

The Tawny

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December 2025



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Northern Beaches News

What's On

Ocean Festival

Sun 30 Nov - Sun 7 Dec

Various locations

This exciting festival features a wide variety of ocean-related events, experiences and encounters.

Christmas Choral Concert

Thu 4 Dec, 5 - 8.30pm

Manly Oval

Sing along to your favourite carols and enjoy a visit from Santa.

Summer exhibitions

Fri 5 Dec - Mon 15 Feb

Manly Art Gallery & Museum

Explore an interplay of ideas in Counterpoint, then enjoy a hanging garden of art in Garden Variety.

Christmas by the Beach

Fri 12 Dec, 4 - 7.30pm

James Meehan Reserve, Dee Why

Get ready for a magical evening of carols, kids' entertainment and festive fun.

New Year's Eve fireworks

Wed 31 Dec

Dee Why, Frenchs Forest, Manly, Bayview

Pack a picnic or grab takeaway from a local restaurant and enjoy the fireworks spectacular.

Sun Run

Sat 31 Jan

Dee Why to Manly Beach

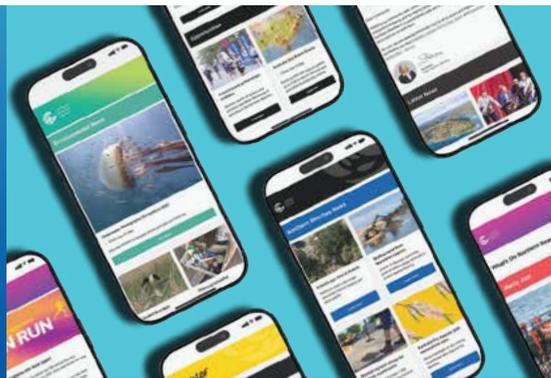
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SHORE FINANCIAL

Interest rates are falling – *but are your home loan repayments?*

The RBA has lowered the official cash rate from 4.35% in January to 3.60% in August. Yet plenty of Aussies are still stuck paying outdated, higher rates.

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G'day Beaches

Merry Christmas, and may your bells be jingling all the way to 2026 and beyond.

Thank you cover artist, Elanora's Mignon Parker, her adorable Tawny allowing us to fully lean into winning 2025's Bird of the Year....finally! Congratulations Christine McCormack, Letter of the Month winner, rightfully tooting her own horn to announce The Collaroy Theatre is back! And Dr Harumi, "Free as a bird" swoops in for Photo of the Month.

Sophie Scamps sets sights on a stronger, healthier Mackellar. Joshua Barnett of Michael West Media sounds the alarm on our national baby bust. Brendan Ryan boosts parent's bottom lines with a \$25,000 payment too many mums are missing out on.

Meet your councillor, Ruth Robins. Lucy Mitchell rocks out with the Beaches' hottest four pack, Ghazza Band! We farewell Manly Village Markets Maker Simon Dodshon. Humble Productions profile the People of Brookvale. Bergo's Sports Reports goes into a global Pickle. Paige Turner shares summer reads for tough guys. And lots more. Till next year!

Liam



The Tawny Frogmouth

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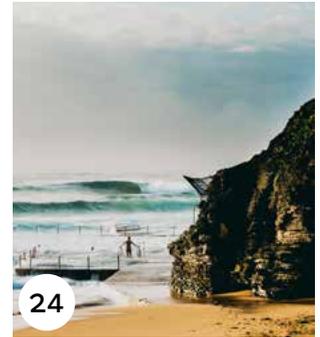
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Acknowledgement of Country

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

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

Support local
this festive season

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

Contact or visit the Electorate Office

Units 4-6, 8-28 The Corso, Manly 2095

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Peninsula Wash Up

Mercurial higher forces

North Narrabeen Boardriders have gone back-to-back, sealing victory in this year's Surftag series in the overall rankings thanks to superb surfing across all age brackets. And while there was shredding galore across all ages, with North Avalon taking out the Groms, and Bungan Boardriders winning their first ever Surftag event, the Bungan women powering home to beat Ulladulla by over 10 points for victory in the Titan Ford Women's Surftag, the sentimental heart melter of the 2025 series has to be Longy Boardriders' victory in the Masters.

With fun, rippable waves on offer at South Curly, the Longy Masters of Zahn Foxton, Arnie and Tim Grainger, Nick James, and Paul Groenendyke held off the fast-finishing North Narra gents, winning by less than a point with last year's Masters Champions North Steyne finishing third and Queenscliff fourth.

North Steyne's Dayyan Neve won the Creatures of Leisure Highest Score in the Final and, in light of everything the Longy Boardriders have been through recently, captured the magic of the day, "I think there were higher things at play today, and I'm just stoked that the right club won, frothing for them."

Give a little time

Make a big difference! Volunteer with MWP Community Care and help support older people to live independently and stay connected on the Northern Beaches. MWP empower ageing by assisting with door-to-door transport, shopping services, social outings and events, home modifications and maintenance and more. If you've got some time and gumption, please join the MWP volunteer team today! Call **9913 3244** or visit mwpcare.com.au/get-involved

Masters of the surveyor scene

Raise a glass, or two, for CMS Surveyors, taking to the red carpet for the Academy Awards of Surveying, the EISSI's (**Excellence in Spatial and Surveying Information**), and scoring a Double Win! The South Creek Road Headquartered team was recognised for their work on Western Sydney Airport as well as named Professional Organisation of the Year. "This award is really about our people, the team who show up every day, support one another, and give their best," said CMS Director, Stuart McEvoy.



Longy Boardriders, Surftag Masters

The Strand's happiest hour

Dee Why, your summer arvos are sorted thanks to Beach Burrito, where tacos meet sunshine and cold drinks hit just right. They've upped the ante with a daily happy hour, everyday 3-6pm, where you can sip \$5 beers or sangrias, snack on \$5 tacos, grab \$6 kids' meals and/or cool down with \$12 Classic or Jalapeño margaritas. Stay beachside, stay local, stay happy all summer.

Healing through art

Northern Beaches (and November 2021 Tawny cover) artist Marisabel Gonzalez has brought colour and connection to Wyvern Hospital, with thirteen of her paintings finding a home at the Terrey Hills surgical and rehabilitation hospital, transforming the space into a gallery of colour, reflection, and hope. "When I walk into a hospital, I don't just see white walls and quiet corridors, I see stories," says Marisabel. "As both a medical professional and painter, my world is shaped by people, healing, and the human spirit."

The Christmas AHLTA

Friday 28 November, weather permitting, 8:30-3:30pm, the Australian Heart/Lung Transplants Association (www.ahlta.com.au) heartily invite you to indulge some early Noël shopping at their Manly Corso stall in front of Humphreys, raising vital funds to support heart and lung transplant patients, their families and carers. On offer? Jams, pickles, chutneys, lemon butter, cakes, biscuits, knitting, baby clothes, books, puzzles, bric-a-brac, and more. Happy Birthday, Jesus.

Words: **Liam Carroll**

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12/10
3-6PM

SUNDAY SESSIONS



BEACH
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HAPPY
HOUR
SPECIALS



Letters to The Tawny

LETTER OF THE MONTH

The Collaroy Theatre is Back!

