculum as well as community events that celebrate and share the francophone culture is at the core of FANS' objectives. The community naturally gels together as it seeks to nurture a multi-cultural identity and provide an inclusive environment extending and supporting the students' education.

To find out more about the Bilingual Program, courses and cultural events that **FANS** offers, email info@fanssydney.org or visit www.fanssydney.org

Words: **Janos Jersch**

Discover Documentaries

Happy New Year! It's a fresh start and as you think of goals, resolutions and things to do this year, why not kick it off expanding your mind and learning something new with these riveting, entertaining and insightful documentaries.

Fire of Love

Streaming on Disney Plus

This archival documentary follows the lives and explorations of volcanologists and lovers Katia and Maurice Krafft as they chased eruptions and documented all they could discover for two decades. This lyrical, romantic and wonderful film is a celebration of the spirit of adventure and the special people that help us discover the mysteries and wonders of the natural world.

Chef's Table - Pizza

Streaming on Netflix

Pizza! Name one person who doesn't adore this hall of fame level dish. In this new edition of Netflix's Chef's Table series, a bunch of the world's best pizza chefs share their story and show off how they create art with these simple ingredients! This show will make you inspire you, make you hungry and make you appreciate the unique lifestyles of these culinary wizards who dedicate their life to making delicious food.

FIFA Uncovered

Streaming on Netflix

The Qatar World Cup having just captured the world for a month, step behind the curtain to learn about how FIFA started and how it has become the behemoth it is today. This tell-it-all story investigates the allegations of corruption, bribery and extreme politics that have overshadowed the beautiful game the world loves and gives a call to bring FIFA back to what it should be doing - celebrating a sport that unites and gives joy to billions around the world.

Monthly Recipe

Inspired by the fiery hot lava in Fire of Love, we have a classic desert literally bursting with chocolatey goodness that will kick off the new year right and show off your new cooking skills to your friends and family.

Words: **Christopher Roberts**

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



Everyone lava's a good cake

Lava Cakes

Ingredients (makes 2):

- 200gm dark chocolate
- 2 ramekins
- 50gm double cream
- 3 eggs
- 3 tbs plain flour
- 1 tsp vanilla extract
- raw sugar
- 6 tsp butter
- 1/4 cup brown sugar
- berries of your choice to serve
- whipped cream to serve

Method:

1. In advance, melt 60gm of the dark chocolate and the butter in a glass bowl over a pot of boiling water. When smooth, scoop out chocolate-butter mixture into a small freezable container. Freeze for at least an hour.
2. Melt the rest of the chocolate in a glass bowl over boiling water. Set aside when smooth. Prepare ramekins by rubbing butter and raw sugar on the insides. Preheat oven to 230°.
3. In a large bowl, beat eggs and brown sugar until pale and fluffy. Add the vanilla extract. Very slowly add the egg mixture to the chocolate. Then add the flour and stir to combine. Remove freezer container with chocolate mixture. Chop into two squareish shapes that will fit in the middle of your ramekins.
4. Fill both ramekins to just under halfway full, then add frozen chocolate squares, cover with remaining mixture. Place in the middle of the oven for 11 minutes.
5. Remove ramekins and allow to cool on a wire rack. Use a knife to gently slice around the edge of each cake. Then with a plate in one hand and holding the ramekin in the other hand, fluidly but gently flip the ramekin onto the plate.
6. Serve with whipped cream and berries.



Subject Fish & Chip, but the lone chip is spectacular
Location Palm Beach Golf Club



Subject Wakehurst Golf Club grounds staff are cute
Photographer P. O. G. @andyhiscocks



Subject Emily and the Steyne's Rob Stanley Jones
Event Stars of the Beaches Dance for Cancer



Subject The Tawny Family Tree
Location Manly



Subject Blood moon rising at North Curly
Location Suzanne Jensen-Lewis



Subject Stay away from the light
Photographer Sarah Neal



Subject May Gibbs? Looks like May Day!
Photographer @twitchbirdisthat



Subject The Lucky Country
Location Fairlight



Subject Newport Beach, Warrior Pose
Photographer Stephen Browne



Subject Show me the Honey!
Photographer John Falconer



Tom Parrish with a selection of photos featured in his book 'Oh India'

Tawny's Bathtub Bookclub Oh India

Have you ever had the experience of meeting a young person with an old soul and been struck by their wisdom and compassion? That's how I felt when I met **Thomas James Parrish**, the creative genius behind **Oh India** a photobook documenting some of his experiences in the north of India in 2016.

