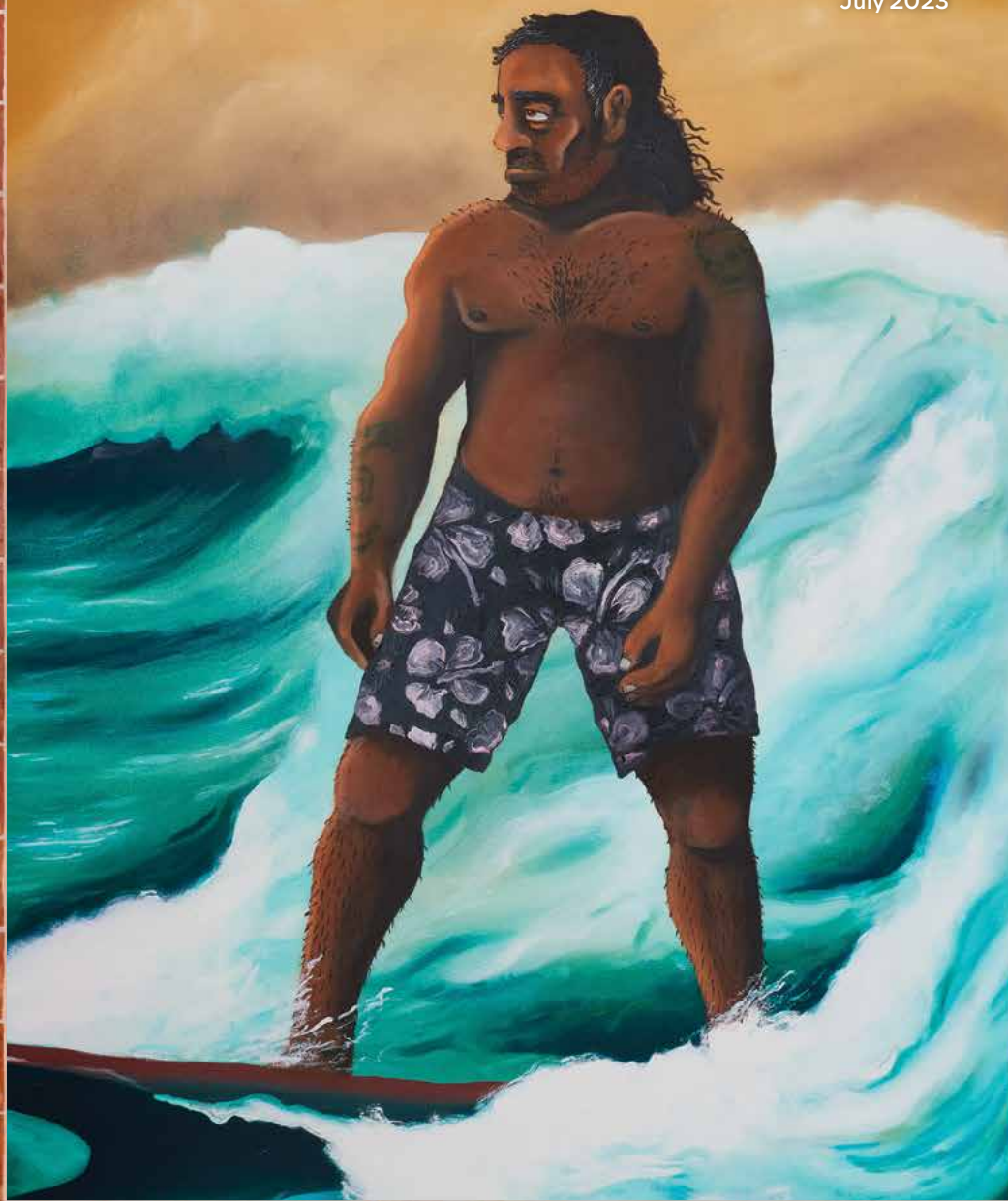


The Tawny

FROGMOUTH

July 2023



Thank you
Wakehurst



Michael Regan
Your new Independent MP for Wakehurst

It's an honour to represent you and the community that I love as Wakehurst's first Independent MP in NSW Parliament.

I **promise to continue to listen and advocate** on behalf of everyone in our community over the next four years.

The **Wakehurst electorate office in Dee Why is now open.**

You can either drop by in person (Shop 3, 637 Pittwater Road Dee Why) or contact me and the team on 9981 1111 or wakehurst@parliament.nsw.gov.au

The team and I are here to represent and help you.

Michael Regan MP - Your Independent Member for Wakehurst

To find out more about how I can represent and help you and to keep up to date, visit www.michaelreganmp.com and sign up to my newsletter.



Shop 3, 637 Pittwater Road, Dee Why NSW 2099 • PO Box 405 Dee Why NSW 2099
P: 9981 1111 • E: wakehurst@parliament.nsw.gov.au • W: michaelreganmp.com

Authorised by Michael Regan MP. Funded using Parliamentary entitlements.

 **Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

St Augustine's College
Federal Parade
BROOKVALE

NEW
STOCK
DAILY!

6-9 July

Thurs 11-6 • Fri 9-6 • Sat 9-6 • Sun 9-3

Lifeline Book Fairs raise funds for Lifeline's crisis support and suicide prevention services. Visit www.lifelineb.org.au to find out more.

ICMS is The Professional Mentor

The **International College of Management, Sydney** (ICMS) believes in mentoring students towards personal success in their professional lives.

All undergraduate and postgraduate degrees have been designed by working closely with industry to develop an industry-relevant curriculum. This, together with the fact that 100% of degree students receive work experience through their compulsory Work Integrated Learning (WIL) subjects, means that students develop skills and knowledge – and get experience – that can be applied as soon as they graduate.

*Maybe that's why 100% of recent graduates said they already had a job? **

Masterclasses

One way ICMS brings industry experts to students is through a regular series of Masterclasses held throughout the year. These events bring specialists, such as fashion designer Alex Perry, on to campus where students can learn from the best, ask questions, and build their industry networks.

Masterclasses are a way students get to stand on the shoulders of giants and are part of the ICMS 'professional mentor' approach that is embedded into student life at ICMS.

Undergraduate Bachelor of Business (Fashion and Global Brand Management) students who attended the Alex Perry Masterclass and who may have expected 'secrets' to success, instead got candid advice as he served up what he called 'a dose of reality'. His advice: start entry-level, show work ethic. After three years, earn attention for the right reasons. 'Do the work. Prove resilience.'

Getting this type of industry-specific and relevant advice is what students can expect from ICMS Masterclasses, and what sets ICMS apart as 'The Professional Mentor'.

Here's a glimpse of some other recent speakers who have shared their stories with students:

- Sophia Kim, founder of Siempre Golden
- Steve Cox, CEO of Destination NSW
- Neil Perry, restaurateur and business owner
- Pip Edwards and Claire Tregoning, founders of P.E Nation
- Marilyn Anneckhini, co-owner Pulu at Freshwater
- Cameron Smith, former professional rugby league footballer

**Graduates who were engaged in or available for work (In the Labour force). Internal Graduate Survey March 2023.*



Alex Perry's 'secret' to fashion industry success: "Be the person who offers solutions, be proactive and work hard"

ICMS & TikTok

We also know that students love TikTok, so ICMS have brought mentorship straight to their iPhones with @ICMSWeMentor. Bite-sized videos feature fresh advice from industry experts, helping students connect with the trailblazers in industry.

@ICMSWeMentor on TikTok is all about levelling up your mindset, starting up your own side hustle, and landing your dream career. Follow @ICMSWeMentor on TikTok to join the community.

ICMS Undergraduate Degrees

- Bachelor of Business
- Bachelor of Business (Entrepreneurship)
- Bachelor of Business (Marketing)
- Bachelor of Business (Sports Management)
- Bachelor of Business (Fashion and Global Brand Management)
- Bachelor of Business (Accounting)
- Bachelor of Event Management
- Bachelor of Hospitality Management
- Bachelor of Business (International Tourism)
- Bachelor of Property (Development, Investment and Valuation)

ICMS 

OPEN DAY

6 AUG 23

Big enough to **connect you.**
Small enough to **connect with you.**



FIND OUT MORE
ICMS OPEN DAY

10AM - 2:30PM
151 Darley Road, Manly

CRICOS PROVIDER CODE: 01484M



G'day Beaches

Happy Financial New Year! Be sure to get all your deductions in order, very un-Australian not to, then rip into the July Tawny Frogmouth.

Tying in with this year's NAIDOC week, we've got a special focus on local Indigenous superstars. Starting with our first ever Indigenous cover artist, thank you to Avalon's Billy Bain for lending us his iconic, thought-provoking piece that was also a finalist in this year's Wynne and Sulman Prizes at the Art Gallery of NSW.

We profile Noah Smith, the Northern Beaches Youth Citizen of 2023, a young First Nations man on a mission. We catch up with Clarence and Adam of Bush to Bowl, whose work is connecting all Australians with 60,000 years of heritage thanks to the hearty manna that brings us all together, bush tucker. And Sue Arnold of Michael West Media investigates the repercussions of flimsy koala protection policies. We must protect our tree hugging treasures.

Liam



The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd
ABN 95 013 114 772

WEBSITE

www.thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnyfrogmouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au

CIRCULATION

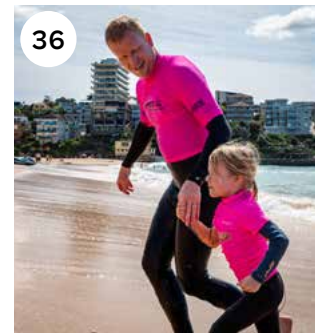
50,000 copies delivered monthly
47,500 to letterboxes from
Manly to Mona Vale;
2,500 to local businesses
Spit Bridge to Summer Bay

PEFC CERTIFIED

The Tawny Frogmouth uses paper
from sustainably managed forests.

Contents

6	G'day Beaches	36	Lifeline
8	Peninsula Wash Up		It's time to paddle out!
10	Letters to the Tawny	38	History in the making
			Manly, the epicentre of democracy
16	Federal politics	39	Education
	History is calling		Kamaroi's Class of 2023
17	James Griffin update	40	The Love Scout
	On the lookout		What the f*ction is going on with my emotions?
18	Community	41	Secret Spaces Hidden Places
	Noah Smith, on a mission		A micro adventure for a sky high view
19	Michael Regan update	42	Mal's Wild Side
	Wakehurst's new Independent		Art, for nature's sake
20	Sport	43	Home cooking
	St Augustine's to row for Australia		Tawny Sweetcorn Pancakes
21	Local Jobs	43	Film Review
22	Michael West Media		The Lost City
	Koala protection policy	44	Tawny's Bookclub
24	Silicon brooky		When Dark Roots Hunt
	Solarpro knowledge is power	45	Album reviews
26	The Thrones of Brookvale	46	Local Photos
	Part 4: Winter Cometh	48	Trivia
28	Cover Artist		Sudoku
	Billy Bain	50	Rumour has it... Star Signs
29	Local business		
	Bush to Bowl		
30	Community		
	KADDY Transport		
32	Roll of honour		
33	Tide chart		
34	Glen St Theatre		
	Ella reviews Possum Magic		
34	Community		
	Jeans for Genes Day		



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

Here to help

Please contact my office for help with:

- ✓ NDIS
- ✓ Immigration
- ✓ Aged Care
- ✓ Grants

Zali innovation inclusion integrity
INDEPENDENT WARRINGAH

Contact or visit the Electoral Office
Level 2/17-19 Sydney Rd, Manly NSW 2095
9977 6411 | zali.steggall.mp@aph.gov.au | zalisteggall.com.au
Authorised by Zali Steggall MP, 2/17-19 Sydney Rd, Manly NSW 2095



Bear Cottage Superheroes

Peninsula Wash Up

Get your cape on to support Bear Cottage

Bear Cottage, the only children's hospice in NSW, will hold their annual fundraiser **Superhero Week, July 23-29**. This is a very special event on the Bear Cottage calendar and a chance to acknowledge and celebrate the superheroes that Bear Cottage sees each day - the courageous patients and the strong and devoted families. Everyone in the community is invited to "get their capes on" to be a superhero too. Visit www.superheroweek.com.au to register to take part or to make a donation.

Beaches' new Mayor and Deputy

Following **Michael Regan** and **Rory Amon** successfully winning the NSW state seats of Wakehurst and Pittwater, a hefty power vacuum was created in the local council chambers. A new Northern Beaches Mayor would have to take the reins, and cometh the moment, cometh the champion, congratulations **Sue Heins**! Having served as a Councillor since 2012, Sue will be joined at the helm by Councillor **David Walton**, who has served since 2017. Deputy Mayor Walton was previously a Police Officer, Detective and Commander of the Northern Beaches Local Area Command, where he was awarded the NSW Police and National Police Medals.

EOFY Heart and Lung Corso Stall

Winifred Garland of the **Australian Heart/Lung Transplants Association (AHLTA)** will be back on the Manly Corso outside Humphreys on Friday 30 June. To raise vital, life-saving funds, Winnie's stall will be selling her famous array of jams, lemon butter, pickles, cakes, lovely knitting, baby clothes, books, bric a brac, and a raffle. The stall will be weather permit-

ting, but we've got it on good authority from swell forecasting mastermind, Swellnet's **Craig Brokensha**, that 30 June, particularly **8:30am to 3:30pm**, will be resplendent. Ring Winifred on **9971 0821** for any information.

