

DECEMBER 2024

TAWNY

FROGMOUTH



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What's on



Christmas Markets

Sun 1 Dec, 8am - 2pm
Lakeside Park, Narrabeen

Great shopping, delicious treats, live music, free Santa photos and a picturesque location.

Christmas by the Beach

Fri 13 Dec, 5pm (gates open 4pm)
James Meehan Reserve, Dee Why

Carols, family-friendly entertainment and a visit from Santa.

Christmas Choral Concert

Thu 5 Dec, 6.30pm (gates open 5pm)
Manly Oval, Manly

Soak in the magic of your favourite Christmas carols.

The Water Understands

13 Dec - Sun 16 Feb
Manly Art Gallery & Museum
Supported by Sydney Festival

A contemporary exhibition interrogating the importance of water.

Sun Run presented by Bioglan

Sat 1 Feb 2025

Join this iconic 7km and 10km fun run along the coast from Dee Why to Manly Beach. **Enter now at sunrun.com.au!**



Bellburra is blooming...

Construction at Bellburra Retirement Village is progressing well, with completion expected by mid-2025. As the latest addition to the Allambie Heights Ltd's community, Bellburra offers a collection of low-rise apartments thoughtfully crafted to meet both current and future needs, allowing residents to maintain their independence as care requirements evolve.

This month marks a major milestone, with the final first floor slab now in place for Apartment Building A, paving the way for structural steel and roofing work. Meanwhile, Apartment Building B is advancing swiftly, with roof installation and internal framing already underway, bringing Bellburra closer to its vision of an exceptional retirement living environment.

The spacious apartment designs showcase breathtaking city views and high-quality finishes, blending style with functionality in a way future residents are sure to appreciate. Beyond aesthetic appeal, each apartment is equipped with modern conveniences, including lifts, hazard-free flooring, wide corridors, accessible ensuites, and innovative technology to enhance daily living.

Bellburra is more than just a beautiful place to live—it represents the future of retirement living, where quality, comfort, and independence come together in a truly unique setting.

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Brand-new retirement living apartments in Allambie Heights.

Bellburra features an exclusive collection of 24 luxury 3-bedroom apartments nestled against Manly Dam Reserve. It offers the tranquillity of bushland living, the convenience of nearby retailers and services, and the security of maintaining community connections. Experience the best of Northern Beaches living at Bellburra.

Book a coffee with Karen to learn more.

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Bellburra



Above: Construction progress

Right: Bellburra team on-site

G'day Beaches

Four years of Tawny! First taking flight in December 2020, delivering this feathered, monthly reporting on Earth's greatest peninsula continues to be an honour.

Thank you, Brent Turner, the maestro's cover of a surfing Tawny in a sea of froth superbly forms the basis for our Bucketty's Tawny Grogmouth 4.0 fundraising Pilsener. Congratulations Jens Ward, Letter of the Month (again!), highlighting the tipping effects of an overzealous beer excise. Brilliant work Andy Morgan, winning Photo of the Month, a \$200 voucher at The Mona Vale Hotel is all yours!

Manly's Royal Far West celebrates 100 years of supporting country kids. Zali Steggall investigates rising climate risks impacting insurance costs. Michael West exposes the government cone of silence covering up the gas cartel's dirty secrets. Sydney Wildlife Rescue's Lynleigh Greig teaches how to live peacefully with snakes, and Love Scout provides a family gathering survival guide just in time for...

Merry Christmas!

Liam



The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd
ABN 21 666 109 057

WEBSITE

thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnyfrogmouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au

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PEFC CERTIFIED

The Tawny Frogmouth uses paper
from sustainably managed forests.

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Acknowledgement of Country

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

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

Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

Season's Greetings

Thanks Warringah for your support during 2024.

My team and I wish you a safe and happy festive season. I hope you enjoy spending time with family and friends and continue to support all the wonderful local Warringah businesses.

Contact or visit the Electorate Office
Level 2/17-19 Sydney Rd, Manly NSW 2095

📞 9977 6411 ✉️ zali.steggall.mp@aph.gov.au

🌐 zalisteggall.com.au

Peninsula Wash Up



Drink beer, save wildlife

Celebrating four years of Tawny in style, first taking flight with the December 2020 edition, we're teaming up again with **Bucketty's Brewing Co.** and **Art of Brentos** for **The Tawny Grogmouth 4.0**. Thirsty work, this year's quencher a fundraising 5.2% NZ Pilsener. You're invited to the launch party, Saturday 30 November at Bucketty's. Live music all day, including everyone's favourite cover band, the OG Love Doctors, hitting the stage at 5pm and 10-piece party band Crunching Numbers at 8pm. There'll also be face painting, balloon animals (balloons made from bird resistant latex!) and the hottest Brentos Grogmouth merch range yet. All money raised goes to **Sydney Wildlife Rescue**, the volunteer organisation devoted to saving and protecting all animals great and small.

AHLTA right there

Friday 29 November, weather permitting, 8:30-3:30pm, the Australian Heart/Lung Transplants Association (ahлта.com.au) heartily invite you to indulge some Christmas shopping at their stall in front of Humphreys, raising vital

funds to support heart and lung transplant patients, their families and carers. On offer? Jams, pickles, chutneys, lemon butter, cakes, biscuits, knitting, baby clothes, books, puzzles, bric-a-brac, and more. Load up!

Clean energy community

Thursday 12 December, **Colormaker Industries** hosts **Powerhouse Drinks**. The evening will feature inspiring stories from Brookvale's clean energy champions and highlight how local businesses are harnessing renewable energy to drive down costs and pave the way for a sustainable urban community. Speakers include Chris Lee, Co-Founder of Solar Alliance, John Dumay, Founder of Dad & Dave's Brewery, and Peter McGregor, Director at Hardware & General (H&G). Free attendance, spots limited. Register now at humanitix.com/au by searching "Powerhouse Drinks".

Fine art does pay

Congratulations Rory O'Brien, Alison Werbeloff and Russell Prescott, winning 1st, 2nd and 3rd prize and \$2k, \$1k and \$500 respectively in **Northern Beaches Gallery's** Summer Art Prize competition, proudly supported by **Community Bank Freshwater**. Brilliant work to all 200 entrants, the arts scene is alive and well on the Beaches.

Avalon Film Festival

Rising like a phoenix, the **Avalon Film Festival** returns to the prized hamlet beyond the bends, 29 November to 1 December. Opening with a world Premiere of "The Restraint", the festival will feature films about the

mythical land of Avalon, films about people whose name is Avalon, films made by talented Avalonians, and a series of talks by people in the filmmaking business, most of whom reside in Avalon. "While it's starting off as a bit of fun, who knows, perhaps it could become Australia's Sundance?" says Ben Welsh, festival founder. Tickets \$10 kids, \$20 adults, special 5 for \$75. All info at avalonfilmfestival.co

Manly Tennis Champs

Get set for Manly's signature tennis event, the **Clarke & Humel Manly Seaside!** A love deuce week of competition and community, December 26-31 with a \$15,000 prize pool up for grabs. Dating back to 1933, this tournament brings together local, interstate, and even international competitors. Entries are now open (deadline 16 Dec). Spectators most welcome! Free entry. Watch the best players on the Beaches as we lead into a Summer of Tennis. All info at themanlyseaside.com

Merry Armenian Christmas
Sunday 1 December, 10-4pm, visit the **Armenian Christmas Markets** at **Ararat Community Centre**, 3 Grattan Cr, Frenchs Forest, and help Alice Shamir's Armenian schools fundraiser. "It's going to be like a European Christmas market. Our goal is to raise \$30,000 to fund critical repairs and improvements for the Armenian Village Schools. This includes fixing roofs, upgrading heating systems, and ensuring that every child has a safe, warm place to learn." For more info, contact Alice on 0412 022 320

Words: **Liam Carroll**



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Letters to The Tawny

LETTER OF THE MONTH

No cheer for beer

I use my beer barometer to test whether an international travel destination is going to give me good value for money. The cost of beer at a bar or restaurant in any country is a good indicator of what consumers can expect to pay, relatively speaking, for other goods and services there.

Sadly, beer in Australia is no longer the working man's drink. It's become a luxury that many of us can't afford, and that's unAustralian. Step into a pub or bar these days and consumers can expect to pay \$10 for a beer and a lot more for a craft beer. The price of draught beer has gone through the roof, and it's reflected too in the falling patronage at pubs everywhere.

Pubs were once valued institutions. Communities met at their local to socialize, speak their minds and raise funds for sporting bodies and the like. Like soaring pub prices, goods purchased in supermarkets here seem to increase on a daily basis too. Australia's tax on alcohol is the third highest in the world. Government excise on beer here increases every six months which makes it hard to put a price cap on it.

Beer, is taxed at a higher rate than wine, making vino the most consumed alcoholic beverage in the country but there was a time when beer ruled. Another micro-brewery has opened at Manly Wharf and there'll be nothing micro about what we can expect to pay for a beer there.

Jens Ward, Manly

Re: Felons Manly Homecoming (Nov '24)

It's obviously legal to name a registered venue after an illegal act, a 'Felony'! The NSW Liquor and Gaming Board, Northern Beaches Council, Local Police (LAC), the Proprietor and Licensee - all accept on application that naming a bar a 'Felon' is ok and hence they're accepting of a 'felony', presumably any felony, and all its implications on our community. As an example, they could just as well have named it 'armed robbery' or 'drink driving'. Let's not go on! Can the next bar in Manly be named after more serious crimes? I mean really!!

