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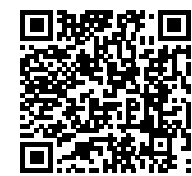
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G'day Beaches

Welcome back! Sorry to miss you in February, it's our month off for the year, but we're back in the nest now, ready to soar in 2024!

Thank you, Leigh Binskin, March's Scottish Aussie cover artist, gifting us a super spreader, rose in every cheek delight. The first ever Manly Writers' Festival is almost upon us. Cop that, Byron Bae! 80 incredible writers, academics, journalists, publishers, thinkers and creators will storm the Beaches 14-16 March.

Mackellar independent Dr Sophie Scamps wants our Narrabeen athletics track back for good. Freshwater duo Allison and Mary and their Devolver start-up are binning single use plastic, and Paige Turner has bolstered her literary credentials with newfound bone-crushing, muscular vigour, all thanks to Manly's OsteoStrong.

Thank you Bucketty's and every cover artist, all works are now on display at the Bucketty's Great Wall of Tawny. Make your pilgrimage to Brew Vale and have a look!

Liam



The Tawny Frogmouth

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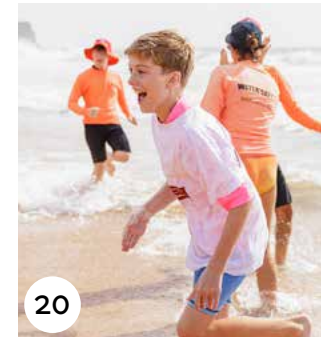
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2,500 to local businesses
Spit Bridge to Summer Bay

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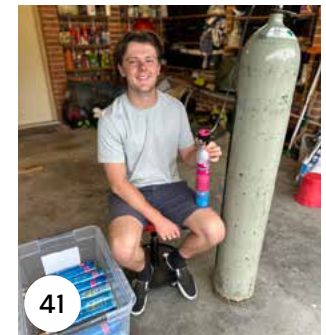
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Acknowledgement of Country

The Tawny Frogmouth acknowledges the Traditional Custodians, the Gayamaygal and Garigal and their Country on which we Tawnies nest today.

By these words we show our respect to all Aboriginal people. We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.



Zali Steggall OAM MP
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Chief Tawny with the Frogmouth flock

Peninsula Wash Up

Bucketty's Great Wall of Tawny

The strategic decision to not run February Tawnies afforded time to bring an overdue pet project to life, to show off all the Frogmouth covers so far with a Bucketty's Great Wall of Tawny! The Grand Unveiling on **7 February** went down a treat, curtains lifted to reveal all 35 exquisite Tawny covers on the thoroughfare between stage and dunnies, where timeless art can best be savoured. Go check it out, 26 Orchard Rd, Brew Vale. To secure your own Tawny cover art, A3, framed, ready to live up your very own wall, visit northernbeachesgallery.au/the-tawny-frogmouth-collection

March to the AHLTA

Friday 22 March 8.30am - 3.30pm - *Weather Permitting* - the Australian Heart/Lung Transplants Association (AHLTA-ahlta.com.au) will be in front of Humphreys on Manly Corso, raising vital funds to support heart and lung transplant patients, their families and carers, selling jams, pickles and chutneys, lemon butter, cakes, biscuits, lovely knitting, baby clothes, books, puzzles, bric-a-brac, and of course, their raffle.

Northern Beaches Stunner!

Welcome to "**Stunning**", an exhibition hosted by the Northern Beaches Gallery, taking place at (North) Curl Curl Creative Space - 5 Abbot Road, Curl Curl, showcasing over 30 of the Northern Beaches finest artists, including Katie Thomas, Amy Raymond, Donna Maree, Chris Thomas, exhibiting their impression of their surrounds, with artworks, photography and sculptures. Stunning's in the running 20-31 March, with opening night Friday 22nd, 6-8pm.

Sea Eagles' Colormaker Partner

Colormaker Industries are now a proud partner of the Mighty Manly Sea Eagles for 2024. "As a locally owned paint business, one that has proudly been manufacturing paint on the Northern Beaches for 66 years, we look forward to supporting the strong and successful Manly Warringah Sea Eagles," said Managing Director, **David Stuart**. Colormaker has been making paint using 100% renewable energy for 4½ years, have just passed the milestone of 660 tonnes of GHG emissions saved, and will celebrate the official launch of their 144 kWh ReVolve® battery - the first in the world to be fully certified, commissioned and operating commercially - on Friday, 5 April 2024. The Sea Eagles will win the comp.

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Get Behind the Bear!

Freshwater 4year old Jack the Bear is in for the fight of a lifetime. Diagnosed in April with Stage IV cancer, Neuroblastoma, Jack has already been through eight rounds of chemotherapy, an 8-hour surgery, a bone marrow transplant, and 12 rounds of radiation. He has responded very well to treatment, however Neuroblastoma has a 50% relapse rate, in which case his chance of survival plummets to just 5%. There are two amazing drugs available in America, proven to reduce the risk of relapse by 25%. The bad news: Australia won't have these available for two years! Jack's parents Jaimee and Trent won't risk Jack's life and wait around. "We need to raise \$500,000 to get Jack access to at least one of these drugs and increase his chances of survival. He will be required to take these drugs for two years and we will need to visit the US at least six times." If you can help, please visit gofundme.com and search "**fund access to drugs for jacks cancer treatment**". Let's go Jacky Boy!

Words: **Liam Carroll**

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Letters to The Tawny

Manly Temperature Guy

Thank you to the artist who finds such interesting ways to communicate the daily water temperature at the Manly Surf Club. I am pretty sure all the swimmers and surfers appreciate your dedication and wonderful talent. Some pics from 2023 are included below with Popeye being my favourite.

Duncan McCarthy



Spreading the Love

Liam, congratulations on the past year regarding the excellent work producing the Tawny. Your latest, the Jan 2024 edition, landed in my letterbox on 31st Dec 2023, not only have you entered the conundrum of time travel but mastered it! Other notables in this edition are the fabulous Guy Fawkes and Lance Armstrong who both put forward valid arguments on their said subjects, and I agree with both. Particularly Lance, who points out the dangers on the modern and illegal e-bikes.

I know of a teacher who has one and when I pointed out the illegalities of said bike was told, "No it's not" I casually replied if a teacher can't read the requirements needed what hope do the kids have?

I've had my rant regarding e-bike in these pages previously and yet nothing has been done by the authorities. Puts Mr Fawkes letter into context. Robbo, love your comments throughout the year, so I'm giving you a present, world-nuclear.org the wealth of information on that site is immeasurable. This gift should arm you to give a mushroom cloud of nuclear facts to the "Climitites".

Go hard Robbo, looking forward to it, thank me later. Happy New Year to all the readers, contributors and especially Liam.

Prof. N. De Plume.

Goodbye

Liam, the refreshing thing about the Tawny Frogmouth in its early days was that it wasn't the tired Manly Daily. Disappointingly you've let the whinging boomer NIMBY's take over the TF letters page with their verbose diatribes about cyclists and 'young people', so I shall stop reading. Why amplify their negativity? Cheers,

Hank

Open letter to the Mayor

Dear Mayor Heins, I'm writing as a very concerned local resident who would appreciate understanding more about what is triggering rioting in Manly. And further, what is being done to prevent it. We've had two mass brawls in a week! Seeing our home portrayed in national press like something out of the Wild West is deeply disturbing.

Our beaches and our suburb are for all (including visitors) to enjoy respectfully, but residents and ratepayers need to know the Mayor, Council and Police can and will preserve law and order so we can all (including visitors) be safe. I don't think the rioting that happened was triggered only by public holiday celebrations. With the growing congestion on weekends in Manly, it was inevitable, and only a matter of time until something like this happened. The underage drinking issue is a large part of the problem, and I don't understand why that isn't policed better?

There are so many day trippers now coming to Manly, I wonder if our infrastructure and our authorities can cope. I know many residents simply avoid going to Manly on weekends. And who foots the bill for the clean-up of the mess that visitors leave weekend after the weekend? Rhetorical question: the ratepayers of course.

Julia Davenport

Boundary Crossing

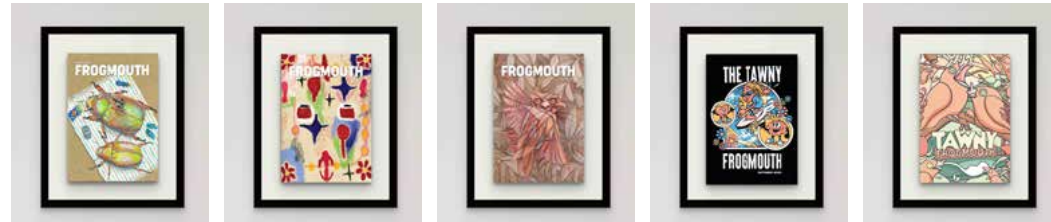
Dear Frogmouth, I am continually amazed at politicians who cross their boundaries to comment on matters outside their elected positions. If you are in the Federal House, concentrate on Federal matters, and similarly for State and Local Government.

Recently your friend Ms Zali Steggall OAM, MP took up some issue with the Balgowlah Golf Course suggesting that it be converted to football fields. Amazing! How does she propose that one can play football on a hillside? She would be better off, if there are no Federal matters that she should be concentrating on, especially seeing as she has an environ-

TAWNY COVERS



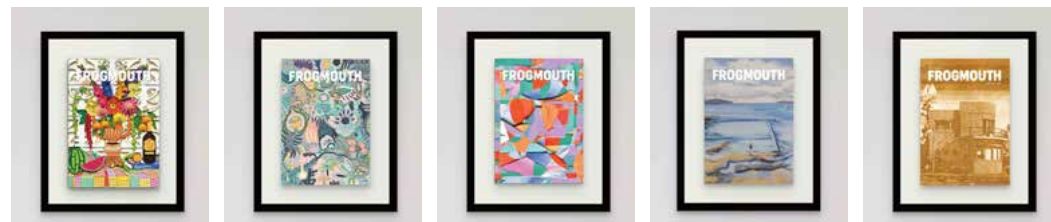
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mental bent, investigating and doing something about the “Old Manly Tip” at the end of Addiscombe Rd, Manly Vale. Governments of various classes have spent vast taxpayer dollars on studies over the years, attempting to solve this problem, but it remains an enclosed area of neglect, growing noxious weeds. Perhaps if Ms Zali Steggall OAM, MP can solve this ongoing land issue she can have a statue of herself erected there in compensation for her positive efforts. And as to your friend Mr James Henry GRIFFIN, BA MP, perhaps he also can contribute based on his development skills associated with a development at the Old Manly Hospital site that cost more than double what it should have.

Graham Carmichael

Dog Owners

Can we please have a conversation about respectfully sharing public space? This morning I rode past a dog owner who had her dog off the leash. I was concerned that her dog would chase me when I rode past, so I asked her politely to put her dog on the leash. She refused, despite my pleas for her to restrain her dog as I have been bitten by a dog before and am very nervous around dogs. She held her dog by the collar, but after I rode past the dog started to pursue me, barking and dragging its owner along behind it. This was extremely distressing for me and whilst it appeared that the owner felt bad about the incident after the fact, it all could have been avoided if the owner had effective physical control of her dog. I understand that dogs bring a lot of joy to their owners and every owner regards their dog as friendly and harmless. How-

ever, can you please be mindful that not everyone wants to have a dog in their physical space? Rules around where dogs are allowed, and leash requirements are there so that everyone can enjoy the space. The owner of the dog in question did not appear to know that it is a requirement to have her dog on a leash in public spaces unless it is a designated off-leash area.

