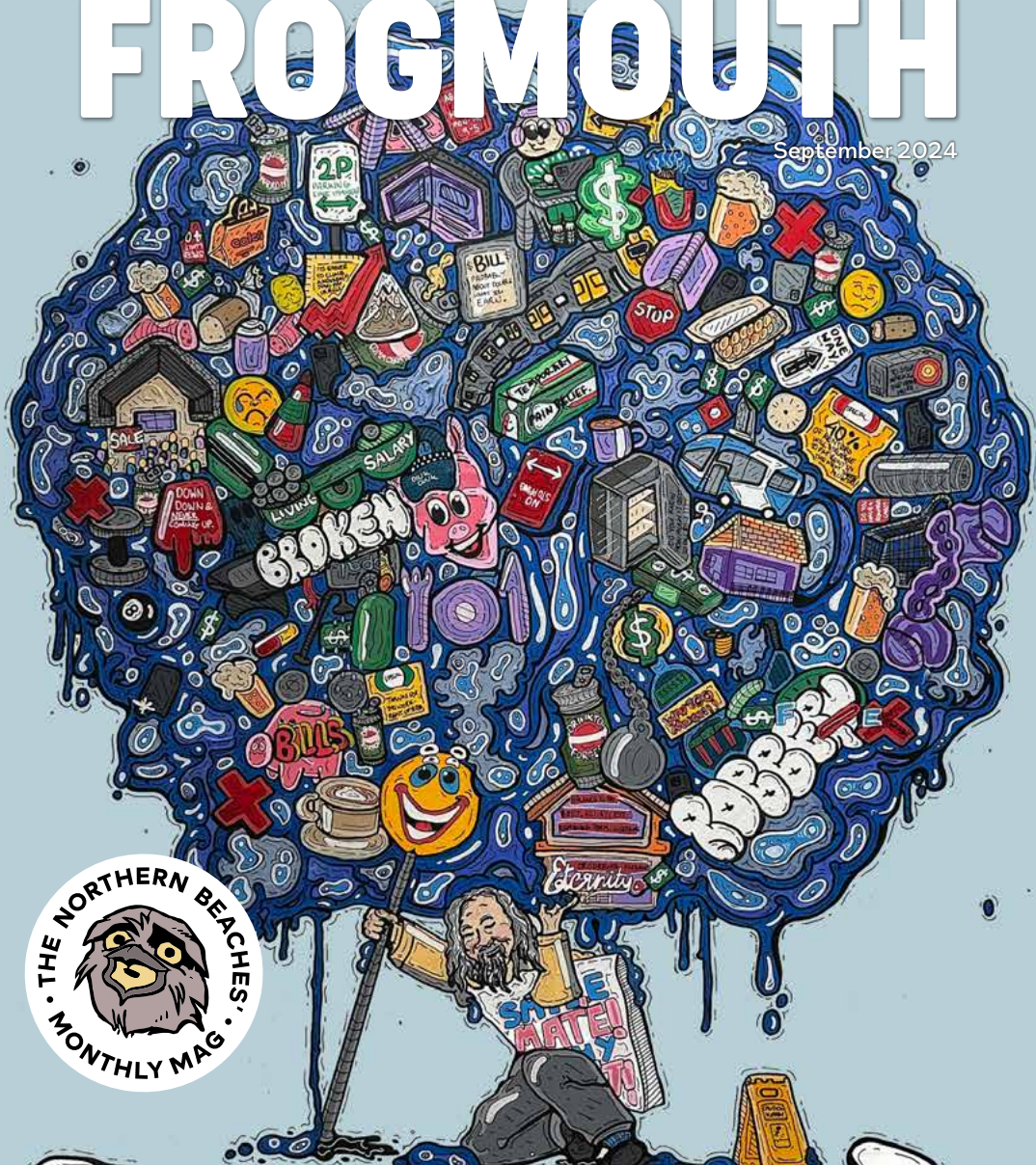


The Tawny

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September 2024



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# Pool colour trends 2024



## White



Continuing its popularity over the last few years, LUXAPOOL® Epoxy White colour creates pool environments that exude calm, openness and space. White symbolizes simplicity and new beginnings and provides a neutral backdrop for creative expression of landscape design. Pair with light coloured landscape elements such as plantings and outdoor furniture for a peaceful

setting, or high colour contrast elements for visual interest while lazing about on a hot summer's day in a pool painted with LUXAPOOL® White.

### Choosing a pool paint colour

Consider using painted boards that can be placed underwater for visual assessment when choosing a pool colour. After your pool has been filled with water the colour of your pool will be dependent on the time of day, whether it's sunny or overcast, the surrounding landscaping, shadows and even pool chemistry. Painted submersible boards in the entire LUXAPOOL® Epoxy colour range, are available through the Colormaker factory shop. If you'd like to know more, then visit the NEWS page on the LUXAPOOL® website for a range of articles that can assist you to choose pool colours confidently, along with other tips for success.



▲ Resort pool painted in LUXAPOOL Epoxy Pacific Blue colour

**As we head into summer** we are seeing an interest in bold colours reflecting a world yearning for both movement and vibrancy, and at the same time peace and tranquillity. This year's trends in pool colours includes a blend of bold blues and serene white catering to diverse desires and inspired by our collective experiences and aspirations.

LUXAPOOL® Epoxy Tahitian colour with dark green plantings and white flowers for maximum contrast and vibrancy. Swimmers will enjoy the cloak of mystery and security offered by LUXAPOOL Tahitian colour.

## Pacific Blue



A nod to our most popular colour, LUXAPOOL® Epoxy Pacific Blue, is a testament to the enduring allure of the Pacific Ocean and it's reach into our collective consciousness. Reminiscent of coastal blue water over white sands LUXAPOOL® Pacific Blue colour reflects our relationship with land, water and spirit.

LUXAPOOL® Pacific Blue is both friendly and dependable, perfect for creating a comforting area in your garden and when paired with bright foliage and colourful blossoms brings excitement to your landscaping.

**Escape on your weekends to a pool landscape that brings respite and comfort**



▲ Photo by Simon Hunter Photography Design by The Designory, Sydney

## Adriatic



For a slightly deeper blue evocative of the ocean, LUXAPOOL® Epoxy Adriatic colour offers traditional elegance in a pool setting. Mid blues convey old world values, safety and assurance needed in a rapidly changing world. Escape on your weekends to a pool landscape that brings respite and comfort with a pool painted in LUXAPOOL® Adriatic colour.



▲ Pool painted in LUXAPOOL Epoxy Adriatic Photo by Gerald Verhagen

## Tahitian



A mid blue with hints of purple has gained popularity in 2024 amongst pool owners. It is perfect for creating a touch of drama and sophistication in your landscape design. Pair a pool painted in



▲ Pool painted in LUXAPOOL Epoxy Tahitian

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# G'day Beaches

Welcome to Spring, to swooping magpies, footy finals and the winding up of Antarctic blasts.

Thank you, Tom Hadley, his September cover, "Atlas", a remarkable depiction of the pressures we're all under, but thanks to Sydney icon Danny Lim, the load's always lighter with a smile. And congratulations Hannah Daish, winning Photo of the Month, and Col Gale, Letter of the Month. Superb work.

14 September is shaping up a cracker. Yes, Chinchilla golden child Pete Murray takes to the Night at the Barracks stage, but also, it's your chance to make Jack Karlson, rest in peace, and succulent Chinese meals proud, with democracy manifest, it's local council election time. Indies, Liberals, Greens, Labor, and more, you decide.

Lifeline's Spring Clean gives you the chance to spruce and help those in need, Candace Little uncovers our best babyccinos, while Terri Cracknell delivers a whale of a poem.

Happy Dad's Day Gents!

*Liam*



## The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd  
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19



40

### 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.

# NDIS WEBINAR

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Old Man Bucketty's AYAH Santa cheer

## Peninsula Wash Up

### AYAH Winter Noel Celebrations

The Manly Adolescent and Young Adult Hospice (AYAH) recently celebrated Christmas in July with patients, family members, staff, and very special guests, Santa and his cheeky Elf. Those who know Bucketty's Brewing Co will be familiar with a kind and charismatic old bloke (with an impressively similar resemblance to Santa), known as 'Old Man Bucketty.' Having made his AYAH Christmas debut last year, OMB once more brought smiles and joy to all. For community businesses wanting to support AYAH, please email [AYAHManly@health.nsw.gov.au](mailto:AYAHManly@health.nsw.gov.au)

### We By The Sea

Daniel Cook's photography talents shot to worldwide acclaim in 2020, capturing a pair of whales – yes, whales! – surfing famed righthand point break Lennox Head, the footage going viral across the globe, and whales proving dolphins aren't our only fellow silky smooth wave riding mammals. Jump ahead to 2024, and Daniel's ongoing dedication to capturing the beauty of water and how our lives are connected to it is the centrepiece of his exhibition, **We By The Sea**. As Daniel says, "From a subtle ripple to a breaking wave, the elegance of water interacting with people, the environment and light are documented in a never to be repeated moment, creating unique colours, textures and shadows that are finite and temporary." Opening Wednesday 4 September, and running till the 15th at Curl Curl's Creative Space (105 Abbott Rd), visit [clickdanielcook.com.au/exhibition](http://clickdanielcook.com.au/exhibition) to RSVP for the opening night and for all info.

### Are you joking? It's giveaway time!

The Tawny and Glen Street Theatre are teaming up, offering you the chance to win a family pass to see **"The Librarian"**. All you have to do is scan the QR code below and tell us your favourite library joke! We'll go first: **Why did the Librarian keep buying books? He had no shelf-control.** Entries close 16 September. Hurry! The one that makes us laugh the most wins. And some more about the show...Well, at first glance, Paul-Émile Dumoulin seems a regular librarian. Serious, proud and very orderly, every book is in its place on his impeccable shelves. The only problem? As soon as Paul-Émile gets his nose in a book, reality disappears, giving way to the crazy worlds he discovers between pages. On his adventures, the very sensible librarian metamorphoses, suddenly turning into strange and silly characters who perform acrobatics, balancing, juggling, breakdancing and beatboxing. How far will reading take him? Scan here to submit your library joke or visit: [forms.office.com/r/VAt43rSGfV](https://forms.office.com/r/VAt43rSGfV)



### Old dogs can learn new tricks

We have more than 30,000 men aged over 60 on the Northern Beaches, and most of these men have had zero experience in the kitchen. Another fun fact: the two key factors in longevity and good health are good nutrition and forging social connections. Enter **Men's Kitchen**, whose mission is to teach older men basic kitchen skills in a social setting, recently opening their doors at Seaforth. As Founder and President **Peter Watson** says, "Retirement for some is a time to improve their golf handicap and pursue other hobbies, but for others, it's a time when they lose their sense of purpose and miss the interaction with work colleagues. The upside is that their retirement can be used positively to increase their skills and make new mates." At each Men's Kitchen cooking session, up to ten men can learn cooking skills and make new mates in the process. Members choose what they would like to prepare, then under the guidance of three experienced volunteer instructors, pairs of attendees prepare a selected dish. Once the cooking is completed, everyone sits together to enjoy their culinary creations. For more information about joining the Men's Kitchen at Seaforth contact Peter Watson on [info@menskitchen.org.au](mailto:info@menskitchen.org.au)

Words: **Liam Carroll**

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## Letters to The Tawny

### LETTER OF THE MONTH

#### Re: Acknowledgement of Country (July '24)

Thanks, Paul Baker, for your input, and thank you Tawny Frogmouth for your Acknowledgement of Country. Just a few things that Aboriginal people lost are their language, culture, family, health, sport, lives, homes, land, status, society and the list goes on. Now these things may hold little to no value to you Paul, but as an Indigenous Australian I greatly appreciate that our society acknowledges the traumas and hurt that was committed against my ancestors. So once again Tawny, thanks for your Acknowledgment of Country. Regards, Col Gale

#### Public-owned meeting place in peril

Please Northern Beaches Council, plus local Manly State and Federal elected representatives, don't take away our public beachfront land as proposed with a brutal mega-sized Manly SLSC redevelopment at South Steyne. This is our local resident beachgoer's public-owned meeting place. There is nowhere else. We don't meet in the Corso with all the tourists!

