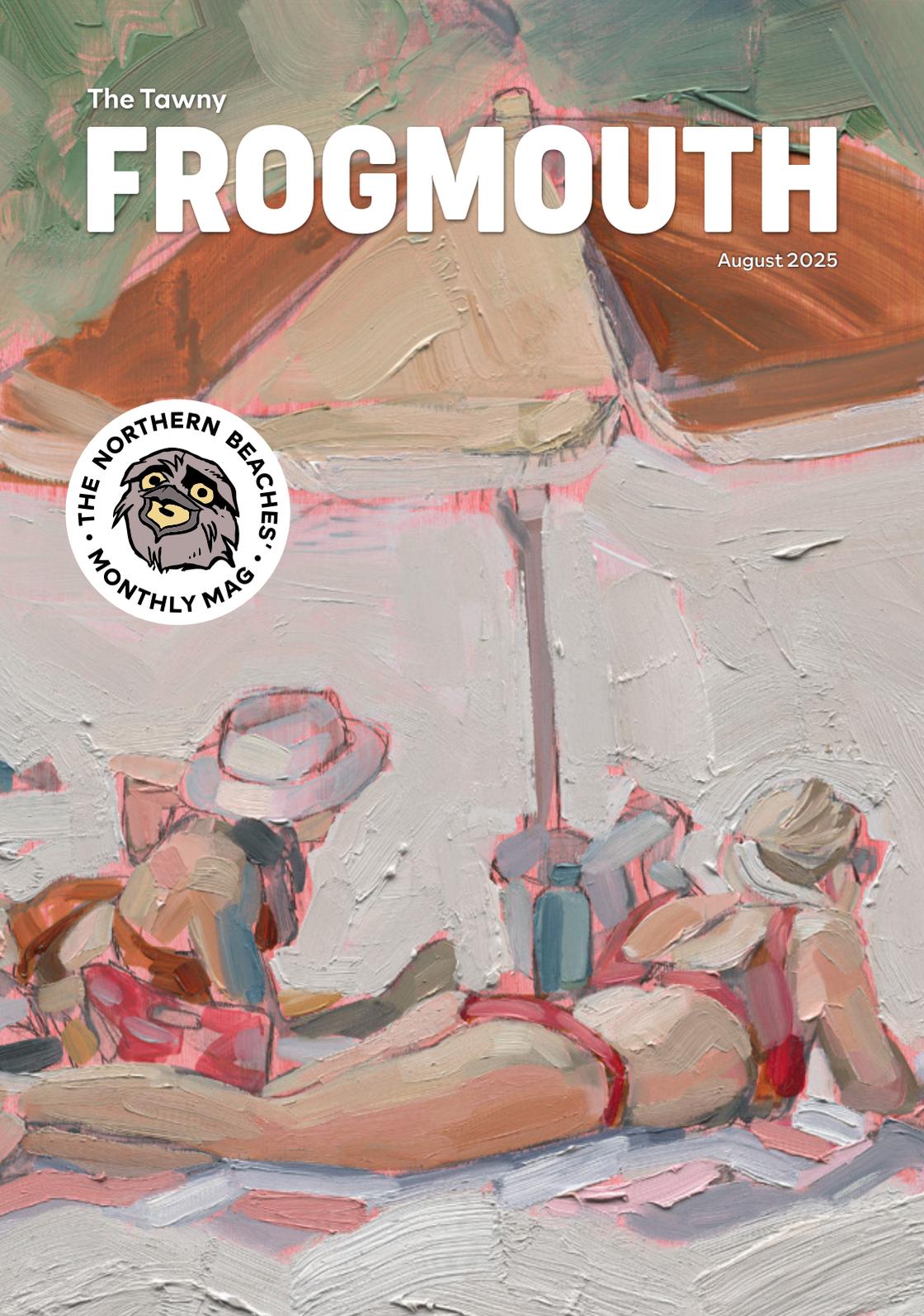


The Tawny

FROGMOUTH

August 2025



2025 AUGUST SHOWS

FAMILY

THE GRUFFALO'S CHILD
TUES 19 & WED 20



FILM

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G'day Beaches

The winter solstice is well in the rearview, nothing but lengthening days and strengthening rays await.

Thank you Jennifer Rosnell, our August cover artist whose sun-soaked, classic beach creation will keep us warm till Spring. Margot Hazard wins Letter of the Month with an in-depth summary of everything rotten in the state of School Infrastructure NSW. And congratulations Hayden Coulter, Photo of the Month, winning \$200 to splash at the Mona!

James Griffin MP declares enough is enough for tobacco stores. Meet your councillor, Jody Williams. And discover ways to save your money, and our environment, by electrifying your home.

Dr Jen Matthews unveils the Sydney Coral Project. European soccer heavyweights Borussia Dortmund expand to Terrey Hills. Love Scout explores financial imprisonment. Fairlight Bard Poemboii releases his debut novel. Wild Man Mal's lost his rocks. Zena Shapter uncovers the Beaches' 12 best hot chocolates. Kristyn Glanville creates a community garden in Dee Why. All this and lots more. Get reading!

Liam



The Tawny Frogmouth

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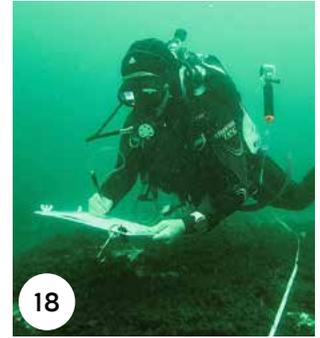
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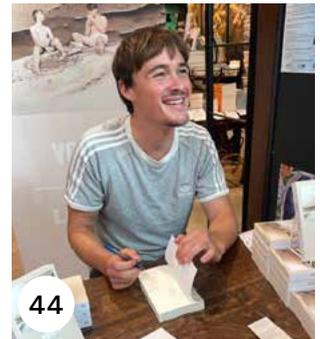
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Acknowledgement of Country

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

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

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Please take this quick survey to help me understand what's important to you.



Please share your thoughts in the survey



Zali Steggall OAM MP
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Peninsula Wash Up

National bookseller of the year

Congratulations to Avalon bibliophile **Sally Tabner**. The heart and soul of **Bookoccino**, the remarkable curator of stories and community spirit, Sally has been named the **2025 Bookseller of the Year** by BookPeople. Supported by an exceptional team of booksellers and baristas, Bookoccino is a true community where friendships are formed over coffee and chai, and where conversations about books, ideas, politics and life happen every day. "We all know that books are magical things, but bookselling is a tough business," says Michael Robotham, the best-selling crime fiction writer who lives in Avalon. "Sally is proving there is a future for this wonderful profession and for small independents like Bookoccino."

Vale Jack McCoy

The surfing world has lost one of its most iconic, hilarious, and visionary cinematic superheroes, Jack McCoy passing away at 76. The filmmaking maestro who brought us everything from Kong's Island to The Green Iguana, Nine Lives to The Occumentary, Sons of Fun to TO: Day of Days, and so many more, was farewelled by a veritable who's who of the surfing community for a paddle out farewell at Palm Beach, Saturday 5 July, honouring his wishes to bring together the surfing tribe to hoot and holler, to talk story and create memories to pass down from generation to generation, all in the spirit of aloha. Jack had recently set up the Jack McCoy Aloha Foundation – formed to preserve and develop his archive, support upcoming filmmakers, and assist in the fight against the environmental crisis – ensuring his legacy lives on for generations to come. More details soon. Sign up to the Ohana at www.jackmccoy.com

Koalas abandoned

Our Mal's Wild Side column has long highlighted the failure of state governments to protect koalas, and their slide towards extinction is becoming scarily real. Before the last election, Chris Minns promised to create a "Great Koala National Park" – adding 175,000 hectares of publicly owned forests to existing protected areas in the Coffs Harbour hinterland – but logging of native forest habitat continues at pace within the park's proposed boundaries. The NSW Forestry Corp, meanwhile, is losing millions of dollars, subsidised by you, the taxpayer.



Story time with Bookoccino's Sally Tabner

As for Premier Minns' Great Koala promises... our iconic tree hugger received almost nothing in the recent budget. If you love koalas, send your urgent message to government here: koalapark.org.au and follow on socials [@thegreatkoalanationalpark](https://www.instagram.com/thegreatkoalanationalpark)

Manly Choir's half century

2pm, Sunday 17 August, the Manly Warringah Choir celebrates 50 years at Waterford Hall, St Paul's College. To commemorate the half century milestone, rather than one major work such as a Mass or Requiem, they will pay special tribute to the greatest composers, presenting a collection of their favourite excerpts from the works of Mozart, Bach, Brahms, Handel and more, the Orchestra conducted by Carlos Alvarado. Tawny readers are invited to book early as the MW Choir performances tend to sell out well before the concert date. Call **0411 777 738** or visit manlywarringahchoir.org.au

Ja wohl, Christmas Markets!

Friday (5-9pm) 22 and Saturday (4-9pm) 23 August, you're invited to the Terrey Hills alpine village at the German International School where you can enjoy the magic of a **German Winter Christmas Market**. Catering to all ages, the celebration features lantern walks, marshmallow toasting, lovingly adorned open-air market stalls offering traditional handmade ornaments, festive decorations, candles, wooden art and crafts, and an array of food and drink stalls, even a Glühwein Hut. Frohe Weihnachten at **33 Myoora Road**.

Words: **Liam Carroll**

German International School Sydney Christmas market

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Letters to The Tawny

LETTER OF THE MONTH

Freshwater Senior Campus

Dear Tawny, I am the secretary of the newly incorporated Freshwater Senior Campus (FSC) P&C and would like to pass on some updates since the February student walkout in response to the Dept of Education's (DoE) decision to change FSC to a full 7-12 high school. Since that time the P&C has been incorporated, we have fundraised and retained lawyers who, since 2 April, have been writing to NSW Deputy Premier and Education Minister Prue Car stating the decision is formerly opposed and seeking information on the process and data used in the community consultation report of November 2024 and upon which DoE based its decision.

The P&C has also made a GIPA application for population data, which the Dept has now twice sought an extension to comply with. We suspect this is because they don't want the information released until the conclusion of the Landan ICAC inquiry currently underway - this is the NSW's Independent Commission Against Corruption's investigation into the decisions made by the former head of School Infrastructure NSW (SINSW), Anthony Manning, and other SINSW staff, behaving improperly regarding decisions made between 2017-2024.

