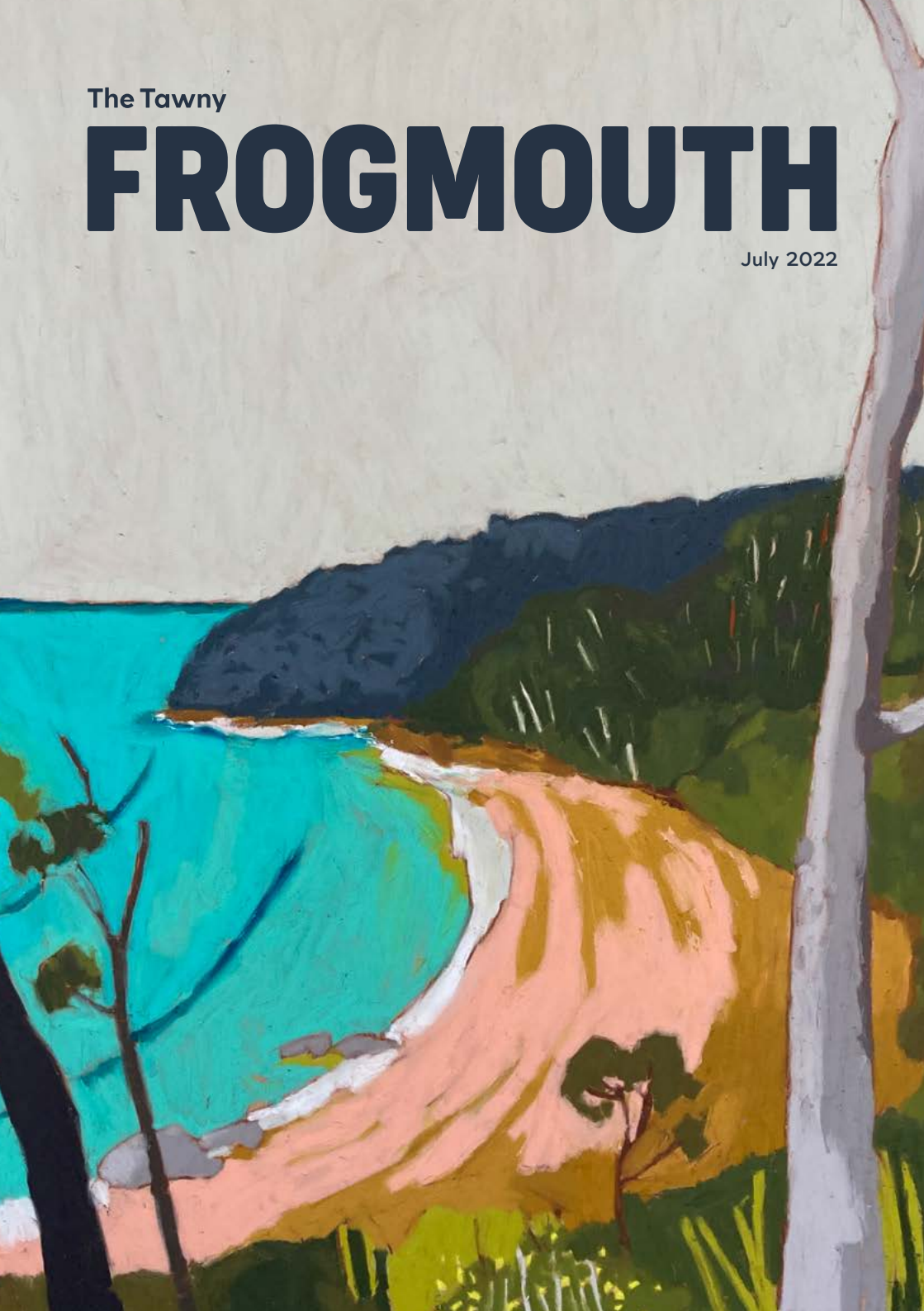


The Tawny

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G'day Beaches

Welcome to July, to hot chocolates, electric blankets, Labor leadership, the victorious teal of Peninsula Independents and, of course, fifty-two blistering pages of Tawny Frogmouth!

Cover artist Nicola Woodcock's oil pastels carry us superbly to Flint and Steel Beach, hiking boots not required. Délidoor and chef Aunty Beryl create the Indigenus Project, bringing an ancestral taste of Indigenous cuisine to every home. James Griffin announces a massive health investment for frontline workers who've gone above and beyond during the pandemic. Tawny Nightjar debuts, reviewing Manly's Belgrave Cartel. A pair of smurfs venture outback to tackle cancer and showcase the blues. And Manly Croquet Club's Alison Sharpe, "The Ice Queen", is England bound to take on her Kiwi nemesis, "Steamy", in a world championship Croquet Battle for the Ages.

Plus, breaking news: Bucketty's, Brentos and Tawny are teaming up again to brew Grogmouth 2.0! All funds raised going to Sydney Wildlife. Enjoy Dry July, we start canning 1 August!

Liam



The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd
ABN 95 013 114 772

WEBSITE

www.thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnyfrogmouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au







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Zali Steggall OAM MP
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Peninsula Wash Up

Joey Scouts' Curly planting

To commemorate World Environment Day, Joey Scouts (age 5 to 7) from 1st/2nd Harbord Scouts organised a native planting at Curl Curl sand dunes and invited the Curly Community to join in. Adam Burrowes from the Northern Beaches Council supplied the plants and advised where best to plant them. Councillor Kristyn Glanville and her son Hugo helped out, with Kristyn multi-tasking, holding hose and baby to get the job done! Several hundred native plants are now growing, and a blue-tongue lizard even greeted the eco-warriors to say a hearty thanks for the toil.

Joey Scouts is for adventurous girls and boys aged 5 to 7. The Harbord group meets on Wednesdays at 5 and Saturday afternoon. Learn more at harbordscouts.org.au

Hands off Manly's Hop, Skip & Jump

It seems every time Council wants to trim some budget fat, they eye off Manly's Hop, Skip & Jump, oblivious to myriad alternate fat-trimming options, executive pay packages the obvious elephant in the room. Frenchs Forest Councillor Jose Menano-Pires is the latest critique of the \$850k per annum bus service, saying Council should not be "in the transport business", and the money would be better spent on footpaths and road-resurfacing. Cue justified community outrage, bolstered by Deputy Mayor Candy Bingham, Manly Ward Councillors, Sarah Grattan and Gerogia Ryburn, and NSW Member for Manly, James Griffin, all voicing their support.

At its 2019 peak, the service moved 400,000 passengers. Since Covid-19, numbers have understandably dropped to around 200,000, but this will no doubt increase as life returns to normal.

"This service must be kept, too many people rely on it. Rather than scrapping it, let's look at ways to make it more cost-effective", said Cr Bingham. "What makes Manly different from other Wards is its density. 90% of people live in apartments, many with no garage. There is a large elderly population as well as 400 people in social housing. This service keeps cars off the road and provides a means of transport for those who are unable to drive".

Residents are encouraged to email all Councillors with their views of the Hop, Skip & Jump bus service. Contact councillors@northernbeaches.nsw.gov.au



Deputy Mayor Candy Bingham with Hop, Skip & Jump reliant residents

And hands off east coast gas!

One of the biggest Beaches' victories in the lead up to 21 May's federal election was telling corporate gas marauders to PEP OFF! But already, the lure of east coast gas reserves has seen BPH Energy and MEC Resources applying to the Federal Court of Australia to overturn a government decision cancelling the PEP11 'Baleen' exploration permit in offshore Sydney basin. As announced to the ASX, they question the process used by the Commonwealth-NSW Offshore Petroleum Joint Authority to cancel the permit. No doubt all levels of elected officialdom will fight this, but the question remains, how desperate are these fossil cartels to pillage our coast? Move on, dinosaurs.

Sydney Opera House Winter Warmers

The Winter holidays are fast approaching, with the opportunity to get out and about and explore Sydney with the kids. Beat the cooler weather and head indoors to enjoy three fabulous shows at Sydney Opera House. Join the circus with **Tempo**, have some giggles with the timeless Roald Dahl classic, **The Twits**, and answer the big questions in life with **Creation Creation**, this hilarious theatre work turns cardboard boxes into battleships and ping pong balls into planets in an explosion of art, sculpture, and puppetry, based on real-life interviews with people aged 8 - 102.

Find out more and book your tickets at sydneyoperahouse.com/kids

Words: **Liam Carroll**

PHOTO: KAREN WATSON

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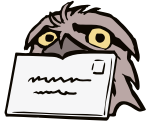


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Letters to The Tawny Frogmouth

Call that a pay rise?

NSW is awash with industrial action, ranging from teachers to healthcare workers, public sector workers and train operators. The latest, on Friday 3 June, Keolis Downer's Newcastle bus drivers have taken industrial action over their pay and conditions. Closer to home, Keolis Downer Northern Beaches, who run local ex-public services, are Newcastle's sister company. It's important to note, when we see a 2.5% pay rise for drivers, the companies take 2% out in roster reductions, leaving only a 0.5% pay rise, which equates to \$12 a week (calculated on overtime). Finding drivers is almost impossible, as the service is not publicly run. Drivers felt at the very least they had job security in the public sector. And bus passengers will have noticed services are not coming as there just are no drivers. A challenging job that carries with it the safety of your family and children being in the driver's hands, receives a 0.5% pay increase in times of rampant inflation. With the Senate inquiry asking the question, why did the buses get sold off? We can only see the situation becoming worse. Who would drive a bus when pay is low, the driver is responsible for anything that goes wrong, and if you have a major accident, you are hung out to dry? Give bus drivers a proper pay rise!

Dr. Iving Offercliff

Setting the record straight

I love how John Partridge accuses Steggall of 'weaponising' the transgender issue. It can't be that he is unaware that the person who 'weaponised' this whole issue, an issue that nobody was talking about before, was Morrison. In his pre-election desperation he was clutching at straws to try and squeak back into power. In order to achieve that he used a woman, Deves, to be his sacrificial puppet locally to try and garner votes from other conservative electorates. In his very Machiavellian way he ended up causing great hurt to those caught up in the crossfire of this very ugly, nonsensical debate. It is nonsensical because all the sports bodies are well on top of the trans issue and they have never raised it as a problem. Morrison is a past master at manufacturing conflict and dividing people. It is wonderful to see his dirty tactics so comprehensively backfire on him and his party in this election. And to Kevan Heathcote, if you feel the need to slur somebody at least get your facts right. You make barely disguised references to our local MP, Zali Steggall. If you actually did your homework you would know she drives an electric car, not a 'heavy carbon emitting 4WD'. And yes, as the world's largest per capita coal emitter in the world, and the third largest carbon emitter when our

fossil fuel exports are taken into account, Australia does indeed contribute hugely to global climate change. The vast taxpayer subsidies still given to Australian fossil fuel companies not only distort the market but also do nothing to encourage those companies to transition into renewable energy. We are cutting off our nose to save our collective face if we refuse to see the vast economic and employment possibilities that will come from the inevitable transition. Mitigation is a method to use when all else has failed. It's just too late by then. By that time the horse has bolted.

Polly Bell, North Curl Curl

Climate change: not understanding it doesn't make it untrue!