#### Save South Steyne

#### Re: Acknowledgement of Country (July '24)

I was so pleased to read Paul Baker's "Acknowledgement of Country" letter in July's Tawny. Finally, someone is stating the obvious, what the vast majority of Aussies really think. The stupidity of continuing the

"invented" Welcome to Country & Smoking Ceremony is grating on nerves more and more as time goes on. It's so senseless and such a bad look for our country when we condone and even encourage these theatrics. If we really are supposed to be all equals in our own country, then surely we don't need to continue this rubbish. Cheers, Ron

#### Vehicle repair costs

Recently, the steering on our 2012 KIA Sportage was behaving dangerously. A major dealership quoted \$5,750 to replace some bushes and control arms. Horrified at such an expense, I took the vehicle to a local mechanic who solved the problem for \$440. The car has just travelled 2000kms faultlessly. With such a large quotation, it pays to obtain a second opinion. Some elderly and/or female owners would probably pay up, reluctantly. May every reader enjoy trouble free motoring.

#### Regards, Tim Reeve

#### Surf's up for our surfing heritage

Inspired by the enthusiasm for the Tommy Walker recognition project, on Tuesday 6 August myself and Councillor Georgia Ryburn have a motion before Council to look for more opportunities to recognise local surfing legends, which includes updating the Freshwater Surfing 'Walk of Fame', updating our surfing heritage walk map and signage, and looking at ways to celebrate local female surfing stories and pioneers. The Manly-Freshwater area is considered the birthplace of Australian surfing with early local pioneers including Tommy Walker and Isabel Letham, surfing greats like Duke Kahanamoku popularising surfing, and more recent local surfing legends and world

champions (too many to name!). Many people are unaware that the Manly-Freshwater beaches are designated as one of just 12 global world surfing reserves, in recognition of its historical, cultural, and environmental values. It will be wonderful to update our recognition of this local heritage.

#### Councillor Kristyn Glanville

#### Readies, set, SPEND!

So, you think there is a cost-of-living crisis? You should be aware that the cause of this is inflation on one hand and greed on the other, which is driving the Reserve Bank to effect the only tool in its arsenal - interest rates (sorry Barnaby for referring to ammunition). The only way you can contribute to reducing inflation and the flow on effects of rising interest rates and rising prices is to "STOP SPENDING". I know this is hard and will impact on your addiction to designer foods, paying for your morning coffee fix, eating out in lieu of cooking your own etc, but this is solely within your own control! And if you cannot control it don't blame anyone else. The problem is the interest rates within the power of the Reserve Bank really only affect business and home mortgage victims, not you who have a stockpile of the readies to splash around. And to all the poor sods who borrow on credit cards with interest rates north of 20%, you are already on the way to bankruptcy. Even though underlying inflation appears to be slowing, none of we mortals know how this is determined. All we see is the costs at the supermarket and other retail outlets spiralling up. For those of us with unlimited sources of the readies, high interest rates mean more interest

Getting Things Done!

# Vote 1 Candy Bingham

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**Taylah Schrader** - Lawyer, Youth, Environment & Mental Health.  
**Peter Greentree** - Governance & Finance

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\*Manly Ward is Manly, Manly Vale, Balgowlah, Balgowlah Hts, Balgowlah Nth, Fairlight, Seaforth & Clontarf.

Authorised by: Jonathan Trope, 1/90 Lauderdale Ave, Fairlight 2094

### VOTE 1

# Vincent De Luca OAM

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#### - Community focused

Extensively involved in youth suicide, drug, alcohol and domestic violence prevention and fighting to get back the money cut for youth mental health beds and the maternity unit at Northern Beaches Hospital.

#### - Efficient Spending

Exposed the \$25million waste on 110 Council Management positions

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Authorised by Vincent De Luca OAM, 255 Castlereagh St, Sydney 2000

on investments, higher rents from tenants, better USD exchange rates for lavish overseas dalliances.

If businesses are hit with higher interest rates, they stop investing in capital plant and expansion, thus your job prospects are reduced, thereby biting you again. But Self-Managed Super Funds keep growing at a faster rate than what's needed to pay the compulsory pension, so it's not affecting those with wealth, only you who cannot stop spending.

Remember when PM Edward Gough Whitlam was asked how he was going to fund all his promises? He simply answered, "Inflation would pay for that". It was true and we all know what happened to Gough.

**Regards, Graham C**

#### Open to highest bidder

Councillor Candy Bingham writes in her newsletter, Good for Manly: "Expect to see outdoor dining on the platform that once hosted the Aquarium."

I say, who wants more expensive outdoor dining taking up valuable public open space? The last thing we want is one business enterprise taking over from another at the expense of open space. I was looking forward to enjoying an uninterrupted view of Sydney Harbour which is what we were initially promised after the demolition of the aquarium.

I wrote to her asking for clarification, and she promptly replied: "This area is owned by the State Government, and they have the final say. Community feedback supported the keeping of this space (rather than demolishing it) for public use and outdoor dining. It will be over the water. The Boathouse will take over the lease of this space and I'm sure it will be done

in their usual beautiful style. Council will also have access to this space for community exhibitions etc."

Cr Bingham's newsletter keeps us abreast of local news, and good on her for keeping residents in the loop. But the fact remains that prime open space like the aquarium site is open to the highest bidder.

**Jens Ward, Manly**

#### None so blind

How ironic is it that there are still correspondents to The Tawny who claim that we are having "natural variable weather" despite the fact that, after 13 straight record setting months, planet earth just had its hottest day on record. As singer Ray Stevens sang in 1970, there are none so blind as those who will not see.

**Peter Nash, Fairlight**

#### Malcolm Fisher is Delusional

Dear Liam, I was reading Mal Fisher's reply to my previous correspondence and of course he, like many others of the Climate Cult, believe we with a different opinion don't understand what the Climate Cult is trying to achieve, accusing myself and others of hindering their progress. Let's break down Mal Fisher's comments.

First, he claims I and others are against clean air. What scientific papers tell us that CO2 is a carcinogenic gas? I've never said or written that we shouldn't have clean air. Reducing lead content in petrol was extremely good as too changing the refrigerant gases to a much safer product which also helped reduce the hole in the ozone layer.

Next, saving our "Environment". Well, let's look at what you climitites want to do. You want to place over 3000 wind turbines the length of the Great Dividing Range. Imagine the massive

tonnes of concrete and steel it will take to complete this work. Please don't forget the wind turbines themselves - life span 20 years max. Then, what do we do with them? They are definitely not biodegradable. Plus, we have the 14,000km's of access roads that go along with this project. This is pristine country, untouched. How's our native bird life looking with this Mal?

Next, you and Chris "Errol Flynn" Bowen want to place - or float, to be precise - 300 wind turbines off our coast, something never attempted anywhere else in the world. That sounds and appears so environmentally sound! Don't forget the underwater cabling and the onshore inverter substations for transferring the electricity. And I won't even start on the solar farms and their effect on the landscape and environment.

You have the temerity to accuse me and others of not caring about our environment! Why don't you and the rest of your climitite cult invest in a mirror and look into it. That's when you'll see environmental hypocrity, delusional, truth-benders!

**Mark (Robbo) Roberts**

#### Re: Robbo's Rant (July '24)

I realise no one will change a closed mind, and that climate deniers refuse to believe either the science or the constant stream of observable "unprecedented" weather events. When faced with science, and facts and figures, climate deniers resort to name calling instead of rational argument. Robbo, in his letter taking aim at "climitites" (whatever that means) does exactly what Peter Nash describes in his letter in the same issue of the Tawny: he cherry picks bits and pieces to try to prove that he is not fooled by what others can see in the news, or

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climate scientists' modelling has deduced. He then distorts what has been written. I did try to write as simply as possible, but to no avail. My mention of exhaled breath was not, as he states, citing it as a cause of changing climate, but to show air can contain more moisture at higher temperatures, and point out the link between higher global temperatures and severe rain and flooding events, occurring in far greater number. He says "follow the money" and mentions subsidies billionaires will get from investing in renewable energy. He must know that our aged coal-fired power stations are closing down, and replacement energy sources must be found. Thanks to the inertia and infighting in the Federal Coalition for close to a decade, next to no action was taken to address this issue. Renewable energy provides the cheapest

and cleanest form of energy, especially for a country that has so much natural, free, solar and wind. Billionaires may well invest in these sources because they know they will work and be successful. On the contrary, the hugely expensive, detail free, nuclear reactor thought bubble that Dutton and co are suggesting is attracting no private investors, as the costs will be prohibitive, the time scale is way too lengthy, they will produce the most expensive energy currently available, and the risks of radioactivity both from the plants themselves and from the spent nuclear fuel are immense. As the Government would need to fund the whole amount, nuclear would leave a massive debt for generations, and despite the cost would provide less than 4% of our total energy need. As for the subsidies Robbo mentions: The International Mone-

tary Fund reports that globally fossil-fuel subsidies surged to a record \$7 TRILLION last year. In Australia, The Australian Institute stated that in 2020-21 our Federal and State governments provided a total of \$103 billion in spending and tax breaks to assist fossil fuel industries. Removal of subsidies to the fossil fuel industry could make government funds available for so many other worthwhile areas that are currently underfunded, especially if they those funds weren't required to pay off government loans for expensive nuclear reactors.

**Alan Marel, North Curl Curl**

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



Public land extended to the red line 7 years ago

## Community Narrabeen's vanishing act

Precious public land is disappearing into Narrabeen lagoon

Directly opposite Australia's greatest holiday destination, Narrabeen's Lakeside Caravan Park, lies Lagoon Street Reserve, described by local resident Mike Fitzgerald as, "A beautiful strip of public land with a small beach perfect for families, always packed with people celebrating many different occasions."

Thirty years ago, this land stretched 25metres north, allowing for a 20-metre cricket pitch, but with the passage of time has come the slow but unchecked disappearance of Terra Firma.

"Sadly, this land has been allowed to slowly collapse into the lake," explains Mike. "Over the last 7 years approximately 10 metres of land have disappeared. I have been trying to have Council address this matter but alas, even after an on-site meeting with a senior Council representative, followed up by phone calls and email correspondence, little has happened."

The vanishing land has now created public safety hazards too, with the remaining land sloping down precipitously into the lagoon as a falls risk, and several exposed sharp and potentially lethal rusty metal fragments, piping and other hazards poking up in the shoreline.

"I'm simply looking to raise awareness of this plight and hope Council can act before the land's completely gone."

If you'd like to assist Mike ensure this public land doesn't disappear forever, email [liam@thetawnyfrogmouth.com.au](mailto:liam@thetawnyfrogmouth.com.au)

Words: **Stick E. Beak**

# YOUR GREENS TEAM FOR NORTHERN BEACHES COUNCIL



OUR PLAN



While on Council, the Greens have championed protecting our local environment and wildlife, pushed for stronger environmental compliance, stopped budget cuts to local DV and homeless services, progressed local housing affordability, increased apprenticeships, and championed leadership on climate action.

More recycling options & FOGO

Tackle beach pollution

Leadership on climate action

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Michael Regan reflects on his time as Beaches Mayor with immense pride

**Michael Regan MP**

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It's an extraordinary thing to serve your community as Mayor.

It's incredibly humbling and a role that I accidentally landed in as the first popularly elected Mayor of Warringah back in 2008. To then take on the one Council for the Northern Beaches in 2017 and deliver on its promises and potential has been a huge achievement. To now leave that united Council in such a strong and sound financial shape, transparent and award winning, is a huge credit to our councillors and our staff. It's something our community can be really proud of.

Northern Beaches Council is in a very strong financial position, better than any other council in New South Wales. We know exactly where we sit with the status of our assets, the cost and timeline to replace and maintain them. We have a full long term financial plan, one that can sustain shocks like the regular natural disasters we experience. We have paid off the huge debts of Pittwater and Manly. All services of the previous Councils were maintained at the highest

level, whilst also realising \$30 million in annual savings. I'm very proud of that and have no time for those that talk down our Council. No organisation is perfect, but we can be proud of the services and infrastructure we deliver.

What is disappointing is the usual political games now being played by the Liberal Party, making out there is a problem with the budget and that they alone will fix it. The fact is the Liberal Councillors have all the information from staff about what each service costs. They have asked the CEO to cut staff. Any cut to staff reduces service levels. The logical question is then. "Which service do you wish to cut?" Simple.

We are a board of directors, and if you want the CEO to cut stuff, thus reducing costs, then be honest – which services? That is your job as a Councillor. And the community is not asking us to reduce services like childcare, road repairs, libraries or sports fields maintenance. So, it is disingenuous

of Liberal Councillors to say they will reduce rates when they won't say what service they will cut or projects they will abandon.

As an independent, my attitude has always been to work with others, not against, be it with federal and state ministers of all persuasions, fellow councillors, our amazing staff and of course our awesome community. Together we have achieved so much for the Northern Beaches. We rebuilt trust back into the community and consistently topped the state in customer satisfaction.

