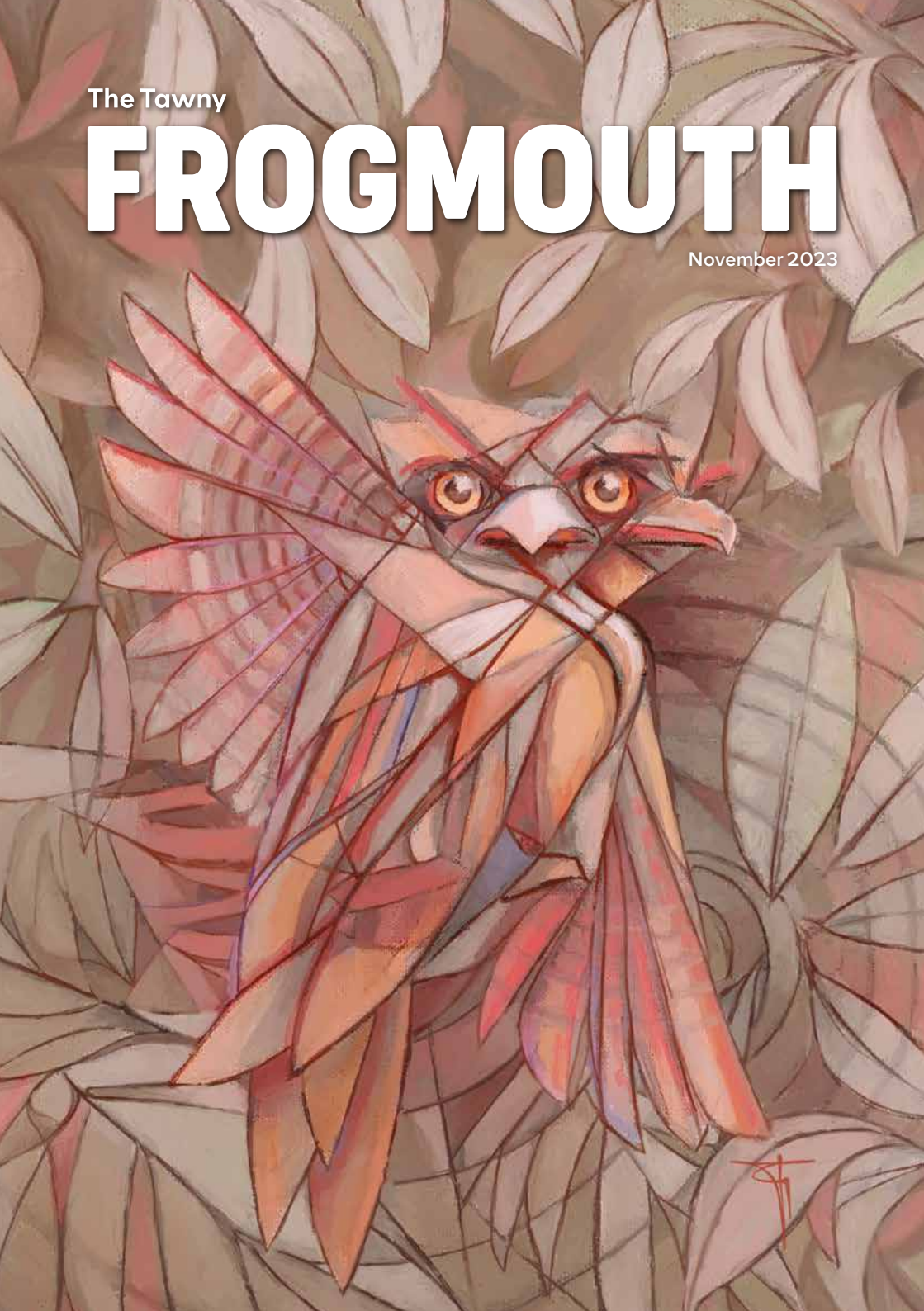


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Unique distillery maturing spirits in native hardwood cubes, Goodradigbee Distillery launches in Brookvale

Bringing something different to Brookvale's Arts District, Goodradigbee Distillers have officially opened the doors to their distillery bar, The GoodBar, and their cellar door at 41 Orchard Rd.

The distillery opening shares with consumers a glimpse into the unique process of how Goodradigbee Distillers mature their spirits. The GoodBar offers a relaxed and down-to-earth atmosphere whilst providing one-of-a-kind spirit and cocktail offerings, paired with exciting menu options from head chef, Rob Phillips (former Group Executive Chef for The Cumberland, Donny's and Insitu bars; chef at Garfish and leading international hotels).

Goodradigbee Distillers is built on Australian purity and local ingredients. Their spirits are anything but conventional. Rather than maturing spirits in French or American oak barrels like the traditional Scotch whisky production methodology, Goodradigbee Distillers uses accelerated maturation cubes built from Australian hardwoods to produce a truly unique Australian spirit. In the process, they have created a completely new spirits category. The distilling method includes a much higher wood-to-liquid volume than spirit matured over years in an oak barrel. More flavour and the colour of a 10-year-old single malt whisky is achieved in months, with a complex and sweet flavour.

The portfolio also spans wood-infused gins including the Goodradigbee Sweetwater Gin, a native botanical gin like Freshwater Gin and the complex pink Blush Gin. The



Goodradigbee founder John O'Connor, ready to open The GoodBar

hardwood influence continues with their Grey Gum Vodka, aged in Grey Ironbark and then double distilled. Goodradigbee Distillers' gins use indigenous bush ingredients including native juniper, kakadu and Davidson plums, quandong, muntries, native currents, and finger limes, sourced by 100% Aboriginal owned social enterprises, Bush to Bowl, Something Wild, Warndu and Australian Natif.

Partnering with Ngunnawal people to bring the Goodradigbee Distillers' story to all Australians, the distillery's name means 'water running over rocks' and draws inspiration from the idyllic Goodradigbee River, which winds its way through the Snowy Mountains. It rises from aquifers deep below Mount Morgan and is fed further by the pure snow melt from Kosciuszko National Park. Australia's hardwoods are born of this unique, pris-

tine environment. All these elements come together to make something different and truly special for Goodradigbee Distillers.

Founder of Goodradigbee Distillery John O'Connor says, "We can't wait to officially open our doors from October 12th and host patrons in our unique distillery in Brookvale, a burgeoning hub in Sydney for breweries and distilleries. Goodradigbee Distillers is built on Indigenous Australian soil and the native Australian ingredients and flavours are evident throughout our entire distillery, it's something we highly regard and will remain a core focus, from the cubes we mature our spirits in, to the bush ingredients within our cocktails and menu offerings."

The GoodBar is now open at 41 Orchard Rd, Brookvale. Follow @goodradigbeedistillers and visit goodradigbee.com for all info



COCKTAILS IN BROOKVALE: THE BAR HAS JUST BEEN RAISED.

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Tuesday: Closed

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Friday: 4:00 PM - late

Saturday: 12:00 PM - late

Sunday: 10:00 AM - late

Cellar Door open Monday to Sunday 8am to closing

 @goodradigbeedistillers

 goodradigbeedistillers

G O O D
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— DISTILLERS —

G'day Beaches

The nor'easters are blowing, magpies are swooping, and Santa's arrival is just around the corner, hello November.

Thank you, Tristan Grindrod, for this month's cover art and for the 8-part Thrones of Brooky cartoon series, reaching its finale on page 26. It's been a horror run on our roads, and Pittwater MP Rory Amon is fighting to ensure State Government reinstates the \$340million commitment to complete essential Mona Vale Road West upgrades.

There's a new sheriff in town, deputy too. We chat with Mayor Sue Heins and Deputy Georgia Ryburn. There's a new columnist as well, Candace Little, imparting "A Little Advice", while a piece of France comes to Killarney Heights for the 17th annual French Markets on Sunday 5 November.

Deepest condolences to Paige Turner, losing her sister to pancreatic cancer, ten weeks from diagnosis to goodbye. Considered incurable, if you'd like to help prove the boffins wrong, donate to PanKind, the Pancreatic Cancer Research Foundation.

Liam



The Tawny Frogmouth

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Contents

6	G'day Beaches	34	Art & Culture
8	Peninsula Wash Up		Ella reviews 'Are We There Yet'
10	Letters to the Tawny	34	Film
16	State Politics		'One Tide' by Will Somerville
	Mona Vale Rd West cancelled	36	Families & Finance
17	James Griffin MP		Finding the right aged care home
	Manly bounces back	38	Community
18	Local Council		Enjoy a piece of France
	There's a new Sherriff and Deputy in town	39	Secret Spaces Hidden Places
20	Sport		Curl Curl lookout
	Longy Road to Kirra Glory	40	Community
22	Michael West Media		Every day is R U Ok Day
	AUKUS Gravy Plane	41	Lifeline
23	State Politics		Suicide prevention
	Save Lizard Rock	42	Mal's Wild Side
24	Silicon Brooky		The Dark Side
	Sun, roof, power, repeat	43	Live Music
25	Dollars & Making Sense		Meat Raffle
	Tax aware investing	44	Tawny's Bookclub
26	The Thrones of Brookvale		The Best of US
	Part 8: The New Beginnings	46	Local Photos
28	Cover Artist		
	Tristan Grinrod	48	Trivia
30	Local Business		Sudoku
	Old school Freshwater banking		Rumour has it...
31	Home Improvements	50	Star Signs
	Welcome to Planit Kitchens		
32	Roll of honour		
33	Tide chart		



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



Fletch will be giving rehab his absolute all

Peninsula Wash Up

Time to rally behind Team Crowley

On 10 September, **Fletch Crowley** was flying high, successfully landing a double flip on his mountain bike before having “a pretty solid stack”, fracturing his T8 and T9 vertebrae, and seriously compressing his spinal cord. Rushed to Royal North Shore, his fractured vertebrae were fused with plates before he spent a week in ICU. Fletch has no movement from the waist down. No one can say whether it will come back, or how much. “I’m going be in rehab for the next 4 months, but I’m super determined to get the best results possible. It sucks to say the least, but life gives you lemons and I’m just taking one extra lemon this time.” Meanwhile, Fletch’s brother **Levi** was recently diagnosed with a rare form of cancer, Von Hippel-Lindau, that requires regular medical intervention and treatment. To assist parents **Pat** and **Nicky** with significant home modifications, treatments and ongoing medical support, a GoFundMe has been set up: www.gofundme.com/f/the-crowleys-need-your-support

Come here Potter!

The **Mudlarks Potters** are holding their annual ‘Open Studio’ exhibition on 11 and 12 November, 10am – 4pm at 12 Parr Parade Narrabeena. Get your Christmas shopping sorted with the Mudlarks’ exciting mix of ceramic work, featuring handmade jewellery, bowls, platters, mugs, teapots, vases, raku ware, and small and large sculptural pieces. Then channel your best Patrick Swayze for the wheel throwing demonstrations at 2pm. Free entry. For all info, call Miki on **0405 450 132**.

AHLTA what you’re doing

The **Australian Heart/Lung Transplants Association (AHLTA)** has supported heart and lung transplant patients, their families and carers for 40 years. Friday 24 November 8.30am – 3.30pm, led by fundraising stalwart Winifred Garland, AHLTA will be back at Manly Corso selling jams, pickles and chutneys, lemon butter and passionfruit butter (get there early for those!), cakes, biscuits, lovely knitting, baby clothes, books and puzzles, bric-a-brac, and of course, their raffle and Christmas puddings! raising money to help transplantees with their living expenses, medicines and oxygen machines. Visit www.ahlta.com.au to see what they do, and ring Winifred on **9971 0821** for all info.