In reply to Mark Roberts of Freshwater, who decries the observations and science of human-induced climate change as "claptrap" and quotes some conflicting numbers from the SMH and ABC to apparently back this up: Mate, *anyone* can selectively quote statistics or projections from different sources and present them as seeming to be in conflict with each other. However, confusion on your part about when the North-West passage through the Arctic will be ice-free doesn't invalidate the very significant amount of science done over decades by many thousands of scientists. Pretending to do "research" in this way doesn't change a thing about real science or research, nor does it change the fact that while the atmosphere is a big place, it is not infinite, and humans have pumped over 1.5 TRILLION TONS of extra CO2 into the

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sky and oceans by burning fossil fuels and forests since the start of the industrial revolution, with more every year. CO2 is a trace gas in the atmosphere and scientists already observe the effects of more than doubled atmospheric CO2 in higher global temperatures and increased ocean acidity. Humanity runs a real risk of forcing the world's biophysical climate system into a new and different equilibrium that is pretty much certain to be much less conducive to human life, civilisation and agriculture, let alone the wonders of the natural biological world we share the planet with. Furthermore, nothing about these issues is in any way socialist or marxist, unless you're a full-fledged conspiracy theorist (but hey, maybe you are, there certainly seem to be quite a few). Just because you don't like it or don't understand it, doesn't make any of this untrue.

Grant Ozolins, Fairlight

McDonald's rubbish in Brookly

Is it really too much trouble for Brookvale Maccas to clean up some of their mess? Walk down Winbourne Rd and literally every 5meters there's a plastic drink lid, a nuggets sauce packet, cups, bags, wraps etc etc. I appreciate that they have little control over what someone does when they leave the store but I'm sure they could spare one staff member 15mins each day to walk up the street and pick up all the garbage they create. No one wants all this junk in our oceans, and it's really not a good look for the business. Shame on all you litterbugs, but please Maccas, take some responsibility too and help keep the beaches clean.

Dave, Freshwater

Cromer Park's Field of Schemes

If we build it, they will profit. May 2022, our local Council celebrates a new \$1.3 million plastic carpet infilled with cork at Cromer Park Field 1. Replacing aged plastic carpet infilled with 330tonnes of crumbed old car tyres that cost \$1.2 million. Field of Schemes, where the great synthetic turf swindle turns public money into private profit. Pyramid scheme, here the Council and ratepayers are held hostage. Manly ratepayers levied increases of up to 42%, up to 24% in Pittwater, while rates in Warringah - where synthetic playing fields are located - drop by up to 10%. Socialising the costs, privatising the profits. Council spent \$11million converting seven natural grass fields to plastic carpet. It intends to convert eight more natural grass fields to plastic. Cost expected to exceed \$12million. It must sooner than later replace other aging plastic carpet, infilled with toxic-leachate crumbed car tyres. By retrofitting new plastic blades + shock pad + cork at Narrabeen, Frenchs Forest, Forestville, and another at Cromer. Expected to exceed \$8million. Totalling \$31million of public money put into private foreign hands. Ten years ago, an original plastic carpet at Field 1 was commissioned in July 2012. With promised longevity of 10 - 15 years to 2027. It was beyond its prime by 2018, just six years young. Thereafter awarded the wooden spoon, three seasons running, as the worst-playing-surface: Too fast, too hard, not smooth, lowest quality. Forty years ago, Year 1982, saw release of the neo-noir film, Blade Run-

ner. Different blades, different runners. Set in a dystopian future Year 2019, we now reflect on its messages by director Ridley Scott and its wounded characters, scored to soulful music of Vangelis.

Like fictional Tyrell Corporation, today's synthetic turf industry has commerce as its goal. Greener than grass its motto. Tyrell manufactured replicants, bioengineered androids composed of organic material. Nexus-6 model with a built-in four-year lifespan, created as a mechanism against empathy. Nexus-8 model with indefinite lifespan, but compliance issues. The synthetic turf industry manufactures blades by repeating molecules of carbon with hydrogen. Plastic has the aura of green, but it is black and dead: no earthworms live in it, no birds forage on it, no aquatic organisms survive its microplastic-filled run-off into adjacent riparian zones. Home-field advantage for footballers who train on plastic, but increased knee, ankle, and anterior-cruciate-ligament injuries with Methicillin-resistant Staphylococcus aureus (MRSA-infected) abrasions. It promotes speed-of-play over ball-handling skill, so creates disadvantage for away-games played on natural grass. Local councils make flawed use of data to justify replacing natural grass with synthetic turf. That data is the higher 'booked hours', not the lesser actual hours played. Coupled with poor field construction and maintenance practices, these councils identify which natural grass fields to degrade and select for the plastic make-over. Blade Runner held the mirror up to inflated egos of humans.

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Androids became more human than humans. Egos on Council are the case with synthetic turf installed on the Northern Beaches. Yet plastic will never be more natural than natural grass. It is fear and guilt that the synthetic turf industry and sports associations wield over local councils. It is not good; it is not correct. It is the consequence of a particular state of affairs by which local councils become beholden to private power. Sorry, I've got the Blade Runner Blues, with Memories of Green, and Tears (of truth) in Rain. Vale Vangelis.

Roy Batty, Cromer Heights

The real deal

The climate change argument has been between closing down fossil fuels and engaging renewables that will become obsolescent over time and have to be replaced. Neither is the future. And we've been blindsided by these two narratives when all along there has been a third player. Our greatest enemy are the Greens! The Greens are the real fossils with obstructive dinosaur policies. We need to change the rules of engagement. The future is NUCLEAR...or WE ARE NOT IN IT!!!

John Partridge, Bal. Heights

Serenity Now! I have my balcony back

Dear Tawny, my name is Julia and I've lived on the Beaches and North Shore all my life. I called Serenity Now sliding door repairs to finally fix all my broken sliding doors around the house after I saw their tips in the June issue because I am fed up with not having any fresh air during winter. Thank you Tawny for the deal and thank you Cam

for the work and good luck helping people save their plants, no excuses for not watering now! I have all my balconies back and so much more room! (for activities lol) Highly recommend Cam from Serenity Now as he fixed our swollen wooden bifolds and 3 very old double sliding doors and flyscreens. Serenity Now! Best of luck Cam.

Julia, Seaforth

Not fairy wrens

Nicole Marshall needs to go to Spec Savers because her charming pic in last month's Tawny local pics is not of Fairy Wrens. Not sure what birds they are but am 100% certain they're not Fairy Wrens! Nice try though.

Nitpicky, Fairlight

You're welcome

Dear Tawny, you are a goose! Those birds in last month's photo section were not Fairy Wrens. They were Swallows – most likely Welcome Swallows.

Maggie Pie, Manly

Mark Sawyer's 'editorial' commendation

Mark Sawyer's editorial "The corralled sea" in June's Tawny Frogmouth was an insightful review of Australia's relationship with our South Pacific neighbours. His review of our historical and more recent relationship frames the current situation well. "The idea of putting on a Hawaiian shirt and turning up with a cheque book isn't going to cut it anymore" is right on. We have links from our churches to sport and tourism to draw on and need to. As one who grew up in 'the islands' as the child of missionary parents, the relationship and support was as between family members. If engagement through that

which we and our island family hold of value and in common can be re-invigorated, we have a chance of building that relationship back. This along with Intergovernmental organisations with objectives such as 'The Colombo Plan' started in 1951 to promote partnerships of mutual help towards social and economic development likewise. The result can be a genuine relationship of mutual trust and respect and long-term benefit.

Christopher Rynd, North Curl Curl

Trashing of Frenchs Forest areas

All this year, I, along with a lot of my neighbours, have been getting more and more ashamed and extremely disappointed in the non-action of the graffiti removal surrounding Warringah Road Frenchs Forest. Since January I have sent many images of graffiti tags on all the glass panels along the pathway over the pedestrian bridge over Warringah Road to Forestway Shopping. All concrete pillars neighbouring metal fences bus stops etc. getting more numerous graffiti each week. The council was given Mid-March as a clean-up date for the area including graffiti, and nothing was cleaned off any of the surfaces. As far as I know Council hasn't had any positive reaction to their requests and RMS is not reacting to any of mine or other requests for the graffiti clean-up department, to do their duty. Seems like TAGs are not vandalism unless rude or offensive. We are ashamed of our area now. All the while receiving beautiful artist impressions of future Frenchs

Forest, like investing in knocking down a High School to build a town precinct. Please don't put sprayable surfaces when the Akora Reserve is refurbished. Please stop all plans to improve the area unless the existing newly constructed surroundings are cleaned up on a regular basis

Gloria Peters

Re: Climate Activists (May '22)


Dear Tawny, I love Kevan Heathcote's letter on the Climate Activists. Good to see someone telling it as it is! Don't they know, the climate has been changing for millions of years and we cannot change nature?!

Lyn Pryor, Manly



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

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Zali enjoying a Democracy Sausage sizzle

Federal Politics

Historic Win for Peninsula Independents

6pm, Saturday, 21 May: The nation has voted. Results are being counted. Clive's \$100million Freedom Fighting advertising budget is long gone. Scoop a mere \$2million more from those unvaccinated coffers, a lesser man might have been tempted to pay out his \$102million Nickel refinery liquidation liabilities. Not Palmer, no chance.

Meanwhile, Sydney Harbour shimmers through Kirribilli House drapes, the sitting PM settles a D.I.Y. dodgy curry with ukulele at the ready, whisking his Pentecostal soul to the April sun in Cuba. Neighbouring G-G barks, "Keep it down Scomo, I'm on the blower to the Queen!" In Camperdown housing commission, Albo gives his svelte 2022 physique a final once over in the mirror, tonight's the night, make mum proud, so long, Maryanne.

In the country's two most esteemed seats, Mackellar

aspirant Dr Sophie Scamps arrives to Dee Why RSL, quietly confident, exhausted yet exuberant. And 7.5km southwest, Warringah incumbent Zali Steggall parks the electric campaign bus, proceeds into Balgowlah RSL, an ice-cold breeze from distant early season snowfalls warms her heart, adds a sporting spring in her step.

6:01pm: Antony Green perches front and centre on every screen around Australia, armed with stats, hard data, voting truths. Talking Heads are left to ponder... how did we get here?

"I'd been waiting 20 years for leadership on climate change," Dr Sophie Scamps explains. "But the trigger for me to actually get moving was a conversation with my son and his friends, hearing the words, 'you adults have failed us'. That was the switch. I realised I had to stop waiting for others to act."

Sophie's first instinct wasn't to run for politics, but to take more action in her own life, and her family's life. This gave birth to 'Our Blue Dot', a community network supporting individuals, families and communities across Australia to live cleaner and greener. "The change in language from 'we should' to 'we will' makes a huge difference. At Our Blue Dot we realised that just starting to act could turn despair into hope."

With Our Blue Dot gaining momentum, and Voices of Mackellar's Kitchen Table Conversations re-invigorating legions of voters who'd previously felt they weren't being listened to, the groundswell of support for change was palpable. The time was now for Sophie to give it her all to win the federal seat.

Ms Steggall's been here before, achieving the unthinkable in 2019 to relinquish Tony Abbott's stranglehold on Warringah.

"I was motivated then by feeling disenfranchised by our federal representative," Zali recalls. "The sense he really had no interest in listening to the views of the electorate. I was also motivated by the lack of female representation in our federal parliament.

"And then there was an overall concern in terms of policy areas like climate change and environment protection where we really weren't progressing. The people of Warringah consistently tell me that climate change is their number one concern and polling around the country before the last election echoed that sentiment. I think my feelings struck a chord with the Warringah community who want



The Mackellar miracle worker, Dr Sophie Scamps celebrates

their voices to be represented in Canberra."

6:47pm, Balgowlah RSL: Zali's home and hosed, Warringah safely hers, an emphatic victory. "Hearing that my team and I will be in Canberra to help Warringah for another 3 years was fantastic news. I was quite emotional. As I told my supporters on election night, they are the most unbelievable, amazing team. So joyous, joyful, and energetic, the heart and soul of the campaign."