The PCYC project will impact generations for decades to come, as will the delivery of the plans behind the B1 bus route, the completion of the Narrabeen Lagoon trail, the Cromer Park masterplan, the Lionel Watts and War Memorial Playing Fields, the Creative Space in Curl Curl and the new library at Glenrose. We locked in affordable housing into new zonings, we put arts into Council's DNA as opposed to just sport (which I also love) and ensured the business community was an imbedded part of Council's future plans. And, of course, our Covid response, supporting the community the way we did, stands as my proudest achievement whilst on Council.

I look back with a real sense of pride, not personal pride but rather community pride, and I'm excited about the future for Council and for the Northern Beaches.

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](http://michaelreganmp.com) and follow [@michaelreganmp](https://www.facebook.com/michaelreganmp) on socials

## Community

### The Mackellar Grants Finder

Just imagine what you, your business, community organisation or club could do with a grant? Do you need new equipment, training, help with an upcoming event or reducing power bills?

Grants, large and small, are an investment in our community and are especially welcome at a time of higher interest rates and cost of living pressures. There are many grants out there but researching them can be the challenge. No-one has the time to trawl through endless webpages and newsletters.

I want to make sure no-one in Mackellar misses out on future funding opportunities, which is why I have set up my free Mackellar Grant Finder service. It's the smart way to keep up to date with all available grants, for business, community groups, clubs and individuals.

Mackellar has already benefited from grants worth over \$74 million dollars since I was elected in 2022. There have been major business grants awarded up to \$500,000 dollars in value.

Recent grants have included funding for new facilities at children's play therapy provider

BeCentre in Warriewood, new equipment for community transport service Easylink, and solar panels for a Sunnyfield home for people with intellectual disability in Frenchs Forest.

Using Mackellar Grant Finder is straightforward. All you have to do is create your profile, which takes a few moments, and you will then get an automatic alert when a suitable new grant becomes available.

Sign up at [grantguru.com/au/drsophiescamps](http://grantguru.com/au/drsophiescamps)

Visit my website [sophiescamps.com.au/grants](http://sophiescamps.com.au/grants) for detailed advice on using the Mackellar Grant Finder service, as well as a checklist and template to help you prepare your grant application. If you need further advice, you can talk to my specialist grants team on **02 9913 9566**.

I'd love to see Mackellar continue to benefit from future funding. We live in a vibrant and supportive community. Helping you access grants is just one way that I'm working to support you, because by working together we can make this community even better.

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

# FREE Mackellar Grant Finder

Sign up to find available grants

For businesses, community groups, not-for-profits and individuals

[GrantGuru.com/au/drsophiescamps](http://GrantGuru.com/au/drsophiescamps)

**DR sophie scamps MP**

FEDERAL MEMBER FOR MACKELLAR

AUTHORISED BY DR SOPHIE SCAMPS MP, NARRABEEN  
[sophie.scamps.mp@aph.gov.au](mailto:sophie.scamps.mp@aph.gov.au) | 02 9913 9566



# VOTE 1

# Your Northern

# Beaches Independent Team

## Grassroots Community Leaders Need Your Number 1 Vote

Do you want a group of dedicated and diverse community leaders to represent you? Then make sure you vote 1 Your Northern Beaches Independent Team - locals stepping forward to maintain and grow our sense of connection and community.

Manly and Curl Curl wards are lucky to have these six passionate locals. They will focus on keeping the Northern Beaches the best place to live, protecting our future, and supporting our residents, local businesses and community organisations.

### **Councillor Sarah Grattan:** *Champion for Mental Health Crisis Support and Governance*

Sarah, a two-term Councillor for the Manly Ward, has spent years advocating for the community. As Lifeline Northern Beaches CEO, she has been instrumental in supporting mental health through crisis intervention and overseeing local programs that support over 55,000 people. Her role in enhancing local governance is also well-proven. She's the sole Councillor on the critically important ARIC, which drives improvements in Council, uncovers vulnerabilities and helps prevent major stuff-ups. Sarah's an advocate for genuine community consultation, especially on housing affordability, local economy and community building.

### **Joeline Hackman:** *Environmental Advocate and Small Business Supporter*

Joeline is a passionate advocate for community, economic and environmental issues, with extensive business experience and a compassionate approach putting people first. During COVID, her charity 'Feed Our Medics' provided income for local businesses and supported frontline workers, while Northern Beaches War on Waste was recognised by NBC's Eco Award. Currently on NBC's environmental strategic reference group, the Sustainable Housing Lead for an innovative project, she wants to protect the environment, support small business and reduce cost of living pressures.

### **Nick Beaugiard:** *Tech Innovator and Mental Health Advocate*

Nick combines a 30-year career in tech with deep commitment to community well-being. Nick's long-term involvement in local sport, passion for mental health, and early work as a drug and alcohol counsellor fuels his commitment to create access to mental health support and medical services. He wants fair, transparent and accessible services for all.

### **David Cowell:** *Dedicated Volunteer and Advocate for Inclusive Facilities*

David's dedication to the Northern Beaches spans over

50 years. As director at North Steyne Surf Club, David led efforts to modernise facilities and promote inclusive programs, founding Ripper Nipper Special Needs program. His Lions Club of Manly and local charity work exemplifies his commitment to community service.

### **Nick McDonald:** *Champion for Local Entrepreneurs and Community Initiatives*

Nick, co-founder of Bucketty's Brewing Co, is a steadfast supporter of business and community, with his expertise leading a Brookvale business crucial in addressing challenges facing local business owners. Nick has supported numerous community organisations, from youth programs to veteran services, advocating for both social and business entrepreneurs wanting to make a difference in our community.

### **Rachael Martin:** *Young Leader with a Passion for Democracy*

Rachael brings a fresh perspective and deep passion for democracy. A recent graduate from Sydney Uni, Rachael ran a small business working with children with high-needs autism. Her ambition and commitment to public service ensure that every voice in the community is heard.

If you'd like these six individuals to continue serving you, VOTE 1 above the line for Your Northern Beaches Independent Team on 14 September.

## Curl Curl Ward



Joeline Hackman

Nick Beaugiard

Nick McDonald

## Manly Ward



Sarah Grattan

Rachael Martin

David Cowell



Mayor Sue Heins



**VOTE 1**  
above the line for

Your Northern Beaches  
Independent Team



**HARDWORKING LOCALS  
PROTECTING YOUR FUTURE**

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



Clr Georgia Ryburn, Clr David Walton, Clr Karina Page, Clr Michael Gencher, and Jonathan Malota celebrate the start of their campaigns

## Liberals launch for Council leadership

Deputy Mayor Georgia Ryburn says Liberals must take the reins to rein in unnecessary spending and get Council back on track.

Having grown up in the same Balgowlah home my great-grandfather did, and now raising my young kids here, I've loved seeing our community change. With those changes, come key challenges. From cost-of-living pressures, to needing to protect our unique Beaches environment, to ensuring we have safe, open spaces for everyone.

I adore this community. A key reason I first ran was despair at seeing many issues not being addressed, endless rate rises without suitable output; including a fatigued-looking Corso. And since being elected, I've made it my mission to deliver tangible results; increasing outdoor dining in Manly (eg. At Rollers Cafe); reducing red tape securing Council Business Permits; saving the Hop Skip and Jump bus; and increasing community consultation to avoid unwanted 3D-crossings or cement bollards.

Council has serious issues; a deficit budget, cost shifting from other levels of government, rising costs. But our Council can and should be financially sustainable - we have

an asset portfolio of \$5.5b and yearly revenue of \$500m. Under current leadership, we're not. That's why I'm running, to get Council on track, ensure your rates deliver results, not reports.

We know the Liberals are the only ones to save you on your rates notice, bringing transparency, robust governance, and fiscal responsibility to Council.

It's great to again run alongside Curl Curl Councillor, ex-police officer, Councillor David Walton, dedicated to improving services, keeping residents safe, and enhancing our great environment. "I want to stop wasteful spending by the Greens and Independents who are driving up cost of living pressures on residents," says Walton.

Pittwater Councillor, business owner and surf life saver, Councillor Michael Gencher's goal is to avoid unnecessary expenditure, saying "The Greens and Independents running

Council are spending beyond our means, paying council executives more than they spend on road resurfacing."

While in Narrabeen, Councillor Karina Page shares this same commitment, focused on getting Council to fund its essential services, instead of frivolous side projects. "Our community deserves a Council that listens, acts, and delivers results," says Page.

New to the Liberal team is Jonathan Malota, running for the Forest Ward, adding "Council isn't working as effectively as it could. My priority is to get results."

The Beaches Liberals have a united, professional and experienced team of 15 candidates running in the September 14 council election. Vote 1 Liberal and allow Beaches Liberals to get to work to fix Council.

Words: **Cr Georgia Ryburn**, Northern Beaches Deputy Mayor

See how Liberals plan to fix Council: [beachesliberals.com.au](https://beachesliberals.com.au)

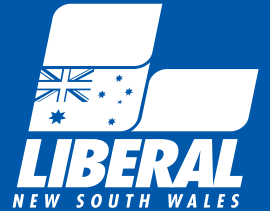
Contact the team at [campaigns@beachesliberals.com.au](mailto:campaigns@beachesliberals.com.au)

Follow Georgia on socials [@cr\\_georgiaryburn](https://www.instagram.com/cr_georgiaryburn)



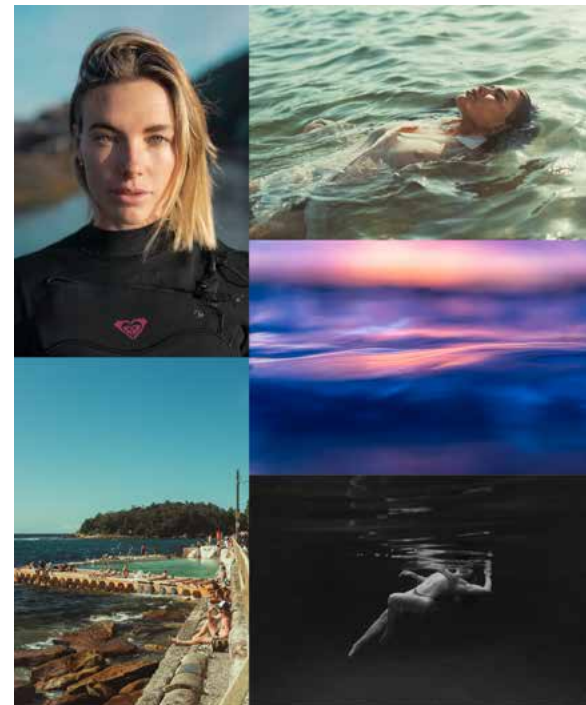
## OUR PLAN TO FIX COUNCIL

- Prioritise fixing roads and public spaces
- Scrutinise inappropriate development proposals
- Manage Council's budget to keep rates low
- Make Council work better with local businesses
- Protect our nature reserves and environment



**ON 14 SEPTEMBER  
VOTE #1 LIBERAL**

Authorised by Howard Michael Gencher, 14 Carter Road Brookvale 2100



## We By The Sea PHOTOGRAPHY EXHIBITION

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Authorised by Howard Michael Gencher, 32a Turimetta St, Mona Vale NSW 2103

# No rainbow: Government's housing rhetoric laid bare by RBA decision

As expected, on Tuesday 6 August the RBA kept the cash rate unchanged at 4.35%. But while interest rate chatter gets the headlines, Australia's biggest economic and social disaster remains the worsening housing crisis.

The RBA gave the Federal Government reason to hope for an interest rate cut or two before the May election. That dominates the usual headlines and immediate politics. But tucked away in the bank's Statement on Monetary Policy (SMP) was a ticking social and economic bomb: our housing crisis is only going to worsen for as far as anything like a credible forecast can. Anthony Albanese's housing accord target is a joke one month into its five-year time frame.

In the fine print of the SMP, the RBA downgraded its best guess of housing investment over the next two financial years, in the process amplifying its forecasters' biggest disagreement with Jim Chalmers' Budget hopes. The standout disagreement between Treasury and the RBA in the budget forecasts was what's supposed to happen with dwelling investment.

**"The bank and government more-or-less agreed dwelling investment would remain flat this year, but for 2025-26, Jim Chalmers was seeing rainbows, lollipops and very busy brickies."**

Chalmers forecast dwelling investment would suddenly soar 6.25 per cent. It would need to if there's any hope of meeting Albanese's brave "one million new homes in five years" pledge, let alone his crazy-brave 1.2 million stretch target.

The week before the budget, the RBA thought dwelling investment this financial year would increase by just 0.2 per cent (i.e. buggler all) and by just 1.8 per cent in 2025-26 (i.e. only a bit more than buggler all).

