

The Tawny

Issue 06 June 2021

# FROGMOUTH



ENVIRONMENT

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# G'day Beaches

by Tawny Frogmouth



Welcome to Issue 6! It's great to have you here as we soar into Winter, rugged up and ready for the cold with our ever-reliable Tawny plumage to keep us toasty warm till Spring. We've also spread our wings, expanding to 52 pages!

I'd love to say it's been embarrassing, but it's actually been sensational, to get global recognition from the science community. The Tawny Frogmouth is officially the World's Most Instagrammable BIRD! A German study scoured photos of 27,000 avians to conclude the titular Northern Beaches magazine publisher is the Earth's leader for attracting Instagram likes, love and enigmatic intrigue. Fact!

In keeping with the celebration of our Australian native wildlife's world-leading beauty, this issue carries a strong environmental focus, covering everything from the absurd PEP 11 proposition to drill for gas off our coastline, diving deeper into the synthetic turfs being laid on our sporting fields, and showcasing

## The Tawny Frogmouth

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**Ads** [ads@thetawnyfrogmouth.com.au](mailto:ads@thetawnyfrogmouth.com.au)

**Circulation** 50,000 copies delivered monthly from Manly to Narrabeen; 47,500 to letterboxes, 2,500 to local businesses.

**Letters** [mail@thetawnyfrogmouth.com.au](mailto:mail@thetawnyfrogmouth.com.au)

James Griffin's push to protect Cabbage Tree Bay. The pristine peninsula environment is our greatest asset. It's crucial we protect it.

A massive thank you to our contributors, a stunning cover by Freshwater's Sandra Garritano-Provencher, our advertisers, letter to the Tawny writers, delivery army of 58 Tawny foot soldiers, and you, the reader. Plus, a huge Happy 40th Birthday to Razzle Dazzle, the Doyen of Beaches Trivia who brings a smile to everyone's dial with his bright shirts, razor sharp wit and impeccable general knowledge.

**Cheers, Frogmouth**

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Photo Credit: Craig Fallshaw

 **Zali Steggall** OAM MP  
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Authorised by Zali Steggall MP, Level 2/17-19 Sydney Road, Manly NSW 2095.

# Peninsula Wash Up

by Liam Carroll

## Flamenco Fun Raising

Venezuela's loss is the Northern Beaches' gain, with abstract artist Marisabel Gonzalez, originally from Caracas, lighting up her Brookvale Studio with monthly open days full of hip-shaking, wine-popping, cheese-tasting, fundraising, art auction gold. In April she hosted 50 people, with Flamenco dancers Luiza Monserratt, Minnette Sheiles and Keryn Carter, guitarist Peter Hardwicke and singer Georgina Cano transforming 1/8 West St Brookvale into Flamencos of the Caribbean, raising \$1,500 for Haemophilia Australia. With the fun and success of her first open day, she will now be hosting one every month! Showing off South American flavours, incredible works of art and raising money for great causes. Follow @marisabelarte and visit [bio.site/marisabelarte](http://bio.site/marisabelarte) to learn more and get involved.



Photo: Sophian Ferey

## Movie Festival Comes to Manly!

With assistance from the Northern Beaches Council, the **Movies at Manly Festival** presents a season of classic sound and silent films this May, June and July. Screening at St Matthews Church on Manly Corso, the program comprises 18 sessions of classic cinema, showcasing the silver screen talents of Fred Astaire and Vincente Minnelli; Buster Keaton; Charles and Elsa Chauvel; Lon Chaney; Ozu; Michael Powell; Chaplin; Arbuckle; the Beatles; Louis Armstrong; Mickey Mouse; Frank Hurley; Ernest Lubitsch; and many more. Check the program and get tickets here: [hellomanly.com.au/listing/movies-at-manly](http://hellomanly.com.au/listing/movies-at-manly) or contact **Ronnie on 0419267318**

## Get Your Legs Moving and Tongues Wagging

The groups of shoe-shuffling conversationalists, **Run Talk Run & Walk Talk Walk** have made their way across the globe to the Northern Beaches, no better place on Earth for a trot and chat! Originally from the UK, the groups were set up to provide a safe welcoming place for people to come and enjoy a run or walk, meet new people in the community, and have fun in the fresh air and great outdoors. Everyone's welcome. It's free. Find out more on Instagram @[runtalkrunsydney](https://www.instagram.com/runtalkrunsydney).

## Extra Dollars for Local Sporting Champions

Representatives from 27 sports gathered at Freshwater to be recognised as Local

Sporting Champion Grant Recipients by Federal Member for Warringah, Zali Steggall. Ms Steggall spoke about her own challenges when she was competing, and the costs associated with travelling to competitions.

The grants go towards supporting young athletes in sports such as rowing, canoeing, surf lifesaving, swimming, athletics, volleyball, water polo, tennis, basketball and sailing/yachting. The grants are a federal initiative that identify talented athletes and offer between \$500-700 to go towards travelling costs, accommodation, meals, registration fees, uniforms and other expenses.

## Richie Lovett's Fashion Statement

While most eyes were focused on the Brazilian storm taking over North Narrabeen's A-frame peaks for the Rip Curl Pro, fashionistas couldn't drag their gaze from Manly surfing stalwart **Richie Lovett (@riklove72)**, making the savvy decision to choose his prominent WSL Commentary Booth locale alongside Door Bustin' Rabs Bartholomew and Louie Large Egan to unveil his much-anticipated **Moustachioed-Leprechaun-Chique** catalogue for Winter 2021. A wave-riding, board-shaping, cancer-conquering superstar, Richie's Peninsula Royalty through and through, and we wish him every success with his march into the ultra-competitive fashion circles, armed with an exciting range of Irish bonnets, flamboyant short-sleeved button-ups, demure tree-hugging slacks, and a full array of moustache oil, wax and trimming products to boot. Look good, feel great, Lovett all over.



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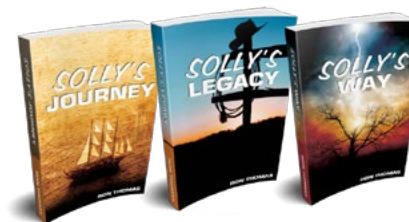
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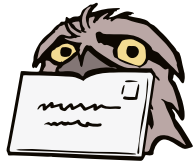
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## Letters to The Tawny Frogmouth

### Developer Pushing Dangerous Childcare Centre Plans

A recent DA proposal to build a massive commercial 57-space childcare centre with underground parking and mechanical car stackers in a quiet residential street is causing distress to many local residents due to the serious risks it would pose to local Balgowlah Heights Primary school children. The development proposal at 11 Lewis St, next door to the school, received 100 objections from the local community, including Schools Infrastructure for NSW, and was rightly refused by Northern Beaches Council for being totally unsuitable for the site due to bulk, scale, privacy, impact on local amenity and, above all, safety. There is a real concern about the potential for another child-related accident in our Community if more cars are added to this already congested street at school times.

Astonishingly, despite such a strong pushback from concerned residents and the fact that it was rejected unanimously by the Northern Beaches Local Planning Panel, the Developer has already filed an appeal to the Land and Environment Court to try and push it through. The Community here is outraged that they are continuing to pursue this dangerous and entirely unwanted develop-

ment in the neighbourhood (many local childcare centres have vacancies).

This is a story that is becoming more common since the State zoning laws changed to allow commercial childcare centres in residential streets, creating serious traffic hazards for pedestrians, especially children. It also goes entirely against the Northern Beaches Walking Plan "Move 2038" which aims to increase active travel, such as cycling and walking, reduce car trips, and keep pedestrians safe. But Developers try to bypass the local Council in cases like these by attempting instead to get approval at the Land and Environment Court, thanks to the SEPP (State Environmental Planning Policies) which can override local Council regulations.

Our community will continue to fight alongside the Council to have this appeal quashed and to keep our children safe. **Please come and show your support at the court-mandated mediation (a partly public event) on 01 June at 9.30am outside 11 Lewis St, Balgowlah Heights.**  
**Alison, Balgowlah Heights**

### Malcolm Fisher

I have just finished reading the May issue of the Tawny Frogmouth and, as usual, enjoyed the variety of articles, on a myriad of subjects. However, I was disappointed to

find that the normal contribution by Malcom Fisher was missing! I particularly enjoy his articles and, as a co-lover of our precious environment, his well-reasoned argument in your April edition, against the proposed Beaches Link Tunnel, has persuaded me - a former 'don't know', against its construction. I hope many more of your readers will agree. This project apparently has greater potential for large scale damage to the environment than any of the other tunnel projects in Sydney. Very importantly, it would also threaten the air quality, and therefore the health, of those living, working and schooling around the ventilation stack in Balgowlah and Seaforth. The world is a different place than it was in 2016, when the concept and design of the tunnel was first mooted, as a solution to a problem that is now unlikely to exist. It seems to me that a lot more discussion and re-thinking is needed before any definite decisions are made to go ahead with its construction. Regardless, I hope we will see the return of Malcom in the June issue.

**Irene Callahan, Balgowlah Heights**

### Refreshing Advert Style

In response to the ad from Local & Licensed Electrical in the May issue - can I just say how absolutely refreshing it is to see an ad like this. In today's world where you constantly feel like you are being overtly "sold to" or unconsciously preyed on by advertisers through digital media, I was so happy to see this ad. Straight forward, honest and to the point. Well done & much success to Chris and his team.

**Kate Doctor, Brookvale**

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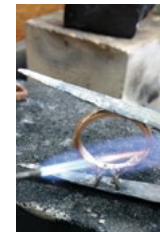
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### Giving Richard a Run for his Money

While it was great to hear in the May issue how the Northern Beaches still bears silent witnesses to the aftermath of the 1867 Hawkesbury mega flood, our area played a major role in its actual formation. The flood was caused by the inability of the floodwater to escape into the sea from the river's mouth at Broken Bay just north of Palm Beach. This was because a ferocious storm was raging there that would not let it out. The water then backed up and spread over an area estimated to be a colossal 30 km wide creating its own inland sea.

**Pamela Mawbey, Brookvale**

### Dear Christopher Roberts...

Mate...! Sure, "A rose by any other name would smell as sweet", but you're messing with history and A LOT of pride. "OILY CAKES"... really? How about we rename the Lamington "desiccated coconut and chocolate coated spongy thing"? LOUKOU-MADES. Ok, you can get away with "Greek Honey Puffs", but mate, you are declaring war with tens of thousands of Aussies of Greek heritage by calling them the rather pukey "Oily cakes" WTF? Correct your error or face the wrath of Olympus.

**Conrad, Manly**

### Early Demise

You will understand that with great delight I received your publication (May Issue) in my letterbox today! But as there are now three publications circulating within the Northern Beaches attempting to replace the ICONIC Manly Daily - that died for some reason or other not long ago (with the great loss of the

daily Crossword and Sudoku) - and in the time of the Manly Daily certain other publications came and went and were not able to compete. NOW we find that after only 4 editions the Sudoku has been deleted (!!) from the Tawny Frogmouth for what reason it is not known. So, my delight was turned to sadness! If you want someone to supply you with 100 or 1000 Sudokus, let us know and we will attempt to create some, so your life may be extended! Otherwise, you have commenced the downhill slide to oblivion as per your predecessors.

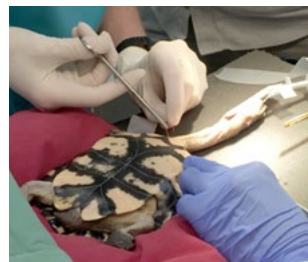
**Roger Thompson, Manly**

### Reasons Fishing Should be Controlled at Manly Dam

As a Sydney Wildlife member and a volunteer at a Wildlife Hospital, I'm very concerned about the impacts of recreational fishing at Manly Dam. Since Christmas, 3 turtles and 3 black swans have been taken to my Wildlife hospital to have fishing lines and hooks removed, all requiring anaesthesia and expert surgical intervention (Pic below of long neck turtle undergoing surgery). The turtles were lucky enough to survive, but one of the black swans was not. Please note, these are just the animals I've been involved with. I'm sure local vets and other wildlife carers would have similar stories. Is it possible this is all a reaction to Manly Dam having been stocked with five thousand Australian Bass fingerlings (baby fish) in August last year? At the time, James Griffin MP said, 'the release was great news for keen fishers eager to cast a line in the region.' But there was nothing mentioned about fishing responsibly to protect wildlife. Do we really

need to try to catch these fish just for the fun of it? Our wildlife deserve better.

