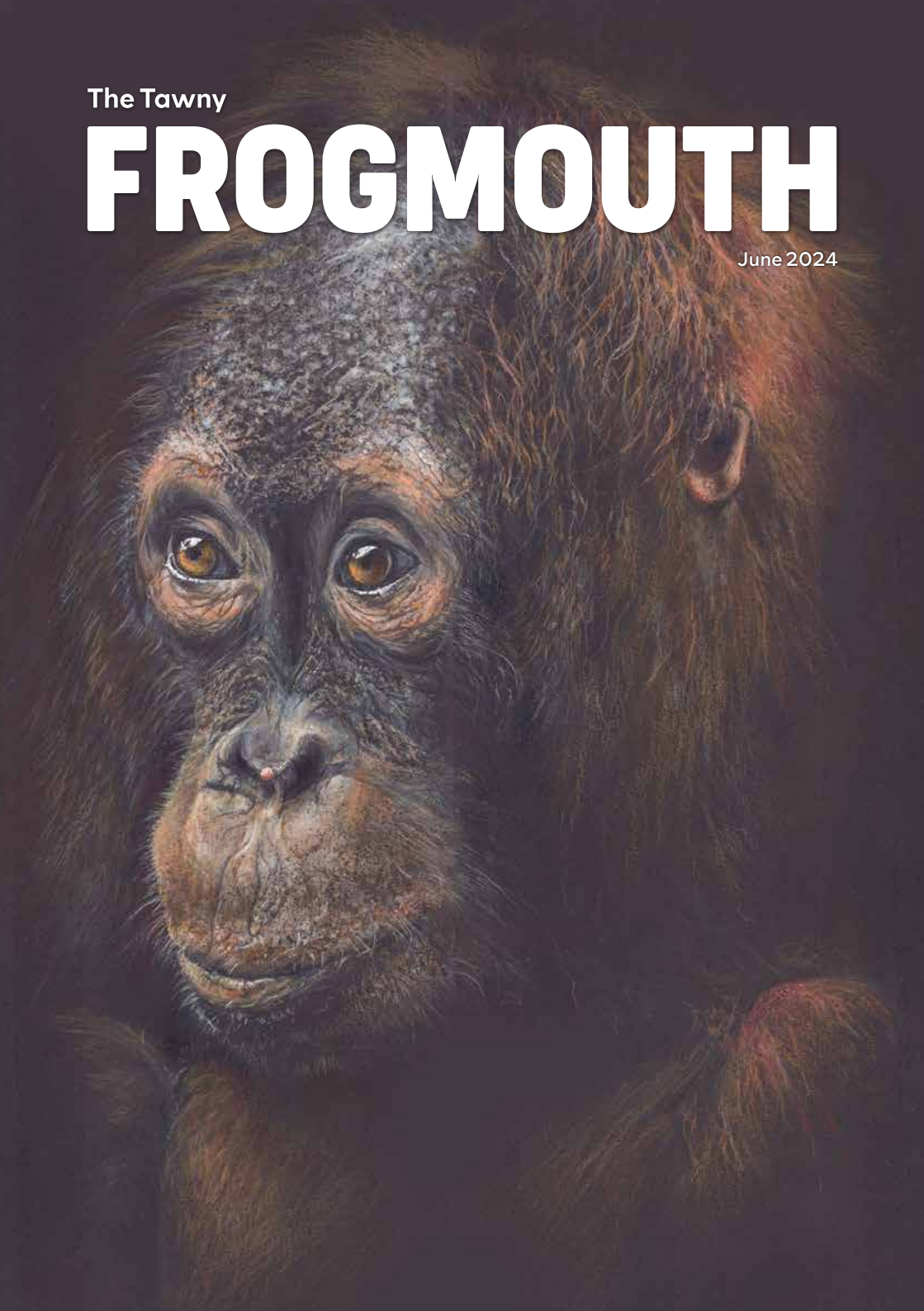


The Tawny

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June 2024



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David Robertson

David has a wealth of experience in economic research & analysis and is a highly sought after speaker at major economic conferences and events



Michael Sims - MC

Business Development Manager - Community Bank Freshwater.

 **Bendigo Bank**

G'day Beaches

Welcome to winter, and mark the official opening of hot chocolate season with your June Tawny.

Thank you, Geraldine Simmons, our cover artist, creating her incredibly life-like orangutan to form the centrepiece of Northern Beaches Gallery's upcoming Africa Exhibition.

Council release The Code, the much-needed e-bike safety campaign to appease Tawny letter writers, and community members alike. Northern Beaches' domestic violence service, Women and Children First, launch their Safer Together program, facilitating everyone in becoming an Upstander to domestic abuse.

Aussie Caveman Clint pens our first ever fishing report. Paige Turner profiles writing hero Zena Shapter. Faye James hops to Cromer's Bounce Factory. And Beaches Accounting's Tom Daven outlines every EOFY tax-minimising pearl of wisdom to keep you in the black.

Don't forget, monarchists and holiday makers alike, Happy King's Birthday

Liam



The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd
ABN 21 666 109 057

WEBSITE

thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnyfrogmouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au

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Acknowledgement of Country

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

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



Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH



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



Charlie Phillips, Mackenzie Jeffs and Mirabelle Peupion

Peninsula Wash Up

MUFC's Aussie Pharma Teammate

An innovative approach to local sporting club sponsorship is underway this soccer aka football season at **Manly United Football Club** thanks to **Aussie Pharma Direct**. The Northern Beaches based e-retailer is providing the club with Sonictec Influenza A/B & COVID-19 Combo Rapid Tests, allowing players to check for any respiratory conditions before they have the chance to infect any teammates or competitors. "Our sponsorship is designed to safeguard all the teams so they can quickly and efficiently test for COVID and influenza A and B at the same time," says Daniel Seldon from Aussie Pharma Direct. Manly United CEO, David Mason, recognises the importance of prioritising the health of their players. "As we move into winter, the last thing we need or want is for COVID or influenza to spread like wildfire through our teams. Having access to Aussie Pharma's rapid antigen tests will help keep everyone safe and healthy so our teams can fulfill their full potential."

Manly's Monthly Jazz Jam

Every September Manly Corso impersonates New Orleans, raising the Beaches' toe-tapping, trombone-blasting, soul-swinging spirit for three consecutive days, otherwise known as the Manly Jazz Festival. But why wait till Spring when you can harness that same jazz-powered creative energy on the last Sunday of every month at the **Manly Club on Gilbert**? Tap into your blues core with this monthly free event, and let the best musicians immerse you in the heady excitement of modern jazz at its finest. Call **02 9977 3335** now to reserve your table and find out more at themanlyclub.com.au/events

Doggie Rescue Crisis

There's been a surge in calls to Monika's Doggie Rescue, Ingleside's shelter that rescues and re-homes abandoned dogs and cats. "People are having to give up their animals due to rent increases and owners wanting to sell their properties," says Monika. "This, combined with an ongoing Covid overflow of dogs being returned to shelters as people return to full time office work." Unfortunately, Monika's Doggie Rescue can only take animals from the pound when a dog or cat gets adopted and adoption rates have slowed dramatically this year. If you can assist, or have ever considered adopting a rescue animal, now's the time. Call **02 9486 3133** or visit doggierescue.com to find out more.

Brookvale's Metal Passianova

In 2020, contemporary jewellery and object designer/maker/educator, **Radka Passianova**, made the best decision of her life, crossing the Bridge from the Eastern Suburbs to settle in the Northern Beaches, following on superbly from the second-best decision of her life, two decades earlier, devoting herself to the art of silversmithing and jewellery making. Sadly, many of the learning opportunities available to Radka and her peers don't exist anymore. "I am passionate about contributing to the preservation of silversmithing and contemporary jewellery making," says Radka. "I noticed the limited access to metalworking workshops in the area, and in November, decided to open my own studio here." **The Metal Space in Brookvale** offers silversmithing and jewellery making classes of all levels, studio access and benches for hire to metal working artists and professionals. For more info, visit themetalspace.com.au and be quick if you'd like to attend the Introduction to Silversmithing Workshop, 8/9 June, a perfect way to celebrate the King's Long Weekend.

Flamboyant winter bean off

Writers' group Spill the Beans is back in June with their latest F-word challenge, Flamboyant. With a Beaches surplus of irrepressible flamboyancy, the Beans are ready to spill over. Write your 400-word story or poem, being sure to feature the word flamboyant, and send to beanswrite21@gmail.com by 30 June to have it published on spillthebeans.net.au with the most popular members' entries to reach the pages of the next Spill the Beans book.

Words: **Liam Carroll**


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Letters to The Tawny

Bucketty's Brewing Co will host 2024's Tawny Letter of the Month award winners' Christmas banquet later this year

Letter of the Month Re: Two climate untruths

Hi Liam, I'd like to thank Robbo for his history lesson regarding weather recording (May Tawny) but have to take him to task regarding him labelling climate change as a "cult."

Anyone keeping up with the news, or capable of researching online, will find that the number of extreme weather events has increased enormously over the decade. The use of the word "unprecedented" to describe extreme fires, temperatures, rainfall and floods, and "one in a thousand year" weather events, are everywhere. The ten warmest years in the 174 years of recorded temperatures have all occurred in the last decade (2014-2023) with 2023 the warmest year according to the NOAA's (National Oceanic and Atmospheric Administration). Ten years of increasing temperatures are not a coincidence.

In the last few months alone, we have seen 47°C temperatures in the Philippines, which have lasted for weeks. These are new record highs, never seen before there, and at these temperatures, only a few hours outside can prove fatal. Dubai and the UAE received more than a year's worth of rain in 24 hours, and Southern China, Kenya, Burundi, Tanzania, Texas and Brazil all reported

massive flooding. Brazil's floods were the "worst ever recorded" there.

