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16 SEP	JOSH PYKE WITH EMMA DONOVAN AND THE PUTBACKS	2 OCT	80's SYMPHONICA FEATURING TIM CAMPBELL AND BONNIE ANDERSON
17 SEP	SOMETHING FOR KATE	6 OCT	WINSTON SURFSHIRT
18 SEP	DAVID HOBSON & LUCY DURACK	7 OCT	JAMES MORRISON'S MOTOWN EXPERIENCE
23 SEP	ARC PLAY's THE BEATLES 'LET IT BE'	8 OCT	JAMES MORRISON AND HIS BIG BAND FEATURING EMMA PASK
24 SEP	SYDNEY DANCE COMPANY	9 OCT	TIM FINN



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G'day Beaches

Welcome to September and to Issue 20 of the Tawny Frogmouth, marking 1 million mags since pressing print in December 2020!

Joshua Copland-Nielsen kicks us off with his stellar cover art capturing the iconic pad that keeps close watch over Dee Why's Pacific Parade roundabout. Congratulations to Victoria Sweetman O'Halloran, becoming Manly Lifesaving Club's first female President in the club's 111-year manly history.

Night at the Barracks postponed it's original February schedule thanks to Delta running wild, but Australia's biggest names in music, theatre, ballet, dance, rock, opera and jazz are set to captivate audiences from 9 September, ensuring North Head is very much alive with the sound of music. And Man of Steel, Fairlight's Dr Gareth Andrews, is busily preparing for his summer holiday, embarking on a leisurely, never-before-attempted, 110 day, 2,600km journey from coast to coast across Antarctica. Godspeed sir!

Finally, Happy Father's Day to all you Beaches Super Dads!

Liam



The Tawny Frogmouth

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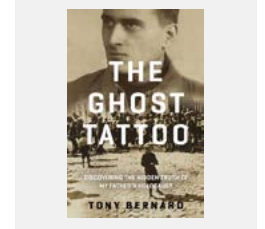


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Dr Alan Harley and Manly's oldest, most famous, little red door

Peninsula Wash Up

160 year Anniversary Service Market Lane's church with the little red door, **Manly Congregational Church**, celebrates 160 years of service to Manly and surrounds this September. The oldest church in Manly, nestled under ancient trees, built in 1862 in the Gothic Revival style, replete with its grand 115-year-old organ which was extensively restored in 2017, invites you to their Anniversary Service on 18 September at 10:30am. Dr Alan Harley, MCC's permanent part-time pastor, will conduct the service. Linda Foulsham will lead the Willoughby Choir, accompanied by Peter Taurian on the organ. Morning tea will be served after the service. Email manlycc@outlook.com for enquiries

Save Koalas and your home September is **Save The Koala Month** and once again **Koalafied Plumbing & Gas** are raising funds for the **Australian Koala Foundation** to help save and protect our beloved furry friends. \$25 from each job carried out

throughout September will be donated to the Australian Koala Foundation. Damp backyard? Wet under the house? This can cause major damage to your valuable home. Koalafied's know-how will get your home's stormwater back fighting fit, and if you book in a stormwater flush, Koalafied will double up and donate \$50 from every jet service! Now that's Koala-ty. Let's see how much money we can raise! Contact Koalafied Plumbing & Gas on **0434 614 760** or visit koalafiedplumbing.com

A drink, supper, and two superb films The Australian Conservation Foundation (ACF) Northern Beaches Community Group and the Society for Responsible Design are excited to invite Tawny Frogmouth readers for a drink, supper and a free screening of two short documentaries which explore Australia's potential if we transition to a fairer, cleaner, more community-focused economy. Taking place

on Thursday 1 September at Narrabeen's Tramshed Arts & Community Centre, the first documentary is **Regenerating Australia**, made by award-winning filmmaker Damon Gameau (2040, That Sugar Film). This is a story of empowerment, solutions, and regeneration for the country's future. The second documentary, **A Fistful of Rubbish**, is set in Europe's only desert – Spain's Tabernas Desert – an area known for being the backdrop of many famous Western films, it is sadly being trashed. This film follows a group of locals and an English expat in their quest to clean it up. RSVP is essential at acf.org.au/film_screening

Fire up, protect you and your loved ones To reduce the number of fire fatalities across the state, **Fire and Rescue NSW (FRNSW)** is encouraging residents to book a fire safety visit to help protect them and their loved ones. FRNSW Deputy Commissioner Jeremy Fewtrell said that approximately 20 people die in NSW each year from fires that could have been prevented. "Sadly, almost all of these fatalities occur in people's homes," he said. "Each death is a tragic loss for families, friends and the wider community. Additionally, for each fire fatality, there are also hundreds more people who survive a fire but suffer life-changing health consequences." Firefighters are committed to reducing the risk of such fires and to protecting the irreplaceable. To book a Safety Visit, head to: www.fire.nsw.gov.au/visits or simply call your local fire station.

Words: **Liam Carroll**

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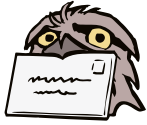


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Letters to The Tawny Frogmouth

Two simple requests

When not arriving monthly in my letterbox, I once saw a tawny frogmouth sitting in a tree, looking like a bit of a branch with no leaves. It scared 5 years out of my life, but I digress. What I request of your impeccable publication is quite simple, an all-out campaign to do two things: 1. Eradicate all the bush turkeys that are destroying the environment (as they are now in plague proportions).

2. Find a way to create only one ID that all the Feds and States and Banks and whosoever else share in common so we do not waste time proving who we are all the time to websites and low-level bureaucrats each and every day of the week!

I had a Number given to me when I did the NSW Leaving Certificate. I had a variation on that Number when I went to Kensington Tech (University of NSW). I had a Number that I got when I was put in the Army as they needed to kill Vietnamese. I had a Number that I was given when I was a Government Employee. At least that number is still used for my Superannuation. More recently, I am getting a new Passport. I previously had 4 or more passports each with different numbers, so the new one will have a different number, I am sure. I also recently had to apply for a Director ID which is 15 characters long and they say that that will not change. Whoever they are.

I suppose I shouldn't whinge; I have a certain Number that has served me (and the ATO!) well for over 60 years which, praise the political overlords, also does not change. My Good Old Tax File Number. Wouldn't it be easier to get a Number tattooed on our arse when we are born, so we do not have to have all these Numbers? All the "IN People" seem to have tattoos. I think they are weird, but if these tender souls are up for some even tenderer self-brutalisation, why not get their off-spring tattooed up early too? Win, win. Most lads aren't circumcised anymore anyhow, so it seems only fitting to inflict some sort of equal parts precise and painful, life-lasting procedure on our newest residents. I certainly can't imagine my crotch without my helmet. I'm sure future generations will find a similar affinity for their individually numbered arse tats. Finally, there are all the Passwords we have to have, to do the WWW and all such sundry as there are no people left to talk to and if you're not on the line you may as well be off the reservation. So, might as well apply similar One-Password-For-All principles to this cloud-based fiasco. I guess there are actually three perhaps four requests contained within my effusive ramblings above, but I beg of you, dear Frogman, please help.

Graham Carmichael

EV Reality

Dear Sir, with respect, Wes Taylor (letters August) tells only half the story of the prohibitive cost of renewable power and electric vehicle manufacture. Having enjoyed the fun of driving an all-electric vehicle for over five years, reality required that I sold the EV and bought a reliable diesel car. In August 2020 I left Bathurst with a full battery, barely got to Gundagai to charge, made it to Wodonga for a funeral and a recharge, back to Gundagai for another top up then had to recharge again at Goulburn allowing me to reach Sydney with about 100 km range left in the battery. 1100-kilometre trip with nearly FOUR HOURS sitting on superchargers. To build sufficient charging capacity all round our vast distances would require massive new heavy transmission lines at huge financial cost. Range anxiety aside, I mostly drove Sydney suburbs or point to point in the country. I really enjoyed the thrill of driving my "coal powered" EV

Clive Powell, Collaroy

Denying the undeniable

I imagine Carlo Bongarzoni (Re: Aug'22) uses a car, electric lights and a mobile phone, flies in a plane and visits the doctor for medical treatment. In which case, if he utilises any of those things, he is trusting in and without question accepting the science, physics and chemistry behind them. In that case, why does he single out the scientists and physicists who study climate change as being outliers and not to be trusted? Mr Bongarzoni accuses those who accept the science behind climate change as being 'alarmists' and having 'closed



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minds.' But there is unequivocal scientific evidence for the warming of the climate system and that human activity is the main cause. The scientists that demonstrate that are the same people that have devised your medical treatment and invented your phone. It is scientifically undeniable that human activities since the mid-1800s have produced most of the atmospheric gases that have trapped the sun's energy into the earth's system resulting in the warming of the oceans and the land and causing extreme weather events. Mr Bongarzone takes aim at the IPCC and states that 'almost none of their predictions have provenly occurred'. This is clearly incorrect as evidenced by weather extremes around the world, such as record-breaking floods, fires and drought. In fact the IPCC's reports have been described as being conservative in their estimates. Weather predictions and climate predictions are different. Weather is harder to predict into the future while climate predictions predict better several decades into the future, and it's the long-term changes we need to plan for. If some people don't accept what NASA says in regards to the evidence of climate change then they shouldn't accept the science behind boiling their kettles for their morning cuppas.