It would be very helpful if dog owners could ensure they are aware of their responsibilities for dog ownership including where their dogs are allowed as well as how to effectively control their dog. If you are a responsible dog owner, I thank you and request that you encourage other dog owners to follow your example. If you are unsure of what is what the rules are around dog ownership, this is outlined in the Companion Animals Act 1998. The section regarding leashes can be found here: [legislation.nsw.gov.au/view/html/inforce/current/act-1998-087#sec.13](https://www.nsw.gov.au/view/html/inforce/current/act-1998-087#sec.13)

Anon

Northern Beaches Lifeguards

The Council lifeguards provide an excellent and essential service during the week, especially in the mid-summer holiday season when our much-loved beaches are packed with local and international tourists. However, after spending an exhausting week patrolling the beaches and maintaining water safety, should they be asked to spend their weekends and public holidays on duty at the beaches when the vast army of trained volunteer surf lifesavers are also on duty during the summer months. At Manly, I note the Council lifeguards appear to be re-

sponsible for the placement of the swim flags and the public address system as well as an overall supervisory role. Surely the volunteer surf lifesavers, with their collective multiple decades of experience, could assume these responsibilities and allow the Council lifeguards to have a well-deserved break over the weekends and public holidays in summer. As the Council’s cost savings would be significant, especially as the weekends and public holidays attract high penalty rates, the saved monies could be allocated to other deserving local community needs.

Tim Alexander, Balgowlah

Warning to customers

My family started and has run the ice cream boats in Manly since 1985. Our moto has always been, “For locals by locals”. On 12 January our loyal customers repaid that sentiment when my vessel was swamped and damaged by the wash created by the inbound ferry. The wash created due to the speed of approach, an extra low tide and the seafloor bathymetry created a wave of 1 meter hitting my anchored vessel broad side at West Esplanade.

I had to jump overboard to save a lady customer that would have been crushed or killed. I sustained back injuries while every possession I owned was destroyed or underwater. Kate, Sandy and Poula all witnessed the event and helped me recover many items which were thrown overboard. They are absolute legends, and I can’t thank them enough. Had I not looked over my shoulder, I have no doubt that I and the customers could have been killed. When I reported the incident to the ferry Master and listed

RESULTS *matter*

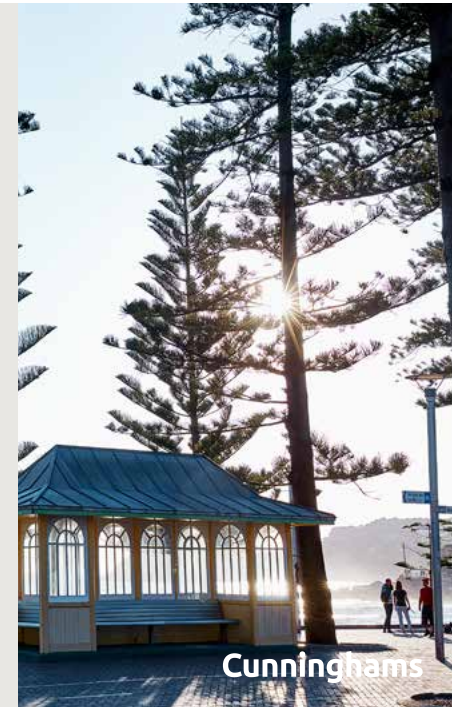
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the near loss of life and thousands of dollars damage his response was "you shouldn't have had your boat on the fmg beach". His management thus far have been equally cavalier. So, loyal customers, please be very careful at both East and West esplanade beaches at Manly. When you see a fast ferry approaching, expect a decent size wave to follow. I have tried to mitigate the risk to customers by anchoring my vessel in deeper water for this very reason. However, lots of recreational boats and owners have no idea of what could potentially happen, especially on a lower tide. Please be especially vigilant if your kids are playing at the water's edge.

Thanks for your support and please be careful. Regards,
Captain G String

Elanora Players

Dear Editor, have you seen enough movies about murder mysteries and comedies for a while and are now looking for some real-life acting, before AI takes over the screen for a start? Well, don't wait nor hesitate, but head straight for Elanora Players, a local amateur theatre company right in our backyard - nowadays performing at North Narrabeen Community Centre during school holidays. Their comedy-with-a-twist "Killing Katie" was a huge success and "Murder Amongst Friends" scheduled for the autumn holidays looks to be similar, so book your seats early and you may even

like to join those talented volunteers!
Marianne, North Narrabeen

Re: Homeless possessions
Yes, I have seen the bedding etc left in different places around Manly. Unfortunately, the homeless have no choice. It's not a pretty sight so maybe Council could place lockers around so their possessions could be safe. Yes, for a very small fee. No key needed, just a code to access. This situation is everywhere, just go to Circular Quay and Central Railway, all with nowhere for items to be left safely.

Regards, PG Callaghan

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

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The Devolver revolution to bin single use

Takeaway shouldn't come with a side of landfill.

The Northern Beaches is the greatest place on Earth, an irrefutable, scientific fact, but this almost perfect peninsula has one gigantic problem that needs urgent attention, single use plastic. The confronting reality of overflowing bins spilling onto the streets, promenades and beaches with single use garbage galore is a sight that should be relegated to the history books.

How can this seemingly endless abundance of utter crap be removed from our ecosystem? Enter Allison Bentley and Mary Walker, the futureproofing, dynamic duo that first met at a Freshwater mothers' group. "Our eldest daughters are pretty great friends," explains Allison. "So perhaps it was inevitable we'd end up in business together."

That business is Devolver, a start-up Allison and Mary founded with a clear and urgent mission, to eliminate the need for single use plastic from the takeaway food industry. "Have you ever seen the bins in Manly on a sunny summer's day?" asks Mary. "They're usually full to the brim and overflowing with rubbish. The vast majority of which is takeaway related."

"Takeaway food and drink packaging are the number one most littered items on NSW streets," continues Allison. "And as we all know, a lot of it makes it into the ocean, harming our wildlife. Recycling really doesn't happen with these kinds of items and there are a lot of upstream implications, too. It's one long chain of wasted resources and environmental damage, from deforestation and biodiversity loss to emissions created during production and shipping, all for a single use."

So, what exactly is Devolver, besides, of course, obvious to all your Hispanophones out there, being the Spanish word for 'to return, restore'? "We've not created any real business innovation here," says Allison. "Rather, we are simply circling back somewhat to the way things were before the advent of cheap plastic and the once lauded 'single use', while also utilising technology. We have a library of reusable containers, ready for takeaway customers to borrow when they make a purchase without having to remember to bring their own. Then, when you're done, have enjoyed your meal, you can return the container to any participating outlet."



Allison and Mary outside The Pocket, Freshwater

The digital platform underlying Devolver allows the library of containers to be easily tracked and for users to know exactly what they've borrowed and when and where they can return it, reuse it, and forget about single use for good. As Mary says, "It's taking reuse to the 21st century and making it as convenient as possible, while building a community around it."

Allison and Mary's greatest challenge on the path to binning single use is convincing the takeaway businesses themselves to adopt the technology and make the most of Devolver's reusable container library. "Behaviour change is a big task, and it's been a lot harder to motivate people than we thought it would, to be honest," says Allison. "Having a thriving takeaway business should make you feel proud and not leave you feeling guilty about the waste created in the process."

"The Devolver reuse system allows business owners to do the right thing by the planet, prepare in advance for coming legislation changes that will simply be more challenging as time goes on, wow their patrons, and essentially ensure repeat business - when the containers come back to you, so do your customers."

Ready to join the Devolver revolution and bin single use? Contact Allison and Mary via devolver.com.au or on IG [@devolver_co](https://www.instagram.com/devolver_co) and FB [@devolver.reusable](https://www.facebook.com/devolver.reusable) take the first step towards consigning overflowing bins to history's annals.

Words: **Liam Carroll**

Hidden gem's Heritage listing

Manly's famous beaches and harbour foreshore are enjoyed by locals and visitors alike, but there are lesser-known local gems that can be overlooked, including Manly Dam.

A year ago, as the Minister for the Environment and Heritage, it was my great privilege to formally list the popular Manly-Warringah War Memorial Park, known generally as Manly Dam, on the State Heritage Register.

The Park was established at the end of World War 1 and its listing, ensures it is now preserved forever. It provides a guarantee the community has a place to reflect on the sacrifice of others in war, while also enjoying the surrounding environment including

through a variety of land and water activities. It's a popular place for friends, families and community groups to visit. I may well see you there!

Open Streets Program

There's nothing like a street event to bring the community together. The Open Streets Program aims to energise our streets with free activities and events through a non-competitive grant program, open to all councils. \$4.5 million has been allocated as part of the NSW Government's \$15 million Vibrant Streets Package. The initiative seeks to transform streets into thriving local places that support businesses, our creative sectors and the community at large. More



Manly Dam, sacred land

details can be found on the Transport for NSW website and by typing in the search area, 'Open Streets Program'.

Parliament is back

NSW Parliament has resumed for the year and as always, I'll be flying the flag for Manly, representing your interests in the 'Bear Pit' and where necessary, through direct negotiations with key stakeholders. Thank you for the privilege of representing our wonderful community.

Words: **James Griffin MP**

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Northern Beaches needs its athletic track now

Schools and athletes across the Northern Beaches and further afield have been left in the lurch as the track at Sydney Academy of Sport in Narrabeen was closed indefinitely four months ago due to dangerous bubbling of its synthetic surface. It means around 60 school athletics carnivals, as well as Little Athletics, the Manly Warringah Athletics Club and numerous athletes who use the track for training, including hopeful Olympians and Masters Games competitors, are struggling to find appropriate training and competition facilities.

Coming shortly before the Paris Olympics, this is just devastating. Athletes will now need to travel over an hour to access a suitable running track at Homebush, Kensington or the Central coast. Some of the school carnivals may be able to be accommodated on the nearby grass ovals at the Academy but students will need to be chaperoned over 400m from the site of the grass track to the field events venue.

But the broader problem remains. Asking elite athletes to train on a grass track is like asking Olympic swimmers to train in an ocean pool or the local dam. The synthetic surface of the track was only replaced in 2019 and repaired in 2022, which raises the question: why did it deteriorate again so quickly?

While the facility is owned by the NSW Government's Office of Sport and the matter is in the hands of their insurers, I will be urging the NSW government to act quickly to resolve this problem. But the fact that it's happened twice in five years, raises serious questions about whether there are more intractable drainage problems, which are only likely to become more pronounced as climate change causes sea level rise and more frequent flooding rains.

The closure of the Narrabeen track has highlighted the broader issue of the dire lack of athletics facilities in the region. Data held by NSW Athletics indicates there is a great need and demand for a second track in the area. That's why I and my fellow state independent MP, Michael Regan, have begun the process of advocating to the NSW and Federal governments not only to resolve the issue with the track at the Academy of Sport - but also for a new athletics facility in the region to accommodate the huge number of athletes in our community.



On your marks, get set, closed!