DRAWN IN by Holly Mahoney

1-12 November at Curl Curl’s Creative Space (105 Abbott Rd, North Curl) step into a world inspired by the everchanging movement of the ocean at **Holly Mahoney’s** solo exhibition. With artworks bathed in dramatic light, and colour, open your heart and mind and allow yourself to be...DRAWN IN. Visit hollymahoney.com.au and follow [@hollymahoney.artist](https://www.instagram.com/hollymahoney.artist)

Walk and Talk Cancer

Set up by **Jen Byles**, **Walk and Talk Cancer** is a support group for young women living with cancer, survivors, and their loved ones. Members come together for a scenic walk and to have honest conversations. “This is a community-driven effort to fill a gap that I discovered during my own experience, the need for genuine support groups and connections among young women facing similar challenges,” says Jen. Walk and Talk Cancer meet at 6:30am at the Corso beach front in Manly on the first Wednesday each month. follow [@walkandtalkcancer](https://www.instagram.com/walkandtalkcancer)

Comedy for a Cause

The **Fisher Road School P&C** supports students from 4 to 18 years and have a moderate to severe intellectual disability. On **Saturday 11 November** at **Manly Leagues Club**, the school is holding a comedy night featuring the funniest of the funniest from the Sydney and Melbourne International Comedy Festivals, with all tickets sold and funds raised going towards purchasing a new school minibus. Get your tickets at comedyforacause.net/tc-events/frs or call **Mat** on **0421 244 288** for all info.

Words: **Liam Carroll**



Letters to The Tawny

This is Bat country

Dear Editor, who am I? I am like you. Eight fingers, two thumbs. I have hand-wings to fly. I look like a bird, but that is absurd. I am mammal. The only mammal capable of sustained flight. Artificial light pollution at night threatens me. I am *Miniopterus australis*, the Little Bent-wing bat. I am Vulnerable, as declared by the Biodiversity Conservation Act. Eight powerful RAPTOR stadium-style L.E.D. lights, attached four 18-metre-tall towers, generating 9600 Watts, to be installed by the local Council on Northern Beaches Secondary College Freshwater Senior Campus oval, seven-nights weekly for community football, threaten my Curl Curl existence. Australian Standards ignore me. I am not tolerant to these light's 100 Lux horizontal-maintained-illuminance. The front edges of the tree-line, adjacent Greendale Creek where I forage, will be illuminated with 10 Lux. By contrast, a full moon on a clear night is less than 1 Lux. Light-spill from this sports field lighting will take-by-force my open-space food-foraging faculty; disturb my spatial pattern analytics; curtail commencement of my night-time flight; and upset my circadian rhythm. The Council's fauna expert misinterprets, ignores, and neglects the latest science. This same expert conflates me with my larger cousin, the Eastern Bent-wing. Recent research from the University of Queens-

land is on topic. They measured my echolocation squeaks using Titley-Scientific acoustic ultra-sonic instruments. Proof, I am negatively impacted at very low illuminance of just 0.14 Lux, and at distances greater than 50 metres from artificial light pollution at night. I want to fly in the night, eating my body-weight of insects. Then back to my colony, to be batty as can be. When the night is over, I will be gone. But when the day is done, and the sun goes down, and the moonlight's shining through, bats rock. Please, Keep Dark Areas Dark! This is Bat country! **M. australis, Greendale Creek**

Manly Daily

Hi Tawny Frogmouth, I love your peninsula news and community voice. A friend of mine and I were talking about the loss of Manly Daily. He mentioned that our council rates contributed to the cost of the Manly Daily, which I didn't know. Where is that money going now? I would like to see that money go to The Tawny Frogmouth so we can have a weekly edition. I'm sure you could fill plenty of affordable space (thanks to the injection of funds from our rates to The Tawny Frogmouth) with Real Estate info - school info etc. Go get that money!

Andy Dennis

Shark net facts

There has been a lot of opposition to the placement of shark nets on our beaches on the grounds they kill harmless marine life. This is a valid argument for their removal. However, opponents of the nets, including some politicians and academics, have recently been arguing for their removal on the grounds they are ineffec-

tive against shark attacks, that they simply don't work. In light of this I ask people consider the following. It relates to fatal shark attacks on Sydney surf beaches (not in the harbour, rivers or bays) in the 100 years from 1922 to 2022.

In the 15 years from 1922 till the time the nets were first installed in 1937, there were 10 fatal shark attacks on Sydney surf beaches. From 1937 up until 2022 there were none. In Newcastle the nets went in in 1949. From 1922 till 1949 there were 8 fatal attacks and since then there has been 1.

Over the last 100 years there has been an average of 1.5 fatal shark attacks per year Australia wide. In the 84 years after the netting program commenced (there was a fatal attack at Little Bay last year) there were none on Sydney surf beaches and when you factor in that almost 20% of Australia's population live in Sydney, it is abundantly clear to me the nets are not just effective, they are extremely effective in preventing shark attacks. Opponents of shark nets should argue on facts not falsehoods.

Reg from Freshie

Technology!

I have had considerable problems recovering my computer from, I know not what, but Windows 11 is the real bugger. For some reason my C drive filled up. All that the thing (Windows 11) would tell me was to delete some applications and make space. But all that did was make space that Windows 11 filled up - maybe with Dark Matter?

YouTube told me to start from scratch, reload everything. That, of course, lost a lot of my data! I had a preinstalled

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Windows 11 machine that came with a lot of overhead. Office 365 for one, which I did not want, yet Bill Gates made it impossible to eradicate. Now the original Windows 11 was the "home" version, not recommended by Mr YouTube as it leaves you subject to Microsoft dominance of your life. He recommended the pro version where you can opt out of all Microsoft interference! So, I cleaned out the C Drive and installed Windows 10, which is free of a number of the latest Microsoft controls of your life. But I could not load the Pro version. Despite having cleaned out all the files on the C Drive there was something hidden in there that only allowed me to have the home version...

I am now in the process of starting again with a new C drive which has allowed the Pro version to be installed and I may now enter a future clear of Bill Gates and Microsoft world domination, wanting to put our lives in his cloud and at some time hold us all to ransom!

Recommendation: 1. Never buy a computer from a retail outlet that has windows preinstalled. 2. Always buy a virgin computer and install the windows you want and the applications you want, not all the other stuff that gets in the way and makes the blasted thing run slower, while also being nigh on impossible to get rid of!
Roger T.

Re: Coal, Nuclear & Common Sense (Sep '23)

I commend Peter Fowler for his letter. Sometimes I think we are so insular in Australia that we either don't know what other countries are doing, in this case for power genera-

tion, or we are so far behind that we are pursuing out of date policies that others have realised and changed tactics. Both evident in our attitude to coal and nuclear options and both to our disadvantage. Australia has a limited time to make good choices on future power generation. Not because of limitations set by our commitments to decarbonising but because the minerals we dig out of the ground and sell and generate our income will be less in demand and we will be the poorer and less able to effect change and be left wanting.

Christopher Rynd

A note from Europe

Dear Tawny, I am a Beaches resident writing from Europe in the middle of one of those bucket list things ("must take the kids to Europe, teach them the world is bigger than Oz, experience society/art/culture Ooh La la and all the rest of it!"). Happy to say we head back tomorrow, galleried, cathedraled, and (almost) museumed out. Despite the joys and challenges of travelling with kids, I feel they have passed a rite of passage. And I'm happy.

But far out Tawny, something of note, climate change hey. It's not just Oz getting slugged with serious impacts. People everywhere, people in all the countries we have visited, are deeply concerned, deeply impacted.

We arrived in a heat wave in Paris. In Mallorca the island is running out of water. In Spain drought has pushed locals to the brink. Portugal still remembers her bushfires. Six kids are taking the EU and a total of 32 countries to court for not doing enough to stop

global warming. I watched as our MP Zali Steggall moved to have the government publicly release the Office of National Intelligence Climate Risk Assessment (a report addressing Australia's climate threat and risk - one of similar ilk already released to the public in the UK) to no avail. I want to know what's in that report. The government won't even release a washed version (prepared last year for the very purpose!).

In the middle of that the first report since the Paris Agreement on climate change was released, a "global stocktake" of technical findings on the implementation status of the Paris Agreement. It seems the world's global mean temperature will exceed the 1.5-degree warming target by 2035 and pass 2.5-degree warming by 2100. What's going on?!

Emma Sinclair

CO2 Emissions

In his claim that Australia's contribution to climate change is minimal so why bother (Re: Oct '23 Mystify Me), your correspondent Kevin Begaud ignores three important facts. Firstly, while our contribution to global emissions may be 1.1%, our population is only 0.3% of the global total so we emit far more than our fair share. Secondly, the 1.1% figure ignores the emissions due to the burning of coal and gas that we export and if the burning of coal alone was taken into account, our contribution would be 4%, making Australia the 6th biggest contributor to climate change. Thirdly, as we have an economy in the top 20 countries of the world, surely we have a responsibility to move away from fossil fuels but if the loss of revenue aspect is

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of concern, as economist Ross Garnaut has written, we have a golden opportunity to develop export industries powered by our hugely available quantities of renewable energy.

Peter Nash, Fairlight

No food, fuel, or medicine

Rex Patrick has pointed out Australia's precarious position regarding fuel (Aug '23). It seems a malevolent opponent could, without a shot being fired, block our maritime supply routes and strangle our economy. Within a month of our fuel supplies being stopped we would lose the capacity to feed ourselves. No need to conquer us, we just starve in a month. Our governments must realise our vulnerability and make us independent of the tenuous supply lines by converting our fuel to solar and

other renewables. With our own self-generated electricity supply we could become truly independent.

Peter Fuller, Narrabeen

My pen name is Montblanc

Dear Editor, Call us 'gutless wonders, weak and unctuous', (Re: Oct '23, Full names for publication). Unctuous being a not-so-subtle way of calling a person greasy. Throughout literary history, a nom de plume or pen name has been used with reason by many authors. For example, J. K. Rowling, author of Harry Potter, wrote under the pseudonym Robert Galbraith when publishing her crime novels. The real name of

Mark Twain, the author of Adventures of Huckleberry Finn and Tom Sawyer, was Samuel Langhorne Clemens. The author behind HBO's Game of Thrones, George R. R. Martin wrote under the heteronym of John Jaymes Jr., when writing in Spanish. Is Phil Johnson too calling Rowling, Clemens and Martin greasy? Writers to the Tawny, courtesy of Phil, have another good reason to use a pen name. It is Phil that appears to be self-anointed with both zeal and fervour. Tawny's Chief Avian knows our full names, which are withdrawn to protect us from abusive remarks.

Roy, Penny and Genesis

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Rory in State Parliament, pointing the finger at Labor for this failure

State Politics

Lives still at risk with cancelled Mona Vale Road West

The first Budget delivered by the new State Labor Government has devastating impacts for Pittwater and the Northern Beaches.

Significantly, Labor has cancelled the \$340 million widening of Mona Vale Road West from the Baha'i Temple to Kimbriki Tip. There is not a cent in the Budget to deliver the project, nor is there a cent in the forward estimates. One must ask the question, if Pittwater shared postcodes with Peakhurst or Punchbowl, would this project have been canned?

Locals will know that the \$250 million widening of Mona Vale Road East from Ingleside to Mona Vale is nearing completion. This upgrade came after dozens of near and fatal accidents. The most tragic incident occurred on 5 June 1998 when an out-of-control truck killed 48-year-old Silverio Garcia before careering into a home on Emma Street, instantly killing 13-year-old Nicole Everson. Nicole would have been nearly 40 years old today.