And of course plastic pollution needs to be eliminated, but dealing with that and dealing with the effects of climate change are not mutually exclusive. Personally I prefer to err on the side of protecting the climate and environment for our children and their children and so on into the future. They matter.

J Hungerford, N. Curl Curl

Pamphlet independence

I just received a pamphlet from our local NSW State LNP member of parliament for Manly, James Griffin. Funnily enough it doesn't have any Liberal Party or coalition branding on it, anywhere? Are you ashamed of your party James? If you feel that way, then why not run as an independent? I would prefer an independent, because then we might be able to stop developers from bulldozing our precious native bushland in the Oxford Falls / Lizard Rock area. The state NSW LNP appears to be held by the scruff of the neck by developers and more and more forests are being cleared under their governance. If you don't like the party, run as an independent!

Doug, Manly Vale

Letters to Tawny Frog

This is the first time I have read the Letters to the Tawny Frogmouth (Re: July '22) and I was shocked to see several letters which were personally denigrating to actual named individuals. Everyone has a right to their view without being subject to public humiliation and intimidation. Of course, some readers may disagree and as a result I too may be subject to this abuse.

William Prentice, Manly

Nuclear Power

Your correspondent, John Partridge's suggestion that nuclear power is preferable to renewables is puzzling, to say the least. Nuclear advocate, Ziggy Switkowski has said that in Australia 15 years would likely be an underestimate for a commercial reactor to reach normal operation and generate revenues. Nuclear Power is now the most expensive and slowest to build

form of power available; it has proven to be unsafe, toxic to the environment and all animal life. It is now unviable as a commercial proposition and has become uninsurable; nuclear power's day in the sun has passed.

Peter Nash, Fairlight

The price for sacrifice too high for the gain

There was a time when men were sent over the trenches to die in vain to merely gain 100 metres of territory. Now we have a government who risks our entire energy grid, endangering our livelihoods, for a mere 1% reduction in emissions when India, China and Vietnam emit well over 50%. Once again, sacrifices are made in vain, this time on the altar of asininity that is climate change hysteria.

John Partridge, Bal. Heights

Our Harry

At nights I had started dreaming of owning my own dog. When I spoke to my husband he was just as keen as I was. Next. Where to find the right dog for us and our home? Of course, our first and only thought was to adopt a rescue dog. We didn't need a pure breed as we were not interested in showing our dog. All dogs have the same love to give. We just wanted a dog to love and give a safe and happy home. We found our Harry at the local dog rescue centre. As we got to know him, we found it was a match made in the stars. Harry was playful with a bright expressive face which seemed to know what we were saying and even what we were thinking. He loved chasing balls and playing with his toys. He loved affection and gave it back ten-fold. Did we mention that he was blind

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in one eye? Made no difference to him or us. We actually felt our hearts open, and we felt the great love a dog can give. Also knowing we had saved a dog and given a loving, safe forever home is rewarding in itself. We received all this love and joy for an initial investment of \$250 with a water bowl thrown in.

How can you find this experience for you and your family? Monica's Doggie Rescue offers dog adoptions (cats and rabbits too). Get to know your potential new family member by volunteering, meeting, walking or playing with them. Find Monica's monthly E-Magazine at doggierescue.com to view all animals looking for a home. Or ring and chat to the wonderful volunteers on **9483 3133**. Wishing you the joy we have found.

Jane Chatfield, Animal Justice Party member

The Tawny Frogmouth invites the people of the Beaches to send in letters to



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Australia's greatest performers set to light up North Head

Music & Entertainment

Night at the Barracks that's been three years in the making

Pre-Covid, two Beaches blokes, **Brendan Maher** and **Cam Coghlan**, had an epiphany. "We wanted to re-imagine the live event experience at a stunning venue which is a true hidden gem of Sydney," Brendan recalls. "We're both proud locals and we've always had a huge appreciation of North Head. It's a magic place, and was perfect for our vision, capable of staging an event that would showcase to locals and visitors how amazing the Northern Beaches really is."

"We are also passionate about sharing great music," Cam explains. "And this combination, having iconic live outdoor performances within the historic, natural beauty and ecological diversity of The Barracks precinct, no matter what challenges we've had to overcome, we've always trusted that this combination is sure to provide people with a completely unique and memorable experience."

It's important to understand, Brendan and Cam love a challenge, a characteristic integral to the pair forging

remarkable career paths in the always challenging events industry. When you see Nitro Circus doing back flips, launching from flaming indoor mountains of dirt, or witness the glitz, glam, and lightshow extravaganza of the world's most flamboyant stars putting on mind-bending performances, odds are Brendan and Cam have been instrumental in staging the perfectly orchestrated pandemonium.

So, while the fact that even running a concert series at North Head was a concept that no one had ever considered before would likely give others cause for concern, this merely convinced Brendan and Cam furthermore they were on track to creating something incredible. Add to that, no one had ever sought to bring such an extensive line-up of high calibre artists to the Northern Beaches either. Good! More evidence their mission was on song.

The Covid pandemic tried, and temporarily succeeded, to decimate humanity and the events industry, but through-

out the enforced isolation, the pair's focus on ensuring Night at the Barracks was a roaring success never wavered. "This idea actually kept us motivated through the Covid rollercoaster," Cam recalls. "Because we were so excited to be able to bring this to people once the world regained some sense of normality."

That time has come, the world has regained some sense of normality, and Brendan and Cam's dedication to their Night at the Barracks concept is poised for fruition. The delivery of the event will provide employment for in excess of 600 artists, crew and support staff. They've gone to painstaking efforts to ensure North Head's ecosystem is kept pristine, with zero impact to the sanctuary's abundant flora, fauna and wildlife their highest priority. Plus, with transport to and from the Barracks so crucial, be ready to see the Night at the Barracks (\$5 return journey) shuttle buses become part of the landscape throughout the event.

Final preparations are now underway, performers are warming their vocal cords, and stage crews are transforming the historic space into a world-class performance venue. Time for some well-earned reflection. "I guess Cam and I just looked around and saw how lucky we are to live where we do and wanted simply to share it with people," Brendan explains. "This gave us the motivation to put such a huge event on. It's also been really important for us to engage with the community and really make this event one that brings benefits to everybody." Let the show begin.

Words: **Liam Carroll**



Sydney local Josh Pyke will take the stage 16 September

Music & Entertainment

North Head's star-studded line-up

John Foreman, one of Australia's most gifted musicians, will appear not once, but twice at **Night at The Barracks**. He is part of both **80's Symphonica** and **Symphony Under the Stars**, with his **Aussie Pops Orchestra**.

"Manly is one of the world's great places, and I can't wait to perform under the stars at The Barracks Precinct. It's such a stunning, brilliant location." John continues, "Outdoor concerts can be magical, breathtaking events, and very memorable for performers and audiences alike. There's nothing quite like the thrill of sitting under the great open sky and listening to live music."

The Aussie Pops Orchestra's 80's Symphonica will be a fantastic party concert, starring the incomparable and brilliantly entertaining **Tim Campbell**, with the magnificent and insanely talented **Bonnie Anderson**, singing everyone's favourite 80's classics - with an orchestra! Then, for Symphony Under the Stars, you're invited to gaze up at the stars as you

listen to the sublime voices of tenor **Lorenzo Rositano** and soprano **Clarissa Spata** as they bring some of the world's most glorious classical music to life at one of planet earth's most captivating locations.

Darren Middleton, the much-loved figure in the Australian music scene through his role in legendary rock band Powderfinger, his solo work, and now with Australian Rock Collective (ARC) - a group in partnership with **Mark Wilson** (Jet), **Davey Lane** (You Am I) and **Kram** (Spiderbait) - will perform **The Beatles' 'Let It Be'** in its entirety, marking its 50th anniversary.

Looking forward to the prospect of playing under the Great Southern Sky in such an exquisite location, he says, "It will undoubtedly rub off on us and the show. The environment you perform in always plays into a show, sonically and 'vibe' wise. Playing under the stars at the headland, it's going to be incredible. We haven't had the chance to perform this album outdoors, so we are very excited about this

show and how it translates in the outdoor arena."

Sydneysider **Josh Pyke** is equally enthusiastic about playing at North Head. "It's great fun playing home shows! It means my family gets to come along and waking up in your own bed is always nice too!" With the uniqueness of the venue in mind, Josh continues, "I'm so keen to play at this amazing venue. I grew up surfing at Manly and Freshwater and have spent time bushwalking at North Head. The Barracks themselves, it's a stunning space, and I think it's important that communities use spaces like these for different types of events, so I'm really excited to be a part of the series."

