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Discover Bellburra... and see why many have *already* chosen to call it home

By Karen Mattingley

Half of Bellburra's apartments are now sold. So, I've had several opportunities to speak with future residents about what they love most about this boutique retirement village in Allambie Heights.

While everyone's circumstances are unique, here are the six common reasons they've decided to call Bellburra home.

1. Quiet and convenient

With just 24 three-bedroom apartments in the retirement village, everyone loves Bellburra's small and low-rise design.

Having the best of both worlds is a major draw: tucked away in nature in a quiet spot with the convenience of local transport, essentials and cafes, all within a 10-minute walk.

2. Oversized apartments

Most are pleasantly surprised by each apartment's spacious design, particularly the high ceilings, wide corridors, ample storage and multiple outdoor spaces.

They're also excited to know there's plenty of room to entertain family and friends – even for short stays.

3. Low-maintenance retirement

With many downsizing, they're looking forward to a future of less worry, upkeep, and administration that typically comes with living in a house or strata title. They now leave it to the village management, maintenance and gardening teams.

*Two things to know: 1. You will have to pay a departure fee when you leave this village.
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G'day Beaches

Miss us? No February Tawnies for our annual RnR in the nest, but back now, featherier than ever and ready to soar.

Thank you, Vittoria Viecei, your cover eerily familiar of many a gruelling walk headlong into a raging southerly. Congratulations Clare O'Reilly, Letter of the Month highlighting crucial work needed to overcome the nation's deadliest cancer for women. And Liz Cooper, winning Photo of the Month, and \$200 to splash at The Mona, courtesy of two Long Reef shelf voyagers.

Sophie Scamps revs the tax-cut engines, her proposal to assist 33,000 small businesses. Michael West stages a quest to survive the suer. Brendan Ryan surveys our Boomer property market. Manly Writers' Festival opens up chapter II. Seaforth unveils the ultimate in feline retreats. Mal Fisher profiles the far less loveable "Bluey". Jesse Gardiner preps students to conquer Mt HSC. And Bucketty's chalks the Chalky's.

Happy Day Patty's Day!

Liam



Zali Steggall OAM MP
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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.



George Pittar, Pipeline dreaming

Peninsula Wash Up

George gets totally Pittar'd

Congratulations to North Steyne Boardrider's **George Pittar**, breaking onto the WSL Dream Tour and opening the Rookie floodgates with a 5th place finish against the world's best in flawless 10-foot Pipeline. Having prepared poorly at the 1-foot 2024 Pipeline Masters at North Steyne, defeated by Queenscliff Gumbies, George was ready to rumble in Hawaii, and looks set for an epic 2025, with events in Abu Dhabi, Portugal and El Salvador coming up before the natural footed silk slinger returns to Oz for Easter, ready to ring that famed Bell down south in Torquay.

The stage is set

Well done **Lola Adams**, winner of 2025's Tawny Frogmouth Glen Street Theatre Junior Reviewer role! And thank you to all the young scribbling stars who submitted entries. Lola is now set to capture the rollercoaster of emotion, intrigue, plot twists and broken legs for this year's Glen Street performances of "Josephine Wants to Dance", "You Are a Donut", "Ratburger", and "The Gruffalo's Child".

24 hours of Gettin' Silly

In September 2023, **Fletcher Crowley** had a life-changing mountain bike accident, suffering serious spinal injuries and is now a paraplegic. More determined than ever to push limits, Fletcher is teaming up with **Jody Mielke** - who represented Australia in Mountain Biking - and this duo will Swim, Ride, Paddle and Walk/Wheel for 24 hours on Saturday 5 and Sunday

6 April, 10am - 10am at Narrabeen Lake! Why? To raise money for the **Perry Cross Spinal Foundation**, whose research is on the doorstep of a cure for serious spinal injury, a total game changer. Everyone is invited to join the action on 5 and 6 April, plus DHARCO Clothing will light up the BBQ to keep all Silly Billies fuelled and raging strong. To donate, visit fundraise.forsci.raisealysite.com/t/getsillyfor24hrs

Surf's up Seniors!

In late 2024, MWP Community Care teamed up with Surfers for Climate, Manly Surf School, and World Bodyboard Champion Ben Player to create "Silver Surfers", empowering local over 55's to paddle out, score fun waves, and have an awesome time at the beach. This initiative is powering on in 2025, with sessions every fortnight. Surf to events.humanitix.com and search "Silver Surfers" to book your spot, and we'll see you at the beach!

Having a Ball for Jeff

"We show up for each other" is a key pillar of **Vipers Run Club**, a community set up to create a healthy space for men to connect. But life is not all sunshine and roses, with a Vipers RC founding member **Jeff Jenkins** being recently diagnosed with motor neurone disease (MND). To get behind Jeff and his family, on Saturday 5 April the Vipers host their inaugural Community Ball at The Manly Pacific Hotel, with all proceeds to support Jeff and his family as they navigate life with MND. You are cordially invited, but hurry, tickets sure to sell out fast: vipersrun.club.com/viper-community-ball

Recurrence no more

Have a recurring injury from your favourite sport, activity or the gym? Rehabilitate and balance your muscles with Turning Pointe Pilates' semi-private sessions. These have a maximum of 4 participants, meaning you'll be guided on how to strengthen your body to support recovery, reduce pain and avoid future injury with bespoke exercises catering to your needs. Or, if stuck in an exercise rut, challenge your balance and work on your aerobic fitness with Move and Groove or Adult Ballet classes run by ex-professional dancer and Turning Pointe Pilates owner Lisa Peresan. Mention "The Tawny" before 31 March to receive 50% off your initial consultation and 1 FREE group class.

Words: **Liam Carroll**

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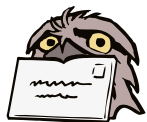


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Letters to The Tawny

LETTER OF THE MONTH

The deadliest cancer for women in Australia

Dear Vanja Wilson, thank you for your article about ovarian cancer, giving much needed information about this terrible disease. I can identify with your experience as I lost my daughter to ovarian cancer and, like you, I am very angry that it is the "Cinderella" of cancers. As you said, there have been no significant advances in treatment the last thirty years, and it is usually only diagnosed when it is at an advanced stage.

Most doctors seem to have little awareness of the symptoms of ovarian cancer. One of the early signs is often bloating, but few people know this. Ads for bloating medication often appear on TV with no mention of a possible link with this cancer.

I wish you all the best for the future as you raise funds for research and face the likelihood of recurrence. You are making a difference and I admire you very much.

Clare O'Reilly, Fairlight

E bikes running wild

There is a growing threat to Community safety with the improper use of the popular "Fat Boy" E bikes - the preferred choice of teenagers. When ridden at excessive speed with several pillion passengers they become a grave danger to pedestrians. The weight is over 200kg, and anyone hit by one will suffer severe injuries.

Turns out Council Rangers have no power to enforce

rules as riders under 16 are not obliged to provide their personal details to them if breaking rules, such as riding through the Corso. Even if Police hand out fines or warnings there is nothing to stop riders causing problems. Maybe confiscating bikes for say 3 months might help educate riders.

I am regularly telling riders to slow down and stop riding in the Corso. Some adhere to the advice, others not so obliging! Hopefully things will change before a family has to suffer the trauma if someone is injured, but who will pay for expensive medical treatment needed as a result? This is a serious issue that demands urgent action.

Peter Fysh, Manly

Eroding our future

Our local MPs tell us the coastline is eroding at an alarming rate and unless we stop digging and pumping our world will be drowned and burnt to a crisp. Let's agree but ask them to use polly money to help Council pay their executive class more and try to avoid upping our rates. Having body-surfed off the point at Manly and other local beaches for over 60 years and tried to catch the 30cm tsunami wave in front of thousands in 2009, I feel qualified to confirm over this time most of our beaches have not changed much. Our beautiful sun is currently experiencing massive solar flares spewing out magnetic waves, creating volcanic eruptions belching millions of tonnes of unwanted gases and together with tectonic plate movements causing islands on the Ring of Fire to sink. According to Robbo's detractors we are to blame because we are creating too much CO2. Maybe I'm wrong too!

Tony, Manly

Responsible economic management

Northern Beaches Council has faced criticism and physical aggression toward local employees over its financial decisions. The community deserves transparency, accountability, and responsible economic management - not politically motivated division.

Since the 2016 amalgamation, the council has reduced its debt from \$90 million to \$18 million by 2025. The council has implemented a Productivity and Improvement Plan to achieve efficiency across 230 services, with staff levels and costs at 39.1% of total expenditure, in line with similar councils. NBC is independently audited annually.

While the council addresses a \$240 million shortfall, which includes crucial infrastructure projects, based on a known state-wide financial crisis, local misinformation campaigns have distorted the facts. Rather than inflaming tensions with falsehoods, most of the new council are focussing on solutions.

In December we resolved to remove two underutilised services. In Jan we reviewed all the facts and broader long term financial plan. In Feb we will review the necessity of local events. In March we are exploring recycling or divestment of any underperforming assets that don't fulfil a core Council purpose within our \$3.9 billion asset portfolio.