The Landan Inquiry has heard alarming evidence about many issues, including Demographic data manipulation used to justify school building projects. The decision to change FSC

originated during Mr Manning's tenure. The same Mr Manning who was part of the Executive team that worked on the establishment of Northern Beaches Hospital, which the NSW Government now admits is a fiasco.

On 20 May, Northern Beaches Council (NBC) had their public meeting where a number of people spoke in opposition to the decision to change FSC. A Notice of Motion was moved by Bonnie Harvey Greens Councillor to halt the Decision, supported by all Councillors bar one. Councillor De Luca said that in light of ICAC revelations, all Schools Infrastructure projects should be immediately halted as the data and decision-making processes could not be relied upon. Cr De Luca also referenced the decision to shut down Beacon Hill Technical High School, which a later parliamentary inquiry found to be unjustified and one that did not serve the community.

Louise Kerr from Council confirmed there had been no consultation whatsoever with Council. Given this is a proposal to double the capacity of the school, enclose the oval in front of it, start large scale building on the flood plain of a former tip, you would think a first step would be to at least consult Council about basic issues such as traffic and environment impacts. The building plans are well advanced and should be made publicly available together with costings and the business case with Minister Car assuring the community that the process and data have been reviewed and are reliable. The NSW government has a duty to be accountable to the public.

The P&C has advised Minister Car and SINSW that in circumstances where there are serious questions to be

answered, the only outcome that will satisfy the community is to have an immediate halt to this project or a reversal of the decision pending the outcome of the ICAC recommendations and a thorough review of the circumstances surrounding the decision undertaken. FSC enrolments applications are down 60%, a terrible outcome.

Margot Hazard, Secretary FSC P&C

Tobacconists selling colourful lollies at Balgowlah

Dear Tawny, I have been a shopper at the Balgowlah Shopping Centre since it opened years ago, and recently became aware of the new tobacconist, which also sells children's lollies, opening opposite Coles. As a doctor, I know the harms of smoking, how addictive it is and have seen patients sadly die because of it. As a parent, I believe that tobacconists should not be attracting children into them by selling brightly coloured lollies. As a shopper at Balgowlah, I am very disappointed in the management in allowing such a shop to open here.

I am sure that management knows the harms of smoking. I wrote to them, asking if they were comfortable having such a business on site which mixes smoking with children's sweets in one shop, how long the lease is for, when can we see this shop depart, and whether management give an assurance they will not facilitate the sale of dangerous drugs of addiction? Management did reply, saying that it is legal and caters for a section of the community. Yet my position remains unchanged. I object to mixing tobacco with colourful lollies which seem to be targeting kids/youth. Kind regards,
Dr Kiril Goring-Siebert, General Practitioner



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Only bouquets

Liam, I enjoy reading my T/F each month. Don't always agree with Michael West Media's commentary but his July column about Google is the sort of story that really needs to be known to we of the hoi polio aka tax payers. What chance does the average Joe have up against this greed & corruption, all done under the nose of the government of the day who are asleep at the wheel?

That column was exceeded only by the MWM exposé of the CCP's championing of renewables in your previous edition which all made sense to me. Conspiracy theory? Dunno, but wherever China is involved I am extremely sceptical.

July's Letters were of a higher standard than usual - no bitching about dogs pooping on the beach or someone parking on the grass - all valid points of interest for the community at large, all well put.

I especially enjoyed Mark (Robbo) Robert's contribution re 'end for Net Zero'. Today's climate change cannot be denied but I tend to believe it's part of a global cycle, a natural phenomenon that's been going on for millennia eg the several Ice Ages.

If you're still awake after reading this I thank you for staying with me. I feel better for having expressed my two bobs worth.

Dale Misfeld, Narrabeen

Re: No Big Mac for Manly!

Ouch! Bee in my bonnet stinging like crazy! James Barnes from the last Tawny has a great deal to learn about health with his irresponsible letter, promoting unhealthy fast food. I worry about fast food addicts, especially if they have children, passing down atrocious dietary habits. I applaud the decision removing fast 'food' outlets,

cheering when another one bites the dust as the fabulous Queen song goes. Yes! Go the little people triumphing over money-grubbing giants.

A decade ago, a young alpha male and cohorts balked at my 'abnormal' Green Goddess smoothie, passing my girlfriend and I outside a café. I was hurt. It was beautiful to me. I told him of the many chemicals in the 'normal' Coke in his hand. Coke & Powerade make me sick. Pepsi and fast food make me depressed. At least he was open to listen. I will celebrate the day 'weird' health food, alternate natural sweeteners, breads and milks become the norm.

A sad story a friend told me: a beautiful Greek mama restaurant existed in Athens in the 1980s - now it's a frigging Maccas. Blech! I cried. Such a tragedy to lose something so special, unique and quaint for such an atrocity.

In the 1990s, I suffered from addictions to dairy milk, white bread, energy drinks, sugary foods and a six-month binge-eating stint. I was depressed and put on around 40kg and quit cold turkey. The saying 'your food affects your mood' is so apt. Watch documentaries Supersize Me, Food Inc, GMO OMG, Secret Ingredients, Food Matters, and Need to Grow to get the idea.

I've attended umpteen health workshops, seminars, online webinars and read many books to know fast so-called food, dairy, gluten, sugar, microwaves and artificial sweeteners are atrocious for health. For our Solstice celebration at the lovely Mind Café in Narrabeen, Mum had lovely goodness bowl, I a gluten-free veggie burger. Delicious, filling and healthy - not rabbit food at all. Wonderful experience.

While I don't think there's

anything wrong with the *occasional* Pluto Pup, burger, pizza or chocolate, I generally avoid fast and junk food. Fortunately, I have been on a health kick since my mid-twenties, am no longer as depressed or as big as I used to be, letting go around 20kg and never felt better.

Renata Cullen, Bilgola Plateau

Re: Collaroy Cinema (July '25)

I couldn't agree more with Jan Armstrong regarding the disgusting decrepit state the Mustacas have let the Collaroy Cinema become.

I live in the Warringah Place Retirement Village just up the road and many of the residents used to go to that theatre but not anymore. It's filthy inside and upstairs is a disgrace and there have been a couple of times when the film that was showing broke down and the patrons had to leave and were refused a credit. A few residents in our village don't have a car and the theatre was their form of enjoyment. Not anymore.

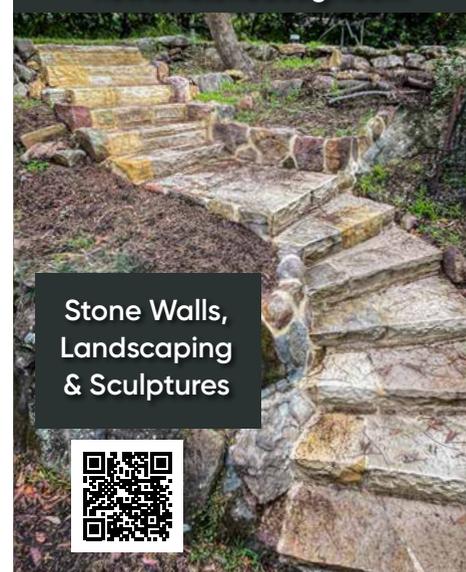
Helen Bettington, Collaroy



I Luv Manly

Council's attempt recently to put some life back into a bleak and wintry Corso scene was commendable but fell way short. Residents rubber stamped the festival after the council asked for submissions from the general public earlier this year. Manly's winter festival can only grow from these humble beginnings to become one of Sydney's must-see attractions. The Corso was designed

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to attract people and it does in droves during summer, but winter is another story. Manly's winter festival needs work but the idea of bringing crowds into Manly during winter is brilliant, and long overdue. For starters, it should be a month-long festival like Octoberfest. A month-long festival in June would be a great forerunner to dry July. The most popular aspect of Manly's winter festival was the creation of colourful MANLY signage on the beachfront. Thousands of people took photos of the big block letters. It was by far the biggest attraction and should be a permanent fixture. In the Philippines and elsewhere in Asia many towns put their names up in lights and sightseers flock around the big lettering to snap photos of themselves to prove to their friends back home that they've been there and done that! So, let's do it too and put some landmark lettering in Manly, and really put it on the map.
Jens Ward, Manly

Pittwater Road

I would like to write in support of 'Bruce of Bilgola, July 2025' and his letter labelled 'Potholes.' I have just finished writing to the two local members for Wakehurst and Pittwater regarding the deplorable condition of Pittwater Road. I am a resident of Collaroy and drive between Manly and Avalon, although seldom as far as Palm Beach.

My wife and I have been retired for several years and we have travelled extensively around the country. Whilst we have experienced some poor roads, often in spots a little off the beaten track, seldom have we run into roads as poor as Pittwater Road is at the present time. This road is a morass of potholes, cracked roadbed,

poorly fixed and/or patched sections that vary in height often by centimetres. This is a well-used portion of roadway connecting Wakehurst and Pittwater and its condition is rapidly, in my opinion, getting worse. Sad to say it is not just one small section of this road but the majority of it! To be honest it is embarrassing to drive visitors especially overseas visitors, along this stretch of third world highway.

I recognise that the state government has little interest in this peninsula, but I was greatly heartened by Ms Scruby's efforts regarding Mona Vale Road and the section north of Narrabeen Bridge.

I have appealed to the members Regan and Scruby to seek some solutions and I wish them the very best as they do seem to have our best interests at heart...but I may not hold my breath.

Bruce of Collaroy

Mal's Wild Side

The last 2 contributions about our extraordinary wild creatures and their records in a large variety of capacities or features was nothing short of brilliant. Thank you, Mal, for pulling all those achievements within our local biodiversity to our attention. The threat to their future existence is so real and as you point out, probably only our personal investment by spending a few minutes and calling (07 5531 1033) or writing to our Federal Environment Minister Murray Watt (Senator. watt@aph.gov.au) will give them a chance to remain here. And even if it is only that I know, I at

least tried, I will send that email and ask for stronger environment laws.

Conny Harris

Dam superhighway

Congratulations to NBC for their sensitive and understated addition of a viewing pergola to the Memorial Area at Section 1 of Manly Dam. It is a great pity however that, sitting on the sun-warmed sandstone benches and looking across the water, the beautiful shoreline on the way to Section 3 has now disappeared behind an ugly and excessive steel superstructure, the bush boulevard constructed between Sections 2 and 3.

The assets people have largely gone against public opinion to create a superhighway through the bush, disrupting countless ecosystems and ancestral spirits along the way. Local wallabies are confused by the obstruction and haven't been sighted on their normal paths to the water. The vintage stone-work in Section 2 has been destroyed and the simple, but adequate, benches and tables there are now dominated by this thing. What was the build cost? Surely a more effective use of money would be the urgent task of upgrading the toilet facilities at Sections 3 and 4.