The night's still young, but ominous signs of an LNP collapse are everywhere. Frydenberg's sweating, the treasured Kooyong Classic shifting Ryan's way. Wilson's castaway, not even a slew of franking credits can secure Goldstein from Daniel's grasp. Wentworth's Sharma's definitely looked calmer when in the thrall of an Eastern Suburbs independent Spender. And poor Trent's Zimmerman frame is buckling, pushed to the Tink. Pundits across the board have never seen the blue ties crumble quite so violet as this before.

8:27pm, Dee Why RSL:

Sophie's making her way to all her supporters, thanking everyone, resisting the urge to believe the impossibility that she might just well have seized Mackellar from Liberal Party hands when, "My media guy told members of the team to reconvene in a separate room and as soon as we were there he burst out! Channel 9, Channel 7, ABC, they wanna call it!"

Dr Scamps had achieved a 17% swing, a history-making, medical miracle, and the cheer brought the house down when she set foot on stage. Tears, joy, disbelief, smiles ear to ear. "I felt confident in my heart we could win. I knew there was a huge sentiment in the community, people were ready for change. But there's always that lingering doubt, can we be wrong? Are we in a bubble? You never know."

Well, Antony Green's number crunching knows all, and for the next three years the Northern Beaches will be represented in Canberra by two independent women. We ask, what's next?

"The election has delivered



Zali in the teal glow of victory

the largest crossbench in memory, so we need to make sure the 1 in 3 Australians that didn't vote for major parties are being heard," says Zali. "Climate and integrity are core priorities. I will be reintroducing my Climate Change Bill and continuing to stand up for a Federal Integrity Commission with teeth. I'm hoping this 47th Parliament sets a cracking pace to make up for so much lost time."

Sophie shares similar goals. "The core of reaching the right decisions is in building a strong democracy, so establishing a Federal Integrity Commission is crucial. I'll be supporting Zali on stopping the lies in political advertising, seeking donation and lobby reform with Andrew Wilkie, ensuring the grants system is based on merit not pork barrelling. I'm also keen to best prepare for the health impacts which climate change is having, something currently not factored in. And providing the care and services needed to properly tackle the mental health crisis."

Words: **Liam Carroll**

NSW's massive health investment

In the nation's largest-ever health workforce boost, a record 10,148 full-time staff will be recruited to hospitals and health services, like Brookvale Community Health Centre, across NSW over the next four years. This \$4.5 billion investment will ensure strong levels of health staffing for our massive pipeline of health infrastructure projects.

As part of this investment, 7,674 more workers will be recruited in the first year, to ease pressure on COVID-fatigued health staff and fast-track more elective surgery for patients. This will ensure health staff get the respite and back-up they need, and that hospitals have new staff to deliver quality health care.

The NSW Government will also provide a \$3,000 'thank you' payment to employees in the NSW Health Service in recognition of their work on the COVID-19 frontline. The payment covers paramedics, midwives, cleaners and all other permanent staff employed by NSW Health.

I'm sure you will agree the health workforce went to extraordinary lengths during the pandemic, earning the admiration and gratitude of the entire state. In other great news, teachers, nurses, paramedics and other key workers will receive a record pay increase following the NSW Coalition Government Budget. This means NSW frontline workers will experience some of the highest public sector wages growth in the country.

Western Harbour Tunnel and Beaches Link

Independent advice has been received from Infrastructure NSW to reprioritise the staging of mega-projects across the NSW Infrastructure pipeline. The Government will respond to that advice in due course. Whilst the Beaches Link tunnel itself is yet to receive planning approval, the precursor to Beaches Link, the Western Harbour Tunnel is already under construction. By creating another Harbour crossing, the Western Harbour Tunnel will take pressure off the Sydney Harbour Bridge, Sydney Harbour Tunnel and make it easier for us to get around from the Northern Beaches.

In addition, the Warringah Freeway Upgrade construction started in March 2021, to be carried out in stages and is planned to be completed in 2026. Price escalation across the construction market means now is the time to be prudent and consider how best to stage



James speaks at the annual Defence of Sydney memorial

existing projects. The Beaches Link project team will continue to meet with stakeholders and work through important issues.

Your update on local projects underway:

- North Head National Park Upgrade. The multimillion dollar investment will open later this year
- The Manly Wharf 3 Upgrade. Designs have been shared with the community and this will create wet weather cover and disability access to the Wharf.
- The old Aquarium site. The demolition of the Aquarium will be a great improvement and create open space on our Harbour.
- Local schools will benefit from \$3 million on upgrading school crossings right across the Manly Electorate to keep children safe.

In addition, we are building a further forty-five Domestic Violence shelters across the state and I am campaigning to ensure we have one built on the Northern Beaches to support the work of the outstanding Northern Beaches Women's Shelter.

Monthly Environment Minister Update

On 1 June the ban on lightweight plastic bags came into force – the first of many single use plastic items being banned in New South Wales this year. As Minister for Environment I'm incredibly proud to see New South Wales stepping forward to protect our environment and stop this harmful product from ending up in our waterways and environment.

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

New Emerald Class ferries for F1 Manly route

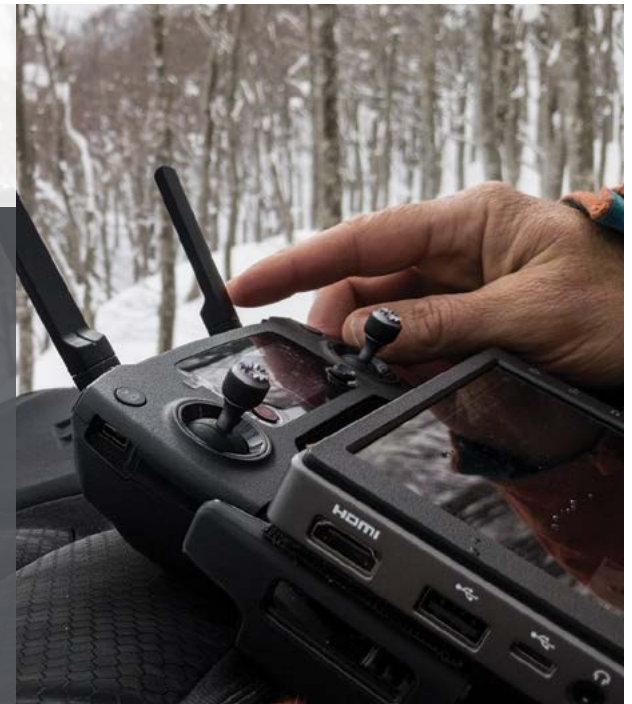


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Will Albo's win boost your bottom line?

Cost of living pressures are taking their toll, so what can families and retirees expect under Labor?

Families and retirees each have huge interaction with government payments and entitlements, and therefore have the most work to do when trying to work out where they stand when elections bring change. The big story for this election was support for families and more help is on the way for childcare costs. For retirees there were a few crumbs for people on the fringes of eligibility for the age pension and the Commonwealth Seniors Health Card - but nothing like the big help coming for families.

Extra help for families in July 2023

12,000 families in the Northern Beaches using subsidised childcare will be scratching their heads trying to work out what Labor's promises mean for them. And with household budgets under a lot of pressure with rising living costs, knowing the numbers is vitally important.

The new Labor deal has 3 key features:

1. More help for the first child in care, and
2. Keeping the rules for extra help for families with more than one child in care
3. Extending help to families with higher incomes (\$355k - \$530k).

Leading into the election, rule changes were in the works around government funded parental leave. If you are expecting a baby, you need to take a closer look.

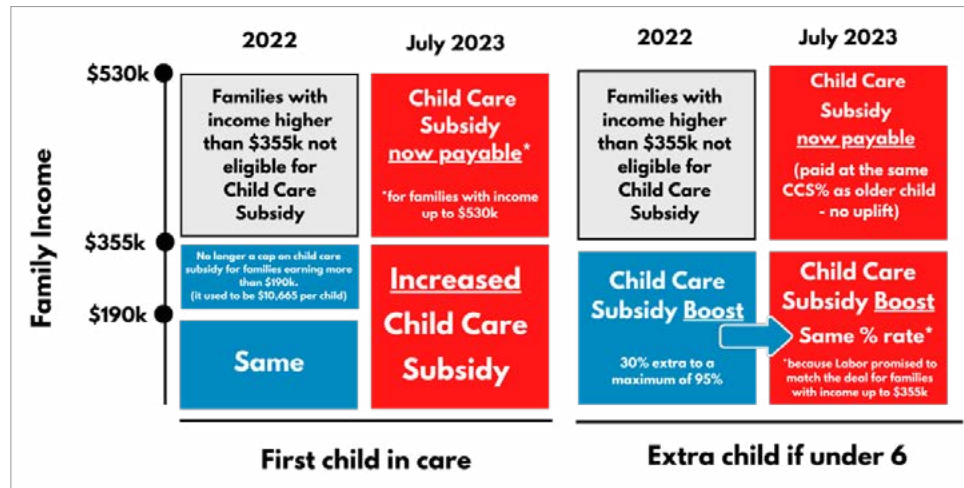
Retired?

Retirees can expect the Coalition promises that have been made to be matched, or even bettered by Labor at the next budget. The main story was around keeping deeming rates low, and expanding eligibility for the Commonwealth Seniors Health Card. For anyone already receiving an age pension or holding a Commonwealth Seniors Health Card, here is nothing to do here. For anyone who is over 66.5 and not holding a Commonwealth Seniors Health Card, it's worth doing the work to understand why, in case things change.

Keep up to date

Retirees can sign up for updates from **Later Life Advice** at laterlifeadvice.com.au. Families can visit entitlementmate.com or follow [@entitlementmate](https://twitter.com/entitlementmate) on socials. Entitlementmate is a new information source to help families keep on top of complicated government rules.

Words: **Brendan Ryan**, certified Financial Planner



Families can expect a boost based on income and number of children in care.

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Sport

Rugby's best local derby reaches triple figures

You're standing atop a plastic seat on the eastern side of Manly Oval enjoying a golden ale on a golden afternoon. It's late Autumn, sunny, maybe 24 degrees. And the list of places you would not rather be includes New York, Paris and a pool party at Jessica Alba's place. Sunshine dapples the field in what photographers call "golden hour".

Kids bolt about as kids do while industrious types make use of milk crates to see over fellow spectators six-deep on the fence. The footy on field is willing, physical and skilled. Manly Marins dominate early, thundering out to a 25-3 lead over local rivals Warringah Rats. And for rugby types, Rats types included, there is nowhere you'd rather be (though you might try to catch Jessica's pool party later).

The Rats and Marins, the two premier rugby clubs of the northern beaches will play their 100th game in July and continue Australian rugby's best and most famous local derby. All the elements are here. Tribalism? Two halves of a peninsula, north and south. History? Lumps of it – the Rats broke free to tread their own path in 1963 and begat half a century of sibling rivalry. Matship? These people surf together, work together, school together. After matches they carouse together in Wharf Bar, Round Bar or the bar once known as Newport Arms. Sometimes all three.

Back on that unsteady plastic seat we have an over-the-heads view of a cracking match at Village Green. The rugby is fast and physical, high-skilled. Shute Shield is semi-pro ball, meaning some of these people play professionally, the rest are professionals – accountants, tilers, police. And they want it. And you can see they do because you're 10 metres from their mugs.