Name withheld for fear of inciting a 'felony'

Proposed Pub in the old Aldi
Dear Ed/Liam, I do not like the proposal for a new 700-person late-night brewpub at the Wharf in the old Aldi site. The last thing Manly needs is hundreds more people drinking until midnight or later at the Wharf. Living close I've seen people spill out of the existing Wharf venues onto the Esplanade and Wentworth Street after closing and yell and carry on till all hours.

Policing the actual Wharf premises is not going to stop what happens in the surrounding streets. It is extremely noisy late at night and feels quite unsafe. I have seen young, drunk people urinating in the street - even defecating! People have even urinated in the hallway of our building late at night, causing us to install external locks on the entrance.

A drunk youth knocked on our upstairs door after midnight one night looking for a place to stay. Of course, I don't know for sure that he was from one of the hotels, but he said he'd

been drinking all day. He ended up sleeping on the stairs in his own vomit.

There are much better things that could be done with the site than another pub. They can try to dress it up as much as they like, but really that is all it is, another pub. Do we really want to promote more drinking, and have the fall-out on the streets where we live? If anyone agrees, contact the Council. Kind regards,

David Colman

PS, love the Tawny F!

Re: Questions without notice

Hey Robbo, as a simple person with simple needs leading a simple life, I need simple explanations of big stuff. Your November Tawny letter was not simple. I've read it 5 times. I'm still trying to comprehend your viewpoint. Maybe I am simple, maybe not? Maybe next letter, keep it simple? For other simpletons, my simple question: What has Westinghouse got to do with it? I love my Westinghouse oven.

Anonymous

Ps Go Alan Marel

Definition of Climitites

G'day Liam, I've been questioned as to who or what "Climitites" are. Let me explain. A "Climitite" believes every written, spoken, published, broadcast or televised word on climate change as gospel. So much for debate on this subject. It is forbidden by the Climate Cult. So, let's take a look at some of their "Correct Prophecies".

In 2007 Professor Flannery: "The rains that fall will not fill our dams or rivers." There was the report on the Great Barrier Reef out of Cook Uni in Townsville which claimed Climate Change was making prey fish

SUMMER
2024

Wakehurst Matters



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

- Essential worker housing
- Public native forests update
- E-Bike and e-scooter inquiry
- Slow progress on Labor's Consumer Energy Strategy
- Supporting Private Members' Water Rights Register
- Awarding Community Building Partnership grants
- Coercive control is now a crime
- Celebrating our bus drivers



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swim towards their predators. Professor Ridd objected and was duly sacked. He was proven correct by other world scientists. Then we have local Alan Marel, claiming Australia's mined fossil fuels are subsidised to the tune of \$103B. His information googled from the World Monetary Fund. All BS. All one had to do (as I did) was contact The Mineral Council of Australia and ask them. I was sent a reply which stated that the only subsidy in mining was the diesel rebate which makes up 0.2%. This rebate is available to all primary producers i.e. farmers etc.

Next, the nuclear hoax being sent out by the Billionaire Club who fully support renewables. Why? Because they've invested in them with the assistance of taxpayer subsidies. What about Green Hydrogen? "Gonski"! But you would have believed it's cheaper than nuclear...So, why has it gone? Two reasons: It's very expensive to manufacture; and it is an extremely volatile gas to transport.

Last, why is the world turning away from renewables in favour of nuclear? Because amortised over the 80-year life of the nuclear plant the costs significantly reduce annually. If not, why is Germany considering reopening 17 reactors, India have started to build 18, France wants another 14, UK starting with 6 and moving to 10? There are plenty more countries in the process of going nuclear. Approximately 60 currently under construction around the world. All contained in the Oregon Report.

That's enough. Have a great Christmas and Happy New Year! Even you "Climitites".

Mark (Robbo) Roberts

A credible Flannery? (Nov '24)

In relation to the Climate Changer's Avalon film screening, the fund raising maybe towards a very good cause, the Avalon Community Garden, but having Tim Flannery as a speaker makes it laughable. His past predictions, including it won't rain again, make him appear completely without any credit.

Phil

Stocklands' EV chargers unplugged!

Shoppers have been using the EV chargers that Stocklands had the insight to install in their Balgowlah centre as an integral part of their DA approval. Disappointing then that the new owners, Revelop, are not maintaining them to the point where less than half still work. My enquires to centre management were met with the stonewalling response - advising they were intending to move them to a lower level but were delayed by the supply authority till sometime next year. Strange when Tesla supplies the chargers off the shelf. Strange when at least one of the dysfunctional chargers simply needs screwing back to the wall, nothing wrong with the electrics. A disappointing start for Revelop, the new kid on the block, who one would have thought want to maintain their customer base?

Mark Baxter, Balgowlah

Council Car Park

As a local resident I tend to walk errands, but due to inclement weather I recently utilised two of the local council car parks, Central Ave and Peninsula, on the one day.

Aware of the 2-hour time limit, I ensured that my overall stay was less than 2 hours. However, when I came to exit

the second car park, I was hit with a fee of \$12.50. Thinking this was an error I pressed the intercom and spoke to a voice who explained that once I had left the first car park, if I wanted to avoid a fee, I could not enter a second car park within 3 hours of leaving the first car park. When I asked the voice why this rule was in place the voice responded that she "didn't know".

No point arguing, I paid my \$12.50 and went home. It struck me however that this council policy is not only odd, but discriminatory. If I am staying less than the free 2-hour period, why am I being charged? It also seems that this non-sensical policy discriminates against those who might have a disability or are simply less mobile and need to use the car parks.

In any event perhaps council could advise the voice of the logic, so that next time, the voice can explain it to the ratepayers.

Grahame, Manly

Easylink

What would we do without EasyLink's mini-buses and cars for our transport to medical/dental appointments etc., when we are unable to take ourselves there for one reason or another? The drivers are all most helpful, kind and caring to each and every one of us, no matter the colour of our skin nor country from which we came, a definite link - though not always easy - to World Peace! Sincerely,

Marianne, North Narrabeen

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

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Lifeline Northern Beaches

We are here for you today and every day, throughout this holiday season

While Christmas is celebrated as a season of joy, togetherness and celebration, for many in our community, it also brings a complex, often overwhelming mix of emotions. Financial pressures, family tensions, loneliness, and grief can escalate or become especially intense during the holidays, making it a particularly difficult time for those facing personal struggles.

“The holiday season often brings an intense mix of emotions, which can be especially challenging for those coping with loss, grief, or isolation,” said Sarah Grattan, CEO of Lifeline Northern Beaches.

As we enter one of our busiest times of year, Lifeline Northern Beaches wants to remind everyone that it's normal to feel alone, anxious, or unsettled amid the heightened pressures of the season. But remember, no one needs to face these struggles alone.

If you're feeling overwhelmed, please reach out to someone you trust or contact Lifeline. Our Crisis Supporters are here 24/7, accessible by calling 13 11 14, or via our text and chat services—always ready to provide support, anytime, day or night.

Help Make a Difference in Our Community This Christmas
Lifeline Northern Beaches relies on the support of our local community to provide these vital services. This Christmas, you can make a meaningful



You can always count on Lifeline Northern Beaches' presence

impact by supporting Lifeline Northern Beaches through holiday shopping, gifting, or making a donation. Every dollar raised directly funds our suicide prevention and crisis support services to those who need it most.

5 Ways to Make a Big Impact This Christmas

1. Shop Our Silent Auction
Bid on an exciting selection of gifts, from a Breville coffee machine and Ferrari gift packs to golf experiences, gym and Pilates sessions, and family day outings - something for everyone on your list.

2. Find Your Christmas Party Outfit

Browse sustainably and find a holiday outfit at one of our 10 Lifeline stores where you will discover a stylish edit of pre-loved fashion homewares or more, or shop online www.shop.lifelinenb.org.au

3. Discover Books, Games, and Puzzles at the Lifeline Book Fair

Find new or nearly-new books, games, and puzzles for thoughtful, affordable gifts at the Lifeline GIANT Book Fair, St Augustine's College, 12-15 December 2024.

4. Set Up a Christmas Fundraising Page

Create a fundraising page and invite friends and family to contribute in lieu of exchanging gifts this year.

5. Make a Donation in Someone's Honour

Give a gift with lasting impact by donating on behalf of a loved one this Christmas.

This holiday season, your support can ensure no one in our community has to face their toughest moments alone.

Words: **Lifeline Northern Beaches**

 **Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

St Augustine's College
Federal Parade
BROOKVALE

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

12-15 December

General Entry: Gold coin donation

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

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

 **Lifeline**
Northern Beaches

Lifeline Northern Beaches Christmas Appeal
Visit lifelinenb.org.au or scan the QR code for find out more





(L) Far West children enjoying Manly beach, with many seeing the ocean for the first time



(R) Owen of Batemans Bay, a Perthes case, the first Far West child to wear a newly developed "Toronto" splint

Community

Royal Far West marks 100 years of support for country kids

This month, local charity Royal Far West (RFW) is celebrating 100 years of dedication to improving the health and wellbeing of children in rural and remote Australia.

Since its inception in 1924, the Manly-based charity has provided essential healthcare services to country kids who otherwise face significant barriers accessing such care.

Founded by Reverend Stanley Gillick Drummond, RFW began as the Far West Children's Health Scheme. Rev. Drummond envisioned offering respite for children in need on the beaches of Manly, and his vision soon became a reality.