Council must continue working closely with residents, sharing transparent financial updates, prioritising shared goals, long-term safety and the financial security of the community. That's the essence of responsible governance.

Cr Joeline Hackman

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It's called People Power

Ah yes, more depressing news. Eight of our fifteen councillors, the people we elect to represent us, (ha ha), have voted to apply to IPART for a whopping 40% rate increase.

So, what can we do to stop it? The answer is that we can do a lot. It's called people power, but the key is that everyone who is opposed to the increase has to do something.

Here are some ideas: Write to those 8 councillors and tell them what you think of their 40% rate hike; Put a protest sign in your front yard or on your waste recycling bins; Write to council and ask how much the executive team get paid - you have a right to know, you pay their wages; Ring up a radio station; Write a letter to the Tawny; Sign an online petition; Write to the Minister for Local Government; Write to your local member; Talk to your neighbours; Demonstrate outside council chambers; Send the council an invoice for the last time you mowed their nature strip outside your home; Walk the streets wearing a sandwich board.

There are lots of things you can do but there is one thing not to do and that is to do nothing. That will never work. Come on Northern Beaches, together we can do this!

Reg from Freshie

Funding our executive managers

Hi Frogmouth. We are in a cost-of-living crisis and Council wishes to add to it via increasing the rates without concern to many who cannot afford it. The main concern for the CEO, 5 Directors and Mayor is to keep their highly paid jobs without any concern to ratepayers. The council could make many cuts to meet the budget

without affecting basic services, such as reducing executive's salaries that are earning similar salaries as our prime minister and making a number of staff cuts. I was surprised to learn via the Manly Observer that over \$25 million is spent alone on executive salaries and many positions could be reduced especially in management positions that include 110 full time staff: 1 CEO, 5 directors, 22 executive managers and 81 managers. This could be considered excessive and one of the many reasons the council is in debt, expecting ratepayers to cover these salaries.

I note that the letter sent out "Re: Future Funding" gave 4 options, all requiring further rate increases, not giving the option of no rate rise. The survey cost was \$173,000. Residents voted for no further rate rise. This was ignored by council.

Council has mismanaged our rate contributions over the years in an uncontrolled spending spree and wish to continue lavishly spending money they don't have, taking on projects that are not value for money, not listening to ratepayers' objections, and holding council meetings costing over \$140,000. They should be the ones to find a solution without rate rises even if it means going into Administration, which would be the best option to control council expenditure and make the required savings as it seems the present administration are unwilling to make.

David, North Curl Curl

PS - To fight council's rate rise go to Facebook and join "Northern Beaches Peoples Voice", with comments from concerned residents and a petition to government. Add your name. It needs as many people as possible. Also, email NSW Minister

of Local Government: office@hoeing.ministernsw.gov.au, NSW Ombudsman: info@ombo.nsw.gov.au and NSW Regulator, IPART, to whom Council has requested the 39.6% rate rise.

Re: Pay the Piper (Jan '25)

We picked up January Frogmouth to note Mick Evans' letter that the bleak financial outlook Northern Beaches Council recently shared with ratepayers to justify hefty rate increases results from Council consolidations and will be fixed by reversing those amalgamations. Assuming Council is obliged to be truthful in ratepayer disclosures, November meeting minutes state: A 2019/20 analysis found the newly formed Council "more than doubled the NSW State Government's \$76.3 million estimated net present value (NPV) savings from amalgamation", "reduced its loan liability from \$90 million in 2016 to (forecast) \$18 million in 2025", "invested more than \$80 million annually (average) in capital projects", "realised budget savings in 2019/20 of \$2.75 million from savings from a review of positions" and "realised a productivity efficiency dividend in 2020/21 of \$2.75 million from savings".

The Minutes go on, but whether or not I agree with big rate increases, Council's financial achievements seem anything but a mess arising from consolidation. It follows that breaking up Council and returning to former fiefdoms is hardly likely to benefit ratepayer interests.

Russell Murphy, Bayview

Re: Money doesn't grow on trees (Oct '24)

Mick Evans is bang on with the urgency of a rates 5th choice: De-Amalgamation. When then

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Premier Baird got the amalgamation going in 2016, we were assured it would be more efficient and cost saving. We live in Manly and that certainly has not been the case. Services have reduced to the point where several community groups clear gutters, maintain parks, the list is long. Waiting years in some cases.

We still have a great heritage Town Hall asset. Despite overwhelming community support for a multi-use development plan, it continues to house office council staff administering a broken digital area parking fee system. Parking that prior to 2021 was free with rates. For several years we've been told to wait for the "Manly Place Plan". The Plan is two years overdue and remains in Draft although it reads very much like the Manly Community Plan of 1998. Cut & paste: Families, safety and

amenity. Yes, we have had a big influx of wealthy residents. I'm reminded when another stately federation is bulldozed for a banker-wankers concrete bunker. Yes, our homes are worth staggering prices. But many older, long-term residents, and particularly younger residents, are asset rich, cash poor, struggling to meet costs.

After 8 years council now has 40 managers, 1,830 employees and the 5th highest paid NSW CEO presiding over it all. And yes, NBC is a large area, but with bonuses the CEO now earns about the same as our Prime Minister at \$587,000. Our 3 local Manly councillors seem missing in action. And yes, State is devolving cost to local councils, but this is not residents' fault and certainly was not what we signed up to with amalgamation.


This 3-tier government bureaucratic buck passing was also never envisaged in our Australian Constitution. When the then Warringah Council was dissolved in 2003, the appointed administrator Dick Persson calmly and efficiently restored faith in the broken council. One of his immediate tasks was to reinstate openness and accountability. Not secrecy, obscure delay followed by meaningless happy or sad face council questionnaires. My optimism is always restored by a mate's assertion several years back that "Manly is always going to be too good to be stuffed up by council".

Alex Graham

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

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Scamps' serious push to cut taxes for 33,000 Northern Beaches small businesses



Small business to keep a bigger slice of the pie

The Federal Member for Mackellar Dr Sophie Scamps is proposing to cut tax bills for small businesses across the country with a tax-free threshold of \$20,000. This would create tax savings of up to \$5,000 a year for eligible businesses. In calling for the tax cut, Dr Scamps said, "It's clear small businesses are well overdue for a boost. Productivity has stagnated in Australia since 2016, and nearly 50% of small businesses are not breaking even."

This announcement comes on the back of 18 months of work by Dr Scamps and her team listening to local business owners on the Beaches. "My team and I have been out and about, door knocking businesses here on the Northern Beaches for many, many months," Dr Scamps said. "I've heard repeatedly how hard the past few years have been for local business and wanted to ensure they are aware of all available supports."

Not only has the cost-of-living crisis driven down consumer spending, but the cost of doing business has also risen quickly with increasing rents, insurance, interest rates and energy costs, a double hit for business. The proposed tax cut also follows on from Dr Scamps' Mackellar Small Businesses Survey which found 86 per cent of respondents identified increasing operating costs as their top concern.

"I have listened to these concerns and developed a policy that cuts company tax for small business by up to \$5,000 a year," Dr Scamps said. "Small business is critical to the Beaches not only because they are the backbone of our

economy and create local jobs, but they are the heart of our communities. These people are our friends and neighbours, often the people we see every week or even every day."

Businesses that have an annual turnover less than \$10 million dollars would be eligible for the tax-free threshold. Instead of being spent on tax, the \$5000 saving could be spent on innovations and efficiencies to grow the business. Dr Signe Steers, who recently opened an audiology practice in Forestville, told the Tawny, "I would use the savings to invest in balance diagnostic equipment to help with vertigo." And a local butcher said he'd invest in energy efficient equipment and fridges to save on energy bills.

"We need to get serious about supporting small business," Dr Scamps said. "The Coalition's proposed policy to reimburse small business owners for taking long lunches would do little to boost productivity. I haven't met many small business owners who have time for a long lunch these days."

Dr Scamps' proposed tax-free threshold is backed by the Council of Small Business Organisations Australia which has long called for the tax burden on small businesses to be reduced. And Reserve Bank of Australia research found that company tax cuts are more effective than instant asset write-offs in promoting reinvestment, innovation and growth in small business.

Dr Scamps has a strong track record supporting lower taxes, which includes voting in Parliament to lower income tax for everyone during the cost-of-living crisis, not just those in the top income bracket. Dr Scamps is also leading the charge with her Independent cross bench colleagues to cut red tape for small businesses by changing the definition of small business from 15 employees to at least 25, something that is strongly supported by the Australian Chamber of Commerce and Industry.

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

Words: **Liam Carroll**

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Provided you have formalised a property settlement with your ex by way of Consent Orders or a Binding Financial Agreement then any future inheritance you get is safe.

But, what if you haven't sorted out a property settlement and you stand to inherit something in the future?