Green and Gold beauties return

Premier Chris Minns and Transport Minister Jo Haylen have confirmed that due to the huge demand on the Circular Quay to Manly route, three of the four iconic Freshwater class Manly Ferries will return to operation by mid-next year. The mighty Queenscliff will be back on duty by November, followed by MV's Freshwater and Narrabeen next year. This is a huge victory for the **Save The Manly Ferry Alliance**. Congratulations! MV Collaroy is likely to be retired due to maintenance challenges. Rest in peace soldier.

The Nest for Pregnancy Loss

A new in-person support group is now open to help support mothers who have or are experiencing pregnancy loss. Our current medical system often lacks the ways to acknowledge or honour this experience, leaving many women feeling isolated and alone during a very vulnerable time. **The Nest for Pregnancy Loss** is a physical space for mothers to come and process their experience. Sessions are held fortnightly, 6:30-7:30pm on Tuesday evenings at the **Akasa Wellness Centre** in Mona Vale. Led by Psychotherapist **Carma Vesper**, doula **Hayley Stanway** and Childbirth Educator **Natalie Andrew**. \$25 per person or donation based on individual circumstances. Private sessions also available. Contact hello@akasawellnesscentre.com.au

From the Crown to the Sea

The **Pittwater Natural Heritage Association (PNHA)** conducts guided nature walks where you can enjoy and learn about the bush. On **Sunday 30 July** you are invited to their next walk - the Newport Bushwalk - **From the Crown to the Sea**, which will take you through coastal shrub and heathland with fantastic coastal views down through littoral rainforest beside McMahons Creek. Moderate fitness needed for steep tracks. Don't forget binoculars. Meet 9am at Porter Reserve, Burke St Newport. Ends about 11.00am. To book and for more info, email pnhainfo@gmail.com. Learn more about PNHA at pnha.org.au

Words: **Liam Carroll**

IVANHOE MANLY

\$20 DAILY Specials

FROM 5PM

\$12 FRIDAY SPECIAL
ALL DAY BUCKET OF WINGS AND BEER

MONDAY
2 FOR 1 PIZZA
choice of two from the menu

TUESDAY
SCHNITTY OR PARMI
served with chips & garden salad

WEDNESDAY
TACOS OF THE WEEK + MARGI

THURSDAY
STEAK NIGHT
200g chargrilled beef rump, served with chips & garden salad

SATURDAY ARVO
SMOKE SHACK UNTIL SOLD OUT
BRISKET OR PORK BELLY WITH BEER OR BOTH FOR \$30
served with coleslaw, texas corn, potato & jalapeño salad, soft tortilla, bbq sauce

Not available public holidays *beer - schooners only
ivanhoehotelmanly.com.au | 27 The Corso, Manly Beach NSW 2095 Australia
TEL: 02 9976 3955 | info@ivanhoehotelmanly.com.au

Experience the Belle Property difference with Luke Burgess.

An exceptional sales record...

If you are thinking of selling and would like a complimentary market appraisal which will provide you with an approximate idea of what your property may be worth, then please contact me.



Luke Burgess | 0404 843 499
luke.burgess@belleproperty.com

belle
PROPERTY



Letters to The Tawny

Re: The Voice (June '23)

I'm unsure of what legal qualifications Kevin Begaud has, but I believe, based on the legal opinion of some of Australia's most distinguished constitutional experts, that he is mistaken in his views, as expressed in his Tawny letter.

Professor Anne Twomey AO, Professor Megan Davis, and Former High Court judge Kenneth Hayne, have all supported the current wording and found no cause for alarm. Former High Court chief justice Robert French described Deputy opposition leader Sussan Ley's claim that the Voice could "have a de facto veto role" as having "no substance", and described its role, saying, "It would be no more than advice". Eminent constitutional expert Bret Walker SC, described the claim that courts would be clogged full with meaningless cases, as "too silly for words", and the National Law Council of Australia said it "unwaveringly supports" the current proposed wording. How the Voice will operate in practice will be determined by Parliament, but it will not provide direct input into decisions. We should all be mindful that the Australian Constitution does not currently contain any reference to Aboriginal and Torres Strait Island peoples. The Law Council of Australia outlined three key reasons why constitutional recognition is needed. One of these states that: "A successful referendum will have significant value as a symbol of recognition and

unity between Aboriginal and Torres Strait Island people's and non-indigenous Australians". That recognition not only seems fair and just, but it is also well overdue.

Alan Marel, North Curl Curl

Intentionally muddying the waters for the Voice

It would be a tragedy for this nation and all its people and for our reputation on the world stage if we were to reject the Voice to Parliament. This is a vote to recognise the first peoples of this nation in the constitution. Who could feel threatened by that? What harm would it do you to recognise our first peoples? Rather than dividing us as Peter Dutton would have it, the Voice is a means to bring us together. We are one, surely?

Your letter writer (June edition) has his facts wrong regards the powers of the Voice to make representations to the Parliament and the Executive Government in the Constitutional recognition of First Nations peoples. The Law Council itself as well as the overwhelming majority of constitutional experts fully support the current wording of the Voice to parliament, including reference to the Executive Government. Constitutional law expert Anne Twomey says the inclusion of executive government does not mean any obligation to advise or consult the Voice in advance of making laws. Former Justice of the High Court Kenneth Hayne has stated that there is nothing in the wording of the Voice that "that comes anywhere near providing anything like a veto". The opponents of the Voice are muddying the waters with their hysterical claims that every decision of every government instrumentality from the Meat

and Livestock Corporation to parking fine authorities would suddenly clog up courts of law. Parliamentary supremacy is not at risk no matter what the proponents of the 'No' vote try to tell you.

I will proudly vote Yes. Because I don't feel threatened. Because it's time we recognised our first peoples and made it possible for them to have a say in decisions that affect them. Because it's the fair thing to do.

Judy Hungerford, N Curl Curl

The Voice

The governing voice panel has been proposed with the imprimatur of the current federal Australian prime minister. It is proposed to enshrine this panel as a new level of government, called The Voice. The only way to enshrine such a governing body is to include it in the Australian Constitution. This would result in an addition to the existing governing bodies namely the Senate, the Federal Government, the six State Governments, five State Upper Houses, the 2 Territory Governments, and dozens of Local Governments. The Supreme Court process to deal with constitutional matters will add a significant legal complexity to all government decisions and consequently seriously damage investor confidence and retard our economy.

Geoff Berry

Love thy neighbour or buy them out

Do you know the parable of The Good Samaritan? Three men pass a man on the side of the road, injured from a robbery. A priest, a Levite and a Samaritan. The first two ignore the man, but the Samaritan puts this man before his own needs and assists him. How things have changed in 90 years since

BEAT THE ELECTRICITY PRICE RISE!



Quality Low-cost Solar & Battery Systems

Most people who choose solar power also want a battery, but cost can be prohibitive. We are delighted to offer a combined solar power & battery system for less than the price of some individual batteries. You get a 6.6kW solar power and 10kWh battery system including 16 solar panels in a package that can pay for itself from about 5 years*. Available in different sizes.



Solar Batteries for Under \$10,000*

The AlphaESS range is tried and tested good quality in a choice of sizes that can be added to an existing solar power system. Don't wait to get the benefits of a battery.

Electricity Savings Pay for the System

When we crunch the numbers on a 'green loan' for a Solar & Battery system, customers often find that their new electricity bill plus the loan repayments comes to less than their old bill. Ahead from day one! The outcome will be different for everyone but luckily, finding out is FREE.*



Call Us for a Home Visit, On-line Quote or Visit our Allambie Heights Showroom
9453 1485 | Solarpro.com.au



* conditions apply

the Nuns of The Good Samaritan started a school in Manly, Stella Maris. Now they not only walk past the injured man but look the other way as they pass. I live near Stella Maris, and they are trying to gaslight residents with carefully chosen words and very little contradictory communication. Residents be warned, even though your local law states an education facility cannot operate in a residential zone, State Government created a state law overriding this in the last decade.

If you see a private school with a DA in to demolish neighbouring house(s) for demountables or a carpark or to reuse the space for the finance team, be warned they are using a loophole in NSW State law to build up to 5 storeys in a residential zone, disregarding the intention of the law which states you have to abide by the local law, usually only 2 storeys high in building. You need to stop them doing a pseudo re-zoning called a "change of use" under the State law because it seems their needs now surpass yours.

Felicity Weaver, Facebook group - Stop Stella's Expansion Manly stellaexpansion@gmail.com

Column proposal

Dear Liam, a recent update of the World Meteorological Organization Report states that global temperatures are likely to surge to record levels in the next five years, and that the Paris Agreement of a 1.5°C threshold for long-term warming will be breached with increasing frequency. With many current world events in the spotlight, this received scant attention, yet it is perhaps the most daunting of them all. Preoccupied with our daily lives, we hope and trust that our federal government - our ultimate

guardian in such matters - has our backs, but we have to realise that it, too, has many issues to deal with.

Our input on climate matters can't just be a vote every three years; I think the time is ripe for a local community news source to publish feedback that our federal members will be motivated to take to Parliament. I'm hoping the Tawny might take a lead in this regard, perhaps with a monthly climate column or the like, and that readers who agree with this initiative will write in or contact the Tawny in support.

Reon Bavinton, Seaforth

That's a wash up

Dear Tawny, while 31 May's World No Tobacco Day may be over, I'd like to ensure all Tawny readers know that NSMA (Non-Smokers' Movement of Australia) campaigns continue. NSMA has fought since 1977 for everybody's right to breathe clean air, free from the toxins in second-hand tobacco smoke and (more recently), the thousands of known and unknown emissions from vaping products. Everybody has the right to breathe clean air: babies, children, people with disabilities, workers (indoors and outdoors), older people/frail aged, refugees and other people from Non-English-Speaking Backgrounds; everyone, everywhere. We have fought for smoke-free public transport (buses, trains, ferries, flights), smoke-free workplaces, smoke-free cars for children, smoke-free beaches (Manly Beach - first in the world), smoke-free parks and sporting spaces for players and onlookers, smoke-free music, and we continue to fight for smoke-free Multi-Unit housing (social/community housing, retirement villages, strata units)

where second-hand smoke seeps within and drifts around and into building openings. Smokers and Vapers have easy access to Nicotine Replacement Products (NRTs) - patches, gums, lozenges and sprays, which harm neither themselves nor others.

We have called for specific "No-Vaping" signage to be provided free by NSW Health, as vapers usually ignore No-Smoking signage and their vaping emissions filled with thousands of unidentified chemicals, billow out, into the lungs of everybody nearby. There are already emission controls on vehicles. We need stronger emission controls on smokers and vapers. We call on all levels of government to further legislate to protect this; our basic human right to breathe clean air.

Tobacco taxes must be spent on helping smokers and vapers to escape their addiction to nicotine (regarded as more addictive than heroin, but available at every street corner). At the same time, our governments must prosecute Big Tobacco and Big Vaping for the damage now and into the future. Tobacco kills approximately 20,000 Australians annually.

Margaret Hogge (President of Non-Smokers' Movement of Australia Inc), North Curl Curl

Homelessness

Thank you, Jen Webster, for your lovely article, "The Humanity of Homelessness" (May '23). As Jen says, if you can, support a charity which uses your donations to actually assist those who are homeless. The Rev Bill Crews Exodus Foundation is a wonderful charity with no big salary for CEOs. He puts every penny into helping the homeless and those who need his services. Many are 'working

Premium Aluminium Windows & Doors



We remove your old windows and doors and replace them with new premium aluminium ones, manufactured in our factory. We are Sydney's supply and installation experts operating since 1986. Call or scan the QR Code today for your **FREE In-home Consultation** and quote.



Scan to Enquire



CALL TODAY
1800 952 931

healing human



Welcome to
Spinal Flow®

Love for your nervous system

- Ease pain, symptoms, anxiety, stress
- Release stored trauma and emotions
 - Realign posture, structure, form
- Reconnect with your body postpartum, or
- Just bring more flow into your body + life

Visit healinghuman.com.au to book your Manly session.

Watch Mel's videos to see Spinal Flow® in motion.

Ann Wilson
and her team are here
to care for your family at
Wilson Family Funerals



Kate, John and Ann of Wilson Family Funerals.

Wilson Family Funerals is family owned and operated by Ann Wilson, her daughter Kate Wilson and Ann's brother John Garling. Collectively they have decades of experience caring for Northern Beaches families in their time of need. You can personally talk to Ann Wilson and her team anytime, seven days a week.

Local family owned and operated

VISIT Suite 3, 1440 Pittwater Road
North Narrabeen, Sydney
CALL 02 9913 7131 wilsonfamilyfunerals.net.au



poor'. As Jen says too, no one is immune to becoming homeless. It only takes a loss of work, major illness, family breakdown. Many older women who have worked all of their lives now find themselves with little superannuation, battling to pay rent, utilities, food and medicine, and are forced to couch surf with friends or sleep in their cars. Please think of others less fortunate than we who live in a great place.

Eira Battaglia

Wakehurst Parkway Greenery

Have you driven along the Parkway from Narrabeen to Oxford Falls recently? If so, you must have noticed the stands of vivid greenery at several points along the way. Unfortunately, this greenery consists of (a) Tobacco Weed and (b) Lantana. And both of them are out of control and spreading quickly.

Who is responsible for eradicating these threats to the native bush? Is it Main Roads? Council? Or State Parks? Whichever it is, please do something quickly, because these threats to the bush are expanding every day.

