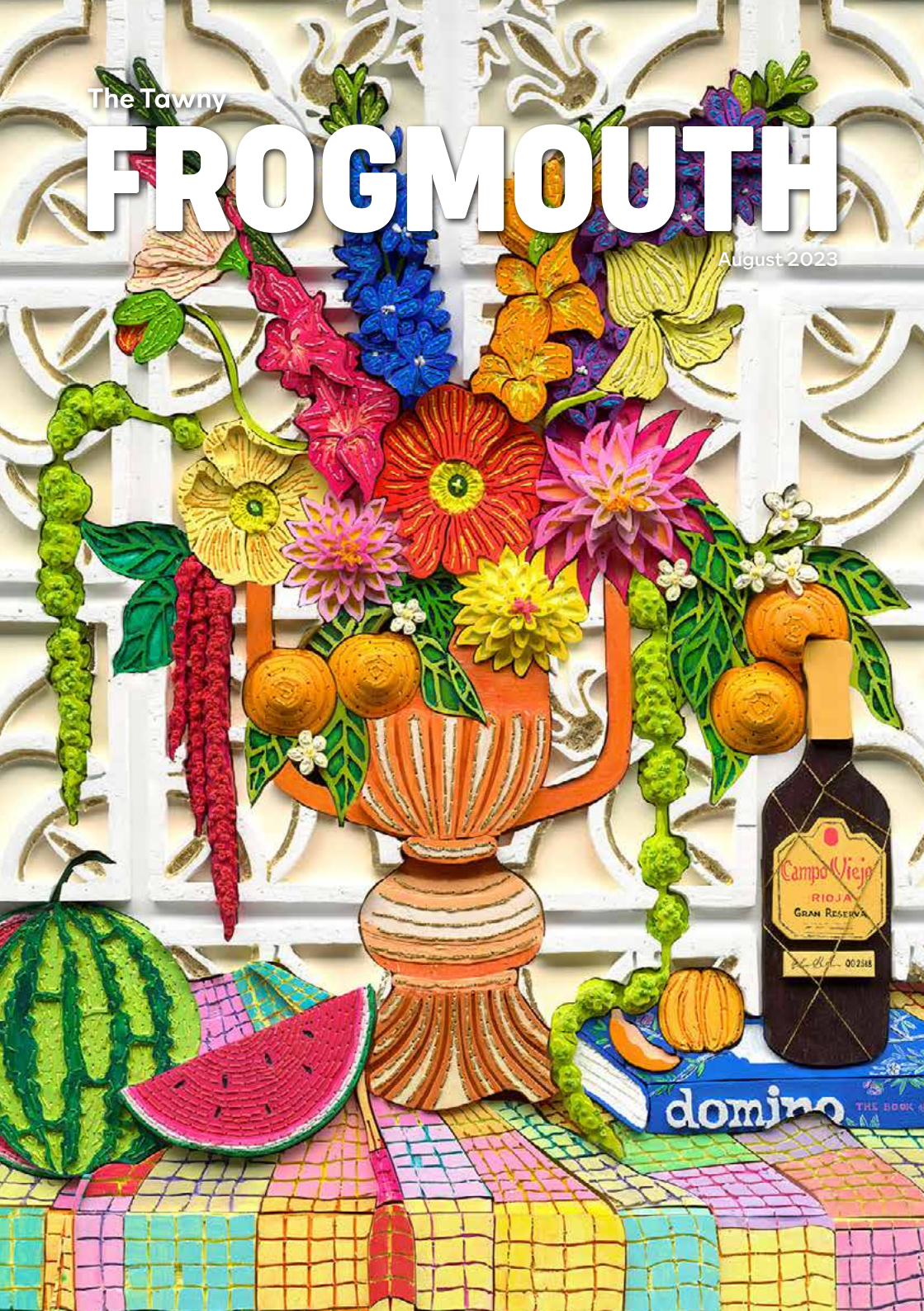


The Tawny

FROGMOUTH

August 2023



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G'day Beaches

It's August! The Tawny is 30 issues old, 1.5million Frogmouths of age. I don't believe it either.

Misha Harrison kicks us off with her intricate, three dimensional cover art. Be sure to get along to her exhibition in October at Balgowlah's Sydney Road Gallery.

Brookvale Public School's collaboration with Bush to Bowl is sowing the seeds of reconciliation. Freshwater celebrates 21 years of community banking. Rebecca Burton unveils the Garden of Eden's true location, Palm Beach Bible Garden. And Mal Fisher takes aim at an issue weed better talk about, the marauding weeds smothering coastal bushland.

This month's Letters were abundant. Thank you so much for writing in. As Manly's Jens Ward wrote to me, "You're doing a great job giving people a voice in good old-fashioned newsprint." This is your mag, readers. What matters to you matters to Tawny. Write in and help make the Beaches all it can be.

Liam



The Tawny Frogmouth

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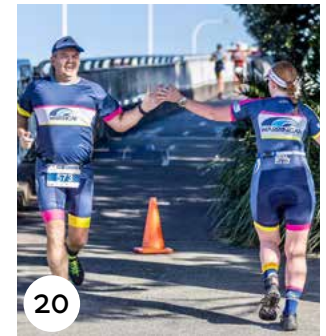
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40

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.



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- ✓ Aged Care
- ✓ Grants



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



Marisabel's Palimpsest redefines scrolling

Peninsula Wash Up

Marisabel's Palimpsest at Hake

You're invited to the creative nexus of Brookvale/Dee Why, **Hake House of Art**, showcasing **Marisabel Gonzalez's** solo exhibition **Palimpsest** from 31 August to 4 September, with opening night drinks Friday 1 September from 6pm. For those of you not around in the 6th century, you may be asking, what on Earth is a Palimpsest? "It's a manuscript page, whether from a scroll or a book, that has had its text scraped or washed off to be used again as another document," Marisabel explains. "I find myself constantly writing down phrases, memories, traditions, in the hope that I won't forget as a natural consequence of my aging process. And for years I have distanced myself from my own migration process, as a way of protecting me from yearning, but working through this exhibition has helped me both to reconnect with my past and served as a channel for acceptance and content." For all info on Palimpsest and more, visit www.marisabelgonzalez.com

Streetwork's efforts honoured by the King

Congratulations to Streetwork CEO **Helen Banu**, and Chairperson of Streetwork's Northern Beaches Local Board, volunteer **Jane Vincent**, both awarded the Medal (OAM) of the Order of Australia in the General Division of the King's Birthday Honour List. Helen and Jane generously give their time, energy and intellect to support the causes they care deeply about. Helen was recognised for her services to youth and community health. She has been Streetwork's CEO since 2013 and during that time has passionately advocated and worked with the belief that at-risk youth require one-on-one mentoring. Jane was recognised for service to the community through a range

of organisations and has been a youth Police advocate and Northern Beaches Local Board Chairperson for Streetwork since 2017. To learn more about Streetwork's dedication to helping youth at-risk across greater Northern Sydney/Beaches, visit www.streetwork.org.au

Biofield Tuning? Hear, hear!

Over the last 30 years, North Curl Curl psycho-therapist and counselor **Laura White** has been supporting her patients' wellbeing, using a range of clinical techniques to get people out of their heads and into their bodies, to best deal with anxiety, depression, and the range of conditions people endure, especially in times of heightened stress such as right now, with cost-of-living pressures through the roof. All of Laura's sessions include **Biofield Tuning**. This encompasses energy meridian tapping, sound and resonant therapies, including Tibetan sound bowls, neuro-linguistic programming, and timeline therapy, all crucial for unleashing our body's superpower to combat stress, the **Vagus Nerve**. Connected to every organ in the body, a well stimulated Vagus Nerve promotes a healthy stress response, clear thinking, resiliency and sense of calm. To find out more about what's happening in Vagus, and to best combat stress, anxiety, and depression, call Laura White on **0468 564 770** and visit psychtranscendence.com

\$615,000 in Council Grants

Need some cash to kick start a worthwhile project? Northern Beaches Council may have a grant for you. Local creatives, sporting groups, environmental advocates and community groups dedicated to change are invited to share in a pool of **\$615,000** in grants. **Mayor Sue Heins** tells us, "We are looking for applications that will build strength and resilience by empowering people of all ages and abilities to become engaged and connected to their community. I encourage clubs, individuals and community organisations to look into whether they qualify for funding, it may just be the boost you need to bring your great ideas to life". Grant categories include Arts & Creativity, Community Development, Environmental, Event Grants & Sponsorship, Placemaking, and Sports & Recreation Infrastructure. If any of these apply to you, get to work asap. Applications close in early August. Full details at northernbeaches.nsw.gov.au/council/grants

Words: **Liam Carroll**

PHOTO: KAYAPA CREATIVE STUDIO @KAYAPACS



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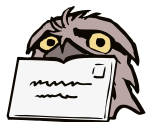
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Letters to The Tawny

Re: E-bikes, June '23

Hello Frogmouth, I was interested to see a recent letter from Duncan regarding E-Bikes in Manly.

I am a victim of a being hit by a reckless rider of an E-Bike whilst walking in Manly Corso. When are the council and even the Police going to wake up and realise that a motor on a bike wether an electric or a petrol qualifies as a motorbike. It should then require registration and insurance. This will make riders more responsible and maybe make them adhere to laws about where you can or cannot ride.

Victims like myself can have an opportunity to claim compensation for injuries or lost time at work rather than just receiving a response of "oop's sorry". A half hearted apology.

In Manly both Corso and the beach promenade are supposed to be No Cycling areas. So it is about time pedestrian areas are for pedestrians not for Bikes, E-bikes and skateboards and E-skateboards.

Somebody has to accept responsibility before a really serious incident occurs.

Paul

Re: The Voice (June '23)

In September 2022 the First Nations Referendum Working Group agreed with the Government that a Constitutional Expert group would be established to provide legal support to the referendum Working Group on constitutional matters relating to the Referendum to form part

of - or otherwise inform - its advice to the Cabinet. This is presumably the background referred to by your correspondent Kevin Begaud.

In addition, the Joint Select Committee on the Aboriginal and Torres Strait Islander Voice Referendum was tasked by both the House of Representatives and the Senate to review and report on legislative provisions that, if passed, will be considered at referendum for incorporation into the Constitution. Their report, in May 2023, recognises that the model established by the Bill both recognises Aboriginal and Torres Strait Islander peoples in the Constitution and provides a mechanism for direct input into matters that directly impact them.

Regarding the Voice being able to make representations to the Executive Government, the Joint Committee accepted the consensus of constitutional experts who gave advice to the inquiry. These experts included a former Chief Justice of the High Court, a former High Court Justice and the Solicitor-General of the Commonwealth. Their conclusion was that addressing Executive Government as a whole enables Aboriginal and Torres Strait Islander people to have a direct input into matters concerning them. This would enable them to work with the broader Australian Public Service to better influence and direct public policy initiatives. Their role will be advisory only. It is Parliament which will decide how the Voice will operate initially and Parliament which can change this in the future. Aboriginal people will have no veto power and no authority over the types of decisions listed by Kevin Begaud. In fact, it is up to the Government to

decide whether or not to accept advice from the Voice.

Additionally, the Joint Committee accepted the views of legal experts that the proposed amendment posed little or no risk to the processes of Executive Government or the broader legal system. Rather, they believe that the Bill provides the necessary powers as requested by the Uluru Statement, while also limiting potential risks and complications.

In no way can this be described as allowing First Nations peoples to co-govern or control the power of Government. Rather, it redresses more than 200 years of inequality and discrimination.