With the location in mind, Josh has tailored his performance to suit perfectly, "At these sort of festival shows I always like to play stuff from across my whole catalogue. I like the crowd to get involved and sing along, and on my recent tour I was so happy to see that people were singing along to the new songs as well as the old favourites." Josh will be playing with his full band, which is always exceptional. "So, it'll be more of a loud rock n' roll show than some people may expect." It's going to be awesome!

Night at the Barracks concert series launches Friday 9 Sep with **Jessica Mauboy's** anthology show and runs for 16 enthralling performances featuring Australia's biggest names in pop, indie, musical theatre, dance, rock, opera and jazz through to the **Tim Finn** finale on Sunday 9 Oct. Book tickets here: nightatthebarracks.com.au

Words: **Liam Carroll**



James introduces our talented young speakers to the Macquarie St Bear Pit

James Griffin Update

13th Bear Pit Speaking Competition huge success

Twelve Primary Schools from across the Manly electorate were represented in this year's hugely successful final of the Bear Pit Public Speaking Competition at the Parliament of New South Wales.

The competition, which derives its 'Bear Pit' name from the often loud and raucous NSW Parliament, includes class, year, and school level competitions to develop the public speaking skills of students across our Manly electorate.

The students are seated on the Government benches and speak from the floor of the Parliament, in the same way as the Premier or a Minister does during a session of Parliament.

The competition, first held in 2009 as the brainchild of

former Balgowlah North Primary School Principal Vicki Treble and former Member for Manly, Mike Baird, provides an exciting way to encourage confidence in our young students.

After a two year-hiatus due to COVID-19, it was great to once again host the best public speakers from our local primary schools. The quality of speeches from the 24 participants was outstanding and I congratulate all students on their efforts.

I especially congratulate winners Aliyah Gannon and Ella Barnett from Manly West Public School, and runners-up Matisse Moreau from St Mary's Catholic School and Sophie Mooring from Balgowlah Heights Public School.

This year's winners and

runners-up were decided by a decorated panel of adjudicators comprising Pauline Gilchrist, Speechcraft Chair of the District 70 & 90 Toastmasters, Diana Iles, founder and former director of the Sydney University Centre for English Teaching, Margaret Lewis, former primary school Principal and Education Standards Inspector, and Charlotte Rimmer, President of the Manly Business Chamber and Manly Local Woman of the Year.

After thirteen years, the continuing success of the Bear Pit competition is a true testament to the hard work of all involved including students, parents, our volunteer adjudicators, and of course our dedicated teachers.

I cannot even begin to share how proud I am of all our students. Three of the four placegetters came from public schools.

Recently, the NSW Government announced new initiatives to help our teachers do what they do best – teach. They include introducing hundreds of new roles in administration, leadership and support to lighten teacher workloads. The new administration roles will work with teachers to undertake tasks that currently take up too much of our teachers' precious time such as data entry, paperwork or coordinating events and excursions.

As I continue to fight in the 'Bear Pit' for our electorate of Manly, I also look forward to next year when once again the best of our young students pit their debating skills on the floor of our Parliament.

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



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The Last Great First

The last few weeks before taking on Antarctica

In just a month, Richard Stephenson and I will head off to Antarctica and ski 2600km, over approximately 110 days, from one side of the continent to the other. This goal was first floated almost a decade ago in the Magnetic North Pole, our first expedition together. But now the countdown is on. It feels very real and close and comes with mixed emotions: excitement to get out there; determination to see how far we can push our bodies and mental strength; pride to represent the crucial crew behind us; purpose to fulfill our climate science goals; and also, some sadness as we leave our families behind.

The last month before setting off will be busy, yet it's time where we must also conserve our energy. Richard and I are both doctors so we will finish up at work and continue to finetune our expedition. This mission has been attempted by others multiple times, so we have a lot to learn from in terms of what caused past expeditions to fail. For instance, managing unpredictable weather, preserving food and fuel supplies, and spotting illness and injuries in each other. We'll work with our support crew and sponsors to meet their own goals and make any last tweaks.

From the outset, we knew our mission, travelling across this so-far largely untouched land for a full summer season, could have a bigger impact on the world. Information about Antarctica is often sporadic and collated on the continent's outskirts. While the technology on the ground, the satellites in the sky and the scientists working from stations have built a comprehensive picture of the continent, we hope to add another element to this great work.

Working with Scientists from the Australian Antarctic Program in partnership with the Antarctic Science Foundation, we have essentially turned our sleds into mobile weather stations. Being mindful that weight is of the essence (we are already starting out pulling 200 kilos cumulatively of equipment), it's a balance between gathering meaningful data and specimens, without adding too much pressure to our sleds.

Each day, we'll collect a range of data that will project to the LandSat 8 satellite and then



Gareth and Andrew, poised to take on the Antarctic

be calibrated into insights for the Australian Antarctic Program, as well as climate scientists the world over. Information we'll gather includes air temperature and barometric pressure, cloud characteristics and patterns, ice surface properties, solar radiation, moisture content and wind speeds.

An almost unbelievable focus will be us complementing and elevating the Million Year Ice Core project. At its very simplest, teams of scientists and experts will spend many years drilling into the ice core to a point where the ice exceeds one million years old, accessing trapped air bubbles from this time. Where we come in is we too will be collecting ice samples – about a gram a day. Scientists will gain a direct comparison of changes in Antarctica from a million years ago to today. These real glimpses of time will help scientists understand changes in climate and greenhouse gas concentrations from these periods.

Finally, the most important job of all for the month ahead is spending time with our families, creating weekly Antarctica activity packs for our kids, and recording their favourite bedtime stories so we'll never be too far away, no matter how challenging the transantarctic expedition of a lifetime might be.

To become part of this world first please follow @thelastgreatfirst on social media, and donate to the mission at www.thelastgreatfirst.com.au

Words: **Gareth Andrews & Jane Foley**

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BUCKETTY'S IPA

5.8% ABV

A staff favourite with a delightful blend of malty sweetness, aroma and bitterness.



VIENNA LAGER

4.5% ABV

A collaboration brew with our World Beer Cup Winning mates. Tastes like victory.



IRISH RED ALE

5% ABV

Like an old Irish pub, warm, welcoming, nostalgic but ready to party.



COFFEE MILK STOUT

6% ABV

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



NZ IPA

6% ABV

Packed with NZ hops and a lovely long white cloud haze.



WEST COAST IPA No2

6% ABV

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



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's* STATE OF MIND

Sport

After 111 Years, Manly LSC Elect Female President

In 1902, after a campaign by the Editor of the North Sydney and Manly News, bathing was allowed in daylight hours at Manly Beach. A year later, the Manly Surf and Lifesaving Club was formed by fishermen from Shelley Beach and Fairy Bower who modified 35-foot boats to rescue distressed swimmers. In 1911, a schism, and the club split into the Manly Lifesaving Club and Manly Surf Club.

Both exist today. And in 2022, Sunday, 24 July, Manly LSC announced that they had elected a woman as President for the first time in the club's 111 years. **Victoria Sweetman O'Halloran** is that woman. "I feel equal parts privileged, excited, delighted and slightly terrified," Victoria says. "I have big shoes [of outgoing President **Chris Bell**] to fill and there's a lot ahead for the club, particularly as we navigate the redevelopment that we're hoping for. We're also trying to rebuild our membership base and move ahead post Covid-19."

Asked why it had taken so long for a woman to preside over the South Steyne institution – even to be nominated – Sweetman O'Halloran said: "There are lots of reasons. Women have only been involved in Surf Lifesaving for forty years. So for 70 of those [111] years we weren't even at the table. And yes, it's taken time. There's no stepping away from it – I think it should have most definitely happened sooner. But Manly is an organisation where credibility is very important. And longevity as well, so I think that's a part of why it's taken a bit longer for women to come through," she said.

It's hard to imagine anyone more qualified than Sweetman O'Halloran to preside over the iconic Manly club. She's a third generation surf lifesaver who did her Bronze medallion in 1988. Her daughter, **Zara**, makes a fourth generation with surf lifesaving skills. She's a patrol captain. She's a surf lifesaving Trainer and Assessor. She's competed for the club in the past and today competes with the Manly Masters. She's been the Club's honorary secretary for the past three years. She's been a member of Manly LSC for 20 years and was awarded the Surf Life Saving Australia 30 Year Long Service Award last November. Away from the club she's a corporate lawyer with executive-level management experience.

Sweetman O'Halloran said that she loves getting down to the club in the mornings and



MLSC President, Victoria Sweetman O'Halloran

having a swim before work, though joked with the inclement weather her "gills have closed up". In the evenings she likes to train new people who want to join Manly as lifesavers. She said everyone is welcome at the club, and she has plans to retain teenagers, as well as big plans from a clean slate. Priority one: the clubhouse.

"Securing state government funding for the redevelopment of the club is a real priority. The Northern Beaches Council have been excellent in supporting us in terms of trying to get this project off the ground. And it's going to be a real focus in terms of developing a club that reflects our status in the community and the needs of our volunteer members.