Re: E-bikes (June '23)

Dear Tawny, I just wanted to lean in and lend my support to Craig for his thoughtful letter on E-bikes. I am a real fan of technology and the flexibility that E-bikes provide, however some of these bikes are nothing more than electric motorbikes. My 72 year old mother was nearly run over on the Manly beach shared bike/footpath by a youngster speeding along

at what could have been 40km per hour (best guess) and the startling thing was they were not even pedalling. The culprit on the Northern Beaches is the DiroDi Rover which is fancied as the youngsters can fit 2 on the large seat, and they can be seen speeding all over the pavements on the northern beaches. While being a fan of E-bikes I appeal to parents to instill some sort of responsibility in their children if they choose to equip them with this sort of equipment. I also appeal to the Northern Beaches Council to restrict the use of these bikes at excessive speeds on the shared bike/footpaths.

Regards, Duncan

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



GETTING ALL OF THE GOVERNMENT SUPPORT YOU ARE ENTITLED TO?

WONDERING IF THERE IS SOMETHING YOU SHOULD BE DOING, BUT HAVEN'T?
RETIREMENT IS SO MUCH MORE THAN JUST SUPERANNUATION.

Call Brendan Ryan on 0412 181 031
brendan@laterlifeadvice.com.au

Later Life Advice
 INDEPENDENT FINANCIAL PLANNING & ADVICE FOR RETIREES
WWW.LATERLIFEADVICE.COM.AU




Up to 5k cash back available

Martyn Williams
 Director


Your local Mortgage Broker

Home Loans • Purchase • Refinance • SMSF Loans
 Commercial Loans • Vehicle & Equipment Finance
 Over 60 Lenders

Call Martyn on **0478 417 425** or scan code to find out more
m.williams@aquahomeloans.com.au
aquahomeloans.com.au




ACTING CLASSES



BUILD CONFIDENCE, COMMUNICATION SKILLS, AND HAVE FUN!

MONDAY NIGHTS
SALVOS CHURCH, MANLY
www.sydneyactorsplayhouse.com



TRANSPERSONAL COACHING
 REPROGRAM FOR A BETTER YOU...

Laura White BChC 0468 564 770
 Psychotherapist • Counsellor • Hypnotherapist
 Located in North Curl Curl

www.PsychTranscendence.com

The Love Scout
Relationship Therapist
 Counselling for Singles & Couples

Helping you reduce conflict, improve communication and enhance intimacy

Located in Manly
CALL 0410 030 463
www.thelovescout.com




Manlygees invite you to...

Another Syrian Evening In Manly

A fundraiser to support and welcome more refugees to the Northern Beaches.

FRIDAY 21 JULY
 6PM-9PM

MANLY SURF PAVILION,
 MANLY LSC
 SOUTH STEYNE

Syrian meal, canapes & welcome drink, live music, silent auction and guest speakers

TICKETS \$80

Buy your tickets online: manlygees.org




History is calling: We can create a better future

In a few months, Australians will be asked to recognise Aboriginal and Torres Strait Islander peoples in the Australian constitution, through a Voice to the Parliament.

Indigenous Constitutional Recognition

Aboriginal and Torres Strait Islander peoples, the first inhabitants of this beautiful land, have graced it for 65,000 years. When the Constitution was written in 1901, it failed to acknowledge their presence, customs, and laws. They were excluded and not consulted. It was not until the landmark 1967 referendum that they were recognised as Australians and counted in the census. However, their rightful place in our Constitution remains unacknowledged.

Why do we need a referendum?

Changes to the Australian Constitution can't be made without a referendum. Since 1901, there have been 19 referendums, proposing 44 changes, but only eight of these changes have passed. The last referendum was in 1999 which means anyone under 42 has not participated in one.

How will the Voice Referendum work?

A referendum is a compulsory national vote allowing Australians to consider proposed constitutional changes. This will require a simple 'yes' or 'no' answer. Referendums run much like elections, so if you are turning 18 or are new to Warringah (or Mackellar), make sure you are enrolled to vote.

For success, the Referendum must achieve a double majority: approval from a majority of voters nationwide, and a majority of voters in at least four out of six states. If successful, the proposed change will be implemented and enshrined in the Constitution by Parliament.

Why am I supporting it?

In 2017, the Uluru Statement was delivered, representing years of work and consultation involving 250 delegates and 1,200 Aboriginal and Torres Strait Islander individuals across Australia.

The Statement called for constitutional recognition through a practical and simple measure: a Voice to Parliament enshrined in the Constitution. This Voice will give First Australians a seat at the table in the development of policies and legislation that impacts their lives. Being enshrined in the Constitution



Tony McAvooy SC, Semara Jose, Dean Parkin & Zali Steggall MP at a recent Voice Referendum Community Forum.

ensures its permanence and prevents its dismantling, unlike previous Indigenous advisory bodies.

First Australians have issued a generous invitation to walk with them. A chance for Australia to take the next step towards reconciliation and to connect our story of what it means to be Australian with 65,000 years of history.

What will saying 'Yes' mean for the nation?

Will a Voice make a practical difference in the lives of First Nations people? **Yes.** Is it consistent with international human rights obligations? **Yes.** Is it what the majority of Indigenous people want? **Yes.** Will it help 'close the gap' target and allow for better designed policies impacting Indigenous communities? **Yes.**

I've sat in parliament for the last four years and listened to distressing reports on closing the gap. We are failing. Most gaps won't be closed in our lifetimes without a different approach.

It's rare to be tapped on the shoulder for such a moment in our country's history. This is an opportunity for Australia to reset. Let the referendum speak for the kind of Australia that we want to be. We cannot change the past, but we can vote for a fairer, more equitable future.

To learn more about Warringah for the Voice, visit zalisteggall.com.au/warringah_voice

Words: **Zali Steggall OAM MP**

James Griffin Update

On the lookout

As we head into winter and hopefully some crisp clear days, don't miss the new lookouts at North Head. After significant work the new lookouts are open and spectacular. The lookouts conclude the multi-million upgrade to our precious North Head National Park. A great investment by the previous NSW Liberal Government.

Recently I hosted the Defence of Sydney ceremony at North Head. I was joined by over 300 people from local RSLs, schools and other community organisations to recognise the night that war came to Sydney in 1942 when three Japanese midget submarines entered the harbour and sunk the HMAS Kuttabul. The

event has been running for 27 years. Everyone is welcome to attend, and I hope to see you next year.

During the election, some unsuccessful candidates claimed they were the only ones who would do anything about offshore drilling near our coastline. Well, they were wrong then and they're wrong now. On the 8th of June I was joined at Manly beach by NSW Liberal Opposition Leader Mark Speakman, Shadow Environment Minister Kellie Sloane and Member for Pittwater Rory Amon. We stood with 11 climate and environment groups to announce that we have introduced legislation to finally put an end to Pep-11. This legislation will ban infrastructure related to the exploration and extraction of oil and gas being placed in New South Wales waters. Surely something NSW



James with Consul-General of Japan, Mr Shuichi Tokuda.

Labor will support? Don't miss the Manly Business Chamber's NAIDOC week celebration on Wednesday the 5th of July from 6-8pm, this will be held at the Royal Far West in Wentworth St Manly. It will be an evening of conversation with myself as host and special guest Garry Farrar, a proud Wiradjuri man. Please register with the Manly Business Chamber if you wish to attend.

Words: **James Griffin MP**

Preparing them for life.

Kamaroi offers a distinct and lasting primary education for children in Pre-Kindergarten to Class 6 based on the pedagogy and teachings of Rudolf Steiner.



A rich, solid foundation.

The children learn through imaginative stories, artistic work and real experiences.

For more information or to book a tour visit:
www.kamaroi.nsw.edu.au

Community

Noah Smith, a young man on a mission

I doubt you'll be surprised to learn that the Northern Beaches Young Citizen of the Year, the Y NSW Youth Parliamentary Member for Pittwater and youth Premier, the member of The First Nations Advisory Group to the federal government, the NSW state debating champion, the passionate Bush to Bowl employee, the Bilgola Beach SLSC IRB crew member, Gomeroi descendant and the proud recipient of the Adam Goodes and Michael O'Loughlin GO Foundation scholarship is not your average teenager.

That's a resume that would take most of us many lifetimes to replicate, let alone before finishing high school. But spend a moment with Noah "Wombats" Smith and have him gleefully inform you one of the best ways to infuriate a nature lover, bird watcher or local magazine publisher is by saying, "Tawny Frogmouths are my favourite owl", and your faith in humanity and the cheekiness of 17-year old Aussies will be restored.

All jokes aside, this Barrenjoey High School Year 11 student is a young man on a mission - to advocate for the people who need it most. "My father passed away when I was nine years old," says Noah. "And I know first-hand the role that effective advocacy played in helping my mother and our family through those times. Advocating for the people who need assistance, for wisely using resources to achieve the best outcomes, these are the fundamental building blocks for society."

Noah's grasp of effective advocacy is a clear sign of the wisdom beyond his years, and with a supreme intellect, thoughtful understanding of any number of contemporary challenges, and a deep sense of compassion for all members of society, Noah's mission is sure to be a success.

When attending Parliament House in Canberra for The First Nations Youth Advisory Group meetings, Noah said, "We are all from different parts of the country, but all from the same country. We want to see change and we want things to be better for young people." This advisory group's ideas and perspectives will help shape First Nations education policies and programs.

When delivering the Acknowledgement of Country at the annual RSL and Schools Remember Anzac Commemoration, Noah said, "If we don't learn from the past, what will our future



Noah at the big house for The First Nations Youth Advisory Group

look like?" These words run deep, as Noah's family, like so many Aboriginal Australians, have courageous forefathers who fought valiantly to defend our country.

"Many Australians have similar stories, yet the Indigenous men and women that fought beside my grandfathers were denied the same benefits, rights and support that non-Indigenous soldiers received when they returned home. They weren't given land, full pay or permitted in RSL clubs."

It's with this in mind that Noah, and countless young Australians, are looking towards the Voice referendum with slight unease. "There's concern that if the Voice is unsuccessful, it could be devastating," explains Noah. "Using the Republic referendum as a benchmark, if we're unsuccessful this year, it would seem likely we're many decades from this landmark achievement. Despite that fear, I'm hopeful the Voice will be successful, and we're soon to see positive change, inclusion and formal recognition for Indigenous Australians."

Regardless the outcome, Noah's mission to advocate for all Australians will continue, and with his exceptional capacity to collaborate, educate, learn and inspire, we'll be seeing a lot more of this young man in the years to come, with even more great achievements to look forward to.

Follow @noahwombats to keep up to date with all of Noah's endeavours.

Words: **Liam Carroll**



Michael Regan Update

Wakehurst's new Independent

The 58th NSW Parliament officially started sitting in May and I have been busy tackling the issues you said were the top concerns for our community.

I've met several times with new Transport Minister Jo Haylen. The Minister has heard our community's concerns over the lack of bus services and disruptions to our B-Line service. Those who missed the opportunity to have their voice heard at the Bus Passenger Forum at

Dee Why RSL, please contact my office for details about making submissions, surveys, online sessions and pop-up stalls to have your voice heard.

I have met with the new Planning Minister Paul Scully and Environment Minister Penny Sharpe to emphasise our community's opposition to the proposed housing development at Lizard Rock in Belrose and have spoken about Lizard Rock in Parliament.

I met with Natural Resources Minister Courtney Houssos to stress the community's anxiety about PEP-11, and exploration and mining in general, off our beautiful coastline.

In very big news, the Roads Minister John Graham announced the Government will deliver \$13 million in additional funding to Northern Beaches Council to complete flood mitigation works on the

Wakehurst Parkway (that's in addition to the \$18 million already with Council). Even better is the government agreed to fund and deliver \$75 million for safety upgrades promised by the previous government. I have worked hard with the current government and am grateful they have listened and acted on this now \$106 million package. I also want to acknowledge the work of Dr Sophie Scamps for her role in securing this funding.

Mr Graham is also Minister for Music and the Night-time Economy, and we have discussed supporting the emerging Brookvale Arts District. Finally, it was an honour to have served our community as "Mayor of Awesome Town" for 15 years and I am delighted to have passed the baton to my good friend Sue Heins.

Words: **Michael Regan MP**

Authorised by Michael Regan MP. Funded using Parliamentary Entitlements.



MWP
Community Care

PROVIDING ESSENTIAL SERVICES TO
OLDER AUSTRALIANS SINCE 1967.



Door to Door
Transport to
appointments



Escorted Shopping
or 'Shop by List'
services



Home
Modifications and
Maintenance



Exciting monthly
events and outing
calendar



Social Support
(daily phone calls
and home visits)

If you or a loved one need extra assistance to continue to live at home independently, our friendly team of aged care specialists are ready to discuss how you can become part of the MWP family.

WANT TO BE A VOLUNTEER? LET'S CHAT!

@mwpicare | @mwpicarelimited | mwpicare.com.au

(02) 9913 3244



Sport

St Augustine's to row for Australia – again!

No shed, no fancy equipment, no problem. These lads rely on something far more valuable; discipline, talent and staying power.

They've done it again.

Using second-hand equipment and training out of someone else's shed, St Augustine's coxed fours rowing crew has been selected as the Australian rowing crew to compete in the 2023 U/19 World Rowing Championships at Paris in August.

Following their win in the Australian titles at Champion Lakes in Perth, Doogal McKenzie, Tane Potts and Oscar St Pierre – who have rowed together since Year 8 – will team with the returning Joe Lynch and Ryder Taylor to defend the world title won by St Augustine's at Varese, Italy in 2022.

The crew is again coached by Judith Ungemach who, following the success of St Augustine's rowing program, was named Pathways Coach of the Year by Rowing Australia.

The St Augustine's program is very small compared to better-funded rowing schools. Ungemach says that was part of the appeal for her and fellow coach and husband Matthias.

"Matt and I were the same. We tried to make a change. We didn't have the desire to go to a school which is already successful. When we started with St Augustine's [in 2011] they were nowhere. And we just wanted to get something out of a school which didn't even have a shed. We still don't have a shed.