**Anne Jackson, Freshwater**



Long neck turtle undergoes surgery

### Election Negativity

Reading the letters of Janne and Mr Hungerford (Letters April '21) it struck me that the Get Tony brigade perhaps need to Get a Life! The election's over but the continuing vitriol from them and anti-Abbott writers seems puerile! Kevin Begaud's letter apparently was about the negativity of the Get Abbott campaign. Get Tony is Al Capone-code for "by any means"! "It's Time Tony" might have been more appropriate! Advance Australia's campaign was rank amateurish compared to the destructively ugly GetUp bombardment! Winners or losers we now just have to accept the election result and get on with life! And Janne, Tony mostly represented many voters well in Parliament! Lastly, outcomes by any means now seem the norm. But the HOW remains the key to best influencing all round results for the majority.

**Carlo Bongarzoni, Clontarf**

### Action

The NSW Government failed women with white ribbon problems. More talking from our local members of parliament won't stop this problem.

**Phil, Manly**



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### Hooroo from the Tawny



### Robert John 'Bob' Wilson

2nd September 1931 – 18th April 2021

Born in Coogee, playing league for Souths, union for Randwick and winning the National Beach Sprint Championship, sport ran through Dad's blood. He decided to raise his family in Manly, resigned to being a Rabbitoh in Sea Eagle territory, relishing the battles that went with it.

In retirement Dad took his role of Veranda Elder very seriously. Many a Beaches resident owes their mental health and positive community outlook to Bob and his heartfelt chats over a cuppa.

Survived by wife Bunny, kids Stuart and Julia and grandkids Emily, Jack and Brianna. Team B.O.B. will miss him forever. Hooroo Bob

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### Fact Check the Fact Checker!

Don't you love it when people write to criticize your comment, and others', yet they don't have the intestinal fortitude to put their "real" name to their letter? It casts your mind straight to who is responsible and doesn't want you to know they are the culprit. Let's review the alias Mr Wilson's comments. Better still, let's fact check them. Mr Wilson claims Barbara Bevan is completely wrong as to where the Emerald Class ferries were built. Mr Wilson states Tasmania ... wrong! The latest batch of Emerald Class ferries were delivered to Newcastle harbour in December 2020 on board the Netherlands registered cargo ship Houtmangracht. This vessel had carried the ferries in a complete manufactured state from China. Next, you take aim at one of our great bus drivers about route changes. Let me assure you, Mr Fact Checker, the changes to the routes in Dec 2020 and Jan 2021 were done in consultation with the company that is looking to take over the lease of the Northern Beaches bus service. Any further changes after takeover are not set by the Transport NSW but merely rubber stamped. The last changes were made to make the takeover more lucrative, nothing to do with OPAL Card data. Next, you have a go at me and want us all to believe that politicians producing figures to fit their cause are always honest and correct. Really, Mr Fact Checker, are you that gullible to believe politicians can be trusted when producing figures that suit their cause? Finally, you'd like the "GREAT TAWNY" to be like USA media. Please, spare us

all from this insanity. Didn't you see the footage of the recent riots in USA where CNN reporters were standing in front of burning buildings with looting being carried out, cars upturned and smashed, and the reporters stated matter of factly, "In the main, this is a peaceful protest"? I would hate to see a violent protest reported by CNN. So, there are some facts you can check, Mr Fact Checker, and have a nice fact checking day.

**Mark Roberts, Freshwater**

### Re: It Really Has Gone to the Dogs

In response to Mark (TF Issue 5), you paint the dog community that uses the council approved off dog leash area as monsters. There are 2 watercourses running through the cemetery that are only usable as green space, and so it is, and not just dog owners. It was I who lobbied the council for a second bin in Harland St and permanent dispenser for poo bags away from the playground at the far end of the cemetery. Where there is a bin but a sign stating dogs are not allowed within 10 meters of that area. Stands to reason, as the council agreed, make it easier and the dog owners comply. As always, some don't, and that is why we are extremely proactive in picking up after others. Not only do we pick up stray poo, but plenty of artwork, discarded lunches, snack wrappings, school uniforms from the masses of little darlings making their way to the playground, climbing all over

the graves and headstones, playing hide and seek, whilst their non-attentive guardians look at their phones.

Yes, we do keep water bottles for our dogs, but we've lobbied the council on numerous occasions regarding the state of the cemetery, removal of dangerous trees, fought against a proposal of fencing off the entire area, so it could not be used by anyone, except those late night agile party people, who I regularly pick up after. Broken glass, cans and ciggie butts. That's not the dog owners.

We had input to an avenue of Jacarandas that has been planted, unusual Eucalyptus trees, after much searching were replaced along Harland St, yes, we had input into that as well. Using the cemetery on your way to the beach, Mark? Still quite a walk, see if you can find some other issues, off you go.

**Tony, Fairlight**

### Dee Why Active Wear Sold Where?

As a long-time resident of Dee Why, seeing the influx of gyms, wellness centres, weight loss hubs and multi-vitamin symposiums, of which I actively partake in all to keep myself trim, taut and terrific, I'm at a loss to find a local outlet which sells active wear. We'd call it workout gear round here, but still, where can I buy locally, without having to hike over to the Mall or beyond, and keep my supple limbs and dynamic torso held securely in place at all times of energetic engagement?

**Tye T. Squease, Dee Why**

The Tawny invites the people of the Beaches to send in letters to [mail@thetawnyfrogmouth.com.au](mailto:mail@thetawnyfrogmouth.com.au)

## HELP JAMES GRIFFIN PROTECT CABBAGE TREE BAY

James Griffin MP is petitioning the Government to increase protections at Cabbage Tree Bay and protect the local environment. Join him and sign the petition today

*"Join me on this petition to protect our precious Cabbage Tree Bay and help keep our local environment safe and beautiful for future generations to enjoy."*

James **GRIFFIN** MP  
State Member for Manly

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Living Ocean at PEP11 Surfrider Foundation protest. Photo: John Ogden

## PEP OFF! Leave Our Offshore Gas Alone!

by Sean Doherty, National Chair of Surfrider Foundation Australia

“What? Where? You mean straight out there?”

That’s the common reaction when you point out to anyone living on the Northern Beaches that their coastline is actually part of a proposed offshore gas field.

PEP 11 has been hiding in plain sight for over a decade now, just off the coast of Australia’s most populous city. During that time, PEP 11 – Petroleum Exploration Permit 11 – which sits out off the coast between Newcastle and Sydney has seen test drilling and several rounds of seismic testing, yet most locals along that coast remain oblivious to its existence. It would only become real once the rigs are out on the horizon.

But as the clock ticks on a proposed drilling program, community opposition to PEP 11 is stirring to life. That opposition found its way to Canberra late last year, when a delegation headed by the Surfrider Foundation and Newcastle’s Save Our Coast met with parliamentarians.

It seems that PEP11 is as

unpopular with politicians as it is with the people of the coast. Every single MP with an electorate adjacent to the PEP 11 zone opposes it; Labor, Liberal, Independent. The NSW State Government opposes it. Even the Prime Minister, champion of the “gas-led recovery” has stated his opposition. Nobody apart from the gas company and the fossil fuel lobby want it to go ahead... and yet it marches on.

The PEP 11 permit has actually lapsed, and is awaiting Federal Resource Minister, Keith Pitt to either renew it, or scrap it. In the meantime the companies holding the permit – Advent Energy and Bounty Oil and Gas – continue to make overtures to the market and prepare to drill.

And that brings us to April 17. The Surfrider Foundation popularised the idea of the paddle-out protest during the Fight for the Bight campaign in 2019, and they began a rolling series of paddle-out protests against PEP 11 at Mona Vale Basin.

Five hundred locals with a small armada of surf craft gathered to make a clear statement that they don’t want gas rigs off their coastline. There were some common themes. The first was that you can have a thriving tourist economy and marine ecosystem, or you can have a gas field. You can’t have both. Then there’s the brazenness of the gas industry setting up off Sydney, when Australia already produces three times more gas than it uses. Then there’s the fact it’s 2021 and not 1950; climate change is a reality that won’t be helped by sucking more fossil fuel out of the earth.

Led by world champion surfers, Layne Beachley and Tom Carroll, the crew paddled out a replica gas rig out into the middle of the Basin, chanting “Stop PEP 11” before symbolically capsizing the rig. Several party waves brought the crew back to the beach, before everything was packed up and headed north for more paddle outs in Terrigal, Newcastle and Byron Bay

If the idea of gas rigs sitting out off your local coast is sitting a little uncomfortably with you, a letter to your local MP would be a good place to start voicing your concerns. With a Federal election looming next year, PEP 11 will be a vote killer. No local MP wants to defend the idea of sacrificing one of the world’s most pristine metropolitan coastlines to the fossil fuel lobby.

To support Surfrider Foundation Australia, head to [www.surfrider.org.au](http://www.surfrider.org.au) and follow @surfrideraus on social media



Shelly Beach, an iconic Manly attraction, part of Cabbage Tree Bay Aquatic Reserve

## Striking the Balance at Cabbage Tree Bay

by James Griffin MP, Member for Manly

It’s no secret that I think Manly has to be one of the most picturesque places in the world. From Curl Curl to North Head there are views of the glittering Harbour to the most amazing ocean. In the southernmost part of the electorate you will find the wonderful Cabbage Tree Bay Aquatic Reserve. One thing is for certain, it is a popular spot for swimmers, divers, boaters and houses a unique diversity of life right in our backyard.

Sadly the bay has quickly become a victim of its own beauty as we find the human impact to the site is only increasing. Some of this impact lends to the charm of the site, like the old motorcycle sitting upright on the bottom of the sea bed. However other impacts have been less desirable. Over the past summer there has been increasing reports of anchor damage to the seagrass habitat in the bay.

Some of the images of anchor drag through the grass may be familiar to readers of the Tawny. While the apparent damage may not seem severe, when balanced on the importance of seagrass to the natural ecosystem and the limited areas in which it exists in Cabbage Tree Bay, protection is clearly required.

To this end, last month I launched a petition to increase protections by preventing boat anchoring in the areas where sea grows in Cabbage Tree Bay. This is not a petition to ban boating in the bay or otherwise affect the recreational activity that can be undertaken in the bay, but is based off previous Government policy for the area. It’s pretty straightforward.

Don’t anchor in the sea grass.

Previous government analysis and reporting has highlighted the conflict between swimmers and boat users as both (rightly) use the bay. The report of 2018 noted “vessels may be unaware they are anchoring in a sea grass area.” What is important about the ultimate outcome is that a balance is struck between boat owners and others who use the Bay.

Our oceans and waterways support recreational activities for so many people from boating and fishing, to diving and swimming. All of these activities share a common need for us to protect and nurture the local environment. This does not mean implementing



The motorcycle sits at about 8m deep

blanket bans or making policy on the hop in response isolated incidents. It is time to revisit the regulations that govern Cabbage Tree Bay out of necessity to protect the sea grass and the ecosystem it supports.

Cabbage Tree Bay should not be a question of boaters versus divers or swimmers against fishers. We need a community approach to this space that affords the best protections to this beautiful environment we all love. Joining my petition is a step forward in protecting this icon of Manly for all water users to enjoy into the future.



# Bushy's Anzac Tribute

by Lois Pembroke

When my husband was 8 years old, a neighbour asked, "Arthur, what would you like to be when you grow up?" Young Master Pembroke replied, "I want to be a General." Well, that didn't quite happen. He became a Colonel.

He was 12 when WWII broke out. Watching his brothers prepare to go to New Guinea to do battle, his determination to be a member of the Australian Army increased. As Head Cadet in high school, he insisted at annual camp the boys should go without water from sun-up to sun-down. "This would strengthen their ability to withstand torture if they

were ever taken prisoner!"

Arthur Pembroke arrived at RMC Duntroon in January 1947. Four years later, he graduated, awarded The Sword of Honour. Within months the Class of 1950 arrived in Korea. There, the boys soon became men. Somehow in Korea, Arthur had a name change. He became "Bushy" and 9 Platoon, C.Coy, 3 RAR was, at the time, 'Bushy's Boys'. Many members of the platoon were experienced WWII veterans, which, at first, was rather daunting for the young 'skipper'. Bushy was awarded the Military Cross at the Battle of Maryang San.

