

The Tawny

July 2021 Issue 07

# FROGMOUTH



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### The Lifeline Classic 2021 is on! Get on board and make a life-saving difference.

This September, we're holding the fifth annual Lifeline Classic surf comp, to raise much-needed funds for Lifeline Northern Beaches.

**Register a team**, and compete to raise the most funds for Lifeline in the lead-up to the comp. The 20 teams who raise the most funds will get to hit the waves in a super-fun tag team surf event – joined by some of the best local pros!

### Why Lifeline Northern Beaches needs you

Demand for our crisis support services is higher than ever. All our services are free or low-cost, so donations are vital to funding these core services.

### In the last year we have:

- Answered more than **74,000** crisis calls
- Answered more than **40,000** Lifeline Texts
- Increased counselling services by **150%**
- Held more than **2,500** face-to-face sessions



# G'day Beaches

by Liam Carroll



Welcome to the seventh edition of The Tawny Frogmouth! As always, thanks so much for being here, safe and sound in the nest, able to check out everything weird and wonderful that's been cracking this month at the spiritual home of Summer Bay and BMX Bandits.

Firstly, know this simple fact: Tawny readers are the world's greatest! Upon releasing Issue 6, almost immediately our article on Stewart House celebrating its 90th birthday compelled an anonymous reader to call and donate \$20,000 to the South Curl Curl institution that does so much for kids in need from all over NSW. Thank you, thank you, thank you!

Secondly, it's an honour to announce that together with this month's insanely talented cover artist, **Brent Turner**, and Brooky's newest supreme-thirst-quenching brewery, **Bucketty's**, we've created **The Tawny Frogmouth beer!** Worldwide unveiling Saturday 10 July. Everyone's invited! 2,000 litres ready to flow from Bucketty's vats, half

## The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd  
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[www.thetawnyfrogmouth.com.au](http://www.thetawnyfrogmouth.com.au)

**Editor** [liam@thetawnyfrogmouth.com.au](mailto:liam@thetawnyfrogmouth.com.au)

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through the taps, half tinned for timeless enjoyment. All money raised goes to **WIRES** who save and protect Aussie wildlife. So, pack a thirst and drink responsibly!

Finally, 7 issues in, having crossed the perilous half dozen barrier, I'm so grateful that you, the Northern Beaches, have taken my hatchling mag to heart, seeing it for what it is, the most effective way I could think of to do what I care about most, show off the amazing people, places, causes and businesses that make Manly to Palmy the greatest place on Earth. Best job I've ever had. **Cheers, Liam**

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Photo Credit: Lloyd Syke



**Zali Steggall** OAM MP  
FEDERAL MEMBER FOR WARRINGAH

## Grants available right now for Warringah

The Federal Government regularly offers grants across several areas to help community groups, businesses and individuals with specific projects or goals.

Some areas that grants are available include:

**Community, Education, Sport, Business, Disability, Environmental, Veterans, The Arts, Corporate/non-government.**

I encourage you have a look at my website to see if any of the grants could apply to you or an organisation you are part of. Please email me at [zali.steggall.mp@aph.gov.au](mailto:zali.steggall.mp@aph.gov.au) or call my office on (02) 9977 6411. To see the grants currently available please scan the QR code:



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# Peninsula Wash Up

by Liam Carroll

## Save Animals by Drinking Beer!

This month we're launching **The Tawny Grogmouth** beer, in collaboration with **Bucketty's Brewing Co.** and this month's cover artist **Brent Turner**. This is a community brewed beer, an Aussie Pale Ale that will have your mouth gaping like a Tawny scoffing a centipede. It's made with the good stuff inside and out. All profits go to **WIRES** to save and protect Aussie wildlife. The unveiling will be on **Saturday 10 July, 2pm** at Bucketty's, everyone's welcome! If you like beer, you're gonna love this Tawny Grogmouth.

## Manly Ferries Fighting Strong

At a recent Council meeting, The Sydney City Council threw its substantial weight behind the campaign to **Save the Manly Ferries** by calling for an upper house inquiry into the decision by the NSW Government to effectively decommission the historical, social and economically significant Freshwater Class Ferries from the Circular Quay to Manly F1 Route. This was supported by the Northern Beaches Council which is also calling for an inquiry. This follows serious questions being raised about the suitability of the Chinese-built replacement Emerald Class ferries, and reports of serious defects with those vessels.

## Glittering Aussie Gold!

Forced to stay indoors during COVID, many people have been uncovering long-forgotten, precious heirlooms. Someone perfectly placed to offer a great service amidst all this was **Brigitte van Tulder** of **Manly Jewellers** ([www.manlyjewellers.com](http://www.manlyjewellers.com)), a woman who's proudly used Australian gold to craft her exquisite custom jewellery for the past 20 years. Residents eager to have jewellery restored, as well as make custom designs, have put Brigitte's expertise in high demand.

"I love helping people design their forever piece of jewellery," says Brigitte. "It's such a beautiful process. Whether it's an engagement ring, an anniversary present or something they have always wanted to treat themselves with." To see what's possible for your custom jewellery design dreams, pop down to Manly Jewellers on Wentworth Street, and follow [@manlyjewellers](https://www.instagram.com/manlyjewellers) on Instagram.

## Matter of Time

Helping someone with your time, energy and skills doesn't only make the world better, it makes you better too. This is the driving force behind **SwapAnHour** ([www.swapanhour.com](http://www.swapanhour.com)), the free app - available on Apple and Android devices - allowing Northern Beaches residents to foster the spirit of community by using their time as currency. Help someone for a few hours, in return use those hours when you need help yourself.

## Balgowlah Community Garden 10 Year Anniversary

Started as an initiative between local residents, the former Manly Council, and the Cancer Council to promote healthy lifestyles, **Balgowlah Community Garden** has grown to become an independently run space, bringing people together from all walks of life to learn organic gardening principles, grow their own fruit and veggies, and care for the chooks, worms and native bees. **Saturday 31 July, 12-3pm**, the Garden welcomes everyone to celebrate its 10-year Anniversary! Enjoy food, drink, face painting and free plants! More info at [www.balgowlahcg.com](http://www.balgowlahcg.com) and Facebook [@BalgowlahGarden](https://www.facebook.com/BalgowlahGarden)

## The Northern Beaches Artist Collective

Congrats to Tikki Hes and Mikey Lane for a remarkable **Deep Waters** exhibition, held May 19-30 at North Curlly's Creative Space. Showcasing the **Northern Beaches Artist Collective's** array of talents from sculptors, aerial, landscape and underwater photographers to minimalist, abstract and mixed media artists, **Deep Waters** captured every inspirational element of our pristine beaches, dramatic headlands, stunning rock pools and incredible marine life. Be ready for future events at [www.nbartistcollective.com](http://www.nbartistcollective.com) Follow [@nbartist\\_collective](https://www.instagram.com/nbartist_collective) on Instagram.



Deep Waters exhibition opening night

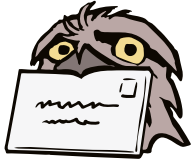
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**TAWNY GROGMOUTH**  
Pale Ale

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**A COMMUNITY BREWED BEER TO HELP AUSSIE WILDLIFE.**

**Bucketty's** **The Tawny FROGMOUTH** **brentos**





## Letters to The Tawny Frogmouth

### A Dangerous Precedent for a Commercial Property

Homeowners in North Balgowlah are fighting against a planning application for a large commercial childcare centre, right next to their homes. The investors and BBF planners have submitted DA2021/0680 to convert a family home into a 20 place childcare centre at 16 Bangaroo Street, North Balgowlah. A previous application was withdrawn after 74 objections were lodged opposing the development as well as a neighbourhood petition containing at least 150 signatures. Amazingly, the new application does not address any of the former concerns. Similar to the recently rejected childcare centre in Balgowlah Heights, this plan also creates issues such as safety, traffic, noise, privacy, impact on the local amenity and unsuitability of the site. The local community is rallying together to protect their neighbourhood from wider commercial development. Ill-considered applications such as this are becoming increasingly common since State zoning laws changed to allow commercial childcare centres in residential streets. The community website [16bangarostreet.com](http://16bangarostreet.com) provides more information and resources to help residents to express their concerns. Approval of this application would set a danger-

ous precedent for commercial use of any property in any street. We encourage any worried residents to submit a formal objection to council. **Lachlan and Antonia, North Balgowlah**

### Does Not Compute

Over brekkie this morning my kids and I took issue with the answer to one of your quiz questions. So, we're making a challenge! The question asked which country had the most computers. Your answer was the USA. We said China because on top of all of the computers used in China are the 40.3% of the world's supply of computers made there. Look forward to your captain's call on this burning issue.

### Competitive Pedant & Co

### Re: Cabbage Tree, Anchor Free!

This letter was no doubt penned by some budgie-smuggler-wearing, pink-hat peacock of the B&B. You do not own the bay. It is not a swim lane. If you want to swim in freezing seawater use one of the gazillion ocean pools on our lovely northern beaches. They are generally under used... especially at 6:30am. More laws and bureaucracy...what a great idea. Another white line for the footpath. Shall the Rangers get jet skis to police this or will this be part of the expanded domain of our Life-guards? "Sorry, missed your

kid drowning. I was too busy issuing an infringement notice for old salt Sam anchoring in the bay." Be careful what you wish for swimmers. The council's expanding CCTV network may need to turn its eyes into the bay to oversee the new laws. No doubt it will also address the breaches of law; social distancing, urinating in public (the ocean is a public space and the CCTV have thermal imaging). The list goes on. Less laws not more please.

### Grey N. Salty, Manly

### Dog Issues

Following up on recent dog comments, as a non-dog owner I'd like to share my point of view. Backing on to Collaroy Plateau Oval, one of the busiest exercise dog areas on the Beaches, I can vouch the vast majority of dog owners do the 'right thing' and it is very rare to find any droppings on the sports fields. Any negative issues, such as constant barking relate to those few owners who never exercise their dogs, confining them to backyards all day. Perhaps the German requirement of all dog owners being required to exercise their dogs twice a day might eliminate the issue.

### John, Collaroy Plateau

### Gone to the Dogs

I couldn't agree more with those frustrated with irresponsible dog owners and the "symphony" of barking as standard background noise in our communities. However, what about those "irresponsible" parents who allow their children to scream, laugh and play, OUTSIDE!?! Do they have any regard for those of us who don't care to listen to that?! Clearly NOT! Or the filthy



Through the difficult phase of a loved one's passing, there is no time more crucial, than to be surrounded by caring, thoughtful and considerate people. The instantaneous responsibility placed on organising a fitting farewell, communicating with family and friends across the world, and, reserving time to properly grieve the loss of a dearly departed, can become an incredibly overwhelming procedure.

Keri Alexander from A Better Way Funerals is not only here to assist with the enormity of this process, but to ensure that every funeral is a true celebration of the life of your loved one. At A Better Way Funerals we understand that every life is important and every life should be celebrated.



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smokers? All of which love to sit and enjoy our beautiful parks and beaches and leave the cigarette butts on the ground. Let alone the irresponsible humans, leaving the plastic rubbish that kills. Get a grip, dog owners rarely complain because they are mostly happy, responsible people, who care for the environment. I feel for you unhappy people who want to bring everyone else down to their level. Try focusing on something positive, you might feel better.

