

The Tawny

# FROGMOUTH

Issue 08 August 2021



FIGHTING COVID

**P2 Face Masks and  
Covid Killing Spray**

MISSION IMPOSSIBLE

**The Last Great  
First**

QUEEN'S HONOUREE

**Monika's Doggie  
Rescue**

# VOTE 1

On Saturday 4th September



## Let's keep the Northern Beaches **STRONG AND INDEPENDENT**



Councillor Sarah **Grattan**



Mayor Michael **Regan**



Councillor Sue **Heins**

Led by Mayor Michael Regan, the Northern Beaches Council continues to lead us through difficult times and deliver for the community.

They are ensuring the local community is informed, protected and connected.

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- increased services for the vulnerable.
- supported our local businesses.
- protected our natural environment and transitioned council sites to 100% renewable energy.



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★★★★★ Daniel V. Balgowlah



On 4 Sept, Vote 1 above the line for Your Northern Beaches Independent Team.

[www.YourNorthernBeaches.com.au](http://www.YourNorthernBeaches.com.au)

# G'day Beaches

by Liam Carroll



Welcome to Tawny Frogmouth's two cubed Issue 8 for August 2021!

Thanks to everyone that came out in support of the Tawny Frogmouth beer! The powers that be did what they had to, lock us all down, so we put our 10 July launch party on ice, but you still arrived keen and thirsty to Bucketty's impromptu drive-thru, selling out the cans in three days! Never fear, the 1,000 litres still in the tanks will be made available in whatever Covid-lockdown form we can provide them. Please tuck in and help us raise funds for wildlife.

This issue, cover artist Rachel Carroll has captured the wonder of North Curly headland. Liam Webster caught up with two Doctors heading to the South Pole this summer for "The Last Great First"; a 2,600km, 110-day transantarctic expedition!!

We welcome Michael West Media to our pages, sharing insights into privacy concerns of Covid-tracing apps and showcasing Bali's

## The Tawny Frogmouth

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exemplary vaccination rollout.

Finally, it seems Covid's capacity to mutate and evolve means our way of life remains a long way from returning to normal. While it's inspiring to see people adapt and innovate, many of you are doing it tough.

Now more than ever, we need to support each other, buy local, and do what we can to help our Northern Beaches' neighbours, it will make a world of difference.

**Cheers, Liam**

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



Surfer: Archie Elliott. Photo Credit: Heidi Hamester, @hjh.aerials



Max Hyatt 40/20 slab winner putting on a show at Deadmans

## Peninsula Wash Up

by Liam Carroll

### 40/20: Slab Hunter Award

Given the stellar run of pumping surf the Northern Beaches has been enjoying, **40/20 Beer Co.** ([www.4020beer.com.au](http://www.4020beer.com.au)) has stepped up to give a slab of 40/20 tins to the Beaches surfer who's been charging local slabs the hardest, giving the rubber necks on the safety of the headland plenty to cheer about, as well as their fellow chargers in the lineup all the inspiration they need to plow full throttle over every heaving ledge they can. This month's 40/20 Slab Winner is **Max Hyatt**.

### Goon of Fortune's

#### Sophisticated Evolution

Balgowlah Heights martini lover **Vicki Lyon** has set up **Sophisticated Cocktail Co.** Premium cocktails with a twist, batched then bagged in eco-friendly goon bags. Cop that Fruity Lexia. "I love mixing my own cocktails at home for friends and family, so I decided to take my love of a good mix and batch them for everyone to enjoy." Now you can enjoy them too, in

one or all of the 6 varieties:

Margarita, Cosmopolitan, Espresso Martini, Pina Colada, Gin Martini and Old Fashioned. Mother Nature would also like it known - the pouches mean an 80% lower carbon footprint than their glass bottle equivalents. Beauty. Buy online at [www.sophisticatedcocktailco.com.au](http://www.sophisticatedcocktailco.com.au) and enjoy free local delivery. Most importantly, get the Hills Hoist ready!

### Do You Want to be a Radio Presenter?

The Peninsula's own community radio station, **Radio Northern Beaches**, is putting on a one-day Radio Skills Workshop, Saturday 14 August at their Terrey Hills' studio. If you've got golden tonsils and a face for radio, enrol now! \$140 for the one-day intensive. All details at [training@rnb.org.au](mailto:training@rnb.org.au) And if you're not keen to pursue a radio career, be sure to turn your FM dial to 88.7 or 90.3. Tune into RNB and give your ears some local audio to listen to. Program guide at: [www.rnb.org.au/programs](http://www.rnb.org.au/programs)

### Spill the Beans' 1st Birthday!

Congrats to local online writing group, Spill the Beans, for their first year of scribbling, celebrating four challenges spawning over 100 stories by 48 writers from five countries. Established for all storytellers, new and experienced, Spill the Beans is the place to go to meet other writers, share your stories and enjoy the entire writing process. Become a member by heading to: [spillthebeans.net.au](http://spillthebeans.net.au)

### Worm Farms Wicking all the Right Boxes.

Want to grow your own veggies, be sustainable and get your whole family's hands dirty during lockdown? Well, you're in luck, because local teacher **Olly White** has taken his passion for sustainability and created a planter box incorporating a self-watering wicking system and in-ground worm farm. Growing up in regional NSW and now living in an apartment, Olly created his "farm on a balcony"

**WickWorming™** planter boxes as a way to grow his own veggies all while conserving water and minimising food waste. Now you can too! Find out more at [wickworming.com.au](http://wickworming.com.au) and follow him on Instagram [@wickworming](https://www.instagram.com/wickworming)



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## Letters to The Tawny Frogmouth

### Ratepayer Resources Abused

After coping years of excessive council scrutiny on our new house build due to one disgruntled, bored, nose neighbour who doesn't even share a boundary with us, I thought it was time to ask - why is it so easy for these pathetic people to use council resources as a platform to harass their fellow neighbour? Neighbours like this sit behind their keyboards or phones, lodge complaints without having to provide any evidence and council investigate, with the onus on the person of whom the complaint was about having to prove their innocence/compliance, all with the threat of a fine if we don't respond in time. We share a boundary with only one neighbour, who has NEVER felt the need to complain about us. Why can someone else so far removed cause us so much grief?

#### Seaforth Resident

### Bragg, Post Box Surprise

Liam, I wrote back in February about my surprise to find a Yellow Pages in my post box. Well, another item's got me stumped now. A newsletter from someone named Andrew Bragg, "Liberal Senator for NSW, Delivering for Warringham". Who's ever heard of him? Maybe you should interview him so we can find out what he actually does.

#### Nick, Curly

### It Must be Election Time

It's Council election time - you can tell by the fear mongering being distributed! It's a pity the 'facts' about rate rises and so-called huge cost increases don't provide the total picture (which of course changes the overall impact of the message). Yes, rates have gone up. But by an average of 2.4% per annum for most households. This rise is not based on inflation but rather a local government index dictated (and capped) by an independent tribunal (IPART). Shortly some households in Manly will have an increase of 26% due to the harmonisation of the rates process across the Peninsula. But this represents 10,000 households out of around 100,000! There is also a statement going around that "Northern Beaches Council's rates are 32% higher than similar councils." Sorry, this is just rubbish. Our rates are generally on par with other coastal councils. Who to believe? A proper analysis is available on the Council's website. COVID 19 of course has caused a major loss of \$30m which included fees and charges and support for small businesses of \$2.7m. But due to good financial management, our Council finances are solid. Finally, it's important to put on the record that since July 2017 the new council has spent \$464m on capital works and has been successful

in obtaining State and Federal Government grants of \$160m. Impressive. So, don't believe everything you read on social media during the elections - it can be rife with explosive misinformation.

**Candy Bingham, Deputy Mayor**

### Re: Crimewatch: "Firearms Classification"

There is booming leisure activity across the NSW/Qld border. Sales are strong and the local economy is benefiting. It's called gel blaster cosplay. Crimewatch's negative take on gel blasters is based on outward appearances with airsoft taggers. The leisure industry in Qld received a boost in early 2021, when the law clarified that gel blasters are not firearms and gel balls are not ammunition. A gel blaster is simply restricted in how one can display and use it. Meanwhile, across the Tasman, gel blaster and airsoft tagger cosplay are popular pastimes. The Kiwis do however regard both gel blasters and airsoft taggers as restricted, in terms of users. Cosplayers do travel from NSW to QLD and NZ to pursue such hobbies. The anomalous situation in NSW might be an example of the 'nanny State'? Let's have a closer look at the issues. Moving along the spectrum from the airsoft tagger, on past the gel blaster, there is the paintball marker. Leaving airsoft taggers aside, let's focus on gel blasters versus paintball markers. Firstly, what does paintballer's cosplay have in common with gel blaster cosplay? Both are skirmish games using imitations masquerading as firearms. Both these 'long arms' are purposely designed to be pointed at consenting persons



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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in the cosplay. Secondly, when you are hit in the torso by a paint-filled ball or a gel (hydrolysed super-absorbent polymer) ball, which would leave a bigger welt? Hands down, the paint ball, it will hurt more. Protective gear is a must. Since July 2019, paintball markers are legal to possess and use (for ages 12+ years) in NSW. Contrast, gel blasters remain illegal in NSW. The inconsistent approach is more a function of parochial political attitudes and lobbying, where the biggest money talks the loudest in Macquarie Street. NSW is missing out on a leisure activity that could help revive its economy. NSW should look to adopt the Qld approach.

**Greg Hogan, Balgowlah**

**Re: Manly's Best Ever: Vale Bob Fulton**

I really enjoyed the article by Matt Cleary, and I would like to support his disclosure to readers that Bozo did have a reputation of hogging the ball at times. Fulton did a couple of stunts with Warrington in the off season in the late 1960s. It was there that he earned the nickname 'Bozo'. It soon became apparent to the Poms that Fulton was undoubtedly an exceptional player (he won multiple Man-of-the-Match awards during his stunts) however they noticed that he did have an aversion to passing the ball. Some wag reckoned that it wasn't an aversion at all, but it was because his hands were covered in Bostick, a popular glue in the UK at that time. Bostick soon became 'Bozo' and the moniker followed him back to Australia. How do I know this, I hear you ask? A female sports reporter who wrote for Rugby League Week

(under a male nom de plume) at the time and was covering Fulton's games in England, revealed the true origins of Fulton's moniker to me and my mates. We felt very special being 'in the know' about our hero Bozo!

**Frank, Beacon Hill**

**Protection not Persecution**

The Northern Beaches Animal Justice Party staged an event coinciding with the NSW Parliamentary Inquiry into Macropod health, wellbeing and the unregulated commercial kangaroo killing industry. There is an urgent need for transparency to challenge the idea that kangaroos must be hunted and exterminated. Millions of kangaroos in plague proportions do not exist. This story is perpetuated by those who stand to gain from this lie. The Kangaroo is totem to First Nations people. By slaughtering kangaroos we also slaughter the land and further extenuate the painful history of colonialism upon First Nations people. It is barbaric to shoot kangaroos, to poison, to withhold water, to trap and starve, to decapitate joeys, to cause stress induced myopathy and to obliterate family structures to benefit a few individuals. It is not okay to grind their bodies up for pet food for dogs and cats while their mob remains forever hunted. Kangaroos are not farmed, they are not killed instantly, they have a high mortality rate and young joeys are nervous and not allowed to play and explore because their mothers live in fear. Kangaroos need protection not persecution. For more info please watch [kangaroothemovie.com](http://kangaroothemovie.com)  
**Susan Sorensen, Animal Justice Party NSW**

**Unsafe Covid-19 Testing**

I've just had a truly terrifying experience at the Northern Beaches Hospital while getting a Covid test. First, I had to physically press a button to open the boom gate to get into the testing area. Why is not controlled by a motion sensor? Second, I fully expected to be tested in my car. This is the first test I've had in NSW. When I had a test in QLD last year, I didn't have to leave my car. While I was in the testing centre itself, there was a lady in front of me who didn't stop violently coughing for the entire time we were at the centre together. I have absolute empathy for this lady who's doing the right thing and getting tested. However, if this lady has Covid, I'm pretty convinced I'm now going to get it. Why are we not doing 'in car' testing at our largest facility on the Northern Beaches? Why are we forcing people to enter a confined facility that is clearly being frequented by very sick people, dramatically increasing the risk of cross infection?  
**Jorge, Queenscliff**

**Dogs and Cabbage Tree Bay**

I write regarding 2 letters in the July issue. In response to the continuing comments about dogs. I had the pleasure of visiting Manly Dam at the start of the latest lockdown. There were a couple of very large signs saying, 'No Dogs' and in another area of the dam a couple of smaller but unmissable signs saying 'Dogs on Leads'. In the 'No Dogs' area, there were 5 dogs. In the 'Dogs on Leads' area I came across 10 dogs and owners, 9 of which were not on a lead, and one doggy poo. I was almost tripped over by one dog who ran in front

# GOOD & MANLY

Make sure the Manly Ward is well-represented on the Northern Beaches Council

## COUNCIL ELECTIONS Saturday 4th September 2021

**OUR TEAM OF INDEPENDENTS:**

- Candy Bingham** Strategic Partnerships & Communications Expert, Manly
- Scott Porter** Technology & Small Business Advisor, Balgowlah Heights
- Sonia Walsh** Management & Finance Consultant, Seaforth



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Authorised by Jonathan Trope, 1/90 Lauderdale Ave, Fairlight 2094

### Hooroo from the Tawny



**Chris Charles Humphrey**

1st September 1969 – 4th June 2021

It is with great sadness we bid farewell to Chris Humphrey, a shining light in the Northern Beaches community. Everyone who's strolled the Manly Corso has no doubt crossed paths with Chris, diligently managing Humphrey's Newsagency when not having a chat and a laugh with one and all. Never taking a backward step in a heroic 18month battle with cancer, it's still very hard to accept he's gone. He leaves behind loving wife Chloe, and beautiful kids Ella, Wilson and Lewis. We will miss you dearly and love you always.