Megan Jones

Re: The Voice (June '23)

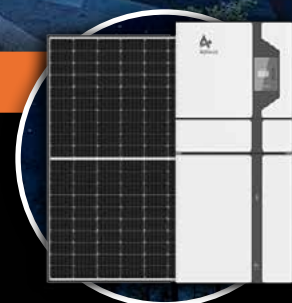
In the June issue of Tawny Frogmouth, Kevin Begaud misrepresents the Voice as being a body able to scuttle or impede every instrument of government, from Cabinet through to lighthouse keepers. This is simply untrue: the Voice will be a representative body of Aboriginal and Torres Strait Islander People that may offer advice to the Parliament and government on Indigenous issues only, with no power of veto, nor power to legislate: it removes no power from parliament, nor does it remove any rights from non-indigenous Australians. The Voice will only be as strong as the quality of the counsel it presents. It will be left to the Parliament (and then all Australian voters) to make judgement calls on the advice, case by case. Kevin backs his misleading proposition with "two lawyers claim", both unnamed, and yet a panel of constitutional legal experts, including former High Court Justice Kenneth Hayne, have reviewed the referendum wording thoroughly, and agree

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it is a worthy amendment to the Constitution. There will be little potential for ongoing litigation, so this is a furphy.

While First Nations people only “represents 3.2% of the population”, a reasonable person would agree that it is a very significant cohort of the Australian population that has been long suffering, despite well intentioned, but often misguided paternalistic policies. The Voice referendum is a conciliatory offer by indigenous Australians to all Australians, to recognise the oldest continuous civilization on the planet as our own, and to understand from the grass roots the measures we should undertake to close the gap. The Voice is not a left versus right issue, this is about Australia and a fair suck of the sav for all. We should be confident that Australians of all ages (Kevin is a little patronising of “the young”), are able to take a little time to familiarise themselves with what the Voice really is and ignore all the noises off. Take pride in Australia and vote YES

Mark & Suzan Fayle, Collaroy

My Voice to Parliament

Given the proposed “Voice” to Parliament comes with all benefits of direct access to the government of the day, the executive of the day, senior public servants and including the High Court if things don't suit me, my Voice to Parliament would take the following course:

1) A Royal Commission into “how”, “when” and “why” a 1.5 degree increase in temperature necessitates the destruction of the coal and gas industries and whether renewables as such will adequately support industry and households and or whether nuclear power should replace “renewables” whether wholly

or in part.

2) No Bill proposal to go to parliament without an economically supported “Cost Benefit Analysis”, to be made available to both sides of parliament.

3) Request the parliament of the day to provide the actual expenditure incurred (last 12 months) as related to the \$32 billion provided to Aboriginal bodies annually.

4) Reduce the number of members to both the House of representatives and the Senate.

5) Reduce the number of public servants.

6) Ban the “Dorothy Dixers” in question time in the House.

7) Mined materials to undergo first stage of manufacture before export.

8) No aircraft to fly in Australia without “carbon credits” to match emissions as related to the length and timing of the nominated trip (aircraft to include helicopters).

9) Introduce three levels of GST: Exempt (food); General 12.5%; and High Value Goods 20%.

10) Introduce 12month period for the declaration of unpaid taxes after which 100% penalties of tax underpaid is imposed over.

Wes Taylor

The Voice – say no

I'm so glad the latest polls are saying the voice will fail. I don't care in the least about the current wording which is deterring many from the yes vote. For me, it is much simpler because the idea of putting one race above all others in the Constitution is racist. We are all Australians, old or recent, and everyone should be treated equally - not some are more equal than others. Thankfully, the Australian people seem to be waking up to this.

Phil Johnson, Dee Why

The Voice – much more than the Referendum Question

Setting aside the recent dichotomy of opinions on the basis of “confirmation bias” - myself included, consider the Referendum Question: “A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?”

Having participated in the Uluru Statement from the Heart, Minister Burney knows full well that the Voice is much more than the Question. Only in the Constitution Alteration Act, do we read – not just to ‘recognise’ but to recognise ‘as’ the First Peoples. Both the Uluru authors and Voice Committee have strongly espoused; first, the establishment of First Peoples Sovereignty (specifically denying the internationally recognised doctrine of terra nullius upon which this continent was occupied, and ‘Australia’ formed). Second, that the Commonwealth of Australia enter into a Treaty with First Nation peoples with co-governing rights. The Prime Minister's pledge of ‘100%’ support for Uluru, cements these expectations between his government, the Voice Committee and Uluru authors.

A Constitutional Voice in concert with Uluru, creates an inherent obligation of Government to cede indigenous “Sovereignty” and create “Treaty” rights; with the potential of overturning or run in concert with Commonwealth and States' their exclusive rights of sovereignty – and secondly; for the Commonwealth to enter into a Treaty with our indigenous community creates the potential to transfer ownership rights to the several hundred indigenous ‘countries’ nation-

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wide*, all of which could logically seek to claim them. Lastly, as “treaty” has the connotation of compensation, which the indigenous community also demands. Having been observed as a Constitutional matter, takes such claims “beyond the reach of Parliament” and for Courts to determine.

Most Australians abhor indigenous disadvantage, which still exists despite billions and long-standing indigenous leadership. However, voting “Yes” to a ‘Constitutional Voice’ specifically created to give such ‘Advice’, makes all of the above issues (unlikely as will be argued) impossible for the Parliament to reject without ending up in the High Court; while still left to finance the basic problem.

(*AIATSIS Map of Indigenous Australia; a coloured kaleidoscope of several hundred named “countries” covering the nation.)

Kevin Begaud

Pep 11

I welcome James Griffin’s opposition to offshore drilling and am pleased he has introduced legislation on June 8 to stop it. He was, however, Environment Minister since about Dec 2021 so I wonder how many opportunities he missed earlier to put an end to this monstrous proposal. Curious that 2 independent candidates proposed legislation to stop PEP11 on 2nd Feb ’23 and, with a groundswell of anti-PEP11 sentiment, including from Surfrider, in the lead-up to the state election, our local Libs climbed aboard the wagon of popularity and also proposed legislation to stop PEP just 12 days later. Our state representative for Manly would earn more respect if he avoided inaccurate point scoring such as “...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.” The facts point to their very effective strategies to get something done to stop PEP11. Don’t be such a sore winner James because it makes you look like a loser.

Elizabeth Boyd

ICAC Report

Most people agree with Matt Kean that the ICAC report regarding Gladys Berejiklian took far too long to be released. However, we should reject the attempts by him and our local member James Griffin to sanitise the findings of the report on the basis that Gladys won’t be subject to a criminal prosecution and did a good job in other areas. The report made clear findings of serious corrupt conduct: even Gladys anticipated that and resigned as soon as her breach of public trust became known. The people of New South Wales are entitled to expect better ethics from all sides of politics.

Jan Scott

RecycleSmart and a council which doesn’t match its rhetoric

June’s article on the new recycling service on the Northern Beaches is a bit disingenuous. The Northern Beaches Council, which goes on about its sustainability and environmental record, is not playing ball with RecycleSmart. While other Sydney Councils (including Mosman, North Sydney and Willoughby) have joined RecycleSmart in making collections free for residents. The Northern

Beaches Council didn’t agree to join the program and subsidise it as RecycleSmart’s partner councils did. That has meant the option of free pickups in our LGA is not available.

While it may be that we should be prepared to pay for the waste we each contribute to, the only reason RecycleSmart is making ‘the service available to residents’ is because the Council won’t.

Why not let the council know what you think and encourage them to partner with RecycleSmart, meet their obligations and match their rhetoric. (BTW, there is a trial of soft plastics drop-offs at Kimbriki at the moment – check the council for dates)

Polly, Curl Curl

Graffiti

In the past year the amount of graffiti in my area, Manly Vale, appears to be out of control! I’m disgusted with the defacing of public and private buildings, and it seems to go unheralded by council and state government. I’m particularly concerned about the Burnt Bridge deviation road section – graffiti, multi-coloured on concrete, glass and whatever surface is available for these people who need to have their tags visible for whatever personal reason!! I’m asking our local member James Griffin to advise we taxpayers what his office has in mind to tackle the problem, and whether there’s a time line in place to do so.

I was told months ago that there was a plan for CCTV and lighting but nothing has eventuated!

Gail Henness

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

Stony Range Regional Botanic Garden

Dear Tawny Frogmouth reader,

I wanted to bring to your attention a development application for a large 8 and 5 storey complex being planned for the northern side of **Stony Range Regional Botanic Garden - DA2022/0145** - which our Stony Range Advisory Committee has only recently become aware of.

Stony Range, one of only two Regional Botanic Gardens in the Northern Beaches area, and one being solely devoted to the Australian bushland, is one of the few large open spaces in the built-up area of Dee Why, used by residents and visitors alike, which is now to be dominated on the northern side by 8 and 5 storey high walls of apartments unless changes can be made.

The design, as it stands, impacts on the environmental and heritage value of the Garden and, with shadow in winter, affects the picnic area meaning fewer visitors and events as well as retarding the growth of vegetation on the northern side.

This large development would also leave limited spaces in the small Stony Range parking area for Stony Range visitors and volunteers, parking being taken up firstly by construction workers (which has happened previously) and subsequently by visitors to the complex as well as the residents with their extra cars.

As our committee has just recently been advised of this large, proposed apartment complex there has been little time for the public to become aware of the development, and its effect on Stony Range.

However, I immediately circulated this information as widely as I could and as a result there have been many submissions of protest to the council including a very comprehensive one from Rob Corkery, the grandson of Councillor Joe Corkery, who was instrumental in setting up Stony Range in 1959.

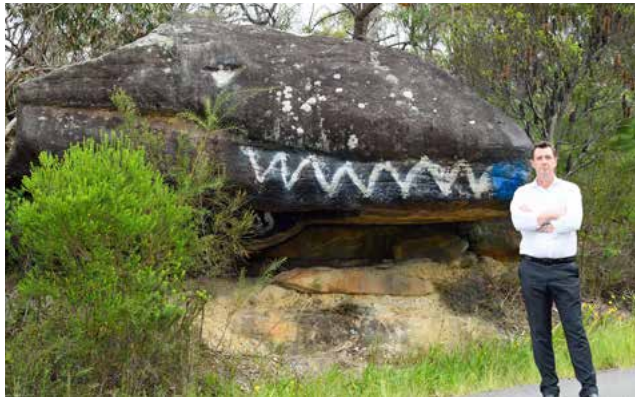
The developers are even using Stony Range as part of their marketing although their development will adversely affect Stony Range.

If you’re concerned about this development, please email stonyrange@gmail.com and/or council@northernbeaches.nsw.gov.au to express the community’s point of view on this development specifically, as well ensuring sufficient consultation is undertaken when similar future developments stand to impact treasured community assets.

Thank you,

Eleanor Eakins,
Hon. Secretary Stony Range Regional Botanic Garden

For full details, visit eservices.northernbeaches.nsw.gov.au/ePlanning/live/Public/XC.Track/SearchApplication.aspx?id=2079911



The Independent Wakehurst MP opposes the development

Michael Regan Update

Standing up for Lizard Rock

It's been just over 100 days since I was elected as your independent MP for Wakehurst, so I wanted to use this opportunity to give you an update on some of the big issues my team and I have been working on since the NSW state election.

Lizard Rock update

I was proud to accept the petition of over 12,000 signatures to save Lizard Rock. I want to thank and congratulate the **Bushland Guardians** on this incredible achievement. Together, we have helped to bring important attention to the issue. I tabled the petition in parliament last month and led the debate on this pressing issue. I was proud to be accompanied by 130 community members who watched the debate in parliament.