**Lesley, Fairlight**

**PEP Off! Offshore Gas. Think again**

Your June magazine is a good read and I mostly enjoyed it on this cold winter Sunday. However, as I had the pleasure of cooking a roast on my natural gas-fired barbeque and retreated to a house warmed by gas to enjoy my lunch I took exception to Sean Doherty of the Surfriider Foundation who argues that it's 2021 and gas should no longer be an energy source. He says, 'You can have a thriving tourist economy and marine ecosystem or a gas industry setting up off Sydney'. He does not explain why or how these are incompatible and that's where his whole argument and the article fails any test of persuasion on reasonable grounds. A significant proportion of this country's income is from exporting natural gas. Countries that import it thus have a cleaner alternative to coal and their further transition to cleaner energy is not for us to dictate. And, of course, natural gas in all its forms including propane and butane is a major feedstock for the chemical industry (plastics, fertilizers, fibres, even for those surfboards).

Along with other natural resources, gas is a significant part of Australia's income and that ultimately funds our life and pays our national debt. Restrict that further and you limit needed investment for essentials from infrastructure to health. It may also drive up the cost of domestic gas and our energy prices are already some of the highest in the world. The good news is that gas is supplanting petroleum and coal as the world's preferred energy source and providing a much needed 'bridge fuel' to a future powered by renewable energy. In shipping, my own industry, LNG offers an immediate carbon-reducing option and can be used to future-proof ships to meet international self-imposed clean energy targets. And remember that around 98% of Australia's imports and exports are carried in ships. Out of sight of those surfriders, there's another marine world we rely on to survive. I contend we need to develop and use our gas resources to pay the bills, provide us with heating, cooking and industrial products, and to reliably transition away from more polluting forms of energy to renewable energy. I contest Doherty's assertion that offshore gas is incompatible with tourism or the ocean's ecology. Other countries can do it. So can Australia. NIMBYs take note this is about benefit for all Australians, not just you.

**Peter Simple, Curl Curl**

**Carcinogenic Wood Smoke**  
Dear Editor, last century my parents bought a gas heater which looked like, and enveloped us within the same warm, cosy ambience, of a wood heater. Well aware of pollution of smoke from bush

fires and backyard burning even then, they didn't want to add to the carcinogens everyone couldn't help but inhale by burning real wooden logs. Since then, backyard burning has finally been banned by local councils. However, chimneys in the suburbs keep on spewing black, acrid wood smoke around their neighbourhoods, especially dangerous to health where the topography disallows the escape of smoke. Newborns along with those with asthma and other cardiopulmonary issues continue to suffer unnecessarily. So, why are people still heating their homes with log fires - just as the Caveman did! - when they must surely know by now that smoke from those chimneys is directed indoors, adversely affecting the health of the family living there and everyone else breathing in the vicinity? Nowadays the choice of gas and electric heaters should suffice to enable Health Ministers and Politicians to be able to phase out wood burning heaters and fire pits once and for all! Sincerely,  
**Marianne, North Narrabeen**

**Out of Control Parties**

Dear Frogmouth, we enjoy your informative magazine and can catch up on all that is happening round the Northern Beaches. This is indeed a beautiful area with many beautiful houses and friendly people. We are, however, extremely dismayed with the number of loud parties that occur, some of which become out of control. Last Saturday's party in Ocean Grove Collaroy was one of the worst we have experienced. The police were called several times, eventually shutting it down between 12.30 and 1am. It had ruined



**James GRIFFIN MP**  
*Delivering for Manly*

**Recent announcements include:**

- ✔ Construction starting on the \$19.5 million Hospice on the former Manly Hospital site.
- ✔ 60,000 hectares added to National Park Register, the second largest addition in more than 10 years.
- ✔ \$10,000 for Street Side Medics to support the vulnerable and the voiceless in our community
- ✔ \$30,000 for North Curl Curl Surf Life Saving Club to install solar panels.



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**Hooroo from the Tawny**



**Col Crawford**

1933 – 24th May 2021

With great sadness we announce the passing of Mr Col Crawford.

The Founder and Chairman of Col Crawford Lifestyle Cars, a business he started in Brookvale 54 years ago, Col leaves behind a beautiful legacy to his son Stephen and three Grandsons, Harrison, Jake and Will.

A true legend and a gentleman, always full of love, laughs and entertainment, Col was an inspiration to so many. His family and their loved ones, friends, colleagues and staff, will be forever proud of what he achieved in life and in the motor industry.

We will always love you Col

**Personally talk to Ann Wilson and her team**



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the evening for so many, not to mention the lack of sleep. Consequently Sunday was not the enjoyable day it usually is. Whilst everyone is entitled to have a party, time limits on noise should be put in place, as well as the volume of sound. Yours in distress,  
**Jill, Collaroy**

**Another Public Asset Sold for Private Profits**

A sad day for the Northern Beaches public bus services, ours for more than 80 years, now given away to Keolis Downer, whose shares moved up in response to the tender win which means one thing only, profits for the privates. Eventually, Northern Beaches residents will have to catch uber-style mini-buses to the main stops and transfer onto B lines or other express services. The electric buses

being talked about will most likely be small Keoride-type services, subsidised by our tax dollars to make them cost effective, just as the light rail in the city. At this time, government services are not required to make a profit but run for the community. The private company must make profits and the only way to do it is cut costs, and the only costs to cut here are driver's wages and via service re-structuring. Don't expect 178/180/179 or other reduced services to be running as they do for much longer. Surely introducing electric buses and infrastructure to service it will cost billions, so where does that money come from? Not private coffers, but invariably

our tax dollars. Keolis Downer received up to \$100million in tax breaks in the first year they stole Newcastle transport from the public. A sad future for the Northern Beaches awaits anyone who values good public transport.  
**Artic fellows, Dee Why**

**Keep off the Grass**

Dear Tawnies, I have just read issue 6 of your mag. It's the first I knew of your publication and what a great read it is. I will now look out for future issues. I'm writing to say that I loved Malcolm Fisher's informative and amusingly-worded article on lawns. I couldn't agree more with his comments and philosophy.  
**Lisa, Manly**

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

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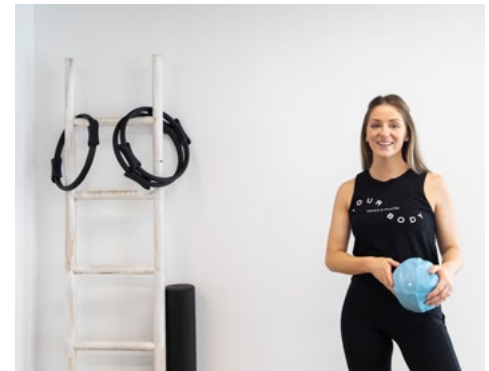
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The Cellabs team, Dr Smithyman (centre back)

## Northern Beaches' Biotech Experts Taking on Covid-19

Innovation: Silicon Brooky by Liam Carroll

If there's a problem plaguing anyone on Earth, odds are someone in Brookvale already has, or is currently working diligently towards, the perfect solution. It comes then as no surprise, with the world grappling to combat the Covid-19 pandemic, that a Brookvale business, **Cellabs** - the oldest biotech company in Australia! - is at the forefront of producing cutting edge diagnostic assays to assist everyone monitor their immune response to the virus. Collaroy local and Cellabs founder, **Dr Anthony Smithyman**, tells us more.

**Covid-19 diagnosis and vaccines have popularised the science of immunology, but what got you interested in this field?** I grew up in Nyasaland (now Malawi), one of the poorest countries on Earth. As a boy, I saw the devastating effects of tropical diseases, malaria especially. Children would die, waiting 3 or more days for a diagnosis, often too late to be treated. I understood, very early on, how crucial accurate diagnosis, effective drugs, innovative vaccines and a strong immune system were to community health.

**Growing up in Nyasaland, how did you become an immunologist based in Brookvale?** At age 10, I was sent to a school in Glasgow with a boarding house for far flung "children of the Empire". Few places were farther flung than Nyasaland! I stayed in Scotland to complete a PhD in immunology, followed by a post-doctorate in New York, forever fascinated with our disease defence systems. At this time my brother was working in Australia, sending me postcards of bright sunshine and crystal clear

water. I moved to Collaroy in the early 1980's, fell in love with the Beaches and decided my workplace wouldn't be more than 5km from home. I set up Cellabs in Brookvale in 1985.

**What exactly is the nature of the Cellabs business?** We are a diagnostics company, specialising in the design, development, and manufacture of immunodiagnostic kits for tropical and infectious diseases. In plain English, we create tests to tell you if you have a disease. The business all started thanks to a parasite called Giardia. When I first moved here, it was an ongoing problem in the area and my family all got sick. I asked our family GP what diagnostic tests existed. He said bluntly the current tests were as effective as tossing a coin. I got straight to work to create a more specific and reliable Giardia test which eventually was sold all over the world.

**Jumping forward to the Covid-19 pandemic, what are you working on now?** We're in the midst of the largest immunisation campaign the world has ever seen, therefore millions upon millions of people are going to want and need to know what their immune status is. By using certain key viral proteins as targets we can tell from a blood sample what level of antibodies you have developed against the virus. The net result is that your doctor will be able to assess very quickly what level of immunity you have. If you've been vaccinated, we can tell how you've responded to the vaccine. These tests may also be used to distinguish vaccinated people from those who have been naturally exposed, in other words have actually had Covid-19. And not only will we be able to see individual immunity levels, but we can look at whole populations, able to assess what's happening with the virus among whole regions and zones. If everyone in a community has been vaccinated, what's the actual level of immunity? Is it going up, down, what is really happening? Our tests will show this.

**And you have a 10 minute test too?** Yes indeed. In collaboration with other partners we have developed a rapid test to detect the virus itself. As a society, we're moving towards people having to use these tests on a daily basis, and the 10 minute test will be hugely important to know what's going on.

**Just like a pregnancy test?** Exactly! 1 line negative. 2 lines positive!

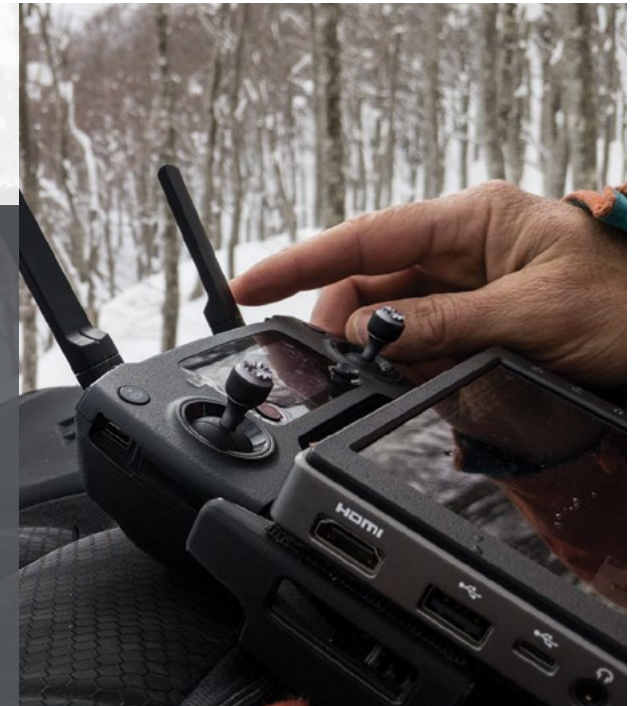
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Senator Andrew Bragg, Manly MP James Griffin, Kay van Norton Poche AO and State Premier Gladys Berejiklian

## Manly Hospital Site Now Home to Australia's First Palliative Care Centre for Young People

by James Griffin MP, Member for Manly

The old Manly Hospital site will once again be a place of health and wellbeing with construction starting on the \$19.5 million palliative care hospice for young adults which will be operated by the NSW Government.