### Personally talk to Ann Wilson and her team



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of me. That is a very high percentage of owners doing the wrong thing. Yes, there are smokers, drivers, the list goes on who do the wrong thing. But in this case, we are talking about irresponsible dog owners, who are being rewarded with more and more areas they can take their dog off leash, when already they use wherever they like off leash regardless of the rules. The visit to Manly Dam is just more proof of it. In response to Grey N Salty re: Cabbage Tree Bay, I am one of many who signed a petition against the boats anchoring in the bay. I don't 'swim' there but do enjoy snorkelling and seeing the marine life. Having boats anchored is harming the fragile marine life, plants etc. There are billions of areas that boats can anchor. There are not so many

areas close to shore that are teeming with marine life for all to enjoy. This area must be preserved at all costs.

**Marie, Collaroy**

**Get me to the Délidoor**

My cynical antennae went on high alert when reading the story about Délidoor's home delivered food in the June issue. I've never used Menu Log, Deliveroo or even an Uber - I'm app-free and hesitant about the whole on-line process. It was easy and I'm now a complete convert to Délidoor and see dependency on my horizon. As my husband said to me, "it's like we're on a holiday in France", viva la (food) revolution!!!

**Trish the Dish, Fairlight**

**Issue 6**

Dear Tawny, back in December, when we managed to escape the Northern Beaches before the Christmas lockdown, I brought "The Tawny Frogmouth" Issue 01 with us to the Sunshine Coast, Qld and thoroughly enjoyed the interesting articles. Well, guess what!? Here we are again in Qld with Issue 06, somewhat expanded, and no less enjoyable. Please keep the issues coming and well done.

**Lyn, Freshwater**

**Delicious Recipe**

Thanks to Film & Food's Chris Roberts for the delicious Persian love cake recipe in issue 7. It's literally made my day!

**Alexi McDonald, Curl Curl**

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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Daniel Seldon in the AMD face mask factory

## P2 Face Masks and Covid Killing Spray Save the Day

Health by Liam Carroll

With the highly contagious Delta variant gaining a stronger foothold, and lockdowns around the country, plus issues with the vaccine rollout, perhaps we should have a rethink about face masks.

**Daniel Seldon**, managing director of Frenchs Forest based **Aussie Pharma Direct**, says it's time we stepped up to much more efficient PPE, like they have in some European countries, USA and Canada.

"Thinking outside the box, wouldn't it be great if the government provided subsidised medical grade P2 face masks in a system not unlike the Dine and Discover vouchers?" says Seldon. "It would be money well spent for them, as quality face masks are highly efficient in stopping transmission of the coronavirus which means we can keep Australia open for business.

"Loose fitting surgical and cloth masks with gaps around the face, are really not up to the job. P2 masks are designed to fit snugly to the face with no gaps, so pathogens can't slip through, making them a much safer option.

"The medical community concur that the virus is airborne, and the Delta strain is far more contagious than the first generation of COVID-19, yet people are still wearing insufficient surgical and cloth masks. P2 is the Australian standard (equivalent to the US N95 standard). However, more than half of the imported N95 masks have been found to be

either faulty or fake.

"With Australian made P2s we know they are up to standard as the Therapeutic Goods Administration conducts regular random checks to ensure they are what they claim to be."

**Nano-technology – the future of PPE** Masks are arguably the most important PPE in our fight against COVID-19. And PPE incorporating nanotechnology is at the cutting-edge of protection against airborne transmission. Australian manufactured AMD P2 Nano-Tech Respirators are at the leading edge of this innovation utilising nanofibre filters to create stronger, lighter, more comfortable and breathable protection with significantly higher filtration than regular masks with a melt blown filter.

**Key differences between melt blown face masks and nano-fibre respirators.** When it comes to face masks, there is a big difference between surgical and cloth masks, and a fitted P2 respirator. Surgical and cloth masks provide a barrier to splashes, droplets and spittle, but do not filter small particles (such as COVID) from the air. Surgical masks are made from melt-blown filters which use static electricity to capture dust and particles. However, once they get moist from breathing, the filtering efficiency drops dramatically.

Whereas the **AMD P2 respirator is like a personal air purifier** made from four layers of extremely fine nano-fibres that filter out 99.66% of airborne particles. Its densely tangled nanostructure allows the mask to be worn comfortably for up to 24 hours, offering long lasting protection, peace of mind and excellent breathability.

**Aussie invention kills COVID-19 within 90 seconds.** Aussie Pharma Direct also distribute another a unique Australian COVID busting invention. Powered by extracts of lemon bush and chamomile, ARTG listed ViroCLEAR is a laboratory proven hospital grade surface disinfectant that kills coronavirus within 90 seconds of surface contact.

Along with wearing a high quality P2 mask and vaccination, it's an essential addition to your protective arsenal. ViroCLEAR is also available as an alcohol and ethanol free hand sanitiser which is kind to hands, safe to use around children, and importantly, kills 99.99% of germs and bacteria.

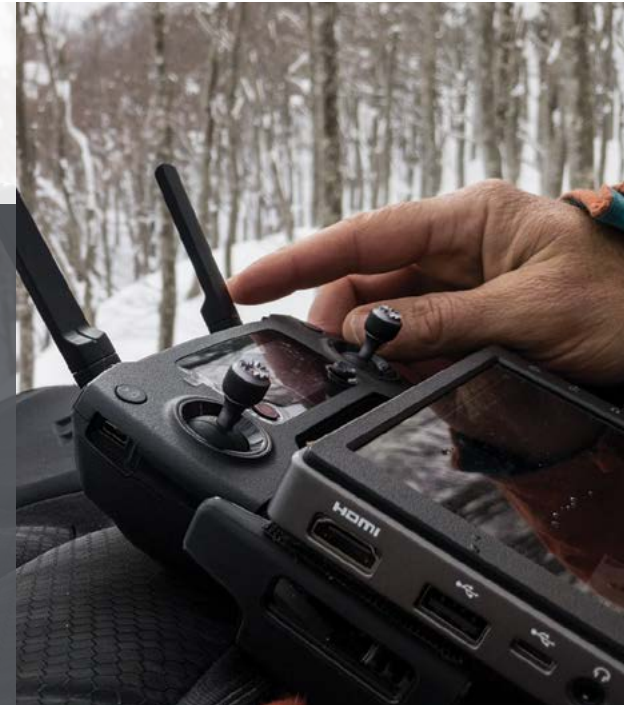
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James gets his Covid vaccination at a Northern Beaches GP.

## Vaccinations. Let's Do It.

by James Griffin MP, Member for Manly

One of the most pressing questions I have heard on the Beaches over the past few weeks has been 'where can I get vaccinated?'

Here's your answer. To be clear, the responsibility of vaccine supply sits with the Federal Government, the NSW Government however is lending its support to turbo-charge the roll out. The NSW Health operated vaccination sites complement the GP Network, which has and will continue to deliver the majority of COVID-19 vaccines across NSW.

Under Gladys, the NSW Government has announced the creation of three new mass vaccination clinics to increase capacity. We will be delivering in excess of 100,000 doses a day.

We will establish two new mass vaccination centres, plus a large clinic in the heart of the city in preparation for a larger supply of Pfizer vaccines, boosting the NSW contribution to the Federal

Government's vaccine rollout.

The new sites add to the NSW Health 100 vaccination clinics and outreach locations across the state.

As Premier Gladys Berejiklian said recently "the NSW Government is ready and willing to support getting vaccine doses out as quickly and as safely as possible."

**So, how to get vaccinated on the Beaches:** You can make an appointment at one of more than 50 Northern Beaches vaccine-providing GPs. Take for instance your local Doctor or medical centre, by now they should be receiving their vaccines and taking bookings for both Pfizer and AZ.

You can call Mona Vale Hospital, Royal North Shore Hospital, Roseville Vaccination Clinic, or Ryde Vaccination Clinic in the Northern Sydney region, alternatively, you can make an appointment at our Vaccination Hub in Homebush.

The Northern Beaches

Hospital is working alongside GPs and the NSW Health network to increase vaccination capacity for Northern Beaches and North Shore residents. For a full list, check my website.

**In case you missed it...the NSW Budget happened.** As your representative, I work hard to secure as much funding as possible from the NSW Budget, and I am pleased to say this year's slice is 'massive'.

The NSW Government's \$2.1 billion school building program includes funding for the planned and much-needed expansion of Manly Village School into the former Manly Community Centre. This makes good on my promise two years ago to retain the former Community Centre for the school and ensure its continued use for community purposes. Over \$1 million has been allocated for the redevelopment as well as for upgrades at Manly Vale and Curl Curl North Public Schools.

Families will also be able to access \$100 Learn to Swim vouchers for children aged three to six years.

The upgrade of Manly Wharf 3 will continue with \$2 million allocated to provide disability access, while improvements to the Manly Boatshed and the boat ramp at Little Manly Reserve have been supported with grants to Northern Beaches Council of \$302,000 and \$105,000 respectively.

For the full list of funding secured for Manly, please check out my website: [jamesgriffinmp.com](http://jamesgriffinmp.com) You will also find a list of Northern Beaches vaccination clinics.



Manly Ward Councillor, Sarah Grattan.

## Community Not Politics

by Liam Carroll

**Balgowlah resident and Manly Ward Councillor Sarah Grattan will be standing for re-election to the Northern Beaches Council on Saturday 4 September.** The Strategy Consultant and mother of three teenage daughters was new to the world of local government when elected in 2017 as an Independent with Mayor Michael Regan's group - "Your Northern Beaches Independent Team". She admits the step into Council was big, with an enormous learning curve. From understanding the peculiarities of local government budgets and accounting to planning rules and council meeting procedures; from waste management to capital works, community consultation to public toilet cleaning schedules. All this on top of her professional role as Chief Operating Officer for the charity UNICEF Australia.

Sarah says it's been a rewarding experience. "Personally, it's been a privilege to work for the community and help set the strategy for the next 20 years."

Sarah's focus is to support the Council to be a sustainable, connected, and future focused organisation. Her vision is that Council will continue to build an inclusive community, that cares for and protects the environment, that manages resources responsibly and advocates hard to resolve community issues like traffic and transport.

Sarah says being independent from major political parties is so important, enabling her to stand up to State or Federal Governments. "As an independent, there is no party line to adhere to. My only master is our local community".

As a qualified Company Director (GAICD),

Sarah brings a professional approach to her role as Councillor. During her council term, she has focused on six key areas:

**1. Strengthening governance, financial and risk management.** Sarah's drive on Council's Audit, Risk & Improvement Committee (ARIC), has improved transparency, pushed for detailed business cases and post-project reviews, and strengthened Council's risk management.