Half-time and kids bolt about on field. There's connection here, between players and fans. The Rats' Colts on the eastern sideline and their Manly counterparts on the north-west hill are loud and fun. And while you mightn't have any 'skin' in either club, this game – and the greater event that it is – makes you proud – of the city, of the country, of rugby. For here on the sideline, fans get along. Much like elections, they don't take the outcome too seriously. It is a game, after all. When the sun comes up you still live in the world's best country. And these are, and always will be,



Warringah Rat Tom Preece braces for a Manly belting by centre Dennis Pili-Gaitau.

one's people. Doesn't mean blood is not spilled, however.

Damien 'Turtle' Cummins played over 200 games for Manly Marins and relished the physicality of the derby. He describes battles with the northern Rats of Warringah, as "fix bayonets from 10 paces and rip in".

"From the opening whistle, it was just on," says Cummins. "In the early '90s I was in one of my first derbies, we played at Manly, and the Rats had a pretty fearsome pack. Young and stupid me, I punched Mat Guberina in the head while I was lying on my back, bottom of the ruck. "He grabbed me by the throat and was about to put my head through the cricket pitch when the siren sounded for half-time. He suggested I was lucky the whistle went. I agreed!"

Cummins' daughter Alice had been brought up with the green-and-whites as enemies, her dad as a knight in red-and-blue. When he headed north to coach the Rats, it was controversial. "She wouldn't talk to me for a week," smiles Cummins. "She came around, eventually."

Words: **Matt Cleary**, 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



PHOTO: ADAM MACDONALD



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A Kafkaesque nightmare beyond repair

Kill off the AAT

Stacked with ScoMo's mates, the Administrative Appeals Tribunal (AAT) is no longer credible.

The office of Attorney-General has been tarnished by the Morrison government. Both Christian Porter and Michaela Cash used it to destroy the AAT's independence, turning it into a branch of the Liberal Party. They approved the disgraceful prosecution of Bernard Collaery, the man who blew the whistle on the Howard government's espionage against East Timor in the early 2000s. And, as has been the case since 9/11, both Cash and Porter were in the thrall of the authoritarian security state bosses in ASIO, ASIS and the like and passed into law whatever odious attack on liberty was served up to them by those agencies.

What the new Attorney-General, Mark Dreyfus, can do immediately is ensure the Attorney-General is no longer used to undermine the rule of law by ending the prosecution of Collaery. He should also promise to abolish the AAT, stacked with Liberal Party members, former MPs, and staffers.

It was established in 1977 by the Fraser government to ensure ordinary citizens could challenge decisions about tax, pensions, migration visas and the like - cheaply and quickly. For many years, the AAT performed this role admirably. But from the time Tony Abbott became prime minister the number of people appointed who could be labelled political has accelerated. And just before the election was called, Michaela Cash shamelessly appointed several Liberal and government members

and staffers to the AAT where they will earn between around \$190,000 to \$380,000 a year.

Just how rotten has this kind of stacking become? A recent Australia Institute report calculated that in the Howard and Rudd/Gillard/Rudd administrations, political appointees accounted for up to 6% of all appointees. But during the Abbott/Turnbull/Morrison administration, political appointees accounted for 32% of all new appointments. In the case of the Morrison regime, this grew to 40%.

Dreyfus should pass legislation abolishing the AAT and creating a new body where all appointments are freshly made. The appointments process should be conducted by an independent panel which makes recommendations to the Attorney-General. This would restore the independence of decision making where the government is always a party.

On Collaery, if Labor is serious about protecting citizens who blow the whistle on corruption and misdeeds by security agencies such as ASIS, Dreyfus should withdraw Cash's consent for the prosecution of the former ACT Attorney-General. Kafkaesque laws have been allowing secret evidence to be used, and the legal bills being paid by taxpayers is into the millions. And for what? For the Commonwealth to send out a message that if you have a conscience and refuse to stay schtum, you will be hunted down and sent to jail.

What else could the new Attorney-General do to remove the odour which has attached to the office since the Abbott government days when the pompous George Brandis held the portfolio?

It is over 20 years since the first batch of post 9/11 war on terror laws were passed. Since then, over 80 bills have become law and they have, without exception, eroded fundamental rights such as the right to silence, the right to independent legal advice, freedom of association, freedom of speech and freedom of movement.

What is required is a review of these laws and the drafting of a serious charter of rights which at least provides protection against an overweening executive government in this area of policy. The Albanese government will find that the new Independent MPs and the Greens very likely will support each of these initiatives. Another reason to strike now.

Words: **Greg Barns**, Michael West Media

IMAGE: ANDREA DE SANTIS



Prime Minister Anthony Albanese

Address the mess Albo

Energy poverty is now upon us. Yet the gas companies are reaping astronomical profits.

So deceitful is the Coalition, they went so far as to change the law heading into the election, just to cover up the explosion in energy prices - and in contravention of caretaker provisions during an election. This sneaky amendment to the Electricity Retail code at the 11th hour allowed Angus Taylor and Josh Frydenberg to delay the shocking news and campaign on lower energy prices, even when they knew energy bills were spiraling up 30%.

In the UK, they recently slapped a super profits tax on the oil and gas giants. The besieged regime of Boris Johnson's Tory party in the UK, under pressure from its "Partygate" imbroglio, moved to pump up Great Britain's Exchequer; the Tories' waning popularity too, by moving big time on tax reform. Following Italy's lead, the Conservatives have put a 25% windfall profits tax on the oil and gas sector. The 25% levy is on top

IMAGE: AAP

of the 40% rate the companies already pay (which is higher than their 19% general corporate rate).

So, they are no doubt screaming blue murder; but the rate is meaningless. The reality is their amortisation and depreciation breaks mean they pay almost nothing. And the oil and gas majors are not allowed to offset prior year's losses to eliminate their tax. But Down Under we are still showering these mobs with \$12bn a year in subsidies.

There is a unique, historic opportunity to reform, right now, to address the mess. Dither, and the opportunity is lost.

Australia did have a 22.5% mining tax from 2012-14, but it was flawed, allowing mining companies to revalue their mines using commodities boom prices, then set off this new higher "starting base allowance" against any tax. Ergo, no material tax was ever paid. The mining lobby

gamed the government, forced Kevin Rudd out of office with the connivance of Rupert Murdoch's News Corp, and there has been nothing much done since to tackle the erosion of Australia's tax base, or in layman's terms, the robbery of this country by foreign corporations.

Now, the profits being made by these same corporations, at the expense of energy customers, is so immense, surely the new government has a license to move on behalf of its people rather than kowtow to its donors. There are some signs from the new Government, but ALP coffers are also fuelled by fossil fuel donations, just like the Liberals and Nationals.

Does Albo have the stomach to tackle it? He has a mandate, indeed a moral obligation, but the appetite for reform will inexorably diminish over time. Albo can point to the rise of the Third Force in Australian politics, the Greens and the independents, with almost a third of the vote. He can say Australians have spoken. He can say the Coalition has failed miserably to represent people over corporations.

Does the ALP really have to stay true to \$200bn in tax cuts for the wealthy? Or childcare for people with millions in assets, or third-rate action on climate, or \$12bn in subsidies for fossil fuels? Circumstances have changed, they are changing dramatically before our eyes. And with that, comes a duty to change policy.

Words: **Michael West**
Michael West Media





Shelter manager, Narelle is always on hand to help

Northern Beaches Women's Shelter

It Can Happen to You

The Northern Beaches are not immune to homelessness. Thankfully a refuge exists for local women in dire need.

No one ever imagines they might become homeless, never anticipates having nowhere to go and no one to turn to – in fact, it can happen to anyone. The women at the Northern Beaches Women's Shelter could be your work colleague, your neighbour, your friend, your sister – they could be you.

Shelter Manager Narelle Hand explains what brings women to the service and how the focus is to help them heal, turn their lives around and reach towards the better, brighter future they deserve.

Are people surprised by the need for a women's refuge on the Northern Beaches?

Yes, but there is definitely a need for the service. Since we opened our doors in November 2010, more than 500 homeless women have

benefited from NBWS, and we remain the only shelter on the Northern Beaches solely for women.

What do you feel the Shelter's role is for these women, aside from providing accommodation?

The women come to us at what is often the worst time in their lives. NBWS supports them so they can rebuild their lives, reclaim their independence, and live out their goals and aspirations. We work to empower them to build a future for themselves free from violence and harm. It takes time to gain their trust and build a connection so we can learn and understand their story. We feel privileged to be part of their journey and to walk alongside these women.

How do you support these women and identify what

they need? When the women arrive at shelter, a common feeling is "How did I get here?" They can't comprehend how or where or when exactly things went so 'off track'. Even when they have experienced domestic violence, they never imagine being homeless. These are women who had jobs, family, friends, homes, children and a stable life – and then something happens. They have experienced loss, trauma, grief, and violence. We work with the women to identify what they need to move forward and support them with housing, finances, work or training, health and wellbeing, and legal issues such as custody or contact with children or perhaps obtaining visas.

Is there a common theme in terms of social circumstances, cultural background, or age?

The one thing that these women have in common is that they are homeless and need our help. We offer short term crisis accommodation and transitional housing but there is always a waiting list for our services, and we turn away 152 women per year.

How is the Shelter funded?

We rely heavily on philanthropy and donations. We receive only 6% in government support of our total funding needs. Successful grant applications also assist us in covering accommodation and living costs, wages, and programs to enhance the lives of our clients in shelter and in outreach. However, many of these are one-off grants.

To donate to Northern Beaches Women's Shelter please go to nbws.org.au/donate

Words: **Liam Carroll**



Northern Beaches Women's Shelter

(NBWS) has helped more than 500 women since opening.

Sadly, we also have to turn away 152 women each year, and this number is growing.

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Indigenous Matters

The Indigenius Project

Bringing a taste of Indigenous cuisine to every home.

Ever tried Kangaroo Stew with Bush Tomato Chutney? Smoked Paperbark Barramundi marinated with Finger Lime? Or Lemon Myrtle infused Chicken?

Very few can say they have. Not because they're culinary conservatives. Simply because they have no idea where to go to try them. We're all for locally and sustainably grown, yet nothing's more local and sustainable than Australian-native ingredients. And few people know how to use them in everyday meals.

Indigenous cuisine is a dynamic, accessible and inspiring part of Indigenous culture. While its popularity is growing, and native ingredients are being explored by several high-end restaurant chefs with the help of First Nations food expert, it remains niche. Time has come to shine a light on this rich, healthy and sustainable cuisine. Thousands of years of know-how, ready in a few minutes.

Delidoor's food philosophy is simple: good food brings us together. "We are constantly inventing new ways of doing things and transforming the ordinary by bringing meals from different cultures and nationalities to Aussie tables. So, bringing a taste of First Nation cuisine to every home was a no brainer," says Mathieu Thomas co-founder of Delidoor. And that's how it started.

Indigenous cuisine is true genius. It takes from the earth only what's necessary. Its ingredients are on our doorstep and have been for thousands of years. Almost every native ingredient can be considered 'superfood', with exceptional flavour and nutritional properties that are good for our tastebuds and our health.

To create this range, Delidoor partnered with Indigenous Chef and Gamilaroi Elder, Aunty Beryl Van-Oploo. Aunty Beryl represents a bridge between traditional, authentic indigenous food and familiar, modern dishes that anyone can enjoy. She has over 50 years of culinary know-how, deep knowledge of native ingredients such as Lilly Pillies, Kakadu plums, lemon myrtle and is an expert at modernising Bush Tucker cuisine.

Aunty Beryl is 100% focused on the future of indigenous food. "With this partnership we're giving everybody a chance to try native cui-



Aunty Beryl and Delidoor's Sebastien Huillon

sine." says Chef Aunty Beryl. For her, raised in a family of 17, as for indigenous communities, gathering around a meal, and telling stories is important, so the taste of your meal is crucial too!