When I was first elected I made a commitment to ensure the vision for Australia's first dedicated hospice for young people across NSW became a reality. Well, construction has started.

Four years ago, all we had was an idea and some early designs. Today, the project is fully funded thanks to NSW Government, Commonwealth and philanthropic support.

The Manly Adolescent and Young Adult Hospice (AYAH) will be Australia's first dedicated service for young people with life-limiting illness. The service will be for 15 to 24-year-old patients with life-limiting illness and will offer respite care, symptom management and end of life care. It will welcome people

from across New South Wales.

The project demonstrates the hard work of many people across our community, from the nursing staff at Bear Cottage who saw the need for a young adult's hospice, to local philanthropist Kay Van Norton Poche.

Located on the former Manly Hospital site on the North Head headland, the AYAH will provide specialised care for families, including bereavement support and counselling. The hospice will be surrounded by national parks, bushland and environmental conservation areas, providing a natural and peaceful setting for young people and their families.

The Manly AYAH will be available to all young people in NSW with life-limiting illness, regardless of where they are located. The service will provide specialised support for rural and regional patients and limit their need to travel long distances.

In addition to the \$8million

provided by the NSW Government, we have committed \$2 million per year towards operating costs of the facility.

People can rest assured that the former Manly Hospital site has a bright future as precinct that will support the health and wellbeing of our community and those from across New South Wales. The rest of the site will include the adaptive re-use of the heritage buildings, open space for people to enjoy the harbour views and a walkway to connect to Collins Flat beach and nearby walking tracks to North Head.

The start of construction means that a promise once made, is now a promise that has been kept. All of us can be immensely proud that one of the most striking and impressive areas of our electorate will be put to good use for generations to come.

To each and every person that has contributed to the Hospice, big and small, I say thank you.

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# First Dog Death from Leptospirosis on the Northern Beaches

The Collaroy Plateau Vet by Lewis Hunt

In early June, a young dog that had never left the Northern Beaches was diagnosed with Leptospirosis and died while under the care of veterinary specialists at NVS. This bacterial disease is not new to Sydney, outbreaks occurred in the Inner City and Inner West in 2019, -but it's the first time a locally acquired case has happened on the Northern Beaches.

**What is Leptospirosis?** It's a bacterial disease with many sub-types (serovars) and is found all over the world, It's generally spread by rodents, particularly rats, who shed the bacteria in their urine.

**How do dogs catch it?** Dogs are usually exposed to the bacteria indirectly via stagnant water that's been contaminated with rat urine. The bacteria enters the blood stream either via contact with the eyes, nose or mouth, or through skin wounds. Dogs can also become infected if they eat or are bitten by infected animals.

**Can other animals catch it?** Yes. All mammals, including cats and wildlife, are susceptible, and can spread the bacteria.

**What about people?** Yes. People can become infected. Transfer of the disease to humans occurs with direct exposure to urine from infected animals or, more commonly, exposure to water or soil contaminated with infected urine. A recent increase in the number of cases of people diagnosed with Leptospirosis is occurring in Western Sydney due to the current mouse plague.

**What are the warning signs?** Dogs will usually start displaying the clinical signs of infection within 2 to 14 days after exposure. These can be fever, lethargy, weakness, shivering, reluctance to move, muscle tenderness/soreness, anorexia, drinking and urinating more, vomiting, diarrhoea, and jaundice (yellowing of the gums, eyes or skin). As infection progresses it causes severe liver and kidney damage, which



Lewis with Apollo, pre-Leptospirosis vaccination

can be impossible to reverse, and sadly often results in death or euthanasia.

**What can we do to prevent it?** Walk dogs on a lead, particularly if they like playing or drinking from stagnant bodies of water, or if they love chasing rats. Refresh all water bowls every morning, including in your backyard, do not leave food sources out which will attract rodents, and do not let your pets eat animal carcasses. It is also important to protect yourself by practicing good hygiene when handling your pet's urine.

Make sure your dog is vaccinated against the disease. The vaccine given in Australia appears to be effective preventing disease caused by the strain of Leptospirosis currently suspected to be causing this outbreak, however vaccinated dogs can still pass the bacteria on to other animals if they are infected. Initially two vaccines need to be given 2-4 weeks apart, with a booster every 12 months. There is no vaccine available for other pets. Prior to this outbreak many vets on the Northern Beaches did not routinely vaccinate against Leptospirosis as it had not been seen in the local area, so please check your dog's vaccination status with your regular vet.



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# Sport: Around the Grounds

by Matt Cleary, Editor of Beaches Champion

**Triathlon** - They won in age groups. They took out the entire podium in the competitive 30-34-year-old male category. And they were awarded the NSW State Club Championship for the second year running. By any measure Warringah Triathlon Club was the standout club in Forster's NSW Clubs Championship.

Yet perhaps the most exciting performance came from a kid who ran 12th overall and second in the M15-19 age group. **Logan Campbell**, 17, burned through the run leg in the fastest time of the entire competition. After a one-kilometre swim and 30km ride, Campbell took just 25 minutes and 43 seconds to run the eight kilometres home. "It's bloody quick," WTC media official **Simon Horrocks** said. "He beat 624 athletes home, the entire field. His per kilometre time [3:12] was just 35 seconds slower than the pace set by the 10,000m world record holder."

Winning their age groups were **Miriam Orr** (F35-39), **Nicole Ward** (F45-49) and **John Ketelby** (M30-34). Ketelby sat atop a podium clean-swept by Warringah who also had **Ed Alexander** (2nd) and **Christopher Wallace** (3rd) in the competitive M30-34 group. **Ryan Mason** placed 2nd in M35-39, **Darren Quarrell** ran 2nd in M50-54, **Jenny Gilbert** was 2nd in F60-64 and **Michael Smith** was also 2nd in the M70-74 group. And completing the list of honourable runners-up was Warringah's oldest competitor **Geoffrey Thorsen** (77) who complet-

ed the course in 3:04:31 and placed second in the M75-79 age group.

**Football** - The men and women of Manly United's NSW National Premier League had fine wins over tough opponents at Cromer Park on Friday 4 June and Sunday 6 June respectively. On the Friday night the men notched a 3-1 win over Rockdale-Illenden with goals to **Dejan Pandurevic**, **Luca Kmet** and **Kieren Paull**. Kmet's goal was a stunner: after a clearance from a Manly corner rolled in front of him just outside the 18-yard box, the midfielder took a steadying touch before thundering a beautifully-timed strike into the top right right-hand corner. Paull's goal was a wonderful team effort that featured touches by several United players before Paull flew into the box and drilled it home after a great cut back.

The women's game on Sunday was a grand final replay that saw a 2-1 win over Sydney University. After the teams went to the break 0-0, **Remy Siemsen** scored 20 seconds after United's kick-off when she made a fine forward run, surged into the box and smashed it into the roof of the net. University equalised from a corner in the 78th minute before **Caitlin Jarvie**, with four minutes of regular time on the clock, curled one into



Logan Campbell. Pic: Chris Harmer

the top corner from outside the box after good lead up work by Siemsen.

**Rugby** - It was billed as an "anything can happen game" because derby fixtures between Warringah Rats and Manly Marlins are not often decided by positions on the Shute Shield ladder. Yet the fixture on Saturday 5 June was when Warringah outclassed Manly to the tune of 40-14 in front of a throbbing crowd at Pittwater Rugby "Rat" Park. In a match that celebrated 50 years of derbies and the life of **Lachlan Ward**, Manly opened the scoring after sustained pressure and a rolling maul saw hooker James Hilterbrand plunge over. Yet from there it was all Rats with tries to **Rory O'Connor**, **Harry Anderson-Brown**, **Ben Marr**, **Hugh Margin**, **Charlie McKill** and **Ben Woollett**. **Tyson Davis** landed three conversions and Marr two, while Hilterbrand scored another try for Manly.

Matt Cleary is the editor of **Beaches Champion**, providing daily news about the people and clubs involved in sport on the northern beaches. Read at [www.beacheschampion.com.au](http://www.beacheschampion.com.au) or scan here:



Bob Fulton in full flight for the mighty Manly Sea Eagles

## Champion, Immortal and Manly's Best Ever: Vale Bob Fulton

by Matt Cleary, Editor of Beaches Champion

Like all champions, or indeed any sportsperson who enters the pantheon of elite company, Bob Fulton trained his absolute guts out. For to make athletic performance look easy, or natural, or just better than everyone else, takes time and practice and single-minded focus some could call scary.

Robert "Bozo" Fulton AM - who sadly passed away on May 23 aged 73 - worked it out better and earlier than most everyone else in rugby league that the more you put in - and the more it hurt - the more you got back. Fulton got just about everything back: premierships as player and coach; Kangaroo Tours as player and coach; nigh-on every individual accolade in the game including the ultimate one - Immortality.

He was mad fit, Bozo. My father-in-law, a local of these northern beaches, remembers hearing Fulton training before he first saw him. One evening in the mid-1970s, old boy Viv heard a man roaring, guttural, full on bull moose stuff. Viv turned a corner and came upon a training paddock there at North Head where the great and famous Bob Fulton was doing sprints on his own.

And he was roaring, urging himself to run through the pain of lactic acid in his legs and lungs. Running through the pain and screaming it away.

Fulton was the best player many people had ever seen. Channel Nine commentator Ray Warren told the Beaches Champion: "I just loved watching him play. He was my favourite

player to watch. He was so commanding in the '73 grand final - he owned the event. At international level he was just as brilliant. The great halfback Alex Murphy [27 caps for Great Britain] once chose a "Team of the Century". Naturally English players dominated his side. But he named Bob in the No.6 even though Murphy had played inside many of the best five-eighths the game has ever seen," Warren said.

If there was a knock on his footy it was his passing, or lack of it. Bozo, they'll snipe, would run and run and run, and would continue running until he couldn't run any further. And then he may have passed. But Fulton running was, generally, the best way for this team to advance the football over the stripe. As Des Hasler said: "He was a winner." And he was Manly. He was their greatest player.

Club Secretary Ken Arthurson recruited Fulton from Wests in Wollongong in 1966. Pretty good move. Because for over a decade Fulton killed 'em. He ran hard and straight, quickly, evasively. He could break a tackle with brawn and a low centre of gravity. Or just burn 'em outside, inside. In July of 1968 Lance Bombadier Robert Fulton - who'd stopped playing for Manly when he was called up for "Nashos"; National Service - was selected to play five-eighth for the Combined Services rugby team. Their opponent at North Sydney Oval were the New Zealand All Blacks.

Fulton always led. Aged 20 he captain-coached City versus Country, the youngest player on the field. He captained Manly at 21 in the 1968 grand final against star-studded Souths - Sattler, Sait, Walters. Our Boze kicked a two-point field goal in the 13-9 loss while Eric Simms landed five.

Four years later he landed a field goal in Manly's first grand final victory, beating Ron Coote's Roosters 19-14.