**2. Traffic and Transport issues.** Sarah chairs the Council's vital Transport & Travel committee. She's also advocated on numerous State Government projects, resulting in important wins for the local community, including significant design changes on the Beaches Link Tunnel. Local bus timetables were changed by the State government without community consultation or understanding of local conditions and Sarah's sustained community campaign resulted in a return of some key bus services.

**3. Child Safety and Youth Participation -** Sarah was a driver of Council's sector leading Child-Safeguarding Policy and she is a keen and active supporter of the Youth Council.

**4. Public Amenities. Sarah achieves results.** Her first Council 'motion' was to fix the rundown public amenities and improve their cleanliness. Over \$2.1M has been spent this term throughout the Manly Ward on 14 new or refurbished public amenities.

**5. Upgrading Manly Infrastructure, and parks.** From her financial analysis it was apparent that the old Manly Council significantly undervalued their assets and underspent on maintenance. The new council has had to re-invest almost \$28M in critical community infrastructure in the Manly area since 2017 (e.g. roads, footpaths, beach stormwater, tidal pools, foreshores, buildings, playgrounds, and sports fields) - and there's more to come.

**6. Environment.** Last but importantly, Sarah continues to support Council's work on environmental issues. From protecting Manly's Little penguins to reducing waste, setting net zero emissions targets and reducing emissions (and costs) with the LED replacement scheme and solar panels.

Sarah says there's still more work to be done. "I'm asking the community to support me again on Saturday 4 September - let's keep the Northern Beaches independent."

Contact Sarah by phone: **0427 745 673**  
on Facebook: **Cr Sarah Grattan** or  
visit: [www.yournorthernbeaches.com.au](http://www.yournorthernbeaches.com.au)



## Report A Tossler! Army Grows: Northern Beaches Residents Leading the Way

by Kelly Drew

Residents of the Northern Beaches rank fourth in the list of suburbs that have reported the largest number of 'tossers' as part of the NSW Government's Report A Tossler! program, taking top pride in the cleanliness of their community.

**Report A Tossler!** launched in 2015 as part of the NSW Government's comprehensive anti-littering program. Road-side locations are the number one littered sites in NSW, and the program aims to change behaviours and reduce litter by sending a clear message that littering is unacceptable.

According to the NSW Environment Protection Authority (EPA) Litter Prevention Manager Rupert Saville more than 58,500 people across NSW have registered with 'Report to EPA' to report 'tossers' littering from vehicles. Over 1,900 of these reside in the Northern Beaches. "It's fantastic to be supported by so many community members who feel so passionate about protecting the environment.

Currently, the Report A Tossler! community is over three times the size of the NSW Police Force and is growing," Mr Saville said. "The program is designed to empower the community to protect the environment and ensure it's clean and safe for everyone to enjoy. It also sends a very strong message that anyone can be watching and, if you're a Tossler, you will be fined," Mr Saville said.

Around 25,000 tonnes of litter is tossed in NSW each year, costing the State and local governments more than \$180 million to manage. Cigarette butts and takeaway packaging (including straws, cutlery, and plastics) are consistently the top littered items. "It is estimated 1.32 billion cigarette butts are littered in NSW each year. What many people don't realise is cigarette butts are made from

plastic and they don't break down, leaching toxins into the environment and causing damage to ecosystems and animals. The obvious ramification of a tossed lit cigarette is fire, which we know can have a devastating impact, but it can also travel by wind and water hundreds and thousands of kilometres through our rivers, creeks and storm-water, ending up in our oceans to kill marine life. A bag carelessly tossed in rural NSW can end up being mistaken for food by a turtle or a straw can get caught in a turtle's nose. If a turtle eats just one piece of plastic, it will have a 20% chance of dying. Sadly, only one in 1,000 turtles will reach adulthood," Mr Saville said.

**Report A Tossler! Fact Sheet.** Report A Tossler! is part of the successful NSW Litter Prevention Strategy that has reduced the volume of litter by 43% since 2013-2014. To report littering from a vehicle you need to:

- have actually seen the litter being thrown, or blown, from the vehicle
- be able to provide the vehicle registration details and the location where the littering took place
- report the incident within 14 days
- submit your report online through Report to EPA

Once a report is made there are 18 steps taken to verify the report before any fine is issued. A penalty for a littering offence is like any other offence. That is, a person may choose to have the matter heard in court and the presumption of innocence applies.

To "Report A Tossler!" and protect our environment you can register at [www.epa.nsw.gov.au/reporttoepa/](http://www.epa.nsw.gov.au/reporttoepa/)



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# Sport: Around the Grounds

by Matt Cleary, Editor of Beaches Champion

And so, to Northern Beaches sports news this month and, well, it's all off! The accursed Delta variant of the accursed coronavirus has consigned the vast majority of community sports to purgatory. You may, at some clubs, play two-ball golf or singles tennis. You may run, surf, paddle, fling a Frisbee. But the majority of let's call it "organised" local sport is off, Things have happened, however.

**Golf** - They knew he could play - when you win the Australian Open aged 21 you've rather announced yourself. But win on the US PGA Tour in a field containing Major winners **Phil Mickelson**, **Bryson De Chambeau** and **Hideki Matsuyama** and you stamp yourself, as Ron Burgundy once said, as kind of a big deal. **Cameron Davis**, 26, a product of Monash Country Club in the rolling green eucalyptus forests of Ingleside, claimed his maiden PGA Tour title - the Rocket Mortgage Classic - after a 5-hole play-off with American **Troy Merritt** and **Joaquin Niemann** of Chile. Davis pocketed \$1.8 million for the feat. Head professional at Monash, **Daniel Paton**, said it was very exciting to see a local product win on such a big stage. "It was very cool to see him play so well to get into the play-off and then really turn it on to win. It shows what many of us at Monash have always known: he has a real killer instinct to win. Everyone at Monash, the entire membership and staff, has invested in him. Not only is he a ridicu-

lously good player but he's a terrific bloke."

**Rugby League** - Manly Warringah Sea Eagles are still motoring along in sixth position on the National Rugby League ladder. After so many weeks of winning, Canberra Raiders came to 4 Pines Park on a Thursday night and played (trust me) their best game of 2021. Manly fans, though, can put the 30-14 loss down as a blip and/or aberration given the absence of Origin stars **Tom Trbojevic** and **Daly Cherry-Evans**, and injured duo **Jake Trbojevic** and **Josh Schuster**. Manly, with all their stars on deck (meaning: Tom) can compete with and beat any team in the competition. And if the football and/or virus gods are kind we'll be able to get into 4 Pines Park to see Melbourne Storm (August 7) and/or Parramatta Eels (August 14).

**Touch Football** - Three 20-year-old women, part of an underage Manly Touch team that was undefeated for nine (9!) years, made the Australian Rugby Sevens squad that will defend the gold medal at the Tokyo Olympics July 26-31. **Madison Ashby**, **Faith Nathan** and **Sariah Paki** are the star pupils of the legendary touch coach **Roha Paki** who took the team from U/12s to U/18s and



Cameron Davis, kind of a big deal

turned out so many state and national reps. Along with the three girls chosen to play rugby sevens for Australia (at the Olympics!), **Pihuka Duff**, **Kiihla Duff** and **Kate Ryan** played touch for Australia. **Mya Geros** - a member of the team the entire 9-year run - played softball for Australia. **Tamara Wooley** played water polo for Australia. **Nell Breslin** ran for NSW. **Lucy McDonald** played league for Parramatta Eels in the NRL's touch premier-ship. **Tia Geros** played for Sydney Scorpions. So did **Sophie Wickham**. So did **Isabella Beach**. The Beaches Champion will be doing a series of stories down the track about The Greatest Sports Teams of These Our Northern Beaches (there's an Allambie Jets junior rugby team that has dibs) and this Manly Touch team will be right in the mix.

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:



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# Privacy Rights Jeopardised With Covid Apps Tracking Every Move

by Greg Barns, Michael West Media

Law enforcement agencies have a cavalier attitude to the right to privacy, including raiding databases of personal information. With the information available from Covid tracing apps, we need stronger regulations to ensure it cannot be misused.

Your every movement is being tracked, from trips to the local supermarket to interstate travel. The information gathered is a treasure trove for law enforcement and security agencies, and they illegally access and use this data. When governments urged us to download the Covid apps and travel passes, many warned that this presented a danger to our right of privacy without strict protections. Assurances given by the government counted for little.

In Victoria, the Police Commissioner revealed that officers had tried to access Covid tracing data on three occasions. Fortunately they were denied, but Victoria's acting Police Minister thought it OK for police to have such access. In Western Australia, police accessed the SafeWA app on three occasions in criminal investigations. To be fair, the WA Government is legislating to prevent this.

Equally concerning is the attitude of the WA Police Commissioner, defending his agency's actions in accessing personal data from the Covid app in cases where the alleged crimes were serious. He added: "When I signed up to the app, the terms and conditions

said it can be used for a lawful reason," and "police have a duty to investigate crime". Law enforcement appears to have a "whatever it takes" attitude to raiding databases of personal information.

What is needed are strong penalties and laws to make it impossible for evidence obtained from Covid tracing data to be used in legal proceedings. In another incident, WA Police refused to accede to a government request not to use the app database for intelligence gathering. Police in Victoria and Queensland can also access Covid tracing data. A warrant is required, but the threshold for obtaining one is low.

There are many previous reports of police and security agencies abusing their powers by unlawfully accessing databases containing personal information. In April, the ACT Ombudsman reported that the AFP had accessed location information more than 1,700 times over four years, but on only nine of those occasions did police comply with the law. In 2017 the AFP admitted illegally accessing the phone records of journalists, and in 2019 the ABC revealed that NSW Police had accessed a database containing 40 million pieces of information on individuals.

The list goes on, and any politician or law enforcement official suggesting there will be no misuse of data collected by the Covid apps, is simply fooling us. The abuse of power by police and security

agencies in Australia is part of their culture. Such abuses are aided and abetted by the Government passing legislation that weakens privacy protections.

The 2015 federal data retention law that forces ISPs and telcos to keep personal data for two years, is one example. Another is the proposed surveillance legislation which would enable the AFP and the Australian Criminal Intelligence Commission to access a person's digital data and online activities. Another proposed bill will enable greater data sharing between governments.

Policy makers give little thought to the potential abuses of the amount of data collected by Covid tracing apps and other forms of Covid information gathering. But they need to, given the poor track record of respect for privacy on the part of the police and intelligence agencies. A good start would be for laws that breach the protection of privacy being struck down as unconstitutional. The Canadian Charter of Rights and Freedoms protects privacy from unreasonable searches and seizures, but no such protection exists in Australia.

There should also be heavy penalties and sanctions for the leadership of the police and security agencies when they facilitate or ignore unlawful gathering of personal data. There needs to be direct liability for leaders of these organisations. Laws should also be strengthened to make evidence obtained by illegally accessing personal data inadmissible in court. Without these changes - and a cultural shift within law enforcement agencies - expect more Covid data breaches.



A Bali vaccination clinic in a Hindu temple

## Bali is Leading the Vaccination Race

by Kim Wingerei, Michael West Media

As Australia continues its vaccination strollout, Bali will soon have vaccinated 80% of its adult population. The plan is to open up to tourism again within a few months.

Indonesia reacted to COVID by closely controlling its borders, hotel quarantine for travellers, mandatory mask wearing and trying to impose social distancing measures. In a country of 260 million people, many in high density areas, lock-downs have been less effective and rarely used. Being an archipelago of 17,500 islands has not made the task any easier. Although it is a country that loves record keeping, the statistics likely belie the true magnitude of infections and deaths.

Official infection numbers first peaked in January 2021, with close to 15,000 per day. But the last week has seen new daily peaks of 35,000 plus, driven by the Delta variant. After trending downward for many months, Bali is also seeing a sharp uptick in infections. But daily deaths have been stable, an indication that vaccinations are working. Vaccinations started in March, first focused on medical staff, care workers and police. By 1 July, 2.3 million Balinese have been vaccinated at least once, well on track to have 80% or more of the adult population fully vaccinated by August.

Bali has been prioritised by the Jakarta Government because of its importance to foreign currency earnings. Tourism has been hit hard by the pandemic. The Bali administration is establishing "green zones", selective areas cordoned off by local travel restrictions. The aim is a carefully orchestrated opening of borders to international visitors once this

current wave of infections has been brought under control.

It is the "Banjars" - villages - that have made all the difference to the distribution of vaccines. Indonesia's lowest level of government, and to most people the important one, has made vaccinations happen. Bali villages are small, sometimes just a few hundred people. Most vaccinations were done in public spaces, often local temples, by doctors and nurses. Once supply started, the Banjars got involved, word went out and mass vaccinations commenced within days.