## RBA revised housing forecast

Now though, the RBA reckons dwelling investment will fall 0.7 per cent this year (less than buggler all) and increase only 1.1 per cent next year (closer to buggler all). The one million target is shot.

Just 163,000 housing applications were approved in 2023-24. The dwelling investment forecast is about money, not dwelling numbers, so the same sort of money invested over the



Here, gold? No. A worsening housing crisis? Yes.

first two years of the accord will mean fewer housing starts than last year, "nowhere near the 200,000 needed each year for five years to meet the promise."

If our preeminent independent forecaster is correct (as opposed to Jim Chalmers trying to head off Green inroads built on housing), rents will keep rising, homelessness will keep growing, affordability will keep worsening, and the biggest single cause of our "cost-of-living" pain will remain.

In short, "we're going to need a bigger boat". The housing monster eating people won't be tamed by present policy. Given population growth, we will continue to go backwards.

Ahead of the budget, the National Housing Supply and Affordability Council, the government's new, independent expert housing intelligence source, forecast that over the accord's five years, there would be gross new supply of 903,056, but net new supply of only 869,126 while new demand for dwellings would be 1,079,302, way short of the politicians' promise. And now the RBA says it will be worse again.

If the bank was more than a waver of the big interest rate stick, it would be making a case for radical government investment in housing. But in fact, it's nothing more than a waver of the interest rate stick.

As for the alternative, forget it. The Coalition's recently announced housing policy makes Labor's efforts look brilliant. It is simply too dreadful to contemplate.

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

IMAGE: WIKIPEDIA COMMONS



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## Just Better Care, national award winner

The local Just Better Care team was honoured recently to win the Excellence in In-Home Care Services Award, a prestigious accolade celebrating the team's commitment to providing exceptional, personalised support services across Sydney's Northern Beaches and Northern Suburbs regions.

To better understand the Just Better Care team's dedication to customer service, I caught up with Just Better Care client, local resident Dave who, in 2017, at 59 years of age, developed a severe infection in his left leg, so severe he had to have his leg amputated from the knee down. He credits Just Better Care with not only allowing him to continue living independently, but to also care for his elderly mother until her passing.

"I didn't know what a carer even did," says David, who was first introduced to the crucial role carers and service providers offer when he was in Mona Vale Hospital in 2017, soon to be discharged following his left leg amputation. "However, after I lost my leg, I understood how important carers are."

It can't be understated how important a role the Just Better Care team has gone on to play in David's life. On top of the left leg amputation, David has also endured life-long joint pain, diagnosed with Juvenile Arthritis in his youth, which later progressed into Rheumatoid Arthritis, the harsh symptoms exacerbated by cold weather.

"The Just Better Care team of carers are vital to my independent lifestyle," says David. "They help me with cleaning, hygiene and washing, as my muscles and joints have been severely damaged from 46 years of Rheumatoid Arthritis."

**"Just Better Care has never let me down. They have always supported me with all the vital activities that are essential for me."**

This has given Dave a chance to enjoy the other things that make him happy. "Without the Just Better Care team, I would not be able to manage on my own."

Beyond the activities of daily living around the home, essential for well-being, there is no shortage of medical appointments and requisite transport that a client such as David is scheduled to attend, which are also crucial for staying on top of any potential medical issues which can develop.



"When it comes to the really important things, such as medical appointments which I can't miss, Just Better Care coordinate things for me," explains David. "I tell them what my medical appointments are and Just Better Care roster staff to take me."

Since 2017, David has developed skin cancer, with myriad medical appointments needed to combat that. "I have had 30 radiation therapy appointments for six months. Then a further 60 appointments were necessary for ongoing nursing care, three times per week to heal the radiated skin, with my support workers taking me each time, never missing a single appointment," says David before concluding, "I wouldn't be alive if it weren't for the carers."

Incredibly grateful for Just Better Care's assistance, David is a resounding endorser of the service. When asked, would you recommend Just Better Care to someone? "Without a doubt, absolutely yes."

David's journey serves as a testament to resilience, with Just Better Care playing a pivotal role in enhancing his quality of life and ensuring ongoing support.

Just Better Care services Sydney's Northern Suburbs and Northern Beaches. To find out more, call **9934 9999** or visit [justbettercare.com/nbns](http://justbettercare.com/nbns)

Words: **Pauline Ho**



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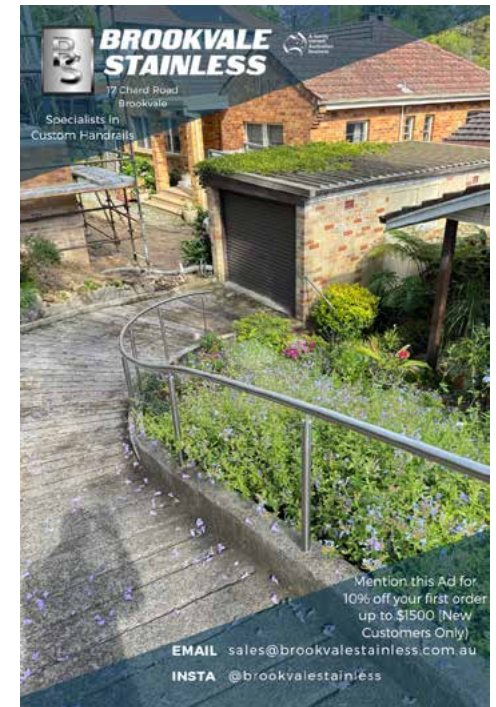
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A gym like no other starts up at Balgowlah

## Health & Fitness

### Vamos! Spring training, let's go!

If you've ventured down Roseberry Street recently, the Manly Vale to Balgowlah golden mile, you've no doubt spotted the big yellow VAMOS letters on the windows under Aldi. This is the creation of Curl Curl's **Scott Hood**, whose Spanish fluency, northern English upbringing, and career dedicated to sports science and the power of exercise has led to VAMOS being at the forefront of modern strength training.

Scott was raised by his single Mum in the north of England in the 1980s, which would prove to be the building ground of his lifelong passion for health and fitness. "Much of my childhood was spent in a small, community, women-only gym because it was my mum who managed the gym," explains Scott. "Growing up in that environment, it opened my eyes to the power of exercise and community to boost mental and physical health."

Armed with a clear focus from a young age, to help people get stronger, for life, Scott went on to gain a sport science degree before

embarking on a successful 23-year career with the global health club chain Virgin Active. "I progressed from a club receptionist to a global executive," says Scott. "It's thanks to my career with Virgin that brought my family and I to Australia, and lucky enough to call Curl Curl home since 2012." Clearly, words starting with "V" are pivotal to success, but how did Scott land on VAMOS as the ideal name for the business. "Vamos means 'let's go!', which is spot on for what the gym is all about, because it is such a positive, collective and action orientated word."

Stepping inside Vamos, especially if you're accustomed to most other gyms with a warehouse-chique, wide-open floorplan, you immediately notice the unique cubed formatting of Scott's fitness centre. "This is a brand new and truly unique personalised training concept," explains Scott. "We've created private workout cubes to train in, with all the equipment and space you need, while also having individualised workout plans, iPad screens to showcase the

workout for your session to follow, and highly experienced coaches onsite and available at all times to assist and encourage people completing their workouts."

The cutting-edge technology Scott has deployed to provide individualised workout plans are proving extremely effective. "Our first group of athletes have just completed their first 12 weeks of training and have increased their strength by 44% on average," beams Scott. These results are incredible. "People, many with no prior strength training experience, that worked out just once per week increased their strength by a remarkable 37%. Those on two per week increased their strength by 48% and those on three per week by 57%."

Vamos is off to a flying start, with these fantastic early results testimony to Scott's aim from the outset of his career, to assist people to become stronger, for life. "Strength training is the cornerstone of enhancing day to day functional capacity. As well as the obvious muscular strength gains, it also greatly improves balance, stability, and coordination.

"It is also a valuable tool in the fight to enhance mental wellbeing, reduce anxiety and boost self-esteem. However, gyms can be really intimidating places which is why we have made Vamos such an inclusive community where everyone feels welcome and the exercise less of a chore."

Visit [vamosstrength.com](https://vamosstrength.com) now to learn more and get Summer ready with a 6 or 12 week Spring training programme.

Words: **Liam Carroll**

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## Cover Artist

# Tom Hadley

### How long have you lived on the Beaches?

22 years! Born in Manly hospital.

**What's your favourite beach?** Can't go wrong with Queensie or Freshie. Both are nice and calm, and I run and swim there often to start the day.

**Where's your favourite place to eat, drink, hang out?** Big fan of Salty Rooster! Also, Hugos, Wharfy and, most importantly, The Office. Unbeatable.

### What's the best thing about the Beaches?

The sense of community, access to the beach and lifestyle I love. It's so easy to get up and get outside.

**What inspired your cover?** Well, contemporary art, by definition, is art made and produced by artists living today. I am an artist who is living an incredibly normal life as a 22-year-old. I need to work two jobs to pay rent and bills. Some weeks I struggle. Some weeks I don't. But that's just a part of life and the cost-of-living crisis we are currently in. It is also inspired by Danny Lim, a Sydney icon who you can always find around the Martin Place and City Circle train station lines, wearing a sandwich board with messages that make people smile on their commute and get people thinking.

**What inspires your work in general?** Everything I see around me I guess, things that I struggle to articulate in conversation or experiences I have.

**How would you describe your art?** A jumble of detailed chaos that usually makes people either laugh or smile.

### What is your favourite part of the process?

I love doing the linework. That's usually when the project goes from blotches of colour to actual work that people can see.

**Which artists or inspiring people, dead or alive, would you most like to have dinner with?** Ben Brown, Nedd Brockman, Kentaro Yoshida and Sam Kerr. All people who inspire me to pursue my passion and smile.

### How did you discover you had a gift for art?

I don't think I have just yet - still working on it.

**Did you study art?** Not at high school or uni. I did Product Design at UTS and did an art class during year twelve outside of school that had nothing to do with study and was purely to make me happy.

**What are you currently working on?** A portfolio of work and website to showcase it, and hopefully get out of the hospitality industry soon!



Tom's specialty, creating jumbles of detailed chaos

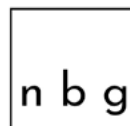
**What's your favourite thing about what you do?** My favourite thing is people's reaction and interaction with the art I make. Whether it makes them laugh, be furious cry or smile - I enjoy seeing the reaction.

**What would you like to see in the future of the Beaches art scene?** More opportunity and space for younger emerging artists to establish themselves when they don't have a space readily available or affordable. Public spaces that people can use as a creative office free of charge or create a community within that has people of a similar age and similar standing having just finished school or still studying at uni.

**Artist Statement:** Atlas - a man tasked with the burden of the globe on his shoulders. For many commuters, being office corporates, tradesmen, students, or parents - they feel that same burden. With no time, motivation or strength, your average Sydney City suburbanite is fuelled with caffeine, plus an added motivation to fill empty pockets and stomachs. Amidst all the apprehension and chaos, here is **Danny Lim**. A Sydney icon operating on a different frequency to the rest of us. He is our reminder to smile, take a breath and remember that the weight upon our shoulders gets lighter the less you think about it.

To follow, support, buy and commission Tom's work, follow on socials @hads.tm and email [tehillustrators@gmail.com](mailto:tehillustrators@gmail.com)

Interview: **Liam Carroll**



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# BROOKVALE ARTS DISTRICT

Brookvale Arts District (BAD) is a vibrant showcase of creativity, technology and innovation, and woven into Brooky's industrial fabric, amongst the workshops, warehouses and factories, lies a rich history of art, including studios, artist collectives, collaborative spaces and galleries showcasing the work of renowned creative talent from Australia and around the world.

Rewind to 2008 – one prominent contributor to this thriving art scene was The National Grid (TNG) Gallery in Chard Road. TNG, which has now transformed into a branding studio and co-working space, was one of the pioneering venues hosting a diverse array of exhibitions, activations and events in Brookvale over the past two decades.

From solo exhibitions by distinguished artists such as Simon Degroot, Shannon Crees,



Sarah Campbell's Solo Art Show at Sugar House Studios

Nic Ploughman and local hero Ben Brown, to large group exhibitions like 'East West' and 'The Dirty Show' - the satellite erotica art exhibition held in collaboration with Dirty Detroit's tenth anniversary - TNG has served as a dynamic platform for artistic expression and cultural exchange. These exhibitions have enriched the cultural landscape of Brookvale and fostered a sense of community and appreciation for the arts.