In reference to the letters from Jan Armstrong (Narrabeen, July edition) and Hellen Bettington (Collaroy, August edition) I read with great interest and excitement the recent letters from Ms. Armstrong and Ms. Bettington regarding the desire to see the Collaroy Theatre brought back to life. As a long-time Northern Beaches resident, I share that passion, and I am writing to tell your readers that the dream is now a reality. My name is Christine McCormack, and I am the owner of Northern Beaches Entertainment. Our organisation is independent of United Cinemas, and we are working tirelessly to bring live shows and a true community hub back to the Northern Beaches.

Our opening night takes place 14 November with two shows, the local band Astrovan and a cabaret show Come Fly with me. We know there is work to be done and we are invested in doing that work. We are focused on having the theatre cleaned and the essential electrical work completed.

This concept is deeply personal to me. I have put this whole project together to achieve several things: to bring back a community hub, to provide quality entertainment right here on the Beaches. It also gives our local youth a purpose through involvement in the arts and production.

The Collaroy Theatre is a treasure, and we can only save it by using it. Help bring the

Collaroy back! Advise what shows you wish to see. Book your tickets and ask your friends to join you. Attend the theatre. Head online to northernbeachesentertainment.com.au for all details
Christine McCormack, Owner
Northern Beaches Entertainment

Save South Steyne

You may have seen a lot of the "BUILD BETTER NOT BIGGER: BAD D.A." signs popping up around Manly's South Steyne in November, since the Development Application for the Manly Surf Life Saving Club redevelopment has been lodged. Everyone agrees the club needs to be renewed, but many people have serious concerns regarding the scope, design, and financial prudence of the proposed project, namely:

1. Excessive increase in building footprint and height
2. The purpose of the club
3. A more reasonable and balanced alternative
4. Concerns about project cost and financial viability
5. Lack of proper community consultation

I urge the Council to reject the current proposal in its present form and return to the community with a more thoughtful, transparent, and realistic plan that: Maintains the current footprint and height; Focuses on lifesaving and training needs; Realistically reflects actual project costs; Seeks community input in a genuine partnership.

Mark Kelly, Manly

Visit savesouthsteyne.com.au for more details

E-Bikes

I am a schoolteacher on the Northern Beaches. I walk to school along footpaths and shared paths. In that 7 km I almost always have close

calls with E-bikes - generally students over 12 years old, not allowed to ride on the footpath and technically not on the shared path.

An E-bike is not a human powered vehicle. It is not a bicycle. I hardly ever hear a bell and most of the time if anyone is "doubling", one has no helmet. Hurtling along at 40 plus kilometres an hour - no wonder there have been so many pedestrian/rider injuries and deaths.

I realise this is hard to police however the solution is that if the riders have the confidence to go on footpaths and shared paths so fast, they should ALL be on the road, following road rules, registered (incl. A green slip) and wearing a helmet.

If parents are dumb enough to condone buying or helping buy a high-powered E-bike for their child under 12, they should be on the road too. Then see how their little precious fares. The bikes are teaching an absolute lack of respect for pedestrians, are unhealthy - as a lot of the users don't pedal but rely on the accelerator - and are heavy and dangerous.

How easy would it be: Everyone has to display number plates and then the police can see who is registered and who's not. This could be completed at Service NSW where the bike is inspected. If it goes too fast, registration is refused. If the rider is caught on the road without registration, same fine as motorists applies.

Let's face it, they are electric motorbikes. Technically the riders should sit a motorbike test. I have three electric bikes myself and only ride them on the road. I have a helmet, and each has a bell. I would be more than happy to register them and pay for a green slip to cover harm to someone else.



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Currently there are more injuries and deaths caused to people OTHER than the rider and they have to foot the bill for the injury as quite often the E-bike rider will leave the scene. If they all rode on the road most of these accidents would be prevented and natural selection will take over.

Yours Sincerely,
Shafty

E-Bikes

Yep, Crazy! Freshie. Shop foot-paths. Look left, look right, then look...Watch out!! E-bikes! Saw mad stuff last weekend. 4 bikes weaving down Albert St, even cutting through the Servo fuel pumps, FAST! I was happy not to be stepping out after paying for fuel. Wouldn't have been pretty. Bikes need ID. Those kids are doing over 40k's per hr! No protective clothing. When they come off, which one day they will, Ambo's and innocent passers-by will have to try their best to patch them up. And God help us pedestrians if we get hit!

Anonymous

Hear hear for Independents

I wish to thank Michael Regan for listening to his community and helping get the Northern Beaches Hospital back into public hands. His call to have the NSW Auditor General undertake a performance audit was perfectly timed, given Healthscope's financial woes and reports from patients and staff of chronic under-resourcing. His private member's bill enabled the NSW government to save over half a billion dollars when extracting itself from the Liberal's poorly written contract. Surely we all agree that taxpayer money is better spent on healthcare, education, public transport and affordable housing rather than lining the

pockets of private operators.

Great to see an independent member working constructively with the government to deliver outcomes - for both our community and the state.

Les Andrews, Allambie Heights

Condamine Street crashes

Dear Tawny, there have now been three accidents in three years in Condamine St Balgowlah, all near the exit from Balgowlah Village Shopping Centre carpark.

In all accidents, cars turning right from the carpark exit have mounted the opposite footpath and crashed into the front walls of houses. Fortunately, nobody was killed or seriously injured, but the outcome could have been much worse.

The location usually has a lot of pedestrian traffic, so it is nothing short of miraculous that there were no pedestrians in the paths of these cars. In the most recent accident, the car crossed the footpath at the exact spot where pedestrians wait at the traffic lights. Incidents like this certainly get a community talking, and it seems there are regular 'near miss' incidents on the crossing (I have had at least three).

Unfortunately, residents trying to report 'near miss' incidents appear to have been ignored. Ironically, in most workplaces it is now mandatory to report and investigate 'near miss' incidents, especially if there is potential for serious harm, and there is usually a 'duty of care' to take steps to reduce risks.

Complicating the issue, in that section of Condamine St, the road is the responsibility of TfNSW (Transport for NSW) and the footpath is the responsibility of Northern Beaches Council. Involvement of two agencies seems to increase the

chances that residents' requests for a safety audit and remedial action will be classified as 'too hard', increasing the likelihood of continued inaction.

To their credit, James Griffin MP and Cr Sarah Grattan appear to be taking residents' concerns seriously and have advocated with the Minister for Roads and the agencies involved. It may help if Tawny readers who have had 'near miss' incidents or safety concerns about that area contact James Griffin's office or local councillors.

Also worth noting, the 'NSW Guide to Walkable Public Space' is now displayed on the TfNSW website. Interestingly, the section of Condamine St between Sydney Rd and Balgowlah Rd seems to match their definition of 'walkable public spaces' as it is a high pedestrian-use shopping and recreation area. The document mentions the importance of pedestrian safety and refers to strategies such as reduced speed limit, traffic calming devices, physical barriers to protect pedestrians from vehicles, elevated crossings and strategies to improve safety of pedestrians with special needs.

Could TfNSW now ignore residents' safety concerns while promoting 'walkability'?

Cate, Balgowlah

Who let the dogs out?