PEP-11

There's been an important development on Petroleum Exploration Permit 11, the oil and gas project that is proposed by Advent Energy off the coast between Manly and Newcastle.

As a result of community pressure and lobbying by my state colleagues and me, NSW Labor has agreed to pass legislation that would prevent seabed mining in State waters - that is within 3 nautical miles of the coast. The PEP 11 exploration area is located further out to sea in Commonwealth waters, but the NSW bill is powerful as it also restricts any facilities being built that are related to seabed mining such as terminals and pipelines.

But the issue is not yet entirely put to bed as the Federal and State resources ministers are still considering whether to extend the life of the PEP-11 permit in coming weeks. The financial viability and feasibility of the project will be considered when they decide whether to extend the life of the PEP11 permit. Even if the governments take this step, there are still environmental requirements and other approvals that must be met before this project could be commercialised. That's why I won't stop advocating in Canberra to stop this project until it is truly dead in the water.

Keep up to date with Dr Sophie Scamps MP's initiatives at sophiescamps.com.au

Words: **Dr. Sophie Scamps**,
Independent MP for Mackerellar

Authorised by Dr Sophie Scamps MP, Shops 1 & 2, 1238 - 1246 Pittwater road, Narrabeen NSW 2101

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Community

Making waves

Warriewood SLSC Launches 'Dippers' Program for Children with Autism.

Warriewood Surf Life Saving Club (SLSC) has celebrated the success of a new inclusive program for neurodivergent children, the 'Dippers'. A joint initiative between Soroptmist International Northern Beaches (SINB) and Autism Swim, 'Dippers' offers a tailored beach experience that meets the unique needs of children with autism. With structured beach activities aimed at enhancing water safety skills, fostering social interaction, and promoting confidence and independence, 'Dippers' marks a leap towards greater accessibility on the Northern Beaches.

Parents and participants have wholeheartedly embraced the program as a more accessible alternative to 'Nippers', especially for neurodiverse children who may find traditional beach activities overwhelming. "Dippers has enabled Harley to undertake Nippers, something he has always wanted to do but would be overwhelmed doing," explains Jaime Swales, a parent whose son benefits from the program. "He loves all the beach and water activities without the added pressure of large groups, overwhelming competition, and inflexible structure." Harley himself expresses his love for Dippers, stating, "I love it because I feel comfortable and can do things at my own pace."

Melissa Sheather, president of SINB, expresses her delight in witnessing the program's positive impact on neurodiverse children. "We are committed to advocating for and supporting women and their children in the area," Sheather notes. "The Dippers program perfectly aligns with our mission, bringing joy and empowerment to children and families alike."

Funding for the Dippers program was made possible through extensive fundraising efforts led by SINB, with generous support from Community Bank Freshwater. Sheather acknowledges the community's support, emphasising the importance of collective efforts in getting this program off the ground.

Warriewood SLSC's decision to lead the Dippers pilot program highlights its commitment to expand the accessibility of beach activities for more members of the community to enjoy. Neal McCarry, head of Nippers at



The only way to avoid seeing junk food ads

Warriewood SLSC, explains the club's motivation for partnering with Autism Swim. "The Dippers program offers an invaluable opportunity to provide an inclusive aquatic experience for children with autism," McCarry states. "We are proud to lead the way in creating a supportive environment where every child can thrive."

The program owes much of its success to the dedicated volunteers who generously donate their time to support children in the surf. Randall Mettam, a parent of a child benefiting from the program, acknowledges their contribution, stating, "The staff are extremely welcoming, open, and they just get it. The good intentions are obvious, and the volunteers are angels."

Among these volunteers is sixteen-year-old Saskia Rundle Trowbridge, who emphasises the importance of inclusivity in beach activities. Reflecting on her involvement, Saskia says, "every child should have the chance to be able to come down to the beach, do fun activities and play in the water, with the support that they need." Hannah Ghazal, the Behavioural Support Practitioner representing Autism Swim notes that it's an inclusive environment "where participants are building their social development skills while learning crucial surf/ water skills to access the beach safely."

And if the sandy smiles on the beach were any indication, 'Dippers' has found a permanent place in the hearts of participants and parents who have warmly embraced it. As the program continues to expand its reach, organisers hope to inspire other clubs across the beaches to follow, paving the path forward towards a brighter, more inclusive Northern Beaches.

Words: **Chloe Christie**

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Stage 3 Tax Cuts and the Battle for Middle Australia. But who is that exactly?

Prime Minister Anthony Albanese announced recently that the previous government's Stage 3 tax cuts needed to be revised to give greater cost-of-living relief to middle-income earners. **Harry Chemay** cuts through the rhetoric to find out who they really are.

At his National Press Club address, the PM said the changes were “fairly and squarely focussed on middle Australia”, as he outlined the rationale for reducing the benefits, due to flow from 1 July this year to Australia's highest income earners; those who currently face a marginal tax rate of 45c for every dollar of taxable income above \$180,000.

The phrase ‘middle Australia’ was a recurring theme throughout the address, the PM noting that under the proposed revision to the tax scales, an average wage earner on \$73,000 per year would be \$1,500 better off than if the stage 3 flattening of the tax scales were to proceed. The 2018 changes were sold at the time on the basis of tax relief for middle-income earners, with then-Treasurer Scott Morrison stating, “Our personal tax plan is very much anchored around middle incomes, not just now but in the future” after outlining the tax measures in the 2018 Budget.

As proposed by the then Coalition government, and as currently legislated, the income level at which the top marginal tax rate (MTR) applies is scheduled to be lifted above \$200,000 effective 1 July 2024, while the 37% MTR is to be removed, a 30% rate to apply instead to taxable incomes between \$45,001 and \$200,000. The incumbent Albanese government has now proposed a revision of the stage 3 cuts, reducing the MTR for lower-income earners, and keeping the 37% MTR while reducing the rate at which the 45% MTR kicks to taxable incomes greater than \$190,000.

Selling the 2018 tax cut package

At the time of the May 2018 Budget, the average annual wage was quoted as being \$84,600, with Treasury forecasting a rise to \$103,740 by 2024. These statistics were widely reported in the media, the AFR even saying: “The chief beneficiaries of the third stage of the government's



Average or median?

income tax cuts will be earning up to \$200,000, but they will be classified as middle-income earners by the time the cuts are delivered, new government modelling shows.”

And here we are in 2024, but what exactly is the ‘average income’ in Australia? How could it have been \$84,600 in 2018 yet be \$73,000 now? Was it not projected by the Treasury to be around \$103,000? How does that square with AFR's 2018 take that individuals earning \$200,000 in 2024 would be ‘middle-income earners’?

‘Average income’ – a statistical sleight-of-hand Cherry-picking definitions of ‘income’ and ‘earnings’ to suit one's narrative is a well-trodden path in policy circles. As the saying goes, “If you torture the data long enough, it will confess to anything.” Definitions of income are invariably complicated by taxes. Which, for example, is the appropriate income measure: assessable income (what is earned) or taxable income (after all available deductions are claimed)? On closer inspection, the PM's reference to \$73,000 is a reference to the average current taxable income across all full-time workers.

The ABS has numerous definitions for earnings, including base average weekly earnings, earnings inclusive of overtime and other monetary benefits, and a host of other factors. Then there are the differences between full and

part-time employment, men and women, and differences based on occupation and sector. For example, the reference to \$84,600 being the average wage in 2018 appears to refer to the annualised average weekly earnings for a full-time adult at the time.

And there's the concept of ‘average’ itself, which may be anything but the middle ground. It might be a reasonable way to describe the typical height or weight of a population, but that is rarely the best way to describe the typical level of income or wealth as a relatively small number of individuals often have oversized incomes or wealth compared to the general population, pushing the mean (average) beyond the true middle.

Whenever the average (mean) might be misleading, the median (a value where 50% of observations are less than it and 50% are greater) is a better descriptor of the mid-point. It is, literally and figuratively, the middle ground, a better statistic to focus on if you really want to know who is indeed ‘average’. The ABS itself confirms this data quirk, noting that “mean earnings are usually higher than the median earnings as relatively small numbers of highly paid employees can skew the mean higher.”

Average vs median earnings since 2018

Heeding the ABS guidance, I set about the task of finding earnings data going back to 2018, then running it forward to the latest available figures, in order to determine if the former government's projections at the time of proposing its tax cut package did indeed eventuate as forecast some six years later.

I first plotted the annualised equivalent of the ABS's data on full-time adult total weekly earnings from May 2018 to May 2023. Against this, I plotted the annualised equivalent of the median full-time adult total weekly earnings. The data indicates the ‘average’ full-time adult worker was earning \$85,847 in May 2018 and those earnings had risen to \$99,221 by May 2023, broadly in line with Treasury's 2018 forecast for average full-time earnings in 2024. The median full-time earnings figures were, however, notably lower, rising from \$76,076 in May 2018 to \$88,920 five years later. Thus, of all adult full-time wage and salary earners in Australia, half earn less than \$88,920, and half earn more.

Combining all employees into one number,

whether average or median, does little to reveal the true earnings of people in differing circumstances. To overcome this limitation, I analysed the latest ABS earnings release to calculate median annualised total cash earnings by employment status and gender. Now, the true differences in Australia's workforce start to emerge and reveal why statements made by politicians using averages, whether income or earnings, should rarely be taken at face value.

If you are a full-time male employee and earning more than \$92,872 at present, you are earning more than half of Australia's full-time male employees. If you are a full-time female employee earning more than \$83,200, you are similarly in the top half of your cohort. For part-time workers, the median annualised earnings are \$32,500 and \$36,400 for men and women, respectively. To these individuals, the suggestion that \$200,000 might be a middling income in 2024 pushes the bounds of credulity.

Tall tales vs true tales

Nearly six years on from the release of the 2018 Personal Income Tax Plan package, and then-Treasurer Scott Morrison's claim that “the real beneficiaries are those who sit in the middle of the pack and either side of it.” And where exactly is the middle of the pack today?

It's patently clear where it's not; \$200,000. It's nowhere close to it, with half of all full-time males earning less than \$93,000 and half of all full-time females earning less than \$84,000. They sit squarely in the 32.5% MTR at present, moving to 30% under the proposed revision to the tax scales.

Perhaps the bigger lesson here is not that politicians will use whatever data best suits their purposes in selling tax changes; but that we, the public, are all too easily and uncritically swayed by these pronouncements. When it comes to incomes (and wealth even more so), recognising that averages don't generally represent the ‘middle of the pack’ is your first line of defence against being misled.

It appears too much to ask of our politicians that they sell tax changes based on median observations instead of averages. “The flaw of averages is simply too great a temptation not to exploit.”

Words: **Harry Chemay**, Michael West Media





Olly prepares to plop Michael and Loretta on to the Pan Pacific express

Community

Message in a bottle

We all know Manly is a magical place. Sometimes though, it can deliver an extra bit of magic.

A few weeks ago, I felt the urge to draw a “message in a bottle” themed set of numbers. I drew a glass bottle bobbing in the ocean. Inside was a piece of paper with that day’s water temperature written on it. I was happy with the drawing, except for one thing, the bottle looked more like a vase than a bottle. It was short and stubby, with a wide rounded neck tapering to a narrower shape at the bottom. It looked odd, but it was too late to make a change.