For more than 50 years the Scheme ran 'Far West Seaside Camps', where children were nominated by local doctors, teachers, nurses, clergy, and police to come to the beach for respite. It was at one of these camps that Northern Beaches based Dr George Moncreiff Barron noticed the medical needs of these children and offered his services free-of-charge. This marked the

evolution of the holiday camps into the healthcare programs that remain foundational to RFW today.

Over the decades, RFW's services have expanded and evolved to meet the changing healthcare needs of country children – from general medical care in the 1920s to dental care in the 1930s and a fully staffed in-house Splint and Surgical Boot-Making department to support children with polio in the 1940s. RFW's adaptability and innovation have enabled it to remain a pillar of support for country kids.

Today RFW is a specialist child development service providing developmental, mental health and disability support. Its innovative programs are delivered at RFW's Centre for Country Kids in Manly, via virtual care or through in-community visits.

Inside RFW's Centre for Country Kids on Wentworth Street, children and families are supported in state-of-the-art facilities by a

multidisciplinary clinical team, alongside the wider RFW support team. The immersion program hosted here offers a welcoming environment where children and families can feel at home and experience a sense of community. The facility also houses the Royal Far West School, a Department of Education School that supports ongoing education for visiting children (both clients and their siblings).

The charity's legacy is built not only on its healthcare services but also on its partnership with the Northern Beaches community, who have shown steadfast support throughout the years. RFW is deeply grateful for the community's support and feels privileged to welcome families to enjoy this beautiful part of the world that we call home.

DONATE

Visit royalfarwest.org.au to donate or learn more about the history of Royal Far West

VOLUNTEER

If you are interested in volunteering at Royal Far West, visit royalfarwest.org.au/get-involved/volunteer

WORDS: **Kate Burrell**

PHOTO (R): DAVID FULLAGER, 1971

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Rising climate risks are costing residents, but we can fight back

The rising cost of living is a challenge many people are feeling, but lately, I've been hearing about one which is not always top of mind - home insurance. Since 2022, insurance premiums have surged an average of 32%. For those in flood-prone or high-risk areas, premiums can exceed \$30,000 annually. It's no surprise during recent doorknocking visits, residents told us how much this is impacting them, not only financially but also emotionally, as they worry about the potential future un-insurability of their homes and the effect on property values.

The recent State of the Climate Report from the Bureau of Meteorology and CSIRO provides a stark warning: climate change is accelerating, bringing increased risks of extreme weather that will impact Australian communities and economies for decades. Unless we act decisively on decarbonisation and building more resilient homes to these extreme weather events, our cost of living will continue to rise. Increased temperatures mean more humidity, more intense rainfalls, often described as 'rain bombs', with sea level rises, coastal floods and impacts from storms becoming more frequent.

The Northern Beaches, identified as a high coastal erosion area in NSW's Disaster Mitigation Plan, is at great risk. Whilst I will never stop pushing to mitigate the risks by reducing emissions, we must start preparing and adapting our communities. Preparing infrastructure for these changes cannot fall solely on governments and paying for the consequences cannot fall solely on citizens. Private sector support and a system rewarding homeowners who invest in making their homes more resilient to extreme weather events is needed.

The current system falls short. Residents shared stories of substantial home improvements, like raising homes to protect against flooding, only to see little or no recognition from insurers. Despite these adaptations, their premiums remain exorbitantly high - or they struggle to find any insurance at all as insurance companies spread their risk across post codes.

Over-regulating insurers is not the answer and could drive them out of the market, as has happened in some parts of the United States. The responsibility for climate adaptation needs



Zali convenes the Climate Risk, Home Insurance Roundtable

to be shared across public and private sectors, including individuals.

To address this, I have called for increased funding of the Resilient Building Council. This would involve the development of a certification scheme for climate-resilient homes. The goal is to incentivise homeowners to invest in resilience measures and putting downward pressure on insurance costs and saving money in disaster relief in the long term.

Research shows every dollar invested in climate adaptation returns up to \$11 in avoided disaster recovery costs. This matters. I am discussing with the government greater reporting of possible costs avoided as part of budget papers.

To explore solutions, I recently convened a Climate Risk and Home Insurance Roundtable with experts from banking, finance, insurance, superannuation, and local government, including Assistant Minister Stephen Jones. These discussions emphasized the need for immediate action and the importance of long-term strategies to protect residents and keep insurance affordable.

That's why I am preparing a private member's bill to legislate a climate risk framework that requires regular National Risk Assessments and Climate Adaptation Strategies, mandates best-practice methodologies, and includes transparent reporting on the costs of climate change and disaster recovery. We can't insure our way out of the climate crisis so it's time to act.

Words: **Zali Steggall OAM MP**



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PHOTO: AUSPIC



Do we really need a lawyer?

Most people, in fact, about 95% of people who separate, are able to reach an agreement about the division of their property and the arrangements for their children without needing a lawyer. This is great. It is always much better for you, and especially your children, if you maintain control over the outcomes rather than relinquishing that responsibility to a judge or being involved in protracted legal proceedings.

That said, formalising your agreement in relation to any property settlement is imperative.

You need to be aware that if you don't enter into Consent Orders or a Financial Agreement, (both of which formalise the agreement you've reached) your ex can make an Application for a split of the assets down the track, even if you've given effect to the agreement reached and divided everything up between you at that time.

So, while most people want to avoid lawyers (understandably) make sure you take some legal advice not only to ensure that the outcome is fair but that it will stick going forward.

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Cone of Silence

Government hides gas cartel's dirty secrets in Clayton Utz fee-fest

It was just one document that I was seeking: a departmental options paper for a gas reservation scheme on the east coast of Australia. I wanted it knowing that a gas reservation scheme is a sure-fire way to deflate gas prices and reduce electricity prices for businesses and consumers. But the Australian Government didn't want the options disclosed or their reasons for rejecting anything other than the status quo for the gas cartel, so they engaged law firm Clayton Utz in their fight for secrecy in the Administrative Appeal Tribunal (AAT).

Clayton Utz told the Government they would defend their secrets for \$27k. Questions on Notice asked by Senator Jacqui Lambie show that the final price for legal advice and representation paid to Clayton Utz was \$213k. Apart from the lawyers, there were no winners in these proceedings.

Loss for the Government

Some of the Department of Industry, Science and Resources' dirtiest secrets were revealed as Clayton Utz failed to hold the line against transparency. The primary secret revealed was a betrayal of Australians by the Department's bureaucrats recommending to the Government that Australia not adopt a reservation scheme – a recommendation based on a blatant skewing of the data, relying on a flawed Peruvian gas reservation model to say such schemes don't work (while ignoring the very successful reservation scheme in Western Australia).

Loss for businesses and consumers

The AAT ordered that options for domestic gas reservation remain secret because their release would upset Australia's international energy trading partners, ruling, "Whilst Australia has a strong relationship with Japan, Korea and Singapore, their reliance on energy from Australia provides the contextual setting for potential damage arising from disclosure of information relating to gas reservation in Australia because of the very real economic impact that Australia's domestic policies could have on those countries".



Time to Get Smart and come clean on gas cartel secrets

The AAT is not to blame – the law only requires the Government to establish potential harm to international relations – public interest plays no part in the international relations exemption claimed by the Government. However, the practical effect is to subordinate Australian domestic debate to foreign sensitivities. It's a betrayal of democratic principles.

Salt in the wound

In opposition, Anthony Albanese promised to "reform Freedom of Information laws so they can't be flouted by the government." He also stated, "We need a culture of disclosure. The current delays, obstacles, costs and exemptions make it easier for the government to hide information from the public. That is just not right".

Yet we've seen the Albanese Government waste \$213k fighting the FOI. The legal costs are small by comparison to the billions being milked from Australians by the gas cartel selling our gas overseas while inflating prices domestically.

For years, policies that are an absolute betrayal of the national interest and the interests of Australian consumers have been developed and implemented in a cone of silence. The gas cartel has never wanted to debate it. The old parties haven't wanted to talk about it. The mainstream media have been largely silent. It's only through a series of FOI disclosures and the work of independent media that the full extent of the subordination of both the Coalition and Labor to the gas cartel has been revealed.

\$213k was the bounty paid to lawyers in an attempt to conceal a great betrayal. The vastly bigger price comes from the betrayal itself.

Words: **Rex Patrick, Michael West Media**

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Archer and his RT 6'7 Twinnie, fast and manoeuvrable

Local Business

Archer Surfboards

Brookvale is world famous for its surfboard shaping supremacy, from the 1950's pioneering "Brookie Six" of Gordon Woods, Barry Bennett, Greg McDonagh, Bill Wallace, Scott Dillon and Denny Keogh whose shaping skills transformed surfing into a national obsession, through to Simon Anderson unleashing the three-finned, holy trinity thruster in Easter 1981 at giant, perfect Bells, and more recently being home to shaping icons Greg Webber, Mike Psillakis, Steve O'Donnell and many more.

What though for Brookvale's surfboard shaping future? Aren't all the kids these days eyeing off careers in Tiktok viral video productions, Artificial Intelligence and Mars occupation? Who's going to step into the hallowed Brookie shaping bays, surround themselves with fibreglass and devote their lives to crafting exceptional surfboards for the wave-riding masses?

Enter Archer Drinan, a 26-year-old Beaches born and bred, tall, skinny, long-haired frother who's spent the best part of his youth and early adulthood devoted to the craft of surfboard shaping. "Growing up in Manly, surfing has been a huge part of my life," says Archer. "And as I was growing up, I was always looking to surf a huge variety of different types of waves, but in doing so, I realised how much I loved riding all sorts of different boards too."