While many original exhibition spaces within the precinct have evolved or moved on, including B-Side Gallery, Art Focus and Our Place Gallery, the art scene in BAD continues to progress. New players have emerged to further elevate the district's creative profile. Hake House of Art has established itself as a sophisticated gallery that showcases cutting-edge contemporary art and provides a space for emerging artists to display their work. With its

avant-garde exhibitions and commitment to artistic innovation, Hake House has become a must-visit destination for art enthusiasts and collectors alike.

A more recent addition is Sugar House Studios which has also made a significant impact on the arts in Brookvale, offering a dynamic space for artists to create, collaborate, educate and exhibit their works. Sugar House was established in 2023 as a multidisciplinary studio and has already played a pivotal role in nurturing local talent as well as pushing the boundaries of traditional artistic practices, contributing to the district's reputation as a hub for creativity and innovation.

The local creative community and associated art scene is vibrant and diverse, and with continued support, our art spaces can continue their important roles of nurturing culture and fostering creativity.

Words: Lara Allport



Art Exhibition at Hake House of Art

## Art & Culture

### Meet Culture Map Live artist Georgina Hart

Wanting to find creative classes for the kids, an artistic business to collaborate with or public art to visit on the Northern Beaches? Find it all in the one spot, thanks to **Culture Map Live**.

Culture Map Live is an online creative directory that makes finding, doing and collaborating with creative and cultural activities easier than ever.

Since it launched in late 2021, over 1,000 local people, places, events and creative works have been plotted; everything from galleries and studios, creative businesses and artists, performance venues, artistic classes and everything in between.

Now, three years on, this convenient creative resource for locals and visitors alike, is getting a refresh, making it even easier to seek out creative activities and collaborations. To celebrate, we spoke to painter Georgina Hart, who has signed up to Cultural Map Live, about her practice and how it has helped her business.

#### How did you get into painting?

My parents enrolled me in art classes when I was 5 years old. The joy and freedom of creating art laid the foundation for my lifelong passion for painting.

#### What inspires you?

I'm inspired by love, friendship, happiness and capturing the beauty in everyday moments. Simple pleasures drive me and I love to tell stories through my art that bring warmth and joy.

#### Who is your favourite artist and why?

Henri Matisse is my favourite artist and I often use him as inspiration for my classes. His mastery of colour



Georgina and her Seaforth studio labradoodle companion, Buddy

and composition is unparalleled, and he had an ability to simplify forms while maintaining their essence; something I strive to achieve in my own art.

#### What made you start your own painting workshops for kids?

Inspired by my childhood art teacher, I wanted to ignite a similar passion in young artists. Children approach art with a sense of wonder and freedom; their creativity is unfiltered. Taking on a commercial space felt like the perfect opportunity to share my knowledge with creative children.

#### Why are arts and culture important on the Northern Beaches?

Arts and culture play a vital role in providing a creative outlet, fostering a sense of identity, and enhancing a community's vibrancy. The beaches, with

their natural beauty, serve as a perfect backdrop for artistic expression.

#### How has Culture Map Live helped your creativity and business?

Creating a cultural directory has meant connectivity and visibility for the creative community. It's a centralised platform where artists and creative businesses like mine can showcase their work, get noticed and further build a vibrant, interconnected artistic community.

To explore Culture Map or to register your business, event or venue, scan here:



Interview: **Liam Carroll**



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

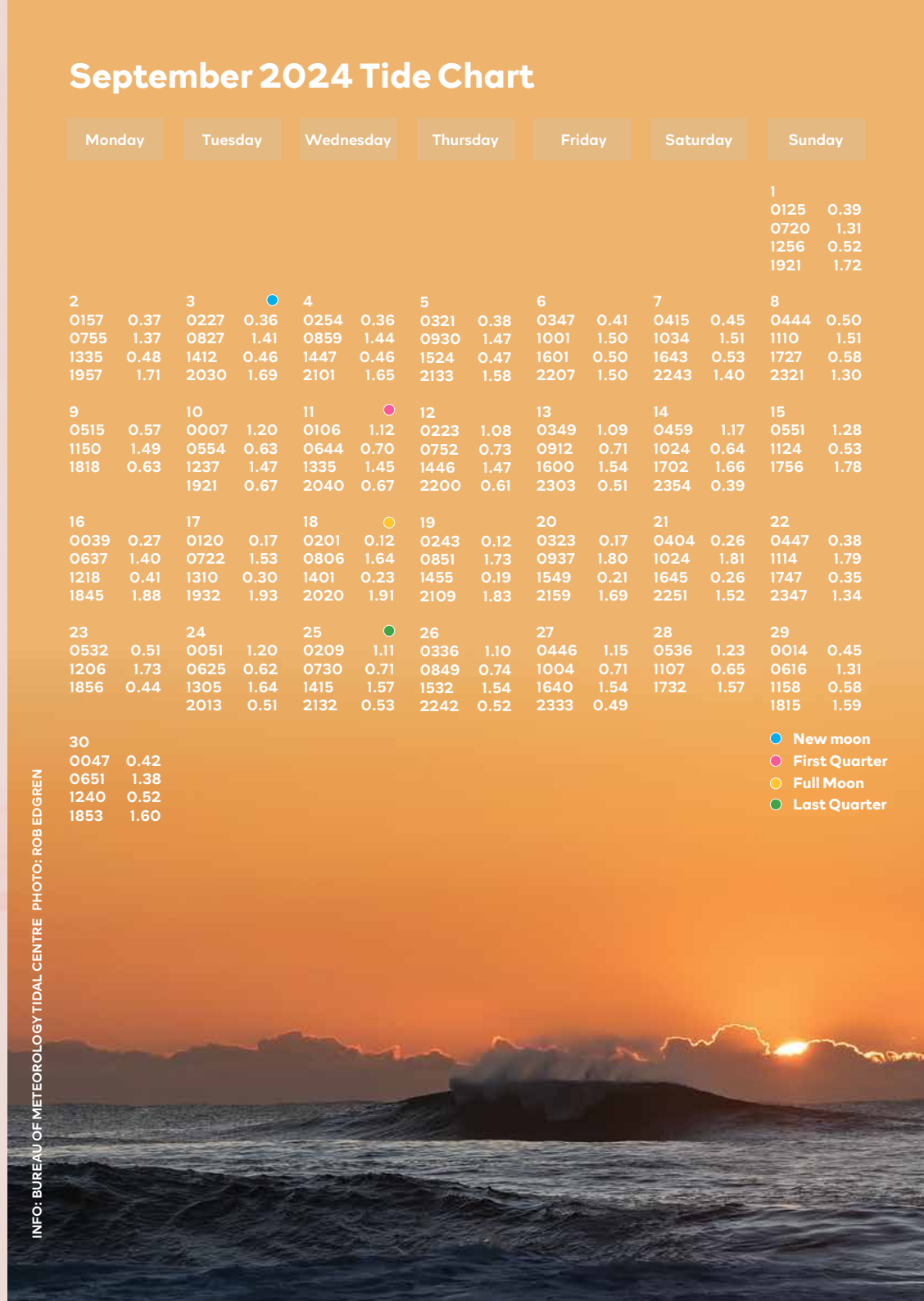
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## September 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 0125 0.39 0720 1.31 1256 0.52 1921 1.72
2 0157 0.37 0755 1.37 1335 0.48 1957 1.71	3 0227 0.36 0827 1.41 1412 0.46 2030 1.69	4 0254 0.36 0859 1.44 1447 0.46 2101 1.65	5 0321 0.38 0930 1.47 1524 0.47 2133 1.58	6 0347 0.41 1001 1.50 1601 0.50 2207 1.50	7 0415 0.45 1034 1.51 1643 0.53 2243 1.40	8 0444 0.50 1110 1.51 1727 0.58 2321 1.30
9 0515 0.57 1150 1.49 1818 0.63	10 0007 1.20 0554 0.63 1237 1.47 1921 0.67	11 0106 1.12 0644 0.70 1335 1.45 2040 0.67	12 0223 1.08 0752 0.73 1446 1.47 2200 0.61	13 0349 1.09 0912 0.71 1600 1.54 2303 0.51	14 0459 1.17 1024 0.64 1702 1.66 2354 0.39	15 0551 1.28 1124 0.53 1756 1.78
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30 0047 0.42 0651 1.38 1240 0.52 1853 1.60						

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: ROB EDGREN



# Looking to spruce up your home this Spring?

Check out the latest colour trends and Colormaker Industries' range of sustainable, eco-friendly paints.

Colormaker Industries is the peninsula's local sustainable manufacturer of interior and exterior house paints, floor coatings, membranes, swimming pool paints and mural paints. Colormaker retails all these products direct to trades and to the public from their factory paint shop in Brookvale.

At Colormaker they're all about colour, offering paints in a huge array of tints, tones, and shades, plus they have the latest software enabling them to match any colour you require across most of their paint range. Colormaker coatings are also sustainably made using 100% renewable energy with environmentally responsible processes. All paints are microbead free and most formulations are low-VOC as well, a win win for both the painter and the environment.

## Spring colour trends for home interiors

This spring, be inspired by a palette of earthy tones which are perfect for creating comforting spaces. Earth inspired tones include creams, ochres, browns, apricots, and soft greys.



Earth inspired tones

If you have a seaside home, consider decorating it with a pop of colour, like vibrant blue. Blues create a tranquil and calming atmosphere in your home. Darker shades add a sense of sophistication to a room, while lighter blues create an expansive sense of space.

Colormaker ULTRAWASH low-VOC interior acrylic is an eco-friendly coating available in a range of finishes from flat to gloss. The wipe-clean formulation makes it easy to remove any marks and stains and ULTRAWASH can be tinted to match any colour you require.

## Colour trends for home exteriors

Exterior paint colour trends are showing a shift towards sustainability, and harmony with surrounding landscapes. Homeowners are embracing colours that not only resonate with their personal style, but also complement their local environment.

A calming grey exterior palette works well in coastal areas like the Northern Beaches. Grey and blue colour schemes may be complemented by tropical plantings and white painted trims.

Alternatively, you can't go wrong with a combination of painted render and exposed timber similar to this charming beach house.



Beachside colour schemes

This Byron Bay abode has been painted with Colormaker SOLARCOLOR low-VOC exterior acrylic in Magnesium White to blend with the beachside ambience.

Colormaker SOLARCOLOR paint is a durable and long-lasting coating perfect for protecting home exteriors. With a built-in resistance to UV radiation that protects exterior surfaces from the harsh effects of sun and rain, SOLARCOLOR also comes with a 10-year guarantee.

Visit Colormaker at **44 Orchard Road Brookvale**, and bring in your colour inspiration for matching or seek friendly advice from the experts. For more info visit [colormaker.com.au](http://colormaker.com.au) or phone **02 9939 7977**

## SPRING IS *coming...*

To capitalise on the Spring selling season, there are a few things you can do now to get prepared:



### Maintenance

Get quotes/  
book trades



### Declutter

Out with  
the old/unused



### Landscaping

Start prepping  
for Spring

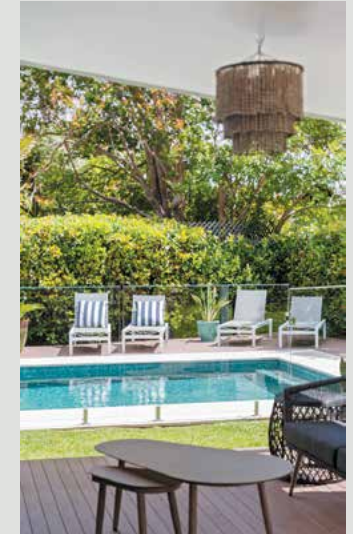


### Next steps

Get in touch  
so we can help

Please reach out if you'd like any advice on what you could do to capitalise on the value of your home or for an update on the value of your home with the changes we've seen this year in the Northern Beaches market.