For the last 4 years our

great grandchildren, Bronte and Oscar with their parents have attended Anzac ceremonies in which their great grandfather participated. This year it was their turn to carry on the tradition. Bronte played The Last Post on her trombone and Oscar supervised our Two-up contests at our new home, The War Vets Village at Narrabeen.



Bushy, Lois, Bronte and Oscar

# Out of DV and into a Fresh Start to Life

by Ami Drew



Ami Drew and family

I hope that by sharing my story, I can inspire others to reach their best potential and happiness. I also hope that the community can come together more to make the journey out of DV (domestic violence) quicker and easier.

Imagine...having a car but struggling to fill it up with petrol. Living in a home but struggling to heat it in the winter. Having many years of education but being unable to find a job. These situations and more, I have witnessed here on the Northern Beaches in my own journey out of domestic violence.

Many women could not find employment after doing the hard work to become re-educated or after taking breaks from their career. Financial hardship is compounded with the isolation, lack of confidence due to DV, leaving mothers and their children vulnerable.

For me, it took a lot of help from 3 charities to help me to transition to what I felt

was "Normality" and not "Invisibleness" in society. Initially to get out of my marriage, I had help for a couple of years from **Women and Children First (www.womensrefuge.org.au)** in Dee Why. They provided me assistance with court matters, psychological help, and many classes.

In the Settling phase, I had help from **Lighthouse for the Community (www.lighthouseforcommunity.org.au)**. They were able to help me when I was suffering from Post-Traumatic Stress Disorder, extreme isolation and depression to move forward and connect me to resources into many areas including pursuing my studies with guidance and understanding.

For the most difficult phase of returning to work after being a stay-at-home mum for 13 years, I went to **Dress for Success in Marrickville (www.sydney.dressforsuccess.org)**. They have a range of return-

to-work classes, coaching sessions and helped me to look and sound professional. They helped me to no longer feel like Eliza Doolittle from My Fair Lady.

I now have a corporate job in Analytics. My observations over the years, with all the government cuts in the recent past, is that many services which were available in my journey are either no longer available or have been drastically reduced.

I did the hard bit by re-educating myself through the "Smart and Skilled" courses and fee reduced classes offered through various government programs. Years went by where I could not find employment. It seemed that no one wanted to look at a resume from an older mother with recent education but no recent experience. I found that there were many work experiences programs if you are young, disabled, ex-military, ex-Olympian, but nothing for my situation.

I believe the answer is "Returnships", and more targeted employment agencies. Dress for Success and Lighthouse have teamed together in the past to bring more opportunities to the Northern Beaches, especially for vulnerable women, and are looking into how to fill these gaps with the help of local businesses to offer Returnships, experts to deliver the ideas to government and creative ways to fund these large endeavours. If you have a way to help them in their pursuits, please reach out.



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Lifeline Northern Beaches CEO David Thomas receives push-up training from Code 5 founder Connor Pettersson

## Let's Get Pushing

by Liam Carroll

This June, the Push-Up Challenge is pushing for better mental health. Local fitness group, Code 5, is proud to be taking part and working to raise funds for Lifeline Northern Beaches.

Code 5 is encouraging members across all three of their locations to get involved and is also inviting non-members to train for free at their gyms during June, providing they sign up to the Push-Up Challenge.

"Like Code 5, Lifeline is dedicated to supporting our local community, and we know the funds we raise will help Lifeline support the Northern Beaches," says Connor Pettersson, founder and owner of Code 5. "We also acknowledge the significant role that physical fitness can play in improving mental health, so it's the ideal challenge for us to get behind."

The Push-Up Challenge is held over 25 days (1-25 June),

and challenges participants to complete a set number of push-ups throughout that period – this year the number is 3,318, which is how many people lost their lives to suicide in 2019. The Challenge has been growing steadily over the last few years, and 2021 is set to be bigger than ever, with a new App to help participants and teams track their progress.

"We're encouraging as many people to take part in the 2021 Push-Up Challenge as possible, and to choose Lifeline Northern Beaches as their beneficiary," says David Thomas, CEO of Lifeline Northern Beaches. "It's a fantastic nation-wide campaign that empowers people to support better mental health

at a local level.

On the Northern Beaches, demand for our services has skyrocketed since COVID-19 came along – and the more funds we can raise, the more people we can help. I for one will be taking part and pushing for better mental health."

"Our target is to raise \$30,000 – enough funds to cover the cost of 300 face-to-face counselling sessions for the Northern Beaches," says Mr Thomas.

To join the Push-Up Challenge, simply scan this



QR code or visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au) to register, and choose Lifeline Northern

Beaches as your beneficiary. If push-ups aren't really your thing, you can also donate to one of the fundraisers who are supporting Lifeline Northern Beaches.

If you need support, call Lifeline any time on **13 11 14 (24/7)**. You can also text Lifeline on **0477 13 11 14 (midday-midnight)**.

Local support services are available – visit [www.lifelinenb.org.au](http://www.lifelinenb.org.au) for more information.



Sean & Alex from HAUS

## Disrupting the Sydney Property Market One Project At A Time

by Liam Carroll

For decades, the Sydney property market has fallen victim to cookie cutter project marketers, who have a one size fits all approach to selling off-the-plan property, specifically apartments. HAUS Agency is the country's newest project sales and marketing agency, with a fresh, integrated approach to selling property for some of the country's top property developers.

"We call it white label marketing – with its own identity," said HAUS Director Alex Vrisakis. "HAUS isn't just a project marketing company, we're more like property problem solvers, and developers see us as an extension of their sales and marketing department – without the overheads."

Founded in late 2019, HAUS Agency works with developers of all sizes and the projects they market are located right across Sydney. The most successful of these has been the 100-apartment curved development in Sutherland, Grand Vermont, which is nearing completion. Other luxury projects include Chanine Developments' The Wave in Rockdale – with just 10 apartments left to sell – and Rockdale Central, which is selling off-the-plan and construction has commenced.

The developments HAUS represent are carefully selected, and offers all the comforts you need in a first home, or to downsize from the family home. They've seen first home buyers from all over Sydney take advantage of Government first home buyer support, as well as developer incentives. They also sell luxury resales like the recently sold 6-bed-

room house at 28 Best Street, Lane Cove, in under 30 days for several million dollars.

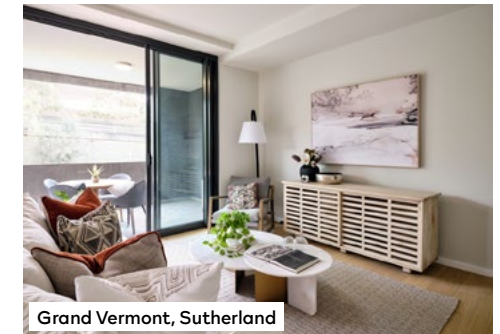
"Over the last 90 days, we've sold more than 100 apartments – and during a pandemic no less," said HAUS Director Sean Dowling. "This is because the project always comes first. Partnership is part of the package, and our clients see this with proven results."

The Sydney property market has seen a huge rise since the new year, and HAUS's results are no exception to this, and a testament to their skilled team of 6 team members, which boast over 50 years' combined experience in the property industry.

Most recently, as the team continues to grow, they've relocated to a stunning new office, with chic monochrome interior styling by Stella Studio, at Sydney's iconic Jones Bay Wharf, with views of Sydney Harbour Bridge and Barangaroo. "Moving to our stylish new offices has really cemented a strong first few months for HAUS Agency, and as projects increase, we expect to bring on more experienced off-the-plan sales executives," said Alex. "The best is yet to come."

**The Wave, Rockdale:** The Wave's one bedroom apartments are priced from \$595,000, two bedrooms from \$690,000 and three bedrooms from \$870,000. A completed display apartment is open for inspection by appointment at 376 Princes Highway, Rockdale.

**Grand Vermont, Sutherland:** Grand Vermont's one bedroom apartments are priced from \$550,000, two bedrooms from \$730,000 and three bedrooms from \$1,200,000. A completed display apartment furnished by Coco Republic is open for inspection by appointment at 48 Vermont Street, Sutherland.



Grand Vermont, Sutherland

Call **13 HAUS (13 42 87)** or visit [www.haus.agency](http://www.haus.agency) to find out more.



Manly Marlins' Seramai Navi on the fly. Photo: David MacLean

## Sport: Around the Grounds

by Matt Cleary, Editor of the Northern Beaches Sports Tribune

### Rugby League

A fine 38-32 win over the New Zealand Warriors at Brookvale Oval has seen the Manly Warringah Sea Eagles entrench themselves in equal 11th on the National Rugby League ladder. Best for Manly were **Tom, Jake, Daly and Cade**.

### Rugby

Warringah Rats 41 defeated Eastwood 37 at TG Millner field while Manly Marlins were thumped 48-13 by Sydney University at Sydney University Football Ground. At time of writing, the Rats were in fourth place on the Shute Shield ladder, the Marlins in eighth position. The Allambie Jets Green and White teams joined forces at Melwood Oval to take on the might of Newport and Dee Why. In two pulsating games, best for the Jets were **Max, Joseph, Eddie, Hugh, Freddie, Tristan** (aka "Mr Step"), **Louis, Sam, Maverick**, and first-gamer **Henry** who "got his head into everything!" according to coach **Andrew Davis**. "The boys were amazing with their strong, straight

running and ruck work. The boys also put in effort chasing players all the way to the line and encouraging team-mates after a good play," Davis said.

### Football

Manly United had a month of mixed results with a 4-3 win over Northbridge Bulls buttressed by the "reality check" of a 5-0 loss to Sydney United 58 and 2-0 loss to Sydney Olympic. The team is tied fifth on the ladder, six points behind leaders Sydney United 58. In the Manly Warringah Football Association men's Premier League Collaroy Cromer Strikers stamped their competition favouritism with a 4-1 win over rising Mosman FC. In women's Premier League, Manly Allambie United is top of the table after four rounds. And in a result that sent shockwaves through all of O/45 men's division two foot-

ball, Manly Allambie United "B" – fresh from a 4-0 win over Manly Allambie United "A" – suffered their first loss in two seasons when they went down to Mosman 5-0. "A" manager **Ciaran Foley** declined to comment on several controversial refereeing decisions but did say "there were several controversial refereeing decisions".

### Softball

Manly Warringah U/10s are NSW tee-ball champions after scoring a sensational 33-1 win over Cumberland in the grand final.

### Australian Rules

"**Eliza Gumbleton** scored two goals, **Lauren Bull** laid on a massive tackle on her opponent while **Kate Salmon** and **Sophia Booker** produced classy goals left, right and centre." That was the assessment of Forest Lions player **Hannah Woolf** reporting on Forest U/16s' 74-6 "mercy rule" demolition of Lane Cove Cats at Lionel Watts Oval. "They're a relatively new team, a lot of them only playing their third game," Woolf said of the Lions. "There were also three young guns from the U/14s filling in. "Despite this they played unselfish footy and ended up 'mercying' the opposition." Best for Forest were Salmon, Bull, Elise Wallace, **Bella Dale** and **Sophia Booker**. Adding spice for the Lions was that it was Kahli Gilchrist's first game as coach of the U/16. "The girls were very excited to learn from her," Woolf said.

For all the local sports news head to [www.northernbeachessportstribune.com.au](http://www.northernbeachessportstribune.com.au) and/or scan the code.



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Mathieu and Jacques of Délidoor

## Délidoor

Local Business by Liam Carroll

There's fierce competition in the world of home-delivered food, and while the multinationals pay up big to secure Kardashians and Snoopy Doggs to showcase their cuisine, Jacques Lépron and Mathieu Thomas - a dynamic duo of Northern Beaches Frenchmen - have created Délidoor, delivering mouth-watering culinary delights direct to Peninsula residents' homes at affordable prices.