We urge NBC to embrace and protect the area's natural beauty and biodiversity. Rumour has it that there is a push to extend the highway all the way around the dam! Please, please - NO!

Mark Ashover & Katherine Ward, Co-founders KIN (Keeping it Natural)

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

Meet Your Councillors

Jody Williams, Frenchs Forest Ward

What's your earliest memory of the Beaches? 4 years old in Newport, eating the fruit off a monstera plant, going to the beach and playing in the backyard with my cousin Karin while my Grandmother Narnie babysat us.

Who inspires you? In 1979, backpacking across the USA, I picked up the book "Zen and Art of Motorcycle Maintenance" by Robert Pirsig. It changed my world view. Today I enjoy reading the Stoics.

What do you do in the real world? I juggle, fire breathe, make and play didgeridoo. I'm a father, husband, brother, friend. I've been a dishwasher, chef, theatre mechanist, film, tv and theatre scenery builder, I've worked on multi-storey

building sites and small cottages. At present I earn my coin at Bunnings.
When did you decide to run for Council? Just after I helped Michael Regan, as his Volunteer coordinator, to win his campaign for State MP for Wakehurst. His leaving council opened up the opportunity for me in the Frenchs Forest ward.
What motivated you to run? It was a natural progression, working with Michael's campaign team made me realise I was ready to run at that level, it was a sliding doors moment. My political career started with the realisation that if things were going to change, I had to stand up and make them change, and two years later Zali Steggall was elected.



What have been the biggest challenges? The Integrated Planning & Reporting system is a beast, the LSPS, The CSP, The DP, The OP & The QBL. Throw in the Code of meeting practice and you've got a few jaw dropping moments of WTF!
Greatest triumphs? Welcoming new citizens to our beautiful Northern Beaches.
What words of wisdom do you live by? One day at a time, and the serenity prayer.
Sunday 10am, where's Jody? Pottering in my workshop.



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James Griffin MP

Tobacco stores: Enough is enough

The changing face of our local shopping strips tells a story – vacant leases, vanishing small businesses, and the quiet but rapid spread of tobacconists in their place. Something simply doesn't add up.

In NSW, there are 60 tobacconists for every McDonald's restaurant. In Manly, there are five tobacconists on or near the Corso. In Seaforth, there are four, including one just 10 metres from a primary school.

With windows showcasing colourful displays of American lollies and confectionery, these tobacconists don't appear to be targeting adults and personally, I find it hard to believe that Hershey Bars are covering the rent.

As a parent and as the State Member for Manly, I hold serious concerns over the unchecked proliferation of these stores in our community. Right now, NSW has the weakest tobacco licensing laws in the country. All that's required to open one of these shops is an ABN. And with just 14 inspectors responsible for overseeing nearly 20,000 tobacconists across the state, it's no surprise these shops are thriving.

That's why I've launched a petition calling on the NSW Government for urgent reform, and why the NSW Liberal Opposition will introduce a

Bill to Parliament that would make NSW the toughest state in Australia to sell illegal tobacco and vapes. Our Bill will propose prison sentences, forced closures, and penalties for landlords who knowingly rent their premises to illicit tobacco businesses.

This issue goes to the heart of our community's wellbeing and public health. When visitors step off the Manly Ferry, they shouldn't be greeted by a lineup of smoke shops. If you agree, please consider joining the 1,000 residents who've signed my petition below.

Scan here to sign James Griffin MP's petition for urgent reform of illegal tobacco and vape sales.



Words: **James Griffin MP**, Member for Manly

Authorised by James Griffin MP. Funded using Parliamentary Entitlements.



Rewiring Australia's Caitlin Chang & Kristen McDonald

Technology

Want to save money?

Electrify your home – one step at a time

Feeling the pinch every time the electricity bill hits your inbox? Join the club. If you're anything like me, the only thing scarier than opening your bill is trying to make sense of it.

Here's what I've learned: making your own solar energy (around \$0.03 per kWh) and storing it in a battery can slash your reliance on expensive grid power (up to \$0.50 per kWh at peak times). And just installing solar panels and a battery can cut your electricity bill by as much as 80%, according to the Clean Energy Council.

Let's face it, many of our home appliances aren't exactly top-of-the-line efficiency machines. Got an air conditioner older than your kids? Replacing it with an energy-efficient model will save you money, especially now with available discounts. Same goes for swapping your old gas hot water system for a heat pump model, instantly cutting your bills by around 25%. Even switching to induction cooking and reverse-cycle AC easily puts \$400 back in your pocket every year.

Right now, electrifying your home is easier than ever thanks to handy Government incentives. **The Household Energy Saving Upgrades** scheme lets you access upfront discounts directly through approved installers – with no tedious rebate forms required. Think of it as a discount coupon for your house that saves you money every year.

Batteries are a perfect way to save money. The Federal Government's **Cheaper Home**

Batteries Program just kicked in from 1 July, notching you up around 30% of savings. Once your battery is connected, you can also sell excess stored energy back to the grid to earn extra cash – kind of like renting your guest room out on Airbnb for extra income, without ever seeing a stranger. Your app will measure how much you are earning every day from the power of the sun and batteries.

Live in an apartment? No worries. Owners' corporations can apply now for funding covering **half the costs** to install shared solar systems. Domain.com.au says this adds \$114,000 to your property value and you also access ongoing bill savings. Need help convincing your strata? Give the Council a call for some backup.

Still need convincing? Take David, a dad from Balgowlah. After fully electrifying – solar panels, battery, induction cooking, reverse-cycle AC, heat pump hot water, even an electric vehicle – he flipped his nearly \$10,000 annual energy cost into a \$1,220 yearly income from savings and selling power back. Over 15 years, that adds up to \$167,250 saved and 210 tons less CO² in the atmosphere. Suddenly, my electricity bill shame is very real...

If diving fully into electrification feels daunting, there's great community support available from local groups. **Clean Energy for Eternity** has partnered with the **Northern Beaches Council** and is providing trained community "Solar Ambassadors" if you need help getting started or reviewing quotes. **Zero Emissions Solutions** and **My Energy Guide** have great information resources, and **Go Solar Mackellar** is running regular Kitchen Table Conversations to learn more in a social setting.

With federal incentives, local support and attractive financing, now's a perfect time to get started. So, take that first step, contact one of your local community groups for help, find an accredited installer, grab those discounts, and start saving. Trust me, your future self (and your wallet) will thank you.

Keen to save money by rethinking your energy use? Check out **Rewiring Australia**, a non-profit, independent, non-partisan organisation dedicated to empirically demonstrating and communicating the cost savings, emissions reductions, and energy system benefits of electrification. Learn more at www.rewiringaustralia.org

Words: **Liam Carroll**

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Image: Matt Kemp, Rewiring Australia



Pocilloporids identified by John Sears in Sydney, 2013

Environment

Tropical intruders or climate survivors?

Sydney's Northern Beaches are iconic, with golden sands, crisp surf, and a deep connection to the ocean that defines our way of life. We depend on flourishing marine ecosystems for everything - from local businesses and recreational tourism to the mental and physical wellbeing that comes from a morning swim or coastal walk.

Our underwater neighbours are just as iconic: whales breaching offshore, dolphins cruising in the shallows, and Port Jackson sharks weaving through unique kelp forests and rocky reefs. But there's something else. Something unexpected. Something tropical this way comes.

Branching corals - more commonly found on the Great Barrier Reef - have taken up residence in Sydney's waters.

One species in particular, *Pocillopora aliciae*, the Cauliflower coral, has been quietly flourishing on our rocky reefs. First detected about 10 years ago around Cabbage Tree Bay to North Head, this coral isn't just surviving - it's thriving, creating new habitat for tropical fish and adding complexity to areas once dominated by bare rock. It's a sign of change. And a story we're only just beginning to understand.

A tropical coral in a temperate sea

As oceans warm, many marine species are shifting their ranges, moving south in search of cooler, more stable conditions. While this global trend often spells trouble for ecosystems, Sydney's coastline may be offering something rare: refuge.

Pocillopora aliciae isn't just any coral. It's a tropical species with robust, rounded branches

that provide shelter and structure - exactly the kind of architecture reef fish love. Unlike the low-lying, encrusting native corals we've seen around Sydney for decades, this newcomer stands tall, transforming flat rocky reefs into miniature cities teeming with life. And unlike their northern cousins, *P. aliciae* in Sydney hasn't shown signs of bleaching (yet), even during major marine heatwaves. So, is this a good news story in the making?

Refuge, or red flag?

That's the big question. Could these corals boost biodiversity and help tropical species survive climate change? Or are they potential invaders that might outcompete native species and alter local ecosystems? Right now, we don't know.

Despite their ecological importance, **we don't have a clear map of where corals are - or aren't - in Sydney.** Without this baseline, we can't track changes, understand impacts, or plan effective restoration if it's ever needed. That's why we've launched the **Sydney Coral Project.**

Help us map Sydney's corals

We're building the first-ever map of coral presence and absence across Sydney's coastline. And we need your help. Whether you're a diver, snorkeller, fisher, ocean swimmer, or curious beachcomber, you can contribute.

Seen this coral?

Look for a **chunky, dark brown-green branching coral** with rounded tips. It's most often spotted on wave-exposed rocky reefs, especially around Manly, Fairlight, and North Head.

1. Snap a photo (if you can)
2. Record the dive site or estimate the location
3. Note the date
4. Upload your observations to the Sydney Coral Project at **SydneyCoralProject.com** or scan the QR code



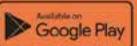
Every sighting - but more importantly a confirmed absence - helps us build a picture of Sydney's changing reefscape.

Be part of the discovery

This is a moment of marine change - and discovery - happening right on our doorstep. Let's find out what's really going on and let's map it together.

Words: **Dr. Jennifer Matthews**

Photo: John Sears



EatClub

Dine out for less

Aussie App launches on the Beaches with up to 50% off at local venues.

Great food at local venues doesn't have to come with a hefty price tag. Thanks to a smart Aussie app called EatClub, Northern Beaches locals can now score up to 50% off meals at popular venues like Pilu Freshwater, Bar Elvina, 4 Pines, The Pantry, Suki Asian, Menya Monaka, Shore Beach Club and many more, just by redeeming in the app before they eat out.

