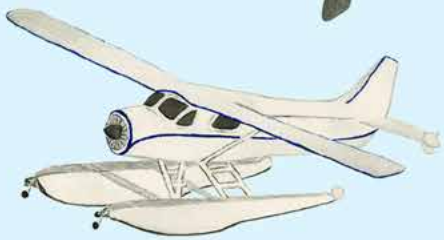




The Tawny

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G'day Beaches

Welcome to August! Blink and it'll be Christmas. Thank you, Emily Foresto, covering Issue 41 in as many Beaches icons as possible. Congratulations Mal Fisher, his possum's lair Kodak moment winning Photo of the Month. And exquisite penning Jens Ward, winning Letter of the Month.

James Griffin farewells philanthropist Kay Poche AO, Michael Regan welcomes Premier Chris Minns, Michael West laments the disappearance of the 'fair go', and Manly Observer's Kim Smee goes into battle, creating the MO local news app to keep you informed and sidestep the Zuck should he follow through on his Meta threats to pull the plug on online news reporting.

International Correspondent Duke Boulder debuts with Sneer & Probing on the '24 Campaign Trail from Scottsdale, Arizona. Candy Bingham reflects on Manly's many transformations, while Bryan Wittawhy goes undercover, unearthing how on earth a Lifeline GIANT Book Fair comes to life.

Winter's almost over, keep warm!

Liam



The Tawny Frogmouth

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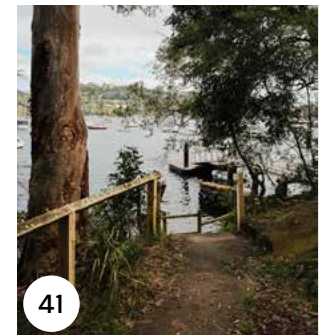
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Acknowledgement of Country

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

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



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



Billy Langley Pic: Craig Brokensha

Peninsula Wash Up

Deadman's SMH unnamed charger

The recent run of mega swell pounding the Northern Beaches' bomboras, pointbreaks, German banks and Deadman slabs had froth levels high amongst the media elite, eager to snap big wave charging audio visual clickbait. Our Peninsula's full smorgasbord of finely tuned maniacs put on an oceanic show for the ages, with 2022 Lifeline Classic Tawny shredder **Billy Langley** hurling himself over every ledge available, a photo of him from headland safety posted all over the Sydney Morning Herald going viral, clicks clicks clicks, while the man, the legend, the "I'm only happy when the surf's massive" enigma, his name was nowhere to be mentioned in SMH's coverage. Never fear! **Swellnet's Craig Brokensha** spent tens of hours in the water to get the above pic and many more pearls, naming and faming all who graced his lens and braved the roguies.

Long live the Bally

Congratulations **Tony Wagener** and everyone involved at the Bally aka **Balgowlah Bowling Club**, earlier this year seeing the closure writing on the wall for Bareena Drive's beloved Club if urgent action wasn't taken, going on to raise \$56,000! This epic community donation injection provides fiscal muscle, and with sublime greens, superb dining, ice cold froths and unbeatable pricing, The Bally is destined to hold community pillar status for eons to come. Learn more at www.thebally.com.au or scale the Bally heights to **1427 Bareena Drive** to check it out and become a member.

Pouring profits into the community

Over two decades ago, the Big 4 Banks closed their Freshwater tills. In the vacuum, passionate and capable locals established **Community Bank Freshwater** with one crucial provision: that a minimum 80% of profits generated by the business are put back into the community via grants and sponsorships and working capital for local projects. Congratulations for recently celebrating 22 years in business and having contributed over **\$3million back into the community**, absolutely outstanding banking!

In Paradisum

Music lovers, hear! hear! **Manly Warringah Choir** (which started in 1975!) is pleased to announce their upcoming performance, In Paradisum, Sunday 25 August at St Paul's College. Featuring incredible singing talents, **Molly Ryan** and **Tobias Page**, this concert is from Faure's much-loved Requiem, sure to transport you into a feeling of paradise - here on earth! For more details call **0411 777 738** and visit manlywarringahchoir.org.au



Winter Weihnachten at GISS

Frohe Weihnachten Tawnies!

Whisk away to the **German International School's** winter wonderland in Northern Beaches' alpine village, Terrey Hills, and celebrate an early White Christmas. Catering to all ages, lovingly adorned open-air market stalls offer traditional German food and drink as well as handmade ornaments, festive decorations, candles, wooden art and crafts. This year features a roller-skating disco - book your spot at germanschoolsydney.com - plus jazz bands, fire shows, magic elves and fairies, lantern walks and a wide range of amusement rides. See you **Friday 23 August 5-9pm**, and **Saturday 24 August 4-9pm** at 33 Myoora Road, Terrey Hills.

Words: **Liam Carroll**

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Letters to The Tawny

LETTER OF THE MONTH

Vale daily local news

As residents of The Northern Beaches, we don't get to hear nearly enough about local issues. Tawny Frogmouth, admirably, is doing its best in-forming us about local news on a monthly basis but there was a time when print publications like The Manly Daily kept us abreast of news daily. By keeping us regularly in the news loop we, the general public, were able to nip contentious issues in the bud. Everyone read their local daily newspaper, including politicians, and no one got away with anything simply because the public was kept better informed. Now I look at a new development taking shape in Manly, and say to myself: "What's that all about?"

I remember reading about the closing of The Northern Beaches Review. In her last column, the editor Kate Cox said they were sadly closing due to the rising cost of newsprint but mainly, she said, because they weren't getting support from The Northern Beaches Council in advertising revenue. The Mosman Daily is surprisingly delivered to my door in Manly because its publisher says it contains local real estate content which is hardly newsworthy. As local residents, we want to be kept better informed about local issues and about how our council rates are being spent. Local and free newspapers keep the b@*tards honest.
Jens Ward, Manly

Honesty the best way

Hi Liam. Your feedback to us all, well to me, is that you can't please everyone, but honesty is the best way with the information at hand. And this is what you deliver in the Tawny. Thank you.

Simone

Morality off the Clifford

What becomes of a tree poisoned to gain a view of Sydney Harbour? Its barebones stand testament to greed. There is a message in this picture of Fairlight's Upper Clifford Street. Obsession. Greed. Profit before all.

Vue de Mer



Root of all evil's victim

Re: Acknowledgment of country

Hi Liam, I wanted to express my shock at the statement "aboriginals gained more than vice versa" made by July contributor Paul. To say that an Acknowledgment of Country is unnecessary only conjures one word in my mind, ignorance. As I hope we all learned in school or are old enough to remember, indigenous people were only given the right to vote in 1967 and most suffered under the government run program of forced removal well into the 70s. In my parents' lifetime, indigenous children

were being ripped from their families and spiritual homes because of racist government policy, destroying ties to over 65,000 years of history and religion. And Paul doesn't think it 'necessary' to spare a little square in the contents? Australia has long prided itself on being a multicultural oasis, we should acknowledge the original culture which colonisation almost destroyed. Feel free to skip over the acknowledgement box in the monthly issue or mute the Welcome to Country on the footy if that's your choice, but why try to drag us all backwards? Kind regards,
Macey Sajowitz

Climate zeitgeist propaganda

The June 2024 Frogmouth highlights the almost unassailable influence of climate zeitgeist propaganda promoted worldwide which negatively influences uninformed public opinion. As quoted in The Australian recently from the IPCC's "Climate Change 2021: The Physical Science Basis" Page 1586: "(Tropical cyclone) landfall frequency over Australia shows a decreasing trend in Eastern Australia since the 1800s, and in other parts of Australia since 1982. "Observation show there are fewer cyclones since the industrial revolution..." What of droughts? The IPCC finds (p1089) that "the Millennium drought in eastern Australia was not unusual in the context of natural variability reconstructed over the past millennium" and concludes "there is currently low confidence that recent droughts in eastern Australia can be clearly attributed to human influence." P1663: There is low confidence in observed trends, or projected changes, to droughts

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in central and eastern Australia as the climate warms. In northern Australia there is medium confidence of a “decrease in the frequency and intensity of meteorological droughts”. So, more rain for the Top End (which is nothing other than normal El Nino; La Nina and other influences). “During the last millennium, the combined effect of a positive (Indian Ocean Dipole) and El Nino conditions have caused severe droughts over Australia” (p1104).

It's not our minuscule 1% CO2, just natural variable weather.

Kevin Begaud

Lizard Rock

The controversial development plans being lodged for the Lizard Rock area needs to be viewed through the lens of 60,000 years of Aboriginal culture.

As custodians of Country for several millennia, our First Nations people have taken a unique and responsible, caring approach, without any recourse to damaging the environment by extracting any minerals (Eg Sandstone) or metals for building houses or other endeavours. This is in stark contrast with other indigenous cultures such as Aztecs, Incas, Egyptians. Forest timber also appears to have been only harvested for basic shelter requirements and for canoes, although there may have been other uses.

A primary nomadic existence precluded the requirement to establish settlements or other domestic village style habitat living. The current development plans appear to be contrary to the First Nations' custodian of country principles and should be rejected outright by all relevant govern-

ment agencies so as to protect and safeguard traditional Aboriginal culture, despite the plans being proposed by the local Aboriginal Land Council.

Tim Alexander, Balgowlah

Re: Safer Together (June '24)

Thank you so much for sharing this positive story of educating and helping readers overcome the very real issues of domestic violence and the need for cultural change.

I also hope to bring a light on one possible influencer in our culture that is very likely to play a part in shaping how we think and how we act. We have all heard of the recent discussions and thoughts on prevention of DV. Many issues are drugs, alcohol, mental health issues, poverty, exposure to violence as children, poor role models, and many more. I would also like to add exposure to violence through media of all types, books, films, tv, internet, movies, news, music etc.

Under the name of storytelling, and using entertainment as a platform, we are saturated with toxic violence, abuse, grief, substance abuse, sexual abuse, crime, murder, verbal abuse, poor role models. Aggression, suicide, addictions, pain, hurt, mental instability and more and more. When someone's story of abuse is told in the form of entertainment it is very limited in the support that the person really needs, that is support of friends, family and community, and is instead exposing such abuse to an audience that is then affected for good to advocate for change or for harm, perhaps learning bad behaviour, learning messages that influence the audience in a harmful way, even becoming

desensitised.

We need to be telling stories that are primarily focused on pro social behaviours of hope, altruism, kindness, healthy problem solving, role models that overcome through healthy change and reward help seeking, healthy ways to deal with conflict, pain, relationship issues, how to get along better and build a sense of belonging and care in a shared sense.

We need to wake up to how the media is influencing our wellbeing. It doesn't have to be all rainbows and sunshine even though that would be nice! As a teacher retired, I have seen firsthand how children act out actual media exposure. We are wired to learn from what we are exposed to. I also question the jump from a literary feast of prosocial books in a library in the early childhood years, then tweens and young adults have currently 90% dark themed genres of witchcraft, crime, murder, abuse etc. Depression in young people is at an epidemic level. I appeal to authors. It's now science that our brains can change and be rewired for prosocial thoughts and behaviour.

Please consider this a piece of the DV puzzle. Thanks,
Wendy Pleasance, Narrabeena

Congratulations!

