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G'day Beaches

It's official, winter's here. Get the Uggs on, heaters out, hot chocolates steaming, and settle into your snuggest perch for the June Tawny.

Thank you to Jake Graham for his purple sky at night, Frogmouth's delight, Palm Beach wharf cover art. Kate Ceberano is celebrating 40years as an Australian music icon, her exclusive Night at the Barracks performance in September is set to blow the roof off the Great Southern Sky.

Curly Boardriders are ushering in a new wave of frothers, their Micro-Groms program giving kids, parents, and the community barrel loads of vitamin stoke. We profile Michael West, Manly's fearless, evidence-based journalist devoted to public interest reporting on the rising power of corporations over democracy. And Ella Kennedy, our junior theatre reviewer extraordinaire, delivers her first critique on the 360 ALLSTARS.

Congratulations Bucketty's, venturing to Nashville for the World Cup Beer Awards, winning silver for their Sunday Bitter! Cheers to that!

Liam



The Tawny Frogmouth

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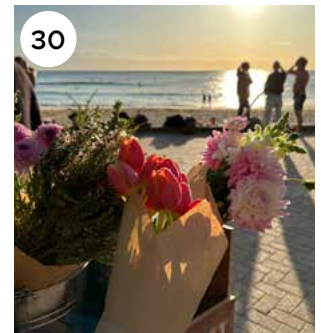
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from sustainably managed forests.

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Acknowledgement of Country

The Tawny Frogmouth acknowledges the Traditional Custodians, the Gayamaygal and Garigal and their Country on which we Tawnies nest today.
By these words we show our respect to all Aboriginal people.
We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.



Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

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



INDEPENDENT WARRINGAH



Golfing's finest coming soon to Cromer

Peninsula Wash Up

Cromer to host PGA Legends

The Northern Beaches has been starved of tournament golf in recent times, but from **19-21 November**, the magnificent **Cromer Golf Club** is excited to host one of Australia's most prestigious championships, the **NSW PGA Seniors Championship**, with **Col Crawford BMW** announced as the naming rights sponsor. The event is shaping up to be an exciting exhibition, with names such as O'Malley, Senior, Fowler, Harwood synonymous with the Legends, taking on the new breed Stolz, Green, and more, to have their name etched on the trophy. The Cromer Club is delighted to continue its long association with the Crawford family by partnering with Col Crawford BMW. The late Col Crawford was a passionate Cromer member for over 48 years, his contribution to the Club and the community outstanding, with Col's annual Charity Golf Day at Cromer raising more than 3 million dollars for Cerebral Palsy Alliance over a 30 year period.

The Saturday Swap launches in Manly

Want to refresh your wardrobe, not spend a cent and feel like a sustainable hero? Look no further than **The Saturday Swap**, being held **17 June** at the back of the second-hand store **Op for Change** in Manly. The Saturday Swap, running from 10am-2pm in two sessions, encourages Northern Beaches locals to bring five pieces of clothing to swap (good quality clothes that you would give to a mate, not rags you found at the back of the couch!).

From jumpers, dresses, t-shirts and jeans, bring your preloved clothes and walk away with an updated wardrobe ready for winter.

All clothing styles and sizes are welcome. The Saturday Swap is the brainchild of passionate, sustainable locals **Laura Young** and **Sarah Whyte** who have been awarded an event grant from the Northern Beaches Council. Op for Change is also supporting the event. For more info and to register head to [events.humanitix.com/the-saturday-swap](https://www.events.humanitix.com/the-saturday-swap)

Balgowlah Suns Big Freeze to Fight MND

In 2022, the **Balgowlah Suns Junior AFL and Auskick Club** raised over \$10,000 for Motor Neurone Disease (MND) research, but are aiming even higher this year in their second ever Balgowlah Suns Big Freeze. Get along to **Balgowlah Oval, Sunday 4 June**, 9am-12:30pm, and join hundreds of kids, parents, coaches and the broader community for all the action, which looks sure to be extra icy thanks to **James Griffin, MP for Manly** and **Michael Regan, MP for Wakehurst**, throwing their support behind the event, securing a dunk machine for the day!

Technology made easy for Seniors

Ever struggled with the demands of modern technology? Northern Beaches' **Computer Pals for Seniors** can help. Be it Android or Apple tablets and phones, and Apple, Microsoft, Chromebook laptops, come and learn at your own pace and become confident using your device. Lessons are one-on-one, and take place at Narrabeen's **Tramshed Arts & Community Centre**. For more info call Anne on **9984 0604** or email anne.computerpals@gmail.com

He ain't heavy, he's my brother

Having never run more than a few kilometres, Curl Curl's **Marcello Kaminski** decided to set himself a mental and physical challenge for 2023, to run a 50km trail race in Port Macquarie on 15 July, raising funds for his brother **Giovanni** in the process. Born with low tone (Hypotonia) and Autism, Giovanni faces great challenges, and is under the full-time care of the Kaminski parents, who've dedicated their lives to be there for him. Covid dealt a massive blow to the family business, with life proving to be a real struggle at present. To assist Marcello raise funds for his brother, head to www.gofundme.com and search Marcello Kaminski to be directed to the correct fundraising page or scan the QR code here.



Words: **Liam Carroll**



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Letters to The Tawny

Owed/Ode to Dog Owners

It was a real investment to get your treasured hound, whether bought from noted kennels, or just rescued from the pound. You value your excursions, with your furry friend, and your exercise together, is both means and end. You carefully consider, the nutrition through its mouth, Which turns into excreta, as it journeys to the south. I admire how you bag this up and tie artistic bow, but why, when you have finished, into the bush you throw? After all that effort, and knowing you'll be back, why not take it home with you, not just leave it by the track?

Bob Morgan, North Balgowlah

Homelessness

Thank you to the Tawny for opening the conversation in relation to homelessness and related services on our Peninsula. Homelessness is not a palatable subject, especially when we live on this beautiful, abundant Peninsula, in one of the world's wealthiest cities. Here, amongst us, we have an invisible form of homelessness. We walk amongst you, but I doubt we are seen. I speak of the demographic of women who committed to being homemakers, now, suddenly single, in what should have been the prime of their life, but due to relationship breakdown, have instead become acquainted with homelessness for a variety of impacting factors, not least of which is housing affordability. It is possible every reader would

know at least one woman who fits this description. She is a daughter, sister, aunt, cousin, niece, neighbour, co-worker or friend.

Have you met her? How is she managing? Does she need help? Has she got somewhere to stay? Has she got money for food and other BASIC needs? Does she just need to know you care about her general wellbeing? Have you got eyes on her? Yes, we are each responsible for our own safety and security, however, sometimes circumstances force us into situations we did not choose for ourselves. In those times we need support, in a variety of ways, especially as we recalibrate into a new existence. Kindness is everything. A donation to a local service is not just an act of kindness, but rather, a contribution to change.

Michelle

Re: Homelessness (May '23)

I must comment about Jen Webster's article, the humanity of homelessness. No one wants to end up on the streets, but the fact is that most of us will never end up there because we don't have a mental illness. Webster says we can all show a bit more humanity to the homeless by giving them money and a smile as we pass them by on the streets but what the majority of homeless people need is psychiatric help from professionals. There is no quick fix to solving homelessness but throwing money at the homeless by way of government welfare payments or dropping money in a begging cup on the street is not going to make the problem go away. There is a job for everyone in this country and even the most menial jobs pay well so there is really no excuse for anyone in this country to be

homeless or jobless.

I spoke to one homeless person living on the streets of Manly. I asked him why he just didn't get a job. He said that as long as the government gave him a handout then there was no real reason for him to get a job. I asked him what he spent his money on. He said alcohol and drugs mostly. He said that most people living on the streets were no angels. There are several homeless people who have been living on the streets of Manly for a few years now. I've seen them become violent and abusive at times. I once made a citizen's arrest of a homeless man who was trashing the front yards of houses along Pittwater Road, Manly. He lived under a ping pong table on the Manly beachfront for a few years, and he regularly became abusive and threatening after drinking alcohol. I had to attend court, and he was jailed for several months. This was not an isolated incident.

The Richmond report recommended 30 years ago moving people out of psychiatric wards to be cared for in the community but most of the patients ended up on the streets where the mentally ill are still living today.

Jens Ward, Manly

E-bikes

I have noticed an abundance of a new form of e-bikes - dragster type style. They are very popular around Manly, especially from Queenscliff to South Steyne. Unfortunately, most do not meet the current laws surrounding e-bikes and their usage in public places. I spent considerable time researching when preparing to purchase my EB. There was an Australian Standard at the time, which is now updated to EN 15194. Essentially, throttle controlled EB should allow hill start,

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and/or allow a rider to gain momentum up to 6kph where the throttle control cuts out. The motor is in use only when the rider is peddling the bike, and the motor cuts out at 25kph. If a rider, and in my observations, with pillion passenger, are hurtling along a shared bike pathway or road, without the need to maintain momentum via peddling they are clearly breaking the law.

Bikes that do not comply are classed as "mopeds", and require, by NSW law, Licence, Registration and 3rd party Insurance. It is not illegal to sell these bikes as the onus is on the buyer to make sure they comply with the current laws.

I witnessed a very close call this morning, and had the lady in question been hit, the consequences would have been grave. The combined weight of an e-bike and 2 young men, travelling well over 25kph versus little old lady...Well, you figure it out. If involved in a collision you should take all details possible, all damages are to be borne by the EB rider/owner if the bike is illegal.

Do your homework prior to purchasing an e-bike. It is only a matter of time before the government realises they are missing out on fining people. Lack of helmet is \$344 by itself. FYI, ALL Electric scooters are currently banned in NSW, except on private property.

Craig

Bulky Goods Clean-up

We have just put out our general clean up bulky goods today for collection on Tuesday 2nd May (the day before) as requested by Northern Beaches Council. Already people are 'illegally dumping' huge amounts to our pile of bulky goods. The Northern Beaches Council should

look at reverting back to two street bulky clean ups a year, which encouraged whole street recycling. This new method of collection only encourages people to do the wrong thing. Also, the elderly would find it difficult to make a booking if they are not confident (or even have access) to a computer. How can it be cost effective to have a truck going down street after street to collect bulky items from just a couple of households? This is one of the worst decisions that the Northern Beaches Council has made. I just hope that our bulky goods are collected because the 3 cubic metre maximum limit might be exceeded.

Helen Simpson

Change to Fit the Narrative

Dear Liam, I laughed out loud when I read Denis Goodwin reply to my last letter (May '23). As usual he, like many others, changes their argument to fit the narrative. Let's look at his reply, sorry firstly I should apologise to all the Muppets out there for including MP Chris Bowen in your group, he's not that smart.

Ok Mr Goodwin agrees with me that the facts in the report on the Great Barrier Reef are correct. But he then goes off into la la land about "predictions" - that's always the line of climitites when they are proven wrong - but this could happen and this will also happen. It's a scare mongering prediction. To validate my argument or point let's go back to the beginning, Earth Day, New York, 22 April 1970. That's right 53 years ago this year. Organised by Ira Einhorn and apparently 20 million people worldwide joined in. Multiple predictions made. NOT one came even close to being true. I will abbreviate a few of them.

Civilisation to end within 15 -30 years, Harvard Biologist George Ward. Mass starvation across the world except in North America, Western Europe & Australia, North Texas State Uni Prof. Peter Gunter. By the year 2000 we will have used up all the crude oil available, Ecologist Kenneth Watt. By 1985 air pollution will have cut direct sunlight to the earth by half, Life Magazine. In 2000 we will be in an Ice Age, temperatures between 4-20C cooler, Ecologist Kenneth Watt again! These are a few of the predictions made over the last 53 years, NOT ONE even close to eventuating. My latest advice on powering EV's is that most unit blocks, if not all, will require cables from the street to the building upgraded, as they will be unable to supply enough amps. Who's paying for that?

