

The Tawny

FROGMOUTH

July 2024



WHAT'S ON GLEN STREET THEATRE

AGATHA
CHRISTIE'S
*The
Mouse
Trap*



 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

St Augustine's College
Federal Parade
BROOKVALE

**\$10
EARLY BIRD
ENTRY
THURS
8am-11am**

4-7 July

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

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

 JOHN FROST for CROSSROADS LIVE **SHAKE & STIR**



15-25 AUGUST
DON'T JUST SEE IT, SOLVE IT!



 Glen Street Theatre



SCAN THE QR CODE
TO PARK HOUSE
BOOK NOW

Park ^{THE} House

MONA VALE

OPEN 7 DAYS

LUNCH SPECIALS

\$18 LUNCH SPECIAL

MON - FRI.
12PM - 3PM

SELECT DISHES ONLY



WEEKLY SPECIALS

MON Half Priced Pizza
TUES \$18 Tacos (3)
WED \$25 Burger & Beer

FROM 5PM
EXCLUDES PUBLIC HOLIDAYS

BOTTOMLESS LUNCH

SATURDAYS FROM 12PM.

Join us for the ultimate bottomless lunch in our gorgeous sun lit garden bar. For \$89pp, indulge in an array of delicious sharing options along with a variety of fantastic drinks to ensure your thirst is quenched.



LIVE MUSIC

EVERY SATURDAY
NIGHT IN FRONT BAR

STAY UP TO DATE @PARKHOUSE.MV



ARTIST IMPRESSION

Your home, your haven, for today and tomorrow.

**Luxury 3-bedroom retirement living apartments
by Allambie Heights Village Ltd.**
Only 24 available.

Coming soon. Register your interest today.
02 9450 0715 | www.bellburra.com.au

Bellburra



G'day Beaches

Happy Financial New Year!

Thank you, watercolourist Andrew Duffin, July's cover superbly capturing the view from Fairlight east to Manly and beyond. Congratulations Michael Byrnes, our first ever Photo of the Month winner! Your snap will be framed by Action Custom Printing and ready to collect from Park House Mona Vale - along with your \$200 voucher!

Wakehurst Independent Michael Regan reflects on his first year in state parliament and highlights the initiatives ahead. Tawny Nightjar wines and dines at the relaunched Manly Wharf Bar, feasting upon the revamped menu from Rockpool's former culinary director, Corey Costelloe.

Night at the Barracks ramps up towards its third year of lighting up North Head with epic live music. Brookvale Arts District's Doug Clark serves up the inside scoop on ice-cream-ologist Linda Gregory's Scoopanova. And Paige Turner celebrates Bastille Day with a literary Parisian voyage.

A bientôt!

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

CIRCULATION

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

PEFC CERTIFIED

The Tawny Frogmouth uses paper
from sustainably managed forests.

Contents

6	G'day Beaches	37	Business
8	Peninsula Wash Up		Party Time Tax Deductibles
10	Letters to the Tawny	38	Community & Health
16	State Politics		"She Doesn't Have Any Ears!"
	Michael Regan's Winter Update	39	Lifeline
18	Tawny Nightjar		The Financial Counselling service turning lives around
	Manly Wharf Relaunched	40	The Love Scout
20	Sport		Relationship Poison: How stress can toxify any good bond
	Hobie 18 Catamaran Reimagined	42	Mal's Wild Side
22	Michael West Media		Worm your way to success
	At Aussie, we'll save you	43	Home Cooking
24	Environment		Zucchini Boats
	OzGreen's YOUth LEADing the World Congress	44	Tawny's Bookclub
25	Fishing		Paris, looking from the outside in & Mazel tov Tony Bernard
	What's Biting, Clint?	45	A Little Advice
26	Music & Entertainment		Fur and All
	Setting the 2024 stage for North Head's iconic concert series	46	Local Photos
28	Cover Artist		
	Andrew Duffin	48	Trivia
30	Brookvale Arts District		Sudoku
	Linda Gregory's Brookvale Scoopanova	50	Rumour has it...
32	Roll of honour		
33	Tide chart		Star Signs
34	Art & Culture		
	"The Peasant Prince"		
35	Film		
	Manly Time Addict, Freya Tingley		
36	Local Business		
	Northern Beaches Gallery		



20



24



38

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.

Local Sporting Champions Grant

Round 1, 2024-25 is now open until 31st July 2024

The grant provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

Successful individual applicants receive **\$500-\$750** towards the cost of attending their championships.

For more information go to:
zalisteggall.com.au/sport_grants
or email: zali.steggall.mp@aph.gov.au

ZaliSteggall OAM MP
FEDERAL MEMBER FOR WARRINGAH



All love for Tommy Walker at Council Chambers

Peninsula Wash Up

Tommy's statue in motion

On a dark and stormy Tuesday eve at the stunningly brutalist Dee Why Council Chambers, Deputy Mayor Georgia Ryburn put forth Notice of Motion 19/2024 "Tommy Walker Public Art Recognition" towards getting an upside-down surfing statue of Tommy Walker gleaming and celebrate not only Australia's 1909 true surfing pioneer but the Peninsula with the richest surfing pedigree and history on Earth, the Northern Beaches! Every Councillor gave the green light, absolute champions! Don't drop in on any of them, even you Tony Abbott. Balgowlah's Alan Fawcett, who lives in the house the Walkers once called home, North Steyne's Ray Moran, the first to surf Angourie, and Tawny avian-in-chief were on site to nervously see the motion get up. You beauty!

IvyMed's Clinical Alternatives

Dee Why's first dedicated clinic to prescribe medicinal cannabis, **IvyMed Clinic**, has opened, offering an alternative pain relief and therapy option to those suffering from a variety of chronic conditions. Located inside the Priceline Pharmacy at Dee Why Grand Shopping Centre, **Dr Mary Chiu**, a GP experienced in working with patients who may require alternative treatments, will consult Peninsula residents face-to-face, reviewing patients through an eligibility test, GP referral, health summary and then will make an assessment about the appropriate treatment. Specialised advice will also be provided with highly trained pharmacists available at the same location with access to a full range of onsite dispensary for prescriptions. For more information, visit ivymedclinic.com.au

The Saturday Swap is back!

Don't miss out on this year's Saturday Swap **6 July at Narrabeen Tramsheds**. Freshen up your winter wardrobe without impacting the environment or your wallet! Bring 5 items of good quality clothing (nothing stained or tatty looking) and you can swap them out for 5 new items. It does get a little frantic, so behave yourselves, swappers! Head to The Saturday Swap Facebook and Humantix pages for details.

Join the Q for \$99

Boilerhouse Kitchen and Bar, Q Station's harbour front home of modern cuisine with a focus on fresh Australian produce, is offering "3 Courses with Paired Wines For \$99". You read that correctly! Indulge in an entree, main and dessert with paired wines for just \$99 per person! Why not elevate your wine pairing with the premium wine selection for \$9 more? You deserve it. Offer valid Wednesdays to Fridays. Book now at qstation.com.au/boilerhouse-kitchen-bar

Safely buy and sell UsedBoardz

Fed up with the scams and sketchy dealings inherent in buying and selling second hand surfboards via online platforms, Freshwater frother and software engineer **Zak Soufiani** has used his expertise to build the best and safest buying/selling experience for surfers to find the equipment they want (need!). The platform is just the beginning, with Zak currently building a directory for ding doctors and board shapers to ditch the pen and paper, more effectively run their businesses, make more dosh and have more time to go surfing. Check out usedboardz.com

Battle of the Beaches

Huey Almighty, there's been some rotten luck this year in the first three attempts to bring surfing's Battle of the Beaches to fruition but surely 4th time's a charm. Board riding clubs now have their sights set on **Saturday 20 July** to decree Peninsula shred supremacy. Presented by Park House Mona Vale, with a whopper \$10,000 prize money, check the action out at Northy from 8am kick off to 2pm final, and continue the good times at Park House Mona Vale from 4pm for the presentation and after party.

Words: **Liam Carroll**



IVY MED
CLINIC

Qualified Doctors providing
alternative medicines

**Plant
Vibes**

ph: 1300 IVY MED (489633)

find us inside Priceline Pharmacy Dee Why
Shop 5/6 Grand Shopping Centre,
834 Pittwater Rd
Dee Why NSW 2099

www.ivymedclinic.com.au





Letters to The Tawny

LETTER OF THE MONTH

To Orangutan or not

Dear Liam, reading the current - as always excellent - The Tawny Frogmouth, I notice you said that Geraldine Simmons created a life-like 'orangutan' ... except they don't look like, nor do they cohabit, with the chimpanzees that Jane Goodall has introduced us all to, and that Geraldine so brilliantly presented on the front cover! I hope you get it that I'm not really criticising you, just pulling you up on one tiny detail in your editorial! Cheers,

Britta

Housing vs Nature

Congratulations on an excellent article from Kristyn Glanville in the May Tawny where the Curl Curl Ward Councillor addresses so succinctly the "twin crisis of nature loss and housing demand." She presents a number of affordable and easily achieved solutions. I lived and worked in Germany and the UK for some years in large cities where building upwards was the norm, meaning there were plenty of open spaces for recreation nearby with cheap and reliable public transport to take you into the unspoiled countryside a short distance away. This was years ago, yet in Australia we are so used to having vast areas that we squander our valuable natural resources on ugly sprawling suburbs which then need expensive infrastructures. Build up not out. It is a growing trend for people not to want

a large garden, we are all too busy with other priorities to worry about maintaining such a space. Regards,
Wendy Sykes

Dear Editor

Thank you for your interesting and informative magazine. In your June edition, I particularly enjoyed the article on butterflies, (Infrequent Flyers by Malcolm Fisher).

We are very lucky to live in an area of Sydney alongside many native animals and plants. There is so much to learn and marvel at in the natural world. The article's focus on local species makes it all the more relevant.

I also appreciated your article on e-bikes, The Code. It is very interesting to read the rules which apply to these vehicles. As a pedestrian who has suffered several near misses, I hope the riders can be persuaded to stick to these rules. I look forward to the next issue of The Tawny Frogmouth.

Sylvia Saszczak, Avalon Beach

Cherry Picking

One of the frequent techniques used by climate change deniers is that of cherry picking where they select isolated statements or papers that seem to challenge the consensus, and such is the case with your correspondent (Mark Roberts) where he quotes Professor Gabriel Vecchi's study of cyclones. In reference to the dramatic heat wave last year in the southern and western USA, Professor Vecchi noted that "a key player in all this has been the warming of the planet over the last century in large part due to the increase in greenhouse gases" and "the last year where the surface of the Earth was colder than

the 20th century average was in 1976". By using the cherry-picking technique, I suspect that your correspondent could prove that the colour black was actually white.

Peter Nash, Fairlight

Clueless Climitites led by the nose again

Hi Liam, well aren't the little climitites "cult" throwing their toys out of the cot and spitting their dummies. Mr Marel gives us an explanation about why we see more of our expelled air in winter, definitely changing the climate that one. Mr Byron gives us a name of some institution but no researched data to back his claim they are a world authority. Frank Donaghy says there are thousands of world experts but struggles to name "ONE". Then dear Erica from Seaforth claims that every scientist I've named is a BS artist.

Just to show you how the Greenies and Labor government are influencing decisions by insinuating if reports don't come across as agreeing with "CC" then funding for the organisation "could" be looked at, take a look on YouTube at an interview between Paul Culliver ABC radio Newcastle (yes ABC) and Associate Professor Tony Irwin Nuclear Physicist. Mr Irwin is asked some very good demanding question about the CSIRO Gencost report that slams nuclear energy. His answers will surprise you, well maybe not you climitite lot. The CSIRO is full of holes and completely wrong in a great deal of what they have published as they compare coal with nuclear. The report states nuclear plants have a working life of 30 years when in fact it's accurate to say 60 to 80 years.