Dear Liam, thank you for putting together such an interesting and attractive local magazine for us Northern Beaches residents to enjoy. The Tawny Frogmouth is a source of local information, book reviews, and beautiful reproduction of local artists' work. I appreciate all these things. I was particularly taken today with the meaningful Acknowledgment of Country that you include in the magazine.

YOUR TIME *matters*

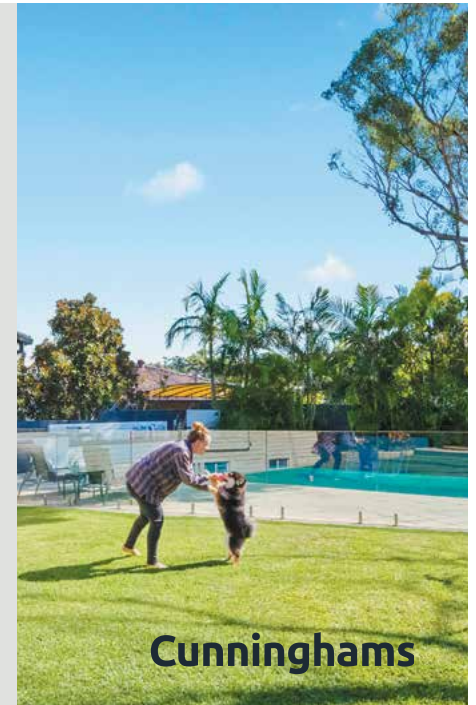
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It is a sincere and respectful acknowledgement that without our First Nations' stewardship, the Northern Beaches would not be as beautiful as it is. Thank you for including this message and keep up the great work!

Genie Udy, Manly

Oh Robbo

Dear Ed, Mark (Robbo) Roberts has got me worried now with his serial letters in the Tawny Frogmouth proclaiming human induced climate change is a misinformed hoax. If he's right, does it mean that creating cleaner air, saving our environment, protecting our oceans and living healthier lives is a total waste of time?

Mal Fisher

Re: Two climate untruths

Funnily enough I am the opposite of David Byron in so many ways. I am visiting the Northern Rivers and can still see the devastation left by the floods. It would be almost amusing if not so sad to read David Byron's letter that suggests climate change is an untruth. He recommends watching a 2007 documentary on YouTube! How much we have learnt since then about so many things so suggesting any scientific evidence from that far back is still credible is absurd. The 'show' can hardly be considered the latest evidence-based research.

So often we are quick to jump onto social media to learn when the facts can only be found in looking at the evidence written dispassionately by researchers whose work is then reviewed over and over again so that we can see what is real and I can assure Mr Byron his 'evidence' has been debunked over and over again.

Susie Hook, Dee Why

Oi, you with the bike!

I almost went for a face plant because of this bike. Now I'm obsessed with it. Almost every day of the work week it's chained to an informative sign about Manly Wharf's history outside the Visitor Information Centre. It's not like there isn't plenty of legal bike parking at Manly Wharf, and within steps of this sign. Noooo, they can't be bothered to do that. They're probably the type of person who owns a dog too and leaves its poo for others to step in.

Angry Walker, Manly



The offending pedaller

Ferries and bikes, what they can do for a city

Dear Tawny, some reflections on the recent Transport and Traffic Community Forum, which predictably focused on buses and bikes given the logistics of the Peninsula. It was unfortunately called a forum instead of what was essentially a "Show and Tell". A key takeaway was the rise of e-bikes and possibilities to carry bikes on buses and trains. The one mode of transport that can easily accommodate this emerging, sustainable form of transport is Ferries. In particular the larger Freshwater Class Ferries where there is ample room and weight carrying capacity, there would also be potential for top-up charging and a dedicated

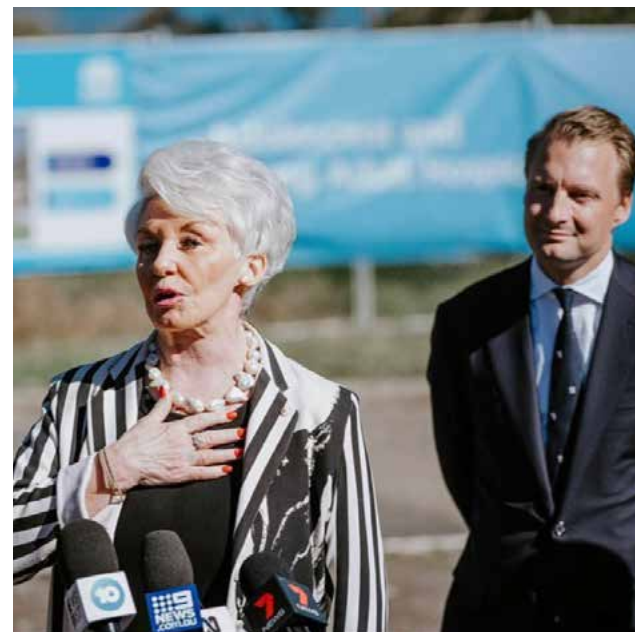
gangway could be arranged. It was stated that ferry patronage was limited somewhat by road constraints for cars and buses to Manly Wharf. It was also stated separately that e-bikes have typically increased the practical range for most cyclists from 5 to now 15kms. We also have ferry transport being 10x more efficient from an energy perspective than buses per ton mile. Plus ferries have minimal impact compared to buses when considering collisions, pedestrian casualties, damage to and occupation of roads. Ferries also do not suffer from labour shortages.

Potentially if one uses a catchment area of even a third of what was stated it would mean anyone living within 5 kilometres of Manly Wharf and working anywhere within CBD would be candidates for what is the cleanest and most efficient transport option.

If you look at the cost and complexity of outfitting hundreds of buses to carry a few bikes compared to segregating one part of the lower gangway and deck for exclusive bike use, and offering free charging, I am pretty sure which would represent better value for money and which would result in increased patronage. I think the agenda and format of the meeting, unfortunately, constrained any debate. Nevertheless, on the positive side, I do not think it was all wasted and I think we should commend them for the initiative.

Andrew Westwood, Save the Manly Ferries Alliance

The Tawny Frogmouth invites the people of the Beaches to send in letters to [mail@thetawnyfrogmouth.com.au](mailto:thetawnyfrogmouth.com.au)



A most generous soul, Kay and husband Greg donated over \$150 million

James Griffin MP

Vale Kay Poche AO

Unfortunately, we have lost a wonderful person who made an impact that will never be forgotten.

I wanted to acknowledge the very sad passing recently of Kay Van Norton Poche, AO, one of the most generous philanthropists to have lived in this country. Together with her husband, Greg, she donated over \$150 million to a variety of generally health-related causes right across the country. Kay was a very passionate and active member of the Manly community. In 2018 she donated some \$6 million to support the then fledgling Manly Adolescent and Young Adult Hospice, which opened in 2023.

Kay was born in upstate New York and had lived in Manly for many years. She was a very

passionate supporter of the Manly Warringah Sea Eagles. She supported the club's Indigenous round jersey and several other very important causes in and around the Sea Eagles.

In 2019 she was appointed an Officer of the Order of Australia for her distinguished service to the community as a benefactor and supporter of Indigenous health and medical research initiatives. This was largely through her work founding the Poche Indigenous Health Network. She was also a very proud supporter of the Melanoma Institute Australia, funding it to the tune of several million dollars.

Perhaps closest to my heart and that of many people in the community of Manly was her unwavering support for

the hospice at North Head. Her support of the Manly Adolescent and Young Adult Hospice will never be forgotten. The hospice is also known as Kay Van Norton Poche and Gregory J. Poche Place.

I will never forget the moment that she sought me out to make a donation to the hospice. As we were announcing the plans, Kay approached me and said, "I want to make a donation." I thought she might donate a modest sum to support the cause. In fact, she pulled out her chequebook, there and then, and wrote a cheque for \$5 million!

I put that cheque in my pocket. I took it to my electorate office, which was the only place I could think of that had appropriate security, and I locked it in a secure cupboard. Kay's \$5 million donation was enough to get the ball rolling to create what is now a centre that supports people from right across New South Wales.

I will never forget when she wrote that cheque, because we were about to do a press conference and I was very nervous about having it.

She will be missed. What an impact she made with her husband, Greg. Kay will be remembered for her outstanding and lasting contribution to the State of New South Wales.

Thank you, Kay. On behalf of many grateful people of Manly and beyond.

You're invited to Pilu Freshwater's Gala dinner on Saturday 22 August, raising funds for the Manly Adolescent and Young Adult Youth Hospice. Tickets are limited. Book your spot at Galabid.com/ayah

Words: **James Griffin MP**

What's the Meta, Manly Observer?

In the coming weeks or maybe even days, Facebook and Instagram may block all news content on its platforms. This will cut off about half of Manly Observer's audience in an instant.

While our website remains a well-read source offering extensive local reporting, it is social media that has revolutionised how we deliver instant news, engaging a new generation through stories and reels. But the threat of another news blackout looms large, like the events of February 18, 2021, when Facebook abruptly blocked all news in response to government pressure over payment for content to the larger media players (not us).

Although major media outlets eventually struck lucrative deals with Facebook (now Meta) under the News Media Bargaining Code, Meta has since deprioritised news in its algorithms and recently announced plans to discontinue its payments to the big players when the agreements end in July. We've already seen the effect of this funding withdrawal on Nine (who owns the Fairfax papers), who were due to lay off 200 staff the first week of the new financial year.

At the heart of this dispute lies a financial disagreement between Meta, mainstream media, and the Australian government about who should bear the cost of news. Despite not receiving or asking for any payments from Meta, local outlets like Manly Observer have already been categorized as news providers and thus will be punished alongside the big guys. We may very well be banned from your social media screens by the time you are reading this.

Why should you care?

The implications of losing reliable news sources on social media extend beyond convenience. A news ban risks replacing trustworthy journalism with more polarising and sensational content, fuelling divisive public discourse and fostering misinformation: anything to keep people on platform and engaged, even if it requires constant agitation.

Access to critical local information during emergencies could also become severely compromised, posing tangible risks to community safety and well-being.

We don't necessarily blame Meta for its choices – why pay for news it doesn't need to?



News battlelines are drawn: hyperlocal vs Meta global

But with great power comes great responsibility, etcetera. Deprioritising news is a dangerous game. We have no choice but to take on the Meta behemoth with a platform of our own.

How we are responding

We are building a Northern Beaches news app: it's totally free, can be downloaded on all mobile phones and provides short form news updates and hosts our YouTube videos without any reliance on Meta.

It will start very basic, but we have plans to expand it to include events, traffic, long-form articles, and even audio content and will happily platform other local media providers like community radio, too. The goal is to be useful first and foremost. Sustainable a close second. If we can't be the former, why bother being the latter?

Our commitment remains steadfast: providing free, frank, fair and accessible news to our community. We encourage readers to download our app via QR code and share it widely.

And don't forget to pop over to our website anytime (save it in your favourites!)

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Words: **Kim Smeë**, Founder of Manly Observer

IMAGE: TRISTAN GRINROD @HOUSEOFFRIST

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Premier Chris Minns driving Collaroy SLSC's electric patrol vehicle - the first in Australia

Michael Regan MP

Premier Chris Minns tours Wakehurst

It was my pleasure to host the NSW Premier, Chris Minns here in Wakehurst. We caught up with local legends at Collaroy SLSC, met staff and guests of Sargood on Collaroy and attended assembly and morning tea at NBSC Cromer Campus.