Who, who, who, who, who? I tell you this, walking home alone late one night in a quiet, dimly lit street. In the periphery behind me, I sense some thing incoming. Turn to find myself facing off a large dog (a ghost gray gundog). It leaps but misses its mark. The dog retreats to the shadows across the street, to where a person is standing.

Let's get this out there and have a real conversation with

Michael REGAN MP
State Member for Wakehurst

For help with State issues
CONTACT my Electorate Office
9981 1111

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Mayor Sue Heins. All dogs have the propensity to be aggressive. Story headlines last month across Sydney speak volumes. "Two dogs seized by local Council as man fights for life after being mauled". "Man in critical condition after being attacked by several dogs which had attacked a smaller dog".

74,000 dogs live on the Northern Beaches. Dog attack is broadly defined under NSW Companion Animals Act. Dog poo is being left on the verges of our streets. Unregulated dog care businesses are popping up. Northern Beaches is the 3rd worst offending local government area for dog-on-person attack (after Blacktown and Wollongong) and 2nd worst offending LGA for dog-on-dog attack (after Wollongong).

Please, dog owners, if you notice your dog staring for prolonged periods, if its neck and head stiffen, these could be signs of coming aggression. Put a leash on it.

Jürgen Dogoneit, Bally Hts

Emerald City of Oz

Williamson satirized our Emerald City. His play remains relevant. Sydney's busy calendar assured. Three events on the night of 6 November shape its reality. Peace + War + Big Business. At the Town Hall, Lord Mayor Clover Moore awards Sydney Peace Prize to Judge Navi Pillay. Her courageous advocacy for accountability in the face of impunity for crimes against humanity. Pillay's UN Independent International Commission of Inquiry on the Occupied Palestinian Territories (OPT) found Israel's war on Gaza is genocide upon 2 million Palestinians. Meanwhile, at Darling Harbour Convention Centre, the government of Premier Minns sponsor Indo-Pac2025 international weapons

manufacturers expo. Israel's Elbit Systems participates, infamous for Hermes drones killing Gazans and TORCH-X command & control of the illegal Separation Wall dividing the West Bank, OPT. The third one at AGNSW Naala Badu's Meers Hall. Meet-the-CEO is UNSW Business School's flagship annual event. Chancellor David Gonski in conversation met the CEO of Aware Super, with \$200 billion invested. Question: Should superannuation funds invest in weapons manufacturing? Answer: We invest in Defense. Irony. Cue, CEO Michelle Fuller (Emma Stone) in Yorgos Lanthimos' new Greek weird wave film "Bugonia". Fuller to Teddy (Jesse Plemons) over a nice dinner, satirically, "Lies, truth - what's the difference?" Reality distortion. War is peace. War is big business. Peace however is everyone's business.

George Allwell, War Vets Home

Coles x 2 = 0

Our prime minister says that Australia needs another major supermarket chain because Coles and Woolworths is a duopoly and, between them, they unfairly control the price of everyday household goods at the checkout. The PM says that another major competitor in the marketplace would dramatically reduce our shopping costs at supermarkets. The PM recently invited Middle Eastern hypermarket chain LuLu to set up shop in Australia.

Here in Manly we have two Coles supermarkets located within just a block of each other, and that doesn't create any competition on pricing. We have been paying too much at the checkout for too long, and

something needs to be done to bring these costs down.

I was unable recently to find stainless steel scourers (three pack) at either of Manly's Coles stores, so I got in touch with its customer service department which informed me that the item had been 'deleted' from both Manly Peninsula and Corso stores but that the item was still available in all its other stores on the Northern Beaches. Coles customer services department didn't offer an explanation other than to say that they would now consider returning the popular item to its shelves in Manly. I wouldn't be writing this letter if there was a LuLu in Manly.

Jens Ward, Manly

Brush Turkeys

Dear Tawny, Rob (letter of the month, November) says that we now see way more sharks and brush turkeys. I cannot comment on sharks, but we started to see occasional brush turkeys here in Dee Why about 15 years ago, and now they are everywhere, and also appearing much closer to the city.

Three years ago, I was at a function in the Kirribilli Club, Lavender bay, with several keen 'birding' people. I saw a brush turkey come out from Wendy Whiteley's Secret Garden and commented to one of the 'birders':

"My bird book says they are not found south of the Hawkesbury."

"You know why? During the Great Depression they were all eaten. Now they are making their comeback." I've no idea if this is true but it's a good story.

Guy Cox

MERRY CHRISTMAS AND SAFE TRAVELS INTO 2026 AND BEYOND

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A stronger, healthier future for Mackellar

It's been another busy and productive year, and as the summer break approaches, it's a good time for an end of year wrap up.

This year I've continued to focus on the issues that matter most to people across the Northern Beaches - supporting local business, protecting our climate and nature, calling for cost of living relief, more affordable housing, improving access to healthcare and fighting to end gambling advertising.

Following three years of advocacy, **\$250 Million to complete the Mona Vale Road** upgrade was announced in the March 2025 Federal Budget. Matching funding from the state government has permitted this project to get back on track.

In February, I introduced the **Wellbeing of Future Generations Bill** which would embed a framework for **long term vision** in policy making, based on a similar act introduced in Wales in 2015.

Supporting business remains a key priority. Our businesses are the heartbeat of our local community and economy - providing services, employing locals, sponsoring our community clubs, and keeping our villages vibrant. I'm calling for a **\$20,000 tax-free threshold** and for the **instant asset write-off** to be made permanent, to give small business owners greater certainty to invest and grow.

On the 2035 climate target debate, I argued for a strong, science-backed target to lessen the threat to the future safety of our children and grandchildren.

Amendments to our broken national **nature protection laws** were finally debated in Parliament last month. Amongst other things, I fought hard to remove the exemptions for native forest logging and land clearing that have seen Australia become a world leader in mammal extinctions and a global deforestation hotspot - the only developed nation to be so. The Bill is now up for debate in the Senate.

There was a **big win for nature** with the NSW Government's commitment to finally establish the **Great Koala National Park** - protecting 176,000 hectares of vital koala habitat. This is a cause I've been proud to campaign for alongside local communities and independent MPs at the state level.

As a federal response to growing community



Dr Scamps introducing her Safer E-Bikes bill

concern about e-bike safety, I introduced the **Safer E-Bikes Bill**. The Bill would introduce best practice, quality and safety standards, similar to those in the EU. This would ensure that e-bikes sold in Australia could not be easily hacked to be ridden like a motorbike - thereby improving safety for both riders and pedestrians.

Investing in **preventive and primary healthcare** has also been a major focus. By investing in health promotion and disease prevention we can improve wellbeing, ease pressure on hospitals, save billions from the health budget and make the health system more sustainable.

I'm continuing to push for stronger regulations to **reduce plastic pollution, tighter controls on gambling and junk food advertising**, and stronger **Freedom of Information laws** to promote transparency and accountability in politics.

Closer to home, I'm engaging with the **Minns Government** to ensure that, as the public part of **Northern Beaches Hospital** transitions to NSW Health, the current world-class private healthcare services and beds are retained. These services are essential for our community and must not be lost in the transition.

As we head into summer, I hope you can take time to enjoy the beautiful part of the world we live in, and I wish everyone a joyful, safe, and relaxing festive season.