THE MANLY CLUB
ON GILBERT PARK

MANLY'S FAVOURITE NEW CLUB

Right in the heart of Manly

- Fresh modern cuisine
- Cocktail specials
- Extensive beer & wine list
- Sports Bar
- Member Perks
- Weekly specials
- Functions



Just a stone's throw from Manly Wharf



Book a table at your new local...

2 West Promenade Manly | 02 9977 3335 | @manlyclubongilbert

Experience the Belle Property difference with Luke Burgess.

An exceptional sales record...

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



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



Solar panels? 20 years “TOPS”. There is a great deal more. Just watch, you might actually learn some truth about the great con job of “CC”. Remember, follow the money, especially the billionaires who get all the subsidies and if the scheme fails, they’ve lost nothing! We should also mention Professor Ridd from Cook University who went against a report published by others at his university, while eight other marine scientists from around the world agreed with him. So, the University sacked him. He was proven correct. I’ve said it before, and I’ll repeat it here for those of you who might have missed it, “CC” is happening just like it’s been happening for thousands of years...naturally. Short enough for you Erica.

Regards, Mark (Robbo) Roberts

Re: Two climate untruths

Mark (Robbo) Roberts, in our society you are free to believe anything you like about climate change, but science doesn’t care what you believe. Your insurance company doesn’t care either. Have you checked your premiums lately? Cheers,

Peter Purcell

Thoughts

Hi, just read latest edition (cover truly beautiful)! Re: climate catastrophe. Yes, Mother Nature is very angry. Storms and tempest, along with declining fertility rates. Maybe a warning? Too many humans? Mother Nature’s way of trying to indirectly find a balance. Evolution? Yep. Top predators have disappeared over eons only to be replaced. Just a thought: Humans are the only species to support the weak, others protect their genetic pool. Only the

strong survive, and thus don’t dominate. Maybe something to think about. Final thought, Pollies only just realised that increasing immigration might have added to house crisis. Seriously, it’s not rocket science. I brought it up with local MP two years ago, but I’m just a silly old lady.

Anonymous (I’m too old to be politically correct, as well as a walking lawsuit :)

Acknowledgement of Country

Hi Liam. Look, it’s so long-ago that white folks came to Oz, and I can’t see as necessary the Frogmouth’s Acknowledgement of Country. And anyone who’s fair minded would see, if anything, Aboriginals gained more than vice versa. No need to lean their way mate, just treat everyone as equals.

Regards, Paul Baker

Finish what’s started

The various government bodies have done a wonderful job overseeing the works program up at North Head over the past few years, but they need to finish what they started. The views up Sydney Harbour from the sandstone platforms built recently at Fairfax Lookout are truly spectacular and showcases our magnificent waterway to the rest of the world. Tourists come in droves to explore the headland’s natural history and its pristine beauty. The track connecting Shelly Beach to Bluefish Road is one of the main routes leading to North Head, and its fabulous lookouts. A magnificent job was done some years ago building sandstone steps at the top end of the trail but sadly the Shelly Beach end has been neglected and has become dangerous to bush walkers.

Jens Ward, Manly

Our Northern Beaches Hospital

Dear Liam, the operator of the Northern Beaches Hospital is facing a challenge in funding its ongoing operation. It has been publicly reported that Healthscope directors have advised ASIC that “significant doubt” would be cast over its ability to fund the Hospital’s future operation if Healthscope fails to improve its performance and generate enough revenue from its hospitals. It has also been reported that the Healthscope Group suffered a \$649 million loss last year, writing almost \$1 billion off the value of its business. Healthscope operates the hospital in a private-public arrangement with the NSW State Government, and the Health Minister states Government priority is “to ensure that the northern beaches community continues to be provided with safe, high-quality care.”

There are reports of changes to services having already been made or proposed, including to the mental health and maternity wards, and the Medical Centre. If cost cutting becomes the order of the day, it is not hard to foresee the morale of health professionals and support staff being sorely tested, and the original aspirations for the success of this private-public health venture giving way to a second-rate survival mode.

Reon Bavinton, Seaforth

Funeral anyone?

We will all need one...some day! But first, here is a history lesson. Many of us have lived locally for years before moving to Narrabeen’s RSL War Vets Village and the name “Ann Wilson” is firmly embedded in our minds when we think ‘funerals’. Some of us have had personal dealings with Ann,

2024 TAX SEASON



- Are you aware of the new Tax changes?
- Are you claiming all your eligible deductions?
- Are you looking for a change of accountant?

The 2024 Tax season is fast approaching! We’re ready to make the most of recent tax changes to ensure our clients claim every possible deduction, and enjoy a seamless, stress-free process when completing this year’s tax return.

CONTACT A FIRST ACCOUNTS TAX SPECIALIST NOW!

-  Contact Us **0411 920 927**
-  Visit Us **www.firstaccounts.com.au**





WILSON FAMILY FUNERALS

CALL 02 9913 7131



Ann, John and Kate of Wilson Family Funerals

Locally Australian family owned and operated Available 24/7

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family’s needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd, North Narrabeen, Sydney
wilsonfamilyfunerals.net.au



her daughter Kate, or her brother John in the past. Their decades of experience have cared for many of our loved ones, including my precious husband. But did you know Ann Wilson is no longer with "Ann Wilson Funerals"? In 2005, Ann sold the business and name to Invocare, but Ann and her family kept working with them for many years, until retirement in 2019. But some people are not meant to retire...not yet!

So, in mid 2020, Ann, John and Kate went back into business under their new name, Wilson Family Funerals.

If you want the much-respected Ann Wilson and family to help you through your time of bereavement, please keep a copy of this letter alongside your will or let your family know in advance to contact Wilson Family Funerals when that day comes. I'm not being compensated for this - I just felt it was important for people to know. For further information, visit wilsonfamilyfunerals.net.au or call 02 9913 7131. **Pam Boyle, RSL War Vets Village, Narrabeen**

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

**Northern Sydney Aged Care
Latest Government
Star Rating Report**

Contact us for the free report.

Call: 9173 8560

Email: agedcare@laterlifeadvice.com.au



www.laterlifeadvice.com.au

YOUR PROPERTY *matters*

Our Property Management team have a combined wealth of experience, industry knowledge and exceptional client service that ensures you get the best return on your investment.

Don't just settle - switch to the home of Northern Beaches Real Estate.

Reach out to us for a comprehensive discussion on what your property is worth in today's rental market and how we can help you reach your property goals.

Call us today 02 9949 7077

the *home* of Northern Beaches Real Estate



Making good things happen

When you bank with us, profits pour into the community. Over \$3,000,000 so far.

A bank giving back sounds unusual. For us, it's business as usual.

Find out more. Call us on or search Bendigo Bank Freshwater.



Community Bank
Freshwater

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1390563, OUT_38050420, 07/06/2024

**3-COURSES WITH
PAIRED WINES FOR \$99**

Q STATION
A NEW PLACE TO DISCOVER



Michael and the team at Dee Why Lighthouse Markets

Michael Regan MP

The Wakehurst Independent's Winter Update

I recently celebrated my first anniversary as your independent member for Wakehurst. Some days are frustrating, most days are challenging, but I can honestly say, I love being your independent voice in NSW Parliament. I promised to be a safe pair of hands and work hard to deliver smart solutions to the issues we face here in Wakehurst. Here are some of the recent wins my team and I have achieved for our community.

As many of you know, I have been a long-standing advocate for the domestic violence sector, so I was very pleased to secure a commitment by the NSW government to roll out the successful Staying Home Leaving Violence program across Northern Sydney. Supported by stronger domestic violence laws that make it harder for those accused of serious domestic

violence to be released back into the community, I believe these changes will make it a little easier for those impacted by the scourge of domestic violence.

I know the cost-of-living crisis is biting hard across our community. I hear it every day. That is why I am so passionate about helping access cost savings from electrifying your home or business. From 1 November, solar/battery and battery-only systems will be subsidised by the NSW Government. This will reduce energy bills and boost the reliability of the electricity grid.

There will also be subsidies to join Virtual Power Plants (VPPs). VPPs group the power produced by rooftop solar and stored in batteries, so it can be released into the electricity grid where and when it's needed,

enabling households and businesses to collectively share their capacity. See my website for more information.

Oh, and get ready to ride an electric bus! I am thrilled the Brookvale bus depot will be the first depot in Greater Sydney to go all electric. Having electric buses rolling across the northern beaches will be a powerful symbol of the sustainable future that awaits us.

I hope you are seeing benefits from the extra bus services and timetable upgrades that came into effect on 31 March. The quality of our bus services, in terms of frequency, reliability and capacity, particularly in the Forest area, has been totally unacceptable. My team and I continue to work with the Bus Industry Taskforce and the bus companies, so please keep letting my office know where improvements can be made.

I am very pleased the Audit Office of NSW has now commenced their performance audit of Northern Beaches Hospital and will use the Auditor General's new follow-the-dollar provisions. But securing the performance audit is just one aspect of my advocacy to ensure the top-quality health services for our community. With "safe staffing" nurse-to-patient ratios being rolled out across NSW public hospitals, I am very concerned that the Northern Beaches Hospital will fall behind.

I wish to thank the NSW Health Minister, the Hon. Ryan Park MP for agreeing to my request that the Safe Staffing Levels Taskforce investigate how to extend public nurse-to-patient ratios to the Northern Beaches Hospital.

Words: **Michael Regan MP**, Member for Wakehurst

Authorised by Michael Regan MP. Funded using Parliamentary Entitlements.

WINTER 2024

Wakehurst Matters

Some issues in Winter's edition of Wakehurst Matters delivered to you:

- Staying Home Leaving Violence program delivered for northern Sydney
- Northern Beaches Hospital Audit and Safe Staffing
- Stronger domestic violence laws
- More bus services secured for the Beaches
- Incentives for Batteries and Virtual Power Plants
- Brookvale depot buses to go electric
- Beaches mental health roundtable
- Progressing NSW's Net Zero Plan

REPRESENTING WAKEHURST Michael Regan, Your Independent MP

www.michaelreganmp.com

Authorised by Michael Regan MP. Funded using parliamentary entitlements.



Welcoming Caterina Property

Introducing a new era in residential sales and leasing! Caterina Property, founded by the father-son duo, Frank and Riccardo Caterina, offers a personalised experience like no other.

Working directly with the business Principals, you're guaranteed a VIP experience unique to any other, whether you're upsizing, downsizing, seeking investment opportunities, or simply ready for a change.

Considering selling? Contact us anytime for a free market appraisal.

FRANK CATERINA 0419 918 818
 RICCARDO CATERINA 0420 410 371
 (02) 9982 8888 | CATERINAPROPERTY.COM.AU



Corey Costelloe, Culinary Consultant (L) Adam Flaskas, Founder & Director (R)

The Tawny Nightjar

Manly Wharf Relunched

In April, the Artemus Group acquired Manly Wharf, our iconic welcoming port for 9 million visitors each year, launching pad for the almighty Manly Ferries, and picturesque community hub and meeting spot for Northern Beaches locals of all ages.

Owners of renowned riverside precinct, Howard Smith Wharves, Brisbane's foodie haven and creativity hotbed, Artemus Group founders and directors Adam Flaskas, Paul Henry and CEO Luke Fraser are committed to spending time consulting the local Manly community, making initial improvements to the Wharf whilst continuing to operate business as usual, wasting no time in promptly revamping Manly Wharf Bar.