As part of the 2024-2025 NSW Budget, Premier Minns announced funding for NBSC Cromer Campus to commence planning a new multi-purpose indoor sports facility. In addition to sports, the facility will host all-school assemblies, exams, music and other performances.

This has been long advocated for by myself, and the local community, with recent growth in the Cromer student population demanding an upgrade to school facilities. The multi-purpose indoor sports facility will be used by Cromer students during school hours, as well as local community groups and sports clubs after hours, on

weekends and school holidays.

Thanks to Cromer Campus principal Justin Hong and P&C President Jackie Reavie for their committed leadership and advocacy. I look forward to working with the school and sporting groups to ensure the final design delivers a great outcome that meets the needs of the whole community.

The NSW Department of Education has also confirmed that a science lab at Killarney Heights High School will receive a much-needed upgrade as part of the \$1.5 billion committed in this year's NSW budget for maintenance and minor upgrades in public schools.

Improving local public school infrastructure is a top priority for me. That's why in Term 4 2023 I invited faculty and parents of local public schools to participate in the Wakehurst Schools' Facilities Survey.

Sydney's habitat for

threatened species like the koala is increasingly becoming fragmented, disrupting corridors needed for animals to escape adversity like fire or promote genetic variability. The Government Architect has done work to map a network of bushland, other greenspaces and waterways, but there is no overarching instrument to set these spaces aside from development with protections ad hoc and inadequate.

Together with metropolitan independents I asked the Planning Minister to reserve Sydney's blue green grid to protect biodiversity and create recreational opportunities for the city's growing population.

I am excited that a number of community groups in the electorate will receive capital grants through the Community Building Partnership Grants Program to help their work. This year Wakehurst secured nearly \$300,000 in funding for 17 projects.

The worthy recipients are Life Education, Beacon Hill and Belrose Rural Fire Service, Forest Baseball Softball Club, Girl Guides, Manly Warringah Football, Manly Warringah Women's Resource Centre, Manly Warringah Baseball, Early Education, Police Citizens Youth Clubs, Lighthouse Community Cafe, Streetwork, Collaroy Rugby Club and MWP Community Care.

Congratulations to these groups who can now use this money to provide better facilities and services.

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

Stay up to date with Michael Regan MP's latest announcements and sign up for his e-newsletter at michaelreganmp.com and follow [@michaelreganmp](https://twitter.com/michaelreganmp) on socials

PHOTO: GAVIN LITTLE
Authorised by Michael Regan MP, Funded using Parliamentary Entitlements.



Your Northern Beaches Independents Ruth Robins, Sue Heins & Sarah Grattan

Local Council

The Northern Beaches is the best place to live in Australia

Anybody who lives in the Northern Beaches will swear we are the best, however it's fantastic that independent consulting group, SGS's Wellbeing Index, confirmed that the Northern Beaches is the best place to live and Tripadvisor's visitors rated Manly as the best beach in Australia in 2024.

This didn't happen by accident; it took a lot of hard work and many difficult decisions, but all designed with our community's future in mind.

Long term Councillor and current Mayor Sue Heins said, "It is the outcome of having a team of independent councillors consulting with the community then working together, discussing issues, crafting solutions and then voting for what their community want, not on party lines. We want to protect our environment which is one of the reasons

we love living here and ensure appropriate development is in the right places."

Our Council has over \$5.5 Billion worth of community assets, that would make NBC the same scale as an ASX-listed 100 company. We have a responsibility to our community to manage these assets in a way that best delivers service to our community.

"We are delivering new projects as well, including: the award-winning Long Reef Surf Club, the long-awaited Warriewood Community Centre, and the new amenities at Shelly and Little Manly beaches. The Northern Beaches is proudly Independent, compassionate and is a socially progressive community," said Cr Ruth Robins of Narrabeen ward, a passionate advocate for community services and organisations.

All this work has helped create our vibrant dynamic community. The community enjoys events for families, a 24/7 library that has been a success, community and youth programs, arts and creative spaces, childcare and vacation care to name a few.

Cr Sarah Grattan said, "We've been working very hard on making the Northern Beaches Council financially sustainable without severely cutting services, despite successive State governments shifting millions of dollars of costs onto council and having supported our community through unprecedented events like COVID pandemics, storms, and floods."

Our team is made up of skilled, talented, experienced, community candidates. Rich in life experience, a blend of old and new faces. Working for you, our community.

Your Northern Beaches Independent Team is putting up a team of locals at the upcoming Council elections with a passion for local community.

With experienced Councillor Sue Heins ably taking the reins from Michael Regan MP (who can't stop wearing orange ties and his trademark cheeky grin), we assure you YNBIT will always be a strong, independent voice for you.

The Northern Beaches is Australia's best place to live. Let's keep it that way and help us by getting more involved at yournorthernbeaches.com.au

If you want to keep the Northern Beaches independent, remember to vote 1 for **Your Northern Beaches Independent Team** on Saturday September 14!

Words: **Cr Sue Heins**

Authorised by Penny Philpott, 697 Pittwater Rd, Dee Why, NSW 2099



Dr Sophie visits Yarrabah health service in Far North Queensland

Federal Politics

Diabetes: A societal problem requiring a Government response

More than 1.3million people are affected by diabetes in Australia and the number diagnosed with the condition is set to rise rapidly in coming decades.

I have recently been part of a parliamentary inquiry that spent several months travelling Australia, including to remote indigenous communities and rural towns to study the causes and impacts of diabetes. On 3 July we delivered our report, the majority recommending bold, urgent action including a levy on sugary drinks and a ban on junk food advertising.

Diabetes is causing greater harm to Australians than even smoking did at its peak, yet for the past two decades the Federal Government has not acted to alleviate the harm. Type 2 diabetes accounts for the vast majority of cases. It's largely preventable, with obesity among the strongest risk factors. And what's worse, Type 2 diabetes is now affecting younger and younger people. What was once a disease of middle age, is now increasingly impacting children and causing lifelong ill health and early death.

It is a tragedy in slow motion.

As a doctor with a masters in public health, I know initiatives targeting individual behaviour will never be enough. With one quarter of children and two-thirds of adults above the healthy weight range - obesity and type 2 diabetes are societal problems requiring a societal response. That means taking the two most effective steps that many other countries have taken.

The first is implementing a levy on sugar-sweetened beverages, graduated according to sugar content. The proposed levy is designed to encourage manufacturers to reformulate their products and lower their liability. Evidence from among the 103 countries that have implemented similar measures shows that companies can reformulate their products to contain lower sugar content.

The Liberals and Nationals on the committee opposed this part of the recommenda-

tions, arguing the levy would hit low-income families the hardest during a cost-of-living crisis. But this is so short-sighted. The very same groups will be the ones hit by future medical costs. There's never a good time, but waiting is so much worse. The whole idea of the levy is to reduce sugar content in the products, rather than drive up costs.

The second is to restrict marketing and advertising of unhealthy food to children on all platforms including online and gaming platforms. Our children simply cannot escape unhealthy food marketing - it is ubiquitous. I have been campaigning for restrictions to prevent advertising of all unhealthy foods and beverages to children since I was elected to parliament in May 2022.

That's why I moved my private members bill in June 2023. This is not radical. Some 40 countries have done it, including the UK, Norway, Mexico and Chile. As a GP I saw the impact that diabetes has on patients: blindness, strokes, heart disease, amputation, nerve and kidney damage. It is a leading cause of premature death, but prior to that, patients and their families see their quality of life eroded.

The evidence before our inquiry from people with diabetes was harrowing. That's why I sincerely hope the Albanese government will have the guts to stand up to the powerful soft drink and junk food industry.

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

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

We're your Greens team running for Council!

Our current Councillors **Kristyn Glanville** (Curl Curl) and **Miranda Korzy** (Pittwater) have been working hard, progressing Greens values of environmental sustainability, social justice, and grassroots democracy. Kristyn is an environment and planning lawyer, and parent with a young family. Miranda is a former journalist and researcher. With just two councillors, we've hit goals including: increasing land protected for conservation, more funding for bushcare, reforming Council's approach to noxious weeds and use of chemicals, shaping Council's waste and climate change policies, protecting our tree canopy (including through blockades if necessary!), celebrating pride, and phasing out gambling advertising on Council land.

There's still plenty left to do: tackling better resourcing of environmental compliance, advocating for net zero buildings, building affordable housing, rolling out more reuse, repair and recycling opportunities, and action on responsible dog ownership. It would be a gamechanger to double the number of Greens sitting in the



Miranda, Ethan, Bonnie and Kristyn

chamber. We're stoked to have **Ethan Hrnjak** (Frenchs Forest), and **Bonnie Harvey** (Manly) on the team. Ethan is a lifelong local, and studying environment and planning law at Macquarie University. Bonnie is a surfer, musician, artist and politics student at Sydney University. We see our young candidates as a strength: young people deserve a seat at the council table, as the decisions made now will impact on their future.

We'll be around door knocking and in the community, so hope to chat with you about your goals for Council big and small: everything from tackling climate change through to fixing that pesky pothole.

YOUR GREENS TEAM FOR NORTHERN BEACHES COUNCIL

OUR PLAN

- More recycling options & FOGO
- Tackle beach pollution
- Leadership on climate action
- More active transport options
- Protect our tree canopy & wildlife
- Support local business, arts & live music
- Build affordable housing
- Keep Council land in public ownership

WWW.MANLYGREENS.ORG.AU

Authorised by A. Croft, for The Greens NSW, 19a/1 Hordern Place Camperdown NSW 2050

PHOTO: NORTHERN BEACHES ADVOCATE

The 'fair go' is gone

If they tell you, "Work hard, and you will be able to buy a home", tell them they're dreaming...

Unless the dream is to move to the boondocks, the real trick for property ownership for younger Australians is to have rich parents or marry well. Such is the impact of rising inequality. Such is the transfer of wealth from ordinary Australians to wealthy Australians and even foreign investors.

While Australians, particularly young Australians, are struggling through a severe cost of living crisis, new data reveals the government slotted property investors \$85 BILLION in tax breaks during the past decade. Worse, unless something is done about it, the cost of negative gearing and capital gains tax discounts will surge to \$165 BILLION over the next decade.

Higher interest rates mean bigger tax breaks for investors – and the bulk of these tax breaks end up with the highest income earners. Yet something even worse is happening in terms of inequality. There is a large transfer of wealth from poorer to wealthier Australians via superannuation.

The bulk of super tax breaks and subsidies – some \$40 BILLION annually – go to wealthy retirees, not to pensioners or workers. These have been so generous over the years that the superannuation system is not only being used to fund the retirements of older Australians but also exploited as a giant tax shelter for wealthy Australians to pass on their tax free super to the children.

Unless something significant is done in policy terms, inequality in this country will become far worse; it is likely to shred the social fabric. The notion of a 'fair go' is gone. This, particularly given interest rates have shot up from 0.85% to 4.35% in two years.

As super and wealth consultant Harry Chemay puts it: "Let's, therefore, hope the next RBA rate move is down, not up". General mortgage rates at 7% would, as Harry notes, "be as painful to borrowers today as rates of 17% were decades ago".

But we've just got our big tax breaks! Yes, the Stage 3 tax breaks handed down 13.6mil-



Sprinkle me in \$165B tax breaks too

lion taxpaying Australians are a good thing, surely? Well, according to Chemay, the current *median* household employment income is in the region of \$143,000 gross per annum.