Why are massive rainfall events due to climate change, I hear Robbo ask? We all know that when we exhale in very cold weather, we can see the water vapour from our breath, because cold air cannot hold as much water vapour as warm air. As air warms its water-holding capacity increases, particularly over the oceans. According to the Clausius-Clapeyron equation (I'm not making that up!), the air can hold around 7% more moisture for each 1°C of temperature rise, and around 10% in the tropics. Atlantic currents are reported to already be hotter now than they were predicted to be in another 20 years' time. NASA's current climate modelling indicates that: "Rising temperatures will intensify the Earth's water cycle, increasing evaporation and surface drying. Increased evaporation will result in more frequent and intense storms but will also contribute to drying over some land areas."

Robbo, and the Climate denying shock-jocks, may call climate change a "cult" but we only have to look at what is happening around the world to realise that the climate IS changing, and for the sake of our children and grandchildren, we must act and do all that we can to mitigate the effects of climate change.
Alan Marel, North Curl Curl

Re: Two climate untruths
I've been visiting from the Northern Rivers, my aging mum in Manly, and today I found The Tawny Frogmouth in the letter box for the first time. Well done TFM!!
I was drawn to read "Letters

to Tawny", especially Mark (Robbo) Roberts research on Climate myths. Then one page after the "Letters" is a promo for the 'Net Zero Expo' that begins with the same BS lies about rising temperatures and wild weather. WTF!! A great Man once said, "the truth will set you free." Therefore, lies will lead to bondage and slavery. Let's start with something true: Plants need CO2. If you really want to hear the truth about the weather and climate today, I highly recommend you take careful note of the top, honest, climate scientists in "The Great Global Warming Swindle" documentary - available on YouTube. This is compelling evidence of the insidious lies the United Nations Framework Convention on Climate Change (UNFCCC) are promoting and I hope you'll start thinking for yourself.

I wish you every blessing in your endeavours to support the people of the Northern Beaches with the truth.
Yours faithfully, **David Byron**

Re: Two climate untruths
How refreshing to find several articles in the May Tawny about the importance of environmental issues such as preservation, climate action and emissions reduction. However, I suspect I am not alone in suggesting that you lift your game in the choice of readers' letters on the same subject. That section was dominated by a long rant on the accuracy of weather records and claims related thereto, presented with a distinct air of disdain by an obviously closed-minded climate denier. Your correspondent appears to believe that evidence for human-induced climate change is claimed by scientists around

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the globe who independently misunderstand historical weather records, and that some dispute around what constitutes a record is sufficient to debunk the real evidence. This kind of nonsense was fashionable fifteen years ago, when the public message was still sinking in. Today, we know from the work of thousands of real experts that we are facing a global threat which demands urgent, concerted action. They know this from the science, not by checking last century's weather records.

Surely this should be the focus of our debate. If you receive no sensible and respectful letters on the subject, it might be best not to publish any.

Frank Donaghy, Frenchs Forest

Balloons

Hi Liam, could your readers be aware of the dangers of releasing balloons into the sky.

I saw many released at the end of a funeral and I am most concerned about where these end, often in pieces in waterways, becoming a danger to waterbirds and marine wildlife such as turtles, penguins, shearwaters.

Wildlife carers have found shearwaters dead, the necropsy showing many pieces of plastic in their guts, sadly having died of starvation. Even penguins in the Antarctic have been found to have plastic in their bodies.

It is better if balloons are not bought for celebrations, but if wanted, ensure they are disposed of carefully. Children don't realise the danger to wildlife these balloons pose, and often let go of the balloons up into the sky, so parents need to help their children understand the need for careful disposal of the balloons.

Eira, Seaforth

PS - I think Robbo needs an award for the most long winded full of BS letter I have ever seen (May 2024)! The Tawny doesn't need two half columns of this sort of rant!

Apostrophe!!

Liam - seriously? I know it's not your ad, but you are the editor of the publication and, in the immortal words of Richard Nixon, 'the man at the top must bear the responsibility'. I rest my case. Indignantly yours,
Rosaleen Kirby

Erroneous Council Planting

Dear Editor, how many rate-payers and residents have bought and are buying a noisy Leaf Blower, attempting to remove that profusion of slippery autumn leaves falling from Council's erroneous planting of a liquidambar tree (or two) onto their property's driveways, path, and steps during the past thirty years or more; while others, unable to afford such a garden tool perhaps, trying to sweep or rake the area in order to make it safer for others to cross, what with the seed pods underneath those leaves becoming a serious fall potential? Paths being pushed up by the huge root systems of said trees, at times to such a degree that a driveway becomes unusable? Root systems ploughing underground, invading gas, water and sewage pipes, not to mention street gutters, causing huge blockages and expense? Yet even our present Northern Beaches Council has failed to remove any of the remaining trees! So, will these trees end

up falling on cars on roads, people on paths, houses?
Marianne, North Narrabeen

Little Advice Can be Dangerous

I hope Candace Little is more competent with advice she provides CEOs than she was with the lady with the stroller (April 2024). The lady asked for advice on what to do about residents' cars parked across a new footpath and forced her to divert her stroller onto the road. She was advised, "every time you're forced to go around a car, walk that stroller straight to the nearest café and order the most obnoxious drink money can buy". A more sensible response would be to suggest a flyer with a simple non-confrontational message such as: "Please do not park across the footpath. It forces those who are disabled or pushing a stroller to go out onto the road. Your consideration would be much appreciated." The flyer could be put under windscreen wipers or in the letterboxes of offending motorists. If you want to sign it, perhaps: "Concerned neighbour"?

Clive Williams, Manly

*Sadly, Candace is unable to share her highly regarded advice this month, taking herself to the nearest café, ordering obnoxious drinks every time the editor receives negative feedback on her column. Several cafés have barred her for overconsumption. We did reach out to her for comment: "My only regret is not advising a more reasonable drink, perhaps a peppermint tea." Hopefully she'll be back next month. We wish her well.

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

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The Code: Council releases e-bike Safety Campaign

Northern Beaches Council is tackling the issues associated with the spike in e-bikes, launching an education and behavioural change campaign to help riders know the road rules, ride safely and respect other road users.

“We’ve had to act swiftly with the rapid influx of e-bikes on our streets and in the absence of legislative change of the road rules by the state government”, says Mayor Sue Heins. “We strongly advocate for cleaner forms of transport like bike riding because they are good for our physical and mental health, and the environment, but we know members of the community no longer feel safe walking on our footpaths and there have been some serious collisions and many near misses. Unfortunately, we don’t want it to be a matter of not “if” but “when” someone will get seriously injured or worse.

The e-bike code is:

1. Slow down to walking pace when others are on the path.
2. Ring your bell and call ‘on your right’ to let others know you’re approaching.
3. Be ready for sudden changes – people, pets and prams can be unpredictable.

Northern Sydney Sector Highway Patrol Command Inspector Stuart Forbes has been a strong advocate of not only promoting responsible riding, but a culture of safety and awareness for all road users. “We’re sending a clear message: safety and following the road rules is everyone’s responsibility. Since July last year we have had hundreds of reports and complaints involving e-bikes in the Northern Beaches Police Area Command. Highway Patrol continue to be proactive in education and enforcement with e-bikes.”

Bicycle NSW CEO Peter McLean supports the e-bike Safety Campaign and commended Council for tackling this issue. “E-Bikes are changing the way we commute but we need to ensure that this change is not just positive but also safe and respectful to all road users. This campaign aims to highlight awareness, respect, tolerance, and safety.”

Council has been working closely with local stakeholders to inform the campaign, and will now work further with local schools to provide resources and access to a range of information



Watch out baby, there’s an e-bike coming

to assist in improving the knowledge of students using e-bikes.

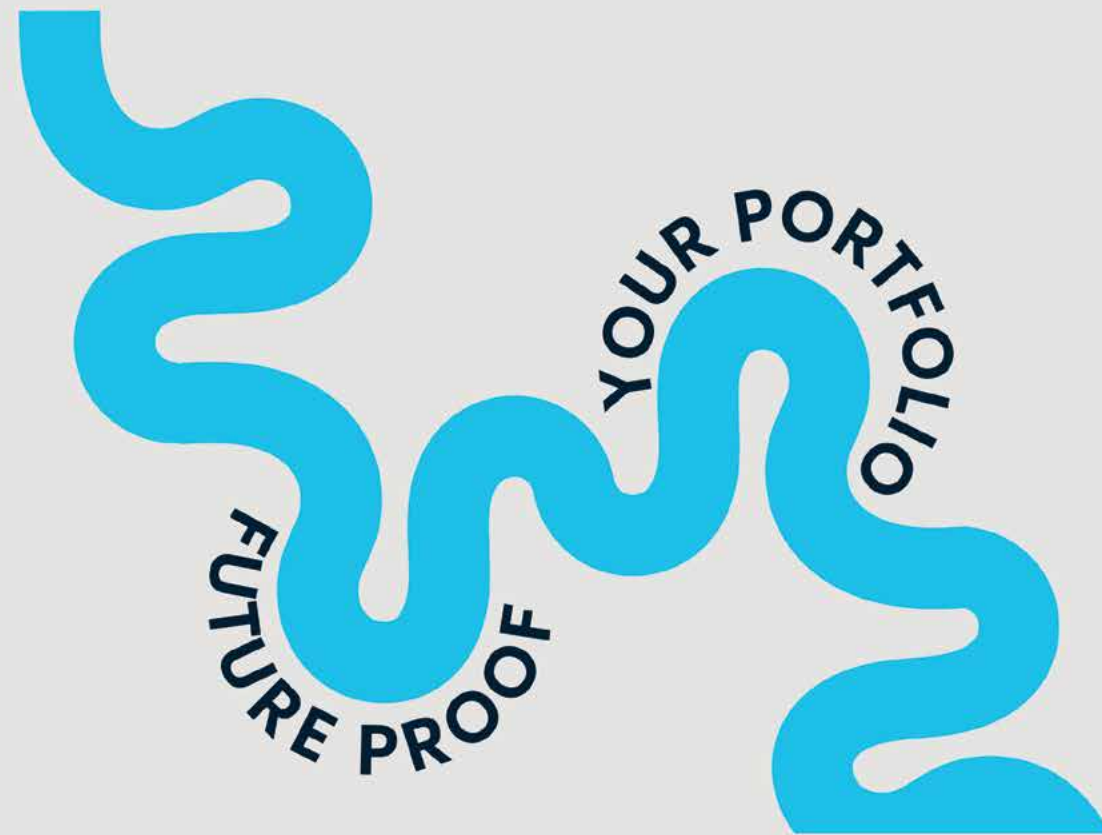
The facts:

- E-bikes are subject to the same road rules as bicycles. To be considered a bicycle it cannot be propelled exclusively by a motor. In Australia, e-bikes must not assist pedalling past the speed of 25km/h.
- Under 16s are legally allowed to ride on footpaths, and they can be accompanied by an adult.
- Bicycle riders must keep to the left on footpaths and give way to pedestrians.
- All bicycle riders must wear a helmet and have a bell on their bike to warn others of their approach.
- While e-bikes sold in Australia meet the legal requirements, there is currently no quality control over e-bikes purchased and shipped from overseas retailers.
- Personal e-scooters cannot legally be ridden on public roads and paths in NSW, only on private property.
 - Bicycles are not allowed in pedestrian malls such as The Corso at Manly.