**What inspired Délidoor?** We're both busy working parents and know how difficult it is to find time to cook for ourselves and our families, let alone shop for quality ingredients too. There are alternatives, takeaway food but that gets expensive, or meal kits requiring an hour of prepping and cooking. Growing up in France, we both remembered a brand of gourmet, fully prepared frozen meals our parents always had in the freezer, "a high quality back up insurance for the nights cooking wasn't an option". Those memories

of delicious meals gave us a huge amount of inspiration. **How exactly does Délidoor work?** Log onto [delidoor.com.au](http://delidoor.com.au) Explore our extensive menu. Pick the meals you like. Choose Tuesday or Friday (or both) as your preferred delivery day. Then look forward to most likely one of us delivering the goods ourselves! This is a start-up, grassroots business after all! And we love to chat with our customers to find out more about their tastes, what sort of meals they may like added to the menu, anything and everything that can help Délidoor improve.

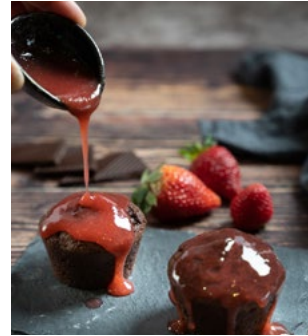


Roasted Lamb Shank

**How much does a Délidoor meal cost?** It ranges from \$8.50 - \$14 per meal, which we believe is great value, especially when compared with other delivery options, or even with cooking for yourself.

**What's been the response?** Amazing. People love the food and come back for the quality and home-made taste. The convenience of our frozen food provides a great degree of flexibility too. There's no fear of wasting food, which can be a major issue when buying from the supermarket only for your schedule to change and you no longer have time to cook. We've found young families

and professionals enjoying Délidoor, but it's also been great to see "Boomers" keen to enjoy a relaxing evening without the need to take care of the shopping, cooking, and cleaning tasks.



Chocolate Fondant

**What have been your biggest challenges?** Frozen food suffers an image problem. We want to change that. Our frozen meals are cleaner than their fresh counterpart due to the fact we don't need to add any preservatives to extend their shelf life. It also makes a difference for the environment as it helps households reduce the wastage of fresh food.

**What are you most proud of since starting?** The amazing customer feedback. We ask all our clients to rate our products after delivery. Our average score 4.9/5.

**Do you have any special deals for Tawny readers?** Naturellement! We'd love Tawny readers to try out Délidoor. And the more feedback we receive the better we can improve our products and services.

Use the discount code **"TAWNY"** and receive a **30% discount** on your first order. Min order \$80

## Urban Food Forests: The Growing Trend

Local Business by Liam Carroll



Nick and his Pittwater Rd beauty

Seemingly overnight, Manly streets, corsos and promenades were adorned with wine barrels full of native flora, bitumen footpaths transformed, spruced up with metropolitan greenery breathing life into the concrete jungle. Who on Earth was responsible?! Proud Pittwater Road resident, **Nick Farrar**, founder of **The Growing Trend** and owner of the slickest head of hair this side of the equator. **Most people see wine barrels and get thirsty. What made you connect those same barrels with a complete rethink of our urban environment?** Well, I still get thirsty, don't get me wrong! But as a horticulturalist I'm always looking at any possible way to make my environment greener. Concrete is obviously a huge part of living in the city, so my main focus has been on finding nifty solutions to add greenery to the streetscape. Oil barrels were actually the first barrel I tried, and you can definitely utilise those for growing plants, which

I still do, but next was the wine barrel. They have a charm that just works so well for complementing a concrete surface, but they're also perfect for holding large volumes of soil for growing plants and flowers. **Lots of local businesses now have a Growing Trend wine barrel of flowers and even trees in front of their shops. That must be very cool to see.**

100%. It's fantastic. A real challenge for every business that has a shopfront is creating a sense of vibrancy. Being able to have blossoming flowers, growing plants, regardless of the concrete floor beneath, this creates instant liveliness, draws the community to it, allows people the opportunity to care for the growth and maintenance of what's growing in the soil too. The community engagement that comes as a natural flow on from the barrels is extraordinary. The barrels are one part of **The Growing Trend. What else are you involved with?** Education is probably the biggest part of my working life, going to schools and even pre-schools, taking a barrel with me! I show the kids the soil, explain the whole process of agriculture, of growing, applying the lessons of carbon capture and how plants are not only the lungs of the planet but full of so much beauty too. All those sorts of things which can be quite abstract but having a physical teaching aid makes the world of difference. The kids get their hands dirty and that really helps cement what

they're learning. I also spend time lobbying council to adopt policies and practices which can assist towards creating an urban food forest. I'd love for the barrels or similar devices to help convert idle concrete spaces into potential food beds, allow the community to grow fruit and veg together, literally in their own collective backyard. **There are a lot of us on the Northern Beaches without any yard space, but we do have balconies. Are The Growing Trend wine barrels suitable for growing in that sort of environment?** Of course, precisely that opportunity is something more and more people are contacting me to pursue. The barrels are \$350, which includes delivery, setup and planting, and I've made them all with wheels too, so you can manoeuvre them without breaking your back! There's a self-watering reservoir built in with 4 bags of potting mix and mulch. People have been growing everything from herbs to pineapples to mangoes, lime trees, lemon trees, lemon grass, dragon trees, grass trees, daisy flowers, lavender, guava, banana, any edible plants really, and the nontoxic recycled wine barrels support biodiversity, creating the perfect place for native birds and butterflies to pop by and say G'day.

To learn more about The Growing Trend, visit: [www.thegrowingtrend.com](http://www.thegrowingtrend.com) and follow @thegrowingtrend

# Synthetic Turf: What's the Story?

by Greg Hogan



Synthetic turf at Cromer soccer field.

Year 2032. The Apollo near-Earth asteroid has not slammed into the Earth, as predicted in 2013 on the Torino impact scale. Gedeon (not his real name), a 19-year-old from the Northern Beaches, has just been diagnosed with a rare type of cancer. Who would have predicted it in 2021?

His parents encouraged Gedeon to play team sports. At 8 years of age, he joined a local team on the Northern Beaches. Nicknamed “the Don” for his ball skills, Gedeon played football every year from 2021. He excelled on the green plastic turf playing fields that dot the Northern Beaches. Gedeon recalls from that time, a black dust blew from the plastic blades into his nose and eyes, onto his mouth, and coated his skin and footie jumper. When he walked from the field, his boots and socks were coloured black with dust. On sunny afternoons, a smelly chemical-like vapour permeated the air above the pitch.

Others told Gedeon, “don’t worry, the black is just

rubber”. A decade on, Gedeon thinks and feels differently. He is hurting and in pain. In 2032, he is told by toxicology experts that he may have accumulated carcinogenic ‘forever chemicals’ in his body from playing on the plastic turf fields infilled with black crumb. He is talking to his lawyers about seeking compensation.

**\*This tale from Gedeon is 100% fiction. The rest of this story is true.**

In 2012, the Northern Beaches replaced the natural grass at Cromer Field #1 with plastic turf. Plastic turf fields, some infilled with tyre crumb granules, have replaced natural grass at Forestville, Frenchs Forest, Narrabeen, and another at Cromer. The cost of constructing these plastic turf fields exceeds \$6 million. Even bigger plastic fields are planned for Manly Vale, and at Careel Bay. The cost is very high, compared with maintaining natural grass fields. The local Council gets the State government’s infrastructure capital grants to install plastic turf fields.

A natural grass playing field, prepared using best practice, can sustain a playing capacity of up to 45 hours per week. A natural grass field foremost entails extensive soil testing. Soil is the science of organic chemistry. It’s the ‘N P K’ ratio: Nitrogen. Phosphorus. Potassium. A best-practice-built field ends with the grass. It begins with the soil. Best-practice-built fields entail adding organic compost into the existing soil, laser-levelling the field, localised infilling of shallow areas, and sowing the correct natural grass cultivar.

We all benefit from the cooling effects and carbon sequestration of natural grass species. The plastic turf playing fields cost more through the cycle and lose these benefits. The natural grass playing fields cost less and gain the benefits.

Used plastic turf, black crumb and silica infills are not recycled. Here it is dumped unsustainably into landfill. Artificial turf is an exhortation of nano/microplastics, toxic chemicals, and End-of-Life Tyre Styrene Butadiene Rubber granules. All which may drain from rain-wet fields into local creeks, lagoons and the ocean. It could be a diabolical legacy for the marine environment.

The remaining question is how much chemical exposure is likely to be harmful to which children who play what sports on plastic turf fields. We should not be willing to take the risk. Our children deserve better.



Aerial over Pittwater. Photo: John Illingsworth

## Do We Want to Stay in our Bad Council Marriage?

by Miranda Korzy, Protect Pittwater Association

Sometimes a marriage partner has doubts before the wedding day but goes ahead anyway, against their better judgement. Despite their initial reluctance, matrimonial bliss may ensue, often though, things get messy. In modern day Australia, few of us would encourage unhappy spouses to remain tied together against their wishes. However, that’s the situation facing Northern Beaches Council. From the very beginning one council, Pittwater, wanted to remain on its own, with a survey by it showing 89 per cent of its residents opposed the marriage proposed by the NSW government. And yet, on 12 May 2016, Manly, Warringah and Pittwater Councils were forced into a merger.

With the fifth anniversary of the amalgamation and increasing evidence of its failure – along with others around the state – Pittwater residents are renewing a push for divorce. Many in Pittwater found the amal-

gamation galling, particularly given their council was financially strong and had a solid environmental focus. They were also dismayed by the loss of democracy with their ward contributing only three councillors out of 15, so that they could be outvoted on any issue concerning their area. Opposition began in 2017 with the group, Protect Pittwater, established to secure a demerger either through legal action or by creating a Proposal under the Local Government Act. While legal advice indicated court action would be unlikely to succeed, a first Proposal was submitted to the state government in 2018 but knocked back (after the Cabinet sat on it for nearly two years) on the grounds that it did not have enough signatures.

In the meantime, increasing numbers of Pittwater residents are dismayed by the council’s failure to follow their wishes on a large number of issues: its disregard for the area’s unique environ-

ment; lack of support for retaining emergency and other acute services at Mona Vale Hospital; deterioration of local roads and footpaths while concreting former green space. Even the demerger sweetener of a single parking permit across the beaches has turned into a fiasco, with shortages of spaces leading to new restrictions in Manly and Palm Beach. Along with upcoming business rate rises, these have strengthened locals’ resolve to secure a demerger.

At the same time, revelations have appeared of widespread crises in amalgamated council coffers. Even before Covid ravaged council finances, an analysis by Save Our Councils Coalition President Brian Halstead found that “forced council amalgamations are a financial failure”. Mr Halstead, an accountant, wrote in the SOCC report A Sea of Red Ink that: “For Northern Beaches Council, the forced merger proposal posited a surplus of \$16.1m for 2018–2019 but its operational plan for the year shows \$8.7m – a shortfall of \$7.4m.” It’s against this background that Protect Pittwater has launched a new petition and is inviting residents from across the Northern Beaches to sign up. The NSW government says we need 10% of electors from across all wards to do so – meaning close to 18,500 signatures. It’s a daunting number but the question for residents is: do we want to stay in such a dysfunctional marriage?

To sign the petition, head to the Facebook Group, **SPLITTATER**



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Hey fellow Northern Beaches family,

Last issue I wrote a letter discussing the perks of servicing your A/C unit during the off season to save getting caught out in the heat/cold. It received a great response, so the Tawny asked me to share some more of my expertise.

One of the things I'm passionate about is helping residents ensure their switchboards work effectively. This is your best measure to prevent fire, electrocution and any other electrical faults from ever occurring. I've put together this summary of things you can check on your own switchboard and best decide if you need to call an electrician for professional assistance.

### 1. Fire and electrocution

**Ceramic Fuses** are the oldest form of protection and should be in a museum, not protecting your home! If you still have these, upgrade immediately! Perhaps you have **Circuit breaker (MCB's)**. These are designed to trip off in an overload or short circuit to protect against fire but do not protect effectively against fatal electrocution. **Old Safety Switches (RCD's)** are added to ceramic fuses or MCB's to protect against electric shock. One RCD usually protects multiple circuits so one small fault in one circuit can result in loss of power to most of your house. **Modern Safety Switches (RCBO's)** are electrocution protection devices which offer the best protection with fire and electrocution protection in one device. On top of that you have one per circuit, meaning a fault in one circuit won't affect others.