Oh India is a passion project. It emerged from the deep impact of a profoundly mind-broadening experience for (then) 22 year-old Thomas. The impact caused him to turn his back on a successful music career and realise his passion for creative storytelling with a desire to inspire positive change.

The Oh India project's objective was to support a remote education program in West Bengal. Thomas stumbled upon this program through a chance meeting in a café in Darjeeling with another son of the Northern Beaches, Michael Symonds,

founder of Cobra and Mongoose Charity Group. This chance encounter led Thomas to visit Kaikala Chetana, a volunteer-run, community-based education program for India's rural poor.

Sales of Thomas' artworks and his photobook provide much needed funds to keep Kaikala Chetana going. That financial support is even more needed after Cyclone Amphan struck West Bengal and destroyed crops and agricultural equipment that the Kaikala village depends.

Photographically, Oh India contains 50 images spanning the beauty of rainforests in West Bengal to the mountains and monasteries of the Nubra Valley in Jammu Kashmir. The images of people going about their daily life are among my favourites.

I've not been to India. My knowledge of it visually has

been shaped by films such as Passage to India, Ghandi, Lion and The Best Exotic Marigold Hotel but none of those images compare to what Thomas has captured in Oh India. Looking at these images makes you feel like you were behind the camera experiencing the chaos, vibrancy, nature, tranquillity and wonder Thomas has so beautifully captured.

I am constantly astounded by the creative talent under our noses in the Northern Beaches. Thomas grew up in Manly, went to St Luke's Dee Why and loved music and acting – with the former taking precedence for a few years. Just as his music career was taking him to festivals in the UK and Europe, he decided that being in front of an audience was not his passion. He wanted to tell stories in a different way. The trip to India was just the intervention he needed.

Thomas' work is now featured in international photographic publications. Through his work he's raised money for Amazon Watch and for AfghanAid. His passion for exposing and championing environmental and humanitarian issues and raising funds, largely by foregoing gaining a commercial benefit from his own work is inspiring. That said he still needs to eat, and you'll find him at Manly Picture Framers on Belgrave Street in Manly where he works part-time.

Words: **Paige Turner**

You can buy a copy of **Oh India** at **State of Mind**, at The Bower. Or order a copy from Thomas' website. It also has a brief video with Thomas talking about the project and you can see many of the images. All proceeds from the book and 5% of print sales are donated to Kaikala Chetana. Visit thomasjamesparrish.com/oh-india



1. To the nearest kilometre, how far is it from the Pittwater Rd/Sydney Rd intersection to the Sydney Rd/Spit Rd intersection? 1km, 2km, 3km, 4km?
2. Next to which prominent Northern Beaches Bridge has a foot bridge just been opened?
3. The two high rises located as you pass through Collaroy are called "Shipmates" and What?
4. Which Northern Beaches Golf Club has been around since 1903?
5. If Pittwater Rd starts in Manly, what suburb does it finish in?
6. Jade is usually a shade of which colour?
7. Which fruit would you associate with the name William Tell?
8. What is the main body of an airplane called?
9. Beginning with C – what is the loudest insect in the world?
10. What type of legal defense is derived from the Latin word meaning "elsewhere"?
11. Which Australian did Roger Federer defeat in the final of Wimbledon to win his first ever Grand Slam in 2003?
12. How many British Popes have there been? 0, 1, 7?
13. Aside from Earth and Mars, which letter of the alphabet do all the other planets contain?
14. Where would a "Peruke" typically be worn – on the head, around the neck, or on the wrist?
15. Which famous tourist attraction can be viewed from The Maid of the Mist?
16. In which decade was Barack Obama born?
17. In the game Monopoly, the two types of cards drawn are "Community Chest" and What?
18. Which very successful movie of 1991 was Bryan Adams' song "Everything I do (I do for it for you)" on the soundtrack of?
19. After Dan Andrews' victory for Labor in the Victorian state elections, how many STATE Governments are currently held by Labor in Australia?
20. What Australian animal is on the Taronga Zoo logo?

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

Sudoku

Medium difficulty

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

THE FUNNY CORNER

I got an email saying,
'At Google Earth we can read maps backwards.'
I thought, well that's just spam

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Star Signs

by Krystal Bawl

Capricorn Dec 22 - Jan 20

This is the year your dreams come true but only if you get enough sleep and ease up on the booze. Haha just kidding.