Together, Aunty Beryl and Delidoor have created 5 innovative meals: Kangaroo Rump Stew with Illawara Plum; Wild Caught Barramundi infused with Finger Lime and Smoked in Paperbark. (The fish comes prepared and wrapped in paperbark so that you can experience authentic Indigenous cooking methods.); Kangaroo and Bush Tomato Chutney Meatballs; Lemon Myrtle Infused Chicken Thighs; and Vegetarian Bush Tucker, Quandong Ratatouille.

Native ingredients reborn. Each dish carefully incorporates specific Australian native ingredients in order to reveal their unique tastes, textures and health benefits.

"This is a long-term partnership that makes Indigenous cuisine and native ingredients a part of our everyday life," says Jacques Lépron, co-founder of Delidoor. Delidoor will give back 10% of each meal sold to help fund a very important community project that Aunty Beryl is launching: EORA, (meaning "Home" in Gadigal language), an Aboriginal Elders Estate Development for elders of the Indigenous community to retire.

"I can't wait for all of you out there to try Indigenous cuisine, and I'm pretty sure that you're gone to enjoy it and come back," says Chef Aunty Beryl.

Visit delidoor.com.au and get your hands on these pioneering meals.

Scan here to see more of Aunty Beryl and Delidoor's Indigenius collaboration



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10% of every meal sold helps fund the construction of EORA, an Aboriginal Elders Estate Development for Elders of the Indigenous community to retire.

Chef Aunty Beryl
x

delidoor
delidoor.com.au



Nicola's floral showcase abounds from canvas to cardigan

Cover Artist

Nicola Woodcock

How long have you lived on the Northern Beaches? I moved here 12 years ago with my husband and two young children from Oxford in England.

How would you describe your art? Contemporary Australian still life and landscapes. I use oil pastels which encourage me to eliminate fussy detail and really focus on the shapes and colours in front of me. Oil pastels are also tricky to erase or layer, so I approach the canvas boldly, embracing rather than eliminating mistakes, giving the sense of an immediate response.

What inspired your cover? A family bushwalk and swim at Flint and Steel Beach in Winter 2021, during the long lockdown, the best day out we'd had in ages, trekking through the bush, getting glimpses of the turquoise water (reminding me of the

south of France), the thrill of swimming in the cold ocean, lying on the beach in the sun to warm up at midday mid-winter but feeling like we could be on a Thai island for the remote feeling. Surrounded by driftwood we built a shelter then trekked back up the hill and went home to warm baths and a roaring fire. **What inspires you in general?** I'm really impacted by our local environment and the shapes and colours I see in the flora around me. Sometimes I'll pick a sprig of banksia or wattle from the roadside or in a carpark to use in my still life artworks, holding the spotlight to the amazing local flora which might get overlooked as we go about our daily lives. **Did you study art?** I did study art at school but went on to study European Politics and French for my degree. After

graduation I travelled, then worked in book publishing before taking a break while I raised three children. When the youngest was at preschool I decided to try to create an art career rather than return to my previous work, all starting in 2016 with a 100-day challenge to paint one oil pastel artwork a day for 100 days. I posted each to my newly created Instagram account, which opened opportunities to show work locally and I joined the Pittwater Artists Trail. Things grew organically from there and now I work from my back yard studio every day.

What's your favourite thing about what you do? The flexibility to shape my work around family commitments, to be my own boss, to work on whatever I want to, and to be alone in my studio for hours listening to audiobooks while I work! Bliss! A bonus is the joy that I bring to people who see my work or who own a piece. When I imagined being an artist, I thought about the creating part, but I didn't anticipate the messages I would get from people telling me how happy my work makes them.

How can people buy and support your art? I have a mini release at **Michael Reid Northern Beaches** in Newport in July which is a preliminary showing before I have a full solo exhibition there in November. You'll be able to buy my work from their website www.michaelreidnorthernbeaches.com.au and I have limited edition prints and tea towels available on my website nicolawoodcock.com or you can follow me on Insta @[nicolawoodcockart](https://www.instagram.com/nicolawoodcockart)

Interview: **Liam Carroll**

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Small business financial strategies

Commercial Corner

Managing inflation, supply chain and staffing challenges

It is no secret that inflation is wreaking havoc on Australian small business in 2022. The cost of goods and services rose 2.1% over the March 2022 quarter, lifting the annual inflation rate to 5.1% and triggering a pre-election interest rate rise.

A combination of factors has contributed to this inflation, many of them related to COVID which saw huge cash handouts in stimulus packages, supply chain challenges, and labour shortages, combined with cheap debt due to historically low interest rates. In some industries, such as construction, materials costs have gone up 100%, according to Paul Groenendyk, a CPA and Director of Dee Why accounting firm, Mair, Mansfield and Co.

“Prices have increased for all businesses, both from a materials shortage perspective and in labour costs,” Paul says. “A lot of businesses are losing staff, and not just to competitors offering higher wages, but to different industries.”

How inflation quickly impacts business profit

For those businesses who operate on lower profit margin products sold at high volume, a 5% cost increase quickly erodes their profit margin, Paul says. For example, a business with \$1 million annual turnover at 10% net profit (\$100,000), only a 5% cost increase reduces net profit to \$55,000. A 10% increase reduces it to \$10,000.

“Now, more than ever, businesses must be acutely aware of their financials. You must deeply understand your business income and expenditure, both today and in a variety of forecasted scenarios, so you can adjust your pricing accordingly.”

Strategies to minimise risk

Raise your prices: The obvious response, but raising your prices carries the risk that customers who have grown accustomed to paying a lower price will take their business elsewhere or purchase less often. Paul suggests clearly explaining to your customers

that your costs have gone up and that you have absorbed this cost increase until now, but that you are unable to continue to do that and remain in business. He also suggests considering a staggered price increase to minimise the shock, and encourages price rises to be considered and calculated to account for both your financials, and competition.

Avoid fixed price jobs: Paul warns against fixed price jobs in times of inflation. If you have a long job delivery window and your costs increase during that time, then you may lose money on that job.

Reduce inventory lines: Look to reduce low-margin goods or services and focus on delivering those with higher margins. This is especially beneficial when you have a lack of staff, so they can focus their time on more profitable work.

Increase stock: If a product is seeing high inflation, buying and holding more stock can increase your competitiveness, or profit margin. Stockpiling critical supplies also minimises the risk of disruption from supply chain issues.

Evaluate your supply chain risk: Consider establishing alternative supply chains and suppliers, both domestic and foreign.

Watch your debt: Be diligent on credit checks, credit limits, invoicing, and payment terms.

Words: **Patrick Kelleher**
Director of Pine Property

Contact Patrick for all your commercial property queries, on **9977 6555** and learn more at www.pineproperty.com.au



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The Harlequins with Nathan Grey, Aaron Broughton-Rouse and Head of Nextdoor Australia, Jennie Sager

Northern Beaches kindness rocked live TV

Did you see your neighbours on Channel 9?

Neighbourhood network **Nextdoor** recently teamed up with the Today Show to showcase kind neighbours across Australia, and the Northern Beaches was lucky enough to make the cut! Dozens of locals got up early to enjoy the morning on North Curl Curl Beach and Nextdoor turned the spotlight on some heart-warming stories from the community.

Nextdoor neighbour Karen Booth, a regular at Curlies on the Corner, shared her story on national TV along with the cafe's owner, Paul. Paul wanted to decrease the discharged coffee waste so asked around for a compost bin. Karen went straight to work, posting the request on Nextdoor, and just like that, the neighbours delivered a worm farm to break down all the excess coffee. Neighbours helping the local business which serves them, that's awesome!

And how about Dee Why neighbour, Dilek Sayar? Dilek uses Nextdoor to make a little extra cash through the For Sale and Free section on Nextdoor. A trained chef, Dilek lost her job during the pandemic and started selling home-cooked meals to neighbours via Nextdoor. Channel 9's Tim Davies chatted to Dilek and was more than happy to try some of her cooking...and the kids weren't far behind.

Congratulations Dilek!

Head of Nextdoor Australia, North Curl Curl local, Jennie Sager, would like to thank everyone who came along to be a part of the morning. The local nippers and the rugby teams, Aldo who made so many great coffees for everyone, and Surf Club president Glenn Slater who helped fire up the locals and was there at 4.45am turning on the barbie! What a legend. It was great to show Australia what a kind neighbourhood the beaches are and how North Curl Curl is the perfect place to call home.



Tim Davies from Channel 9's Today Show taste testing Dilek Sayar's home cooked meals she sells on Nextdoor

Did you know **Nextdoor** is in 1 in 7 homes on the beaches and 1 in 4 in Curl Curl?

To connect with your neighbours on Nextdoor, visit nextdoor.com.au, scan the QR code, or download the free Nextdoor App.



July 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				0352 0.48	0430 0.49	0508 0.50
				0947 1.30	1027 1.29	1108 1.29
				1511 0.65	1551 0.66	1633 0.69
				2145 1.80	2222 1.76	2301 1.72
4	5	6	7	8	9	10
0548 0.52	0630 0.52	0028 1.59	0119 1.51	0219 1.45	0327 1.40	0434 1.38
1152 1.30	1240 1.32	0713 0.53	0758 0.53	0845 0.53	0937 0.52	1030 0.51
1720 0.72	1812 0.74	1331 1.37	1425 1.44	1520 1.53	1615 1.64	1711 1.77
2343 1.66		1911 0.76	2018 0.75	2132 0.70	2245 0.61	2352 0.49
11	12	13	14	15	16	17
0541 1.38	0052 0.36	0148 0.26	0242 0.19	0334 0.17	0426 0.19	0515 0.24
1125 0.49	0643 1.40	0742 1.42	0838 1.44	0932 1.45	1026 1.45	1118 1.45
1805 1.89	1220 0.47	1315 0.45	1411 0.43	1506 0.43	1601 0.45	1657 0.50
	1900 2.00	1954 2.08	2047 2.11	2140 2.09	2230 2.01	2321 1.87
18	19	20	21	22	23	24
0603 0.32	0012 1.71	0103 1.53	0159 1.38	0300 1.26	0406 1.19	0510 1.18
1211 1.46	0650 0.41	0735 0.49	0819 0.56	0905 0.62	0954 0.65	1044 0.66
1754 0.57	1303 1.46	1357 1.47	1452 1.49	1546 1.53	1640 1.57	1730 1.61
	1854 0.64	2000 0.70	2114 0.73	2227 0.72	2332 0.66	
25	26	27	28	29	30	31
0024 0.60	0106 0.54	0144 0.48	0218 0.44	0253 0.41	0327 0.40	0400 0.39
0605 1.19	0652 1.23	0732 1.26	0811 1.29	0846 1.31	0922 1.32	0959 1.34
1131 0.65	1216 0.63	1259 0.60	1338 0.57	1415 0.55	1454 0.54	1533 0.55
1815 1.66	1856 1.71	1934 1.75	2012 1.78	2047 1.79	2123 1.79	2159 1.75

INFO: BUREAU OF METEOROLOGICAL CENTRE
PHOTO: SIMON FALZON

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



2021 runners-up Northern Beaches Uniting Church with local pro surfer Winter Vincent (left)

Surf, sand and saving lives

The annual Lifeline Classic tag-team fundraising and surf comp is on again for the sixth time on Sunday, 18 September at Queenscliff Beach. Registrations are now open.

“The theme this year is ‘Break Through in 2022,’” says David Thomas, CEO of Lifeline Northern Beaches. “We’re wanting to break through our fundraising records and our target of \$100,000. To do this, we need your support.”