Words: **Dr Sophie Scamps**, Independent MP for Mackellar. Keep up to date with Dr Sophie Scamps MP's announcements and initiatives online at www.sophiescamps.com.au

DR sophie scamps MP
FEDERAL MEMBER FOR MACKELLAR

Wishing you a joyful festive season.

AUTHORISED BY DR SOPHIE SCAMPS MP, NARRABEEN
sophie.scamps.mp@aph.gov.au | 02 9913 9566

COME DINE WITH US

Grab a bite

A photograph showing a close-up of a hand holding chopsticks, picking up a piece of sushi from a plate. Other plates of sushi are visible in the background.

PITTWATER PLACE
Park Street, Mona Vale 2103

BOOK A PHOTO WITH SANTA

Book now

A photograph of Santa Claus sitting on a red sleigh, surrounded by children. One child is sitting on his lap, and another is standing next to him.

PITTWATER PLACE
Park Street, Mona Vale 2103

The great Australian baby bust: Is having kids too expensive?

The Australian birthrate has fallen to its lowest level on record, the national fertility rate dropping to 1.48 births per woman in 2024, down from 1.50 the year before, and well below the 2.1 needed to maintain a stable population. Parents are also older than ever, mothers now 32.1 on average, and fathers 33.9.

Younger Australians are being priced out of the future, one their parents took for granted. From housing to job insecurity, the decision to have children has become a financial calculation and unfortunately, the math isn't stacking up.

The housing trap

The basic requirement for raising a family is a stable home. In Australia, that's become an impossible dream for many. One in four households spends over 30% of their income on housing, generally considered the threshold for financial stress. Over the ten years to March 2025, median advertised rents in Australia rose by approximately 48% for both houses and units, and over the same period, the median house price in Sydney has doubled, hitting around \$1.75 million.

In 1984, the average home cost 3.3 times the average income. Today, it's closer to 10. In 1981, 68% of 30-34-year-olds owned their own home. In 2025, that figure is 49% nationally, 45% in NSW. For young people, that means long-term renting or staying in share houses well into their thirties. It's not that they don't want children, it's that they can't see how to afford them.

The economic squeeze

Young Australians consistently rank cost of living as the top reason they're delaying parenthood. Childcare, rent, groceries, and energy bills have all risen faster than wages. Even for those who manage to find a place to live, economic insecurity looms large. Real wages in Australia have barely moved for over a decade, with wages as a share of the economy at their lowest level since records began in 1959. Productivity has risen, but most Australians haven't seen the benefit.



Will Aussie bubs soon be on the endangered list?

The generational divide

Baby Boomers came of age in an era of cheap housing, free education, strong wage growth. Many built wealth through property and superannuation, helped by generous tax concessions that still exist today. Millennials and Gen Z face the opposite: student debt, record rents, job insecurity. The result is an intergenerational imbalance that economists have long warned of. Older Australians hold the majority of national wealth. Younger generations shoulder the tax burden that funds age pensions and healthcare.

Baby steps

The Albanese government has made some progress: Cheaper childcare; Expanded paid parental leave; Increased rent assistance. These all help ease pressure on families. The Child Care Subsidy covers up to 90% of fees for low-income households, saving some families thousands per year. Rent assistance has seen its biggest increase in three decades. Minimum wages have been lifted twice since Labor took office. But these are incremental fixes to structural problems.

Labor looks to be playing the long game. These small reforms may take a generation to show any effect on fertility. By then, Australia's working-age population will be smaller, older, and under greater tax pressure to support retirees.

The data points to a generation delaying or abandoning parenthood, not out of choice but circumstance. Until the broader economic conditions change, Australia's fertility rate is likely to stay at record lows, a demographic signal of a society struggling to provide a secure foundation for its future.

Words: **Joshua Barnett**, Michael West Media

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One in four mothers misses out on up to **\$25,000** in **Parental Leave Pay Entitlements.**

Mum's NOT the word. Don't miss out on your Parental Leave Pay

Personal Finance

New Mums! Claim the money (\$25,000!) set aside for you

Imagine a Government that helps all mothers who work – not just those with traditional, full-time company jobs. We're talking about mums balancing casual or part-time work, helping in a family business, or running (or starting) their own company, who don't have the regular payslips of a "normal" job.

Well, it turns out the Government does help these mums...to the tune of more than \$25,000, increasing to more than \$27,500 from 1 July next year. If this is a surprise to you, you've got some work to do.

While many families may be well aware of the upper income limit for eligibility, \$373k for a family or single parent, it's the mum's with irregular income that will really get a leg up from doing the work to know if they qualify.

Here's the thing: I have not seen a single newspaper

column devoted to this opportunity. Real money, real support. And there are plenty of parent-related podcasts, websites and newspaper articles. So why is nobody talking about this?

I've been helping older Australians make Government claims for more than 20 years, and complex eligibility stops a lot of people from claiming. It also makes a lot of politicians, accountants and financial advisors go quiet, because the rules are just as complex for them as they are for the people the money is set aside for.

What I did read last year is that 1 in 3 mothers in small business are not getting the money. That's right, money sitting on the table. And because the eligibility is complicated, it

goes unclaimed.

This figure came from a Government report and still, not one news article. So, in talking to Liam from The Tawny Frogmouth, we decided it might be a good idea to get in contact with as many part-time, casual-working, start-up, family-business, entrepreneur mums-to-be as possible, and see if we can fine-tune a service to help them plan their application for the money that was put aside for them in one of Labor's big election promises.

And it gets better. Not only is there the chance to make sure you actually claim what the Government has set aside for new families, there's also a real opportunity in how you use it.

Parental Leave Pay is basically 120 payments of around \$190 – going up to 130 payments next year, and with an added bonus of a contribution to your super. These can be paid to you or your partner, and shared between you for up to 20 days, anytime over a two-year period.

That means plenty of opportunities to take the payment when it benefits you most, including when you're paying less tax. Even a short conversation about timing could help your family's bottom line.

If you are a Tawny reader with a baby on the way, or planning one, let's connect and make sure YOUR MONEY isn't left on the table, but in the hands of young families where it was destined to be.

Words: **Brendan Ryan**

To get on board, go to www.parentalleavepay.com.au and register for updates. Let's ensure new families can easily access the support designed specifically for them.



Did you know that **Aged Care Costs** went up on November 1st?

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The Broken Bay frontier, all set for Deep North festivities 5-7 December

Art & Culture

Welcome to the Deep North!

It has been a long while since Avalon set the stage for a big, vibrant, village celebration, but get set to kick off summer as the Oasis Beyond the Bends brings you the most incredible long weekend of community, ideas, music, art, coastline and connection, Friday to Sunday, December 5 to 7.

Inspired by the bustling, thriving scenes of Market Day from years gone by, the inaugural Deep North Festival will bring creative energy with a monster program of free and ticketed events and a whole host of local businesses on board to offer in-store experiences including sunset sessions with none other than Kid Kenobi, in-store wine and whiskey tastings, massive tug-o-war and treasure hunt, artist residencies, talks and free wellbeing, breathwork and meditation sessions. It's genuinely too much to write it all down.