As a coach he leaves enormous legacy. Steve Menzies spoke for many when he said: "Bozo was the greatest coach I ever played for. His influence on my career was enormous. His vision nurtured my hidden talents and allowed me to have the career I did."

On a fine Sunday afternoon at Bankwest Stadium, there they went again, Manly and Parra. And wearing the No.6 jumper and throwing outrageous no-look passes that led to tries was Josh Schuster. He was recruited by: Bozo Fulton. The advice he received from Fulton could be paraphrased as this: Be yourself; be humble; and train your bloody guts out.

Vale, champion.



Bec (L) interviews Ivona Richter (R) of 20/20 Tax & Accounting Solutions

## Small Business Tax Wisdom

Local Business by Rebecca Clark

**Editor's note:** Each month Bec Clark, co-founder of **The 152 Project**, will be chatting to local professionals about how to make waves in the business world. From tax to tools, HR to headspace, marketing to motivation, stay tuned.

My first guest is **Ivona Richter** of **20/20 Tax & Accounting Solutions**. She helps SMEs (small-medium enterprises) reduce their tax bills and save as many of their hard-earned dollarly-dooos as taxationally possible!

**Keep Solid Records** - Personal taxes may be managed with receipts in a shoebox held together with pegs (not Ivona's advice) but for SMEs, it's a different story. The best way to save at tax time is to have great record-keeping processes (Ivona's advice!). "All small businesses should know their key figures."

**Review Your Business Structure** - There are tax savings that are inherently connected to your business

structure. These are the seeming "dark arts" of accounting but is precisely why professional assistance is worth every cent. "It's a great idea to ask your accountant for an annual review of your business structure as this can unearth a wealth of potential savings."

**Prepay Your Expenses** - Bring bill payment forward to fall in this financial year and consider prepaying certain expenses. "You could claim an immediate deduction for prepayments of your rent, insurance, advertising, accounting fees. Certain rules apply, so again speak to your accountant before making any prepayments."

**Make a Super Contribution** - You may be able to claim the contribution as a tax deduction, reducing your assessable income. "The contribution will generally

be taxed in the fund at the concessional rate of 15%, instead of your marginal tax rate which could be up to 47%." That's a great saving! As an example, if you are in the highest tax bracket and you were to contribute the maximum concessional amount of \$25,000 into your super, the net tax saving would be \$8,000. The disadvantage, of course, the money is locked away until retirement. Ivona also points out, "In order to claim a tax deduction, super payments must be received by your fund before 30 June 2021." If you're only picking up your Tawny in July, save this tip for next year.

**Take Advantage of the Instant Asset Write Off** - "One of the best tax breaks for many businesses, the instant asset write off allows eligible businesses to claim immediate deductions for certain assets such as: Cars, vans & utes, fixtures & fittings, tools, plant & machinery, computers, laptops and phones."

If you've missed the boat on any cut-offs, chat to your accountant about how to maximise write off opportunities during the year.

The best time to manage your tax is before financial year end but if you're like me and had no idea about half of this stuff until now, the new financial year is the perfect time to start afresh. Throw out that shoebox, find yourself a new accountant, hell, even buy some fancy high-lighters and new stationery so it feels like this financial year is going to be organised.

For small business tax and accounting services, email Ivona at [ivona@2020tax.com.au](mailto:ivona@2020tax.com.au)  
For all things PR, communications and marketing, check out [www.the152project.com](http://www.the152project.com)

## Why is Blue Finance Still Only a Drop in the Ocean?

Investment by Liam Carroll

Back in 2015, conservative estimates in a WWF report valued key ocean assets at US\$24 trillion, which if compared with the world's top 10 economies would rank the ocean as the seventh largest.

And yet for an asset that covers 70 per cent of the earth's surface, produces half the world's oxygen and regulates climate, our oceans remain curiously underfunded.

So why has 'blue finance' not enjoyed the same momentum as green finance?

One problem for investors is the vastness of the oceans, and of the issues involved, which range from rising sea levels to the livelihoods of coastal communities to the health of coral reefs. Meanwhile some of the most pressing issues - such as tackling pollution and plastic waste - originate onshore and must be tackled at least partly on land.

So, what are the options for everyday Australians looking to do more to safeguard the ocean?

Northern Beaches resident **Maria Loyez** is Chief Customer Officer at **Australian Ethical**, an ethical investment manager that has been protecting the planet while delivering financial returns for customers for more than 30 years. She says many of us are ignoring our most powerful lever for change.

"While many people understand that human activities such as burning fossil fuels and overfishing are degrading the ocean, not enough people

realise that often they're supporting these activities through their superannuation and other investments, which are in turn invested in many companies that are causing these problems.

"That's why we've launched a movement at **openyoureyes.com.au** to help people understand the power of their money, where it's going and how it could be making a positive difference if they invested sustainably" she says.

Maria says: "Through our investments, like our superfund, we can help the transition to a sustainable blue economy by choosing an ethical fund.

"At Australian Ethical we invest in companies that are reducing carbon emissions and pollution and enhancing energy efficiency. For example, Australian Ethical has a five times greater proportion of our share investments in renewable power generation, compared to the global share market.

These investments are also generating market-leading returns for our customers, for example, our Australian Shares super option ranked no.1 over 1 year, 5 years, 7 years and 10 years according to the independent Super-Ratings Fund Crediting Rate Survey with a remarkable 55.17% pa return over the year

If you're interested to find out more about investing your super or savings with Australian Ethical go to [www.australianethical.com.au](http://www.australianethical.com.au) for more information.



Maria Loyez of Australian Ethical

ending 31 March 2021.

So, while past performance is not a guarantee of future performance, our customers can save for their future and help to save our planet's future."

To fast track the evolution of the blue economy, Australian Ethical also donates 10 per cent of its pre-tax profits to its philanthropic foundation through which it funds research initiatives, like the Blue Carbon Lab at Deakin University, and innovative projects like the Seabin Project, funding two seabins in Sydney Harbour to remove marine debris and surface pollutants.

Maria says there are options for all of us to use our money to help turn the ripples in blue finance into a tidal wave of support.

She says: "That's why it's so important that we all invest with our eyes open, so we can protect what we love and create the future we want to see."

And with Australian Ethical offering award-winning super and managed funds, maybe it's worth having a further look.





Photo credit: Priscilla du Preez

## When the Accidental Counsellor is You

**Mental Health** by Liam Carroll

Your best friend's teenage child trusts you and reaches out saying 'I need help'. You're concerned about someone you know and want to check that they are OK. What do you do? What's the best approach? How can you feel confident when you need to provide this type of support?

"Conversations about mental health or personal issues can feel challenging but a listening, non-judgemental person can bring about positive change," says David Thomas, CEO of **Lifeline Northern Beaches**. "Understanding that you can provide support while being equipped with knowledge of services to suggest to someone for ongoing help is essential when you're involved in this sort of conversation."

Lifeline is Australia's leading crisis support service and is available anytime by calling **13 11 14**

Lifeline has supported help-seekers for more than 50 years and has developed training workshops to equip participants to recognise

when someone may need support, respond appropriately and empathetically, and how to refer to professional services and support.

"Our training workshops are designed to impart the skills and knowledge to feel confident in providing initial support," says Katie Biggs, Training Manager at Lifeline Northern Beaches. "These skills can be used at work or in your personal life to improve listening and communication."

The 'Accidental Counsellor' workshops are based on the training delivered to Lifeline's Crisis Supporters, while also explaining the limitations of what you can do and appropriate boundaries for self-care.

For more information and dates of upcoming workshops held in Balgowlah, visit [www.lifelinenb.org.au/training](http://www.lifelinenb.org.au/training)

If you're feeling overwhelmed, Lifeline is here for you. Call **13 11 14** (24/7) or text **0477 13 11 14** (midday-midnight). Local ongoing support is available – visit [www.lifelinenb.org.au](http://www.lifelinenb.org.au) for more information.

The training offered by Lifeline Northern Beaches provides practical skills enabling you to step into the shoes of an accidental counsellor and respond to and support others when they are distressed or experiencing a personally challenging time.

"It's important to understand that you can give appropriate support in the moment and there are many options for further assistance," says Mr Thomas. "A great starting point is learning to use the three R's model: recognise signs of distress, respond confidently, appropriately and empathetically, and know where to refer for professional help."

Lifeline Northern Beaches runs monthly four-hour '**Accidental Counsellor**' workshops to provide foundational skills for when you need to give emotional support as well as providing an opportunity to improve your knowledge.

The workshop learning outcomes are focused on:

- improving communication and skills for active listening
- identifying signs when a person may need emotional support
- developing confidence to respond to someone experiencing emotional distress
- developing confidence to ask and respond to someone who is feeling suicidal
- knowing what professional support is available, and how to help others access it, and
- tips and tools for self-care.

## Caring for Northern Beaches Families

**Local Business** by Liam Carroll



Ann Wilson, Funeral Director

Wilson Family Funerals is family owned and operated by Ann Wilson, her daughter Kate Wilson and Ann's brother John Garling. Collectively they have decades of experience caring for Northern Beaches families in their time of need.

Ann started her first family owned funeral business in Mona Vale in 1995 with her brother John. They built the business by providing local families with care, compassion, love, understanding and support in their time of need. Although the original business was sold to an Australian public company in 2005, Ann and John continued to work in the business until late 2019. Kate joined them earlier that same year.

The desire to continue to care for those families that had been looked after for so long, as a family owned funeral business, was the catalyst for Ann and her family to create Wilson Family Funerals.

"For me funeral directing is a vocation. If you just love what you do, and you love the families you are working with, why not continue doing it?"

**Community Commitment** - "I think helping out in the community is second only to the satisfaction of assisting families in their time of need. I'm inspired by those many acquaintances who give so generously of their time to help others," says Ann.

Ann believes that whilst the decades of experience the team has between them is important in the new business, more important will be their focus on providing care, compassion, love, understanding and support to families. This is exactly the same attention that the original funeral business was built on and is also the basis of its mission statement and previous success on the Northern Beaches and in the funeral industry.

"We have been encouraged by the calls from families to assist as we have been establishing the new business over the past twelve months. We announced our new adventure through our Facebook page. These calls and feedback have certainly given us much inspiration and



Ann, John and Kate of Wilson Family Funerals

convinced us that establishing Wilson Family Funerals was absolutely the right decision to make," says Ann.

**Unique and Personal Services** - We'll help you make service choices that are right for you. That could be a church, a chapel, a local club, or an outdoor area. We can also help organise a memorial service.

**Live-Streaming of Service** - Many of the memorial parks, gardens and cemeteries we use have live streaming capabilities for those family and friends unable to be accommodated at the service.

Wilson Family Funerals is also happy to arrange the live streaming of any service where ever the service is being held.

**Facebook Funeral Notices** - A service recently introduced and proving popular with families is the creation and posting of funeral notices on the Wilson Family Funerals Facebook page. Friends of the deceased are able to post their own memories on the page and share it to their own family and friends.

You can phone Wilson Family Funerals on **02 9913 7131**  
Email [info@wilsonfamilyfunerals.net.au](mailto:info@wilsonfamilyfunerals.net.au)  
Visit [www.wilsonfamilyfunerals.net.au](http://www.wilsonfamilyfunerals.net.au) for more info  
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Brent's mural at Manly Corso's Pacific Waves Council Carpark

## Local Artist... Brent Turner

Interview by Liam Carroll

You may already be a fan of this month's cover artist. Brent Turner's (@artofbrentos) work adorns all manner of Northern Beaches' public places, car parks, surfboards, and bumper stickers. We caught up with Brent to find out what makes this Clareville animal lover tick.