“As we kick off our e-bike safety campaign, let’s remember that safe riding isn’t a destination; it’s a journey we must all take together,” Mayor Heins said.

More about Northern Beaches Council’s e-bike safety campaign at northernbeaches.nsw.gov.au

Words: **Liam Carroll**



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Upstanders, Shannon & Sven



Gabrielle with Ben Cook

Community Safer together

We want to live in a community in which women and girls are safe, equal and respected, and not murdered at a rate of 1 every 4 days. This means including men in the conversations and solutions, and educating boys, and girls, to change attitudes and break cycles. If we all play our part and support one another in this cultural change, we will be safer together.

Women and Children First, a local domestic violence service, has been operating for 49 years on the Northern Beaches. This year they launched their Safer Together program.

A comprehensive program, it aims to reduce and then eliminate Domestic Abuse and Violence through education, awareness, advocacy and community engagement. Its multifaceted approach addresses the vital positive qualities of healthy relationships as well as the root causes of abuse, fostering crucial conversations within communities, businesses, schools, and sporting clubs, uniting efforts

to stop abuse before it begins, and offer hope, knowledge and support to those who need it.

Everyone needs to be part of the solution. As men play a pivotal role in modelling positive examples of masculinity, we look at how society expects men and boys to act. By sharing knowledge and understanding we create a platform for boys and men to reflect, talk about their mental health, become emotionally aware and feel confident in their choices.

Topics cover what are healthy, unhealthy and abusive relationships; how do they each sound, look and feel for intimate partners and the family dynamic. Tools are provided to improve relationships and other topics can also cover the different kinds of coercive control, technology-facilitated abuse, affirmative consent, and the latest coercive control legislation.

Facilitators lead discussions on the impact of stress and trauma on individuals, from children to adults, and the importance of people's family of origin, to better understand our patterns in relationships and within ourselves. The aim is to equip everyone to step

up and not stand by, providing strategies to build healthy, respectful relationships.

Safer Together sessions are available for workplace, community club, athletic club, corporate and private custom workshops for men, or women and men together.

The Upstander Award program in the Safer Together program is designed to recognise and celebrate youth, particularly boys, but not exclusively, who exemplify upstanding behaviour, respect, inclusivity, compassion, and good character. The program integrates education about respect, gender, and upstander behaviour with positive reinforcement, commendation and celebration.

Upstander awards are presented to nominated youth who show this upstanding behaviour of challenging disrespect and demonstrating respect at the end of each sport season and school year. Unlike a bystander, and upstander acts.

Behavioural change drives societal change and breaks cycles. The program, with award, is offered free of charge to every school across the Northern Beaches and Lower North Shore, and any community or school sport club or team who would like to take part.

We are safer together if we stick together, learn together and change together.

To learn more about the Safer Together program, visit the Women and Children First website at wacf.org.au

Words: **Dr Gabrielle Morrissey**, CEO Women and Children First

James Griffin MP June update

It was fabulous to see such an excellent turnout for this year's local ANZAC Day Services. Thousands took part in the traditional Manly Dam Dawn Service and thousands more at other venues I attended on your behalf, at Manly Cenotaph, Balgowlah RSL and Harbord Diggers. Young people through to old 'Diggers' paid their respects to the many who have gone before to protect our valued freedoms.

As we remember the past, cherish the present and prepare for the future, may we ever honour those who have gone before, in some cases laying down their lives, that we might live in a free and open democratic society. Lest we forget.

Sporting Success

A massive congratulations to the Manly Warringah Baseball Little League Team which has won the Division 2 State Championships.

The Manly Maroons is an 'All Stars' team, drawn from the most talented 10 and 11-year-old players on Sydney's Northern Beaches. They played against other representative teams from around the state, including large associations, such as Ryde, Hills and Cronulla.

In a dominant, 4-day performance, the Maroons outscored their opponents 57-2 across five games in Blacktown. The older 14-year-olds in Junior League also won their State Championship and will play in their National Tournament, later this month.

The Manly Warringah District Baseball Association



Lest we forget

is now seeking sponsorship to help with costs associated with progressing to the Nationals. A GoFundMe page has also been established to help reduce the cost for families at a time when cost of living pressures are impacting family budgets. Those wanting to help can visit the GoFundMe page, 'Help Support Our State Champions'.

I wish the Manly Maroons every success as they take on the best in the nation.

Words: **James Griffin MP**

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Local Business

Bouncing its way to the Northern Beaches

In a thrilling development for Sydney's adventure enthusiasts, **BOUNCE Inc.**, the renowned global active entertainment company, has launched its latest venue in Cromer, marking the brand's debut in the city's northern region.

Opening up just a few months ago, this new venue follows the tremendous success of BOUNCE Inc's initial foray into New South Wales, which began with its Homebush location six months prior.

The Cromer facility is poised to elevate adventure experiences in the area, introducing an exciting range of activities designed to entertain participants of all ages.

Sprawling over 2,300 square meters, the Cromer venue distinguishes itself as the only site in the state to feature the BOUNCE High Ropes Course. Towering at 10 meters, this challenge circuit invites both the young and the old to test their balance, flexibility, and agility amongst the clouds.

This addition marks a first for New South Wales, complementing the venue's wide array of iconic and bespoke attractions. Patrons can look forward to enjoying interconnected free jump trampolines, cliff jumping, a wall climb arena, an X-Park parkour adventure challenge course, and a High-Performance Area dedicated to adrenaline-seeking freestylers looking to refine their skills.

Addressing the needs of its youngest visitors, the venue will also introduce a dedicated miniBOUNCE Zone. This area, an amplified version of traditional soft play spaces, promises a more expansive and interactive experience exclusively tailored for smaller children.

Ant Morell, Co-Founder and Executive Director of BOUNCE Inc, expressed enthusiasm about the expansion, highlighting the company's ambitions following the successful launch of the Homebush venue in July of the previous year.

"Our first Sydney venue in Homebush is among the bus-

iest in the BOUNCE network globally. Witnessing over half a million Sydneysiders embrace the joy of movement has been truly inspiring," Morell stated.

Morell further emphasised Cromer's dynamic energy and its community's passion for adventure as key factors in the decision to establish the new venue in the area. He anticipates that the site will become a cherished local hub, fostering joy, social connection, and healthy, inclusive activities that draw children and families away from screen time.

The appeal of BOUNCE Inc's offerings extends across all ages and skill levels, resonating particularly with families seeking valuable experiences over material possessions.

"In these times, we observe a shift in how families prioritize their time and resources, opting for shared experiences that foster connections," Morell remarked.

Check out Cromer's BOUNCE Inc for yourself at Unit 7&8, Northern Beaches Business Park, 4-10 Inman Road, Cromer or head online to: bounceinc.com.au/cromer-nsw

Words: **Faye James**

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND



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Narrabeen Sports High, Challenge winners



Jessie Silver, carving a roundhouse cutback

Lifeline Challenge Accepted

The biggest ever **Lifeline High Schools Surf Challenge** meant the friendly competition had to be extended to two days, but that didn't stop the opening day of the challenge from getting off to a flying start, with the Girls Division final and Boys Division heats held at Queenscliff Beach on Wednesday, 8 May.

Narrabeen Sports High School proved victorious, taking out the 2024 Lifeline High Schools Surf Challenge Girls Division, and finishing ahead of NBSC Mackellar Girls, Barrenjoey High School and Pymble Ladies College.

The Narrabeen Girls team of **Uli Kapferer, Bodhi Jay Moana, Lily Sain, Annalise Wong & Chloe Bosnjak** posted a combined team score of 50.18, finishing a healthy 11.4 points clear of second place NBSC Mackellar Girls with a combined 38.78.

Annalise Wong was the standout for Narrabeen, scoring a 6.00 and 5.00 point Power-wave (double points)

with the 16.00 point total being the top score in the Girls final.

"It was wonderful to see the teams from different schools cheering each other on and being so supportive of their competitors," said Sarah Grattan, CEO of Lifeline Northern Beaches. "The High School Surf Challenge is a great way for schools to come together to promote wellbeing through physical activity, plus it reminds students that Lifeline is available to support them if needed with our 24/7 telephone line plus local counselling services for anyone aged 15 years or older."

In the Boys Division, a record thirty-two teams started in round 1 with the finals scheduled to be held at Queenscliff Beach on Wednesday, 12 June.

NBSC Freshwater Senior Campus are the defending Champions and will face some tough competition from St Augustine's, Mater Maria, Narrabeen Sports High and Knox Grammar when the

competition resumes in June.

Contest Director Steve Harrison said entries had doubled since last year. "It's great to see all the high schools giving their students the opportunity to compete and represent their school," Harrison said.

"NBSC Balgowlah Boys entered five teams which is the most any high school has ever entered. It's such a great day to see all the kids having a good time at the beach."

The Lifeline High Schools Surf Challenge is a lead-in event for the annual Lifeline Classic – held in September at Queenscliff and raising funds for Lifeline Northern Beaches.