From that desire to ride alternative surfboards came the drive to create a full range of surfboards too, propelling Archer into the shaping business. He started out as the shop grom at Rhino Laminating in Brookvale, learning the shaping and finishing processes from industry legends such as Simon Anderson, Malcolm Campbell, Juan Tycross, and Carl Lamaitre. During this apprenticeship he shaped boards for friends, designed for the full array of local beach and reef breaks, becoming known for his ability to listen, collaborate and create quality personalised shapes, while also developing a range of models from high performance shortboards to alternative twins, mid-lengths and longboards.

What started out as a way to help his mates surf the boards they dreamed of evolved into an exciting local business, Archer Surfboards, helping connect surfers with their perfect board or quiver. "For me, the board designing process is still just the same, getting to know surfers on a closer level and learning about what they typically ride and where."

Whether you are a longboard surfer looking for something easy to manoeuvre on bigger days or even transitioning to your first fibreglass board and not sure where to start, Archer is always around to chat boards and ideas for customised designs.

He's also built up an Archer Surfboards team of riders, proudly supporting local surfers who not only rip and help refine models, but also are great representatives of the surf community here on the Beaches, including Sam Nolan, Tully White, JJ Tualima, Manuel Marti, Eloise Taylor, and Reef Maurice.

If you've ever dreamt of getting a custom board made just for you and your ability or designed specifically for your favourite waves but not sure where to start, and you'd like to meet the shaper in person to have more input in the shaping and glassing process, drop by Rhino Laminating and start the conversation!




Pop into **Rhino Laminating** at 42 Orchard Rd Brookvale, follow [@archer_surfboards](#) for all updates and surf the web to [archersurfboards.com](#)

Words: **Liam Carroll**



Roving Larder, North Head's cooking school sanctuary



Eat & Drink

A culinary journey

I'm Marie Clement - mother, daughter, sister, wife, chef, and everything in between. My story is shaped by resilience, adventure, and a passion for food. It all started in a tiny Portuguese village, where I lived with my grandparents while my mother built a new life in France.

Life with my grandparents was simple but rich. My grandfather, a builder turned farmer, worked the land to feed our family. He grew everything we ate - fruits, vegetables, and crops, always in sync with the seasons. My grandmother brought it all to life in the kitchen. Every meal told a story, every dish was a celebration, and those early moments planted the seed of my lifelong love for cooking.

When I was eight, life took a turn. We moved back to France, and things got harder. My mother juggled multiple jobs, and I took on the responsibility of feeding my younger sisters. Cooking became my way to create joy amidst the chaos. Society didn't see being a chef as a prestigious path back then, but I knew in my heart that food was my calling.

Looking for stability, I pursued a Master's degree in High-End Negotiation and spent years navigating the financial world in Dublin and Paris. But when I landed in Sydney during the Great Financial Crisis, jobs were scarce, and survival kicked in.

Back in the kitchen, I found myself making pastries to get by, and that's when everything changed. My pastries caught the attention of local cafes and even won awards at the Sydney Royal Fine Food Competition. That success reignited my passion, and I realised what I was

meant to do...teach cooking.

Now, Roving Larder Cooking School is the heart of my journey. It's where I bring together everything I've learned, from my grandparents' sustainable ways to modern culinary techniques. At Roving Larder, the ingredients tell a story too, whether it's fresh sourdough from Staple Bakery or seasonal produce from The Beaches Markets.

Our classes are about more than just cooking, they're about connection, creativity, and having fun. During Naked Wine's corporate event, we learned that spinning piping bags over our heads gets a lot more entertaining with bursts of laughter, and a little world-class wine!

With the holidays around the corner, the kitchen is buzzing with festive energy. This December, I'll be helping locals craft the perfect pavlova - or at least have a good laugh while trying!

If you want a little magic in your own kitchen, here's a pro tip: When cooking pasta, save some of the starchy water. It's the secret to a silky sauce. And here's a fun challenge for your next dinner: Cook with wine in hand and see if the food (and the company) doesn't taste even better!

At Roving Larder, we cook, laugh, and grow, turning every meal into a meaningful experience. Come join me, and let's create something unforgettable, one delicious bite at a time.

North Head's **Roving Larder Cooking School** is home to Marie's incredible custom-designed space to help everyone reach their highest potential in the kitchen. Learn more at [rovinglarder.com.au](#) and follow on socials [@roving_larder](#)

Words: **Marie Clement**

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Master of pastel tones, champion of Aussie wildlife

Cover Artist Brentos

What keeps you inspired to revisit our Tawny Grogmouth fundraiser each year? Since the inaugural Tawny Grogmouth, launched during the peak of COVID when we were all doing cheeky Bucketty's drive-thru's, and raising over 10 grand for WIRES, it became clear this project was something meaningful for our community. This collab means Bucketty's gets to create a tasty limited-release beer, the Tawny spreads the word, I get creative freedom, the community gets to enjoy amazing local beer and merch, and at the end of it we get to hand over a big check to the vets and carers who dedicate their time and skills to rehabilitating and releasing our local wildlife. Four years on, it's a treat and a privilege to continue this tradition.

Community impact is a big part of your work. How has this contributed to your business?

Tash (the other half of Brentos) and I do our best to contribute to the community as much as we can while keeping our small business on track. It's cool to see how our work has become part of the local landscape and how warmly the community has embraced it. Earlier this year, we had the awesome privilege of donating four large murals to the children's ward at Northern Beaches Hospital, a really special project. We've also partnered with Greenpeace to help on-

board new supporters, and right now, I'm creating key visuals for a koala hospital in Queensland, sponsored by an iconic Aussie brand.

How has your style evolved to balance commercial projects with your passion for Aussie wildlife? My style has stayed pretty consistent, with wildlife, big surf, and pastel tones as constants. It's illustrative and cartoon-like, which makes it more adaptable to commercial work compared to other forms and genres of illustration or fine art. Over the years, I've refined that adaptability, finding ways to bring in elements that resonate with commercial audiences while keeping my core themes. Working on commercial projects has actually helped me grow, pushing me to explore new ideas and techniques while staying true to the cheeky, Aussie vibe that defines my work.

Your new book, "Wild Australia: Our Marine and National Parks" just hit shelves! What do you hope readers take away from this exploration of Australia's natural landscapes? This book is a delightful mashup of my last two books, combining the simplicity in composition from my first book with the intricate detail of the second. This time, I wanted to explore Australia's national and marine parks and show readers that these parks are not only beautiful places to spend time in but are also vital to biodiversity protection and cultural heritage. My hope is that readers come away with a deeper appreciation for these protected spaces; how they safeguard unique ecosystems, support endangered species, and carry rich Indigenous history.

What's next for Brentos? We're still a young business and very much in the "figuring it out as we go" stage, but each year things are feeling a bit more predictable. I've got three more books in the pipeline, and after that, I'll be looking to streamline the business side so I can focus more on the creative work. As for fun projects, I'm currently creating key visuals for a koala hospital set to launch next year, and my biggest collab yet - getting engaged to Tash! Yewwww!

Follow [@artofbrentos](#) on socials and visit [brentos.com.au](#) for all updates, merch, books, wildlife-inspired goodies, and more.

Interview: **Liam Carroll**



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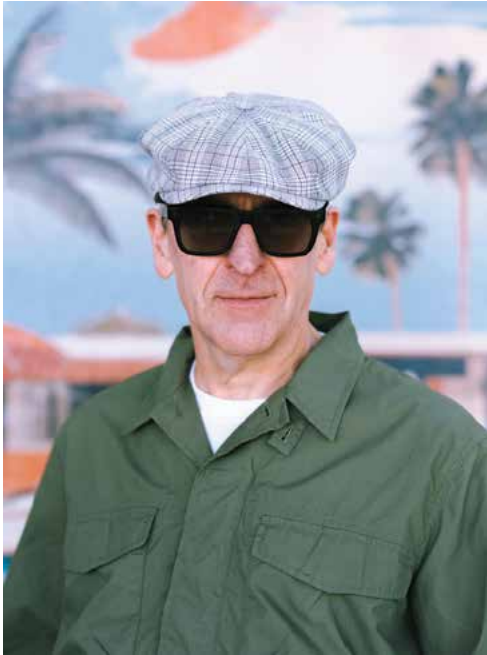


Photo: Neill Thompson @monocaptus

has been playing his show on 2ser107.3 every Sunday. A huge fan of Australia's community radio, which is amazing in terms of accessibility and its coverage of all types of music, Dave has developed his radio show as a platform to share his lifelong passion for beautiful music. With a nod to the godfather of ambient music, Brian Eno, and to reflect our beaches culture, he named the show Music for Beaches.

It draws from the spirit of Ibiza, the Spanish island that has brought magic to music with the Balearic ethos where an open-minded attitude means that anything goes. Daytime beach bars with a DJ booth and an eclectic record collection are where blissful memories are made. The tagline for the show is "peace, love and beautiful music for chilled souls" and it combines Dave's experiences from the acid house era (starting from 1988's "Summer of Love") and after-hours chill out clubs with his eternal quest for the perfect song. It is a shared search for music – "mostly chilled-out, mostly electronic, sometimes Balearic, but always beautiful" – that helps us all to find solace and forget the troubles of the world.

He is keen to grow the radio show, reaching a wider audience, and is planning more community connections as he plays out live DJ sets at local events and festivals. With summer on its way, make sure you tune in to Music for Beaches.