"So, it's a big effort but I think it's worth it. And I think it's good for the kids to learn to work. To not win because they



St Augustine's coxed fours to represent Australia in Paris (L-R) Tane Potts, Doogal McKenzie, Ryder Taylor, Joe Lynch and Oscar St Pierre.

have the best materials, and everything is spoon-fed at the boarding school. It's important to try and do your best when you don't have everything given," Ungemach says.

If nothing else the boys learn discipline. They train every day. They're on the water by 4:30am. There are strength sessions in the gym. Four of the boys are studying for their Year 12 Certificate. Ryder, the cox, is in year nine.

"They have to be very organised and disciplined to do it," Ungemach says. "As a coach, you can only give them

pointers about what to do. But they have to do the work. They have to go out of their comfort zone. Because it's not only muscles that hurt, the lungs are burning, and you do not feel alright! [laughs].

"So not everyone wants to go that way. But at the end, if you win, the recovery goes very quick and it's all worth it."

Ungemach would know. She won gold in the eights for East Germany in the 1988 Seoul Olympic Games and bronze in Barcelona in 1992 for Germany. She was also world champion in coxed pairs in 1988.

To support the boys in their defence of the world title, raffle tickets are on sale at www.trybooking.com/CIKSI

Words: **Matt Cleary**

Enjoy that story? Help author Matt Cleary tell more like it by shouting him a coffee at www.beachschampion.com.au or scan here:



IMAGE CREDIT: MICHELLE TAYLOR

Local Jobs



Royal Far West, History/Archivist

Become a volunteer to help us preserve our collection and help us tell the rich stories of Royal Far West in the lead up to our Centenary.

RFW is looking for volunteers to help us manage and preserve our records, some of which date back to the 1920s.

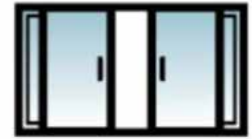
We need help reviewing our collection, accessioning, and keeping our records up to date as well as preparing our collection to move to another location.

As the Volunteer Archivist you will contribute to the assessment, documentation and preparation of materials related to RFW's history, with the aim of identifying and highlighting key RFW stories and moments for our Centenary.

Volunteers will need to commit to a minimum 6-month period while we safely transition our archive to its new home however, we would welcome long-term volunteer support for the collection in the lead up to the Centenary.

If you are interested in supporting Royal Far West, please visit our website or email communications@royalfarwest.org.au

Are you a local employer looking for staff? Contact liam@thetawnyfrogmouth.com.au to share roles you have available and find great candidates from the local Tawny Frogmouth readership.



SERENITY NOW

SLIDING DOOR REPAIRS

SLIDING DOOR STUCK?

ROLLER UPGRADES?

NEW FLYSCREENS?

SECURITY DOOR SERVICE?

CAVITY DOOR SERVICE?

TRACK REPAIR?

DOORS OUT OF WARRANTY?

SERENITY NOW

SLIDING DOOR REPAIRS

DON'T BUY NEW DOORS, CALL THE BEST ON THE BEACHES FOR A FREE QUOTE TODAY!!

0452 33 66 77

TAWNY FROGMOUTH READERS

\$100 OFF

OUR COMPETITIVE RATES!

SERENITY NOW

SLIDING DOOR REPAIRS

Has Tanya Plibersek watered down Scott Morrison's already weak koala protection policy?

Environment Minister Tanya Plibersek has removed the Koala Referral Guidelines, replacing them with a weaker and far more complex system dependent on self-referral.

Increasingly, the likelihood of koalas surviving on Australia's east coast is grim. The most significant threats to koalas are state and federal government's policies of extinction. Put simply, koalas are in the way of growth, the driver of Australia's economy. Their habitats, coastal forest ecosystems, are destined to be bulldozed and logged to accommodate the anticipated Big Australia growth.

Many of the actions taken by recent governments are ineffective yet marketed heavily as aiding protection. Over half a billion dollars has been invested by the NSW and federal governments in attempts to persuade domestic and international concern that action is being taken to ensure koalas' survival. Recovery plans, research projects, grants to wildlife hospitals, disease research, buying bits and pieces of habitat, all ignore the primary reasons for the species' looming demise.

Habitat loss and climate change. Massive urbanisation projects to accommodate exponential increases in the human population, industrial logging in native forests which have had no adequate time to recover from the catastrophic bushfires of 2019-20, mining and infrastructure combine to eradicate habitat. Without habitat, koalas are doomed.

Koalas need a place to live

More than a decade ago, the International Union for the Conservation of Nature (IUCN) identified the koala as one of ten species globally likely to be severely impacted by climate change. A status mostly ignored by governments. In February 2022, the koala was down-listed to an endangered species under the provisions of the Environmental Protection & Biodiversity Act (EPBC) threatened species list.

The down-listing only applied to NSW, Queensland, and the ACT. Victorian and South Australian koala populations continued to be ignored. Whilst a concerned public breathed a sigh of relief over the down-listing, neither the



Why doesn't anyone love me?

state nor federal governments carried out any action likely to result in upgraded protection. No legislation was introduced to protect habitat. Major threats to koala survival remained.

At the federal level, listed threatened species are matters of national environmental significance under the EPBC Act's assessment and approval conditions. In the past, an endangered listing provided a certain level of protection. Projects destined to destroy the habitat of listed species were required to undertake environmental impact studies, management plans, and proposed mitigation.

Under the Morrison government, the proponent of any project involving koala habitat could refer to a set of questions set out in the non-mandatory Koala Referral Guidelines, resulting in a score. The score indicated whether the project was required to obtain approval by the Environment Minister. With the whole process based on self-referral, there were no guarantees of koala habitat protection.

National Recovery Plan

Tanya Plibersek, now Environment Minister, has removed the Koala Referral Guidelines, replacing it with a much weaker and far more complex system, again dependent on self-referral.

A National Recovery Plan has been published, containing pages and pages of information already available in published research and government records. "The purpose of this plan is to provide for the research and management of actions necessary to stop the decline of, and

support the recovery of, the listed koala so that the chances of long-term survival in nature are maximised. It is the road map to recovery."

This statement has been the mantra of governments made since last century, promises with no undertakings made, no implementation of desperately needed legislation to protect habitat ensuring koalas long term survival.

By far the most serious threat to koala survival is industrial logging of native forests. The Victorian government has announced it will end native forest logging by the end of the year, while NSW remains dedicated to ongoing destruction of remaining forests.

The federal government is responsible for the Regional Forest Agreements between NSW, Victoria, Tasmania, and Western Australia. The provisions of these agreements allow the timber industry to ignore environmental protection provisions under the EPBC Act. Nor can the public make legal challenges over deliberate destruction of endangered and critically endangered species by the industry.

Missing population estimates

There are no current koala population estimates. Post the Black Summer bushfires, no state or federal government has been willing to undertake estimates of remaining populations. An astonishing rejection given that an estimated 60,000 koalas were incinerated or died of starvation after the fires.

Even more curious is the deletion of previous government estimates of koala populations in NSW, Queensland and nationally by the Albanese government. These estimates were available under the Species Profile and Threats database (SPRAT) identifying significant losses. The most recent estimate in the old database demonstrated the NSW koala population was down 33% to 21,000 in 2010.

No identifiable recovery of NSW koala populations since 2010 has been confirmed with on-ground population estimates. A three-year drought preceding the Black Summer bushfires caused major losses, as koalas died of thirst and starvation. No records were kept by governments.

The new SPRAT contains no population numbers. According to reports, some 8000 koalas died on the mid north coast of NSW in the 2019-2020 bushfires

Results of conservation actions

In 2020, the Morrison Government granted \$18 million to several on-ground conservation actions, including the CSIRO, for the design and implementation of a National Koala Monitoring Program. In October 2022, the Labor Government made a grant of \$10 million over four years to CSIRO for a "new phase of a National Koala Monitoring Program." Breaking down the grant to the four koala states, NSW, Victoria, Queensland and South Australia, results in \$2.5 million for each state, \$625,000 annually.

Undertaking scientifically acceptable estimates which include on-ground verification would cost considerably more. CSIRO response to questions as to how the "robust estimate of the national koala population" would be undertaken failed to provide any detail. The same questions emailed to Plibersek's office were ignored. No audit of the previous millions granted by the Morrison government has been undertaken, including of a \$50 million grant in January, 2022.

The Great Koala National Park

The new Labor government in NSW promised the establishment of the Great Koala national park on the state's mid north coast. A park which would almost certainly ensure the survival of koalas at a time when local and regional extinctions were happening on a regular basis.

The NSW Nature Conservation Council revealed that the Forestry Corporation intends to log almost 20% of the proposed park in the next 12 months. No action has been taken by Penny Sharpe, NSW environment minister, to declare a moratorium on logging in the park's proposed area nor is there any evidence the Minns' government will act to prevent Forestry Corporation's plans.

Koalas appear to have few real friends left within the major political parties.

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

Sue is a former Fairfax investigative journalist. Her speciality is environmental issues, and she is a regular contributor to Australian and international publications. Sue heads up **Australians for Animals Inc.**, a 32-year-old wildlife charity and is Founder and CEO of the **California Gray Whale Coalition** based in San Francisco

IMAGE: MIRANDA GARSIDE, UNSPLASH



Solarpro knowledge is power

Sparked by Ausgrid's application for a pilot shared battery in Warriewood - as part of the Government's program to deploy 400 batteries across Australia - Tawny readers have been asking about community batteries, while the looming electricity price rise this month has also put solar power and batteries top of mind. To clear things up, we asked **Dave Veal** from **Solarpro** to provide insights on community batteries, home batteries and virtual power plants.

Community Batteries

Community batteries are typically installed in centralised areas within neighbourhoods where there is a high concentration of solar installations. This setup allows for excess solar energy to be fed into the grid during peak generation periods. The community battery then stores this excess energy for later use.

During times when the grid is under stress, such as when residents return home from work and electricity demand increases, the community battery can discharge its stored energy back onto the grid. By doing so, it helps meet the increased demand and reduces the strain on the grid infrastructure.

The primary benefits of community batteries may not necessarily be financial for the community members. Instead, they focus on enhancing grid reliability and reducing the likelihood of grid outages. The centralised energy management associated with the community battery determines how and when the stored energy is distributed to support the local grid. It's important to note that community batteries are not intended to replace the individual benefits of having one's own solar battery.

Home Batteries

Your solar battery gives you independence and money-making options. You can use most of your self-generated energy. If you need to purchase from the grid, you can do it at the lowest rates. And with battery back-up you can keep your power on when the grid is down. You can also make money by joining a Virtual Power Plant.

The main constraint for people is that a solar battery can cost as much as the solar power system itself. Solarpro has recently introduced a 6.6kW solar and 10kWh battery package which includes 16 solar panels and costs less than some

individual batteries. We've also added good quality, lower priced batteries to our range, and have no-upfront-cost loans available.

With the cost of electricity, customers are finding, even with the loan repayments, they can save money. We can crunch the figures for you before you decide to buy. We are also partners with an energy retailer in Ausgrid's two-way tariff trial. Through this. Solarpro customers get the full value of what their energy is worth in the wholesale market plus a \$0.30 cent feed-in tariff bonus when they export to the grid. Through partnerships we are also able to facilitate Solarpro customers in joining a VPP.

Virtual Power Plants

VPPs are changing the future of energy storage and distribution, providing a cloud-based bridge between renewable energy and the coal-based electricity grid, enabling better demand management and lower electricity prices.

If you own a solar battery, you can join a VPP. They are typically 'opt-in, opt-out' so you are not tied in. The network of connected homes in a VPP join to support the grid, either by releasing power onto it, or storing power from it. In return, participants are paid an incentive each time their battery storage is required.

The amount of money participants can earn depends on a variety of factors including the number of times power is required from their battery and the structure of customer incentives established by the different VPPs.

The goal of a VPP is to reduce reliance on fossil fuels through the reliable use of renewable energy such as solar power. This ultimately means lower electricity prices for all.

Visit solarpro.com.au or call **9453 1485** to learn more about Solarpro's range of smart solar power and battery systems. For more info on the Warriewood shared battery, visit yoursay.ausgrid.com.au/sharedbatterywarriewood

Interview: **Liam Carroll**



HAVING TROUBLE FINDING YOUR NEW DIGS ON THE BEACHES?

**PROPERTY BUYERS AGENT
SEARCH | NEGOTIATION | PURCHASE**



Contact Paul Wilcox
0401 051 702 | 8705 3252
paul@oasisskeen.com.au
www.oasisskeenproperty.com.au

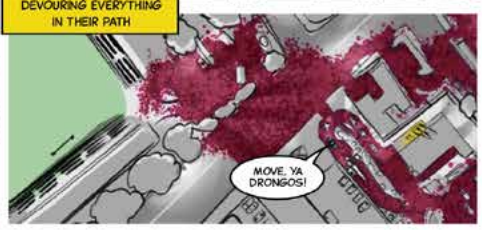
FORWARD INTELLECTUAL PROPERTY

TECHNOLOGY LAW FIRM

Specialising in Patents, Trademarks, Capital Raises, Commercialisation Strategy.
info@forward-ip.com



PART 4: WINTER COMETH



@HOUSEOFTRYST TRISTAN GRINDROD 2023 TUNE IN NEXT TIME FOR PART 5: HELL HATH NO FURY ONLY IN THE TAWNY FROGMOUTH

BUCKETTY BROOKVALE
Bucketty's
 — BREWING Co. —



BOOK A TABLE!

Go on, it's time you organised a get together isn't it? Jump on the website, lock in a table and we'll do our best to get you and your crew into a Bucketty State Of Mind.