"Sydney's Manly Wharf precinct is our latest endeavour with unbound potential," says founder and director Adam Flaskas. "We are committed to revitalising waterfront precincts and transforming them

into thriving community and cultural hubs, and hope to bring that same energy, community focus and vision to Manly.

"We are champions of local talent and suppliers and are proud to be building a legacy for future generations to enjoy. Working closely with the community, we're excited to bring a family-friendly, premium food and beverage offering to Manly Wharf."

Manly Wharf Bar's fresh look is one of the initial improvements being made as part of the long-term revitalisation strategy, the menu having been revamped with engagement from former Culinary Director of Hunter Street Hospitality and Rockpool Bar and Grill, Corey Costelloe. Bringing his philosophy of simple cooking and best-in-class produce to serve superb quality, pub-style food, Corey's extensive knowledge of seafood and beef aligns with The Wharf's commitment to showcasing the incredible work of local



CopperTree Sunday Meat Tray raffle



Napoli & Thin and Crispy Pizzas are now available

farmers and fishermen.

Together, Costelloe, group executive chef Shaun Hyland, group kitchen manager Mat Brazier and Manly Wharf Bar and restaurant's new executive chef Chris Augustyn have curated a new Mediterranean-style menu that focuses on a wholesome and uncomplicated approach, featuring smaller grazing plates; pub classics; burgers and bowls; a dedicated pizza menu; along with an impressive range of local meats, simply grilled with additional sides.

Standout dishes include Clarence River baby octopus with lemon, chilli and oregano; 36-hour fermented pizza dough, kick-started with a splash of Felons Australian Pale Ale before being topped with the fresh, local ingredients; prawn salad with green papaya, coriander, chilli, peanuts and a nahm jim dressing; whole butterflied whiting from Coffs Harbour, NSW; and a 600g CopperTree Farms 45-day, dry-aged, bone-in ribeye.

Manly's Mediterranean meets surf-village charm

has inspired the food and drink experience designed to complement slower days by the water enjoying Wharf Bar's prime waterside location. Like the food menu, the drinks list is simple but delicious with a mix of refreshing cocktails; predominantly Australian wines; a thoughtful selection of spirits; a mix of Brisbane brewed Felons beer, alongside other crowd favourite brews; non-alcoholic alternatives; and soft drinks.

Not straying far from the Aussie pub grass roots, The Wharf's Sunday Meat Raffle is off the charts thanks to the legends at CopperTree Farm, enjoy paddock-to-plate quality along the iconic Sydney harbourfront and be in it to win it to stock your fridge with the country's finest cuts. Money raised goes to support local businesses and initiatives



A spread off the new menu at Manly Wharf Bar

Manly LSC, Local Kind, Bold & Beautiful Swim, North Steyne Boardriders, Bear Cottage, and Royal Far West.

Finally, a great pub is nothing without exceptional nightly specials, so giddy up to Wharf

for Monday Burger Nights, Tuesday Pizza Nights, Wednesday Grilled Half Chooks, and Thursday Steak Evenings, \$19 deals the lot of them. Bargain!

Words: **The Tawny Nightjar**

Visit wharfbar.com.au and follow [@manlywharfhotel](https://www.instagram.com/manlywharfhotel) on socials. Pop in to see the revamped Manly Wharf Bar first chance you get.

HAVING TROUBLE FINDING YOUR NEW DIGS ON THE BEACHES?

PROPERTY BUYERS AGENT
SEARCH | NEGOTIATION | PURCHASE



OASIS SKEEN
PROPERTY BUYERS AGENTS

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



The female team ripping on one hull



Olympian John Forbes in teaching mode

Sport

The Hobie 18 Catamaran Reimagined

The Paris Olympics might be starting soon, but this Bayview former Olympian is returning to the grassroots of his sport.

Three-times Olympic sailor, John Forbes, winner of Bronze in Barcelona and Silver in Sydney, is giving back to the sport he loves, encouraging students to possibly one day don the green and gold. John has breathed new life into school sailing as coach of the Hobie 18 fleet at the Australian Combined High School (CHS) Sailing Championships, the fleet taking to the water at the annual regatta at Lake Macquarie in April.

The resurgence of these boats began several years ago with John buying 20-to-30-year-old Hobie 18s, fixing them up, and sailing them in local regattas. What began with just one boat gained traction and soon there were five or six Hobie 18s competing in the Miscellaneous Class.

During his career, John won seven World Championships and travelled the world sailing for 22 years. He began sailing with his father Bob, at the age of 12. Following the Athens Olympics, he didn't sail for 11 years but again picked up

the ropes after his youngest daughter said she'd never been on the trapeze - he says it was a 'bad parenting' moment!

"That's when I noticed the same people were in the sport who were there 15 years earlier," he says. "It wasn't healthy for sailing. I don't think there are enough sailors wanting to go to the Olympics."

This began John's quest to see more women and kids enter the sport. He says the Hobies already possessed a furling jib, meaning its front sail could be retracted if things got a little hairy. John pioneered other changes that were officially introduced in April, making sailing catamarans more appealing to women and children.

"Kids just want to have fun," he says. "It can be a little daunting going from an O'pen Class skiff (smaller dinghies) to the catamarans. The last thing we want is to scare them away."

Shortly after meeting these O'pen Skiff kids, John says they suddenly had 11 boats at regattas, a very friendly atmosphere,

parent and child teams, a great community and a stunning, brightly coloured fleet. The Hobie 18s is now one of the biggest classes in the catamarans at these events.

"Then a couple of kids approached me and asked if they could sail the Hobies at the Combined High Schools Regatta," says John. "I said if they could get four or five teams together, I'd come up for the week as a coach, helping them transition from the monohulls to the catamarans. It snowballed from there."

John, who also happens to be a talented rock bassist, says he'll be watching the sailing at the Olympics primarily to chart the progress of friend and Sydney and Athens Tornado partner Darren Bundock, current coach of the Australian catamaran team.

Keep up to date with John's Hobie 18s fleet by following [@Hobie18catamaran](#) on FB

Words: **Rodney Bennett**



**SEAFORTH
VETERINARY
HOSPITAL**

The best care for your best friends

Your pet's health and happiness is our priority. Serving Sydney's Northern Beaches since 1982.



ADDRESS 55 Ethel Street, Seaforth
PHONE (02) 9949 1288
WEB seaforthvets.com.au



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

**Come along to our Joeys open nights
(5-8 years boys and girls) Wed 5pm - 6pm**

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



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



SERENITYNOW

NORTHERN BEACHES
SLIDING DOOR
SOLUTIONS

*SUBVERT
The
DOMINANT
PARADIGM*



SERENITYNOW

**ALL DOOR PROBLEMS SOLVED
WITH 5 STAR SERVICE**

0452 33 66 77

At Aussie, we'll save you

John Symond's \$200m mansion sale pinpoints a critical problem with the real estate market

Aussie John Symond has put his "iconic" Point Piper home on the market for \$200m, and amidst all the fawning media coverage of the imminent sale, something you won't see is that John's profit on the gaudy mausoleum will be tax-free thanks to the capital tax gains relief introduced by the Howard government at the turn of the century.

How much has this CGT giveaway contributed to the outrageous surge in property prices in Australia – up another 20% even over the past year? It's hard to tell exactly but residential property prices began to soar above household income from around the time the measure was introduced.

The housing affordability and rental crises have economists in furious debate over the cause. Yes, negative gearing, Airbnb, money laundering, supply, unfettered migration and the spree of foreign buyers all play a part. Overall, this cocktail of factors – mostly due to the policies of successive governments – amounts to one deadly outcome which has seen Sydney's future branded as the city with no grandchildren and the second most expensive city in the world for real estate after Hong Kong.

Investors have been encouraged to compete with people wanting somewhere to live. It is a gargantuan policy failure whose impact will be felt for generations yet, in the recent Budget and indeed in Peter Dutton's Budget Reply, none of these things were raised.

We are seeing a 'mansion flipping epidemic' of wealthy people selling their 'family homes' after a few years to lock in large tax-free profits. This could easily be capped. Of course, it makes no sense in terms of policy as real estate is a fairly non-productive asset. If capital were diverted elsewhere to equity or business investment it would create more jobs and more growth.

One aspect mostly ignored, however, is how the deluge of foreign cash has set fire to both the CGT and negative gearing. This is because it is mostly secret. Much of the money coming out of China is 'black money'. Chinese nationals



Aussie John Symond's home. A \$200m price tag

are only allowed to take a certain amount of cash out, and so there are ways to skirt these restrictions.

Thanks to the mansion flipping epidemic, there were \$48B in capital gains tax concessions on "main residences" last year. So, if you have just found yourself in a tent, rest assured, if you still have a job and pay tax you are at least helping to subsidise somebody else's home.

PM Anthony Albanese was asked earlier this year if taxing the family home might be on the cards. No. "Full stop. Exclamation mark." Taxing the family home is political poison. The minute any reasonable proposition is plonked on the table, lobby groups and their PR people race out of the blocks with a campaign in Murdoch media or Nine showing an old couple on Zimmer frames looking beleaguered, saying, "we bought our home for 25k back in 1952 and now they want to tax us out of our nursing home."

The ripple effect of outrageous prices is that younger workers are forced out of metropolitan markets, in turn forcing prices rapidly higher in the regions where they can afford to buy. This in turn makes property unaffordable for ordinary workers in the regions who are compelled to spend ever larger proportions of their income to find a home while interest rates rise.

On the flip side, of the 122,494 people experiencing homelessness in Australia in 2021, two in five (39.1%) were living in 'severely' crowded dwellings. One in five (19.8%) were in supported accommodation for the homeless. One in six (18.1%) living in boarding houses.

The crisis is deepening, and the measures are there to fix it, just not the political will.


Words: **Michael West**, Michael West Media

MANLY COVE Podiatry

Northern Beaches Podiatrist Since 1994

Discover why children, teen, adults, and seniors have relied on Manly Cove Podiatry to get them back on their feet since 1994.

www.manlycovepodiatry.com

Book Online 

📍 Suite 12, 35-36 East Esplanade, Manly

📞 Call (02) 8966 9552

Just Better Care®

Personalised In-home Aged Care Just for you

Our services include:

 Home care packages	 Domestic assistance	 Personal care	 Meal preparation	 Travel & transport	 Dementia support
 Private care	 Overnight support	 In-home nursing	 Post-hospital support	 Social support	 Respite for carers



Speak to your friendly, local Just Better Care team today

Northern Beaches & Northern Suburbs

📞 (02) 9934 9999 ✉ mail@justbettercare.com

Scan the QR code or visit justbettercare.com/nbagedcare to find out more about Aged Care services & Home Care Packages.



Northern Beaches' YOUth LEADing the World Congress

Young people are the most passionate and creative people on the planet, with the ideas and energy of the youth throughout the ages making generational changes in our culture. OzGreen's YOUth LEADing the World (YLTW) free event enables young people to find their own voice, connect with like-minded people and become active leaders in creating positive futures.

Over 30 years ago, local teachers Col and Sue Lennox saw this potential in youth. Following a devastating fish kill in Curl Curl Lagoon in 1989, Sue, a Freshwater High School teacher, worked with her Year 9 class to identify ways to prevent an event like this happening again. Her students implemented 4 ideas: Beginning a water quality monitoring program of Greendale Creek catchment; Continuing the regeneration of the riparian zone along the creek; Raising pollution awareness by interviewing businesses in the Brookvale industrial area; Making a video about what they were doing.