I also met with the both the Premier as well as the Minister for Planning and Public Spaces to firmly reiterate Wakehurst's steadfast opposition to this development. We have made it abundantly clear; this is the wrong place for this proposed development, and I will

continue to work hard to see it stopped for good.

Improving bus services on the Northern Beaches

Everyone that relies on public transport on the Northern Beaches knows the impact delayed and cancelled services are having on our bus services. One of my first actions was to meet with Transport Minister Jo Haylen, and welcome the Parliamentary Secretary for Transport, Dr Marjorie O'Neil to Wakehurst for the first Bus Task Passenger Forum in NSW. This forum was attended by over 100 locals and it's crucial that our community's feedback is taken on board by the new Minns Government. As we know, the core issues are unreliable services, cancellations, long queues and safety issues – all of which cannot continue in the future.

Since the forum, Transport for NSW has announced some bus services on the Northern Beaches would be temporarily suspended in order to provide reliability in the short term until driver capacity is back

to normal levels. I've had full and frank discussions with the operator Keolis Downer and Transport for NSW.

I have made clear that I expect full services back in operation before Christmas so the people of Wakehurst and the Northern Beaches get back the bus services they need and deserve. I'm optimistic this is achievable, but it will take focus and effort from all parties involved.

Standing up for our public schools

For too long our public schools have been neglected by successive state governments. Public education is a bedrock for our youth. As many students, faculty and parents have known for some time, some of our local public school facility conditions are in a shocking state. I have invited the Education Minister to join me on a tour of some of our local schools, which are in dire need of adequate funding and repair.

Schools are having to compete for funding, and this model is failing our kids. I have met with the Directors of Educational Leadership to have robust conversations about which schools are in the greatest need of support. Our kids deserve the best public education and parents should feel confident that facilities are up to scratch. Especially as the numbers continue to increase.

Here to support our community

Remember I am here to support our community so if you have any issues, concerns or ideas you can contact me and my team at our Dee Why office via **wakehurst@parliament.nsw.gov.au** or at **9981 1111**

Words: **Michael Regan MP**

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Community

21 years of Freshwater community banking

Not so long ago, retail banking was personal business, the Big 4 had branches in most every suburb of the land and, much like the Cheers TV show, your local branch was a place where everyone knew your name. Even crazier, Freshwater was called Harbord. Can you imagine?

Then, with the millennium bug fast approaching, bank branches began disappearing. From 1993 to 2000, 1,706 branches were closed nationally, 25% of Australia's retail banking network. And so it was in Harbord, when Commonwealth Bank closed its doors in 2000, shortly after Westpac had done so months earlier.

This was the catalyst for a group of passionate and dedicated locals, led by Ian Joynson, Darren Jones, and Brian Dunphy, to band together with the common goal that Harbord could create and operate its own bank. The Harbord Community Bank steering committee was formed.

Around the same time, and in response to the unprecedented closure of banks across the country, Bendigo Bank developed the "community bank" franchise concept. The steering committee drove 850kms southwest to the heart of goldmining country to speak to Bendigo Bank direct and find out exactly what their community banking concept was all about.

Fundamentally, the community banking model has three pillars: to secure banking services for the community; to assist with the management of locally generated capital; and to enable the community to then share in the revenues generated by THEIR bank.

Contained within the franchise agreement is a provision that a minimum of 80% of profits generated by the business are put back into the community via grants and sponsorships and working capital for local projects, all designed to further enhance the community.

This was the perfect fit for what Harbord Community Bank's steering committee was determined to establish, but there was a challenge yet to overcome, they would need to raise \$600,000 from community members to become shareholders and secure the franchise.

A prospectus was written up, printed off, and regular sausage sizzles on Albert Street became the HQ for crucial capital raising, informing locals of how the community branch would function and what Harbord stood to gain.



Harbord locals with their prospectus and members of the steering committee, including Dr. Trevor Sargeant

Shares could be purchased for a minimum of \$500 and a maximum of \$5,000.

Many a local took their cheque book – remember those? – straight out upon hearing the news, pledging their support immediately. The \$600,000 target was exceeded, raised in total from 420 investors. In 2002 it was only fitting the Harbord Community Bank's branch open its doors at 20 Albert Street, the site recently vacated by Westpac, a superb premises to serve the Harbord community.

In the past 21 years, Community Bank Harbord evolved to Community Bank Freshwater, moved a few doors up Albert Street to its current location, and the profits generated from the banking business have contributed over \$3million back to the community via the branch's array of sponsorships, grants, and funding of equipment for the clubs and organisations pivotal to the community.

The branch premises itself is now also a community asset as well as a place where everyone knows your name, a space for retail pop-ups, art displays, and a superb location to do some good Aussie banking with access to award-winning financial products and services, and the wealth of knowing profits serve the local community.

Words: **Liam Carroll**

Visit www.bendigobank.com.au/branch/nsw/community-bank-freshwater to learn more and follow [@communitybankfreshwater](https://www.instagram.com/communitybankfreshwater) on socials.

James Griffin MP

August update

I have campaigned long and hard for an increased frequency of Manly's fast ferry service and to have the travel option included in Opal's \$50 weekly travel cap. It's great to see the new timetable is now operational and the Opal integration is on track for November, potentially saving commuters hundreds of dollars a year.

Trends continue to show commuters are opting for the fast ferries over the iconic but slower Freshwater class. The new government will spend \$16mil on each ferry, for a total cost of \$48mil to retain three Freshwaters on the Harbour.

Friends of Ivanhoe Park and Botanical Garden continue to diligently care for the beautiful green space behind Manly Oval.

As Patron of the group, I am pleased that this important parkland will feature more open space and family play areas as part of Council's refurbishment.

Issues surrounding mental health are becoming better known but there is still a way to go. It was great to join over 100 others, including representatives of community organisations such as the Northern Beaches Women's Shelter, to re-launch former Manly Sea Eagle, Shannon Nevin's Walk and Talk. The walk from Queenscliff to Shelly Beach and return also included Mayor Sue Heins and Councillor Vincent De Luca. A special thanks to George Malouf of Malouf's Pharmacy for his support of this important initiative.

With colder winter temperatures come increased heating costs, and at a time of increasing power prices. A double



James with Freshwater Surf Club President Michael Bate

whammy! The NSW Government must ensure that the transition to renewables is carefully managed. The former government set out a clear transition plan, hopefully the current government doesn't rip this up and leave residents 'out in the cold'.

Parliament returns this month following the winter break, and once again I will be strongly advocating for our communities with the Manly electorate.

Words: **James Griffin MP**

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 Community Bank · Freshwater

 **Bendigo Bank**

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NAIDOC Week's official opening of the Sustainable Bush Garden

Education

Sowing the seeds of Reconciliation at Brookvale Public School

Step inside the gates of Brookvale Public School and you'll find a new bush garden, a yarning circle, smoking ceremonies, bliss balls, even the Great Southern Land vibrations of the didgeridoo.

This is all thanks to the school's partnership with Aboriginal enterprise Bush to Bowl, featured in July's Tawny Frogmouth, supporting students to connect deeply with country and culture and gain new insights into the knowledge and wisdom of First Nations' Peoples. Bush to Bowl specialise in teaching young people about bush tucker, and first came together with Brookvale Public School at the beginning of the year when staff completed an 'on country' experience on Narrabeen Headland.

"We got this depth of understanding from being

on country. It changed our thinking," says Assistant Principal Katie Fraser. "We wanted a similar experience for our students. We wanted our students to grow native plants themselves and learn how Aboriginal people utilised them."

An old vegetable garden and an overgrown section of playground were earmarked for renovation. The school applied for a grant to support their initiative and the students and staff worked with Gadigal man and Bush to Bowl co-founder, Adam Byrne to design the garden.

All students had input into the garden's design which incorporates a yarning circle where students can go to learn, have a yarn or find solutions to problems. Over six weeks, students worked alongside Bush to Bowl staff

to regenerate the area, plant native trees and grasses and heal the country.

"We learnt so much," says Brookvale student, Ryder Grierson, "When we had the smoking ceremony, you could feel the country healing. I feel so proud of my school and my culture."

Ryder's father and proud Wiradjuri man, Aaron Grierson is adamant that the school is on the right track. He says that his family feels part of the learning process and that Ryder feels connected to his learning like never before. "The school has sown the seed," says Mr Grierson. "And the seed they planted is now flourishing"

When the garden was completed, every student participated in an incursion led by Bush to Bowl staff. Students enjoyed the earthy sounds of the didgeridoo, learnt to cook 'Bliss Balls' using native ingredients with their buddies, discussed different types of bush tucker and planted out the new

garden with 650 new native plants.

School Principal, Mr Luke Richmond, couldn't be prouder of his students and community. "The community has really supported this initiative for all our students. We are learning together, working together and healing together," says Mr Richmond. "It's been especially pertinent for our First Nations students who have been given an opportunity to connect with their community, elders and country."

Mr Richmond goes on to explain, "Some of our students have been quite disconnected from their mob and culture. To see how proud they are to be learning along with the rest of the school and to see their growing pride in their culture shows we are beginning to get this right."

According to Mr Richmond the partnership with Bush to Bowl is just the beginning. "We have a long way to go to achieve reconciliation, but we are taking practical steps to learn together at Brooky. Partnerships like this where we make small, tangible differences are a great start."



Students Van and Ryder with Adam from Bush to Bowl



Tyson and Eddie hard at work

Words: **Liam Carroll**



Bliss balls with your buddies

Connections to Country

Year 5 student at Brookvale Public School, Mila Weir, wrote this poem about the learning with Bush to Bowl.

Like a trumpet – but not.
Low spits and gurgles shoot out across the air.
It expresses names, and songs, all in one, deep haze.
Scraps of excess wood form the emu callers.
A didgeridoo.

A school of its own.
Gathered across the grass, we speak the Aboriginal language.
Unfamiliar words, we can address each other with.
Finally taught us the proper names.
We learnt the native phrases.

Buddies beside us
We roll the clumps of dates, bananas and sultanas to spheres.
A sprinkling of coconut and the strawberry gum tree
Complete the bliss balls.
We're intrigued for more recipes.

Before we are done
We grab our potted plants and immerse them underground.
One day, they'll thrive, and shoot further than the soil.
But not without water, and daylight and care.
But the best part is, our buddies will grow with it.

- **Mila Weir**

Sport

WTC crowned NSW champions four years running

There's a pretty good argument, objectively and subjectively, that Warringah Triathlon Club is the greatest in the state. Perhaps Australia.

Warringah Triathlon Club has been crowned NSW Club Champions for the fourth year in a row, something that's never been done. It's the biggest club in NSW with 400 members including Olympian Emma Jeffcoat and Ironman World Champion Pete Jacobs.

And they go everywhere. "We're known as the 'long course club' because we take more athletes to Ironman events than any other club," WTC spokesman Simon Horrocks says. "Out of the 800 athletes from 43 clubs that went to Port Macquarie for the state championships, we had 96 athletes along with a ton of volunteers and technical officials."

WTC was number one in male 15-19, female 35-39, female 45-49 and male 55-59 categories. There were podiums across the board, right up to female 65-69 and male 70-74.

WTC's most promising colt is Logan Campbell, 19, who ran first overall male 15-19. A product of WTC's junior academy and an Emma Jeffcoat Scholarship winner, Campbell's run leg at Port Macquarie was 23 mins 45 seconds or 3:22 per km, just 40 seconds slower than the 10km world record pace.

On the bike leg he averaged 37km/h. The winner of the Tour de France winner typically averages around 39 km/h.

"Our junior program is reaping huge dividends," Horrocks says. "As well as Logan we had Amelia Thornthwaite second in female 15-19. We placed third overall in juniors, our best result."



