



AUGUST
2022

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FROGMOUTH

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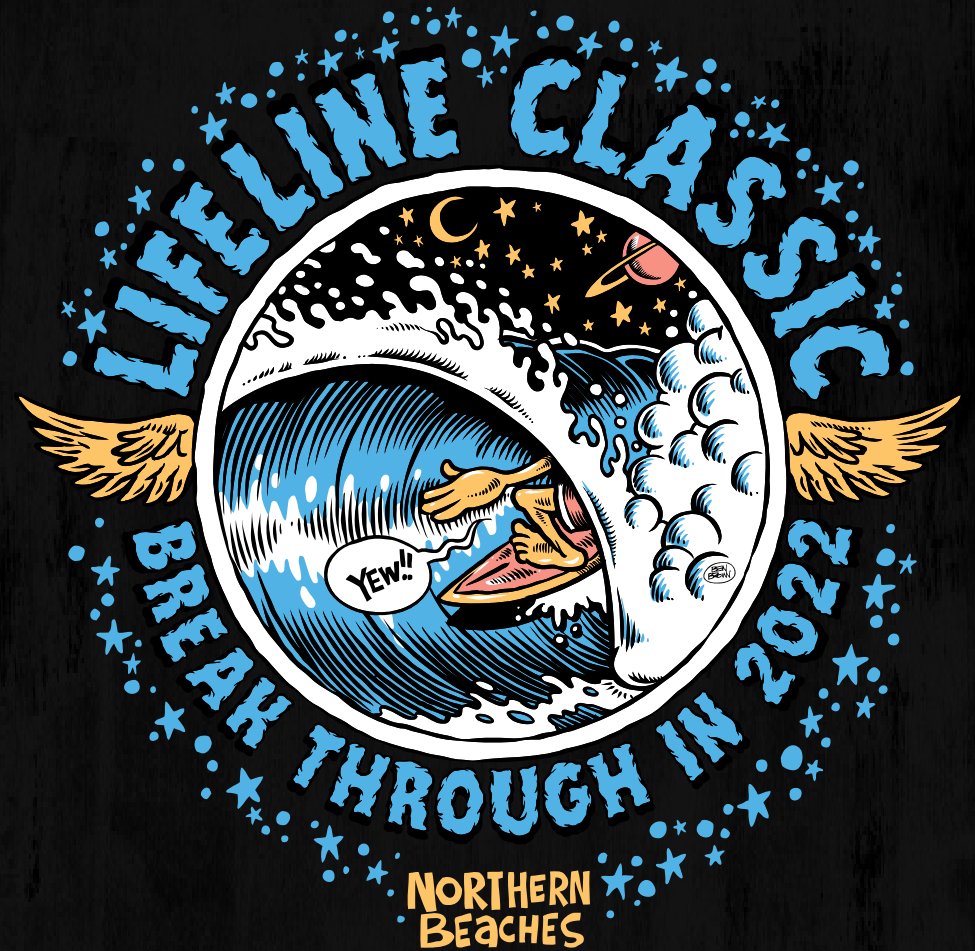
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G'day Beaches

Welcome to August 2022! Clareville's criminally over talented Brent Turner makes history, becoming our first ever double cover artist.

Teaming up once again with Bucketty's Brewing Co. to create Tawny Frogmouth 2.0 pale ale, this year raising funds for Sydney Wildlife Rescue, there was no choice but to enlist Brent's artistic brilliance to create the cover, and the can design.

Nigel Scozzi, the outstanding schoolteacher, lifesaving instructor, and top bloke extraordinaire needs our help. In March, while surfing at Queenscliff, he sustained a spinal fracture in his neck, and we're now aiming to raise the money needed so he can successfully return home.

Skye Rose's KITE Centre in Oxford Falls is providing the integrated medical help local kids (and their parents!) desperately need, and Michael West exposes the gas cartel's hot air misinformation campaign to prolong their super profits.

All this and more, so settle in, enjoy and we'll see you again in spring.

Liam



The Tawny Frogmouth

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



Ben Penny of the Queenscliff Boardriders', 2019 SurfTag runners-up

Peninsula Wash Up

Surf Tag's Back!

Global SurfTag is proud to announce the **2022 SURFTAG SERIES** will be held on Sydney's Northern Beaches this coming August, September and October. The restructured series will include five events between Queenscliff, Curl Curl and Dee Why, with Grommets (Under 14s) and Masters (Over 40s) added to the series for the first time since 2001. Boardriding clubs from all around Australia – but especially Northern Beaches with crucial local knowledge – are invited to compete with each event crowning the country's best club in: Juniors, Grommets, Womens, Masters and Mens. And with a **total prize pool of \$55,000**, head to surftag.au wax on and sign up.

Oz Silent Film Fest

The Movies at Manly 2022 season is here. The restoration of Frank Hurley's astonishing documentary South (1919) will have its Australian premiere and open the season. Elvis will be in the building as will

Charlie Chaplin; Astaire and Rogers; Errol Flynn and Bette Davis; the silent version of Hunchback; Oscar winning classics; Buster Keaton; Elizabeth Taylor in her breakout role at the age of 12 in 1944, then and now, charming the world; Hitchcock's genius; and the original West Side Story. Screenings will take place the exquisite and historic St. Matthew's Church Manly on Saturday 23 and 30 July, 6 and 13 August, with three sessions: 11.30am, 2pm and 4.30pm. Buy tickets now at ozsilentfilmfestival.com.au

Show me the Honey

Beginner Beekeeping courses will be starting in August thanks to the **North Shore Beekeepers Association**. These are two-day courses run over two consecutive Saturdays (9am-4pm) and will give beginners a thorough guide on beekeeping basics and also experience of handling an active hive. For more experienced beekeepers, there are Spring Management, Queen Breeding and Mead

Making courses. Another important service the North Shore Beekeepers Association provides is free bee swarm removal if a member of the public has a swarm come into their yards during spring. Last Spring their swarm collectors rehomed 68 swarms from our local areas. Learn more at nsbka.org.au

Attention Freshie Nippers!

Registrations for the 2022/23 season at Freshwater Surf Life Saving Club open from 1 August. So, rip in nippers and remember, it's a scientific fact, Freshie is the peninsula's premier family beach with ample parking, safe swimming and the Godfather of wave-riding Duke Kahanamoku surfing eternal on the north headland, keeping one eye on the horizon, another on his original board on display in the Surf Club's Heritage room.

Heroes for Zero

Founded in 2019, **Zero Emissions Sydney North (ZESN)** is a not-for-profit association of volunteers who focus on practical projects to help our community, businesses and schools rapidly transition to net zero emissions. Their campaign, **"Our Big Switch - 100 Local Heroes for Zero"** would like to award Northern Beaches "local heroes" to make the big switch to renewables. There are 100 copies of **Saul Griffiths'** new book **"The Big Switch"** and 50 copies of **Rebecca Huntley's** book **"How to Talk About Climate Change in a Way That Makes a Difference"** up for grabs. Learn more at zerosydneynorth.org

Words: **Liam Carroll**

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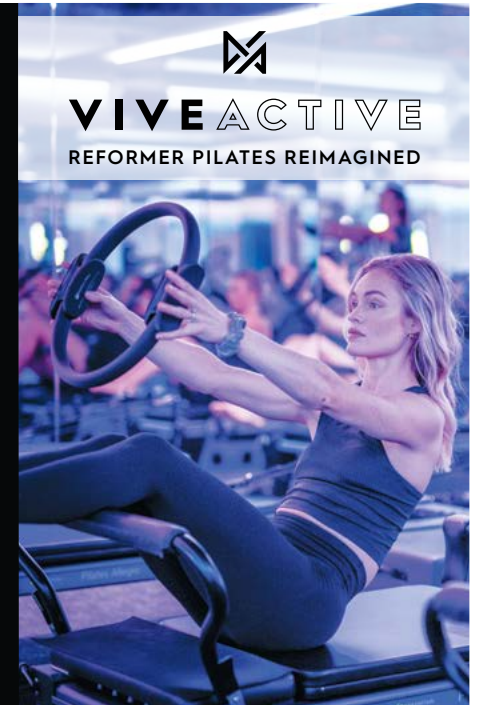
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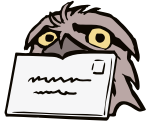
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Letters to The Tawny Frogmouth

Northern Beaches Council rates

It is reported that Mayor Regan is proposing an increase in the rate applied to properties. Such an increase coupled with the surge in property valuations, determined by the Valuer General every 3 years, will impose a heavy burden on ratepayers, especially those who have recently purchased a residential property. I think that for residential properties an alternative method of levying rates should be applied. Namely a rate based on the total property area, i.e. \$/m². This would apply to single unattached dwellings, the house, gardens etc to property boundaries as it would for a single unit in a residential complex where the unit area plus a portion of the complex common areas and car parking. This method would uncouple the rates bill from the surging property values which I would think have no bearing on the running costs of council.

John Baird, North Curl Curl

Great Dunny Hunt Happiness

Thanks to Génesis Rayner ("The Great Dunny Hunt is on!" Jun '22), I know where to go, when I need to go. Happiness comes from within. It feels so good. Out bicycling in search of new dunnies, I however found two local dunnies not yet registered on the National Toilet Map (www.toiletmap.gov.au). Having entered the details of these hitherto undiscovered dun-

nies onto the map, I am in the draw to win one of 3 x \$500 Eftpos vouchers. Happiness too can come from without.

Penny Farthing, Narraweena

Stripping for Nature

Further to Peter's letter (Jun'22) and Malcolm Fisher's article (May'22); it is illegal to plant on the nature strip without council permission. I have just been informed of this by council staff when enquiring what rights we have when affected by neighbours planting out their footpath. Unfortunately, residents may have good intentions when planting it out, but too soon the nature strip gets overgrown forcing pedestrians onto the road. Residents also need to be considerate of trees that go on to block neighbours' views. Many don't care with disputes ending up in court. Planting of nature strips is one of the most ridiculous ideas especially when they are not cared for.

Thoughtful Resident, Collaroy

Re: Off leash Manly-Fairlight

I completely agree with Doggone. I have the same issue at Long Reef. There is the off-leash area. Then there is the rest of the Long Reef Headland, aquatic reserve and beach. Dog owners seem to think the signs saying, "Dogs on Leads Past this Point", and "No Dogs on Beaches or Aquatic Area" don't apply to them.

Daily I see dogs being walked around the headland off-leash, and on the aquatic rock platform and north end of Long Reef beach. Along with that is the poo on paths, beach or in poo bags thrown in the bush.

I've been knocked over by an unruly dog, suffering an ankle injury and hundreds of dollars in treatment. The owner just walked away, ignoring his dog's actions and ignoring me, left injured on the ground. Why should everyone else be deprived of enjoying the area? Comments to the dog owners usually result in abuse.

Maree, Collaroy

Climate Change

Kevan Heathcote (Jun '22) points out that even if Australia were able to reduce its carbon emissions to zero overnight, there would still be a problem if China, India and Brazil do not do something. He suggests that activists would be better off lobbying for more action on mitigation strategies. Australia is a carbon intensive economy, producing the second highest emissions per capita in the G20 (after Saudi Arabia). Also, much of our economy is in high emission sectors, with major exports including coal, iron ore, and gas for processing and use overseas.

The Change Performance Index (CCPI) adapted to the climate policy framework of the Paris Agreement as of 2015 is a scoring system designed to enhance transparency in international climate politics. In descending order of merit, its 2022 results put Australia in 59th position out of 64 surveyed, so we can hardly point the finger at other countries. In regard to mitigation strat-

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egies, the world's oceans are the planet's largest carbon sink – a natural system that absorbs excess carbon dioxide from the atmosphere and stores it. Scientists estimate that between 30% and 50% of the carbon dioxide added to the atmosphere by fossil fuel burning since the dawn of the industrial era has been taken up by the ocean. This is causing acidification of the ocean waters, a process which if left unchecked will have a devastating long-term effect on the marine environment and its creatures. So mitigation strategies alone will not solve the problem.