BUBS & BOOKS

CALLING ALL STRUNG OUT PARENTS! Bucketty's Bubs and Books at ours every **Thurs from 12pm**. Come and let us help you entertain your little ones with songs and stories while you munch on some tacos.



LIVE MUSIC LINE UP

Beer tastes better with live tunes, so we bring them to you 5 days a week. Midweek we'll give you chilled vibes, then we party on the weekends. Check out the full line up.



GIVE A GIFT CARD

Choice - the greatest gift of all. Whether your special person appreciates a box of Bucketty's tins, a sexy trucker cap, or a tray of taco's. Scan the code below and give them a bit of Bucketty's, in whatever shape or flavour they desire.





Billy and the Bains at the Art Gallery of NSW

Cover Artist

Billy Bain

Born in Manly, raised in Avalon, **Billy Bain's** talents span ceramic sculpture, oil painting, etchings, and installations. His work explores his experiences as an Indigenous man existing within urban Australia, tackling some of society's most challenging issues, always with a satirical take on contemporary Australian culture. It's an honour to showcase his July Tawny cover which was a finalist in this year's **Wynne and Sulman Prizes** at the **Art Gallery of New South Wales**.

What's your favourite beach? I'm a big fan of Avalon, but any of the northern corners of several of the Northern Beaches, you might find me when the conditions are good. They all have their day.

When did you discover you had a gift for art? Growing up, I was always drawing, making art. The whole family is very artistic, everyone always had projects on the go. At first, I wanted to be an illustrator. MAD magazines, comic books, I loved those, and that's where I probably got the sense of satire from that comes through in my works now. But all my life, I've been drawing, painting, creating.

Did you study art? Eventually. I started briefly on some other pursuits, but I found my way to arts study soon enough, and graduated with a Bachelor of Fine Arts from UNSW in 2019.

What was the inspiration for the artwork on the July cover? In my mid 20s, it first occurred to me how powerful it could be to explore the cultural identities of "Being Manly". Around that time, I started to feel more confident with incorporating a degree of satire into my work too. The cover art is inspired by the vintage beer posters which line the tiled walls of the pubs on Manly Corso which celebrate white, manly Australians playing cricket, footy, boxing, those sorts of things. Placing an Indigenous man at the heart of it celebrates Indigenous strength and presence. This is especially significant as strong Indigenous Australians, even those who'd served in World Wars, they weren't permitted into many drinking establishments at the time. And the Okanui boardshorts are a fascinating touch, established on the Northern Beaches yet with Hawaiian connotations. There's a lot going on there, which is great. People can take away from it what they will.

What does the future hold for Billy Bain? I've just finished filming a documentary for the ABC, **Changing Tides**, which will go to air on 2 July as part of this year's NAIDOC week. It's been an amazing project, essentially doing what I love, travelling up the east coast of Australia. But all the magic spots I've spent so much time at surfing over the years, **Changing Tides** explores the Indigenous stories, history, and heritage of these iconic places. I'd never worked in TV or presenting before, so it's been a great experience for me on that front. But the knowledge, the history, the untold stories of these places, it's incredible to be a part of this. I've also just moved into a new studio with lots of space, so I'll be busy preparing for upcoming exhibitions in Sydney, Melbourne, and the Southern Highlands.

Finally, with the Voice referendum imminent, how are you feeling as that approaches? Equal parts scared and excited. There's certainly a fear this won't succeed, and what impact that could have to set us back. But the upside of formal recognition is huge, having a seat at the table. I'm hopeful.

Check out Billy Bain's work online at www.billybain.com
Follow [@billy_bain](https://www.instagram.com/billy_bain) on socials, and see his cover art in person at the **Art Gallery of NSW**

Interview: **Liam Carroll**



Adam and Clarence, all smiles, feeding the nation

Local Business

Bush to Bowl to understanding

It's said, the way to a man's heart is through his stomach. Perhaps the same is true of a nation, that the way to Australia's heart will be found through our native bush foods. That's certainly what Bush to Bowl are proving, with their determination to help all Australians connect to culture and heritage through learning about the native plants and foods that Australians have grown and feasted upon for over 60,000 years.

100% Aboriginal owned and founded by Clarence Bruinsma, a Yaegl man, and Adam Byrne of Garigal country, Bush to Bowl operates on many levels. Fundamentally, their Terrey Hills nursery provides native plants to buy and grow at home or buy direct produce to cook in your kitchen. Beyond this though, is Clarence and Adam's storytelling and educational abilities to use the native plants as a gateway to engage people in where the food comes from, what its uses have been for thousands of years, and how the country connects to the food, connects to the culture.

This is incredibly powerful.

"I have vivid memories of mum coming to school to teach everyone how to cook damper or make Kangaroo stew," Clarence recalls. "She knew to use food and cooking as a way to teach the kids, while also ensuring Aboriginal culture was upheld in the community. Her commitment to maintaining Aboriginal culture was not only inspirational, but effective."

Clarence went onto study PDHP, always interested in sports and nutrition, but when starting out on his own teaching journey, and deploying the strategies of his mum to use cooking as a teaching aid for engaging students on the topics of Aboriginal culture and heritage, the interest was immense. The seed was sewn for an imminent Bush to Bowl enterprise.

"Aboriginal culture is a journey," Clarence explains. "You are always learning. But there are very few opportunities to connect. And it was on my own journey where I met Adam, a landscaper. We both had the same thoughts of using native plants and growing as a

means to connect with people, to share the knowledge that comes with bush foods as part of something bigger."

Modern agriculture is highly concentrated. Six of the main foods occupy 80% of our diet. The agricultural system has been cultivated and manipulated for these foods to run through huge harvesters and rapidly get to shelves. But as Clarence points out, "Native plants haven't been manipulated in that way. When you put native plants into the ground, they actively put nutrients into the soil, rather than contemporary crops which rip nutrients out."

This leads to a big part of Bush to Bowl's mission. "There's not enough knowledge across food, restaurant, agriculture landscape. It's our role to educate, and that will help the broader adoption of native plants and foods, which in turn provides a gateway to learning more about the heritage of the plants, Aboriginal culture, so many things beyond simply the food we eat."

The more knowledge we have, the more broadly native plants are adopted, the richer we all become. "Adam and I hope that by helping bring about increased knowledge of country, culture, food, we can win kids over to how empowering and meaningful this all is, and for the next generation to be stewards for the country. I want to leave this country in a strong place where Aboriginal knowledge and country is loved and understood and passed on."

Learn more about **Bush to Bowl**
Visit bushtobowl.com, follow [@bush_to_bowl](https://www.instagram.com/bush_to_bowl) on socials and visit the nursery and farm at **40 Myoora Rd, Terrey Hills**

Words: **Liam Carroll**

Community

KADDY Transport: Wheels to Freedom

Nearly 43 years ago, **Val Rayward's** dream, who was herself disabled due to contracting polio, became a reality after a meeting was convened at her home to discuss the feasibility of providing transport for disabled persons on the Northern Beaches. No such service existed at that time and disabled people often spoke of the loneliness, isolation and despair they endured.

After much hard work and numerous fundraising activities, our first bus, a Toyota Coaster, was purchased in 1981. Members of that first meeting at Val's place could never have imagined how much the community would or could embrace her vision to the extent it has.

Over the past 43 years, **KADDY** has provided transport to many different clients. Some were born with disabilities, while there are others like Prue, who at 18 was studying at Sydney University to become a Physiotherapist. One evening she drove to collect her brother from a night out when a car collided with her. She was told she "died" three times, has two silver plates in her head, was unconscious for twelve months and on a respirator and was left with severe disabilities.

KADDY has made such a difference to so many in the community. For many years, up until 2019, every Monday morning the KADDY buses could be seen plying the streets picking up passengers for Open House at St David's Uniting Church, Dee Why, a gathering of the disabled and frail and elderly who enjoyed company, music and a meal in a laid back, informal atmosphere.

One of the helpers recalls Stuart, born with cerebral palsy. "He was a real KADDY success story," she says. "He came to Monday Open House very much in his own world with his arms around his soft toys. Then, one day out of the blue, he came forth with a lovely smile. I was quietly singing 'You made me love you' whilst feeding him and he too started to sing in his own way. Everyone stopped to give him a hearty clap. The staff at his nursing home told us he always came back with a smile since that day. As he had no family left, KADDY brought much happiness into his life and typifies the core reason for all that we do."

Today, KADDY Transport mainly assists people who use wheelchairs or have limited



Venessa Crane and volunteer driver John O'Keefe

mobility to get to medical appointments and social activities. We rely entirely on the support of friendly and kind-hearted volunteer drivers and donations from generous people and sponsors. We receive no government funding but have been assisted firstly by Warringah Council and more recently by Northern Beaches Council. Dee Why RSL has also been a loyal and generous sponsor for many years.

We now need your help

KADDY has reached a difficult time. We have a lack of drivers. New volunteers are urgently needed. And sadly, two of our very special and most generous sponsors have passed away. Donations are very much needed to fill that void in funding. Can you help?

Words: **Elizabeth Steel**

Volunteer drivers are urgently needed
Do you enjoy driving? Perhaps you are recently retired and have some time on your hands? If so, KADDY would love to hear from you.

To donate
If not in a position to be a volunteer driver but have a few dollars to spare, your donation large or small would be greatly appreciated.

Contact
Call Barbara or Josie on **9972 0242** on weekday mornings to donate or find out more.

Time for a home loan health check!

With interest rates on the rise, there's never been a better time to review your home loan.

We'll look at your rate, term, repayments, and equity, giving your loan a full check-up to make sure it's still right for you and your current needs.

Enquire online at [bendigobank.com.au/healthcheck](https://www.bendigobank.com.au/healthcheck) or call your nearest branch on **02 9939 6744**.

Community Bank - Freshwater



Bendigo Bank

*Roy Morgan Single Source (Australia), December 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT_29544915, 11/05/2023

BROOKVALE STAINLESS

Your one stop stainless steel shop on the northern beaches of Sydney

Ask us about our stainless steel handrails

9939 8466
sales@brookvalestainless.com.au
17 Chard Road, Brookvale
BROOKVALESTAINLESS.COM.AU

A family owned Australian business

KOALAFIED PLUMBING & GAS
Lic No. 301153C

Blocked drains • Maintenance • Renovations
New Installations & Alterations

We take pride in our work!

0434614760 | www.koalafiedplumbing.com

The best way to support The Tawny Frogmouth is to support our advertisers and sponsors

The Tawny FROGMOUTH

ROLL OF HONOUR

ADVERTISERS & SPONSORS

- | | |
|---------------------------------------|--------------------------------------|
| A bloom ACE Gardening | Later Life Advice |
| Anne Keogh Music | Laura White - Transpersonal Coaching |
| Aqua Home Loans | Lifeline Northern Beaches |
| BetaView Aluminium Windows & Doors | Luke Burgess of Belle Property |
| Brookvale Stainless | Michael Regan MP |
| Bucketty's Brewing Co. | MWP Care |
| Children's Medical Research Institute | Northern Beaches Council |
| CMS Surveyors | Paramount Property Maintenance |
| Community Bank Freshwater | Paul Wilcox of Oasis Skeen |
| De Saxe O'Neill Family Lawyers | Pop in Portraits |
| Forward IP | Project Blank |
| Glen Street Theatre | Rocksalt Sound |
| Healing Human | Serenity Now Sliding Door Repairs |
| ICMS | Shore Financial |
| Ivanhoe Hotel Manly | Solarpro |
| James Griffin MP | Sydney Actor's Playhouse |
| Jonathan Poole Builder/Handyman | That Wallpaper Guy |
| Kamaroi | Watermarx Graphics |
| Koalafted Plumbing & Gas | Wilson Family Funerals |
| Labrador Painting | Zali Steggall OAM MP |

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.

0414 556 038 | liam@thetawnyfrogmouth.com.au

July 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 0100 0.35 0652 1.33 1223 0.49 1902 1.96					1 0023 0.54 0607 1.36 1148 0.55 1829 1.86	2 0115 0.43 0703 1.37 1238 0.53 1918 1.96
3 0206 0.33 0758 1.39 1329 0.51 2009 2.04	4 0257 0.26 0852 1.41 1422 0.49 2100 2.08	5 0348 0.23 0945 1.43 1516 0.48 2151 2.08	6 0440 0.23 1040 1.44 1613 0.50 2244 2.02	7 0531 0.26 1134 1.45 1711 0.53 2336 1.91	8 0623 0.32 1230 1.47 1812 0.58	9 0031 1.77 0714 0.38 1328 1.50 1917 0.63
10 0130 1.60 0803 0.45 1425 1.54 2030 0.67	11 0232 1.45 0852 0.52 1523 1.59 2147 0.67	12 0339 1.33 0941 0.57 1619 1.64 2301 0.64	13 0445 1.26 1030 0.60 1714 1.69	14 0005 0.58 0547 1.24 1119 0.62 1803 1.73	15 0057 0.53 0642 1.24 1206 0.63 1848 1.77	16 0140 0.48 0728 1.26 1250 0.62 1930 1.79
17 0218 0.45 0808 1.28 1331 0.61 2009 1.80	18 0254 0.44 0846 1.29 1411 0.60 2045 1.80	19 0328 0.44 0923 1.30 1448 0.60 2121 1.79	20 0401 0.44 0959 1.31 1527 0.60 2156 1.75	21 0435 0.46 1036 1.32 1606 0.62 2230 1.70	22 0509 0.48 1115 1.33 1647 0.65 2307 1.63	23 0544 0.50 1156 1.35 1733 0.69 2345 1.54
24 0620 0.53 1240 1.37 1826 0.73	25 0029 1.44 0659 0.56 1328 1.40 1926 0.76	26 0119 1.35 0742 0.59 1420 1.45 2037 0.75	27 0222 1.27 0830 0.61 1516 1.52 2154 0.70	28 0335 1.23 0927 0.61 1615 1.61 2306 0.60	29 0448 1.23 1027 0.60 1713 1.72	30 0007 0.47 0554 1.27 1126 0.55 1809 1.85

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

INFO: BUREAU OF METEOROLOGY/DAL CENTRE PHOTO: ROBEDGREN



Ella reviews Possum Magic

The play is based on the book **Possum Magic** by **Mem Fox** and **Julie Vivas** and was a terrific performance that engaged the audience with beautiful backdrops, props, lighting, costumes and soft music true to the theme of the book.