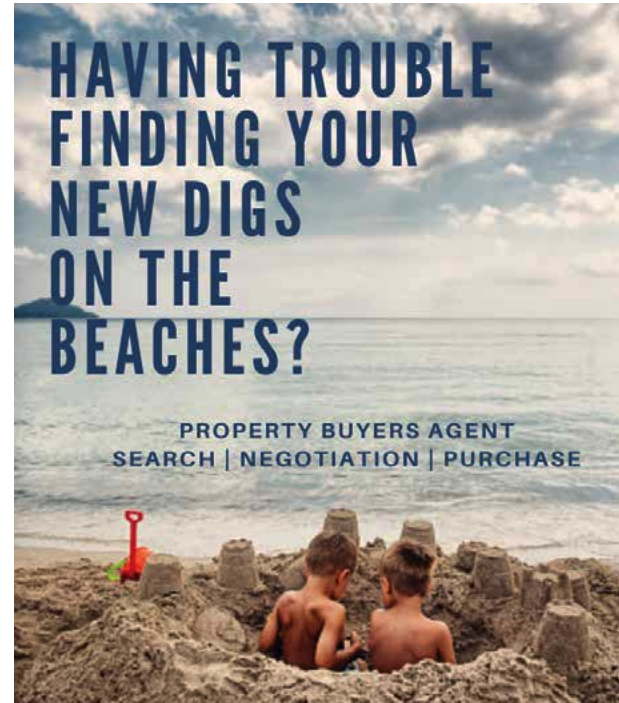
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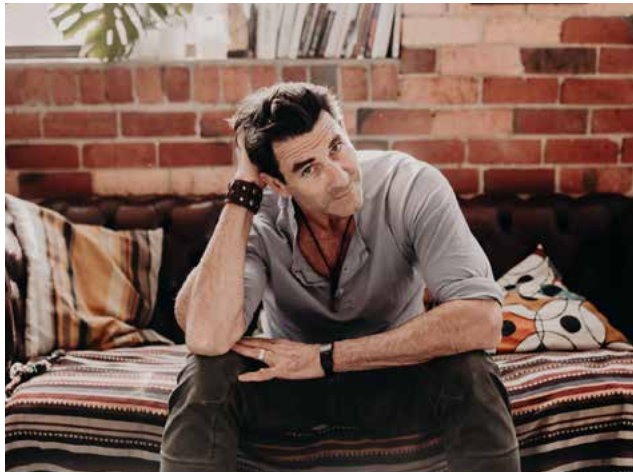
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The Chinchilla golden child, Pete was always destined for greatness

**Live Music**

## Pete Murray's North Head debut

The stage is set for Night at the Barracks' third epic Spring of concerts across four weekends from 13 September to 6 October, with the 2024 line-up comprising revered singer-songwriter Pete Murray, making his North Head debut.

Born in the undisputed Melon Capital of Australia, the rural Queensland town of Chinchilla, Pete Murray's late blooming journey to the elite ranks of Australian music is grounded in a resolute sense of positivity and purpose.

"When I was younger, I was very much focused on sport and I always believed I could achieve great things," says Pete. He had reason to be confident, a superb sportsman, Pete excelled at athletics, swimming and rugby union, with sporting endeavours taking up most of his time while he was growing up. "But when I was 18, my father, who'd worked hard his whole life, building his own business, when he sold that at 47 years of age, his plan was to

semi-retire and travel around Australia, but very soon after selling the business, he died of a heart attack."

His father's sudden death had a profound impact on Pete. "I guess you could say I went through a bit of a depression, there were some heavy times coming to grips with my dad's passing, but from that experience, the important lesson to come from it was to promise myself I was going to carve out a career doing something I really loved, that time is precious, and family is everything."

Then, in 1993, having been selected for the Queensland Sevens rugby side, a series of serious knee injuries crushed Pete's dreams of playing for Australia. He put his dreams of a professional sporting career on ice, but as fate would have it, this opened up a whole new world of music.

"I didn't play music when I was younger, but I picked up the guitar at 22, taught myself to play," recalls Pete. "It was

something that I really enjoyed straight away."

Influenced by his love of incredible singer-songwriters such as Neil Young and Bob Dylan, Pete added lyrical depth to his song writing, bringing profound meaning to his songs from the outset.

"The beauty of a great song is found in being able to look at something in a new way, not to tell a straight story, but to say it in such a way the people can all get different meanings from the same song, but also to provide hope, to help listeners find strength to carry on through tough times."

His string of hit singles - 'Feeler', 'So Beautiful' and 'Opportunity' to name just a few - continue to soundtrack life's precious moments and Pete often receives feedback that certain songs, particularly 'Better Days', have saved lives. "There's no greater appreciation for your song than your lyrics keeping someone alive; that's just the best thing you could ever hope for."

"The Northern Beaches has been so great to me as well," says Pete. "When my career first started out, the surf community there especially was hugely supportive. And I'm not sure Night at the Barracks will be as loose as some of my performances at Avalon RSL over the years, but it's an incredible venue at North Head, and I just can't wait to be there soon."

Get your tickets now to see Pete live at Night at the Barracks, 14 September. Head to [nightatthebarracks.com.au](http://nightatthebarracks.com.au)

Words: **Liam Carroll**

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SCAN ME





Lisa's in Louvre with her Olympic opportunities

## Sport

# From Paris with Love

Behind the scenes of Dee Why Kinesiologist Lisa Cohen's quadrennial, double agent life

The dust has settled, and the Olympic flame has gone out on Australia's spectacular 2024 performance in the City of Love. And while the athletes rightfully hogged the lime-light as they strove for gold, the prized televised footage beamed to screens all across the planet, necessary for every one of us to enjoy the Games and to feel in the heat of battle from the comfort of the couch, that content was made possible thanks to Dee Why Kinesiologist Lisa Cohen, and many more like her, the shadowy TV crew professionals who bring live events to mass entertainment life.

"I was part of the mostly Australian crew working on the TV coverage of the Water Polo, Diving and Swimming events for the Paris Olympics," says Lisa, reporting to The Tawny live from her sundrenched perch atop the courtyard

du musée du Louvre. "With around 100 of the best TV professionals from Australia we brought the best production to the world!"

This is the fifth Olympics Lisa has worked on, starting all the way back in Barcelona, 500miles south from her current Rue de Rivoli location, 32 years in time. For the 2024 Games, Lisa was working for the 'Host Broadcaster', OBS, who covered each sport, then sold that coverage to the 'Rights Holders', networks such as Channel 9 in Australia.

"My role is to create amazing pictures from the cameras. In Australia, we call it CCU. While internationally, it is known as 'Racks' or 'Vision'", explains Lisa. "The camera person frames their shot, and in real time, my job is to make sure the colour and exposure are correct, that they match the other cameras and are ready

for the director to use live.

"This is hectic and fast work, with each CCU Operator having at least 4 cameras to look after, all moving and changing shots constantly - from the dark crowd, back to the bright pool - to bring you the best coverage, and to tell the best story possible."

On top of the live action, Lisa and the crew have to be aware that all cameras are recorded for replays. "So, even if our cameras aren't 'on-air' in that instant, they still need to be perfectly exposed and coloured for replays."

The Water Polo used approximately 25 cameras, which consisted of a mix of specialty underwater cameras, slow motion cameras, RF cameras and cameras with big lenses for those close-up shots, and of course the cameras that generally covered the matches.

"Each of these cameras have a 'control panel' that the CCU operator uses to tweak colour and iris," says Lisa. "With the addition of HDR coverage this time, an added layer of complexity comes in as we make pictures for HDR, 4k and HD."

Far from her more customary role as a kinesiologist, working primarily one on one with patients and assisting with recovery and optimal performance, Lisa's Olympic gigs are also hugely rewarding.

"What I love about my mix of TV broadcast and kinesiology is that they are both all about 'frequency'. One works with the frequencies of light and colour to bring amazing pictures electronically, the other works with the frequencies within the body, mind and spirit to bring calm, flow and balance."

Words: **Liam Carroll**



Balgowlah's Nick Beverley with a Black Drummer

## Fishing

# What's Biting, Clint?

At the time of writing the Tuna fishing is going off! There have been spectacular scenes off Sydney with large Southern Blue Fin Tuna up to 100kg and smaller Yellow Fin Tuna in the 40kg range kicking around our coastline.

Alex and the team at Fishing Station have been all over it, catching them dragging lures and top water casting alike, with the latter a visually explosive way to hook one. Be prepared to do the miles to get the smiles though, Blue Fin Tuna fishing off Sydney is fleeting, but those who put in the work are being rewarded with lifetime memories.

On the inshore reefs, whilst the Teraglin have thinned out a little, the Snapper fishing has significantly improved. Fish are mostly in the 45-50cm range - perfect eating size and spectacular on the plate. Soft plastics in the seven-inch range and oily baits like Slimy Mackerel, Bonito strips and Pilchards are the go.

From the stones, Black Drummer are around in good numbers. They fight particularly hard and are a revered sports and table fish amongst our rock fishos. What else would you expect from a fish that spends its life eating crabs and swimming against the churning wash. Balgowlah's Nick Beverley (pictured) has been leading the charge on the washes front, outperforming some stiff competition to bag some quality drummer, albeit from the boat on this occasion.

From the Harbour, surface action from our usually reliable Aussie Salmon has been subdued so far this season. Kingfish are still around however you will need to focus your effort. Collecting quality live baits, targeting the tide changes and gathering intel on which wreck is firing is your best bet.

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

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# What is Domestic & Family Violence?

Understanding the different types of abuse and opening a dialogue around it.

Sadly, domestic and family violence (DFV) is all around us. One in four women and one in ten men will experience it within their lifetime. Whether we realise it or not, we all know someone: a neighbour, colleague, friend, family member, or yourself, impacted by this kind of abuse. DFV cuts across all demographics and encompasses a range of abusive behaviours, all aimed at gaining or maintaining power and control over an intimate partner or family member.

### What are the types of DFV?

**Physical Abuse:** Using physical force against another person in a way that injures or endangers them. This is inclusive of but not limited to hitting, slapping, punching, strangulation, and using weapons or other instruments to harm.

**Emotional and Psychological Abuse:** Undermining a person's sense of self-worth and emotional well-being. It can include threats, insults, intimidation, constant criticism, put-downs, shaming, humiliation, and punishment.

**Sexual Abuse:** Forcing or coercing sexual activity such as touching, harassment, non-consensual sexual activity, and rape.

**Financial Abuse:** Controlling a person's ability to acquire, use, and maintain financial resources. This can include preventing a partner from working, controlling their access to money, draining a personal or mutual account, or using their financial resources without consent.

**Social Abuse:** Isolating a person from their friends, family, colleagues, and other social networks. This can be done through controlling where they go, who they see, and what they do. It can also be more covert in making it uncomfortable, difficult, or inaccessible for them to connect to other networks.

**Cultural and Spiritual Abuse:** Denying an individual access to their cultural or spiritual practices or forcing them to adhere to beliefs and practices against their will.

**Stalking:** Repeatedly following, harassing, or threatening a person, causing them to fear for their safety. This can happen both physically and online.

**Systems Abuse:** Making it difficult or impossible for a person to get support from government or community agencies, access Medicare, refuge



A better understanding of abuse can lead to healing

centres, law enforcement or legal aid. This can also include restricting access to identifying documents that support access to these services.

This is by no means a comprehensive list but a snapshot of the ways DFV can show up. If you or someone you know is experiencing any form of abuse, you can reach out for support by:

- Calling 1800RESPECT (1800 737 732), a national helpline offering confidential counselling and support.
- Calling Lifeline crisis support on 13 11 14 for immediate telephone counseling.
- Calling the police on 000
- Visiting your local community centre (Local Kind Manly) who can provide you with further resources and referrals.
- Reaching out to legal aid to get informed around your rights and empower you to have all the information to make informed decisions.
- Talking to your therapist or trusted people in your support networks.

DFV greatly affects the wider community and is incredibly nuanced and complex. Understanding its varying forms and knowing where to turn for help can empower individuals experiencing DFV to break free from the cycle and begin their journey towards healing and recovery.

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](http://thelovescout.com) or for more info or to book a session.

PHOTO: DARIUS BASHAR - UNSPLASH



Your donations are given a second life at our Lifeline shops

## Lifeline

# The Lifeline "Spring Clean"

Donate one special piece to your local Lifeline store this Spring and help fund Lifeline services in our community.

### Lifeline Spring Clean: A Small Act with a Big Impact

Spring cleaning heralds warmer weather and new beginnings. It's a time to refresh our homes, clear out clutter, and create space for the new. This year, as you spring clean, consider the impact of donating just one special piece of clothing to Lifeline Northern Beaches retail shops.

### The benefits beyond a tidy wardrobe:

#### Your Environmental Impact:

The fashion industry is a major polluter, with millions of tonnes of textiles ending up in landfills annually. Fast fashion encourages disposable clothing, but donating just one special piece of gently used, or new, clothing can help combat this issue. Recycling gives clothing a new life, reduces waste, and supports a circular economy. It's a small step with a big environmental impact.

### Your Social Impact:

Lifeline Northern Beaches' shops are a vital revenue source for the organization. Funds from the sale of donated items support essential services, from crisis helplines to high-quality counselling, specialist support groups, and education and training programs.

**Each \$39 generated means one extra call on our 13 11 14 phone line can be answered.** Your donation helps sustain these life-saving services.