The Northern Beaches deserve an enchanting musical soundtrack that reflects our stunning surroundings and coastal way of life. Someone who has taken on this sonic mission is Dave Howell who brings us Music for Beaches.

Dave started this journey with Radio Northern Beaches in 2019, and for the last couple of years

MUSIC FOR BEACHES

To listen to Dave's show and find out more:

2ser.com/musicforbeaches

musicforbeaches.com

mixcloud.com/musicforbeaches

Check out the News section of brookvaleartsdistrict.org for more about Dave's life in music and to discover the classic records that have had an influence on Music for Beaches.

Words: Doug Clark






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| <i>Later Life Advice</i> | <i>Zali Steggall MP</i> |

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

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

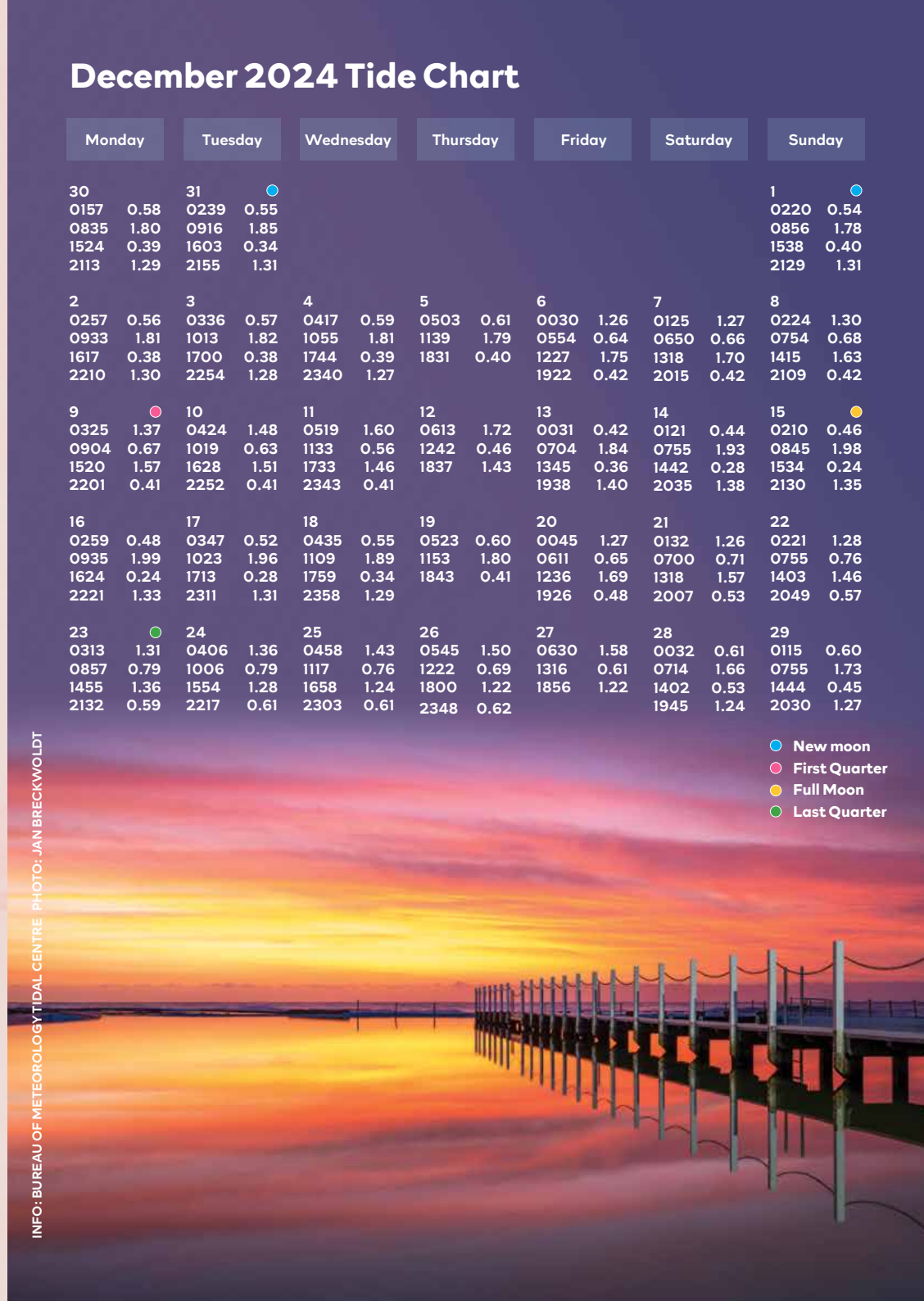
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December 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 0157 0.58 0835 1.80 1524 0.39 2113 1.29	31 0239 0.55 0916 1.85 1603 0.34 2155 1.31					1 0220 0.54 0856 1.78 1538 0.40 2129 1.31
2 0257 0.56 0933 1.81 1617 0.38 2210 1.30	3 0336 0.57 1013 1.82 1700 0.38 2254 1.28	4 0417 0.59 1055 1.81 1744 0.39 2340 1.27	5 0503 0.61 1139 1.79 1831 0.40	6 0030 1.26 0554 0.64 1227 1.75 1922 0.42	7 0125 1.27 0650 0.66 1318 1.70 2015 0.42	8 0224 1.30 0754 0.68 1415 1.63 2109 0.42
9 0325 1.37 0904 0.67 1520 1.57 2201 0.41	10 0424 1.48 1019 0.63 1628 1.51 2252 0.41	11 0519 1.60 1133 0.56 1733 1.46 2343 0.41	12 0613 1.72 1242 0.46 1837 1.43	13 0031 0.42 0704 1.84 1345 0.36 1938 1.40	14 0121 0.44 0755 1.93 1442 0.28 2035 1.38	15 0210 0.46 0845 1.98 1534 0.24 2130 1.35
16 0259 0.48 0935 1.99 1624 0.24 2221 1.33	17 0347 0.52 1023 1.96 1713 0.28 2311 1.31	18 0435 0.55 1109 1.89 1759 0.34 2358 1.29	19 0523 0.60 1153 1.80 1843 0.41	20 0045 1.27 0611 0.65 1236 1.69 1926 0.48	21 0132 1.26 0700 0.71 1318 1.57 2007 0.53	22 0221 1.28 0755 0.76 1403 1.46 2049 0.57
23 0313 1.31 0857 0.79 1455 1.36 2132 0.59	24 0406 1.36 1006 0.79 1554 1.28 2217 0.61	25 0458 1.43 1117 0.76 1658 1.24 2303 0.61	26 0545 1.50 1222 0.69 1800 1.22 2348 0.62	27 0630 1.58 1316 0.61 1856 1.22	28 0032 0.61 0714 1.66 1402 0.53 1945 1.24	29 0115 0.60 0755 1.73 1444 0.45 2030 1.27

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: JAN BRECKWOLDT





BEFORE painting with ACRYLMERIC WeatherTuff exterior coating



AFTER roof painted in ACRYLMERIC WeatherTuff in COLORBOND® Surfmist colour

How to paint your old, tiled roof in a COLORBOND® colour

Many of the older-style Californian bungalow homes, built between 1925-1939 on the Northern Beaches, feature terracotta roof tiles. Did you know that you can upgrade and restore your old roof (be it terracotta, concrete tile or even metal) by painting it with ACRYLMERIC® WeatherTuff exterior elastomeric coating?

ACRYLMERIC® WeatherTuff is a water based, one component, acrylic waterproofing membrane exterior coating with excellent UV, water, alkali, carbon dioxide and chloride ion diffusion resistance. It dries to an extremely tough yet resilient high build film that is both water and weather resistant, making it perfect for resurfacing roofs.

Offering great looking results and durability, WeatherTuff comes in an on-trend colour range with a large selection of COLORBOND® colours to complement other design elements of your home. From subtle greys to earthy and neutral tones, the ACRYLMERIC® WeatherTuff coating range is available in an attractive matte finish.

Choosing a new colour for your roof

Grey is a neutral colour that matches most colour schemes. There are a number of greys in the WeatherTuff range enabling you to choose from a lighter or darker tone.

Earthy tones reflect the colours of nature, matching colours of the landscape. Alternatively, you can make a bold earth-inspired statement with timeless appeal. The neutral colours of the WeatherTuff range are also timeless and may be paired with darker exterior walls for an uplifting effect.

Easy preparation and application

Repainting your roof is a simple process. It will take around 2 days to complete following these easy steps:

1. Use a water blaster to strip the roof back to a clean substrate. Any stubborn lichen can be removed with a good dose of chlorine. Ensure to rinse thoroughly afterwards with copious quantities of water.
2. Prime the roof with ACRYLMERIC® Superseal Primer (available from Colormaker Industries) to provide a good base for adhesion.
3. With tarpaulins or drop-sheets, be sure to cover and/or mask up any areas around the roof that may be subject to overspray.
4. ACRYLMERIC® WeatherTuff should be applied through an airless spray gun with a large tip/orifice (these may be hired from a reputable hire company). Using the airless spray gun with ACRYLMERIC® WeatherTuff, apply 2-3 coats for best service life. In good weather, each coat will take around 20-30 minutes to dry.
5. Be sure to consult **Safe Work Australia** for information sheets and advice regarding working safely on a roof, before commencing any work on a roof.



Visit www.colormaker.com.au for further information and Colormaker's technical data sheets, drop into the Colormaker Paint Shop in Brookvale to see the ACRYLMERIC® WeatherTuff colour range or phone Colormaker on **02 9939 7977** for further advice.