Not long after that, I was walking along the beach not far from the numbers when I noticed something lying in the sand. It was a glass bottle. I

remember chuckling to myself and thinking what a wonderful coincidence it would be if it turned out to be a “message in a bottle”. As I drew closer, I could see there was something inside the bottle - could it possibly be... I picked up the bottle, which was heavier than normal, and immediately recognised it. It was the same shape as the bottle I had drawn! My heart started to pound when I brushed away the sand and saw a piece of paper with a typed message on it.

I sat down and started to read the message. It was written by two brothers, Kevin and Nigel Graham and it told the story of their parents,

Michael, and Loretta Graham. Apparently, their father Michael was a nautical man who spent his early years with the Merchant Navy posted in the Far East. In the 1950’s he met a young woman on a ship travelling in the South China Sea. Her name was Loretta, and she was aboard the HMS Taiyuan on a return journey from Australia. Michael and Loretta fell in love, married, and settled in Hong Kong. In the 1960’s they moved to the UK, where they remained for the rest of their lives, never living far from the sea. In their later years their great joy was sailing the oceans together to destinations in every corner of the globe, from the Norwegian Fjords down to Antarctica, and from Australia and New Zealand to the Baltic.

Michael died in 2012 and Loretta in 2021. Before letting them rest, Kevin and Nigel wanted to send their parents on one final journey together, sailing the Seven Seas to wherever the currents might choose to take them.

They put their parent’s ashes into several bottles and launched them at different times from various locations around the world. The locations, each of which had a special meaning for their parents, included Hong Kong (where the family lived), Shanghai (where Loretta was born), Southwold in the UK (a lovely old town on the Suffolk Coast they were very fond of), Lowestoft (a UK coastal port where Michael served as Harbour Master) and Castle Point, a much-loved stretch of coastline on the North Island of New Zealand.

I thought this was a wonderful story and sent a note out to the local community on

Instagram to let them know of my discovery. Judging from the response, it seemed everyone was as excited as I was!

Kevin and Nigel left their contact details on the note, so I sent them an email to let them know I had found the bottle and to ask what they would like me to do next. In a return email, they explained that our bottle was in fact the sixth and final bottle to be launched and it had only been launched the day before from Bondi Beach. Instead of heading out to sea as they had hoped, the bottle must have made a sharp left turn after leaving Bondi and headed straight up to Manly (who can blame it?).

Despite the attractiveness of Manly, the brothers were keen to try to relaunch the bottle. I agreed to find out what options they had to do that. I sent out a second message on Instagram asking if anyone knew how best to relaunch the bottle. I was inundated with ideas and offers to help. Some were brilliant, though a little expensive (chartering a helicopter), but all were well intentioned and showed a generous spirit.

Amongst the responses was a message from a local Manly Sea Captain in control of a ship somewhere near Antarctica. Knowing the coastline well he told me the best solution was to take the bottle several nautical miles offshore and relaunch it in the prevailing South Easterly current. This current would initially take the bottle down towards Victoria and then make a left turn up into the Pacific Ocean (Kevin and Nigel were thrilled to hear of this as their parents had always wanted to travel to Hawaii).



The bottle itself, atop Temperature Guy Manly’s daily canvas

So, we now knew what to do, but how were we going to get the bottle out there? In comes our hero Olly. A young diver based at the Middle Harbour Yacht Club, Olly generously offered to take the bottle out to the current. A successful relaunch, however, was very weather dependant. It required the wind direction, tides, swell size etc. to be “just right”. Whilst conditions for the next few days did not look good, Olly identified a possible window of opportunity the following Monday morning. So, at 8am that morning we headed out to sea in search of the current. Despite having to navigate his way in a small rib through pounding seas, Olly managed to locate the current six nautical miles (ten kilometres) due east of Sydney Heads.

We stopped the boat and spent a few moments taking in the view and the occasion. Olly then gently plopped Michael and Loretta into the Ocean. The current immediately took the bottle and carried it away from the boat at speed. As it drifted away Olly and I noticed something very special. A large black bird majestically swooped down and started to circle the bottle. It continued to circle the bottle as it floated out to sea and out of sight. It was as if the bird had been waiting for us to hand Michael and Loretta over to it. Was it now their guardian, responsible for protecting them on the next part of their journey?

We started the boat and headed back to Manly.

Words: **Guy Dunstan**,
The Temperature Guy, Manly

In the pre-dawn dark, every day, Guy takes the water temperature at Manly, and illustrates his findings with chalked artistic majesty upon a concrete canvas where the South Steyne boat ramp meets the sea. His Instagram [@temperature_guy_manly](https://www.instagram.com/temperature_guy_manly) is a must follow.

The page is set for the inaugural Manly Writers' Festival

80 writers, academics, journalists, publishers, thinkers and creators are primed to storm the Beaches this 14-16 March. Kicking off Thursday evening 14 March with Manly icon Thomas Keneally at Hotel Steyne. Continuing Friday morning at Manly Pacific Hotel, a hearty LOLA (Love Our Local Authors) Breakfast fuels the day, celebrating the Beaches' great literary talent. Julia Baird's asks what grace means to you. Catherine Fox AM is joined by Michael West, reflecting fifty years on from Helen Reddy's polemic call-to-action *I am woman, hear me roar*, and Neuroscientist Dr Sarah McKay explores the lessons learned about women's brain health through the neurological transitions of puberty, pregnancy, and menopause.

The Accidental Historian, Professor John Maynard, who happen-chanced into history when he visited the University of Newcastle to help with some family research on his grandfather, Fred, a high-profile Aboriginal activist of the 1920s, discusses his research into the intersections of Aboriginal political and social history, and contributions to the research fields of Aboriginal, race relations and sports history. Friday concludes with The Manly Literary Salon, and the launch of Jill Valentine's debut novel *High Heels and Low Blows*.

The power of storytelling resumes Saturday. For lovers of fiction, every genre is covered; real life, historical, romance, comedy, literature, and thrillers, and celebrated writers Genevieve Gannon, Robert Gott, Miranda Jagger, and Tim Ayliffe. The program also comprises travel, memoirs, true crime, the Matildas, Jewish life, Trump's America, NSW politics, the media, the myth surrounding Ned Kelly, and the winner of the Prime Minister's 2023 Literary Non-Fiction award.

Olympic boycotts, death threats, doping, and a Cold War more your speed? Don't miss Michelle Ford, author of *Turning the Tide*, and 1980 Moscow Olympics 800m Swimming Gold Medal winner. Michelle relives competition amidst death threats, wilful blindness, sexism, and the most ferocious, systematic, state-sponsored doping ever. Sports continues as Lucas Gillard and Jason Goldsmith – authors *George Best Down Under* – and John Maynard, Patrick Skene and Michael Cain examine sport



Meet our authors: John Maynard, Dr. Sarah McKay, Kim Cornish, Antony Loewenstein, Kirsty Jagger, Gavin Fang, Sarah M Saleh, Cocoa Deep-Amek, Maggie Kirkman

as a microcosm of society.

16-time Walkley award winner Nick McKenzie talks about his work investigating Ben Roberts-Smith. Michael Brissenden's Q&A-style session on Geopolitical Dynamics closes the Festival, featuring Walkley Book of the Year winner Antony Loewenstein, and foreign policy experts Allan Behm, Professor Mark Edele, Edward Acton Cavanaugh, and Dr Lachlan Strahan. The festival also includes nine sessions for young people from school years 3 to 10 inclusive, featuring local authors Pip Harry and Zena Shapter, Liz Deep-Jones, Ursula Dubosarsky, Carla Fitzgerald and Will Kostakis.

Staging such an ambitious event is only possible with fantastic sponsors. A huge thank you to John Cunningham and Cunninghams Real Estate, instrumental in bringing the festival to life. "As a long-term supporter of local initiatives, we're thrilled to see the addition of a writers' festival to Manly's vibrant cultural scene," says John. The festival is also proudly supported by Council, investment firm TGI Holdings, and leading independent bookseller, Gleebooks.

All ticket sale profits will be shared between the Aboriginal-led **Literacy for Life Foundation** and the **Northern Beaches Community Cancer Charity**.

Head to manlywritersfestival.com.au to secure tickets, follow the Manly Writers' Festival on Instagram and Facebook @[manlywritersfestival](https://www.facebook.com/manlywritersfestival) and Twitter @[ManlyWriters](https://twitter.com/ManlyWriters)

Words: **Liam Carroll**



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Tim Ayliffe
Liz Deep-Jones
Will Kostakis
Sarah McKay
Allan Behm
Zena Shapter
Lachlan Strahan
and more.**



This Scotswoman is bona fide true blue

Cover Artist

Leigh Binskin

This month's cover artist weaves her Scottish heritage and Australian way of life together to capture our love and sentimentality for the beauty in the iconic, everyday items which are "Iconically Us".

How long have you lived on the Northern Beaches? I'm originally from Scotland and moved to the Northern Beaches in 2004, almost 20 years ago. I love the warmth and outdoor lifestyle.

Did you study art? I did, but not until 2021 when I studied a Diploma of Visual Arts. We have two boys and decided that before they didn't want to 'hang' with us anymore, we'd travel around Australia in a caravan for 12 months. With more time to contemplate the 'what makes us truly happy?' question, I found the courage to leave the corporate world after 25 years working in IT projects and follow my passion for art professionally.

What inspired your Tawny cover art? My love of Manly! The cover art is called 'Seven miles from Sydney' based on the 1920's Manly Ferry advertising slogan 'Seven Miles from Sydney and a thousand miles from care'. I wanted to celebrate our local Northern Beaches culture by using collage created from historic photos of Manly while creating an artwork instantly recognisable as iconically Australian.

What inspires your art generally? Being a proud Scot and Australian Citizen, my mixed media artworks are inspired by my Scottish heritage and my chosen life in Australia with connection and nostalgia at the core of my work. At first glance, you may describe my work as being influenced by pop art but when you get up close and personal, it's then you can search the layers of nostalgic sentiment in the collage to see what treasured memories it provokes.

What is your favourite part of the artistic process? Given my previous career, I'm process driven, and love lists so my artwork process fits well with my character as there are several defined stages. Working with clients on the exploration stage is always heart-warming and insightful. Sourcing the collage whether that's my own drawings, handwritten notes, historic photos, or family photos (the possibilities are endless!) is a critical step and then I love meticulously placing each piece. Time for a studio clean of all the ripped collage before I apply washes of colour to build up the artwork subject.

What are you working on now? I'm really excited (and maybe a bit terrified!) to currently be working towards my debut solo exhibition at Sugar House Studios in Brookvale, which runs from 8-14 March. My show will launch my latest collection – the Northern Beaches inspired 'Iconically Us'. The opening night is Friday 8 March from 6-8pm and I'd love to see you there!

How can people buy and support your art? I'd love to see you at my solo show. You can subscribe for the pre-release art show catalogue via my website www.leighbinskinart.com. Subscribing gives you the opportunity to see the latest collection first, measure up your wall space and purchase before opening night. As well as my latest collection of original art, I will also have gift cards, totes, and t-shirts available. And of course, if you are interested in commissioning an artwork, let's chat.