“We rely on fundraising to keep our services running – and the last two years have had a devastating financial impact on our operations due to the pandemic lockdowns,” says David. “Even if you’re not a surfer, consider donating to help fund our local Lifeline services.”

To get involved in the Lifeline Classic, register a team online. You’ll just need 4 people (could be your mates, your family or colleagues, or your surfing crew). Then it’s time to get fundraising.

Raise as much money as

you can for Lifeline between now and September. The 16 Open Division teams and 4 Women’s Division teams who raise the most funds will get to hit the waves in a super-fun tag-team surf event

“It’s set to be our biggest and most inclusive comp ever, and rest assured, you don’t need to be an experienced surfer to join in,” says David. “Kids are welcome too!”

This year, the Lifeline Classic has taken a retro turn in its promotional art (see ad opposite) with local artists contributing to create three uniquely Lifeline-themed masterpieces. All available as limited-edition merch.

“The two major elements of my work are the ‘tube ride’ and the wings,” says Ben Brown, creator of the feature art. “What surfer doesn’t like getting barrelled? It’s the holy

grail of surfing! The wings represent being lifted up by the community around you. We are lucky to have a truly local organisation like Lifeline on the northern beaches.”

The other well-known artists are Brent Smith and Kentaro Yoshida.

“Lifeline Northern Beaches is a truly local charity,” says David. “And all funds raised are spent supporting the mental health of our community.”

“Our services are local and Lifeline Northern Beaches’ volunteers, supporters, clients, customers and donors are from our community.”

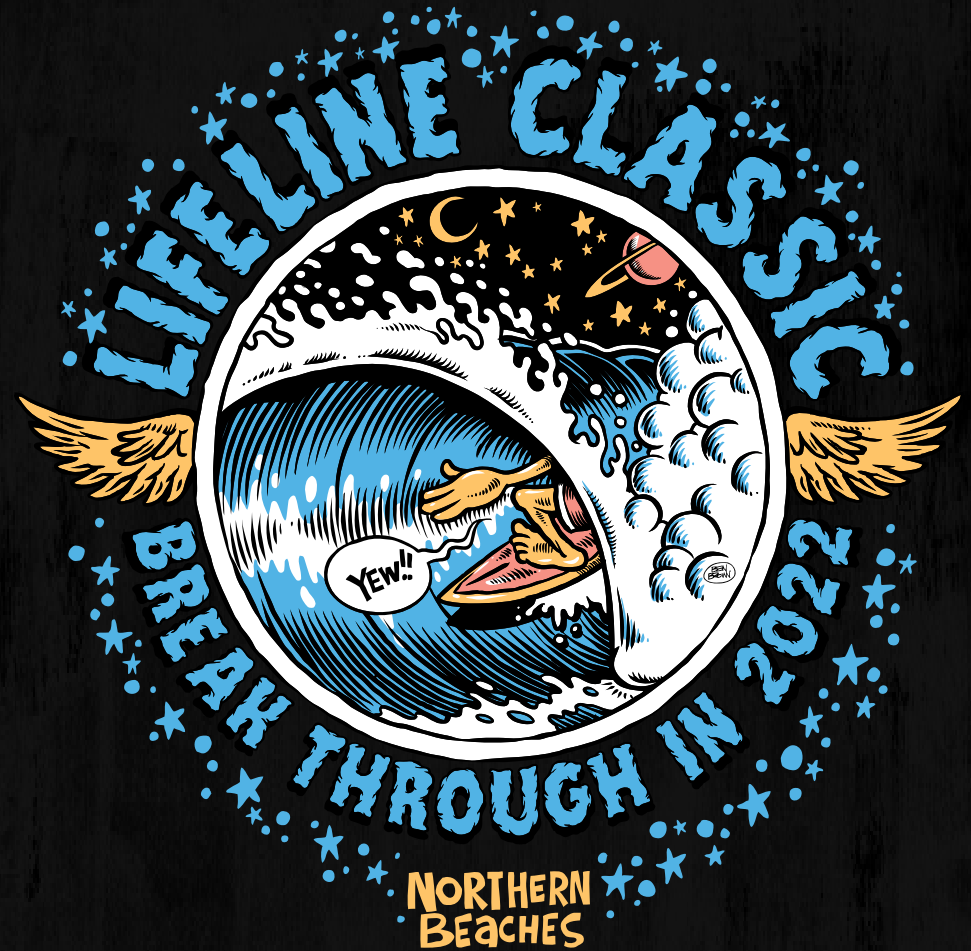
So, what are you waiting for? Get online and register a team, grab some merch or donate.

Visit lifelineclassic.com.au

Words: **Lifeline Northern Beaches**

Lifeline is here for you when you need support. Reaching out for support is an important step. Visit www.lifelinenb.org.au/get-help
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The Brookvale embosser leading a print revolution

When acclaimed German goldsmith, Johannes Gensfleisch zur Laden zum Gutenberg, unveiled the printing press to enthralled Strasbourg onlookers in 1440, humanity changed forever. Texts could be printed with breakneck haste, and mass communication was suddenly possible and affordable, paving the way to monumental changes in society, culminating in the publication of The Tawny Frogmouth, of course. And while the thrust of contemporary civilisation marches towards a digital metaverse, Brookvale's Watermarx Graphics remains focused on the wonder of print, receiving awards nationally and internationally for their letterpress printing, foil stamping and embossing. Founder, Alan Fawcett, tells us more about his love of print, and what his business has to offer a digital-obsessed world.

What inspired you to start Watermarx Graphics? I was in the last letterpress class at Graphic Arts College Ultimo in 1979! So naturally, being one of the last letterpress printers to be formally trained, I am very nostalgic about the trade and art of letterpress printing. And even though technology moved on and I learnt new types of printing, I've always tinkered with letterpress and the art of foiling and embossing. I then invented a new means of foil stamping using polymer plates, which my wife and I used as the foundation to invent and patent a new means of embossing. The plates allow for a water wash out system which we manufacture inhouse, as opposed to the old way of etching using nitric acid and metals. The system also allows us to emboss very fine detail on paper, card, stickers and even emboss braille dots on polypropylene. Armed with a healthy dose of optimism and a "we'll figure things out along the way attitude", we kicked off in Brookvale in 2006.

How was the name Watermarx born? As printing makes a mark and our systems are based on a water wash out system - hence Watermarx!

What does Watermarx Graphics create? We're a bespoke and high-end print company and specialise in providing amazing event stationery that will wow your guests, creating invitations for weddings, birthdays, corporate events and even the Logies! We can personalise an event by foil stamping a monogram or logo on napkins, bonbonniere cards, menus or



Timeless printing gold meets Logies gold!

emboss onto a box or foil on to a bag, as well as create business cards that have the all-important wow factor.

Has society's shift away from print communications affected your business? We've become so reliant on digital forms of communication nowadays that it's actually made people more aware of how impactful a beautifully embossed invite or foil stamped business card is, a printed material with a tactile, quality feel, and where the thought and craftsmanship that's gone into its creation ensures the recipient is delighted with the product, and that it leaves a lasting impression.

How did you survive the impacts of Covid-19 on events and gatherings? Our business suffered tremendously during the pandemic with everyone locked down, all social gatherings confined to zoom meetings, it's not exactly the ideal environment for ornate printed goods to thrive. Most importantly though, we survived, and believe wholeheartedly in the value of a well-executed, well-designed piece to ensure an event really comes to life. That initial contact with a beautifully printed item really sets the tone for what lies ahead.

What keeps you inspired to create great products? The delight on a client's face when the work we do exceeds their expectations.

Check out all Watermarx Graphics has to offer by visiting their website watermarx.net and calling Alan on (02) 9905 8127

Words: Liam Carroll

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The fate of Koalas is in our hands...

...and remarkably our fingerprints are identical to theirs.

Koalas are now officially threatened with extinction, a national disgrace. On the positive side, their listing as "Endangered" is a massive wake-up call. These eucalyptus munching marsupials portray a loveable Aussie image more effectively than any tourism campaign. In return we've virtually wiped them out.

Around 8 million koalas were killed for their pelts during the late 1800s and early 1900s. Most of those were exported and turned into coats, gloves and hats. There was even a Marsupial Destruction Act (1877) which encouraged this industry! Since European settlement, approximately 80% of Australia's eucalypt forests have been cleared. An average of 100,000 trees are still bulldozed across the country every day.

In June's Tawny Frogmouth, our local MP and state Environment Minister, James Griffin, heralded the release of a new NSW Koala Strategy which delivers funding for some conservation projects and seeks to "double koala numbers by 2050". But existing legislation doesn't stop trees from being cleared, in fact his government weakened biodiversity protection laws in 2017. It's the ongoing destruction of habitat from logging, land clearing, mining and development that really gripes, because halting this assault on nature could help conserve not just our iconic koalas, but so many other declining species too.

The irony is that taxpayers subsidise the loss-making timber industry by millions of dollars whereas preserving native forests would actually earn income from tourism and carbon abatement. When the government did try and bring in koala protection laws in 2020, the (then) National's leader John Barilaro chucked a "hissy fit" causing the prohibition on logging core koala habitat to be abandoned. Unbelievably, "forestry" operations are exempt from Federal Biodiversity Laws. Little wonder that a NSW Parliamentary Inquiry into koala populations predicted that they would become extinct in this state by 2050 unless urgent government action was taken – so far less than half of the inquiry's 42 recommendations have been adopted.

Koalas are also being impacted by two forms of Chlamydia virus, one can cause blindness



The ultimate in "fur babies"

and the other, infertility and death. This disease becomes more prevalent when stress levels increase as habitat is destroyed. Ironically Sydney has the last Chlamydia-free koala population in the state near Campbelltown. But even that's now being depleted by the encroachment of a massive new Lend Lease housing estate at Mount Gilead. More housing projects are proposed nearby.

Under our current laws, developers are allowed to bulldoze endangered species' habitat by purchasing offset credits in a flawed and corrupted "Biobanking" system. Koalas have pretty much disappeared from the Northern Beaches, although scats were recently discovered at Belrose, where the community is struggling to protect bushland from development. Lastly, the word "koala" is derived from the Dharug language "gula", meaning "no water". So, if one ever asks you to add ice to their Bundy...please refrain.

A "Great Koala National Park" has long been mooted, which would involve adding 175,000 hectares of publicly owned forests to existing protected areas in the Coffs Harbour hinterland. Despite protests, prime koala habitat is being clear-felled there right now.

Words: **Malcolm Fisher**

Scan here to sign the petition to support the Great Koala National Park becoming reality, and help protect our national icon now, and for future generations.

www.koalapark.org.au/petition



The Sh*tbox Rally

Smurfs venturing outback to tackle cancer

This October, a Smurf Mobile rallies from Mackay to Darwin to beat the Big C and showcase the blues.

In 2009, James Freeman - not a Northern Beaches resident but a good bloke nonetheless - lost both his parents to cancer 3 months apart. He decided to do something to help. The Sh*tBox Rally was born. What's the Sh*tbox Rally? First, get yourself a 2-wheel-drive car worth not a cent over \$1,500. Second, drive it across the worst roads in Oz for a 7-day rally through the most remote country towns and isolated regions of our big brown land.

The first rally comprised 25 cars but has since grown to 3 rallies a year, with 250 cars taking part in 2022. Since kicking off, more than \$30million has been raised for cancer research, with hopes to raise a further \$5million this year. In addition to the money raised for cancer, thanks to the flotilla of sh*tboxes rallying through some very remote country towns, each town enjoys a well needed cash injection, and this year they'll be treated to more than that, with a couple of Northern Beaches gents set to turn every outpost blue.