Finally, Mr Goodwin, we live in a democracy where people are entitled to debate different ideas on any subject. If you believe what's said or printed about "Climate Change", it doesn't mean I have to.

Mark Roberts, Freshwater

Corso Flagpoles

I would be interested to know whether any consultation was offered before the replacement of the flagpoles at the beach end of the Manly Corso. I feel that two rows of three or four poles, parallel to the Corso, would still provide ample advertising space whilst maintaining an uninterrupted view of the beach.

David Hampton

The Voice

Dear Editor, it is utterly vital that every Australian voter, particularly the young who don't take much interest in political affairs, understand that, just as outrageous as is the Voice "Wish

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List" (April letters), is the warning given by three of the nation's top Constitutional Lawyers to the Indigenous Committee who it had engaged to advise them, that by demanding that the Albanese government extend the reach of the Voice to not only "advise" Parliament, but also "advise" the Executive Government, would mean that every; repeat every, decision of the Cabinet; of Commonwealth Ministers and their Departments; of every Commonwealth instrumentality, whether independent or otherwise (e.g., the Reserve Bank; National Water Commission; The Commonwealth Census; Climate Change Authority; Meat and Livestock Australia; the ABC, et al; and including every public servant of every one of these bodies, down to, as two lawyers claimed "to the issue of parking tickets" or "the person who switches on

the Lighthouse at south head"). These lawyers also advised, that by including the Executive et al, in the Constitution, that any dispute arising from any request to provide extensive information from any source, or any rejection of any such Advice given by the Voice, "extends its resolution beyond Parliament" and can only be resolved by reference to the Federal Court or on appeal, to the High Court. Lawyers describe this as co-government by a body that represents just 3.2% of the population. The Minister for Indigenous Affairs and other Indigenous Leaders have publicly stated that "this is exactly what we want".

Kevin Begaud, Dee Why

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

Long Reef Bliss

Hi Liam, I'm enjoying fresh sea salt air, sounds of waves and watching graceful paragliding at Long Reef headland. What got my attention was this family so enraptured, and the warm glow on them from the setting sun. A momentous capture of peace and equanimity on the Beaches. Noted, Tawny is very solvent with many ads - good job! Just love the size of Tawny and its attractive covers. Best wishes

Betty Lee

**See Local Pics pages for Betty's Long Reef Bliss Kodak moment
**To make Betty's dreams come true and ensure robust solvency, consider advertising in The Tawny. If you are reading this, your potential customers will be too.*

Local Jobs

Plumbers, Drainers, Gasfitters

Koalfied Plumbing & Gas is looking for a journey person to join the crew. Must have a passion for the trade. There's plenty of room to grow with us. Get in while you can, and call **Nathan 0434 614 760**

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Royal Far West, Marketing Manager

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Recycle your soft plastics and much more from your doorstep

Environment

"Soft plastics recycling" from your doorstep, anyone?

A new service is launching on the Beaches to make recycling as easy as ordering a pizza.

Today, convenience is key. Let's face it, we are all too cozy, happily ordering anything from our couch, and getting it delivered to us. However, when it comes to recycling, the rules are unclear. Lots of recyclable items are not accepted in your kerbside bin. Drop off solutions are scattered around town. It's just too hard!

That's exactly the reason why Giorgio Baracchi and Marco Prayer launched the **Power Pickup**, the service offered by **RecycleSmart**, that has just landed in our beautiful LGA. It all started on a scooter, in 2019, picking up tricky to recycle items from their friends, like clothes for example which were donated to charities.

Fast forward four years, the Power Pickup is now available to over 2 million people in the Sydney area. The team has diverted over 8,500 cubic metres of valuable resources

from landfill. Simply put, that's the equivalent of 6 full Curl Curl rock pools!

Until now, RecycleSmart has been partnering with councils to make the service available to their residents. Things are changing. Having received so many requests from Northern Beaches residents and the local community, the Sydney-based startup has decided to give it a go and offer their service directly to the residents.

So, what are we talking about?

RecycleSmart's vision is to create a future where everything can be recycled from your doorstep, and nothing is sent to landfill.

The Power Pickup is an on-demand service that collects tricky-to-recycle items from your doorstep to send them on their journey of their (second) life:

- Soft plastics (YES!!!)
- E-waste
- Clothes
- Misfits: a loooooong list of things like batteries, light bulbs, polystyrene, coffee capsules, X-rays, blister packs, and oh so many other items.

How does it work?

SIMPLE - aka the exact opposite of recycling as you know it!

1. Grab any shopping bag you have at home and start packing all of the items mentioned above. And yes, before you ask, it can all go in the same bag, no problem.
2. Book your Power Pickup through the RecycleSmart app or online.
3. Put your bags out and your friendly local driver will pick them up and make sure everything gets recycled.

Follow RecycleSmart on social media for fun recycling tips and track your impact directly in your account.

Ultimately, that's what matters. Recycling is the key to building the circular economy that our planet needs NOW. Already, RecycleSmart has saved 530 million litres of water and avoided almost 1,000 tons of CO2 emissions.

It's time to feel good about recycling: will you join us?

Words: **Eugenie Alonzo**

Visit recyclesmart.com or get the **RecycleSmart** app. Use code **TAWNY** & book your first **Power Pickup** for **FREE**. Otherwise: \$5 per bag - minimum 2 bags per collection. Offer valid until 19/6/23, limited to the first 50 participants



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North Head's concert wonderland returns

Night at the Barracks' 2022 inauguration was a roaring success, and now, get set for 2023 to be even better. Featuring another stellar line up, with some of the biggest names in Australian music, **Missy Higgins, Hoodoo Gurus, Tom Burlinson, Tina Arena, and James Morrison** all taking to the stage, as well as the legendary **Kate Ceberano**, for whom 2023 marks 40 years as a singer, songwriter, performer, artist, and national treasure.

"It was actually in Dee Why, in the 80s, performing with I'm Talking, our post-punk, funk-pop, rock band," Kate recalls. "When I was a little pocket rocket that would get on stage and go, go, go, and it was the sweatiest night, so much energy, I remember coming to the realisation, that night, this was my purpose in life, to perform live, to make music, it was all so clear to me."

Dee Why, the sweaty birthplace of Ms Ceberano's realisation she was born for music greatness. We'll take that. What an honour! And while no venue would dare compete with Dee Why in the 80s for the gold medal in Aussie pub rock folklore, the evolution of Kate's career spanning 4 decades, 30 albums, making history to become the first woman named in the Australian Songwriters Association Hall of Fame, this all makes her upcoming, open air, Night at the Barracks performance sure to be one of Kate's most spectacular yet.

There will also be no shortage of emotion brought to stage, with Kate's 30th album, **My Life is a Symphony**, being 4 years in the making. "Covid took its toll in many ways, but for me, with a Hawaiian and Filipino heritage, there's always been a focus on being industrious, doing whatever you can to get through, no matter the cards you're dealt. Not being able to perform though, it was incredibly challenging. Then, my first performance back, I bawled like a baby. It was so overwhelming to be back doing what I love so much."

Thankfully, Covid's over, epic live music is back, and commencing 15 September, concluding 8 October, North Head Barracks will once more play host to the most extraordinary talents in the music industry. For Kate's exclusive Sydney show on Saturday 23 September, she will be performing alongside the 30 piece Metropolitan Orchestra conducted by Sarah-Grace Williams,



Lucky us, Kate Ceberano's *Life is a Symphony*

with her new album revisiting some of her best known songs, this will be a night to remember.

"I must admit, there was a tinge of envy last year, seeing the incredible line up of performers for the first ever Night at the Barracks, thinking awwh, why wasn't I invited? But now, given my chance, I just can't wait to get on stage, give it my all, and be part of the 2023 line up that is exceptional once again."

We can't finish the conversation without mentioning a very important native bird. "I'm actually very familiar with the Tawny Frogmouth," says Kate. "A cab driver told me once, 'You smile too big, show too much teeth,' which I was obviously thrilled to hear, thanks mate. Soon after that though, I first discovered the Tawny Frogmouth bird and how adorable their huge mouths, well, beaks, are. That really helped me get over the cab driver's kind words."

While a Tawny Frogmouth's endearingly large beak melts hearts, their hallmark birdsong creates an aural delight akin to a garbage truck's beeping alarm while reversing. Safe to say, Kate and the Tawny part ways in similarities the moment superb vocals are required. And Kate's superb, enthralling, formidable, soulful vocals have been centre stage in the Australian music industry now for 40 years, an incredible, almost surreal feat.

View Night at the Barracks full schedule and secure tickets at nightatthebarracks.com.au
Visit kateceberano.com for "My Life is a Symphony" and more.

Words: **Liam Carroll**



James Griffin Update

Thank you Manly

Thank you to the people of Manly for a great election result. It's a great honour to be re-elected with 55% of the final 2CP vote. Voters always get it right, and again have backed a community candidate.

Since the election I have hit the ground running. On the

24th of April I opened the new **WOTSO** co-working location at the secluded North Head Sanctuary, this space will be fantastic for small businesses and start-ups looking for a place to work out of.

I received a heart-warming letter from the mother of a young person who has commenced their stay at Australia's first **Manly Adolescent and Young Adult Hospice**. This fantastic facility on the old Manly Hospital site will provide much needed care and respite for families and young people with a life-limiting illness – a place the community should be very proud of.

One of the greatest honours of being an MP is attending **ANZAC** day ceremonies. This year I attended the Dee Why dawn service and spoke at the Harbord Diggers service. I spoke about **Private Albert**

Knight an Aboriginal Man who fought in World War one and highlighted how Private Knight served his country even though he was not recognised by Australia as a citizen.

This upcoming term I will fight to ensure that the Manly Electorate receives a fair go from the Labor government, top of the list:

1. The introduction of the \$50 weekly Opal cap to the Manly Fast Ferry
 2. Ensure the wharf three upgrade goes ahead
 3. Make sure the Balgowlah Boys upgrade happens
 4. Ensure the knock down of the old aquarium site
- I look forward to working hard on behalf of our community and again, thank you for re-electing me for the third time.

Words: **James Griffin MP**



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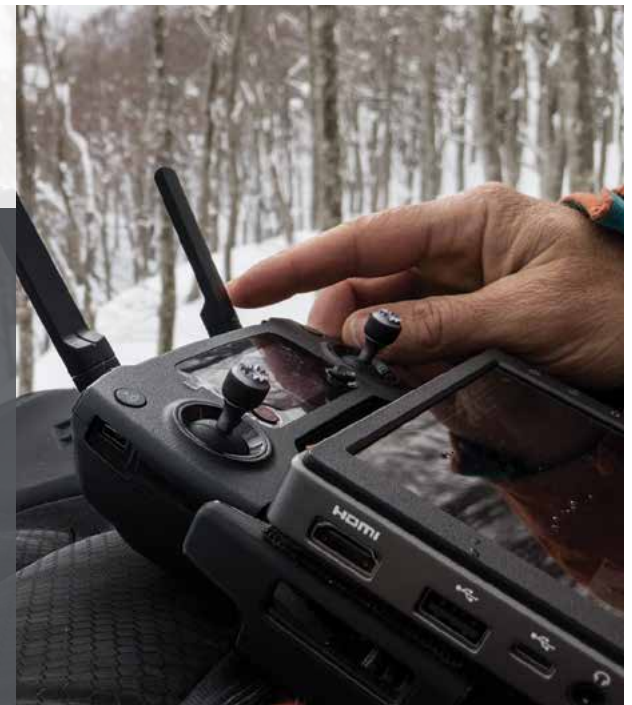


PHOTO: DARA MUNNIS @DARAMUNNIS



It takes a village to raise a child, but it takes a beach to raise a grommie

Surfing

CUBA ushers in a new wave of Curly frothers

Three years ago, **Curly United Boardriders' Association (CUBA)** elders **Michael Griggs, Matt Bemrose, and Scott Mellis** decided they wanted to create a stronger sense of community for the young surfers coming through. **Micro CUBA** was born.