The only feeling better than winning, winning in lycra

Horrocks says the Northern Beaches landscape lends itself to triathlon. They swim with the pink-hatted 'Bold and the Beautiful' people each morning at Manly Lifesaving Club. There's also Manly Dam or Narrabeen Lake.

They'll cycle around Akuna Bay, Bobbin Head, the Old Pacific Highway. Training for a run is as simple as putting on the shoes and heading to Long Reef headland.

Horrocks says WTC's plan is to make it easy for people new to triathlon.

"It's actually cheaper, less time-consuming and more collegiate than people might imagine. We hold multiple training sessions in each discipline each week. It's for all levels. Kids and complete newcomers can rub shoulders with world champions.

"Swimming can be in com-

petitive squads or with a group heading to Shelley Beach in snorkel, fins, whatever makes you comfortable. And as my old coach used to say: "don't forget to enjoy the bloody thing!" Horrocks says.

WTC holds female-only training and female-only races. There's a focus on families with many travelling to the Port Macquarie state championships where Horrocks says, "We definitely won the fourth leg, too - the party!"

WTC hosts races each weekend. The North Head ones are the most accessible challenge. The short course is a 375m swim, a 12km bike and a three kilometre run.

"My dad could do that," Horrocks says, "and he's 92!"

Get in touch with **WTC** via warringahtriathlonclub.com

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:



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SLIDING DOOR REPAIRS

Forget toilet paper – try no food, fuel or medicine. Why Canberra needs to act on fuel security

Fuel storage tanks aren't "sexy," but it is high time the Federal government spent as much attention on them as nuclear submarines or F-35s. Australia is running low on gas. Rex Patrick explains.

Remember the pandemic when (unnecessary) panic buying meant you couldn't get toilet paper? Now imagine a situation far, far worse: no fuel; no medicine; no food. Even a minor conflict in Asia could cause the latter, but the Federal government appears too busy buying \$368B submarines to do much about it.

Australia used to be a net exporter of fuel. Now 90% of what we need is imported. Most of it comes from Asia (Singapore, Korea, Malaysia, Japan and Taiwan). On average, two foreign flagged fuel tankers arrive in Australia each day to keep the country going. We used to have eight oil refineries around Australia; now we have just two, both on government subsidised life support.

Australian shipping has been more than decimated over the past two decades. We only have 11 Australian-flagged general licence ships of more than 2000 tonnes, and four aging LNG carriers. We have no Australian-flagged fuel tankers (other than two Royal Australian Navy oilers). Considering all this, you might think we'd hold lots of fuel in storage tanks here in Australia. But we don't. On average Australia holds 26 days' worth of jet fuel, 25 days of petrol and just 21 days of diesel.

The COVID Experience

Australia's COVID fuel security experience is instructive. The Morrison Government was clearly alive to concerns about fuel security at the start of COVID. On 21 April 2020, 3 months into the pandemic, the Secretary of the Department of Industry, Science, Energy and Resources was summoned to National Cabinet to brief the Prime Minister and First Ministers of the situation.

By mid-April 2020 jet fuel demand in Australia had reduced by 90% and petrol demand was down by 60%. The shutdown of economies world-wide actually created an oversupply (the opposite of what would happen in time of international conflict). Diesel fuel, which runs



Oil tankers become very "sexy" if fuel supply is cut

Australian logistic supply chains, was different. Because mining, agriculture, essential services and transport kept running throughout COVID, demand only reduced by 20%. Not enough diesel was getting into the country. On March 5, 2020, diesel stocks had fallen to just 17 days' supply.

There were concerns. The National Oil Supply Emergency Committee started meeting weekly, the ACCC issued an authorisation for companies to communicate and collaborate on maintaining supply without breaching competition law and the Federal Government implemented weekly (in place of monthly) reporting of fuel stocks to the States and Territories. The government also prepared for possible activation for fuel distribution control and rationing powers under Liquid Fuel Emergency Act. All these responses show the sensitivity of government to our fuel insecurity.

No Fuel, No Food, No Medicine

In a recent paper published by the Australian Strategic Policy Institute entitled 'What If ...? Economic consequences for Australia of a US-China conflict over Taiwan' the think tank concluded that in a conflict with China "the disruption to the Australian economy would be significant. There would be widespread loss of employment, along with consumer and business goods shortages that would be likely to necessitate rationing."

DAYS' SUPPLY	1	2	3	4	5	6	7	8	9
Chilled/frozen goods									
Dry goods									
Hospital pharmacy supplies									
Retail pharmacy supplies									
Petrol stations									

Localised fuel reserves (source: NRMA)

The report made the point that Australia is pretty self-sufficient in food, except that the bulk of our food packaging comes from China. The study also drew attention to the issue of fuel, describing it as "the sharpest point of concern for the Australian Government".

But it wouldn't take a conflict between China and Taiwan to cause massive and highly undesirable consequences in Australia. A much smaller conflict in Asia could do it. Even the threat of conflict can disrupt supply chains as insurance companies re-evaluate risk and shipping companies divert and delay.

In 2013 retired Air Vice Marshal John Blackburn AO produced a report into Australia's Liquid Fuel Security for the NRMA and spelt out what would happen if freight in Australia were to shut down due to lack of fuel. Food will quickly run out. We have just over a week of dry good consumption available at our supermarkets and about a week for chilled and frozen foods. Pharmacies will start running out of medicine in about a week.

And that's if there isn't panic buying, which COVID shows us would be highly likely. The thought of not having food in pantries and fridges, or

prescription medicines, would likely exercise people's minds a lot more than not having toilet paper. Local petrol stations would run out of fuel in three days. Putting food and medicine aside, this would cripple the country economically.

Heads In the Sand

On May 1, Defence Minister Richard Marles appeared on the ABC's Insiders program to discuss the Government's Defence Strategic Review. He talked about "the biggest conventional military build-up that the world has seen since the end of the second world war," and about us being "much more reliant upon our economic connection with the world".

He then went on to say that "the threat is not that we are about to be invaded, but our exposure to economic coercion and to coercion from an adversary is greater and the potential for that coercion going forwards is much more significant, and that's where the threat lies, and that's why we need to re-posture for that."

He specifically referenced a fuel supply scenario – a fuel supply scenario that we're just not ready for. And he knows it but hasn't paid any serious regard to it.

Under the Morrison Government's 'Boosting

Australia's Diesel Storage Program' \$260 million is being spent to supporting industry to construct additional storage infrastructure. It will increase onshore diesel reserves to about 32 days. Seven of nine projects have commenced. But that's largely it. The threat to fuel disruptions is real and present, yet the problem is being largely ignored.

Nothing thrilling here

From a Defence Force command perspective, flying F-35s at high speed through valleys satisfies 'the need for speed', sneaking underneath foreign warships in a submarine to take photos of its underbelly is daring and racing across the desert in a 55-tonne gas turbine driven Main Battle Tank is excitement on stilts! Staring at a motionless fuel storage tank does nothing to raise adrenaline levels, but fuel storage tanks could be equally, if not more, important for our national security than some of these other capabilities.

Maybe we just can't afford the fuel security solution we desperately need because all our money is being exported to improve US and UK's shipyard capacities and capabilities, to build a bankrupting fleet of eight nuclear AUKUS submarines that won't arrive in our waters any time in the next decade and well after a fuel disruption event.

Words: **Rex Patrick**, Michael West Media. Rex is a former Senator for South Australia and earlier a submariner in the armed forces. Best known as an anti-corruption and transparency crusader: transparencywarrior.com.au

IMAGE: ARCU DALL'COL, UNSPLASH



Entitlementate: Know what you are eligible for and apply for it on time

Managing finances can be a challenging task, particularly for young families who often face financial complexities. Recognising this, Manly-based business Entitlementate has recently launched new services with the aim of assisting families in navigating the intricate financial landscape, to help young families optimise government entitlements and employer leave schemes. We asked Entitlementate's Brendan Ryan to outline some key considerations for all young Northern Beaches families.



Don't miss out on funds you're entitled to

Don't miss out on additional Government assistance for childcare fees

Families with an income of up to \$530,000 are now eligible for help with childcare fees. The family income limit last year was approximately \$360,000; this increase is a significant improvement. This aid can be backdated by 28 days, and the new arrangement began on 10 July. So, families who haven't applied yet need to do so promptly to avoid missing out.

Childcare fees on the Northern Beaches are among the highest in the country

Day rates at some centres have now surpassed the \$200 mark. For a family with a child in full-time care, this could mean paying over \$50,000 per year. Astonishingly, that's more expensive than the highest-cost private school in Australia. Take a moment to ponder that.

Is it time for a check-up?

Understanding childcare fees is straightforward. However, it's the government regulations surrounding the fee assistance that can be intricate. A significant aspect to consider is the operational hours of the childcare centre - or the session hours. These hours do not always align with the duration the government agrees to subsidise.

Long session hours might suit those who only need a few days of care. However, for families using the service more frequently, these longer hours could lead to a surprise when the subsidy runs out. Do you know how your session hours affect your fee assistance?

Turning 6 can be a bummer for larger families
For those with more than one child, it's essential to understand the rules for additional fee help for the second child under 6. There lies a massive opportunity within this - a window of time that must be carefully managed. For some families, a 6th birthday can be bittersweet when all the extra assistance for the younger sibling comes to an end. If only they would stop growing up!

Know the deal so you can plan

For families with fluctuating childcare needs, variable incomes, and the normal changes a family faces year to year, keeping track of household income is crucial. Government payments and subsidies form a large part of this. The rules change annually, and this year is no different. A new package of childcare fee assistance is available, and there are new, flexible rules surrounding the government-paid parental leave payment of \$17,665 for new families.

Visit entitlementate.com for

1. A list of childcare providers on the Northern Beaches, ranked by cost, and including all-important session hours
2. For more information to help you plan your parental leave and government entitlements
3. To solve the complexity of childcare costs

Words: **Liam Carroll & Brendan Ryan**
Brendan is a Certified Financial Planner

PHOTO: ALEXANDER DUMMER - UNSPLASH

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THRONES OF BROOKVALE

PART 5: HELL HATH NO FURY



MEANWHILE, BACK AT THE ARCHES



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TUNE IN NEXT TIME FOR PART 6: THE FIRE WITHIN

ONLY IN THE TAWNY FROGMOUTH

Art & Culture

The Dawn of Brookvale Arts District (BAD)

Brookvale, new vibrant heart of the Northern Beaches, is set to become the BADDEST place ever. Born from a shared vision, Brookvale Arts District (BAD) is an ambitious initiative that aims to transform the area into a dynamic creative and industrial hub, bringing an exciting renaissance to Brookvale.

Community Spirit: BAD's Driving Force

At its core, BAD is a testament to the power of community. A small group, fuelled by their desire to realise the precinct's potential, embarked on a journey to cultivate a thriving integrated arts, industry and entertainment scene. Spearheaded by local business owners; filmmaker John Meredith, brand and place-making creative Lara Allport and architect, designer, visual artist Miguel Gonzalez whose combined efforts has evolved the project into a dynamic brand strategy ready to make its mark.

The recent arrival of 11 breweries and distilleries has breathed new life into the area, set to resuscitate the Northern Beaches' once vibrant live music scene and the BAD founders have been working with APRA and Live Music Office to lobby for regulations that will fortify this music push.

Political and Financial Support: A Boost for BAD

In 2017 James Griffin MP underlined the evolution of Brookvale as an important goal for the Northern Beaches. "This will deliver a great economic and cultural boost to our area. BAD is exactly what we need for Brookie and the time has come!" Griffin said, providing ardent support and advocacy for BAD since first meeting with the team in 2020.