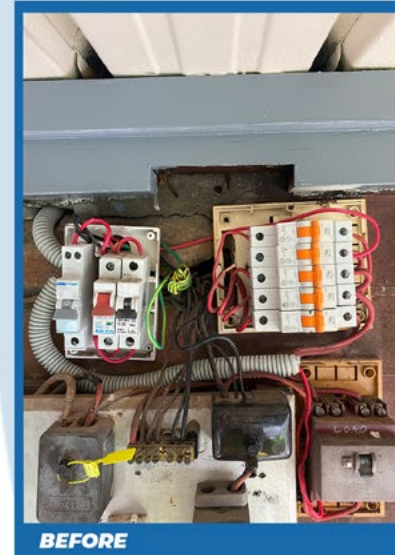
**\*You can perform a quick test yourself:** Go to your switchboard and push the test buttons on all of the protective devices on the board. The breakers should pop off within 0.3 of a second. Then, go back inside and check if anything still has electricity going to it. If it does, you know that this particular circuit is unprotected.

### 2. Is your home electrical system protected in a storm?

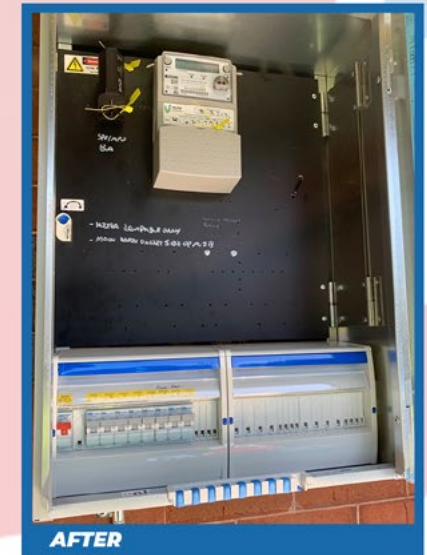
**Surge Protection:** Are you using individual surge protector units on your expensive appliances? Most people don't realise you can actually install surge protection at your switchboard to protect your entire homes electrical system in the event of an external power surge. Surges can come from a range of things such as a lightning storm or issues with the powerlines. A surge protector fitted to your switchboard can look after everything in your home's electrical system; lights, A/C, smoke alarms and everything else you have plugged in.

I hope you found this valuable, and if you'd like us to complete an electrical safety inspection at your place, quote **"TAWNY"** when you call (02) 9159 8050, and locals receive the service for \$40.

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## Local Artist... Sandra Garritano-Provencher

Interview by Liam Carroll

This month's cover art was created by Freshwater's Sandra Garritano-Provencher. Originally from the USA, Sandra was born in Ohio with an Australian soul, and it was only a matter of time until she found her home down under.

**How long have you lived on the Northern Beaches?** I've been lucky enough to live in Freshwater most of my adult life. But where to live may not be the best question: How to live where one is, that is not merely a question of space, but also one of time: an artist lives in the best place, the moment, the now.

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

Cruise Espresso (@cruiseespresso) does the best Chai in town. Freshie Mex (@freshiemex) serves up the best Fajitas outside of Puerto Vallarta. And both places are great to

hang out before a walk on the beach at Freshwater.

**What's the best thing about the Northern Beaches?** The quality of the light. Just take a walk any time of day, any day of the year from the Diggers to Curly and magic happens. From an artistic perspective too, that quality of light is a continuous source of inspiration.

**How would you describe your art?** Abstract

**What first drew you to the arts?** As a young girl I saw someone drawing a cartoon figure, and I was transfixed by the power of a line. I was amazed and knew that moment I wanted to be an artist. That was in the mid west of the United States where I earned a degree in Fine and Applied Arts. Soon after I migrated to Australia. I taught art and design in North of Sydney for nearly 40years.

**You look eternally youthful, perhaps art is the fountain of youth?** Of course!

**What inspires your artwork in general?** My work draws on a personal collection of experiments with materials and combining layers of texture, colour and mark making. My works do not always have a narrative or document stories, instead, they are often just a moment of the abstract features of overlapping shape, mark making, strength of line, light and colour.

**Tell me about your Tawny cover?** It's a culmination of colour and light, memory and presence.

**Do you have any advice for young, aspiring artists?** I question the adjective 'aspiring'. What is one aspiring for or toward? It seems the usage of the word today implies one aspires to be known, for fame. I think not, this should not be foremost or at all in mind. A true artist aspires to fulfil the demands and needs of the work itself.

**Do you a favourite quote you can impart to Tawny readers, especially artists, as they go about their creative and other endeavours?** "When creating, be kind to the doubt, hear it out, thank it for its concern, reassure it that you are an artist and risk is essential." Nayyirah Waheed

**Any final words of wisdom for our readers?** Be present in the moment, curious, willing to take risks. And be brave; expect and accept that failure is part of the experience.

You can view Sandra's art any Sunday at her home studio or by appointment, phone **0402 149 899** and follow her on Instagram @sandra\_garritano

STOWAWAY

# PIZZAAY MONDAYS





A weedy, thirsty, energy intensive lawn replaced by a native groundcover

## Keep Off the Grass

Mal's Wild Side By Malcolm Fisher

Lawns. Why would any sane Northern Beaches resident ever want one? The problem with lawns is that they attract public enemy numbers one and two; the lawn mower and the “whipper-snipper”.

Now we all know that these pieces of objectionable machinery register high on everyone’s “Richter-scale” of irritability but why is it that the trigger for their drill-like bleats always seems to be me settling down on a Saturday arvo for a “quiet” uninterrupted read? There I am, embracing the silent sanctity of suburbia, when their acerbic drones are projected into the recesses of my brain like an electric eel. They encamp there until I’m blaspheming in the manner of a Tourette’s sufferer on steroids.

What compounds my irritation is that this unctuous

sound is an aural illustration of the ignorance, waste and futility that spawned it. It epitomises humanity’s descent into blind stupidity. Ninety nine times out of a hundred the “Whipper Snipper” is used to trim exotic grasses such as a Buffalo, Couch and Kikuyu, which shouldn’t even be present in this fragile continent. Across Australia we’ve planted hundreds of thousands of lawns made out of foreign weed species that devour water and nutrients like they’ve gone out of fashion. That is idiocy.

If my neighbours replaced their weedy lawns with native ground cover such as “Dichondra” they would never have to whip, snip or mow again...ever! And the benefits don’t end with me being able to catch up on my “Tawny Frogmouth” magazine. For a start their lawn will go from

being a weed seed-bank to a beautiful indigenous “biosphere”. They would also save mega bucks by not needlessly investing in machinery, fuel, lawn-food and irrigation systems. Petrol powered gardening equipment also accounts for around 5% of our air pollution. That’s a huge potential dent in greenhouse emissions just waiting to happen. They would also economise massively on time - precious moments they could spend reading leading edge journalism or maybe just drinking, gambling and committing adultery. In addition, they would be able to stay out of the sun and limit their exposure to damaging UV rays. Lives could be saved!

When you add up the social, environmental, physical and financial equation centred on grass growth and grooming, it’s quite clear. We have been hoodwinked by the lawn and mowing sector at a level that would make Tobacco Industry lobbyists, turf-coloured with envy.

Postscript: I used to spend several futile hours a month mowing. In an enlightened moment I dug up the lawn and replaced it with the lawn substitute called “Dichondra Repens” more commonly known as “Kidney weed” (NB it is not a weed). This native groundcover is available in tubestock pots from most nurseries and garden centres on the Northern Beaches; it thrives best in semi shaded area. Plant one clump, every square 100cm, in your newly-cleared patch. Water in well and weed regularly until established. You will soon have a gorgeous green carpet and never need to mow again!!

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Will Robinson with clients, celebrating a successful Queenscliff auction

## Going, Going, GONE! Get Auction Savvy

by Hugh G. Lee Inndette

The Northern Beaches property scene has never been hotter, and while the prices of bricks and mortar continue to amaze with their skyward trajectory, the reality of buying and selling homes will most often be grounded in the age-old antics of the auction theatre. This is an event that will very likely be the most emotional, stressful, and financially significant of your life. I sat down with **Will Robinson**, a real estate agent with 17 years experience, to find out everything possible to best equip Tawny Frogmouth readers with priceless intel to assist in navigating the auction process.

**How can a buyer best prepare for the high stress and emotional rollercoaster of an auction?** To ensure you're in a strong position, it's best to have a specific dollar figure in mind that you're happy to bid for the property, as well as know the level

you're comfortable to walk away should that amount be exceeded. Being successful at auction comes down to being the highest bidder and, more often than not, the winning bid won't be a round number, but will come down to the nearest thousand dollars.

**What helps a buyer determine that specific figure?** I actually advise having three numbers in mind. The first is your wishful or hopeful figure, the level where you'd be over the moon to buy the property. The second is the more realistic level, the amount you believe is the likely selling point. And this is where it's absolutely crucial to determine an exact number.

The customary 10, 20 or 50 thousand dollar brackets we like to categorise amounts into, forget that and get specific, down to the nearest thousand dollars. This can make all the difference between buying the proper-

ty or ending up the nearest underbidder. Take a property that sells for \$1,307,000 for example. If you'd decided \$1.3million was your number, that final \$7k suddenly has huge value. The third figure is your WALK AWAY level. If this amount is reached, while you're sure to be disappointed, you can walk away from the auction, get back in your car content that this property simply wasn't for you.

**There can be a lot of gamesmanship during an auction. How can buyers hold their nerve and not be intimidated by more confident bidders?**

When the pressure's on, the auction's in full swing, it's easy to be overcome with emotion and stress, but this is where knowing precisely the bidding level you're comfortable with proves invaluable. Something that occurs regularly is for keen buyers who lack conviction, having not necessarily prepared a definitive final bid beforehand, they'll stop bidding quite early on when they assume the auction participant who is making quick, confident bids has deep pockets and will carry on bidding over the top of everyone. Fast forward to the end of the auction where that confident bidder has now secured the property, and you're likely to find their winning bid was indeed their final bid. They'd reached their number, but done so with conviction and composure, giving off an aura from the outset that they were never going to miss out. **Real estate agents are well known for having very loud voices. Do you require specific training to learn how to whisper softly into potential buyer's ears during auctions?** (Whispers softly into Hugh's ear) Call me.

# Will Robinson

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STONE

# Crimewatch: On the Beat

Inspector Con Vikshun

## Home Savings Swiped by Cyber Scammer

Having spent the past four years saving diligently to buy a home, a Beaches man watched on horrified as he hopped online to pay his rent, only to see his online banking's savings account being wiped clean literally before his very eyes. This was not a brazen case of stolen credit cards being splashed all over Warringah Mall by some rambunctious teenie bopper in dire need of new sneakers and some bespoke bling for his soon-to-be-pregnant girlfriend, this was sophisticated online fraud of the Sean Connery Entrapment variety. Vast sums of the helpless man's digital-based dollars were swiftly being moved from his savings account across to some offshore location. All this without the man ever receiving the usual text message verification alerts or all manner of security measures that are usually required, which the cyber crims had somehow circumvented. The matter is now under intense investigation but please, be vigilant with your online banking, your passwords, wifi connections, everything we take for granted when dealing with cash that somehow loses our human desire to grasp tightly as soon as it becomes just a number on a screen.

## "Delivery" Drivers Casing Joints

There's nothing more convenient and enjoyable than getting comfy on the couch for a marathon binge of "Stingers", watching Avalon's Peter "Churchie" Phelps inspiring my own approach to law and order, while ordering in some tasty goodness via the various home-delivery options, but the relative anonymity of the delivery drivers and the propensity with which otherwise security conscious residents blindly allow these people easy access into their homes has created the perfect environment for would-be criminals to hold empty paper bags, dress up with a scooter helmet, and roam wild and free inside apartment blocks, pretending to search out hungry dwellers while feverishly sussing break and enter opportunities. There's no particularly easy way to spot such reprobates, but asking them what's cooking, and leaning in for a time-tested meal sniff will alert you to whether their paper bag



Don't be a clown, beware of cyber-criminals!

is laden with a delicious serving of buttered chicken or holds nothing more than empty promises and cruel intentions.

## Lock Up or Pay Up

It's a little known fact but to ward off car robbers there's a law in place that means you MUST lock your vehicle's doors, close the windows and ensure it's as close to impregnable as possible whenever you leave it unattended or you could get a fine of \$116, translating to four instalments of \$29 for those of you obsessed with Afterpay. It's also recommended you remove all valuables, wallets, purses, laptops, and easily visible copies of the priceless Tawny Frogmouth magazine that would otherwise lure thieves with prying eyes.