There were so many people in the audience, young and old and you could see how invested they were in what was happening on stage.

Possum Magic was about Hush regaining visibility after Grandma Possum put a magic spell on Hush so she could be safe. Hush and Grandma Poss then realise being invisible was not what they wanted as they missed being real and present in the moment. More like watching something live at

the theatre than watching on a screen!

I particularly loved how educational the play was, showing the audience the projected map of Australia where Hush and Grandma Possum were travelling from Adelaide, Melbourne, Sydney, Brisbane, Darwin, Perth and then Hobart, eating mostly Australian food, "people food", making Hush visible again.

The play taught me what determination and perseverance was about, never giving up when you have a couple of setbacks. Hush and Grandma Poss working together with their courage and determination and mottos like "Don't lose heart." I loved that this made me remember the times



Ella and the magic tickets

that I read Possum Magic with my mum when I was younger and when I did a play with my school in Year 2 – it made me think of all these special times.

I would suggest that any family would love this very special performance! Thank you, **Glen Street Theatre!**

Words: **Ella Kennedy**

Community

Jeans for Genes Day

2023 marks the 30year anniversary for **Jeans for Genes**, raising much needed funds for the **Children's Medical Research Institute**. At The Tawny Frogmouth, we think this is a terrific cause and have set up a fundraising campaign.

Whether you wear denim, join the Sofa to 6k or get your School on board, you can make a difference too.

1 in 20 children are born with a birth defect or genetic disease, that's 12 babies every minute. Children's Medical Research Institute is dedicated to advancing the treatment and prevention of childhood cancer and diseases, so every child has the opportunity for a healthy and happy start to life.

They have pioneered microsurgery, immunisations against lethal childhood illnesses and care for premature babies, all of which has improved the lives of countless Australian children over the last 65 years. Today, Children's Medical Research Institute is the site of world-leading research in areas such as cancer, neurobiology, embryology, genomics and gene therapy.



How can you get involved?

To register: scan this QR Code and pick from the many ways you can be a part of Jeans for Genes.



To donate: Scan this Fundraising QR code and support The Tawny Frogmouth campaign.

As a community, we can make change happen. Without funding the research can't happen, without research we can't find cures. With your help, they can make the incurable, curable.

Words: **Liam Carroll**

WHAT'S ON GLEN STREET THEATRE



**ROALD DAHL'S
THE TWITS**
7-8 JUL



**PRINNIE STEVENS:
LADY SINGS THE BLUES**
14 JUL



**COLLEEN MCCULLOUGH'S
TIM**
27-30 JUL



**THE SUNSHINE
CLUB**
9-13 AUG



**Menopause
The Musical**
15-17 AUG



**GROUND SWELL:
THE OTHER SIDE OF FEAR**
24 AUG



BOOK NOW
GLENSTREET.COM.AU
9470 5913





Get your team together for this year's Lifeline Classic

Lifeline Northern Beaches

It's time to paddle out!

The **2023 Lifeline Classic** is now open and accepting team registrations, so pull together a team of four (or more) and fundraise for Lifeline's local mental health and suicide prevention services before taking to the surf at Queenscliff Beach on Sunday, 15 October.

"This is an event for everyone," says David Thomas, CEO of Lifeline Northern Beaches. "It's all about raising funds to support local mental health and having fun as a team."

Now in its seventh year, the Lifeline Classic has grown from small beginnings to become one of the largest fundraisers for Lifeline Northern Beaches.

"We're really excited about this year's Lifeline Classic and getting even more teams involved," says David. "Last year, our fundraising teams helped us achieve our goal to 'break through' by raising a fantastic amount for Lifeline's local mental health and suicide prevention services – but we

need your support once again."

To get involved in the Lifeline Classic, register a team online. You'll just need four people (could be your mates, your family or colleagues, or your surfing crew).

Then it's time to get fundraising. Raise as much money as you can for Lifeline Northern Beaches between now and October. The sixteen Open Division and four Women's Division teams who raise the most funds will then get to hit the waves in a super-fun tag-team surf event on 15 October.

"This year, our hope is to 'break free,'" says David. "Break free of the stigmas that can stop us reaching out for support when we need it. This could be by talking with family or friends or seeking support from a local organisations like Lifeline Northern Beaches."

The Lifeline Classic is again featuring local artists who have created some epic designs about surfing and mental

health. Illustration legend Ben Brown has returned for a second time with an inspired take on the Break Free theme (see back cover).

"I was stoked to be asked back to contribute to this year's Lifeline Classic," says Ben. "I wanted my piece to retain the fun/retro vibe we hit on last year and incorporate elements like the 'heart' for love, the 'happy brain' for positive mental health, and a 'carefree casual surfer' in a high-line trim, moving forward."

Plus, huge local talent Eve Bracewell has created a free-flowing design that's reminiscent of music posters from the 1960s and 70s.

"My artwork shows the positive effects of surfing on mental health," says Eve.

"Surfing reconnects us to nature and gives us a sense of community and purpose. Both surfing and organisations like Lifeline make the dark days a little brighter."

The designs are available on limited edition merchandise from the Lifeline Classic website now and the Lifeline Shop in Manly from 3 July.

"Lifeline Northern Beaches is a truly local charity," says David. "Funds raised are spent supporting the mental health of our community."

Lifeline's local services include counselling for anyone aged 15+, support groups and free financial counselling.

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

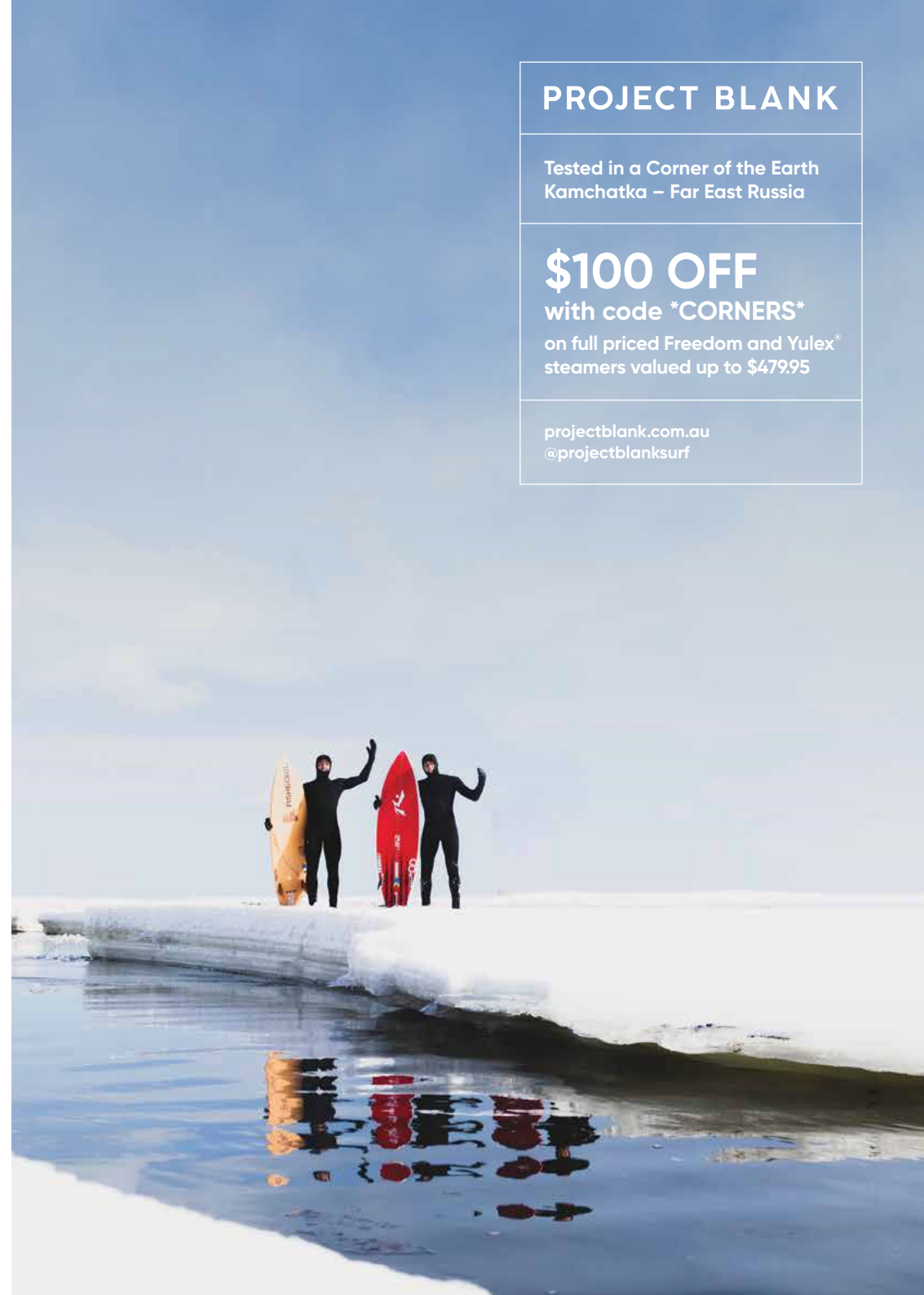
Words: **Lifeline Northern Beaches**
Lifeline is here to listen and help. Call **13 11 14** or text **0477 13 11 14** anytime. Local services are also available at www.lifelinenb.org.au

PROJECT BLANK

Tested in a Corner of the Earth
Kamchatka – Far East Russia

\$100 OFF
with code ***CORNERS***
on full priced Freedom and Yulex®
steamers valued up to \$479.95

projectblank.com.au
[@projectblanksurf](https://www.instagram.com/projectblanksurf)





St Matthews Church, 1928

History in the making

Manly, the epicentre of democracy

First Nations groups used feasting on abundant resources for communicating and settling differences, as evidenced by records of the gatherings to collect Bogong moths in the Snowy Mountains and Bunya pine nuts in Queensland. Could our predecessors in Manly have gathered to feast on oysters and fish in a similar way?

I remember the 1940s when the fishermen from Farrell's boatshed at Little Manly would post a lookout at Manly Cove, waiting for the annual arrival of kingfish schools. When spotted, the lookout would run over the hill to Little Manly to sound the alarm, then skiffs would row eagerly round Smedley's Point to the beach adjacent to the East Esplanade, row around the school with the net behind and pull it in, full of kingfish. Perhaps knowledge of the movement of these fish came from the earliest inhabitants, just as the whalers of Twofold Bay learned from the First inhabitants how to work with the orcas to round up whales for the kill. Their teachers knew the orcas would help them if they just threw out

the whale's tongue for an orca snack.

Jumping forward to the Menzies era, true democratic exchange used to occur outside **St. Matthews Church** on the Corso. There were no television cameras, no internet commentary, just the thoughts and feelings of the participants, namely the large crowd of villagers assembled to hear the political reasoning of Bill Wentworth and Douglas Darby, who used to stand on a small wooden platform (the "soapbox") to address the crowd. Could this spot be the location of ancient gatherings to listen to one another and to settle differences peacefully?

Not everyone was a Liberal voter. Some were clearly socialist or communist. But they all liked to cry out with catchy phrases to make their viewpoint known. Although the crowd mostly sided with Bill, the atmosphere was tolerant and the answers to the interjections came from the speakers in the form of witty ripostes. Voters felt they had a direct connection with their local member from those Corso

events. Moreover, the member had a direct connection with voters, through the cheers and jeers that emanated from the good-hearted crowd.

How do these recollections fit in with elections of the twenty first century? Do the internet and fake news mean that true democracy is dead? I doubt it. The residents of Manly are too connected to real life to fall for the likes of a Donald Trump copy. Tony Abbott and his Liberal supporters thought he had the game all sewn up, but Zali as a local sporting heroine and her supporters said, in effect: "We've had enough of this BS! Let an intelligent woman have a go, let's get some responsibility back to Parliament with an authority which can test the integrity of members." Let's give our First Nations a Voice there, just as big business has been doing for decades, but without the secretive payments to the major parties.

Could taking our citizens back to the Fifties restore the one-on-one feeling of real political debate? Could a Corso soapbox and a lively assembly of engaged citizens in front of St Matthew's church be precisely what contemporary politics needs? Were he still with us, Bill Wentworth, as descendant of an Australian-born pioneer of representative government and a lifelong worker for the betterment of First Nations people, including his post as Commonwealth Minister in charge of Aboriginal Affairs, would be delighted to see this hallmark of democracy return. We have jazz, food, wine, and all manner of festivities here, why not some vivid vestiges of democracy too?

Words: **Nicholas Heath**

Education

Kamaroi's Class of 2023

Last Friday I had the pleasure of visiting Kamaroi's Class 6 children and asked them a few questions about their time at school. The first thing I asked was, "What do you like most about being at Kamaroi?"