There have been countless accidents before and since. Following 16 years of the Carr-lemma-Rees-Keneally Governments from 1995-2011, the Liberal Government planned the project and delivered it. Mona Vale Road East will shortly be the gold standard.

But Mona Vale Road East is only a part of the solution. Mona Vale Road West, from Baha'i Temple to Kimbriki Tip remains a dangerous goat track from a bygone era. This year alone, there have been at least nine serious crashes on this stretch. Lives continue to be put at risk. With every crash, Mona Vale Road is closed for hours, causing chaos on our roads. Locals kept from their loved ones - stuck in traffic.

The former Liberal Government invested \$17 million doing the studies,

planning the works, and getting the widening of Mona Vale Road West shovel ready. You might ask, "why hasn't the project been done already?" And that's a fair question. The reality is, and was, that the former Liberal Government had so many major infrastructure projects underway at the same time, there was simply no available major project contractors to do the work.

In the 2022-23 Budget, with completion of Mona Vale Road East nearing, the West upgrade was fully funded to the tune of \$340 million. Millions have already been spent on preparatory works.

The widening of Mona Vale Road West is lifesaving, congestion busting, and it's shovel ready. The Labor Government's failure to continue the project is an indictment. If life is lost on this stretch of road, and I sincerely hope it is not, a part of the blame must be on the Labor Government's decision to cancel the project. Rather than funding projects on merits and need, it seems that postcodes are more important to this Government than good policy.

Rather than sit back and whinge, we must act. We must show the Government the depth of support for this project.

Sign my petition to the Government at roryamon.com.au/upgrade-mona-vale-road-west.



Together we can advocate for this project and send the Government a clear message.

Words: **Rory Amon**, Pittwater MP

James Griffin MP

Manly is bouncing back!

The challenges of COVID lockdowns thankfully seem an eternity ago. During that time and for a considerable period after, many of our local businesses shut their doors and some never re-opened. So, after a big effort by the Manly Tourism and Economic Recovery Taskforce, which I set up during COVID, it is terrific to see our local businesses having a renaissance. In a few months there have been some welcome and exciting new additions.

1. Venice Manly (Sydney Road)
2. Calibrate Coffee (Whistler Street)
3. Manly Boatshed (Bolingbroke Parade, Fairlight)
4. Goodradigbee Distillers (Brookvale)
5. Recoverie (Manly)
6. And the soon to open Henry G's wine bar.

The other interesting evolution is the increase in professional services firms that are either providing a hybrid or complete office operation in Manly. Gone are the days of Manly being a

'one trick pony'.

A combination of eateries, cafes, professional services and creative businesses is exactly the right mix we need to develop a long term sustainable local economy, one that is not reliant on millions of tourists over summer, but instead functions year-round to the benefit of visitors and locals alike.

Urban myth has it that outdoor dining fees paid by local cafes in Manly are as expensive as those in Circular Quay, making it prohibitive and high risk for local businesses to provide al fresco dining options. Under the previous Coalition Government many draconian hospitality rules and regulations were removed during COVID, allowing for some flexibility in how our open and public spaces were governed. In some areas the balance was right, in others not so much.

The Council is currently seeking feedback on the Manly Place Plan - essentially the vision for Manly, how it looks, how it feels and how it should evolve. I encourage you to check it out on their website. Key will be moving from a plan to a funded project.

Words: **James Griffin MP**




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Sue & Georgia, pair for the Corso

Local Council

There's a new Sherriff and Deputy in town

Local council is ground zero for community decision-making, and the amalgamated Northern Beaches Council is a serious juggernaut that requires safe hands at the helm. We caught up with re-elected Mayor Sue Heins and newly elected Deputy Mayor Georgia Ryburn.

When did you first realise the importance of being part of the decision-making process for local issues?

Sue: When I was involved in one of the local Chambers of Commerce and saw decisions being made at Council that affected the livelihoods of entire family businesses, and realised the elected body did not have any understanding of how their decision making created unintended consequences. Subsequent meetings with Council made me realise we needed a voice for balanced outcomes.

Georgia: Probably during university, when I was interning for a National News Station and interviewing politicians. I decided then that I'd rather be in the decision-making room than reporting on them.

How did you then first get involved?

Sue: A very persistent Mayor kept asking me to consider running. (He was not the first to ask). I don't like politics but after getting tired of reading about Councillors' behaviours and changes in vision, I felt it was time to do something instead of complaining about it.

Georgia: Through the Liberal Party in Manly. From there, I got more involved with grassroots campaigns and understanding the important role local government plays in affecting change for our families and communities.

What makes a great leader?

Sue: Someone who engages in open communication, leads by example, listens well, and lets people feel their feedback

is heard. Also, having an open mind to new ideas and innovation, and encouraging people to follow their passions.

Georgia: Empathy. From that everything else flows. I'd also add authenticity, accountability, curiosity, humility (admitting when you get it wrong too!), and of course, integrity.

Who are the role models you look up to, to help you in your day-to-day life, juggling family, career, council management, and working effectively with local community organisations?

Sue: I would say first and foremost is one of my grandmothers - I had 3 grandmothers but that is another story. She moved and lived here in Sydney. Her life had so many challenges in a time when women were not allowed to perform jobs she was qualified for. Her endless ability to find the funny side of those challenges was an inspiration to me. She juggled life as a refugee, became active in local and global organisations, including the Australian Plant Society and was really before her time.

Georgia: My hubby, my folks and my in-laws are the extra pair of (ten) hands that help with the juggle. I couldn't do it without them. I also look up to them. They value integrity of character over anything I do, or any title I might have.

What are the greatest opportunities and challenges for the Northern Beaches, and for successful management of the amalgamated Northern Beaches Council?

Sue: The greatest opportunity for our Council at the moment is working collaboratively to protect our environment. The

reason I say collaboratively is I believe it is up to all of us to watch, keep an eye out and inform if you see something that's not right. Council works to keep our vision front of mind. A safe, diverse, inclusive and connected community that lives in balance with our extraordinary coastal and bushland environment is paramount. Challenges I see are keeping the community's expectations real of what can be achieved within a timeline. We have to work within a budget. Managing competing priorities and working to protect what is important is the ongoing challenge.

Georgia: Cost of living is the biggest challenge, both for our residents trying to make it through the week, as well as the increasing costs of the services Council provides. A balanced budget, alongside

servicing and future-proofing the needs of our community will always be the sweet spot.

What are the benchmarks you'll use to assess your success in the role?

Sue: Community feedback is important as well as feedback on how the Council is performing compared to its goals which we monitor annually. We have a vocal community, so I know I'll be told if there is any disappointment. I get regular feedback now as it is.

Georgia: I think you hear about it pretty quickly. The community aren't afraid to tell me what they think. If I stop hearing things, both good and bad, that's probably the biggest tell-tale that I'm not engaged, that I'm not doing my job.

It's a perfect November day, you have no council or

community duties - this is clearly a fictional hypothesis - what will you be doing?

Sue: I'd be at home, in my caring role for my partner and waiting to take him out of the house to visit one of our beautiful locations with a bite to eat and a glass of something nice.

Georgia: Usually at Clontarf playground with the two bubs or having a big family brunch. This November though, I'm a bridesmaid for my sister's wedding, so bridal duties will be keeping me busy!

Keep up to date with Mayor Sue Heins on socials @inspiringwomen and Deputy Mayor Georgia Ryburn @cr_georgiaryburn and visit northernbeaches.nsw.gov.au for all Northern Beaches Council information

Interview: Liam Carroll



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(L to R) Long Reef's Annalise, Sydney, Isla, Gabi, Uli, Ella, and Bella

Surfing

The Longy Girls' Road to Kirra Glory

In 2022, with airfares exorbitant thanks to Covid, we didn't have enough funds for the Long Reef Boardriders Girls' team to travel to the Gold Coast and take on the best of the surfing best in the Kirra Junior Teams Challenge. Jump ahead, 2023 airfares more reasonable, and the girls are surfing better than ever. Our funding's in place, all set to secure our spot, but there was one problem. The event was full! The girls would miss out yet again.

I got the news on Thursday, sweating on the disappointment for 24 hours before letting everyone know at Friday training. Morale was down, a victory slipping through our fingers. Then on Monday, the phone rings. It's the Kirra organiser informing me a girls' team has pulled out. Was Long Reef still interested in fielding a team? Hell Yeah! Game on. The girls' team comprised: Bella Huggins (22), Ella Grogan (21), Gabi Azevedo-Spake, Isla Sydenham (18), Sydney Chevalier (16), Uli Kapferer, Annalise Wong, Zahli Smith (14), Emelia Roberts (16) as reserve.

I booked all 20 Longy team

members on a Thursday 7pm Jetstar flight. I'd chaperone the girls, Mat Colivas would do the same for the boys. Slogging it out through horrific traffic, we made it to the airport only for the inevitable...our flight was cancelled. The troops grabbed their boardbags back off the carousels while an emergency meeting took place.

Time was of the essence. Friday morning heats were ticking ever closer, a mere 821kms away. Mat and I knew we had to shut up and drive. Matt drove for 7 hours - I talked to him for 6 and half - and I finished the last hour while Mat collapsed, an exhausted hero! We finally arrived at our accommodation at 6:30am.

Day 1, D-Bah: Glassy conditions with clean wedgy peaks everywhere. Each grom's nerves were overcome thanks to Super Coach Jonny, guiding the kids through their heats, ensuring they all took confidently to the line-up. Top performers included Uli, 1st with 7.40, while Zahli came 4th, stepping outside her comfort zone to compete for the first time.

Day 2, D-Bah: 2-3foot sets, lots of water moving around, and a near-impossible paddle out. Isla came equal 1st. Ella took 13 minutes to paddle out, the full Long Reef contingent yelling her on from the D-Bah rockwall - is that perch technically on New South Wales soil? When a set wave came in the dying five minutes, we yelled even louder, helping her muster all her energy to paddle onto it, tear it to pieces, scoring a 4.5, plus getting a small white-water groveler for a 0.5, and win the heat.

Day 3, Kirra: The swell was pumping, and the event moved to Kirra. Annalise and Uli arrived early, going for a pre-surf to give Annalise the best opportunity to dominate, which is exactly what she did, coming 1st with a formidable 11.03 total, absolutely dominating the local girls. Sydney came 1st with 10.97, needing 5.1 with 3 minutes to go, she scored a 5.3. Gabi annihilated her competition with a 6.67 and a 6.73 to win by 10 points. Bella walked away with a 4th.

When the dust settled, the Girls' team came 1st out of 12 teams, and Gabi had the highest heat score in the entire comp. An epic 2023 performance. Despite the heroics, the taxi of course didn't show up to take the groms to the airport, but some quick manoeuvring - this time out of the water - got them to the Coolie tarmac on time. Everyone home to Long Reef, and safely accounted for by 9:45 pm.

Follow [@longyboardriders](https://www.instagram.com/longyboardriders) on socials and visit www.lrsa.club for all info

Words: **Tash Gee**
Long Reef Boardriders President

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The AUKUS Gravy Plane

The AUKUS nuclear submarine program team has racked up a \$15.2m travel bill over the past two years. \$633k per month. \$21k per day. Gravy plane status indeed.

In response to a Freedom of Information request made on behalf of Senator Jacqui Lambie, the Australian Submarine Agency has revealed that it has spent \$15.2m taxpayer dollars on travel over the past two years.