"There were quite a few kids surfing with their mums and dads, which is cool, but not as cool as surfing with your mates," says Scott. "So, we thought, if we have a fun event for them each month where they surf, compete, and just hang out, it can then help them discover the best thing about surfing – which is surfing with all your mates!"

At the next CUBA competition day, the first ever Micro-Groms heat was staged. "It all went great," explains Michael. "But we decided best to have the groms on their own dedicated day and ensure the waves are a bit smaller, the conditions more ideal." From there, the monthly,

dedicated CUBA Micro-Groms took off. "We run the monthly comps, which can then form 3 or 4 event series," says Scott. "It gets the kids so revved up, winning prizes, tracking their progress, having their points tallies, building towards becoming series champions."

Michael continues, "Thanks to the LiveHeats website which greatly assists in running surf contests, the kids can all see their scores online and work out what they need to do in the next heat, next contest, in order to win the title or beat their favourite rival! It's gold. They're so into it."

With the next generation of surfers all amped on improving, and keen to spend more time in the water, weekly training sessions were added. "The rippers in CUBA, Ed Aubrey, Harley Ross, Corey Ross, Perko, spend time with the groms," says Scott. "This creates that broader sense of community, and a link the between younger and older

surfers plus, the coaching is unreal. The groms go out and try their best, seeing things in their surfing us mums and dads have no idea about."

It's not all smooth sailing, running a surf contest is a logistical nightmare at the best of times, so you can imagine adding a platoon of frothing grommies to the mix can test even the most Zen surfer's patience.

"Luckily, managing the day, everyone is helping out," explains Scott. "Setting up, judging, firing up the BBQ, sorting contest rashies, time keeping, admin, it's all happening, not to mention, dealing with Mother Nature can always throw a spanner in the works, whether the surf's too big, too small, or a howling nor' easter smothers the whole beach in bluebottles, but we always manage to make it work, and have so many cracking good days."

Michael finishes by summing up perfectly why the whole endeavour is absolutely priceless, "The old school Curly boys, we wanted to ensure a future for our kids at the beach we grew up at, and from 8 kids at the start to suddenly 80 kids a few years later, with the full community spirit and support, it's incredible. No politics, no nonsense, just families getting together in a safe and supportive environment for the kids and CUBA's future. There are lots of beaches on the coast, but there's only one we call home."

Follow **Micro CUBA** on socials @microcuba and let them know if you've got a grommie keen to surf, make friends and join the fun at Curly.

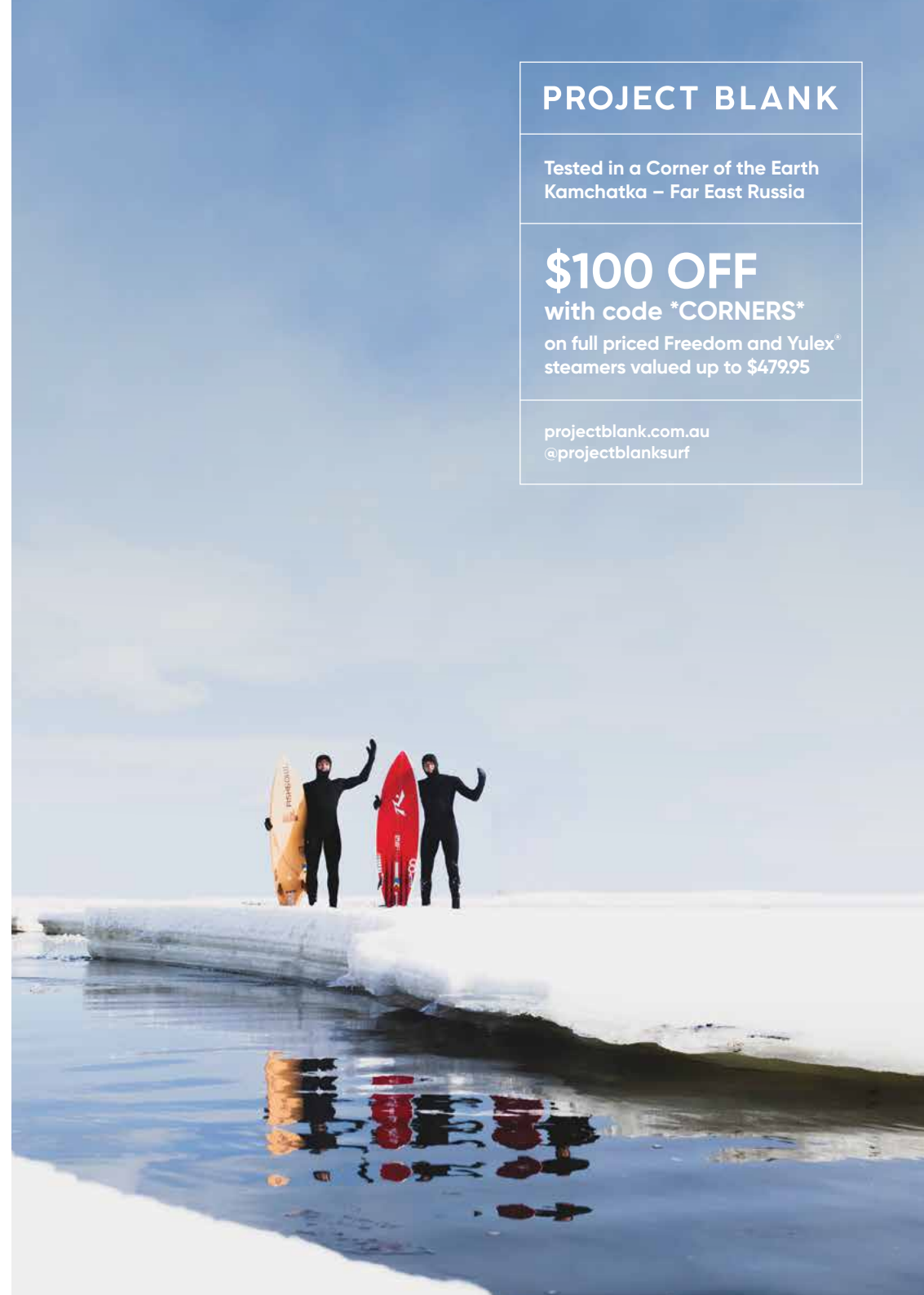
Words: **Liam Carroll**

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Winners are gridders at Manly Warringah Softball Association

Sport

MWSA – Affiliate of the Year!

Members of Manly Warringah Softball Association (MWSA) have a real reason to celebrate after being named Affiliate of the Year at Softball NSW's annual awards.

"It was an honour receiving this award on behalf of MWSA. It's great recognition for all the hard work our volunteers have put in over the last few years," acknowledged MWSA President, Doug Freeman.

MWSA's local competition has been successfully running for over 50 years and the association has a proud history. But the attention of those in charge at MWSA is on its future.

"Whilst we've achieved so much, we're determined to keep growing our wonderful sport on the Northern Beaches," Doug reflected. "Our focus now is welcoming back all our existing players and attracting new players for the coming season."

"Our competition caters for all ages, male and female. Previous softball experience is not necessary as there's a grade to suit all skill and athletic levels."

What makes MWSA so special that it received the top

going across the state? Plenty!

Last season, MWSA had significant member growth of 17.5%. This was a result of active promotion of tee-ball and softball across our beaches community combined with word-of-mouth testimonies from current members.

After rain and COVID interrupted seasons over the last few years, players enjoyed a 16-week competition followed by a finals series. While teams vie on the diamond, a big part of playing softball at MWSA are the off-diamond friendships that span across clubs and the time spent together at Abbott Road diamonds in a relaxed, social setting.

MWSA's youngest members play tee-ball. MWSA's girls representative tee-ball team has had a long history of success at Softball NSW's State Championships and earlier this year won the title for a third successive year. After introducing boys into their Saturday competition in 2021, MWSA's inaugural boys representative tee-ball team were crowned State Champions earlier this year. MWSA's nine representative

teams had remarkable success in 2022, with six teams winning State Championships and the other three teams runners up. Ten MWSA players were selected to represent NSW and five Australian teams (Diamonds/Development/Spirit) that played in the Canada Cup, two of whom also played for the Aussie Spirit Team at the 2022 World Games. In addition, five girls played in the NSW PSSA Softball Team and two played in the NSW SSA Softball Team.

Importantly, MWSA continues to develop its technical resources too. Last year ten umpires gained new accreditations, from level 1 through to level 6. 11 new scorers and 11 new coaches were also accredited. 3 teenagers were involved in MWSA's representative teams as trainee coaches and there were 2 new representative team head coach appointments.

On facilities, the start of a long-term capital expenditure program commenced with the back nets on diamonds 1 & 2 replaced by the Northern Beaches Council just prior to the season start. Also on the list is diamond 3 & 4 back net replacement, upgrade to the lighting on diamonds 1 & 2, acquisition of a new trailer to store equipment, building a storage shed to house the trailer and developing all weather battery lanes.

Plenty was achieved indeed! Enjoy your celebrations MWSA. You certainly earned it!

Words: **Janine Rolfe**

To learn more about playing tee-ball or softball at **Manly Warringah Softball Association (MWSA)**, including joining free off-season introductory skills sessions, email MWSA@mwsa.com.au

IMAGE CREDIT: AMANDA LAU



Liquor licensed cafe/restaurant | \$900k fit out | low rent

Local business for sale

TEMPO Cafe, Terrey Hills: \$250k

First time to market is this stunning Northern Beaches cafe/restaurant that offers not just great coffee, delicious food and indoor/outdoor seating (#100 seats), but also massive potential.

Constructed in 2020, the cafe was designed by a professional design firm, commercial kitchen consultants, and a specialist restaurant construction company to ensure compliance with all regulations and a build cost of approximately \$900k.

The cafe has been trading since November 2020, and it has quickly established itself as a must-visit cafe for locals and visitors. Situated on the perimeter of the Ku-ring-gai national park, this highly visible location is perfectly positioned for by-passers.

With an excellent team culture, the business is run under management, there are three key staff members who have been with the business since it opened with an additional 10-13 staff on rotation for FOH and BOH.

The owner does not have an operational role, their main tasks are liaising with finance and management, recruitment, strategy, and managing equipment and building requirements. The owner's main focus is another business in the technology sector.

Current trading hours are Wednesday to Sunday, 7am to 2pm, with a low rate lease in place until 2025 comprising of two 5 + 5 year options (\$1,330pw).

The massive potential comes from a huge desire in the area for an evening venue serving great food and boutique carefully selected beverages. Add on Friday, Saturday, and Sunday nights and the weekly revenue is expected to conservatively exceed \$27,000.

The current owner's preference is to co-own this business and relinquish operational control to a majority shareholder. A new majority owner would benefit from the existing experience, vendor finance options that the current owner can offer,



and ensure that there is a seamless transition to the new structure.

If you are looking for an opportunity to own a cafe/restaurant that's already fully functional, this business is the perfect choice. The teething issues have been ironed out, covid is behind us, the engine room is running, and the right restaurateur will jump in the driver's seat and take this venue to another level!

If you or anyone you know is interested, email more@tempocafe.com.au for the detailed Information Memorandum.