During the process of implementing these youth driven plans, Sue realised young people are very effective community motivators and educators. She also witnessed the young people involved step up as confident leaders. OzGREEN was then conceived on the banks of Brookvale's Greendale Creek, with the Greendale Creek Project resulting in Freshwater High School being designated as a Centre of Excellence in Environmental Education.

In 1992 Sue and Col were invited to travel to India by the Sankat Mochan Foundation to help their Clean Ganges campaign, a life-changing journey. Seeing the beauty of River Ganga firsthand and measuring the actual pollution levels broke their hearts. They realised the power of their work had a global application. They left their work as teachers the following year, sold their home, and set up OzGREEN as a charity working as two volunteers out of Colin's mothers' garage in Dee Why.

In 2009 they began training people to run YOUth LEADing the World. Sue ran the idea past trusted friends, including Vanessa Moskal, in year 12 at Manly High School at the time. 2009's first ever YLTW Congress was a huge success, inspiring Vanessa to contribute to her community, running in the 2012 local council elections. With the support of Your Warringah team, at 21 Vanessa became the youngest councillor on



2023 YLTW participants

the Northern Beaches, serving 5 years in local government, and now works at Origin as Carbon Integration Manager, supporting activities that help reduce carbon emissions. Vanessa has been co-facilitating YLTW for over 15 years and will be again this July.

There are many more stories of young people around the world who are making a meaningful difference to the environment and their communities who attribute their beginnings to the YLTW program. The Focus, Vision, Change, Action leadership program takes participants on a fun and inspiring journey, resourcing them to deal with climate and environmental challenges whilst sustaining their own wellbeing and connecting with the community.

Over the past 30 years OzGREEN's programs have involved over 1 million people from over 1600 regions worldwide. They have been recognised by the Eureka Prize, Banksia Awards, and UN Media Peace Awards and in 2020 Co-Founder Sue Lennox AM was awarded NSW Senior Australian of the Year.

OzGreen's 2024 YOUth LEADing the World (YLTW) Congress runs 20-21 July at the Coastal Environment Centre, Narrabeen. 12-20-year-olds register now at www.ozgreen.org/yltwnb

All welcome to the Community Forum, Sunday 28 July at CEC, Narrabeen to hear and support the young people's creative action plans. RSVP at www.ozgreen.org/events

Words: **Sue Lennox, Vanessa Moskal & Kylie Hitchman**



Dan Clay with Northern Beaches Snapper

Fishing

What's Biting, Clint?

Winter is my favourite time to fish, the crowds thin out, the big fish move in. There aren't the same numbers of bread-and-butter species like Whiting and Flathead around, but if you're looking for big Snapper and big Kings, it's go time.

The Fishing Station team have been leading the charge in the Snapper department. Dan Clay managed to snare this beast of a Snapper (above) in relatively shallow water using soft plastics. Focus on inshore reefs after a big south swell when there is a bit of current around to maximise your chances. Trag (Teraglin), often confused with Jewfish, are a welcome bycatch when targeting Snapper, excellent eating and typically school up in large numbers, so where you find one, you should find many.

Out wider, big Kings are prominent on the deeper reefs. Jigs and live baits are working equally well. Be warned, the current has been raging out there of late, up to 3knots, so you'll need bigger weights and handy boat driving skills to get down to the required depth.

In the harbour, Kingfish, Bonito and large Tailor have been a regular occurrence around downstream wrecks and channel markers. Fishing around the tide changes is key. When the weather and swell has allowed, the rock platforms around South Curly and Whaley have continued to produce Tailor, Aussie Salmon, Trevally and Bonito. Gang hooks and pilchards are the go, or metal slices if throwing lures.

By next month, I anticipate we will be hearing more about the start of the Yellow Fin Tuna run. Hopefully! As always, get out there and experience our wonderful waterways.

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

BOWLING CLUB BALGOWLAH

Northern beaches best kept secret!

\$15 JUGS BALLY LAGER

Friday Live EVERY FRIDAY 9:30PM - 9:30PM \$12 Cocktails!

Thursday Trivia

LAWN BOWLS \$15 Sat & Sun

Sunday Roast! Light best Sunday roast on the Northern Beaches @ballybowlingclub

Sports Bar

Proudly Independent!

www.thebally.com.au
BAREENA DRIVE, BALGOWLAH HEIGHTS



Cam, Brendan and team members who bring the NATB spectacular to life

Music & Entertainment

Setting the 2024 stage for North Head's iconic concert series

The best local and international music acts return in September for this year's huge line-up of Night at the Barracks concerts.

Starting as a pre-Covid dream in the creative minds of Brendan Maher and Cam Coghlan, Manly's annual Night at the Barracks concert series has quickly become a spring staple for lovers of truly epic live music performances.

"We want to constantly improve every element of the event," says Cam. "From first learning how best to use the space and understanding the right style of artists to fully bring the site to life, we're always focused on capturing the audience's imagination, getting everyone up and dancing, making memories, having the best experience possible."

Beyond the performances, Cam and Brendan go to great lengths to team up with local businesses, charity partners and community stakeholders to fully maximise the upside that 3,000 visitors to Manly on twelve separate evenings can

have on the local economy, employing all local staff for the crew and ushering roles, while also utilising the best sustainability practices across all aspects of the event.

This year's series kicks off with legendary rock band **ICEHOUSE**. Their massive string of hits from *We Can Get Together*, to *Electric Blue* and *Hey, Little Girl* and *Great Southern Land*, under the shimmering Manly stars signals an incredible program of live performances to come. **Pete Murray** joins the line up on night two with his spectacular band, before the opening weekend rounds out with **Gospo Collective**, an exceptional gospel choir showcasing the repertoire of Whitney Houston and Michael Jackson.

The second weekend showcases **Birds of Tokyo**, a band who have swept all before them. **Jon Stevens**:

Noiseworks & INXS Collection takes control on the Saturday before **The Australian Rock Collective** thunders home on Sunday, a supergroup of members from Spiderbait, Powderfinger, The Wrights and You Am I.

Week 3 heralds the first ever unseated Barracks show, with legends of the Australian Electronic scene **The Presets** joined by **Bag Raiders**, both bringing their incredible live shows to North Head, with all of the seating removed for max party vibes! New Zealand pop rock superstars **SIX60** hit the stage on the Saturday night and concluding that weekend is **Taylor Made** - a tribute to Taylor Swift featuring the vocal talents of Clare Bowditch, Alex the Astronaut, Clementine Ford, Charley, Emily Wurramurra and Lucy Durack. Friendship bracelets are optional, but welcome!

Winding up the final weekend of this year's series is sublime singer songwriter **Matt Corby** and his band in a rare live show on Friday 4 October. Having delivered one of the most memorable performances in the first ever Night at the Barracks 2022 show, Australia's sweetheart, dynamic pop superstar, **Jessica Mauboy** takes the stage on Saturday 5 October, before the curtain falls on Sunday with the mesmerising singer and guitarist **Xavier Rudd** closing out the epic month long run of performances.

Tickets are on sale and selling fast! Visit nightatthebarracks.com.au now to secure your seats and follow [@nightatthebarracks](https://twitter.com/nightatthebarracks) on socials for all updates.

Words: **Liam Carroll**

Night at THE BARRACKS

NORTH HEAD, MANLY

PRESENTED BY SUPER FUTURE

ICEHOUSE
FRIDAY 13 SEPT

THE PRESETS (LIVE) & BAG RAIDERS (LIVE)
FRIDAY 27 SEPT

PETE MURRAY
SATURDAY 14 SEPT

SIX60
SATURDAY 28 SEPT

GOSPO COLLECTIVE
WHITNEY vs JACKSON
SUNDAY 15 SEPT

TAYLOR MADE
SUNDAY 29 SEPT

BIRDS OF TOKYO
FRIDAY 20 SEPT

MATT CORBY
FRIDAY 4 OCT

JON STEVENS
NOISEWORKS & INXS COLLECTION
SATURDAY 21 SEPT

JESSICA MAUBOY
SATURDAY 5 OCT

AUSTRALIAN ROCK COLLECTIVE BEST OF ARC
SUNDAY 22 SEPT

XAVIER RUDD
SUNDAY 6 OCT

TICKETS ON SALE NOW!

Cover Artist

Andrew Duffin

What do you enjoy most about the Northern Beaches? The natural beauty of bush and beach; the harbour and the ocean, where my friends meet.

What inspired your cover? It's a view of Manly Harbour from the Fairlight harbour walk. The cover is one part of a wide angled view triptych which sweeps around to capture South Head and Dobroyd Head in the foreground. It is such an inspiring sandstone landform meeting the harbour and ocean beyond. It's awesome to think this seascape has not changed for millennia.

What inspires your work in general? I love landscape or seascape scenes where I can capture the mix of power and calmness. Every moment the sky changes, the shadows move, the colours change. I love to simply capture the essence of a place. In many ways I try to distil a complex scene to find the heart and to tell the story of a moment.

How would you describe your art? My work is watercolour landscape impressionist. Sometimes restrained, other times bold. Because my medium is watercolour, the work is spontaneous and not overworked. It is an artform which is a long time rehearsed but in production it is very instantaneous.

What is your favourite part of the process? Observation. Creating art trains you to look very carefully at things, to see the ever-changing environmental conditions and the little details and to be attuned to levels of importance. That engagement helps me be more conscious of life around me.

Which artists or other inspiring people, dead or alive, would you most like to have dinner with and why? Arthur Streeton, one of our first impressionist artists. Charles Renne Macintosh, an art nouveau architect who could design everything from a building down to the cutlery. Albert Namatjira, an Aboriginal man who worked in watercolour to express the feel of central Australia. And Martin Luther King.

How did you discover you had a gift for art? I loved simple drawing at primary school. I



Andrew's watercolours capture the essence of place

particularly loved doing cartoons of people. I find the simplicity of a line drawing is intriguing. Through a few strokes the essence of character can be communicated so effortlessly. Have you ever seen Pablo Picasso's drawing of a dachshund? Beauty in simplicity.

Did you study art? My art study was through architecture school. I studied still life, and life drawing along with technical drawing. It brought me a career but importantly a love for the creative process and delivering joy through a design.

What are you currently working on? People. I am working on a series of works simply portraying how people engage with each other at the beach: the catch up, the snooze, the family time, the runners, the kids, the bump into, the wave watch, the list is endless.

How can people buy and support your artwork? I currently have a number of works at Northern Beaches Art Gallery and am very happy to take on commissions if anyone has a favourite beach or landscape.

What advice do you have for young or aspiring artists? Practice hard, learn from studying masters, get out and observe and engage the world around you.

Northern Beaches Gallery is hosting "Andrew Duffin Watercolours for You" at the Cromer gallery on Saturday 20 July, midday to 5pm. Bring a photo of your favourite beach or landscape and Andrew will paint it for you there and then. More details at andrewduffin.com.au and follow on Instagram [@andrew.duffin.art](https://www.instagram.com/andrew.duffin.art)

Interview: **Liam Carroll**



northern beaches gallery

Original artworks at affordable prices by established and emerging artists



PHONE: 8358 0419

EMAIL: info@nbgallery.au

WEB: northernbeachesgallery.au

ADDRESS

5/161 South Creek Rd
Cromer, 2099

OPENING HOURS

Tuesday - Friday: 9am - 4pm
Saturday: 9am - 3pm



**THE RIGHT CHOICE FOR
CUSTOM FRAMING**



PHONE: 9981 5525

EMAIL: framing@actioncustomframing.com.au

WEB: actioncustomframing.com.au

ADDRESS: 27a Truman Ave, Cromer, 2099

HOURS

Monday: 9am - 2pm
Tuesday - Friday: 9am - 5pm
Saturday: 9am - 12pm
Sunday: Closed

**Get 5% off your
Action Custom
Framing if you bring
this ad with you**

BROOKVALE ARTS DISTRICT

ARTS - INDUSTRY - ENTERTAINMENT

There's a new HQ in Brookvale where ice cream, technology and the stars are aligning to bring flavour and joy to the Northern Beaches and beyond. Scoopanova is at Unit 2/648 Pittwater Road, Brookvale, and has its opening launch on Saturday 29 June, so expect lots of colour, flavour and fun, and be ready to view ice cream as a cosmic experience providing "joy in every scoop".