"I make that a rough uplift in median after-tax household income of ~\$2,900 per year, or about \$245 per month from today onward. But here's the thing: take the average new owner-occupier mortgage (now >\$600,000), assume a 30-year term and apply the current variable housing rate found on the RBA website. That's a minimum mortgage payment of ~\$3,715 per calendar month. By my calculation, there's less than a 0.75% RBA cash rate rise before the benefit of the Stage 3 tax cuts would be offset by a greater mortgage servicing burden for the typical owner-occupier household."

As Chemay puts it, the current crisis is not so much a cost-of-living as a cost-of-housing crisis. "Because of the dominance of housing (~\$11 trillion market value and ~\$2.9 trillion in long-term loans), we've massively increased the interest rate sensitivity of the Australian economy."

And as for renters. They, too, are in a bind, a 'dystopian nightmare' as Harry has described it. The social impacts will be immense thanks to the transfer of wealth from workers paying taxes to subsidise all the perks of the highest earning and wealthiest Australians.

The question now is, what sort of a place do we want to live in? One where begging is a growth sector, one of haves and have-nots? There are of course solutions, but what is lacking is political will to make them stick.

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

IMAGE: JULIA TAUBITZ, UNSPLASH

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The chosen two on the road to November Reign

Global Affairs

Sneer & Probing on the '24 Campaign Trail

Scottsdale Arizona, 4 July: It's been a week since the first Trump vs Biden debate, not the finest 90 minutes of octogenarian President Biden's life. Regardless, here in Scottsdale, it feels "their" President never left, some interloper has been in his house for the past 4 years.

4th of July celebrations are in full swing. Local Fox News weatherman (Corey someone) officiates festivities, teeth whiter than white, precisely Botox'd mug smooths the visage but allows some facial expressionism. Consummate pro, he's yelling about Freedom! which starts the USA, USA chanting by a platoon of blokes none possibly a freedom fry less than 50kgs overweight. All naturally sport MAGA caps. More than a few have pistols in holsters by their side. Arizona is an open carry state. God bless.

We head to dinner. Within two minutes a guy sitting at the table over asks where we are from and what do we think of his guy? Who's that? President Trump, of course! He is a family man, a born winner. So successful. He is what the country needs right now to fight for America and win. This statement sums up 2024 America. Everything is gamified. You're a winner or a loser. You're with us or against us. No policies are ever mentioned.

As for where the 100's of million dollars raised by both candidates are being deployed: Every second TV commercial is either a Republican candidate talking tough on immigration and strong on family values or Biden talking in a loud clear voice as if the debate never happened. Is it any wonder that upwards of 37% and growing of the population want someone else to vote for?

Words: **Duke Boulder**, International Correspondent

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Health & Alternative Medicine

IvyMed's Plant Vibes

If you've ventured into the Grand Shopping Centre recently, specifically into the Priceline Pharmacy, you've likely seen the newly opened **IvyMed Clinic**, Dee Why's first dedicated clinic to prescribe medicinal cannabis, offering an alternative pain relief and therapy option to those suffering from a variety of chronic conditions.

Opening their first clinic in August 2022 in South Australia, more locations soon followed in South Australia, Victoria and now New South Wales. Conducting face to face appointments, IvyMed's specially trained Doctors believe seeing a patient in person helps achieve better health outcomes with treatment plans closely monitored, adjustments to best suit each patient easily made, and all done in a confidential, non-judgmental environment.

"I suffer from anxiety and debilitating pain", says South Australian patient Aaron Mason, who had been taking mainstream prescribed medications. Discovering cannabis oil was changing lives and becoming more accessible, he asked his doctor for an IvyMed referral, finding the results to be positive and the major benefit being "I get very little side effects from cannabis oil."

Onsite at Dee Why is Dr. Mary Chiu, a dedicated and compassionate General Practitioner with nearly two decades of experience in diverse healthcare settings, committed to providing comprehensive care with a particular focused on managing complex health conditions. Earning her medical degree from the University of New South Wales in 2005 and becoming a Fellow of the Royal Australian College of General Practitioners in 2011, Dr Chiu is part of the authorised prescriber scheme, which allows, should it be suitable for the patient, medical practitioners to supply products that are not included in the Australian Register of Therapeutic Goods for particular medical conditions.

IVYMED CLINIC

Visit ivymedclinic.com.au for more information, or pop into the clinic, inside Priceline Pharmacy at Dee Why's Grand Shopping Centre, 834 Pittwater Rd, Dee Why.

Words: **Liam Carroll**

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A new era of retirement living on the Beaches

A home is much more than the product of bricks and mortar – it's a space for people to feel nurtured and safe so they can make the most out of every day. That's a philosophy Allambie Heights Village Ltd. is taking to a new level with Bellburra, a highly anticipated retirement village soon to start construction at a coveted location on the Northern Beaches.

The inspiration for the 24-apartment development came from a demand for luxury housing where people could downsize but still have a sense of spaciousness, so they could accommodate visiting children and grandchildren. Importantly, Ciarán knew the apartments also needed to meet the future needs of residents as they age.

"Buildings should be embracing the person or the people who live there, rather than people having to chip away at walls, and try and expand when their needs change," he says.

The construction of Bellburra marks an exciting new chapter for Allambie Heights Village Ltd., which has fostered a reputation for exemplary accommodation and care on the Northern Beaches since its first retirement village opened in 1966, followed by a residential aged care facility in 1996 and further development thereafter. Ciarán says having a dedicated team of compassionate people makes all the difference.

"We've got great longevity among our staff," he says proudly. "I've been here for 18 years now as the CEO and I've got other staff who've been here for 22 years, 15 years, 10 years, 8 years and just a few years".

And Bellburra's best drawcard will undoubtedly be its location. Overlooking the stunning Manly Dam Reserve, it offers residents jaw-dropping vistas of bushland in one direction and the Sydney skyline from another angle.

"The natural setting is just amazing," confirms Ciarán. "We've embraced a wonderful connection with nature, and we've taken every possible consideration for how we're going to enhance nature around us. There are so many different plants, shrubs and trees that are being planted that are going to create food for the flora and the fauna that surround us, and I think that's something special."

Although it was once dubbed the Northern Beaches' Best-Kept Secret due to its superb



Ciarán Foley, CEO of Allambie Heights Village Ltd. with Karen Mattingley, Bellburra Sales Manager

location, Allambie Heights Village Ltd. is now a well-known pillar of the community. Ciarán says Bellburra has been designed to help residents stay connected to the Beaches locations they love.

"These are going to be beautiful homes for people, and a beautiful village for the Community," Ciarán says. "This is about building a Community where people can feel safe, invite their friends and families to stay over, and enjoy living together as good neighbours."

As he talks about Bellburra, Ciarán's passion for the project is palpable, and he's made sure that his vision extends to everyone working on the development, which started construction in October 2023. It's important to him that everyone involved holds the utmost respect for the homes they're creating.

"I have reminded people to make everything you do personal, because it's your parents, it's your grandparents, it's your great-grandparents, and it's possibly you who can live in these homes and environments. So, think about what you're going to need, what they're going to need, and make it good for them."

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02 9450 0715 to talk to the Bellburra team.

Words: **Liam Carroll**



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Bellburra



Cover Artist

Emily Foresto

How long have you lived on the Beaches?

My whole life!

What's your favourite beach and why?

Manly Beach on a beautiful summer's day. There's always something to see or enjoy, whether it be a surf competition, volleyballers on the sand, walkers with their dogs, markets and the many hip cafes and eateries. The sense of community in Manly is awesome!

If you had to live anywhere else in the world, where would that second-best place to live be?

I really love the South Island of NZ, but I honestly don't think I could live anywhere else! Absolutely blessed to call the Beaches my home.

What inspired your cover?

Our beautiful Northern Beaches icons. **What inspires your work in general?** I think as an artist, you become attuned to noticing designs everywhere. Whether it be nature's colour palette, an interesting plant or flower, a tile pattern, or the transition between seasons, inspiration comes in all forms.

How would you describe your art? I am a surface pattern designer, so I create hand-painted and digital designs for brands and businesses to print onto their products. I think my art style is so broad. I love creating anything from feminine florals and detailed illustrations to abstract shapes and classic designs.

What is your favourite part of the process?

I love the painting process in my little studio space, with a tea and some good music!

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

I'd love to have dinner with my two beautiful grandmothers who are no longer here. There have been so many times I've thought "I wish I could ask them this" or "I'd love to tell them that". I'd also save two seats for my favourite Aussie brother music duo, For King and Country! Their music is so uplifting and inspirational.

How did you discover you had a gift for art?

From a young age, I loved to draw and paint! I discovered surface design in high school and a few years ago completed a course in it, loved it and no longer wanted my art to remain a hobby, so I started my business Emily Kiara Designs.

Did you study art? I studied visual art at school, took art lessons for eight years and I'm currently studying a Bachelor of Visual Arts.



Snapshot of an artist and surface pattern designer

What are you currently working on? A collab with local sustainable swimwear brand Avaly, creating some designs for their new swimwear and wetsuit range, coming soon! I've also just finished working on a bespoke wedding venue illustration for a wedding in Tuscany, a new service I'll be offering on my website soon.

What's your favourite thing about what you do? Getting to work with gorgeous brands and seeing my designs come to life on products.

How can people buy and support your artwork?

If you're a brand or business on the lookout for bespoke designs for your products or packaging, I would love to collab! I also have designs ready for instant licensing in my exclusive and non-exclusive pattern library shops on my website.

What would you like to see in the future of the Beaches art scene?

More opportunities for artist collabs with local brands and businesses. Anything from murals and merchandise to product designs and packaging.

What advice do you have for young or aspiring artists?

Continually challenge yourself, step out of your creative comfort zone and try new things. And, of course, practise!

Are there any words of wisdom you're often guided by?

Be fearless in the pursuit of what sets your soul on fire - Jennifer Lee.

Follow Emily on socials @emilykiaradesigns and visit emilykiaradesigns.com.au to learn more.

Interview: Liam Carroll



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BROOKVALE ARTS DISTRICT



Kathrin at her home / studio

socialist realism, and then seeing the world from both sides, I bring all of that to my work," she explains. Her art, rich with narratives of women's stories, seeks to challenge and change the male-centric perspective that has dominated art history. She states: "History has been told by men. My mission is to change the narrative around women in art."

Her commitment to this mission is evident in her celebrated exhibitions and the recognition she has received. Notably, the Art Gallery of New South Wales invited her to speak about her portrayal of women, a testament to the impact of her work. A significant milestone was winning the Archibald Packing Room Prize (2021). "Winning this meant my workload increased significantly," Kathrin shares, "and presented incredible opportunities."

Kathrin's connection to Brookvale has been instrumental in her artistic development. "Brookvale has everything – the beach, cool venues, and a buzzing creative scene. It's been a huge factor in taking my career to the next level," she says. Her studio in Brookvale Arts District provided the space and inspiration needed to create her large-scale works and foster a community around her. Reflecting on the power of community and support in the artistic journey, she says "having a strong network around you is crucial. It's what gets you through tough times."

Lately, Kathrin has expanded her artistic repertoire to include sculpture. This new medium, while challenging, has invigorated her creative process: "Sculpting is one of the hardest things I've ever done, but it's also incredibly rewarding."