Namely Brett Morgan and Michael Peterson aka The Smurfy Smurfs, a pair of adventurous little blue fellows, having in the past been sky divers, scuba divers, surfers, members of Surf Life Saving Clubs and Michael is a coach at Narrabeen Sharks JRLFC. Like most Northern Beaches residents, they love the outdoors, socialising, and giving back to the community.

Brett explains the Smurfs' motivation, "We've all known someone or been personally affected by cancer, including Michael's mother and mother-in-law who both passed away unfortunately from cancer. For us it's about giving something back, raising money to help end the disease and having a little fun along the way. To see 250 cars lined up, all with different themes, all in fancy dress is amazing. Really, we just want to do our part to help others."

Helping others and managing to get a sh*tbox to the finish line is tough enough, but it's the fancy dress theme that has the Smurfs most revved up. "A lot of people are trying for best dressed/theme of the rally," Michael gives us the scoop. "But by being Smurfs for the entire trip - yes that's a lot of body paint!! - we're hoping for a 2022 best-dressed podium finish! We've got plenty of Smurf tricks up our



Brett, Michael and the Smurf Mobile

Smurf sleeves for the road ahead."

Getting the vehicle and camping gear ready is no picnic but the greatest challenge is the fundraising. "Our goal is \$50,000 and we're sure Tawny Frogmouth readers appreciate the huge effort required to raise that amount."

Currently sitting on \$7,410 funds raised, to make sure the Smurf Mobile smashes their \$50k target, be sure to donate. But for Tawny readers who want to see the Smurfs in their blue Sh*tbox glory, Brett and Michael are bolstering their fundraising efforts by making themselves and their Smurf Mobile available for local businesses or individuals who'd appreciate a personalised visit from a couple of good-looking Smurfs. Well hello B1 and B2!

It could be for an event, or you just want to get involved. Plus, there's still space on the Smurf Mobile for your logo should you want to sponsor a legendary duo and an awesome cause.

To donate to the Smurf Mobile's Sh*tbox Rally and raise funds for cancer research, scan here:

For a Smurf Mobile visit, email brookvaleglass@hotmail.com



The Smurfs would also like to thank their major sponsors Brookvale Glass and Able Doors, as well as minor sponsors Upstate Real Estate, Scott Bensley Constructions, Modern Frameless Glass Systems and Plateau Fine Quality Meats.

Words: **Liam Carroll**

Mummy & Daddy Issues

How parental attachment in childhood lays the blueprint for romantic adult relationships.

While we like to make fun of mummy and daddy issues, emotional imprints are no joke. Psychologists Bowlby and Ainsworth developed a theory that stipulated the way we experienced attachment to our parents or primary caregivers in early childhood would inform the extent to which we feel secure in adult relationships. This insight allows us to shine a light on why we feel attracted to and select different partners, even when they seem like a terrible choice!

There are 4 types of attachment styles. To understand yours, think about your needs and how often you felt like they were met. Consider the following: As a baby/child...
1. My physical and emotional needs were met most of the time. I felt loved by my parents. My parents were present, and I experienced a sense of being loved. I felt worthy of my parents' time, energy and love.
2. My parents were generally unavailable, busy working, neglectful or absent. Parenting was possibly critical, absent, un-boundaried, and distant or focused on appearance or achievement. My needs weren't always met. It was safer for me to detach so I subconsciously learned to take care of myself.
3. My parents loved me, but parenting was inconsistent or incongruent. Sometimes my needs were met and other times they weren't. The unpredictability created a sense of anxiety in me. Sometimes I didn't know if I would be comforted, punished, rewarded or scolded. Different variables impacted how I was parented.
4. I felt scared, intimidated, threatened or fearful of my parent(s). I felt unsafe. I did my best to navigate their moods and behaviours. My needs weren't always met. My experience was riddled with fear, anxiety and inconsistency.

The number that best relates to your experience demonstrates your attachment style.

1. Secure attachment
2. Avoidant/Dismissive
3. Anxious/Preoccupied
4. Disorganized/fearful



Your childhood shapes you in good ways and bad

As you reflect on your style, I invite you to analyze your adult romantic relationships. Can you see how these dynamics might have played out, for attachment theory allows us to put up with behaviours in a relationship that would otherwise seem illogical and irrational? Why do you keep going for guys who are inconsistent with their behaviour? Why does she need so much validation? Check the history books. Humans will nine times out of ten stick with familiarity rather than risk the unknown. What if your known is unhealthy and dysfunctional? What if secure and consistent feels boring? Do you want to continue to live in known dysfunction or risk learning and creating unknown functional dynamics?

The hardest part about attachment theory is that despite parent's best intentions, the emotional experience of the child is what counts, it's not just about whether your parents actually loved you or not. Kids need an ocean's worth of love, time, energy and devotion. It is not enough to tell them you love them; they have to feel it in their hearts. For yourself and for your children, if we want to collectively create a culture of healthy and functional relationships, we ought to start paying attention to the emotional quality of our relationships.

So, I leave you with a challenge. Ask those around you, "Do you feel loved by me?" And if they don't come back with a resounding yes, follow up with "What could I do to make you feel more loved?"

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

Scout is a Relationship Therapist & Educator working with singles and couples based in Manly.

For more info visit www.thelovescout.com or call **0410 030 463** to book in a session.



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Ice Queen vs Steamy, a Croquet Battle for the Ages

Manly Croquet Club is not only NSW's oldest club, it also boasts Australia's top female player, and she's on track for World Championship glory in August.

Growing up in the UK, Alison Sharpe's holidays as a wee grasshopper included visits to her grandmother's home in Yorkshire where, at the age of 8, she discovered croquet. Her grandmother's backyard would be set up with croquet hoops around the apple and pear trees for family games and "friendly" competition. This is where Alison fell in love with the mallet-laden sensation of both knocking your own ball through the hoops, but also in blasting your opponent's balls to Timbuktu, clearing the lawn for a youthful victory lap.

Then, when she was 16 her grandmother passed away. The holidays to Yorkshire came to an end. Alison didn't see a croquet lawn again...until almost four decades later when, having achieved the greatest success of all English people, becoming an Australian, she was driving past a life-changing sign that read, Mosman Croquet Club.

"The moment I saw that, I just had to get to the club as soon as possible," Alison recalls. "And taking hold of the mallet, walking onto the lawn, it felt like riding a bike. I immediately took croquet back up at the age of 44, and I've been playing ever since, competitively for the last 15 years."

She's obviously seen the light over that time, joining Manly Croquet Club. It's also important to realise for the pocket-sized Sharpe, when she mentions the word competition, she means it. "When I won my first tournament, the feeling was so good I thought, I want to replicate that." And replicate that she has.

Known in competitive croquet circles as "The Ice Queen" and sporting her A# personalised mallet (and that's # as in sharp for music aficionados rather than social media hash taggers), when Alison steps onto the lawn her focus, concentration, and ability to grind her opponents to oblivion is legendary. "I show no emotion," the Ice Queen explains, reminiscent of the Ice Man, Bjorn Borg. "But I'm always looking to see people's emotion."

I tense up. What can the Ice Queen read in my hapless mug I wonder. Alison continues, "When I see anger, frustration, anxiety, anything that shows my opponent is not thinking clearly, I go in for the kill." Lethal. "And because I know I can exploit other people when they



Alison and Morty, ready to take on the world

show emotions, I show nothing."

This approach explains why she's Australia's number 1 women's player, but tantalisingly, her Ice Queen pursuit of world croquet domination lays the foundation for an epic, Trans-Tasman rivalry with Kiwi croquet superstar, Jenny Clarke, better known as "Steamy"! While the Ice Queen shows no emotion, Steamy's approach is an emotional rollercoaster of mallet throwing and John McEnroe-esque outbursts!

The question on everyone's lips now is, will the Ice Queen or Steamy prove victorious in this year's Croquet World Championships? As always, Alison shows no emotion, "We'll soon see." The enigmatic wonder at her best. But across the ditch, rest assured Steamy's fire is burning. A true Game of Croquet Thrones Fire vs Ice finale awaits.

And, by a delightful quirk of fate, the reason Alison joined Manly Croquet Club, her partner Morton's wise counsel, a Fairlight man and croquet convert, Morton has just received news he too will be playing in the world championships, securing a spot for Norway! Manly Croquet Club becomes the only club in the championships with two representatives representing two different countries. Go Manly!

Follow Alison's (and Morty's!) World Championships journey at England's Sussex County Croquet Club in August on Facebook @WorldCroquet

Have a game yourself at Manly Croquet Club. Call **0401 248 390**, visit www.manlycroquet.com

Words: **Liam Carroll**

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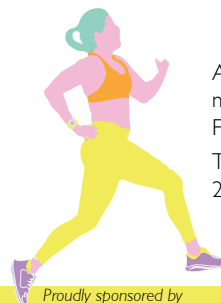


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The Tawny Nightjar reviews...

Manly's Belgrave Cartel

When you think of opening a restaurant or café you don't think of doing it next to a police station, and if you do, naming it the Cartel might not seem the obvious choice either. But for Bruzzese brothers Joe, Mick and Andrew their cheeky approach and larger-than-life personalities was exactly what the local community was calling out for in 2010. Originally furnished from Manly's Vinnie's, Mick says the vibe was aimed at being "just like walking into Nonna's house," cooking breakfast off a small camping stove top, a sandwich maker and the brothers' mum bringing in Lasagna she made at home.

From these beginnings Belgrave Cartel was born. Nowadays it retains the warm vibe of Nonna's house, but the menu is more refined. Some breakfast classics from the early days remain like Mick's Mafia Eggs, but it was dinner TNJ (Tawny Nightjar to you) went to sample. We started with Whipped Ricotta with Pasta Fritta, the most decadent and moreish chip and dip with incredible olive oil got our tastebuds grooving, and vegan Zucchini Flowers stuffed with a chickpea and basil filling were light, crispy and delicate.

The drinks offering is a real feature, with a fresh seasonal cocktail list, a house craft beer the Cartel created in collaboration with Yulli's Brewery, its Sopranos-esque label of the three brothers is classic. They have a small carefully curated wine list focusing on small artisan Australian and Italian wine producers with some vegan, organic and natural wines to round it out. We tried two different Sangiovese wines, a modern style from King Valley Victoria and the other a classic Chianti from Tuscany, both wines have beautiful cherry and plum fruits and a long warming earthy tone that goes superbly with our next snack the Beef Carpaccio with Parmigiano and saltbush.

Next up, like any true Italian is pasta, we opt for Pasta al Brasato Manzo – braised oxtail and beef cheek ragu with a very particular pasta shape called Mafaldine – it looks similar to a ribbon with curled wave like edges complementing the saucy ragu so we can enjoy each loaded bite perfectly. It is rich and indulgent in flavour from the slow braised meats but not heavy, washed down with the Chianti it feels like a little trip to Tuscany.

The place has a warm wooden eclectic



Refined dining in the warm vibes of Nonna's house

décor, ambient candlelight and mixture of jazzy alt rock music that suits every occasion from date night, a midweek meal or taking the family out of the house for a meal that suits all ages and won't cause mortgage stress. There are polaroids of happy regular guests and old family photos dating back to the grandparent's arrival from Calabria to Manly in the 1950s. Mick explains one photo to us from when his grandparents owned a fruit market stall on the Corso. As he spoke the importance of the Manly community to his grandparents was clear and for the born and bred Manly brothers it's just as true for them.