The news comes as the \$368B program hits a congressional snag. The US Congress is starting to ask the US Department of Defense hard questions about the impact on US national security of transferring Virginia Class submarines to Australia when the US Navy is not meeting its own goals in terms of submarine numbers and availability. It was an issue raised in the Australian Senate in May when Senator Lambie questioned Vice Admiral Mead.

Mead responded, "I was over in the US as recently as mid-April. I've had discussions with the ambassador over there and with Congress. I went to the Pentagon, and I walked all the corridors. I spoke to my counterparts. I went to Norfolk, which is the biggest shipyard in the world, where they have nuclear powered submarines. There is overwhelming commitment in the US administration and the bureaucracy to support Australia in transferring nuclear-powered submarines to Australia."

But he was wrong. Congress is anything but onboard. The US' submarine construction and maintenance programs are struggling, beset with cost overruns, delays, and supply chain difficulties. In this context, submarines for Australia may well mean fewer submarines for the US Navy at a time when the US military is convinced a conflict against China is brewing.

The issue has been made more difficult with Defence Minister Richard Males assuring the Labor Party base that no promise has been made in exchange for the submarine transfer that the Royal Australian Navy will show up to a fight over Taiwan, a comment noticed in the US and giving rise to expectation tensions. Meanwhile, the flights go on. The Qantas (Gold, Platinum, Platinum One) status credits build.



Jacqui Lambie's FOI request unearthed the gravy plane

In August, MWM tried to work out why senior Australian Defence officials were so keen to back the bankrupting AUKUS submarine plan. The plan comes at a huge cost to the taxpayer and at huge opportunity cost to the rest of the Australian Defence Force and presumes we won't need any new submarines for at least a decade - a heroic assumption about the current trend in US-China tensions over the South China Sea and Taiwan.

MWM concluded, "[Senior Officers are] benefitting from the arrangement. Building the AUKUS alliance is a tremendous career and institutional opportunity for them. The senior officers and officials who lead our Defence Force can focus on what they see as a much bigger thing; an alliance that involves important meetings, important decisions, trips overseas, and, for some, exchange postings. For them, effective integration of the ADF into the strategic plans of the US involves stepping up to be a part of the big league."

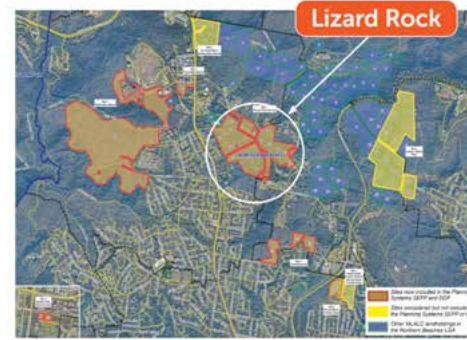
Retirement for Vice Admiral Mead is not too far away. He'll be long gone before taxpayers get to see what, or rather what not, they have paid a motza for. Many knowledgeable observers are starting to think this poorly thought-through program will simply not eventuate. There won't be any nuclear-powered submarine, just the lingering odour of a bureaucratic gravy boat.

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:

www.transparencywarrior.com.au

IMAGE: MICKTSIKAS, AAP



Michael Regan Update

Save Lizard Rock

The Patyegarang Planning Proposal PP-2022-3802 (also known as the rezoning of Lizard Rock) is environmentally reckless and goes against good planning principles. It would see the destruction of large swathes of bushland and place many homes and people in an area with high bushfire risk and limited infrastructure. Seriously, have we not learned from the most recent of bushfires?

Clearing 45 football fields of high value bush-

land for up to 450 low density housing sites is outdated, un-strategic and risky. More greenfield low-density housing, in areas without pre-existing infrastructure is not what our State, city or electorate needs.

The Northern Beaches Council has a comprehensive plan for more homes, including a higher proportion of affordable homes in strategic locations - this is what the community wants, and this is the most sustainable, and fair way to tackle our housing crisis.

As your former Mayor, Northern Beaches Council rejected this proposal and now as your State MP, I am seeking your support to put an end to this seriously flawed planning proposal by making a submission to NSW Planning.

We know the local community overwhelmingly does not want this development. Now is the time to make our voices heard. We need as many submissions as possible to remind the decision makers this development does not make sense!

You can find submissions details on my website www.michaelreganmp.com

Submissions close on 7 November, so please take action now! Together, we must raise our voices and stop this destructive proposal, which is not in the public interest. It must be stopped.

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Sun, roof, power, repeat

In September, we discovered Brookvale's **Colormaker Industries** were powering their business and fleet of electric vehicles for zero cost thanks to rooftop solar and battery, saving \$30k and vast amounts of greenhouse gases from entering the atmosphere. So, we wanted to see what rooftop solar and battery impacts were like on local residents, catching up with Manly's **Mark Kelly** for an update.

When did you first decide rooftop solar was a good idea? I have wanted to get onto rooftop solar for years but only rented. In December 2021 when we bought our house in Manly, my first call was to get rooftop solar and a battery installed. It was installed 3 weeks after we moved in.

What were the key factors in choosing Solarpro to complete the installation? Years ago, I organised a speaking engagement to help people understand renewables. We had huge projects down to local solar installers. **Dave Veal (Solarpro Managing Director)** agreed to speak and did really well at communicating what rooftop solar was all about. I trusted him from that point on and he hasn't let me down.

What is your energy plan? We decided on a Tesla Battery which allowed us to join the Tesla Energy Plan (through Energy Locals). This enables the sharing of energy in a community. It downloads power to your needs between 2-8pm each day. Then it tops up during off peak and also directly from the solar panels during the day. The system learns what your normal needs are and works with that data.

How have you found generating your own power? It's a no brainer. We generate more power than we need and take from the grid, so we are a net energy contributor. This includes charging our electric vehicle at home. We haven't had a power bill since we started. So, free power for home and car after the initial outlay, and soon Energy Locals will start crediting our bank account.

How important is the battery? The battery is the key. You can make a lot of power during the day with rooftop solar, but you need it at night. Even on cloudy or rainy days you're still producing energy. Having the battery allows



Mark, Anouk and Solarpro rooftop energy

you to use your own energy when it is the most expensive or sell it back to the grid.

How do you assess the effectiveness of the Solarpro system? My primary driver is environmental, but the economic driver is the key to bulk change across the world. When things make financial sense, you see a tipping point in behaviour. When we first signed up the payback for us was going to be 8 years. Power prices rose and the payback became 4 years due to the increases.

How does the real-time data monitoring assist you? I love numbers and statistics. I love a graph as well. So, the panels and battery being connected live to your phone through apps is amazing. With our system and the Tesla Energy Plan we don't have to do anything, but I love to log on and see what's going on.

Any other thoughts or insights to share? I am obviously a big fan of solar energy. I just signed up to get a second battery from Solarpro so I can harness more of our own power and sell more back to the grid. It makes financial and environmental sense. I encourage landlords to get rooftop solar on their rental properties. Help their tenants out and do the right thing while using the expense as a tax write off.

**Specifications: Mark has 26 panels generating 9.6Kw of power. An 8.2kW Solar Edge Inverter with Single Phase system. A 13.5kW Tesla Powerwall 2 Battery, with the second battery on the way.*

Learn more about **Solarpro's** range of smart solar power and battery systems at solarpro.com.au or call **9453 1485**.

Interview: **Liam Carroll**



Tax Aware Investing

This month we discuss Tax Aware Investing with former Olympic swimmer **Grant Hackett**, OAM and now CEO of **Generation Life**, a provider of tax effective investments (genlife.com.au).

So how did Grant get into finance? From his youth, he's always had a keen interest; being an active share trader and growing his savings. Passion and being goal oriented was key to his success in the pool and is now equally important in finance and investments.

Kerry Packer famously said, "if you don't minimise the tax that you're paying, you're a fool!" Understanding your financial goals in terms of your income and tax is essential. Just like a swimming coach is vital, so too is having solid financial advice. Utilising different investment structures that take advantage of tax benefits, like super, family trusts and investment products designed to deliver long term tax effective returns, all contribute to the end goal.

Minimisation is not avoidance. One is legal, the other not so.

In today's cashless society, attaching value to money helps to give context. Let's say a child does a paper-run to save for a video game. The child's self-talk would say, "how many paper-runs will it take to buy that game?" This is a great way to learn the value of effort, work, and the exchange of money for that work.

Tax awareness builds the same kind of context. Grant explains many of his firm's offerings are governed by the Life Act. They provide tax structures and efficiencies over time. People saving for retirement, children's schooling, or a legacy for family, find longer term strategies more suitable and less volatile.

No matter which tax bracket you're in, ensuring you never run out of money in retirement or solely rely on the age pension; is important to delivering better outcomes.

Got questions about money, finance or investing? Contact Ray on **0400 186 446**, listen to his show on Spotify and YouTube, and visit otgcapital.com.au/blogs



Words: **Ray Trevisan**
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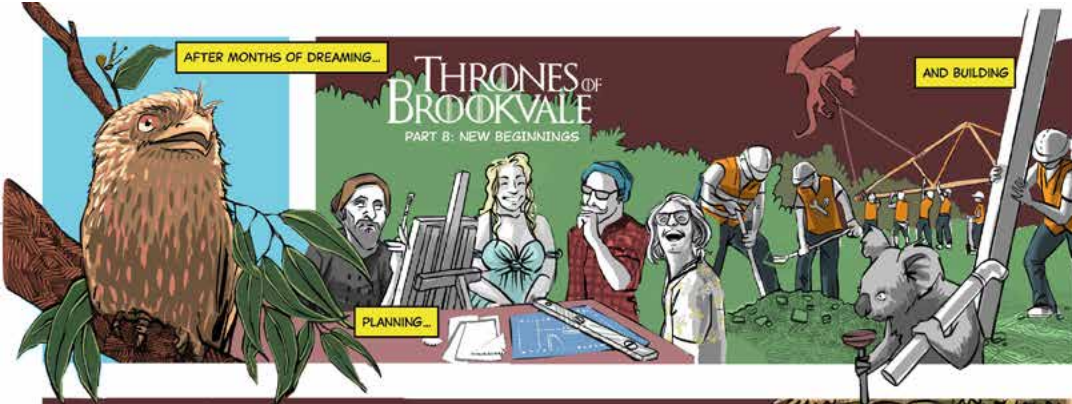
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A Tristan Grindrod @houseoftryst self-portrait

Cover Artist

Tristan Grindrod

Shortly before last Christmas, Tristan emailed the Tawny to share an early version of what would become this month's cover art, and to see what was possible to exhibit his illustrative talents in the Frogmouth print. From this inquiry developed an 8-part cartoon series for the ages, "Thrones of Brooky", with Tristan going onto immortalise many a local icon, and establish Brookvale, in comic form, as the hotbed of Machiavellian machinations that Florence, Kings Landing, and not even the Canberra Bubble can dream of.

How long have you lived on the Northern Beaches?

I was born in Manly and grew up in North Narrabeen. I've tried to escape a few times but always come running back.

Describe one of your fondest memories of life here? Introducing my son to the water for the first time in Manly when he was tiny.

What inspired your cover art? The Tawny Frogmouth's incredible camouflage. Similar to the Northern Beaches itself, it is part of, but apart from its surroundings in all the best ways.

What inspires your art in general? Novelty and flow. I am a junkie for novelty, anything that can grab my imagination. From there it's all about flow, to fall into the process and be one with it.

What is your favourite part of the artistic process? Getting so excited about an idea that it can't get out quick enough and my drawing hand can't keep up.

Which artists or other inspiring people, dead or alive, would you most like to have dinner with?