World Press Freedom Day! But for Julian Assange, David McBride, and fossil media, where is the freedom?

If only the media would cover the persecution of Julian Assange with the same zeal as the wedding of shock-jock Kyle Sandilands; and the controversial attendance of Albo. Michael West reports on World Press Freedom Day.

If you had remarked 20 years ago, before the invasion of Iraq, that an Australian citizen, a whistleblower, would expose the grotesque war crimes of another nation, but rather than being hailed as a hero, had been forced into hiding, then imprisoned for 4 years without a trial, without charges, you would have been called barking mad.

Surely the Australian government would do all in its power to have him released, to be brought home? Not so, instead in the case of Julian Assange, and of Australian war crimes whistleblower David McBride, there is a feeble silence. These are two people who have been punished for doing the right thing, punished with their lives, their families punished too.

How could it be that successive Australian prime ministers and their corporate media courtiers have so ignored this story, the story of an Australian, the world's most famous political prisoner, tortured? The answer is complex, it is nuanced, it goes to Julian Assange not being aligned to any political tribe; it goes to years of smears by the institutions of power, national security scaremongering, and it goes to the fusing of governments with large corporations.

"Quiet diplomacy", so quiet it's tinnitus

In Australia, we are told by the latest regime that "quiet diplomacy" is the way to go. None of this, "Hey, about this \$370bn [AUKUS] we are giving you from our citizens' taxes, would you mind not torturing this bloke anymore?" Dat too 'straight-talkin'? Despite, however, requests to confirm that quiet diplomacy, or any diplomacy at all, has occurred on behalf of Julian Assange, the feeble silence lingers, contaminating us all.

Besides the obvious - that Australian leaders are fawning patsies to American might - the answer to the Assange conundrum lies in a combination of factors. The excellent line-up of speakers at the "Persecution of Truth" conference in Brisbane recently dwelled considerably



'To keep a person ignorant is to keep them in a cage'
- Julian Assange

on this. The lawyers are outraged at the oppressive legal failures to properly charge and try the accused in accord with centuries of convention. The independent journalists and others are outraged by the extraordinary hypocrisy of a system which purports to favour human rights and proper legal process, yet Julian Assange remains incarcerated, tortured, for the crime of doing the right thing. David McBride, likewise, for exposing Australian war crimes, for doing the right thing.

In David's case, as in Julian's, the publishers have won awards, written books, dined out on it - the journos, the editors - while the real heroes are prosecuted. Worse, he faces secret trials, something which countervails a fundamental of democracy, open court.

People are good...sometimes not so much

The lawyers continue to expose the gross injustice, so we will explore just one aspect, that is the relationship of co-dependency between the political duopoly and the media duopoly. This

co-dependency has flourished because governments need big media to be their messengers and big media relies on financial largesse from governments, a cosy cash-for-access regime.

Australia is the land of duopolies, a big island with a small population and high industry concentration. The GFC then Covid only made this worse as large institutions were protected explicitly, propped up, mollycoddled with subsidies and legal relief, too big to fail. Big media too was propped up by subsidies of their own, special licence deals, cash hand-outs.

We don't subscribe to the view that all operators in the fossil media have failed or have been bought-off or compromised. People are people. There is a systemic failure however, which has led to a rising public distrust in large institutions; be they government or corporate.

Enter the internet

As the incursion of the internet and the global platforms such as Google and Facebook ate their revenues, fossil media was forced to cut costs. The quality of journalism faded. As their business models collapsed, the media houses were forced to get closer to their big advertisers. It ate their independence too.

As newspaper circulations plunged, so did ad revenues, digital ads, fetching just a small fraction of newspaper ads. NewsCorp and Fairfax (now Nine) became more reliant on fewer, larger advertisers.

It has got worse. The corporate media paywalls have become even tighter, their "public interest journalism" subsidised by the public but quarantined to paying customers only. Meanwhile new media - social media and independent media - are even more strident about the failure of fossil media to deliver in the public interest.

But to the co-dependency. The Scott Morrison regime took the black art of media management ad absurdum when, instead of doing what governments used to do, leaking to either News or Fairfax in return for favourable coverage, they leaked nightly to both sides, the ABC too, ensuring that they all became part of a tight information cartel.

Media and 'access for comment'

The ancient rivalries between News and Fairfax subsided. Neither side could afford to be too

critical of government lest they were punished with lack of access to the press releases a day early, the nightly "drops". And the new enemy has become independent media and social media; 'the Twitter mob' as they deride it as if public opinions are somehow inferior to their own.

This arrogance is another factor in the us-and-them mentality which has developed. No Australian journalist has achieved the impact of Julian Assange in holding power to account, in exposing war crimes. No Australian soldier or lawyer has achieved the impact of David McBride. Journalists might have studied communications at Moonee Ponds College of Communications and Media before getting a job in mainstream media, but they will never reach these heights, ergo corporate schadenfreude.

Further cementing the political control over media is the 24/7 news cycle. The way it works is the ministers, the PMO (Prime Minister's Office) and their ministerial black arts operatives leak to the press gallery club of an evening, their 'scoops' usually published between midnight and 3am. The morning TV and radio producers, from shock jocks to the ABC, duly take their cue from what's in the newspapers. The daily news agendas for the 24/7 news cycle are thus determined.

Change relies on media

Without support from mainstream media, there is little political change. Thanks to media concentration in this country, change requires the consent of the government subsidised media duopoly and their secondary media acolytes. The bad thing is that the political and media oligopoly will fight hard to preserve their control, their Pravda. Without it, they become useless.

The good thing is the relentless incursion of the internet into traditional media means paywalls have been tightening as their credibility diminishes. As the quality of news declines, its availability has also declined, only kept alive because the public broadcasters and commercial operators follow the agendas of the fossil media.

The good news is that everybody is a publisher these days: Twitter, Facebook etc. Everybody can have their say. And that is where the support lies for Julian Assange and David McBride.

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





A Syrian feast for the Manlygees at the family's new home

Community

Manlygees' Syrian success story

Last year, the **Manlygees**, a local group of volunteers, sponsored a Syrian refugee family to move to Australia. They were able to do this through the **Community Refugee Integration and Settlement Pilot (CRISP)**.

Since the family arrived in November, it's been all go! They moved into their temporary accommodation generously donated by a local family, enrolled in Government services, schools and English lessons, learnt how to navigate public transport, shopping and Australian culture, joined swimming and soccer clubs, and explored Sydney.

Earlier this year, the family decided that they would like to live in Western Sydney as they had connections there. It has a strong Arabic community, and they could afford a larger home with a big garden. Members of the Manlygees supported their move by taking them to house

viewings, speaking to agents and, once they were successful in securing a home, helping on moving day.

We're happy to share that the family are all thriving in their new home. The children are enrolled in local schools, both parents have passed their licence theory tests and the father recently passed his practical test.

We've been lucky enough to celebrate and connect as a group at their home this year. Both times we were treated to an incredible Syrian feast, heard about the kids' school and sports, and have been impressed with their progress learning English.

Everyone in the group is really proud to have been on this journey with the family and

feel privileged to have helped such wonderful people. We are so grateful for the incredible amount of support we received from the Northern Beaches community. Without your donations of time, money and goods, the family wouldn't be where they are now.

What's next for the Manlygees?

Manlygees 2.0 has started! The number of refugees on the UN list for urgent migration is staggering and now that the family is settled, it's time to help once more.

Our volunteers are a mix of original members and new people from the local community.

They're ready and excited to welcome another family to Australia and help them to start a new life in Sydney.

Currently the group is completing their training and planning their next steps with fundraising top of the list. Stay tuned for another sell-out fundraising event!

Community Refugee Integration and Settlement Pilot (CRISP)

Under this pilot, groups of five or more ordinary Australians can sponsor a family who are referred by the UNHCR as refugees in urgent need of resettlement. The program is run by **Community Refugee Sponsorship Australia**, a registered charity with refugeesponsorship.org.au

Words: **Tahirih McLaren-Brown**

Refugee Week runs 18 to 24 June,
this year's theme: Finding Freedom.

Find out all the details at www.refugeeweek.org.au

Mal's Wild Side

Got a problem? Trees can solve it

Think of them as "friends with benefits"

If you're anything like me, you hate seeing tree-felling trucks (often with no company branding) trawling the suburbs in search of their next woody "victim". The angry growl of chainsaws has sadly become the soundtrack to our lives. And all that noisy destruction doesn't come cheap! But the *additional* price we pay for losing trees, both individually and collectively, is much greater.

According to T.M. Das, of the University of Calcutta, a tree, living for 50 years, will generate \$31,250 worth of oxygen, filter out \$62,000 worth of air pollution, increase soil fertility to the tune of \$31,250, recycle \$37,500 worth of water and provide \$31,250 worth of wildlife habitat. That makes the value of each standing tree amount to **\$193,250!** He didn't even include the fact that shade provided by trees can cool the surrounding environment by up to 15 degrees Celsius in the summer - massively reducing air conditioning bills. Meanwhile Real Estate agents estimate that the value of homes and businesses in a tree lined street, increase by \$15-\$25,000.

But trees are worth much more than cold hard cash. They're our vital allies in the fight against climate change. A mature tree can sequester nearly 10kg of CO2 during their first 20 years of growth by using carbon dioxide to build their trunks, branches and leaves. There's also research to suggest that road rage (and even driving speed) becomes less in green urban areas and the presence of trees has been found to reduce blood pressure, domestic violence, depression, stress and ADHD. An American study even suggests that patients recover better after surgery if they have a view of trees through their hospital windows.

If residents get actively involved in community tree planting programs, it provides a measurable boost of community well-being too! Trees also help improve biodiversity by creating corridors for birds, animals and insects to travel. Older trees provide crucial wildlife nesting hollows. It can take 100 years for these to form.

One of our most spectacular local trees, the **Sydney Red Gum**, was recently crowned **Eucalypt of the Year** for 2023. It beat 933 other Australia-wide species in this popularity contest. And what's not to love about their salmon pink trunks, their wrinkly limbs and their lithesome



Sydney Red Gum (Angophora Costata)

grace? But even these majestic beauties are being illegally cut down on a regular basis. I can never understand why someone would want to "remove" a tree to enhance their view. I reckon the tree is the view!

The Pittwater area, amazingly, is losing trees from private land, faster than anywhere else in NSW. This has led to the emergence of a local volunteer group called **Canopy Keepers** who are determined to fight back and "stop the chop". Check out their website and get involved if you can: www.canopykeepers.org.au

Northern Beaches Council has strict rules on tree removal but frequently, D.A. approvals enable entire blocks to be totally denuded. A long awaited "Tree Canopy Plan", which promises to offer more protection, continues to be delayed.

The best trees of, course, are the ones that grow in intact native forests. Sadly, the incoming NSW Labor government is continuing to log what's left of them, despite the impact on koalas.

When you hug a tree, your body releases oxytocin, known as the hormone of love, trust and fuzzy feelings. So, get out there, give it a try and let us know how you go!

If you believe a tree or bushland has been cleared illegally, call **NBC 1300 434 434** to report it - the line is open 24 hours.

Words: **Malcolm Fisher**



Local Business

The Brew Diaries: What's in a beer glass?

Other than our fresh, hand-crafted, creatively curated beer, of course.

Now, you and I appreciate that every **Bucketty's** beer should be served in a chalice worthy of the heart and soul put into each millilitre of the good stuff. That's why our glasses are heavy, robust. imbued with a lovely note when cheers-ing with mates, vital attributes for attaining the coveted Bucketty's State of Mind, but let me take you back to when it all started, December 2020...