**What's the best thing about the Northern Beaches?** The natural environment. North Head sanctuary is home to loads of Echidnas, Eastern Pygmy Possums and other species. Shelly Beach Marine Reserve, Manly Dam, Pittwater, Garigal National Park, Kuringai National Park, Barrenjoey Lighthouse and all the beaches, headlands, coves, lakes, creeks and estuaries support such a variety of plants, trees and animals.

**What inspired your cover artwork?** I wanted to capture the spirit of the Beaches, particularly the energy and atmosphere of Manly. I took some time to ponder on what gives Manly its identity. Motifs that came to mind were surf

culture, Ferries, Norfolk Pines and catching up for beers with mates, so I mashed them all together and came up with this wild concoction.

**What inspires your artwork in general?** The Australian wildlife and natural environment are my biggest influences. I have my biggest breakthroughs when walking in nature. I'm most present when sitting on a rock in the middle of the bush and watching birds dart around and play, taking in the bush scents and listening to the wind filter through the gum leaves. These moments are when my biggest ideas come to me.

**How did you discover you had a gift for art?** When I was 11, I drew this landscape of an Australian creek scene surrounded by Wallabies, birds and other animals that I thought was pretty cool. That work got lost a long time ago! But I can still remember it vividly. It wasn't until 2016, 17 years later, when I met an amazing group of talented friends working from a big,

creative warehouse space called B-Side in Brookvale, who introduced me to the joy of painting and drawing again. **What's your favourite thing about what you do?** I love that I create work that empowers Australian wildlife in a really cheeky and fun way that people from all generations can connect with. I also like dropping little Easter eggs in my work, like my tiny surfing Koalas who appear in most of my drawings. The little creatures are a subtle symbol for the plight of our Koalas and our need to protect them.

**Do you have a favourite part of the artistic process?** The initial sketching is always fun because sometimes you end up with something completely different than what you had set out to create. Painting is also loads of fun when you get into the zone.

**What else are you working on at the moment?** I just finished a project with Coopers Brewery that will see my work go up as murals across pubs, bars, festivals and airports along with a line of merch. I'm excited to see that go out into the wild. I'm also working on a secret project with a book publisher, but I can't reveal too much of that yet. I have my usual commissions and illustrations too, but I'd love to paint more public murals! Anyone with a wall, get in touch. **How can people buy and support your artwork?** Most of my work hits Instagram first, so you can check it out there (@artofbrentos). I also sell a range of prints and Australian Made merch from my online shop at [www.brentos.com.au](http://www.brentos.com.au) with a conservation range that donates a percentage of profits to WIRES and the proposed Great Koala National Park on the Mid North Coast.

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# Zen and the Art of... On-the-Spot Poetry

Careers by Liam Carroll Featuring Evered Higgins aka Poemboii



Poemboii in action with his on-the-spot poetry stall on the Manly Corso

Northern Beaches residents may have discovered a poetic treat in their letter-boxes recently. Where bills, flyers, magnets, docketts and pharmaceutical warehouse catalogues usually choose to be, lucky locals have found bespoke poems from a young Fairlight bard, landing unsolicited, mesmerising locals who'd forgotten the wonder of personalised verse.

When a good friend of The Tawny Frogmouth received one of these masterpieces at his Darley Road abode, sending his heart flutter thanks to the power of words on a page, I decided to get digging. Who was beset by this exquisitely unique hankering for suburban poetry depository?

The prolific scribbler and philanthropic poetry gifter goes by the moniker of Poemboii. Born in Singapore to an English Father and Trinidadian Mother, his passport would have you believe his name is Evered Higgins, but watching him find his groove with a \$60, 75year old typewriter at his fingertips, The Manly Corso markets

bubbling around him, it's clear his true identity is indeed Poemboii. Every Sunday this ruggedly windswept yet simultaneously baby-faced 24year old apprentice electrician draws on his Shakespearean bloodlines to whip up on-the-spot poetry.

Most interested in writing novels and short stories - which are available at his Sunday stall, as well as Manly's Desire, Avalon's Bookoccino and Sydney CBD's Abbey's - our hero's discovered that the best way to connect and engage with readers is by setting up shop on the iconic Harbour to Pacific walkway and, if anyone approaches who's keen for a limerick, sonnet, ode or ballad, the challenge is accepted, Poemboii will create one.

This method of reaching your readers is not for the faint of heart. Writing a poem's no picnic! But if you say you can produce the goods, then I'm keen to test the Poemboii mettle. I set the challenge of knocking up an Ode to The Tawny Frogmouth. Poemboii's eyes

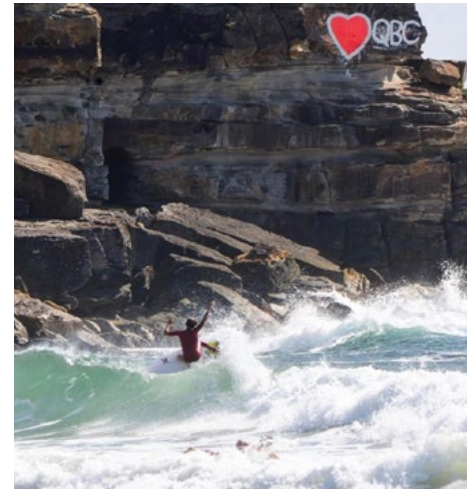
light up, his mind ticks over, fingertips dance aloft the archaic keys, and faster than a seagull can swoop a hot chip, his creative flurry is off, tap, tap, tapping.

He hands me goods. I hold the textured paper in my grasp, reading through this apprentice sparky's wordy wonder, in awe to find he's struck a glowing chord in my beating heart faster than a black mamba. Shy and aloof, he asks if I like it. "Umm..."

It's not often I'm caught fumbling for verbosity. Speechless doesn't come natural to someone with such a big gob, but in no time at all Poemboii's transformed eight poetic lines into a concise, emotive exposition of all things Tawny Frogmouth. "Flawless Poemboii. This is gold!"

There's no time to bask in the young man's glory. A line's quickly forming of on-the-spot poetry desideratum. I best let the show go on, as it must, but there's one more thing I must know about Northern Beaches' typewriter crusader, how does he choose which lucky homes to leave a poem. "I love a house with character, especially with a great porch! If they've got a pad like that and they leave out some biscuits, I'll do whatever I can to get them a poem!"

Follow @poemboii on Instagram. Pop in for some on-the-spot poetry any Sunday on Manly Corso. See our Local Photos to read his Ode to the Tawny.



Supergrom Winter Vincent saluting fine art

## Who Painted ❤️ QBC?

Urban Mythology by Zena Condell

Many an urban legend abounds about the origins of the now-iconic QBC (Queenscliff Boardriders Club) Love Heart which shines resplendent dawn, noon, dusk and night on Queensie headland, and the true history of its genesis is as spellbinding as the local wave-powered ensemble it represents.

The initial lick of paint came in the pitch black of evening, mere hours before the final of the Coke Classic, way back in 1987, before the recession we had to have and the disappearance of Manly Laser Zone. Jack of being bullied by other Boardriders clubs, a trio of cocky QBC roosters hatched a plan. Kicking off with a healthy dose of Dutch courage, downing schoories at The Charlie Bar, the troika of guerrilla artistes set off to make their mark, figuratively and literally, on the surf wars of the 80's, synonymous with Boardrider clubs all over Australia, and particularly on the Northern Beaches.

The moon shone bright. Sea mist hung low. Planning complete. The stage was set supremely for DIY headland decorations. Crossing the sand, walking the rock platform, before penetrating the wormhole tunnel at the point, our heroes then scaled back along the sandstone walls to find the cliff patch they'd decided upon which would serve supremely as the ultimate QBC Love Heart resting place. A

binder undercoat was lathered thick and fast as swell crashed on the cliff below before they headed back to the pub to let the binder dry.

From the Charlie Bar balcony, they could see the fluorescent white heart haloed in the moonlight. The thrill of the endeavour made them jittery. Paranoia levels instantly skyrocketed. Did the pub swillers know what they were up to? Some more Dutch courage and back they tramped, taking meticulous care to paint the final coat in fluoro pink on the 2 metre high heart, adding "MEZ BAINY KINGO", the QBC favourites to win the comp the following morning.

"Other clubs had skulls and cross bones as their logo, but we were individuals," says one of the original painters. "We liked to break the perception of surfing culture." Prior to the paint job the heart was recognised by other clubs as QBC's logo. They had plastered it to rival's hang outs and worn it on t-shirts to contests. It was a finger to the rival taunts of their sexuality, "We were turning it around from being called poofters all the time, to QBC loves you." Bravely changing the script of such derogatory taunts is not lost on me if not monumental for the time.

Competition day became a mystery whodunnit, everyone talking about the heart. Who was responsible?! Would there be any repercussions?! Well, the original three are still a mystery to most and no repercussions have ever come about. A serial complainer to the Manly Daily wrote on many occasions about the hideousness of the graffiti. Manly council couldn't do anything because it was on Warringah land and no one in Warringah council could see it, a fortuitous loophole not part of the preprepared plan. Today Northern Beaches Council features it in their PR material and travel websites promote it as a place to see.

When the paint flecks off and the beloved heart looks a bit shabby, QBC grommies are initiated with brush and paint back to the cliff again. "The heart is the only physical thing to bind the club together. We have no dedicated clubhouse, but we've been a club since 1978. It should be heritage listed!"

QBC is now the largest Boardriders club in NSW with 246 members. To join, follow them on socials @queenscliffboardriders and head down to the grass at Queensie when you next see a pack of Gumbys setting up for a day of shredding.





RBA Doves' domination of the Hawks drives up property prices

## Property: The Australian Dream

**Danger, Satire!** by Hugh G. Lee Inndette

### RBA's Birdroom Antics: How Hawks and Doves truly drive Aussie Property Prices

This will come as no surprise, I'm Hugh G. Lee Inndette, always have been, always will be, but when assessing the Australian property market for lucrative buy and sell opportunities, be it on the whole as part of your vast portfolio strategic planning process, or in individual bricks, mortar, fibro, timber, straw, stick, card and off-the-plan cases, the most important factor you need to consider, beyond the 3P's (Position, Position, Position!), the DM(RD)V'sOH's (Desperately Motivated (Recently Divorced) Vendors, Oh Hello!) and the chancy unicorn IFP-FYBB's (Inherited, Fully Paid For, You Bloody Beauty!), what ultimately drives the nominal value of the housing market north, south, east, west, off cliffs and up mountains is IR, Interest Rates. And right now, we're in the golden age.

You see, once upon a time our money market puppeteers, formally known as esteemed Reserve Bank of Australia Officials, the

plethora of Governors, Chairs, Deputies and Secretaries with their almighty mitts on the ultimate machinations of home prices, the Cash Rate, these people used to hold some modicum of sustainable wisdom as they forged ahead with sage implementation of monetary policy.