I have been an avid fan of Normal Lindsay since I was quite young. I'd want to be a fly on the wall to see how he works and find out how he could be so prolific. Salvador Dali would be very entertaining to hang with, as long as he's paying.

How did you discover you had a gift for art?

I'm still swimming deep in imposter syndrome so struggle to say I have any gift, but drawing was encouraged by everyone around me, at home and school since I can remember.

Did you study art? Yes, but not at art school. I am mostly self-taught, relying on books and galleries. This is going to make me sound old, but we didn't have camera phones growing up and the internet wasn't around, so when I saw some art that I liked and wanted to remember I had to draw it myself. Recreating art you admire is a great way to learn how it is done, develop skills and use them yourself. I did a short course on cartooning and illustration as an adult though, and wish I'd gone to a proper art school when I was younger.

What are you working at the moment? I'm working with Dad and Dave's Brewing on some limited-edition beer cans, as well as holding a group show in early January at **The Imaginer Gallery** in Manly showcase some of the best illustrative art the Northern Beaches has to offer... many of whom have been featured in the Tawny.

What's your favourite thing about what you do? Creating something out of nothing or transforming one thing into another.

What would like to see in the future of the Beaches art scene? I would love to see the contemporary art scene become more energetic, to wake up and buzz. I'm hoping to help this through my work with The Imaginer Gallery and all the new friends I've made since working with the Tawny on Thrones of Brookvale.

What advice do you have for young or aspiring artists? Don't overthink it, just do the thing. Get your start when you're young and free from too much responsibility. It's easier to go to art school and work on your craft when you don't have bills to pay and mouths to feed.

Find Tristan's work online at houseoftryst.square.site and [@houseoftryst](https://www.instagram.com/houseoftryst) on socials where you can hit him up for commissions of all sorts. Life's better in cartoon form.

Interview: Liam Carroll

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Old school Freshwater banking never goes out of style

Community Bank Freshwater is celebrating its 21st year in business, and **Michael Sims** is on the cusp of reaching his 40th year as a banker. What better way to celebrate than to pop into the branch, open an account, and see your banking pursuits benefit the community.

In 1984, at 19 years of age, Collaroy Plateau's **Michael Sims** entered the banking profession with the State Bank of New South Wales. Almost four decades on, and in his business development role at **Community Bank Freshwater**, Michael's State Bank foundations to put the customer first at every stage are proving more valuable than ever.

"When I started out, bank managers were often one of the highest respected members of the community," Michael explains. "Over time, that's changed, with the more profit-driven business models often neglecting the crucial, fundamental importance of always working in the best interests of the customer."

As the State Bank of NSW went through various takeovers and restructures in the 1990s, becoming ever more corporatised, profit-driven, and shareholder-focused, Michael found himself drawn to the Bendigo Bank operating model.

"The Bendigo Bank ethos, which long-serving managing director Rob Hunt was instrumental in weaving into the bank's DNA, was a simple three step decision-making hierarchy," says Michael. "Every action you take should be firstly in the best interests of the customer, secondly in the best interests of the community, thirdly in the best interests of the bank."

Customer. Community. Bank. In that order. Simple.

In 2003, Michael moved to Bendigo Bank, taking up the role of Northern Beaches' Business Banking Manager, before more recently becoming Community Bank Freshwater's Business Development Manager.

"The community bank model aligns with what I see as the most effective and productive way for a bank to serve its customers and community," says Michael. "Within the framework of Community Bank Freshwater is the stipulation that 80% of the profits generated from banking operations are put back into the community via grants, scholarships, working capital for local projects, things designed to enhance the community."

In essence, this means that when you bank with Community Bank Freshwater, whether it's



Michael, Freshwater's old school banker

paying off your home loan or running your small business, profits generated then go directly into sporting equipment for the local sports clubs, life-saving equipment for the surf club, scholarships for promising students to further their studies, all manner of avenues and funding channels to create opportunities all designed to enhance the community.

"Obviously banking has evolved, and digital banking plays a big role," explains Michael. "But even within that context, where there is less demand for people doing face-to-face banking in the branch, we still pride ourselves on the fact that our customers can call us and never deal with 1300 numbers, always with local staff, always with the express dedication to solve whatever problem a customer has."

The only time Michael's phone is off is when he's dealing with a customer but, "That degree of availability holds massive appeal and value to our customers in the community," explains Michael. "And that's where Bendigo Bank has created a brand that's so widely respected, and where Community Bank Freshwater separates itself from other banks."

Head to **9-15 Lawrence Street**, Freshwater to say G'day to Michael, Kasey, and the team. Follow **@communitybankfreshwater** on socials and call **9939 6744** for more info.

Words: **Liam Carroll**



Kate with a client in the Planit Kitchens Collaroy showroom

Home Improvements



Welcome to Planit Kitchens

Collaroy Basin is renowned for Upper Crust pies, Larry Adler skis, GurTaj Indian, and now a new draw card has arrived, **Planit Kitchens**. I caught up with **Kate Barker** of Planit Kitchens to find out more.

What's brought Planit Kitchens to the Northern Beaches? This is where our founder Terry Conroy started out in kitchen design and installation. He honed his craft in Brookvale in the 1970s and 80s before moving to the Central Coast, building a great business over the past three decades with satisfied customers from Sydney to Newcastle and the Hunter. In November last year, Terry stepped away for new owner Chris Hamlin to take over. Chris is dedicated to the best possible customer experience. Seeing Northern Beaches clients having to travel to the Erina showroom was not ideal, he decided to bring a showroom to the clients and make for a far better experience, paving the way to our Collaroy showroom, a return to the Northern Beaches, where it all began.

How do you define the ideal kitchen? One word, function. You will likely spend 1-2 hours every day, perhaps more, in your kitchen, so function is foremost. Function first, great style and aesthetics then flow from there.

Is there an optimal customer experience you can provide a client who's setting out to install a new kitchen? From the outset, we clarify; What do you do in the kitchen? Do you entertain? Do you love cooking? Are you raising a family? Are you

right or left-handed? Do you have any mobility issues? Establish a clear picture of you and your kitchen's purpose, what functional needs must be met and the budget you're working with. So often, especially with the popularity of renovation shows and online forums like Pinterest, you might see something that really grabs your attention but only by working through thoughtful questions do you realise what you thought you wanted is perhaps not functionally important. Through collaboration, we work together to find the optimal kitchen design for you, then add the aesthetic touches from there.

How does Planit Kitchens differ from other kitchen design and installation businesses?

We have our factory in Tuggerah, with all manufacturing done inhouse, which gives us more control over the process, not reliant on third parties. This allows us to best work with you to achieve your desired outcome. If we get to the top end of your budget, we have all the information and expertise on how to pare that back to find solutions that don't require compromising on design, instead pivoting to come up with alternate fixtures and finishes to achieve a similar look within the necessary budget. Long-lasting partnerships are also at the heart of our business. We're not a retail outlet, even though we have a showroom where you can purchase items as you wish, but the bigger goal is to collaborate with clients to create the best possible kitchen now and into the future.

If someone is thinking of getting a new kitchen, what should they do? Think function first, what are the most important elements of the kitchen for you and your needs. Then come into the Planit Kitchens showroom, talk with the experts. The "choose your own adventure" nature of kitchen design is where it's best to come in, touch and feel the materials and work out what you really do like, not what looks best on Pinterest. We'll also be running regular renovation workshops, Design and Discover days, Q&A presentations, all designed to help everyone be as well informed as possible and love kitchens as much as we do.

Pop instore to the Collaroy showroom at **2/1010 Pittwater Rd**, visit **planitkitchens.com.au**, follow **@planit_kitchens** on socials, or call **9919 0000**

Interview: **Liam Carroll**

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| Abloom Landscapes | Lifeline Northern Beaches |
| Anne Keogh Music | Luke Burgess of Belle Property |
| Aqua Home Loans | Manly Club on Gilbert |
| Bucketty's Brewing Co | Manly Open Air Cinema |
| CMS Surveyors | Michael Regan MP |
| Colormaker Industries | Northern Beaches Council |
| Community Bank Freshwater | Oily Rag Studio |
| Damian Walczak - TV Installations | OTG Captital |
| De Saxe O'Neill Family Lawyers | Paul Wilcox of Oasis Skeen |
| First Accounts | Philip K. Coster & Co |
| Forward IP | Planit Kitchens |
| Fresh Legal Solutions | Pop in Portraits |
| Glen Street Theatre | Premier Guitars |
| Goodradigbee Distillers | Q Station |
| Greenscope Roofing | Rocksalt Sound |
| Healing Human | Serenity Now! Sliding Door Repairs |
| ICMS | Solarpro |
| James Griffin MP | Sophisticated Cocktail Co |
| Josh Leydon Electrical | The Imaginer Gallery |
| Just Better Care | The Wallpaper Guy |
| Kiss My Axe | Watermarx Graphics |
| Koalafied Plumbing & Gas | Wilson Family Funerals |
| Labrador Painting | Zali Steggall MP |

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

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

0414 556 038 | liam@thetawnyfrogmouth.com.au

November 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		0446 0.53 1119 1.80 1806 0.38	0003 1.24 0527 0.62 1202 1.72 1858 0.46	0055 1.16 0612 0.70 1248 1.62 1953 0.53	0152 1.12 0704 0.76 1339 1.53 2052 0.58	0257 1.11 0808 0.80 1439 1.45 2151 0.60
6	7	8	9	10	11	12
0404 1.15 0921 0.81 1545 1.42 2245 0.58	0503 1.21 1033 0.77 1649 1.41 2332 0.55	0551 1.30 1135 0.72 1744 1.43	0012 0.50 0631 1.39 1229 0.64 1830 1.45	0046 0.47 0707 1.49 1315 0.57 1912 1.46	0119 0.45 0741 1.58 1358 0.49 1951 1.45	0150 0.44 0815 1.67 1438 0.43 2031 1.44
13	14	15	16	17	18	19
0222 0.44 0849 1.75 1518 0.37 2113 1.41	0256 0.46 0926 1.81 1601 0.34 2157 1.38	0332 0.49 1006 1.84 1646 0.33 2243 1.34	0414 0.53 1049 1.84 1735 0.34 2333 1.29	0500 0.57 1136 1.82 1830 0.37	0029 1.25 0552 0.62 1229 1.77 1929 0.40	0130 1.23 0653 0.66 1327 1.71 2031 0.41
20	21	22	23	24	25	26
0238 1.24 0803 0.68 1432 1.66 2134 0.40	0346 1.30 0917 0.67 1543 1.62 2232 0.38	0447 1.40 1032 0.62 1650 1.59 2324 0.36	0542 1.52 1143 0.55 1751 1.57	0011 0.35 0631 1.64 1246 0.46 1847 1.53	0054 0.36 0718 1.75 1345 0.38 1942 1.49	0136 0.38 0803 1.84 1438 0.33 2032 1.43
27	28	29	30			
0216 0.42 0847 1.88 1528 0.30 2122 1.37	0257 0.48 0930 1.90 1615 0.30 2210 1.32	0337 0.53 1013 1.87 1700 0.34 2257 1.27	0418 0.59 1054 1.82 1744 0.39 2342 1.23			

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: NATE COLLINS, IG@IMPERSONATE

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



Why venture around Oz, when you can just go to Glen Street

Art & Culture

Ella reviews 'Are We There Yet?'

Driving through Australia with my family in a caravan is what I now want to do after watching "Are We There Yet?" at Glen Street Theatre. What a magical family play, based on a book

written by Alison Lester.