Every week we were spending mountains of cash trying to get the brewery open and figured, what's another 5 grand on glassware? We assembled a shortlist before picking the two majestic beauties that now superbly cradle our brews, pints and half-pints, and branded them with Bucketty's. The logic being, though it would cost an extra \$2 a glass, we could sell them as merch. Sell 1 glass for every 2 that got smashed or stolen, we'd be square.

We bought 144 and filled the racks, prepared for our opening day. Everyone loved them, Instagram awash with punters savouring Bucketty's in our epic branded glasses. But then, after a few weeks, we didn't have enough left to get through a busy shift. Also, because the glasses are quite heavy, they hold heat from the glass washer for about half an hour. We can't be pouring a fresh delicious Bucketty's in a warm glass, that'd be criminal. What was going on?

"Did you guys break a heap of glasses last week?" No, maybe one or two, but not really, was the reply. Hmm... We're missing a couple of racks



A World Beer Cup award winning, line-up of glassed wonder

of glasses, but hey ho, bigger fish to fry. I ordered 600 more glasses, \$10,000 out the door - another investment, a big one.

For the next 6 months things really cranked up. It was a great feeling to see so many people sharing a beer and raising a glass (our glass) in celebration. But on a busy Saturday night, we're 6 deep at the bar, the team filling pints at a frenetic pace, when I pick up a pint glass, ready to pour a fresh one. **WARM!** What the fook?! I reach to grab another, there aren't any! Our venue manager Alex yells, "They're all out on the floor", while spinning between the glass washer and the bar. How are there over 400 glasses on the floor? No way, there must be more upstairs! There aren't. Excusez mon Francois once more, what le foook?!

At lightning pace, we collected glasses from the floor, chilled them, made it through another intense shift by the skin of our teeth. We counted the remaining glasses: 300. What? Since we opened, we'd

bought 744 pint glasses, and we only have 300 left? There's no way in hell we've broken that many...Could it possibly be that our awesome, loyal, customers are stealing them? Yes, and stealing Bucketty's loads of 'em too!

In our annual budget, we now have a \$20,000 per year line item for glassware. But what are the options? Get cheaper glasses? Leave them unbranded? When we do eventually catch a thief, sever their drinking hand and mount it above the front door as a warning?

We've taken the view to strive to sell enough beer to counter the cost of serving them in these incredible glasses. So, next time you're at Bucketty's, thoughts drifting to the inevitable, "I would really like one of these beauties at home", just go to the bar and buy one. They're only 15 bucks and you deserve it.

Words: **Nick McDonald**
Founder of Bucketty's Brewing Co.



Jake's talents combine street art and fine art

Cover Artist

Jake Graham

What inspires your art? It's a balance between nature, which can be anything related to the ocean, forests, birds, animals, insects, you name it, but also, being in the signage industry by trade. I have a lot of exposure to big building projects and have a deep appreciation for architecture. Combining these, I try to incorporate the sharp, straight edges of a building's design with the free-flowing elements of nature.

What's your favourite part of the creative process? It's always exciting at the beginning of a project when I've got a fresh canvas, and am speaking with the client, brainstorming ideas. This is when the creative juices are flowing. The middle stages can be a war ground, battling doubts. The love comes back nearer to completion. Then I can spend days applying the finer details and any finishing touches, getting it just right.

What inspired the cover? I grew up taking drives to Palm Beach, watching the sunset at the wharf there. I've always found that part of the Northern Beaches so chilled out, and has such a unique vibe. It doesn't feel like you're in Sydney at all. The afternoon that inspired this month's Tawny cover, while I was watching the sunset unfold, the sky was more purple than I'd ever seen. I can't remember what season it was or what could have caused that, but the water was

so calm, the lights just turned on and it all came together. I took a quick snap on my phone and started working on it.

What plays on your mind when creating murals and outdoor artworks? Sometimes when I talk with clients about the type of mural they're after, and I mention that I have a background in graffiti and street art. I can see their faces change to a querying look of, "Did you tag my shop back in the day? Was that you?!" No, no, that wasn't me! I explain how certain murals will have a graffiti element, and that the word graffiti is simply based on using the spray can. You can educate people and remove any negative connotations tied to the word, "graffiti." Speaking about street art in general, it can easily put people offside initially, but explaining the process behind it, the dedication that goes into it, and the incredible skill required, you quickly win people over.

There is a different pressure to creating a mural that will occupy a public place, that will guide my decision-making to a degree. I want to ensure I create a work of art that doesn't offend anyone, and that will best serve the space.

How did you get involved with DiversArty? I was trying to take my art to the next level. I had a few canvases under my belt, and my aim was simple, to get into a gallery. I went to every art gallery from Palm Beach to Manly, getting a lot of no's, but one maybe. That was DiversArty, and they asked me to come in and show them a painting in person. I was really nervous, not knowing what to say or to talk about, just starting off with blurring, "Here's my painting." DiversArty's Wayne and Donna replied calmly, "Hi mate, how you going?" That settled my nerves, and they've supported me ever since.

Any final words of wisdom for reader and other artists? Always have an open mind, and know there will be hurdles, but just keep pushing, keep learning.

Does Jake's cover art belong on your wall?

The original is available to purchase.

To enquire email JakeGraham12@outlook.com

Follow [@jakegrahamart](https://www.instagram.com/jakegrahamart) on Insta, head online to www.jakegrahamart.com and visit **DiversArty Gallery** in Cromer to check out Jake's work.

Interview: **Liam Carroll**



Comfort food at its finest

Home Cooking

Scrumptious Mac and Cheese

Macaroni pasta bubbling in nutty, creamy Gruyere cheese is like a warm blanket on a cold wintry night. Already scrumptious, unexpected toppings or stir through twists can add delicious drama to a classic Mac and Cheese, the most indulgent of comfort foods.

Ingredients

- 1 tablespoon butter
- 1 ½ tablespoons plain flour
- 750ml full fat milk
- 2 teaspoons Dijon mustard
- 2 cups Gruyere cheese (grated)
- ¾ cup mozzarella cheese (grated)
- ½ cup breadcrumbs (made from day old bread)
- 1 teaspoon sea salt
- ½ cup parmesan (finely grated)
- 300g elbow macaroni or penne pasta

Method

1. Preheat oven 180°C. 2. Cook pasta to al dente. Drain. Place in ovenproof baking dish.
3. Melt butter in medium saucepan. Add flour, stirring continuously. Lower heat. Add milk while whisking. Stir in mustard, Gruyere, mozzarella, and salt. 4. Stir cheese sauce through pasta.
5. Sprinkle parmesan and breadcrumbs on top.
6. Bake until topping is golden brown.

Unexpected twists

- Replace parmesan with 4 slices of chopped prosciutto OR 100g chopped spicy chorizo.
- Stir 2 teaspoons chopped, rehydrated porcini mushrooms OR ½ cup chopped black olives through cooked Mac and Cheese
- OR Before baking, stir through 1 cup leftover roast chicken and 1 tsp dried tarragon.

Words: **Jayne Economos**

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Juliette and Tyler have the community waking up to smell the roses

Local Business

Pedal to the petal, this flower market is the wheel deal

Juliette and Tyler founded Pedals Market on the belief that everyone deserves fresh flowers at affordable prices, and it's even better if the petals are pedalled straight to your door or bought fresh on the shore with sand in your toes and salt in your hair.

What was the inspiration behind the Pedals business idea?

Our mission is to make our community smile, and create a vision that people want to be a part of. We have always loved the idea of bringing kindness and light to peoples spaces. The concept behind the bike is simple. We pedal flowers to your door, fresh from the market every weekend. From concept to Pedals being operational took only 7 days.

Do you have a background in floristry or is this a new venture?

We are not florists by trade and our vision is not to curate our flowers into pieces of art like florists are trained to do. Our mission is fresh, affordable bunches, delivered

to brighten your space. Juliette had worked in a florist previously, and tips and tricks she picked up, guided us through the initial stages of colour tones and simple arrangements.

Who is your target market or regular customer base?

Bunches shouldn't cost a bomb and that is why we sell affordable bunches to our community. Our target market is simply those who deserve fresh flowers that last the long run because they haven't been sitting on supermarket shelves and are straight from the market to you. When it comes to our customer base, it ranges from bubs (making their parents stop) to elderly and we love that!

How much of Manly do you cover in a day of selling flowers?

We cover all of Manly and Fairlight on our bike and we deliver to all of the Northern Beaches and Lower North Shore. We recently obtained an E-bike, so we will now be able to cover more mileage and complete more deliveries in a shorter time. Big thank you to Andre from 99 Bikes in Brookvale for that!

Do you operate every day or just on weekends?

Currently we pedal Saturdays and Sundays only. In the near future we picture Pedals pedalling every day, all across the city.

What is the part about this work that you love the most?

The people. The pedals community is everything that makes this business possible and that doesn't just mean the customers. The amount of people we engage with when we are pedalling is incredible and we love chatting to everyone that walks by. At the end of the day, it is all about the impact we have and the smiles we can bring.

Anything else you'd like people to know about Pedals?

Our \$30 subscription bunch is something we believe a lot of people will come to love. We curate a new bunch each week, pedal to your door and will be back the following week, or fortnight with your new bunch!

Head to pedalsmarket.com.au to order petals pedalled to your door. Follow @pedalsmarket on socials, and keep your eyes peeled at Manly and nearby for Juliette and Tyler's blossoming two wheeled floral bazaar.

Interview: Jen Webster

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Each month we print 50,000 full colour magazines, with 47,500 delivered directly to residential letterboxes, and 2,500 placed in highly frequented public places from Manly to Palm Beach.

Contact Liam to find out how you can showcase your business, service, or initiative, and fully engage with the Tawny Frogmouth's Northern Beaches community.