For the Balinese (and us lucky expats) it was like a day out with friends; no fuss, just calmly waiting our turn, a quick jab and certificate soon in hand. Records kept in quadruplicate and computerised in full sight of the Hindu gods adorning the temple walls. A text message confirmation with the date for the second jab was sent out within hours. All free for everyone. No TV announcements, no press conferences, not a politician in sight. Just people showing up for their community.

It is the same community spirit that sees people looking after each other throughout this crisis, and that has facilitated their return to agriculture as tourists are not there to pay the bills anymore. In my neighbourhood, there is not a patch of arable land that isn't ploughed or planted. Rice-fields that were neglected a year ago are now again bristling with grains ready to be harvested for the second or third time.

Still, many have suffered significant economic loss. Foreclosures are on the rise. There are people without enough food, many are doing it tough. New charities have been established to help, and some Government assistance is available. But like most such programs in Indonesia, they are slow to reach those that need them most - and often depleted as it passes through a byzantine bureaucracy with many hands and pockets.

Indonesia remains a relatively poor country, especially compared to Australia. But unlike Australia, the crisis has rarely been politicised. It has brought people together, and it has mobilised the community to seek and implement solutions that are working. Australia can do much worse than looking to its northerly neighbour for some guidance.

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Within four hours, Bucketty's transformed their brewery to a drive-through

## Adapt and Pivot: Businesses Surviving Lockdown

Local Business by Rebecca Clark

If you're in a meeting playing buzzword bingo, "pivot" is bound to appear. It was the word of 2020 and unfortunately it's still hanging around in 2021. But instead of highlighting the negative, let's "pivot" and look at the good; let's celebrate the local businesses who have taken lockdown 3.0 in their stride and created some pretty awesome things.

**Bucketty's Brewing Co.** were forced to close their tap room due to COVID. With 99% of their revenue coming from pouring pints over the bar, they were faced with the prospect of shrinking to almost zero revenue. Fortunately, the layout of their premises has front and rear access, so they made the decision to create a brewery drive through as a bit of a laugh and to see if they could get the punters excited.

"We found out about the lockdown at 2pm on Saturday, punters were out by 6 and by 7pm we'd moved lights, the pool table, a 1

tonne piano, dismantled the stage, and cleared a path to welcome our first drive through customer at 7:05pm" said **Nick McDonald**, Bucketty's Founder. "We're always trying to think about how we can be creative and offer punters an experience." So, when faced with a challenge, they were quick to brainstorm solutions.

It comes as no surprise that Nick's biggest tips for how local businesses can rapidly adapt to change is to, "Just try shit. Sometimes it works, but often it doesn't. That doesn't mean you give up. Just keep trying until something sticks".

The sentiment from **Charlotte Rimmer** of **Manly Chamber of Commerce** ([manly.org.au](http://manly.org.au)) was similar. "Be constructive. Use those 8-hours you would be working and put it to developing your marketing strategy,

upskilling or bolstering your HR plan. Staff shortages are a massive issue so perhaps you can be looking at how to incentivise the team or how to recruit in the future"

Charlotte also points out a key aspect of any "pivot" is your communications strategy. "Most businesses are doing clever things like organising their own delivery and opening when they can but the key to ensuring people know about your pivots, is through strong communication. Be strong on social media, let your customers know about what is going on."

"Supporting local businesses has never been more important. We know all too well how quickly we can be cut off from the rest of the world and put into a position where we need each other's back. As we get back to a more permanent normal, I think it's important that the 'buy local' mindset continues." comments **Aoife Casey** of **Your Body Physio & Pilates**.

The Dine and Discover vouchers have been fantastic to help drive local support and have been extended until August, now also usable for takeaway. The pro-tip here is to order with the restaurant directly and use their delivery service. None of this delivery service BS, where large corporations take up to 30% of the bill.

The common sentiment from most businesses that have successfully pivoted is to try new things, be sure to communicate those new things as effectively as possible and always be looking forward to the future.

If you need a hand communicating or marketing your new things reach out to [rebecca@the152project.com](mailto:rebecca@the152project.com)

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Are mounting debts giving you a headache?

## Let's Talk Debt

by Liam Carroll

Meet 'Jim'. Jim owns a small business on the Northern Beaches. More days than he'd like to admit, Jim is up to his armpits in someone else's shit. Jim also has a secret – he's up to his neck in debt.

Usually, Jim has been able to manage all of his repayments. Recently, though, Jim's business has suffered because of the uncertainty around COVID. With his cashflow crimped, Jim's starting to worry that he's not going to be able to keep paying the mortgage, his car loan and the credit cards. It means he might lose his family's home and even his car.

To make ends meet, Jim's been using some of his future tax payment funds to pay bills, which is causing more stress as the BAS period has just finished and the tax payment is due. Everything seems to be piling up, but he doesn't know how to fix his situation. Jim just needs a bit of space to be able to focus on rebuilding his

**"If you are finding it difficult to meet financial obligations, including paying rent, bills, or any personal debt, then it's time to think about speaking with a professional."**

business, rather than stressing about his debts.

Life can get tough but there are services that are here to help. Whether you're an employee or a business owner, sometimes changes to what you're earning mean you can no longer cover what you're spending. If you are finding it difficult to meet financial obligations, including paying rent, bills, or any personal debt,

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

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

then it's time to think about speaking with a professional.

There are a number of free Financial Counselling services that can help you get on top of debt and take the stress out of the everyday financial struggle. Financial Counselling is non-judgemental, independent, and confidential and is offered by professionally qualified financial counsellors. (These services do not receive any payments from the client or from financial institutions.)

The **National Debt Helpline** is for individuals and is open weekdays. Call **1800 007 007**. This service is free.

The **National Business Support Line** was set up in 2020 to support businesses affected by the bushfires, however eligibility has been extended to assist with COVID-related affects to business. Unlike many business support services, the Business Support Line is free. Call **1800 413 828**.

There are also free face-to-face options on the northern beaches, with Financial Counselling available from **Lifeline Northern Beaches** and **Catholic Care**. You can call Lifeline Northern Beaches on **9949 5522** for a confidential discussion Wed-Fri.

Financial struggles can happen to anyone. Reach out for the support that can help you get back on track and let you regain control of your finances and your financial wellbeing.

Please note: the comments in this article are general in nature and do not constitute financial advice. Seek professional advice for your personal situation.



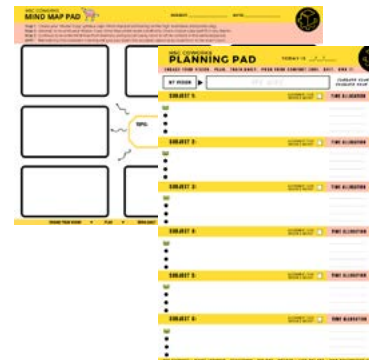
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# Mission Impossible: Crossing Antarctica

by Liam Webster

What did you aspire to be when you were a child? An astronaut? An actor? A musician? What about a Polar explorer? Well for **Dr Gareth Andrews** and **Dr Richard Stephenson**, the stories of Ernest Shackleton and Roald Amundsen sparked an early passion for Antarctic exploration. That is now becoming their reality, as they are deep into preparation for **The Last Great First**, which commences in October 2021, Covid permitting. Back in 2013, an expedition in the Magnetic North Pole sparked an idea, and now eight years later, that idea is finally coming to fruition.

But how do two doctors prepare for the savagery of a 110-day expedition across 2,600km of -40C Antarctic ice? Well, it begins with their profession, explained Gareth. Imagine operating within the high stress environment of a hospital, completely covered with PPE, making communication extremely difficult. Lives are saved because people follow systems, and they can trust the other people in their team.

Gareth went on to outline the critical factors of success for such an expedition. Food is an essential component of the trip to just “keep the engine going” for 110 consecutive days of ten-hour sledding days. Gareth and Richard’s diet will be scrutinised down to the tiniest detail by team dietitian Ashleigh Brunner, ensuring all macronutrients, micronutrients and vitamins are contained within each meal. And water? Well, it must be boiled every morning and kept close to the body to prevent it freezing. These are just a few of the details that will ensure the trip is as smooth as possible.

And the training? Gareth and Richard have been working with Joe’s Basecamp (a training centre in Brookvale) to ensure they are physically prepared to endure the inhospitable conditions of the trip. In particular, the crossing of the Transantarctic mountains between days 20 and 30, where they’ll be reaching altitudes of up to 4,000m. Gareth has also been preparing by dragging tyres across the sands of local beaches, mimicking the conditions that he will be required to drag the 200kg sled across. Injuries are a concern, with the strain of the



The Last Great First, impossible is nothing

sled leading to niggling shoulder and knee pain, and the extended on-foot travel causing blisters aplenty. Even the smallest injury can be physically debilitating and morally draining.

But more than just physical, the trip will require significant mental conditioning. The two rely on positive adaptive coping strategies to control what they are able to control, and complete the trip ahead, one day at a time. There will be an intricate Search and Rescue Plan mapped out in case of any emergencies, such as a GPS that can track Gareth and Richard within metres, plus 24hour communications with the base camp.

The team are a driven bunch, spurred on by the overwhelming accomplishment of achieving something no one has ever done before. The team’s Community Partner is **Scouts**, and together they hope to “light the spark” amongst the next generation of explorers.

The team will be collecting climate data on behalf of the **Antarctic Science Foundation**, as well as human performance data for the Australian Antarctic division, hoping to expand the horizons of human survival, and seeking to derive as much good as possible from this phenomenal journey.

To support Gareth and Richard in completing their trans-antarctic journey, go to [www.thelastgreatfirst.net](http://www.thelastgreatfirst.net)

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Rachel with a selection of work, including Henry, bottom right

## Local Artist... Rachel Carroll

Interview by Liam Carroll

We were first introduced to Rachel Carroll, a bird-dotting Northern Beaches artist, when she sent in a painting of “Henry”, a tawny frogmouth who stared with the wonky, all-knowing effervescence our publication’s avian is famous for. Seven months have passed since, and it’s great to finally have Rachel’s talents grace the cover.

### What’s your favourite beach on the Northern Beaches?

North Curl. We always went there as kids and it’s stayed with me as my favourite. I love the rock formations on the headland and will always go walking round there, finding new inspiration every time.

### What’s the best thing about the Northern Beaches?

There’s a love of community here. We’re known as the Insular Peninsula but, on the whole, why would you want to go anywhere else? Just kidding. There is an easy access to nature that I never take for

granted; the bush walks open up a whole new world.

**When did you discover your interest in art?** My father **Patrick Carroll** was a painter. I would go into his studio and start painting, everything grew from there.

**How would you describe your art?** I’m an expressionist. There’s a lot of energy in my work. I like to put a lot of personality into the creatures, always giving names to the birds I paint. They become like friends.

**Like Henry?** Exactly like Henry! **What inspired your cover artwork?** This is the first time I’ve painted our area in a long time. Every year I make a habit of traveling bush and bringing the bush back to the city. Last year we couldn’t go, which turned out well because it led to a sense of re-seeing the places I’m so familiar with. North Curl Curl is one of those places I hold dear. **What inspires your artwork**

**in general?** I’m a nature loving artist, and I travel to areas of environmental significance. For 13 years I’ve been going to the Murray Darling River, and more recently to the Daintree Rainforest. I want my artwork to make a statement about climate, to document fragile ecosystems and bring the artwork back to the city to share in a way that captures people’s attention.

**What’s your favourite thing about what you do?** I love that you can always learn something. I recently moved into encaustic painting, something I’d never done before. I find learning about the process hugely rewarding. I like to keep challenging myself both with subject and materials, they go hand in hand.

**What advice would you give yourself when first starting out on the artist journey?** In the art world, and in a lot of creative industries, it’s about meeting people, and you do need to network. So, be brave and network as much as you can, really get out there. **Any other words of wisdom for Tawny readers?** Embrace nature. Plant trees.



Follow Rachel's work @rachelcarrollartist and visit [rachelcarroll.com.au](http://rachelcarroll.com.au) for info on her art classes.