It is futile to try to stall or limit our commitment. The battle to reduce CO2 emissions is not a zero sum game. If the challenge is not met, we will all suffer the consequences.

Reon Bavinton, Seaforth

RE: Polly Bell & Grant Ozolins

Climate change and transgender sport letters by Polly and Grant highlight the self-righteous “We’re right, you’re wrong” ideology of those who can brook no alternative to climate change alarmism or criticism of our local Federal Member! Mark Roberts and John Partridge are of course capable of defending their own views. But, like them and many others, I find such refusals to listen to alternatives not only as attempts to shut down free speech, but also downright close-mindedness! Climate change conformists are in no position to control public debate on their religious propagation of our world in peril! Almost none of the dire IPCC’s, Gore’s or Flannery’s predictions have provenly occurred. Their alternative focus on eliminat-

ing plastic pollution would be a far more constructive environmental cause! And Polly, to claim one slip from Katherine Deves as weaponising the transgender sport issue is gross exaggeration! Akin to climate change alarmism. Leave Morrison out of this debate, Katherine is her own woman (oops – a term now frowned upon by so many progressive climate changers!) I and many admire Katherine’s courage and straight-talking on the subject. She articulated the concerns of so many women, girls and their families.

Carlo Bongarzoni

Have I got this right?

In order to prevent the planet from exceeding 1.5C warming, experts have determined electric motor vehicles (EV’s), solar panels, and wind turbines – because of their zero emissions – can be part of that answer.

That is despite the fact that to manufacture a single EV battery, which weighs approximately 1 ton, requires 12.5kgs of lithium, 30kgs of nickel, 22kgs of manganese, 15kgs of cobalt, 100kgs of copper, 200kgs of aluminium, as well as steel and plastic. Then we turn to solar panels. The silicon solar panels are fabricated from the raw material silicate. To make pure silicon requires processing with hydrochloric acid, sulphuric acid, nitric acid, hydrogen fluoride, trichloroethane, and acetone. In addition, gallium, arsenide, copper-indium-gallium-diselenide, and cadmium – telluride, are needed, all of which are highly toxic. Finally, we turn to the windmill. Made up of 295 tons of steel, 48 tons of iron, 24 tons of fibreglass and hard to extract rare earths neodymium,

praseodymium and dysprosium. The blades weigh 4 tons and last 15-20 years.

To top it off all, EV batteries, windmills and solar are government-subsidised, which means taxpayers foot the bill. I question whether we are heading in the right direction. By 2050, the 24 million cars presently operating in Australia will be replaced by 24million EV’s (that’s 24million 1-ton batteries). Australia will still have fires, floods and droughts (Dorothy McKellar) and by 2050 America, China and India, will not have reached zero emissions (IPPC) and all three will still be using coal, gas and oil – SO, WHY?

Wes Taylor, North Balgowlah

Regarding the assertion that Zali Steggall drives a “heavy carbon emitting EV”

Dear Tawny, in the June 2022 issue, Kevan Heathcote of Manly accused Teal independents – not by name but mentions that he “just bought a chicken”, presumably a Steggall chicken – “of driving heavy carbon emitting 4WDs”. Zali Steggall actually drives a Hyundai Kona EV, and she posted a message about this on Facebook on 5 November 2021. Tawny, could you do a bit more fact checking please, before publishing unfounded accusations? Sincerely,
Grant Ozolins, Fairlight

Koalas

After reading Mal’s Wide Side, “The Fate of Koalas is in our Hands”, it clear that our decisionmakers have learnt nothing from the devastating 2019/20 bushfires that decimated Koala numbers, nor from the NSW Upper House that found Koalas will be extinct in the wild by 2050 unless actions were taken



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to protect habitat and their corridors. Let's hope that like Climate Action was a driving force at the Federal election, the protection of koala trees and corridors will be a key issue in March 2023's state election. Koalas deserve decisionmakers who put them front and centre to decision making and planning.

Maria Bradley, President of Save Sydney's Koalas

Re: "It's gone far enough"

Dear Frogmouth, in your June issue John Partridge seemed to want us to vote for Katherine Deves because she opposes trans men competing in female sports. Anthony Albanese had a journalist shouting at him with the same question at one of his first public meetings but was wise enough to ignore it. What on earth is the relevance of this? Our athletes compete inter-

nationally (and very successfully) under rules set by international sporting bodies. This has absolutely nothing to do with Federal Parliament! Of course, these bodies have Australian representatives, but they are not MPs. I have seen the rules change several times during my (long) life and as a retired biology professor. I do have my views on the matter, but they do not influence how I vote. I vote on issues that parliament can decide.

Guy Cox, Dee Why

Cormorant Confusion

The bird in last month's photo pages is not a cormorant but a darter. The darter has a long thin straight pointed beak to

spear fish whereas the cormorant's is hooked at the end to grab fish. Like the cormorant, it spreads its wings to dry after diving for fish. I've seen it hanging out on the rocks on the Manly-Fairlight harbour walk though it may be chased away by off-leash dogs (the preponderance of which was the subject of my letter in Tawny's June issue).

Doggone, Manly

Tawny Frogmouth photo mistake - again

Dear Tawny, you are a bigger goose than I thought previously! That bird in last month's photo section is not a Cormorant. It is an Australasian Darter. Lift your game!

Maggie Pie

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



Kay Koala

My name is Kay Koala; I'm great at climbing trees. My fluffy ears and big black nose the human eye should please.

They say that we're an icon, a symbol of this nation.

I therefore ask politely why we're dying of starvation?

You'd think there'd be a businessman sufficiently astute

to see he'd make big bickies from an animal so cute.

He could bring in wealthy tourists and put them in a bus and charge them bags of money to spot just one of us.

I'd be happy while I'm dozing in the last remaining gum for a tourist to look up at me and photograph my bum.

I'll wish for such a businessman whatever he desires

if the joey growing in my pouch survives next summer's fires.

Businessmen, please have a heart; be canny, caring, kind and smart.

Save this cute marsupial: your profits will quadruple.

Kay Koala, aka Helen Lyne

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Nigel in his Long Reef "office", training students to keep the Beaches safe

Community

A friend in need's a friend indeed

When I was 13, I was convinced soccer was the most boring game on the planet. A tedium reserved for the boys like me who didn't have the guts to shove our mugs in rucks, mauls, and/or scrums, yet strong enough in mettle to endure the "silk shorts brigade" taunts from the chaps with the far manlier polyester rugby union paraphernalia. That all changed one autumn afternoon when **Nigel Scozzi** entered my world.

The dreary training pitch roared to life thanks to our new coach, the teacher from Wales, fit as a fiddle, sharp as a tack, a face plastered ear to ear with the irrepressible grin reserved for those with the confident swagger to know that no matter what, they're going to get the best out of you, whether you like it or not. These are the selfless human beings born to teach, destined to inspire.

Nigel opened everyone on that team's eyes to the vast potential a soccer field possesses when eleven individuals and an inflated sphere of synthetic leather work

together. And for the several decades that have passed since I was lucky enough to have Mr Scozzi as a teacher and a coach, he's left exactly this sort of lasting, life-changing, incredibly positive impact on thousands of students, be it in soccer, surf lifesaving or geography.

When not teaching, Nigel's life has been consumed with a colossal twin love affair for his family, and the ocean. In a twist of fate that makes even the most upbeat of us despair, in March Nigel was surfing at Queenscliff with his son. When riding into shore he was pulled under, fracturing his neck against the sandbar.

It's a miracle he got to shore but once on dry land he received CPR from a man on the beach, also coming to the urgent attention of an ambulance onsite by chance, on a break. Rushed to Royal North Shore's ICU, Nigel was in an induced coma for two

days before spending the next six weeks there, overcoming a collapsed lung and septicaemia.

No matter the challenge, Nigel's warrior spirit has always shone through. The irony his life should be so changed by an incident like this in the surf is not lost on him, his family or his colleagues either, having watched him spend over 30 years pouring his time and energy into equipping hundreds of young men with lifesaving skills to keep the Northern Beaches safe.

Since coming out of ICU, Nigel has been in Royal North Shore's spinal ward and now the rehabilitation facility. The spinal cord damage he has sustained is substantial, with limited movement in his arms, paralysis from the chest down, and bruising to the spinal cord which may take years to overcome.

While he is working hard on his rehabilitation for the remainder of this year, and as long as it takes, the Scozzi family needs our help now. **His colleagues have set up a GoFundMe page. Our goal is to raise \$400,000** which will ensure Nigel can return home to a significantly modified house that will accommodate his wheelchair and pay for his ongoing care, medical expenses, occupational and physiotherapy and transport needs.

Every dollar raised will go a huge distance towards helping one of the most generous souls ever to grace this Earth.

Words: **Liam Carroll**

To donate visit [gofundme.com/f/support-nigel-scozzis-spinal-injury-recovery](https://www.gofundme.com/f/support-nigel-scozzis-spinal-injury-recovery) or scan here



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The NSW State Budget Delivers on all Fronts

This past month has been incredibly busy with the State Budget and more recently NAIDOC week having taken place. As Environment Minister I announced a policy that would see NSW return ownership of all its national parks, which cover nearly 10 per cent of the state's land area, to traditional owners.

The expansion is a meaningful step towards reconciliation. Traditional owners' expertise in caring for country would be actively acknowledged, and it would offer economic opportunities for the community. Currently around 30 per cent of NSW's national parks are jointly managed by the state and traditional owners, but native title has been formally recognised on just 2.4 per cent of that land.

Investing in families and local schools

Local families will save thousands of dollars a year on childcare costs thanks to the \$775 million landmark investment to expand access to high quality, affordable childcare. Reducing the cost of childcare not only helps family budgets but stimulates the economy – getting more people back into the workforce.

The budget also included funding for a record 10,148 full-time staff to be recruited to hospitals and health services across the state. This also includes the construction of 30 new Ambulance stations. In addition to all of that, over the past decade, we have cut taxes in NSW by \$10.5 billion.

In the electorate of Manly, more than \$113 million dollars has been spent on public school upgrades and improvements since 2015. This year's Budget includes an additional \$5 million to expand facilities at Manly Village Public School.

Youth Mental Health – \$11 million investment on the Beaches

This year is my 5th year as the Member for Manly. Over the years I have tried to tackle some of our most significant challenges, and I am proud of much that has been achieved. One of those most significant issues has been the challenge of mental health and young people. For a variety of reasons, the Northern Beaches had a difficult few years (pre-covid) with youth mental health issues.

I met with school leaders, young people, groups and organisations to understand the



James teaching kids about sustainable farming

issue and what could be done. That culminated in a Youth Mental Health Summit I hosted in NSW Parliament. The outcomes of the Youth Mental Health Summit were shared with the NSW Government, and I am so pleased to see more than \$11 million in the Budget for extra services on the Northern Beaches.

The \$11 million in investment includes four dedicated acute paediatric specialist mental health beds at Northern Beaches Hospital, additional staff to support Northern Beaches Child Youth Mental Health Service in the Brookvale Community Health Centre and a new Drug and Alcohol Service to assist young people.

Free Hospitality Training for Young People

There are labour shortages right across Australia. From bus drivers to construction and hospitality, skilled workers are hard to find. The NSW Government has commenced a program to provide young High School students with free Hospitality training during their school holidays.