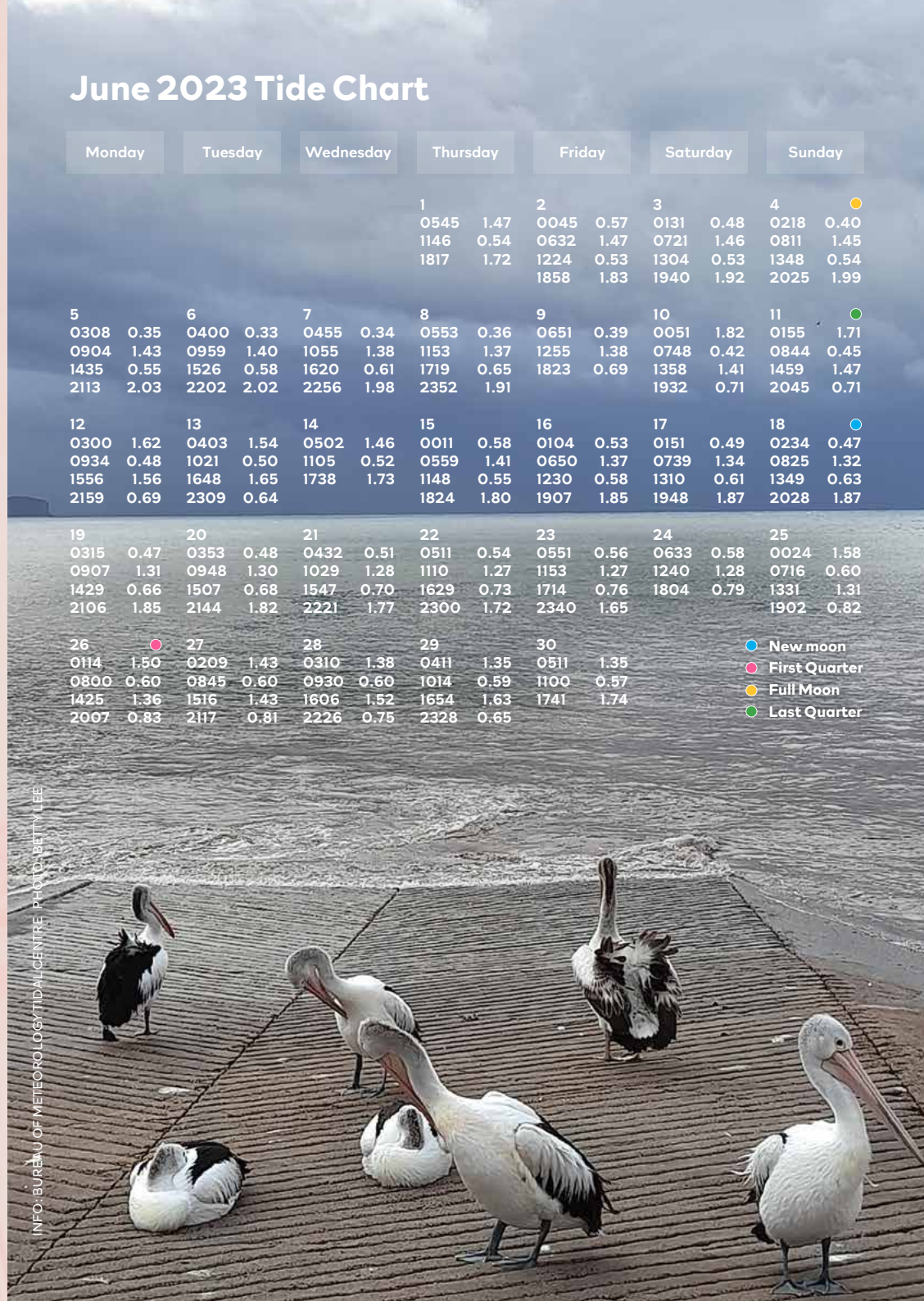
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June 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			0545 1.47	0045 0.57	0131 0.48	0218 0.40
			1146 0.54	0632 1.47	0721 1.46	0811 1.45
			1817 1.72	1224 0.53	1304 0.53	1348 0.54
				1858 1.83	1940 1.92	2025 1.99
5	6	7	8	9	10	11
0308 0.35	0400 0.33	0455 0.34	0553 0.36	0651 0.39	0051 1.82	0155 1.71
0904 1.43	0959 1.40	1055 1.38	1153 1.37	1255 1.38	0748 0.42	0844 0.45
1435 0.55	1526 0.58	1620 0.61	1719 0.65	1823 0.69	1358 1.41	1459 1.47
2113 2.03	2202 2.02	2256 1.98	2352 1.91		1932 0.71	2045 0.71
12	13	14	15	16	17	18
0300 1.62	0403 1.54	0502 1.46	0011 0.58	0104 0.53	0151 0.49	0234 0.47
0934 0.48	1021 0.50	1105 0.52	0559 1.41	0650 1.37	0739 1.34	0825 1.32
1556 1.56	1648 1.65	1738 1.73	1148 0.55	1230 0.58	1310 0.61	1349 0.63
2159 0.69	2309 0.64		1824 1.80	1907 1.85	1948 1.87	2028 1.87
19	20	21	22	23	24	25
0315 0.47	0353 0.48	0432 0.51	0511 0.54	0551 0.56	0633 0.58	0024 1.58
0907 1.31	0948 1.30	1029 1.28	1110 1.27	1153 1.27	1240 1.28	0716 0.60
1429 0.66	1507 0.68	1547 0.70	1629 0.73	1714 0.76	1804 0.79	1331 1.31
2106 1.85	2144 1.82	2221 1.77	2300 1.72	2340 1.65		1902 0.82
26	27	28	29	30		
0114 1.50	0209 1.43	0310 1.38	0411 1.35	0511 1.35		
0800 0.60	0845 0.60	0930 0.60	1014 0.59	1100 0.57		
1425 1.36	1516 1.43	1606 1.52	1654 1.63	1741 1.74		
2007 0.83	2117 0.81	2226 0.75	2328 0.65			

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: BETTY LEE



Art & Culture

Funny business

The Glen Street Theatre team is warming up the stage for the **Melbourne International Comedy Festival Roadshow** coming in June! Stars coming to entertain the Beaches include Mandy Nolan, Takashi Wakasugi, Lewis Garnham and Scout Boxall. To set the mood, we've collected the best jokes from those all around the theatre.

How many actors does it take to change a light bulb? 100. 1 to change the light bulb, 99 to say they should have got that part.

– *Patrice, Ticketing*

How many sound checks does it take to change a light bulb? One two, one two, one two.

– *Dan, Theatre Technician*

A friend of mine wants to give up their job as a courier to work in stand-up comedy, but their delivery is awful – *Belinda, Director*

Did you hear about the guy who fell into the re-upholstering machine? It's alright, he's completely recovered now – *Nigel, Box Office*



An actor I know fell though the floor recently. It was just a stage they were going through.

– *Elise, Ticketing*

Two campers in the woods were sitting around the fire when a giant bear stumbles into their camp. The first camper frantically grabs a pair of shoes and starts putting them on. The second camper says, "What are you doing? You'll never outrun that bear!" The first camper stands up and says, "I don't have to outrun the bear, I just have to outrun you!" – *Georgia, Marketing*

Maybe the jokes are best left to the professionals. Come and see them at Glen Street Theatre, 6-7 June!

Words: **Georgia Slater**

Art & Culture

Ella reviews 360 ALLSTARS

Ella Kennedy won the Tawny Frogmouth Glen Street Theatre Junior Reviewer role in April, wasting no time, getting straight to work!

Recently I had the pleasure of seeing **360 ALLSTARS** at the **Glen Street Theatre**. I cannot express enough how thrilled and excited this show made me feel!

Basically, this show is a bunch of Guinness World Record winning stars who, for a jam-packed hour, worked together on stage to show their tricks. I was in awe of these performers.

There was basketball, drumming, rapping, hip hop dancing, BMX tricks, acrobatics and more. But what really

made this performance wicked was the interaction with the audience. The crowd got so involved.

The b-boys hip-hop dancing was the bomb. They really got the audience moving. The basketballer was juggling four balls and attempting to juggle five. I heard the kid behind me say; "You got this." Everyone felt they were a part of the show. The vocals and drumming were catchy and had us all chanting along, "Push the button."

Beyond seeing all the cool skills of the performers that were super inspiring, the show was a great opportunity to put away your devices and actually watch something live! I felt like we were in the show,



Ella, ready for action

feeling the lighting, colours, music, it felt like such a buzz! It made me want to see more live events.

I suggest you go with your family or friends and watch something at the Glen Street Theatre because it is such a vibe.

Words: **Ella Kennedy**

WHAT'S ON GLEN STREET THEATRE



WARREN MILLER'S DAYMAKER

1 JUN



KATIE NOONAN PERFORMS JONI MITCHELL'S BLUE

3 JUN



MELBOURNE INTERNATIONAL COMEDY FESTIVAL ROADSHOW

6-7 JUN



THE DIVINE MISS BETTE

9 JUN



BABBA: THE ULTIMATE ABBA TRIBUTE

10 JUN



MARCIA HINES 'STILL SHINING' 50TH ANNIVERSARY CONCERT

1-2 JUL



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For fearless investigative journalism, go West

Manly's Michael West devotes his life to keeping Australians informed of the rising power of corporations over democracy.

Trust in the holy trinity of government, big business, and mainstream media has never been lower and thanks to Michael West's fierce dedication to evidence-based journalism, we can see precisely why our trust is collapsing - the troika of agenda pushers, tax dodgers, and back slappers are consistently up to no good. But how did this Walkley-award winning journalist develop an eye and tenacity for unearthing pivotal, public interest stories?

"I completed a degree in history and started out as a cadet journalist with the Financial Review," Michael explains. "I then decided in my 20s I was going to get rich by 30, became a stockbroker, but that was fruitless, still poor, and I was the world's worst stockbroker, but my time in stockbroking gave me a clear understanding of the food chain in corporate Australia."

Learning how to read financial reports, building a wealth of knowledge about the movers and shakers in business, and the machinations of professional money management, Michael returned to journalism, writing for The Australian and Sydney Morning Herald, carving a name as one of the most respected business and finance journalists in the nation until 2016.

"I was executed for the crime of journalism," Michael says matter-of-factly. "There were too many complaints at the SMH, and during my 8 years at Fairfax, there'd been 5 redundancy rounds already. Around the same time, my father passed away, which overshadowed everything."

Michael took some time off, before returning with his own independent publishing business to pursue the stories mainstream media didn't want to touch. "I called it Michael West Media, which might have been a silly thing to do, but it was to capitalise on the martyrdom aspects of it all, having been fired for doing my job."

The Michael West Media business is funded by readers through voluntary donations, there's no advertising on the site, and the core product is to provide non-partisan, evidence-based, investigative reporting focused on big business, particularly multinational tax-avoiders, financial markets and the banking and energy sectors.

"My program is to get up at 4am, check the Fin Rev, SMH/Age, Australian, see who's leaking what to whom, what lines they're running, what fanboy articles have been written for the gas



Holding truth to power in a flanny, that's living

lobby, what has the Prime Minister's Office just dropped to their media patsy courtiers, which all then gives me ideas for stories to pursue that day.

"We then focus on doing one quality, investigative, public interest story every day, and to report in simple, plain language, to distill the crucial information to a form everyone can understand and engage with."

Michael's plain speaking has landed him in plenty of hot water, receiving up to 5 defamation lawsuits a year. "You've got to be able to take a lot of risks," is Michael's approach. "With the defamation claims, I ring the lawyers straight up, that always scares the crap out of them. Then of course, if it becomes clear our reporting was wrong or even unfair, we change it immediately, but often just go public straight away."

Michael's journalistic integrity to uncover facts ensures any defamation threats usually evaporate quickly, proving more often than not to be baseless attempts to muzzle him, something no one will ever have much luck in achieving.

"The reality in modern society is, you get paid more to lie than to tell the truth, but there's a huge opportunity for my team and I to tell the stories others won't, to satiate a readership hungry to know what's really happening, and to ensure vital public interest stories see the light of day."

Visit www.michaelwest.com.au for evidence-based, public interest reporting.

Words: **Liam Carroll**

Secret Spaces Hidden Places

Standing amongst giants at Angophora Reserve

Take a step through the stone archway into Angophora Reserve and you'll discover a palm-lined rainforest and wildlife corridor - all hidden amongst the winding back-grounds of Bilgola Plateau.

The reserve, covering 18.5 hectares of land, became a bushland sanctuary back in 1937 when it was purchased by the Wildlife Preservation Society before they donated it to the Warringah Shire Council in 1962. Local volunteers helped to turn the Angophora Reserve into what it is today; laying track foundations and planting native species including Grey Gums to feed its then koala inhabitants.

In 1989, the reserve was even recognised as an important part of Australian heritage by becoming listed on the Australian Heritage Commission's Register of the National Estate.

Many of these natural relics still stand towering above visitors today with Angophora trees soaring high into the sky above the densely populated bush below. It's not a surprise therefore, to see 'caution koala' signs dotted along the roads leading into the reserve.

In 2022, one of the oldest Angophora trees, at an estimated 450 years, collapsed during heavy winds. But it still remains intact and on its side in the reserve today, showcasing a slice of history for modern day visitors.

Walking from one end of the reserve to the other is just over a one kilometre stretch, with an onerous climb up winding stairs if you enter from Palmgrove Road. But it's



Step inside Bilgola Plateau's 18.5 hectares of towering arborous heritage

worth the climb, as majestic views await at various points throughout the walk overlooking Bilgola and Avalon. Plus, a final viewpoint between the bush and homes to reveal Pittwater down below.