How it works

To do so, you only have to download the free EatClub app from the App Store or Google Play and create an account. From there, you'll instantly see real-time offers from nearby restaurants. If you like the look of a deal, simply redeem it, add your EatClub card to your digital wallet, and tap to pay when you dine to apply your discount automatically.

"One of the pain points we noticed in the market was the awkwardness of checking out with a coupon code", says founder Pan Koutlakis. "With EatClub Pay, all you need to do is tap your phone, and the discount is automatically deducted from your linked bank card. No awkward conversations. This means no fussing around at the counter - you don't even have to let the venue know that you have a deal.

With a huge variety of great local venues, it's the perfect way to get a deal on dining out, great for occasions or even an average weekday dinner, while supporting local business owners.

Why restaurants love it too

For local restaurant owners, the biggest challenge is consistency. While most venues are packed on weekends, weekdays can be quieter; but these days are still important to move stock, pay wages and cover overheads.

The app was launched in 2016 by founder Pan Koutlakis in partnership with celebrity chef Marco Pierre White (who mentored Gordon



Great food, 50% off



Pan Koutlakis, CEO



Marco Pierre White

Ramsey and was the youngest chef in history to earn three Michelin stars), and has been expanding ever since into new markets, including the UK and now, the Northern Beaches.

"It's all about contribution to costs, says White. "Yes, you don't do it on a Friday, Saturday night, Sunday lunch, because [restaurants] can fill up then. But Monday night's a tough night... And especially in these testing times, everybody wants a deal.

Timo, the manager of The Pantry in Manly, says "It's great because we can fill out those time slots while we have extra staff on, especially during the winter... (EatClub) has this discrete feeling to it, where our staff don't have to know, the customer doesn't need to tell us that they're dining out on a budget.

Exclusive Tawny reader bonus

For readers of the Tawny, EatClub is also offering an additional \$10 off your first Northern Beaches dine-out order, on top of any deal already active at the venue with the code TAWNY10. As Koutlakis says, "It's just a great way to eat out while supporting your local business owners, everyone wins.



Download here

Tawny readers get \$10 off your first dine-out order with code:

TAWNY10

"Accumulation of defects": The Auditor-General's scathing report on Navy shipbuilding

As the Navy embarks on the AUKUS program, the Auditor-General has handed Defence a 'C minus' on the Canberra Class ship-building program, finding: "Risks arising from an accumulation of defects and maintenance backlogs over several years have materialised. The substandard condition of the vessels and personnel workforce shortages have resulted in instances of critical failure and impacts to the Navy's delivery of operational outcomes."



HMAS Adelaide

Landing Helicopter Dock (LHD) Ships

To the untrained eye, they look like aircraft carriers. They're not. They are 27,000-tonne landing ships ("LHDs"). LHDs can carry and land ashore over 1,000 army personnel with weapons, ammunition, vehicles and stores using up to 12 helicopters (not included in the price) and four 56-tonne landing watercraft (included in the price). They have space for 110 vehicles, including 12 Abrams tanks, and also have on-board medical facilities that include operating theatres, wards, X-ray, and dental facilities.

Operational issues ongoing

The ships were in the media in 2017, with HMAS Adelaide unable to attend exercise Talisman Sabre. LHD sustainment was listed as an underperforming program 'due to ongoing propulsion pod reliability and vibration concerns at delivery, as well as the concerns over maturity of the overall sustainment system'. The ships received a 'final operational capability' declaration in November 2019 with six 'significant residual deficiencies'. In 2022 and 2023, the ships suffered total power failures while providing humanitarian assistance and disaster relief support to Tonga and Vanuatu, respectively.

Defence Management Failure

In respect of Defence management, the Auditor-General found that: Defence did not implement fit-for-purpose planning and value-for-money procurement arrangements to support LHD sustainment; Value for money and the intended sustainment outcomes were not achieved; Sustainment of the LHDs was not managed effectively.

Over the past year, there have been multiple reports of Defence projects being "re-prioritised" (this is a term many now acknowledge as being used in Senate Estimate hearings to avoid "cancelled") to pay for the AUKUS submarine program. The Defence Department has also cut project maintenance and training budgets by 10% to save money to pay for the AUKUS nuclear-powered submarines and new missiles.

More money, please

The Audit report comes at a time when, around the world, there have been calls for increases in national Defence spending. NATO countries have agreed. PM Albanese has resisted.

A major problem for Australia is that throwing more money at Defence is, based on past performance, throwing good money after bad.

Defence has wasted \$20B over the last decade on capabilities not delivered, or not meeting expectations. And yet, we roll on with no changes inside Defence. No one is accountable, and the taxpayers are expected to just pay the bill.

It may well be that the current geo-strategic uncertainty and outlook require greater spending on Defence; however, the Government would be well advised to only do that after significant reform has occurred inside Defence. The old adage "Insanity is doing the same thing over and over and expecting different results" is as true as ever.

Maybe it's time we do something different.

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

Photo: Wikipedia



I was a stay at home parent. Am I entitled to some of my partner's superannuation?

The simple answer is yes! When you are negotiating your property split, you can ask for a portion of your ex's superannuation. The reality is that your partner has been able to accrue so much super because you have been doing the hard work at home. It would not be fair for you and your ex to split all the liquid assets and ignore this massive chunk of money coming at some point in the future.

But there is a catch! Superannuation can only be transferred between superannuation accounts. This means some of your partner's superannuation will be directly transferred into your superfund, and you can't access it until retirement age. It is important to think about what your priorities are. Do you want more of the liquid assets to account for your ex's extra super? Or would you prefer to have more of their super for future financial security?

Speak to a financial planner and your lawyer about what works best for you. Just because your ex was earning money for the family does not mean you weren't making important contributions at home. You are entitled to future financial security!



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Lionheart: The legacy of Tom Richards

Wallabies and Lions fight it out in honour of incredible Australian

Manly Cemetery is no stranger to illustrious residents, and as you wander through the beautiful reserve you may just stumble upon the grave of the remarkable Thomas James Richards.

As the British and Irish Lions Tour comes to its momentous conclusion, it is a poignant time to remember Tom Richards as an illustrious Australian sportsman, a war hero and the only person to have played for both the Lions and the Wallabies.

For the preceding three tours both sides have fought it out for the Tom Richards Cup and whilst corporate sponsorship has seen an inevitable naming right's change to the trophy, there will be a Tom Richards Medal presented to the player of the series.

Tom Richards' story is one of remarkable achievement, not only for his incredible sporting endeavours but for his bravery and heroism as a soldier during distinguished campaigns at the Gallipoli Landings and on the Western Front.

The son of a miner, Tom Richards was born in regional NSW in 1882 into a strict church-going family that showed little interest in extracurricular activities. But with Tom's father sent to South Africa for work he took the opportunity to try his hand at Rugby and he quickly excelled along with his brother Bill.

After honing his skills in NSW playing for local and provincial sides, it was a visit to see his father in South Africa and then to England, which saw Tom picked in numerous provincial sides and county teams.

With this experience under his belt, he returned to Australia and gained selection in the national team to play in the 1908 Olympics against the only other competing side that year, England. Richards scored a try and returned home with the gold medal.

As chance would have it, he was in South Africa visiting family when the British Lions toured in 1910. Short on players, The Lions drafted Richards into the side based on his membership of Bristol during his time in the UK. Richards would represent the Lions on twelve



Tom Richards, 1908

occasions including two test matches against South Africa.

Returning to Australia, Richards began living in Manly, a place where he would eventually settle in later life. A member of the Manly Life Saving Club and the Manly Rugby Club, Richards only played a handful of games due to work and Australian test match commitments before he enlisted for World War I.

Starting out with 1st Field Ambulance, he joined the Australian contingent in Egypt before the unknown deployment to Gallipoli where he had several stints eventually heading to the Western Front serving in perilous conditions.

In 1916, Richards finally saw action as a soldier serving for the 1st Battalion against the Hindenburg Line at Bullecourt. Richards led a bombing party in pushing back a German line 250 metres and claiming numerous key enemy trenches. Wounded with shrapnel, Richards was awarded the Military Cross for his gallantry and promoted to Lieutenant. Richards would suffer a number of war related issues and his health was badly affected by gases used in enemy shelling.

Tom Richards eventually settled back in Manly and formed a relationship with a local girl that ended in a short-lived marriage. He continued to work in sales and wrote for suburban newspapers, but his health continued to fail him, and he died in 1935 aged 53.

An extraordinary life.

Words: **Anthony Bergelin**

Borussia Dortmund's Terrey Hills expansion



Goal! Michael with football legend Paul Lambert

Michael Cordes celebrated his first year as German International School Sydney's Principal in style, announcing a new era of sporting excellence at the Terrey Hills school, officially partnering with one of Europe's most iconic and successful football clubs, Germany's Borussia Dortmund (BVB). This collaboration marks a significant milestone in both institutions' commitment to youth development, education, and football excellence.

"We are incredibly excited to bring Borussia Dortmund's world-class football training to our students on the Northern Beaches," said Michael. "This partnership aligns with our commitment to holistic education by combining academic excellence with quality athletic development, and will offer pathways for student-athletes to participate in exchange programs, to experience training at BVB's headquarters in Dortmund, inclusive football development for boys and girls, nurturing talent at all skill levels, and training camps during school holidays, providing students with additional opportunities to enhance their skills and passion for the game."

As part of this partnership, Borussia Dortmund will help develop a high-quality football program and support the first concept of a new football pitch at GISS, further solidifying

the school's commitment to fostering sports excellence. The highlight of this cooperation is the permanent placement of a BVB coordinator at GISS, who will lead and oversee the development of the football program.

"We are thrilled to partner with the German International School Sydney and contribute to the development of young footballers in Australia," says Dr Suresh Letchmanan, Managing Director of BVB Asia Pacific. "This partnership aligns perfectly with our philosophy, and we are excited to be a part of shaping the future of football at GISS."

For all information, visit giss.nsw.edu.au/en/giss-football-academy

Book your ticket to meet footballing legend **Paul Lambert** and to celebrate the partnership's launch with a **Sydney Harbour Cruise Gala Dinner** at trybooking.com/events/landing/1417483

Words: **Liam Carroll**



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Lara and Jaimee, mall focus and precision

Art & Culture

A brush with retail

Westfield Warringah Mall hosts a local, living artist residency

In a climate where commercial spaces are increasingly transient, it is heartening to encounter an initiative that blurs the boundaries between art and retail, community and commerce. The Artist Residency at Westfield Warringah Mall is one such project - a vibrant intervention that has transformed a vacant retail tenancy into a living, breathing studio and exhibition space.