Courses available include Statement of Attainment in Hospitality Skills, Statement of Attainment in Espresso Coffee and Food Safety Supervisor. Training will be delivered during the July and September school holiday periods (4–15 July 2022 and 26 September–7 October 2022) and are available through TAFE NSW and other registered training organisations. People can contact my office for further details.

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



JAMES
GRIFFIN

State Member for Manly



Australia's largest investment in Palliative Care

Earlier this year in Parliament I advocated for better palliative care across NSW. So I am delighted that NSW residents will have access to the highest quality care and pain management services at the end of their life, with palliative care and specialist health services to receive a record funding boost.

The funding includes \$650 million to:

- ✓ Employ an extra 600 nurses, allied health professionals, doctors, and support staff.
- ✓ Boost hospital capacity and implement best-practice models for supportive and palliative care.
- ✓ Improve access to pain management services for patients with life-limiting illness, to help patients and their family and carers.
- ✓ Improve services for people with late stage chronic and degenerative conditions, and cancer.
- ✓ Further strengthen outpatient and community health services.
- ✓ Support consumer choice and excellence in end-of-life and palliative care.
- ✓ Strengthen virtual care, transport and equipment programs improve partnerships with non-Government organisations, primary care and aged care services.



Creating a bright future for the NSW economy and businesses:

The NSW Government will deliver the single-largest investment in scientific research, innovation and technological development in the State's history, with a landmark **\$832.7 million** boost in the 2022-23 NSW Budget.

Some other highlights of the Budget for the Manly electorate:

- \$5.8m upgrade to Manly Village Public School
- \$5.4m to complete the Manly Adolescent Young Adult Hospice
- \$4.3m to demolish the old Aquarium and build a new public open space area
- \$234,000 for various upgrades to Manly Vale Public School
- \$55m for various upgrades and improvements to North Head Sewage Treatment Plant to remove odour and improve capacity to ensure we have clean beaches.
- \$4.1 billion for the Western Harbour Tunnel to deliver the first stage of tunnelling works for a new crossing of Sydney Harbour which will ease congestion on the Harbour Bridge and Harbour Tunnel.
- \$1.7 billion for the Warringah Freeway Upgrades to surface roads, bridges and interchanges along 4km of the freeway corridor. This will ease congestion when turning on and off Military Road.



Fun Run volunteers are excited for the race in September

Community

Ready... Set... GO!!!

Lace up your sneakers and get those muscles slender, as the Manly Fun Run & Walk is on the 4th of September!

To jog your memory the **Manly Fun Run & Walk** is an annual event run by dedicated volunteers at **Manly Rotary** to raise funds for local charities and support programs in the area. The historic day has been running for over 12 years and has raised over \$1million dollars supporting local Northern Beaches charities and projects.

The Fun Run was the brainchild of Rotary Club of Manly President in 2009-2010, Robert Steffens. As an ex-Hash House Harrier, Robert saw the Manly landscape as an ideal opportunity to develop an iconic running event.

The first race was on a cold, wet and windy day in May 2010. Robert wondered "would anyone even turn up?" But turn up they did with nearly 800 people, including local politicians Tony Abbott and Mike Baird running that year. Since then, the race has gone from strength to strength.

2022 Fun Run Director at

Rotary Club of Manly, Mike Simpson, encourages the entire community to join in the fun and continue the tradition of Manly's most memorable family events.

"With everything that has been going on for the last two years, the Manly Fun Run & Walk is a wonderful opportunity for local community to come together and connect, support others in need and get the heart pumping" he said.

"With the variety of updated routes we have this year, the Fun Run & Walk caters to everyone. Every runner will receive an ice cream from Ben & Jerry's and there are opportunities to enter the raffle for some great prizes."

The iconic run takes you through Manly, Manly Beach and North Head, making it one of the most picturesque courses in Sydney. There are three different courses to choose from or, if you dare, you can do more than 1!



2km Beachfront Course: A perfect route for the entire family. Primarily along Manly's beachfront promenade and up to North Steyne, it's very flat and suitable for prams and wheelchairs.

5km Course: Get the heart pumping with two hill climbs and beautiful scenery along the Corso, Manly Cove and up to the old hospital site.

Historic 10km Course: The comprehensive tour of Manly's beautiful scenery, this route is for those who are up for the ultimate challenge!

In the event you can't run but would still like to be involved, there are plenty of opportunities to volunteer at the event too.

The Manly Fun Run & Walk is proudly supported by **Coles Local, Hotel Steyne, Manly Pacific, Blackmore Foundation, Bundlfresh and De Saxe O'Neill Family Lawyers.**

To register or find out more info on volunteer opportunities head to www.manlyfunrun.org

The Rotary Club of Manly has been around since 1936 and over that time have been working on hundreds of projects. The Fun Run is their major fundraiser for the year.

Words: **Angela Brooks**

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Mike Pawley at Happy Days Cambodian Village School

King of Sole's Happy Days Legacy

So, you pitch up for a coffee with Mike Pawley in the café next to his Mona Vale sports store, turn on the tape recorder and within 20 seconds he's given you his life story. "I grew up in Lagoon Street, Narrabeen. I went to Narrabeen Primary, Manly Boys High School, Sydney University. I taught mathematics for 15 years and then started my own business selling sporting goods. I've had shops for the last 40 years. I have five in Manly Warringah.

"I played cricket for Manly for 20 years, there were 616 first grade wickets, which is top 10 all time. I played for New South Wales. Captained Manly to a first-grade premiership. I've been broke several times. I've had three goes at marriage. I've lived up and down the peninsula and I'm not going anywhere else," he says before looking over the rim of his flat white as if to say, anything else? Of course there is.

As a boy Pawley played cricket and rugby league like his father, Lionel, a first grader for Eastern Suburbs. He enjoyed the surf though he didn't have a board. He'd swim

and fish in Narrabeen lagoon. And he'd play never-ending cricket matches with his pals in the street using garbage bin, fence paling and tennis ball.

Manly Cricket Club took him in. Manly Leagues Club helped him through university with a bursary. As a young grade cricketer Pawley played against Neil Harvey, Richie Benaud and Norm O'Neill. He played cricket against the Chappell brothers and dismissed all three in an exhibition match with his left-arm finger spinners. He played against Jeff Thomson – and survived.

In 1975 he ran cricket coaching clinics. He says teaching is his gift. Through the coaching he began selling cricket equipment, which led to sports gear. He sold to clubs and schools. He opened his first shop, at Balgowlah, in 1978.

In 2004 Pawley's house burned down. A year later he

got cancer. He's battled dark times. On a holiday in Vietnam a Buddhist monk told him he'd never be happy until he helped other people. Pawley took it to heart. And begat a great legacy.

"I started running a charity, Happy Days Cambodia, in 2011. It's a school with 500 secondary school kids in it, and two primary schools with 250 and 250 kids. We contribute \$100,000 a year to the welfare of all those people, to their health and education. Because what we all know is the fast track out of poverty is through education."

Pawley says he was deeply affected by his first and subsequent trips to Cambodia. "I grew up through the Vietnam War time, and it was always on the television. And I'd always wanted to visit. On that first trip I said to our guide, all these monuments and bridges are great. But we want to see how people live. And he took us to North West Cambodia near Angkor Wat, where people are living in absolute destitution and poverty. It's an area where Pol Pot and genocide occurred in the 1970s.

"Cambodia is the most bombed country in history, more so than Germany. Cambodia has more amputees from landmines than any other country in the world. It's suffered incredibly. It has 15 million people and the most corrupt Government in the world."

And it has Mike Pawley.

Check out: www.happydayscambodianvillageschoolinc.org.au



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

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Gas Lies: the fossil fuel propoganda war

As super profits ramp up for the gas cartel, so too does the hot air misinformation

Australians pay over five and a half times the price of gas in Qatar, over three times the price of gas in the US, and nearly five times the price of gas in the Russian Federation. Fossil fuel corporations reap fabulous profits at the expense of Australian gas and electricity customers.

Despite this utopia, the gas lobby is running a propoganda campaign calling for Australia to power the world, help Ukraine, let “the market” do its thing. The reality is Australia doesn’t have a properly functioning “market”. This is all a PR distraction to combat the obvious solution to the crisis, that the government needs to earmark gas supply for East Coast customers.

Faced with calls to tax the cartel properly, to introduce a domestic gas reservation policy to earmark gas for local consumers as they do in WA where prices are lower, we are now subject to a campaign of blanket misinformation. We

are told the big gas producers not only pay a fair amount of tax and royalties, but our gas is also needed to power the world, to even assist in the fight against Vladimir Putin.

Fundamental to the gas lobby’s rhetoric is the idea that we have a supply shortage of gas in Australia. We are the biggest exporter in fact with the fossil fuel lobby pushing for new gas projects to make more profit from exports.

Also misleading is the proposition that we are dragging the chain on opening up new supply. Australia is rolling out new fossil fuel projects at breakneck pace. The Labor government has thrown its support behind Woodside’s Pluto LNG/ Scarborough expansion which will add 1.4 billion tonnes of emissions with Climate Change and Energy Minister Chris Bowen supporting the Browse LNG project which is predicted to be of even higher carbon intensity.

According to the Australian Energy Market Operator (AEMO), eastern Australia exports 80% of the gas it produces. So large is the gas export industry that data released by the federal Department of Industry reveals more gas is burnt in the export process than is burnt in any other individual industry, including by gas-fired power generation plants. Even grubbier is how the finance press does not recognise the scientific fact that fracking or smashing underground water deposits which have lain idle for millions of years releases toxic water to the surface, is carbon intensive and damages rivers and farmland.

The major oil and gas companies operating in Australia are 95% foreign-owned and contribute very little to Australian government revenue in terms of royalties and taxes paid. The Petroleum Resource Rent Tax, the primary mechanism to capture offshore gas profits for taxation, is so broken that many offshore oil and gas projects predict they will never pay any tax.

The fossil fuel sector is in a fight for its life, furiously locking in as much supply, as much drilling, as it possibly can before the party is over. With prices at record highs and super profits to be made, the battles and the propoganda wars will continue. So it is that we can expect to hear, weekly, the call for new drilling, for no intervention in “the market”, for Australian gas to “power the world”.

Words: **Michael West**, Michael West Media

IMAGE: MYKOLA MAKHLAI, UNSPLASH

IMAGE: COLLAERY/LAWYERS

Collaery in the clear, but safeguards fall short

It’s good news for one brave individual who exposed an egregious act of Australian spying, but protections for other whistleblowers remain inadequate.

Attorney-General Mark Dreyfus has ordered leaking charges against lawyer Bernard Collaery to be dropped. The lawyer and former ACT attorney-general faced charges for four years after he was accused of leaking classified information about an alleged Australian spying operation in East Timor.

The information related to an alleged bugging operation of the East Timor prime minister’s office by Australian officials in 2004. Collaery had been facing five charges related to breaching the Intelligence Services Act. The move sparks greater interest regarding a tightening of whistleblower protections across Australia.

Following inquiries and reviews, including the parliamentary joint committee on corporations and financial services in September 2017 and a Senate Standing Committee on Economics inquiry in 2019, the previous government introduced the Enhancing Whistleblower Protections Act 2019. The legislation attempted to provide corporate whistleblowers with greater protection as well as compensation if the whistleblower suffered loss, damage or injury for making the disclosure.

In 2020, former ANZ trader Etienne Alexiou lost his case to sue ANZ for wrongful dismissal in 2015 under the new whistleblower laws. ANZ successfully argued that the new whistleblower protections added into the Corporations Act only apply to detrimental conduct carried out on or after July 1, 2019. The timing of the disclosure by the whistleblower (which on its face is the test adopted by Parliament) has been rendered irrelevant. Because Alexiou blew the whistle on conduct before 2019, he was ruled ineligible for compensation from ANZ. It is unclear if the Labor government will amend the whistleblower protection act to ensure historical whistleblowers be afforded the protections intended in the act.