"The poor place, if you've been in there lately, it's just falling apart. It's pretty decrepit, the women's change rooms particularly. It needs more than love and attention – it needs a complete real rebuild. And that's what we're hoping to achieve."

It won't take 111 years, we're thinking.

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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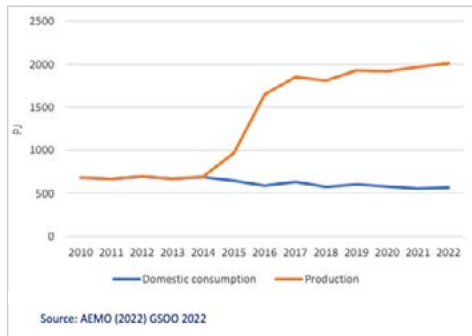


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Production soaring, consumption flat. Why are we paying more for our gas?

The Reverse Bradbury

Your electricity bill and the ACCC's gas report

Australian ice skater Stephen Bradbury won the speed skating gold medal at the Salt Lake City Winter Olympics when his rivals fell just before the finishing line. So it was that the ACCC did a Reverse Bradbury and fell at the finishing line, letting the four gouging champions of Australia's gas cartel through for a knife-edge victory.

It's simple. Power bills are doubling because the price of gas has shot up by a factor of 11 over the last eight years, and gas determines the price of electricity in Australia. When the ACCC handed down its much-awaited Interim Gas Report they almost said it, the C-word that is, C for Cartel, they were *that* close, but in the end they fluffed it, recommending we should drill for more gas to ease the supply crisis – a fake crisis created by the cartel to drive up prices – rather than hammer the Big Four gas producers for market rigging.

Australia has plenty of gas. We are the world's biggest exporter, but Exxon/BHP, Santos, Origin and Shell and their lobbyists from APPEA (The Australian Petroleum Production & Exploration Association) run the line that there is a shortage, so we need to produce more gas. New ACCC boss Gina Cass-Gottlieb identified "high market concentration". She found the cartel had been profiteering by selling Australian gas into foreign spot markets at the expense of households on the East Coast of Australia. She also identified cosy "joint marketing arrangements" which is regulatory vernacular for collusion.

We've been saying it for years. Independent experts have been saying it for years. And finally, the ACCC almost said it. The gas cartel has conspired to profiteer from every man, woman, and child in Australia by forcing up energy prices to make a profit for their foreign shareholders.

"The ACCC's report raises concerns about the high level of market concentration, noting that LNG exporters and associates had influence over almost 90 per cent of the proven and probable reserves in the east coast in 2021 through direct interests, joint ventures, and exclusivity arrangements. Increasingly, LNG exporters have diverted most of their excess gas to overseas spot markets, with as much as 70 per cent of the excess volume going overseas in recent years," Cass-Gottlieb said. Flogging it to overseas buyers on spot markets to profiteer at the expense of Australian households. Bear in mind we own the gas.

The report also highlights concerns that some LNG exporters are not engaging with the domestic market in the spirit of a Heads of Agreement signed in early 2021, which commits LNG exporters to "offer uncontracted gas to the domestic market first on internationally competitive market terms before it is exported." *Not in the spirit* is regulatory euphemism for cheating.

"The LNG exporters influence supply through numerous joint ventures and exclusivity agreements. With the high degree of concentration in this part of the market, we have observed that joint ventures, joint marketing, and exclusivity arrangements are contributing to the lack of effective upstream competition in the east coast," Cass-Gottlieb said. *Joint marketing arrangements* is French for collusion.

Nonetheless, ACCC's answer – the Reverse Bradbury that is – is to drill for more gas so the cartel has more to export before the fossil fuel economy peters out. The truth is that supply has exploded, demand remains flat, and paradoxically prices have exploded with the rise in supply. That is when you know something is up. From 2014 when the LNG terminals were up and running and the cartel was turning gas into LNG for export, Australians have been paying export prices. Ripped off, cheated out of our own gas, Reverse Bradbury'd completely.

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



Facial recognition technology violates human rights

Australia's creeping surveillance state

Big Brother is on the march

Last year, 7-Eleven in Australia collected the facial prints of 1.6 million customers without their knowledge or consent. The company was not fined. And now the Office of the Australian Information Commissioner (OAIC) is investigating Bunnings and Kmart over facial recognition.

Facial recognition technology violates fundamental human rights such as the right to privacy and self-determination. And if you still don't care about your privacy, you should care about the collective harm that such practices inflict on freedom of expression, peaceful assembly, civil liberties, and democracy in general.

The state of facial recognition in Australia should concern all of us, protective laws are overdue. It is not regulated. This leaves the door wide open for abuse from the government and the private sector. Whatever laws are in the making, they will not be enforced retrospectively. Much damage is done already and there is a race to collect as many facial prints (and other forms of biometric data) before any bill is passed.

Australia stands out as the only democracy that uses facial recognition technology to enforce COVID-19 restrictions. History shows that the expansion of state powers at the time of crisis is dangerous, as those powers are difficult to roll back later. European citizens who lived under the all-knowing state are vocally opposed to the use of facial recognition. Australians, with no recent memory of

the same historical oppressions, comply with no question asked.

Private biometric data collection companies provide a workaround to law enforcement to access facial prints en masse without a warrant, reasonable grounds, or judicial review. PatronScan, and other private facial recognition technologies used in Australia, have partnerships with law enforcement. As they collect customers' facial prints, they share it all with the police. Home Affairs has a database of facial prints that have been in the making since 2016. This database is not governed by any law.

It is shared with third parties. "Second use" of data means that the data collected is used for different purposes or by third parties. The purported use might sound innocent, such as venues saying they are protecting customers and preventing minors from drinking. But when this data is used for deep facial analytics, combined with other data to create accurate profiles about our habits for further targeting. And your data is currently shared with non-Australian companies, including companies in Russia and China.

With facial recognition becoming increasingly sophisticated, it will soon be possible to monitor an entire population with minimal effort, discouraging people from participating in political protests and social movements. The Chinese government is using facial recognition empowered by AI to identify and classify any person who steps out in public. Such technology combines the whole history and activities of that person and can predict any political dissent before it happens.

China is investing heavily in AI, calling it the future, and exporting this technology to other totalitarian regimes. Soon China will have total control over a nation of a billion people. If you have watched the movie *Minority Report*, we are not far from making that dystopian future a reality.

It is a high security risk and makes you open to identity theft and fraud: You can change your password, but you can't change your face (unless you're Tom Cruise). Once stolen or lost, cyber criminals can use facial print to commit identity theft and associated fraud. In short, facial recognition is the first step towards authoritarian systems. We should all be afraid.

Words: **Manal al-Sharif**, Michael West Media

IMAGE: OLYMPICS.COM

IMAGE: @KALEAJERIELLE (UNSPLASH)





Daniela Macaulay, gestalt psychotherapist and counsellor

Health

Find your way to thrive

Therapy is not only a place of healing, it can be an exciting journey of self-discovery and personal growth.

Have you ever found yourself stuck or feeling like life itself is overwhelming? Did you think about seeking help, but felt like you should manage on your own, things were not bad enough or it was too daunting? Life is full of challenges, obstacles, losses and uncertainty. The post-pandemic world has become increasingly complex and navigating it can be confusing and stressful. Gestalt therapy is a powerful tool to support you in finding your own way to thrive, not just to manage when times are tough. Here are some reasons why this holistic, integrative and relational approach to psychotherapy can benefit a wide range of people.

Gestalt therapy holds the belief that people already have the resources to lead a meaningful life, but sometimes this is prevented by getting stuck in unhelpful patterns. These patterns are ways of relating to others and our

environment that often served us well in the past, but may now be a source of frustration, dissatisfaction with life, relationship issues and illness. This inevitably makes its way into the therapy room, which is like a microcosm of the outside world. Gestalt therapists help their clients shine light onto the ways in which they interact with the world.

We all come with complex and unique stories and there are many ways to explore how our experiences impacted us. Gestalt therapists focus a lot of their attention on what happens in the present moment while clients tell their stories. Emotions linked to what is being shared come up to the surface and can be processed in real time with the support of the therapist. Feeling seen, heard and accepted in what had previously been lonely and isolating experiences brings healing and growth.

Humans are hard-wired

for connection and we heal in a relationship. What occurs between the client and their therapist in sessions usually reflects something the client struggles with in their life. For example, someone who feels undeserving of love and acceptance will have a lot of trouble receiving positive comments or acknowledgment from their therapist. They might minimise it or divert the conversation. This is an opportunity to gently unpack these fixed dynamics in the safety of the therapeutic relationship, which allows the client to gain awareness of the roles they play in their own life.

Gestalt therapists place aside their assumptions and recognise the uniqueness of every individual client. The focus of gestalt therapy is on integrating what makes people their whole self and supporting them in finding their own way towards wellbeing. This is often done in a playful and creative way. Therapy does not need to be scary and everyone can benefit from it. Whether you simply want to get to know yourself better or you are in pain and need support working through it, you can gain a lot from reaching out. By seeking help, we're not admitting to being somewhat broken. Recognising when we need support, is a sign of self-awareness and courage. Therapy is not only a place of healing - it can be an exciting journey of self-discovery and personal growth.