## The Crime Portal

NSW Police has updated their online portal to facilitate the community's instant reporting of crime issues. Fully hosted and operated by the NSW Police Force, the Community Portal can be used for reports including: lost property; malicious damage (including graffiti); stealing incidents; break, enter and steal; fraud; failure to pay; minor traffic crash reports; stolen vehicles. Through the portal, you can also: add to/update details for existing Events involving lost property, stealing, break and enter or stolen vehicles; upload documents, imagery and short videos, allowing up to 15 files (50mb per file) with a total attachment limited of 150mb. The portal can be accessed at [www.portal.police.nsw.gov.au/s/login](http://www.portal.police.nsw.gov.au/s/login) or scan here.



# June 2021 Tide Chart

Info Bureau of Meteorology Tidal Centre Photo Alinka Hutchinson, @alinkah

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	0037 1.78	0138 1.66	0239 1.56	0339 1.49	0433 1.45	0522 1.42
	0740 0.49	0835 0.54	0925 0.57	1009 0.59	1049 0.59	1127 0.59
	1345 1.33	1447 1.35	1544 1.40	1633 1.47	1718 1.54	1758 1.61
	1911 0.79	2019 0.82	2129 0.81	2234 0.78	2331 0.73	
7	8	9	10	11	12	13
0021 0.67	0104 0.61	0144 0.56	0221 0.52	0259 0.50	0338 0.49	0417 0.50
0607 1.40	0649 1.39	0730 1.38	0812 1.36	0852 1.35	0932 1.33	1015 1.32
1202 0.59	1237 0.59	1311 0.60	1345 0.62	1422 0.64	1500 0.66	1540 0.68
1835 1.68	1910 1.74	1945 1.79	2019 1.82	2056 1.83	2133 1.83	2213 1.81
14	15	16	17	18	19	20
0500 0.51	0545 0.53	0633 0.53	0724 0.52	0815 0.50	0905 0.48	0956 0.46
1059 1.30	1146 1.29	1238 1.30	1335 1.34	1433 1.41	1530 1.52	1626 1.64
1622 0.71	1710 0.73	1804 0.76	1906 0.77	2015 0.75	2128 0.70	2240 0.61
2254 1.78	2339 1.73					
21	22	23	24	25	26	27
0438 1.54	0540 1.52	0647 0.39	0740 0.30	0837 0.24	0932 0.23	1027 0.27
1046 0.44	1136 0.44	1228 0.44	1319 0.45	1411 0.48	1503 0.51	1557 0.56
1719 1.78	1812 1.90	1903 2.01	1956 2.07	2047 2.09	2139 2.0	2229 1.99
2346 0.50						
28	29	30				
0519 0.32	0610 0.40	0707 1.74				
1120 1.39	1213 1.37	1305 1.36				
1649 0.61	1744 0.67	1839 0.73				
2318 1.87						

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



# Zen and the Art of... Complementary Medicine

Careers by Liam Carroll

Craig Fallshaw is the heart and soul of **CMG (Complementary Medicines Group)**. Raised in the 1970s Balgowlah hotbed of vitamin manufacture, Craig's lineage holds a penchant for pharmaceutical pill production, with his family's Tabco business rubbing shoulders and comparing granules with one of Australia's leading brands back when Roseberry Street was a multivitamin mecca, not a hub of DIY home renovations and horrific driving.

"Growing up, I was always in the factory, helping Dad and Pop. It was sort of expected I'd join the family business, but in year 9 I got my first job as a kitchenhand. I realised two things; the only way to get a break was if you needed a ciggie, so I started smoking (took years to kick it!) but also that chefs were surrounded by gorgeous women and always going to the best parties. Obviously, I chose to be a chef."

He landed a job on Lady Elliot Island on the Great Barrier Reef. "After a few years I was exhausted. I thought, I know, I'll go to Bundaberg, get on the dole, have a rest. Standing in the Bundy CES queue though, seeing the people there, I was terrified! I thought, I'll get a job, this is too scary!"

That next job changed his life, driving north to Cairns, arriving to Currey's Catering Equipment with the pitch, "You sell cooking stuff. I know everything about cooking. I reckon I can help you sell this stuff!" He was hired, becoming their best sales rep with happy customers in every imaginable FNQ outpost. He'd stumbled upon a sales passion and skill. "Service the client. Don't lie. Keep your promises. It's pretty simple and extremely satisfying when done well."

A move back to Sydney saw a lifelong destiny fulfilled. In the early 2000s Craig joined the family business. But the demise of Pan Pharmaceuticals, then the biggest player by far in the space, and Tabco's decision to acquire it, led to expansion plans requiring corporate muscle to fortify the family business, but the culture was changed instantly too. "I understand my clients, do everything to ensure they're happy, but I'm not great at keeping track of that in a way appealing to slick corporate types who love Portfolio



Craig, back right, and members of the CMG team

analysis and Pivot Tables."

It may have been Craig's destiny to join the family business, but it was the corporate sway taken on to acquire Pan that was fated to give him the sack. Fired, he asked a mate to grab coffee. "I've got a great idea for a business, but I don't have any money." His mate replied, "I'm really bored, and I've got lots of money. How much do you need?"

In 2010, armed with \$25k, a second-hand VW Golf and a third-hand laptop, Craig set up CMG in the warehouse of his mate's business at Brookvale. He got straight to work with the premise, "The major vitamin manufacturers do a great job of servicing 70% of the market. I'll focus all my energy on the forgotten 30%." 11 years later, he has 64 staff and sufficient revenue to have corporate sharks circling, similar in breed to those who fired him not so long ago.

We'll have to wait and see what happens next, knowing if Craig's involved then events will always be defined by a cheeky grin, a hearty laugh, and total dedication to doing the best job possible for the customer.

CMG helps small businesses bring vitamin products to market, looking after the whole process from ideation after the TGA listing, stability testing and full product manufacture. If you're an entrepreneur or natural health care practitioner looking to bring a product to market, find out more at [www.cmgrouponline.com.au](http://www.cmgrouponline.com.au)

# Your Most Valuable Asset: I.P.

Innovation: Silicon Brooky by Liam Carroll

You might be surprised to learn the Godfather of Belrose's Bare Creek Bike Park, Matt Ward, is actually an intellectual property lawyer at the helm of Forward IP, his Queenscliff-based technology law firm. The Tawny sat down with Matt to find out what our Beaches brainiacs can do to best protect, and ultimately profit from, their bright ideas.

**What got you interested in IP Law?** I was a science nerd at school and went on to study science/law at university.

Nearing the end of my studies though, I realised I had to get a job. Getting into a top tier Sydney law firm was then, still is, extremely tough, whereas securing a role in IP law, my science/law double made me a really strong candidate for those firms. They were interested in me, so I looked into them, only to discover it was a career that involved working with technology, with innovative entrepreneurs, perfect for everything I was most drawn to. I knew it was the ideal career path for me.

**In the day to day world of IP law, what sort of stuff do you do?** My role is to fully understand my client's businesses, specifically what they're doing with their technology, how they're making money from it, and figure out from an IP perspective what they can do and what they need to do to ensure the best possible commercialisation of their technology assets.

**You've spent over 15 years working with all sorts of entrepreneurial companies. What pitfalls have you seen that prevent amazing ideas**

**from being fully realised?**

The most common red flag is inherent in the nature of innovative entrepreneurship. To be successful in this space, an individual will most likely be a superstar in one of three disciplines; engineering, marketing, or business development. Those are three huge areas of expertise. And the red flag I see most often is when someone with vast capacity in their own area of expertise fails to recognise how monumentally challenging the other two streams are. ALL these pieces are really, really important. A good example: a genius engineer invents something revolutionary and assumes their innovation will immediately command 10% of the market share, and their business therefore has an instant market valuation in line with that, not grasping the mammoth marketing task necessary to realise that 10% market share, regardless how revolutionary the innovation is. In the same way, some people see market opportunities, are so good at selling, and could sell a million units of almost anything, but they can't comprehend how intrinsically difficult the engineering can be to get that final finished product. My task now, having seen those pitfalls in the past, is helping clients best grasp all components, and work cohesively to ensure every chance



Matt Ward, Forward IP

of commercial success. **If someone on the Beaches right now has a really interesting idea, and their friends have told them to patent it, what's the smartest thing they can do straightaway?**

The first thing is, shut up! Get really good advice before you go public in any way, shape or form! Don't put anything on your website, on your social media, nowhere public at all. There is a time and a place for secrets and they're in that time and place. Keep everything top secret until you have a proper business strategy in place that goes with the idea. Don't go to a pitch event and pitch your idea to anyone and everyone if you don't have protection in place. Then, on top of that, figure out with consideration, "From where I am today, to where I'm actually making money out of this thing, what does the journey look like, and am I truly up for that?" Understand the reality of taking a brilliant idea and turning it into an actual business.

Matt's Forward IP technology law firm specialises in delivering innovative intellectual property strategies to individuals and growing technology companies. Visit [www.forward-ip.com](http://www.forward-ip.com) to learn more. Email [info@forward-ip.com](mailto:info@forward-ip.com) or call +61 408 228 833



## I am Mother, Hear me Roar

Izzy's Mumma Files **By** Izzy Buda

When silence drops over the household, every mother knows something is going down. You quickly scan every room to see where the illegal activity might be taking place. You enter the bathroom to see the new Barbie doll is now bald, with her once long shiny plastic locks adorning the tiled floor. A new barbie only remains clothed for a matter of minutes in this house. She will spend the rest of her days with her hard plastic body exposed to the elements with her clothes banished to the bottom of the toy box never to be seen again.

In the school holidays, my dad bought my daughter a packet of wash-out fabric pens because he knew Zico would soon be at the couch or carpet with his designs. I

love to promote creativity, but how exasperating is it when you have to repeat yourself 'put the lids on'. I spend hours of my life recapping my kids' markers. I gave up on matching the correct coloured lid with correct coloured marker a long time ago. Of course, I love to watch them drawing together. But if I dare leave the room for even a millisecond, odds are I'll return to my son violently stabbing the paper with the beautiful new markers crushing the felt tip into smithereens.

Hanging out the washing is also fun with kids in tow. My daughter somewhat helps now but my son follows behind me ripping all items from the line. He enjoys this immensely. I have to work at lightning speed to get all

items hung out before he rips them peg and all to the grass. Occasionally I throw a ball to him so he can go fetch while I scramble to get the clothes hung out before he returns. Good boy.

Just to get the kids to eat their breakfast and dressed for school is a momentous challenge. I request for shoes to be put on over and over again until I yell "Put your shoes on!" To which my daughter snaps back "I'm doing it! God, you don't need to yell!" Such attitude. Did she get that from me? Unfortunately, I've found yelling is the only thing that gets them to bloody do it.

I was at the beach recently, basking in the sun, watching the waves lapping the shore, only to be further comforted by the sound of irritation in another mother's voice, "Stop bloody grabbing your sister's Kayak! She's asked you not to do it and I've asked you 50 times!" Ah, the serenity. Here I am relaxing to the sound of another mother losing her s\*\*t. I hear you sister.

Why don't kids listen? The girl paddled away momentarily only to return within minutes to grab her sister's kayak again. I couldn't help but laugh. These girls were around 10 and still pushing limits. Their mum had threatened no chicken nuggets for lunch, but that threat wasn't going to stop them.

When your child doesn't listen it's easy to question yourself as a parent. What have I done wrong to have you defy my every order? But I think it is in our nature to test limits, especially with those closest to us. They learn from the reactions they get from each situation.

## How To: Know if They're "The One"

The Love Scout **by** Scout Smith-O'Leary, match maker & relationship educator



Is he or isn't he? Scout checks her love manual

From Disney to Hollywood, we've been force fed the romantic narrative of one true love. With just a dash of mathematical skepticism (I mean what are the statistical odds of finding "the one"?) and a quick trip down memory lane, I suspect you will quickly conclude that at different periods of our lives there have been different "ones". We say I do, and then one day we don't. Divorce stats are certainly indicative that many of us end up changing our minds. This is totally normal. We are ever growing and evolving humans, and to swear our continuity of thought, behaviour, affection and emotion is almost impossible. In saying that, should we forego love? Of course not! Where's the fun in that? In knowing that change is the only constant, perhaps the more appropriate question is...how do I know if it's a good one? Stop looking for a figment of Hollywood's imagination. How about dating a real person? Here are my top tips for discerning whether someone is going to be a great life partner.