Follow @leighbinskinart on Instagram. Visit Leigh's website leighbinskinart.com to purchase art and request commissions. Check out her debut solo exhibition 'Iconically Us' at Sugar House Studios, **8 - 14 March, 2/73 Winbourne Road, Brookvale.** Opening Night is Friday 8 March, 6-8pm

Interview: Liam Carroll



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Health

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When I took up OsteoStrong's complimentary discovery session in March 2022 I was cynical about the health benefits. It sounded like that adage "when something sounds too good to be true it's usually because it is". But in OsteoStrong's case the health benefits are true, and I have the objective evidence to prove it. Let me explain.

I have osteoporosis in my genes. In January 2020 my bone density scans revealed continued bone density decline. The only thing that changed from January 2020 to September 2023 when I had my last bone density scans is OsteoStrong.

I started my weekly visits in April 2022. I eat, drink and do the same things I have always done and take no medication. The only variable since January 2020 until now is OsteoStrong. My September 2023 DEXA scans revealed my bones had strengthened considerably. That's a remarkable achievement.

Back in April 2020 my risk

of fall was in the moderate risk category and now I'm in the low range. For someone that loves bush walking and hiking this is a real bonus. I've just returned from glorious Lord Howe Island and was able to zip around on the uneven and often slippery tracks, climb and descend hundreds of steps and cycle around the island with ease and confidence. Walking difficulties and falls account for more than 60% of bone fractures and osteoporosis reduces the density and quality of bone, greatly increasing the risk of fracture.

On Lord Howe Island I cycled every day for a week. I hadn't ridden a bike for 15 years and was expecting to feel my knees twinging, they didn't. Riding around I felt like a much younger carefree version of myself. Long may that continue and

with OsteoStrong it will.

OsteoStrong safely strengthens your entire musculoskeletal system, and I am now 90% stronger than when I started. I can carry and walk with my grandchild on my hip with no trouble. Bliss.

I'd never given much thought to how OsteoStrong helps improve grip strength – so important for a raft of household chores. More importantly a decline in grip strength is linked to adverse health issues including heart disease, arthritis, osteoporosis and worse. My grip strength difference between hands was marked at the beginning and now it's evened up with an overall strength gain of 3kgs. My husband loves that he no longer has to carry my bags!

I love that OsteoStrong in Manly is so handy to a free carpark, it makes getting to my weekly sessions so easy if the weather is stinking hot or it's pelting with rain.

OsteoStrong's equipment keeps track of exactly what's happening, which is helpful, but seeing the bone density improvement in my DEXA scans at North Shore Radiography made me feel every dollar I've spent at OsteoStrong has been a fantastic investment in my continued strength, mobility, balance and being able to live life to the full. I'm defying my body's natural decline in strength and balance. That's priceless.

Words: **Paige Turner**

To learn more about how **OsteoStrong Manly** can improve your strength, mobility, balance and much more, visit osteoststrong.com.au/manly-nsw, follow [@osteoststrong_manly](https://www.instagram.com/osteoststrong_manly) on socials, call **8095 9640**, or pop into **45 Sydney Rd, Manly**



Community

Significant improvements in aged care quality along the Northern Beaches

The latest release of the Government's comprehensive aged care quality survey reveals impressive improvements in aged care homes across the Northern Sydney area.

Out of nearly 100 aged care homes in the region, 19 have gained a star, enhancing their overall rating. However, 7 providers have seen their overall star rating downgraded, attributed to measures in crucial areas of care such as falls, major injuries, medication management, and pressure injuries.

Importantly, 5 aged care providers have advanced to "acceptable" status after being rated "improvement needed" in the August data release, leaving no providers in the region rated below "acceptable."

The distribution of providers by quality rating aligns with national averages, with the Willoughby Retirement Community Hostel being the only provider to achieve 5-star status.

The Aged Care Star Rating System is an invaluable tool.

The Government Aged Care Star rating system, covering almost 2,600 aged care homes nationwide, facilitates the assessment and comparison of aged care providers. The Northern Sydney region, encompassing the Northern Beaches and extending to Epping, Cherrybrook, and Galston, holds significant interest for Tawny readers.

Having been in place for over a year, the Aged Care Star Rating system is an invaluable tool for families seeking comprehensive, unbiased information on aged care homes.

For a free copy of the report email agedcare@laterlifeadvice.com.au or call us on **9173 8560**



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 at Later Life Advice

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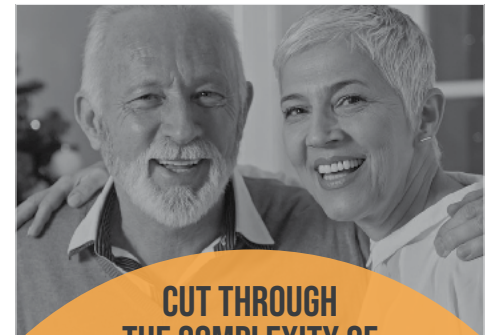
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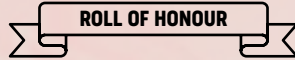


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Each month we print 50,000 full colour magazines, with 47,500 delivered directly to residential letterboxes, and 2,500 placed in highly frequented public places from Manly to Palm Beach.

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

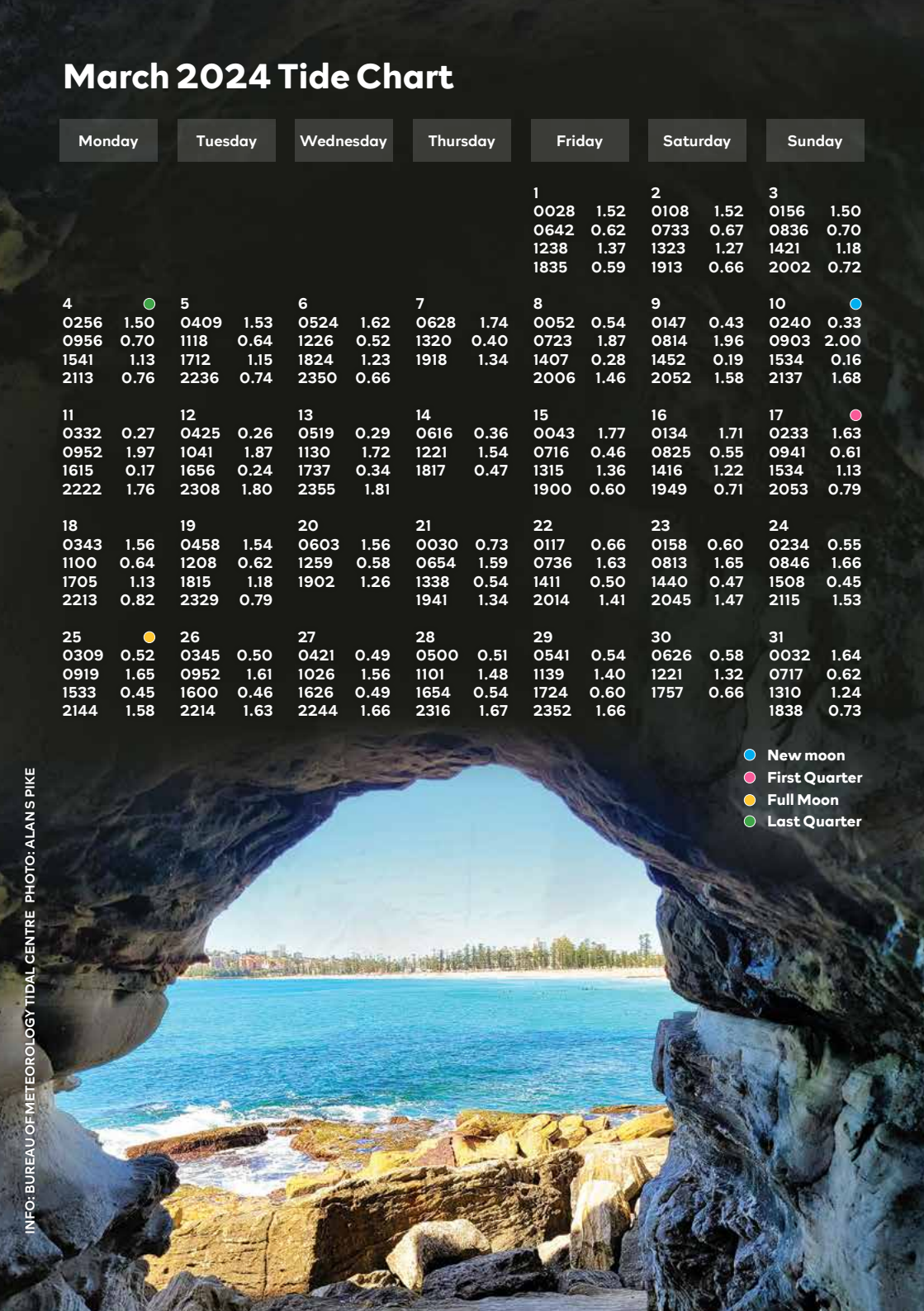
0414 556 038 | liam@thetawnyfrogmouth.com.au

March 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				0028 1.52	0108 1.52	0156 1.50
				0642 0.62	0733 0.67	0836 0.70
				1238 1.37	1323 1.27	1421 1.18
				1835 0.59	1913 0.66	2002 0.72
4	5	6	7	8	9	10
0256 1.50	0409 1.53	0524 1.62	0628 1.74	0052 0.54	0147 0.43	0240 0.33
0956 0.70	1118 0.64	1226 0.52	1320 0.40	0723 1.87	0814 1.96	0903 2.00
1541 1.13	1712 1.15	1824 1.23	1918 1.34	1407 0.28	1452 0.19	1534 0.16
2113 0.76	2236 0.74	2350 0.66		2006 1.46	2052 1.58	2137 1.68
11	12	13	14	15	16	17
0332 0.27	0425 0.26	0519 0.29	0616 0.36	0043 1.77	0134 1.71	0233 1.63
0952 1.97	1041 1.87	1130 1.72	1221 1.54	0716 0.46	0825 0.55	0941 0.61
1615 0.17	1656 0.24	1737 0.34	1817 0.47	1315 1.36	1416 1.22	1534 1.13
2222 1.76	2308 1.80	2355 1.81		1900 0.60	1949 0.71	2053 0.79
18	19	20	21	22	23	24
0343 1.56	0458 1.54	0603 1.56	0030 0.73	0117 0.66	0158 0.60	0234 0.55
1100 0.64	1208 0.62	1259 0.58	0654 1.59	0736 1.63	0813 1.65	0846 1.66
1705 1.13	1815 1.18	1902 1.26	1338 0.54	1411 0.50	1440 0.47	1508 0.45
2213 0.82	2329 0.79		1941 1.34	2014 1.41	2045 1.47	2115 1.53
25	26	27	28	29	30	31
0309 0.52	0345 0.50	0421 0.49	0500 0.51	0541 0.54	0626 0.58	0032 1.64
0919 1.65	0952 1.61	1026 1.56	1101 1.48	1139 1.40	1221 1.32	0717 0.62
1533 0.45	1600 0.46	1626 0.49	1654 0.54	1724 0.60	1757 0.66	1310 1.24
2144 1.58	2214 1.63	2244 1.66	2316 1.67	2352 1.66		1838 0.73

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

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: ALAN S PIKE





Nava Revalk, Mackenzie Garcia, Jack Dawson, Josh Whitten, Nat Jobe and Liam J. Kirkpatrick in Dog Man the Musical

Art & Culture

Glen Street Theatre 2024: Act One

A big Tawny Welcome to our New Junior Theatre Reviewer, Annabelle!