Inheritances are tricky because unless the testator (the person who has left something to you in their will) is actually dead or has lost the capacity to change their will then there is no guarantee of the inheritance at all – we've all heard stories of cats' homes reaping the rewards of someone's generosity in death!

If, however, the testator has died, even if probate has not been finalised, or if they have lost their capacity to change their will, then any inheritance you are to receive, will be taken into account in your family law property settlement, either as property in your hands which forms part of your joint asset pool at large, or as a financial resource to you – being some financial benefit to which you will be entitled in the future.

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Luxury retirement living on the Northern Beaches

What you need to know

Developers are moving fast to meet demand for high-end retirement villages on Sydney's Northern Beaches. The transformation is already well underway. At Harbord Diggers, Watermark has delivered 96 new units. Dee Why RSL's Ocean Grove offers 76, with plans for more. Forestville RSL has committed \$77 million to build 55 luxury residences, while the Builders Club in Dee Why is moving forward with its own plans. In Narrabeen, the Wesley Taylor site is slated for a \$220 million development with 120 units, and at Allambie Heights Village, construction is wrapping up on 24 new units priced between \$1.6 million and \$2.4 million.

And then there's the big one. Just before Christmas, Aveo announced a partnership with the NSW Government to redevelop the old Manly Hospital site. Marketed as a "health and wellbeing precinct," its financial viability will likely depend on just how many luxury retirement village units are included in the final plan.

But new developments are only half the story. Across the Northern Beaches, there are already around 4,000 retirement village units. Some sit vacant for months, a potential red flag for incoming buyers. Others are snapped up before they even make it to market, available only to those who joined a waiting list well in advance. The market moves quickly, and while retirement village living is often considered over several years, many who have made the move say the same thing – they wish they had done it sooner.

The average person moves into a retirement village at 75, and the average resident is 81. The workload of such a move is immense, far beyond simply de-cluttering and buying new furniture. Every contract is different, with layers of complexity around exit fees, ongoing costs, and what happens if care needs change. While many villages market themselves as a forever home, the reality is that 60 percent of residents will eventually require a residential aged care bed. These transitions can be fraught, particularly when families are faced with unexpected costs at a difficult time.

There has been growing awareness of the risks of signing a contract without fully understand-



The local property market is Boomeraging

ing its implications. Last year, the Retirement Village Residents Association of NSW conducted a survey in response to the ABC's 7.30 Report segment, Retirement Village Rip-Off. Their findings confirmed what many suspected – half of all residents found their contracts confusing, and a significant number were concerned about exit fees. It's a terrible position to be in, to have secured a beautiful home only to realise later that financial uncertainty is part of the deal. No one should have to live in luxury and fear at the same time.

The key is to take it slow. Understanding the financial realities of aged care and the mechanics of retirement village contracts isn't always front of mind when the decision to move is about lifestyle, security, and connection. But the numbers matter. Making a considered choice now means you won't be caught off guard later. For those looking at the growing number of high-end options on the Northern Beaches, a little more time spent asking the right questions will only improve this next stage of life.

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



If you are looking at moving to a retirement village and want to know what we know, call **9173 8560**, email agedcare@laterlifeadvice.com.au or visit www.laterlifeadvice.com.au

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Is Manly's Westy the most sued person in Oz?

Word is you might be the most sued person in Australia? Possibly one of the most threatened, averaging 4 a year – a coveted mantle!

Defamation, right? Mostly defamation, and a sprinkle of 'injurious falsehood' claims as well as a claim for intellectual property theft last year. The bloke behind that was a colourful British entrepreneur who has since gone bankrupt. The aim is to muzzle a story, using lawyers to bully you with the spectre of massive court costs.

But you sort most of it out before it gets to court? Yeah, the usual tactic is a highly indignant letter demanding we take a story down, apologise in words of their choosing, pay the costs of them threatening us, or else. They know most people can't cop the risk of losing a \$2million lawsuit, or more. The Ben Roberts-Smith's case cost \$35million. We usually ring the lawyers straight up. They are uncomfortable about having a human on the other end of the phone. We try to address their client's concerns, offer to take down or amend anything they can establish is wrong, or even unfair.

But this latest one...it hasn't worked? These guys, a Canberra law firm called MV Law, refused to take phone calls or return email offers to address the concerns. They had us served at home instead by a private investigator. It's aggressive. So, we have just got back from the first hearing at the Federal Court of Australia.

Who's behind this one? A guy called Geoff Wade, a researcher in the Parliamentary Library. He claims we defamed him, but we say the story is true. He is a prolific social media poster who tweets about Chinese spies in Australia; he's a political campaigner and China hawk. He reckons our coverage has stopped him getting academic positions at places like Princeton University so is claiming aggravated damages.

That seems somewhat of an overreach, yeah? We hold no grudge against Geoff. There are a million miffed people out there wanting to have a crack at the media, or anybody, for some slight or other. It's the lawyers, who are officers of the Court, who we tend to focus on. We think



Westy's no stranger to Australian suer services

a lot of it is just vexatious, using the court for commercial ends.

You've just had a successful crowdfunding though? You've got a live one this time? Yes, indeed, we raised \$40k within 24 hours on the Chuffed crowdfunding platform. It won't get us through a court case. Lawyers aren't cheap but it helps us to run the business, pay journos and producers and legal fees for a couple of months. We can always go again if they don't walk away.

It's a game of chicken, who blinks first? We can't afford to take down stories we believe are correct and in the public interest. We'd be knocked over the rush of threats from Learned Friends of the ambulance chasing profession.

How about legal reform? What do the politicians say about it? The problem is the mainstream media have the resources, in-house legal teams, large balance sheets, government subsidies. So, there is no political appetite to do much about it. No votes in it. We – independent media – are sitting ducks. We have our ten-year anniversary this year and have not made a payout yet in a legal settlement, but we have spent countless hours fighting these guys to survive.

Interview: **Liam Carroll**
Featuring: **Michaael West**, Michael West Media



This is a meme old world, lady

Global Affairs

\$TRUMP & \$MELANIA

It is the Friday prior to incoming President Donald J. Trump's inauguration. I find myself in Washington D.C. where arguably the second most important backers of DJT gather to celebrate "their guy's victory." Yes, of course, I am referring to the Crypto Industry.

The Crypto Bros are jubilant, smiling ear to ear, displaying decadent watch and jewellery collections that would make a Rap star blush. David Sacks, President Trump's incoming crypto czar, screams at the audience, "The Reign of Terror against Crypto is over." It's impossible to disagree with him as on the same very night the incoming President launches \$TRUMP and \$MELANIA – official Trump meme coins.

Don't know what a meme coin is? They also go by the term "\$h*t coins", serving no purpose beyond speculative dalliance, devoid of economic use or underlying cashflow(s) to back their "valuations."

The \$TRUMP coin shoots up from A\$11 to over A\$110 and currently sits in the mid 60s. Only 20% of the virtual asset has been released to Joe Public, the remaining 80% owned by The Trump organisation affiliate(s), to be sold into the market over the next 3 years. At current prices – should they hold given the potential onslaught of supply – they would generate A\$60 billion to the Trump organisation.

No word yet on whether \$TRUMP or \$MELANIA meme coins will form a part of the proposed Bitcoin Strategic Reserve, but I am sure it won't be through lack of trying. Perhaps this hiding in plain sight is just the beginning as the famed short seller Jim Chanos was quoted as saying, "I'm afraid 'The Golden Age of Fraud' may not do justice to the next four years."

Words: **Duke Boulder**, International Correspondent

PHOTO: DD INDIA

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The Bucketty's family hatching plans for imminent new arrival, Chalky's

Local Business

The Bucketty's family gets a new baby

A former Italian wedding venue turned failed nightclub is about to become something the world has never seen.

A bar and restaurant that doubles as a pool hall, triples as a karaoke joint, quadruples as an intimate cocktail space and quintuples as an incredible live sports cinema! Yes, quintuplets Tawnies, that's what we're talking about. From the executive producers that brought you the smash hit Bucketty's Brewing Co, we bring you...**Chalky's!**

Chalky's is where you'll come for a chilled experience with your crew to really connect with one another. It's comfy, temperature-controlled (because Brooky sure gets steamy), fun and easy.

This is a uniquely epic space, over 600 square Chalky's metres with high vaulted ceilings, a 3am license and main road exposure. Not just any main road mind you, it's none other than the well-versed Beaches beating heart arterial of Pittwater Road. No residential neighbours, meaning no shooshers to get shooshing when the late-night decibels surge. And finally, a big format floor plan that allows us infinite creativity in all the ways to make this venue the funnest joint possible.

We want this to be the big space you need to have you

bouncing between playing pool, banging out karaoke in one of the private rooms, enjoying a fancy-pants cocktail inside Valentines - our exclusive cocktail lounge - and on game days, it's the only place you'll want to be as we show major sports live on a big-ass LED screen with cinema quality sound.