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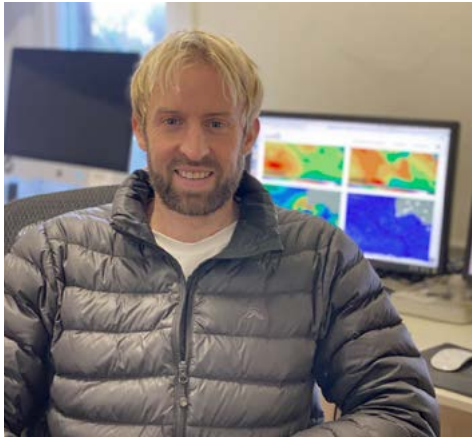
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Craig's work is off the charts

## Swell's Up! Manly Man Mastering Motion in the Ocean

Innovation: Silicon Brooky by Liam Carroll

It's hard to imagine a recent winter that's thrown up more big, perfect swell than this one. And while the waves have been pumping, lighting up every slab, point, bombie and river mouth from Deadmans in Manly to the hammerhead-shark-haven lefthander around the corner from Barrenjoey, the wonder of Hawaiian-esque surf has been more apparent than usual because, thanks to Covid lockdowns, it seems no one works anymore. Every local big wave charger trapped dawn to dusk in a cubicle pre-Covid is now "working from home" aka surfing all day and putting on a show for the rest of us as we "work from home", sipping lattés, watching the show from packed headland carparks. There's one man who's still working overtime though, **Craig Brokensha**, **Swellnet** surf forecaster, whose reports let everyone know when it's time to wax up the Rhino Chaser or start feigning a mysterious debilitating injury that heals miraculously when the swell dies down.

**Craig, how did you become a surf forecaster?** At school, I didn't know what I wanted to do for a career. I was good at maths and physics, so it was recommended I study engineering. I started a double degree in Computer Systems Engineering with Finance in Adelaide,

a 5 year degree. This is around the time I started stand up surfing too. I completed 3 years of the degree, wasn't enjoying it, just passing, but surfing heaps! I realised I was more interested in weather, climate and the ocean, so I jumped ship into an Ocean and Climate Sciences degree. I loved it, got top results, and first class honours in Oceanography. Nearing the end of my studies **Ben Matson** (Swellnet founder), and I were both on a forum where people posted surf photos and gave some commentary from recent sessions. I emailed one of my best shots to Ben for a Wave of the Day submission, slipping in a mention that I was studying Oceanography. When one of his regular forecasters was too busy to continue with the South Australian forecast, he asked me. I jumped at it. This was 2008. I had to get up early, load up all the weather charts, save every image onto a USB and on the hour long bus trip to Uni I'd study them all, write up the forecast and upload it at the library. A huge effort, but I was so into it. Later that year, Ben offered me a full time role in Sydney, writing forecasts for all of Australia. I said yes instantly.

**What goes into making a swell prediction?** There's all sorts of information to incorporate. I look at all the wind sources of where the swells are coming from. I check a variety of different weather models, as they may contradict each other, and often do, so you learn over time which models are more reliable and worthy of attention, which changes in different scenarios. The swell period plays a big role too in regards to the timing of swell pulses. Then, once I've checked all the moving parts, it's a matter of weaving the information together and applying it to the various surf zones.

**How do you turn the technical aspects of your swell report into engaging reading material?** If there's a big swell coming, people can find that information on all sorts of sites, but we're all about engaging our community by pointing out various interesting aspects of a developing swell. It could be a storm that's behaving strangely or identifying a pulse of swell that if you checked the charts alone, you'd be likely to miss. It's often those pulses of swell which catch people unaware were they solely relying on the charts.

To know what the ocean's doing at all times, visit [www.swellnet.com](http://www.swellnet.com), follow [@swellnet](https://www.instagram.com/swellnet) on Instagram, their [#waveoftheday](https://www.instagram.com/waveoftheday) is always a cracker.

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# Radically Sane Proposal: Link Agent Commissions to the RBA Cash Rate

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

Following on from last month's exposé highlighting the irrefutable fact that the Reserve Bank of Australia's Birdroom antics - where the Doves make routine mincemeat of the Hawks for ultimate control of monetary policy purse strings, and this avian dynamism is indeed the true driver of stratospheric bricks and mortar prices - a radically sane new proposal for an updated property sales commission structure is causing Northern Beaches' luxury motor vehicle lessors, aka real estate agents, grave concern.

The Insular Peninsula's Chamber of Commerce President, Pat Mehondaback, explains, "Obviously the RBA muppets on Martin Place don't give a flying stuff about overall economic stewardship, cool, good luck to them, but I'll be bugged if we're going to go any longer seeing their irresponsible behaviour shoot housing prices to the moon without a complete overhaul of real estate agents' commission structure to something approaching a long-forgotten concept of fair value."

Let's explore the logic behind Pat Mehondaback's proposal:

### 1. The Bespoke Service:

Real estate agents provide an instrumental conduit between property buyers and sellers. A crucial function in a society where everyday punters can't possibly be relied upon to speak with each other directly and work out a deal. Can you imagine?! Allow people with professional and general life skills which place them in a position to even hold or invest millions for a property in the first place, just let them free to talk to other individual human being trading partners and come to a feeless agreement?! Preposterous!

No, it's of course only proper and reasonable that School Certificate holders with access to a phone, corporate clothing, hair gel, cufflinks and the requisite capacity to tell one person one thing and another person something completely contradictory, it's commercially vital that such professionals step in to communicate between vending and purchasing parties in the best interests of all concerned.

### 2. The Income Reality:

The average Australian's income has remained

stagnant for the past two decades while property values have expanded beyond all horizons conceivable (excluding perhaps the early 1990's insanity seen in Japan that will never be unwound and great grandkids in Tokyo with inherited 75year mortgages may feel a tad frosty at birthday parties towards their wise elders whose youthful spending habits have aged anything but well...and require ongoing repayment servicing).

Of course, here on the Beaches, in the year 2000, when you could buy a unit at Freshie for \$200k or a waterfront mansion in Newport for a million, and there was a huge amount of blood, sweat and tears demanded of the real estate agent to secure the transaction, none of us would bemoan them charging 2% commission. Make it 3%! You've earned it. But to now have shoe boxes going for \$2million and waterfront knockdowns for \$20million, can anyone justify agent fees of 2%, especially when the market is so hot the homes sell themselves. Put a For Sale sign up out front and be quick to put your snorkel on before you drown in cash!

### 3. The Indexed Solution:

Given the domineering role the RBA plays on the housing market, the complete disconnect between an agent's fees and the broader pay packets of Australians in industries whose incomes aren't determined by what central bankers are doing, Pat's proposal is to link real estate agent commission percentages directly to the Cash Rate.

The starting point? With the RBA cash rate at 0.1% Pat wants commissions set at 1% which means if a house sells for \$2million, licensed real estate agents will earn \$20,000. Nothing to sneeze at! And then, should the RBA do the unthinkable and raise rates, agent commissions too will rise given the cooling effect such sound central bank action would induce on the housing market and see real estate agent income structures given a deserved top up in line with more challenging working conditions.

We wish Pat best of luck on his noble quest to restore sanity to the housing market, but knowing how abhorrent sanity is to contemporary Australia, we understand the odds are stacked heavily against him.



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Hey, Councillors, leave our kids alone!

## COPS, Councillors and Kids: Crime meets Local Politics

CrimeWatch by Greg Hogan

Is the 'war on drugs' metastasizing into the 'war on youth'? Gabbie (not her real name) is a young person living at Narrabeen. In 2019, she attended a music festival. She was strip-searched. Her identification was entered into the New South Wales Police Computerised Operational Policing System (COPS). COPS was first introduced in 1994. It ties a unique Central Name Index (CNI) number to her name. In 2020, a harassment complaint was made against her. In early 2021, she was stopped by transport command police. She was detained not arrested, whilst bail checks were made.

Curious about being so profiled, Gabbie sought GIPA access to COPS: A 'reverse audit' to determine what police persons had conducted access to these COPS events; what changes to COPS were made; and the content of those changes. Gabbie's tale is a fiction, an amalgam of individual potential experiences. The State government has however announced spending \$1 billion to replace COPS.

In this context, the local Council meeting in February 2021 might be dubbed the 'war on kids'? The meeting agenda contained

'Get Tough' motions: To fight increased binge-drinking, illegal drug use and anti-social behaviour by teenagers. To stamp out increased vandalism, installing CCTV cameras and alarms on everything, and employing private security guards to patrol "hot spots". A motion, twice deferred, was carried for Councillors and local police to confidentially discuss increased anti-social behaviour by groups of young persons intimidating, harassing, urinating, alcohol-induced trespassing, spraying graffiti, robbing and assaulting. Headlined as a 'Public Safety Briefing', this resolution deliberately excludes all members of the public from attendance!

FACT: there is no new wave of youth crime across the Northern Beaches. Reported youth crime incidents on such matters during the nine rolling years to 31 March 2021 consistently comprise less than 15% of annual total reported incidents. The Bureau of Crime Statistics and Research (BOCSAR) latest quarterly data release highlights reported youth crime incidents have seen stable or falling trends. Trends in total intimidation and harassment did however increase, as did breaches of bail. Yet as Gabbie's story illustrates, the threshold for reporting to COPS is very low, it is subject to error, even falsification. BOCSAR reveal 527 reports of intimidation, harassment and stalking on the Northern Beaches in the past year. 35 reports are tagged to youths. 175 reports are tagged to adults. The other 60% of reports contain no details.

Today's demonization of youth is a discursive construction of this group as 'folk devils', in the language of Stanley Cohen's classic "moral panic". The group is pre-figured, as so contemptible that extraordinary measures are required, thereby justified, to quell the group, and re-establish social order.

Prior to Council's last election in September 2017, candidates in Manly and Curl Curl wards agitated for the 'war on terrorists'. After much delay, last year, Council's 'Public Space Protection' spent \$1.0 million on 'Safetyflex Truck-stopper' bollards at Manly Wharf. The new collateral target is young persons, who do not have 'the right to vote' in this year of Councillors' re-election. The latent jockeying amongst those whose self-belief is that they are best placed to represent residents, evidenced from the Narrabeen ward, has already begun.

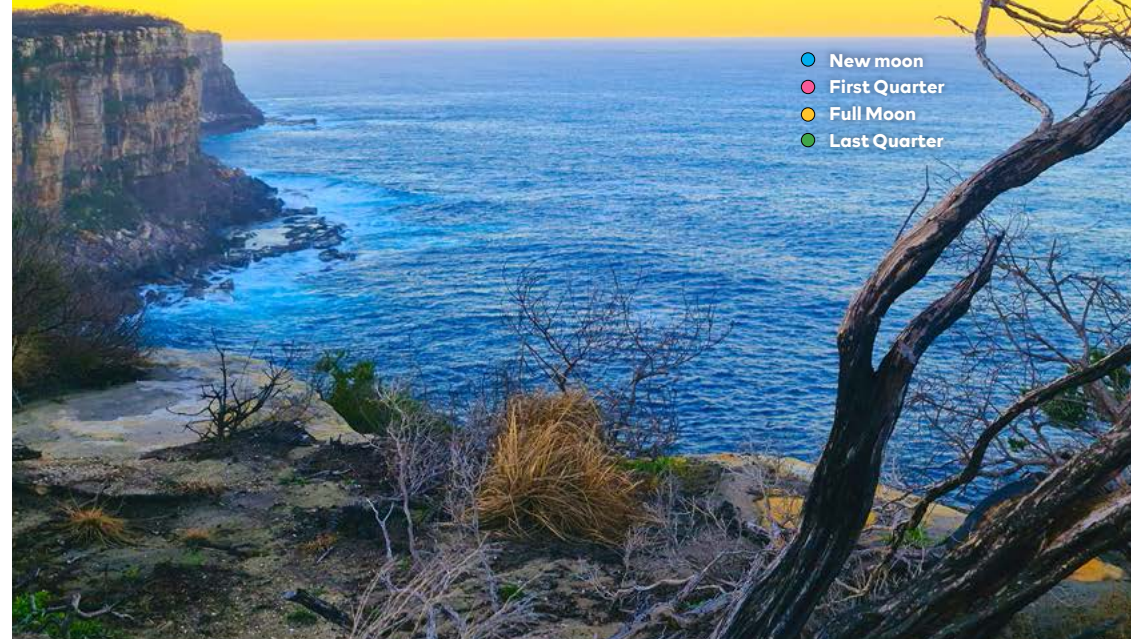
If you turned 18 years young since the last election, register to vote on 4 September 2021, and ensure your vote counts.