Kathrin Longhurst is way more than an artist; she's a storyteller, an advocate, a visionary. Her journey from a child in East Germany to a leading figure in the contemporary art world is a testament to her strength and passion. Through her art, she continues to challenge perceptions, inspire change, and empower women, making her a truly remarkable figure in the world of art.

Words: Miguel Gonzalez



Jake with an Aussie icon at Seaforth Childcare

Local Business

The Cromerian Muralist

June 2023's Tawny featured local artist **Jake Graham**, his purple sky at night, Frogmouth's delight, Palm Beach wharf cover adorned issue 28. Jake's been busy ever since, putting his signage industry trade tools down to go headlong into the wall, focused fully on the muralist realm.

"I have been painting murals for the past ten years," says Jake. "And I felt like I reached a limit to what I could achieve holding down a full-time job. I knew if I wanted to take everything to the next level, I had to go all in."

All in indeed, Jake's chipped away (horrible puns always intended) on a gargantuan 600m squared wrap around mural for **Precision Golf Cromer's** indoor 18-hole mini golf course, as well as murals at **Seaforth Childcare**, Warriewood's **Surfboat Brewing**, Manly's **YoChi** store where, Jake beams, "I was privileged enough to get the opportunity to paint their iconic bear statue."

Dedicated to designing and delivering premium quality murals to transform public and private places with a dose of flair and creativity, Jake's heartfelt decision to pursue his dream is paying off. "Art can sometimes be too expensive, making it out of reach," says Jake. "So, for people that love art yet might have a limited budget, I've set out to give them the opportunity to have a custom painting or mural without needing a bank loan."

Be your mural desires interior, exterior, commercial, industrial, large, small, simple, technical, illustrations, text, logos, get Jake on the wall.

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Words: Liam Carroll

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Photo: Kayapa Creative Studio

Northern Beaches resident Kathrin Longhurst has a journey as amazing as the works she creates. Born in East Germany, her path towards becoming a professional artist wasn't straightforward at all. Over a chat at her home/studio, Kathrin shared about her career, mission, and the power of art.

Growing up in East Germany, Kathrin faced limited prospects for pursuing art. "If I had stayed in East Germany, I would have ended up in industrial design," she said. However, fate had different plans and Kathrin moved to the West, initially pursuing a corporate career. Despite her success, her passion for art was always there and in 2003, she made the bold decision to leave the corporate world and dedicate herself fully to art.

Kathrin's work is deeply influenced by her diverse experiences. "Having lived with propaganda art and



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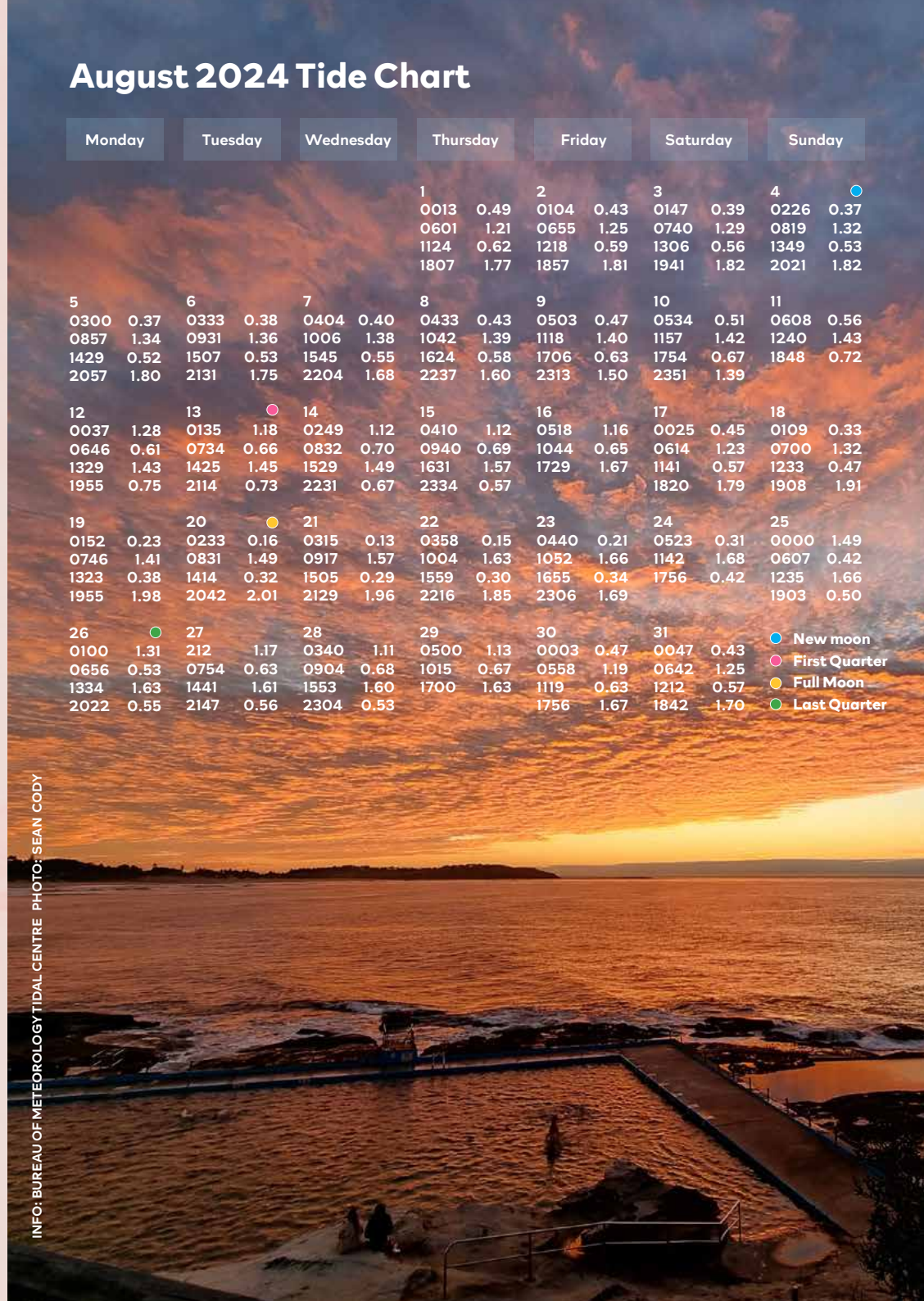
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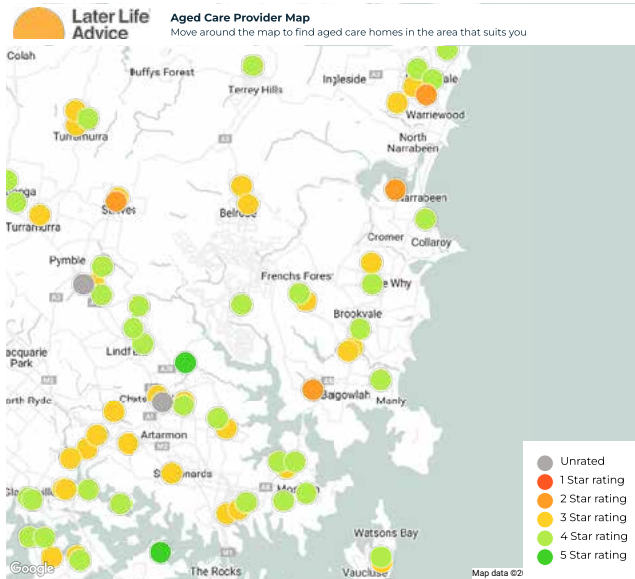
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| | | | 1 | 2 | 3 | 4 |
| | | | 0013 0.49 | 0104 0.43 | 0147 0.39 | 0226 0.37 |
| | | | 0601 1.21 | 0655 1.25 | 0740 1.29 | 0819 1.32 |
| | | | 1124 0.62 | 1218 0.59 | 1306 0.56 | 1349 0.53 |
| | | | 1807 1.77 | 1857 1.81 | 1941 1.82 | 2021 1.82 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 0300 0.37 | 0333 0.38 | 0404 0.40 | 0433 0.43 | 0503 0.47 | 0534 0.51 | 0608 0.56 |
| 0857 1.34 | 0931 1.36 | 1006 1.38 | 1042 1.39 | 1118 1.40 | 1157 1.42 | 1240 1.43 |
| 1429 0.52 | 1507 0.53 | 1545 0.55 | 1624 0.58 | 1706 0.63 | 1754 0.67 | 1848 0.72 |
| 2057 1.80 | 2131 1.75 | 2204 1.68 | 2237 1.60 | 2313 1.50 | 2351 1.39 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 0037 1.28 | 0135 1.18 | 0249 1.12 | 0410 1.12 | 0518 1.16 | 0025 0.45 | 0109 0.33 |
| 0646 0.61 | 0734 0.66 | 0832 0.70 | 0940 0.69 | 1044 0.65 | 0614 1.23 | 0700 1.32 |
| 1329 1.43 | 1425 1.45 | 1529 1.49 | 1631 1.57 | 1729 1.67 | 1141 0.57 | 1233 0.47 |
| 1955 0.75 | 2114 0.73 | 2231 0.67 | 2334 0.57 | | 1820 1.79 | 1908 1.91 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 0152 0.23 | 0233 0.16 | 0315 0.13 | 0358 0.15 | 0440 0.21 | 0523 0.31 | 0000 1.49 |
| 0746 1.41 | 0831 1.49 | 0917 1.57 | 1004 1.63 | 1052 1.66 | 1142 1.68 | 0607 0.42 |
| 1323 0.38 | 1414 0.32 | 1505 0.29 | 1559 0.30 | 1655 0.34 | 1756 0.42 | 1235 1.66 |
| 1955 1.98 | 2042 2.01 | 2129 1.96 | 2216 1.85 | 2306 1.69 | | 1903 0.50 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 0100 1.31 | 212 1.17 | 0340 1.11 | 0500 1.13 | 0003 0.47 | 0047 0.43 | ● New moon |
| 0656 0.53 | 0754 0.63 | 0904 0.68 | 1015 0.67 | 0558 1.19 | 0642 1.25 | ● First Quarter |
| 1334 1.63 | 1441 1.61 | 1553 1.60 | 1700 1.63 | 1119 0.63 | 1212 0.57 | ● Full Moon |
| 2022 0.55 | 2147 0.56 | 2304 0.53 | | 1756 1.67 | 1842 1.70 | ● Last Quarter |

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: SEAN CODY





My Aged Care ratings and costs for every provider

Community

Why is it so hard to get a residential aged care bed on the Northern Beaches?

“I can’t find a place for my dad. It’s completely nuts. There are these big waiting lists, and nobody has a bed available. It’s a nightmare”, said my friend when I bumped into her at the shops the other day.

Can it be that bad?

Finding an aged care bed for a loved one often happens in a rush and comes with a lot of stress. Hospitals may pressure you to free up a bed, family members might have differing opinions on what’s best for mum or dad, and aged care homes can be vague about availability and services. On top of that, you’re facing a major financial upheaval, mountains of forms, government agencies,

confusion, and delays.

A quick survey of aged care homes on the Northern Beaches reveals waiting lists and facilities operating at full capacity. This is the grim reality.

So, what can you do about it?

As soon as care becomes inevitable - start conversations with aged care homes. Use our map to locate the aged care homes, and click through to My Aged Care listings to get contact details and begin conversations.