Words: **Daniela MacAulay**, founder of **Inward Found**
Daniela is a gestalt psychotherapist and counsellor offering support with a wide range of issues.
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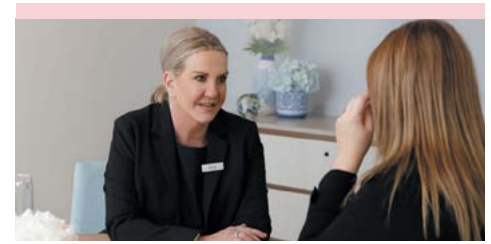
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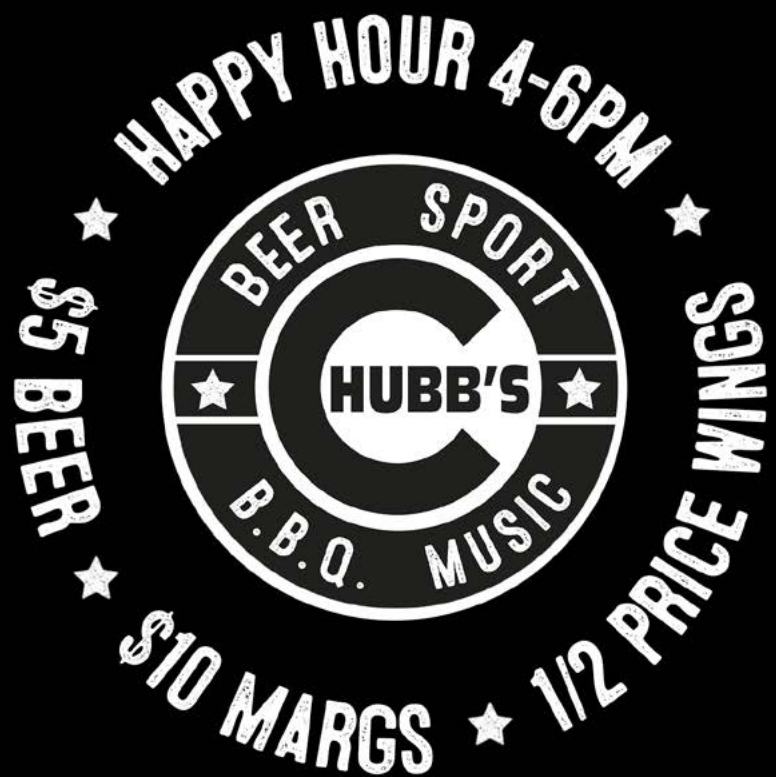
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The timeless style of Joshua Copland-Nielsen

Cover Artist

Joshua Copland-Nielsen

Describe one of your fondest memories of life on the Beaches? Eating pancakes down at Dee Why Beach with my Mum and Dad.

What inspired your Tawny cover? The disappearance of post-war homes on the Northern Beaches has led me to archiving such homes in the format of printmaking. This Dee Why home on the September cover being an eye-catcher and probably my favourite home on the Beaches was a no brainer. I've done works of it over the years, but they've never seen the light of day, so I felt it best to create an updated and further detailed work of it. Furthermore, unfortunately and ironically, it looks set for demolition very soon with a block of units to go up in its place. I'm very glad it's saved forever in Tawny Frogmouth print!

What inspires your work in general? I'd say conversation is my biggest inspiration. Talking to others about process and epistemologies around art theory. Otherwise, a simple walk in the suburbs to absorb the landscape and

homes that sit among it, whether that be around the Northern Beaches, or rural parts of NSW or Victoria.

How would you describe your art? My art deliberates upon the appreciation for an era of homes from around 1945 to the late 1970s. I hope that these works remind people of a style of design that is fast eradicating from our landscape. My prints depict the facade of these homes but never an owner or bodily form in order to suggest the home being an indexical mark of a person. That is, these homes in their own right are a portraiture and suggestion of ongoing and previous lived experiences.

What is your favourite part of the artistic process? I'd have to say walking in suburbia taking photos of these hidden gems scattered about the land. In terms of print-making, my favourite part is probably the blocking out process of etching which is how I get a tonal variance in the image.

Which artists, or other inspiring people, (dead or

alive) would you most like to have dinner with and why?

Whilst it may come across as quite an obvious one, I'd love to have dinner with Howard Arkley for his ability to comprehend suburbia and what it represents for the Australian landscape. His quirks, language and understanding of the fetish for finish as well as direction, line, shape, and colour of a post-war home matches my obsession with the Australian suburban home.

What else are you working on? I'm continuing to work on an array of lino-prints and etchings of post-war homes I've taken photos of. However, I'm also currently working on some new video works displayed on 1970s CRT TVs, as well as working towards the realm of some sculptural stuff.

What's your favourite thing about what you do? For me it is the conversation that is created around my work, the links people of all ages make to their childhood or life at a younger age. My subject matter of Suburban Australia seems to appeal to many. Regarding process, I'd have to say I just love sitting in my studio and working away for hours and hours on a work listening to music, mostly moody and calming instrumental tunes.

How can people buy and support your work? I have my website joshcoppo.com and an Instagram account [@j.coppo](https://www.instagram.com/j.coppo) where you can view my works, and get in touch with me to buy work or even just have a chat! I love a good conversation on my subject matter at hand. Keep your eyes peeled as I'll be exhibiting a solo exhibition in the next year or so.

Interview: **Liam Carroll**

IMAGE: ANNABELLE MCEWEN

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Close encounters of the eel kind

Mal's Wild Side

Beguiled by Eels

There's far more to these amazing fish than meets the eye.

I first met eels face to face on a holiday to New Zealand. The locals make a sneaky dollar by encouraging tourists to feed these slippery customers. They actually sell you mince at inflated prices to enable you to do it! That's how I ended up, by the side of a murky creek, confronted by lots of gaping jaws, inscrutable cloudy eyes and writhing muscly bodies.

In trepidation I meekly held out the meaty mush on the end of a paddle pop stick and the relationship bloomed. I didn't actually know then that adult eels will eat snakes, birds, fish and native water rats - making them the top predator in freshwater ecosystems. But they turned out to be tame enough to pat on the head and were really quite intriguing company. Ever since, I've always steered away from the pickled eel option at a Sushi Train.

These fascinating creatures, once so common, are now in critical decline around

the world due to habitat destruction and overfishing. Shocking when you think that they've been around in various forms for over 100 million years. There are an estimated 820 species of eel around the world. Some grow up to 4 metres others just 4cm.

Eels are known as Burra in the Western Sydney Dharug language, and they appear in many creation stories because of their resilience. Parramatta (derived from the local Burramattagal clan name) means the "place where the eels lie". They are also thought to have had totemic significance in our own area. We are blessed with two types of freshwater eel on the Northern Beaches - long finned and short finned species - and to breed they make one of the most epic journeys of any fish.

Scientists recently attached satellite tags to a number of eels and tracked them over months as they made their way to spawn in the mysterious

depths of the Coral Sea, 2,000km away. No-one has ever actually recorded this event and sadly they only spawn once and then die. A large female will release up to 20 million eggs! Each fertilised egg then transforms into a larval stage which develops and drifts in the ocean for several years. Eventually just one in 10,000 hatchlings will reach Australia's coast and change into small transparent glass eels. After entering freshwater and feeding they darken in colour and become "elvers".

Another weird component of their life cycle is that their gender is determined by population density. In an area with lots of eels, the young are more likely to become male. The females have an instinct to migrate upstream where they can live for decades, and no obstacle seems to get in their way. They can scale waterfalls and concrete structures and even survive out of water by absorbing oxygen through their skin. Incredibly they return to the same area that their parents came from. This is possibly as a result of genetic imprinting but their "sat nav" style mapping accuracy is still cloaked in mystery.

Why not check out the brand-new multimillion-dollar learning and play space at the Australian Museum titled "Burra" which focusses on the eels' mysterious migration? It features a giant eel over 83 metres long. Meanwhile, is anyone interested in establishing a local eel feeding franchise in Manly, or are we going to let the Kiwis totally corner the market?