### Your Spring Clean Helps Our Local Community:

As you spring clean, remember that even a single piece of clothing can make a significant difference. Your simple act of kindness can provide hope and support to someone in need, making your spring-cleaning efforts truly meaningful.

So, take a moment to go through

your wardrobe, select one quality item, and donate it to your local Lifeline Northern Beaches shop. It's a small act that can lead to big changes, proving that everyone can be a hero in their local community.

### Lifeline Locations & Opening Hours:

**Balgowlah:** 120 Condamine St. Mon-Sun 10am-4pm

**Brookvale:** 18 Roger St. Tues-Sat 10am-4pm

**Cremorne:** 112 Cabramatta Rd. Wed-Sat 10am-4pm

**Dee Why:** 904-906 Pittwater Rd. Tues-Sat 10am-4pm

**Forestville:** 47-49 The Centre. Mon-Sat 10am-4pm

**Manly:** 46 Sydney Rd. Mon-Sun 10am-4pm

**Mona Vale:** 6/16 Waratah St. Mon-Sat 10am-4pm

**Narrabeen:** 1348 Pittwater Rd. Mon-Sun 10am-4pm

**Neutral Bay:** 179a Military Rd. Mon-Sat 10am-4pm

**Spit Junction:** 20 Spit Rd, Mosman. Mon-Sat 10am-4pm

Words: **Lifeline Northern Beaches**

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](http://lifelinenb.org.au/local)



**DONATE NOW**  
to support your local Lifeline services





Scott Daines "locked on" in an attempt to save Manly Dam bushland.

### Mal's Wild Side

## Patriot Games

Let's face it, who doesn't want to wear a KFC bucket hat at the SCG and scream abuse at the Poms? Surely that's the gold standard in one-eyed Aussie devotion. But is going completely "berko" during sporting rivalries really the best channel for national pride?

Don't get me wrong, I enjoy brandishing an inflatable roo with the best of them and belting out slurred chants after only a handful of beers is my forte. Perhaps I'm sipping on the wrong brand of turps but I'm beginning to think that our patriotic fervour is wildly misdirected.

Take social commentators, Peter Fitzsimons and Mike Carlton, for example, both of whom I admire for their journalistic flair. Hardly a day goes by without them bemoaning the short comings of our flag or lamenting the failings of the national anthem.

I don't see them getting too hot and bothered about the

real threats to our country. Is the demise of the Great Barrier Reef on their radar? Is fracking the beautiful Kimberley causing them lost sleep? Is the predicted extinction of koalas sparking any vitriol?

The land we cherish is being poisoned, polluted, felled, mined, cleared and dredged like there's no tomorrow. To use a sporting metaphor...it's being flogged all over the park.

Far fewer Northern Hairy Nosed wombats now exist than China's much venerated Pandas. Can't our sense of civic loyalty be galvanised to give these embattled Aussies some rabid support?

If you love this country so much - not as a jingoistic construct but as a place of deep connection - then surely, by comparison, the design on a flag should fade into insignificance.

To me, the real patriots are people like Miranda Gibson, who sat in a giant tree for over a year in Tasmania's forests attempting to stop rapacious logging or Jonathan Moylan who was hauled through the courts for trying to save Leard

State Forest from Whitehaven Coal obliteration. There are many local environmental heroes on the Northern Beaches too. Three of them have recently achieved prominence and should not go under our radar.

Scott Daines received the NSW Nature Conservation Council's award for Outstanding Volunteer Service this year. In 2019 he was co-recipient of the Bob Brown Foundation's "Environmentalism of the Year" award. Born and bred in Manly he's been a long-time activist against logging, fossil fuel extraction and biodiversity loss across Australia.

Sue Lennox was a teacher at Freshwater High school before establishing the environmental charity OzGreen. She's since developed sustainability programs in 1,600 locations across Australia, India, Papua New Guinea, East Timor and Pakistan. In 2020 she became NSW Senior Australian of the Year.

Helen Kvelde, formerly of Manly Vale, is a member of climate activist group the "Knitting Nannas". In 2022 she helped launch a successful legal challenge in the NSW Supreme Court against draconian new laws targeting peaceful environmental protesters. Any coincidence that all three have campaigned to Save Manly Dam from development threats?

Let's indeed get behind the Wallabies, Kangaroos, Wallaroos and other eponymous "true-blue" sports teams. But spare a thought for the actual creatures they're named after and the lands they live on. They need your unwavering allegiance too!

Words: **Malcolm Fisher**

### Secret Spaces Hidden Places

## McLean Lookout: The best lookout on the Beaches

It might be a bold claim to say I've found the best lookout on the Northern Beaches, given that we are spoiled with a plethora of vistas, but it's one I'm willing to hang my hat on.

Perched on the dizzying heights of Collaroy Plateau is a surprisingly empty lot at the end of the residential stretch of Edgecliffe Boulevard, known as McLean Lookout. Aside from a small council sign and a couple of dotted park benches, the patch of grass looks unassuming. Parking on the road and getting out of your car soon tells another story...

Standing on the plateau cliffside, I take in the expansive views around me as the sun radiates on my face on a beautifully stunning clear winter day. To my right, the expansive ocean stretches beyond the horizon in front of me and glitters with diamond-like reflections from the sun. Directly in front of me, the tree-lined grid of Collaroy and Narrabeen suburbs are alight with cars driving up the coast, over the Narrabeen bridge, as they venture further north.

From this vantage, a giant palm tree and neighbouring bush covers Narrabeen Lagoon to my left. But as I venture further into the reserve, I come out to a clearing and catch glimpses of wind surfers taking advantage of a windy day on the lake. I revel in a silent moment, sitting on a sandstone rock, to soak up the warmth from the protected pocket of tree lined bushes.

As I stand there, I have immense appreciation for the decision to keep this land clear of residential housing so passers-by could soak up the million dollar views the neighbouring houses get to enjoy.

While council has enhanced the area with an elevated walkway along Edgecliffe Boulevard from McLean Lookout to the Edgar Gornall Wildflower Garden, it's otherwise undisturbed nature. Or of course, there is the unofficial trail in the bush linking the two as well.

This little pocket of nature sits high on the Collaroy Escarpment, acting as a habitat corridor linking Narrabeen and Dee Why Lagoons. Filling these reserves along the steep cliff faces, is also a unique and currently 'threatened in Warringah' vegetation community known as Narrabeen Escarpment Scrub. It contains essential food sources for birdlife like the Regent Honeyeater and Glossy Black Cockatoo.

I understand why the birdlife flocks to this



Escarp the rat race at Collaroy Plateau

hidden sanctuary as I explore the edges of the wildflower garden, uncovering secluded caves and watching cockatoos dance from tree to tree. With its rare vegetation, vital wildlife corridor, and unparalleled views, this spot is a must-visit along the coast and a treasure trove of natural beauty.

### Did you know...

According to Warringah Council documents, McLean's Lookout is "named after the McLean family, who were very prominent in the development of Narrabeen." The nearby wildflower garden also pays homage to a helpful local named Edgar Gornall who was one of the founding members of the Collaroy Plateau Garden Club in 1959. The annual Warringah Wildflower Festival also used to take place here and "over 600 native plants were planted here."

### How to get there

Easily accessible by car, just head north on Edgecliffe Boulevard in Collaroy Plateau and find some street parking near house number 60. Alternatively, you can hop on the 180 Collaroy Plateau bus and alight at Edgecliffe and Acacia Street. Or if you're looking for a gruelling, but short, uphill climb, start on Wetherill Street and walk up the hill. You'll come across a lightly trodden path where the road ends that winds its way through the bush up to the reserve. But be careful, this involves some rock scrambling.

Words: **Rebecca Burton**



Start strong with chargrilled prawns

Francesco Armillis, undeniable Masterchef

### Restaurant Review

## Pantry Manly

The longstanding Northern Beaches darling, Pantry Manly is a beloved spot for locals and tourists alike with its unparalleled beachfront location. Yet, for years, it seemed the restaurant rested too comfortably on its laurels.

Despite the breathtaking views, the food often fell short, delivering an experience that was more about the scenery than the cuisine. However, the tides have turned. With the arrival of Chef Francesco Armillis, Pantry Manly has undergone a remarkable transformation, bringing the food in line with its stunning setting.

Chef Francesco Armillis hails from Italy. His culinary journey reads like a European gastronomic adventure. Having worked alongside some of Europe's finest chefs, Armillis moved to Sydney in 1988 and quickly made a name for himself. His tenure at Monzu earned him accolades from renowned food critics Terry Durack and Scott Bolles. His stint at Vela Ristorante at the Spit secured him a spot in the first edition of 'The International Who's Who of Chefs,' garnering recognition from Matthew Evans. Following a successful period at Popolo, one of Sydney's most vibrant dining spots, Armillis now brings his expertise to The Pantry Manly, and the results are nothing short of extraordinary.

My dining experience at Pantry Manly began with chargrilled prawns adorned with gremolata and saffron aioli. The prawns were perfectly cooked, their smoky flavour complemented beautifully by the bright, zesty gremolata and the rich, luxurious saffron aioli.

Next came braised baby octopus with a basil crumble. Tender and flavourful, the octopus melted in my mouth, while the basil crumble added a delightful crunch and a fresh, herby note. This dish showcased Armillis' ability to balance textures and flavours with finesse.

The fresh coral barramundi with crispy skin, served with witlof, taggiasche olives, and salsa verde, was a revelation. The fish was cooked to perfection, its crispy skin providing a satisfying contrast to the tender flesh. The witlof and olives added a briny, slightly bitter counterpoint, while the salsa verde brought the dish together with its vibrant, herbaceous brightness.

Perhaps the highlight of the meal was the egg squid ink linguine, studded with king prawns, juicy blue swimmer crab, asparagus, and finger lime. The linguine was cooked al dente, its briny, umami-rich flavour enhanced by the sweet, succulent prawns and crab. The asparagus added a crisp, fresh bite, while the finger lime provided bursts of citrusy zing that elevated the dish to new heights.

To finish, I indulged in a chocolate cannolo with yoghurt mousse, pistachio, and strawberry coulis. The cannolo was crisp and light, filled with a smooth, tangy yoghurt mousse that played beautifully against the rich chocolate and the sweet-tart strawberry coulis. It was the perfect ending to a truly spectacular meal.

The service at Pantry Manly was impeccable, the atmosphere lively, buzzing with the energy of diners who, like me, were thoroughly enjoying their experience. And, of course, the views of the ocean were as magnificent as ever.

Chef Francesco Armillis has breathed new life into Pantry Manly, transforming it from a place with a great view to a must-visit culinary destination. The combination of incredible food, outstanding service, and breathtaking scenery makes Pantry Manly a true gem on Sydney's dining scene.

#### Words: Faye James

Faye is an avid foodie and recipe developer, the author of cookbooks *The Menopause Diet* (2023), *The 10:10 Diet* (2019), and *The Long Life Plan* (2018) and is a food, beauty and health journalist with over 20 years of experience. Follow IG [@favecelinejames](#)

### A Little Advice

## The Best Babyccino on the Northern Beaches

**Q. First-world problem, sure, but my local café has forgotten how to make a babyccino i.e. mostly froth. Where can I find a café that understands what a Babyccino is meant to be?**

**A.** Five years ago, before I had my first child, my sister-in-law visited with her family from New Zealand. She ordered a 'fluffy' (NZ for babyccino) only for her toddler to be left aghast as far-from-fluffy milk drenched his favourite dinosaur couture. Kiwis have a knack for naming things for their purpose ('chilly bin' for example) and once again, they have nailed it; a babyccino should be fluffy froth, not milky milk.

Two kids later and I get it. While some may scoff at the indulgence of a babyccino, for a lot of mothers, getting a coffee whilst their kid enjoys a 'treat', may just be the highlight of an otherwise draining and all-consuming day.

Now, with all that said, I'm going to get a little judgemental for a second. Because the only thing worse than a milky babyccino is serving one up without a marshmallow. It's akin to serving a margarita without a salted rim, and nobody should stand for that. We all know the marshmallow is what the Spoilt Little Brats of the Northern Beaches (SLBNB), really want. Don't leave them hanging or rather, don't leave us with a screaming toddler whose world has just imploded. You know who you are – do better.