In the beginning, I thought the play was just for young children, but sitting there as an 11-year-old I was fascinated and entranced by the happy

family moments in this play. I would recommend this play to all ages as I felt it was a truly inspiring vision of what a family holiday in Australia would be like!

The play follows a family as it explores the wonders and beauty at our doorstep on their caravan trip around Australia with iconic Australian landmarks. My favourite part in the play was after every scene Billy the youngest child asked; "are we there yet?," which reminds me of my little sister Bronte because every car trip she asks the same question!

What was really special about the play was the amazing actors and their extraordinary action snapshots during frozen moments. Thank you, Glen Street Theatre!

Words: **Ella Kennedy**

Film Review

"One Tide" by Will Somerville

In 1971, surf filmmaking legend Alby Falzon noted, "One ocean once covered the world, it was the Morning of the Earth." And in 2023, 17-year-old Will Somerville, as part of his year 12 HSC Multimedia major work, has travelled from Manly to Tasmania and Indonesia to create "One Tide", a deeply moving, action-packed, short film documentary capturing people whose lives have been transformed by the ocean.

I ever watched. I was hooked and have wanted to replicate that excitement since."

Will's film is not purely adrenaline-junky, big wave surfing gold, though it's there in spades in the Tassie section, but "One Tide" manages to tap into the psychology and drive of people who dedicate their lives to the ocean, a cinematic accomplishment that would seem well beyond a teenager.

"I first became interested in film, more specifically in documentary work, when I became a surfer around age 12," says Will. "As I got into surfing, surf movies were introduced into my world, with Andrew Kainer's "Bezerke", featuring Russel Bierke, one of the first

"What I love about film is the ability to tell stories through video and sound," says Will. "I find it so immersive and love the impact it makes when a piece is crafted well. The ocean provides a whole heap of opportunities to be creative. It's a pretty amazing playing field to experiment."



Boys and their toys

"One Tide" is currently in the running to win multiple contests all over the world and, as such, only a select few have been lucky enough to view it. But be sure to follow @willygrom on socials for updates, and @Willysomerville on YouTube for cinematic gold. And come on teachers, give the lad an A+

Words: **Liam Carroll**

PHOTO: HEIDREN LUHR

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Families & Finance

Finding the right aged care home

Finding a suitable aged care home is often a complex task, starting with pinpointing the right location. It should be conveniently close for a spouse still living at home or family members who wish to visit often. This might mean staying in a familiar area or making a significant move.

Next, assessing quality is crucial. Consider the care, quality, compliance, staffing issues, and whether the facility is improving or declining. Is it worth travelling a bit further for higher standards? Then comes cost. Can your parents afford it? What should be done with their former home? Are they eligible for an age pension? Are all government support options being utilised?

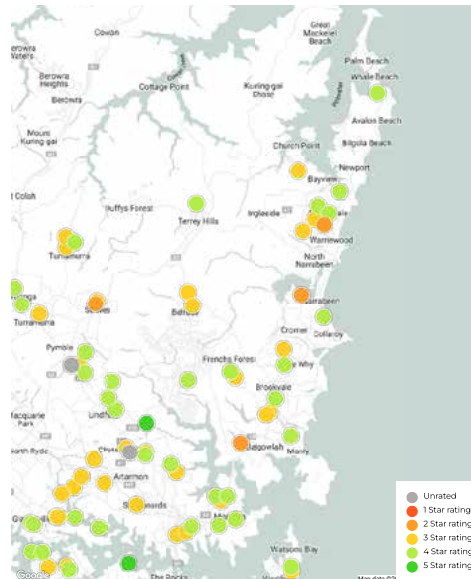
The process is tough and is not made easier by available tools. Searching for services on Google often leads to a flood of sponsored content and paid listings, while Google Maps, intended to assist, similarly overwhelms with product and service ads. However, a new resource is available. **The Government Aged Care Quality and Safety Commission**, with a \$350 million budget and over 1,400 staff, monitors and reports on quality, providing unparalleled, detailed data.

We've transformed this data into an easy-to-use map, offering a quick overview of aged care home locations, with links and easy access to government quality information. For instance, the Northern Sydney Region, from the Northern Beaches to Ryde and Hornsby, hosts 98 providers with about 8,800 beds. Five providers in this region need improvement. And while these

providers ranked lowest in August, they might improve by November. Poor ratings can drive improvements, and previously well-regarded homes might decline. Always refer to the most recent information, especially when evaluating options for loved ones.

We've compiled this information to help you make informed decisions about aged care homes using reliable government data. By determining your desired location and accessing dependable quality information, you can swiftly narrow your search. With a shortlist of providers and clear cost information, we assist you in determining affordability early in your search. With trustworthy, unbiased information, families can streamline their aged care search, save time, and easily assess affordability during a critical period.

We've put together an aged care search toolkit for Northern Sydney that includes an easy-to-use interactive map, and an overview of Government Quality ratings, enabling an easy comparison of what is available.



Aged Care provider map, based on star ratings

For 20 years we have been helping clients work out aged care affordability, and now we are able to help you search for an aged care provider as well. Visit www.laterlifeadvice.com.au for more info.

Words: **Brendan Ryan**, Certified Financial Planner

PHOTO: GEORG-ARTHUR-PFLUEGER - UNSPLASH

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Enjoy a piece of France in Killarney Heights

The sounds of children's laughter, the sizzle of crêpes, and the notes of lively French music are all part of the experience at the iconic French Market in Killarney Heights. This annual celebration of French culture, food, and language returns this year to entice Sydneysiders to enjoy a piece of France.

The French Market has grown to become one of the largest in Australia, drawing 10,000 attendees. The 17th edition will be held on Sunday 5 November, 9am to 4pm, on the oval and grounds of **Killarney Heights Public School (KHPS)**.

Featuring French culinary specialties, clothing, music, and artisanal wares, including classic berets, rillettes, antipasti, and a French book sale, there's also plenty to keep the kids happy, with carnival games, thrilling rides, face painting, and fistfuls of fairy floss and snow cones.

Volunteer-run event

The organising team relies on the support of nearly 300 parents from Killarney Heights Public School, who are motivated to participate in this crucial fundraiser for the French bilingual program. The program benefits close to 600 students, providing them with the opportunity to follow the NSW curriculum in both French and English.

Dozens of stalls will be run by those smiling volunteers. Waffles, quiches, croque-monsieurs, cakes, pastries, and more delicacies await!

"I love seeing people come from all around Sydney, to showcase my children's school, which they absolutely adore, in a positive light, and also to help spread the charm of French culture," says volunteer coordinator H el ene Farrenq.

Fun for the kids

The youngest marketgoers can find everything for a memorable day out, fairy floss and snow cones, face painting, dodgem cars, slippery slides, bouncy castles, and classic fair games. "Witnessing the crowds enjoy a piece of France is truly humbling. Seeing the smiles on children's faces as they embark on their tenth ride of the day or order their second waffle, spotting families indulge in culinary delicacies, or browsing market stalls for early Christmas gifts, all at the heart of our unique school, this is what makes the market day so special to me," says Market coordinator Cl emence Duprat.



April in Paris is no match for November in Killarney

Unique shopping

Marketgoers can discover an array of unique shopping, with over 60 professional vendors offering French culinary delights, clothing items, hand-crafted jewellery, and other artisanal wares. There will be plenty of opportunities to find perfect gifts; Breton shirts ("marini eres"), handmade hats, tablecloths from Provence, woven baskets, and a large selection of French books. Of course, classic French gastronomy is featured with foie gras, confit de canard, cheese, truffle products, charcuterie, nougat, macarons, and sweet pastries.

FANS Fundraiser

All proceeds support FANS (French-speaking Association of the North Shore) bilingual program at KHPS, where 85% of students are enrolled to learn the NSW public school curriculum in two languages. "The funds raised help cover vital expenses to ensure we run an excellent, compliant, and sustainable bilingual program," says FANS Vice-President Cl emence Duprat. "This event also provides an opportunity for a wide audience to discover our dynamic and inclusive association, and serves as a bridge, connecting people from diverse backgrounds and cultures."

The markets will be held at **Killarney Heights Public School**, Sunday 5 November from 9am to 4pm. Visit fanssydney.org to find out more about the French-speaking Association of the North Shore.

Words: **Jessica Mineau**



Sunrises to the left, sunsets to the right, here I am, stuck in the middle with you

Secret Spaces Hidden Places

Start or end your day on Curl Curl's rock ledge lookouts

The coastline of the Northern Beaches boasts some of the best sunrises, but it's rare to get sunset from the same vantage point - except from this rock ledge.

Dotted along the rocky north headland of Curl Curl, you'll find unmarked but well-trodden paths to rock ledges overlooking the beach. These obvious (once you reach them) but secluded spots start about 100 metres into the Dee Why Headland walk from the Curl Curl end.

At the top of the stairs, heading towards Dee Why or the Curl Curl ocean pool, you'll first pass an obelisk to know you're heading in the right direction. This obelisk, first erected in 1917, is inscribed with 10 names of men who died during World War I, who originally from Randwick, had

been regular campers on this spot prior to 1914, according to Warringah Council.

While camping is less encouraged these days, the spot remains a local favourite for those in the know to revel in the views.

As we headed there at sunset, a few groups already had their picnic setup for the evening. Settling into our spot, picnic in hand, we lay down the blanket and relaxed as the sky started to become awash in pastel pink and orange.

The main view you get is the obvious one, the 1.2-kilometre long beachfront and rolling waves stretching to the southern tip of Curl Curl. But as you look west, the lack of buildings and green space, like the Curl Curl lagoon, means less obstructions for the western setting sun - making it the

perfect spot for both sunrise and sunset.

As we munch on our picnic, we're greeted by a few local mice, who, curious about the food, otherwise leave us alone, disappearing into the Hawkesbury heath vegetation surrounding us. And while no dolphin sightings happened on this particular evening, you can be surprised by marine sightings from this vantage point as well as seabirds with the headland acting as a wildlife corridor between Curl Curl and Dee Why.

Our picnic done, and the golden sunlight gone, we soak up one last look as the sky glows in the moonlight. We know we'll continue to find reasons to come back here on the regular.

Did you know...

One of the key features as you look westerly is the Curl Curl lagoon extending into Greendale Creek. Now an extensive recreation area and pristine waterway, this area required extensive restoration after succumbing to landfill in the 1950s.

How to get there

Drive, walk, run or bike to the carpark at the northern end of Curl Curl beach. If you drive, your Northern Beaches parking permit allows you to park for free or you can pay the hourly rate. Start the walk up the stairs on the north side of the surf life saving club. Sadly, no dogs allowed on this route.

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

Words: **Rebecca Burton**

Every day is R U OK Day with MWP

“Are you okay?” A simple question that carries profound meaning, especially for our elderly community members.

On Thursday 14 September the MWP Care Community gathered at Bilarong Park in Narrabeen, a serene setting that hosted a heart-warming event. With 11 volunteers, 27 clients, 3 ACU Student Volunteers, and 15 dedicated MWP Staff, it was a day that epitomised the spirit of compassion and connection.

When faced with social isolation, it can be an overwhelming and lonely experience. For many elderly individuals living amongst us on the Northern Beaches, this isolation is a harsh reality. The MWP Care Community, however, plays a significant role in breaking this solitude, bridging generational gaps, and providing essential support services to many of those who are invisible in our community.

The MWP Neighbour Aid staff and volunteers offer an array of support services tailored to combat social isolation with the core mission of helping the elderly stay at home, supported, safe, and happy enjoying this period of life.