The heartbeat of the Deep North celebration will be the

Big Top Town Tent, a spectacular 500 seat theatre hosting national and local icons Meg Washington, James Morrison, Le Shiv, William Barton, Bob Brown, Geraldine Brooks and the Super Silly Seaside Circus! Hopefully there are still tickets left by the time this goes to print!

The Deep North came about through casual conversation, often over coffee at Bookoccino, the Northern Beaches bookstore where festival director Sally Tabner is a partner, alongside Pulitzer Prize winning journalist Raymond Bonner.

"Avalon Beach has long been known as a creative community," says Sally. "It might be the incredible natural beauty of the place, it might be the laid-back lifestyle, it might be something in the water, but there is no doubt, the village is full of talent and ready to spring to life."

For almost a year leading into the Deep North Festival a loose group of artists including

Joshua Yeldham and Mika Utzon, filmmaker Melanie Hogan, cultural planner Sue Boaden, photographer Sarah Ducker and creative director Pia Dorer met to shape the vision of an inclusive, diverse and inspiring weekend for the Northern Beaches community.

There are now 6 people working around the clock to realise the vision for a world-class arts-led celebration, supported in their endeavours by NSW State funding through the Uptown Grant. All of them are professionals in marketing, live music, production and design.

"I genuinely have the best job," says Sally. "I spend my days talking to people about books and ideas, hosting events with leading authors and drinking tea with artists, teachers, entrepreneurs, writers, fashion designers, tradies and CEO's."

"It's a massive honour to be a part of this community and it feels like this kind of festival celebration is the inevitable result of being immersed in this melting pot of talent and potential."

Tawny readers are going to go nuts for this wonderful event. It is community and creativity at its very finest on our gorgeous stretch of coastline.

Visit deepnorth.au for all info. Follow [@the_deep_north](https://www.instagram.com/the_deep_north) on socials for all updates. Scan here to view the full Deep North event schedule



Words: **Liam Carroll**

THE *Mona*





Peopleofbrookvale.com.au capturing local legends, one story at a time

Art & Culture

The people shaping Brookvale's future

Brookvale has seen a massive change over the last 10 years, and the change doesn't appear to be slowing down any time soon. The old industrial bones stand strong for sure, but there's something new brewing between the factories and roundabouts - the rise of a community as rare as the place itself: gritty, creative, and just a stone's throw from the sea.

Humble Productions has called Brookie home for the last five years, and after a chat (or two) over a beer (or two) at a local brewery (or two), the team recently set out to create a visual time capsule of the people shaping Brookvale's future with their brilliant ideas, businesses, and more often than not, their own bare hands.

People of Brookvale is a video portrait series that does exactly that. Each episode celebrates a local legend by exploring what they do and why they do it in Brookie. The project shines a spotlight on the individual contributions that create the unique energy of the area in a stripped-back and honest format. Shot in

Humble's Brookvale studio, the stories form an open record of this once-in-a-lifetime period of innovation and change for the area, told by the people at the very heart of it.

With new attention from government and local councils focused on the suburb's future, from rezoning plans to cultural precinct discussions, there's a growing sense that Brookvale is on the brink of something big. People of Brookvale captures what's already happening on the ground: innovation, identity, and a strong creative pulse. It's a reminder that meaningful change doesn't always start in boardrooms, sometimes it starts in warehouses, over a craft brew (or two).

Season 1 launches today with three exciting episodes from the drop, and who better to kick things off than our very own **Liam Carroll**, with a spotlight on this very publication! Rounding out the 'inaugural 3' are **Dave Dumas** from **Dad and Dave's Brewery** and **Wendy Kasprovicz** from the world-renowned **Okanui**, each with their own unique take on

what makes this suburb so special. With four more episodes dropping over the next few weeks, there's plenty more Brookie brilliance to come.

Early responses have been incredible, and the stories have struck a chord with locals and out-of-towners alike - shining a light on just how much heart lives behind the roller doors and café counters of this fast-evolving neighbourhood.

And while Season 1 may be wrapped, planning for Season 2 is well underway. Humble is currently on the lookout for more locals doing interesting, creative, or quietly brilliant things in Brookvale. All it takes is a passion for what you do and a couple of hours in the studio, so if that sounds like you or someone you know, now's the time to get in touch.

You can catch People of Brookvale Season 1 at peopleofbrookvale.com.au or via the POB Instagram account [@peopleofbrookvale](https://www.instagram.com/peopleofbrookvale)

Words: **Humble Productions**

PEOPLE OF BROOKVALE

A video series celebrating the makers, creators and characters behind Brookvale's creative shift. One local story at a time.

peopleofbrookvale.com.au



Watch the first 3 episodes now and register your interest to take part in future seasons @ peopleofbrookvale.com.au

Cover Artist

Mignon Parker

How long have you lived on the Beaches? The family moved to the Northern Beaches in 1975, to Elanora Heights. It was all bush and dirt tracks back then. My married life was spent living around the Manly, Queenscliff and Fairlight before returning to Elanora Heights where I still reside today.

What's your favourite beach and why? Queenscliff holds special memories for me while bringing up a young family and living ring side. We were always at the beach. When I wanted the boys home, the signal was a tea towel hung out of the kitchen window. The simple pleasures can't be beaten. Catching tiddlers and crabbing with the boys after school. Eating watermelon with our legs cooling off in the water as the tide was surging into the lagoon. Priceless.

What inspired your cover? I have always loved Night Jars, so when I saw a photo taken by my friend Julie Williams of a couple of Tawny Frogmouths sitting on her verandah, I had to paint them. That led to more drawings and paintings of these gorgeous funny little characters. I started this series in February, not knowing Tawnies were going to be bird of the year!

How would you describe your art? These days I usually work with Acrylics. Having always loved flora and fauna, I would say my style is Contemporary Botanical.

What is your favourite part of the process? Setting up my still lifes of teapots, cups, and bowls of fruit and vases of flowers. Loading the brush with thick creamy paint and applying those first marks onto the primed canvas. And the final touches of fine-tuning when you stand back and say enough, finished.

Which artists or other inspiring people, dead or alive, would you like most to have dinner with? So many. The French Impressionists with their freedom of colour and light. Living artists must be Cressida Campbell for her wood block paintings and Lucy Culliton for her still lifes and garden studies. But the artist I would most enjoy having dinner with is my good friend, Stephanie Galloway Brown, painter extraordinaire known for her expressive portraiture work.



Mignon loves Tawnies, but she also adores Poppies

How did you discover you had a gift? I really thought everyone drew and painted. It wasn't until I was at school in art class that I realised the practice of drawing and painting came easy to me. Thank goodness. I was crap at maths.

What are you currently working on? A still life series featuring flowering gums, fruits and native birds with Pittwater glimpses – all for my upcoming show in February.

What's your favourite thing about what you do? Contemplating the subject matter, drawing up little thumb nail sketches and hunting for flowers and fruits for my still life. I must admit I do have a passion for our beautiful flowering gum blossoms and pomegranates.

What advice do you have for young or aspiring artists? Draw anything and everything. Try as many different techniques and mediums as possible, and seek out art classes and workshops with other like-minded people.