Thankfully, those bad old days are long gone. Praise the Lord, the "cost" of money has never been cheaper, the boon of all boons to the housing market, and regardless of strong economic growth, impressively low unemployment and all manner of vital indicators the RBA may previously have paid steadfast attention to, and hawkishly raised official interest rates accordingly, nowadays they couldn't give a stuff. Dove is in the air. It's as though they straighten their ties, adjust their cufflinks and think, "Of course! Let's flood cheap money in speculator pockets, watch home prices skyrocket, savings accounts earn bugger all, and the day to day cost of living have no connection whatsoever to the housing market. Well done. Time for golf? It's almost

9:05am!"

Now, I'm not going to pretend the egregious government policies designed to do everything possible in their taxation armoury to prop up property, wilful blind eye turning and laxity regulatory framework to stamp out laundered black money storming headstrong into real estate, and the banking sector's renewed vigour for lowering lending standards to pre-GFC levels, thus ensuring their substantial portion of fee income generation, I'm not pretending these don't all play a massive role in robust real estate prices, of course they do, but until the Reserve Bank of Australia makes even the slightest inkling of caring about anything other than creating the perfect storm for a housing bubble, BUY!

We're in the golden age, but I'll keep my Tawny Frogmouth eyes peeled on 65 Martin Place, where the RBA boffins hold your property world at their colossal fingertips. And while it's all lovey dovey now and for the foreseeable, someday when you least expect it the hawks will be back circling, raising rates, unleashing chaos and telling us it's for our own good.

Unfortunately, I'm laid low with the same inability to understand the mysterious inner workings of civil servant "economist's" minds, just like everyone else, themselves in particular, but I like to watch, and at the first sign of thoughtful behaviour exhibited by any of our central bankers, where overall societal economic health is considered anywhere near on par with stratospheric real estate prices, I'll coo the warnings as loudly as possible! The bubble will be at risk well and truly.

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Don't be tempted by the Candy Man's treats

## Crimewatch: On the Beat

**Danger, Satire!** Inspector Con Vikshun

### Sweet Retreat, it's Stranger Danger

Reports of a middle aged man cruising in his white car through Manly Vale streets and past North Curl Curl netball courts with the winter wind in his grey hair, offering lollies to kids in an attempt to lure them into his vehicle has caused concerned parents to stock their cupboards to the brim with sweets of all varieties so their children aren't easily won over by a confectionery wielding creeper roaming wild in the community. It's also caused Northern Beaches Police to up the ante in their search for the candy man whose perverted antics are believed to have been taking place in other parts of Sydney for quite some time. It begs the question though, how the hell do you protect your children against a criminal with an arsenal of lolly bags? And what do parents do now when their kids idolise Charlie and the Chocolate Factory, dreaming of their own imminent ren-

dezvous with Willy Wonka? Adding further complexity to the parental dilemmas, our national rugby side has joined forces with a gargantuan purveyor of all things Freddo, Crunchie, Twirl and Cherry Ripe, the Easter Bunny is adored for a rabbit warren full of eggs to doll out in the kids' direction during our annual God Almighty crucifixion celebrations, and more and more Aussie kids are embracing the Yankee Doodle fixation of door knocking every 31 October with the tried and tested line of "trick or treat", comprising a juvenile veiled threat that if the door knockee doesn't cough up the treats then they're liable to cop a trick. Just me, or is the sugary world of lollies and cocoa a debauched mess from go to woe? You see anyone with sweets, RUN!

### Firearms Classification: Air is no Defence, Neither's Gel!

There seems to be a huge degree of confusion about New South Wales state gun

laws, so I think it's best I clear some things up. Yes, Air Pistol Replicas look really, really cool, fact, and if Vinnie Jones hadn't enjoyed such sharp 2020 vision in Snatch, perhaps while enjoying his pint at the Drowning Trout he may have been thoroughly intimidated by his masked numbskull attackers rather than emboldened to deliver a stirring Desert Eagle .50 speech. Who knows? But, the fact remains, because air pistols bear a striking resemblance to actual firearms, they are indeed considered to be firearms in New South Wales, even though they're not, doesn't matter, they are considered to be firearms which means they are subject to the same penalties as the real thing.

Clear? Good! Ok, now stay with me, not only are Air Pistol Replicas illegal, so too are Gel Ball Blaster Guns. Yes, both items are available for sale in other states in Australia, but rest assured, it is illegal to purchase or own these guns in NSW. If you have either, surrender them to Police immediately.

### The Next of Kin Program

Developed by the NSW Police Force, the Next of Kin Program has been created to ensure people living alone have the contact details of their nominated person recorded at their local police station, as well as their nominated doctor, dentist and any salient medical alerts. In the event of an emergency, this information may prove hugely helpful, ensuring swift communication channels which can save lives. If you live alone, or you know someone who does, please contact your local police station and complete the Next of Kin Program forms.

## July 2021 Tide Chart

Info Bureau of Meteorology Tidal Centre Photo Mauro Barberis, @mauceano

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			0057 1.60	0148 1.47	0245 1.37	0344 1.31
			0744 0.54	0828 0.58	0911 0.61	0954 0.62
			1358 1.38	1451 1.41	1543 1.46	1632 1.52
			1940 0.78	2045 0.81	2155 0.79	2300 0.74
5	6	7	8	9	10	11
0442 1.28	0536 1.27	0043 0.60	0124 0.54	0202 0.48	0241 0.44	0318 0.42
1038 0.62	1121 0.62	0626 1.28	0711 1.29	0752 1.31	0832 1.32	0912 1.33
1717 1.59	1800 1.65	1202 0.62	1242 0.61	1322 0.60	1401 0.59	1442 0.58
2357 0.68		1840 1.71	1919 1.77	1957 1.81	2035 1.84	2115 1.85
12	13	14	15	16	17	18
0357 0.41	0437 0.40	0518 0.41	0601 0.42	0006 1.68	0100 1.58	0200 1.48
0953 1.34	1036 1.35	1122 1.36	1211 1.39	0646 0.43	0733 0.45	0825 0.47
1523 0.58	1608 0.59	1656 0.61	1749 0.64	1303 1.43	1359 1.49	1458 1.57
2154 1.84	2235 1.81	2319 1.76		1848 0.66	1957 0.67	2114 0.64
19	20	21	22	23	24	25
0310 1.41	0422 1.36	0531 1.35	0044 0.35	0139 0.27	0230 0.22	0318 0.22
0919 0.49	1016 0.50	1115 0.49	0635 1.37	0732 1.39	0826 1.41	0915 1.42
1558 1.66	1658 1.77	1755 1.87	1212 0.48	1306 0.46	1359 0.45	1449 0.45
2230 0.56	2342 0.46		1850 1.96	1944 2.01	2033 2.02	2121 1.98
26	27	28	29	30	31	
0403 0.25	0446 0.31	0528 0.38	0606 0.45	0013 1.50	0058 1.37	
1002 1.42	1048 1.41	1133 1.40	1218 1.40	0645 0.52	0723 0.58	
1539 0.48	1627 0.53	1715 0.59	1804 0.66	1304 1.40	1353 1.41	
2207 1.90	2250 1.78	2331 1.64		1859 0.72	2001 0.76	







Lars Weber, Founder of Better Life for Carers

## A Better Life for Carers

by Liam Carroll

Caring for loved ones with a disability can provide a lot of love and joy, however it also has the potential to result in the deterioration of a carer's physical, mental, social and emotional wellbeing. A dedicated carer in our Northern Beaches community, **Lars Weber**, has set out to help struggling carers improve their lives by making constructive changes to their day-to-day routines and offers courses with his **Better Life for Carers** programs. I caught up with Lars to find out more.

### How did you become a carer?

It is one of the moments in my life that I will never forget: My wife and I were sitting beside the bed of our 6-month-old son in the Sydney Children's Hospital when one of the nurses came and asked us to come with her to see my son's doctors team in the ward's consultation room. We knew immediately: this was not good news. The outstanding feature in the low-lit room was a light box, displaying an

MRI scan of our son's brain. It had white dots on it. Brain Tumour! One of the most emotional experiences I've had in my life – just indescribable. A several-year-long battle to save my son's life followed. He's almost 19 years old now – one of the happiest and most laughing people, a real joy to be with. Unfortunately, due to the multitude of his disabilities, he needs intensive 24/7 around the clock support.

### Why did you decide to start an organisation to help carers?

I've been a carer for more than 18 years. I'm still not perfect in handling my role of carer, but through my hands-on experience I've learned so much about living with the enormous challenge. I have met and exchanged experiences with many carers over the years. I have participated in so many personal development courses/seminars for carers. This, in combination with several years of part-time studies in practical Philosophy and my professional work as 'Leadership and Management' workshop presenter and coach in the corporate world, gives me

the confidence that I can help other carers.

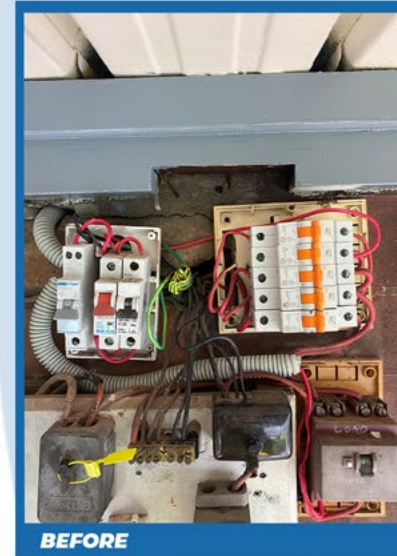
### How do your courses and workshops differ from others?

There are many good courses for carers around, most of them are designed to help them to care for others. Better Life for Carers is about caring for yourself, so you can effectively care for others. In my courses, we talk "with" each other to exchange experiences. In most conventional courses you get "aha – that's interesting" experiences, but not much changes after the course. In my courses, every individual develops their own goals and step-by-step action plans. The coaching element helps people to implement their action plans to make real changes to achieve real improvements, which is so important to ensure the ideas become actions and don't end up on the shelf.

### What kind of changes have carers made as a result of participating in workshops?

Different carers make different changes depending on their individual situation. Examples include very practical changes, like using daily task lists or other techniques every day to better utilise their time and create regular Self-Care time slots, cooking at least 3 healthy meals per week, organising additional support, writing goals and action plans to achieve what they want. On a more mental and spiritual side, people have started to consciously recognise beauty, practise mindfulness, recognise and disconnect from negative feelings, develop more positive attitudes, experience more joy.

Visit [www.betterlifeforcarers.com.au](http://www.betterlifeforcarers.com.au) to find out more about Better Life for Carers, and their events, courses and workshops.



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Zico in his favourite outfit

## You Can't Skirt This Issue

Izzy's Mumma Files By Izzy Buda

My son Zico likes soccer, skateboarding, horses, dinosaurs and skirts. Right now, he's sporting a shaved head, a black eye and a pink tutu. He's as rough as they come, always jumping off things and yelling at his sister, yet at the same time he loves to race around in circles in a big tutu singing 'Let it go'. I suppose Disney now portray females as powerful leaders and no longer the damsels in distress, so why the heck wouldn't little boys want to be Elsa?! This is the great thing about 2021, we don't have to suppress our sons and say 'No, you're a boy, you can't wear that!'

I see boys outside school in fairy-tale dresses, waiting with their mums to pick up their siblings. Sure, the idea that a boy can't wear a skirt isn't totally eradicated, but at least on the Northern Beaches it's become far less taboo. And my son's enthusiasm for

skirt-wearing really got me thinking, where did all the outrage for boys wearing "women's" clothing even come from? Are people afraid it means the boy is gay? Does that even matter? Are people worried it means the boy wants to be a girl? Does that even matter either? I think it's fantastic that boys have female idols. It's a game changer, a huge step forward for feminism, and if boys are sincerely idolising strong female characters, surely this will have a massive impact on the way boys treat women.