Conceived through a collaboration between Westfield Warringah Mall and Brookvale Arts District (BAD), the residency is a quietly radical gesture: five artists working in full view of the public, each contributing their own distinctive visual language to the fabric of the space. Lara Allport, Jaimee Paul, Jessica Watts, Monique

Tyacke and Jo Horsley have collectively created not only a striking body of work, but a site of continual engagement and dialogue with the public.

This initiative is the result of sustained advocacy and imaginative thinking. Conversations between the Westfield marketing and leasing teams and BAD co-founder Lara Allport planted the seed, not merely to fill a shopfront, but to reframe it as a cultural hub. The resulting residency launched in May 2025, and has since drawn steady footfall, proving as compelling for passers-by as it is meaningful for the artists involved.

There is something profoundly democratic about the experience: no ticketed entry, no white-cube reverence, just the pleasure of stumbling upon

art in progress as part of one's daily routine. The public have responded in kind, with generous feedback and genuine curiosity, whether peeking in as the artists work, striking up conversation, or returning with friends in tow. It is, as one visitor put it, "exactly the kind of thing that brings a Mall to life."

And now, as the original site has been reclaimed by a new commercial tenant, the project evolves once again. Rather than seeing the end of the initiative, Westfield Warringah Mall has embraced the residency's value and offered a new space elsewhere in the centre - a gesture that speaks volumes about the mutual benefits of art-led activation.

Workshops, paint-and-sip sessions, and further creative programming are on the horizon, all of which promise to deepen community connection and encourage hands-on participation.

What this project demonstrates, above all, is the power of imaginative reuse, not simply to decorate, but to re-animate. The Artist Residency is more than a display of paintings; it is an assertion that creativity belongs in the everyday, that artists are not ornaments to a city but essential contributors to its vitality.

In the end, the message is clear: empty spaces are opportunities. And when given over to artists, remarkable things can happen. Art will save the world. Stay tuned.

Follow @beachesartresidency @brookvaleartsdistrict and @westfieldwarringahmall on socials for more updates

Words: **Liam Carroll**



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Photo: Neil Thompson Rees @monocaptus

Welcome to *Ohana Collaroy*

Ohana presents a unique collection of first-class luxury apartments, designed specifically for over-60's and downsizers seeking the ultimate Northern Beaches lifestyle.

Featuring massive home-sized layouts, residents will feel a greater sense of privacy in comparison to what conventional apartment living offers. Each residence features multiple alfresco areas that maximise natural light, enhance cross-flow ventilation and provide extra living areas to entertain, unwind and relax.



“We’ve positioned each living area & alfresco terrace with privacy at the forefront – just like living in a freestanding home”

Brian Bass - PopovBass Architects

Features such as minimal shared walls, strategic window placement and beautifully landscaped privacy barriers, combine to create a private and peaceful sanctuary like no other.



“We’ve created a space that’s inviting & comfortable – perfect for ‘memory making’ with friends & family”

Sally Walters - Baxter+Co

Warm, soft tones inspired by the coastal lifestyle create an inviting and comfortable space. The living areas feature beautifully aged and smoked engineered oak flooring, while the bedrooms offer the comfort of plush woollen carpets for that perfect feel.



To find out more info about Ohana Collaroy and see the incredible floorplans on offer, visit the website or call us to book a private consultation in our Display Suite, located in our Collaroy office at 1/1020 Pittwater Road.

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Cover Artist

Jennifer Rosnell

How long have you lived on the Beaches?

My whole life. I grew up in Narrabeen before settling in Collaroy, where I live now with my family.

Where's your favourite place to eat, drink, hang out? Peak Café in Newport is my go-to for breakfast, Taste Café in Collaroy for a great coffee, and Hugo's in Manly for pizza. For a special occasion, you can't beat The Bathers' Pavilion.

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

Italy - for the beauty of the landscape, the galleries, the cobblestone streets, architecture, and the food.

How did you discover you had a gift for art?

In primary school I was disqualified for a drawing competition, they thought my parents had drawn the entry. In high school I would get encouraging feedback from teachers and classmates.

Did you study art? I studied a Bachelor of Fine Arts at the UNSW, specialising in the figure and anatomy. I also love life drawing at Manly Art Gallery and Museum.

Which artists or other inspiring people, dead or alive, would you most like to have dinner with? I would love to have dinner with Brett Whiteley, Nicholas Harding, and Nora Heysen. Nora Heysen is particularly special as I once met her at her home for afternoon tea in Hunters Hill. The first woman to win the Archibald prize, what an inspiration!

What inspired your cover art? My cover oil painting, Terracotta Shade, was part of a group exhibition with Michael Reid Northern Beaches Gallery in Newport. I'm drawn to painting sunbathers - especially the form of the figure and colour of a sun umbrella. This work reflects my ongoing interest in developing a loose, expressive approach to figurative painting with a coastal vibe.

What inspires your work in general? It could be anything from looking at my old art book collection about artists such as Alberto Giacometti, to an inspiring art book series by Amber Creswell Bell in particular 'About Face' and 'A Painted Landscape', as well as going to galleries and everyday observations, whether it's the colour combination I see on someone's t-shirt or looking at a photograph by one of my sons.

What are you currently working on? As a result



of a recent successful show 'Seagazing' at Olsen Annexe Gallery in Woollahra, I am working on a number of collector commissions. My current show 'Salt' is on view at the upstairs gallery at Bathers' Pavilion, Balmoral until the 30th of August.

What's your favourite thing about what you do? Painting and drawing has always sparked joy for me. Observing and really looking at what I see in my own way. Exploring and staying curious. I love looking at all types of art and love going to galleries. I also teach drawing at community college, and I find my students inspiring.

Any advice for young or aspiring artists?

Join a course to get started or a local workshop to develop your skills. There are opportunities with local artists at Community College, and Manly Art Gallery Museum has workshops and life drawing classes. Go to galleries to discover lots of styles of various artists it is so inspiring to see an artwork in real life not just as pixels on a computer screen.

Are there any words of wisdom you're often guided by? Dr. Seuss: The more you learn, the more places you'll go.

Visit [jenrosnell.art](https://www.instagram.com/jenrosnell_art) for Jen's latest gallery updates, and to experience her work up close, cross the Spit asap to see her exhibition 'Salt', on view at Balmoral's Bathers' Pavilion until 30 August.

You can also visit Jen in person later this year during the Pittwater Artist Trail at her open studio on 8 and 9 November.

Scan here to check out Jen's Instagram [@jenrosnell_art](https://www.instagram.com/jenrosnell_art)



Photo: Jessica Bellef, IG @jessicabellef

RESULTS *matter*

The shortest day of the year has been and gone and Spring (and warmer weather) is on the way!

EOFY numbers are in and despite a tightening supply environment, our team at Cunninghams achieved amazing results for our clients across the Northern Beaches:

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Free Quarantine Beach Clean Up

Offline Digital Detox: Unplug, unwind and reconnect. Put down your phone and rediscover joy through a digital detox

Nature Walk: Explore our flora and fauna with an interactive bush to beach walk

Quarantine Wander History Tour: Discover migrant stories and history of the Wharf Precinct.

QSTATION





With their recent signing to New Zealand record label Loop Recordings, they have a Tsunami of tunes coming your way, with their first couple of songs released on Spotify on August 1st, then two each month for the foreseeable future. Their first album will be released in December, and it will be self-titled.

The duo is planning some local gigs, and a bit of stage diving in between, so look them up on Instagram & TikTok to keep in touch.

“We’ll see you when the Sun sets.”

@sunset_tsunami
@sunset.tsunami
loop.co.nz

Sunset Tsunami

Sunset Tsunami is a Northern Beaches duo coming together to bring you a host of beats and bangers, from days spent digging in the crates, sharing stories over a pint of past raves and rock’n’roll concerts, mosh pits and hangovers. They come from the original crop of vinyl purveyors and musicians where “Music was Life!”

The partnership started when they met at a Sydney warehouse party, sharing an appreciation for dance music and beat making. As relentless music adventurers, “from House to Morrissey,” Sunset Tsunami are always viewing a very different musical landscape, combining guitars and synthesisers, vocals and melancholic moods. Rocking House, thick smoky Dub, Hip Hop, Drum & Bass and Soul, Sunset Tsunami brings a fresh blend. With both coming from other sides of the globe, the Northern Beaches lifestyle has brought a new style of creativity to their sound.



Check out the News section of brookvaleartsdistrict.org for more on the music that has influenced Sunset Tsunami.

Words: Doug Clark
Illustration: M-LON

Property

Ask a surveyor

It's important to know where you stand, so we asked CMS Surveyors' Stuart McEvoy about hot topics which can draw a line between neighbours.

My neighbour's fence is on my land - what can I do? Good question, and a common one. Fences can spark disputes, especially if they've been in place for years without anyone double checking the boundary (that's why it's important to check that a survey is included when you purchase a property, and identify these issues up-front).

The first step is to confirm exactly where your property boundary lies. The only reliable way to do this is by engaging a registered land surveyor to carry out a boundary survey. This will give you a definitive answer and an accurate plan you can refer to in discussions with your neighbour – or NSW Land Registry Services if it escalates.

If the fence is found to encroach onto your land, most neighbours are willing to work toward a fair solution once shown the evidence. If things do get tricky, your survey plan can support formal action or mediation.

Either way, knowing where the line is (literally!) is the first and most important step.

I love my water view. Is my neighbour allowed to build something that blocks it? Lucky you, those views are worth holding on to! Unfortunately, there's no automatic right to a view unless your property falls within a protected view corridor or there's a height restriction in place.

That said, if your neighbour submits a DA (Development Application), you can review it and lodge an objection if their plans significantly impact your outlook. Increasingly, architects and builders include a Visual Impact Assessment with their DA which outlines how the new build will affect neighbouring views and the overall character of the area. These assessments are publicly available on the council's website so it's worth taking a look. If a Visual Impact Assessment has not been submitted, you may be able to ask council to request that one is carried out.