**Core Values:** What are the 5 most important values to them? You definitely want to look for some of these: trust, respect, honesty, loyalty, integrity and communication. If they aren't up there, keep swiping. Without these, you can guarantee drama and dilemmas. Also, don't take someone's word for it. Often people are keen to project a heightened self image to impress a potential mate. Be sure to ask how that person actually lives their values.

**References:** What do other people think of them? This one is a bit tricky because often people have some personal bias, but it is important someone is vetted and trusted by others close to them. Ask friends, community members and ex partners. (I always thought Tinder would be so much better if profiles required references. It would save us all a massive headache!)

**Self-awareness:** Ask them about the worst parts of their personality. Ask them about their relationship to their parents. How do they behave when they get angry? What stress management mechanisms do they use? There must be some level of knowing oneself, otherwise you will end up like those bitter married couples who bicker and fight constantly over the same issues. A willingness to work towards a better self and relationship cannot be understated.

**Down to earth:** Not a requirement but such a breath of fresh air. You will fart, burp, exhale and exchange all kinds of gases, smells and fluids with this person. Get over it. Have a laugh about it. We're all on a non-stop train to getting old. Having someone to laugh with makes the ride all the more enjoyable.

**Man in the mirror:** Write a list of all the desired characteristics you want in a partner. Become that list. Make sure you have a lot to offer and are not just looking to take. Be such a high caliber of human that anyone would be lucky to be with you.

Remember: people are not products. They cannot be individually customized and there is no amount of money you can pay Jeff Bezos to drop off your dream partner with free delivery (at least not yet!).

To learn more about Scout's upcoming dating workshops visit [www.schoolofconnectionsdney.com](http://www.schoolofconnectionsdney.com)



Students looking back at Stewart House from Curl Curl pool

## Stewart House Turns 90!

by Liam Carroll

In the late 1920s, many Australian families struggled from the Great Depression and could not access healthcare for their children. In response, public school teachers and medical practitioners of the NSW Teachers Federation realised the need for a dedicated location to provide services free of charge for kids in need. In 1931, Curl Curl's Stewart House was established. Its mission? To care for disadvantaged children from public schools across the state.

2021 marks the 90th birthday for Stewart House, one of the longest-running children's charities in Australia, and a unique residential institution that has evolved over nine decades to best accommodate the changing landscape of the children's circumstances. Every year up to 1,700 children aged 7 to 14 will come for a 12-day stay at

Stewart House, nominated to attend by their home school principal, who has identified underlying health and wellbeing concerns. For circumstances beyond their control, these children face challenging situations that put them at a disadvantage from their peers.

Through participation in the Stewart House Program, children develop self-care, conflict resolution and social skills; learn to relax and overcome anxiety; take part in off-site excursions around Sydney, including Taronga Park Zoo, Australian Museum, a Manly Ferry ride, and trips to local beaches and parks so that children can put social skills taught in the classroom into practice; establish friendships and routines in a safe community; increase their self-esteem through a specialised curriculum which also encourages a healthy and active life-

style; feel more emotionally supported through on-site psychological and counselling support.

During their stay, Stewart House provides children with: Screening, treatments and referrals for their eyes, ears and teeth, with many requiring tooth extraction and prescription glasses; Medication and basic needs such as toothbrushes, toothpaste, new shoes and appropriate clothing; Home-style accommodation, well-balanced meals, laundry services, transport and excursions.

The Stewart House Program is delivered to the children free of charge, at no cost to their families, with the annual funding required to operate this unique residential program amounting \$5million. Most remarkably, for a program that has serviced the needs of over 150,000 children, only 7% of income derives from government funding. Traditionally, teachers and staff from the NSW public education system have donated through fortnightly salary contributions, amounting to \$1.6million (!!!) of the \$5million total. While public school children themselves, through school-based fundraising, contribute around \$500,000. The balance of funds comes from personal and corporate donations and applications for private grants and subsidies.

A donation to Stewart House will help support the valuable work being done, and ensure Stewart House's longevity into the next 90 years.

## Get P-Plate Ready

Local Business by Liam Carroll

Running a local, family run, tyre and automobile business for 20 years and having teenage children, Angus and Melanie from **North Manly Tyres & Auto** are very aware of what condition your car needs to be in for your precious offspring to be able to take their driving test...and pass with flying colours so they can vroom vroom out the door door, safe as houses and happy as empty-nester parents with the home to themselves for the first time in decades.

Their oldest daughter passed a couple of years ago, their middle daughter passed in January and their youngest daughter is just learning to drive. Angus is very passionate that his kids learn to drive and take their test in a Manual car, so the family Corolla has been pretty much all over the Northern Beaches clocking up the hours and gaining a few dents along the way, exploring every letterbox of the Tawny Frogmouth drop zone and beyond.

Before the girls have taken their tests, the car has always been given a thorough once over, checking all the lights are working, the wipers are cleaning the screen, tyres are in a safe condition, there are no cracks on the windscreen or mirrors, and that the car is 100% in a road worthy condition. Your nervous, eager-to-hit-the-open-road and pass-the-test kids face an instant failure and immediate termination of the test if any of these issues are spotted by the assessor, deeming the vehicle non-roadworthy. It helps if the car is registered too of course. So, don't risk the car's condition being at fault for any member of your burgeoning progeny's housebound status, giving them ample wriggle room to point the blaming finger your direction.

If you have any concerns, Angus, Melanie and the **North Manly Tyre & Auto** team at 386 Pittwater Rd are happy to put their eye over your car before the big day so that you have one less thing to worry about. Let your teenager focus on the test at hand, a nerve-racking experience on its own, where their sole focus should be, if the world's greatest R&B singer's lyrics are anything to go by, the chance to shine bright like a diamond as they shut up and drive.

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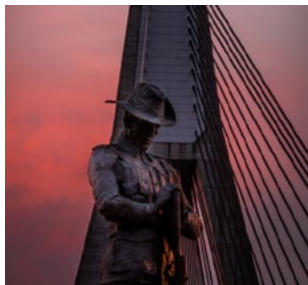
Visit [www.customtvframes.com](http://www.customtvframes.com)

To contribute to Stewart House: visit [www.stewarhouse.org.au/donate](http://www.stewarhouse.org.au/donate) or scan the QR code. Alternatively you can contact their office on **02 9938 3100** or email [marketing@stewarhouse.org.au](mailto:marketing@stewarhouse.org.au)



## Shining Light on the Darker Side

By Johnny Baylis @billysclinks



Landscape Photographer & Army Vet **Matt Cameron** (IG @006.pix) is used to reflecting, especially on ANZAC Day, Memories of combat tours in far off lands, lost mates and the scars left behind all take their toll. But Matt's more than An Officer and a Gentleman. He's focused on helping

others fight their demons and move forward into the light.

Any other day Matt's reflections revolve around puddles of water big and small. He brings an ability to adapt, improvise and overcome to the photography scene that sets him apart from others on the headland. Like all army veterans you won't hear Matt complain about much, especially about the weight of his gear. "Those Togs with their fancy orange F stop backpacks need to learn how to get on with things," laughs Matt. "Besides, their whinging tends to scare the wildlife away."

In fact Matt's philosophy is as simply beautiful as his new Hub, Continent 6. Matt

doesn't care if you don't have the latest gear. It's how you use it that counts. "If you want to be featured it's easy. You'll need to do a tripod run, photography assault course and then strip and assemble your DSLR, all within 2 minutes," demands Matt. "And God help you if you want to become our first diamond encrusted platinum member," he chuckles. "You'll have to pass Hell Week."

What really sets Matt apart are the 7 P's. "Prior Preparation & Planning Prevents Piss Poor Performance". The Shutter Priority relies heavily on Matt for his 'High Cloud' alerts & intel on what's happening at the Opera House this week.

"Take nothing but pictures, leave nothing but footprints and kill nothing but time." We salute you Matt!

## C'mon Writers, Spill the Beans

By Julie Howard (pictured)

Last year, we decided to start a coffee shop writing group where people could meet artists, dancers and musicians who would inspire us to write. Shihō Sparkle Hooper, a Japanese hula hoop dancer was our first guest. A local café offered to host us. Community Bank, Freshwater, Bendigo Bank provided funding. We were off to a great start! Then COVID hit.

We'll just go online I thought. It can't be that hard, can it? It turned out the best thing for people like shift workers, new parents, older people, those working from home. They could write and share when they had time.

Spill the Beans started

off with a video of Shihō and a writing challenge 'It wasn't the travel experience I expected'. Writers from the Northern Beaches, South Africa, Italy, UK and USA sent in their short stories. As each one came in, we published it. Writers could see their writing online and share it with friends. (You can read their stories on [spillthebeans.net.au](http://spillthebeans.net.au))

Next came zoom meetings. People read their stories, met other writers, joined Q & A sessions with award winning authors. It didn't matter if you hadn't written before or were an experienced writer, we all started to feel connected.

We are now on our 5th



challenge and The Tawny Frogmouth has set a fun challenge for everyone on the Northern Beaches:

Finish this phrase, "**I know I am on the Northern Beaches when...**"

Give it a go. It's easy and it's fun. Send your entries to [spillthebeans.net.au](http://spillthebeans.net.au) or the Facebook page **SPILL THE BEANS**

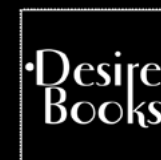
Julie Howard is president of Spill the Beans Inc. Her novel, *Nowt But Drippin'* is available from Harry Hartog, Berkelouw Books or online.



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Pete Grant, drummer extraordinaire

## Drum Roll... Pete's Beats!

Music with Digz by Digby Robinson, @digzmusic

Pete Grant loves noise, poise and good old rock 'n' roll. I sat down with him to learn more about life, music and the Northern Beaches Drum School.

**When did you start playing drums?** I unofficially started dabbling around the age of 8, when I asked my parents for a set of drums. Instead, they bought a piano and put me into classical piano lessons. Classic stitch up! On my 15th birthday my folks finally caved and bought me drums. Best day of my life!

**Did you or do you play any other instruments?** I played classical piano in my youth, reaching Grade 6 and I love to sing and have usually provided backing vocals for most bands I've played in over the years. **Have you studied music before? If so where?** I recently completed a Bachelor of Music Performance (Contemporary) at the Australian Institute of Music.

**What do you enjoy most about playing music?** I think just having the freedom to

express yourself through an instrument. There's also something about sharing music that promotes human connection. Most of my really close mates are current or past band mates. You become like a family.

**How do you maintain a living in the music business?** Private tuition is my main line of work, then there's professional gigs as secondary work. I'm also currently studying a Master in Teaching (Secondary) so that I can expand my opportunities in education. To mentor and help young adults in a positive way is close to my heart, and keeps me motivated to continue hitting the books!

**Tell me about the drum school?** We are located in Brookvale and were founded in 2008 by Phil Eades who is one of loveliest blokes you'll ever meet. We have 3 teaching rooms and teach a range of styles and techniques to students of all ages and abilities. We now have 7 teachers and over 100 students. The vibe

here has always been homely and welcoming. Learning should be a safe and nurturing environment, I feel.

**Why should kids take up drums?** Because it's the coolest! I think playing an instrument in general is beneficial to a child's development. The thrill of learning and playing one of your favourite bands songs is incomparable to anything else! There's nothing like the experience of playing with other musicians and the friendships you make through playing music.

**How early should they start?** I've taught kids as young as 3, though I would probably advise to start around 5 when the cognitive work load of having an instrument lesson is a little less demanding. That being said, I put drumsticks in the hands of my 10 month old daughter and have her hit things, so my official answer is 'as soon as they're able to hold sticks!'

**How has music helped in other areas of your life?** Playing in bands really helped in building confidence, developing social skills and establishing my identity. Usually playing drums is accompanied by other instrumentalists, so straight away there's that social element to it. As I've become older, and life's stresses take hold, playing music is that one thing I can do that grounds me again.

**What do you love most about being on the beaches?** Mate, so many things to love! Of course the beautiful beaches and this general geographical bounty at our finger tips, but there's also such a great community vibe. Can't walk down Manly the beach front without bumping into someone you know, usually you, Digz! Haha.