Aged care homes need to closely examine the care needs of potential residents to ensure they have the resources to provide the required care. Potential residents must be

assessed by the Aged Care Assessment Team (ACAT) and receive a “code” that indicates their needs. Obtaining this code as soon as possible is crucial to determining if there is a match. Unfortunately, a high-need resident may face an agonising wait in hospital, as aged care homes might not have the capability to provide the necessary level of care.

Use all available resources - nurses, medical staff, social workers - ask for a family case conference, and leverage their channels. Nobody will give you better advice on next steps than people in the field, and they may have connections that will help.

Start compiling financial information - you will need it to prepare the forms to work out how much the Government will contribute to the cost of care, and you will need the information to work out the best way to pay for care to make the most of entitlements and manage means testing outcomes.

Think about potential compromises - homes further away, shared rooms, start with what is available.

Finding an aged care bed is just one part of a complicated situation - give yourself the best chance by using all resources available to you.

Words: **Brendan Ryan**, Later Life Advice

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

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Business

Difficult Conversations

Difficult conversations are an inevitable part of leadership, requiring careful consideration and preparation. They are particularly difficult in small teams or businesses as relationships may be stronger, and boundaries weaker.

For example, *Jane runs a design business which launched from the “kitchen table” 10 years ago. She has a strong relationship/friendship with her 2IC *Mark who has been with her since the early days. He’s seen joy, frustration, almost closure, and the whole gamut of stress which comes with running a business from start up. So, when the business is growing but he’s not and it’s time for Jane to ask him to step up or step out, it’s going to be a difficult conversation.

Firstly, it’s crucial to be realistic about the potential outcomes of the discussion. While we hope for positive resolutions, it’s essential to acknowledge that not all conversations will yield solutions. Thorough preparation is key. Jane needs to scenario plan and consider options. Be prepared, and you’ll navigate the discussion while listening.

I suggest Jane consider the following:

- Set the scene, where to meet, for how long, agenda and context?
- Start by framing, “I want to work to an outcome to suit us both, I’m on your side.”
- Layout the problem: confront the issue head-on with honesty and transparency.
- Ask questions and listen, it’s about tackling the problem, not the person.
- Agree the next steps.
- Be accountable and follow up.

Jane and Mark worked successfully through the challenge and created a separate role which suited the business to allow for growth. Jane retained a valuable employee; Mark acknowledged his strengths. It was a win-win.

These guidelines don’t always result in a win for everyone, however, you’ve given it all you can and handled it respectfully and realistically.

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

Smile Bright: Ensuring your pet's dental health

As pet owners, we pride ourselves on providing the best care for our furry companions but one aspect of pet health often overlooked is dental care. **August is Pet Dental Health Month**, raising awareness of the importance of dental health for pets, and its impact on overall wellbeing.

The Importance of Pet Dental Health

Pets can suffer from dental disease that, if left untreated, leads to more serious problems. Oral hygiene problems are very common, with up to 80% of dogs and cats over the age of 3 having some degree of dental disease. Poor dental health can not only cause halitosis, and pain and difficulty eating, but can also cause systemic problems: heart, kidney and liver issues, caused when bacteria living in the oral cavity enter the bloodstream and travel to other organs.

Signs of Dental Disease in Pets

- Bad breath
- Red, inflamed, bleeding or recessed gums
- Visible plaque deposits on teeth
- Difficulty chewing, or chewing on one side of the mouth only
- Excessive drooling
- Changes in appetite or food preferences

If you notice your pet displaying any of these signs, consult your veterinarian.

Professional Dental Care

As with a human dentist, your pet's veterinarian will perform a full oral examination, dental x-rays, and a full scale and polish to remove any plaque or tartar. Unlike (most of) us, pets won't lie still, so the procedure is performed under general anaesthesia. Dental x-rays identify dental disease that cannot be seen. A scale and polish is much more beneficial when performed early in the disease process. Changes at this stage are often reversible. Once changes like gum recession and bone loss start, it is much more difficult to treat and tooth extractions may be required.

Prevention and Home Care Tips

Prevention is the key to dental health, and there are a number of things you can do at home to help keep your pet's teeth in optimum condition:



Doggy dentistry, it's all about the canines

- 1. Regular Brushing:** Just as we brush our teeth daily, pets also benefit from regular brushing. Use a pet-specific toothbrush and toothpaste (never use human toothpaste as it can be toxic for animals) and aim to brush their teeth several times a week. Don't worry if you struggle to be consistent with this though - any brushing is better than none!
- 2. Dental Chews and Toys:** Providing dental chews and toys designed to promote dental health helps reduce plaque and tartar build-up.
- 3. Dental Diet:** There are specially formulated dental diets available that help reduce plaque and tartar accumulation.
- 4. Regular Veterinary Check-ups:** Schedule regular dental check-ups with your veterinarian. Professional cleaning and early identification of any potential issues will help prevent advanced disease.

By understanding the importance of dental care, recognising the signs of dental disease, and implementing preventive measures at home, we can help our pets live healthier, happier lives. This August let's celebrate Pet Dental Health Month by taking proactive steps to care for our pets' smiles. Remember, a healthy mouth means a healthier pet overall!

Words: **Dr Lewis Hunt**

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



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Local Business

Beaches Baby

What is Beaches Baby? The small business I started to support families in parenthood, and help Mums with all stages and type of infant feeding from education, newborn days, older kids right through to weaning.

What inspired you to become a lactation consultant? My daughter made me fall in love with feeding, then I found I had a knack for supporting other Mums and worked my butt off to achieve my IBCLC status.

How do you assist families? I run a monthly 3-hour breastfeeding class teaching everything about feeding. I also offer in home breastfeeding consults for a full feeding assessment, advice and tweaks to your feeding to make everything more comfortable, which includes an additional 7 days of call and text support.

What are the issues Mums need help with? Lots of nipple and breast pain, help with positioning and latching, milk supply concerns, baby weight gain, bottles, weaning and mental health.

What have been your biggest triumphs? Clients who have given up hope, then go for one last effort and book a consult. When I can turn everything around, that's always a huge win.

How can readers keep track of your progress? My @beachesbaby Instagram page is where I share feeding tips and updates, crucial advice like, "when in doubt, whip it out."

If you could, what advice would you tell yourself before setting off on this ride? I would remind myself that I am making a difference to someone every single day.

Follow @beachesbaby on socials. Learn more at beachesbaby.com.au Use Code "Tawny" to receive \$10 off classes and consults.

Do you have a baby feeding question?
Email mail@thetawnyfrogmouth.com.au



Manly Corso, 10 December 1910

Community

My Manly – Ever Changing

Walking down Manly Corso today it's hard to imagine how many times it has been changed since its conception by Henry Gilbert Smith in the 1850s

In fact, Manly has undergone many transformations from Henry Gilbert Smith's vision of a 'Brighton in the South' seaside suburb - which Smith almost single-handedly created - to the vibrant tourist and residential area we see today.

The name 'Manly' was officially adopted for the popular seaside destination when Manly Council was constituted on 6 January 1877. But I believe not since the radical move in the 1980s when The Corso was closed to traffic, turning it into a pedestrian mall - the second road closed after Martin Place - has Manly seen more change than it will experience in the next few years, starting from the Wharf right through to our world-famous oceanfront.

The recent purchase of the lease of Manly Wharf by devel-

opers Howard Smith Wharves (who are well known for their transformation of Brisbane Wharf) is promising to give our gateway a much-needed upgrade. Manly's world-famous iconic Ferry, which I worked tirelessly with a community committee to successfully retain, is likely to go electric. Imagine them being replaced with fully electric look-alike "Freshwater" ferries, retaining the historic look but gaining net-zero emission technology.

Then there's the removal of the old aquarium, originally built as Marineland within the existing celebrated Harbor Pool in Manly Cove in the 1970s. Scheduled over the next few months its demolition will really open up this area, revealing the heritage listed Pavilion and Amenities Block

behind. Expect to see an outdoor dining offering, on what was once the platform for this building, this summer.

While the return of the boardwalk, which once connected the Wharf to the Pavilion creating the harbour pool, is no longer an option, there's no reason why the pool itself could not be upgraded with decking around it making it more of an attraction.

Moving down the Corso, The Manly Town Hall is destined to become the heart of Manly's entertainment centre, utilizing this 1930s heritage building for a far more creative use than simply Council offices. But there is still a lot of work to do done before this becomes a reality.

The Council is currently reviewing a new Manly Place Plan, to replace the 2015 Plan, which is designed to bring new life into The Corso. The return of outdoor dining is a priority as is the planting of more mature trees and better signage.

Meanwhile on the oceanfront, we look forward to a new Manly Life Surf Club building, providing better facilities to service the estimated 2 million visitors to the beach each year. And the Royal Far West's major development will transform Manly Beach offering a high-end of amenity and residential apartments within the next two years. I can hardly wait.

Councillor Candy Bingham is a third-generation Manlyite, with 12 years of experience on Council, four times as Deputy Mayor.

Words: **Cr Candy Bingham**



Staging a giant bookfair requires a giant volunteer effort

Lifeline

Roger that, I'll peek behind the scenes at Lifeline's Brookvale Book Depot

Tawny investigative reporter Bryan Wittawhy unearths how on earth Lifeline Northern Beaches seamlessly bring a GIANT Book Fair to life.

I'm sure just about everyone on the Northern Beaches is aware of the Northern Beaches Lifeline Book Fairs that happen four times a year: two at St Augustine's College, Brookvale and two at Forestville Memorial Hall. They have been happening for more than twenty years and raise much needed money that goes towards Lifeline's Telephone Crisis Support Centre.

But do you know what happens behind the scenes at Lifeline's Book Depot in Roger St, Brookvale? It's not all just tea and biscuits (although there is a bit of that). Here is a Tawny exposé of the day-to-day goings-on at the book depot.

Lifeline Book Depot is crewed by over one hundred and twenty volunteers (not all at one time), primarily semi-retired booklovers from the Northern Beaches, who put their time and energies into a fantastic cause. It really is a

well-run operation, and the volunteers should be commended on their finely-tuned skills and processes - because the outcome is awesome.

It may look like chaos, with interesting stacks of books strewn around the depot, but I can assure you that every single person knows precisely where things should go. There is seldom a moment in the depot without movement or chit chat - except at Monday's Tai Chi class.

Also, there's a signage team of twenty people whose jobs are to get those big blue signs out there so we all know when and where the next book fair is happening - important stuff. They also gather the signs up when the fairs are completed.

Donations to the depot are dropped off at the depot's side entry - CDs, LPs, video games, puzzles and a few other resalable things are also accepted. All items are then sorted by a

very experienced team, who sort into various categories and subcategories. Extremely worn out and soiled items may be discarded at this stage.

Books are then distributed to a category manager's worktable, of which there are currently sixty-six individual categories - some managers may handle two or more categories. Some of the categories include children's books, music, cooking, collectables, sport and art. Fiction is divided into their own categories including romance, thrillers, sci-fi and heaps more. Books are priced by the managers - always reasonable prices - and boxed up. The boxes are then put on to pallets and loaded into vans ready to transport to the fair.

Some of the very collectable books that may secure a good price are posted to eBay and occasionally large sets of rare antique books are sent to auction houses who auction off the sets on Lifeline's behalf, to libraries or good homes, where they hopefully have a new and happy life.