Words: **Stuart McEvoy**, CMS Surveyors, Dee Why
Stuart has spent over 30 years working with residents, council and government on the Northern Beaches to create spaces that transform our community. For more info, visit cmssurveyors.com.au





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Image: Quyen Hutchinson, IG @imstfrogmouth



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August 2025 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 0045 1.32 0700 0.62 1342 1.45 2002 0.78	2 0141 1.22 0745 0.67 1436 1.46 2119 0.78	3 0251 1.15 0840 0.71 1536 1.49 2235 0.73
4 0409 1.13 0942 0.72 1635 1.54 2338 0.65	5 0517 1.15 1041 0.70 1729 1.61	6 0027 0.56 0611 1.20 1134 0.66 1816 1.69	7 0108 0.48 0655 1.25 1221 0.60 1859 1.77	8 0145 0.40 0734 1.31 1304 0.53 1939 1.85	9 0221 0.33 0814 1.37 1347 0.47 2019 1.90	10 0258 0.28 0854 1.43 1431 0.43 2100 1.91
11 0334 0.25 0935 1.49 1518 0.41 2142 1.88	12 0413 0.26 1018 1.54 1607 0.42 2225 1.80	13 0451 0.29 1103 1.59 1700 0.45 2311 1.67	14 0531 0.35 1152 1.62 1758 0.50	15 0001 1.51 0615 0.44 1244 1.63 1904 0.56	16 0100 1.35 0704 0.53 1343 1.63 2022 0.58	17 0213 1.23 0803 0.60 1450 1.65 2149 0.56
18 0340 1.17 0914 0.64 1602 1.68 2308 0.50	19 0501 1.18 1026 0.62 1710 1.74	20 0010 0.41 0605 1.24 1130 0.57 1809 1.81	21 0100 0.34 0656 1.31 1227 0.50 1900 1.86	22 0144 0.30 0740 1.38 1316 0.45 1945 1.87	23 0222 0.28 0820 1.43 1401 0.42 2025 1.84	24 0257 0.29 0858 1.46 1444 0.43 2103 1.77
25 0329 0.33 0934 1.49 1524 0.46 2139 1.68	26 0359 0.38 1010 1.50 1604 0.50 2213 1.57	27 0427 0.43 1045 1.51 1646 0.55 2247 1.46	28 0454 0.50 1120 1.50 1730 0.61 2325 1.34	29 0524 0.56 1200 1.49 1821 0.66	30 0007 1.24 0600 0.63 1245 1.47 1921 0.71	31 0101 1.14 0645 0.70 1339 1.44 2037 0.72

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

Info: Bureau of Meteorology Tidal Centre Photo: Neil Funch-Thomsen



Behind Chalky's "Expensive Steak"

Chef Marti is Michelin-star trained, honing his craft under culinary icons Peter Doyle, David Thompson, and Glen Boman. He ran Nobu London for seven years, and now calls Chalky's home, bringing world-class flavour and precision to every plate.

So, Chef Marti, why call it the "Expensive Steak"? No messing around, straight to the point!

What makes it so special? It's all in the detail. Marbled to perfection (scored 2-3 for the perfect amount of fat that runs through it), charred on a screaming-hot grill for that crust, cooked on the bone for extra tenderness, and finished with my Signature Butter. It's a



Billy with an XL Bonito

great cut, indulgent and primal.

What do you serve it with? Hand-cut chips, grilled broccolini, a baby-gem salad, my Signature Butter, and a pinch of sea salt drama. No fuss - just the right elements, done right.

What drink do you recommend it with? A bold red. Or a neat whisky if you're feeling dangerous. Or both.

Is it true you won't let anyone else cook it but you? Not true, all my senior chefs are trained to cook it - unless I'm in the kitchen.

What are customers saying? A couple of my favourites: One guy said to me, "It better be worth it!" - customer eats steak - "Hey Marti, it was worth the money!" And have heard lots of, "The best steak I've ever had!" Always nice. And true.

Why should someone order the Expensive Steak tonight? Because it's AMAZING! If you



Indulgent and primal, serve me up

like steak, you're gonna love it! Even if you don't - like Alexi - you'll still say it was absolutely delicious.

Visit **Chalky's Poolroom** and order the steak. Thank me later.

Featuring: **Martin Brito**

Fishing

What's biting, Clint?

Depending on your target species, fishing has been a little slower than usual. The Snapper are a little thinner across the more popular inshore reefs and Kingfish on the wider reefs have been patchy at best. That's not to say they aren't around. You may just need to think outside the box or target what's available.

Case in point, some local Northern Beaches anglers recently did the miles to get smiles, travelling some 40 nautical miles off the back of Yellow Fin Tuna rumours. Those who committed were handsomely rewarded with several fish recorded up in that 45kg range.

Inside our harbours and

estuaries, the Kingfish have almost been no existent. It really has been a tough Winter on that front. I can't recall a leaner year. Even with premium live baits, reports of quality fish have been skinny.

The Bonito and Jewfish however have been prolific, schooling up in good numbers in the upper reaches. Ditto for the Southern Calamari. Anglers have also had some success targeting larger Flathead with live baits, remembering all fish 70cm and above must be released.

Hopefully next month's report has a little more action and our waterways have fired up a bit. You won't know until you get out there an' have a go though!

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Home & Renovation

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 - Can be applied by roller, brush or spray
 - Sustainably manufactured by Colormaker Industries using 100% renewable energy
 - Comes with a 10 Year Guarantee
- WeatherTuff can be applied

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A Life of Grace, Grit and Creativity: Meet Joy, 99 Years Young

At 99 years old, Joy is living proof that vitality, purpose and creativity can flourish at any age. A cherished client of Just Better Care Northern Beaches and Northern Suburbs, Joy's story is one of resilience, exploration and lifelong curiosity.

Born between two world wars, Joy grew up during a time when life was simpler but also more constrained. Her childhood was filled with fairy tales, dances, and the close-knit warmth of family. **"We did not know what was going on in the world – and we were not meant to,"** she recalls. **"As young girls, we were not encouraged to question or engage with the wider world. It was a different time."**

As a young adult, Joy was faced with a choice: settle down or follow a sense of adventure. She chose the latter, working multiple jobs to afford a ship fare to Europe. "Travelling changed me," she says. "I met people who had been through so much. I came back a very different young woman."

Later, she married a man she had known through family connections and together they built a life full of love, travel and shared values. They explored the world together and supported each other through its changes.

Joy's creative spirit remained

a constant. She painted, wrote poetry, and later pursued a course in interior decoration, building a career after her children had grown. When she was 98 she fulfilled a lifelong dream: she published her first book of poetry – a personal and thoughtful collection written for women and for her family. **"I have been writing since I was a little girl," she says. "It felt like the right time to share."**

Joy also keeps physically active. After surviving a heart attack several years ago, a personal trainer organised her support, recovery and well-being. She now does Pilates twice a week and credits it with helping her feel strong and renewed. "I am often tired after the sessions," she says, "but always feel better for doing it."

When asked about her approach to ageing, Joy offers simple, heartfelt truths. "I have never smoked, never really drank, and I have only ever had one partner in life. I have just got on with it." She speaks warmly of her children, grandchildren, and great-grandchildren – each one important in her life.

Joy also speaks honestly about growing older. **"Of course, I get lonely - who doesn't? But you have to step out of your bubble and keep connecting with people."**



Joy, all smiles, focused on the future

That is where Just Better Care has made a significant impact. **"The carers make a huge difference,"** Joy says. **"They brighten my day. They come in with fresh ideas, share stories, and help me stay engaged. Without them, I would be much lonelier."**

To Joy, ageing well is about continuing to move forward. "You have to let go of old ideas, accept change and stay involved. Everyone sees the world differently. If you really understand that, you avoid conflict."

When asked what makes her laugh, Joy replies: "Children. And the funny things people say. **There is always something to smile about if you are paying attention.**"

Asked about the future, she recalls a moment when someone once told her she would live to 104. **"So that is what I am aiming for."**

Through creativity, movement, connection and care, Joy continues to live a full and meaningful life.

And in her words: "I just get on with it."



Ratburger has "just the right amount of grossness"

Art & Culture

Ratburger

I recently saw Ratburger at Glen Street Theatre, an energetic story full of rats, villains, burgers, and laughs.

We first meet Zoe, waking up to a horrible surprise: her beloved pet hamster has died. Her awful step mum, Sheila, barges in, telling Zoe to "suck it up," before flushing the hamster down the toilet. Zoe heads off to school, running into Tina, the neighbourhood bully who coughs up a stretchy green glob of phlegm and throws it at Zoe (gross!). Zoe escapes and takes a break beside a dumpster, only to meet a dancing rat, Dapper. She hides him in her pocket, hoping he can be her new act for the school talent quest.

At school, Zoe meets up with her best friend Alby. The teacher gives a gross lesson about how rats once spread the plague. Dapper escapes and Zoe tries everything to catch him without getting caught by the teacher. On the way home, Zoe and Alby stop by Bert's creepy burger van which sells all kinds of nasty-sounding food, including "ratburgers."

Things start getting really scary...Bert comes into Zoe's house to steal Dapper and turn him into his next special ingredient! But he gets distracted by Sheila, and the two villains end up falling in love. They deserve each other! Zoe's dad comes to the rescue. Bert and Sheila fall into the burger machine and become burgers themselves (yuck but also kind of satisfying). Zoe and Tina become friends, and Dapper goes on to be the star of the school talent quest.

Ratburger is a seriously fun theatre experience with constant action, silly humour, and just the right amount of grossness. Perfect for tweens, teens, and adults who love a good laugh.

Words: **Lola Adams**, Junior Theatre Reviewer

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Financial prisoners

When Sydney's housing crisis traps relationships

Every week a Gen X couple sits before me with a very familiar story. They married in their twenties, got the picket fence dream, had kids, became so focused on life and parenting that their marriage fell to the wayside. Sex slipped away. They grew apart. Now, as the kids move into later high school years, they don't recognise who they married. Sometimes, they don't even like each other. But here's the devastating question they face: what are they supposed to do?

The impossible math

The average Australian earns \$83,000pa. It's reported that a Sydney household needs close to \$300k per year for a comfortable standard of living. Not to mention the average Sydney home now sits around \$1.4mil. Wanna stay local? You're looking at \$2.5 mil for the Beaches, \$4.5 mil for Manly. These aren't statistics - they're the bars of a financial prison. When previous generations faced relationship crossroads, they had options. Today's couples face what I call "financial imprisonment", staying trapped in dysfunctional relationships because separation simply isn't economically viable.

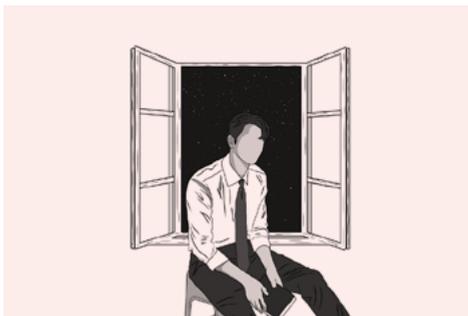
The relationship costs of no exit

When there's no realistic exit option, the psychological dynamics of a relationship shift dramatically. Chronic financial stress doesn't just strain budgets; it rewires how couples communicate. Arguments become more desperate, power dynamics more toxic, resentment more entrenched. The mental health toll is enormous when partners feel like cellmates not soulmates.