In relation to the Collaery matter, Dreyfus told a media conference in Sydney he had “determined this prosecution should end”, citing the need to protect Australia’s national interest including relationships with close neighbours. “In taking this decision I have had careful



Whistleblower charges dropped against Collaery

regard to our national security, our national interest and the proper administration of justice,” he said. “It is my view that the prosecution of Mr Collaery should end ... I have therefore decided to exercise my power under section 71 of the Judiciary Act not to proceed with the prosecution.”

The news was enthusiastically greeted by Human Rights Law Centre senior lawyer Kieran Pender, who labelled it an important day for Australian democracy. “Bernard Collaery should never have been prosecuted ... whistleblowers should be protected, not punished – it’s as simple as that,” he said.

The decision was welcomed by former senator Rex Patrick, a staunch advocate of transparency around Australia’s relationship with Timor Leste. “Whilst discontinuing Mr Collaery’s prosecution is welcomed, we must also come clean on Howard’s attempts to steal Timor Leste’s oil and gas resources. The National Archives continues to assist in the cover-up.” Patrick wrote on Twitter.

The Attorney-General wrote to Patrick last month claiming that he was considering overturning a decision made by the previous Attorney-General Michaelia Cash to hold the next rounds of an FOI battle over cabinet documents relating to Australia’s dealings with East Timor in the early 2000s behind closed doors.

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





Paige Turner's balance, strength and poise are off the charts!

Getting stronger by the day

On my calculation I've spent about three and a half hours at **OsteoStrong** during the last 14-weeks. I've spent almost 35-hours watching dozens of episodes of Danish drama Borgen and have nothing to show for that time investment. I bloody love Borgen but I love OsteoStrong more because my time spent there has improved my body strength by a whopping 49 per cent!

I'm the first to admit that I went into this experiment feeling sceptical. I'm not into fitness unless you count fast-paced walking and always exceeding 10,000 steps a day. My physiotherapist son tells me walking counts for nought on the strength building front. Well counting absolutely matters at OsteoStrong. Everything I've done there has been measured by the super computers attached to the equipment I've been using every week.

Without feeling any pain, mopping a drop of sweat from my brow or even needing to wear different clothes I've been boosting my skeletal strength. Under the careful guidance of OsteoStrong's

professionals I am successfully high jacking my body's natural decline in strength and balance. I can't reverse the biological decline that begins from age 30 but I am holding some of that decline at bay. And let me tell you I'm feeling good. Cue Michael Buble's voice crooning that song because it's playing in my head when I think about what I've achieved. It really does feel like a new life.

The genius of OsteoStrong is how it helps you increase strength by holding the maximum weight you can handle in a static position. You can't hold it for more than a few seconds because the stimulus is so extreme and that's why another OsteoStrong workout (and I use the term with my tongue firmly in my cheek because it doesn't feel anything like a workout) is so time efficient and yet so effective at strengthening your body.

Last week all the counting (measurement) that's been occurring every week was calculated as I was taken through my 14-week markers. My skeletal strength improved

by 49 per cent because I've hit the growth triggers in my upper and lower body and core. My lower body strength has improved by 118 per cent. Here's another fun fact, when I began this experiment my balance and fall risk was only better than 28 per cent of people of the same age and gender as me. Now I'm better than 48 per cent of them.

OsteoStrong doesn't do photos and ultrasounds until the 6-month mark when I fully expect my bone density will also show signs of improvement.

I've delved into the body science a bit and it seems many people overtrain and drain their energy systems in ways that weaken them. Muscle doesn't grow just because it's stimulated, it grows because it's been stimulated intensely enough and with sufficient rest for the body to recover and rebuild enough to respond to the next stimulation. I reckon that's why Manly Warringah Sea Eagle Marty Taupau has made OsteoStrong part of his training regime. I'll be watching Marty play with even more interest now.

As a certain shampoo commercial used to say, "it won't happen overnight, but it will happen" has been my experience of OsteoStrong and I'll end with another famous tag line as I plan to keep up with OsteoStrong because "I'm worth it".

Visit osteoststrong.com.au/manly-nsw for more info, follow [@osteoststrong_manly](https://www.instagram.com/osteoststrong_manly) on socials, call **8095 9640**, or pop into 45 Sydney Rd, Manly

Words: **Paige Turner**



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Wildlife Matters

From roadside rescue to release

How a pouch-check can save an orphaned joey's life

Everyone knows that mother kangaroos have baby joeys that hang out in their pouches, but not everyone knows that bandicoots, wombats, gliders, possums (including pygmy possums), koalas and antechinus are also marsupials!

Marsupials are mammals that have pouches in which their offspring suckle and develop. All marsupial babies are referred to as "joeys". Ringtail possums will often have twin joeys and bandicoots, gliders and antechinus can have multiple joeys in their pouches all at once! In fact, antechinus can have up to 12!

Another thing that people don't always know is that if a marsupial mum is hit and killed by a car or beheaded by a predator, their pouch-young can still survive - often for days! Wildlife carers can raise these orphaned joeys and release them back to the wild after being in care for many months.

At this time of year, there are many marsupials with pouch-young. Also, at this time of year, dusk and dawn coincide with peak-hour traffic, resulting in many wildlife casualties on our roads. It's really important for people to know that a deceased wallaby/possum/koala/bandicoot could mean that there are orphaned babies waiting to be rescued!

What should you do if you find a deceased marsupial?

If you are not comfortable undertaking a pouch-check, please call **Sydney Wildlife Rescue (02) 9413 4300** or your local wildlife rescue organisation and give them the location details of the deceased animal. They can then send a rescuer to do it. Please ensure your own safety whenever stopping on a road to assist injured native wildlife.

Morgan's story - a lucky escape

Morgan the swamp wallaby joey was orphaned on a road in Oxford Falls. A member of the public spotted her catapulting out of her dead mother's pouch after being hit accidentally by a car. The member of the public activated their car hazard lights and safely pulled over to pick up the joey. In a cruel twist of fate, another vehicle overtook their car and ran over the joey's tail, adding to the injuries she had already sustained.

The little joey was transported to a vet clinic,



Morgan the Swamp Wallaby Joey

where she was examined and treated for her injuries before being sent home with a registered volunteer wildlife carer. Due to her injuries, Morgan required two-hourly feeds around the clock and lots of TLC of course! Sydney Wildlife Rescue's Mobile Care Unit volunteer vets reviewed her for further wound treatment and placed her on antibiotics, however she later required a partial amputation of her injured tail.

Recently, Morgan's stitches were removed, and she is progressing in leaps and bounds! The Sydney Wildlife Rescue team is confident she will make a complete recovery after another year in care and rehabilitation before her release into the wild.

Sydney Wildlife Rescue is a charitable organisation fully run by volunteers, with the mission to rescue and care for sick, injured, and orphaned native wildlife, and safely release them back into the wild when healthy. We rely on community donations and support to complete our mission.

To donate, please visit www.sydneywildlife.org.au or scan here and make sure to buy Tawny Grogmouth! All funds raised going to Sydney Wildlife Rescue.

If you see native wildlife that you think need assistance, you can call **Sydney Wildlife Rescue 24/7 on (02) 9413 4300**



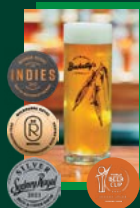
Words: **Lynleigh Greig, Joan Reid & Margaret Woods**

PHOTO: MARGARET WOODS

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3.8% ABV
Tastes like the motherland, malty, slight bitterness, perfect for a Sunday session.



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Complex, beautiful and balanced inside and out, like your dream lover.



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ED BROWN ALE

4% ABV
Mr Ed Brown, from our crew just turned 18, this beer was brewed in his honour.



SPA DAY WCIIPA

10% ABV
Thick, juicy and an abundance of Strata, Citra, Simcoe and Amarillo hops. Be careful though at 10%



COFFEE MILK STOUT

6% ABV
Velvety, creamy and sweet, brewed in collaboration with our mates at Supreme Coffee on Brookie.



ENGLISH IPA

5.4% ABV
Mellow, slightly bitter with lots of refrained personality.



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3.5% ABV
Looks intimidating but tastes like your grandmother used to make. Try it.



GINGER BEER

3.5% ABV
Sweet, spicy, even better with a lime wedge, just like you.

*We pump out creative new beer recipes regularly, often every week, but sometimes it's a bit longer than a week, so let's say fortnightly to be safe.

IN A *Bucketty* STATE OF MIND



Brentos with his chocolate Lab, Wally

Cover Artist

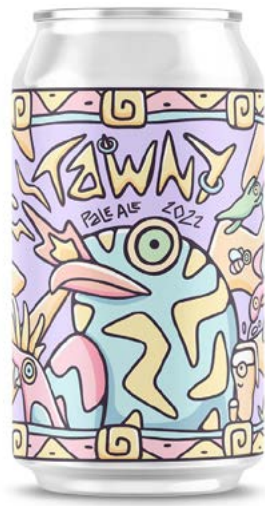
What a year!

How cool it is to grace the cover of the world's best community mag for a second year running! When I created the July 2021 Tawny Frogmouth cover, I never could have imagined how that would evolve. Something about a tawny frogmouth perched on a branch, sinking schooners with his possum buddy, set Tawny Frogmouth's avian-in-chief Liam Carroll into a spin.

"Let's create a beer, we have to!" He screamed down the phone. "I'll call Nick at Bucketty's. We'll get him keen! This is on!" Liam's froth levels are likely more infectious than Covid, and once his mind was set on creating "The Tawny Frogmouth" beer, only to mistype the "F" and write "Grogmouth" instead, there was no stopping this brew coming to fruition.

Then, not only did the collaboration produce a delicious pale ale, it also brought the community together, raising \$10k for our mates at WIRES! And, as a sweet bonus, our Tawny Grogmouth can design scored #9 in the GABS beer can design awards in Australia and #1 in NSW!

Jump ahead a year, and I'm beyond stoked to once more team up with Liam and Nick and create Tawny Grogmouth 2.0! This time all funds raised will be going to another super deserving and incredible wildlife organisation, **Sydney Wildlife Rescue**



Tawny Grogmouth 2.0 Pale Ale

For my art practice, the past year has been up and down. I lost my studio and a lot of work to a mould infestation in December and have been studio-less for a few months which has been quite a challenge. But I also have a lot to be happy and grateful for. The border openings meant Tash (my partner) and I were able to finally make it back to Montreal to reunite with our Canadian family which was really special after so long. I also have my debut picture book launching with Affirm Press at the end of this month called **Australia: From Dawn to Dusk**.

This picture book follows the sun as it appears on the eastern most point of Australia in Byron Bay/Arakwal Country early in the morning and makes its way across our beautiful land finally ending in Rottnest Island/Whadjuk Noongar Country. It's been a magical experience creating this book, exploring my palette all whilst highlighting important country and wildlife. I can't wait to see what the next year brings!

Words: **Brent Turner @artofbrentos**

Follow Brent on socials **@artofbrentos**.

Buy his book "**Australia: From Dawn to Dusk**" the moment it is released in August.

And quench your thirst with Tawny Grogmouth 2.0 pale ales at **Bucketty's Brewing Co.** in August, culminating with a huge party on Sat 27 August. All funds raised going to **Sydney Wildlife Rescue**.

Music

Live music's alive and well at The Manly Fig

Whatever happened to live music? You'll hear this asked when people reminisce about rocking out to Midnight Oils at the Sands or being INXS enthralled by Michael Hutchence at the Fisho's. A generation of Sydney grew up on a booming live music scene that was the envy of the world. But somewhere along our evolution this staple of existence all but vanished. Much like roadways without tolls or pubs without pokies, Friday nights were without live music until...