You can find out more about the High Schools Surf Challenge and the Lifeline Classic at lifelineclassic.com.au

Words: **Lifeline Northern Beaches**
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IMAGE 1: IG@BERNADETTE2097, IMAGE 2: FORDYSA FRAMES



Team 3132 ready for CRESCENDO

Education

Thunder Down Under

Dee Why's Ashley Nestlerode and her Macquarie University robot club, Team 3132, are now globally acclaimed as the Thunder Down Under, thanks to their recent trip to Houston, competing in the FIRST Robotics "CRESCENDO" event.

With over 600 teams from around the world gathered in a sports arena, screaming fans and passionate supporters cheered on the young Aussie robot makers as they navigated their robot through the course, putting the endless hours of wire crimping, bumper sewing, CAD preparing, software designing and prototyping to the test.

Thunder Down Under didn't win the overall event, but they did take home the Gracious Professionalism Award, which celebrates outstanding demonstration of FIRST Core Values, such as continuous Gracious Professionalism, working together both on and off the field of play, exemplifying the principles of FIRST: fairness, humility, positivity, and respect.

As FIRST representative announced, "This team's gracious professionalism is like lightning in a bottle lighting up a quiet room. Their compass points to innovation, improvement, and inspiration all around the world. This award is going down under, Congratulations Team 3132!"

When not engaged in frenetic robot racing action, Team 3132 successfully traded bespoke Great Southern Land items with other national teams. Their koala team pins, Tim Tams, and Vegemite proved strong trading barter, and convincing foreign youngsters and adults alike of Australia's growing drop bear population, the reality that the word "Sheila" is used in day to day chit chat, and that every single Aussie animal wants to, and can easily, kill you, ensured lifelong friendships were forged.

Words: **Liam Carroll**

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Every phone is a bottle shop in alcohol's Netflix era

Australia's major alcohol retailers are increasingly moving into the digital space, aiming to emulate the methods and the successes of popular TV streaming services, but what are the risks? **Zacharias Szumer** investigates.

As advocacy groups have long warned, we have well and truly entered the age in which 'every phone is a bottle shop'. Many of the largest Australian liquor retailers, including Dan Murphy's, BWS, Liquorland and Cellarbrations, all have apps through which purchases can be made.

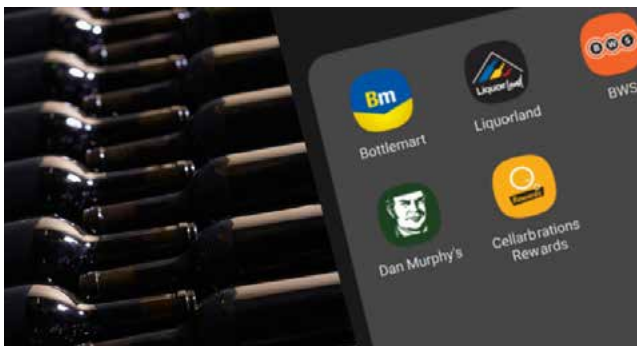
Some stores require you to visit a website to order booze for delivery or in-store pick-up, but it's still a relatively frictionless transaction. What's more, Australian companies are leading the alcohol e-commerce race.

World's largest e-alcohol retailer

Dan Murphy's has become the largest alcohol e-commerce company in the world, according to Statista – a market research company. In addition to its app and website, Dan Murphy's also offers a variety of online-only deals for members of its My Dan's loyalty program, which boasts an astounding 5.4 million "active members" – around 20% of the Australian population.

An "active member" is anyone who has used their membership in the last 12 months. Total membership numbers are far higher. In 2022, the AFR reported that number at 6.2 million people – around 30 per cent of Australia's adult population. And the numbers continue to go up.

Online sales at Dan Murphy's



A bottle shop on every phone

and BWS, both owned by the Endeavour Group, are growing at over double the rate of their overall sales, according to recently released financial documents. Online sales now make up almost 10 per cent of Endeavour's total retail sales.

Endeavour's closest competitor, Coles Liquor – who owns Liquorland, Vintage Cellars and First Choice – saw a far more dramatic disparity. Its total retail sales were up 2.8% in the first half of the 2024 financial year, but its e-commerce sales were up almost 15%.

Who spiked the 'data soup'?

Through apps, websites and loyalty programs, alcohol retailers can construct increasingly accurate profiles of users' tastes and use this information to target them with advertising and promotions. The profiles are, naturally, based on past consumption.

For example, if Zacharias Szumer previously bought

the GlenDronach 15-Year-Old Revival Single Malt Scotch Whisky, he will possibly enjoy the Bunnahabhain 18-Year-Old Single Malt Scotch Whisky. So why not recommend he give it a try? In fact, the Endeavour Group has previously engaged with Spotify and Netflix, seeking advice on how to recommend and promote new alcoholic products to consumers.

Foundation for Alcohol Research and Education (FARE) CEO Caterina Giorgi told MWM that liquor retailers like this were "trying really hard to profile people to within an inch of their life so that they can target them based on their vulnerabilities." She continued: "Aggressive, targeted online alcohol advertising creates a vicious cycle, in which someone who already consumes a lot of alcohol will see even more ads for alcohol."

A 2019 study found that 36% of alcohol in Australia is con-

sumed by the heaviest-drinking 5% per cent, while 54.1% of alcohol is consumed by the heaviest-drinking 10%. Giorgi contends that: "These companies really rely on people who are most at risk to buy more alcohol."

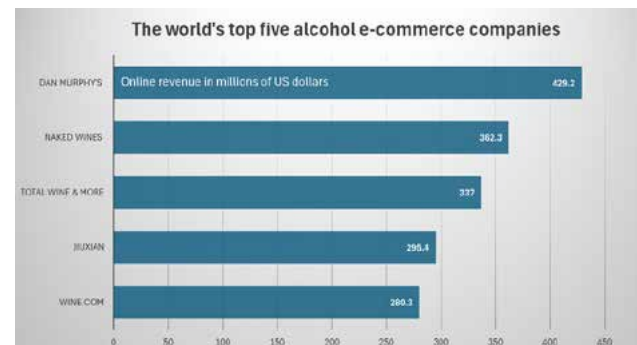
A 2023 study, co-authored by FARE and the Victorian Health Promotion Foundation, found that 83% of participants agreed or strongly agreed that marketing makes it more difficult for them to reduce their use of alcohol and other harmful substances. Previous research also clearly demonstrates that online marketing for alcohol is associated with increased use and consumption.

FARE says, "All of the data goes into a data soup, and it's used to build a profile of you. So that means things like the amount of alcohol you've purchased in the past, maybe even if you're looking up information on alcohol or seeking support..."

In a recent open letter to National Cabinet, FARE also said "addressing predatory and high-risk marketing that pushes bulk alcohol sales, including data-driven marketing," were an essential part of preventing violence against women and children.

Social media advertising

Of course, apps and loyalty programs aren't the only places where a person's penchant for a tippie may be part of their algorithmic profile and thus generate the advertising with which they are targeted. By clicking through to Dan Murphy's 'ad library' on Facebook, we can see that the com-



Data source: Statista.

pany is currently running over 70 individual advertisements. Liquorland was running over 30. However, users can't see how much the company is paying Meta for the ads – as they can with political advertising.

Ads on Meta platforms – Facebook, Instagram, and Threads – are all targeted, as they are on all social media platforms. An average of 765 alcohol ads are being placed each week on Meta platforms in Australia, according to a recent study from a joint research project between Curtin University, Monash University and two Queensland universities. Naturally, these ads link to websites where customers can make purchases.

Testing a theory

While Giorgi wasn't sure if a person's searches for help with alcohol consumption would feed into an algorithmic profile that served them more alcohol ads, she said there were currently "no rules" that would prevent it.

To test this theory, your correspondent tried Googling phrases such as "help for drinking too much alcohol" and then clicking on some

of the first results that came up – usually links to self-help resources or rehab clinics.

This also included searching and clicking through to some Facebook pages for rehab clinics and other alcohol-related support services.

"In the week after the search, there certainly did seem to be a noticeable uptick in ads for alcohol appearing on my social media feeds."

However, when your correspondent tried to request that Meta show him fewer ads related to "spirits, beer and wine", the system returned an error reading: "This page isn't available at the moment".

On the laptop, this happened over three consecutive days and on various internet connections. However, the functionality didn't seem impaired on the mobile app.

Coincidence? I don't know; I might need a drink to figure it out ...

Words: **Zacharias Szumer**, Michael West Media

In addition to Michael West Media, Zacharias has written for The Monthly, Overland, Jacobin, The Quietus, The South China Morning Post and other outlets.



The Brew Diaries: A second Bucketty's in Brookvale?

Pause the Bucketty's bandwagon everyone, I'm going to let you in on a secret...

Last year we bought a building across the road, 27 Orchard Road, with the intention of turning it into a second venue. Yep, we're going large! Opening a food-centric, 120 seat venue, complete with barrel aged beers that pair perfectly with seasonal foods prepared by a chef in an actual kitchen, not a food truck - Don't get me wrong, we love a food truck!

It's gonna be epic, or it was. Not now. It's a jungle out there and I'm scared.

We went a fair way down the approvals process: Architectural plans drawn, traffic and parking surveyed, building compliance assessed, but...

Ploughing massive funds and energy into a second venue a stone's throw from our current home seemed like a good idea in 2023. "I can see a free stool in there, let me in damn it!" was a common snarl from those lined up at the front, sometimes for over an hour.

When we opened, we were the fifth brewery in Brookvale. But there are now eight, and a couple of distilleries, all competing for the same customers, within just a few hundred metres of us. Does Brookvale need another?

Brookvale brewing pioneers, NOMAD's, are selling up, the owners migrating to Mudgee. Maybe they see the writing on the wall, maybe they just really like wine and cheese? Likely both! I don't know. What I do know is that things are much tighter than they used to be, and we all live and die by the patronage in our tap rooms.

The days of multimillion dollar acquisitions of independent breweries are done. Before we opened, breweries could barely keep up with demand, desperate to find space to squeeze more tanks into heaving warehouses. Not anymore. I see equipment for sale, and friends going into voluntary administration.