Perhaps most heartbreaking is the impact on children. Kids absorb these patterns of stress, conflict, and emotional disconnection, learning love may look like two people barely tolerating each other, that homes are places where tension simmers. We're inadvertently role-modeling relationship dysfunction because we literally cannot afford to do otherwise.

Survival strategies for the trapped

If you're financially imprisoned in your relationship, here's how to create emotional safety within impossible circumstances:



Separation simply isn't economically viable anymore

- 1. Create micro-boundaries within shared space.** You may share a house, but you can still have emotional privacy and personal time to decompress.
- 2. Prioritise communication over connection** You don't have to like each other right now, but you need to function as co-parents and housemates. Focus on practical, respectful communication.
- 3. Protect the children's emotional environment.** Whatever dysfunction exists between you, shield your kids from absorbing it as normal. Consider family therapy to learn healthier conflict patterns.
- 4. Invest in your individual mental health** When you can't change your external circumstances, focus on your internal resilience. Therapy, meditation, exercise - whatever keeps you emotionally regulated.
- 5. Plan for the long game.** This financial reality may not be forever. Work together on a timeline for when separation might become feasible, even if it's years away. Furthermore, the current economic situation may push us to reimagine how we envisage home, housing, and family, and borrow alternatives from other cultures.

The cost-of-living crisis isn't just about housing, it's reshaping the very nature of intimate relationships. While we can't control Sydney's property market, we can control how we navigate these circumstances with dignity, respect, and hope for our future selves.

Words: **Scout Smith-O'Leary**, The Love Scout
The Love Scout offers relationship counselling for couples, individuals, and families in Manly, Narrabeen & online. For bookings or inquiries call **0481 531 555** or visit www.thelovescout.com

Image: PheLadiiii

The 12 best hot chocolates on the Beaches

"Hi all," my Facebook post began, "I'm on the hunt for a proper hot chocolate... made with real chocolate melted by hot milk (no chocolate powder in sight!). Please let me know so I can go rate them!" It was mid-May 2024, and the weather was cooling, so I posted in as many Northern Beaches Facebook groups as I could, thinking I could spend the winter testing out any suggestions. What a fun idea! Except...I got almost 50 recommendations! That's a lot of hot chocolate!

Still, I set out, starting with cafés close to home, then venturing further afield. With each tasting I became more discerning, more of an expert. After a few months, I had to return to test some hot chocolates again - just to be fair! Some places were a disappointment of course, claiming to use real chocolate, then spooning out powder or using a chocolate-flavoured syrup. Chocolate will naturally solidify if left at room temperature, so what is in those syrup bottles? Not melted chocolate!

One place even had several delicious-looking chocolate fountains on display, yet moments after telling me they used real chocolate in their hot chocolates, the barista reached for a syrup bottle! When I asked what was in it, she admitted she had no idea! The best places all used hot milk to melt fresh chocolate buttons or chips, or kept warm melted chocolate ready to ladle into a cup. There were about 25 of these across the beaches. But since I was after the absolute best, I returned to my highest ratings to ask more questions and observe how each drink was made.

This time I realised that some baristas were leaving it up to their customers to stir in the melted chocolate. But stirring a hot drink invites in cold air, and by the time I'd stirred in mine, my drink was no longer hot! When I asked these baristas to do the stirring while the cup was only half (or less) full, then top it up with hot milk, some happily obliged. But others insisted that melted chocolate should remain on the rim or glass of the cup for aesthetic purposes. Since I was after a tasty hot beverage, not a cool photograph, I couldn't keep them on my list. Some hot chocolates were also weaker on subsequent visits, with baristas admitting they'd



Every day is a hot chocolate kind of day

used less chocolate than before.

Finally, a whole year later, I had my Top 12. None of the places I visited knew I was rating them, so I hope these twelve are as delighted to be included as I was by their efforts! If you'd like to try them out, just remember to tell them you're after taste, not beauty, so to use a good amount of chocolate and stir it in properly! In alphabetical order, they are:

- **Aggy's Corner**, 1/94 West Street, Balgowlah
- **Choc et Moi**, 15/19 Pacific Parade, Dee Why
- **Frankie's**, 277 Mona Vale Road, Terry Hills
- **Lighthouse Specialty Coffee**, Kiosk 2A/10 Park Street, Mona Vale
- **Lindt Chocolate Boutique**, Shop 1536, Westfield Warringah Mall
- **Mary's Cafe**, 4/23 Howard Avenue, Dee Why
- **P&N Daily Scoop**, 1483 Pittwater Road, North Narrabeen
- **Redstone Cafe**, Shop 2105A, Westfield Warringah Mall
- **Roseberry Street Cafe**, 2/62 Balgowlah Road, Balgowlah
- **Showbox Coffee**, 19 Whistler Street, Manly
- **Sunrise Cafe**, 122A Narrabeen Park Parade, Warriewood Beach
- **Two Sisters**, 147 Sydney Road, Fairlight

Words: **Zena Shapter**

Zena Shapter is a local hot chocolate expert, author, editor and writing mentor. Enjoy more of her musings on her blog at zenashapter.com/blog



Before: A roadside rock-face smothered in weeds



After: The same rock-face, free of interlopers

Mal's Wild Side

The lost rocks of Sydney

Some of the most enduring features of Sydney are the wonderful sandstone outcrops that are dotted around the city and suburbs.

Our modern metropolis is actually built on top of a giant swathe of sandstone that's around 50 metres thick. The eroded material was brought here around 200 million years ago in the form of sandy deposits by an ancient river. Many of Sydney's iconic old colonial buildings are made from this attractive yellow-brown stone.

Immense bulky formations of sculptural sandstone adjoin roads, overshadow backyards or majestically frame our beaches. They were mostly too hard to shift when the bulldozers first came through, so they were skirted around or bypassed. Today they are sombre and silent reminders of a lost landscape, an ancient past.

These rocky edifices also harbour some of our remnant native biodiversity; ferns, trees and bushes that tenaciously cling to the last persistent islands of undeveloped suburban land. The outcrops don't naturally have a lot of vegetation on

them. But the species that **do** occur are critical to the fauna of these nutrient poor and thermally stressed environments.

Almost from day one of European settlement, these native plant refuges have been under siege from invaders. Tenacious weeds were unthinkingly brought here from overseas such as English Ivy, Morning Glory, Asparagus fern, Mother of Millions, Lantana, Fishbone fern and Honeysuckle. They now usually blanket the rock faces and crowd out the indigenous species, even on the sheer edges. Chances are that the many of Sydney's signature rocky outcrops are all but invisible... buried beneath a sea of introduced species.

The first photo shows such a roadside rock-face, absolutely smothered in environmental weeds. The second photo portrays the very same outcrop, but after all the "interlopers" were delicately removed by hand.

Ultimately, a small suite of remnant natives was uncovered including a Skeleton Fork-fern (*Psilotum nudum*). This is a primitive and simple plant whose descendants can be traced back 410 million years (way before dinosaurs were around). Amazingly, you can still see these ferns on the rock-face adjoining the Opera House...prehistoric marvels ignored by tourists.



The exceedingly rare Gully Skink

Another fascinating discovery was an unusual looking lizard that I didn't recognise, so I sent a photo off to the Australian Museum for help with I.D. They advised that it was a Gully Skink - *Saproscincus spectabilis* - so rare in Sydney that they didn't have an image of it in their collection!

How remarkable, that in our suburban environment, natural treasures can, literally, still be uncovered.

Words: **Mal Fisher**



New friendships formed amongst Dee Why locals who love the essentials of gardening, fresh produce, and a BBQ



Community

Let's create a community garden in Dee Why!

Did you know that the Northern Beaches has community gardens in Avalon, Seaforth, Balgowlah, Manly Vale, Freshwater, Curl Curl, and Newport?

Community gardens are a great way to learn new skills, develop a green thumb, and make new friends. On 31 May, Permaculture Northern Beaches and I hosted a community gathering in the heart of Dee Why to ask locals: would you like a community garden in Dee Why? The answer from the 70 locals who attended was "Yes, please!" and "Just start digging!"

We had people of all ages from toddlers (aka future hole digging crew) through to newbies, gardening enthusiasts, and agronomy experts eager to get their hands dirty. Best of all, we had the beginnings of cross-generational friendships of people interested in gardening, sustainability and community.

What benefits would a community garden bring? All community gardens are great, but I think one in Dee Why would really bring a special benefit to all those residents who don't have a yard of their own. I chatted to several older "downsizers" who missed their yard and liked the idea of a shared garden where they could share duties with younger members able to do the heavier tasks. We had many parents wanting to teach their children, and apartment dwellers interested to grow their own food and learn new skills.

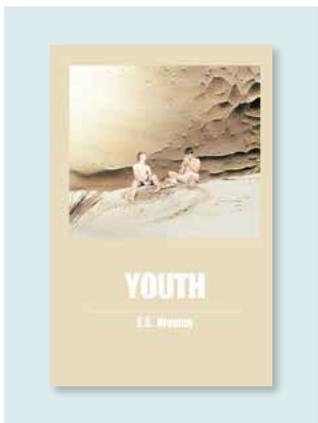
What sorts of things could we have in a community garden? The locals left a lot of stellar ideas for what they envision from a community garden, from worm farms and composting, fruit trees, herb and veggie gardens, native bee hives, flowers, a communal seating area, and (I particularly like this one) a fairy garden.

If you live near Dee Why, shoot myself or Permaculture Northern Beaches an email if you're interested to get involved - Kristyn.glanville@northernbeaches.nsw.gov.au or info@permaculturenorthernbeaches.org.au

If you live in another part of the Northern Beaches and have a brilliant idea for a local community garden near you - let me know! I can help give you ideas for getting started.

Follow Cr Kristyn Glanville on socials @[kristyn.greens](https://www.instagram.com/kristyn.greens), as well as Permaculture Northern Beaches @[permaculture.n.beaches](https://www.instagram.com/permaculture.n.beaches) to learn all about positive solutions to bring food production back to where we live.

Words: **Kristyn Glanville**, Councillor for Curl Curl Ward



E S Higgins celebrates Youth's launch with Paige Turner undercover

Paige Turner Reviews

Youth: A gritty story of love, grief, hope and hopelessness

E S Higgins' debut novel **YOUTH** is an extraordinary book about making life choices, at any stage of life, and the consequences of getting those wrong and, even knowing they're wrong, sticking to them anyway.