RESULTS *matter*

October was an exciting month here at Cunninghams! Our team brought an impressive range of new listings to market and connected with over 2,400 buyers at open homes. With **51 properties sold and 49 leased in 31 days**, we're proud to see both sales and rentals thriving across the Northern Beaches.

One of the main highlights? Our auctions! We had 9 properties up for auction on the last Saturday in October, and every single one sold, giving us a **100% auction clearance rate**—significantly above Sydney's average of 65%. It's a testament to our experienced and dedicated team, deep local knowledge, and the confidence of our community.

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V A M O S

Strength Training

Scott Hood from VAMOS shares some solid gold strength training tips:



How hard should I work in a strength training session?

Strength training should prioritise correct exercise technique. First, ensure the right muscles are engaged and the movement is safe. This reduces injury risk. While perfecting your technique, use lighter weights. Aim for higher repetitions in each set, such as 10-12 reps.

Once you have perfected the technique, the goal is to push your muscles to overload in each of the main strength exercises. Overload refers to the process of pushing your muscles out of their comfort zone and is where the desired adaptations occur. This is where you damage the muscle fibres, causing them to rebuild back stronger over the next 2-3 days.

As a general guide, you want to use a weight that feels challenging (where you see signs of

overload) in the last 1-2 reps of each set. For example, if the target is 3 sets of 8 reps on a lat pulldown, you want to be using a weight that gets you towards overload by reps 6, 7 or 8.

3 main signs of overload include:

1. Your technique starting to falter.
2. Other muscles becoming involved to support the movement.
3. You're unable to stick to the same controlled tempo/speed.

Strength training often makes you less sweaty or out of breath than cardio, HIIT, or group classes. This is normal. The movements are more controlled and slower, which conditions your muscles better.

At VAMOS, our coaches and tech ensure everyone trains correctly. They also ensure each person trains at the right intensity.

How many strength training sessions per week do I need to do to achieve results?

The right answer is personal. It depends on many factors.

These include your current strength and fitness, past training, and your current exercise routine. They also include any injuries, your available time and equipment, your goal, and how quickly you want to achieve it.

At VAMOS, most people train twice or thrice a week. However, this varies based on goals, experience, and schedules. Those doing two sessions weekly often see a 20% strength boost in 6 weeks. After 12 weeks, the increase can reach 45%.

Many think they must strength train more than is necessary to get results. We've seen amazing results from people doing just 1 session per week, especially if they are new to strength training. The main thing is you must train consistently each week, no matter if you are on a 1, 2, or 3 times per week programme. That is the key to results. If you miss a couple of weeks, you'll start to lose your strength gains.

Another key aspect of strength training is rest and nutrition. They help your body adapt and make the most of your hard work.

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Starts Friday 29th November - Ends Friday 6th December

V A M O S

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- 6 weeks training to gift a friend (worth \$495)
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* The \$2,500 priced upfront payment sale is strictly limited to the first 50 joiners and will be withdrawn from availability when this limit is reached. The pay monthly option will remain available throughout the sale period. The total amount payable for the pay monthly option = \$3,000 (12x \$250 monthly payments commencing on the 1st January 2025). Membership can be frozen/extended for a maximum of 2 months. T&C's apply.



It's funny how the climate's changing

Mal's Wild Side

Can't "tree huggers" ever see the amusing side of planetary collapse?

When I worked for an environmental charity, I organised a fundraising night at the Comedy Store called "Green Roast". Comedians were invited to ridicule environmentalists in order to raise campaign funds. It proved that "Greenies" aren't always the miserable sods they're made out to be. Some of the banners at climate protests raise the occasional smile too.

American humourist Marc Maron says that the reason we're not more concerned about the world ending is that, deep in our hearts, we know that we did everything we could to address climate change...We brought our own bags to the supermarket. British entertainer, Romesh Ranganathan, meanwhile reflects, "I don't want the planet to come to an end, but I also can't be arsed to rinse out a yoghurt tub." UK comic Jo Brand has a different take, "I'm sure in a society where people lose their sh*t

if their Deliveroo order is five minutes late, we will cope magnificently with global food shortages."

I preferred it when the weather was the boring bit at the end of the news, not the scary headlines at the start, but I don't get the problem with ice bergs melting and the sea level rising. Won't the excess water just flow down the edges of the earth anyway?

I told a mate that he really shouldn't be using straws anymore. He replied, "Yeah, I know, it's bad for the environment." "True" I said, "but it's also a really weird way to eat your spaghetti!"

Which leads us to Christmas jokes:

Some chess players checked into a hotel and lingered in the lobby, discussing their recent tournament wins. Eventually, the manager asked them to disperse. When they asked why, he said "I can't stand chess nuts boasting in an open foyer".

A man walks into a pharmacy and says, "Can I have a bar of soap, please?" The assistant asks, "Do you want it scented?" The man replies, "no, I'll take it with me."

My wife called out to me from the other room, "Do you ever get a shooting pain across your chest? Like someone's got a voodoo doll of you and they're stabbing it?" I said, "No". She said, "How about now?"

When life brings you lemons, make lemonade. If it brings you melons, chances are you're dyslexic.

Which leads us to seasonal riddles:

1. What's orange, over 70 years old, has caused great harm to the environment and is a huge embarrassment to the USA?
2. What's green, fuzzy, has four legs and will kill you if it falls out of a tree?
3. What's green and croaks?
4. What do you have if you have one small green ball in one hand and one small green ball in the other?
5. What's Good King Wenceslas's favourite pizza?
6. What do you do with 365 used condoms?

It's a special time of the year so I'm sure my father will be looking down on me. He's not dead, just very condescending. Best wishes for Christmas, have a wild 2025, and remember "Soy to the World!"

*Riddle Answers:
1. Agent Orange 2. A snooker table 3. A dying environmentalist 4. Kermit the Frog's full attention 5. Deep pan, crisp and even 6. Re-cycle them into a tyre and call it a Good Year.

Words: Mal Fisher



The Granglers! Kayleigh and Lynleigh, Greig Wranglers

Environment

How to live peacefully with our scaly critters

Many of us live on the Beaches for its natural beauty, unspoilt bushland and wildlife diversity. Snakes are an integral part of our ecosystem, playing a crucial role in maintaining balance.

Without them, we could face being overrun by rodents, many of which carry harmful diseases. Personally, I love snakes! They are quiet and clean, mind their own business, and perform a free pest extermination service. They don't dig up the garden, wake you up at 5am, or eat the rose-bushes or anything from the veggie patch.

Australia is home to at least 200 species of snakes, the Beaches home to 13 of those, mostly non-venomous or only mildly venomous (venom not medically significant to humans). The others, despite being classified as 'dangerously venomous', are usually in a big hurry to get away from us and avoid confrontation.

The only snake that is a danger to you is the one you interfere with. Generally, snakes will only hang around if your property provides one, or both, of the following: Food and/or Habitat. To discourage snakes from settling in your yard, here are some practical tips:

Maintain Your Property: Keep your property free of debris, woodpiles, discarded building supplies. Keep the grass nice and short. If there is nowhere to hide, they won't stay. Don't leave garbage and food scraps lying around. This attracts rats. Rats attract snakes.

Train your pets: Teach your pets to stay away from wildlife - for their safety as well as that of

the wildlife. I grew up in Zimbabwe with puff-adders, cobras, boomslangs etc. My parents taught all our pets to respond to instant recall and we never had any untoward pet-wildlife interactions.

Educate Your Children: Snakes are extremely fascinating to children, and they should be encouraged to appreciate them. We recommend appreciation from a distance, however, so as not to panic the animal or to make them feel cornered. Kids with an appreciation, a love and a respect for snakes are much more likely to be safe around them.

Stay Safe While Bushwalking: Wear socks and sturdy shoes. Try to take a compression bandage with you. Most snakes sunning themselves on pathways will slither off when they sense vibrations, but if you surprise one, just wait quietly for it to recover and move off. They are only interested in finding safety and avoiding confrontation. Avoid panicked or quick movements which may frighten them.

Gardening Precautions: Always wear sturdy boots and gardening gloves. Don't leave your shoes outside. Snakes (and spiders) love a nice warm, dark hidey-hole.

If a Snake Enters Your Home: Don't panic. Remove people and pets from the room and call us on (02) 9413 4300. Keep an eye on the snake's whereabouts so that when the snake-catcher arrives, they won't have to search for hours! If not comfortable doing this, close the door to the room the snake is in and place a rolled-up towel across the bottom. Snakes generally end up indoors because they have been brought inside by a pet. These snakes have usually sustained an injury during the interaction and will need to be rescued and given treatment.

NEVER attempt to harm or handle any snake. Snakes are protected and harming one could result in a hefty fine and/or jail time. Most importantly, be kind to snakes. They are truly remarkable creatures.

Sydney Wildlife Rescue relies on donations to support their services. To donate visit sydneywildlife.org.au or call (02) 9413 4300 if you see an animal in need of rescue,

Words: Lynleigh Greig OAM

Surviving Holiday Gatherings

A guide to family dynamics and sanity preservation

Ever walked away from a family Chrissie and thought, “thank god I don’t have to do that for a while”. Well, you wouldn’t be the only one. Family gatherings can bring on good times, shared laughter, and fond memories, but they can also involve uncomfortable dynamics, judgments and awkward conversations involving unsolicited commentary about your life and choices. In family systems, everyone has their roles, their go-to moves, their catchphrases and alliances. Here are some tips to navigate so you have the best possible experience.