To answer your question, I've polled my mum community to find out where you can get the best babyccino on the Northern Beaches (marshmallow included of course):

1. **Manly Boathouse** serves their babyccino with sprinkles
2. **Energize Health Club** in Frenchs Forest do a Happy Cino with TWO marshmallows for eyes and a chocolate sauce mouth
3. **The Palms** in Terrey Hills
4. **Butterbox Café** at Long Reef Beach
5. **Adam at Bean Obsessed** in Balgowlah Stocklands serves up a stella froth

#### Words: Candace Little

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



### Art & Culture

## Echoes of Pink Floyd

In 1988, Australia witnessed a rock concert event unprecedented in its scale, scope and impact. English powerhouse rockers Pink Floyd, sparkling with fresh energy after enduring significant upheaval in the early 1980s, came to our shores in support of their smash hit *A Momentary Lapse of Reason* album.

Setting a benchmark still considered the gold standard, this tour was filmed and recorded for subsequent release as a live album, "The Delicate Sound of Thunder". 35 years later, Australia's own Echoes of Pink Floyd bring you their homage to this amazing concert experience, **Signs of Life**.

Signs of Life is a voyage back to those heady years of 1988, with the best songs from the Delicate Sound of Thunder tour lovingly reproduced. Audiences will be able to thrill to tracks not performed live in Australia for decades, as well as enjoying all the stadium anthems they know and love.

Echoes of Pink Floyd are Australia's premier Pink Floyd tribute artists, having thrilled tens of thousands of Pink Floyd fans since their inception in 2009.

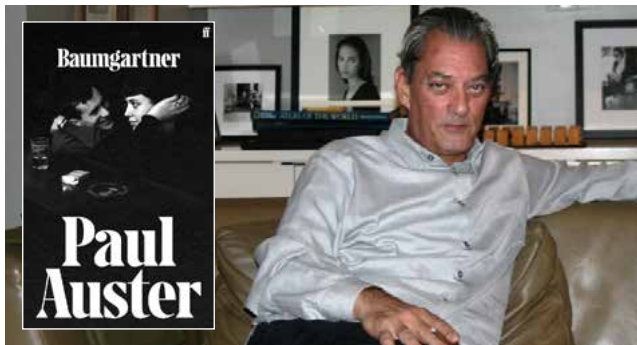
Front man Matt Goodluck took a moment to reflect on the Signs of Life concept. "The impact of Pink Floyd's visit to Australia in 1988 is impossible to overstate and this is certainly not lost on us. We're so excited to celebrate the 35th anniversary of this iconic tour and bring back some great memories for all Pink Floyd fans."

Visit [glenstreet.com.au](#) or call (02) 9470 5913 and book your tickets now to celebrate the 35th anniversary of Pink Floyd's **Delicate Sound of Thunder** tour, live at Glen Street Theatre Friday 13 September

Words: Liam Carroll

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND





Vale Paul Auster RIP

### Tawny's Bathtub Bookclub

## Patron saint of literary Brooklyn dies

The *New York Times* gave **Paul Auster** the above tribute after his death. I am not a huge fan of American writers with one exception, Paul Auster. I bloody love his work and am devastated there will be no more. He wrote more than 30 works of poetry, fiction, nonfiction, and screenplays. A lifelong smoker he died on 30 April 2024, aged 77 years, of lung cancer.

The last book he wrote was **Baumgartner**. He wrote it when he was sick but didn't know he had lung cancer. It is a book about an old man who is still grieving the death of his wife many years before. A book critic for *The Guardian* said of Baumgartner that it was amiable aimlessness. I couldn't disagree more. It's a beautiful read, tender, sad and a bit odd but that's one of the things I like about it.

The old man is a philosophy professor who lost his wife 10 years ago in a freak accident. They were the closest of close couples, lived for each other and had been married forever. They had no children. Now in his early seventies he is dealing with his own mortality. In this

way it's also a book about the end and the struggles of facing your own end.

I read this book not long after my sister died. She had been married for 52 years and the way the professor grieved his wife brought me to tears thinking of how close it felt to my brother-in-law's grieving haze. The professor feels he has been severed from something essential but still feels its presence, much like the experience of phantom limb syndrome, about which the professor ponders at length.

The novel walks us through what he thinks about and how he thinks. It's not all gloom though as he contemplates new love. Turns out there is life in the old fella yet.

As an aside, Auster always wrote using a manual typewriter. Always. Imagine that in 2024! He even wrote a book *The Story of My Typewriter* about his old Olympia typewriter.

#### Where to buy

You'll find Baumgartner at all good bookshops, remember to shop local!

## Having a peaceful pause, yes please!

**Katie Brown's Peaceful Paws** is a guided relaxation book for pooch owners who want to help their dogs relax. Good plan especially with the Northern Beaches having 75,000 dogs (more than any other local area in NSW) and dog anxiety is definitely a thing.

*Peaceful Paws* guides you and your dog with peaceful meditations, using acupressure to bring calm to your dog and a dog massage routine. I'm going to try these techniques on my husband, he's very furry.

For dog owning Dads this must be the best Father's Day present ever – imagine Dad and doggie doing Deiki together. Dog is man's best friend, but Deiki will ramp that up to another level.

Shout out to Ruth Wellman for the gorgeous pooch illustrations, they would make even the most anxious dog wag their tail.

For cat lovers, don't feel envious, Katie is working on a version of peaceful paws for felines. This Katie Brown knows about helping any living being relax. She's an infant massage educator, yoga lecturer, restorative yoga and guided relaxation expert.



#### Where to buy

You can find *Peaceful Paws* at our local bookshops and if you go to [peacefulpawsbook.com](http://peacefulpawsbook.com) you'll find links to helpful information, including a dog massage demo video.

Words: **Paige Turner**



## The Gull, the Whale and the Rowboat

By Terri Cracknell

The sea was blue the sky was grey  
It was just another watery day  
The gull was swooping looking for fish  
The whale was cruising and making a wish.

She wished for a friend big or small  
She didn't care if it was tiny or tall  
Someone to laugh with, someone to care  
Friendships for whales are really quite rare.

The rowboat was bobbing, snoozing and snoring  
Life on the mooring was ever so boring  
The gull hovered high then landed with care-  
Would you like an adventure? Come if you dare.

Oh yes cried the rowboat, I've been long forgotten  
Weed and shells now grow on my bottom  
My paint is now peeling, I'm salty and sad  
An adventure at sea would be crazy and mad.

The gull took the rope in his strong red beak  
The boat was now lively but springing a leak  
Oh dear cried the rowboat I'm sinking I fear  
Oh dear cried the gull, no land is near.

The whale looked up from the watery deep  
She swished her tail and made a huge leap  
She saw the boat sinking and disaster afloat  
She knew she had to save the rowboat.

She came from the depths gently and slow  
She expelled her breath with a watery blow  
She managed to lift the boat with her tail  
The boat was so thrilled it let out a wail.

The rowboat was safe from a watery grave  
The gull was thrilled with the heroic save  
The whale had new friends to share her days  
Life at sea has mysterious ways.

PHOTO: BBC WORLD SERVICE, FLICKR



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**Subject** Big Day at Deadman  
**Photographer** Rob Edgren



PHOTO OF THE MONTH

**Subject** A still and glassy morning on Lake Narrabeen  
**Photographer** Hannah Daish



**Subject** Hawk leaves the nest  
**Photographer** Andy Morgan IG @photos.andymorgan



**Subject** Storm clouds march into Long Reef  
**Photographer** Jill Hensman



**Subject** Narrabeen Snowdrops  
**Photographer** Monique Van de Voorde



**Subject** Nanna Margie and GG with their 16 Great Grandchildren!  
**Photographer** Jennifer Cashman



**Subject** Australasian Darters admiring Manly ferries  
**Photographer** Elicia Ferguson



**Subject** Christmas in July  
**Location** The Boaty



**Subject** The South Steyne Dragon - Zosh Kosh B'Gosh  
**Photographer** Andrew Murray Brickwood



1. Aside from being Northern Beaches suburbs, Freshwater, Queenscliff, Narrabeen are Collaroy are or were what type of transport?
2. Now in its 47th year, which festival will be held in Manly from 20-22 September?
3. The Quarantine Station at North Head famously runs what type of tours?
4. Sienna Hearn, daughter of former Warringah Rats skipper and hard man John Hearn, was a part of which medal winning team at the Paris games?
5. Pasadena is a bar/restaurant, boutique hotel and popular wedding venue in which Beaches suburb?
6. In which Australian state is Jacob's Creek winery?
7. According to the expression, what will the mice do when the cat's away?
8. Which herb in jelly form traditionally accompanies a lamb roast?
9. How many prime numbers under 50 include the digit 7?
10. Artist Vincent Van Gough had what hair colour?
11. Which city has been the only non-national capital to host the Summer Olympics since Sydney hosted the 2000 Games?
12. In the movie "Meet the Fockers" who played Mr & Mrs Focker (The parents)?
13. Ben Hall, Dan Morgan, and Captain Thunderbolt were all famous what?
14. What type of content do .xls files contain?
15. The Melbourne Mavericks are the newest team to join which national sporting competition?
16. Which classic Aussie song contains the lyrics "How long can we look at each other, down the barrel of a gun?"
17. Abu Dhabi is the hub for which major international Airline?
18. Which major country is the origin of Fiji's top 10 most common surname?
19. Which annual sporting event in Australia offers the biggest prize purse?
20. Which movie recently overtook Frozen 2 as the highest grossing animated movie of all time?

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## Sudoku Medium difficulty

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

### RUMOUR HAS IT

A gallivanting Hawaiian pro surfer was bemused that hiding behind Bra Boys to pilfer Deadman glory wasn't met with overwhelming Aloha good vibes.

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# Star Signs

by Krystal Bawl

## Virgo Aug 23 - Sep 23

Eros has entered your circle of lust, igniting your flame for pursuits both hanky and panky. Hello mating season.

## Libra Sep 24 - Oct 23

They say you can run but you can't hide. Don't listen. Your Boss Springsteen knows baby, you were born to run.

## Scorpio Oct 24 - Nov 22

You can choose your friends, not your family, but how does that explain everyone in your orbit being such a silly billy?

## Sagittarius Nov 23 - Dec 21

Your fast talking, fast thinking, fast moving approach has others concerned. You live in Australia mate, slow it down.

## Capricorn Dec 22 - Jan 20

You're fuming already, certain your scoundrel family will again combine your birthday and Christmas presents into one.

## Aquarius Jan 21 - Feb 19

You've had a marvellous run of anonymous cheese cutting, but beware, overconfidence can lead to follow through.

## Pisces Feb 20 - Mar 20

Time to summons your Piscean confidence and ignore the naysayers, your new venture has winner written all over it.

## Aries Mar 21 - Apr 19

Achtung baby! Mighty Mars has a month of utter madness planned for you. Rest up and be ready to party this month.

## Taurus Apr 20 - May 21

Lavish yourself with the love you lavish on others. It's overdue. No one can love you if you don't love yourself.

## Gemini May 22 - Jun 21

Fed up with carrying your household's burden of chores? Do the tasks appallingly, force the lazy sods to step up.

## Cancer Jun 22 - Jul 22

Your charm is indefatigable. Your charisma is irresistible. Your talents are captivating. Except on Tik Tok.

## Leo Jul 23 - Aug 22

Insufferable Mercury is messing with your head. Take no notice. Your life is amazing and so are you. Don't change.

**Trivia Answers**

- Ferries
- Manly Jazz Festival
- Ghost tours
- Water polo
- Church Point
- South Australia
- Play
- Mint
- Red
- Rio de Janeiro
- Dustin Hoffman & Barbra Streisand
- Bushrangers
- Excel spreadsheets
- Netball
- You're the Voice
- Ethiopian Airlines
- India
- Australian Open Tennis
- Inside Out 2

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

**Sudoku Solution**

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FRI 6TH - 8PM - NOTHING TOO SERIOUS

SAT 7TH - 8PM - COSMIX

SUN 8TH - 4PM - CAJON CATS

WED 11TH - 7PM - LIAM WHELAN

THURS 12TH - 7PM - THE SONGS OF DIRE STRAITS

FRI 13TH - 8PM - CASUAL SETS

SAT 14TH - 8PM - OG LOVE DOCTORS

SUN 15TH - 3PM - MICHAEL SAMUEL

WEDS 18TH - 7PM - SUMMER RAIN

THURS 19TH - 7PM - NICK MIDDLETON

FRI 20TH - 8PM - MICRO

SAT 21ST - 8PM - GAIA LUDWIG BAND

SUN 22ND - 3PM - SLIDE MCBRIDE

WED 25TH - 7PM - JAMIE POSTLE

THURS 26TH - 7PM - EVERGREEN COMMUNITY NIGHT

FRI 27TH - 9PM - TILLI KAY

SAT 28TH - 8PM - THE HARD LOVES

SUN 29TH - 3PM - TBA

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