You are invited to Mignon's solo show, **Flowers, Fruit and Feathers at Art Gallery** on Avalon Beach, **18-22 February 2026**. Opening night drinks Thursday 19th (5-8pm). Follow @mignonparkerart on Instagram for all updates. And for commissions, email mignonparker2@gmail.com

Interview: **Liam Carroll**

Meet Your Councillors

Ruth Robins, Narrabeen Ward

What's your earliest memory of the Beaches? Life off shore – at Elvina Bay to be precise!
Who inspires you? Jacinda Ardern – a community leader that used her strong sense of emotional intelligence in times of adversity.
What do you do in the real world? Wife, Mum, Grandparent, Friend, Volunteer, Swannies supporter!
When did you decide to run for Council? Early 2021, though it had always been on my mind.
What motivated you to run? Concern for the influence that major party politics was having on grass roots decision making that placed our community second.
And to keep running? Ongoing commitment, playing a role in

good decision making, and my love of being involved with the community.
What have been the biggest challenges? Without a shadow of a doubt the Special Rate Variation process!
What have been your greatest triumphs? Playing an instrumental role in the Rat Park upgrade to the female amenities and the additional female referees' facility. Warriewood Community Centre. The success of the Manly Wheelchair Basketball. Supporting Women's and Children Sports. Participating in the development of strategies that are inclusive.
How can residents best engage with Council? The best step is to directly contact your



Ward Councillors. We love to hear from you! And this is the best way to start moving towards actionable steps for your community.
What words of wisdom do you live by? Live, Love and Laugh.
It's Sunday, 10am, where's Ruth? Narrabeen Rock Pool or watching the replay of a (successful) Swans game.



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Band Leader

Former Brookvale scholar Dan Barnett has recently released his 10th album – SNAPSHOT – A Celebration of Life, Love and Rhythm. This acclaimed jazz bandleader of both big band and small groups is a leading vocalist, trombonist, broadcaster and music educator.

Dan says “it all started for me at St Augustine’s College and I’m forever grateful to my teachers there. I still have a close relationship, and deliver some music clinics and performances at the school. As for the Northern Beaches music scene: “there are quite a few gigs starting to spring up again with lots of places popping up. And such great talent: the Beaches has a long and glorious history of successful musicians in all fields, many of whom I’ve been fortunate enough to work with over the years.”

Dan is a graduate of the Sydney Conservatorium of Music and has studied under some of the leading jazz musicians in Australia and the USA, with names including trumpeter James Morrison and singer Mark Murphy. Dan’s 14-piece Big Band has been playing for a long time, holding down a legendary 20-year residency at Sydney’s Unity Hall Hotel, and has toured extensively across Europe, Asia, South America and the USA. Highlights have included playing at Cuba’s Havana Jazz Plaza Festival and a tour of Brazil for Banco do Brazil.

Another long-term engagement (of over 20 years) has been Dan’s radio show “Blow” which he hosts every Thursday 2–4pm on Eastside Radio 89.7 FM: “With this show I am getting access to the latest releases, not just from here but also from overseas, so I get to hear and interview some amazing people. I can say that Australia punches well above its weight in Jazz land.”

Reflecting his passion for music and interest in inspiring others, Dan regularly conducts workshops on a variety of music areas including Voice, Improvisation, Trombone, Ensemble Playing and Stagecraft, combining this with his live performance schedule. Workshops and performances have been undertaken at a variety of schools, including Northern Beaches Secondary College Manly Campus, Mosman High School, and Big Band Blast in Bathurst which is run by Northern Beaches locals John Morrison and Jacki Cooper.

The SNAPSHOT album is a mixture of original compositions and some classic jazz standards, bringing us swinging grooves, Latin flair and heartfelt ballads, which reflect Dan’s personal journey over the decades of performance, travel and music exploration.

danbarnett.com.au | [@barnettski1](https://www.instagram.com/barnettski1)



Words: Doug Clark

Photograph: Christos Hormovas
[@christo_pop1](https://www.instagram.com/christo_pop1)

Local Business

Budgy Smuggler

Budgy Smuggler, the Australian Made swimwear company on a mission to free the thighs of the world, is a Northern Beaches global sensation. Tawny caught up with Budgy to get the inside scoop on the international smuggling trade.

What inspired you to begin designing swimmers?

In all honesty, it started as a joke back in 2003 with a couple mates writing ‘budgy smuggler’ on the back of a pair of speedo-style swimwear in a backyard in Manly. Now, over 20 years later, we’re still cracking jokes but have graduated from selling out of the boot of my car.

Had you worked in fashion or the clothing industry before?

Nope. After graduating from University I worked for ANZ in business banking, but after witnessing 5,000 people get made redundant in a day during the GFC I thought it might be wise to make a career shift. For 8 years I had another full-time job working to grow AIME, a mentoring program helping Indigenous high school students, before joining Budgy Smuggler full time.

What convinced you to turn your idea into a business?

I was rowing surf boats and noticed that blokes would much prefer smugglers to curtains of shame (aka board shorts). The feeling of freedom deserves to be experienced more in the world.

Who are your customers? People who enjoy freedom! Budgy Smuggler is a feeling. We want people to literally feel good in the product, but also about what the brand stands for more broadly.

What problem are you solving?

Freedom. Comfort. Security. Ironically, a lot of people who wear Budgy Smuggler are doing so for non-water sports. About half of the NRL and a third of all AFL players wear Budgy Smugglers while playing. They make for an easy transition to the ice bath after games as well.

Where are Budgy Smugglers manufactured?

We make all of our Swimwear right here in Sydney, Australia. This is something we’re incredibly proud of. We are one of the few Australian brands to keep manufacturing here



Adam with the team at Budgy’s Brookly HQ

and we’re proud of this contribution not only to Australian craftsmanship but the quality product we can provide our customers.

What have been the biggest challenges?

Seasonality, as well as keeping manufacturing in Australia when there are cheaper options available. We love that people can put on one of the last Aussie-made brands there is.

And your biggest triumphs? We love being a part of people’s lives. We’ve been involved in weddings, gender reveals and there’s about 50 people wandering around with Budgy Smuggler tattoos.

Were you ever close to calling it quits? My mates joked that it was ‘an expensive hobby’ and I worked full time in another job for nearly a decade. But I’ve always known, once you experience the Budgy Smuggler freedom, you’ll be hooked.

What advice would you tell yourself back before getting started? Focus on quality. People buy because of brand once, but they come back because of quality. If you do something you’re proud of then it’s easier to commit.

How does the Budgy’s Northern Beaches HQ play a role in the business? It’s our home, so the Beaches is Budgy. We even say ‘Designed in Manly’ on a lot of our clothing and the majority of our staff are from the Beaches. We’re definitely a Northern Beaches brand.