Why give birth to a new baby? Well, after 4 years of grafting beers and music at our current venue on Orchard Road, we decided it was time to step it up and try our hand at a fresh concept, while going all in, guns blazing, The Block style, and have a crack at building a new joint to become its own shooting star and superbly complement OG Bucketty's in the process.

And honestly, while times are tough in brewing and hospitality right now with shrinking margins, people spending less money, and the government robust in excising us into oblivion, it's at these moments when opportunity knocks...and this was just too good an opportunity to pass up.

Hopefully we get it right and you guys love it as much as we're enjoying creating it! Stay tuned for updates. We're shooting for a soft opening in early April. Maybe we should do a special pre-open for the esteemed Tawny readers? That could be cool! We're still working these things out though, so best get back to work so we see you at Chalky's very, very soon.

Follow [@chalkyspoolroom](#) for all updates as 600m2 comes roaring to Chalky's life.

Words: **Nick McDonald**
Co-founder of Bucketty's Brewing Co.

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DRINK IN OR TAKEAWAY

The Manly Writers' Festival returns for Chapter II

Hot on the heels of 2024's top shelf debut, the 2025 Manly Writer's Festival goes into overdrive with 125 writers, academics, journalists, thinkers, and creators putting the quills on ice to jump off the page and onto the stage at more than 50 events for three days of engaging discussions, powerful storytelling, and creative inspiration. A true celebration of the power and joy of reading, writing and ideas. You wouldn't read about it.

Brought to you once more by Festival Founder, (superhuman) Bonita Mersiades, and made possible with the support of The TAG Family Foundation, Fair Play Publishing, Northern Beaches Council, Gleebooks, Hennessy Coffee, Q Stoin Aide de MD, and Manly Observer, the 2025 Manly Writers' Festival offers a vibrant program to spark curiosity and inspire change.

"We are thrilled to bring together such an incredible array of talent for this year's festival," says Bonita. "We hope the festival helps connect people and ignites meaningful conversations through reading and writing."

The three-day event will indeed cover every storytelling possibility and contemporary hot topic, from social media and generative AI to memoirs and biographies to politics local, national, and global to spectacular, iconic, Australian aeronautical reputational decimation, to sport, historical fiction, contemporary fiction, crime fiction, romance and more, to a Schools Program empowering young minds with news literacy skills to separate fact from fiction, to a Copyright Masterclass to assist authors in safeguarding their creative journeys, and to a workshop in the wonder of a personal editor to transform good work into extraordinary, 28 to 30 March submits a voluminous tome of goodies from emerging, local, and celebrated authors.

Highlights of the Program include Friday 28 March's romantic kickstart as Zena Shapter hosts "Long Live the Romance Novel", in conversation with Amy Hutton, author of *Haunted Hearts*, and Ingrid J. Adams, author of *Transcended*. Opening night includes award-winning writer Blanche d'Alpuget's book launch, as she unveils *The Bunny Club* in a special event at Manly Spirits Distillery, complete with themed cocktails and an antipasto platter.

There will be Author Talks with Heather Morris, Peter FitzSimons, Jane Caro, Debra



Meet our authors: Amy Hutton, Don Watson, Joe Aston, Julia Baird, Kate Horan, Magan Magan

Oswald and Lech Blaine. Trailblazing Discussions with Damian Collins OBE and Julie Inman-Grant explore the pressing issues of AI, social media, and online safety, while providing invaluable insights for parents and educators. And a Trailblazing Women event, hosted by Victoria Haskins, in conversation with authors Kerrie Davies, Sarah Gilbert and Josie McSkimming about the women who dared to be different.

What better way for a voracious reader to unwind on a Saturday night than tucking into a charity fundraising literary trivia night! Think you know your Austen from Orwell? Your Shakespeare from Shelley? Your Keneally from Carey? Put your literary knowledge to the test for a night of fun, facts, and fundraising to support the Northern Beaches Community Cancer Charity (NBCCC) at Manly Surf Life Saving Club.

Geraldine Doogue hosts a Conversation Circle on Navigating the Shifting Global Order with Geoff Raby, Dennis Glover, Don Watson and Damian Collins, sure to be thought-provoking and, fingers crossed, more uplifting than horrifying as implications of autocrats and shifting Eurasian powers are examined.

Finally, fly into the event's swan song via a Sunday Session at Manly Golf Club, ensconced in your first-class seats at the Chairman's Lounge for Alan Joyce's favourite author, Joe Aston, one-on-one with Helen Vatsikopoulos, undertaking a deep dive into Australia's cultural and corporate identity.

Head to manlywritersfestival.org.au for all details, the full program and to secure tickets.

Join the conversation on social media using #ManlyWF25 and follow the Festival on BlueSky, Instagram, Facebook and LinkedIn @ManlyWriters

Words: **Liam Carroll**



MANLY WRITERS' FESTIVAL

[WWW.MANLYWRITERSFESTIVAL.ORG.AU](https://www.manlywritersfestival.org.au)

A celebration of the power and joy of reading, writing, and ideas

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28-30 March 2025**

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Peter FitzSimons

Joe Aston

Lech Blaine

Debra Oswald

Meg Keneally

Tim Ayliffe

Amy Hutton

Jessie Tu

Geoff Raby

Kate Horan

and more

manlywritersfestival.org.au



Brookvale's Archangel Vittoria, glowing the way

Cover Artist

Vittoria Viecele

How long have you lived on the Beaches?

I moved here from the eastern suburbs in the late 90s - the best move I have ever made!

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

Italy. My father grew up in Veneto, North Italy and my mother's father too, it feels like a second home. I love the culture, the people, the language, the art and, above all, the food.

What inspired your cover? By a feeling I had while walking along Manly Beach promenade and watching a surfer struggle to walk against the wind as an impressive storm approached. I wanted to capture the drama of the elements and the magnitude of nature's powerful force. I used a traditional Japanese sumi-e ink method, and I combined it with western water colour paper to create a monochromatic contemporary seascape.

How would you describe your art?

Eclectic. I like to dabble in a range of diverse techniques and practices. I have been studying oil painting for many years and with oils I mostly work on Still Life subjects and plein air seascapes. Then in contrast, three years ago I started studying the Japanese tradition of sumi-e ink painting, the complete opposite of painting in oils. I enjoy the paradox of switching mindsets between oils and ink. It helps me stay motivated.

Do you have a favourite part of the process?

The beginning, it's so full of excitement and optimism. The drawing part of the painting is about thinking, planning and composing. People think painting is relaxing but it's not, you are always trying to achieve a desired outcome and feeling. It's a struggle. Ink has its problems too. Once you make a mark on the paper, there's no removing it. I usually do multiple copies of one painting in ink, trying to achieve the desired outcome. Then, part of this process includes looking at the work, accepting the imperfections and appreciating where you have fallen short and letting go of control.

What's it like having your studio in Brookvale?

It's a great place to practice my art while also having enough space to teach small classes and run monthly events like Life Drawing Drink & Draw. Sometimes small groups book the studio for private life drawing events and birthday parties. The community engagement that flows through the studio from facilitating events is very enjoyable, a good contrast to the solitude of working on projects and commissions alone.

Which artists dead or alive would you like to have dinner with?

Salvador Dali would be very interesting and most entertaining. I've seen retro interviews with him and he's hilarious, completely surreal. I'd also like Georgia O'Keeffe and Freda Khalo, both notable female pioneer painters. I could add many more. I'd love to go back to Renaissance times and talk to artists about their practices, techniques and materials.

Are you inspired by certain themes, ideas, and locations?

Connecting to and finding beauty in nature inspires my work and the Northern Beaches has so many diverse natural environments to choose from. Also, I love to observe the way light behaves and its relationship to shadow and darkness. I strive to tap into the feeling of my surroundings and convey that feeling and stillness in the work. I hope that the viewer feels a sense of connection to the location and subjects of my paintings.

Limited prints of the cover art on sale at: www.vittoriaviecele.com.au
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BROOKVALE ARTS DISTRICT



Photo: provided by Holly

On Monday evenings in a basement in Brookvale, artist Holly Mahoney brings us the Underground Sketch Club, creating a life drawing community for beginners through to experienced artists. Holly has been involved with life drawing since she was 16 years of age and has used these sessions to enhance her observation and drawing skills. Now, she is sharing that knowledge and guiding others in honing their craft. With limited opportunities for life drawing on the Northern Beaches she wanted to support the artist community and give people a chance with a live model to help sharpen their skills. Her basement venue with its black curtains, moody lighting and mysterious accessibility provides an underground vibe to the proceedings. Numbers are limited to 10 sketchers per session and all sorts of people at different skill levels have enjoyed the experience.

Sessions start at 6.30pm and finish at 8.30pm. They are held fortnightly, with 9 sessions making up a semester. For 2025, session one started on 10th February and the semester will conclude on 16th June. Single session tickets are available and the cost includes a choice of beverage to keep the sketchers hydrated.