Girls wear pants and shorts. No one cares. Boy wear skirts...the sky's falling, supposedly. Why the gender disparity here? If boys were allowed to wear whatever they wanted at all times, I think many lads would opt for enticing sequinned skirts. Because, well, shiny! It is only through being told 'No, you

can't wear that! You are a boy' that we cement ideals in the first place. I have many friends who are fathers who don't like the idea of their son wearing a skirt. It's fine, it doesn't offend me, but I would just like them to reflect on why they feel so strongly about it.

We are becoming increasingly open and accepting to people's choices. To think that wearing a skirt will affect your sexual orientation or gender is wrong. Many gay men don't wear skirts. Plenty of straight men have been known to. I've even seen the Tawny editor go surfing in a bikini! He loved it!

To dig further, I asked my extremely talented gay friend Sam Leighton-Dore, for his two cents on the matter. Sam is an author, artist, screenwriter, director and social commentator who uses these mediums to express his views on toxic-masculinity and all things gay. "The idea that clothing is gendered is a recent phenomenon. Men have been wearing skirts, dresses and gowns from the mid 16th century through to the early 20th century. To think what we wear speaks directly to our sexuality or gender is narrow minded."

Clothing is just a way for people to express themselves or feel comfortable. The idea that skirts or dresses determine gender or sexuality is simply an idea, one you can choose to follow or not. If my son wants to continue wearing tutus, I'll let him, but don't come up to him and say, "Why are you wearing a skirt?! You're a boy!" Because it's just a god damn ideology. I know what's inside his nappy and the skirt, shorts, jeans or superman outfit on top doesn't determine his sexuality or gender.

## How To: Infidelity-proof Your Relationship

The Love Scout by Scout Smith-O'Leary, Matchmaker & Relationship Educator



Don't let the sun go down on your monogamous relationship

Promising your private parts to your dearly beloved may seem like a deeply romantic notion. While it can work for some, there lie inherent challenges for many. So what happens between "I do" and "I accidentally did..."? Why do millions of hearts end up shattered because of cheating? More importantly, how can you infidelity proof your relationship?

**Awareness** - Cheating rarely just happens. You don't happily commit to a person on Monday and turn around and bonk someone else on Tuesday. (If you do, please stop committing; people are getting hurt). There are usually one hundred things that precede any unfaithful behaviour. It starts with thoughts, ideas, fantasies or unmet emotional, physical, sexual or intellectual needs. We often manage to keep these thoughts at bay; sometimes we put them in a little

box in the basement of our psyche. Unfortunately they don't always stay there, and over time are quite tactful at sneaking out unnoticed. You first need to recognize these thoughts and consciously choose to not suppress them, but observe them.

**Honesty** - Before you can even be honest with someone else, you need to be honest with yourself. This may be hard, especially when who you think you are, and who you really are clash. Be gentle and patient with yourself. Try not to judge and allow yourself space to understand and integrate the information. After all, you're only human, and I can promise you, you're not the only one.

**Safety** - Very few people are willing to be vulnerable and honest if the condi-

tions are not safe to do so. If you are scared about your partner flying off the handle, screaming at you, judging you, shaming you or blaming you, chances are you're going to keep it to yourself. Be careful of this the next time your partner tries to be honest with you. Know that every negative reaction is another nail in the coffin of communication.

**Communication** - Once you feel safe to do so, muster up the courage to talk about what is going on in your head. If you are feeling neglected emotionally, not getting enough in bed, not having enough quality time, let your partner know. We forget that most of us can't read minds! Don't expect your partner to know you inside out and don't punish them. Help each other out and make it a relationship goal that both of you work on so you can be happier, more content and live more authentically.

Monogamy (especially til death for those married folk) is a big ask, more so given that our life expectancy has almost doubled in the last 100 years. Contrary to pop culture, it's not just sign, sealed, delivered and I'm yours. Monogamy doesn't come for free; you choose it and you work for it. While it is very possible, we must understand that awareness, trust and communication are a few essential elements we need if we're to stand any chance of making it.

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





MCC Members, undaunted by stormy weather

## Manly Camera Club Turns 60!

by Liz Boase

Sixty years ago this month, a group of amateur photographers got together and formed one of the first camera clubs on the Northern Beaches, part of the Manly Warringah Rugby League Club.

United by a love of photography, the club became a 100-strong, social gathering where members could improve their technique, compare equipment and enjoy weekend excursions. It was long before digital photography, so all film was processed and developed in the club's darkroom.

It would take another 14 years for the first digital camera to appear. In 1975, Kodak engineer Steve Sasson created a camera about the size of a breadbox that took 23 seconds to capture a single image.

Club president, Vic Boase said the digital camera had transformed photography. "It did away with the high cost of film processing and introduced a technology that was so much easier to use. You

immediately saw the image you'd taken, and in-camera ISO settings allowed you to adjust light sensitivity to an extraordinary degree," he said.

In its sixty years, the Manly Camera Club has seen many social changes and still retains members from its earliest days. Peg Jones, life member and club patron turns 103 this year and is an inspiration to all. In her eighties, Peg perfected Photoshop Post Processing and was in great demand for lectures on art and photography. Her club regularly entered and won league club competitions, travelling all over the country to find the perfect shot.

Then, as now, club members enjoy field trips to regional landmarks to photograph classic vistas such as the Milky Way in Blayney where there is less light pollution and to scenic coastal areas like Kiama. Right on their doorstep, of course, is a photographer's paradise given the many picturesque areas of the Northern Beaches.

Meetings are held fortnightly where the object is to educate in a friendly environment. This can cover any aspect of photography such as how well members know their camera and its capabilities. Regular competitions are held, and an external expert is invited to judge the merits of each work, offering advice and suggestions for improvement.

During Covid, to preserve the shared passion, meetings were held via Zoom. There was a hesitancy at first to connect via such an impersonal medium, but members soon warmed to the idea and club life prospered.

Despite the advent of social media and the popularity of smart phones, there is an encouraging drift back to camera clubs by people who want to learn more. Vic Boase said people of all ages, experience levels and camera types were welcome to join the Manly Camera Club. "What we all have in common is our love of photography. The aim is to improve our artistry and we achieve this through the competition program and presentations from accomplished photographic artists as well as member outings."



Keep up, lots to see!

Contact **Manly Camera Club** on **02 8018 7748** or visit **manlycameraclub.org.au** for further information



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Watch your car skyrocket in value with a Keep Manly Dam Wild sticker

## Bumper Sticker Renaissance

Mal's Wild Side **By Malcolm Fisher**

Remember when “bumper” stickers were a crucial part of the driving experience? You really weren’t an accepted road user without smothering your back window with protest, passion or puerility. And there were some classic messages to share such as “Condoms Prevent Mini Vans”, “Jesus Loves You, But Everyone Else Think’s You’re an Asshole” and “Sometimes I Wrestle with My Demons; Often We Just Snuggle”. And then there were those radical green slogans such as “Save The Earth, It’s the Only Planet with Chocolate”.

But now vehicles are looking unadorned, naked and frankly boring. Is there nothing important to share

anymore? Does no one care about stuff? Don’t worry, a new vinyl car sticker has surfaced, promising style, sophistication and relevance!

The idea emerged in Tasmania where “Keep Tassie Wild” merchandise has been created to draw attention to the ongoing logging of ancient forests, destruction of threatened species’ habitat and mining in the Tarkine. Everything to spoil Bob Brown’s day

But why should Taswegian’s own environmentalism? We’ve got important places to protect here too. Manly Dam (Manly Warringah War Memorial Park) is currently under threat from unit development encroachment, The Beaches Link



project AND plans for a \$1.7m boardwalk through untouched bushland. And this is the place that mayor Michael Regan calls the “Jewel of the Northern Beaches”!

So, the “Keep Manly Dam Wild” campaign was born with a cool sticker featuring an endangered Eastern Pygmy Possum on a Bankia cone. This is Australia’s cutest mammal and we have them living right here amongst us (but only just clinging on to survival). These beautiful stickers have been designed by Brent Turner (@artofbrentos) who created the gorgeous cover of this month’s Tawny Frogmouth and is a great advocate for wildlife conservation.

Liam, founder of The Tawny Frogmouth, is already displaying his sticker proudly and apparently his car has since doubled in value.



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The price is \$6 per sticker (including postage and an optional 5-year membership of the Save Manly Dam Catchment Committee).

2 stickers will cost \$10. Each sticker in addition to that will be \$2.50.



# How Music Saved Australian Rugby

Music with Digz by Digby Robinson, @digzmusic

Australian Rugby's had a pretty forgettable decade (or two!) with memories of Johnny Eales lifting the Webb Ellis feeling a lifetime ago, and Aussie kids sailing through to university age having never experienced the patriotic joy of sticking it to the Kiwi's, cheering on from the depths of their lungs as our scrummaging maulers in golden jerseys and green short shorts bring home the Bledisloe. The current state of RaRah decay is so trampled in the ruck it can bring a tear to many a Northern Beaches' Driza-Bone-clad, middle-aged man's eye as they polish off the R.M. Williams boots after another hard day's yakka for casual dress Friday in whatever multinational, profit-printing law, investment or accounting firm they sit high up in the pecking order of. And it may seem odd for a dedicated Tawny music column to be focused so heavily on the sport they play in heaven but hear me out.

Covid has been damaging for us all, especially for those of us in the arts and hospitality scene. While our vocational venues are laden with all manner of restrictions, Australian Sporting clubs are able to squeeze tens of thousands of people into tiny little tunnels, coughing and spluttering, but with roofless stadiums, Covid stays well clear. Science! Look it up! Well, if you can't beat 'em, join 'em! My band 'Furnace and the Fundamentals' were given a rare opportunity to play at Suncorp Stadium for the Australian Super Rugby grand final and, of course, we jumped on it (with more vigour than many a recent Wallaby).

Walking onto the field at halftime, the pressure was on. The 6 of us stood, middle of the pitch, crammed onto a tiny stage before a dead-silent packed crowd. We summoned every ounce of Campese goose-stepping swagger as the 10second countdown dropped to zero. Show time! The next eight minutes were a blur. The stage bounced vigorously, mic stands fell over, power cables pulled out, but we hit every note, nailed our choreographed routine that would make Justin Timberlake and Janet Jackson blush, and I let the fire-top afro fly wild and free in the crisp night breeze.

Opening with "It's Raining Men" had the Israel Folau detractors up and out of their seats. Continuing on to "Ain't No Mountain High Enough" lured in the soulful Southeast

Queensland R&B aficionados. Mamma Mia and The Darkness cemented the cauldron's halftime buzz, but the Sweet Caroline climax is what really brought us home, the Suncorp Stadium roaring from every seat! We even got cheered off the field!

Down 12-16 going into the halftime break, the Queensland players returned to the field, and with the crowd louder than ever, bustling with more energy than a government funded coal power plant, they brought their Reds home for a huge 19-16 victory. Able to watch from the sidelines, we were caught up in the match, forgetting completely we'd even played half-time, but the final whistle was met with instant plaudits from rugby commentators far and wide pinpointing the Furnace halftime show as singlehandedly saving Australian rugby...high praise indeed and, just like the opportunity to even rock out at the event at all, we'll take it!!