Maybe this is simply the life cycle of any industry. Right now, we're on the downward slope, an oversupply of product and increasing competition. But - Craft beer is different. Our industry is unlike anything else I've experienced. We're a team. We share common values and collaborate better than Dr Dre & Snoop Dog. Through our combined efforts we've changed beer and hospitality across Australia. Hundreds



Expansion plans on ice for now

of communities are richer for the small independent breweries that dot our vast landscape. Us independent breweries, we pay it forward and help each other out.

So, I'm hopeful that with collaboration we can build on the success of Brookvale as a destination for booze connoisseurs and people wanting an experience outside your traditional pub or club. A place for people that reject weird carpets and "VIP rooms". And you can help keep the dream alive. Spread the word and get down to Brookie for festivities, or a quiet mid-week meal whenever you can. We need your help to keep this little patch of magic thriving. Even 4 Pines, those guys are alright too.

And the future for 27 Orchard Road? The sitting tenant is expanding to take over our intended venue. Their business of restoring VW Kombi's is going gangbusters, bursting at the seams with locals wanting \$100,000 vehicle restorations! Could there possibly be any clearer sign of the changing social fabric of the Northern Beaches than that?

Most importantly, get down to Brookie and share the love whenever you can. Us indie breweries need your support to stay healthy and navigate this tricky period we're in right now.

Words: **Nick McDonald**

Co-founder of Bucketty's Brewing Co.

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DRINK IN OR TAKEAWAY

The Mackellar People's Jury on Housing

In June I'm holding a people's jury on housing, an all-day gathering where a group of 30 Mackellar residents will tackle one of the most difficult questions facing our community: how to make housing more affordable and available on the Northern Beaches. Why am I taking this approach? Because I believe in giving our community a genuine opportunity to have a say on critical issues like this. And there's no shortage of wisdom and experience in Mackellar.

Housing policy is complex. People often have different views influenced by their position in the housing market. A person who bought in the Northern Beaches 30 years ago might put a high value on preserving their amenity and house values. A person with an investment property might have a different perspective to someone trying to get into the market. Someone who is renting might prioritise cost and being close to transport and beaches. But that doesn't mean they can't see each other's perspectives.

A deliberative democracy event is designed to create a mini-public, a diverse range of people that reflects the community affected by the decision. This microcosm of a population is then allocated considerable time and information to help reach a consensus decision.

The group is tasked with not merely considering what its members want, but also what trade-offs they can accept in order to agree on a list of priorities. Often the work is difficult, but we know citizens have the necessary willingness and skill to make these decisions, after all we trust juries to make the right and wise decisions on innocence or guilt of a person.

Three ideals are prerequisite for a public deliberation: inclusion or representativeness; deliberation, during which strengths and weaknesses of various options are considered; and influence or impact. It's important that decision makers agree to act on or have their positions informed by the recommendations of the jury, and if not, then publicly explain why.

Deliberative democracy has had a recent renaissance, being used increasingly to resolve difficult issues and move forward. The leading country using people's juries in decision making is Ireland where all parties have embraced the mechanism. In Europe it's taken hold, as an OECD paper, the Deliberative Wave, shows.

Over the last few weeks I've been undertaking



Deliberative democracy is coming to Mackellar

the jury selection process in conjunction with the not-for-profit organisation, newDemocracy, which has expertise in running deliberative democracy events. We've sent invitations to 5000 random households who can indicate their interest in being involved, and newDemocracy will select the final 30 to ensure a jury reflecting the demographics of our Mackellar community.

Everyone is invited to tune to the livestream as the housing experts present their solutions to the jury on June 15. They are Dr Peter Tulip from the Centre for Independent Studies; Melissa Neighbour from advocacy group, Yes in my Backyard; John Brockoff from the Planning Institute of Australia; Wendy Hayhurst from the Community Housing Association; and Dr Richard Denniss, from the Australia Institute.

I will also be informing the community of the outcomes of the deliberation through an on-line presentation in early August. Your submissions and survey results will also be put to the Jury. So please send them in via my website.

My role is to listen. Once I have the jury's views, I will be communicating them to state and federal housing ministers. As Iain Walker the CEO of new Democracy says, "When given the authority, time, and information, everyday people take the tough questions, side-step party lines, and deliver sensible answers."

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

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



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FEDERAL MEMBER FOR MACKELLAR

AUTHORISED BY DR SOPHIE SCAMPS MP
INDEPENDENT FEDERAL MEMBER FOR MACKELLAR





Geraldine's art is a voice for conservation

Cover Artist

Geraldine Simmons

What inspired your cover? This piece is for Northern Beaches Gallery's Africa Exhibition, in support of Jane Goodall Institute Australia, running 29 June to 13 July (Opening night 29 June, 5-7pm). When I first found out about this exhibition, I was elated because primates are my favourite subjects.

What inspires you in general? The animals themselves inspire me to create my art simply because of them and their right to exist. Animals show us how to live in perfect harmony and to co-exist. More importantly, they show us how to connect, love unconditionally, and live in the present moment. Sadly, through our disconnect and exploitation of the natural world, we are experiencing rampant environmental destruction and massive loss of species. My mission is to inspire respect and connection; to show that animals are sentient beings, just like humans.

How would you describe your art? My art is mainly realistic, sometimes even hyper-realistic, but it goes beyond looking like a photograph. I create soulful wildlife portraits to inspire deep respect and connection to our natural world. I aspire to show not just an "animal" but a living, breathing being who shows intelligence and has feelings - who belongs to a family and plays an essential role within our ecology. No matter which species I draw, it feels natural to portray sensitivity and innocence as a common denominator, even in the fiercest of animals - something animals do not hide and

inspires us to reconnect. I express this the most when drawing the eyes, taking great care to inspire an emotional connection.

What is your favourite part of the process?

The finishing touches, especially perfecting the expression of the eyes.

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

I would love to meet the extraordinary primatologist and conservationist Dr Jane Goodall. She is an incredible inspiration, particularly for women, courageous and compassionate beyond words. I would love to hear about her selfless and extensive study of wild chimpanzees. It's amazing how in her moments of solitude with these sentient beings she has been able to enlighten us on what we have in common with them, more than what separates us, therefore abolishing outdated and ignorant attitudes towards animals. There's still a long way to go, but if weren't for people like Jane Goodall, it would be a whole lot worse for animals.

What's your favourite thing about what you do?

There's no better feeling than witnessing how my art contributes to raising funds and awareness for wildlife conservation. My heart swells with gratitude when I am invited to submit my art, or my art is juried into conservation exhibitions. In these very environmentally challenging times, I know that my art is a powerful platform to move and educate others on the plight of animals that are on the brink of extinction.

What advice do you have for young or aspiring artists?

Never underestimate your value as an artist and the good you are contributing to the world. You are serving others by uplifting their spirits, transporting them into the present moment, and inspiring a better world through the light of your self-expression. Knowing this helps me create my best work as I'm sure it will for you too. Never give up, stay committed, and acknowledge your achievements along the way, no matter how large or small.

Original artwork and signed limited edition giclee prints are for sale on Geraldine's **Artists for Conservation** website: geraldineswildlifeart.com and follow [@geraldine_simmons_artist](https://www.instagram.com/geraldine_simmons_artist) on Instagram.

Interview: **Liam Carroll**



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Steve Hill [Photo: Renate Rienmueller]

Steve Hill: The Man who helped make Music happen on the Beaches

As a local filmmaker currently documenting the deep and wild history of the Northern Beaches music scene, I have always been interested in how the 'Insular Peninsula' became one of the world's most important and prolific centres for live music.

I believe one of the most important people involved in the development of that scene was the man who helped bring an awesome and diverse array of bands to the Beaches, including Hunters and Collectors, Eurogliders, Dragon, Red Kross, The Warped Tour, Silverchair, Rat Cat, The Hard Ons,

Urge Overkill and so many more. Indeed, if you're over the age of 40, there's a good chance you attended a gig Steve Hill organised.

Steve started as a roadie back in 1972, when the Aussie music scene was only just emerging from aping the "British sound". By the mid to late 70s things were starting to change, Steve was now working as a booking agent, there was a plethora of emerging talent from the Angels to INXS and the seams were about to burst.

Steve was at the center of this maelstrom, helping to carve out a Beaches tour circuit at venues that could swallow up to a thousand punters on any given night, when people used to party hard midweek at places like The Manly Vale Hotel, The Royal Antler and Avalon RSL.

Then Steve got married, had some kids, bought a house in Seaforth, and became the Manager of Youth Services at Manly Youth Centre where he was pivotal in starting Australia's best All Ages Concert Hall - Kangaroo Rock. 'Kanga', as it was known by a few of the locals, was a fortnightly gig on Saturday nights that featured some of the best alternative bands from Australia and around the world including Midnight Oil and Henry Rollins.

Through Kangaroo Rock, Steve created both the perfect 'first step' gig for local bands supporting big national and international acts and allowed kids under 18 a safe place to see their heroes, while learning to love the physicality and community of live music.

Steve was more than just someone who put on gigs for the kids. He understood the complex pressures on young people in the 80s and 90s, using his management skills to run many youth programs often funded by the revenue from the youth concerts. It's pretty accurate to say that in Manly, through his guidance during that time, Rock and Roll saved lives.

Rock on Steve Hill!

Words: Simon J. Heath



Home Exterior Before and After ACRLYMERIC® WeatherTuff Superior waterproofing in Arctic White

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WeatherTuff has been designed for exterior use and is resistant to the growth of algae, mold, and fungi. It is also an excellent choice for Northern Beaches buildings subject to salt spray. The product is simple to apply and can be easily cleaned up with water after painting. Other benefits include:

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product can be applied to exterior unpainted and previously painted masonry, weatherboard, and many other building substrates where waterproofing and substrate protection are the main focus.

In keeping with Colormaker's long tradition of innovation, WeatherTuff was one of, if not the very first, internally plasticized elastomeric wall coatings (EWCs) in the world, based on technology that has well and truly stood the test of time and can point to a track record of almost 50 years.