## Film & Food

by Christopher Roberts, @filmandfoodpodcast

Escape the winter blues with these ocean based documentaries: encounter an otherworldly octopus, witness the joy of surfing around the globe and be blown away by the natural beauty of the ocean!

### My Octopus Teacher (Oscar Winning Documentary) - Streaming on Netflix.

Experienced documentary film-maker Craig Foster reaches a mid-life crisis and decides to start diving in the wild kelp forest near his house on the Cape Peninsula in South Africa. Here he meets an extraordinary octopus and over the course of a year forms a powerful relationship that changes them both. The underwater scenes are incredibly captured and you'll be in awe of the strange but wonderful creature who reminds us of our connection with nature.

### Step Into Liquid - Available to rent on Google Play & Youtube

Rapturous joy! Dana Brown follows in his father Bruce Brown's (director of Endless Summer) footsteps by creating his own ode to the lifestyle of surfing. It is a delight to witness the many creative ways surfers find waves wherever they are located: big waves in the middle of the ocean, the muddy wind-fuelled waves of Lake Michigan and lengthy waves off enormous tankers in the Houston Ship Channel. This film champions surfing as the ultimate leisure activity - anyone can have a go and step into liquid!

### Blue Planet II - Streaming on Stan, also to buy/rent on Youtube

Narrated by the legendary David Attenborough, Blue Planet II utilises cutting edge technology to bring you stunning never-before-seen footage from our blue planet. Surfing dolphins, jumping eagle rays, fish-thumping orcas and bird eating fish - and that is all just in the first episode. This masterful series both delights and challenges, asking us to do our part in looking after the abundance of life found in our oceans.

This week's recipe is a healthy, easy and warming power bowl that will keep you fueled in the winter!



Recipe of the month: Brown Rice Power Bowl

### Brown Rice Power Bowl

#### Ingredients: (makes 2)

3/4 cup brown rice  
1 large zucchini  
5 asparagus spears  
1 broccolini bunch  
Pepitas and sunflower seeds  
1 tin butter beans  
1 avocado

#### Dressing:

1 tbsp apple cider vinegar  
1 tbsp miso  
1 tbsp soy sauce  
4 tbsp greek yoghurt  
2 tbsp lime juice

#### Maple Salmon Option:

Drizzle 1 tbsp maple syrup and 1tbsp of soy sauce onto a salmon fillet before cooking in a 180 degree heated oven for 15 minutes. Use a fork to gently tear into chunks to serve on top of your bowl.

#### Method:

1. Cook brown rice of choice according to packaging directions
2. Combine all dressing ingredients in a jar, shake until smooth dressing forms. Chop avocado into small chunks.
3. Chop green veggies into bite sized pieces. When the rice has 5 minutes to go, place all veggies in a steamer basket. Steam veggies over a pan of boiling water for 5 minutes.
4. To make the bowl, start off with a layer of brown rice, then the mixed veggies, then a sprinkling of pepitas and sunflower seeds, before finally adding a drizzle of dressing. Enjoy!



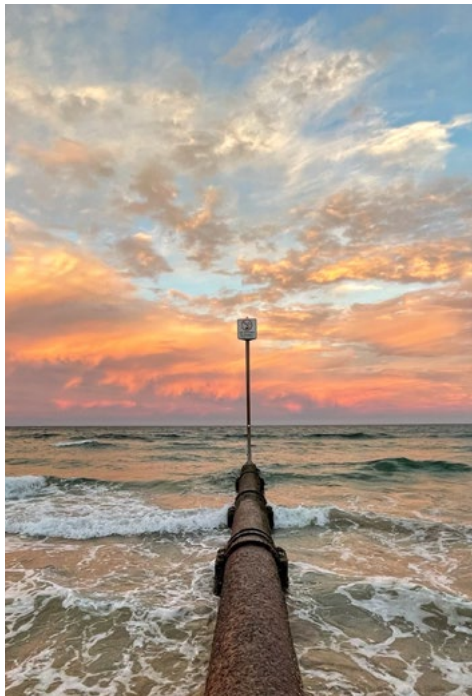
**Subject** Kookaburra surf patrol  
**Photographer** Ken Bertram



**Subject** Tom Carroll at the PEP11 protest  
**Photographer** John Ogden, @cosmic\_cyclops



**Subject** Daddy-daughter time  
**Photographer** Blair Vincent



**Subject** South Steyne pipe at sunset  
**Photographer** Martin Spratt, @manlyshark



**Subject** Happy 40th Razzle!  
**Location** The peloton



**Subject** Smith Street Funeral Services  
**Photographer** Professor Jamo

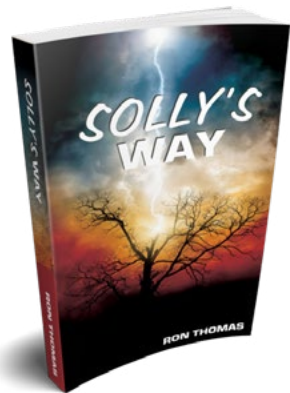


**Subject** Soaring over Manly  
**Photographer** Rob Edgren, @robedgren



**Subject** Italo Ferreira, WSL Aquatic Acrobat, flying at North Narrabeen (ROBBED too, he made it! 100%)  
**Photographer** Steve Trikoulis, @trikoulisphotography





## Solly's Way

Tawny's Bathtub Book Club

by Paige Turner

Reading **Solly's Way**, written by Fairlight resident, Ron Thomas made me feel I was cocooned in a time capsule taking me to Australia of the 1800s. In 480 pages of unhurried, perfectly paced storytelling Thomas has captured universal themes of love, ageing, memory, and friendship overlaid with particularly Australian themes such as extreme weather events, colonial violence, inter-racial relationships, and Indigenous history.

**Solly's Way** is the first book in The Solly Trilogy. The author describes it as, "A tale of three generations, from a boy's enlistment as a cabin boy on a Yankee packet ship, plying between Plymouth and New York in the early nineteenth century, through the drought, conflict and financial strife of the 1890's in Australia to the impact on ordinary folk of the great war and its aftermath."

Each novel is written as a stand-alone story and I can vouch for how well that

works.

**Solly's Way** has a cast of finely tuned characters and they lead you on your own reflection about choice, prejudice, and the power of kindness. While it's a book with fully realised characters, a plot with momentum and surprise, and language so engaging that you want to ignore all the things you should be doing and just keep reading, it is the depiction of place in **Solly's Way** that elevates it to a higher plane. The landscape has equal presence with the characters and the plot. I could smell the rain, hear the wind in the gums, taste the dust in my mouth and wonder at the enormity of the sky and the density of the stars.

As I read this vast novel, I was reminded of Winston Graham's 12-novel series, Poldark, another stunning yarn spanning 100 years. Both authors are historical novelists who have done deep, hard, painstaking research that anchors the authenticity of their story telling. The wonderful characters are drawn from imagination, but the history is fact. I had no idea about the shearers' strike in the 1890s and it being one of Australia's earliest and most important disputes. I also had no idea about it being one of the factors that led to the formation of the Australian Labor Party. Nor did I know about the Australian banking crisis of 1893. The impact of these events on ordinary people so honestly and heart wrenchingly portrayed is what makes this book such a riveting read.

The character at the heart of the book is Solomon Buckpitt, a jolly swagman if ever there was one. Imagine a

male fairy godmother dressed neatly, with a stoop and a white beard, who wanders the country pushing a wooden wheelbarrow named Bertha, instead of waving a wand. Solly and Bertha are like an old married couple. They're inseparable.

Solly literally appears on the horizon just when the Landeville family is inching towards their lowest ebb brought on by the drought, floods, shearers' strike, and bank foreclosures. You won't be surprised to learn that banks in the 1890s behaved just as despicably as they do in the 2020s.

Solly is a man of many talents – he teaches the Landeville children their lessons, he knows enough about the law to justify being called a bush lawyer, he's a successful opal miner, a gun shearer, a raconteur, and handy with an axe! The Landeville's are dubious at the start but soon Solly becomes a treasured and beloved part of their family. You can't help feeling that Solly has a knack for landing in people's lives just when they need him.

When I think of the parallels between Poldark and **Solly's Way** I can't help wondering two things: is Ron Thomas Australia's version of Winston Graham, and when will a film company take up making **Solly's Way** into a television series? It would be must-watch viewing for people of all ages and cultures.

To buy **Solly's Way**, or the entire Solly trilogy, visit [ronthomasauthor.com](http://ronthomasauthor.com)  
Follow [@ronthomasauthor](https://www.facebook.com/ronthomasauthor) on Facebook and Instagram

## Razzle's Trivia

- Which street in Manly did the TV Show "The Block" build apartments?
- Which came first – The Northern Beaches Hospital opened or The B Line started running?
- Which decade did The Harbord Diggers first open?
- In what year did the Northern Beaches Council form?
- Which Northern Beaches resident made up half of the Gold Medal winning Beach Volleyball team from the 2000 Olympics?
- Other than Moscow, which other European capital ends in W?
- Which Australian state is home to both Australia's oldest bridge & Australia's tallest bridge?
- Alaska & Hawaii were 49th & 50th States to join the union – Who was the 48th?
- How many Australian Prime Ministers have died whilst in office?
- Which fish shares a name with a place for a bird to rest?
- How many different topics are there in a game of Trivial Pursuit?
- Which Fruit is the NSW town Batlow famous for producing?
- What metal is the Eifel Tower mostly made from?
- How many people were in the car when JFK got assassinated?
- There is estimated to be almost 150,000 hectares of vineyards in Australia, which state has over 50% of them?
- The word "Ketchup" comes from which language – Chinese, Dutch, German
- True or False – Greg Norman lost a playoff in all 4 Golf Majors?
- Which Australian state has the longest total length of land borders?
- In what decade was the first legally electronic timed sub 10 second 100m run?
- What 90's TV show would you associate with the name Mitch Buchannan?

## Sudoku

Medium difficulty

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



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# Star Signs

by Krystal Bawl

## Gemini May 22 – Jun 21

The answers are blowing in the wind so get your scarf, go outside and listen up. It worked for Bob Dylan!

## Cancer Jun 22 – Jul 22

Roll with the punches, take it on the chin, turn the other cheek and then kick those meanies where it hurts.

## Leo Jul 23 – Aug 22

Okay you lions, is your romance struggling? When you take the L out of Lover, it's over. Need I say more?

## Virgo Aug 23 – Sep 23

To be the best you must be able to handle the worst. You must have handled some really bad stuff. Respect.

## Libra Sep 24 – Oct 23

Tired of the survival of the fittest personal trainer shtick? Load up on cheese toasties and cocoa. Winter is coming.

## Scorpio Oct 24 – Nov 22

Upcycling, recycling, downsizing, repurposing. Whatever the trend, you'll be ahead of it.

## Sagittarius Nov 23 – Dec 21

Fail to plan then plan to fail. Your life-long habit of neither planning or failing is winning! How do you do it?

## Capricorn Dec 22 – Jan 20

DYK you're totes adorbs in your ootd. In English, "Do you know you're totally adorable in your outfit of the day?"

## Aquarius Jan 21 – Feb 19

Stop hiding your light under a bushel. You need to come out in the open and let everyone bask in your brightness.

## Pisces Feb 20 – Mar 20

Read Richard Flanagan's book about the Tasmanian salmon industry little fishies and be grateful you're not a salmon.

## Aries Mar 21 – Apr 19

Your fixation on avoiding conflict and confrontation is taking its toll. Take up kick boxing before you explode.

## Taurus Apr 20 – May 21

If there's no I in team and no U in we then where does that leave your special relationship?

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Thanks to all those who gave, making this publication possible, and keeping our local news and stories in circulation.

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

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

**Trivia Answers**

19. 1960's (1968)	20. Baywatch
15. South Australia	16. Chinese
17. True	18. NSW
10. Perth	11. 6
12. Apples	13. Iron
14. 6	9. 3 (Joseph Lyons, John Curtin, Harold Holt)
6. Warsaw	7. Tasmania
8. Arizona	(Bth June 1930)
4. 2016	5. Kerrri Pottthorst
1. Whistler	2. B Line (Nov '17 vs Oct '18)
3. 1930's	

**Sudoku Solution**

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

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