We squeezed in dessert and could not pass up the Tiramisu. Every Nonna claims their secret recipe is the oldest and the best, I'm not entering that argument. Make sure you don't order one to share, not because it's small, it's just too good you'll want the whole piece.

We agree with Mick when he says, "It's all about rustic Italian made with love."

We recommend

A Negroni cocktail to start with some Whipped Ricotta before enjoying a nice glass of Chianti paired with the Pasta Al Brasato Manzo and don't forget the Tiramisu.

Visit belgravecartel.com.au to book your table now, follow [@belgrave_cartel](https://www.instagram.com/belgrave_cartel) on Instagram and pop in to 6 Belgrave Street, Manly, the Bruzzese boys will take care of the rest.

Words: The Tawny Nightjar

Follow the Northern Beaches' own hungry Nightjar on Instagram [@tawnynightjar](https://www.instagram.com/tawnynightjar) as TNJ explores the best local spots for cocktails, wine, dine and good times.

Film & Food

Thought Provoking Dramas

Cinema has the power to change the way we think about life. This month picks will expand both your mind and your heart, and leave you thinking for days after the credits roll.

Nine Days

Available to rent on Apple TV

In the middle of barren desert landscape human souls approach a ramshackle house hoping to convince reclusive Will for a chance to be born on Earth. To be chosen they have to make it through nine days of auditions. However everything changes for Will when the free-spirited soul Emma starts to break down everything he thought he knew about living. It is quite a profound experience to step back and examine life from a bigger picture, and you can't help but walk away from this film reminded that every second of life is a gift. Beautifully shot, incredibly moving and with an ethereal score, *Nine Days* will leave you rethinking your whole attitude to life.

Drive My Car

Available to rent on Amazon Prime

A famed international actor and director in the theatre world rethinks his whole life when his wife unexpectedly passes away. He accepts an offer to direct a production of Chekhov's *Uncle Vanya* and throughout the audition and rehearsal process is confronted with all the emotions that have been buried under his grief. A patient, lyrical and sublime film, *Drive My Car* explores the complexity of relationships, life and loss while encouraging us to keep living with hope.

Pachinko

Streaming on Apple TV Plus

Based on the New York Times Bestselling novel, this series is an expansive saga following a Korean immigrant family across four generations and multiple continents as they seek to make their way and succeed in the face of struggle. The storytelling brilliantly balances multiple timelines with characters that are perfectly cast including Lee Min-Ho, Minha Kim and recent Oscar winner Youn Yuh-jung. Beautiful, awe inspiring and so grand in scope, the real success of *Pachinko* is how it manages to still tell such a universal story about a family trying their best to thrive in the world.



Tart by the ocean

Peach Frangipane Tart

This tasty tart is inspired by a short poignant scene in the film *Nine Days*, where a character eats a peach. Perfect on a cold winter's day, this treat is best enjoyed with a cuppa.

Ingredients:

A 20-25cm pie or cake tin
1 sheet of frozen shortcrust pastry
500g tinned peach slices
150g almond meal
1 tsp baking powder
100g salted butter, softened
100g caster sugar
1 tbs vanilla extract
2 eggs
Flaked almonds to serve

Method:

1. Preheat oven to 180°C. Make the frangipane by combining the almond meal, butter, sugar, vanilla, eggs and baking powder in a large bowl, whisking until smooth and combined.
2. Meanwhile, thaw your frozen puff pastry on a chopping board. When it is ready to work, lay it in the bottom of your pie tray. Trim any excess edges and add them in gaps to make sure the pastry edge is even.
3. Spread the frangipane evenly into the pie tray. Fold in the pages of the pastry to keep the filling in. Then add your peach slices on top, feel free to make it as pretty as you like. Finally, sprinkle flaked almonds on top.
4. Place in oven for 45-50 minutes or until frangipane has cooked and is lightly golden brown. Serve warm with cream or icecream.

Words: Christopher Roberts

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



Subject Cormorant drying its wings at Manly Point
Photographer Anne Henshaw



Subject Will we go for a paddle or stay in the bar?
Photographer Alan S Pike



Subject Tawny's Film & Food writer in the wild
Photographer Bethany Sullivan



Subject Spill the Beans book launch
Location La Boca Palm Beach



Subject Charlie B keeping up to date with the latest beaches news.
Photographer Carmen Rose



Subject Treasure trove, Jay Bacik and Ty Bellingham
Location Stewart House's 90th birthday lunch



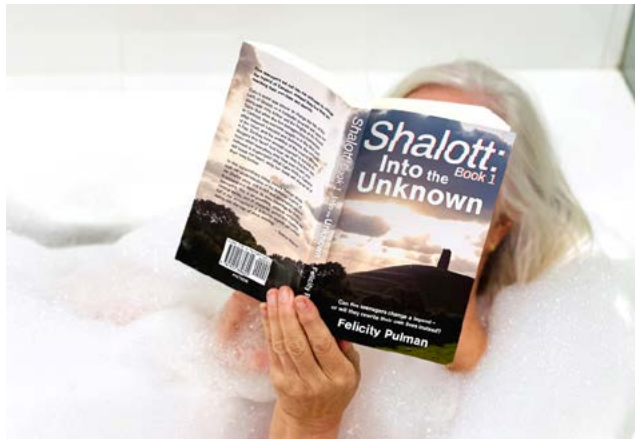
Subject Snake in Shelly Beach Lookout
Location Suzanne Lawson



Subject Manly On Tune
Photographer Betty Lee



Subject Long stretch
Photographer Simon Falzon



Paige yearning for her own bold Lancelot

Tawny's Bathtub Bookclub

Arthurian legend with a twist

Arthurian legend isn't a subject I'd consciously given any thought to before receiving **Felicity Pulman's** book **Shalott: Into the Unknown**. As the book lingered untouched on my bedside table, my primary school memories of loving the story of Arthur and the Knights of the Round Table started emerging. I was especially infatuated with beautiful Guinevere, King Arthur's wife and noble queen, falling in love with Arthur's bravest and most loyal knight, Lancelot. It sounded so romantic and risqué to my strict Catholic schooled mind. I'm sure these memories would have remained buried were it not for **Felicity Pulman's** book.

Felicity has a fascination for fantasy, historical fiction, Arthurian legend and the idea of knowledge travelling through time. These themes are on display in her book and so are her impressive story telling skills. The time travelling element put me in mind of Diana Gabaldon's

Outlander series (admittedly not from reading them but watching the television series – be still my beating heart at the memory of Jamie Fraser with his shirt off!).

Shalott tells the story of Callie, an artistic loner who decides to use her father's virtual reality technology to try and save Camelot by making Lancelot fall in love with the Lady of Shalott instead of Queen Guinevere and thereby prevent a change of events that would lead to the destruction of Camelot. Simultaneously Callie wants to win her father's approval and admiration for achieving this instead of him being one-eyed in his praise for Callie's twin sister El.

Things go awry when El interferes and, along with El's friend Meg and two school chums Stephen and Lev, they all end up travelling back through time and confronting numerous dilemmas that keep you page-turning. You need to suspend judgment about how they went back in time

but once you've done that the book is so well researched you become utterly immersed in the story and the time.

This extract from the book when Callie's teacher is trying to get her disinterested students to understand why the legend of King Arthur is worthy of their attention spoke to me about issues that are timeless and remain important to the world right now.

"Essentially, the legend of King Arthur and the Knights of the Round Table remains popular because it reflects the timeless struggle between high ideals and human nature. It challenges what we believe about our own society and about ourselves, calling into question our personal notions of faith, honour, duty and courage. Like Arthur in his pursuit of a perfect society, we also need to reach an understanding of our own world and our place in it – how we live our lives and how we can reach our full potential"

Felicity has written five books for children and, on my count twenty books for young and not so young adults. That's a prodigious output on anyone's count. I feel embarrassed to have been unaware of this talented author, until now. And to think this successful writer from our Northern Beaches didn't take writing seriously until she was in her mid-40s – there's hope for us late starters yet!

Shalott: Into the Unknown is available online from Amazon and Book Depository. Felicity's website has lots of fascinating information and resources www.felicitypulman.com.au

Words: **Paige Turner**



1. What is the name of the new federal member for Mackellar?
2. How many northern beaches surf lifesaving clubs are south of Dee Why?
3. How many ARL/NRL Grand Finals did Manly make in the 1990s?
4. In 2011 Freshwater Surf Life Saving Club signed a goodwill beach city agreement with which famous U.S. beach?
5. In which Northern Beaches suburb would you find the St. Matthews Farm sporting fields?
6. The tuba is the largest member of which musical family?
7. Cape Canaveral – Where NASA's space shuttles take off from – is in which US state?
8. In reference to the doll, what is Barbie's surname? – Roberts, Wilson, Kennedy
9. With the initials SS – What name is given to the longest day of the year?
10. Which North American animal's home is called a lodge?
11. What type of natural disaster has produced the loudest ever recorded natural sound?
12. In what country was Scientology founded?
13. Paris is hosting the 2024 Olympics, Brisbane to 2032 Olympics – Which city is hosting the 2028 Summer Olympics?
14. Which is further north – Mackay or Mt Isa?
15. What is the name of the businessman that fires people on Australia's current version of Celebrity Apprentice?
16. How many Australian states or territories are bigger than Alaska in size? 0, 1, 2, or 3?
17. What type of animal was Tarzan raised by?
18. Which country's name is Spanish for "Rich Coast"?
19. On which continent would you find the 2500km mountain range the Atlas Mountains?
20. The size of Australia's mainland is approximately 7.5 million km's squared – Approximately how big is Greenland? 2.2, 6.8 or 8.8 million square km's?

Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Cancer Jun 22 - Jul 22

The big world beckons, activate your travel plans and quit your slow crab walking between sea and shore.

Leo Jul 23 - Aug 22

Your lion head's shaggy mane is right on trend this winter. Shake it up and ignore anyone who tells you any different.

Virgo Aug 23 - Sep 23

Feeling lonely? It's that pace you set yourself - your friends can't keep up. Slow down and see how popular you are.

Libra Sep 24 - Oct 23

Out in nature is your happy place but for God's sake please would you put some clothes on, it's winter!

Scorpio Oct 24 - Nov 22

Meditating and deep conversations are not your thing. Is this the secret to your success?

Sagittarius Nov 23 - Dec 21

Just when you thought life was sorted you're blindsided. Follow your gut, it's never let you down.

Capricorn Dec 22 - Jan 20

Drinking responsibly is so last year, it's about drinking sustainably now and you're leading that charge.

Aquarius Jan 21 - Feb 19

You do love a plan but do plans love you back? Didn't think so, time to ditch the plans and live spontaneously.

Pisces Feb 20 - Mar 20

The water is cold but moaning about it won't make it warmer. Toughen up, or swim at Manly Aquatic Centre. Simple.

Aries Mar 21 - Apr 19

You're radiating inner peace and serenity. What the hell is going on? We want what you're having, now.

Taurus Apr 20 - May 21

You play a tight game but surely somethings gotta give. Could you hurry up 'cos patience has a use by date.

Gemini May 22 - Jun 21

Born under a lucky star, you're so charming and captivating. Oh wait, got confused. Ok, ignore that.

Trivia Answers

1. Dr Sophie Scamps
2. 6
3. 3
4. Waitiki Beach
5. Cromer
6. Brass
7. Florida
8. Roberts
9. Summer Solstice
10. A Beaver
11. Volcano
12. USA
13. Los Angeles
14. Mt Isa
15. eruption
16. 2 (WA & Qld)
17. Apes
18. Lord Allan Sugar
19. Africa
20. 2.2million km²

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

Sudoku Solution

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

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