In fact, there are a number of well-known buildings on the Northern suburbs painted with ACRYLMERIC® WeatherTuff, including (what is now) the SBS Building at North Sydney in 1976 and Shipmates, the iconic absolute beachfront apartment block at Collaroy in the late 1990s. It has also been used on multi-storey unit blocks at Manly and Edgecliff, the Valentino building in Crown Street, Surry Hills and The Faculty of Nursing Building, in Mallet Street, Camperdown plus of course, Colormaker's own façade in Brookvale almost 10 years ago.

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Words: Liam Carroll



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| <i>Colormaker Industries</i> | <i>Premier Guitars</i> |
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| <i>Dr Sophie Scamps MP</i> | <i>The Falls Estate</i> |
| <i>Freshwater Brewing Co</i> | <i>The Metal Space</i> |
| <i>Glen Street Theatre</i> | <i>Toby's Tools</i> |
| <i>Goodradigbee Distillers</i> | <i>Twyford Hawk Investments</i> |
| <i>Greenscope Roofing Co</i> | <i>Vittoria Vieceli</i> |
| <i>In2Balance Kinesiology</i> | <i>Watermarx Graphics</i> |
| <i>James Griffin MP</i> | <i>Wilson Family Funerals</i> |
| <i>Jonathan Poole Builder/Handyman</i> | <i>Zali Steggall MP</i> |
| <i>Just Better Care</i> | |

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

June 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 0304 1.66 0942 0.46 1602 1.56 2200 0.67	2 0409 1.62 1030 0.45 1656 1.69 2309 0.59
3 0509 1.58 1117 0.46 1745 1.81	4 0014 0.50 0607 1.53 1203 0.48 1835 1.91	5 0112 0.43 0704 1.48 1248 0.51 1923 1.97	6 0205 0.38 0759 1.43 1334 0.55 2010 2.00	7 0257 0.37 0852 1.39 1419 0.59 2056 1.99	8 0345 0.38 0942 1.35 1505 0.64 2141 1.95	9 0432 0.43 1030 1.32 1550 0.69 2225 1.87
10 0519 0.49 1118 1.29 1635 0.73 2307 1.78	11 0604 0.55 1205 1.28 1722 0.78 2350 1.69	12 0649 0.60 1253 1.28 1813 0.82	13 0035 1.60 0732 0.63 1345 1.30 1911 0.85	14 0125 1.51 0816 0.64 1437 1.34 2016 0.87	15 0220 1.44 0900 0.64 1530 1.41 2126 0.85	16 0319 1.39 0943 0.64 1618 1.49 2232 0.80
17 0417 1.35 1024 0.63 1703 1.57 2331 0.73	18 0512 1.34 1104 0.63 1745 1.66	19 0022 0.65 0602 1.33 1144 0.63 1825 1.74	20 0108 0.57 0650 1.33 1225 0.62 1905 1.82	21 0150 0.49 0737 1.34 1306 0.61 1947 1.89	22 0233 0.43 0824 1.35 1351 0.59 2030 1.94	23 0318 0.39 0911 1.36 1438 0.58 2115 1.97
24 0404 0.36 1000 1.37 1527 0.58 2202 1.97	25 0453 0.36 1051 1.38 1619 0.59 2251 1.94	26 0542 0.37 1145 1.40 1715 0.62 2342 1.86	27 0632 0.39 1239 1.43 1815 0.65	28 0036 1.76 0723 0.42 1336 1.48 1921 0.67	29 0134 1.64 0813 0.45 1434 1.55 2033 0.68	30 0239 1.53 0903 0.49 1532 1.63 2151 0.65

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: LIZ KEENE IG @LIZKEENE

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





Cave man Clint with a Middle Harbour King

Fishing

What's Biting, Clint?

Change is afoot, north-east trades disappearing, southerlies starting to square the ledger. Cooling water temps have seen the Mahi Mahi thin out while the Snapper and Trag increase in numbers on the inshore reefs.

Kingfish are still about; Steve Gaynor from Sydney Harbour Charters reports rat kings giving way to some larger models, dusting anglers on heavy tackle around the harbour wrecks. Quality live baits are the key if you want to tangle with them.

From the stones, South Curl Curl remains consistent. Anglers are having no trouble catching Bonito, Aussie Salmon and the odd Mackerel Tuna down there. Live baits and pilchards are the bait of choice. Rise early, spots are limited! The place is becoming increasingly popular.

Reliable sources report good size Snapper and Drummer from the rock platforms up and down the Peninsula. Look for washy sections and berry them up. Don't be surprised if you pick up a Groper but remember, the Groper ban is in full swing. You can't take them with you.

Good numbers of Flathead, Bream and even Whiting are still coming out of the harbour and estuaries. Preference fresh bait like beach worms or nippers. If targeting Flathead, consider a moving bait or lure. The vibes have been particularly deadly along the mud flats and drop offs.

By next month, as the water continues to cool, I expect we will be talking about more Snapper, Drummer, Kingfish moving out to deeper water and perhaps a few more Yellow Fin Tuna out wide. Until then, get out there and enjoy the waterways.

Words: **Clint Harwood**, IG @aussiecavemanclint



Business

End of Financial Year

Howdy Tawnies. Tom here from Beaches Accounting, your small business accounting specialist, with a friendly reminder that it's close to that time of the year, when, for one brief moment, the Accountant is at the top of the list of people to call. Whether you're after a new ute or looking to top up the super it's a great time to speak to an accountant.

GOOD NEWS!

Tax rates are going down next financial year, which means most people will have more cash in their back pocket. It also means it is extra important to maximise your deductions this year at the higher income tax rate.

Things to think about ahead of 30 June:

- Bring forward any planned business purchases before 30 June. However, this isn't a green light to waste your hard-earned coin.
- If you are a business owner and have the flexibility to review salaries, consider paying yourself less this year and more next year at the lower income tax rates.
- Top up your super and check for any unused caps, it's not sexy but it's a great way to save tax.
- Get your records in order, complete logbooks, collate travel expenses, update your home office hours diary.

We offer a free drop-in service 1 hour every week. If your business could use some Beaches Accounting insights, visit beachesaccounting.com or scan here for details:



Words: Tom Daven

Advice given in this article is general in nature and is not intended to influence readers' decisions about investing, tax or financial products. They should always seek their own professional advice that takes into account their own personal circumstances before making any financial decisions.

Local Business

Brookvale Stainless

Who are Brookvale Stainless?

We're a Brookvale-based family business, and since 2007 we've been the Northern Beaches' one stop stainless steel shop.

What problem are you solving?

Being located in a coastal area, most outdoor metals are required to be stainless steel. We realised no shopfront existed for the regular person to approach.

Who are your customers?

We have a full range of stainless steelers, from elderly residents requiring handrails to assist their mobility around home, to builders requiring a drain for their bathroom, cabinetmakers needing a benchtop, boaties after bolts,

and anyone else requiring something stainless steel.

What do customers enjoy most about dealing with Brookvale Stainless?

Our honest and welcoming approach. We understand not everyone knows the specifics of stainless steel and fabrication, so we try to explain it all in a way that everyone understands.

What's the best part of your working day?

Working with family and our close-knit team, as well as being able to improve (and potentially prolong!) our customer's lives with handrail installs.

Do you have any advice for other small business owners?

Be prepared to put in the hard work and as many hours as it takes to be in control of all the moving parts of your small



Linton, Brookvale's Man of Steel

business. Some days will be especially challenging, but the rewards are priceless when things all come together, far more so than being in a large corporation.

To learn more visit brookvalestainless.com.au or call **9939 8466**. For new customers, mention the Tawny to receive **10% off** your first order (up to \$1500)

Interview: **Liam Carroll**
Featuring: **Linton Wills**

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Local Business

The Hapkidoist Investor

It all started with the landmark arrival of Stewart Laughton's 40th birthday, a pivotal turning point in many a bloke's life, but especially so for the Manly father of three and director of Twyford Hawk Investments. "My main goal was to lose some weight," explains Stewart. "I'd let myself go, too many beers, I knew I needed to get back on track, trim down, and that an F45 or faddy sort of gym, that wasn't going to work for me."

Stewart asked a good friend who was a Black Belt in Karate if being 40 years old was indeed too many decades in the tooth to try martial arts. "Of course not, mate, go for it." Stewart soon discovered Northern Beaches Hapkido in Brookvale, offering three trial sessions for imminent martial artists to try out the Dojang.

"I was pretty much hooked from the outset and thought wow, this is the real deal, 90-minute sessions with stretching, high intensity movements, learning new self-defence skills, even finishing with meditation. It was exactly what I needed, and the Masters, they were so impressive, it was clear they'd dedicated their lives to this."

Stewart's radar was spot on, with Northern Beaches Hapkido overseen by none other than the President of the Australian Hapkido Association and Australasian Martial Arts Hall of Fame inductee, 6th Degree Black Belt, Hapkido Master Matt Geister.

"When I was 12 a martial artist did a demonstration at our school, and I was so drawn to the way he moved, how he carried himself," says Master Matt. "I became a Black Belt in Taekwondo and later also in Karate, then was lucky enough to train under Grand Master Sung Su Kim, who brought Hapkido to Australia with his brother. We used to travel to Oxford Street four to five times per week to train with him, all during and after my HSC in 1984."

Translating to the Art of Co-ordinated Power, Hapkido traces back to Choi Yong-Sul, born in South Korea in 1904. Taken from his home as a boy during the Japanese occupation of Korea, Choi was forced to become a servant to a Japanese Aikido Grand Master, finally returning to Korea after World War II, and fusing Japanese Aikido with Korean Taekwondo, teaching his art at a brewery owned by the father of his first student!



Stewart with Master Matt Geister

"In Hapkido you don't fight force with force," explains Master Matt. "You go with the forces being applied and learn to divert them away, or apply joint locks to stop your opponent, becoming equipped to handle virtually any situation."

This universal appeal to all shapes and sizes, men and women, young and old, has ensured the ongoing appeal, popularity, and utility of Hapkido, especially for women who may otherwise feel vulnerable in the community. Short Women's Self-Defence Courses are very popular for these instructors.

While for Stewart, now 18 months into his Hapkido journey, the results are clear. "On a personal level, losing 8kilos and sustaining it has been incredibly positive for my marriage, my quality of health, my focus. It provides fantastic structure to my life, and I'm never bored, always learning, always looking forward to the next session."