In 2009, North Curly's **Robbie** and **Steve Elliot** decided to give the Northern Beaches a live music Lazarus resurrection. They created **The Manly Fig** And while the focus was complete dedication to giving musicians a platform to showcase their talents, Robbie and Steve were equally passionate about ensuring the audience respect the performers.

"To get paid, artists were basically having to play at a pub in front of a big screen TV, and have the crowd ignore them," Steve reflects. "There was nowhere that offered them the chance to get paid for their skills, and to have an engaged audience where people would respect the music and intently listen to it."

What sets the Manly Fig apart is this deliberate emphasis on the audience being there to listen, to enjoy, and to truly respect the musicians.

"Live music has almost become like wallpaper," Robbie explains. "The music provides a great vibe, but the patrons to a venue are there to see each other, which leads



The Arrebato Ensemble perform at the Fig

ultimately to the musician being drowned out."

Robbie and Steve used their skills of persuasion to convince The Manly Village Church to host the first event and utilised the musician networks they'd built through their children's budding singer-songwriter careers to organise three acts, and in March 2009, The Manly Fig was born.

"We did a few things, almost by accident, that have become so important to what The Manly Fig is all about," Robbie says. "We asked the audience to respect the artists, which means to be quiet, listen to the music. And we made sure the three acts were all different in music styles, and that the tempo and intensity of each act increased as the night progressed." Steve sums it up, "It was about building community and supporting live music. Simple as that."

Within next to no time, The Manly Fig was selling out, over 250 tickets to the monthly shows on the last Friday of each month. "Everyone loved it," Steve recalls. "The audience couldn't believe how much of a difference it made to properly listen to the

performance, no distractions." Robbie adds, "Occasionally artists would get up and actually say, 'Wow! You're all listening'. They were in shock. And they'd tell us, 'I can't believe what you've got going here. This reminds me of why I wanted to create music.'"

13 years on, The Manly Fig has overcome Covid and is still going strong, now running their last Friday of the month gigs at Seaforth Bowling Club. Tickets are \$25-\$30 cash, old school. All the money that goes in, goes straight back out to the artists. You're guaranteed three different styles of acts, two big breaks in between so you can catch your breath, get refreshments from the bar, and it's all done and dusted by 11pm on the dot. Keep the neighbours happy, and make sure you're up fresh and spritely Saturday morning.

Visit **themanlyfig.org/wpsite** to learn more and book reserved table seating via email **info@TheManlyFig.org**

Words: **Liam Carroll**

Do you know what's under the covers?

Landlords and tenants are commonly incorrectly insured. So what insurance should they have and what should it cover?

Andrew Herrett, Managing Director, Business Insurance Group Australia, often finds landlords and tenants are incorrectly insured or underinsured. Business insurance is more complex and requires more customisation to identify and cover relevant risk. It's often only after an incident has occurred that they realise they were not covered. Here we summarise some of the basics.



What does business insurance cover?

Landlord Insurance cover is typically limited to hard assets, loss of rent and liability. Never assume anything is insured by default. Always check. When insuring a building for commercial, industrial or retail use, you must know who is responsible for covering which fixtures and fittings. Be specific. "If a tenant moves in and makes changes, (renovations, upgrades or improvements), the landlord must understand who is covering them and when the responsibility transfers from tenant to landlord. As a basic rule of thumb, whoever pays for it insures it," Andrew stresses. The tenant's internal contents insurance should provide cover for what they own and operate within the confines of the landlord's premises, from a kitchen fit-out, upgrades, 3-phase power, to carpets, desks, and computers.

Which insurances should landlords require of tenants?

- **Public Liability** is non-negotiable.
- **Internal Contents** is highly recommended, covering the tenant's property and improvements, including items they might leave behind when the lease expires.
- **Cash Flow Cover / Business Interruption** is an optional requirement. "Practically and commercially, the more cover a landlord insists from a tenant, the more difficult it becomes to lease the property," Andrew has noticed.
- **Flood cover** is generally an optional extra and should be taken out by those operating in a geographic location with potential flood exposure. With the recent floods, many businesses faced damage to stock and fixtures and fittings without insurance cover.

Other issues

Landlords' leases should have 'change of tenant and activities' clauses because these give the landlord an avenue for recovery if the tenant voids the landlord's insurances. It's also a mechanism to recover increased insurance costs for any changes. The insurer must be notified of any form of construction works and renovations as they will decide if there is any impact on policy coverage and pricing. Failure to notify them may result in a claim being denied. Landlords are obliged to keep the insurer informed of changes in insured values and this includes rental income figures and building replacement values.

Get professional help

Given the complexities of business insurance, landlords and tenants are encouraged to engage a business insurance specialist such as BIA Group to assist identify relevant risks and find the right insurance cover. A specialist commercial property agent who understands the various risks and insurances for both landlord and tenant, and with processes in place to minimise the chance of an oversight, is also highly recommended. Pine Property has numerous guides and checklists to help you consider your options.

Words: **Patrick Kelleher**, Director of Pine Property
Contact Patrick for all your commercial property queries. Call **9977 6555** and learn more at www.pineproperty.com.au



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Mal's Wild Side

It's better to light a candle than to curse the darkness...

...and there's never been a more important time to ignite some metaphorical wax.

Climate change, species extinction, plastic oceans, dead coral - it's easy to feel glum about the state of our fragile planet, especially when our political leaders slumber at the proverbial wheel. Being a conservationist isn't much fun when 2.5 million trees are being felled every day and three species disappear every single hour!

For years I shied away from these problems. "What can one person do" right? But I figured we should all be responsible for taking personal action. It's just a matter of discovering how we can do something and who best to do it with.

There's a story about a man finding a beach littered with stranded starfish after a big storm. On seeing a small boy, returning a starfish to the ocean, he said "there are thousands of these creatures on the beach, you won't make any difference." The boy threw another starfish back into the water and replied "I made a

difference to that one!"

It's true, we can't do much as individuals, but together we can become a powerful force. So, where to start? I recommend volunteering with an established environmental organisation or a community group, and there are so many to choose from.

Virtually all the major environmental "NGO's" have volunteer or intern programs where you can conduct research, prepare for demonstrations, get involved in "non-violent direct actions" or learn to lobby members of parliament. Organisations such as the **Australian Conservation Foundation** and **The Wilderness Society**, local environment groups such as **Save Manly Dam**, **Friends of Narrabeen Lagoon**, **Manly Lagoon Friends** and **Pittwater Natural Heritage Association**. They are always seeking committed members. Look for listings on the Council Directory: **northernbeaches.nsw.gov.au/community/**

community-directory

In addition, there are rubbish removal groups, **Northern Beaches Clean Up Crew**, **Operation Straw** and **Take 3 for the Sea**. They rely on citizens to target discarded litter which despoils our bushland and beaches. Wildlife care groups such as **Sydney Wildlife**, **WIRES** and **Manly Penguin Wardens** rely on volunteers too and hold periodic training courses.

Northern Beaches Council has a number of environmental initiatives you can get involved in. Among them is "**Bushcare**", established to tackle the problem of environmental weeds across the Peninsula. There are over 50 such groups in this program. **northernbeaches.nsw.gov.au/environment/bushland/bushcare-volunteers**

Many people don't like to try and influence government decision-making. Politics can seem complex and intimidating, but don't be afraid to find your voice and be a loud advocate for environmental justice. Democracy should involve much more than simply voting on election days. Both major parties still support continued fossil fuel extraction so it's best to throw your hat in with one of the smaller parties, or individuals, demanding firm action on climate change, animal rights and ecological protection.

I like to think that negative environmental attitudes can be converted, redirected and used to power positive deeds. Being active in protecting the earth and its amazing biodiversity is surely the best thing you could ever do. This fragile blue planet is definitely worth the effort.

Words: **Malcolm Fisher**

August 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0434 0.40 1037 1.36 1615 0.56 2235 1.70	2 0509 0.41 1117 1.39 1700 0.59 2315 1.62	3 0545 0.43 1201 1.42 1750 0.63 2358 1.53	4 0625 0.47 1249 1.45 1847 0.66	5 0047 1.42 0708 0.51 1342 1.49 1956 0.66	6 0149 1.32 0800 0.54 1442 1.55 2115 0.63	7 0304 1.26 0900 0.56 1545 1.63 2235 0.54
8 0424 1.24 1005 0.56 1650 1.74 2345 0.42	9 0536 1.28 1111 0.52 1752 1.85	10 0045 0.30 0638 1.34 1211 0.46 1849 1.96	11 0137 0.20 0732 1.40 1308 0.39 1943 2.03	12 0227 0.14 0823 1.45 1401 0.35 2033 2.05	13 0313 0.13 0912 1.49 1455 0.33 2122 2.00	14 0358 0.16 1000 1.52 1546 0.36 2209 1.89
15 0440 0.23 1046 1.53 1638 0.41 2255 1.73	16 0521 0.33 1132 1.52 1730 0.50 2340 1.55	17 0600 0.43 1219 1.51 1827 0.58	18 0026 1.38 0638 0.53 1308 1.49 1929 0.66	19 0117 1.23 0719 0.61 1400 1.47 2040 0.70	20 0219 1.12 0810 0.67 1458 1.47 2157 0.69	21 0337 1.08 0910 0.70 1600 1.48 2305 0.64
22 0452 1.10 1014 0.70 1659 1.52 2359 0.57	23 0550 1.15 1111 0.67 1749 1.58	24 0042 0.50 0634 1.21 1200 0.61 1833 1.64	25 0118 0.44 0713 1.26 1243 0.56 1912 1.70	26 0151 0.39 0746 1.31 1321 0.50 1948 1.74	27 0223 0.35 0820 1.36 1359 0.46 2023 1.76	28 0254 0.32 0854 1.40 1437 0.44 2058 1.75
29 0325 0.31 0929 1.45 1516 0.43 2133 1.71	30 0357 0.32 1005 1.49 1559 0.44 2211 1.64	31 0430 0.35 1045 1.52 1645 0.47 2252 1.54				

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



Artelan's Smoke Screen of elegant deception

Following 15 years as Director of a Double Bay Gallery, Queenscliff's **Lynn Westacott** saw the light and took the plunge, leaving the eastern suburbs behind to ensconce herself fully in the certifiably greener and impeccably verdant Northern Beaches pastures, setting up her own art platform, **Artelan**.

For the fluent French Frogmouth connoisseurs - most of you, *naturellement* - it's no surprise *élan* is the Francophile locution to describe *energy, style, enthusiasm, a vigour of spirit* which is precisely what Lynn's Artelan is dedicated to showcasing in the arts across all its forms.

"Artelan is a unique online gallery supporting artists and art lovers alike," Lynn explains.

"We pride ourselves on personalising the art experience and work with an exciting group of artists both emerging and established." While the gallery is primarily an online platform, from 9-21 August Lynn's Artelan will be presenting "**Smoke Screen**" at Manly's **Gallery 109**.

The centrepiece will be **Angeline Goh** and her 'Smoke Screen' works of art that not only look incredible but are also imbued with the David Copperfield magic touch of transforming a balcony's intimidatingly unattractive air conditioner unit into an aesthetically uplifting, benchtop-finished, bespoke piece of furniture.

"I have always tried to find art that can not only be beautiful but useful too," says Lynn. "Having the privilege to represent Angeline, a popular artist who works with wood, we've developed the Smoke Screen, able to create something that looks superb, but also serves as an innovative design solution, transforming a balcony from an industrial manufacturer's wasteland into an elegant and functional space."

Originally from Malaysia, Angeline's parents never saw art as a career path. When every balcony on the Peninsula (and the Earth!) sparkles with its own Smoke Screen of elegant deception, they'll surely be won over to the arts as the most fruitful of career paths. The "Smoke Screen" is sealed for outdoor use and panelled to allow the unit to breathe. Have a particular colour scheme in mind? Angeline will paint and make your piece exactly to your requirements.