Jingling all the way to domestic bliss this Christmas

Step 1: Know the Cast

We all have that uncle who has opinions about everything from the gravy to global politics. And let’s not forget the odd ball cousin who believes every conspiracy theory under the sun. Instead of wishing they’d magically change this year, anticipate their behaviours and set your expectations accordingly. This will help you stay regulated whilst also practicing acceptance of who they are.

Step 2: Decide Your Role in the Family Play

Holidays can bring out the inner child – especially when everyone reverts to roles they’ve held since the ‘90s. But this year, try choosing a new role. If family debates suck you in and get you riled up, perhaps try sitting in as the observer or the witness, rather than the defender or protector. Watch the unfolding scenes with mild curiosity instead of diving into every plot twist. Enjoy the humour in the dynamics as you sit back and stay regulated. Be an audience member enjoying the dramedy rather than an actor in the play.

Step 3: Pack Your ‘Mental First Aid’ Kit

Just like you’d prepare for a weekend away, pack a mental toolkit for the holidays. A simple grounding technique – like focusing on your breath or silently naming things in the room – can help you stay present when you feel those stress signals creeping up. Even planning a few conversation-shift tactics, like “So, tell me about your trip”, can steer a discussion when things get a little too heated or awkward.

Step 4: Have a Go-To Escape Plan

Sometimes the best strategy is a moment of retreat. Maybe it’s stepping outside for some fresh air, playing with the kids, or even a simple bathroom break (nothing beats a silent five minutes of scrolling puppy videos, right?). Small breaks give you space to reset, especially if old triggers start getting activated. And, when you do return, you might be surprised at how that little bit of distance has calmed things down. Remember, you don’t have to stay engaged the whole time. Take a time-out when needed.

Step 5: End on Your Terms

We all have that one relative who can’t seem to let anyone leave without a “final word.” Know that it’s okay to end conversations politely but firmly. A gentle, “Thanks for the chat – let’s catch up later” can let you exit gracefully when you’re ready.

Remember, the holiday season is about coming together and aspiring to feel joy, love, happiness, and connection. But bring your boundaries and self-care to the party too. Preserving your peace isn’t selfish, it’s smart and necessary. Do what you need to do to make your day as conducive to your mental health as possible.

Words: Scout Smith-O’Leary

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



Sorry Santa, parents are laying claim to the big item presents from now on

A Little Advice

Millennial Parents and the Christmas Moral Conundrum

Q. I don’t really want to tell my kids a magical man called Santa brings them presents or that there’s a magic elf watching their behaviour, but I also don’t want them to go to school and ruin other kids’ Christmas. What do I do?

A. I’m a firm believer that parents should be encouraged to parent according to their own values and beliefs, and not a set of values marketed to us by conglomerates. I too have a knee-jerk reaction to ‘Santa’ and the effect it has on all of us to create a magical, wholesome experience for our children (whilst lying through our teeth). And don’t get me started on the irony of an elf that requires us to do literally anything BUT merely place it on a shelf. Seriously, the expectations on parents these days are out of control!

But while I’ve considered cancelling Christmas many times – usually when I’m at my wits’ end no amount of wine will help – I’ve ultimately come to the conclusion that believing in Santa never harmed my childhood and in fact it made it more magical. And while we can lament that Santa is a made-up Western construct, actually every culture has their own version of a magical person/s who bring gifts. There’s Ded Moroz and his granddaughter Snegurochka in Russia, the 13 mischievous Yule Lads in Iceland, Hotei in Japan, and many more.

Perhaps rather than unsubscribing from the Santa message all together – and risk your child becoming the grim reaper of Christmas – you can curate what Santa means in your family.

For example, in our home, Santa brings the presents in the stocking, mostly inexpensive items that they needed anyway, such as books, clothes, drink bottles and some cheap plastic toy they once had a tantrum over in Kmart. Think party bag, but elevated.

Whereas the bigger, more expensive present, comes from my husband and I. It’s a social trend I’m trying to start amongst my parent community, where we all agree that Santa brings the items under \$20, much like the agreement that the tooth fairy drops gold coins only. I don’t want to hear some kid on the playground saying Santa bought them a trampoline, whilst another kid only got some playdough. Can we at least agree on *this*?

But if the Santa narrative really doesn’t align with your values – and I encourage you to think carefully on whether this is really a problem you need to take on at such a busy time of year – then of course, do what works for your family and forget about everyone else. Your kid, your rules.

Merry Christmas, happy holidays and good wishes to everyone in the Northern Beaches community.

Are you in need of **A Little Advice**? Email mail@thetawnyfrogmouth.com.au with important questions or contentious topics.

Words: **Candace Little**
Candace is an award-winning screenwriter and content writer. Follow on IG @[candacelittlewriter](https://www.instagram.com/candacelittlewriter) and find out more at candacelittlewriter.com



Nip ChristMastitis in the bud by keeping bub's feeds regular all festive season

Health ChristMastitis

Christmas is a beautiful time of year to show off your new baby to your family. All those extended aunts, uncles, and grandparents ready for a snuggle with your sweet baby! This is all absolutely wonderful, however did you know that the highest incidence of mastitis is on Boxing Day? The day after big events is a very common time for mastitis to occur.

Why does this happen?

At home, mum and baby do lots of regular, frequent feeds, often taking their time and having lots of boobie snuggles. But when your baby is being passed around and held by everyone else, maybe being kept quiet or asleep in those loving grandma arms, you may find that you accidentally skip a feed, or you feel bad taking the baby back, so you go longer between feeds. Another thing that can happen to our lovely mums who are doing a million things, organising all the joy, presents and food, is that we get a bit burnout and don't get enough rest or food and hydration for ourselves.

How do we avoid this?

Prevention is better than cure:

- Remember to keep your feeds regular. If that means you need to duck off somewhere quiet to feed or whip a breast out at the dinner table, so be it! Baby needs to eat too.
- If you find yourself getting fuller and uncomfortable, get your baby back and feed.
- Older babies (from 3 months up) can be really distracted at the breast when there are a lot

of people around, so you may need to sit in a darker quiet space to stop them from popping on and off so much.

- Let people take care of you. Let them bring you food and water. Soak up the time being a new mum and let people dote on you for a change.

If you find yourself with mastitis symptoms

Make sure to eat and drink well, feed as per your normal schedule, you can alternate Panadol for pain and Nurofen for inflammation, ice those breasts to reduce inflammation and get lots of rest between feeds. Try not to overdo it. If your symptoms worsen, or if you develop fever, you may need to see your GP for Antibiotics.

If you are expecting

Consider taking a breastfeeding class which I hold monthly in North Curl Curl to prepare you for everything you need to know about feeding and those critical days and weeks postpartum.

Any feeding concerns

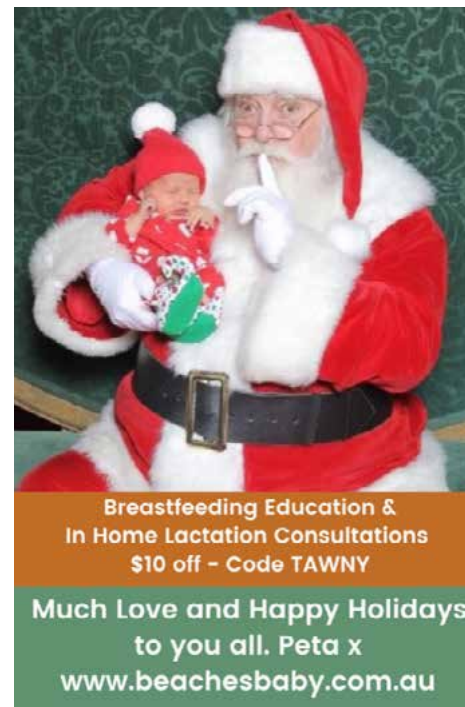
Book an in-home lactation consultation where we can go through everything that has happened so far and do a full feeding assessment to help you with a plan moving forward.

Tawny readers get **\$10 off** classes and consults with the code **"TAWNY"**.

Much love and Happy Holidays to you all!

Words: **Peta Arthurson**

Peta Arthurson is an International Board Certified Lactation Consultant and founder of **Beaches Baby** www.beachesbaby.com.au



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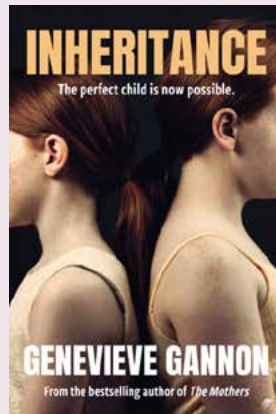
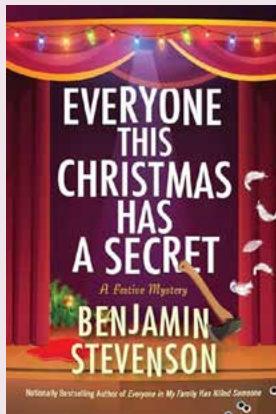


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Australian novels you can't put down

Tawny's Bathtub Bookclub

Christmas crime for everyone

I didn't think Sydney-based author and award winning stand-up comedian **Benjamin Stevenson** could surpass **Everyone In My Family Has Killed Someone** but just as surely as Christmas comes around too fast every year, he has done just that with his latest book, **Everyone This Christmas Has a Secret**.

Crime writing is a crowded genre. Somehow Ben has cut through with his originality, entertaining and intriguing story telling. So fresh, it must be organic.