Furnace & The Fundamentals halftime Suncorp show

# Film & Food

by Christopher Roberts, @filmandfoodpodcast

In celebration of the latest project from master filmmaker Barry Jenkins, this month we are exploring poignant and powerful African-American stories.

## The Underground Railroad

Streaming on Amazon Prime

Barry Jenkins (director of Best Picture winning *Moonlight*) adapts the Colson Whitehead novel of the same name into a ten-part series where the historical Underground Railroad is re-imagined as an actual below-ground railway that is a means of escape for many slaves in 1800's America. This plays more like a ten-hour film filled with gripping performances, a lavish production and excellent long-form storytelling that delicately negotiates the often heartbreaking circumstances the characters face. It's poetic, powerful and phenomenal in every way.

## If Beale Street Could Talk

Available to rent on Google Play and Youtube

'You trusted love this far, trust it all the way.' This quote by family matriarch Sharon beautifully summarises the message of *Beale Street*. Sharon's daughter Tish and her young lover Fonny are caught up in the euphoria of young love when Fonny is imprisoned for a crime he didn't commit. The two families have to fight against corruption and racism to try and get Fonny freed. Stunningly photographed with a lush and evocative original score, *Beale Street* captures the complexity of love facing injustice.

## The Colour Purple

Available to rent on Youtube and Amazon Prime

In the 1930's Deep South women were considered no more than objects that cook, clean, produce children and look after a man. Celie is a young woman cruelly forced into this life, separated from her adoring sister and locked into wedded prison. As the years pass and Celie interacts with some trail-blazing women in her life, the shackles start to fall off as she seizes a future brighter than her past.

This month's recipe is a beautiful ode to the love of Tish and Fonny in *Beale Street*. Adapted from an Ottolenghi recipe.



Recipe of the month: Persian Love Cakes

## Persian Love Cakes:

### Ingredients: (makes 12)

240g almond meal  
50g plain or gf flour  
140g raw sugar  
140g brown sugar  
180g greek yoghurt  
80g cubed cold unsalted butter  
2 eggs  
1sp nutmeg  
Optional: pomegranate seeds, icing sugar and double cream to serve

### Method:

1. Combine almond meal, flour, sugars and butter in a food processor and blitz until a breadcrumb-like consistency. Place two thirds of the mixture in a large bowl. Combine with yogurt, eggs, nutmeg and a pinch of salt.
2. Use the remaining third of crumbs to line a 12 hole muffin tray. Firmly press with your fingers to make the crumb compact; it should reach a third of the way up the sides.
3. Fill the muffin cups to the top with the yoghurt crumb mixture. Smooth the tops with a knife and bake in a 180 degree oven for 30-35 minutes.
4. Take out the oven and cool in the tray. Serve cakes with a dusting of icing sugar, a dollop of double cream and some pomegranate seeds scattered on top. Enjoy!

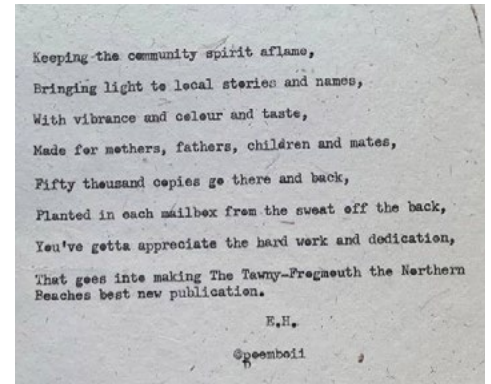




**Subject** Friday Night at the Northern Beaches Artist Collective Deep Waters exhibition  
**Photographer** Tikky Hes, @thehesgallery



**Subject** Mirrored Molly  
**Photographer** Christine Hennessy



**Subject** An Ode to The Tawny Frogmouth  
**Submitted by** Poemboii, @poemboii



**Subject** Tom Wrigley somersault merchant  
**Location** Belrose Extreme Mountain Bike Park



**Subject** It's here!  
**Photographer** Terese Israelsson



**Subject** Water Dragon eating lunch  
**Photographer** Suzanne Lawson



**Subject** Pelicans at Fisherman's Beach, Collaroy  
**Photographer** Simon Harrison, @sim.photog



**Subject** My Friend the Octopus  
**Photographer** Mauro Barberis, @mauceano



**Subject** Snorkeller at South Steyne  
**Photographer** @goodswim\_manly

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Bruna proudly displays her debut novel

## How to Disappear

Tawny's Bathtub Book Club by Paige Turner

Bruna Gomes' debut novel, **How to Disappear** is extraordinary by any measure but when you consider the author is 18-years old it's beyond extraordinary. Bruna grew up on the Northern Beaches but don't let that, or the book's sweet looking cover, mislead you into thinking this is some sort of self-help book on disappearing. This is one hell of a confronting read from a writer with an intelligent and audacious voice.

It's written entirely in the second person and follows 'You' a 19-year-old girl through a series of strange and often bizarre events. 'You' has brought most of these on herself and has a volatile act first think later habit that needs curtailing.

You of the ever-changing hair colours and cuts, barely there boyfriend, lost mother, caring but rather odd sister, and a cast of other characters take you from despair to laughter to horror and sometimes on repeat. 'You' is the opposite of uncomplicated. She is an elusive, spontaneous creature who just when you feel you may have started to understand her does something, or a series of somethings, that make it plain you are no closer to knowing her than you were at the start. What we discern from her internal dialogue is that she is a mixed-up girl with unreliable memories, unresolved grievances and a depth of grief, anger, and frustration that is bottomless.

What I loved about this book is its originality. Despite sitting firmly in the "damaged

girl" genre it distinguishes itself because You is not a self-pitying, victim. 'You' is no one's patsy, victim, or saint, most certainly she is not a saint. 'You' is not seeking to be understood or forgiven. She's moved on from blaming anyone for her messed up state and is owning it.

The book's title is a strong clue to what's happening. You takes many opportunities to disappear but from whom because despite all her detours she can't disappear from herself. Her escapades would be completely unbelievable in the hands of a less accomplished writer, even so there are many times where you just need to suspend judgment and let You have her way.

The chapter headings tell the story: Step 1: Say Nothing, Step 2: Become a Stranger, Step 3: When You See Signs of Being Known, Leave, Step 4: Deactivate Your Electronic Self, Step 5: Extinguish Any Threats, Step 6: Ignore Time (Time Is Merely A Social Construct, Anyway), Step 7: Spread Falsities and Fabrications, Step 8: Fall into the Shadows, Like a Myth, Like a Secret, Step 9: Become Temporary, a Never-Ending Series of Brief Interludes, Step 10: Be Absolutely, Positive Certain (Although I Do Admit, If You've Gotten This Far, Then It Is Already Too Late To Change Your Mind).

The writing is sparse yet eloquent and at times so powerful it grabs you by the neck with both hands and shakes you. Here's a good example, "You are howling not like a lone wolf who howls to the beaming face of the moon, not like a baby who howls for the attention of his tired mother, not like a man who howls for the body of a curvy woman. You are howling like a girl who is both the wolf and the moon, the baby and the mother, the man and the woman. You are howling like a girl who is best friends with her greatest enemy. You are howling at yourself, you are the lone wolf, you are a silver moon. But you thoroughly abuse yourself with the sound of your own howl. In summation, you are pathetic."

Bruna Gomes is a huge new writing talent. I hope she moves on from the "damaged girl" genre if only because it's not my favourite! Selfish I know but I can't help thinking we'll be hearing about this talented writer for decades to come. I look forward to reading more of whatever Bruna chooses to put out into the universe.

You'll find **How to Disappear** at Dymocks online, Booktopia and Amazon.



1. In what year did James Griffin – State member for Manly assume Office?
2. The Marlins & Rats recently celebrated how many years of their fierce rivalry?
3. Who is the main guernsey sponsor of the Manly Sea Eagles?
4. What time is the last time the Spit Bridge opens on a weeknight during winter?
5. What is the name of the beach located between North Narrabeen & Warriewood beaches?
6. Which Australian native animal have fingerprints almost identical to humans?
7. Prior to Joe Biden, who was the last US President to serve as Vice President?
8. How long did Neil Armstrong walk for on the surface of the moon? 15 minutes, 2.5 hours, 10 Hours?
9. Which Olympic sport is it illegal to play with left-handed equipment?
10. In which city is the Australian Newspaper headquartered?
11. In which NSW country town is there an annual Elvis Presley festival?
12. True or False – Queen Elizabeth II was the first reigning British monarch to visit the USA?
13. To the nearest Kilo, how much does an Oscar Statue?
14. Which continent is home to the 10 poorest nations in the world?
15. In which decade were Indigenous Australians given the right to vote?
16. In reference to computers – Before it was called a mouse, which other animal was the mouse originally known as?
17. Which song title was a hit in 1993 for Mariah Carey & again in 2002 for Enrique Iglesias?
18. Which countries flag has blue & white horizontal stripes & a white cross up in the top left corner?
19. When Heath Ledger played the Joker, which actor played Batman?
20. Which year did the first ATM used in Australia – 1969, 1979, 1989

## Sudoku

Medium difficulty

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

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by Krystal Bawl

## Cancer Jun 22 - Jul 22

Today is a new beginning. You've been resisting this challenge for years, step up a gear and get moving.

## Leo Jul 23 - Aug 22

When Dylan Thomas wrote "Do not go gentle into that good night" he wasn't thinking of you dear Leo.

## Virgo Aug 23 - Sep 23

To (the) Barre or to (the) Bar that is the question, your choice, choose wisely. Apologies to Shakespeare.

## Libra Sep 24 - Oct 23

You know you want to, so why don't you. Go on. What's the worst that can happen? You really do only live once.

## Scorpio Oct 24 - Nov 22

What goes around comes around and that reckoning is on your horizon. Human up for the consequences.

## Sagittarius Nov 23 - Dec 21

Your kindness is legendary, but it sometimes gets you hurt. Don't forget to be kind to yourself too.

## Capricorn Dec 22 - Jan 20

You're a dreamer and that's what people love about you especially when their reality is a recurring nightmare.

## Aquarius Jan 21 - Feb 19

The Age of Aquarius is coming again. Harmony and trust abound provided you've had your Covid jab.

## Pisces Feb 20 - Mar 20

Keep stoking your creative heart no matter the tide of opinion telling you to quit. Stay the course sweet fishy.

## Aries Mar 21 - Apr 19

Your ability to see beauty where others don't is what makes and keeps you special. Please don't change.

## Taurus Apr 20 - May 21

Stop believing friends when they say they want the truth, they don't, unless it's sugar coated, not alcohol drenched.

## Gemini May 22 - Jun 21

Your temper is shortening faster than these winter days. Lighten up buttercup, even your twin has a tipping point.

1. 2017 2. 50 years 3. URM 4. 8:15pm  
5. Turnimetta Beach 6. Koolas 7. George Bush Snr  
8. 2.5 hours 9. Field Hockey 10. Sydney 11. Parkes  
12. Foise (King George VI 1939 13. 4kg (3.85)  
14. Africa 15. 1960's 16. The Turtle 17. Hero  
18. Greece 19. Christan Bale 20. 1969

Trivia Answers

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

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