Life drawing has been described by Holly as "capturing a moment" and she seeks to create a very relaxed and welcoming atmosphere for each session, where people are able to learn from each other as well as benefiting from her personal guidance. Word has spread about the Underground Sketch Club and with its regular attendees, a community has formed around the love of drawing.

Holly chose Mondays to bring a bit of excitement and energy to the start of the working week. Bringing that same creative energy, she also hosts Monday daytime classes in her studio for The Watercolour Collective, where watercolour painting techniques and approaches are explored hands-on with Holly.

For more details:
@undergroundsketchclub
@thewatercolourcollective
@hollymahoney.artist

Check out the News section of brookvaleartsdistrict.org to discover more about the Underground Sketch Club, Holly the artist, and her top ten tips for life drawing.



Words: Doug Clark

Local Business

Design Bees

What is Design Bees? We're an Australian start-up graphic design subscription service dedicated to making life easier for small and medium size businesses. We offer unlimited graphic design jobs and revisions, with your very own designer working on your projects every day - all at super affordable prices.

What inspired the idea? I was struggling to find an illustrator for a children's book and reached out to Liz, a friend and former CMO at PayPal. I assumed she'd have the solution, but she'd faced the same issues as a marketing consultant, local design was costly, and overseas options weren't reliable. AI was gathering pace, but every time I tried using AI it missed the mark and just left me more frustrated. AI can only do so much and when it comes to creativity nothing beats a human.

What led you to this opportunity? After leaving corporate roles, Liz and I wanted a change, less travel, fewer meetings, and more time with our young families. Over coffee chats and conversations with local business owners, we realised many shared the same struggles with creating high-quality graphic design. So, we thought, why not help? And that's how Design Bees was born.

Had you worked in this field originally? I've always been in sales and partnerships and Liz in marketing. We both understand how important great design is in driving impact for businesses of all sizes.

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What problem are you solving? Good design is hard, especially for small businesses who require so much of it, from socials to sales brochures, presentations to pricing quotes, video editing to web pages. It takes a special kind of skill to get it right and can be costly



Nathan and Liz getting Design Bees buzzing

and time consuming. Design Bees solves all of those pain points.

What are you doing to expand? Right now, our focus is doing the absolute best work we can, nailing the briefs, so hopefully happy customers tell others. We offer a 7-day FREE trial so businesses can try us without any risk.

What have been the biggest challenges so far? Getting to the end of the day with a to-do list that hasn't grown.

What have been your biggest triumphs? Receiving amazing reviews and feedback, clients who love the fact we have solved a huge headache for them, it all makes the hard work worthwhile and is the reason we started.

What advice would you tell yourself back before getting started? Be patient, focus on the right priorities and grab a new faster coffee maker ;)

Any wisdom for others about to embark on their own entrepreneurial path? Talk to as many people as you can, the Northern Beaches community is full of experienced folks who've been there and can offer great advice and support. It can get lonely, so getting out there and connecting with others is key!

If you or your business has any kind of need for graphic design, head to designbees.com.au and try the Design Bees 7-day FREE trial.

Interview: **Liam Carroll**
Featuring: **Nathan Azouz**, Design Bees Co-Founder



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March 2025 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 0425 0.27 1034 1.74 1636 0.34 2255 1.94					1 0344 0.33 1005 1.94 1630 0.20 2236 1.70	2 0434 0.31 1052 1.87 1710 0.25 2321 1.75
3 0528 0.33 1140 1.74 1750 0.33	4 0008 1.77 0625 0.39 1230 1.57 1831 0.44	5 0058 1.76 0727 0.46 1326 1.40 1917 0.56	6 0152 1.71 0839 0.54 1432 1.25 2013 0.67	7 0258 1.66 1002 0.58 1558 1.16 2124 0.75	8 0413 1.63 1126 0.57 1730 1.17 2246 0.76	9 0529 1.64 1234 0.53 1838 1.23
10 0000 0.71 0632 1.68 1327 0.48 1927 1.31	11 0059 0.64 0725 1.72 1408 0.44 2007 1.39	12 0146 0.57 0808 1.74 1443 0.42 2043 1.45	13 0229 0.52 0846 1.73 1514 0.41 2116 1.51	14 0307 0.50 0921 1.71 1542 0.42 2147 1.55	15 0343 0.49 0954 1.66 1608 0.44 2218 1.59	16 0419 0.50 1027 1.60 1632 0.48 2248 1.61
17 0457 0.52 1100 1.52 1659 0.52 2319 1.63	18 0535 0.56 1135 1.44 1725 0.58 2352 1.62	19 0617 0.60 1213 1.35 1755 0.65	20 0029 1.59 0704 0.65 1255 1.26 1830 0.71	21 0111 1.55 0800 0.70 1346 1.18 1914 0.78	22 0204 1.51 0911 0.73 1455 1.13 2016 0.83	23 0313 1.49 1030 0.71 1622 1.13 2139 0.84
24 0429 1.52 1138 0.64 1738 1.20 2300 0.79	25 0536 1.61 1231 0.53 1833 1.30	26 0003 0.68 0631 1.72 1315 0.43 1918 1.43	27 0059 0.56 0721 1.82 1356 0.33 2000 1.56	28 0149 0.45 0808 1.88 1435 0.27 2043 1.70	29 0240 0.35 0856 1.89 1515 0.25 2125 1.81	30 0331 0.29 0944 1.84 1555 0.27 2210 1.90

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- New moon
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- Full Moon
- Last Quarter

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A successful HSC campaign comes down to just a few highly accessible actions, and when applied consistently, these actions can transform a student from feeling overwhelmed to confidently mastering their HSC journey.

Action #1 – Engage with your why

Motivation is a challenge for most teenagers, especially with the endless distractions available to them. In order for a student to stay focused on their studies, it is crucial that they stay connected to the why behind their HSC. Students must continuously remind themselves of the rewards, achievements, feelings and opportunities waiting for them at the top of Mount HSC. A student who struggles with motivation, procrastinates or gets distracted easily has lost connection to their why.

So, how can students stay focused on their why? We strongly recommend that students create a vision board or another form of visual

representation of their goals. When their goals are front of mind and clearly visible, it acts as a daily reminder of the bigger picture and reminds them of why they are doing the tasks they don't want to do. This visual cue helps reignite passion and energy, pushing a student through tough moments and keeping them on track.

Action #2 – Be effective with your limited time

Teenagers have packed schedules, so it's crucial that every study session counts. When a student is well intentioned with their study, yet ineffective with the tasks they choose to work on, they are less likely to produce the results that they seek and are more likely to feel overwhelmed and underprepared before assessments and exams.

A successful HSC campaign is built around effective study techniques such as taking proactive action, tackling the tasks you least enjoy first and pushing your comfort zone to

complete tasks that are getting your brain ready for the exam room. Building on Action #1, when a student is feeling motivated and connected to their why, they are much more likely to be effective with the limited time available to them.

Action #3 – Know your stuff

Vagueness and uncertainty around foundational subject content can derail even the most committed HSC student. Every student has the capability to know their foundational content really well as long as they put in the daily work and train their brain to recall the key information and concepts under exam room conditions. Just 10-20 minutes each day can produce 'game-changing' outcomes, giving students the confidence to take on the tasks that matter (always the more challenging tasks).

Examples of quick daily training tasks which will ensure a student has high levels of familiarity around their subject content include quote write outs and syllabus mind maps from memory (each mind map is 5-10 minutes).

Success in the HSC isn't about being the "smartest" student; it's about doing the little things well. When students commit to these three simple actions, connecting to their why, using their study time effectively, and mastering the material, improved results literally become inevitable.

Conquer your HSC with
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Words: **Jesse Gardiner**,
Head Performance Coach
at HSC CoWorks





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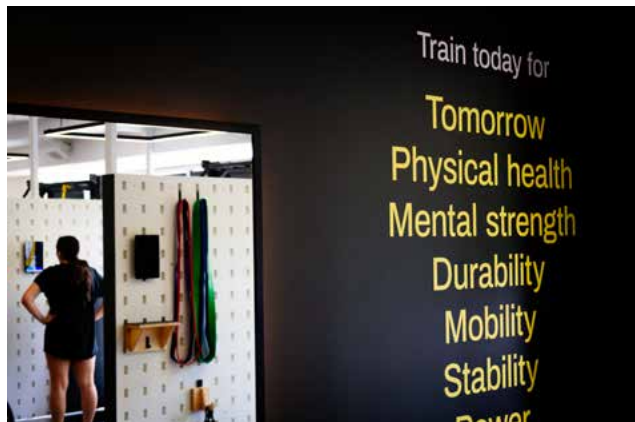
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The journey to health, strength and longevity starts with a single step

Health & Fitness

Facts vs. fiction: 10,000 steps per day

New(ish) year, fresh start, which means new health goals are in their prime. And we have the perfect one for you all.

We've all seen this number thrown around - 10,000 - as the ideal number of steps to hit every single day to optimise our health and wellbeing. We're going to go through the science which will tell us how accurate this number is, and what health benefits you are gaining in the process.