It's hard to write about thrillers without giving the game away so I won't. If you like reading crime novels, and even if you don't, give Ben's books a try. He's speaking at a Northern Beaches Council library event at Manly Library on 27 November at 6.30pm – be there, get a signed copy and see if he still does comedy now he's a crime writing legend.

Joan Sauer's Echo Lake, a debut crime novel set in the Southern Highlands, was published in 2023 and went under my radar. I'm so glad I stumbled on it at Manly Library. This is a gem of a book. It keeps you guessing and is relatable on so many levels.

The writing, the plot, the description of place and people is so well done that I swear I know those people and their dogs. The author is no stranger to writing, she's a screenwriter, producer and author of 14 books but this is her first dive into crime. I was hooked from the first page and could not put it down. Nothing got done for two days except me inhaling this book.

Another great Manly Library find was **Inheritance** by award-winning Sydney-based journalist **Genevieve Gannon**. This is a deeply disturbing

book. It's not a crime novel in the strict sense but it felt like one to me because the core of the story is genetic modification (GM) – is GM a crime? You decide. It's a social dilemma-style novel with dystopian themes that felt all too possible.

At its most basic it's a story of Emily's journey to becoming a mother, and another story that traces Adelaide's same journey 30 years later. Both are struggling with GM in their own way. It's a very human story and makes you question the merits of GM regardless of how determined you are to give your offspring a head start in life.

Where to buy

Local is always best, Berkelouw Books Balgowlah, Humphreys on The Corso, Manly, and Harry Hartog at Warringah Mall or check out your local library like I did!

Words: **Paige Turner**



'Where are you going to, little brown mouse?'

Art & Culture

The Gruffalo Review

What an incredible production! Family favourite **The Gruffalo** was a fun filled musical that brought out lots of laughter from the audience. From the singing to the humour, the story of **The Gruffalo** was brought to life on the stage.

With the stage being set in a lush green forest, it really set the scene for the audience to immerse themselves in the performance. We were introduced to a familiar character at the beginning of the story, the brave but timid mouse. He faced many challenges along the way while trying to follow his map to his next meal, the delicious nut.

We followed Mouse's journey as he came across the Spanish snake (complete with maracas), the sly fox and the wise owl. Through the power of song, the actors captured the personalities of the characters perfectly.

The Gruffalo had it all! Laughter, scary parts and an important moral we can all learn from. It taught me that being clever and brave can help you overcome challenges, no matter how big or scary they are. The message of believing in yourself is an important one.

This show was entertaining and a great outing for the family. Who doesn't love **The Gruffalo**?

If you loved **The Gruffalo**, be sure to see the sequel **The Gruffalo's Child** at Glen Street Theatre in 2025! Tickets on sale now at glenstreet.com.au

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



Chris Beverley with an outstanding Dolphinfish

Fishing

What's Biting, Clint?

What a month it's been with Pelagic species moving in along our coastline. The big driver has been the water quality, northerly currents combining with warmer water leading to masses of Slimy Mackerel stacking up off our headlands and wrecks.

When we get massive bait schools like this, we see species like Dolphinfish (Mahi Mahi), Kingfish, Marlin and Tuna move in to feed. Dolphinfish are somewhat of an anomaly at this time of year but experienced fishos know fish don't care about time of year, they care about water temp, quality and food.

Chris Beverley was all over the elements, locating a Dolphinfish school in the 1-1.2m range. If you locate a school like this, only take what you need. The fish will eat whatever you throw at them. Their eating quality is first rate, for a day, then the flesh starts to break down.

Closer in, quality Snapper continue to be caught in good numbers. Better fish are falling for larger plastics in that 7-9 inch range whilst pan size snapper are favouring oily fish baits. Kingfish are moving closer in with reports of fish in that 15kg range destroying anglers.

From the stones, Bonito tuna and Tailor have started to show up in better numbers. Metal lures and jigs have been working well for them. Look for washy areas around headlands.

In our bays and harbours, whiting and flathead continue to dominate. The whiting are exceptional sport on light gear and taste just as good. Look to use 4-6lb fluorocarbon leaders and quality baits like beach worms or nippers to target them.

Words: **Clint Harwood IG @aussiecavemanclint**

PHOTO OF THE MONTH



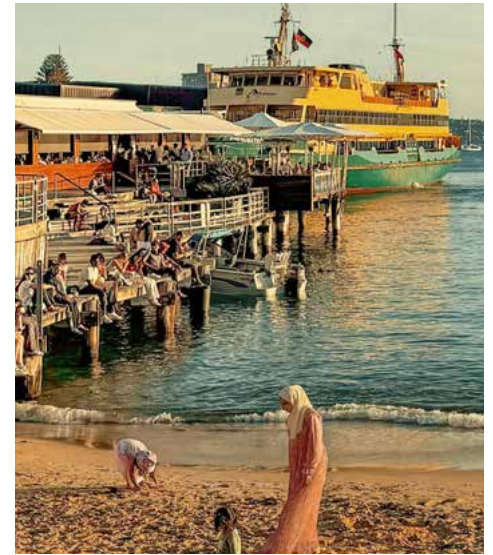
Subject Learning to fly
Location Andrew Morgan



Subject Long Reef
Photographer Liz Cooper



Subject Friday feels
Photographer Will Deer



Subject This is Australia
Location Mat Geyer IG@g_eye_r_photography



Subject An Australasian Darter at Manly
Photographer IG@ Twitchbirdisthat



Subject Brush Turkey caught red handed making a mess in Newport
Photographer Shannon Morrison



Subject North Curlly Bluey
Photographer Laurie Wilson



Subject A fluffy fledgling Tawny
Photographer Raymonda Dijkwel



Subject Never Enough Love
Photographer Yuna Kim



1. What is the name of the new brewery that has replaced the Manly Wharf Bar?
2. Which of the following beaches is one of the very few on the east coast of Australia to face west? Avalon Beach, Shelly Beach, or South Curl Curl Beach?
3. Kenneth Road in Manly Vale splits which Northern Beaches golf course?
4. The Bondi to Manly Ultra is a run hugging the coast from Bondi to Manly, raced over how many kilometers: 20km, 40km or 80km?
5. If you were driving along "The Serpentine": Starting with B, which Northern Beaches suburb are you in?
6. Which vegetable is said to give Popeye strength?
7. Would you blow, strum, or beat a mandola?
8. Panini means "small bread" in which language?
9. Common slang for an accountant is a "what" counter?
10. With which deceased celebrity would you associate the estate Graceland?
11. If McDonald's signature burger is the Big Mac, what is Hungry Jack's signature burger?
12. In which individual sport would you associate Alberto Contador?
13. What is the main vegetable ingredient in the Greek Dip Tzatziki?
14. Which of the 3 male Seinfeld characters had a dilemma with "Shrinkage"?
15. What is the more common name for garbanzo beans?
16. In what country did Schweppes originate?
17. Former Wallaby coach Eddie Jones currently coaches which national team?
18. Area wise which is the largest, Australia, the Amazon Rainforest, or the Sahara Desert?
19. What is the only country name that contains the letter G twice?
20. Uttering which Shakespeare play's name out loud in a theatre is said to cause bad luck?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

A Beaches beer war is brewing with grog merchants, local, interstate and international, vying for froth supremacy every way they can.

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Star Signs by Krystal Bawl

Sagittarius Nov 23 - Dec 21

Christmas isn't your thing, sure, but embrace Silent Night for a few weeks and Santa will reward you with hush money.

Capricorn Dec 22 - Jan 20

Responsible drinking is an oxymoron, especially for you in the swilly season. Don't get huffy, not saying you're a moron.

Aquarius Jan 21 - Feb 19

Your search for life's meaning is taking you to some strange places. How about living in the moment and enjoying it?

Pisces Feb 20 - Mar 20

You've been teetering on that fine line between pleasure and pain for a while. Choose pleasure, always a winner.

Aries Mar 21 - Apr 19

Carrying that sprig of mistletoe with you is not a legal defence for pashing off complete strangers. Nice try though.

Taurus Apr 20 - May 21

Start polishing up your favourite arguments for Christmas lunch, or the turkey won't be the only one getting stuffed.

Gemini May 22 - Jun 21

Remember when life was non-stop fun? No. Well come on, time's wasting, rev up the fun machine and go full throttle.

Cancer Jun 22 - Jul 22

Take it slow? No way! You've found your true love (again) and can't wipe the smile from your dial. Long may it last.

Leo Jul 23 - Aug 22

It's party season so break out your dance moves and dance like nobody's watching, 'cos luckily, they're not.

Virgo Aug 23 - Sep 23

Money may be tight this year, but while Christmas is a time of giving, don't forget the best things in life are free.

Libra Sep 24 - Oct 23

December is your B month: Be brave, be bold, be beautiful, be a bit bad but still behave because you're the best.

Scorpio Oct 24 - Nov 22

Everyone's upset with you, but you have to stop beating yourself up. It's not your fault you're right about everything.



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Tivia Answers

1. Rooster 2. Pittwater 3. Yes 4. Blue
 5. Warrewood 6. Cricket (BBL) 7. Friday
 8. Furotose 9. Snakes 10. Bottom 11. 4 12. Snake
 13. Father 14. Blue 15. Sydney
 16. Ginger Spice (Geri Halliwell) 17. 3 18. E & X
 19. Green 20. Estonia

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

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FUNDS FOR
WILDLIFE.

MUSIC
FROM OG
LOVE
DOCTORS

4TH
YEAR

A COMMUNITY BREWED BEER TO SAVE AUSSIE WILDLIFE

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