Brookvale Arts District immediately caught the attention of Michael Rodrigues, when he took up the role of NSW Night-time Economy Commissioner, and claims "BAD is one of the most exciting night-time precincts to emerge in Sydney over the past few years."

BAD's Vice President Allport revealed, "Recently we've been focused on securing funds and now have seed funding from Investment NSW via the UPTOWN accelerator program." BAD is primed to make a lasting impact and this major NSW Government endorsement brings credibility and excitement, further propelling BAD towards its vision.



Groundswell coming 26 - 29 October

Revitalising the Community: Vision and Events

"BAD is a catalyst for change" declares President Meredith. The organisation is currently onboarding Foundation Membership from key sectors across Brookvale, and finalising an Advisory Board with movers and shakers from media, music, arts, and advertising, including Warren Brown, acknowledged as the man who revolutionised the face of beer advertising in Australia with his innovative campaigns for Tooheys and XXXX Gold. Most will remember his gold-winning and baddass tongue commercial for Tooheys Extra Dry.

Central to BAD's mission are large-scale festival activations that will immerse the community in art, music, and culture. Groundswell is a music, film and culture festival scheduled for late October which Meredith describes as "SXSW meets Big Day Out and more grassroots...we plan to come out strong in 2023 and scale-up over subsequent years." Negotiations are underway with significant international headliners for 2024.

Also, planned for 2024 is a large-scale, augmented reality street poster festival. "Featuring significant local and international artists in a major art, F&B and entertainment event" explains Chief of Staff Gonzalez.

Over the following months BAD will be making further announcements about its corporate partnerships, membership rollout and merchandise as well as various initiatives and activations coming down the Brookvale pipeline.

Check out BAD at brookvaleartsdistrict.org and follow [@brookvaleartsdistrict](https://www.instagram.com/brookvaleartsdistrict)

Words: Liam Carroll

PHOTO: KAYAPA CREATIVE STUDIO @KAYAPACS



Plywood transformed: Mundane to magnificent

Cover Artist

Misha Harrison

Reminiscent of a jigsaw puzzle, Misha Harrison's art comprises of intricately hand cut, painted and embroidered plywood, translating still life arrangements of flowers, drapery and objects into striking three-dimensional artworks.

How did you discover you had a gift for art?

Art has always been a part of my life. As a kid I was always creating something, whether it be drawing and colouring in, or up a tree building cubbies with my tool belt on. I have always been interested in building, creating, and figuring out how things work. I have had many different eras and styles to my art but found my current style about four years ago. Creativity has always been a huge part of my identity.

Did you study art? I studied art through high school then went to TAFE, studying a Diploma of Fine Art. I then went to University, graduating with a Bachelor of Creative Arts Honours, majoring in sculpture and textiles. TAFE was very practical and hands on where University was a mix of theory and practical. I'm grateful for everything I learnt at both institutes.

How would you describe your art? I usually describe my art as 'three-dimensional still life artworks' that combine painting, sculpture, and

textile practices. My artworks are like big jigsaw puzzles, each piece slots into its own place.

What inspires you in general? My main inspiration comes from nature. Nature produces the most amazing colours, textures, and patterns that I am constantly trying to recreate. Utilising different tools like my jigsaw, router, sander and drill I look to cut, carve, and embroider the wood to mimic the beautiful patterns found in flowers, drapery, fruit, and other objects. Each piece produces different challenges. Each new species of botany, patterned cloth, or object I incorporate into my artwork needs to be tackled in a different way. My art is forever keeping me on my toes!

What is your favourite part of the artistic process? I love the whole process of my art, being on the tools and getting my hands dirty, but nothing compares to slotting all the pieces into their final resting place for the final glue down. The final glue down stage can sometimes take longer than five hours. It really is the best feeling to finally glue down 140 hours of work!

What are you working on now? I am currently working towards my next solo exhibition at **Sydney Road Gallery** in Balgowlah, which runs from 12-29 October. I have another exciting project in the pipeline, but I can't say much right now. Stay tuned for another surprise around September!

What words of wisdom do you have for young or aspiring artists? Don't create what you think people will love, rather create what you love. If you're doing something new it will take time to gain traction. If you believe in what you are creating others will too. When I first started my woodcut pieces not many people loved them like I did. I applied for Sydney Road Gallery and to my astonishment I got the invitation to be part of the Gallery. This was a huge turning point in my art career. Fast forward three years and I am now creating art full time and my woodcut works have evolved into something I never thought they would. Hard work pays off!

Follow [@mishaharrisonart](#) on socials
Check out Misha's next solo show at Balgowlah's Sydney Road Gallery, **12-29 October**. And visit her website [www.mishaharrison.com.au](#) where her prints are for sale.

Interview: **Liam Carroll**

Local Artist

Anke's lifesaving heads

How does a non-swimming Dutchwoman end up crafting artistic heads of Australian lifesavers and ocean swimmers? **Anke Wynmalen** explains, "It was an accident, really!"

Upon retiring as a nurse, Anke was seeking meaningful ways to fill her days. She gave golf a hit, but wonky knees took her a fair way from the greens and to the arts.

Pottering in her Manly Vale studio, one day Anke poured paint on a life-size, make-up artist's head model, and thought that was interesting, but the paint on one of the eyes had turned out poorly. She painted goggles on to camouflage her mistake. Voila! Studio comrade Candysy Crosby took one look and said, "Oh yes, an ocean swimmer!"

From there, Anke's lifesaving heads caught the attention of lifesavers themselves, able to showcase the iconic Australian Surf Life Saving movement in a uniquely memorable and eye-catching way.

With a full array of swim-caps in iconic club colours, Anke's creations make the perfect com-



Anke and a selection of her lifesaving heads

petition trophy and gift for clubbies, nippers, lifesavers and, of course, Bold and Beautiful ocean swimmers.

Anke's Lifesavers range from \$150-250.
Call **0499 311 571** and follow [@clubbies_lifesavers](#) on socials to see more.

Words: **Liam Carroll**

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Film Reviews

Sydney Film Festival's 70th birthday

A director obsessed with re-shooting the end of his movie. A thought-provoking telling of Bruce Pascoe's *Dark Emu*. A group of art students riding the winds of change in 1990s China. A comedy about four people trapped in a holiday home while fire rages towards them. All these unique and wonderful stories plus a bunch more made up the Official Competition category at the **70th Sydney International Film Festival** held 7-18 June.

After 'relaunching' from COVID last year, the festival is going from strength to strength in its programming, interviews and the diversity of delights it provides for film-lovers. Hot tickets this year include the *In Conversation* interview of legendary film-maker **Jane Campion** and the Opening Night Gala screening of Australian director **Warwick Thornton's** *The New Boy*. The festival not only features prize-winning films hot off the press from international film festivals like Cannes and Berlinale but also celebrates and honours the incredible array of cinematic venues in Sydney like the State Theatre, The Ritz Randwick and The Hayden Orpheum to name a few.

The Festival's closing night ceremony celebrated the achievements of the festival by handing out the many coveted and prestigious awards up for grabs for both emerging and established filmmakers.

The winner of the Official Competition and the \$60,000 cash prize was the film *The Mother of All Lies* by **Asmae El Moudir**, a highly unique documentary about a Moroccan



Paul Mescal and Melissa Barrera in a scene from "Carmen."

family recreating the 1981 Bread Riots with doll-like figures.

Directors **Derik Lynch** and **Matthew Thorne** won the Australian Documentary Award and \$10,000 cash prize for their film *Marungka Tjalatjumu*, where Derik escapes city life in Adelaide to return to Country and seek spiritual healing.

The Audience Award for Best International Feature proved Sydney's film taste rivals that of this year's Cannes Film Festival jury, as they too selected Palme d'Or winning film *Anatomy of a Fall*.

I was thrilled to have two fantastic Sydney Film Festival experiences at this year's festival, the critically acclaimed Sundance phenom *Past Lives* and an exciting bold and modern reimagining of the famous opera: *Carmen*.

Past Lives. Believe the hype. And if you haven't heard the hype, allow me to hype it for you. This delicate yet potent film tells the story of Nora and Hae Sung, two childhood best friends who are separated when Nora's family migrates from South Korea to Canada.

The film focuses on their relationship over the years and its potential for it to become more than just a friendship. This film is astonishingly acted, impeccably crafted, sublimely written and casts a spell that still hasn't left me. I'll be truly shocked if I see something better this year. Coming to cinemas in late August.

Carmen is the directorial debut of Benjamin Millepied, a choreographer and dancer, and he brings a truly fresh vision of light, dance and music to this familiar tale. Featuring dancers from the **Sydney Dance Academy** and a glorious score from Nicholas Britell, this was a breathtaking reimagining and one you might be able to catch in cinemas now if you're quick.

The Sydney Film Festival is amazing! I encourage you to pencil it into your calendar for next year and give it a go yourself! You can even volunteer or donate to the festival at their website www.sff.org.au to help keep the Festival alive.

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

IMAGE: BEN KING/GOALPOSTPICTURES AND SONY PICTURES CLASSICS

Funny Business

Canned Laughter

No joke, Lewis Holt discovered a canny way to combine the two loves of his life, stand-up comedy and craft beer, bringing both together seamlessly to create Canned Laughter, providing comedy nights at local breweries for Northern Beaches' stand-up fans.

What inspired the idea? I have been performing stand up for a couple of years and usually have to travel a long way to get a gig. There are fantastic clubs in the city, with the best ones predominantly in the inner west. But when speaking to comedy fans on the Beaches, they all said the same thing, they would like to go to more live comedy but didn't like traveling to the inner west, particularly mid-week. As a comedy fan myself, I want to see the scene in Sydney grow, and decided to put on nights that were more accessible to comedy fans on the Northern Beaches.

Had you worked in this field originally? No, comedy is new for me, but I have worked in hospitality/events for years, running venues for Merivale and Solotel, and work now as a venue manager at a restaurant in Freshwater.

What convinced you Canned Laughter was a winner? I received an overwhelming positive response from my first show. Venues and comedians were all excited that comedy was coming to the Beaches.

How exactly does it work? I book all the comics. It's a mix of local up and coming comedians with a professional headlining the show.

What problem are you solving? I'm providing a place where local comics can perform and improve, but at the same time Canned Laughter is getting lots of people into the Northern Beaches venues on the mid-week nights which would normally be fairly quiet.

What makes for a cracking comedy performance? Experience and reading the room are a big part of it. A great comic will be able to tell if certain material won't work with a crowd after one joke. The MC plays a vital role, warming up the crowd with good energy is so important. I have seen great comics go in to a "cold" crowd and bomb if they haven't been warmed up.



Lewis working the crowd at 4 Pines Newport

What seems to be a recipe for epic bombing? Bombing is something every comedian has gone through. The most common one is forgetting your jokes and staring blankly. Heckles from a crowd can throw off their rhythm. Sound issues are the same if the mic gets feedback. Most recently I had a comedian wearing an Apple watch have Siri tell him that, "I'm sorry I didn't quite get that", which got his biggest laugh of the night.

What are you doing to expand? I'm currently focusing on monthly shows but constantly have corporate clients reaching out to organise private events.

What have been your biggest triumphs? Signing up Dan Muggleton, one of my favourite Sydney comedians, to a sold-out show at Freshwater Brewing Co. for 130 people.

What advice would you give yourself back before setting off on this ride? People will turn up. Don't focus too much on pre-sale tickets.

How can the people of the Northern Beaches invest towards your success? Come see some comedy on your doorstep! And any business that wants to boost trade on a quiet night, get in touch.