Liam answered enthusiastically, "The festivals and the fair because every festival has a different feeling towards the new season." Dakota felt "Kamaroi is quite different from other schools, in a good way, I love that we get to use a lot of colours." Molly likes the creative and safe community and "how I can express myself without feeling embarrassed. Kamaroi makes me feel at home." Eloise values the environment and how "we are surrounded by lots of bushland and beauty." Whilst Jaxon's appreciates the way teachers communicate with the children in such a calming way. Ollie enjoys the Main Lesson because we learn so much about ancient cultures and the world.

The Main Lesson is a unique feature of Steiner education designed to deepen, enrich, and unify the learning experience. It is a unit of work focused on a particular theme or subject and is studied each day for approximately three to four weeks.

I followed by asking the children, "What is your favourite subject?" The majority of the class enjoy sport, running around outside and playing games. Digital Technology was a close second along with drama and craft. Sydney and Zach are keen on extension Maths because "it's fun, challenging and gives context." Ariane loves library because she loves books and the places they take her.

For many of the children, Kamaroi has been their only experience of school and I wondered how they thought it differed from other primary schools. The beautiful natural environment that surrounds Kamaroi and the natural play areas were high on the list.

Mia thought that "the handcraft projects and the bright, colourful, natural materials we use to make them make Kamaroi unique from other schools." Sam believes that Kamaroi differs from other schools "because we don't have to call our teachers Ms. or Mr. and we don't wear uniforms." Emma had three points, which were the festivals, no technology, and Main Lesson. Heike felt that "we do more art and music than at other schools", and Eloise appreciates that "we



Kamaroi students all set for a bright future

use pencils and not texters for our drawings."

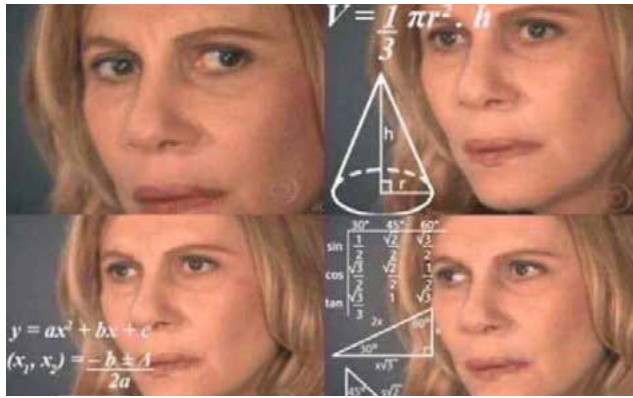
Class 6 is the final year for our students at Kamaroi and has many milestone events to celebrate this. The students use firesticks in a Eurythmy choreography at the winter festival. Eurythmy is studied throughout Kamaroi and is an expressive movement often described as 'visible speech'. Class 6 will be creating their own biography books of their memories at Kamaroi. Their final class play will be Mary Poppins, which they will perform for the whole community to enjoy. They will be going on a four-day camp to Somerseset Lodge and finally their journey at Kamaroi comes to a completion with a graduation dinner.

I asked the students if they were looking forward to high school and the majority are. They all said that they would miss their friends and the strong bonds they have made. They would also miss the beautiful environment, the aesthetics of the classroom and the creative subjects they learn here, but they are excited to embrace the opportunities that high school has to offer.

To learn more about Kamaroi School, call **9450 1652**, follow **@kamaroischool**, visit **www.kamaroi.nsw.edu.au** or pop into the campus at **220 Forest Way, Belrose**

Words: **Clare Gordon**

PHOTO: E.G. SHAW. COURTESY OF STATE LIBRARY OF NSW



The Nobel prize awaits anyone who can crack the emotion code

The Love Scout

What the f*ction is going on with my emotions?

Decoding emotions to make your life easier

Emotions...challenging little beasts that rise up in us and dictate much of our experience. Some we never want to end, others we can't get through fast enough. One thing is for sure; emotions create universality amongst humans that allow us to deeply relate to each other. I may not know your story, but if you are in pain, I can connect to you through that feeling. Within their healthy expression, emotions are a vital part of our toolkit for survival. But what are they exactly? Well, if words are language of the mind, then emotions are language of the body.

Ever been to a non-English speaking country and everyone is yapping on around you? If you don't know the language it is bloody hard to know what to say or do next. Same goes for emotions. When framed through the lens of a function, each emotion has a message it's trying to send to your brain. It's up to you to listen. Knowing the functions will help you navigate

challenges and adversity, stay aligned to your values and help you make better overall decisions.

So, what is the function of each emotion?

- Anger** - To signify injustice or unfairness
- Pain** - To remind us of our need to protect and preserve
- Loneliness** - To remind us of our need for connection & belonging
- Fear** - To remind us of real, perceived or potential danger
- Guilt** - To reorient us back to our values
- Shame** - To reorient us back to collective values
- Love** - To remind us of need for connection & safety
- Joy** - To remind us what's important & brings us happiness

The first step to developing this language is self-awareness. You need to understand when these emotions are happening in you. Slow it down. Pause.

Take a breath. Ask yourself, "What am I feeling right now and where am I feeling it?" Then consider the function of the emotion. What is your body trying to tell you? Now apply the function to whatever is going on in your life. Especially with the challenging emotions, this will help clarify your experience and clue you in on how to move forward.

If you have some shame or guilt, do you need to make amends or accept and move on? If you're angry, do you need to have a hard conversation and express a wrongdoing or unjust action? If you are lonely, who can you reach out to? The function directs us to the next action. The thing to remember at this stage is that the next action must be delivered in a functional way. This will require boundaries and containment.

When emotions are uncontained and communicated, that's when you risk shit hitting the fan; people say things they don't mean, and hearts get hurt. On the other hand, un-communicated emotion over time can lead to depression, addiction, resentment, physical illness and mental health struggles. While we are naturally pain avoidant and pleasure-seeking creatures, those uncomfortable emotions are actually trying to help us and it is definitely worth your while to study up. So next time you catch yourself attempting to suppress, avoid, minimize, distract, or deflect, perhaps be curious and listen. What is my body trying to tell me about the situation I'm in?

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.



Lookout, here's a top shelf view, and a very nice beacon

Secret Spaces Hidden Places

A micro adventure for a sky high view

If you've ever driven down Warringah Road, and noticed the brown sign pointing to 'Governor Philip Lookout,' this could be the mini detour you've never taken but should.

It's a micro adventure for sure - as the route to the lookout is no more than a ten minute walk from the carpark. But on a sunny, windless day, it's also a gateway to a perfect picnic spot at 155 metres above sea level.

The four-hectare reserve overlooks the coastline of Manly, towards the eastern beaches and city, plus neighbouring leafy suburbs. While the reserve boasts a 360-degree radius, growing trees block some of the outlooks,

but it still gives a sense of the sprawling nature of the northern beaches suburbs and beyond.

The lookout is named after Governor Arthur Phillip, whose gold bust greets you in the stone archway at the start of the path. Some of the 17th century bricks seen here were even transplanted from his birthplace in Hampshire, England and presented here in 1991.

Phillip is credited with the first overland exploration from Manly to Pittwater in April 1788. According to the Northern Beaches Council, Phillip led a group westward to try to find the source of water supplying Middle Harbour, but

how close the group actually came to Beacon Hill is still up for debate. Much of the route he took can be seen from the top of the lookout today.

Once you enter the stone archway, you'll find yourself on a gentle pathway and stairs, surrounded by tangled trees and the sound of birds. The path leads to an open grassy mound on sandstone heath at the top, scattered with a few benches for a place to rest.

The open area is your picnic spot for the afternoon. Or if you time it right - your sunrise or sunset viewing post, with vantage points both east and west.

Did you know...

There is a trigonometrical beacon (also known as a fixed surveying station) still standing at the top of the lookout that was first installed in 1881. This spot gave 'Beacon Hill' its name and is still used to aid with navigation and surveying. Today, many locals use the spot to survey the New Years Eve fireworks!

How to get there

Heading east on Warringah Road, you'll see a brown sign post for 'Governor Phillips Lookout,' just past Beacon Hill Reserve. The lookout has a small car park at the base of the walk that can accommodate up to six cars. Or if you're travelling by bus, hop on route 174X, which travels north from Wynyard station, with a stop at the base of the path.

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

Words: **Rebecca Burton**



My faltering attempt at creating a piece of "environmental art"



Lizard eye in shadow

Mal's Wild Side

Art for nature's sake

Most artists, photographers and musicians seem to have a special connection to the natural world. Maybe their creative empathy makes them more sensitive to the planet's beauty, wonder and awe.

The stylish covers for this very magazine, for example, are usually inspired by a natural theme. And the monthly showcase of readers' photos? Yes, the images predominantly portray our gorgeous sea-shores, birds, animals or trees.

The Northern Beaches is blessed to have a plethora of painters who use their work as a platform for conservation. Rachel Carroll, Jaimee Paul and Brent Turner are three of the most prominent. In 2021, Council's annual art prize even morphed into becoming the "Environmental Art and Design Prize" to reflect community sentiment. It now showcases the ways artists and designers advocate for our planet

through creativity.

If you're into photography, the "Wildlife Photographer of the Year" exhibition is now on at the Australian National Maritime Museum, Darling Harbour (until 31 October). The exhibition features over 100 exceptional images which capture the breathtaking diversity of nature (selected from over 50,000 international entries). Several beautiful images by Australian photographers made the final cut.

www.sea.museum/whats-on/exhibitions/wildlife

A \$20,000 **environmental music prize** has also been initiated to recognise Aussie music videos that inspire climate and conservation action. Unlike dry scientific facts, it's a format which can create a genuine "emotional impact". The community is invited to vote for their favourite clip to determine the winner.

environmentalmusicprize.com

Two tracks on the shortlist are "Go" by Flume (aka Haley Edward Stretton) who grew up on the Northern Beaches and "Rising Seas" by Midnight Oil, who we rightly claim as our very own.

Whenever a fundraiser is organised to protect forests, bushland or marine environments, guess who always put their hands up first to contribute their time and talent? Yes, it's the financially challenged artists!

Some of the older readers may remember the 1999 concert "Jam for the Dam" in Manly's Corso. The event, attended by four thousand concerned residents, included rousing political speeches interspersed with music from Solstice, Infinity, Milk, Raw Conviction and Manly Children's Choir plus DJ's Dai Booth and Ady Poulitian. This was an attempt to stop rare bushland being cleared for the "Madison Way" development at Allambie Heights.

Words: **Malcolm Fisher**



Perfect for breakfast, lunch, or dinner

Home Cooking

Tawny Sweetcorn Pancakes

Inspired by MasterChef 2023 is our Tawny twist on sweetcorn pancakes. Whip up using canned creamed corn and other pantry ingredients. These naturally sweet alternatives to tacos are scrumptious served hot, folded over a Mexican filling.

Pancake Ingredients (makes 6-8 pancakes)

- 420g can creamed corn
- 1½ cups plain flour and 1 tspn baking powder (sifted together)
- ¾ cup whole milk
- 1 large egg (beaten)
- 1 teaspoon smoked paprika
- Pinch salt & black pepper

Filling

- 1 ripe avocado (chopped roughly)
- 100g feta cheese (crumbled)
- ¾ cup cheddar cheese (grated)
- 2 vine ripened tomatoes (chopped)
- 150g fried lean minced beef (optional)
- ½ cup fresh coriander (chopped)
- Pinch of salt

Method

1. Place pancake ingredients in a bowl. Mix well.
2. In a separate bowl, mix filling ingredients together. Keep aside.
3. Heat a dash of olive oil in a small non-stick frying pan over medium heat.
4. When oil is hot, add enough of pancake mix to cover bottom of the pan (pancake should be about 1cm thick). When pancake sizzles and crisps at edges, turn over. Cook until brown on both sides. Place generous amount of filling on one side of pancake. Fold over. Remove from pan. Keep warm. Repeat until pancake and filling mix are used up. Sprinkle with lime and hot sauce.

Words: **Jayne Economos**



The Lost City

Genre Drama
Streaming on Binge & Paramount Plus

The Lost City sees the queen of rom coms herself, Sandra Bullock, return to the genre that shot her to stardom. Joining her in the cast is the reliable and hilarious Channing Tatum, quirky Daniel Radcliffe and scene stealing Da'Vine Joy Randolph.

The story follows romance novelist Loretta (Bullock) who is reluctant to go on a large book tour organised by her publisher Beth (Randolph), with her popular and handsome cover model Alan (Tatum), as she is still struggling after her husband's death.

After an embarrassing start to the tour Loretta is captured by Alan Fairfax (Radcliffe) who has realised that Loretta's archaeological research with her husband in a previous life could lead him to a long-lost priceless treasure: The Crown of Fire. As Loretta is whisked away to a remote island in the middle of nowhere it's up to Alan and Beth to find and rescue her.

This is a smooth and light watch, full of fast paced action, adventure and lots of laughs without making you think too hard. Bullock and Tatum have terrific chemistry, banter and comedic timing, and the story is predictable yet satisfying in the way all good rom coms are.

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



Vivien, Elliot and Paige enthralled by *When Dark Roots Hunt*

Tawny's Bathtub Bookclub

Young Adult book has multi-generational appeal

When The Tawny's founder gave me *When Dark Roots Hunt* to review he looked at me with a raised eyebrow and said in a mildly sarcastic tone, "It's Young Adult speculative fiction adventure, can you handle that Paige?" What a nerve!

I was hooked from the first page and stayed hooked for all 398 pages. This book has broad appeal across age, gender, cultures and book genres, it's YA for AA, that stands for All Adults.