Also featuring in the exhibition, **Mike Barr** and **Kerrie Leishman**. Mike started painting



Angeline Goh and one of her panelled artworks

Sputniks when he was 2! Evolving into a more impressionist style ever since. "My aim is for viewers to feel what I have painted, not just see it," Mike explains. Never has an artist's work been so palpable since Mike's passion has become capturing rainy-day cityscapes, something we're now intimately familiar with thanks to La Niña.

Mike's paintings of the effects of rain in the city have sold all over Australia and the world. "There is something about the rainy city that connects with us," Mike posits. "Sometimes it's a shared experience of being out in the rain and often just the love of the drama and mystery that the rain creates."

Kerrie's art focuses on the dramatically changing landscape. "I anticipate the moment of flow, when the energy, magic and surprises take place," Kerrie explains. "I am always striving to capture movement and the dynamics of the natural world where the earth and sky merge, a glimpse of light, a moment in time, where the light creates an always changing ephemeral landscape, often frenetically realised."

The Smoke Screen exhibition also features sculptures by **Sally Hook, Sallie Portnoy** and **Vaughan Robinson**.

Visit '**Smoke Screen**' at **Gallery 109**, Manly, August 9 - 21. Follow **@artelansydney** on socials, and head to **artelan.com.au** for more amazing art

Words: **Liam Carroll**

Artelan presents

SMOKE SCREEN

9 - 21 August



before



after

The magic of the Smoke Screen by Angeline Goh



With paintings by **Mike Barr** and **Kerrie Leishman**

and sculptures by **Sally Hook, Sallie Portnoy** and **Vaughan Robinson**



Artelan at Gallery 109

109 Sydney Road, Manly
open 10 - 5 daily

artelan.com.au 0412 784 783

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Zen & the Art of

Furniture Removalism

In January 1993, Sydney streets first played host to Man and His Van's pioneering man and his van, Michael Cummins and his Isuzu bread truck. Truth in advertising is paramount, but the dynamic duo of Michael and his van were carting far more than four-limbed brawn and four-wheeled locomotion, the pairing were also blessed with a keen, opportunistic eye, and tireless work ethic.

"There was an opening for a competitively priced and reliable removalist in the fine arts sector," Michael explains. "I decided to take advantage of this opportunity, working seven days a week, building relationships with the individual antique markets and antique dealers, becoming the main carrier for some of the leading Sydney auction houses specialising in antiques and fine arts."

Around this time, the Sydney film industry was booming, with no shortage of work picking up and delivering props for film and photographic shoots. "Many of the antique dealers and furniture shops would insist the props could only be moved by Man and His Van. 'If you don't use Man and His Van, you don't get my stuff for your film'."

With no greater endorsement for the quality of your furniture reassignment operations than having purveyors of precious antiques deal only with your steady hands and flawless driving, Man and His Van added household removals to the stable. "The intricate and careful packing and moving skills that were required for the antique industry and designer furniture shops were put to good use as we progressed to furniture removals then office relocations."

Soon too came the demand for storage. "We purchased our first storage facility at unit 6, 91-93 Old Pittwater Road, Brookvale and it remains the Man and His Van head office to this day." Man and His Van now own and operate four storage facilities, designed specifically for furniture. "We pride ourselves on the great care taken when moving our client's belongings into our stores."

That dedication to care shines through in every facet of the business, now celebrating 30 years on the Northern Beaches, a fleet of vans, legion of loyal customers and devoted workforce - many of whom have been with the company for over 20 years. The Man and His Van maxim is, "No matter the task there is only



Michael and Dan, Father and Son, Man and Van

one way to do things, properly."

Heir to the Man and His Van, Michael's son Dan was only four years old when his dad started the business, and as he grew into a strapping young lad himself, Dan was attracted to the physical nature of job, "While I still love the top floor apartment punishment, what draws me to the job now is being able to make a real difference to people on what can be one of the more stressful days of their life."

Over the past 30 years, Dan's seen how crucial top-notch customer service is. "The team is our greatest advertisement. Their above and beyond approach with every move show in our high online ratings. Through nearly 30 years we have been lucky to see returning customers at major milestones, moving their way up from small studio apartments to family homes."

Three Essentials for preparing your next move:

- 1. Use heavy duty moving boxes.** Whilst saving money on odd-shaped supermarket boxes may seem a good idea it will take your removalist twice as long to figure out how to stack them in the truck and keep them safe.
- 2. Don't try to do too much in one day.** Larger moves often work best when loading on the first day, kept in secure warehouse overnight, then delivery the next day.
- 3. Avoid moving on settlement day.** You don't want to be paying a removalist to sit outside the house while you wait for the keys!

Looking for expert assistance with your next move, contact **Man and His Van** on **9907 3300** or visit www.manandhisvan.com.au

Words: **Liam Carroll**

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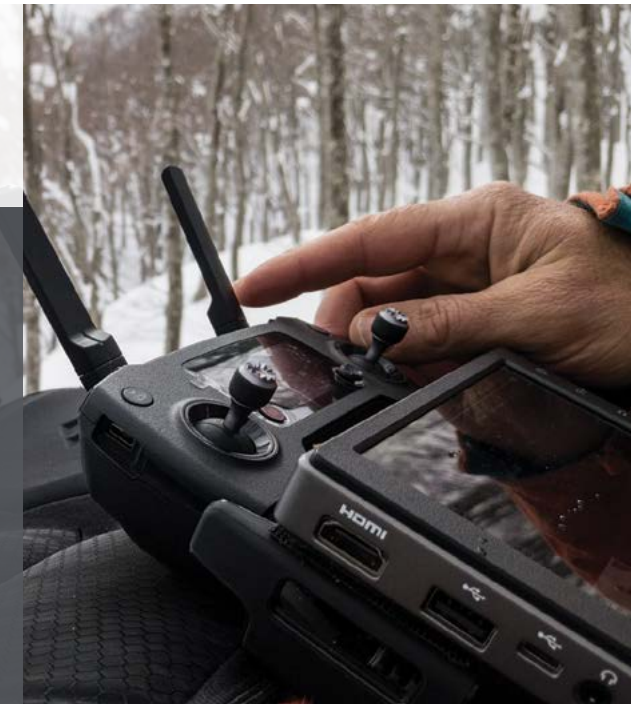
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The KITE Centre: Reimagining Children's Healthcare

A new multi-disciplinary paediatric medical and healthcare centre has recently opened in Oxford Falls.

The KITE Centre, standing for Kids Integrated medical, Therapy and Education, was established to reimagine children's healthcare, with the whole notion first conceived by Mona Vale's Skye Rose. While having spent 20 years working as an environmental scientist, it was the arrival of Skye's first son that caused her to realise the holistic need for precisely what KITE now offers.

What inspired you to set up the KITE Centre?

My eldest son was diagnosed with neurological disability at age 2. I was taking him, along with his newborn baby brother, to nine different medical and allied health professionals all over Sydney. The travelling was exhausting, but exposing my son to new environments, with uncertainties and frustrations, like parking, where was the entrance? Was a pram possible? Was it safety gated? I had anxiety, as did he, and he was a runner which complicated it more! Other families were experiencing similar challenges. I asked his doctors and therapists, "Why aren't all these medical services integrated?" Their response, "In a perfect world they would be." As newly appointed MP Dr Sophie Scamps noted in the July Tawny, "I realised I had to stop waiting for others to act!"

How did you progress your grand plans?

My son's first Occupational Therapist, the amazing Beaches local Kerry Gibbett, gifted me a notebook, suggesting I start creating the perfect centre. All my son's doctors and therapists agreed to join if I did. The research began.

How did you overcome your lack of specific medical expertise? For over 20 years I've worked in the environmental/sustainability field. One of my roles was strategic sustainability planning, which requires integrating the many different disciplines of local government to focus on a strategic approach to sustainability. This experience was key, as my role in the KITE Centre is to integrate allied and medical health professionals for a child's beneficial outcome.



Skye Rose at KITE Centre

What have been your biggest triumphs?

Creating KITE the Centre itself for the community. It has brought together an amazingly diverse, talented team of passionate and enthusiastic practitioners across general, developmental, sleep, respiratory, neonatal, clinical neuropsychology, psychology, audiology, speech pathology, optometry, physiotherapy, nutrition, occupational therapy and more! But the most amazing, when people tell me about this incredible new children's health centre in Oxford Falls called KITE, unaware that I created it!

Learn more about the **KITE Centre** at kitecentre.com.au or call **(02) 9056 1919**

Practitioners

The KITE Centre has a very large, talented multidisciplinary team of specialist children's doctors and allied health professionals, but they need more to meet the high demand. This is a perfect opportunity for mothers returning to work or locals seeking to work closer to home. Please call **(02) 9056 1919** to learn more.

Interview: **Liam Carroll**



Good in a crisis? Lifeline needs your help

Have you ever wondered who answers a call to 13 11 14? It's someone just like you.

You can help Lifeline Northern Beaches provide support to help-seekers during their most difficult moments by becoming a volunteer Crisis Supporter. Applications are now open for the next Lifeline training course, beginning Wednesday, 7 September.

"Lifeline Northern Beaches answers more than 65,000 calls each year to 13 11 14, which is more than 5% of the calls received by Lifeline through the national network of more than 40 centres," says David Thomas, CEO of Lifeline Northern Beaches.

"Our team of trained Crisis Supporters do a fantastic job, enabling us to create connection with people in crisis and make a positive impact in the lives of tens of thousands of help-seekers every year."

Lifeline's Crisis Supporters answer calls and texts to

Lifeline's 24-hour services after undertaking a nationally recognised training program that takes 14 months, called CSWT Workplace Training. The training comprises three stages: blended learning, student placement and internship. Essentially, this provides students with a progression from a supervised role to an Accredited Crisis Supporter role.

So, what's it like being a Lifeline Crisis Supporter and why does someone become a volunteer?

Lifeline Northern Beaches has more than 600 volun-

teers, with over 200 Crisis Supporters from a huge variety of backgrounds but share one thing in common: a desire to help others.

"I've been through crises of my own in my life, and I wanted to try and help other people get through hard times and realise awesome things in life that maybe they didn't foresee coming," says Benny, who has been volunteering for just over a year.

"I grew up on the Northern Beaches and I wanted to give something back to my community to try to prevent suicides in the future," says Jackson, a Lifeline volunteer for around four months. "It feels absolutely amazing when you feel like you've made a difference in someone's life on the phone."

But being a volunteer at Lifeline is not without its challenges.

Volunteering is a significant time commitment. Shifts on the phones are typically four hours long once every two weeks between 6am and 10pm, plus there are ongoing professional development and supervision requirements.

"Expect challenges," says Monica, a volunteer for more than 25 years. "The callers are diverse so remember to be empathetic with them."

However, Monica also says that being a volunteer is extremely rewarding and will change your life for the better.

Words: **Lifeline Northern Beaches**

Have you ever thought about being a Lifeline volunteer?

Find out more about the course, including course fees and eligibility criteria by visiting www.lifelinenb.org.au/cswt

Feeling overwhelmed?

Lifeline's here to listen and help anytime.

Call **13 11 14** or text **0477 13 11 14**.

Local ongoing support is available, visit www.lifelinenb.org.au

Homage to ScoMocchio

The property game is renowned for its cavalcade of players with furphy spruiking talents, but of them all, whose nose is the biggest?