Let's clear something up to start. 10,000 steps is not necessarily the 'perfect number' to hit, although it's a very good target. Fun fact, this number was created as a marketing campaign for a pedometer in the lead up to the 1964 Tokyo Olympics in an attempt to encourage people to be more active. Currently, the research does not indicate just one number to achieve better health outcomes. Instead, they have found an increase in step count leads to a decrease in all-cause mortality (death

from any cause) regardless of age, gender and weight. The greatest decrease in risk came from higher step counts - 10,000 and above. So basically, for someone who has low everyday activity levels, an increase of just 1000 per day will help change the path of their future health dramatically.

Could this be your best place to start? Walk 1000 more steps per day and make it a regular habit to lower your risk of developing cardiovascular disease, type 2 diabetes and hypertension. At the same time, it can reduce joint pain and stiffness, enhance your mood and improve sleep, cardiovascular fitness and body composition.

If you're feeling stuck on a decision or your brain can't solve a problem, taking a walk (especially on the Northern Beaches) helps clear your mind and get the creative juices flowing.

Adding exercise to a day can feel like a real task, and maybe

you cannot see how to add more when life gets so busy. Here are some more creative ideas on how you can add walking each day (keeping in mind that around 30 minutes of moderate paced walking typically equates to 3000-4000 steps).

- Parking a 5-10-minute walk away from where you need to be.
- Taking the stairs.
- Having an active lunch break.
- Utilising public transport.
- For a little extra, getting off a stop or 2 earlier.
- Adding a bout of walking on a treadmill after a strength session.
- Walking around while talking on the phone.
- Doing house chores.
- Catch up with friends/ loved ones with a walk (pick up a coffee on the way too for a little extra motivation) to connect.

So how many steps are you taking? We challenge you to just take 1000 steps more on average this week and see how you feel. The benefits of these little 'incidental' bouts of exercise are enormous, and 100% outweigh the effort it takes. Investing your time in your health is the best thing you can do for your present and future self. Let's go!

VAMOS Strength Training is a new and unique gym concept for people who want to get stronger for life. Located in Balgowlah/Manly Vale on Roseberry Street (directly under Aldi). Find out more at vamosstrength.com

Words: **Kirra Dibb**,
Exercise Physiologist & VAMOS
Strength Training Coach



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*average first 6 week strength improvement (200 clients)

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Seaforth's purrfect feline retreat

Introducing Northern Beaches' ultimate luxury cat resort

If you've ever felt guilty about leaving your feline friend behind when heading off on holiday, there's now a five-star solution that will put your mind at ease. Nestled above Seaforth Veterinary Hospital, a brand-new luxury cat hotel has opened its doors, offering the ultimate in feline comfort and care.

More than just a boarding facility, this purpose-built cat hotel is a resort designed exclusively for our discerning feline guests. With a dedicated entrance separate from the veterinary hospital, your cat will enjoy a stress-free stay without the sight, sound or smell of dogs. This new sanctuary caters to cats of all personalities, whether they prefer lounging in the sun or engaging in playful adventures.

A Variety of Luxury Accommodations

The cat hotel offers an array of accommodation options tailored to suit your cat's unique needs. From cosy bungalows to north-facing themed villas and extravagant suites, each space has been thoughtfully designed to provide comfort, stimulation, and relaxation. The premium suites, like the Rocky Mountain Lodge and the Purr-cific Beach House, are outfitted with all the modern amenities you'd expect from a five-star resort. Think plush couches, televisions playing feline-friendly entertainment, and expansive spaces for lounging and play.

Tailored Play and Relaxation Spaces

Understanding that cats have different preferences for activity and rest, the hotel features dedicated play areas where guests can stretch, climb, or simply laze on a sofa. Whether your cat is a curious explorer or prefers the quiet life, they will have plenty of enriching options to enjoy throughout their stay.

Passionate, Cat-Loving Staff

One of the most remarkable aspects of this cat hotel is its team of dedicated and experienced cat lovers. Each member of staff is committed to ensuring that your cat receives personalised attention, from playtime to pampering. Regular updates will keep you informed about your cat's holiday experience, providing peace of mind while you're away.



Mieow this is pawsome

Veterinary Care on Standby

While your cat enjoys their luxury getaway, you can rest easy knowing that the Seaforth Vet team is just downstairs, ready to assist should any health concerns arise. This level of immediate access to professional veterinary care sets this cat hotel apart, providing an added layer of reassurance for pet owners.

Book a Tour and See for Yourself

We know that choosing the right accommodation for your feline friend is important. That's why we invite you to book a tour and see first-hand the comfort and care our hotel provides. Whether your cat is staying for a weekend or an extended holiday, they will be in the best of hands, enjoying a tailor-made luxury experience right here on the Northern Beaches because remember, your cat deserves a holiday too.

Words: **Dr Lewis Hunt**

For more info and to arrange a tour, call **8319 9099** or visit boutiquecatresorts.com.au and mention "The Tawny" to get a free upgrade (where available) or 10% discount (outside of school holidays)



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The relationship contract: love with a clause

Remember when you said, “I do”, and then those vows – along with your marriage certificate – ended up in a bottom drawer or box in the garage? It's a shame, because navigating any terrain requires road maps and GPS direction. Love is just the same. Growth, evolution, and change are all natural parts of life. Our thoughts, beliefs, feelings, bodies, environments, friends, and hobbies are just some aspects that may change. So, what about your primary relationship? Wedding vows are great, but what about all the updates and revisions as we ourselves evolve?

Most fights come from expectations we have of our partner. If you had the chance, wouldn't you want to clarify as much as possible before settling in? At first glance, it might sound unromantic, but a relationship contract can help you flesh out all aspects of your dynamic to set the bar to mutually agreeable standards and a mutually beneficial shared life where love can flourish. It is a co-created love blueprint – a living, flexible document designed to support you both as your relationship grows, shifts, and evolves.

So, what goes into the contract?

Everything and anything that helps define your partnership. Below is a list of topics. Sit with your partner and discuss expectations and desires around each. Work towards a negotiation that works for both.

- **Mission Statement:** Why are we doing this? (Besides your undeniable charm.)
- **Values:** What principles guide us?
- **Finances:** Who pays for Netflix?
- **Family & In-laws:** How do we survive holidays with Aunt Carol?
- **Housing:** Curl Curl mansion or Blacktown apartment?
- **Kids:** Yes, no, maybe, or “let's get a dog first.”
- **Travel:** Thrill seekers or homebodies? Together or alone?
- **Quality Time vs. Personal Time:** Togetherness vs. breathing room.
- **Sex & Intimacy:** What feels good? What do we need more of? Limits? Desires?
- **Friends & Social Life:** How do we balance “us” with everyone else?
- **Cultural Expectations:** What matters to you?
- **Future Vision:** Where are we heading?



A lasting relationship requires getting your clause in

- **Division of Labour:** Who does what, and are we both cool with it?
- **Boundaries & Agreements:** What keeps us feeling safe and respected?
- **Technology & Privacy:** Phones, passwords, and devices.
- **Termination & Deal Breakers:** Yep, even this. It's not pessimistic; it's realistic.
- **Review Dates:** Because Life Happens

There may be other things that are important for you both to negotiate up front. Who is responsible for planning dinners? Who pays the bills? Does the dog sleep in the bed? Regardless of whether you are newly together or 30 years deep, there are several benefits to gain.

- **Clarity:** No mind-reading required. This also greatly reduces perpetual conflict.
- **Harmony:** Less friction, more flow. Reduced tension, irritation, and sensitivity to being reactive.
- **Resilience:** Navigate changes with grace. You'll have more patience, compassion, and empathy.
- **Communication:** Built-in opportunities to talk about the big (and small) stuff.
- **Growth:** Celebrate evolution, both individually and together. Move out of surviving or existing into thriving.

So, why not draft your own? Pour a glass of wine, grab some snacks, and dive in. It's not about bureaucracy; it's about building a love that's conscious, intentional, and tailored to you. And hey, it's way more fun than signing a rental agreement.

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** to book a session.



Cromer's Bounce Inc, wet weather heaven

The OonaVerse

Crazy rainy days

We are so blessed to have incredible nature all around us on the Northern Beaches but when the rain sets in, the wind becomes gale force, and your children are climbing the walls, you need a backup plan. Yes, I am the child who climbs the walls, but I feel my youthful perspective is worth grown-up attention so that all generations are the winners, rain, hail or shine.

So, during the summer break, which included many days of wild weather, I was delighted when The Tawny challenged my Ooniversal understanding to find my favourite wet weather location for holiday fun.

The candidates for my “Crazy Rainy Days” challenge were Bounce Inc, Crockd, Glen Street Theatre, Rockhouse Indoor Climbing Centre, and Andrew (Boy) Charlton Pool. And my judging criteria included five categories: Value for money, Hospitality, Engagement, Age Diversity and, perhaps most importantly, Free Time for the parents/carers that the activity provided.