Upcoming Canned Laughter shows

4 Pines Newport on 2 August
Freshwater Brewing Co. on 31 August
4 Pines Manly on 7 September

Follow [@cannedlaughterau](https://www.instagram.com/cannedlaughterau) on socials and visit www.cannedlaughter.com.au for all info.

Interview: **Liam Carroll**

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

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

August 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 0152 0.24 0745 1.39 1318 0.42 1955 2.05	2 0241 0.16 0837 1.45 1413 0.37 2045 2.09	3 0328 0.13 0927 1.49 1506 0.34 2136 2.06	4 0415 0.14 1017 1.53 1601 0.36 2226 1.97	5 0501 0.20 1107 1.55 1658 0.40 2315 1.81	6 0546 0.28 1159 1.57 1757 0.48
7 0007 1.62 0631 0.39 1252 1.57 1901 0.56	8 0102 1.43 0717 0.49 1347 1.57 2014 0.62	9 0205 1.26 0806 0.58 1447 1.57 2135 0.64	10 0319 1.16 0901 0.65 1549 1.57 2253 0.62	11 0437 1.12 1002 0.67 1650 1.60 2356 0.57	12 0542 1.14 1100 0.67 1745 1.63	13 0043 0.51 0631 1.19 1153 0.63 1831 1.67
14 0121 0.46 0713 1.24 1238 0.59 1912 1.71	15 0156 0.42 0748 1.28 1318 0.55 1948 1.73	16 0227 0.39 0822 1.32 1355 0.52 2023 1.74	17 0258 0.38 0855 1.35 1431 0.50 2056 1.74	18 0328 0.38 0928 1.37 1508 0.50 2129 1.70	19 0357 0.38 1001 1.40 1545 0.51 2202 1.64	20 0426 0.41 1036 1.42 1626 0.54 2236 1.56
21 0456 0.44 1113 1.44 1710 0.58 2314 1.46	22 0529 0.49 1153 1.46 1800 0.63 2356 1.35	23 0604 0.54 1239 1.47 1858 0.66	24 0047 1.25 0648 0.59 1331 1.48 2009 0.67	25 0154 1.17 0745 0.64 1435 1.51 2132 0.63	26 0317 1.14 0854 0.65 1545 1.58 2249 0.53	27 0439 1.17 1008 0.61 1653 1.69 2351 0.40
28 0545 1.25 1115 0.53 1754 1.82	29 0044 0.27 0639 1.35 1214 0.43 1847 1.94	30 0131 0.16 0729 1.45 1309 0.33 1939 2.01	31 0216 0.10 0816 1.53 1402 0.26 2028 2.02			

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



Stars of 'The Sunshine Club'



Director, Wesley Enoch

Art & Culture

Notes from the Director's seat – with Wesley Enoch

The gloriously entertaining “The Sunshine Club” is heading to Glen Street Theatre in August, guided by legendary Australian Director and proud Noonuccal Nuugi man, Wesley Enoch.

Enoch first wrote and directed the play in 1999 to great acclaim with the production winning multiple awards including a Matilda for Wesley for book, lyrics and direction, and a Deadly Award for Excellence – Theatrical Score for Enoch and John Rodgers.

“I initially wrote this as a way of bringing people together, especially in the reconciliation movement,” says Enoch. “This notion of black and white dancing together and the stories of our history, especially post World War II. In this post or living with COVID world, it’ll be even more important to see that cultural bonds can be formed by gathering as groups and dealing with social issues together.”

With Wesley at the helm, the 2023 tour is taking his

play further than ever before with almost all the locations, including Glen Street Theatre, presenting the work for the first time.

Set in a 1940s Brisbane dance club, The Sunshine Club revolves around Aboriginal serviceman Frank Doyle, who has come home from war to find that although the wider world may have changed, attitudes in Australia haven't. Fuelled by a passion to create a better life, Frank opens The Sunshine Club, a place for black and white to socialise and dance. It is here Frank dreams of a bright future with white girl next door, Rose. Featuring a live five-piece band and more than twenty original songs, this joyful, reflective musical is unmissable.

“Based on the real-life clubs during and after WWII,”

says Enoch. “The Sunshine Club looks at the history of our country and was the idea of black and white dancing together as a metaphor for living together in this country, battling racism, and creating a place to be together. These clubs were instrumental in what would become the 1967 Referendum that changed the lives of many Indigenous Australians.”

The Sunshine Club is a celebration of our history, but also reflective of the many challenges Indigenous Australians have faced and continue to endure and is particularly resonant currently as Australia deliberates on The Voice to Parliament.

“The Sunshine Club is travelling around the country at the same time we are being asked to consider another Referendum that could enshrine the right for our First Peoples to be heard in the halls of power and policy making. The Voice is a strong and valuable tool to help address institutional injustice and historic unfair treatment as well as helping recognise the unique position of our First Australians.”

Running 9-13 August, Glen Street Theatre is proud to offer this stirring piece of theatre – with fantastic music numbers, and an exciting cast including experienced and up and coming First Nations artists, this uplifting and reflective musical will have you tapping your feet and leave you with a feeling of community and joy.

Words: **Georgia Slater**

BOOK NOW

The Sunshine Club is running 9-13 August at Glen Street Theatre
Get your tickets at glenstreet.com.au/whats-on/sunshine-club

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Hard to be alone? A loneliness survival guide



One in four Aussies feel lonely

Loneliness is the emotional response to feeling isolated or disconnected from others, while wanting greater social connection than you have. It is different to being alone, as loneliness can be felt even if you're surrounded by people. It can be difficult to overcome, however there is support available and strategies that you can implement that may reduce feelings of loneliness.

"Feeling disconnected from others is very common," says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. "So, while you may feel lonely – you're not alone in feeling this way."

Studies have shown that around one-in-four Aussies feel lonely, that one-in-three don't feel part of a group of friends, and that almost 55% feel they lack companionship at least sometimes. And young people, especially young women, are more likely to feel alone.

"It's normal to feel lonely now and then," says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. "However, if these feelings are causing you pain and distress, weighing on you, or negatively impacting your life, it could be helpful to reach out for support."

Loneliness is not a mental health condition on its own, and though it doesn't mean a mental health problem will develop it is linked to mental health in two important ways:

1. Mental health problems can cause loneliness. For example, social anxiety may make it hard for someone feeling lonely to connect with others and form the type of relationships they want.

2. Extended periods of loneliness can develop into depression or other mental health concerns.

There are a number of strategies that can

be tried to reduce feelings of loneliness and any negative impacts on your life. And, while some may feel daunting if you're experiencing loneliness, you could try one that is achievable for you.

Try reaching out

It might seem obvious, but the best place to start could be with the friends you already have or have lost contact with. Most people appreciate when an old friend or former colleague reaches out to say hello. Life gets busy and no contact doesn't necessarily mean someone doesn't want to connect with you.

Schedule activities

Feelings of loneliness can happen anytime – and when others aren't available. If you feel lonely you could try scheduling an activity with someone at a later date, giving you something to look forward to and making it more likely that people will have time to hang out and connect.

Practise self-care

Self-care can be any activity that promotes positive mental and physical health. Things like getting enough sleep; eating a healthy, balanced diet; making time for relaxation, such as reading, meditating, or walking; or taking time to do things that bring you joy, like painting or cooking.

Find ways to spend time with people Developing connections doesn't happen overnight. It can take tens, or even hundreds, of hours which is why most friendships come out of school, work, university, or a shared experience. You could try volunteering or joining a local sporting club, community group, or online community to meet people who have mutual interests.

"It's important to remember that everyone is different," says Barbara. "What works for one person may not work for another. If you're finding it hard to cope, then services such as counselling could assist you in developing strategies to improve your mental health."

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

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Delivering community training
programs like Accidental Counsellor

Connecting with the aged and isolated
through the Community Visitors Scheme

For whatever you're going through,
Lifeline is here to listen and here to help.

IMAGE: MATTHEW HENRY - UNSPLASH

Visit: www.lifelinenb.org.au

The Spectrum of Honesty

Understanding the nuance of being honest in the real world

“That outfit is really not flattering” said no husband ever. On the one hand, we are raised to believe that honesty is an admirable quality and something we should strive towards. On the other, we can be reprimanded or punished for sharing what’s on our mind. Moving through life, it can be hard to know how honest to be, with who and what repercussion or consequence we will face.

The first thing to note is that honesty exists on a spectrum. Every time you speak, you will be choosing (consciously or subconsciously) to do so with a level of discretion or clarity. There are six basic markers on the spectrum that can help us identify the extent to which we are being honest and transparent.

- 1. **Brutal honesty** – unfiltered expression (often emotionally charged) with little to no regard for the other person’s well-being or consequence
- 2. **Considered honesty** – thinking about what is relevant, necessary, intentional, aligned with your values, boundaries, respectful of privacy/confidentiality and considerate of other’s well-being
- 3. **Omission** – intentionally censoring things out
- 4. **Editing** – being selective in what you share to project yourself or others in a certain way
- 5. **Deception** – intentionally causing someone to believe something is true or not true
- 6. **Lying** – blatantly saying things that are not true

Have you ever had a fight with a partner because you felt that they weren’t being fully honest with you? It’s easy to forget that about 80% of communication is non-verbal and we notice microscopic changes in tone, intonation, facial expression, body language and eye contact. Being aware that your partner is looking, speaking, or acting differently can be concerning. Sometimes this is a reflection of a person not feeling safe to communicate or not being transparent.

The second thing to note is safety; people need to feel safe with whoever they are talking to. If a person fears judgment, criticism or rejection, the likelihood of them being honest and transparent is low. When we fear, we enter a state of survival. Our need to maintain the relationship will often be greater than our need or ability to be honest in it. If you want honesty, you must cultivate the conditions for it: acceptance, non-judgment,



Wooden it be nice to nose when you’re being lied to

care, interest, and presence.

Thirdly, uncontained, and emotionally charged lashing-outs cannot be tarred under the brush of functional honest communication. The “truth” doesn’t rationalize or justify your immature and dysfunctional output. Furthermore, it will likely hurt the receiver and damage the relationship. This is a pitfall of so many couples; they bottle, bottle, bottle then blow. Yes, there is some relief in “getting things off their chest”, but they do so in a way that makes the other feel scared, inferior, unimportant, worthless, judged or shamed. It takes a lot of time, trust, and effort to repair these emotional ruptures.

Lastly, white lies; a harmless non-truth designed to not hurt someone else’s feelings. Is it the kind or co-dependent nature within us that drives us to say these things? Can you restructure your white lies to say something honest? If not, can you pause, hold an internal boundary and refrain from saying anything?

Your highest relational game will require you to take time and consider each conversational move. The big question moving forward is how do you communicate in a way that reflects your values of honesty and integrity with composure, regulation, and functionality in order to maintain closeness with others but withhold your sense of authenticity?

Words: **Scout Smith-O’Leary**

Scout is a Relationship Therapist providing counselling to couples & individuals. Based in Manly. Telehealth available. Visit thelovescout.com or call **0410 030 463** for more info or to book a session.

Weed better talk about this

They might reside in your garden, but they could invade the nation

For most of my life I thought “weed” was either something you smoked or the name for a scrawny little runt (like me). If you’d said I would develop a malevolent dislike for the plural of “weed”, I would have thought you were off your trolley, nuts, absolutely stark raving, stonking mad. But then I went “troppo”, ended up living on the Northern Beaches, and discovered the harm these pernicious things actually do.

To be fair, I was raised in England, where the weeds were wimpy and there was not much authentic nature left. I’ve since learned that around 80% of the UK’s flora is not endemic. Fast-forward to the burgeoning metropolis of Sydney, which is still blessed to have pockets of original, native vegetation interspersed with suburbia.