It seems eons ago since ScoMo ruled the land, property prices doubled every dawn, and the RBA deemed historically low interest rates were the panacea paving the way to macroeconomic nirvana. Ahh, good times, great friends. A nation ruled by steady hands, wise noggins and decision makers you knew were good for one thing, they were NOT to be trusted, never under any circumstances. So, in homage to past misinformation glories, I sat down with property buyer's agent **Paul Wilcox of Oasis Skeen**, to unearth who, in the property game, has the greatest ScoMocchio nose of all? And how Tawny readers can best navigate their property buying and selling journeys.

Paul, my mum and dad seem to know it all when it comes to bricks and mortar, but do they really know what they're on about? Parents are always to be listened to, usually for the most important reason as the Bank of Mum and Dad is responsible for so many home deposits, they should probably have a Financial Services Licence. But caution is advised for believing their every morsel of insights as their grasp of modern pricing dynamics for apartment living may be steeped in suburban hues of yesteryear. For instance, when I sold my 4-bedroom house on a nice block of land for a generous sum, only to "downsize" and purchase a 2-bedroom strata duplex (as close to conveniences as possible) for an even more generous sum, my dad couldn't believe it, promptly asking politely, "Paul, knucklehead!! What the hell are you doing?!" I replied, "Chasing lifestyle and low maintenance." We both stand firmly by our viewpoints that only one of us is right.

The media, especially The Tawny Frogmouth, is full of salacious "reporting". Can I trust anything these pundits say? I don't think anyone believes the drivel that's written by contemporary media outlets, but in the case of the Tawny, the local rag fits superbly in the letterbox and/or handbag, sensational. Even so, always remember that today's news



becomes tomorrow's fish & chips wrapping, greasy. Plus, real estate agents are big spenders in the print media, and Channel 9 part owns www.domain.com.au so always bear in mind these mobs never cease trying to "sell" you something. Read with caution. Click with concern.

We come to the most trusted professionals of all, real estate agents. How big are their schnozzes? I have to be careful here, as many of the masters of residential property are indeed my good friends. Even so, Tawny readers are well advised to take an agent's counsel with a generous grain of proverbial and/or literal salt. This is especially the case when looking to sell. If the agent promises you a pay day in the stratosphere, be sure to double check just how slick their marketing is, and how many pillows and bottles of San Pellegrino they envisage when styling. Lubricious marketing intentions are cause for concern.

Can the Big 4 be trusted? Ah, the Banks! Here is a genuine contender for first place, whopper schnozzer! All four (five?) of them. Their collective "research" predicted the housing market would fall 30% during the pandemic. Well, news flash! Prices on the Beaches soared 45%. Ladies and Gents, we have a winner!

Interview: **Hugh G. Lee Inndette**

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Ask a sparky

Local and Licensed Electrical's Chris Pemberton answers your shocking queries to find the best current solutions.



Brett F. Astatiffany asks "What's the most frustrating part of being a domestic sparky?" Having people wander into the local hardware store, or even venture onto eBay, and buying electrical equipment then having them compare it to trade quality equipment. It is almost every time not up to the standards we can get through proper trade suppliers, meaning people often end up having to get the job done twice. Cheap the first time then, shockingly, properly the second time.

On the flipside, Nick T. Ittofirstslip asks "What is the most rewarding part of being a domestic sparky?" It's got to be either performing a safety check and making a customer aware of unsafe items, and then of course upgrading them to a much safer standard for them, or, having a customer have an idea of a new project, maybe an extension or a upgrade of existing lighting, and helping them design it to achieve their dream outcome.

5-STAR REVIEW

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Love who you see

The Love Scout Self-esteem

A practical framework to re-building self-worth

As defined by Google, self-esteem is confidence in one's own worth. Inversely, low self-esteem is when someone doesn't believe in their worth, which is a pretty big existential black hole that has ramifications across every facet of life. From the career you chase to the person you marry, an impaired sense of self can lead us to play it safe, settle or make fear-based decisions. While there is comfort in safety, the bigger question is: are you really living the life you want to lead? Can you be truly happy knowing that you are making internal compromises along the way?

There are a multitude of reasons why people never developed or lost their self-esteem. Perhaps your childhood wasn't the best, maybe school felt like a warzone, or even just our consumerist culture constantly reminding us of all the ways we are inadequate to squeeze a few bucks out of us. Regardless of the deficit, the million-dollar question is how

do we get it back? Here is a simple daily practice you can start today to re-build your self-esteem.

1. Determine your values

Google a list of core values then choose ten. Now narrow it down to five. This will sum up your code of conduct in life. Refer to this list when making decisions. You can't develop self-respect and value your worth if you don't live to a high moral standard.

2. Do estimable acts

Act in ways that reflect your values and do this practice daily. If your value is kindness, make an active effort to be kind to those around you, even the guy who cuts you off in traffic!

3. Affirm your actions

Journal, voice-record, do an inventory, meditation or call a friend before bed. Reflect on how you lived to your values today. Start to collect data points that reflect the truth of your experience. (This will be very helpful in the future for people with negative thought patterns

or destructive self-beliefs).
4. Consciously receive praise
 Without deflecting with humour, rejecting, minimizing or avoiding, allow people to praise or commend you on your estimable acts. When something positive is said, don't speak. Look them in the eyes. Take a breath. Say thank you. Nothing more! (*very difficult in real life)

5. Set boundaries

This is about protection and preservation; your physical and mental health demands it. To develop self-respect, you will have to set up an appropriate space with some people to stay safe and to stay within your integrity.

6. Re-assert boundaries

When setting boundaries, the receiver may be confused, shocked, upset or disgruntled. They may want to push back or question. Stay calm and hold your ground. If necessary, share a consequence. If needed, action the consequence.

But beware, you must follow through, otherwise the boundary is meaningless, and the person will learn they can walk all over you. Remember, boundaries allow you to engage people safely without building resentment.

You live with yourself day in day out, no-one else. Can you lay your head at night and be proud of the way you conducted yourself in relation to your own moral code? If not, how can you do it better tomorrow? If so, take a nap and rest your bones; you deserve it!

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.

The Love Quiz



Think you've got a good thing going?
 Take our quiz below to find out.

Read the statements below and give yourself a score from 1-10.

**1=never 2=almost never 3=rarely 4=occasionally 5=sometimes
 6= every month 7= every fortnight 8=every week 9= every day 10=always**

- 1.I feel stressed when I think about my relationship. /10
- 2.I get anxious when I think about the future of my relationship. /10
- 3.I talk to my friends more than I talk to my partner. /10
- 4.I don't trust my partner completely. /10
- 5.I don't feel like I can fully be myself around my partner. /10
- 6.I feel like I've fallen out of love with my partner. /10
- 7.I feel emotionally disconnected in my relationship. /10
- 8.I feel intimately disconnected in my relationship. /10
- 9.Other responsibilities I have impact my relationship. /10
- 10.My partner and I argue a lot. /10

Add up your total score to find out if your relationship is in danger!

10%

Honeymoon Bay 10-39

It seems you've cracked the code and have a loving, authentic and nurturing relationship. Keep doing what you're doing because it is working and enjoy the beauty of the serene waters!

40%

Wave Riders 40-69

Your relationship has its ups and downs just like life. Sure there's a lot to be grateful for, but there are also things that could be better. It's certainly worth doing some maintenance on your ship to make sure you can weather the storms. Seek some relationship guidance.

70%

Rocky Shores 70-100

The seas are stormy and your ship may be sinking. You're gunna need all hands on deck to survive this one. Seek relationship guidance immediately!

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The Tawny Nightjar reviews...

Busta

It's all in the name – Busta, a fun play on words of the Italian translation to stop (basta), an essential in the vocabulary when Nonna keeps loading up your dinner plate, basta! This sets the tone for the warm and welcoming neighbourhood vibe at Busta. Its light open plan dining room, busy bar top and guests spilling out onto the terrace of Pittwater Road is perfect for relaxed dining with friends. Owner Luke explains, when opening in 2019 the plan was all based around, “fresh pasta and snacks, with good people and personality,” tick, tick, tick.

Busta is not Luke's first go in the restaurant game. It's 10 years since opening Manly's favourite Mexican, Chica Bonita, things look a little different now. From the humble beginnings of restaurant owner/builder/ maintenance man with guests sitting on milk crates enjoying tacos and margaritas, to the elegantly savvy Busta. Luke's ethos is unchanged - be as local as possible, build relationships within the community and trust that people will enjoy and want to come back. And they have!

The menu at Busta ranges from bite size snacks, starters, pasta and mains. It changes with the seasons and regulars love coming back and trying what's new. We popped in at the start of truffle season and tried the Truffle Crostino snack, shaved fresh Manjimup black truffle on top of whipped ricotta and crisp bread, alongside a lively tropical Busta Spritz. We add Focaccia and a starter with Burrata cheese, the oozing creaminess from the Burrata was paired with sweet in season persimmon fruit and balsamic dressing, mopped up with the incredible Focaccia. Perfecto.

The drinks offering is impressive, a variety of

spritz cocktails using artisan Italian aperitifs, bitters and home-made concoctions like the Busta Spritz, as well as old favourites like the Negroni. The wine list is mostly Australian and Italian wine makers and splashes of interesting internationals. There is focus on organic growers and natural wine styles. We try a Sangiovese from the Mallaluka vineyard in Gundagai NSW, it's a warming medium body red wine with inviting sweet spice and sour cherry.

For the mains we had to try the signature fresh pasta, the Tagliolini, served with prawns, tomato and bottarga in a bisque enlivened by a chilli kick. Divine. We could very easily be in Sicily right now. We follow this with two generous slices of perfectly crispy skinned Porchetta and salsa verde. There is something truly special about juicy pork and crispy skin, the lining of fat you say you will cut off but somehow can't resist, basta, basta per favore.

We can't leave without a sweet, opting for the little Sicilian Cannoli's. Four life changing bite sized treasures, packed with house made lemon ricotta and pistachio explode when crunched through the crisp pastry shell. Yep, we can finally say it and mean it, BASTA.

We recommend

Busta Spritz to start, some Focaccia and a bite sized crostino, followed by a glass of orange wine and any of the amazing changing fresh pastas and most definitely a Cannoli to finish.



Visit busta.com.au to book your table now.

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.



Scene from 'Close' by Lukas Dhont

Film Reviews

The 2022 Sydney Film Festival Wrap Up

Two French scientists obsessed with volcanoes and each other. A Catalanian farming family has their livelihood and land threatened by changing times. A Mexican teen's search for his long lost father. A young shape-shifting woman searching for her identity and purpose. What do all these stories have in common? They are all premises to films featured in the Official Competition category at the 69th Sydney Film Festival that was held from the 8th to the 19th of June.

The festival roared back to its usual June timeslot after two COVID affected years featuring over 200 films including recent Cannes Film Festival hits, restorations, short films and special presentations plus a myriad of events and interviews. The festival was held at some of Sydney's best venues including the Hayden Orpheum, Dendy Newtown and The Ritz Cinemas in Randwick. Its flagship venue however is the stunning State Theatre where the Closing Night

ceremony concluded the festival and many coveted and prestigious awards were bestowed.

The winner of the Official Competition and the \$60,000 cash prize was the film **Close** by Lukas Dhont, a film that recently impressed at Cannes, it captures an intense teen friendship that is slowly torn apart. Luke Cornish had a great festival with his documentary **Keep Stepping** named both the winner of the Australian Documentary Award with its \$10,000 cash prize and the Audience Award winner for Best Documentary. The film is a lively story of two female performers training for Australia's biggest street dance performance. The Dendy Awards for Australian Short Films named **The Moth's Will Eat Them Up** as their winner, a film about a woman's normal train ride home turning into a frightening ordeal with a stranger. Another win for Australian cinema was the quirky and relatable comedy **Evicted. A Modern Romance** being

named the Audience Award winner for Best Feature. So jot these down and keep an eye out for when these films hit cinemas near you.