David Sultana, MWP Care Community Member, says “Every day is R U OK Day with MWP provided through daily connection and a range of support services and activities delivered by a caring team of people.”

Services offered by MWP

A few of the many services and options that are available to elderly people and their families through MWP community care includes:

- 1. Daily call:** A simple daily call can brighten someone’s day. MWP Care ensures that its clients are comfortable and well, offering reassurance and a friendly voice over the phone.
- 2. Social networking:** The social events calendar is a lifeline for many, with activities ranging from leisurely visits to museums, idyllic lunch spots, and even scenic coastal drives. It’s a chance for clients to connect, explore, and share stories.
- 3. Medical & social appointments:** Accompanying clients to medical and social appointments, volunteers provide reassurance and companionship during potentially daunting visits.
- 4. ‘Shop by List’ & online shopping:** Grocery shopping may seem like a mundane task, but for those who are housebound or struggle with mobility, it’s a vital service. Whether it’s in-store or



MWP spreading sunshine on RUOK day

online, MWP Care ensures that clients’ shopping needs are met, allowing them to maintain their independence.

5. Social Support at home: For those who may find it challenging to leave their homes, volunteers go the extra mile by providing friendship and companionship in their own space.

Matt Adderton, MWP’s CEO, says, “MWP Community Care becomes a ray of hope for those who often feel forgotten or neglected. R U OK Day is a reminder that every day should be an opportunity to connect, to check on our elderly neighbours and friends, and to make sure they feel valued and cared for.”

The MWP Care Community’s dedication goes beyond a single event; it’s a testament to the ongoing commitment to combat social isolation and make every day an “Are you okay?” day. Their work embodies the true spirit of community, reminding us that in caring for our elders, we foster a more compassionate and connected society.

Words: **Liam Carroll**

For over 50 years **MWP Community Care** has been caring for people in the Manly, Warringah, Pittwater community, offering not just practical support, but also a warm embrace of compassion. Formerly MWP Community Aid, MWP Community Care’s mission is to assist aged residents and their families to stay happy at home longer, safe and supported, active and socially connected. Visit mwpcare.com.au or call **9913 3244** for more info.

Play your part in suicide prevention

When it comes to mental health and suicide prevention, everyone can play a part in reducing the number of deaths caused by intentional self-harm.

According to the Australian Bureau of Statistics’ latest cause of death data, 3,249 lives were lost to suicide in 2022, which was a slight increase over 2021. These numbers highlight the importance of suicide prevention efforts in supporting people at risk.

“Behind every statistic there is a person,” says Sarah Watts-Smith, Acting CEO of Lifeline Northern Beaches. “We remember the 3,249 individuals who died by suicide in 2022 and also those who attempted to take their life. Every life lost is a tragedy that affects families, workplaces and communities. It is through families, workplaces and communities that we can work to better support people experiencing thoughts of suicide, mental health issues or crisis situations.”

The important question is how you can provide the support someone needs in the moment. The following six steps are helpful suggestions on how to support someone you may be concerned about.

1. Acknowledge your own reaction.

Talking about suicide can feel overwhelming, especially if you’re worried about a loved one. Check in with yourself first to ensure you’re feeling able to have this important conversation. Getting some support for yourself, thinking about what you might say and having a plan may assist you. Seek advice from a trusted friend or professional or contact Lifeline for additional support.

2. Ask directly

Unless someone tells you, the only way to know if someone is thinking of suicide is to ask directly. Asking the question shows that you have noticed things, been listening, that you care and they’re not alone. Importantly, talking about suicide will not put the idea in their head but will encourage someone to talk about their feelings. With support, recovery is possible.

3. Be there and listen

Listening is essential to showing you care and want to understand what someone else is going through. Let them do most of the talking without offering any judgements or advice. Stay with them, and work with them to ensure they’re not alone.

4. Check out their safety

You may need to ask the person some more questions to understand their safety and if there is any immediate danger. Ask specific questions such as: Do they have a plan? Are they able to carry out this plan? If possible, try to remove anything that is part of their plan as this can help to keep someone safe.

5. Get help

**If someone’s life is in danger, call Triple Zero.* Encourage the person to get help and to reach out for support. They don’t have to go through this alone. Services that can offer support include Lifeline on 13 11 14; Kids Helpline on 1800 55 1800; MensLine 1300 78 99 78; the Suicide Call Back Service 1300 659 467. Plus, healthcare professionals such as your GP, a counsellor or other mental health professional

Supporting others can have an impact on you. Debrief with a trusted person or call Lifeline if you need support.

6. Follow up

Check in on them soon afterwards. This shows you care and you’re serious about supporting them, which can make all the difference. Ask them questions about the support they have in place and offer to help them however they might need, for example to attend appointments.

There is always hope and there is help available.

Find this toolkit online at toolkit.lifeline.org.au

Words: **Lifeline Northern Beaches**

If you, or someone you know, are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

Phone Lifeline to speak to a trained Crisis Supporter on **13 11 14**, text **0477 13 11 14**, chat to Lifeline online at lifeline.org.au/crisis-chat.

Lifeline Northern Beaches offers local face-to-face services that are free or low-cost. Visit lifelinenb.org.au/get-help to find out more.



The English do a lovely hanging basket

Mal's Wild Side

Live from "The Dark Side"

The Poms haven't been "flavour of the month" since their football team vanquished the mighty Matildas in the Women's World Cup. But here I am in "enemy territory" examining what is left of their country's "wild side".

Centuries of farming, building and industry have actually made England one of the most nature-depleted countries on earth, with just half of its biodiversity remaining (far below the global average of 75%). Sadly, more than 40 million birds have disappeared from the UK's skies since 1970 whilst 26% of its mammals are at a very real risk of becoming extinct - even the once common hedgehog. Plants are now flowering an average of 26 days earlier than they did in the 1750's (due to rising temperatures) creating further imbalance. Flying insects, meanwhile, have declined by 60% in 20 years.

What "the mother country" is very good at though is "faux" nature. The chocolate box style scenery, floral displays and hanging baskets are prolific and attractive. The last Aussie

census revealed that over 29% of Northern Beaches residents have English ancestry, which might also explain the prevalence of British style "cottage gardens" in our part of Sydney (not so much the native ones).

What's currently been causing an awful stink over here though is the large-scale dumping of untreated sewage and wastewater into rivers and the sea by privatised water companies. A chemical cocktail of discharged pollutants is consequently killing England's waterways and wildlife and it's not too healthy for humans either. Dozens of competitors who took part in the World Triathlon Championships, in July, became ill after swimming in water which recorded high E. coli measurements. Aussie triathlete Jack Birthwistle didn't mince his words by remarking, "That's what you get when you swim in shit".

Just as Australia is suffering from tree die-back (you've probably seen the dead eucalypts around Sydney Harbour), it's happening in England too. A fungal epidemic is killing 95% of the nation's Ash trees

and it's thought to be an even bigger problem than Dutch Elm Disease, which destroyed millions of trees in the 1970s.

It's not all bad news. You may remember that I encouraged Tawny Frogmouth readers to try "rewilding" their backyards in January's issue? Well in England they are embracing this concept on a broader national scale.

Bison, driven out of the U.K. 6,000 years ago by hunting, have been reintroduced to a site in Kent. Beavers have also been released into a few locations (the first baby Beaver born here in 400 years was named "Rashford" after the footballer). Ospreys which became locally extinct 150 years ago have been successfully brought back, whilst Red Kites, wiped out in the 1850's are now common in southern counties. Otters, formerly persecuted, are spreading across the country thanks to increased protections and there's even talk of releasing European Wildcats, once targeted for their fur, back into the wild (they disappeared in the sixteenth century). Trawling has also been stopped, off parts of the coast, to help regenerate the much-depleted kelp forests which provide vital habitat for marine life.

The same existential crises are happening around the globe and so are inspiring community efforts to protect and restore nature. Maybe we should tell the English about our great local conservation initiative - the one which entails chugging "Grogmouth" beer to support wildlife rescue efforts. Who wouldn't embrace that concept with glee!!

Words: **Malcolm Fisher**



Meat Raffle backstage in Quakers Hat

Live Music

Meat Raffle

Music connoisseurs James Plasto and his grandma recently stopped by Quakers Hat Brewery to check out Northern Beaches' Meat Raffle rockers.

Where do I even begin with this band? I mean, I thought I had seen it all until I stumbled upon this musical marvel, this auditory adrenaline rush, this group of humans who seem to have struck a deal with the music gods themselves! I'm here to tell you about the experience of a lifetime - a night with this band that left me questioning the meaning of life, love, and whether I'd ever dance as well as my grandma. Yes, my grandma.

First things first, the band's name is so good that it instantly makes you want to grow a beard, buy a leather jacket, and form your own air guitar band. Now, let's talk about their music. These guys make guitars weep tears of joy. Their melodies are so infectious that even the introverts in the crowd were seen twerking on tables. Yes, you read that right.

In summary, this band is not just a band; they're a life-altering experience. They're the reason I've taken up air guitar as my new full-time job, and my grandma is now my dance coach. If you ever get the chance to see them live, don't walk, RUN to the nearest concert venue. You won't regret it.

Follow @meataffleofficial on socials to know when they're serving up the meat and giddy up to **Quakers Hat Brewery** in Manly Vale for thirst-quenching boutique brews.

Words: **James Plasto**

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The Best of Us, a story about the worst of times



I read Joyce Maynard's memoir during a COVID lockdown. The first third is called "Before" and is a joyful account of Maynard finding love in her late 50s after a long-ago bitter divorce, and 25 years of being single. She meets Jim on Match.com and it's a perfect match.

They have a fast-moving courtship and are like two love-obsessed teenagers enjoying the moment and also making future plans – but with an immediacy demanded by pending old age. They marry fast and cram in as much activity as possible, which is just as well because on their one-year wedding anniversary Jim is diagnosed with pancreatic cancer.

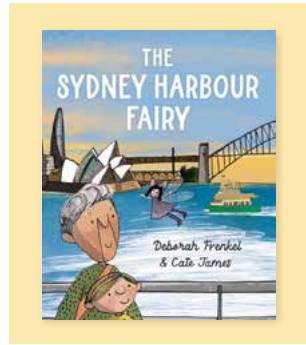
"After" is the title of the last two-thirds of the book. They are in cancer denial as they continue to plan trips, new homes, olive groves and more at the same time as coming to grips with the beast that is pancreatic cancer. Maynard describes in detail the massively expensive, excruciatingly painful and ultimately fruitless attempts they make to cure the incurable.

Just a few months ago I put

the book in a pile to give to Lifeline for its Giant Bookfair, but something made me keep it and I reread it. Within a few weeks of finishing it again my sister was diagnosed with pancreatic cancer. I knew the moment she uttered those two words what lay ahead but nothing prepared me for her death coming ten weeks after diagnosis. Like Jim, the endless hospital stays and pain and suffering resulting from various treatments did little to improve or extend her life or its quality. Unlike Maynard and Jim, my sister spent 52 years married to a wonderful man and they led a full and happy life together. Some consolation.

Two things stand out in this book: its reflection on coming to understand true love through the experience of great loss, and the knowledge you gain about an evil cancer. A sentiment expressed in the book is: "If only you could learn the lessons of cancer without having cancer" – **The Best of Us** provides many of those lessons.