Experience the freedom!
Visit Budgy Smuggler in store on The Corso
or head online to budgysmuggler.com.au



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Image: Quyen Hutchinson, IG @mrsfrogmouth

About Us

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

Contact

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

liam@thetawnyfrogmouth.com.au
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December 2025 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0535 1.58 1146 0.57 1747 1.49 2357 0.40	2 0625 1.73 1250 0.45 1847 1.48	3 0045 0.39 0715 1.87 1350 0.33 1946 1.47	4 0132 0.39 0805 1.98 1447 0.24 2045 1.45	5 0223 0.41 0857 2.05 1544 0.18 2142 1.42	6 0314 0.44 0949 2.08 1638 0.17 2238 1.39	7 0407 0.47 1042 2.06 1732 0.20 2333 1.36
8 0502 0.52 1134 1.98 1827 0.27	9 0029 1.33 0559 0.57 1227 1.87 1920 0.35	10 0126 1.32 0656 0.63 1319 1.73 2013 0.43	11 0223 1.32 0757 0.69 1413 1.59 2101 0.50	12 0319 1.34 0901 0.74 1509 1.46 2147 0.55	13 0415 1.39 1012 0.75 1608 1.35 2231 0.58	14 0506 1.46 1120 0.74 1707 1.28 2314 0.59
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- New moon
- First Quarter
- Full Moon
- Last Quarter

Info: Bureau of Meteorology Tidal Centre Photo: Susan Whitby - IG@susanwhitbyphotos





GHAZZA going Richter at Palmy Rissole

Live Music with Lucy

GHAZZA: 'Mythical Ethos' and mosh pit chaos

GHAZZA, a name with a nod to the satirical essence of the band, was born straight out of Covid boredom. The band's namesake, a P.E teacher they all admired. Kennan, Ghazza's bassist, says he was "an elusive creator of mythical ethos."

Permeating the young music scene, Ghazza is a staple at the 7th Day Brewery where I met them on a sunny Sunday afternoon. They have gone from playing a few gigs a year to sold out shows, at amazing venues like Lazy Bones Lounge. This year they have seized around 30 stages across wider Sydney, stretching up to places as far as Newcastle and Cenny Coast.

So, how do you go from being high school mates to emerging artists? Xavier the lead singer says, "getting yourself known is the biggest challenge." But the local music venues and social media have given them a stage to be heard, inspiring the Northern Beaches crowd into a new era of chaotic punk satire.

When writing their songs

Xavier says he lays down the framework for the great collaboration to begin. Written in May this year, "Dirodi" hit top views for Ghazza on Spotify, where they have gained an immense crowd of over 13,000 listeners. The song was inspired by the Northern Beaches love-hate relationship with e-bikes. "In the writing of it, we were definitely just sitting there laughing", says Kennan.

They say they were just 'taking the piss', and the song came together in 5 to 10 minutes. The lyrics take a stab at Northern Beaches privilege and entitlement, "F@*k the cars we own the road...sitting on my e-bike throne." However, this is not all GHAZZA has to offer, with a discography of multiple EPs, an epic full length album and an awesome package of singles. In another song entitled 'Elon Musk', Ghazza flips from social to political commentary, "You crashed the stock market, because of your Trump bull\$hit."

"So, has punk rock political

activism come to the Northern Beaches?" Xavier says their music is "definitely more to laugh at than to be a commentary on society." He says, "I don't think it goes nearly deep enough into the issues, it's pretty surface level." The band are quick to acknowledge the inevitable mainstream media backlash when dabbling in this space. Bede says their lyrics are open to interpretation, "the biggest thing about our music is that it's completely up to the listener if they want to draw meaning upon it."

The band want to avoid being boxed into one musical lane, their approach invites listeners to connect however they want, emotionally or, as Bede says, "just kick back, drink beer, and mosh."

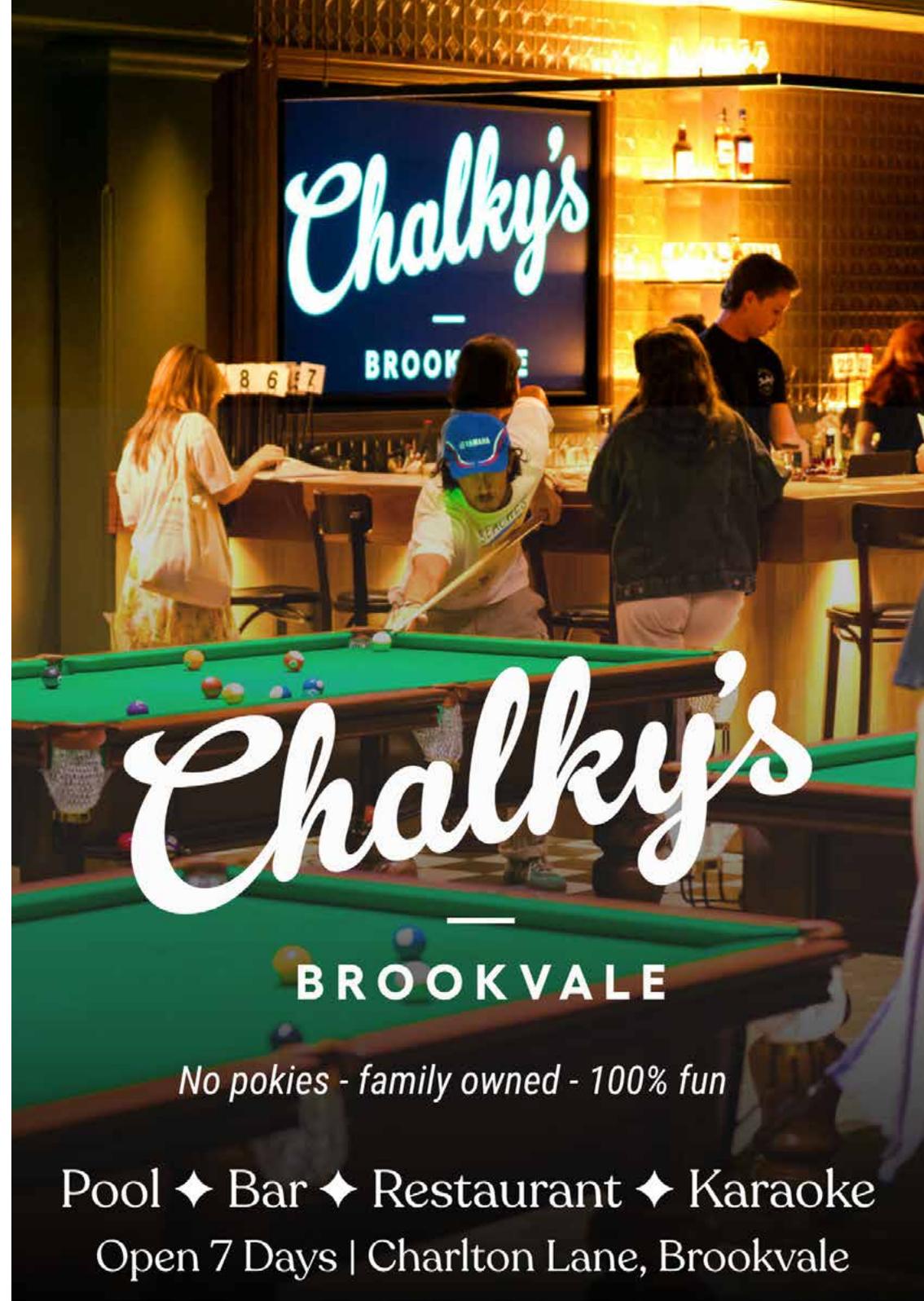
Going ballistic on socials with a 32K following on Insta and 1.4 million views on Tik Tok, 2026 is looking to be an awesome year for these guys, with some potential new music on the horizon. Will they retain their freewheeling chaotic sound or is something different on the menu? Whatever it is, Bede the drummer says, "We have some stuff cooking up in the pot." They just hope they "don't overcook it!"