Words: **Malcolm Fisher**

September 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			0505 0.40	0544 0.46	0031 1.31	0138 1.21
			1127 1.54	1214 1.55	0630 0.53	0727 0.60
			1736 0.51	1835 0.55	1308 1.56	1414 1.57
			2337 1.43		1946 0.57	2111 0.55
5	6	7	8	9	10	11
0302 1.16	0427 1.18	0535 1.26	031 0.26	0119 0.18	0203 0.15	0244 0.15
0840 0.63	0957 0.60	1106 0.52	0630 1.36	0718 1.45	0803 1.53	0847 1.58
1528 1.61	1640 1.70	1743 1.80	1207 0.43	1301 0.35	1352 0.29	1442 0.28
2231 0.47	2337 0.36		1838 1.89	1928 1.93	2015 1.91	2100 1.83
12	13	14	15	16	17	18
0323 0.20	0400 0.28	0434 0.38	0507 0.48	0542 0.58	0043 1.15	0145 1.07
0930 1.61	1012 1.62	1052 1.61	1133 1.57	1216 1.52	0621 0.66	0715 0.73
1530 0.31	1618 0.37	1707 0.45	1759 0.53	1855 0.60	1305 1.47	1403 1.43
2144 1.71	2227 1.56	2309 1.40	2353 1.26		2000 0.65	2115 0.66
19	20	21	22	23	24	25
0307 1.05	0428 1.09	0524 1.16	0005 0.49	0042 0.42	0114 0.37	0145 0.32
0828 0.76	0944 0.75	1047 0.69	0607 1.23	0643 1.31	0716 1.39	0748 1.46
1514 1.42	1621 1.45	1717 1.51	1139 0.62	1222 0.54	1301 0.47	1340 0.41
2225 0.62	2321 0.56		1802 1.58	1842 1.64	1918 1.68	1954 1.69
26	27	28	29	30		
0215 0.29	0245 0.29	0318 0.31	0353 0.36	0430 0.43		
0822 1.54	0857 1.61	0934 1.66	1015 1.69	1059 1.69		
1420 0.37	1501 0.34	1546 0.34	1635 0.37	1730 0.41		
2030 1.68	2110 1.63	2151 1.55	2237 1.45	2329 1.34		

- 🌑 New moon
- 🌒 First Quarter
- 🌓 Full Moon
- 🌔 Last Quarter

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: MATT CONNOR @MANLY_DRONE





'Altered State', the seasonal collection of upcycled items made from unsaleable donations

Introducing 'Altered State'

Giving new life to quality donated items

Donating to a charity store is a great way to support their fundraising – but what happens if you donate items that can't be sold? The short answer: it likely ends up in landfill.

This is an issue as it adds to the costs of the charity and doesn't help the environment. Lifeline Northern Beaches has launched a seasonal collection of upcycled products to help solve this problem.

"Each Lifeline Shop is unique," says Megan Hook, Retail Operations Manager. "The community around each store generously donates products that we can sell to help fund Lifeline's local services.

"Sometimes, though, we receive an oversupply of particular items or materials, so we try to use these garments in a new way."

Led by Mel Stone, whose background is in creative textiles, the retail team at Lifeline Northern Beaches are hand-crafting products from donated materials to add value to unsaleable donations and avoid sending these items to landfill.

"By creating something new, we're extending the garment life-cycle," says Megan. "It's an exciting project that re-thinks usage and design while helping to raise funds for crisis support and suicide prevention."

The new collection is called 'Altered State' and is currently available at the Lifeline Shops in Manly, Balgowlah and Forestville. Products on offer include tote bags, draught stoppers, embroidered denim jackets, gift bags, hair scrunchies, scarves, small cushions and plush toys.

"We're hoping to expand our Altered State offering," says Megan. "So, if you're experienced with sewing and have expertise utilising heavy duty fabrics such as denim – we're looking for you!"

Lifeline Northern Beaches is looking for volunteers with high levels of sewing experience.

To get involved, contact Lifeline on email admin@lifelinenb.org.au or call **9949 5522**.

Words: **Lifeline Northern Beaches**

Need support?

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Jennie Sager with former yellow Wiggle Greg Page (left) and Celebrity Chef Jason Roberts (right)

Local podcast sharing kindness goes global

It started with two people, two microphones and a little bit of kindness. Now after just two months, Nextdoor's podcast is in the top 20% globally.

We can all do with a little more kindness in our lives, right? Well, neighbourhood network Nextdoor says its new podcast series, **Where Kindness Lives**, is a one-stop shop to put a smile on your face with inspiring stories and practical tips for being kinder to yourself and those around you.

Where Kindness Lives speaks with thought leaders and everyday neighbours from Australia and all over the world to give listeners helpful and easy takeaways for cultivating kindness in their neighbourhood. Whether it's an author, a business leader, a chef, a TV host, or a singer, guests share personal stories and advice for creating positive change.

And the best bit? It's recorded right here on the Northern Beaches by Managing Director of Nextdoor Australia, Jennie Sager, who is also a local.

"On Nextdoor, we see small acts of kindness from neighbours all over the world looking out for each other

and these acts make a real difference. Now we can showcase these stories to a new audience while also helping them improve their own lives," said Jennie Sager.

"Research by Swinburne University and Nextdoor has found that performing small acts of kindness improves your mental health and well-being and connecting with just six neighbours can help reduce feelings of loneliness and isolation. Nextdoor neighbours perform small acts of kindness regularly, which often go unnoticed outside of their own neighbourhoods, until now."

Whether it's locals coming together helping Curly's on

the Corner deal with coffee waste by donating a worm farm, or Freshwater's retired schoolteacher Kerry Downes teaching adults how to ride a bike, the podcast shares the small acts of kindness that make our community a kinder place to call home.

Current episodes include Original Yellow Wiggle Greg Page, Celebrity Chef Jason Roberts, parenting expert and best-selling author, Maggie Dent, business leader and marketing guru, Guy Kawasaki, award-winning author and psychologist, Hugh Mackay, journalist Muhammad Lila, The Voice winner Bella Taylor Smith, and many more.

Where Kindness Lives is available for free on all music and podcast streaming platforms including **Spotify, Apple Podcast, YouTube and Amazon Music**, or visit shows.acast.com/nextdoorau/episodes. New episodes will be available monthly.

Don't forget to download the free **Nextdoor** app or sign up at nextdoor.com.au to start connecting with your neighbours now.



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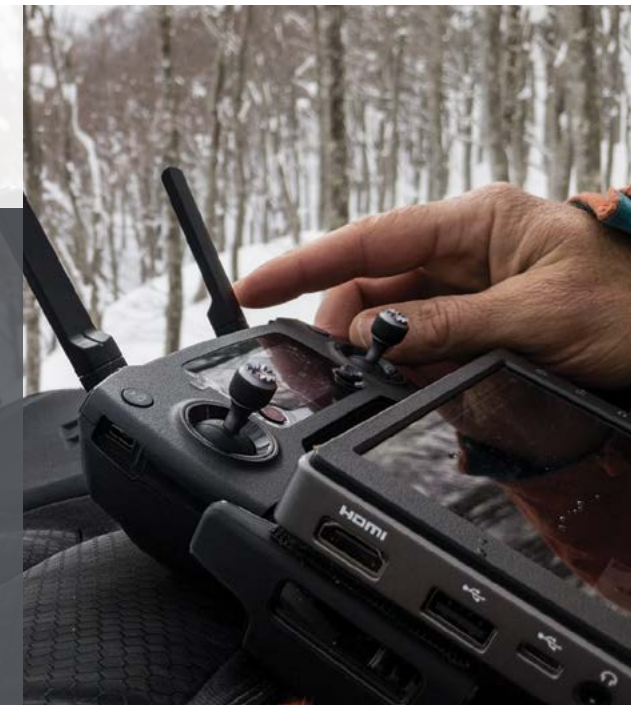
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The magic shed where retired blokes woodwork

The gentle aroma of saw dust permeates the nostrils, tools and equipment hang from every available hook, and the reassuring hum of blokes chattering melts the airwaves in between deafening bouts of saws, drills and hammers caressing wood into whatever craftsmanship dream takes a fella's fancy. Welcome to the Forest Community Men's Shed and meet President Tim O'Sullivan to tell us more about the workshop retired blokes treasure dearly.

Tim, what and where is the Forest Community Men's Shed? After 3 years in the planning, we established The Men's Shed in Belrose in 2007 to provide a woodworking and hobbies workshop facility and 'drop-in centre' for retired and older aged men, where they can meet and socialise with other men and at the same time work on personal or community projects. I like to say, "it's a great place to share a yarn, a cuppa and muck about with wood".

What inspired the idea? The project to establish a men's shed arose from my own experience of suffering depression as a result of having to take an early retirement, aged 55, due to an injury and subsequent medical conditions. I was inspired by having visited a men's shed in Lane Cove which had been established in 1998. Having seen first-hand how that shed was helping retired men to combat loneliness, I was convinced that a similar shed in The Forest could be of significant benefit to a growing demographic of retired men.

How does The Shed work - what do the blokes do there? The Men's Shed is primarily a woodworking and hobbies workshop that provides an extensive range of tools and equipment that can be used by the members. We operate 5 days a week, 10am - 3pm. Members are free to come to The Shed as often as they wish and to stay for as long as they choose and do what makes them happy and gives them pleasure - working alongside other blokes.

What community need does the Men's Shed solve? Social isolation, loneliness and a sense of being disenfranchised by society are just some of the very real difficulties that some men experience and have to deal with through the loss of their business networks when they retire, and this can result in depression and other health issues. The Men's Shed provides a safe and welcoming environment where



The Forest Men's Shed (President Tim O'Sullivan far right)

men can establish new social networks and friendships thereby reducing the incidence of loneliness, isolation and depression.