When Dark Roots Hunt takes you to a fantastical intriguing world. To fully enjoy this book suspend all judgment and immerse yourself in its luminosity and complexity. It's as though Game of Thrones met Alice in Wonderland in an underwater world.

The story's hero is Sala, a young fearless woman who refuses to let her elders, or anyone, define her destiny. Sala lives in the Village of Itta. It survives in this peculiar world where Wyann trees search the shallows to spear passing prey with their roots

because Itta is hidden behind a wall of poisonous ivy and all Ittans agree not to go out on the lake where those tree roots are like vicious killers.

The politics of ruling Itta have raised serious questions in Sala's mind and her trust of those in authority has reached such a low level that she sets out across the wyann-infested swampland to find answers. Little does she realise what her actions will set in motion.

Despite being set in a futuristic unfamiliar world there is much about this book that feels almost too real. Sala is living in a society divided by questionable politics, economic hierarchies, housing scarcity, fast changing technology, climate impacts, social irresponsibility, death and destruction.

As you read this fast-paced story you're right there with Sala, experiencing her emotions, indecision, doubt, frustration and breakthrough moments.

There are so many twists and turns, double-crosses, even triple-crosses. It's the ultimate

nail-biting thriller that keeps you questioning your assumptions right the way through.

Here's a taste of Sala's world, "I follow their direction across waters swamped with overgrown rubble clumps, their thick bushes obscuring my view. Still, between two close-growing wyann trunks a short distance away, is a hard white shape. Its exterior is pearlescent, angular like a rhombus. I've never seen anything like it. In each of its four corners, slim triangular wing flaps stand vertically upright. In its centre is a raised glass cone. Grey scuff marks scar the ship's sheen in places, large collision dents sully it in others. A dark plum smoke bloom shows where Mum must have thrown a glass oil bomb. The outline of the door in its side sits above the water-skin, the ship floating in water. No, not floating – the ship is sitting on top of the two wyann's sleeping roots."

It's unsurprising this book is such a compelling read because its creator, **Zena Shapter**, is a multi-award winning author of speculative and contemporary fiction, who lives right in Tawny territory on the Northern Beaches. Zena lives and breathes storytelling and community. She's founded and led community creativity projects for writers, and the award-winning Northern Beaches Writers' Group.

Visit www.zenashapter.com to find out more about Zena, this book and her other books.

When Dark Roots Hunt is available online and in print at major bookshops. Shop local and pick it up at **Harry Hartog** or from **Humphreys** on The Corso at Manly.

Words: **Paige Turner**

VAN HALEN *Van Halen (1978)*

Stand Out Track: Ain't Talkin' 'Bout Love
For fans of: Deep Purple, Queen
Rating ★★★★★



Welcome to one of the greatest albums of all time. In a time where punk and disco ruled the pop music landscape and hard rock and heavy metal were dying a slow death, Van Halen exploded onto the scene with a ferocity that couldn't be ignored. The guitar work of the great Eddie Van Halen generated a whole new genre for the 80s. You can dance, head bang or just sing along to this pre hair metal, hard rock masterpiece. The only thing better than the guitar work is David Lee Roth's attitude and vocal gymnastics that could brighten the darkest of days.

THE DARKNESS *Permission To Land (2003)*

Stand Out Track: I Believe In A Thing Called Love, Givin' Up
For fans of: ACDC, Queen
Rating ★★★★★



Justin Hawkins has a voice filled with character that few can replicate, hitting the highest of highs with his falsetto. Each track on this album has its own story and feel, from soft and vulnerable ballads to hard hitting grooves. Each song is well crafted, right down to the dual guitar solos where each member holds their own, making sure their part has its own identity. Their biggest hit "I Believe" is a simple yet effective song about love and what it makes them feel. From what I can tell it makes them very happy which is how you feel listening to this record.

TOTO *Toto (1978)*

Stand Out Track: Hold the Line
For fans of: T- Journey, Boston, Foreigner
Rating ★★★★★



Fun fact: Toto play as the backing band for many well known songs - most notably on Michael Jackson's Thriller, even writing the music for a number of the tracks. This album isn't filled with #1 hits, but the multi-layered vocal harmonies and instrumental prowess make an enjoyable listen. It's hard rock, it's pop, it's love songs filled with synths, piano and guitar solos, guitar riffs, anthemic choruses, which are all incredibly catchy and fulfilling in their own way. A great album for road trips, it is one that deserves being listened to cover to cover. You'll be surprised how many tunes you recognise.

Reviews: **Digby Robinson**

ROCKSALT SOUND

Professional audio & lighting production hire

www.rocksalt.com



ANNE KEOGH

Learn music on the Beaches

Music Teacher

A.Mus.A., B.Mus. (Hon.)

Piano, guitar, violin, theory, bass guitar, ukulele

akeogh1967@hotmail.com.au
1/1 Oaks Ave, Dee Why

0407 119 672



You're invited to fun, games and adventure with Scouts!

Come along to our Joey's open nights (5-8 years boys and girls) Wed 5pm - 6pm

Scout Halls:

Harbord - 43 Stirgess Ave, Curl Curl
Brookvale - 51 Winbourne Rd, Brookvale
Dee Why - 17 Arthur St, Dee Why



Jim Baldwin: 0404 931 743
Justin O'Hare: 0404 856 371
Aaron Kew: 0450 712 650



Subject Long Reef Rancho Relaxo
Photographer Betty Lee



Subject Tiny, camouflaged frog (2cm) spotted by Xavier Atichian 6yo while bushwalking at North Head



Subject Seal off Manly
Photographer Suzanne Lawson



Subject Tide's out at Bayview
Photographer Stephen Browne



Subject Kangaroo Street parking inspector
Photographer Patrick Burke



Subject Slug mating dance at Beacon Hill
Photographer Sylvie and Samantha Thomas



Subject Twilight, sleeping spoonbill
Photographer Suzanne Jensen-Lewis



Subject Hot feet at Cromer High
Photographer Barrie Seppings



- Who has been recently elected as Northern Beaches mayor?
- The northernmost cinema on the Northern Beaches is located in which suburb?
- What animal is the nickname for the Beacon Hill Rugby League club?
- Stowaway Bar is a popular bar in the heart of which Northern Beaches suburb?
- The Terrey Hills Par 3 Pitch & Putt course is now known as what – Shortees or Swing & Giggle?
- In basketball, how many points is a free throw worth?
- Are there any human characters in the original version of the movie the Lion King?
- Sailor Jerry's & Captain Morgan are brands of which type of alcoholic spirit?
- What mode of transport was the "Flying Scotsman"?
- With what sport would you associate with the movie Mighty Ducks?
- Biannual is an adjective meaning occurring how often – twice a year or once every two years?
- The Red Shield Appeal is associated with which charity?
- Is Seoul located in the north or south of South Korea?
- An anagram of Tokyo – what was Tokyo known as until the 1860's?
- The 2nd tallest mountain in the world is K2 – It is on the border of China & which country?
- Dr John Pemberton is credited with inventing which drink?
- India has the highest Hindu population in the world – what five letter country has the second highest Hindu population?
- How often is flag changed at Parliament house in Canberra? Weekly, monthly or at the start of every season?
- What is the most times a day of the week can occur in 2 months?
- True or false – Greg Norman lost a playoff in all 4 Golf Majors?

Available for school fundraisers, corporate events, and XMAS parties. For enquiries email razzedazzletrivia@gmail.com

Sudoku

Medium difficulty

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

RUMOUR HAS IT

At Manly Oval's Marlins vs Rats derbies, the hill now plays host to a fired-up show of force for true local supremacy over who has the right to stand in the best viewing perch.

WOW! WEDDING INVITATIONS

**Foil Stamping
Embossing
Letterpress Printing
Diary Stamping
Colour Print**

**I'M IN LOVE...
WITH WATERMARX
PRINTED STATIONERY!**

**FOR ALL YOUR SPECIALTY PRINTING
CALL : 9905 8127 EMAIL : INFO@WATERMARX.NET**

**WATERMARX GRAPHICS
SPECIALTY PRINTERS
WWW.WATERMARX.NET**

BUILDER HANDYMAN

Small to medium building jobs,
carpentry, tiling, welding,
metal work & more

CALL JONO 0413 313 299

Lic: 176010C

Alan Bowers Owner / "That Guy"



Mobile Wallpaper Shop and
Installations available for
Northern Beaches residents

for an instant quote call
0431 918 673

info@thatwallpaperguy.com.au
www.thatwallpaperguy.com.au

paramount
Property Maintenance

**guttercleaning.
windowcleaning.**

call or email dillon for a free quote
0422 077 837

dillon@paramountpmsydney.com.au
proudly servicing the northern beaches

**LABRADOR
PAINTING**

Beating all quotes to keep our quality work local
Internal/External • Domestic & Commercial • 20 years experience
Fully insured • Northern Beaches tradesman

Call Matthew for a free quote
0405 258 627 Lic #234173c

YOUR LOCAL SURVEYOR

Celebrating **22 YEARS** on the Northern Beaches

CMS SURVEYORS

Ph: 9971 4802 www.cmssurveyors.com.au

!ABLOOM ACE GARDENING

For all your gardening needs

Restore overgrown gardens • Land & yard cleaning
Trimming • Weeding • Turfing • Tree lopping
Stump removal • Landscape • Retaining wall / paving
Planting • Gerny washes • Rubbish removal
Regular maintenance • Lawn mowing services

Fully insured / 7 days / Lic 291815C

Best hourly rate / free quotes

Chad: 9403 6500 Sam: 0415 817 880

**NO AWKWARD UPSELLS
DOWNLOAD, PRINT & SHARE!**

Pop-in photos are affordable professional portraits at a fraction of the price of traditional photography sessions.

Find out today why over 34,000 parents across Australia and New Zealand love Pop-ins.

Book yours today at www.popinphotos.com

**DE SAXE O'NEILL
FAMILY LAWYERS**

When family life isn't
a box of chocolates

02 9948 3820 • www.dofamilylawyers.com.au
Bakery Mews, Suite 6, 67 Wanganelia St, Balgowlah

Star Signs

by Krystal Bawl

Cancer Jun 22 - Jul 22

Birthdays blues? Come on, cheer up! The past few years have been shockers, sure, just means you're due for a cracker!

Leo Jul 23 - Aug 22

Howling at the moon seems sane compared to mooning the moon. Keep your pants on. The moon doesn't want to see that.

Virgo Aug 23 - Sep 23

Your love life is so complex. Keep things simple, settle for someone you don't wholly detest and hope they do likewise.

Libra Sep 24 - Oct 23

When wise souls wrote "do unto others as you'd do unto yourself" they didn't factor in your dire self-loathing.

Scorpio Oct 24 - Nov 22

Your EOFY antics aren't helping. If exploiting every tax dodging lurk doesn't lower your living costs, take up a hobby, like sitting.

Sagittarius Nov 23 - Dec 21

A toxic friend blindsides you again but they do throw epic parties. Is true friendship worth more than free champagne?

Capricorn Dec 22 - Jan 20

You're a shrinking violet in person and social media angry ranter on every topic under the sun. Who are you really?

Aquarius Jan 21 - Feb 19

Don't let interest rates halt your high-flying lifestyle. Become too big to fail. It works for esteemed institutions; it can work for you.

Pisces Feb 20 - Mar 20

No one likes a show off. They don't like a zealot either. You risk loneliness in your audacious purposeful life.

Aries Mar 21 - Apr 19

The noise and mess of your DIY home reno is driving everyone nuts. Go back to talking about it instead of doing it.

Taurus Apr 20 - May 21

Strong silent types were once sexy, now it's about vulnerability and feelings. Can you make the switch?

Gemini May 22 - Jun 21

You always said you'd rather burn out than rust out. Got news for you superstar, you're doing both simultaneously.



STOP REVIVE REFI

Remain competitive with a home loan review from our experts at Shore Financial.

Take advantage of low interest rates in an aggressive market and receive up to \$5,000 in rebates when you refinance.

Being Australia's #1 mortgage brokerage, we provide you with the scale, strength and experience to fight for the best deal and acquire it for you.

Take comfort in the fact that we are number one where it matters most.

SHORE FINANCIAL
The Leading Lending Experts



James Leader
Associate Credit Adviser | CR 534186
0450 029 418
jamesleader@shorefinancial.com.au

Advertised cashback refinance rebates eligibility vary based on terms and conditions guided by lenders and servicing requirements. Contact your broker for more information

ACL 501018

Tivia Answers

- Sue Heins
- Avalon
- Beacon Hill Bears
- Freshwater
- Shortees
- No
8. Rum
9. Train
10. Ice hockey
11. Twice a year
12. Salvation Army
13. North
14. Kyoto
15. Pakistan
16. Coca Cola
17. Nepal
18. Monthly
19. 9 times
20. True

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

Sudoku Solution

Make A Wish AUSTRALIA
THE WESTERN SYDNEY, SYDNEY NORTH, WOLLONGONG & PORT MACQUARIE VOLUNTEER BRANCHES

The GREAT GATSBY
SYDNEY GALA BALL

SATURDAY 29TH JULY, 2023
DOLSTONE HOUSE
DARLING ISLAND WHARF

PRESENTED BY
MANILDRA GROUP
100% AUSTRALIAN OWNED

TICKETS SELLING FAST!
BOOK NOW AND HELP
MAKE WISHES COME TRUE
FOR SICK AUSSIE KIDS

LIFELINE CLASSIC 2023



15 OCT 2023
QUEENSLIFF BEACH 8AM KICK OFF

**AN EVENT
FOR
EVERYONE**



#BREAKFREEIN2023

PRESENTED BY  Lifeline
Northern Beaches

LIFELINEB.ORG.AU