Linda Gregory is the force behind Scoopanova, mixing old school with high tech, to power a business that brings community to the creation and consumption of ice cream. It has taken a couple of years building up to the Brookvale operation, with Linda covering the East Coast of Australia in an ice cream van testing out her ice cream flavours at festivals and community gatherings. Getting long lines and repeat visitors were the signs that she was on to something good. Winning 3 medals at the 2024 Sydney Royal Cheese & Dairy Produce Show has been another positive sign for the business.

The manufacturing and sale of ice cream is part of her family history, and she wanted to introduce to Australia old-fashioned, real jersey dairy small batch ice cream, the kind that she used to enjoy during her childhood in Hawaii. Her lifelong interest in the cosmos (her dad worked at NASA) means that the stars are also a part of the Scoopanova story.

Having worked in Silicon Valley, Linda adopts the latest technologies to gain efficiencies and help her scale the business. All her operations are automated, giving her excellent quality control. She will also explore using AI for flavour development and currently offers over 20 ice cream flavours. The business is very much R&D oriented as she seeks to ensure that she successfully co-creates with her customers.

Her new Brookvale hidden warehouse location is headquarters, production facility, storage space, flavour lab and retail unit. As well as the flexible space, other key reasons for choosing Brookvale were its burgeoning reputation as a creative/tech hub, excellent central location within the Northern Beaches and its ease of accessibility by car and public transport.



Linda Gregory at Scoopanova, Brookvale

An engaged community was another important factor as Scoopanova is a purpose driven business that wants to give back to the community. The ability to collaborate and participate in local events such as GroundSwell, BrookieFest and Taste of Brookie aligns beautifully with her business mission.

For the record, Linda's favourite flavour is vanilla – her 1784 Mount Vanilla Bliss. Other big sellers are salted caramel – her 3767 Butter-laced Caramel Salty, and chocolate – her 1923 Dark Matter Dynasty.

Winter opening hours at Scoopanova are: Thurs & Friday 2-8pm; Sat 12-8pm; Sun 12-5pm.

Words: Doug Clark

BUCKETTY ^{AUS} BROOKVALE

Bucketty's

— BREWING CO. —



IN A *Bucketty's* STATE OF MIND

26 ORCHARD RD, BROOKVALE

BUCKETTYS.COM.AU

DRINK IN OR TAKEAWAY



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

The Tawny FROGMOUTH

ROLL OF HONOUR

ADVERTISERS & SPONSORS

- | | |
|--|---|
| <i>Abloom Ace Gardening</i> | <i>Luke Burgess of Belle Property</i> |
| <i>Action Custom Framing</i> | <i>Manly Club on Gilbert</i> |
| <i>Balgowlah Bowling Club</i> | <i>Manly Cove Podiatry</i> |
| <i>Beaches Accounting</i> | <i>Manly Wharf Bar</i> |
| <i>Bellburra by Allambie Heights Village Ltd</i> | <i>Michael Regan MP</i> |
| <i>Brookvale Stainless</i> | <i>Natasha Poole Tutoring</i> |
| <i>Bucketty's Brewing Co</i> | <i>Night at the Barracks</i> |
| <i>Caterina Property</i> | <i>Northern Beaches Clinical Research</i> |
| <i>CMS Surveyors</i> | <i>Northern Beaches Council</i> |
| <i>Community Bank Freshwater</i> | <i>Northern Beaches Gallery</i> |
| <i>Cunninghams Real Estate</i> | <i>NSW Scouts</i> |
| <i>Damian Walczak - TV Installations</i> | <i>Park House Mona Vale</i> |
| <i>De Saxe O'Neill Family Lawyers</i> | <i>Paul Wilcox of Oasis Skeen</i> |
| <i>First Accounts</i> | <i>Pine Property</i> |
| <i>Glen Street Theatre</i> | <i>Q Station</i> |
| <i>Greenscope Roofing Co</i> | <i>Rocksalt Sound</i> |
| <i>In2Balance Kinesiology</i> | <i>Seaforth Veterinary Hospital</i> |
| <i>IvyMed Clinic</i> | <i>Serenity NOW! Sliding Door Repairs</i> |
| <i>Jonathan Poole Builder/Handyman</i> | <i>The Love Scout</i> |
| <i>Just Better Care</i> | <i>Toby's Tools</i> |
| <i>Koalafied Plumbing & Gas</i> | <i>Used Boardz</i> |
| <i>Later Life Advice</i> | <i>Vittoria Arts Sydney</i> |
| <i>Lifeline Northern Beaches</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.

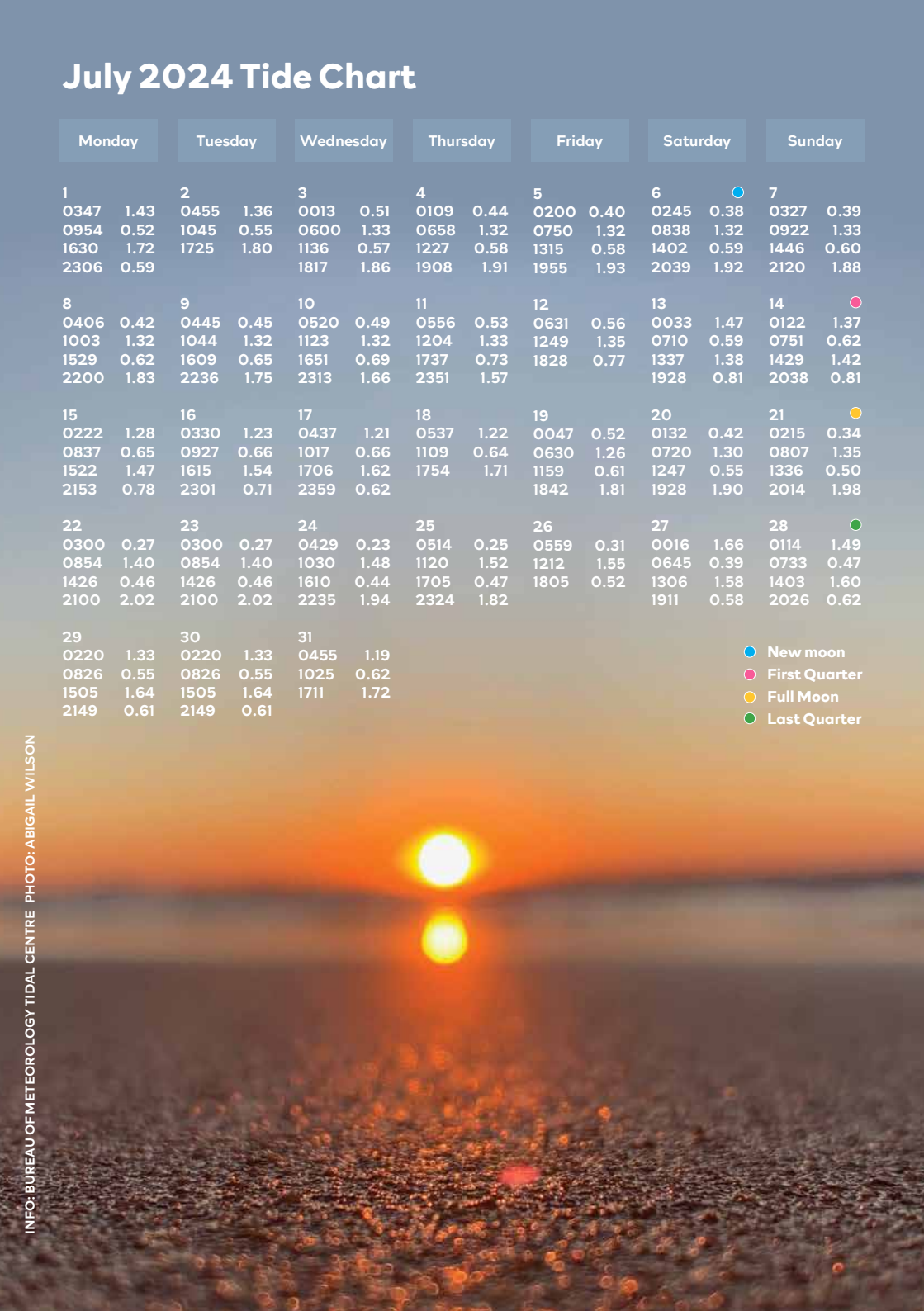
0414 556 038 | liam@thetawnyfrogmouth.com.au

July 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0347 1.43 0954 0.52 1630 1.72 2306 0.59	2 0455 1.36 1045 0.55 1725 1.80	3 0013 0.51 0600 1.33 1136 0.57 1817 1.86	4 0109 0.44 0658 1.32 1227 0.58 1908 1.91	5 0200 0.40 0750 1.32 1315 0.58 1955 1.93	6 0245 0.38 0838 1.32 1402 0.59 2039 1.92	7 0327 0.39 0922 1.33 1446 0.60 2120 1.88
8 0406 0.42 1003 1.32 1529 0.62 2200 1.83	9 0445 0.45 1044 1.32 1609 0.65 2236 1.75	10 0520 0.49 1123 1.32 1651 0.69 2313 1.66	11 0556 0.53 1204 1.33 1737 0.73 2351 1.57	12 0631 0.56 1249 1.35 1828 0.77	13 0033 1.47 0710 0.59 1337 1.38 1928 0.81	14 0122 1.37 0751 0.62 1429 1.42 2038 0.81
15 0222 1.28 0837 0.65 1522 1.47 2153 0.78	16 0330 1.23 0927 0.66 1615 1.54 2301 0.71	17 0437 1.21 1017 0.66 1706 1.62 2359 0.62	18 0537 1.22 1109 0.64 1754 1.71	19 0047 0.52 0630 1.26 1159 0.61 1842 1.81	20 0132 0.42 0720 1.30 1247 0.55 1928 1.90	21 0215 0.34 0807 1.35 1336 0.50 2014 1.98
22 0300 0.27 0854 1.40 1426 0.46 2100 2.02	23 0300 0.27 0854 1.40 1426 0.46 2100 2.02	24 0429 0.23 1030 1.48 1610 0.44 2235 1.94	25 0514 0.25 1120 1.52 1705 0.47 2324 1.82	26 0559 0.31 1212 1.55 1805 0.52	27 0016 1.66 0645 0.39 1306 1.58 1911 0.58	28 0114 1.49 0733 0.47 1403 1.60 2026 0.62
29 0220 1.33 0826 0.55 1505 1.64 2149 0.61	30 0220 1.33 0826 0.55 1505 1.64 2149 0.61	31 0455 1.19 1025 0.62 1711 1.72				

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

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: ABIGAIL WILSON



The Peasant Prince

Are you ready to be taken back in time to the world of Chairman Mao?

The show tells the thrilling story of Li Cunxin, a peasant son who is offered a life changing opportunity to study ballet with Madame Mao's Dance Academy.