How do men get involved with The Shed? Our Shed website has loads of information to assist men who are 'curious', however the simplest way is for those interested to simply call in at The Shed any weekday between 10am - 3pm. Visitors will be made most welcome and offered a 'cuppa and bikkie' if they arrive around 10.30 am. To become a Men's Shed member, we ask visitors to complete a membership application and attend The Shed on four occasions prior to their application being reviewed and accepted by the membership committee. The cost of Shed membership is \$40 per year which covers the cost of the various insurances we require in order to operate.

If Tawny readers have things they'd like created or refurbished, how do they engage The Men's Shed to help? The best way is via our website, simply click on the 'Contact Us' link, and there is a form that enquirers can fill out in the section that asks, 'What Can We Make for You?' Alternatively, a phone call to The Shed with an enquiry will always receive prompt attention.

Learn more at forestmensshed.org.au, give them a call on **9975 9373** or visit the shed at **Wesley Gardens, 2E Morgan Rd, Belrose**.

The Forest Men's Shed will be holding an open day on Friday 2 September. This is the perfect chance to visit and check out the workshop in person, as well as make sure the blokes you'd be working shoulder to shoulder with are your cup of tea!

Interview: **Liam Carroll**

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Grow your own food

The Northern Beaches invention enabling everyone to be veggie independent.

From the moment he first toiled the land, right up until 2009, **Matt Harris** was a miserable failure as a food gardener. He couldn't grow anything. But, like every Aussie battler, especially those of us who call the Northern Beaches home, he wasn't going to let a plentiful abundance of parched disappointment stand between him and success. He was destined to grow, so Matt dug deep into the research of how on earth you turn arid patches of home soil into plentiful bowls of nutritious produce.

Hey presto, the **Vegepod** was born, and the ability for every Aussie battler to gain food-growing independence was suddenly a reality. "The Vegepod makes growing veggies simple for anyone," Matt explains. "It takes all of the hassle out of a backyard veggie patch. It's self-watering. There's no weeding, no digging. The cover keeps the pests and animals at bay, meaning all you have to do is harvest your crops." All the failure had been worth it.

Matt's breakthrough comprised three core factors. Firstly, the Vegepod is all about **container gardening**, with the pods being a raised gardening bed, allowing veggie growth in a controlled environment, away from the ground and away from the pests. Next, the Vegepod is **self-watering**, ensuring veggie health via a wicking system to water the plants from below. Finally, the all-important **protective cover**. This creates a greenhouse for the Vegepod by using a polyethylene knitted mesh to protect crops from UV and pests. The cover also helps manage temperature by allowing water and air to penetrate.

With the first prototypes in 2009 producing the goods, Matt's brother **Paul Harris** and friend **Simon Holloway** soon joined him, seeing the amazing potential of Matt's invention to not only form the foundation for a flourishing business, but to also transform people's lives, to give everyone food-growing independence. And this was long before you had to mortgage your home to afford a head of lettuce, or the idea of adding cauliflower to a dish required winning Powerball.

"The Vegepod product is obviously the core



Become a grower and a shower with Vegepod

of our business," Simon says. "But the reason our customers are so passionate is that this is a movement, a means by which you not only grow your own food, but you can feel secure that no matter what the hell's going on with inflation, with supply chain nonsense, all the bad news we're inundated with, forget about all that. If you've got a Vegepod in your backyard, on your balcony, in your living room, wherever, then you've got food that you've grown yourself ready to load up on your plate."

Vegepod has truly global appeal. Having been up and running for just over a decade, this business with Shed Quarters in Terrey Hills now has customers in 21 countries: Australia, USA, Canada, Egypt, England, Germany, India, Ireland, Israel, New Zealand, Mauritius, Poland, Portugal, Philippines, Qatar, Singapore, Scotland, South Africa, Switzerland UAE, and Wales.

Beyond the global reach, Vegepod also has a huge diversity of customers thanks to their dedication to ensure growing food is accessible to a huge array of different people and organisations. "We get the Vegepods to schools, hospitals, businesses, Indigenous gardens, community housing, aged care facilities, even prisons, everywhere" Simon beams. "We want everyone to be connected to the produce they create, to be veggie independent. Being able to grow your own food makes such a massive difference to a person's approach to all aspects of life, it's empowering."

Learn more about Vegepod at vegepod.com.au
follow @vegepod on socials, call 1800 428 431
or pop into the Vegepod Shed Quarters at
Terrey Hills, 5/287 Mona Vale Road.

Words: **Liam Carroll**



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I wanna know what love is...

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In 1984, Foreigner boldly asked to know what love is and he wanted us to show him. Almost a decade later, pop music still hadn't figured it out and Haddaway continued to beg the question "what is love? baby don't hurt me, don't hurt me, no more". Fast forward 30 years and I'm here to offer you a perspective on what love is, and more importantly, what love isn't.

Let's start with the basics. English has limited vocabulary to express emotion, making it challenging to articulate exactly what we mean. We need to start differentiating between love the verb and love the noun. Forgot second grade English? A noun is a thing, or in this case a feeling and a verb is an action or doing word.

Love as a noun can be described as a positive sentiment towards another human or a feeling of deep affection. This type of love actually has nothing to do with the other person. Grammatically, you would say "I have so much

love for her". This expresses the emotion you feel for another. This can be totally one sided. You could arguably have love for someone who doesn't even know you. You can also have love for people who may have hurt you.

Love as a verb can be described as an action that expresses your positive sentiment or affection towards another person. For example: cooking their favourite dinner, giving a massage, driving them to school, remembering birthdays, planning romantic getaways. Different relationships will cause you to act, to love in different ways. In 1995, Robyn was onto this when she wrote "so baby if you want me..you've got to show me love. The words are so easy to say. You've got to show me love!" These little acts of service are micro declarations of love.

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

Scout is a Relationship Therapist & Educator working with singles and couples based in Manly. Visit www.thelovescout.com or more info or call **0410 030 463** to book in a session.

So why is this distinction so important?

1. Many people are told they are loved but they don't feel it.
2. Inconsistent messaging can leave people confused, upset, angry, and in extreme cases gas-lit.
3. Relationships based on others constantly meeting your needs is not love, it is more likely a combo of expectation, obligation and co-dependence.
4. People can get lazy in a relationship and may still have the feeling of love but have stopped making the effort with action. This is a quick relationship fix. Do something to show it!
5. Some people don't like to or find it difficult to say the words "I love you", but instead they show it.

6. Having love for someone has nothing to do with how you treat them. There is no accountability around your actions or ethics. Loving someone as a verb, will require you to be better and live to a higher set of values. Your actions will define you.

Lastly, to have true love for another lies in wanting their happiness and well-being independent of you. So, now I invite you to think about those you love and how you see your relationship to them. Are your words and actions congruent? Do the people around you feel loved? Do you feel loved? Are there any other ways you want to express your love? In the meantime, I'll fax Foreigner and let him know we figured it out.

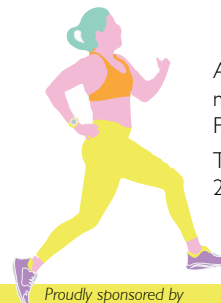
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Film & Food

Mind-bending masterpieces

This month we invite you to open your mind, expand your horizons and explore the human experience in more depth with these unique and wonderful choices.

Everything, Everywhere, All At Once

Available to rent on YouTube and Amazon Prime Evelyn and Waymond Wang struggle to manage their laundromat, look after Evelyn's aging father and accept their daughter's romance all while never finding time for themselves. When Evelyn is unexpectedly summoned into a world-saving mission during a tense session with the IRS, she discovers the wonders and wackiness of the multiverse. This action-packed story manages to still have deep emotional stakes and ends up being a call to empathy and kindness in the face of a sometimes meaningless world.

After Yang

Available to rent on Youtube & Amazon Prime Sometime in the near future, a family is shocked when their A.I. helper and sibling Yang breaks down. As father James and mother Kyra seek to fix Yang for their daughter Mika, the family questions their connections, their identity and how to move forward together stronger. This is thoughtful and beautiful science fiction that is gorgeous to look at and listen to while featuring one of the best recent opening credit scenes: a family dance off!

Severance

Streaming on Apple TV Plus

Struggling with grief after the loss of his wife, Mark S undergoes the procedure known as severance for his new job at a mysterious tech company called Lumon. His brain is surgically split so when he's at work he remembers nothing about his home life, and when at home remembers nothing about work. Mark and his coworkers begin to suspect darker motives behind the procedure and Lumon itself leading to irreversible consequences as they dig deeper into who they really are on the outside. This is sci-fi television at its finest, with fascinating characters, superb production and gripping writing that explores so many thought-provoking themes and ideas - you won't regret taking the time for Severance.