I managed to get a seat at two of the festival's hottest showings, Baz Luhrmann's latest film **Elvis** at the State Theatre and the newest Palme-d'or winner from Ruben Östlund **Triangle of Sadness** at The Ritz. Both screenings were sold out and packed with enthusiastic cinema-goers anticipating something special. And boy were we treated with both of these fantastic films. Elvis is loud, dazzling and an epic in every sense of the word. Austin Butler gives a star-making, hip-shaking and ground-breaking performance in the titular role; he sings, speaks, dances and becomes Elvis in a truly magnificent way! Triangle of Sadness is a sharp and utterly hilarious satire on influencer culture, class and the rich that is not afraid to go there. I don't remember laughing harder in a cinema and was completely hooked by the characters and wild turns of the story. Dolly De Leon gives a scene-stealing performance that deserves awards recognition at year's end.

The Sydney Film Festival is a highlight of the year for me, and this year was no exception. I encourage you to pencil it into your calendar for next year. It truly is special to be able to watch international cinema in our own backyard, so if you're interested in keeping this great event continuing you can volunteer or donate to the festival at their website www.sff.org.au

Words: **Christopher Roberts**
Author of [@filmandfoodpodcast](https://www.instagram.com/filmandfoodpodcast)



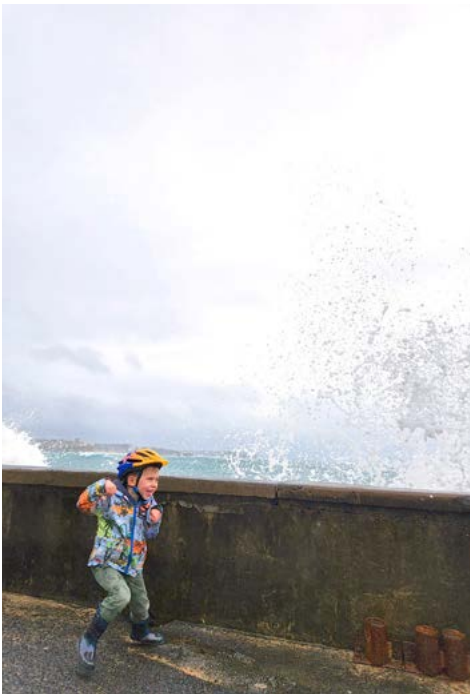
Subject Sons of the East Queens Birthday Launch
Location The Steyne Hotel



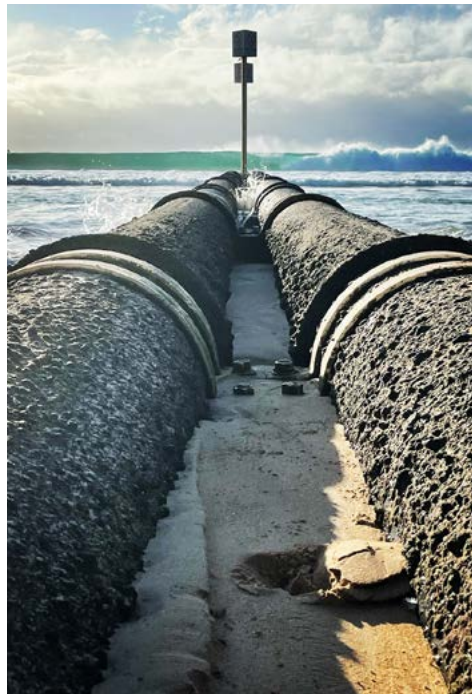
Subject Duan & Only, Queens Birthday
Location The Steyne Hotel



Subject Corellas in the traffic lights at Manly Wharf
Photographer Suzanne Lawson



Subject Taking a morning shower
Photographer Danielle Wood



Subject Manly Pipeline
Photographer Louis Tassone



Subject Superstar at Shelly
Photographer Simon Falzon



Subject Groper
Photographer Anne Henshaw



Subject A gargoyle on Sydney Road
Photographer Alan S Pike



Subject Australian pelican at Delwood Beach
Photographer Twitchbirdisthat

My Settlement Journey, stepping into a new world

With the notable exception of our Indigenous people, we've all come here from somewhere else, or are the offspring of people who did, and who shared a hope of finding a better life. Despite this journey being so interwoven into the Australian story it's easy to forget just how challenging settling into a new country, especially with no English and no family, must be.

Learning about **My Settlement Journey**, I was struck by the passion, enthusiasm and persistence of the masterminds behind this project - Sandra Simendic, Manager Multicultural Services at Community Northern Beaches, Julie Howard, President, Spill the Beans, and Simone Slesarenko, TAFE Services Co-ordinator. They had an absolute belief that migrants would be uplifted and inspired by reading stories written by people just like them.

The challenge to get **My Settlement Journey** from idea to reality required similar levels of perseverance and resilience to that displayed by the eight brave people who contributed to it. They came from Colombia, Czech Republic, Germany, Italy, Japan and Tibet, some fleeing persecution, violence and corrupt governments.

The original goal had been to obtain a grant to help fund the project but when the grant application was unsuccessful Sandra, Simone and Julie pressed on undeterred. Sandra and Julie worked their networks to bring the project to potential storyteller's attention. From there Julie, who runs Spill the Beans, a membership based online writing community, ran workshops for the writers and Sandra matched writers to the storytellers.

All this extraordinary work was celebrated at an event on 21 June 2022 where the storytellers and writers were interviewed in pairs by The Tawny Frogmouth's Founder, Liam Carroll, who channelled his inner Graham Norton. His "guests" needed little coaxing as they spoke of the various challenges they faced to start with and how they feel about now. The bond between writer and storyteller was evident and touching.

It's wonderful to know the Australian spirit we see on display in times of strife, such as bushfires and floods, really does exist in day-to-day life. In their stories the expressions most used by the storytellers about Australians



My Settlement Journey e-story launch

included "friendly and relaxed people," "Australians follow the rules and are respectful of each other," "it's calm and peaceful," "felt welcomed - much more than expected" and "people are free to be themselves."

All the storytellers spoke of their feelings of loneliness, frustration and anxiety in the first year or so. The most consistent advice they have for newcomers is to learn to speak English, mix with English speakers, get into sport or a community activity and don't spend too much time with expats because it slows down becoming acculturated.

Reading about their experiences, their successes and the entrepreneurial spirit displayed in the new businesses they've started is truly inspiring. Australia is a luckier country for having Ana, Yuki, Michele, Phunstok, Marketa, Maria, Tenzin and Annika living here.

We're also lucky having people with the skills and commitment of Sandra, Simone and Julie, and the writers, to have brought these stories to the page. I have no doubt more Settlement Journey stories will follow and a grant for this important work will be easier next time.

If the grant had come through the stories would have been produced in a book but thanks to TAFE the stories can be enjoyed by everyone online, just visit shorturl.at/cotIZ or scan the QR Code here:



Words: **Paige Turner**



1. Before the councils amalgamated in 2016 to become the Northern Beaches Council, name the 3 local councils that governed the Northern Beaches?

2. In what decade did the Freshwater Class begin ferrying passengers between Manly and Circular Quay?

3. Which Northern Beaches hotel had a nightclub known as the "Jet Club" in the 90s and early 2000s?

4. What is the name of the competition that both the Manly Marlins & Warringah Rats play in?

5. In which Northern Beaches suburb would you find North Harbour Reserve?

6. A golden duck is when a cricketer gets out first ball, what is it called when a batsman is dismissed without facing a ball?

7. Which animated Disney Film did Jimmy Cricket first appear in?

8. What word is both the name of a UK city and means the main body of a boat?

9. On a QWERTY keyboard, which letter is between X & V?

10. In the Australian Army which rank is designated by 3 Chevrons?

11. Martin Luther King's famous "I have a dream" speech was delivered in which US City? Birmingham, Memphis, or Washington

12. Hamish Blake won the 2022 Gold Logie. Who is the only fictional character to have won a Gold Logie?

13. Starting with A - What is the head of a convent called?

14. The Naval Air Base where Top Gun is set, is 23km north of downtown of which Californian city?

15. Which country's flag is a plain horizontal triband Red, White, Green?

16. Which is a better hand in Poker - A Flush or a Straight?

17. In what decade did Australia's first KFC (Kentucky Fried Chicken at the time) open in Guilford?

18. Until the Euro was introduced, what was the currency of Austria - Krone, Marc, Schilling?

19. What 3 letter word is a female Swan called?

20. Which city in the world would you be at if you were standing at Pennsylvania Station?

Sudoku

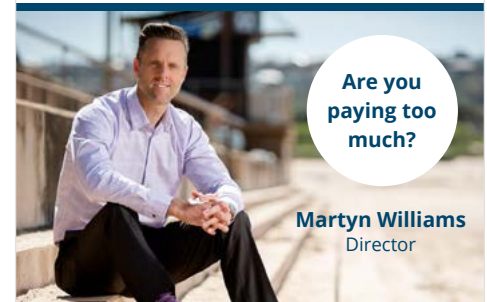
Medium difficulty

		5		2	1	6		
9						1		
		1	7		9			4
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Star Signs

by Krystal Bawl

Leo Jul 23 - Aug 22

You can never have enough of a good thing and you are more than a good thing, you're bordering on perfect.

Virgo Aug 23 - Sep 23

Have you been feeling like the smartest person in the room lately? Yep, thought so. Time to find a new room. Pronto.

Libra Sep 24 - Oct 23

Move a little closer to that certain someone. Their patience is fading so hop to it, timing is everything.

Scorpio Oct 24 - Nov 22

Multi-tasking is in your nature but just because you can doesn't mean you should. Try doing one thing at a time.

Sagittarius Nov 23 - Dec 21

With so many glum bums around, your glass half full outlook is an endearing quality. Cheers to you. Bottoms up!

Capricorn Dec 22 - Jan 20

Long time since you wrote in your gratitude journal? Perhaps start a what pisses me off journal instead.

Aquarius Jan 21 - Feb 19

What goes up, must come down. Turn that into your daily chant to reduce your mortgage rate stress levels.

Pisces Feb 20 - Mar 20

Glamour and perfect grooming is your schtick. Props to keeping it up through extreme rain events and gale force winds.

Aries Mar 21 - Apr 19

You were oozing calm last month but now your astro-tensions are off the Richter scale. What happened?

Taurus Apr 20 - May 21

Cosmological currents are circling your horizon. Use them to your advantage. It's your superpower afterall.

Gemini May 22 - Jun 21

They scoffed at your cash is king investment strategy. Who's laughing now? Stay schtum to keep your friends.

Cancer Jun 22 - Jul 22

No need to learn to walk before you can run. You're running full bolt into your next big success.

20. New York
17. 1960's (1968) 18. Schilling 19. Pen
13. Abbeas 14. San Diego 15. Hungary
10. Sergeant 11. Washington 12. Norman
6. Diamond Duck 7. Pinochio 8. Hull 9. C
3. Dee Vhry Hotel 4. The Shute Shield 5. Balgowich
1. Manly, Warrighah, Pitwvater 2. 1980's

Trivia Answers

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

Sudoku Solution

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

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

Dear Australia,

We love you. We really do.

We've been together for 36 years and counting and it's been good. In fact, better than good, it's been beautiful.

Like all healthy, happy relationships, we may have changed, evolved and grown wiser together. The world around us, that's changed too. But our heart, and what it represents, beats as truly as it ever did, because it's our values you fell in love with.

Our empathy. Our authenticity. Our love of humanity's potential. Our relentlessly positive vision for a better future.

And while the world can feel a little uncertain right now, we've never felt more certain about investing in something meaningful with you. We're in it for the long-term.

So, what do you say?

Want to hold hands as we face into this wild future, safe in the knowledge that our heart is really in it?

We'd love it if you said yes.



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