Aquarius Jan 21 - Feb 19

Your neighbour wastes far too much water while showering, but letting them know you know could be problematic.

Pisces Feb 20 - Mar 20

It's been framed as an opportunity, but you have really been asked to sell your soul. The stars say go for it.

Aries Mar 21 - Apr 19

Your 2022 NY resolutions were spot on. As were the years before. Pity you don't follow through on anything.

Taurus Apr 20 - May 21

Regifting is much maligned, but in a culture obsessed with recycling, the answer is "yes", you can proudly regift that crap.

Gemini May 22 - Jun 21

Keep your inner twin in check, they're ruining your reputation but gee they're having a good time.

Cancer Jun 22 - Jul 22

Temperatures are rising as Venus enters Virgo, get ready for plenty of va-va-va-voom for everyone else but you.

Leo Jul 23 - Aug 22

Sure, your nephew is very smart. But think twice before giving him your life savings for a block-chain sure thing.

Virgo Aug 23 - Sep 23

Your pretence at perfectionism isn't fooling anyone anymore. It's time to face facts, you are falling apart at the seams.

Libra Sep 24 - Oct 23

It may be the heat, it may be an allergy. You may have picked it up at the Christmas Party. Stop scratching.

Scorpio Oct 24 - Nov 22

You can't see it but we sure can. You have noticeably weak back musculature. Keep your shirt on or beef up baby.

Sagittarius Nov 23 - Dec 21

You and your partner have had a great year. Now is the time to smugly share your success. It won't last long.

Tivia Answers

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

Sudoku Solution

20. Platypus
18. Robin Hood - Prince of Thieves 19. 4
15. Niagara Falls 16. 1960's 17. Chance
11. Mark Philippoussis 12. 1 13. U 14. On the head
7. Apple 8. Fuse 9. Cicada 10. Alibi
4. Manly Golf Club 5. Church Point 6. Green
1. 3km 2. Narrabeen 3. Flightdeck


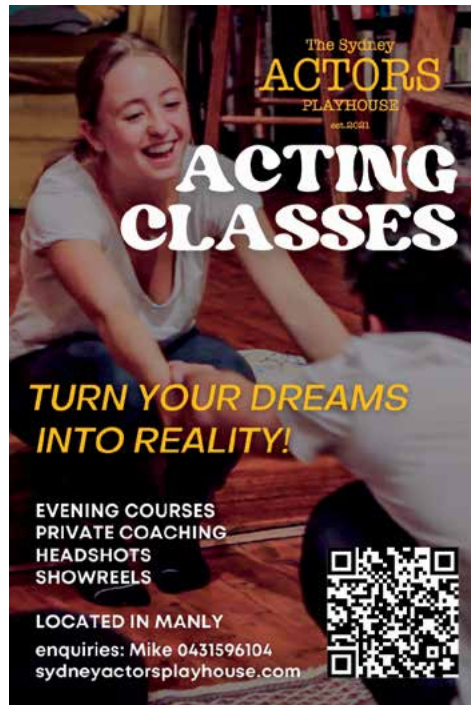
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DON'T CHOP MY HOME

Did you know that an area of native forest 50 times the size of the Sydney CBD is chopped down every year by the NSW government-owned logging company?

And that it runs at a loss, requiring \$29 million of taxpayer subsidies in the last two years?

With koalas and greater gliders now officially listed as endangered, these majestic old trees are more precious than ever.



Scan the QR code or go to nature.org.au/forests to learn more and help protect NSW's native forests from logging.



Nature Conservation Council

nature.org.au

Image: Greater Glider. Photo © Pavel German



LAUNCHING AUSTRALIA'S BEST BEER CLUB AND YOU COULD WIN A YEAR'S MEMBERSHIP FOR FREE



NICK McDONALD
BUCKETTY'S CO-FOUNDER

Heya legends, we have exciting news!

We're launching a very exclusive and super awesome Bucketty's Beer Club. But, this ain't no ordinary club... As a member, you'll get fresh Bucketty's tins delivered to your door each month, AND! You'll get free access to members events, brew nights, free mid-week pints as well as input on new recipe development.

We've got 100 seats available and it kicks off on 1st Feb. Check out the link below to get into a draw to win your first years membership free!

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IN A *Bucketty* STATE OF MIND