Cheese-us this looks tasty

Cheesy Egg Boats

Inspired by the child-like and off-putting food parties in Severance, particularly the egg party, here's a fun egg based recipe that is easy, tasty and perfect for dinner guests.

Ingredients (serves 2):

2 large sweet potatoes
2 eggs
Finely chopped chives or mixed herbs
1 bunch of broccolini
1 cup grated mozzarella
½ cup crumbled feta
½ cup ricotta

Method:

1. Preheat the oven to 170°C. Peel the sweet potatoes and chop in half long ways. Roast for at least an hour or until fully cooked and the flesh is soft.
2. In the meantime, create the cheese filling by combining the herbs, ricotta, feta and mozzarella in a bowl and mixing with a fork.
3. When the potatoes are done, scoop out some of the flesh, replace with the cheese mixture and put back in the oven for 10 minutes.
4. Take the potatoes out and turn the oven up to 200°C. Create a small well in each potato half and crack an egg into each one. Place back in the oven until the eggs are cooked.
5. In the meantime, steam the broccolini until tender. To serve, place a potato boat on top of a bed of broccolini. Enjoy!

Words: **Christopher Roberts**

Chris is the author of [@filmandfoodpodcast](#)

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Subject Leopard Seal lounging at Long Reef
Photographer Trudie Hurt @trudiehurtphotography



Subject Long Reef headland steps
Photographer Louis Tassone



Subject Morning magic
Photographer Margo Lucas



Subject The Great Last First's Gareth Andrews combines training and parenting



Subject Pink Delight, pre sunrise at Curl Curl
Photographer Suzanne Patterson



Subject When you skipped the class on camouflage
Location Hill Street, Fairlight



Subject Dr Sophie Scamps delivers her maiden speech in Canberra



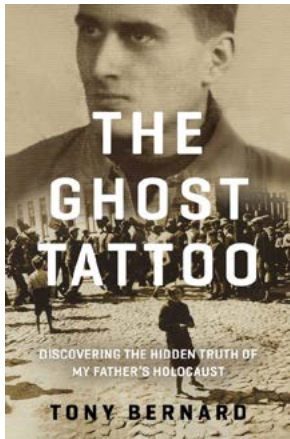
Subject Cuttlefish
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Subject Spring is on its way
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Local GP's unforgettable life story



Henry's souvenired striped pyjamas

Tawny's Bathtub Bookclub

Greater love has no son

Tony Bernard's book, **The Ghost Tattoo** is the unburnished true account of his father's experience as a Polish Jew living through the Holocaust and its impact on him ever after.

I'm no stranger to a Holocaust story but there is something utterly magical about this one. The story keeps you on the edge of wonder as Tony does a slow reveal about the causes of his father's deep anguish and regret. I kept speculating about aspects of Henry's anguish but not once was I tempted to leaf ahead and get the answers. I was hanging on Tony's every word and that was down to how well Tony writes; carefully observed, clear, natural and spare. You feel like you're having a conversation with him.

To me Tony's book is a love letter to the father he so admired and respected and who he ultimately came to understand. Henry gives every appearance of being on top of things. He's a hard-working, much respected GP on the Northern Beaches with

a wide circle of friends and three healthy children who all followed in their father's footsteps and became doctors.

On the inside Henry harboured a deep shame about what he had done during World War II. From 1970 onwards he began opening up to Tony about his life during those years. Tony listened with half an ear but as time passed, and as he accompanied Henry on many trips to Poland and Germany, Tony started listening with both ears. Over time it became clear to Tony that Henry had designated him the role of family historian to explain Henry's dilemma to the world.

I can't give away what Henry's dilemma was, you need to read the book. What I can reveal is that the choices Henry made filled him with life-long regret and little peace. Yet as Tony points out, the question for any of us if put in Henry's situation is to ask yourself what would you do?

As I read the book I couldn't stop thinking about the

impact of Henry's life, and his insistent retelling in his later years of what he had witnessed and done, on Tony. It felt like such a heavy burden. In the book Tony says his father repeated the stories and details to him so many times that he felt like he had actually been there himself. Can you imagine?

Tony doesn't present as someone burdened by his father's past. In the time I spent with him I was struck by his ready smile, his ease and animated way of speaking about this subject. His encyclopaedic knowledge made me realise that when he said, "this book has consumed my life for 16 years" was no exaggeration. Tony was obsessed with producing an absolutely accurate record. Tony's medical training meant that every detail needed to be evidence-based. The thorough research, validation and care Tony has put into this is evident. Yet the story is unputdownable – it's compelling and it's equal parts heart-breaking and uplifting.

I can't think of a better Father's Day gift or a better example of why we should seek out the stories of our parents, even if they're reluctant, and no matter what the story reveals. Henry Bernard felt it was his duty to tell future generations what he had witnessed. No one could have honoured their father's wishes better than his son Tony.

Visit tonybernard.com.au for more insights into **The Ghost Tattoo**, available from all good bookshops. Pick up a signed copy at **Humphreys Manly**.

Words: **Paige Turner**



1. What is the earliest time the Spit Bridge opens up on any day of the week?
2. Starting with C, what is the beach called on the harbour towards the Q station?
3. In which decade did the Dee Why RSL first open (in the site known as Luana Hall)?
4. Which beach is located between Newport beach & Avalon beach?
5. What is the nickname of the Manly Baseball team that plays in the NSW state league?
6. How many times have the Summer Olympic Games been cancelled (not postponed)?
7. Which country does Michael Bubl  hail from?
8. Which flag has been replaced so that the Aboriginal flag can now fly permanently atop of the Sydney Harbour Bridge?
9. The Purple Emperor is a variety of which winged creature?
10. Who is taller Prince William or Prince Harry?
11. Referenced in the song – Which US state is Nutbush in?
12. Which organ produces insulin in the human body?
13. Which Central American country lies between Nicaragua & Panama?
14. Which day of the week will the last day of November fall on in 2022?
15. If Sydney is O2 – what 2 numbers would you have to dial if you were ringing an Adelaide landline?
16. A Bloat is a collective pronoun for which creature – Hippopotamus, Sloth, or Walrus?
17. In what year was Scott Morrison chastised for holidaying in Hawaii?
18. What 2 colours make up the flag of Bangladesh?
19. Which nursery rhyme character ate curds & whey?
20. With which sporting event would you associate Strawberries & Cream?

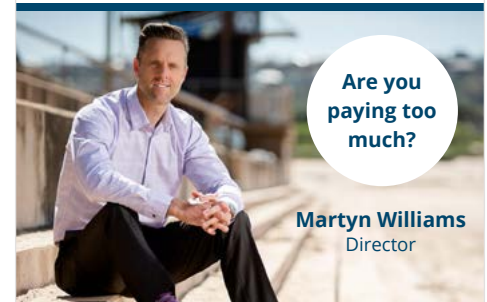
Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Virgo Aug 23 - Sep 23

When the going gets tough the tough get going, but not you brave Virgo, you stay through thick and thin.

Libra Sep 24 - Oct 23

You're in need of some spiritual healing; burn the incense, chant your mantra, or just go to the pub.

Scorpio Oct 24 - Nov 22

Your fate matrix is in a state of flux, roll with it and remember fate is non-negotiable so what happens was meant to be.

Sagittarius Nov 23 - Dec 21

Your brain is a supercomputer. Use it. Power it up, auto delete corrupt files and switch off roaming to achieve your goals.

Capricorn Dec 22 - Jan 20

Recycling, repurposing and reusing will help save the planet and could work for your love life too. Get cracking!

Aquarius Jan 21 - Feb 19

Were you born with a Venus sextile? No time like the present to find out. Go boldly where you've never gone before.

Pisces Feb 20 - Mar 20

You can't fix everyone else's problems. Sink or swim is good advice you should give yourself, let them swim before you sink.

Aries Mar 21 - Apr 19

No means no except when it doesn't. Go easy on yourself. That big treat is just what you need. Say yes.

Taurus Apr 20 - May 21

Your fetish for writing long to do lists is ruining your spontaneity. Forget the list and just get doing. Now.

Gemini May 22 - Jun 21

Love life waning? Oh dear. Remember chocolate can increase blood flow, bingo, you're on top again.

Cancer Jun 22 - Jul 22

Some say weird love is better than no love. Your choice. No judgement: all love is weird in its own unique way. Fact.

Leo Jul 23 - Aug 22

Take down your "do not disturb" sign. We miss you, we want you back and we're here waiting for you.

Little Miss Muffet 20, Wimbledon
 16. Hippopotamus 17, 2019 18. Green & red 19.
 12. Pancakes 13. Costa Rica 14. Wednesday 15. 08
 9. Butterfly 10. Prince William 11. Tennessee
 (1916, 1940, 1944) 7. Canada 8. NSW flag
 3. 1930's (1937) 4. Bilgola 5. Eagles 6. 3 times
 1. 8:30am (weekends) 2. Collins Flat Beach
Trivia Answers

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

Sudoku Solution



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DX Physio	Tiger Brokers
Forward IP	Tuned In Music Therapy
Hotel Steyne	Vegepod
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