On a professional level, with Stewart's work in investment management requiring the sharpest of focus, "My Hapkido practice reinforces the importance of structure and process. Everything is a process. Don't rush things. Work hard and focus every step of the way and the best outcomes arrive from there."

Learn more about Northern Beaches Hapkido online at hapkidomartialarts.com.au, and more about Twyford Hawk Investments by contacting stewart@twyfordhawk.com

Words: **Liam Carroll**

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Meet Red, a geriatric Hungarian Vizsla, in for management of his hip arthritis

The Seaforth Vet

Managing our arthritic pets

As we roll into winter and the weather gets colder, it's essential to be aware of the impact arthritis can have on our beloved dogs and cats. Arthritis is a common condition affecting our pets; however, it can be effectively treated. Up to 40% of adult dogs and up to 80% of geriatric dogs may have arthritis, and its signs can become more obvious during the cooler winter months.

What Causes Arthritis

Arthritis, also known as osteoarthritis or degenerative joint disease, is a progressive condition which causes inflammation and deterioration of joint cartilage. It commonly affects older pets but can also occur due to genetic predisposition (Labradors or Golden Retrievers are far more likely to suffer from hip dysplasia which will ultimately lead to hip arthritis in later life), joint trauma (past fracture, ligament injury or infection of the joint), or developmental issues.

Recognising Signs of Arthritis

Pets are far better at hiding their aches and pains than their human counterparts, so the signs of arthritis can be subtle and easily missed. At this time of year I find myself spending far more time discussing arthritis and how to manage it, and far less time dealing with ear and skin infections. Some common signs of arthritis are:

- Reluctance to jump or climb stairs
- Stiffness, especially after rest
- Lameness, or favouring one limb
- Decreased activity and exercise intolerance
- Irritability or reluctance to be touched

- Poor coat quality due to reluctance/inability to groom

As the weather cools, arthritis symptoms can worsen due to decreased activity levels and sensitivity to cold temperatures. Pets may experience more stiffness and discomfort, making it crucial to adjust their care routine accordingly.

What Can We Do to Help?

We cannot reverse arthritic, degenerative changes, but we can try and slow its progression and alleviate the pain associated with it. The most important aspects to consider are:

- 1. Weight** - weight loss reduces the load through the affected joints and reduces inflammatory mediators within the joints.
- 2. Exercise** - aim to maintain muscle mass and joint range of motion by continuing with gentle consistent exercise. Avoid inactivity or high intensity play.
- 3. Husbandry** - make sure your pet is warm enough and has a good quality bed which distributes their weight evenly.
- 4. Nutraceuticals** - there are a large number of these products on the market for use with joint disease. These products often include glucosamine, chondroitin, omega-3 fatty acids and polysulfated glycosaminoglycans. These products aim to reduce inflammation within the joint and look after articular cartilage and joint fluid. Have a chat to your vet about what options might be suitable for your pet.
- 5. Analgesic Drugs** - there are many drugs which can be used to help manage the pain associated with arthritis. They include NSAIDs, Paracetamol, Gabapentin and more recently Beransa, an injectable monoclonal antibody. Discuss with your vet about what options are right for your pet, and never just reach into your medicine cabinet.
- 6. Other modalities** - such as physical therapy (underwater treadmill and manual therapies) and acupuncture, may be helpful in managing pain and maintaining or re-gaining mobility

Sadly, we cannot cure arthritis but there is much we can do to improve the quality of life for our pets. If you are concerned your pet may be suffering from arthritis, please contact your vet.

Words: Dr Lewis Hunt

This content is for informational purposes only. It is not a substitute for professional veterinary advice. If you have any concerns or questions regarding your pet, please contact your vet for advice.



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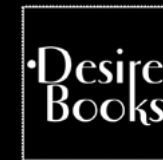
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Don't go Ku-ring-gai chasing waterfalls

Secret Spaces Hidden Places

A well-hidden waterfall in Ku-ring-gai National Park

We drive past a car parked precariously on a rock next to the winding McCarrs Creek Road. 'Darn, that was it!' I shout, as we whiz by the unsigned stopping point, soon realising it's hard to make a U-turn on this narrow road through Ku-ring-gai National Park. But despite the added kilometres, we turn the car around at General San Martin Drive and slow down before we cross West Head Road again.

As we park the car on the small gravel shoulder, we can hear the trickle of water in the distance, a sign we're close to Upper Gledhill Falls; a not-so-secret but well-hidden waterfall and swimming spot in the southern end of the National Park.

We cross into the low shrub, taking a left on the well-trodden path and a short hike to the upper falls. Within two minutes, we're walking on the

rock overhang beside cascades flowing into the waterfall that feeds the swimming hole below.

A rope swing dangles to our right, a constructed jumping off point to submerge yourself in the icy emerald pool. While we didn't jump into the dark but crystal clear waters that day, multiple online sources claim the wild swimming pool is refreshingly beautiful due to its surprisingly clear and deep waters. (But we'd recommend going in from the lower part to be safe!)

Despite being so close to the road, with a small bridge crossing over the rock pool at the top of the falls, there is still an air of secrecy to this spot. Other than a mother and son joining us after a few minutes of peaceful seclusion, we're otherwise undisturbed - either good fortune or a sign that the once-reportedly crowded falls

has started to dissipate.

To take in the full scene of the waterfall, you can travel back along the path and into the dense bush where you'll find a slightly precarious route, involving some rock scrambling. Blue ropes guide us along the path and help us down the steeper sections of the route to the bottom. At the pool's base, we find a small sandy beach. Standing there, we savour the serene ambiance amidst steep cliffs, lush rainforest and fern-covered rocks.

Did you know...

The waterfalls are fed from McCarrs Creek whose tributaries are Wirrenanda Creek, near Mona Vale Road. These waterways feed into Cicada Glen Creek, which was named for the deafening sound of the cicadas in the area from early explorers. The water continues to flow into Pittwater from here, past Church Point with many beautiful swimming spots along the route.

How to get there

The easiest way to get here is to drive, otherwise it's about a 5-kilometre walk from the nearest bus station. Head to McCarrs Creek Road from the eastern side of the park, just past Church Point. From the entrance of the park, it's less than 3-kilometres until you see a small "car park" on the right-hand gravel shoulder, just before the bridge. From here, there is a clearing in the bush marking the start of the trail to the waterfall.

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

Words: **Rebecca Burton**



Blue Triangle Butterfly

Mal's Wild Side

Infrequent Flyers

No one really knows where the word "Butterfly" originates from. One theory, it's derived from the old Dutch word "boterschijte", which literally describes the yellowy colour of their first, post-chrysalis, sh*t.

Butterflies used to be so prolific that children would pursue them with huge nets, in an urge to fulfil their megalomania for bright fluttery things. Collectors pinned the fragile little thoraxes of butterflies onto display boards to show off their hunting prowess. In Victorian times, the pursuit of butterflies bordered on being an obsession.

Now that butterfly visits have become a rarity, we know much better than to harm them directly, but the gardening "commentators" still fail to make the simple connection between caterpillars and butterflies. If it looks remotely like a caterpillar, they reckon it should be poisoned, squashed or otherwise eradicated from our neatly manicured, grub-free, backyards.

The fact that one day those caterpillars will magically transform into beautiful and

highly effective pollinators (second only to bees) seems of little relevance. The likelihood that waging chemical warfare on caterpillars will have a domino effect on other beneficial insects and birds, seldom seems to enter their horticultural heads.

Butterflies have been on this planet for 40 or 50 million years. There are over 20,000 species worldwide, but they are now in steep decline. In North America, the journey of the Monarch butterfly is heralded as a natural wonder of mass migration.

Millions of these brilliantly coloured creatures meander over 3,000 kilometres from the US to Mexico to hibernate. Their numbers have decreased from around 100 million to less than half of that - and falling - due to land clearing, development and the loss of the native Milkweed plants that they rely

on for sustenance.

According to Irish folklore, butterflies embody the souls of humans and are able to pass between worlds, so it's very bad luck to kill them.

Although butterflies often look spectacular, their wings are actually transparent and made up of tiny scales. Most of their iridescent colour is formed by light refraction. These various patterns serve essential functions such as camouflage, mate attraction, and signalling, to potential predators, that they are toxic to eat.

The large compound eyes of butterflies contain thousands of microscopic lenses and three types of photo receptors. These allow them to detect the ultra-violet patterning on flowers and so find nectar. They also have chemo receptors on their feet to help them "taste" their environment and locate dissolved sugars.

To create a well-balanced, backyard eco-system (which includes butterflies) we need to restore the endemic trees, shrubs, groundcovers and grasses that existed there originally, desist from using herbicides or pesticides and remove exotic weeds by hand. Gradually the natural order will return.

Two of the most spectacular butterflies to look out for in Northern Beaches gardens are the large black, white and orange "Orchard Swallow Butterfly" and the aqua-coloured "Blue Triangle Butterfly" (pictured).

And remember...if you can't see any butterflies dancing around, you're probably at a moth ball.

Words: **Malcolm Fisher**

Infidelity: The end or a new beginning?

How betrayal can be transformed into a relationship growth opportunity

We've always been told, thou shalt not covet thy neighbour's wife, and yet, according to a report by the Australian Institute of Family Studies on reasons for divorce, cheating ended 20% of marriages. That's one in five being directly impacted, but most of us could think of many who have had their lives and hearts crushed by infidelity. A betrayal like this cuts to the core, leaving us feeling like we're not good enough. So why do people do it and what's the silver lining?

It's easy to conclude that if someone cheats, a marriage isn't working, but infidelity is a complex phenomenon interwoven with our threads of desire, fear, curiosity, and longing for acceptance, belonging and intimacy. Renowned relationship therapist Esther Perel outlines the inherent conflicting needs that arise in any relationship which make it challenging to nourish those different parts of self.