Crockd and Rockhouse Indoor Climbing Centre were great fun, narrowly missing out on a podium finish. Glen Street Theatre closed the curtain in third place, and Andrew Boy Charlton Pool ticked many rainy-day boxes, making a splash in second place.

The winner? Bounce Inc! Value for money, hospitality, engagement, age diversity and free time for parents and carers all landing in the sweet spot on the Bounce Inc's springy floor goodness. This crazy rainy day Cromer gem is a must, lots of fun on sunny days, but especially so when the heavens open.

Words: **Oona Du Vernet**

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There's more to Bluebottles than you'd think...

On top of their flair for ruining a carefree day.

Scottish comedian Billy Connolly famously joked about visiting a Queensland beach and seeing a sign saying, "Beware Stingers". He said he didn't know if the stingers "burrowed holes, dropped out of trees or arrived in f*#@*ing taxis!". The "stingers" in question were the highly venomous Box Jellyfish. But he would have been just as freaked out by the Bluebottle (or Pacific Man-Of-War Jellyfish) which, though less deadly, arrive with their own warning signs on our Northern Beaches shores.

Like many others, I've had their stringy tentacles spread across my face when swimming at Manly and I can testify that it ain't a pleasant experience! The pain can last up to three hours, can cause skin welts and may trigger allergic reactions. Bluebottles are responsible for up to 30,000 human stings every summer in Australia and are the number one reason why people seek the help of Life Savers. Even washed up and dead they can be painful if touched.

Over the years there have been many schools of thought on how best to soothe the hurt. Should you use vinegar, alcohol or water? Or will a quick splash of urine do the trick?

First aid experts now advise to wash the affected area with sea water and wipe away the stinging cells. Don't rub it, as this can make it worse. Ideally any tentacles should be removed from the skin using tweezers or a gloved hand. Then, as soon as possible, immerse the impacted region in hot water (around 40c degrees). This will kill the proteins in the venom. If hot water is unavailable, cold water may calm the reaction. Ironically vinegar, alcohol and urine can all make the sting more intense! (So, there's no excuse for weeing on strangers).

Although it superficially resembles a Jellyfish, the Bluebottle isn't a single animal but a colony of four modified polyps (zooids) that depend on each other for survival. Their functions include floating, hunting, digestion and reproduction. They have no heart or brain.

The bluish, bottle-shaped float bladder generates its own gas and sails along using muscular contractions whilst currents drive the Bluebottle's tentacles below the surface. Some sails point to the left of the body and some to the right, this enables half of a population to be



The slightly less loveable "Bluey"

blown in a different direction and avoid mass stranding.

"Blueys" can be in our waters anytime but are most common in summer - peaking a few weeks before ocean temperatures are at their highest. They are brought ashore by North Easterly and Southerly winds as well as by strong currents and rips. An international team of researchers (including UNSW Scientists) have been using replica 3D printed bluebottles, fitted with satellite technology, to try and predict their movements. A tracking App could soon be floating our way!

The venom in the main fishing tentacle of the Bluebottle (which can grow up to 3 metres) is designed to trap and paralyse small fish, shrimps and molluscs which they feed on. Not many predators can handle its sting, but loggerhead turtles eat them, as do sunfish.

The blue sea slug (or nudibranch) actually ingests the bluebottle's stinging cells and then uses the venom for its own defence! Aussie nature can be "funnier" than Billy Connolly ever imagined!

Words: **Mal Fisher**



Sebastien Rees with a solid Kingfish

Fishing

What's biting, Clint?

The phenomenal start to 2025 continues with consistent reports of Stripped, Black and Blue Marlin coming in from up and down our coastline. Some sessions have seen local anglers release over 15 Marlin in a single day. Finding the bait, marking the fish and trying a variety of lures and live baits has been key to enticing the bite.

On the inshore reefs and wrecks, the Kingfish have been destroying under prepared anglers. The schools have generally been in that 1m range. Correct tackle and tight drags are vital for stopping these powerful animals. Watch out for big Bull Sharks attacking hooked fish on the way up! As always, fresh and/or live baits are the go when targeting Kings.

Inside the Harbour and Pittwater, the Aussie Salmon and Flathead are on the chew. If the Salmon aren't biting, drop down the size of your offering until it matches the hatch. They can be very fussy sometimes. Whiting and Bream are cruising around the skinnier water and are a great option for a feed.

From the stones, the Bonito Tuna and Trevally are entertaining the rock hoppers. Use metal lures, Pilchards or live Yakkas for the Bonito. Burley up and use peeled prawns for the Trevally. Kingfish from the rocks have been a little patchy, but they are making up for that with quality and size, most fish are in the 80cm-1m range.

As always, get out there and experience our wonderful waterways.

Words: **Clint Harwood IG @aussiecavemanclint**



Friendships are forged one unmissable Dipcus at a time

Before the Dip

Shared suffering

Making new friends as an adult is hard work. We covered that last time. But you know what helps? Shared suffering. Maybe 'suffering' is a bit dramatic, but tackling a challenge together does something special for friendships. Nothing bonds people like a bit of sweat, a few grumbles, and the smug satisfaction of surviving something you probably wouldn't have done alone.

Take Ravi, and me. We've been mates for years, and in a recent episode of our global smash hit podcast 'Before the Dip' we got talking about time, how the usual calendar is a bit...meh. So, we made our own, The Dipcus: Thirteen months, 28 days each. Why not?

To make things interesting, we set a Dipcus challenge: Push-ups, burpees, squats, running, walking up steep hills with dumbbells. Nothing ridiculous, but enough to make us question our life choices. And we have one rule: The exercises MUST be done, no excuses.

Could we do this alone? Probably. Would we? Who knows. But the shared suffering makes our friendship stronger. It's why soldiers, sports teams, and people who survived a tough group workout class end up bonding. When you go through something together, even if it's just 100 burpees, you come out with a story, a laugh, and a bit more respect for each other.

So, if you're looking to make or strengthen friendships, grab a mate, find a challenge, and suffer together, because the best friendships aren't built on comfort, they're built on shared experiences, a bit of effort, and the occasional sore muscle.

Words: **Murray Warner**, Director of Warner Family Chiro. Listen to the **Before the Dip** podcast online and follow Ravi and Muzz on socials [@beforethedip](#)



The Phillip Rosewarne collection, South Curl's master of tetralogy

Tawny's Bathtub Bookclub

An Australian saga of epic proportions

Northern Beaches writer and retiree **Phillip Rosewarne** has certainly put his retirement to good use by writing the Summers Chronicle tetralogy; a hefty 1,200 page read in 16 weeks.

These books dropped in The Tawny Frogmouth's nest a while ago and it's taken time to devour them. I was put off reading them because I found their covers so aesthetically unappealing – yes, I am that deeply shallow.

Once I overcame my aversion and got stuck into these books, I became swept up in the disparate stories that come together to form a saga that takes you from Sydney to the bush and portrays the isolation and challenges of living in the outback with the same intensity of the Australian sun in January.

There's intrigue, deviousness, love, lies and loathing and I lapped it up.

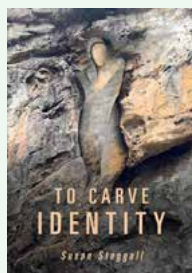
Knowing the author operated a cattle property in Queensland for some years is evident in his ability to conjure up memories of the unique Australian landscape, the weather's impacts, Indigenous culture and an Aussie battler spirit all cap-

tured with great authenticity and beauty.

Book One, **Beyond His Station**, sets the scene and introduces you to John Summers, the central figure in the unfolding saga. Book Two, **Growing Wings**, can be read on its own without losing its impact and introduces the larger-than-life Jessie MacIntyre. Book Three, **Looking Back at a Stranger** starts with this, 'Life is a journey, a rocky road. An interlude. Humans are contrary, perverse and infelicitous, the end product of genes and circumstances. The outcome is unpredictable' and ends, 'With his death, he hoped that all evidence, and any chance of investigation of his life, would stay with him in the grave.' Say no more! Book Four, **Beyond Life Without a Purpose**, feels disconnected to the preceding three books for a while but don't be fooled, it's all connected.

Where to buy

Berkelouw Books at Balgowlah has copies in its local author section, otherwise available on Amazon.



Superb sequel

To Carve Identity is a superb sequel to **The Heritage You Leave Behind**, reviewed in the March 2022 issue. Written by long-time Manly resident and art historian **Susan Steggall** the sequel reminded me of how much I adored its prequel. As Susan says the book begins with a 'happily into the future'. The main character, professional sculptor Ellie Gilmartin, resumes her long-distance relationship with Maitland solicitor Jim Blackwood and they marry. The story of how they forge a successful union with Jim's fierce loyalty to family and Maitland and Ellie's determination to pursue her talent in mid-twentieth century regional Australia makes for compelling reading. Susan's writing puts you inside the characters and the landscapes she so vividly describes. **To Carve Identity** was Highly Commended in the 2024 Society of Women Writers NSW Best Fiction Award.