Here you’ll find plant species that have survived from the time of the Gondwanan super-continent and have evolved to cope with extreme weather, poor soils and fire. You’ll also find lots of weeds. These are not “weedy” weeds though...they’re super-sized marauders on a testosterone fuelled rampage. And, like a lot that’s amiss on this wonderful continent, the thoughtless, colonialists (and their progeny) are to blame.

It all started with the first British settlers wanting to plant reminders of “home” at every opportunity and it continues to this day, with the horticultural industry still bringing in new varieties from overseas. Every one is a potential environmental weed.

Weed management costs the Australian economy around \$4 billion annually. They represent the second greatest threat to biodiversity - after land clearing - and almost half of Australia’s 220 declared noxious weeds were introduced deliberately (often as garden ornamentals). People still prefer to plant “exotics” rather than their own local native species and chances are these will encroach into bushland and overwhelm the original flora, especially when boosted by garden fertilizers and urban run-off.

The upshot is that Sydney bushland, far from being the richly diverse “larder” that sustained



Weeds smothering coastal bushland

indigenous peoples for millennia, is fast disappearing before our very eyes. Few people seem inclined to grow endemic native plants or are bothered to remove weed species (apart from isolated “Bushcare” groups).

Often the only interaction between residents and bushland is the practice of poisoning surviving Eucalyptus trees to enhance views. As a consequence, the birds, animals and insects that rely on native plants for their food source are vanishing too.

According to the Australian Conservation Foundation, people today recognise less than 10 plant species, but more than a thousand corporate logos.

These are five of the most prominent rogue species on Sydney’s Northern Beaches. If they exist in your garden, please get rid!

Asparagus Fern: from South Africa and like many other weeds, its seeds are spread by birds that eat the red berries. **Lantana:** a native of Central and South America, it was brought to Australia in around 1840 as a garden ornamental and now invades around 4 million hectares.

Morning Glory: a native of China, this is another ostensibly “pretty” garden plant but once it gets into the bush it can be a nightmare to remove. **Senna/Cassia:** another nasty piece of work from South America, imported here as a garden plant. It is very invasive and thrives in all conditions. **Privet:** their black fruits are greedily consumed by birds which collaborate in spreading this pest deep into fragile bushland where it grows rampantly.

To volunteer as a Bush Carer visit northernbeaches.nsw.gov.au/environment/bushland/bushcare-volunteers

Words: **Malcolm Fisher**



Andrew ready to embark



The Titanic, 1998

History in the making

A Titanic inner space on the Atlantic Ocean floor

In 1998, Freshwater's Andrew Rogers became the first Australian to visit the Royal Mail Ship (RMS) Titanic in its final resting place.

Andrew's Titanic tale began at Franklins supermarket when his wife Winnie entered a competition to win a trip to Newfoundland, Canada, followed by a submersible dive to lay eyes on humanity's most enigmatic shipwreck. Winnie wrote her husband's name on the ticket, without telling Andrew about it, and moved on with life until...

"G'day, I've what?" Andrew answered the phone in India, on holiday with Winnie and their son Terence. "Gee, you're keen, you've tracked me down all the way to India to tell me I've won tickets to a movie!" No free movie tickets here, Andrew had been chosen from 270,000 entries for the trip of a lifetime.

Unlike most \$70,000 prizes, this epic journey would have to be kept top secret thanks to a global litigious storm brewing about who owned the salvage rights to the buried

treasure, a situation likely not helped in the eyes of the US judicial system when the vessel Andrew would be travelling on was a Russian research ship. Surely the Yanks would see the peacemaking side of the submersible's name, "MIR", Russian for "Friendship".

Lips were sealed, but once in Canada and undergoing final preparations, the Dr asked a rather personal question, "Do you suffer from flatulence?" Andrew lied and said no. He was joined in the cramped quarters by American undertaker Roman Sugden and submarine pilot Genya Cherniaev.

Provided with fireproof overalls, Andrew found the fit too uncomfortable, the sizing too small. He chose instead to wear the more traditional Australian garb, Ugg boots, trackie pants and t-shirt, beholden to sound reasoning, "If there's a fire down there, let's just go enjoy ourselves."

As the descent got underway, Genya informed Andrew he was sitting where James Cameron sat when filming the underwater footage for the movie. The crystal-clear water turned pitch black within 150metres. For two and a half hours Genya guided Andrew and Roman to the ocean floor, before the quiet pilot finally spoke, "We're getting close."

From the darkness, there she was. As Andrew explains, "The Russians call it 'inner space', this completely other world beneath the ocean. Getting down there, seeing this man-made vessel in another world, my simple mind didn't really know how to cope."

For over five hours Genya explored the wreckage, Andrew and Roman's eyes glued to their respective four by four inch viewing ports, absorbing the other world so few eyes will ever witness. Of all the wreckage items, pots and pans, chandeliers and warped steel beams, a lone boot on the ocean floor brought home to Andrew the magnitude of what he was privy to, knowing that a man perhaps much like him had walked, worked, lived and ultimately drowned with that boot on, the inner space taking on grand meaning.

The ascent to the surface took three hours, followed by the Russian vessel's mission-concluding tradition of a sauna, ice bath, more sauna and huge volumes of food and vodka, precisely how lifelong friendships are formed. Safe and sound on deck, Andrew stared across the bitter cold Atlantic, thankful to have survived the adventure and to be heading home to Winnie, Terence and Freshwater.

Words: **Liam Carroll**



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Ben to the rescue with the best wines under \$20



Eat / drink

Wineflation

Finding a decent bottle of wine for the equivalent of \$20 in Spain, Italy or France wouldn't be much of a challenge. Even eight euros will get you something very reasonable, but in Australia it is increasingly hard to find a good wine south of twenty bucks. I've been writing a blog about this quest for a few years, and I'm delighted to have stepped from the digital world into the print one.

Now, why should you believe anything I say? I worked in the wine industry for five years, in retail and wholesale. I even had the good fortune to do a vintage at Mount Mary in the Yarra Valley (heaven). I have a diploma somewhere, and I've never stopped drinking it. And the few followers of my blog (wineunder20lifeover50.com) are very supportive

Read the blog and you'll see that I'm not entirely honest about the under20 bit, but I've made a concerted effort to

source wines available for that price in the Northern Beaches. Three red and one white, to suit the weather.

You get better value when you go with a bigger wine maker, *Vasse Felix Classic Dry Red* is a great example - it's like getting a Skoda from the people who make Bentleys. Their top wines, like Heytesbury Chardonnay, sell for over \$100 so they know how to make a good one. The Classic Red is a well-made lively drop at the lighter end of the Shiraz spectrum. Chambers in Newport and Avalon have it for \$18. Like the Skoda, it does everything you want it to, but may not impress your guests.

Pinot Noir is a fickle grape, consequently there's a lot of average pinot noir wine - particularly in its homeland, France. Over the years Australia and NZ have got much better at it, and if you

fork out over \$50 you'll do well. Under \$20 is harder, so I've chosen an atypical one. *Tread Softly* make wines that have a minimum impact on the environment, your wallet and your liver. It's a very light Pinot Noir, a bambi in a world of stags, and only \$17 from Fleet St Cellars in Mona Vale.

Manly locals tell me that Winona Wine is the place to go. Unfortunately, I couldn't find anything under \$20 - it's a great shop for wine lovers with a large range of biodynamic wines. But I do like their *Nero D'Avola Granatey* for \$26 - less if you get six - there's a lot going on and it's organic. The variety makes a great winter-wine with osso-bucco etc and is a nice change from Shiraz.

Sadly, I can't find this next wine anywhere on the Northern Beaches, but if you can, be sure to buy some: *Cockfighter's Ghost Single Vineyard Chardonnay, 2018*.

To quote Campbell Mattinson of Halliday Wine Companion: "It puts on an impressive display of stone fruit and cedar wood-accented flavour and seals the deal on the finish too. This chardonnay delivers the goods. Texture, flavour and length, all in a good place".

It's under \$20 and hell, it's pre-Covid. I can't get enough of the stuff. The catch is that the bottle shop is in Melbourne, cloudwine.com.au

Words: **Ben Welsh**

Ben is the creator and author of **Wine under 20, Life over 50**, dedicated to finding decent wine under \$20 a bottle, while knowing any search is inevitably also about the searcher, so that's the life over 50 bit. Read more at wineunder20lifeover50.com



Bless you Mr Robinson, a view too glorious for a house

Secret Spaces Hidden Places

Awe-struck at the iconic views below

Entering the 'Palm Beach Bible Garden' for the first time, you're struck with awe at the panorama of the Palm Beach crescent below; the only public spot to view the iconic lighthouse atop Barrenjoey Headland and the Pittwater Estuary from the southern end.

This small, well-tended garden sits nestled between homes on the southern tip of Palm Beach, offering visitors a place to revel in serenity while soaking up the majestic views.

The creation of the public garden is credited to Gerald Hercules Robinson, who originally from South Africa, bought the block of land in 1957 with no particular purpose in mind, according to the garden's website. But he soon decided the view was too glorious for a house, and inspired by another Bible garden in North Wales,

established his very own - overlooking Palm Beach.

The gardens are perfectly manicured and maintained by a group of volunteers called 'Friends of the Bible Garden,' who work on a roster to weed, plant and label the plants. When the garden was first established, the plantings were set-up in biblical chronological order with plants at the entrance mentioned in earlier parts of the Bible, for instance. It's said that Robinson planted 143 of the 148 plants mentioned in the Bible in his garden - a place he maintained and shared with the community until his death in 1972.

In 2010, the garden underwent a restoration project, led by landscape architect Paul Scrivener, who maintained as much of the existing garden as possible including the original

layout and philosophy of prioritising Biblical plants.

Walking around the garden today, you'll see labels next to many of the plants identifying what they are and what section of the Bible it relates to. Everything from coriander to Iris flowers to date palms and a Judas tree, fill the garden beds and offer as beautiful a surrounding as the views at the garden's edge.

Did you know...

Despite a restoration project in 2010, much of the original Robinson-created garden still remains intact. This includes two stone pines, two carob trees, an oak, a weeping willow, a crab apple and some vigorous grapevines. Plus the original layout of the garden beds, steps and pond all remain true to the original vision. You'll also see remnants dotted around the garden such as the Ten Commandments plaque, a wooden cross and one remaining lamp - all which nod to this history of the place.

How to get there

The garden is free to visit and enjoy within daylight hours, being mindful that the garden is small and best suited to quiet activities. The garden can be found at 6A Mitchell Road, which is a narrow, short cul-de-sac at the southern tip of Palm Beach. There are three parking spots located directly in front of the garden and street parking on Mitchell Road is limited.

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

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN



Never too young, or old, to learn.

Tawny's Bathtub Bookclub

Ever tried a guided relaxation? No, me either!

Katie Brown's the Relaxation Rainbow, Guided Visualisations for Children reveals the power and wonder of using guided visualisations to achieve a sense of renewal, calm and even better sleep and not just for its target audience of adults of children aged between 4 and 12 years. It contains life lessons for people of all ages. I wish I'd known about guided visualisations when my children were younger.

It's a 'how to' guide to visualisations that will help a child deal with the sort of issues we all deal with - needing to be more positive, hopeful, caring, confident, calm, balanced, kind. It's hard to imagine guiding a visualisation for your child and not also absorbing the benefits yourself.

I gave this book to a friend of mine with an 8 year-old child on the autism spectrum and they tried it out a few times a week for a couple of weeks. They both loved it.