In January we ran our Junior Reviewer competition in partnership with Glen Street Theatre and were so happy to receive such a fantastic number of entries from some seriously talented young writers!

Thank you to everyone who applied – we loved reading your entries and encourage you all to keep putting pen to paper. The judges put their heads together and after much difficult discussion, selected our 2024 Junior Theatre Reviewer – eleven-year-old theatre enthusiast, **Annabelle Neal!**

Annabelle is over-the-moon to have been selected and says, “I am so overjoyed to be selected as the Junior Reviewer for this year! Drama and theatre are a passion of

mine and I thank you for giving me this opportunity. I am so excited to watch the four shows that you have chosen for me to review and share my experience with the readers of The Tawny Frogmouth.

“I enjoyed reading the Dogman and Gruffalo books when I was younger, and I am thrilled to have the opportunity to see all the live performances. Let’s get the show on the road!”

Congratulations, Annabelle! Annabelle will be reviewing four family shows at Glen Street Theatre over the year including the first this month – **Dog Man The Musical.**

Playing at Glen Street from **9-12 March**, this super fun show is based on the beloved characters of Dav Pilkey’s DOG MAN series. You may have read

them – parents included!

With the head of a dog and the body of a policeman, Dog Man loves to fight crime and chew on the furniture. But while trying his best to be a good boy, can he save the city from evil cats and cyborg fish? Come along and find out!

Reviewed by the New York Times – “You have to love a family show that makes adults laugh, too.” Excellent, thanks Big Apple, but we’ll wait to read Annabelle’s Tawny Frogmouth review before we make our final Dog Man judgement.

In case you missed it, Glen Street have also just announced their School Holiday program for April – a great way to spend time with the kids and have fun over the holidays! Stealing the stage, the **Onyx 360 ALLSTARS** will be bringing their high-energy reinvention of circus back – featuring daring BMX tricks, acrobatics, DJ-ing, breakdancing and more.

We’re also looking forward to new show **The Alphabet of Awesome Science**. Join professors Lexi Con and Noel Edge (the Word Nerd and the Science Freak) for a different science experiment for every letter of the alphabet. Enjoy 26 science demonstrations that squish and squirt, float and fly, erupt and explode. Every show is completely different, with some truly funky experiments – will they get through the alphabet in time?

Find out more at glenstreet.com.au, follow on socials @[glen.street.theatre](https://www.instagram.com/glen.street.theatre) for all performance and event updates, and stay tuned for Annabelle’s first Tawny review!

Words: **Liam Carroll**

PHOTO: PETER WALLIS

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Michael and Jo at Q Station thanks to KADDY

Community

Urgently needed: Volunteer drivers for KADDY Transport

This Dee Why disability transport service is priceless but without drivers, there's no going anywhere.

My late husband, Michael Lee, lived for many years with profound paralysis because of Motor Neurone Disease. Without KADDY, we would not have been able to travel to the beaches and local parks or visit friends and family, the very things which make life worth living.

Michael was a beautiful, tall young man, only 46 years old when he passed away after years with MND, but his lovely long legs and 6ft height made ordering wheelchair taxis difficult as many were too small.

Ordering a wheelchair taxi, we never knew which sized taxi would turn up and often had to turn it away, after having waited ages for it in the first place.

Sometimes if we were desperate to get home, we would try to squash Michael in by taking off the footplates on his chair or by letting his head loll forward to get past the vehicle's doorframe. None of which was ideal. We stayed calm and tried not to panic but at times it was tough.

Other disability transport services helped but only during business hours. They had to be booked weeks in advance, ran to a strict timetable, were often rushed, dropped you at your destination and then left.

Volunteer drivers are urgently needed

Do you enjoy driving? Perhaps you are recently retired and have some time on your hands? If so, KADDY would love to hear from you. You will be making a real difference. Call Barbara or Josie on **9972 0242** on weekday mornings to find out more.

You had to just trust that the booking you had made for the return trip would turn up.

Eventually, Michael needed breathing support, so we also had a specially designed tray fixed to the back of his wheelchair for a portable bi-pap machine. This added even more length to his wheelchair, making it even harder to get taxis.

Enter KADDY and Allan Hale, who would turn up with a maxi bus, his big cheerful smile and seemingly all the time in the world. One press of a button, and Michael and all his paraphernalia would be raised upon a little lift and then wheeled onto the bus. Plenty of space for family, our dog, a care worker, and visiting friends to join us on the outing.

Nothing was ever too much trouble for Allan. Even taking us to Michael's parent's house for Christmas Day. Refusing our invitations to join us, he waited patiently outside, ready to whisk us safely back home when we needed it.

Too often, people with severe disabilities like my late husband, become house-bound, struggling to get to medical appointments, let alone social activities.

Due to a lack of drivers, KADDY must now turn down requests for social outings to prioritise medical appointments. This is heartbreaking. We all deserve to have fun social outings with friends and loved ones.

Words: **Jo Mawson-Lee**

Start the year by finding support in difficult times

Now that February is here, the pace of life seems to pick up after the lull of the holidays and January. Everyone's back from their breaks, which means deadlines are approaching. Plus, schools have started, most activities like sport are back on, and there's lots of bills. Although we all go through difficult times in life, often men and women can experience and react to these situations differently.

"Research shows that men are less likely to seek support when struggling," says Sarah Grattan, CEO of Lifeline Northern Beaches, "and are less likely to disclose their current challenges to friends or family. It's important to remember there are things we can do to get through tough times," continues Sarah, "and we don't have to go through it alone."

Common causes of difficult times in someone's life:

- Financial problems, including problem gambling
- Problems at work or unemployment
- Relationship problems and breakdowns, including family separation
- Physical or mental health issues
- Loss of a loved one, including pets
- Excessive alcohol or drug use
- Difficulties in a small business

These issues can lead to times of heightened stress that can compound feelings of difficulty, bringing about changes to behaviour. "Solutions are not always simple or easy, but there is always hope," says Sarah. "If you're finding it difficult to see a way through, then seeking support can help work through your situation."

Tips on how to get through tough times.

Recognise when you aren't coping. Pay attention to your body, how you're feeling and any changes in your physical health, behaviour and emotions. If you're feeling overwhelmed or out of control, it's time to do something about it such as calling Lifeline on **13 11 14**. Also, listen to concerns from family or friends about your wellbeing or behaviour.

Take care of yourself. Look after yourself by eating healthily, exercising regularly, doing activities that you enjoy and finding time to relax.

Talk about it. Having someone listen to your problems can help to relieve stress, give you



You don't need to face tough times alone

some perspective and allows you to let off steam and release negative emotions. If you're unsure where to go, you can call Lifeline anytime.

Are you engaging in high-risk activities?

Excessive gambling, drinking and other risky activities may indicate you are struggling and can put both you and loved ones in danger. A counsellor or mentor could be helpful here.

Have a health check-up. A visit to your GP for a general health check-up is a good idea during difficult times, even if you're not feeling 'sick'. Tell your doctor if you have been experiencing any physical ailments, such as headaches, aches and pains, difficulties sleeping or significant weight loss/gain. Also let them know if you've been experiencing any ongoing negative emotions, such as feeling angry, anxious, panicky or depressed.

Stay connected. It is important to stay in touch with family and friends, particularly during tough times. Catching up with mates and loved ones, getting involved in your community, trying a new hobby or volunteering to help others can make you feel valued and helps you from feeling isolated and alone.

Words: **Lifeline Northern Beaches**

Need support? Lifeline is available anytime.

Call **13 11 14** or text **0477 13 11 14**

Local support services are also available including counselling and financial counselling.

Visit www.lifelinenb.org.au

Out of date

Recognizing when a relationship has reached its expiry

If there is one thing for certain in life, it's change, and relationships are no exception. While it's romantic and hopeful to believe they'll last forever, the truth is not all will, and that's okay and normal. Recognizing when a relationship has passed its expiry date is crucial for the well-being of everyone involved. Here are some tips to identify when that time is nearing or has passed.

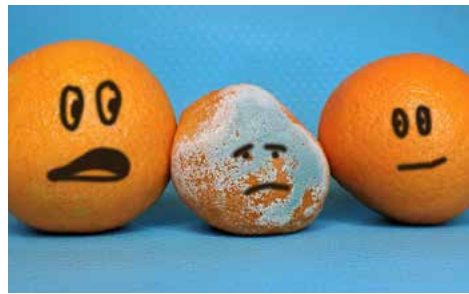
Self-honesty: You have to start being brutally honest with yourself. Sit with your emotions, your gut, your intuition and listen. We all have an innate sense when things don't feel quite right. Your relationship doesn't need to be in a ball of flames for you to want or need to call it.

Consistent unhappiness: If you are generally stressed, anxious, unsettled, or resentful towards your partner, that can be a pretty big sign. A good relationship should nourish you, not deplete you or increase dysregulation.

Lack of communication: Communication is the lifeline of any relationship. If you don't talk about real things, feelings, your internal world, or shared future vision, or you notice you don't want to talk about these things, it's a red flag.

Lost sense of self: Ask your closest and oldest friends if you're not sure about this one. They'll be able to tell you without the defenses of your own mind. If you don't feel like yourself, or you've lost your spark, or even compromised your values, it might be time to look at the dynamic.

Trust & respect: Any relationship spent worrying about the ability to trust demands extreme amounts of wasted emotional energy, anxiety, and fear. Sometimes trust issues can be repaired, other times, the damage is irreparable. If you notice that you have lost respect for your partner, for whatever reason, this is a significant nail in the coffin. It will be near impossible for you to have a strong, healthy, nurturing, flourishing and equal relationship without this component.



Why settle for anything but the very zest?

Different life paths: Not everyone has the same vision for their life. People change, grow, evolve and some stay the same. You may no longer be compatible. The relationship might not make sense after the kids grow up. If you don't have a shared vision for the future, it might be time to re-imagine who your future is with.

Lack of intimacy: Interest for sex and intimacy can ebb and flow, however extended periods of a complete lack of intimacy (of one or many kinds) can be another sign of the expiry date nearing or having been passed.

More bad times than good: Reflect on the ratio of good times to bad. If your memories and experiences are predominantly negative, and the thought of a future with your partner doesn't bring you joy, it might be time to move on. But don't just settle for 50/50 either. What is a ratio that you would be content with?

Recognizing a relationship has reached its end can be gut-wrenching. Grieving a shared life, letting go of an imagined future, and saying goodbye to someone you've held so close can be deeply painful experiences. However, staying when you know it's not right also bears its own emotional and psychological challenges. Resentment and regret are the two biggest costs, and the more time that passes, the more difficult it is to face those realities. We are all running out of time. What kind of life and love do you want? Though painful, breakups can be a door to healing, growth, new beginnings, and opportunities, if you decide to take them.

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

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

The Friendship Conundrum

Q. We recently moved to the Northern Beaches with our 4 year old, however the timing meant we had little choice in what pre-school our child attended. During orientation, I discovered none of the children will be attending the same primary school next year and I am worried my child will be overwhelmed by yet another transition and having to make new friends. Should I pull them out and hope I can get into a pre-school closer to their future primary school?