It should be on the High School reading list to illustrate what being a dickhead, at any age looks like, what unconditional love involves and what beautiful writing is. With Father's Day around the corner it's a great gift to provide a useful catalyst for shared conversations about what it means to be a man.

E S Higgins is an old soul hiding in a young man's body. You may know him for his poetry and years spent at Manly Markets creating poems on demand on his tiny typewriter. He's also published small books of poetry, short stories and a novella, Praise Be, all of which I adored.

I read **YOUTH** very slowly because the writing covers many terrains and moves swiftly from thoughtful reflections on life and evocative descriptions of land and seascape, to confronting and often aggressive interactions mostly between teenagers, older men and parents. It packs so many punches – some of them sneak up on you and don't hurt much, others knock the breath out of you and make you pause and think about what you just read.

It's a story about three teenagers, Ratty, Jenno and Jimmy growing up near the surf. It's a coming-of-age story of sorts; multi-layered with lots of characters. There's conflict, confusion, grief, loyalty, bravado, addiction, love, friendship and a deep respect for the ocean.

Ratty's bravado sees him die by page 10 and the repercussions

of his death are felt throughout the story. Jimmy's family situation is wealthy and fraught. Jenno's father is a barely functioning alcoholic and he's an unreliable and frustratingly hopeless father who remains deeply loved by his mother and by Jenno who loves him in that devoted way Shuggie Bain loved his equally alcoholic and hopeless mother as portrayed in Douglas Stewart's Booker Prize winning novel. It's Jenno's determined love and extraordinary understanding of his father's behaviour and its causes that, to me, elevate this book to a realm of its own.

Intertwined with the tough story are vivid descriptions of what it feels like to experience the ocean as a surfer. I particularly loved this extract from the book's prologue, "There's freedom in the ocean. There's light, and dark. There's a great stillness too, but one that contradicts itself in its perpetual motion. It's where the sun rises and where it falls, depending on where you're looking from. It's where life started and, ultimately, where it ends. It's in this push and pull that the universe finds balance, and we are all somehow, by some miracle, standing at the edge of it all."

Congratulation to E S Higgins for writing this important book. Keep writing.

Where to buy
Shop local. Harry Hartogs, Warringah Mall, Berkelouw Books Balgowlah, Desire Books Manly and Bookoccino Avalon are big supporters of **YOUTH** so reward them by buying your copy from them.

Words: **Paige Turner**

Travel

Why having a travel advisor is the smartest way to see the world

If you've ever tried to plan an overseas holiday and ended up with 17 browser tabs open and no idea where to start, you're not alone. A client recently came to me in that exact state. Flights were fluctuating, cruise options were endless, hotel reviews were all over the place. She wanted a special European escape but was overwhelmed, time-poor, and terrified of getting it wrong. That's where I come in. In 2025, travel is more exciting than ever – but it's also more complex. People want personalised, seamless experiences that go beyond what's on page one of Google. And more travellers, from busy families to retirees finally ticking off the bucket list, are realising how valuable it is to have a trusted expert on their side.

I design tailor made trips that take the stress out of planning. As part of MTA - Mobile Travel Agents - one of Australia's most respected travel networks, and a proud member of Virtuoso, a global invitation-only network of elite advisors and handpicked travel partners, I give clients access to exclusive perks like upgrades, spa credits, VIP cruise benefits, and handpicked guides. I'm also CLIA-accredited and specialise in small-ship and luxury cruising from river journeys to boutique expeditions.

But what really matters? I listen. I get to know your travel style, your wish list, your non-negotiables, and then I make it happen. If plans shift, I'm there to fix it. No call centres. No bots. Just someone who genuinely has your back.

After 25 years as an International Cabin Crew Manager with Qantas, I've seen a lot of the world. Now, from my home office on the Northern Beaches, I help others experience it – without the stress. Because travel is back. And it's better when it's done well.

Words: **Emma Grose**, Lifetime Trip Creator

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PHOTO OF THE MONTH

Subject Duke Kelleher spin-testing air traffic control
Photographer Hayden Coulter, IG thesalty.shooter



Subject Another gorgeous Manly morning
Photographer Tracey Adcock



Subject Double Rainbow. Quadruple Gold. Ferry good.
Photographer Belinda Diversi



Subject It's a chain reaction
Photographer Debra Allison



Subject Manly's sea lion visitor
Photographer Caroline Faye, IG itscaroline_art



Subject Manly Dam superbly groomed Tawny
Photographer Lucas Harper



Subject Bayview GC cracking start to the day
Photographer The White Tiger aka Martin Mahoney



Subject Bottlenosed dolphin cruising
Photographer: Andy Morgan IG photos.andymorgan



Subject Winter sunset from Clontarf ridge
Photographer: Clare Tweedie



Subject Perfecto at Pico (in Curly)
Photographer Beau Pashley



Subject Fishermans Beach dynamic duo.
Photographer Neil Sheppard

1. What is the name of the main road that connects Mona Vale to Palm Beach?
2. The park across the road from Manly courthouse is called what: Belgrave, Gilbert, Raglan or Whistler Park?
3. Kebab World is a legendary Northern Beaches eatery in which suburb?
4. Which Beaches suburb has a school offering a bilingual French program, thus making it one of Australia's most densely French populated suburbs?
5. Manly United FC play their home games in the National Premier League competition in which suburb?
6. The nickname for New York City is the Big WHAT?
7. Which Simpsons character has twin sisters Patty & Selma?
8. Which is the only one of the 7 Dwarves whose name contains a repeated consonant?
9. What is calligraphy the art of?
10. In tennis, what score are both players on if the umpire calls Deuce?
11. Dave Grohl famously continued to play a Foo Foo Fighters concert after breaking his what on stage: Leg, nose or arm?
12. Having a 2014 movie made after him, Jordan Belfort is better known as what?
13. Which country was Elon Musk born in?
14. The symbol for which organisation is the reverse of the Swiss flag?
15. Which of the Friends characters has the longest surname in the show? Monica, Phoebe, Chandler, or Joey
16. How often does the Rugby team, The British & Irish Lion,s tour Australia?
17. On a QWERTY keyboard, what line of letters is the Question Mark symbol on: Top, middle, or bottom?
18. What note is the bottom string of a standard guitar tuned to?
19. Which 4 letter word starting with T and ending in E is spelt differently the US as opposed to how we spell in Australia? (Starts with T and ends in E in both countries)
20. How many legs does a Bombay Duck have?

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Sudoku Medium difficulty

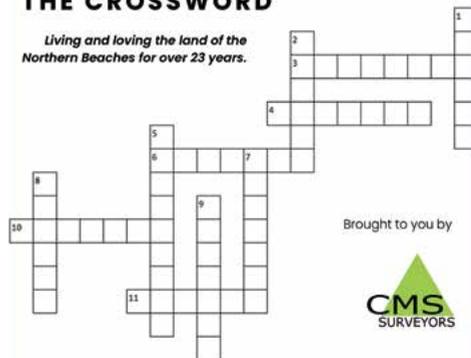
		8			3		7	2
				5				
		6	2			9	3	
8	5		9					6
		4				7		
9				5			8	4
	9	2			7	4		
				2				
7	6		4			8		

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When Chargrill Charlie's researched the best locations for expansion, Fairlight ranked lightyears beyond the rest as home to Sydney's most passionate lovers of flavoursome chook.

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Across

3. Online source of Manly News (8)
4. 7am organised weekly jog at Curl Curl (7)
6. Flexible, 8-legged friend in our rockpools (7)
10. Swampy, biodiverse landscape in Warriewood (7)
11. Which aerial "fox" roosts in 10 across? (6)

Down

1. Local team colour and a musical five (6)
2. Have a whale of a time at this iconic beaches restaurant (6)
5. How to get around 10 across (9)
7. Share these stickers with beaches tenants (7)
8. Style of bikini and mischievous behaviour (6)
9. 80's BMX flick filmed on the beaches (7)

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Star Signs by Krystal Bawl

Leo Jul 23 - Aug 22

Sick of solo exercise? Try team sports: ice-hockey, volleyball or basketball. Meet lots of new people, especially physios.

Virgo Aug 23 - Sep 23

Your supreme intellect and exceptional physical strength would be far more impressive if you stopped telling everyone.

Libra Sep 24 - Oct 23

Barre ballet classes best suit your social temperament and need for balance. You'd rock doing them in a tutu too.

Scorpio Oct 24 - Nov 22

Tennis season is coming. It's a long time since you strutted your stuff on the court. Courts of law don't count.

Sagittarius Nov 23 - Dec 21

Your après-skiing excesses are the stuff of legend but now it's time to start getting in shape for summer. Schnapp to it.

Capricorn Dec 22 - Jan 20

As a Capricornian, you persist with games that frustrate the breath out of you, like golf. Stay safe, play with a nebuliser.

Aquarius Jan 21 - Feb 19

You love the great outdoors and a superbly pressed shirt. Rise to the challenge, it's time to embrace Extreme Ironing!

Pisces Feb 20 - Mar 20

Terra firma's wearing thin. The ocean is calling. Replace your morning walk with a dawn swim. Saltwater heals all.

Aries Mar 21 - Apr 19

Running ruined your knees, no more pounding the pavement for you. You are destined for the cleats...and the lycra.

Taurus Apr 20 - May 21

It's time for slow sensual movements, by candlelight. Great couples therapy. Or solo, if needing some me time.

Gemini May 22 - Jun 21

Dance cardio is for you, the perfect form of exercise where booze assists performance, stamina, and creativity

Cancer Jun 22 - Jul 22

You're like a Duracell bunny, you never ever stop. Give yourself a break if only so your friends can catch up with you.

FELONS *Seafood*



Crossword Answers

1. Maroon 2. Jonah's 3. Observer 4. Parkrun
5. Boardwalk 6. Octopus 7. Parking 8. Cheeky
9. BMX Bandits 10. Wetland 11. Flying In

Trivia Answers

1. Barrenjoey Road 2. Gilbert Park 3. Dee Why
4. Killarney Heights 5. Cromer 6. Apple 7. Marge
8. Happy 9. Handwriting 10. 40 11. Leg
12. The Wolf of Wall Street 13. South Africa
14. The Red Cross 15. Joey (Tribiani) 16. Every 12 years
17. Bottom 18. E 19. Tyre/Tire 20. 0 (it's a fish)

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

Sudoku Solution

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