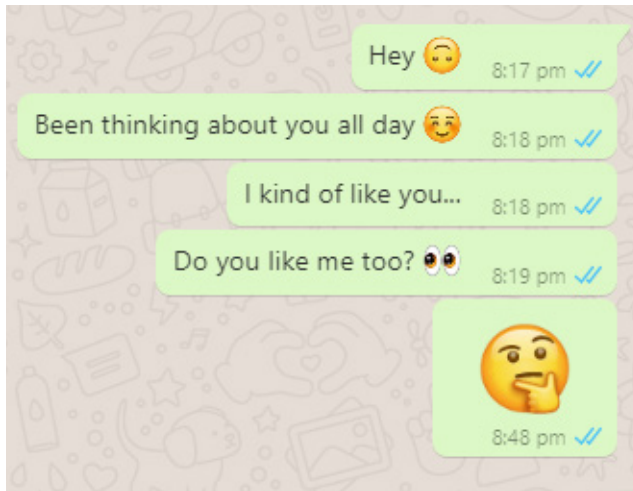
## August 2021 Tide Chart

Info Bureau of Meteorology Tidal Centre Photo Vicky Simister, @vicky.simister

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 0106 1.17 0703 0.65 1346 1.42 2030 0.70	31 0213 1.10 0800 0.70 1448 1.42 2148 0.68					1 0150 1.26 0807 0.62 1446 1.43 2114 0.76
2 0255 1.18 0858 0.65 1542 1.47 2227 0.72	3 0406 1.16 0953 0.66 1637 1.52 2330 0.65	4 0513 1.17 1046 0.66 1728 1.58	5 0020 0.57 0607 1.20 1136 0.63 1814 1.65	6 0102 0.49 0652 1.24 1221 0.59 1856 1.72	7 0141 0.42 0732 1.29 1303 0.54 1935 1.79	8 0216 0.37 0811 1.33 1344 0.50 2015 1.84
9 0253 0.32 0849 1.37 1425 0.46 2053 1.86	10 0330 0.29 0929 1.41 1509 0.45 2133 1.85	11 0407 0.28 1011 1.45 1554 0.45 2215 1.80	12 0446 0.29 1055 1.48 1644 0.47 2300 1.72	13 0527 0.33 1142 1.51 1737 0.50 2347 1.60	14 0609 0.38 1232 1.54 1838 0.55	15 0041 1.46 0657 0.45 1328 1.56 1948 0.57
16 0145 1.34 0750 0.51 1430 1.59 2110 0.56	17 0301 1.25 0853 0.56 1538 1.64 2230 0.50	18 0422 1.22 1001 0.57 1645 1.72 2341 0.41	19 0534 1.25 1106 0.54 1746 1.80	20 0039 0.32 0633 1.31 1206 0.49 1842 1.87	21 0129 0.25 0724 1.37 1300 0.43 1931 1.91	22 0213 0.22 0810 1.42 1349 0.40 2017 1.90
23 0254 0.22 0852 1.45 1435 0.39 2100 1.85	24 0331 0.25 0933 1.47 1519 0.41 2141 1.76	25 0407 0.31 1013 1.47 1602 0.46 2218 1.65	26 0441 0.38 1051 1.47 1645 0.52 2255 1.52	27 0512 0.45 1130 1.46 1730 0.58 2332 1.39	28 0544 0.52 1210 1.45 1820 0.64	29 0015 1.28 0619 0.59 1254 1.43 1919 0.69

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





Maybe they left their phone at home?

## Double Tick of Death

The Love Scout by Scout Smith-O'Leary

Back in the dark ages of 2006, most of us used text or SMS (as the dinosaurs called it), for clear and concise communication. Calling and messaging were built in functions of the phone itself.

In 2007, Apple dropped the first ever iPhone and revolutionised the entire industry. In the blink of an eye, phones were all about apps. In February of 2009, WhatsApp was launched. This incredible platform provided unlimited domestic and international messaging, calls and media share free of charge. Nobody could have predicted that one seemingly insignificant feature would become the source of such deep anxiety and anger in our relationships. Let's talk about the blue double tick. Not designed with malicious intent, its job was to notify the sender that the receiver had seen the message. Unfortunately for some of us, it has resulted in a psycho-

logical nightmare. So why is it causing so many problems?

**Insane expectations.** Once upon a time, we lived in a world where your partner might be away for months at a time. It was normal and expected to not be in communication. Nowadays, you can barely go to the loo without them knowing your whereabouts. There is this new and unrealistic expectation that because you are reachable, you should be immediately responsive. I call it TRT (text reply time). Each person will have their own TRT they deem appropriate. For some, it's 5 minutes, for others it's 5 hours or 5 days. TRTs may vary depending on the person or context. What is your appropriate TRT? How do you feel when someone doesn't reply

in that time frame?

**False assumptions.** It's easy to make up a reason in your head that usually has nothing to do with the truth; worst of all, you might end up believing it. Are you guilty of this? If a person hasn't texted you back in the appropriate TRT, you might tell yourself "they're not really into me, they've got better things to do, they're obviously chatting up someone else". Be careful, this is a dangerous game.

**Feeding insecurity.** If you allow your unchecked assumptions to ruminate, they can very quickly exacerbate your insecurities and too much time on replay can sediment them as thoughts and beliefs (which they are not). This is exactly how we end up at the next point.

**Going crazy.** If you feed this beast, it will make you bonkers. What about extending the benefit of the doubt to really legitimate alternatives such as; they have a life, a job, kids, hobbies, friends, gym, personal time, passion projects? While our delusional ego would often like us to believe we are the centre of the universe, we're actually not.

So what do we do about it? This is a tough cookie to crack and one I suspect will be an on-going challenge for many of us. It is highly advisable to take a deep breath, get some friends and hobbies, leave your phone at home from time to time and don't take things too personally. If you're busy out there living, you'll understand that your phone is not a priority and that experiencing life is.

Scout is a Matchmaker and Relationship Educator. To learn more about her upcoming dating workshops visit [www.schoolofconnectionsydneyn.com](http://www.schoolofconnectionsydneyn.com)

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Linda Goodwin in her element at Cabbage Tree Bay

## Zen and the Art of... Ocean Swimming

Careers by Liam Carroll

Lockdown's put the brakes on all manner of pursuits we took for granted in a pre-Covid world, but one thing unaffected is our ability to get in the ocean for a life-affirming, socially-distanced swim. And yes, it's the middle of winter, not a season well known for taking the saltwater plunge but faced with the claustrophobic alternative of climbing the walls inside, Northern Beaches' folk are finding refuge in our crystal blue Pacific front porch in a way usually reserved for the warmer months. I caught up with **Linda Goodwin of GoodSwim Manly** to find out more about her work as an ocean swim coach whose Cabbage Tree Bay office makes a CBD cubicle or squished, work-from-home nook look a tad shabby.

**What first got you interested in ocean swimming?** I've always been a swimmer, starting in training squads before and after school, swimming competitively in the pool. It was a great foundation, but the ocean changed my world. Swimming in the ocean is so alive and humbling at the same time. You are just a tiny speck in this great big blue.

**You're originally from the UK, how did you discover the Northern Beaches?** During an around the world backpacking trip, I just fell in love with Manly, the relaxed lifestyle, access to the beach, proximity to the city, amazing weather. Thankfully now it is very

much my home.

**Ocean swimming is what your life is devoted to, was there someone who first inspired you down this path?** After moving to Manly I became friends with champion swimmer and **Bold & Beautiful** founder, **Julie Isbill**. She encouraged me to swim everyday no matter what the weather or conditions. If you haven't grown up around the ocean or never really learned to swim confidently then ocean swimming can be very daunting. I took her advice to heart, which was easy, she was completely right.

**You provide ocean swimming lessons, run me through a typical day for you?** I am an early bird so I'm up, out and about around 5.30am. After the essential morning cup of tea, I grab my stuff and head to the beach for sunrise. A lot of students like to swim early, before work, which is also generally the best time for ocean swimming. Then I spend the rest of the day jumping in and out of the pool or ocean doing swimming lessons or grabbing a sneaky surf and then I'll go get a warm shower and food to fuel up before the after school lessons. As a small business I work a lot of hours and I also need to squeeze in the paperwork that comes with being self-employed, not my area of skill but unfortunately necessary. I'm normally pretty tired after a full day in the water so I try to grab a sauna and warm up my bones before heading home for some more food and some couch time.

**What's your favourite part of running GoodSwim? And your least favourite?** For me GoodSwim is not just a business that teaches swimming, it is about sharing my love and respect for the ocean, whilst teaching the skills and technique to enjoy it safely. One student was terrified of the water due to a bad childhood experience. Over several months and with lots of practice he conquered his fear, learned to float, tread water and then swim. When he went for his first ocean swim at Shelly Beach, I'm not sure who was prouder, him or me. And now he's hooked on ocean swimming. My favourite part by far! The worst thing? Finding a park in Manly, what a nightmare!

If you're interested in learning or want to improve your ocean swimming, contact Linda on **0404 245 825**, email: [linda@goodswim.com.au](mailto:linda@goodswim.com.au) follow [@goodswim\\_manly](https://www.instagram.com/goodswim_manly)

## The Sunrise Holy Grail

By Johnny Baylis @billiclicks



Down at the beach, you'll find **Antoine Semrani (@antoines\_photography, pic above)** for sunrise. Like a mysterious angel, he floats effortlessly around headlands where mere mortal photographers fear to tread. Is he really walking on water?

Antoine's sunrise photos are akin to Sistine Chappell and Mona Lisa masterpieces, but look closer, a symbolism and cryptology runs through the heart of his imagery. Like the famous Rose Line, Antoine's work points to one thing, a photography location so amazing it's

been kept secret for hundreds of years.

"The Sunrise Holy Grail is where it all comes together," preaches Antoine. "The sun, the clouds and the sky all in unison providing the perfect composition. It's photography heaven." As he posts another clue on his Insta page Antoine continues, "The Sunrise Illuminati are alive and real. I'm one of the few left who know their secrets, sworn to protect this Holy Grail location from the agents of darkness... AKA Astro photographers".

For years, 'Astros' have tried to crack the code by interpreting Grand Master Antoine's work. Does the answer lie in his leading lines or is it hidden amongst his reflections? One thing's for sure, The Code is yet to be broken. "If you're not descendant from the Knights Templar or Tom Hanks you've got Buckley's of deciphering **The Antoine Code**," he laughs. "I'm lucky, I've got the Fibonacci Spiral in my blood."

After many sleepless nights trying to decipher all that Antoine and Dan Brown have to offer, I think I'm close to finding the keystone. Draw a B Line between St Matt's on the Corso and Palm Beach's Barrenjoey Church. Where the line kisses the coast, you might find the Sunrise Holy Grail answers you're looking for.

### Be the first in the water

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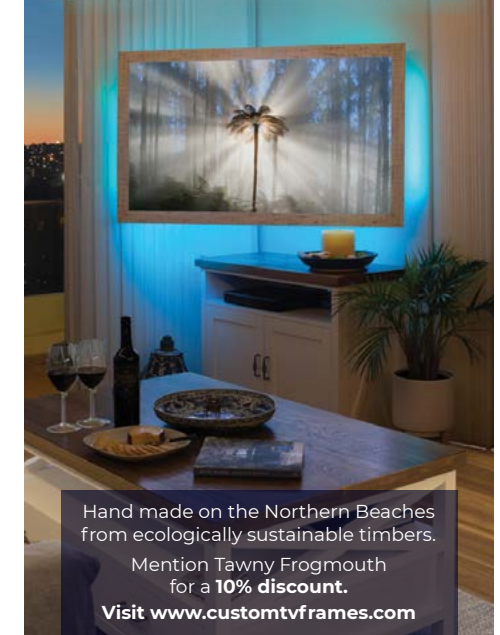
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Louise (left) and Leonie, childhood friends, now taking on politics

## Good Politics Starts at the Kitchen Table

by Liam Carroll featuring Voices of Mackellar

The “Canberra Bubble” loves to regularly cite the “Quiet Australians”, always with the implication that anything the Federal Government does is indeed both in the best interests of, and widely supported by, these allegedly inaudible patriots who so conveniently refuse to raise their voices. Well, thanks to **Leonie Scarlett, Louise Hislop** and the Ancient Egyptians’ invention of the dinner table, these enigmatic “Quiet Australians” are discovering their vocal cords via the Voices of Mackellar and its Kitchen Tables Conversations initiative.