A. I will never forget the traumatic day I had to say goodbye to my pre-school friends... I'm kidding, I barely remember that time of my life, as will your child. But I don't want to dismiss your concerns, they are completely valid, especially given the transition you have already made moving to a new place. But I want to reassure you that kids are resilient and adaptable.

My guess is that you are looking ahead to the first day of school - an already emotional day for a parent, and you are imaging your child's face, scared, shy and alone. I invite you to sit with that feeling for a moment and get curious. Is there any truth to these feelings? Or are they rooted in your own fears and anxiety around the transition? If the latter, that is totally understandable, and I send big hugs.

However, if your child does struggles to make social connections, how can you foster more opportunities to make friends in your local community? Perhaps it's going to a local class or playgroup (checkout Playgroupnsw.org.au) or putting a post on your community Facebook page to connect with other parents of kids starting school the same year. My point is, this doesn't need to be a scary transition, but rather, an opportunity to be more intentional with how you build relationships for both yourself and your child.

Good luck

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

Why are (most) meetings a waste of time?

Meetings **ARE** for

- Discussion
- Debate
- Decision making
- Sense checking

Meetings **ARE NOT** for

- Considering what you want to say
- Thinking out loud
- Reading your notes
- Coming unprepared

Meetings are a valuable tool when they're executed effectively. However, we've all experienced the frustration of wasted time in unproductive meetings. Throughout my work globally, I've discovered a key insight which consistently leads to a breakthrough moment: understanding the requirements for conducting effective meetings.

- 1. Confident Leadership:** A leader who understands the required outcome and is able to effectively communicate to the participants
- 2. Prepared Participants:** attendees who recognise value and come prepared
- 3. Effective time management:** location, run sheet, and note taking (if required)
- 4. Follow-up action plan:** a well-documented and clearly defined accountability plan to ensure progress

Next time you're in a meeting, roughly estimate the collective hourly rate of attendees, the cost of the room and the impact of your absence from your usual workplace. It's an interesting exercise and quickly helps you to recognise the value of productivity.

Whether the meeting intention is to develop relationships, problem solve or discuss the value of a project it's crucial that everyone attending understands the purpose. By clarifying the goal, you are allowing individuals to assess the value of their attendance, prioritise, prepare and take accountability for their contribution.

In essence, the one tip that creates that "aha" moment is to define the purpose of the meeting clearly and ensure effective communication of that purpose to all attendees. This simple strategy can transform meetings from time consuming frustrations to productive sessions driving your business strategy.

Words: **Charlotte Rimmer**, Strategic Business Advisor. Learn more at www.aidedemd.com



DJ Izzy Rascal, the Beaches' mobile party DJ for teens

Music

Izzy Rascal: local DJ brings fresh beats for Teen Parties

In the heart of the Northern Beaches, Izzy Rascal, a 17-year-old DJ has emerged on the local entertainment scene, scoring a weekly residency and launching her own mobile DJ business. This young local entrepreneur is now on a mission to offer the perfect party experience for teen parties on the beaches and beyond.

"I taught myself to DJ a while back so I could perform a live set as a present for my mum - we threw a huge birthday party in our backyard for her, and I kept the dancefloor going all night. From there I got requests to play at street fairs and private parties," says Izzy Raj-Seppings, who took on the stage name of DJ Izzy Rascal.

She soon spotted a gap in the market and has recently launched a business to meet it: mobile party dj for teens

who are looking for a club or festival-style experience at home, in a backyard, surf club, community hall or almost anywhere.

"I love being able to provide the soundtrack and atmosphere for young people to get together and celebrate, to dance with their friends and just have fun. I offer a fully mobile system with professional sound and lighting, bubble machines, smoke effects. I turn up with everything - all that's required to get the party started is a powerpoint."

The heart of Izzy's business beats from her DJ residency at the ever-popular Wings & Tins in Dee Why, where she trades cuts with her dad, DJ ludacrisp. Together, they dig into the crates each week to deliver a mix of classic house, hip hop

and electronic tracks with a solid injection of current dance grooves and fresh remixes.

"I grew up listening to my parents' music so I'm able to throw in a few party classics, along with more current music and genres which make up most of my party setlists. I don't like to limit myself - or the party - to just one genre or style. It means I'm free to put more creativity in the mix."

This motivated young lady is taking on the responsibilities of building and managing her own business while also balancing the demands of Year 12 studies - she has her eye on a career in film, media and entertainment. She approaches every event with enthusiasm and a focus on her customers.

"I always take the time to talk to each of my clients, find out what music they're into and what kind of vibe they want for their party. I prepare a custom set list every time because I like to keep the mix pretty fresh, but I do take the occasional song request if it fits the vibe. It's important to me that everyone at the party has a good time and feels included."

Izzy's goal is now clear: to deliver immaculate party vibes to Northern Beaches teens in a fun, safe environment, whether they're celebrating a birthday, graduation, end-of-season team blowout - or just because they feel like dancing. As an entrepreneur with a passion for music, Izzy is one young local who's determined to turn it up to 11.

Follow this young business-owner and party DJ on Instagram @dj_izzyrascal

Words: **Liam Carroll**

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The Gas Man bottles another happy customer

Local Business

Tyler's Got Gas

What is Tyler's Got Gas? A small carbonating gas refill and delivery business based on the Northern Beaches. I work with any bottles usually found in Sodastream and similar machines.

What inspired the idea? My dad and I were looking for cheaper ways to refill our own Sodastream bottles. We found a way to refill our bottles for far less than the shops charged, and thought why not extend this to everyone else?

How does it work? Place an order on the website, select a delivery date and let me know where you will leave your empty bottles. Then, on the delivery day, I will drop off your new full bottles and take your empty ones to refill and use for other customers.

What challenges have you faced so far? In the early days, customers were apprehensive about buying gas from a teenager. When a customer asks me what I put in and how to know if it's safe, I let them know that everything I do is just the same as the big brands, but on a smaller local scale. I use the same gas, fill it to the same volume, and use the same bottles that the big brands use.

What have been your biggest triumphs? I'm very proud of the number of customers I have gained. I have served over 350 customers, most of them are repeat ones. I also love that I recognise some of my customers around the Beaches and they recognise me.

Visit tylersgotgas.com.au to secure your home-delivered gas refill and use discount code **TAWNYY10** for 10% off your first order.

Interview: **Liam Carroll**

Why this rare bushland keeps on getting rarer

The planet's rarest type of bushland exists in just a few remnant patches (mainly on the Northern Beaches). It's called "Duffys Forest Ecological Community" (or DFEC for short). Over 90% of its original distribution has been lost.

It was 1999 when I first poked a tentative toe into local environmental activism. I was compelled to join numerous other community members in an attempt to stop a UK construction company (named "Wimpey") clear biodiversity in the Manly Dam catchment. That same land now contains an Allambie Heights housing estate called "Madison Way". As protesters, we learned about the rare Duffys Forest bushland, threatened by bulldozers and the scarce "Red Crowned Toadlet" frogs, later to be squashed.

The case went to the "Land and Environment Court" and was initially labelled "disgusting" by the presiding Commissioner...before being meekly approved on appeal.

Especially galling was the fact that the DFEC wasn't formally classified as "endangered" until just after the court case was concluded. At least such environmental destruction "could never happen again", we were reassured. Little did we know what was in store.

Several years later, over 6 hectares of "DFEC" was earmarked as the site for the Northern Beaches Hospital project. This was home to Powerful Owls, Swamp Wallabies, Sugar Gliders and Bandicoots. Even Koalas and Tiger Quolls had been sighted in the area. It was a vital wildlife corridor that linked Garigal National Park with Manly Dam and the Narrabeen Lagoon Catchment. In July 2014, bulldozers moved in to clear the critically endangered vegetation.

As the project was designated "State Significant", it meant that all environmental laws could be overridden. Since then, the Mona Vale Road "upgrade" has taken out more DFEC, as have various school expansions, including the, recently commenced, new Forest High school build.

Just around the corner, on Allambie Rd, there are current D.A. plans to clear a patch of DFEC for a car park. Northern Beaches Council has even resolved to create a new mountain bike track through DFEC in Manly Warringah War Memorial Park. At least the Beaches Link Tunnel project (which would have erased two more hectares of DFEC) has, mercifully, been cancelled.

The previously labelled "Warringah Council"



Protestors try to protect "Duffys Forest" bushland, 1999

seemed justifiably proud of having segments of this rare bushland within its domain and even created a "Duffys Forest Defenders" website (now defunct). It stated that: "Some people don't know much about Duffys Forest and can hurt it without understanding the consequences. If no-one helps, Duffys Forest may be lost forever." The site included many educational tips to encourage schools and school children to value and protect this unique part of our environment.

If a development proposal isn't deemed as "State Significant", NSW's shonky environmental laws allow a developer to simply "offset" the destruction of endangered species habitat by purchasing "BioBanking credits". This scheme has been exposed as flawed and open to corrupt practice by several Guardian articles.

In 2022 Federal Environment Minister, Tanya Plibersek, pledged to protect 30% of Australia's land and waters by 2030, joining over 115 other countries that have signed on to this "30 by 30" target. www.hacfornatureandpeople.org

But currently, 95,000 hectares of native vegetation is being cleared every single year in NSW alone with 70% erased in the past 200 years. It seems that our precious Duffys Forest Ecological Community is yet to catch an even break.

Note: The suburb "Duffys Forest" and consequently the DFEC, was ironically named after a logger and land-clearer named Patrick Duffy who received a local land grant in 1857.

For updates follow
www.facebook.com/SaveManlyDamBushland

Words: **Malcolm Fisher**



Brookvale Industrial zone, bushwalking paradise

Secret Spaces Hidden Places

Finding nature in the heart of Brookvale's industrial complex

The commercial part of Brookvale isn't the first place you'd think to take a walk on the Northern Beaches. But down an unmarked path to the left of the Whitworths Marine and Leisure head office is the entranceway to Allenby Park.

As we passed walls covered in graffiti and a dried up river at the entrance, we were dubious. Not to mention it was a particularly steaming summer day filled with the deafening sound of cicadas.

But our attitude changed as we ventured further inland and discovered what a juxtaposition this tucked away pocket of scrubland is to the industrial area it's surrounded by.

Only a few metres into the park, you'll find the start of the 'Allenby Falls Park Track' which is a short, but picturesque 2-kilometre out-and-back

trail that showcases some of the best features of the park including Allenby Falls.

As we headed into the dense scrubland - a key feature of the walk - we were no longer in the midst of an industrial complex, but instead, walking amongst towering trees on needle-covered trails.

Further up some stone steps, you get your first glimpse of the star attraction: 'Allenby Falls.' On the day we went to explore the park, the waterfall was more trickle than thunderous roar, but the sun sparkled against the reflection of the water. Since it was dry, we manoeuvred our way off the rock ledge between the upper and lower falls for a better view of the gully.

Higher into the park, we started to walk along Brookvale

Creek which feeds the waterfall down below. Little red and blue dragonflies danced along the water's edge, landing on the fallen leaves and sticks.

Soon after, the track splits at a fork leading you further into the park or you can continue to take left turns back to the start for a smaller loop.

Near the end of the loop, the path opened up to a sandy dirt track. We were starkly confronted with the warehouse views again, reminding us that we're sharing our backyard with nature - even in the most industrial spaces.