Where to buy

Humphreys, Harry Hartog and Berkelouw Books Balgowlah. Learn more about the author at www.steggalls.com

Words: **Paige Turner**

Music

The Roy Orbison Story

Sunday 23 March, experience the wonder of Roy Orbison as Glen Street Theatre hosts "The Roy Orbison Story", the brilliant theatrical portrayal of the man, his music, his voice, and his life.

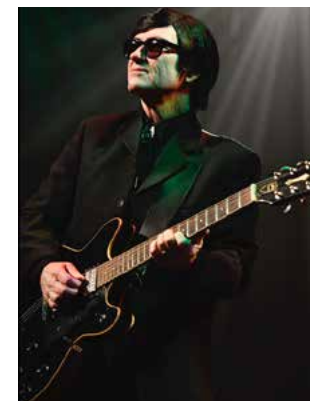
Orbison's life was littered with personal tragedy, career highs and lows. From his initial success in the 1960s to the resurgence of his career in the 80s, his voice remained remarkable, communicating an emotional intensity not experienced in popular music before or since. His songs conveyed vulnerability, love, loss and fun. His performances were unique, simple and powerful.

Bringing Roy's creative genius to life on stage is Mark

Shelley. A superb performer with the vocal range and tone to honour the Orbison legacy. Mark's sensitivity and artistic ability to 'be' Roy is backed by his seven-piece live band comprising the finest of musicians. Their credits read like a who's who of well-known stars.

"I am both a massive fan and admirer of Roy's immense talent, singing and song writing ability," says Mark. "There has been no one like him before or since. It is an absolute privilege to perform his songs, share stories, and take the audience on a wonderful journey. His music is timeless."

Book your tickets now at glenstreet.com.au or call (02) 9470 5193 for a Sunday



Get ready to do the Ooby Dooby

23 March afternoon of the greatest hits: You Got It, Pretty Woman, Only the Lonely, Running Scared, Sweet Dream Baby, Candy Man, In Dreams, Anything You Want, Crying, Working for the Man, and more.

Words: **Liam Carroll**

BALGOWLAH SCHOOL for SENIORS

2025 classes now open – just \$30 for the year
Classes held every Tuesday in school term,
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Gentle Exercise, Quilling, French, History & Travel Talks, Mah Jong, Art, Craft, Bridge. Other activities can be arranged.

Call David 0431 474664 for more info

Balgowlah Uniting Church Hall, 122 Condamine Street
Balgowlah (opposite Stocklands)

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2025 classes now open – free of charge!
Classes held every week during school term

Tuesdays 9:30am-11:30am Cromer Craft
Fridays 9:30am-10:30am Gentle Exercise
followed by Morning Tea
11am-12pm History & Travel Talks

Call Jan 0421 855 584 for more info

Cromer Uniting Church Hall, 20 Carrington Avenue, Cromer

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Subject Anything is possible at Long Reef
Photographer Liz Cooper



Subject Views worth bottling
Photographer Stephen Lawson



Subject Big tree snake looking for a way out
Photographer Billydraw Maca



Subject Manly Beach bird watching
Photographer Liz Keene (IG @lizkeene)



Subject Kingfisher breakfast at Narrabeen Lake
Photographer Ross Smiles



Subject Solitaire the Diamond Python, resting after a hearty meal. **Photographer** Ruth Fitzpatrick



Subject All lined up at Manly Cove
Photographer Colin Gill



Subject Local Cocky Clown
Photographer Stephen Browne



Subject Sydney Merchant of Peace, Danny Lim
Photographer Andrew James Murray



Subject Silver Surfers ready to shred!
Photographer MWP Community Care



1. A pub located in Dee Why is the Time & WHAT?
2. With over 100 stores, what is the second largest shopping complex on the Northern Beaches – behind Westfield's Warringah Mall?
3. Which bird of prey is the nickname for the Narrabeena Rugby League Club?
4. Name 1 of the 3 suburbs on the Northern Beaches where the speed limit is 70km/h on Pittwater Rd?
5. The recently held Sun Run, which finishes in Manly, starts in which Northern Beaches suburb?
6. What colour is the word Netflix written in its logo?
7. Which African nation was given the nickname "The Rainbow Nation"?
8. In a sporting context: If someone is referred to as the "GOAT", what does that short for?
9. Awarded only once per judge on "Australia's Got Talent" is the Golden WHAT?
10. Which animal would you associate with ING Bank logo?
11. In a triathlon, in what order do they do the three disciplines?
12. How many Hangover movies have there been?
13. Which 4 letter car company has 3 different vowels in its name?
14. Which 1 syllable European capital can be turned into a 3-syllable romantic lover by adding one letter?
15. Film producer George Lucas named which of his characters after his malamute dog: Indiana Jones, Hans Solo, or Darth Vader?
16. How many ball kids are on the court in the Australian Open final?
17. After hitting control or command, what letter do you need to hit to "undo" something on a keyboard?
18. Which Australian state has the most gun registrations?
19. Who am I: I was born in America, grew up in Australia, I won an Oscar for playing a Scotsman in a film shot in Ireland?
20. In what year did Julia Gillard become Australian Prime Minister?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

Tawny's Cupid Bowen-Arrow, matchmaker extraordinaire, is preparing a long overdue comeback to rescue Beaches lonely hearts.

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Down

1. New wharf bar
3. Cromer soccer club
5. Dee Why's avian emblem
7. Walk in only beach
8. Bower and penguin
9. Fuel and flicks, or "together"
11. Newport not legs

Across

2. Home of Home and Away
4. What Frogmouth?
5. Dirty habit, beautiful place
6. West Head bay
10. Peninsula's nickname
12. Recent rise

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Star Signs by Krystal Bawl

Pisces Feb 20 – Mar 20

You're only as old as you feel, and you look like you're feeling tip top, ready for a splendiferous year ahead.

Aries Mar 21 – Apr 19

Crush and rush works a treat on the tennis court but you don't play tennis. Calm down before you have a heart attack.

Taurus Apr 20 – May 21

Indecision time is over. Pick a courageous course of action and let the gods decide. Fortune favours the brave.

Gemini May 22 – Jun 21

Your love life resembles a roller coaster and thrilling as that is it won't last so hold on and enjoy the ride.

Cancer Jun 22 – Jul 22

You're always talking about what you want to do with your life. No more talk. It's your year. Go make it happen.

Leo Jul 23 – Aug 22

High voltage vibes are the order of the month. Be careful to avoid unexpected shocks. Wearing rubber helps.

Virgo Aug 23 – Sep 22

You're living at a pace not even your FitBit can keep up with, or your friends. Take it slower and enjoy it more.

Libra Sep 24 – Oct 23

March is your F month: stay fabulous, don't get frustrated, be fair, avoid fools, make friends, embrace funky and have fun.

Scorpio Oct 24 – Nov 22

Now is perfect the time to heed Jane Austen's words in Emma, "There is no charm equal to tenderness of heart."

Sagittarius Nov 23 – Dec 21

You find collaboration a boring waste of time. You're not alone. Well, you are, but that works best for everyone.

Capricorn Dec 22 – Jan 20

Your sangfroid in the face of challenges is admirable, but it's okay to scream occasionally, you're only human.

Aquarius Jan 21 – Feb 19

Fiscal anxiety is solved by spending other people's money, works well for governments, just borrow from them.

easter egg-stravaganza



MANLY'S BIGGEST EASTER EGG HUNT IS BACK!

Whether you're hunting for Easter eggs or simply soaking up the festive atmosphere, this is an Easter event you don't want to miss at Q Station, Manly this April.

Explore the beautiful lawns of Q Station as you search for hidden Easter treasures and participate in a wide range of activities. Plus, don't miss the opportunity to enter our raffle for the chance to win fabulous prizes donated by local businesses, with all proceeds supporting Bear Cottage in Manly.

Gather the family and mark your calendars for the Easter Egg-Stravaganza on Saturday 19th April! Choose from 3 time slots: 10:30am, 11:00am, or 11:30am. Tickets are available for \$18 for children and \$25 for adults.

Secure your tickets now for our annual event and get ready for an eggciting adventure!

- Easter Egg Hunt
- Face Painting
- Jumping Castle
- Live Music
- Raffle
- Arts & Craft
- Coffee
- Food
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Crossword Answers

1. Felons 2. Palm Beach 3. Strikers 4. Tawny 5 across, Spit 5 down, Swan 6. America 7. Collins 8. Fairy 9. United 10. Insular 11. Arms 12. Rates

Trivia Answers

1. Tide 2. Warrivood Square 3. Hawks 4. North Narrabeen, Warrivood, Mona Vale 5. Dee Why 6. Red 7. South Africa 8. Greatest of All Time 9. Buzzer 10. Lion 11. Swim, bike, run 12. Three 13. Audi 14. Rome (O) 15. Indiana Jones 16. Six 17. Z 18. NSW 19. Mel Gibson 20. 2010

Sudoku Solution

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

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