Not all books go to the fairs - some find their way to the various Lifeline outlets dispersed throughout the Northern Beaches.

All money from sales goes to funding the Telephone Crisis Support Centre that takes calls from people in distress.

Your donations can make a huge difference and the Lifeline Book Depot team strongly appreciate the fantastic support from the Northern Beaches, and beyond.

Words: **Bryan Wittawhy**

Need support? Lifeline is always here for you. Call **13 11 14** or text **0477 13 11 14**. To donate, please visit lifelinenb.org.au/local

IMAGE: COURTESY OF NORTHERN BEACHES COUNCIL LIBRARY LOCAL STUDIES

Beyond the Veil

Unveiling the misapplication of spirituality to justify toxic relationship dynamics

Back in the day, you'd trade a daughter for a few pigs and Bob's your uncle, you've got a wife. Historically marriage has revolved around economic exchange, a union of power, status, or wealth for the gain of one or both parties. Only in recent years has marrying for love become the norm. At the same time, the dominance of the church as the primary spiritual institution has become fractured. In the wake of a collective absence of a religious norm, the spiritualisation of relationships is more prevalent. But when has it gone too far? When do misappropriated justifications of a spiritual union begin to justify toxic and dysfunctional relationships?

"You're the one, it was meant to be, we're soul mates, it was destiny, we're kindred spirits, our love is unconditional, we're spiritually aligned, we're twin flames, we met in a past life". Heard any of this lingo before? Saw it on an Instagram post? It is increasingly common to see spiritual narratives being carved into interpersonal relationship stories. This can make a bond feel deeper, more meaningful, more purposeful, more special overall. Who doesn't want that? However, there are some beliefs that can be disguised as relationally spiritual but mask dysfunction and abuse.

So, what do you need to look out for?

- "Constant fighting is resolving my past karma."
- "Being triggered often around wounds and insecurities provides opportunities for personal growth."
- "This relationship leads to my highest self"
- "Our bond transcends time and space."
- "I am eternally bound to my partner."
- "I need this person for my spiritual growth."
- "Our love is unconditional."

Many people may feel and say statements like these, and they are not inherently dangerous. However, if a relationship toxifies over time, as many do, these statements can insidiously mutate into a cognitive cage, imprisoning an individual in a relationship bound by spiritual and existential rationale. Spiritualising a relationship puts its status above all others, giving it a 'better than' complex which makes



Beware the overly spiritual, they're far too beady

it much harder to call out poor behaviour and expect accountability, especially if they pull the appeal to divine authority card. For example, if constant fighting persists, the willingness to explore uncommunicated expectations, unresolved personal issues, attachment styles clashing, lack of self-awareness, poor emotional regulation or less than adequate communication tools may be impeded by the belief that conflict is a sign of karmic resolution.

Spiritual bypassing, the concept of using spirituality to avoid addressing unresolved trauma and suppressed emotion, can also contribute to less than functional relationship dynamics. Existential relationship justifications can hide deep enmeshment, codependency, and fear of abandonment. The greater the application of these principles, the harder it becomes for one or both parties to leave. Underpinning the acceptance of toxic behaviour often bubbles down to an impaired or non-existent self-esteem. Break-ups are hard enough, but the intertwining of spiritual narrative and meaning makes them infinitely harder. Limited objectivity, lack of personal boundaries and existential enmeshment can create a perfect breeding ground for coercive control, poor mental health, and abuse.

While it's not all bad to assign some spiritual meaning or feel a sense of paths crossing with someone special, it is key to maintain your own identity, personal philosophy, individual value system and critical thinking. At the end of the day, healthy and functional relationships should promote the well-being, autonomy, and safety of everyone involved.

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.

PHOTO: DARIUS BASHAR - UNSPLASH



Peach Tree Bay, gateway to the Seaforth waterfall

Secret Spaces Hidden Places

This surprise waterfall trail in Seaforth opens up another world

Sangrado Street epitomises the suburban charm of Sydney's Northern Beaches: lined with green bushland, peaceful except for the hearty laughter of kookaburras, and a quaint children's play area on a nearby grassy reserve.

Yet what sets this street apart is where it ends.

Fifty rugged rock steps descend sharply, leading to a secret oasis that unveils Peach Tree Bay and the natural waterfall nestled within Sangrado Park.

As we start the steep descent, we can hear the gurgling waters as we approach the edge of Peach Tree Bay in Middle Harbour, just north of Seaforth Bluff. The edges of the path closer to the water's edge are lined with watercraft from rickety old tinneys to single and double kayaks. The North Bridge Sailing boathouse is securely locked up next to the boat ramp which gently sways as the waves lap against its edge. In the distance, the

PHOTO: HARRY GOODWIN

neighbouring suburbs of Northbridge and Castlecrag take up the horizon opposite us. A few boats speed by but otherwise, there are only sounds of nature.

We make our way further along the Seaforth Waterfall trail, past a few benches perfectly positioned for gazing out over the water. More watercraft dots the path and we pass a slightly swampy mangrove area at the base of a slow, trickling waterfall feeding the harbour.

As we round a curve, and to our surprise, a rainforest starts to emerge. The coastal blues are replaced by moss-covered boulders and head-high ferns. Rope-like branches dangle from scribbly-gum trees and a kookaburra perched on a tree, in the direct line of the sun's rays catches our eye in the dense bushland reserve.

As we make our way across the first bridge, then the second, the lower gully opens up to reveal the main centre-

piece: the Seaforth waterfall. We find ourselves getting lost in its soothing rhythm.

The path soon starts to wind its way upwards out of the reserve, leaving the rainforest behind and entering scrubby bush woodland again. We complete the triangular route, heading past the Scout Hall on the reserve.

Back to the suburban familiar surroundings, we're joined by two more Kookaburras, and a reminder of the unexpected wonders waiting in our backyard.

Did you know...

While the author remains unnamed, we'll take the Northern Beaches Council's word for it. An unnamed source on the Northern Beaches Library online history hub suggests the name of Sangrado Street is in reference to the fictional character, Doctor Sangrado, from the novel, Gil Blas. The novel dates back to 1715, so an early resident must have been a fan!

How to get there

You can enter the Seaforth Waterfall Trail from either the bottom of Sangrado Street or on the other side of the Scout Hall down Lancaster Lane since the route is a loop. There is ample free street parking on or near Sangrado Street, or the closest bus stop is on Ponsonby Parade. While the walk is kid-friendly, with a great park nearby, it's not accessible to all due to the stairs down to water level.

Have a great spot you think should be featured? Email [mail@thetawnyfrogmouth.com.au](mailto:thetawnyfrogmouth.com.au)

Words: **Rebecca Burton**

"Music can change the world because it can change people." – Bono

I'm in a drumming group that plays at environmental marches, and it always seems that "music" brings a positive vibe to demonstrations. But who knew that the environmental movement has actually *shaped* the sounds we listen to?

Ever since concern for our planet became a "thing" people have written songs about it - which are often then used to spearhead activism. One of the earliest was "A Hard Rain's Gonna Fall" by Bob Dylan (1962) which predicts a ravaged world. It has spawned many others of the same ilk over the years.

Joni Mitchell's single "Big Yellow Taxi" (1970) laments about "paving paradise" and it's still a popular anthem at "over development" protests; Julian Lennon sang about the consequences of nature's demise in his song "Saltwater" (1991); One Republic features melting ice caps and sinking cities in their "Truth to Power" video (2017); King Gizzard and the Lizard Wizard use trash metal to discuss humanity's impact on the world in "Planet B" (2019) whilst "Lil Dicky's" song "Earth" raised nearly \$1 million to help combat climate change.

Our very own Midnight Oil have written numerous hard-hitting songs about the planet with classics such as "Beds are Burning", "Blue Sky Mining" and "The Dead Heart" almost guaranteed to inspire you into activism.

Some artists initiate their own eco efforts - Willy Nelson launched a Biodiesel fuel, U2 took part in Greenpeace protests and Coldplay introduced kinetic dance floors to generate electricity. Tame Impala and The 1975 ensure that their tours are "green" and donate profits to fight climate change whilst Pink Floyd's David Gilmour auctioned off his guitars in 2019 and gave the entire \$21 million proceeds to an environmental charity. All four members of Death Metal band "Godeater" became vegans and are passionate voices for climate change action.

Meanwhile, Oscar winning singer, Billie Eilish, partners with an organisation called Reverb (reverb.org) which helps her (and other touring musicians) reduce their carbon footprint.

Matt Berninger from American rock band "The National" summed up the mood by saying that he "didn't know how any artist isn't talking



Beating a drum for nature

about global warming".

Even K-pop has embraced activism with Kpop4Planet (kpop4planet.com/about) encouraging "fandoms to unite and become a powerful voice for climate justice".

A new initiative called "Sounds Right" will ensure that recordings from nature (such as bird song) used in tracks played on music platforms will now generate royalties. Profits will then be distributed to environmental causes through Brian Eno's EarthPercent charity. Its mission is "to unleash the power of music in service of the planet".

The website Listen to Earth (listentoearth.org) is a free, searchable, database of nearly 5000+ environmental songs.

The Climate Music project (climatemusic.org) creates science-guided music and visuals which inspire people to act on climate change.

In Australia, Green Music (greenmusic.org.au) is a charity that puts caring for the environment front and centre in the industry.

Just like the Tawny Frogmouth Letters pages, it sounds like the music industry is definitely playing its part in imploring us to take decisive climate action.

Words: **Malcolm Fisher**



Seaforth's Max Lowry with a harbour King

Fishing

What's Biting, Clint?

If you're struggling to turn a reel, you're not the only one. Consistent rain, swell and unfavourable winds have all contributed to what has been a hit and miss winter. But it's not all doom and gloo, when the elements come together, the fish are there...but you've got to know where to look.

Seaforth's Max Lowry has been leading the charge on the harbour Kingfish, tagging and releasing a number of quality fish in the 75-80cm range. Staying mobile and using live baits is key. Whilst the Kingfish have been sporadic, the harbour continues to hold good numbers of Aussie Salmon, Bonito and Tailor, feeding on very small bait, so match the hatch and use small metal lures and flies to attract the bite.

Looking for tips and tricks on how to catch a variety of species on fly? Check out the 'Rise Fishing Film Festival', on at Glen Street Theatre, 4 September. Tickets at glenstreet.com.au

Fishing from the stones has been particularly tough lately - consistent swell has forced anglers to the higher cliffs. The brave few have been catching Snapper, Bonito and Salmon, sometimes using drones to fly their baits out past the rocks and waves below. Snapper on the inshore reefs have been patchy, infrequent reports of quality fish in the 80-90cm range; however the season really hasn't fired up like it did last year - not yet anyway. .

If the fish have let you down recently, look no further than the Southern Calamari! The harbour, Pittwater and kelp beds are holding them in good numbers. They only live for around 12 months, reaching maximum size in the winter months, so now is the time to hook a few.

As always, get out there and make the most of our wonderful waterways.

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

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BAREENA DRIVE, BALGOWLAH HEIGHTS



Thin books that pack a big punch

Tawny's Bathtub Bookclub

Have you tried a 5:2 reading diet?

I'm on a reading diet. After reading too many 500+ page tomes, and in honour of Dr Michael Mosley (RIP), and his genius 5:2 diet, I've decided to read five thin books, or short stories for every two fat books.