The background to the set was ever changing as different images were projected on a background screen, taking the viewer on a journey to all the different scenes to the story, from Li's peasant homeland all the way to America.

One of the most impressive features of the show was that there were only four actors to play a range of characters. I was astonished with how one of the actors was able to transform from a young boy to a stern soldier in just a few seconds.

The most important message from the show was that if you follow your dreams and work hard then anything is possible.

I would highly recommend this performance



Ballet dance to freedom, the time is Mao.

to anyone who would like to learn about Chinese culture, and I am looking forward to reading Li's autobiography.

Follow [@glen.street.theatre](https://www.instagram.com/glen.street.theatre) on socials and visit [glenstreet.com.au](https://www.glenstreet.com.au) for all updates

Words: **Annabelle Neal**, Junior Theatre Reviewer

Film

Freya Tingley

Meet the Manly actor who toys with the space-time continuum in the grimy Aussie sci-fi action thriller *Time Addicts*, streaming now on Netflix and SBS.

When did you first catch the acting bug? I got sick with the bug when I was 14 after attending an acting workshop. I loved it so much that I decided to pursue acting professionally.

Can you remember your parents' response when you said you wanted to be an actor?

I was always fortunate to have parents who supported my artistic pursuits. They never told me I couldn't do something and encouraged me to go after my goals.

How did you get involved in the *Time Addicts* film? I was sent

the script from the casting director to audition and when I first read it, I thought, "This is wacky - I love it". I ended up doing three auditions before landing the part.

The film is a wild ride, how did you prepare for the role? In playing the role of a meth addict it's important one doesn't go method (or meth-head). But I only had a full week to prepare for the role which involved re-reading the script, watching lots of YouTube videos and reading books.

Does this film have the potential to become a global sensation? The movie is like "Back to the Future" meets "Don't Breathe" meets "Trainspotting" but is a horror movie with a very Aussie sense of humour, so I guess time will tell.

What advice do you have for aspiring creative performers?



Manly *Time Addict*, Freya Tingley

Don't let anyone dissuade you from your dreams and goals. You can't live your life how other people want you to. If you're the author of your own life, you can create whatever future you want.

What's next for Freya Tingley? I would love to continue playing challenging roles and telling unique stories. I'm open to every opportunity that comes my way.

Interview: **Liam Carroll**

PHOTO: SALLY FLEGG, IG@SALLYFLEGGPHOTOGRAPHY

GLEN STREET UPDATE

We are taking a brief hiatus in July to upgrade our air conditioning system throughout the venue. Yes, you read that right – no shows in July! But, fear not – we've stacked up an incredible line-up of events for the second half of the year and will be reopening with lovely new climate control in August for Agatha Christie's *The Mousetrap*.

In the meantime you can check out our new ACT TWO brochure and start planning the rest of your 2024 entertainment. As always, thanks for your support and we look forward to welcoming you to your local theatre soon.






NORTHERN BEACHES CLINICAL RESEARCH

A WALSKI CLINICAL RESEARCH COMPANY

VOLUNTEER TODAY TO GIVE BACK TO YOUR LOCAL COMMUNITY AND ADVANCE MEDICINE!

NOW ACCEPTING NEW CLINICAL TRIAL PARTICIPANTS FROM ALL AGES AND DEMOGRAPHICS

WE CONDUCT TRIALS IN:

- FLU AND SHINGLES VACCINES
- RSV AND PNEUMONIA
- WEIGHT LOSS/CARDIOVASCULAR DISEASE
- SEXUAL HEALTH/WOMEN'S HEALTH
- TYPE 2 DIABETES

REGISTER YOUR INTEREST TODAY!

[northernbeachesclinicalresearch.com](https://www.northernbeachesclinicalresearch.com)



SCAN ME





Peninsula Patron Saint of the Arts, Wayne holds court

Local Business

Northern Beaches Gallery

Cromer's HQ for showcasing a diverse range of affordable, accessible, original artwork by local artists

Seven years ago, Beaches art lover Wayne Devenny and his wife Donna Maree, an excellent artist herself, saw the opportunity to give the peninsula's relatively unknown artists a true gallery to exhibit their artworks and start building their careers, while also satiating the appetite of local art lovers to keep abreast of the abundant local talent, and support their work.

"A lot of art galleries back in the day would only hang established artists," says Wayne. "Then a great site across the road from my alma mater Cromer High School became available, so we went for it, opening a gallery for local artists."

Opening a new business is always a huge challenge, especially so in the arts realm where formalities and established modes of operation are heavily engrained, but Wayne and Donna knew from their first exhibition they were on

the right track.

"The response from the public and artists was amazing," says Wayne. "We kept getting comments like, thank you so much for showing local artists, thanks for giving artists a place to exhibit their artworks. The smiles on the artists' and collectors' faces told us we were onto something special and commercially viable."

How exactly does one curate an art gallery? "We are contacted by artists who would like to exhibit their artworks," says Wayne. "This is where the fun begins as we have to see it in person and make sure the quality is there, as well as see how the artist feels about Northern Beaches Gallery and if they will be a good fit with the rest of the artist family we represent."

Visit northernbeachessgallery.au and sign up to their newsletter. Follow [@northernbeachessgallery](https://www.instagram.com/northernbeachessgallery) on socials. Keep your eyes peeled for Issue 11 of Art & Style magazine. Most importantly, pop into 5/161 South Creed Rd Cromer and chat with Wayne.

Sometimes hard conversations must be had when the fit isn't quite right, but "we always encourage artists to continue their passion and come back and see us again."

In times of tough economic conditions, which many are experiencing at the moment, making a living as an artist, as well as being able to afford artwork, can become out of reach, but a foundation of Northern Beaches Gallery is providing exceptional art at affordable prices.

"There's not a lot of disposable income out there at the moment but to be able to have an original quality artwork in your home is something we aim to provide to all art lovers at all times."

Following the Tawny into the timeless art of print media, Northern Beaches Gallery now produce a quarterly magazine, their Art & Style publication, with issue two out now at Beaches hubs of all sorts. "This is a natural extension of the gallery," says Wayne.

"Profiling and showcasing talented local artists, we're always striving to keep the community up to date with the latest arts scene news and developments, and to remind locals that if they are looking to add a meaningful, decorative touch to their home, office, gym, yoga studio, brewery, workshop, school, aged care facility, veterinarian's waiting room, Brooky Oval changerooms, anywhere that's enhanced with creative inspiration, they can do so while also supporting local artists."



Culture Map Live

Make sure you're on the map – join over 1,200 other local creative businesses on Culture Map Live.

Image: Georgina from Georgina Hart Art



Scan to list your business



BROOKVALE STAINLESS
17 Chard Road Brookvale
Specialists in Custom Handrails

Mention this Ad for 10% off your first order up to \$1500 (New Customers Only)

EMAIL: sales@brookvalestainless.com.au
INSTA: [@brookvalestainless](https://www.instagram.com/brookvalestainless)



Business

Party Time Deductibles

Howdy Tawnies, Tom here from Beaches Accounting, your small business accounting specialist. As everyone gets set for their epic end of financial year parties, or you're perhaps nursing a new financial year hangover, I thought a friendly reminder on what constitutes an "entertainment expense" might help local businesses stay out of trouble with our dear friends at the Australian Taxation Office

Quite simply, the ATO look at 4 key factors when assessing the tax-deductibility of entertainment expenses:

- 1. Why are you buying the food and/or drink?** And what that means in a more straightforward commercial way, is there a business purpose for it? A social coffee catch-up at the local café with a client is unlikely to be tax deductible, while a clear agenda and business purpose for the meeting and associated "entertainment" is.
- 2. What type of food and/or drink are you buying?** Expensive lunches replete with lavish wines and decadent desserts aren't looked at with abundant fondness by the Australian Taxation Officers.
- 3. When are you providing the food and/or drink?** During customary work hours is more likely to yield a tax deduction as opposed to the rather generous 11pm round at the pub.
- 4. Where are you providing the food and/or drink?** For a tax deduction, meals consumed in the course of regular business are safer than at one-off events such as a charity golf day.

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:



SCAN ME

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.

"She Doesn't Have Any Ears!"

How a mother and her deaf daughter discovered sound, speech and hope



'Little ears' and a huge heart, Ava is all smiles

Ava at just four-years-old and in only a little over six months, has already amassed 1200+ followers on Instagram as people all over the world follow her and her family's inspirational story of overcoming adversity living with hearing loss.

At birth, Ava was diagnosed with a rare condition called Treacher Collins syndrome which affects the growth of tissue and bone in her face. This has resulted in Ava's ears not developing properly and her experiencing hearing loss.

Her "little ears," as she describes them, lack a typically developed middle and outer ear, however her inner ear (cochlear) does function and as such, she was eligible to receive a hearing aid which was fitted when she was just three weeks old.

By her side every step of the way has been Ava's parents,

Selin and Jonathan. It was Selin who set up the Instagram page to advocate for children with Treacher Collins and celebrate the joy that is felt when someone you care about deeply overcomes the odds to surprise and delight in the most unexpected ways.

Originally, Selin believed that her child would never be able to hear and was understandably distraught and confused. When she was told that Ava could be fitted for a hearing device her incredulous response was, "What do you mean? Hearing devices? She doesn't have any ears!"

However, after being referred to **The Shepherd Centre**, a not-for-profit providing specialised programs for children with hearing loss and their families, Selin discovered not just hope, but a new, positive outlook on Ava's future.

"Finding out she would be able to hear my voice, that she would be able to hear songs, and it's just in a different way. It's definitely opened up a whole world to us that we didn't even know existed."

Ava is now well on her way to meet all her listening, speaking and socialisation goals thanks to the determination of her parents and the help of her Speech Therapist, Sally, at The Shepherd Centre.

"Ava absolutely adores Sally, and calls The Shepherd Centre, 'Sally's house,'" Selin says. "She says we are going to visit Sally's House, like she's stepping into someone's home."

With Ava's future looking bright and a career as a social media 'influencer' a real possibility, Selin is able to reflect on her and Ava's time at The Shepherd Centre.

"I didn't realise at first how much of a big role The Shepherd Centre was going to play in our lives. I just feel constantly grateful to even have access to this support and it's just such a beautiful organisation. I can only say positive things about The Shepherd Centre, I will always be so incredibly grateful for everything they've done for us and continue to do," concludes Selin.

Assist Ava on her influencer career pathway by following [IG@littlefaceclens](https://www.instagram.com/littlefaceclens)

Learn more about **The Shepherd Centre** and the vital services they provide for over 1000 families with children with hearing loss at [shepherdcentre.org.au](https://www.shepherdcentre.org.au)

All donations very much welcomed and make a huge difference.

Words: **Liam Carroll**

"I ignored everything until it became a big problem"



Pragmatic financial counselling turns lives around

The local services offered by Lifeline Northern Beaches have an immense impact in improving the lives of people in our community. Recently, we spoke with a gentleman who had been supported by the free Financial Counselling service to understand how Lifeline Northern Beaches had helped him.

William* (a pseudonym) has been a Northern Beaches resident for more than 30 years, having moved to Sydney from rural NSW as a child. His professional career had been in customer service for various companies, however after experiencing bullying in his workplace he has been unemployed for the past ten years.

Most of the time since he was last employed, William received no government support instead living on savings until he depleted them, then selling shares and maxing out his credit card limits.

As money became tight, William stopped paying his bills, including council rates, electricity, water bills and strata fees, and would collect bottles to pay for food – finally reaching breaking point after legal action was initiated that may have evicted him from his home. By this time William had got himself into more than \$30,000 in debt.