Along the way, you'll feel as if you've stepped into an aviary, surrounded by the sounds of kookaburras, rosellas and lorikeets - among a few of the reserve's inhabitants. You'll also be treated to the soothing trickle of gentle waterfalls next to handcrafted wood bridges as you step your way across boulders and smooth sandstone steps.

Did you know...

The reserve's name might be a bit difficult to pronounce but the name actually stems from the iconic Angophora trees that give the reserve its name. These majestic trees, known for their striking red bark and twisted branches, can

be spotted around the reserve, towering high above you, as they can grow up to 30 metres tall. They also make the perfect home for the variety of birds found here.

How to get there

The reserve has two main entrances, one on Palmgrove Road and the other on Wandeen Road. If you enter from Palmgrove Road, head about halfway down the length of the street and you'll spot a stone archway leading into the reserve. If you come from the Wandeen Road end, you'll notice a school bus stop nearby and a smaller stone-marked entrance to the path.

Have a great spot you think should be featured?
Email us at mail@thetawnyfrogmouth.com.au

Words: **Rebecca Burton**



Sarah Cowper, Aneya Sarkar, and Janne Siletto hatching Spill the Beans editorial plans

Art & Culture

Aneya Sarkar Spills the Beans

Meet the youngest ever member of this Northern Beaches writing group.

On a bright Sunday morning, I met up with **Spill the Beans** writing group's newest team member, **Aneya Sarkar**, a bubbly 16-year-old who is a Year 11 student at the Northern Beaches Secondary College.

Aneya tells me she discovered the Beans on the Northern Beaches website. "I was looking for ways to expand my area of knowledge and hopefully make a contribution," she says. "I didn't have anything particular in mind. I applied for a couple of tutoring jobs, but then the Beans entry caught my eye. It looked fun and interesting. I sent an email to Spill the Beans president, Julie Howard. I was so excited when she invited me to join the Beans Challenge Editorial team."

"Everyone has been so welcoming and inspiring. I'm learning new technologies and how to work and think in a different way. It's very stimulating." Aneya loves being part of the editorial team that meets up once a month at

Manly Library to create online writing challenges. I love reading everyone's stories and poems on the website. I came up with the idea for the June challenge Fake? Fact? Fiction? You can read my entry on spillthebeans.net.au"

Aneya's also spreading the word about the Beans at school, online and among her friends. "I tell them I'm meeting so many people with different skills and ideas", she says. Her enthusiasm has rubbed off on several friends, who she hopes will join in by sending their 400 word 'FAKE' story or poem to beanswrite21@gmail.com

Aneya explains that the stories and poems are published online, as eBooks on Amazon, and in print format. She says, "It's a great way to get published."

The Beans are just another strand in Aneya's busy life. "It can't be all study," she says. In addition to her heavy school workload which includes English and Maths Extension,

and Design Technology, she has her sights on a career in product design and management, while her great love is sailing.

Aneya discovered sailing as a 10 year-old and as a member of Manly Sailing is an instructor of the younger members. "They are so keen," she says. She also spends any time her schedule allows drinking latte and relaxing at the beach with her friends. Otherwise, they meet up at each other's houses.

She and her family, who moved from northern India when she was six, are great travellers, and go somewhere different every year. It's another wonderful opportunity to find out about different people and cultures and so far, she's visited 23 countries.

As we leave the coffee shop Aneya says, "Being in the Beans is such fun, so I do hope others will come and join me in this amazing writing adventure."

Up for a writing challenge?
Send your 400 word
'FAKE' story or poem to
beanswrite21@gmail.com
and be published on
spillthebeans.net.au

Words: **Jane Cameron**

Mental Health

Coping with grief and loss

Tragedy and change, both expected and unexpected, can be causes of two of the most powerful emotions that you can experience – grief and loss. These can be overwhelming and debilitating, leaving individuals feeling a wide range of responses including lost and alone. Whether it's the loss of a family member or friend, a job, a relationship, or a pet, the pain that comes with it can feel all-consuming. In this article, we'll explore the different aspects of grief and loss, and offer practical tips to help you cope.

"The feelings of grief and loss can be intense and varied," says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. "At first, you might feel numb, in shock, or disbelief. As time goes on, you might experience sadness, anger, guilt, or even depression."

"It's important to remember that everyone grieves differently, and there is no right or wrong way to do it," continues Barbara. "Some people might cry uncontrollably, while others might withdraw and isolate themselves. Whatever your reaction, it's important to recognise and acknowledge your feelings without judging them as 'wrong'"

Grief and loss can be caused by a variety of events. The most common cause is the passing of a loved one (either through illness, accident or suicide) but it can also be caused by other life-changing events, such as divorce, loss of a job, a broken friendship, or a serious illness.

"When we experience a significant loss," says Barbara. "We may feel like we have lost a part of ourselves, and the future can seem uncertain."

So, what can you do to cope with these feelings? Here are some practical tips:

- 1. Allow yourself to feel your emotions:** It's important to give yourself permission to feel your emotions. Don't try to push them away or ignore them. Let yourself cry, scream, or do whatever you need to do to release your emotions.
- 2. Seek support from others:** Don't try to go through the grieving process alone. Talk to friends, family, or a counsellor about what you're going through. Joining a support group can also be helpful, as it can connect you with others who are going through a similar experience.
- 3. Take care of yourself:** Try to take care of your physical and emotional well-being during this time. Eat well, exercise, and get enough rest.



Practical tips for coping can make all the difference

Make time for activities that you enjoy, such as reading, walking, or spending time with friends.

4. Be patient with yourself: Remember that the grieving process takes time. Don't expect to feel better overnight. Be patient with yourself and allow yourself to grieve at your own pace.

5. Seek professional help if needed: If your grief is interfering with your daily life, it may be time to seek professional help. A psychologist, counsellor or psychiatrist may be able to help you work through your feelings and develop coping strategies.

"Feelings of grief and loss may never completely leave us, especially around anniversaries or other key events," says Barbara. "But they are likely to become less strong over time."

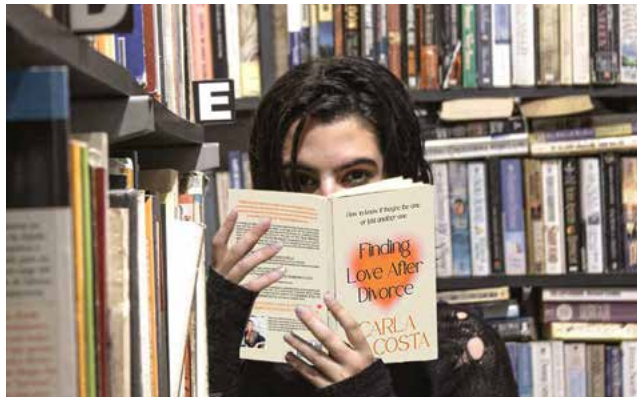
There are also many resources available to help you deal with grief and loss. These include online or face-to-face support groups, grief counselling services, and self-help books. Reaching out and asking for help can be an important step.

Grief and loss are powerful emotions that can be difficult to navigate. It's important to recognise and acknowledge your feelings and seek support from others. Take care of yourself, be patient, and seek professional help if needed. Remember that you are not alone, and there are support services and resources available to help you through this difficult time.

Words: Lifeline Northern Beaches

If you're feeling overwhelmed, Lifeline is here to listen and help. Call **13 11 14** or text **0477 13 11 14**.

Local support services are also available, visit lifelinenb.org.au/get-help for more information.



Is your spouse reading "Finding Love After Divorce"? Oh dear.

The Love Scout

Who wrote the book on goodbye?

Navigating separation and divorce

Remember the good old days of Gregory's maps, the paper book you studied to get around? Now we've got smart phones and algorithms to help us navigate life. What about matters of the heart? Is there a road map for heart ache, separation, and divorce? What's the best way to do? Where do you even begin?

Unfortunately, there is no book on goodbye; it is something deeply personal and intimate to each of us. There is no "right" way, only what feels right for you. In saying that, once you know your relationship has passed its expiry date, it will require you to take affirmative action. Sometimes it's hard to know how to move forward.

What do you do after you've decided it's time to split?

1. Get honest with yourself
What are the real reasons and motivations? What needs aren't being met? Are there values that no longer align? Has there been growth apart? Do you have different visions

for the future? Self-honesty will allow you to be honest and transparent with those around you and stay in your integrity.

2. Check in with your values
What do you stand for? Why are these things important to you? This will be the framework through which you conduct yourself moving forward. Separations can be incredibly painful. If kindness, compassion, empathy, fairness, and love exist in your value set, bear them in mind as you communicate and negotiate with your spouse, family members and loved ones.

3. Rip the band-aid off
Stop avoiding the conversation and tell your spouse you want a divorce. Be intentional with your words, let your values carry the conversation, but be direct and clear. Ambiguity leads to false hope and fantasy, which inflicts greater pain on the other in the long term. Don't offer hope if there is none.
4. Make a timeline for your separation
Grab an A3 piece of paper and start making crosses of when

you will take the next logistical actions. This could include talking to your children, telling family members, sharing with community members, consulting lawyers around finances or custody, seeking out therapy to support your emotional and psychological well-being, exploring accommodation options, discussing co-parenting plans, talking to your employer and re-structuring work. Giving yourself a structured plan will help hold you accountable and support you in taking the next step towards your outcome. This can also help move you out of emotional overwhelm into action.

5. Build and reach out to your support networks

Separations can cause huge turbulence in our lives. They can demand us to reflect on our identity, roles, meaning, purpose, and direction. For some, it can even lead to an existential crisis. We can be vulnerable in this time when our world is being flipped upside down. Rely on your friends, family, community, therapist, hobbies, co-workers, and support groups to help you emotionally and psychologically sustain the changes.

Time may not heal everything, but it surely helps. Take it one day at a time. Yes, the unknown can be scary, but it also holds infinite opportunity. You just have to imagine the horizon and what's on yours. Every new beginning comes from some other beginning's end.

Words: **Scout Smith-O'Leary**
Scout is a Relationship Therapist & Educator working with singles and couples based in Manly. Visit thelovescout.com or call **0410 030 463** to book a session.



Aftersun

Genre Drama
Rent/buy on Apple, YouTube & Amazon

How much can you ever truly know your parent? This is the central question in Charlotte Wells's magnificent directorial debut film which focuses on a girl's relationship with her young father.

The film plays like a mashup of home video recordings, a kaleidoscope of memories, moments, glances, minuscule heartbreaks and the world of emotions that lay under the surface. The images are striking in both their structure and deeper meaning. Wells takes her time in fully absorbing you in the central relationship and slowly tugging on your heartstrings.

The result is a profound and poetic experience that feels joyful and heart-breaking. It unites the audience in a sense of something universally human. This isn't a fast-paced film. It's not plot-heavy or action packed, but patient and lovely and just creeps up on you in the best way.

The two lead performances are sensational, and their chemistry is so natural and smooth - you truly believe this a real-life father and daughter. Family is always complex, and this film honours the complexity of family with a beautiful piece of art that offers more each viewing.

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

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Premier Guitars, in a league of its own

Step inside the clandestine Northern Beaches guitar haven of vintage, rare, high-end masterpieces of music-making art.

Meet Rennie Adams, the Beaches' answer to Seal's dreams, thrust into the national consciousness in 2017 via his semi-final run on The Voice, then forging a career as a singer, songwriter and performer, captivating audiences from Manly Corso's Boatshed to New York City's Beacon Theatre.

We featured Adam in the debut Frogmouth, when Covid was running rampant, Avalon was soon to cluster, and live music performers were having about as much luck as Qantas pilots (or anyone at Qantas) of gainful employment. It was no time to re-Joyce.