**Leonie, how did Voices of Mackellar start?** Louise and I have been friends since kindergarten at St Josephs, Narra-been back in the early 70’s. In December 2019, I’d met Louise for a cuppa up at her mum’s on an afternoon when the sky was dark and the air choked with smoke from the awful bushfires burning the east coast. Driving home, it hit me. I knew Louise’s involvement in Voices of Warringah had seen real change in the way politics was done in the neighbouring

northern beaches electorate. If we did the same in Mackellar it could help save Australia from more of these catastrophes, and so, Voices of Mackellar was born.

**Louise, what inspired the Kitchen Tables Conversations (KTC)? How does it work?** I was disheartened with politics. My friends and I didn’t feel as if our politicians were acting on the issues we cared deeply about. In 2018, a few of us started Voices of Warringah. We met local residents around a table, with food and drink, and listened to their concerns. People loved the process and quickly became optimistic about the possibility of change. We gained rich insights into what really mattered to people. When it came time to find someone to represent us, a number of groups rose up and created movements. Zali Steggall answered the call. Now, the people of Warringah are represented by someone who answers to them, not to a political party. KTCs captured Leonie’s imagination, and I remem-

ber her asking, ‘Why doesn’t politics work like this?’

**Leonie, how will you use the information collected from your KTCs?** Over six months, we’ve held 68 KTCs across 15 Mackellar postcodes, with 380 participants, and spent 1,000 hours listening to residents. In July, we released the Mackellar Matters Report based on information we collected from those KTCs. This is just the beginning. We will hold more events to share our findings, and we will canvass views from the candidates who stand for the next federal election. People made clear to us they feel taken for granted by their MPs. Voices of Mackellar wants to change that. The first time I voted, my mother told me something I’ve never forgotten: “People died so you could have the right to vote,” she said. We often talk about our “rights” but in a democratic society, we’ve got obligations, too. It’s never been more important for all of us to take our political and civic responsibilities seriously.

**If there are Tawny readers with things to say, how can they get involved in the work you’re doing?** Register on our website at [www.voicesofmackellar.org.au](http://www.voicesofmackellar.org.au) and keep up to date with our events and candidate forums. Join in to or host a Kitchen Table Conversation. Young Voices of Mackellar has just launched – email us at [info@voicesofmackellar](mailto:info@voicesofmackellar) and get involved.

**Editor’s Note:** Louise was founding president of Voices of Warringah, Co-campaign manager of Zali Steggall’s 2019 campaign, and now candidate for Your Northern Beaches Independent team for the Curl Curl Ward in the council elections on 4 September.

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# Special Olympics: Together, We All Win

by Andrea Werner



Basketball duo Brandon Liong and Tom Ragen-Nath

Special Olympics owes its existence to the vision of **Eunice Kennedy Shriver** (sister of John F. Kennedy) who in 1962 invited a group of young people with intellectual disabilities to a summer camp in her backyard. Eunice, whose sister Rosemary had an intellectual disability, believed that if people with intellectual disabilities were given the same opportunities and experiences as everyone else, they could accomplish far more than anyone ever thought possible.

In July 1968, the first International Special Olympics Games were held in Chicago, Illinois, USA. Today, Special Olympics is a global movement offering sporting opportunities for people with an intellectual disability or autism and currently has 5.7 million athletes in 169 countries. Closer to home, **Special Olympics Australia** was founded in 1976 - now in its 45th year - and is very much alive and well on the Northern Beaches with a thriving local community of participants, coaches, officials and volunteers.

Special Olympics Sydney Northern Beaches offer a range of sports: Swimming, Basketball, Athletics, Golf, Tennis, Dance, Ten Pin Bowling,

and Bocce. And they provide our local athletes with all manner of opportunities to get involved with weekly grassroots sports, recreational, social and health activities for athletes from 8 years of age and up (our oldest athlete is 60 years of age), competition pathways ranging from weekly local events, to Regional, State and National Games, as well as the Special Olympics World Summer and Winter Games.

In order to best grasp the positive and enriching impact Special Olympics is having on Northern Beaches participants and their families alike, we talked to **Brandon Liong**, a 10 year old member of Special Olympics (and the youngest member of the Basketball squad) and his mother **Jade**.

**When did you join and what sport do you play?** I joined just over a year ago. I play soccer and basketball, but I like all ball sports and swimming

**What's your favourite part of basketball?** Training each week, learning, getting better and being part of a team

**Besides sporting skills, what have you learnt from being a part of Special Olympics?** I've learnt how important it is to be a teammate, which means working together, trying my best and understanding rules and boundaries. I know I have to wait my turn at training, and that's ok. I now understand that winning and losing is not as important as helping others and having fun.

**Jade, what changes have you seen with Brandon that have come from being involved with Special Olympics Northern Beaches?** Brandon has become more independent. He's gained confidence and self esteem both playing basketball as a team member but also talking to others and holding a conversation. I love being involved with a community that is serious about sport and competition and mentoring our children. On a personal level, being able to talk and relate to other families with children with disabilities helps us on our own journey. And watching the passion and dedication of all the young athletes is an inspiration. It shows what community sport is all about.

To find out more about Special Olympics Northern Beaches, the sports offered and becoming a volunteer or a coach/official, please contact **Andrea Werner**, Sports Coordinator on [sydneynorthernbeaches.sport@specialolympics.com.au](mailto:sport@specialolympics.com.au) or phone on **0408 870 899**

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# Fit for a Queen: Monika's Doggie Rescue

by Liam Carroll



Monika and her loving family of adorable rescue dogs

This year's Queen's Birthday Honours List included a remarkable Ingleside woman, **Monika Biernacki**, awarded the Medal of the Order of Australia for service to animal welfare. Turning her back on a career in the mining industry almost three decades ago and devoting her life to the charity she founded, **Doggie Rescue** ([www.doggierescue.com](http://www.doggierescue.com)) it's safe to say that while we may refer to dogs as man's best friend, our canine best buds surely refer to Monika as their Saving Grace. I sat down with Monika to find out more about her charity that's captured Queen Elizabeth II's adoration.

**Congratulations Monika! Honoured by the Queen! Amazing! But first, how did Doggie Rescue first get started?** I had an acquaintance that had problems with their dogs that were being reported to council and the dogs had to be chained up in the backyard. It was pretty awful for the poor dogs. I thought, I know, I'll take them on, try and find them a home. And while I was caring for these dogs in my home, I took them for a walk in the park where they rushed up to a person. They didn't bite. But they scared the person. Next thing a Ranger knocked at my door. I thought oh no, I'm in trouble. But it turned out he was very much into animal welfare. He used to go to the pound, take dogs'

photos and advertise them in the local newspaper under "Dog of the Week", trying the best he could to get homes for these dogs. So, rather than reprimand me for the dogs I was caring for having frightened a person, he'd knocked on my door to ask if the dog he was trying to find a home via advertising in the papers that week didn't work out, could he bring the dog to me to care for while he continued to find a suitable rescue home for it. That's how this all started. I'd care for the dogs at home, we'd find ways to advertise as cheaply as possible in local papers, place signs on telegraph poles (which did get me into trouble!), and generally spread the word anyway we could that would enable these dogs to find homes. It all built from there.

**What should people considering having a rescue dog do to understand properly if they're well placed to care for the animal?** It's always a great idea for people who've never actually had a rescue dog, they should absolutely come to a place like ours and walk some dogs, experience what an untrained, delinquent dog is like. It's so important. These dogs are like street kids. They've had multiple homes, never any structure in their lives, and they've never had anyone to love them, so their behaviour can be too much for people who hadn't properly conceptualised what indeed caring for a rescue dog means. You can't know that until you have some experience.

**Knowing the dog's delinquent behaviour on their first encounter, I imagine the bond that grows should someone adopt the dog, it must be incredibly strong.** Absolutely! People who take these dogs on and go through step by step of assisting the dog to a restored sense of calm and security in the world, it's so rewarding. The dogs thank you forever. But you have to be willing to train the dog. I can't stress that enough. And on the Northern Beaches we have an abundance of amazing dog training services. Utilise those. Train the basics. Build from there. It does take time and commitment but is so immensely rewarding.

**DoggieRescue** has saved over 13,000 dogs, 500 cats, as well as rabbits and guinea pigs.

To assist Monika with her great work, go to [www.doggierescue.com](http://www.doggierescue.com)

If interested in adopting a rescue, call **02 9486 3133** or go to the Ingleside Shelter at **2 McCowan Road Ingleside** to meet the dogs firsthand, Covid-permitting.



Swamp Wallaby Scats

## Shit Happens, Thank Goodness

Mal's Wild Side By Malcolm Fisher

It seems bizarre now but for years I used to buy bag loads of "chook poo" from the "Poo Man" at our local organic market. With unconcealed delight, I would drag these heavy bags into the backyard and proceed to scatter their content across the length and breadth of the garden. Oh what joy! What delight! The added bonus was that I was obeying the doctrine of countless radio horticulturists whose mantra was "chook poo or bust". They swore by a proprietary brand called "Dynamic Lifter". Sadly it's taken a few years to realise that most of the commercial garden "gurus" are total charlatans who are not averse to putting sponsorships (mostly from chemical companies) way in advance of common sense or planetary wellbeing. I hate to think how many beneficial and harmless insects have

been killed as a result of their devotion to all things toxic. These days I grow only locally endemic native plants, I eschew chook poo (which was full of weed seeds) and I never ever use the pesticides, herbicides or fungicides that the "experts" stridently told me were necessary to prevent a form of gardening Armageddon.

My native bush garden now thrives beautifully and if there are any "pests" I let them be. I figure that it is far better to try and restore the ecological balance and encourage natural predators to do the job for me. In regards to fertilizer, I realised that nature was perfectly able to pitch in and handle the situation without me interfering. In my garden there are possums a plenty (both Brushtail and Ringtail) they deliver sufficient packages of natural fertilizer to keep everything

growing vigorously and they spread it with quiet alacrity. A possum scat is cylindrical and looks almost like a, chocolate covered, liquorice bullet (Brushtail scats are larger than the Ringtail ones). Because the "poos" are from, mostly herbivorous animals, they do not have an unpleasant smell. If you see a dropping with pointed ends... that is from a rat (but don't jump to negative conclusions too readily because it could be from a native bush rat [http://en.wikipedia.org/wiki/Bush\\_rat](http://en.wikipedia.org/wiki/Bush_rat)). Possums and other mammals will eat their own faeces for the vitamins and protein. In fact, healthy possum faeces is sometimes given to the joeys to get them to start eating solid food and to help their digestive system. Koalas have a distinctive poo that is very hard on the outside, and has a slightly ridged and oval shape. The colour is mostly red-brown to brown but can be blue-green, grey-green or yellow-brown. Bandicoot poo is bullet shaped, often with insect casing visible.

Other animals encountering a scat can check out the health, age and sexual maturity of the source... which can be useful info for members of the same species or predators.

Wombats perhaps have the strangest "calling card" of all Aussie mammals. They leave behind a pile of cube shaped pellets resembling a pile of "pungent dice". Wombat scats are used as territorial signposts on rocky outposts...hence the "non rolling away" shape! Anyway I'm digressing...I started off rabbiting on about "chook poo" and now I'm talking all kinds of shit!





Digby's life pre-Covid (and hopefully post!)



Digby's life during Covid (which looks lovely btw)

## A Musician in Lockdown

Music with Digz by Digby Robinson, @digzmusic

It's a long way to the top if you wanna rock n roll, DJ or perform in any aspect of the arts. In fact, for most it takes a good 10 years just to see a decent living from it and that's if you even make it at all. It's continuous hard work, competing with and supporting your peers, all the while trying to avoid being done over by a rogue manager or promoter trying to exploit you for the money they can make from your work. It's a fully-fledged small business operation which requires more than just the ability to perform and it turns out very few are prepared for this when entering the game. In the back of your mind, you know it might not last forever so you have to be investing wisely and looking for 3 or 4 projects at a time to keep the money rolling in.

Once you get there you then have to keep working, being innovative and staying relevant to keep your business growing.

So, when the country is

done in by a worldwide pandemic you hope the government can handle it proficiently and learn from the mistakes of the past. I mean that's their job right? Surely they know how to handle a crisis to ensure there is minimal fiscal and mental damage to the population. It seems they did for the most part but lately it feels like this whole scenario will never end, especially for those in the arts and hospital-ity industries.