While the total value may not seem high, having a strata debt is one of the largest causes of bankruptcy – and in William's case could have led to homelessness. To add further complication, William had a "friend" who introduced him to some hard drugs, which he then used to make himself feel better and not worry about his situation. This led to a spiral of isolation and negative behaviours that brought William further into depression and anxiety and into a

more difficult personal situation.

While he understood that things were getting worse, William didn't reach out for help as he would get used to how things were. A chance encounter with a local volunteer led William to being introduced to the Financial Counselling service at Lifeline Northern Beaches. It was through this local Lifeline service that William's financial situation started to be worked on and improved.

"I'd been making promises [to repay] that I couldn't keep," he said. "[The financial counsellor] really got me into line."

The financial counsellor worked through William's debts, assets, income and expenses, developing a plan with William about how he could reduce debts and cover expenses while keeping on living in his own home.

Lifeline Northern Beaches dealt with his creditors, including debt collectors, negotiating payment plans and interest-free periods so he could get on top of his repayments. They also worked with other local support organisations to provide help in other areas of William's life. It's been a process that he's still working on, but now, when he's been finding things difficult, William has people he can trust that can help him out.

"I missed one repayment, which meant they whacked on 20% interest," he said. "But I came back to Lifeline and [the financial counsellor] was able to speak with them and fix the situation."

When asked about what he would say to someone in a similar situation, William said that's a hard one. He said that it's best to check on things, as it's never as bad as you think when asking for help. And get support when you can, rather than waiting until the last minute when things are really bad as there are always options.

"I wanted to share my story as I feel like I've been taking from people, and this is an opportunity for me to give something back to those who have helped me," he said. "Lifeline helped me get back on my feet."

Words: **Lifeline Northern Beaches**

Need support? Lifeline is always here for you.

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

To donate, and ensure vital services like Financial Counselling are possible, visit [lifelinenb.org.au/local](https://www.lifelinenb.org.au/local)

PHOTO: TASHA WAKEFIELD, IG@SPINDRIFTSTORIES

IMAGE: TOWFIQU BARBUVA - UNSPLASH

Relationship poison

How stress can toxify any good bond

Whether it's from work pressures, financial concerns, health issues, or personal insecurities, stress infiltrates our lives, and its impact on relationships can be profound and far-reaching. Even the best marriages will be put to the test, and not all will survive. Understanding how stress can poison a relationship is crucial for learning to clarify and fortify the connection and foster resilience.

The direct impact of stress

At its core, stress affects individuals by triggering a fight-or-flight response, releasing cortisol and adrenaline, which prepare the body to handle perceived threats. While these physiological responses are beneficial in the short term, chronic stress leads to persistent high levels of these hormones, resulting in physical and emotional exhaustion. This prolonged state can leave us more irritable, less patient, and less emotionally available, creating a breeding ground for conflict and misunderstandings.

Communication breakdown

Under stress, individuals often become inward-focused, preoccupied with their worries and anxieties. This preoccupation can lead to a lack of attentive listening, dismissiveness, and reduced empathy. While it might seem like your partner doesn't care, they may just be completely overwhelmed with their own stuff. If that is not communicated beforehand, you can bank on tension rising. With lower capacity and internal resources, misunderstandings and conflicts become more frequent, adding further strain to the relationship.

Codependency and stress

In some relationships, stress can manifest in the form of codependency, where one partner becomes excessively reliant on the other for emotional support and validation. While seeking support from a partner is natural, codependency can lead to an unhealthy dynamic where one partner's stress becomes a burden for both. The caregiver partner may feel overwhelmed by the constant need to provide support, while the dependent partner may feel increasingly insecure and anxious about their own ability to



Stress, the poison apple of relationships

cope. This dynamic can create a vicious cycle of stress and dependency, eroding the foundation of mutual respect and equality that is essential for a healthy relationship.

Resentment and unresolved issues

When individuals are stressed, they may unconsciously project their frustrations onto their partners, blaming them for issues that are, in reality, external. Over time, these unresolved issues and misplaced blame can lead to a buildup of resentment. The stressed partner may feel unsupported and misunderstood, while the other partner may feel unfairly targeted and undervalued. This accumulation of negative emotions can create a rift between partners, making it difficult to address the root causes of stress and find constructive solutions. This can also have knock-on effects where either one or both withdraw emotionally, physically, or sexually, for reasons such as protection, preservation, or punishment.

Building resilience together

While stress can have a profoundly negative impact on relationships, it is not insurmountable. Building resilience together as a couple involves open communication, mutual support, and proactive stress management strategies. Regularly checking in with each other, expressing gratitude, and engaging in activities that strengthen the bond can help mitigate the effects of stress. Seeking professional help, such as couples therapy, can also provide valuable tools for navigating stressful periods.

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.

TAKE MY STRESS AWAY







AN EMBODIED RELAXATION WORKSHOP

Too stressed?
Stuck in your head?
Want to learn how to unwind?

Join us for a relaxing workshop where you will learn 25+ techniques to help calm, soothe and co-regulate your body, mind and soul.



Qi Pilates
Health
& Yoga

-  Couples, individuals or friends
*solos will be paired on the day
-  3:00pm - 6:00pm
-  Saturday 6th July 2024
-  Qi Yoga Manly Chandra Studio
-  \$75 per person
-  Book by scanning QR code or call 9976 6880


The Love Scout
Relationship Therapist

Worm your way to success

Whoever said dogs were "man's best friend" had obviously never buddied up with an earthworm.

Few other creatures have played such an important role in the history of the world as earthworms (to paraphrase Charles Darwin). And luckily, around 300 of them keep us company for every square metre of soil on the planet.

Earthworms are nature's ultimate soil engineers - breaking down organic matter, aerating the ground, recycling nutrients and improving earth fertility. Their ancestry dates back about 600 million years (that's way before dinosaurs took all the glory) and we couldn't really live without them. Despite that, 5% of people have an irrational fear of worms called Scoleciphobia.

According to one journal, Earthworm activity contributes 140 million extra tonnes a year to the world's grain harvest - matching Russia's output! And even though they're small, they can push aside ten times their own body weight - the equivalent of Kylie bench-pressing Dwayne (The Rock) Johnson.

In Australia, we've got over 1,000 different species of earthworm including the "Giant Gippsland Worm" which grows up to 3m long. A mere tiddler compared to a colossal 6.7metre specimen which was found in South Africa.

Worms don't have lungs, they breathe through their skin, but they do have a simple brain which provides them with some intelligence. Experiments reveal that they can learn to navigate mazes and communicate using chemoreceptors on their body to touch and taste. They can also sense vibrations. Some birds have learnt to tap the earth with their feet, to mimic rain which attracts worms to the surface.

In the UK they decided to upstage such birds by organising the annual "Blackawton International Festival of Worm Charming". Teams are allocated a small plot in a field, encouraged to don fancy dress and then challenged to entice as many worms out of the ground as they can without digging. Apparently, it's the second most fun you can have on your knees in a meadow. Aussie journo Grant Mills rated it as "Europe's Most Unmissable Festival". The current record stands at 149 worms in 20 minutes.

Earthworms may be ancient beings, but their sex life has a contemporary feel about it. Most



A Wriggle of Worms

of them are hermaphrodites which means they have both male and female sex organs. But they still need another worm in order to exchange genetic material. It's a good strategy for reproduction as it doubles the chance of getting a shag on a Saturday night.

The courtship ritual is a tender affair involving a number of clandestine visits to the potential paramour's burrow (or worm love shack). When they're ready to mate, they'll glue themselves together, head to tail and commence a sexual marathon that can last for up to three breathless hours. If no-one fancies them, some earthworms can even reproduce by themselves using a process called parthenogenesis. Not surprisingly a worm colony can double in population every 60 days.

The common earthworm (*Lumbricus terrestris*) was actually named as the UK's inaugural "invertebrate of the year" in 2024. But unfortunately, just like virtually every other aspect of nature, this keystone species is in decline, mainly from invasive species, chemical use, pollution, climate change and intensive agriculture (UK numbers are thought to have fallen by a third in the last 25 years).

If you do ever befriend a worm, they have ten hearts, so if one gets broken there are always several in reserve.

Words: **Malcolm Fisher**



Home Cooking

Zucchini Boats

Gluten free • vegan • low carb • high protein
keto friendly • Serves: 4
Prep: 5 minutes • Cook: 20 minutes

Ingredients

- 4 large zucchini, halved lengthwise
- 4 tsp olive oil
- 2 cups tempeh, shredded
- 1 tsp vegan sour cream
- 1 tsp tomato paste
- 1 tsp diced long green shallot (spring onion)
- 2 cups grated vegan cheddar cheese
- Sour cream, to serve

Method

Preheat the oven to 220°C. Line a baking tray with baking paper.
Hollow out the zucchini halves and brush with olive oil.
Put the zucchini on the baking tray and bake in the oven for 10 minutes.
Meanwhile, mix the shredded tempeh, sour cream, tomato paste and spring onion in a bowl until well combined.
Remove the zucchini from the oven and stuff with the tempeh mixture. Top with grated cheese and bake for a further 10 minutes until the cheese is melted and golden brown.
Serve with a little sour cream.

Tip

Want a non-vegan version? Sub the tempeh for shredded chicken or tinned salmon to up your omega-3 intake.

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

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND

ROCKSALT SOUND
Professional audio & lighting production hire
www.rocksaltsound.com

USED BOARDZ
THE NEW WAY TO BUY & SELL BOARDS
VISIT -> USEDBOARDZ.COM

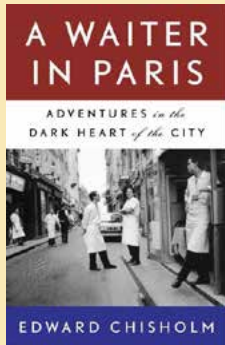
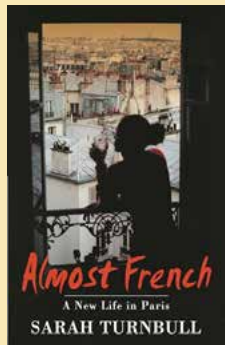
- 01 Sell your surfboards, fins & accessories
- 02 Connect with local shapers and repairers
- 03 Join a community of hundreds of users
- 04 Try our premium consignment service

HELLO@USEDBOARDZ.COM

TOBY'S TOOLS
Handyman Services

Life Drawing Drink & Draw
2nd Thursday of every month
Location **Brookvale**

use **TAWNY** at checkout \$5 off
Scan to register



Celebrate Bastille Day with a Paige turning Parisian journey

Tawny's Bathtub Bookclub

Paris, looking from the outside in

Avalon-based writer **Sarah Turnbull** won my heart with her first book **Almost French**, published in 2002, and read by me many times. I've bought and given away dozens of copies of this book. Recently, I realised that I no longer had a copy. Manly's Desire Books fixed that and when I re-read it for the umpteenth time, I was reminded of just how much I adore this book.

Shortly after it was published, I went to Paris with my husband and two small-ish children, and we retraced many of Sarah's footsteps. It was glorious. If you haven't read this book, or haven't read it for a long time, seek it out. There are timeless insights into what it's like being an outsider, being French and trying to bridge that gap.

You can't think of Paris and not think about eating. Paris is a city with more than 44,000 restaurants. It's a tough restaurant scene. If you want to get a sense of how tough, then **A Waiter in Paris** is the book for you. Englishman, **Edward Chisholm**, recounts working

his way into the elite, yet lowly world of Paris waiters. Not easy when you're English and speak almost no French.