With the rise of mental health issues in primary school aged children and these issues

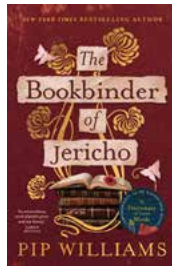
laying the foundation for further issues in teenage years, and beyond, it seems logical to impart good habits early.

The use of a rainbow and the unique qualities and energy of the colours of the rainbow is utterly charming and a brilliant way of shaping the visualisations around the quality of the colours. For example, red is good for feeling grounded, strong and capable, orange promotes health and wellbeing, yellow is for hope, happiness and optimism and so on.

Using colour to help visualise in ways that promote these capabilities is genius.

Its author, Katie Brown, has been teaching yoga for more than 20 years, has studied colour therapy and teaches Restorative Yoga. She's qualified in Yin Yoga, Pre and Post Natal yoga, Children's Yoga and Laughter Yoga. She also has a BA (Hons) in Communications and a degree in journalism.

Visit katiebrownyoga.com to find out more about Katie and her classes. Buy your copy at **Berkelouw Books Balgowlah**.



The Bookbinder of Jericho by Pip Williams

Bookbinder is about much more than book binding, although you learn a lot about that. It's about books, reading, war, racism, trauma, duty, friendship, women's suffrage, Britain's class system and there's romance too.

This book has received huge praise and deservedly so because it's a great read although I found it hard going at times. Midway through I almost gave up because it kept labouring the same themes repeatedly. They are worthwhile themes, just as they were in Pip Williams' debut novel **The Dictionary of Lost Words**. Dictionary is about the creation of the Oxford English Dictionary and the words that didn't make it. Imagine taking something so potentially dull and making it mind-blowingly interesting, an absolute page turner.

A sticker on the front of Bookbinder says it's a companion piece to Dictionary, to me it is not. They are separate. What connects them is they both explore little-known slices of history through women's eyes, are historical fiction at its finest, and are available at all good bookshops, including one of the best, **Berkelouw Books Balgowlah**.

Words: **Paige Turner**

WHAM! Make It Big (1984)

Stand Out Track: Careless Whisper
For fans of: 80s Pop and Disco
Rating ★★★★★



Thanks to their Netflix doco, I've got a newfound love for Wham! I highly recommend you check it out. They had such a huge impact on the 80s scene and pop music as a whole, these guys deserve all the praise they receive. This is the quintessential Wham! album with 3 of their biggest hits, Careless Whisper, Wake Me Up and Freedom. George is even credited as a producer as he had begun to hone his song writing craft, taking the project to the next level. Give it a listen and remind yourself why these guys were such a big deal. Wham!

MACHINE GUN KELLY Ticket to My Downfall

Stand Out Track: Drunk Face
For fans of: Blink 182, Yungblud
Rating ★★★★★



It took me a while to come around to MGK, having passed him off as just another annoying Trap artist. Then he collaborated with Travis Barker of Blink 182 and together they produced a classic yet surprisingly modern pop punk record. Heavily influenced by Travis' early 2000s work, each song sounds A LOT like Blink 182, except the MGK brings his own heat to the mix. Profound and deep lyrical content which is incredibly catchy and easy to remember. It's not for everyone but fans of this genre can't deny the high quality of the album from start to finish.

BIG RED FIRE TRUCK Trouble in Paradise

Stand Out Track: Miami Skies
For fans of: Van Halen, The Darkness
Rating ★★★★★



Time for a shameless plug. That's right, your reviewer has released a brand-new EP this month and trust me when I say this, it's full of bangers. What is essentially an 80s throwback album actually takes itself far more seriously, providing a very modern rock sound while paying homage to the past. High vocals, harmonies, heavy riffs with a touch of punk and synthwave give it a varied landscape while staying true to its genre of hard rock. This EP crams a lot into 6 tracks. It could be the greatest record of all time. Available on streaming/CD and vinyl 4 August!

Reviews: **Digby Robinson**

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Subject Dee Why Gulls Only Pool
Photographer Betty Lee



Subject Newport Beach SLSC Double Rainbow
Photographer Simon Bond



Subject Dee Why sand blas
Photographer Carly Mowat @carlyannaphotos



Subject Mona Vale Icarus sunrise
Photographer Twizzle



1. In which Northern Beaches harbourside suburb would you find Sandy Bay?
2. Which Northern Beaches pub used to be named The Royal Antler?
3. What animal is the emblem for the Forest Junior AFL Club?
4. The Northern Beaches Council recently voted in favour of keeping which road throughfare one way after an almost 2 year trial?
5. What is the name of the iconic pie shop located at Long Reef/Collaroy?
6. According to their slogan, which chocolate bar "really satisfies"?
7. In the Christian calendar, what day comes after Shrove Tuesday?
8. What sport would you be watching if you were watching The Giro D'Italia?
9. If the Simpsons have the Simpsons, what is the last name of the family in Family Guy?
10. A very popular Netflix TV series is called Emily in WHERE?
11. In Taxation, the abbreviation LITO stands for Low Income Tax WHAT?
12. In a non leap year – What is the 275th day of the year?
13. In a recent test, which country has 6 of the top 10 cities in the world in terms of Air Pollution?
14. Australia's first Prime Minister was Edmund Barton. Was he born in Australia?
15. Which was the first country to introduce number plates on cars? Australia, France, Germany, or USA?
16. The human body has about 600 of what and accounts for about for 40% of the body's weight?
17. In the movie Speed, in miles per hour, what speed is the bus not allowed to drop under for the bomb not to explode?
18. The two richest Korean sport stars in history both played which sport?
19. What did the spacecraft Viking 1 do on 20 July 1976?
20. In reference to Sex & the City, starting with J, What is Mr Big's first name?

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Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Leo Jul 23 – Aug 22

Getting rich quickly is so tempting because even if hard work and long-term investing works, it's so boring.

Virgo Aug 23 – Sep 23

Fortune favours the brave but before telling your boss to get stuffed, please note fortune also favours the servile.

Libra Sep 24 – Oct 23

The day only has one sunrise, the storm only has one rainbow so how come you have so many handbags?

Scorpio Oct 24 – Nov 22

You can't afford overseas travel, but you can afford a Kebab, so load up the tabouli and imagine you're in the Med.

Sagittarius Nov 23 – Dec 21

Saving money with credit card debt on EOFY sales was short term genius, long term insanity. Time is so cruel.

Capricorn Dec 22 – Jan 20

It is what it is but what is it when it is what it isn't or isn't what it is? Yes, as always, it is what it is, isn't it what.

Aquarius Jan 21 – Feb 19

Dance like no one's watching, sing like no one's listening and love like you've never been hurt is appalling advice.

Pisces Feb 20 – Mar 20

Yes, The Voice is a singing competition. No, John Farnham didn't win it. Yes, make a noise and make it clear.

Aries Mar 21 – Apr 19

If the road to hell is paved with good intentions, the road to heaven must be paved in bad ones. You could be in luck.

Taurus Apr 20 – May 21

There's no question you're guilty of all charges but stay calm, composed, and blame it all on a bloke from Wagga.

Gemini May 22 – Jun 21

Thou shalt not covet thy neighbour's house, wife, or donkey. Stay strong, thy neighbour's donkey is stunning.

Cancer Jun 22 – Jul 22

Growing old is mandatory, growing up is optional, but cryogenically freezing yourself is really, really cool.

Tivia Answers

1. Clontarf
2. The (Narrabeen) Sands
3. Lion
4. Dee Why Beachfront aka The Strand
5. The Upper Crust
6. Shickers
7. Ash Wednesday
8. Cycling
9. Griffin
10. Paris
11. Offset
12. 2 October
13. India
14. Yes - Glebe
15. France
16. Muscles
17. 50 MPH
18. Baseball
19. Land on Mars
20. John

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

Sudoku Solution

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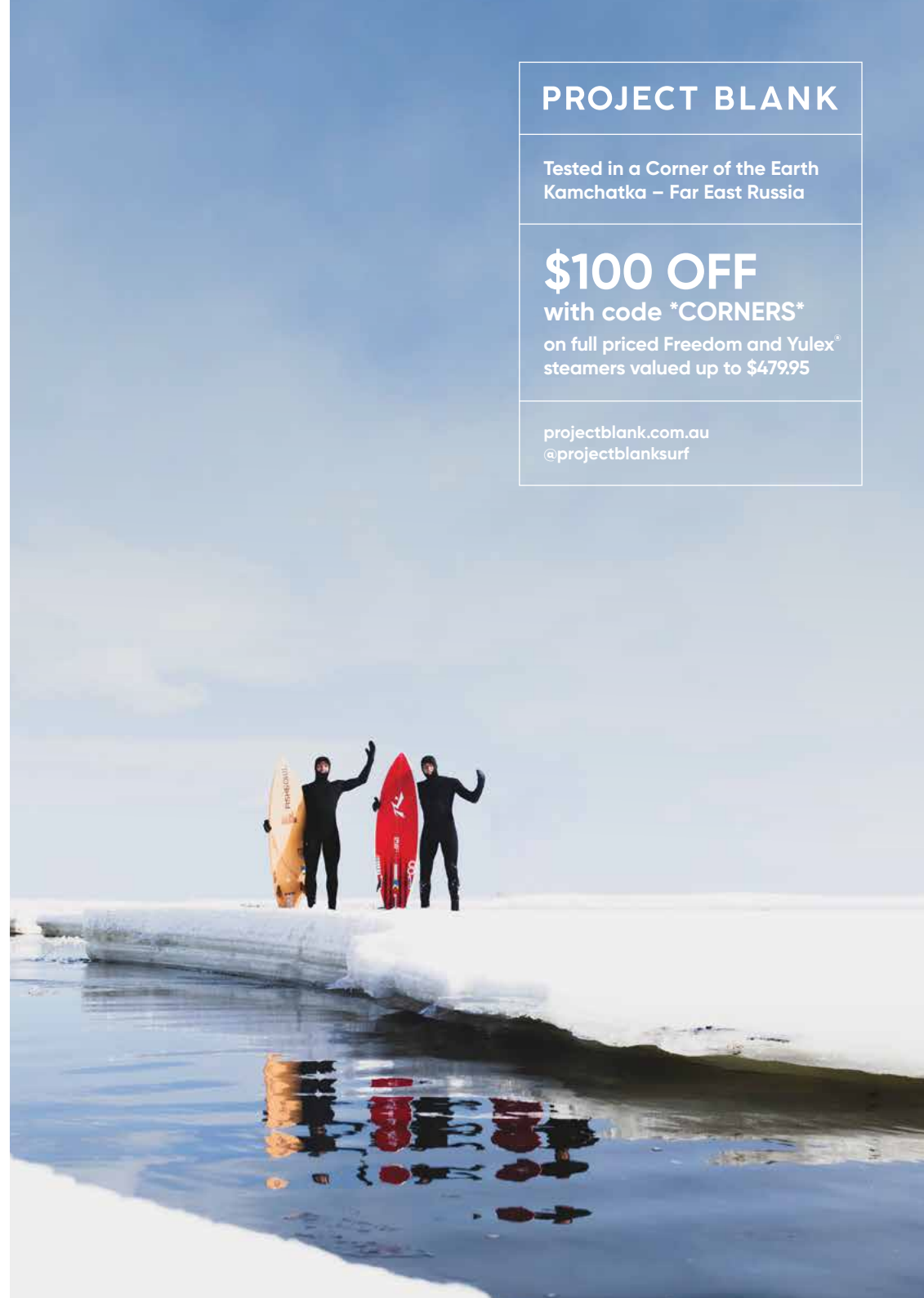
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