Did you know...

What makes this secret place even more surprising? It's home to the Powerful Owl, Australia's largest owl species but also a threatened species. These majestic birds need large trees to nest in, and so this forested pocket is the perfect hiding space amidst the urban landscape.

How to get there

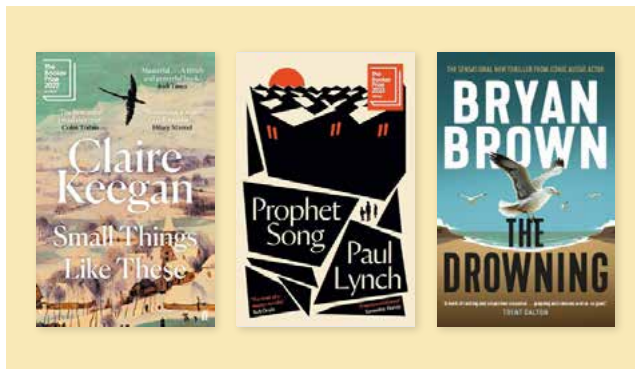
Head to 15 Clearview Place, which is located behind Warringah Mall. If you've driven, there is 8P street parking or nearby buses are only a short walk away. Look for the 'Whitworths Marine & Leisure' sign and to the left of this, there is an unmarked sidewalk that leads you into the park. There are other entrances that lead to Allenby Park, but we think this secret entrance is worth seeking out.

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

Words: **Rebecca Burton**

PHOTO: MICHAEL ALLEN

PHOTO: HARRY GOODWIN



Claire Keegan, Paul Lynch, Bryan Brown: Paige's March favourites

Tawny's Bathtub Bookclub

The Booker luck of the Irish, storytelling genius

March is all about St Patrick's Day for me. My father arrived in Australia as a young boy on this day in 1927. He was a great storyteller but not a writer – more a talker!

For a small country, Ireland produces a lot of Booker Prize winners. Remember **Anne Burns' Milkman**, **John Banville's The Sea** and **Anne Enright's The Gathering**. All different and so too is the 2023 Booker Prize winning **Prophet Song** by **Paul Lynch**.

Strap yourself in when reading this one. It imagines the Republic of Ireland slipping into totalitarianism. It's a dystopian nightmare. It all feels so possible as we watch what's happening in Palestine, Ukraine and Syria. I kept thinking "what would I do if this were happening here". While it deals with impossible choices, one of the main characters, Eilish, is grappling with raising her family in a world gone mad and the disappearance of her husband and one of her children. With violence, bloodshed and mayhem everywhere, Eilish

is trying to cope with feeding and housing her kids, keeping their clothes clean and putting a positive slant on things. Trying to keep things normal against surrounding horror is unnervingly relatable. The tension is heightened by the lack of paragraph breaks and punctuation until, just like Eilish in her situation, you adapt.

This is a book you will never forget. It deserves multiple readings, and I can't wait to read it again but not before I've read a few less demanding books.

I thought the slim novel **Small Things Like These** by **Claire Keegan**, might fit the bill. It was shortlisted for the Booker Prize in 2022 but I only picked it up a few months ago knowing nothing about it. Now I see it everywhere and for good reason. It's superb and, like **Prophet Song**, it's disturbing. Actually, it's more disturbing because it deals with unthinkable things that happened in Ireland not that long ago.

What I love about most

Irish writers is that they write beautifully about tough issues and convey a level of humanity and humour that elevates the writing from being potentially depressing to being absorbing, often uplifting and thought provoking.

Where to buy

Shop local: Humphrey's at Manly, Berkelouw Balgowlah, Harry Hartog Brookvale

Drowning in Bryan Brown

I'm drowning in Bryan Brown – watching him on *Boy Swallows Universe* (Netflix) and the new series *Darby and Joan* (ABC – this is Australia's answer to *Midsomer Murders*, but better), and reading his books.

He's a famous Northern Beaches resident with some Irish blood running through his veins and maybe that's contributed to his newfound success as a writer. I loved **Sweet Jimmy**, his first book of short stories on crime, and his just-released first full-length book, **The Drowning**, keeps up the crime theme and demonstrates Brown's writing chops mirror his knockabout style acting chops. It's a thriller with more twists and turns than Luna Park's Big Dipper and the writing is so visual you feel like you're watching a film as you read it.

Brown's use of many Australian colloquialisms adds to the appeal. You know what you're in for from the first sentence, "David ditched his bike by the side of the track behind a gummy."

Where to buy

Try Bookoccino at Avalon and you might bump into Bryan

Words: **Paige Turner**



Roll Out The Red Carpet

For the NBWS 2024 Gala

The NBWS Board invites you to join us to celebrate 14 years of providing shelter and support to women in crisis.

Your ticket includes a \$100 tax deductible* donation, an exquisite 3 course meal, premium beverage package and a spectacular evening of fun and dancing with our wonderful community of supporters.

All funds from the NBWS 2024 Gala will go directly to support on-going shelter operations.

WHEN:	WHERE:	DRESS:
Saturday 6th April 6:30pm – 11:00pm	Manly Pacific Grand Ball Room	Roll Out The Red Carpet

*A tax receipt will be automatically issued to you by SupporterHub at the point of purchase.



Subject Be on the lookout for all sorts at North Head
Photographer Jens Ward



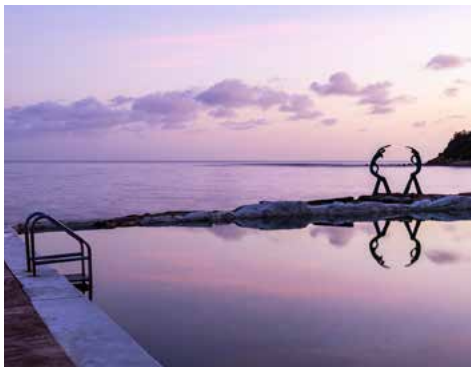
Subject Gorgeous summer in Manly
Photographer Betty Lee



Subject A sunrise kiss
Photographer Arpita Swami



Subject Narrabeen Sea Nymphs
Photographer Nicole McKenzie



Subject Early morning at Fairy Bower
Photographer Rebecca Babich



Subject School holiday rock climbing with a difference
Photographer Kellie Wilson



Subject Sunset silhouette
Photographer Cosmo Clutches



Subject Sandy Point Reserve, Palm Beach
Photographer Anne Spencer



Subject Incoming, South Curly
Photographer Justine Henderson



Subject Whimbrel all the way from Siberia
Photographer Suzanne Jensen-Lewis

RAZZLE DAZZLE
Trivia

1. What colour is the main body of Barrenjoey Lighthouse, white or sandstone?
2. The NSW Academy of Sport & Recreation is located in which Northern Beaches suburb?
3. Manly is also a bayside suburb of which other Australian state capital city other than Sydney?
4. In which Northern Beaches suburb would you find the home of the Ferret's Rugby League club?
5. In measurement terms, how many feet are the skiffs that the Skiff Club in Manly is named after?
6. According to the proverb – a WHAT in the hand is worth two in the bush?
7. Which chess piece is restricted to staying on the same colour?
8. What is 531 written in Roman Numerals?
9. Which bird is typically bigger in size, a raven or a crow?
10. What instrument is used in the Triple J logo?
11. How many different colours are on the flag of Lebanon?
12. The Tom Cruise movie Days of Thunder features which type of sport?
13. If you were referring to a place nicknamed the Bangkok Hilton, what type of place would you be talking about?
14. What nationality is 2023 Men's Australian Open champion Jannik Sinner?
15. In Education, the Acronym TAFE stands for Technical and WHAT Education?
16. A famous variety of Artichoke is named after which Middle Eastern City?
17. What romantic movie features a scene where the male lead hangs from a Ferris wheel until the female lead agrees to go on a date with him?
18. If you were to go directly west from the Solomon Islands capital Honiara, would you be closest to Mackay, Cairns, or Port Moresby?
19. What is the maximum number of Michelin Stars that can be awarded to a restaurant?
20. Which English Premier League side (which has 2 words in its name) is Prince William a passionate supporter of?

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

Sudoku Medium difficulty

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

RUMOUR HAS IT

Beaches residents are realising there may be alternate ways to "cool" an economy besides simply giving banks more money.



Life Drawing Drink & Draw
2nd Thursday of every month
Location **Brookvale**
use **TAWNY** at checkout \$10 off



BALGOWLAH SCHOOL for SENIORS
2024 classes now open – just \$30 for the year
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I can't pronounce it... so what is it?

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- Discussion, questions, demo's
- What is it exactly? How will it help me?
- I've heard it's Woo-Woo...is it?
- Does it help men? Kids?



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Lisa Cohen 0411361730 Dee Why

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Star Signs

by Krystal Bawl

Pisces Feb 20 - Mar 20

Stop stressing about fixing other people's problems. To really help them, let them work it all out on their own.

Aries Mar 21 - Apr 19

Dust off your dancing shoes, it's time to get footloose. You've still got the moves, just go easy on the grind.

Taurus Apr 20 - May 21

Your luck's running dry. Lay low, dye your hair, avoid your usual haunts, and you'll bull through this just fine.

Gemini May 22 - Jun 21

Your business and social worlds will collide. What's it to be? Are you all business, or just wanna have fun?

Cancer Jun 22 - Jul 22

The only thing to fear is fear itself, though your fearless approach to upcoming possibilities has mum concerned.

Leo Jul 23 - Aug 22

It's hard, I know, but don't let your libido eclipse your ambition. You've got things to do, not just people.

Virgo Aug 23 - Sep 23

Hot rolling chaos looms large on the horizon, destined to challenge your perfectionism, exactly what you need.

Libra Sep 24 - Oct 23

There is so much positive energy emanating from your every pore, the only negative is, what to apply it to?

Scorpio Oct 24 - Nov 22

You're the master of most things, stimulation overload is no different. Ease up, and get that rash looked at.

Sagittarius Nov 23 - Dec 21

Stop obsessing about whether people like you. Focus on something far more important, do you like them?

Capricorn Dec 22 - Jan 20

Mars is melting, Pluto's thawing, Neptune's fuming, Venus is buggered, and Uranus has never shone brighter.

Aquarius Jan 21 - Feb 19

A Hungary proverb decrees the believer is happy, the doubter is wise, but Budapest tributaries are Danubious.

April at Q Station

STAY. DINE. EXPLORE



Three Bedroom Cottage

Trivia Answers

20. Aston Villa
17. The Notebook
18. Port Moresby
19. 3
13. A tall
14. Italian
15. Further
16. Jerusalem
11. 3 - red, white, green
12. Car racing (NASCAR)
8. DXXXI
9. A raven
10. The drums
4. Forestville
5. Left
6. Bird
7. The Bishop
1. Sandstone
2. Narrabeen
3. Brisbane

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

Sudoku Solution

Premier Guitars

GUITAR OF THE MONTH

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EASTER AT Q STATION!

Celebrate Easter at Q Station on Saturday, the 30th of March!

Join us for an egg-citing day of activities, including arts & crafts, a jumping castle, live music and an Easter egg hunt around the Glasshouse.



STAY & DINE AT Q STATION

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- Two-course dinner at Boilerhouse Kitchen and Bar
- Hot buffet breakfast at Views Restaurant

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