It's like being a fly on the wall (quelle horreur) of an upmarket bistrot and seeing the inner workings, power struggles, abuse and fear. As the story unfolds, the anecdotes become more personal and vivid. The backstabbing tensions feel real and dangerous given there's so many knives within reach.

I do love this quote: "A waiter's job is to deceive you. They want you to believe in a luxurious calm because on the other side of that door is hell." The book is said to be a contemporary of Orwell's "Down and Out in Paris and London" with all the associated bleakness.

I'm not sure that's true. It's certainly a revelation into what goes on behind the scenes in Parisian restaurant-land. Will it stop me wanting to visit Paris and eat in its restaurants? Not on your nelly.

Where to buy

Best to search online for these livres parisiens.



Award winner Tony Bernard

Mazel tov Tony Bernard

August 2022's Tawny reviewed Manly resident and emergency doctor Tony Bernard's *The Ghost Tattoo*. Writing the story consumed Tony's life for 16 years, so it's thrilling to announce *The Ghost Tattoo* won the award for Holocaust Memoir in the US at the National Jewish Book Awards for 2024 – the longest running organisation devoted exclusively to the support and celebration of Jewish literature.

All Tony wanted to do in writing the book was honour his father. Job done well before winning this award, but my heart swells with emotion to see Tony's devotion and honour formally recognised.

Included in the award Judge's comments was this: "This rarely explored aspect of the Holocaust and its aftermath offers readers a glimpse into the psyche of a Jew forced into the role of subjugating his own neighbours. The author also explores the ramifications of such dilemmas and their painful, life-long effects on both survivor and family."

The book would make a superb film or Netflix series to rival *Schindler's List*.

Visit tonybernard.com.au for more insights into *The Ghost Tattoo*, which is available from all good bookshops.

Words: **Paige Turner**

A Little Advice

Fur and All

Q. I walk my dog in a popular off-leash park. Recently, the owner of a Siberian Husky has taken to vigorously brushing their dog, sending clumps of fur all over the park. The owner makes feeble attempts to collect the fur, but it's not uncommon for me to arrive home finding fluff all over me. Yuck. Does this break the dog park code? Should I say something?

A. This takes me back to my days as a dog walker in NYC. Dog brushing was a common sight with most people living in small apartments. The only practical place to de-shed your long-haired pooch being the local dog park.

I know the Tawny readership favours saying something over not, however based on the fact that you have written in to ask if you should say something tells me confrontation isn't your favourite recreation. So, my advice...Say nothing, but if it continues to bother you, find things that are within your control, such as a lint roller (LOL), or switching up your dog-walking route.

If that is not enough for you, the best advice I've ever received when it comes to conflict is to find the most generous interpretation of a situation. In this case, what could be our most generous interpretation of why a person grooms their dog in public and does not pick up after themselves?

- They live in a small apartment
- They live with someone who has allergies
- They are time poor and just trying to kill two birds with one stone
- Their mind is distracted by something going on at home/work
- They have social anxiety

My point is, most people are trying their best. Sometimes their best is brushing their dog in public and not managing to pick up all of the fur. They could also be a narcissist, we'll never know. Don't sweat it.

Enjoy your pooch and the outdoors in one of the most beautiful places on earth, fur and all. X

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

KOALAFIED PLUMBING & GAS

Lic No. 301153C



Blocked drains • Maintenance • Renovations
New Installations & Alterations

We take pride in our work!

0434614760 | www.koalafiedplumbing.com

Private Tutoring

for all ages and abilities

Don't leave it too late to prepare for your exams this year!



Natasha offers tutoring in the following subjects:

- + English
- + Maths
- + History
- + Business
- + Economics
- + Politics
- + Philosophy
- + French



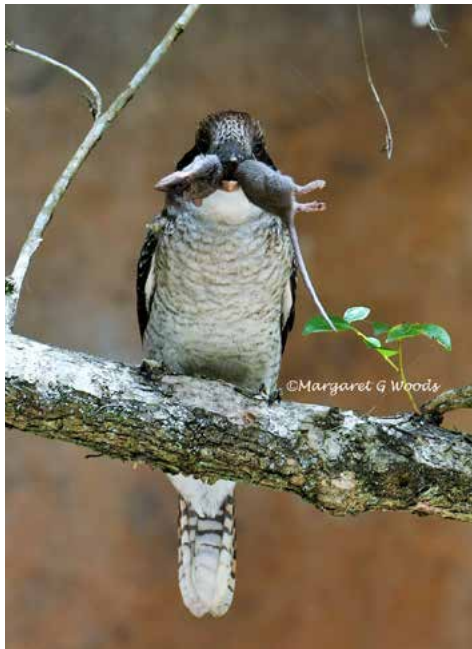
GET 10% OFF

Book before 31 July

for a 10% discount for Term 3

call **0405 105 801**
email natashapoo13@gmail.com
visit www.natashapoo13.com





©Margaret G Woods

Subject Kook eating antechinus
Photographer Margaret Woods



Subject A swan on Manly Dam taking great interest in this photographer!
Photographer Laurie Wilson



Subject Manly Winki Pop Barrel
Photographer Michael Byrnes



Subject Giant Australian Cuttlefish mating
Photographer Eric Moysaenko



Subject Winter glow at Dee Why
Photographer Katie Bullock



Subject What are you looking at
Photographer Rob Edgren



Subject Girl Power
Photographer Rebecca Babich



Subject Beetle
Photographer Clement Atichian, 4 years old



Subject Cracker sunset swim at the spit
Photographer Cosmo Clutches



Subject Tawny outside my bedroom
Photographer Tim Dawson



1. In addition to Pittwater Road, what road links Warringah Road and Mona Vale Road?
2. Albert & Moore is a popular café in which Northern Beaches suburb?
3. The Manly Savers are a club that play which sport?
4. In which Northern Beaches suburb would you find Governor Phillip Lookout?
5. Previously known as the Parkway Hotel, what is the Hotel called in Frenchs Forest?
6. In which movie would you associate the song "Circle of Life"?
7. True or False – Anthony Albanese was a member of the NSW State Parliament before going into Federal Politics?
8. What is the term for a surfer who rides with their right foot forward on the board?
9. The Scapula bone is commonly known as the WHAT?
10. In golf, typically what colour tees are the Ladies' Tees?
11. In a Medley relay, if Backstroke is the first stroke, what is the second?
12. Who played James Bond immediately before Daniel Craig?
13. Tiramisu is a desert from which European country?
14. Bananas are rich in which chemical element?
15. Who sculpted the statue "The Thinker": Auguste Rodin, Donatello, or Michelangelo?
16. How many of these cities are inland? Paris, Brussels, Madrid
17. How many strikes are needed in 10 Pin bowling to obtain a perfect score of 300?
18. Which Australian actress has a major role in the 2011 movie Bridesmaids?
19. In what country starting with L was Keanu Reeves born?
20. Who holds the record for the most runs in an innings by an Australian in a Women's Test Match with 213*? Alyssa Healy, Meg Lanning, or Ellyse Perry?

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

Sudoku Medium difficulty

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

RUMOUR HAS IT

Council is considering all measures to restrict amorous affairs at a renowned Northern Beaches' hook-up location

GREENSCOPE ROOFING

Recent water damage?
Protect your home with a roof replacement. Call Sam!



Call 0406 154 608

JONO'S BUILDING & HANDYMAN SERVICE

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



PH: 0413 313 299

Builders Lic: 176010C

- Calm Your Farm - FREE E-Guide Download



by Lisa Cohen



In2Balance Kinesiology

www.in2balancekinesiology.com.au

AUDIO VISUAL INSTALL SERVICE & REPAIRS

Installation of all TV, Sound Bar, Amplifier, Wi-Fi and all Audio Visual equipment

SPECIAL SENIORS & PENSIONER RATE

OPEN 7 DAYS

CALL DAMIAN - 0456 53 53 51

WATERMARX GRAPHICS
SPECIALTY PRINTERS
9905 8127 . info@watermarx.net
foil stamping . embossing . letterpress print . CMYK

CMS SURVEYORS
Local, trusted.
(02) 9971 4802 cmssurveyors.com.au

!ABLOOM ACE GARDENING

For all your gardening needs

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

Fully insured / 7 days / Lic 291815C

Best hourly rate / free quotes

Chad: 9403 6500 Sam: 0415 817 880

The Love Scout



Relationship
Therapist

0410 030 463

www.thelovescout.com

DE SAXE O'NEILL
FAMILY LAWYERS

When family life isn't
a box of chocolates

02 9948 3820 . www.dofamilylawyers.com.au

Bakery Mews, Suite 6, 67 Wanganelia St, Balgowlah

Star Signs

by Krystal Bawl

Cancer Jun 22 - Jul 22

Vivacious Venus and Pretentious Pluto are doing a pincer movement on you this month. Best to duck and weave.

Leo Jul 23 - Aug 22

Being cruel to be kind has its limits and you're reaching them. Time to ramp up on kindness or it could be a lonely winter.

Virgo Aug 23 - Sep 23

You can't brainstorm your way out of your current dilemma, but blame-sharing has potential, especially as you're blameless.

Libra Sep 24 - Oct 23

This may well be the winter of your discontent but there's no need to bring everyone down with you. Cheer up.

Scorpio Oct 24 - Nov 22

There is quick cash written in your stars but only if you sort your tax return tout de suite and use a professional this year.

Sagittarius Nov 23 - Dec 21

Just like that you're taut, trim and terrified. The Ozempic has worked, ditch the oversized clothes and get out there.

Capricorn Dec 22 - Jan 20

It's been too long since you bared your soul to your soulmate, do it clothed though, or they might get distracted.

Aquarius Jan 21 - Feb 19

Stop the pivots, reboots, remakes, revivals and any other form of reinventing yourself. You're perfect just the way you are.

Pisces Feb 20 - Mar 20

You're being pulled in too many directions, none initiated by you. Time to go to ground and decide what you want.

Aries Mar 21 - Apr 19

Mercury retro has entered your wardrobe, but loosen the high-waisters, being able to breathe is always fashionable.

Taurus Apr 20 - May 21

Dubious shenanigans you got up to many moons ago may come back to haunt you, best to avoid old "friends" for now.

Gemini May 22 - Jun 21

Hoping and praying isn't going to make your big dream come true. The time for action is now. Stop dilly dallying.

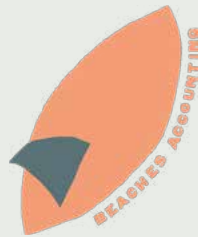
Trivia Answers

- Forest Way
- Freshwater
- Rugby
- Beacon Hill
- Forest Hotel
- The Lion King
- Falste
- Goofy footer
- Shoulder blade
- Red
- Breadstroke
- Pierce Brosnan
- Italy
- Potassium
- Auguste Rodin
- 3
- 17
- 12
- Rose Byrne
- Lebanon
- 20
- Ellyse Perry

Sudoku Solution

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

Accounting made easy



Beaches Accounting is a boutique practice focusing on small to medium businesses.

We provide a range of tax, accounting, and advisory services to Northern Beaches businesses across a variety of industries.

We want your business to succeed and use a **fixed-fee approach** so you don't have to stress over hourly billing.

PHONE 0466 634 426

EMAIL tom@beachesaccounting.com.au

WEB beachesaccounting.com

VISIT 2/1 Sydenham Road, Brookvale NSW



WHARFBAR.COM.AU



Local support, supporting locals

Your donation makes our local services possible



DONATE NOW to
Lifeline Northern Beaches
lifelinenb.org.au/local