We are the first to be stopped and the last to be allowed to get back to work, and furthermore we are the last to be compensated for it. Even when the lockdown rules had eased venues could only run at 50% capacity and tours could be cancelled at the drop of a hat as soon as some careless international traveller reinfected the nation. The government gave very little support to run outdoor festivals to help artists and promoters keep their livelihood all the while the AFL,

NRL and any other sport you could think of was packing crowds in like sardines. I guess Covid-19 doesn't like sport much, even with Delta involved.

It hurts, it is frustrating and the longer it lasts the more talent we will lose to the more stable and father-in-law-pleasing 9 to 5 jobs which we worked so hard to avoid in the first place. So, when you get the chance, please consider the local small businesses, bars, restaurants, venues and your musician friends. They need your support more than ever. Buy a tee shirt, stream their songs, order their food, hire them to perform at the inevitable freedom party you'll host once lockdown is over.

I myself have turned to painting for the time being and if you would like to check out how I'm progressing or show your support you can look at my works at @digasso on Instagram.

As you read this, I pray to whoever I am supposed to be praying to, Gladys, Scomo, Oprah? That we are out of lockdown here in Sydney and everywhere else around Australia.

## Deep Dish Pizza

Film & Food

by Christopher Roberts @filmandfoodpodcast

### Film

To finish winter on a high, we are celebrating the glorious musical!

### In The Heights

In cinemas now

Lin-Manuel Miranda's Broadway musical comes to life spectacularly in the new film directed by John M. Chu (Crazy Rich Asians). We see the tight-knit community of Washington Heights through the eyes of optimistic bodega owner Usnavi, who dreams of returning to the Dominican Republic to restore his late father's business. This is a gorgeous, passionate and stirring musical that demands to be seen on the biggest screen possible!

### Chicago

Streaming on Stan, available to rent on Youtube & Amazon Prime

In the corrupt and dangerous Chicago of the 1920s it's not worth living unless you're in the spotlight; well at least for two death-row murderesses who share a fierce rivalry to win the attention of the conniving, sleazy lawyer promising to get them free and get them famous. It's a sharp, satirical and fabulously entertaining story packed with sensational musical numbers, searing performances and off the charts production value!

*Chicago is the inspiration for this month's recipe - the deep dish pizza! I've adapted my mum-in-law's recipe which is vegetarian, delicious and full of cheese!*

### Zoe's Extraordinary Playlist

Both seasons streaming on Stan, available to purchase on Itunes

Imagine suddenly having the ability to hear the thoughts of those around you as full blown musical numbers? This is exactly what happens to Zoe, who finds this new power compels her to help those around her lest she be haunted by those same songs. The journey Zoe takes with this new super power is both inspiring and touching as she discovers how to become more empathetic to the people in her life. A joyous, fun and powerful series!



Recipe of the month: Deep Dish Pizza

### Food

#### Ingredients:

300g mushrooms, sliced  
2 grated zucchinis  
1 chopped onion  
280g jar of artichokes, drained & sliced  
1 cup grated tasty cheese  
1 cup grated mozzarella cheese  
½ cup toasted pine nuts  
5 thickly sliced roma tomatoes  
90g cold butter  
190g chickpea flour  
80g parmesan cheese

#### Make it Chicago:

Use these toppings instead: layer tomato paste, then layer mozzarella, 450g italian sausage, 100g pepperoni, crushed tomatoes and a final sprinkle of parmesan.

#### Method:

1. Make the pizza base by combining butter, chickpea flour and parmesan cheese in a food processor until a breadcrumb-like consistency. Add 1-2 tablespoons of chilled water if needed.
2. Roll out and evenly cover the base and sides of a pie dish or loose base tart pan. Bake in oven for 15 minutes at 180 degrees.
3. Combine mushrooms and zucchini in a pan, cover with a lid, and cook on low until tender. Drain mix in a colander, pressing to remove all excess liquid.
4. To layer: start with tomato paste, then chopped onion, artichokes, grated cheese, the mushroom/zucchini mixture, pine nuts, the sliced tomatoes and finally the mozzarella cheese.
5. Place dish in the oven for 15 minutes or until golden brown. Serve in slices and enjoy!



**Subject** Freshie Gold  
**Photographer** Sprout Daily



**Subject** Kangaroo Protest  
**Photographer** Susan Sorensen



**Subject** Port Jackson shark, Cabbage Tree Bay  
**Photographer** Veronika Walch, @thephotoplankton



**Subject** Bub reading The Tawny  
**Submitted by** Stu Adams



**Subject** Powerful Owl annoyed by missing dinner (a possum)  
**Photographer** Arther LeGrand



**Subject** Seal at Dee Why  
**Photographer** @trikoulisphotography



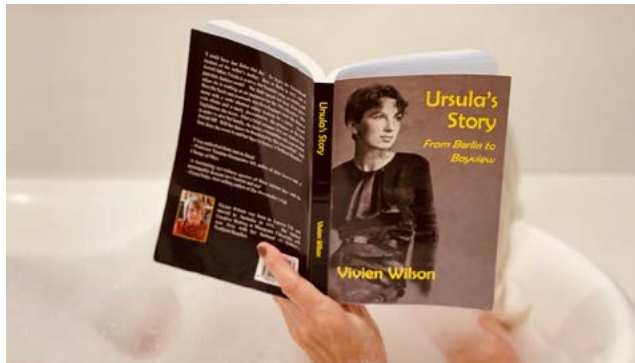
**Subject** Corellas Playing at Manly Cove  
**Photographer** Suzanne Lawson



**Subject** Dee Why Bike Branch  
**Photographer** Mon Goose



**Subject** Lone Fisherman  
**Photographer** Mary Prager



Ursula's Story, from Berlin to Bayview to the Bathtub Book Club

## Ursula's Story: From Berlin to Bayview

Tawny's Bathtub Book Club by Paige Turner

When I was told my next book to review was called **Ursula's Story - From Berlin to Bayview** I knew it would be a memoir of sorts set during World War II. When Ursula's Story landed, I was pages away from finishing my third reading of Max, my favourite book of Alex Miller's, and a poignant story that sits in the genre of memoir associated with that war and its twin event, the Holocaust. With Miller's exquisitely crafted sentences still filling my head it was with some trepidation that I began Ursula's Story. My trepidation was immediately eradicated by the first sentence, "I could have shot Hitler that day". Now that's an attention getting first sentence.

Ursula's Story is another example of the depth of writing talent scribbling away on our Northern Beaches. While the book is a work of fiction its author, **Vivien Wilson**, is clear about its genesis, and it's the same genesis that's true for many

writers, stories taken from our near and (if you're lucky) dear. In this case it's the author's mother, Ursula. Vivien carefully merges her stories with historical facts and adds her imagination to create a piece of work that I read in three extra-long baths taken over two days. It really is a page turner!

Ursula was born in Berlin in 1913, with a Jewish father and Protestant mother. She has a sister, Eva but it's Ursula who is her father's favourite. She's beautiful, naive, obsessed with all things English including speaking the language. Eva is a girl who enjoys riling her strict parents, and likes to put herself in harm's way. Eva wants to change the world. Ursula wants to be an artist.

When the family's fortunes fade, Ursula takes on work as a fashion model and as an interpreter for the 1936 Olympics. This is when she finds herself feet away from Hitler. Life is becoming difficult especially because

Ursula's relatives are all good Nazis, and her family are not.

Ursula flees the Nazis and eventually travels to England. Ursula's charm, beauty and instinctive self-preservation see her propose to the first Englishman she meets, George, and after a brief romance they are married. Ursula is desperate to get her family to England but it's proving difficult. Enter Lord Goldsmith, a prominent Jewish MP who Ursula bewitches into helping save her family. Eventually Ursula's parents and Eva do get to England, and against the odds Ursula's marriage survives, they live through the horrors of the Blitz, some personal tragedies, and some triumphs.

Ursula's marriage of convenience turns out to be quite the perfect love match after all. To find out where Bayview fits in you'll just have to read the book!

Ursula's Story is a romance novel in the same way Jane Austen's novels are because they share the storyline of courageous women, facing difficult situations and somehow through resilience, good humour, and ingenuity they deal with everything that befalls them and remain intact.

A charming feature in the book are Vivien's illustrations. Living in our Covid-19 induced home detention it was delightful to enjoy her charming illustrations of many of the locations where the story unfolds, especially The Vatican Garden, Chelsea Embankment and Maidenhead Bridge.

**Ursula's Story: From Berlin to Bayview** is available on Amazon.



1. What is the name of the lighthouse up at Palm Beach?
2. Which Northern Beaches beach is mentioned in the 1963 hit "Surfin' USA" by the Beach Boys?
3. What year did the Manly Sea Eagles last make the NRL Finals?
4. Starting in 1913 & taken out in the 1930's, A tram ran from Manly, finishing at which Northern Beaches suburb?
5. What nickname is given to the grassed area of East Esplanade in front of Sydney Harbour?
6. Traditionally what is the main colour of a water polo ball?
7. The smallest insect in the world is called the Fairy "What"?
8. How many of the Australian State flags have the Union Jack on them?
9. Greig Pickhaver & John Doyle are better known as which Aussie comedy duo?
10. Which country's name means "Path to the North"?
11. Which state border is Uluru closet to?
12. On a standard Snellen Eye Chart - Which letter stands alone on top?
13. Which actress played Princess Fiona's voice in the Shrek movies?
14. Classic musician Yo-Yo Ma is famous for playing which instrument - Violet, Clarinet, Trumpet, Cello
15. Valentine's Day in which year Australia switch to decimal currency?
16. Which Asian country is home to the highest ski resort in the world?
17. Which crime stopping organisation was founded in Vienna in 1923?
18. The King of Diamonds is the only King not holding a sword - What weapon is he holding?
19. True or false - Elvis Presley did not sing at all in his 1969 movie "Charro!"?
20. Which country scored zero points in the Eurovision song contest last May?

## Sudoku

Medium difficulty

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

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by Krystal Bawl

## Leo Jul 23 - Aug 22

Your astral pleasure map is all over the place this month, a bit like Covid, you may need to trace your social contacts.

## Virgo Aug 23 - Sep 23

The most powerful computer in the world is the brain. Remind yourself of that when your laptop refuses to work.

## Libra Sep 24 - Oct 23

If talk is cheap and actions speak louder than words, how is it that money talks? Wise Librans know the answer.

## Scorpio Oct 24 - Nov 22

Your creative reservoirs have been running thin. It's time to draw inspiration from the circus unfolding around you.

## Sagittarius Nov 23 - Dec 21

It ain't what you do, it's the way that you do it. Let this be your August theme song. For best results, do it differently.

## Capricorn Dec 22 - Jan 20

Lockdown hasn't stopped your decision-making brain going on an extended overseas holiday.

## Aquarius Jan 21 - Feb 19

You were destined to embrace your amorous side this month but lockdown means loneliness is far more likely. Thanks Covid.

## Pisces Feb 20 - Mar 20

You've got to stop diving into that deep ocean of emotion dear fishy. You're in imminent danger of drowning.

## Aries Mar 21 - Apr 19

Avoid strangers and aphrodisiacs, in that order. Danger is skirting your astral plane this month. Be wary.

## Taurus Apr 20 - May 21

Life isn't just for living. This month life is for loving, pucker up, buttercup 'cos smooches galore are in store.

## Gemini May 22 - Jun 21

Saying loudly what other people think and never say has its risks. Silence can be golden. Give it a go.

## Cancer Jun 22 - Jul 22

A friend's decision to meddle in your affairs will test your nurturing nature. It's ok to fail this test.

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

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

**Trivia Answers**

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

**Sudoku Solution**

1. Barrenjoey Lighthouse 2. Narrabeen Beach 3. 2019 4. Narrabeen 5. The Office 6. Yellow 7. Fly 8. 6 9. Roy & HG 10. Norway 11. South Australia 12. E 13. Cameron Diaz 14. Cello 15. 1966 16. China 17. Interpol 18. An Axe 19. False (he did sing one song) although not on screen) 20. United Kingdom

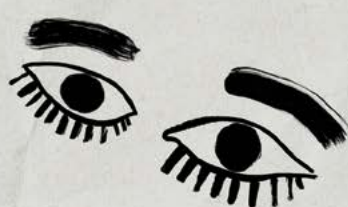
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