Jump ahead to 2022, the music scene is coming back to life, and Rennie's keen for a new guitar. "I found a Gibson online that looked perfect, gave the bloke a call, John, expecting I'd have to drive out to Parramatta but no, his shop, **Premier Guitars**, was on the Beaches, I couldn't believe it."

This is where, for security clearances beyond ASIO operatives' grasp, Premier Guitars' mystique begins. To visit the store is by appointment only, the vault of high-end vintage guitars so immaculate that every precaution for showroom visitation is in place.

Once Adam's clearance was granted and he'd stepped past multiple bolt-locked doors to arrive inside, Wet Wet Wet's Love is All Around was blasting full blare through his every cell. For guitar lovers and anyone that appreciates supreme craftsmanship, Premier Guitars' showroom is glorious.

"The whole experience was great," Adam beams. "John had the guitar set up for me, wasn't pushy, just let me have a play, try it out, check other instruments too, told me I had the whole place to myself to work it all out." Not only did Adam buy the guitar, but he also found out through the one trusted grapevine that always delivers, mum's friends, that John was looking to sell the business.

"I'd never run a business before, but this opportunity, I could see so many of the things I love all coming together. Dealing with people who share the love and appreciation for music and guitars, and rather than a retail business, the bookings are by appointment, so I can still



Premier Guitars, heaven on Earth for guitar lovers

pursue my own music career."

Guitar lovers from all over keep up to date via the Premier Guitars website and YouTube channel with the latest arrivals, happily flying from Brisbane, Melbourne, even Perth to secure something impeccable. Prices occasionally soar into 6 figures. And sellers trust Adam with their treasures to keep them safe and secure and find the best buyer to pass the guitar's legacy on to.

Adam took the business over on July 1, 2022, Happy Financial New Year! And John's wisdom is always top of mind, "The guitars are such good quality, they sell themselves to a degree. People know what they want. If they like them, they'll buy them. If they don't, they won't. Let people play the guitars and let them make the decision." With that, and Rennie's passion, the highly niche Premier Guitars business is in superb hands.

Learn more about the vintage, rare and unique musical goods on offer at premierguitars.com.au Follow @premierguitars on socials and YouTube, and call **0414 994506** to make an appointment at Northern Beaches' clandestine guitar haven. Tell Adam the Tawny sent you.

Words: **Liam Carroll**

REDHOOK Postcard From A Living Hell

Stand Out Track: Postcard XO
For fans of: The Used, Paramore
Rating ★★★★★



Local Sydney Nu Metal/Punk/Hardcore Rock band Redhook dropped their debut album on us, and it can be summed up in three words: In Your Face. Every track has high energy with thunderous guitars and ridiculous drumming ability. It's angry and passionate but the upbeat vibe ensures the journey through the tracks is a lot of fun. Lead singer is the shining light showing off her raw emotion and aggressive singing chops. It's an album of social depravity and survival that could help anyone through the Mondays.

FALLOUT BOY So Much (for) Stardust

Stand Out Track: Heartbreak Feels So Good
For fans of: Late 00s Emo,
Fall Out Boy **Rating** ★★★★★



Their most recent release is one that I'd certainly only recommend to fans. That's not to say it's a bad album however it is VERY Fall Out Boy without the mainstream hooks we are so used to hearing from them in their hey day. For those who don't know this band I'd recommend their earlier work like 2007's Infinity On High which possesses a similar sound but is chocka block full of bangers. So Much (for) Stardust gives you the FOB feels in so many ways but it just never reaches climax.

LEON BRIDGES Good Thing

Stand Out Track: Beyond
For fans of: Teskey Brothers,
Anderson .Paak, Otis Redding
Rating ★★★★★



Good Thing turned 5 years old this weekend and came along with a bonus new track called Naomi. The new track is a funky, groover you are comfortable dancing to in your living room but for the most part Good Thing is a laid-back soulful endeavour that dips its toes into the soothing sounds of the 70s with that crisp modern production. Leon's voice is a velvet red and will keep you entranced while his lyrics paint the perfect picture of expression and desire. There is an attitude that is brought to the table in his performance that is accompanied with a welcome vulnerability leaving you wanting more.

Reviews: **Digby Robinson**

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PROUDLY SERVICING THE NORTHERN BEACHES

We've been royally conned, but...

A new book tells us how to fight back. We interview **Grant Ennis**, author of **Dark PR: How corporate disinformation undermines our health and the environment**.

How do you describe your expansive career?

I usually say I work in the NGO or charitable sector, but that's a bit of an oversimplification. I've been really privileged to work and live in ten countries and on a wide range of issues. A decade ago, my work became much more focused on supporting governments to tackle issues through policymaking in areas related to the prevention of sexual and gender-based violence, health, and others.

How do you explain what Dark PR is all about?

I explain it in a few ways, but one of my favourites is to say that it has three sections.

The Introduction begins with how corporations have lobbied to shape government policies in ways that kill us, and how we need to end those policies to save lives.

Part one then goes on to explain the kinds of Dark PR that corporations then use to cover these policies up. In this section I show that there is a playbook of nine different framing strategies used by corporations that span all industries, which is important because people tend to see everything as unique and different – but really the same playbook, that I expose in my book, is used everywhere.

Part two points out the ways in which we try to fight back that don't work, why, and then explains how we should be organising and demanding political action.

Was there an especially impactful example of Dark PR that you saw, and which proved the catalyst to write this book? In 2010 I was driving in San Francisco and saw a billboard that I'll never forget, a blatant example of victim blaming individuals for global warming. It was a Chevron Oil company billboard with the picture of a face, and superimposed in front of the face were the words "I will use less energy." Next to the words and the portrait was a large Chevron logo.



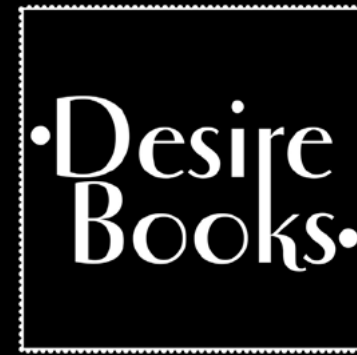
Grant Ennis in Santa Barbara, California, 2017

How can our readers arm themselves against the Dark PR tricks that abound in modern society? In two ways. First, they can keep an eye out for the devious frames I mention in my book. Secondly, they can and must organise politically to end legalised and subsidised propaganda. Get together with your friends. Talk about politics. Then go the next day to your MPs office to talk about immediate steps possible to end the legalisation of advertising by harmful industries. If a ban is too far for Australians to stomach at the moment: As a first step, they can work together to end the subsidisation of propaganda, for example, why is the marketing of junk food to kids tax deductible in Australia?

What advice do you have for people to help combat disinformation, and to be effective citizen activists? I recommend that people focus on being citizens after work. I think the way we make money and the way we make the world better need to be separate things with impenetrable firewalls. The suffragettes didn't get the right to vote by making better clothes for women in the factory – they organised after work and were politically active. Corporations are constantly suggesting the opposite, funding all kinds of think tanks to suggest that you should "do good by doing well" or "do good through your work," and I really think that's been a very successful narrative in distracting people from doing good as citizens outside of work and outside of the remit of their livelihoods.

Head online to buy your copy of **Dark PR: How corporate disinformation undermines our health and the environment**, Daraja Press, 2023

Interview: **Liam Carroll**



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Subject Long Reef Bliss
Photographer Betty Lee



Subject King St Balgowlah's Coronation Corgi
Photographer Rob Edgren



Subject Scotty Romain playing with monsters
Photographer Murray Fraser @sproutdaily



Subject The fierce gecko of Allambie Heights
Photographer Laurie Wilson



Subject Stumpy
Photographer Jen Ward



Subject King St Coronation Party raising money for Northern Beaches Women's Shelter



Subject Dylan Bird lighting up Fairlight wave pool
Photographer Matt O'Connor @manly_drone



Subject Phallus rubicundus from Oxford Falls
Photographer Conny Harris



1. Which food festival will be hosted in late May on Manly Corso & Beachfront?
2. A Northern Beaches brewery is called "Dad & WHAT"?
3. How many Manly Sea Eagles players played State of Origin in the 2022 series?
4. A 1920's version of the Spit Bridge was funded by – The NSW Government, Manly Council or Mosman Council?
5. Hitchcock Park sports ground is located in which Northern Beaches suburb?
6. Which country's nickname is Land of the Long White Cloud?
7. Red, White, Yellow, Blue, Green – What colour is missing to make up a Rubix Cube?
8. On a digital clock – How many segments does the number 8 have?
9. What does the U stand for in the combat sport UFC?
10. What unit of measurement is a boat's speed measured in?
11. In what state or territory does Great Northern beer originate in?
12. Where on your body would you wear corn rows?
13. Which Aussie company was famous for using the line "Good on ya mum" in their advertising?
14. Is there more Red or White on the Canadian flag?
15. In what year did the Boston Marathon Bombing occur?
16. For the New Year's Eve celebrations of 1999/2000 – Starting with E, what word was sprawled across the Sydney Harbour Bridge?
17. In what two-word country would you find the world's deepest mine?
18. In which European country was the Piano invented?
19. Starting with G – What was Coco Chanel's real first name?
20. Which overseas city is the only city to have hosted a (unofficial) Rugby League State of Origin match?

For enquiries email "RAZZLE"
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Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Gemini May 22 - Jun 21

You can choose your friends but not your family. Hmmm, why is your family choosing to unchoose you?

Cancer Jun 22 - Jul 22

You think you're so crazy cool. I've got news for you babe, that hairstyle is not doing you any favours.

Leo Jul 23 - Aug 22

No, silly, Spanx isn't a sex game. You need to stop telling your lover how much you're absolutely legging for it.

Virgo Aug 23 - Sep 23

Friends for life, or so you thought until you went on your truth telling spree. Zip it. Lie, lots, to be a true bff.

Libra Sep 24 - Oct 23

Your Dame Edna impersonation is right on trend now. Finally. Time to get an agent pronto. Call Barry Humphries.

Scorpio Oct 24 - Nov 22

Feel like you're going no where fast? Don't worry, join the SLOW movement and you'll be among friends.

Sagittarius Nov 23 - Dec 21

Your patience is truly a virtue. Hate to break this to you though, that money you're owed is never getting repaid.

Capricorn Dec 22 - Jan 20

All this hoo-ha about rising interest rates won't affect you. No savings, no mortgage, no worries. Cop that RBA.

Aquarius Jan 21 - Feb 19

Everything they say about you is true, it's what they're not saying that you should be concerned about.

Pisces Feb 20 - Mar 20

Never underestimate the ability of a fart and wrongful accusation of your 'friend' to bring them undone.

Aries Mar 21 - Apr 19

ChatGPT was made to help kids cheat in school, not to bore AI to death with your meaningless chit chat.

Taurus Apr 20 - May 21

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20. Los Angeles
16. Eternity **17.** South Africa **18.** Italy **19.** Gabriel
12. Head/hair **13.** Tip top **14.** Red **15.** 2015
9. Ultimate **10.** Knots **11.** Queensland
5. Avdon **6.** New Zealand **7.** Orange **8.** 7
3. 2 - (DCE & Jake Trbojevic **4.** Manly Council
1. Taste of Manly **2.** Dad & Dave's
Trivia Answers

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

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SEPT

TOM BURLINSON

SINGS FRANK SINATRA

29
SEPT

ROLLING STONES REVUE

FEATURING. ADALITA, TEX PERKINS & TIM ROGERS

30
SEPT

BJORN AGAIN

01
OCT

JAMES MORRISON MOTOWN EXPERIENCE

06
OCT

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SOWETO GOSPEL CHOIR & GROOVE TERMINATOR

07
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