On the one hand, we have a need for safety, security, and stability. Marriage is an institution with a legally binding contract that attempts to lock in those things for us. However, also true to our human nature, is our need and desire for curiosity, adventure, risk, novelty and the unknown. To assume that we would be able to meet all of these, at times contrasting needs, from one other person in our primary relationship is quite a big ask. Even more so, to continually ask over a lifetime. Being proactive about nurturing your myriad of needs in work, travel, hobbies, or experience can aid regeneration and relationship vitality.

The same study as previously mentioned stated that 27% of marriages ended due to communication issues and 21% due to incompatibility or drifting apart. These elements of talking, growing, evolving cannot be understated for your relational success. It's also worth noting here that our culture's only KPI for relationship success is time. It doesn't ask if you are happy, content, fulfilled, sexually and romantically engaged, it doesn't even care if you like the other person. It all comes down to: did you stick around? Is that the metric you want to define your relationship by?

So, what's the silver lining if you find yourself navigating the tricky waters of infidelity? If taken, it can be a huge opportunity for honesty,



The barista meant nothing! From now on, all coffee will be brewed at home.

communication, and growth. When gently explored, infidelity will highlight unmet needs. There may be deficits in the relationship, but there may not be. Anyone feeling unnurtured, unseen, or uncared for in their dynamic may be more susceptible. However, a person may also be seeking a new self, new exploration (romantic or sexual), a new experience or a new emotional landscape. Underlying infidelity is always a lack of honesty, usually starting with yourself. Once that honesty surfaces, there is real opportunity for deep authenticity.

Turning the pain of betrayal into an opportunity for growth is no small feat. It requires immense courage, honesty, and commitment from both partners. The process often involves rebuilding trust, a gradual and fragile endeavor. Open communication becomes the cornerstone of recovery, where each partner must voice their feelings, disappointments, and expectations. This dialogue, though difficult, is vital for healing and reinventing the relationship. True intimacy is about deeply knowing and being known by another, and that can be the ultimate gift of traversing this rocky terrain.

If you and your partner have experienced infidelity and need support with your relationship repair, reach out to The Love Scout.

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

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

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Zena at the launch of her sci-fi thriller, *Towards White*

Tawny's Bathtub Bookclub

Local writing hero is an inspiration for living a better life

Meeting **Zena Shapter**, author, editor, mentor, founder of **Northern Beaches Writers' Group**, mother, wife, friend and I suspect much more, felt like being struck by a bolt of energy, intelligence, kindness and generosity. Zena's passion for writing and helping others unleash their true potential is her life's purpose.

I reviewed Zena's most recently published book **When Dark Roots Hunt** last July, struck by the originality of its voice and of the story – it's speculative fiction in a league of its own and with an appeal to people of all ages. Zena is working on another in the series and it's due for release next May. I can't wait.

When speaking about her own writing the pleasure Zena derives is evident, but it is talking about helping aspiring writers that makes her face and voice sparkle. Back in 2009, Zena thought there was something missing in the Northern Beaches – that "something" was a group and opportunities for

serious writers

Today Zena teaches workshops, consults with the council, creates and runs community projects, and her Northern Beaches Writers' Group is an award-winning writing and critique group. Remarkably and sadly, it receives no funding.

Zena believes the best writing involves a huge amount of rewriting, workshopping, eliciting and acting on feedback, editing, more thinking, more rewriting, more workshopping. Writing really is a team sport rather than a solitary pursuit and Zena provides invaluable support that helps make that true for local writers of any level or genre.

Zena also helps many worthy causes through her 'Art & Words' Projects and raising \$15,000 for The Kids' Cancer Project' by publishing five children's books, each of which won 'best book' in the national WABAID awards. She has also founded, led and voluntarily funded over \$225,000 worth of

community projects, enabling over 300 writers of all ages to celebrate their work and develop their craft.

This softly spoken, slight young woman is a powerhouse, and happiness exudes from the pores of her skin. She lives by the Japanese philosophy of Ikigai, "a reason to live," a concept encouraging people to discover what truly matters to them and to live a life filled with purpose and joy. Zena describes it as doing what you love, what you're good at, what you can be paid for, and what the world needs.

To understand how this has influenced her consider this, Zena:

- turned her back on a legal career because she didn't love it, even though she was good at it, and it was more financially rewarding than writing
- writes with a focus on the YA (young adult) audience because she wants more young people to read. She interviewed dozens of young people before writing *When Dark Roots Hunt* to understand what issues were concerning them and what they wanted to read about, and
- helps writers write because that's what they want and need to do.

Unsung heroes like Zena make this world a better place. Our Northern Beaches community is so lucky Zena chose to leave the UK all those years ago and make her home here. She's an inspiration to us all.

Visit zenashapter.com and go local when buying **When Dark Roots Hunt** at Harry Hartog or from the usual online booksellers.

Words: **Paige Turner**



Home Cooking

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Ingredients

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- ½ tsp smoked paprika
- ½ tsp garlic powder
- Salt and pepper to taste
- 225g cod (or other firm white fish), cut into pieces
- 1 zucchini, cut into sticks

Method

Preheat the oven to 200°C. Line a baking sheet with baking paper. Whisk the egg in a small bowl. In another bowl mix the flour, smoked paprika, garlic powder and seasoning. Pat the fish dry with a paper towel before dipping in the egg and then the flour mixture. Repeat with the zucchini. Place the battered fish and zucchini on the baking tray and bake in the oven for 15 minutes until crispy. You can also cook in the air fryer.

Tip

Want a vegan version? Replace the cod with oyster mushrooms soaked in vegan fish sauce. You can also use tofu.

Words: **Faye James**
Recipe from Faye's cookbook 'The Menopause Diet'

PHOTO: DARRIN JAMES, IG@CURLYANDBEYOND

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Subject 4 Pines Truckin' good night
Photographer Mat Geyer IG @matgeyer



Subject Manly Darter, post splash grooming
Photographer Andy Morgan IG photos.andymorgan



Subject Manly Day Break
Photographer Ian Burgess



Subject Manly Beach Sunrise
Photographer Robert Kenn



Subject Mother Nature's Jewels
Photographer Suzanne Jensen-Lewis



Subject JJ the Jug with his toes on the nose
Photographer IG @clearsurfboards



Subject Salt and Pepper, Heliotrope Moth
Photographer Tracey McCall, Avalon



Subject Manly Double Rainbow
Photographer twitchbirdisthat



Subject Tawny perched on a cupboard at local gym
Photographer Mike Wood

RAZZLE DAZZLE
Trivia

1. The weekly Beaches market at Pittwater Rugby Park in Warriewood is held on what day of the week?
2. Does Whistler Street in Manly run north/south or east/west?
3. How many holes is the Palm Beach Golf Course?
4. Rory Amon is the State Member for which Northern Beaches electorate?
5. The Odd Mug Café serves sensational coffee in which of the following Heights? Allambie, Cromer or Elanora?
6. Typically, how many holes does a ten pin bowling ball usually have?
7. Is the Senate the upper or lower house of the Australian Parliament?
8. Which continent has hosted the most Winter Olympic Games?
9. In medical imaging what does the M stand for in MRI scan?
10. How many bones are in your pinky toe? 1, 2 or 3?
11. How many of the 7 dwarves names end in Y?
12. Also starting with W – What is Wally known as in the Where's Wally books in the US & Canada?
13. In which country did Tetris originate? Japan, Germany, Russia?
14. Australian athletics star Jana Pittman competed in which sport at the Winter Olympics?
15. In which film does Hugh Grant play the UK Prime Minister?
16. Which city is believed to have the highest pigeon population in the world? New York or Rome?
17. Recently released, the name of Taylor Swift's new album is "The Tortured "WHAT" Department"?
18. Which vegetable has all 5 vowels in its name?
19. The New York stock exchange bell rings at what time to start trading for the day?
20. Excluding the word "and", when spelt out in ascending order from 1, what is the first number to contain the letter "A"?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

Northern Beaches Council is strongly considering dog poo DNA testing to more precisely pinpoint recalcitrant, non-poo-picker-uppering dog owners.

**Venue Manager
THE GOODBAR**

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Star Signs

by Krystal Bawl

Gemini May 22 - Jun 21

Silence is golden and you're gleaming like an Oscar, but your friends need your platinum wisdom. Get vocal. Please.

Cancer Jun 22 - Jul 22

You are what you eat, except in your case. How can someone with your diet look so amazing? It's just not fair.

Leo Jul 23 - Aug 22

Faith and hope only goes so far. What your friends need right now are big junks of charity. Can't take it with you.

Virgo Aug 23 - Sep 23

A discrete peccadillo awaits so stop dithering and doubting, the time is right, and you know it is. Decision time.

Libra Sep 24 - Oct 23

You are being consumed by an inner visionary fire. Give in and see where it takes you. Keep the hose handy, never know!

Scorpio Oct 24 - Nov 22

Your magnetic personality attracts all types, like bees to honey, but it's time to get selective about who gets into your hive.

Sagittarius Nov 23 - Dec 21

Enough of all the meditation and contemplation, your inner self is fulfilled, your outer self is desperate for some fun. Now.

Capricorn Dec 22 - Jan 20

Your nearest and dearest will feel like a mystery to you this month. Don't worry, the feeling is mutual. It will pass.

Aquarius Jan 21 - Feb 19

Serious Saturn in harmony with juicy Jupiter are creating a month of chaotic confusion that ends in tears. Of joy.

Pisces Feb 20 - Mar 20

Never say never is one of your rules. Dump that rule this month though, or things could get very messy. Stay safe.

Aries Mar 21 - Apr 19

You're lost without Google maps, so stop pretending your sense of direction is a God given gift. Google given more like it.

Taurus Apr 20 - May 21

This month things won't seem to add up. Count on it and stop worrying. Maths was never your strength anyhow.

Tivia Answers

20. One Thousand
17. Poets 18. Cauliflower 19. 9:30am
14. Bob Sled 15. Love Actually 16. New York
Sleepy, Sneazy) 12. Woido 13. Russia
9. Magnetic 10. 3 11. 5 (Dopey, Gumpy, Hoppy,
5. Cromer Heights 6. 3 7. Upper 8. Europe
1. Friday 2. North/South 3. 9 holes 4. Pittwater

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

Sudoku Solution

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