This reading diet won't make you thinner, but it may bring you the joy I'm having from intentionally reading shorter novels and short stories in-between the long reads.

I am a speed reader. Even with books that deserve a slow read I still read them fast. Why? I want to finish and decide whether the book is destined to be my friend. My book friends are the ones I reread slowly and often. As a poor sleeper these books are the ones I can open at any page knowing they will read me back to sleep. Like old friends, they know what I need.

I have never selected what to read based on length. Now this consideration is vital to my 5:2 reading strategy. Here are thin books I recommend.

Irish writer **Claire Keegan's** *Small Things Like These*, *So Late in the Day* and *Foster*. Claire Keegan's ability to distil into the shortest of short

books, novellas really, is beyond compare. Her work is, as *The Guardian* says, "A thing of finely honed beauty."

Good Morning, Midnight is a book title that comes from an Emily Dickinson poem. The book is written by British writer **Jean Rhys**. Like Emily's poem it's about loneliness and melancholy. First published in 1939 (yes you read that right) it is a book of timeless relevance for anyone who has ever been lonely, uncertain and afraid. Isn't that everyone?

Japanese writer **Nanae Aoyama's** *A Perfect Day to Be Alone* won the 2007 Akutagawa Prize, translated to English in 2024. I stumbled on it in Balgowlah's Berkelouw Books on my quest to find thin books. Knowing nothing about it I was drawn to its cover and promise of being a moving, microscopic examination of loneliness and heartbreak. It is. The central character is a 20-year-old female stumbling towards self-understanding, an ageless dilemma in my opinion.

I am ashamed to admit not reading *Tirra Tirra by the River* before now. Written by Australian **Jessica Anderson**,

published in 1978 it won the Miles Franklin Award that year, the same year Helen Garner's first novel **Monkey Grip** won the National Council Award for fiction, a book I have read many times.

Jessica Anderson was in her early 60s when *Tirra Tirra* was published. It's a story told by an old childless woman. Sounds a winner! Why it wins is that it's about the memory, imagination and workings of one person's mind as she remembers almost seventy years of her life in the span of a month when immobilised by illness. There is a reason this book is rarely out of print, it's extraordinary.

Another winner is a fat book of short stories by **Amon Towles**, *Table for Two*. The author of longish books, **A Gentleman in Moscow**, **Lincold Highway** and **Rules of Civility**, his latest book is a collection of six stories and a novella set in two different capital cities. I'm not saying any more. Binge read it, dare you not to.

Where to buy

Shop local. I found all these books at Balgowlah's Berkelouw Books.

Words: **Paige Turner**

A Little Advice

The parent group chat can go get...

Q. This year I became a Kindergarten Mum, and with this transition came the parent WhatsApp chat. No one prepared me for this time-suck of a transition, fielding literally hundreds of messages a week. Am I a bad parent if I silence the chat? Is opting out even an option? Help!

A. I've spent the last six months fretting over what school my eldest will attend next year, I hadn't even considered the horrors of a parent WhatsApp chat. The only thing I can liken it to is the Mothers Group chat, seen by most as a lifeline during the most intense period of your life. Whereas I imagine the school-parent chat is an unwanted distraction from a very busy life of work, kids, work.

It seems to me that what's missing from the Group Chat, is rules.

We've all joined at least one Facebook group, answering the obligatory questions and ticking 'agree' to a set of guidelines in order to be accepted. This is at the discretion of the group admin, the most savage position there is, and God help ya if you fail to follow the rules (looking at you Admins of Mums Paying It Forward - NB)

So, if you're the kind of specimen that froths over being the conductor of a WhatsApp chat, I implore you to set a list of guidelines before parents start throwing down their ill-considered questions. Here are some suggestions:

- I will not crowd-source answers to questions that have already been communicated to me via the school newsletter.
- If I have a question that requires a yes/no answer, I will use a poll
- For posts that are seeking advice, I will use a poll
- If organising an event, I will use a poll
- If I want words of validation, I will use a poll.

Perhaps you can retrospectively suggest these rules to your Chat admin. Good luck.

Words: **Candace Little**

Candace is an award-winning screenwriter and content writer. Follow on IG @candacelittlewriter and find out more at candacelittlewriter.com

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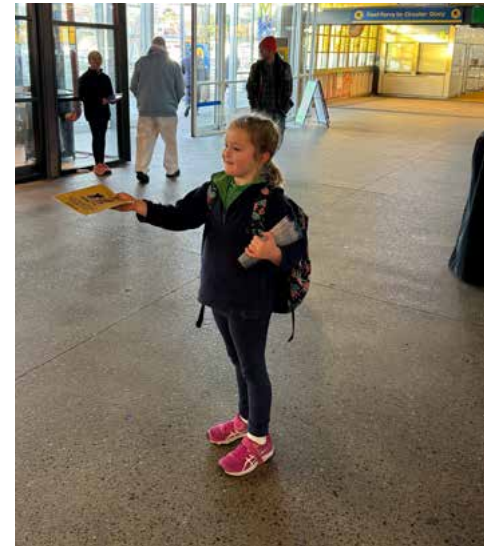
Subject Mona Vale Vitamin Sea Factory
Photographer Cal Fawle IG @thrillsandspillz



Subject Hello lair, Brushtail possum
Photographer Malcolm Fisher



Subject Afternoon light at the Bower
Photographer Rob Edgren



Subject Willa, Tawny Delivery Foot Soldier
Location Manly Wharf



Subject Let's fly **Photographer** Andrew Morgan
IG @photos.andymorgan



Subject Black and White Tiger Moth
Photographer Tracey McCall



Subject Cliff Thunder
Photographer Sean Coady



Subject UFO clouds over Mona Vale
Photographer Stephen Browne



Subject Diamond Fish at Manly Point
Photographer Anne Henshaw



Subject My dog Cooper
Photographer Billy MacAteer

RAZZLE DAZZLE
Trivia

1. Avalon's postcode is 2107. Is Palm Beach's 2106 or 2108?
2. Northern Beaches Council's logo comprises 13 different symbols, representing iconic features of the area. What two sports (both starting with S) are included in the 13?
3. Which of these is Northern Beaches' westernmost pub: The Belrose Hotel; The Forest Hotel; The Terry Hills Tavern?
4. A dual athlete, with surfing being one of them, 15-year-old resident Ruby Trew will compete at the Paris Olympics in which recently added Olympic sport?
5. When could you first use an Opal Card on the Manly to Circular Quay ferry: 2013, 2016, 2019?
6. Which actor would you associate with the movie series Die Hard?
7. Population wise, if Hobart is the biggest city in Tasmania, which is second?
8. A cygnet is the name for the young of which animal?
9. Beyonce is married to which fellow musician?
10. Other than a pawn, which other chess piece can you make your first move with?
11. Which Marvel character would you associate the name T'Challa with?
12. Which of the seven dwarfs is the only one without a beard?
13. Including the thumb, how many finger bones are there in each hand? 14 or 18?
14. Which country's flag is identical to Japan's, except instead of the white background, it's green?
15. How many years is a standard adult Australian passport valid for?
16. In the song "Time Warp", it's a jump to the left, and then a step to the right. What happens next?
17. Adolf Dassler created Adidas. His brother Rudolf created which shoe/sportswear company?
18. 2019 marked the 300th Anniversary of which classic novel? Moby Dick, Robinson Crusoe, Treasure Island?
19. What is the only country in the world with two Y's in its name?
20. Which European country's football league is the most attended in the world according to average size of crowd?

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Sudoku Medium difficulty

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

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Star Signs

by Krystal Bawl

Leo Jul 23 - Aug 22

Your nurturing streak has moved from humans to plants. You and your garden are blooming and in winter no less.

Virgo Aug 23 - Sep 23

Your life has been turned on its head. Learn to walk on your hands, might help, but only if you keep your pants on.

Libra Sep 24 - Oct 23

Winter has turned you into a hermit. Time to emerge, let the sun shine on your gorgeous self, you deserve it.

Scorpio Oct 24 - Nov 22

August is the month when your charm reaches new heights, make the most of it, the sky may not even be the limit!

Sagittarius Nov 23 - Dec 21

Risk-taking is in your blood, you just can't help yourself. Still, best not to let your health cover lapse. Ever.

Capricorn Dec 22 - Jan 20

Health warning to caffeinated Capricorns: Your addiction has reached worrying levels. Try fruit tea for a while.

Aquarius Jan 21 - Feb 19

Stop asking others "who am I" over and over. You are whoever you want to be. Remember, you're in charge of you.

Pisces Feb 20 - Mar 20

In this woke world, your lack of diplomacy is unsettling for some but not your besties who pray you never go woke.

Aries Mar 21 - Apr 19

Putting your foot in your mouth is not something you do, maybe because you've got such big feet.

Taurus Apr 20 - May 21

The sun in your relationship is shining a light into corners you'd forgotten existed. It's like falling in love all over again.

Gemini May 22 - Jun 21

Everyone is so untrue, except you. Be wary of shysters seeking to exploit your generous heart.

Cancer Jun 22 - Jul 22

Crazy Cancerians are the best, don't let anyone tell you any different this month. Crazy is working for you.



LIVE MUSIC AT Bucketty's

← AUGUST →

THU 1ST - 7PM - BEN HARRIS

FRI 2ND - 8PM - BRITS & PIECES

SAT 3RD - 8PM - ROGUE SYNDICATE

SUN 4TH - 3PM - WITH LOVE

TUE 6TH - 7PM - STORY ROOM BY KAREN SANDER

WED 7TH - 7PM - GORDY

THU 8TH - 7PM - IGNACIO GIARDACH

FRI 9TH - 8PM - SEEDY MACKERALS

SAT 10TH - 8PM - ROCKBOX

SUN 11TH - 3PM - HUNTER BLACK

WED 14TH - 7PM - CLAUDIA MAC MUSIC

THURS 15TH - 7PM - NOEMME

FRI 16TH - 8:30PM - BEC CARUANA BAND

SAT 17TH - 8PM - BEFORE THE KING

SUN 18TH - 2:30PM - MISS JULIA & THE SWINGING SIDEKICKS
- 6:30 - THE QUEEN SHOW

WED 21ST - 7PM - SANTINO SALVADORE

THURS 22ND - 7PM - IN KAHOOITS

FRI 23RD - 8PM - HIGHER GROUND

SAT 24TH - 8PM - STILL SO FRESH

SUN 25TH - 3PM - BLUE VELVET JAZZ

WED 28TH - 7PM - STELLA MARIS MUSIC

THURS 29TH - 7PM - AVA & MIA

FRI 30TH - 8PM - ALL GET OUT

SAT 31ST - 8PM - THE SHIELD

DON'T FORGET. YOUR DAD LOVES BUCKETTY'S. COME GRAB MERCH AND MIXED PACKS FROM THE TAP ROOM FOR FATHER'S DAY

19. Kyrgyzstan 20. Germany - Bundesliga
your knees in tight) 17. Puma 18. Robinson Crusoe
15. 10 years 16. With your hands on your hips (Bring
11. Black Panther 12. Dopey 13. 14. Bangladesh
7. Luncheon 8. Swon 9. Jay Z 10. Knight
4. Skateboarding 5. 2103 6. Bruce Willis
1. 2108 2. Sailing & surfing 3. The Belrose Hotel

Trivia Answers

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

Sudoku Solution



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