Early-stage pancreatic cancer rarely causes signs or symptoms, which makes the work of **PanKind**, the Pancreatic Cancer Research Foundation, so important. For years pancreatic cancer was regarded as "too hard" and still receives little government funding. PanKind is focused on finding a breakthrough in early detection. Find out more here, and please donate to help deliver the breakthrough. pankind.org.au



The Sydney Harbour Fairy

How dare a Melbournian write such a gorgeous book about our Manly ferry! At least she teamed up with a Sydney illustrator, Cate James, to do it. Together they have created the most adorable of children's books. If you've got a child aged between three and seven then this book is for them, regardless of where they live.

Nanny is taking out a grandchild for a day filled with stuff Nanny likes: high tea, ballet and gardens. But the day is beyond boring for Charlie (the grandchild) until they board the Sydney Harbour Fairy (it's got to be the Manly Ferry, no doubt about it), where suddenly Charlie's day becomes magical.

It's a story about the ingenuity of grandmothers to find magic in the most unlikely of places. I'm not sure who will have more fun – adults reading this book to children, or the children.

Where to buy

Support independent book shops and buy yours at Humphreys on The Corso, Berkelouw Books at Stockland Mall, Balgowlah and Harry Hartog at Warringah Mall.

Words: **Paige Turner**

A Little Advice

The Generational Debate

Q. There's been a lot of debate in my family over the Voice referendum, much of it unproductive and often descending into arguments. How do you convince your baby boomer parents not to be racist?

A. I once watched an elderly lady drive her Daihatsu across two lanes of oncoming traffic, straight through a hedge, because she accidentally hit the accelerator instead of the brake. If it had been 2023 instead of 2007, I would have put it on the Gram with the caption "Should've gone to Specsavers". My point is, with examples like these, it can be tempting to write off our ageing population, but do we risk overlooking years of lived experience?

Journalists will tell us that the generation gap is wider than it's ever been, and I tend to agree. Which is why the family dinner table is a breeding ground for arguments and name calling. Millennials and Gen Zers have grown up in the age of information, who needs life experience and wisdom when we have statistics and Instagram!? The problem is, calling someone racist because they haven't memorised the latest research, is often just a fancy-pants way of gaslighting someone, which never results in a productive conversation. Remember COVID-19?

So, what to do? My suggestion is to start the conversation with something you can both agree on. It's easy to talk about racism as binary, but let's be real, racism is a spectrum and we're all on it. So, put those pointed fingers away. Chances are you agree on more things than you realise, and by asking questions and being curious about their experience, you may just discover they show you the same courtesy. The next step, go to Google *together*. Collaborate on building your knowledge, rather than using it as a weapon.

Are you in need of **A Little Advice**?

Email mail@thetawnyfrogmouth.com.au with important questions or contentious topics.

Words: **Candace Little**

Candace is an award-winning screenwriter and copywriter who works with CEO's and industry leaders to elevate their social profiles. Find out more on IG [@candacelittlewriter](https://www.instagram.com/candacelittlewriter) or visit candacelittlewriter.com



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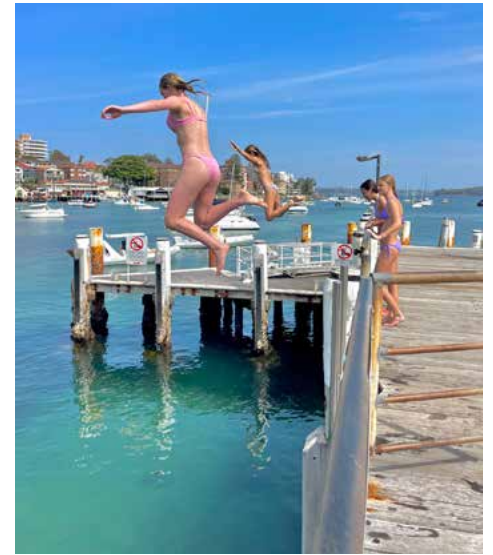
Subject Screen skink
Photographer Xavier Atichian, 6years old



Subject Collaroy curl
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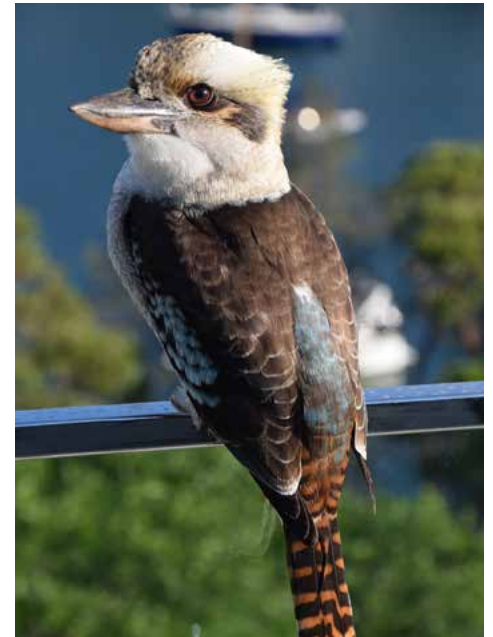
Subject A bird in the hand is worth two in the bush
Photographer Susan Greenfield



Subject Making a Splash
Photographer Paul Goulding



Subject Dance me to the end of love
Photographer Nate Collins, IG@impersonate



Subject Kookie on balcony enjoying Jilling Cove views
Photographer Andrew Brown



1. After which UK country is there a residential island named on the Northern Beaches?
2. With 14 tries, who scored the most tries for the Manly Sea Eagles in the 2023 season?
3. Located in Ingleside, what is the name of the "tip" on the Northern Beaches?
4. Starting with N, what is the name of the brewery on Sydenham Road in Brookvale?
5. If you were to walk from Queenscliff Surf Club to Shelly Beach and back, approximately how far have you walked? 3km, 5km, 7km?
6. Mt. Everest is found in which mountain range?
7. Which Italian city is the centre of the country's fashion industry?
8. In which building would you find a room called the Oval Office?
9. The magazine GQ – What does GQ stand for?
10. Which is further north, Cooktown, or Darwin?
11. "Bowling for Columbine" is a documentary by Michael WHO?
12. Does Aussie cricketer Meg Lanning bat right-handed or left-handed?
13. What has Twitter recently changed its name to?
14. Which high profile celebrity brought out the autobiography "Spare" in 2023?
15. On the flag of Denmark, what colour is the Scandinavian Cross?
16. In a singles match of Table Tennis at the Olympics, is each game (set) played to 11, 15 or 21?
17. Name either the Best Actor or Best Actress winner at this year's (2023) Academy Awards?
18. Which British PM spoke at the funeral of Princess Diana?
19. In which Aussie capital city is the Gloucester Park harness racing track?
20. In 1960 Madagascar gained independence from which European country?

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

Sudoku Medium difficulty

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

RUMOUR HAS IT

One of the greatest blues and roots bands in history has agreed to perform at Bucketty's Brewing Co in Brooky on 24 November under the strict condition of total secrecy.

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Star Signs

by Krystal Bawl

Scorpio Oct 24 - Nov 22

You fancy yourself a great judge of character. True. You sort rotters from keepers at warp speed. Keep it up.

Sagittarius Nov 23 - Dec 21

Stop pretending you're a team player; you're a loner all the way, a magnet for all those needy team players.

Capricorn Dec 22 - Jan 20

Time to channel your energy into something worthwhile. Don't let anyone fool you, the couch is very worthwhile.

Aquarius Jan 21 - Feb 19

Time is a great healer but seriously how much time do you need? It's been four days since you got dumped. C'mon.

Pisces Feb 20 - Mar 20

Sun's setting, Mercury's rising, Earth's crumbling. But what matters most is the perk of Uranus. Someone's been squatting.

Aries Mar 21 - Apr 19

That absinthe infused candle is a winner in the romantic setting stakes, just don't drink the stuff or it will be lights out.

Taurus Apr 20 - May 21

Your workplace nemesis is making life unbearable, but don't sweat it, you will win \$100trillion in this week's Powerball.

Gemini May 22 - Jun 21

You're Pluto-powered attempts at intimacy aren't working. What did you expect? Pluto pups aren't sexy. Try oysters.

Cancer Jun 22 - Jul 22

Beware outdoor love making. Hiding the sausage in the pale moonlight is great until Sydney funnel webs get frisky.

Leo Jul 23 - Aug 22

You're exuding irresistible charm so enchanting not even you can resist yourself. Be careful though, don't go blind.

Virgo Aug 23 - Sep 23

Fake it till you make it or shake it, bake it, break it, rake it. None of this is helpful, but you'll die soon regardless.

Libra Sep 24 - Oct 23

Romance is finally in your stars, along with long dinners, weekends away and being sleep deprived. Up for it?

19. Perth 20. France
17. Michelle Yeoh, Brendan Fraser 18. Tony Blair
14. Prince Harry 15. White 16. 11
10. Darwin 11. Moore 12. Right-handed 13. "X"
8. The White House 9. Gentleman's Quarterly
5. Skm 6. Himalayas 7. Milan
1. Scotland 2. Jason Saab 3. Kimbriki 4. Nomad

Trivia Answers

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

Sudoku Solution

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MANLY OPEN AIR CINEMA

Presented by Col Crawford BMW
October 19th - December 31st



Enjoy a summer evening under the stars at the Manly Open Air Cinema at ICMS Sydney. Watch the sun set over Manly while indulging in the very best local food and drinks, all while sinking into a cozy bean bag and immersing yourself in audio through high-tech headphones!

Tickets are selling quickly with limited spots per session. Book now and don't miss out!



Book online:
www.manlyopenaircinema.com.au
[@manlyopenaircinema](https://www.instagram.com/manlyopenaircinema)

Price: from \$40
Time: 6:00pm to 10:00pm
Location: ICMS Sydney

Upcoming sessions 2023

Movie list subject to change*

October

- 19th - The Great Gatsby
- 20th - Barbie 2023
- 21st - Top Gun: Maverick
- 22nd - Pretty Women

November

- 8th - The Great Gatsby
- 9th - Barbie 2023
- 11th - The Hunger games
- 12th - Crazy, Stupid, Love
- 24th - Wedding Crashers
- 25th - Inception
- 26th - Horrible Bosses
- 30th - Crazy, Stupid, Love

December

- 1st - The Great Gatsby
- 2nd - Elf
- 3rd - The Holiday
- 13th - Jason Bourne
- 14th - Elf
- 15th - The Holiday
- 16th - Top Gun: Maverick
- 17th - The Great Gatsby



A stylish pool deck will add value to your home

Updating your swimming pool deck can transform your outdoor living space into an oasis, ready for entertaining and relaxation. As we think about friends and family gathering for summer get togethers, now is a great time to spruce up your pool surrounds.

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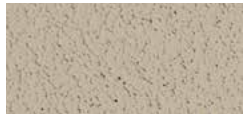
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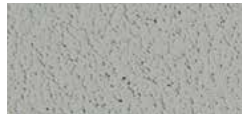
Arctic White



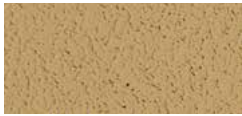
Beachsand



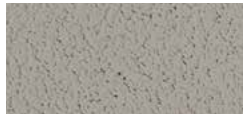
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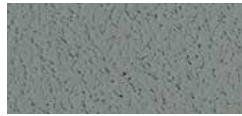
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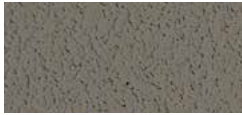
Arnhem



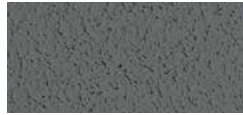
Dune®



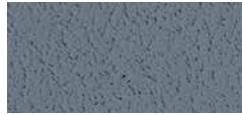
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Platinum Grey



Night Sky®



Monument®



Deep Ocean®

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