Toby, the ambiguous and rare left-handed guitarist, a man of few words, sums it up pretty well, "I love Ghazza band."

Get amongst it and catch Ghazza at their next shows:
 28 Nov at Chubbs Brooky;
 29 Nov for The Good Day Out at 7th Day Brewery; 20 Dec, Wings N' Tins, Dee Why.
 Follow @ghazza_band on socials and visit ghazza.com.au

Words: **Lucy Mitchell**

Image: Ian Bird | IG @iambirdphoto



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Manly Village stalwart, Simon Dodshon

Community

Fare thee well, Markets Maker

“Hello Liam,” began Ashlea’s email. “I’m getting in touch to see whether you’d consider an article on Simon, Market coordinator at Manly Village Public School. Simon has run Manly Village’s iconic market for 25 years, bringing in approximately \$1 million in revenue for the school P&C.

“He is a cheeky man, and a community champion. The life he has breathed into Manly over the last quarter of a century is incredible. I fear when he retires from his role at the end of the year, his dedication to this community may be forgotten, or at least not properly recognised.”

Ashlea, you had me at hello. I know Simon well, a perennial nemesis at Hotel Steyne’s Razzle Dazzle trivia, always bringing home the bacon for his “Halfwits” pack of brainiacs. Infuriating! Never once has Simon mentioned his community dedication, or this incredible fundraising effort. An article is the least we can do.

“It all started in 2000, at the school’s fancy dress party,” says Simon. “My son was in Year 4,

I had another boy in Year 7 at Bally Boys, and the school approached me to see if I was interested. I was a single dad, the boys were a bit older, I had time on my hands. I thought yeah, bugger it, I’ll give it a go.”

Simon was decked out as The Invisible Man that fancy dress evening, a miracle anyone could spot him. But if you’ve checked out the Manly Village Markets anytime this millennium, the bloke adorned in shorts and t-shirt all year long is very hard to miss.

“I went along with the former market coordinator once before I took over. Then from the next market, it was my show, sink or swim. But the school was much smaller back in 2000, 220 kids, and the market was much smaller too.”

It was a time before social media, emails fairly limited as well, meaning a booking system fit for the times. “People used to put their \$25 in an envelope and leave it in my letterbox.” The rates have increased now to \$50 for a stall. Inflation rampant. And the school has grown to almost

600 kids. The markets have evolved too.

“We’ve always got well over 100 stalls and, not that I’m an expert on the subject matter, but the Manly Markets have become a real women’s fashion hotspot. Around 80% of the stall holders provide women’s fashion items. A woman told me she made \$7,000 one day. I almost fell over! That’s big money.”

What does it take to curate a thriving local market? “If you want to do it properly, and I have always been committed to doing it properly, it’s a relentless endeavour to get all the moving parts in place, to ensure all stall holders, marketgoers, and the school P&C are happy.

“But when it all comes together, it’s like alchemy. Everyone’s happy, everyone’s making money, everyone’s rebooking for the next one. It’s fundamentally out of your control, there are so many factors, but when the markets are buzzing, it’s magic.”

The big question, where to now, Simon? “I took it on when I was 42. My son in year 4. He’s now 35! I’m 67. I’m gonna relax a bit, play more golf, drink more beer. But honestly, I’ve had so much fun, met so many great people, thousands. And you know, the good people far outweigh the f@*kw!t\$, I’ve had a great run.”

Saturday 20 December will be Simon’s final Manly Market at the helm. Get along and send the quarter century stalwart off in style. Volunteers are always hugely appreciated too. If you’re keen, and able to donate an hour a month to help out, please call **0435 610 675** or email manlyvillageschoolmarkets@gmail.com

Words: **Liam Carroll**

South Steyne Medical Centre

Get to know Dr. Caroline Rogers

Dr. Caroline Rogers has lived and worked on the Northern Beaches for over 20 years, caring for generations of local families.

Originally from the UK, she studied at Cambridge University, before completing her medical degree at St. Bartholomews Hospital in London and beginning her career as a GP in England. After moving to Sydney in the early 2000s, she quickly established herself as a respected local doctor and has since held Clinical Director roles at two major local general practices.

Dr. Rogers has completed additional training in Obstetrics and Gynaecology and is a member of the Australasian Menopause Society. She has a

particular interest in menopause and perimenopause care. She is dedicated to helping women navigate this transition with confidence and clarity, combining evidence-based medical treatment with a compassionate, personalised approach. Whether through hormone therapy, lifestyle guidance, or other strategies for symptom relief, she focuses on improving quality of life and long-term wellbeing.

She also works with patients with weight management issues again using both lifestyle and medication together to achieve long lasting weight loss and health benefits.

Dr. Rogers has a strong interest in preventative and data-driven medicine, sup-



porting early intervention to reduce the risk of chronic diseases such as diabetes, heart disease and osteoporosis.

Outside of medicine, Dr. Rogers loves ocean swimming, political satire, pilates and dragon boat racing. Most of all, she enjoys spending time with her three children and embracing the relaxed, coastal lifestyle of the Northern Beaches.

STEYNE medical CENTRE



Explore the captivating history of Q Station’s Wharf Precinct – the vibrant heart of the Quarantine Station’s story.

Step back in time and uncover a fascinating glimpse into the lives of those who arrived over the past 150 years, shaping Australia’s multicultural identity. Wander among beautifully preserved heritage buildings and listen to compelling stories of brave migrants who endured arduous journeys from distant lands, forging new beginnings on these shores.

Whether you’re a history buff or just curious to learn more, this is your chance to connect deeply with Australia’s diverse roots. Discover stories of resilience, hope, and transformation that continue to inspire today’s world.

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Q STATION



Beaches local tearing up the US Pickleball scene

Born and raised in Manly on Sydney's Northern Beaches, Lara Giltinan's sporting journey has been anything but conventional.

The daughter of renowned local and Australian sporting icon Bob Giltinan, Lara was a talented junior tennis player who once competed on the ITF Junior World Tour. Her early career seemed destined for success until chronic back injuries brought her time on the tennis circuit to a premature end. What followed was an unexpected detour - and ultimately, a remarkable second act in one of the world's fastest-growing sports: Pickleball.

After stepping away from competitive tennis, Giltinan moved to Las Vegas, working in hospitality as a cocktail waitress at the city's famous pool clubs. Life in the desert oasis was far removed from the grind of professional sport... Until a friend suggested she try Pickleball, a quirky hybrid of tennis, badminton, and table tennis played with paddles and a perforated plastic ball. At first, she wasn't convinced.

"It took me six months to actually play Pickleball after my friend suggested it," Giltinan recalls with a laugh. "Mainly I thought it was a really gimmicky game and I guess I was too proud to lower myself from playing competitive tennis. But after a few games my eyes really opened up and I was like wow, this is great, I can see really see this sport now."

That moment of rediscovery changed everything. Within a year, Giltinan's competitive instincts reignited, and she decided to give the sport a proper go. "I said to myself 'just play for one year' and get some credibility in the sport and see how it goes," she explains. "So, I am very proud to have made a really good go of it and now playing the best players in the US week in, week out."

Today, Giltinan is ranked 15th overall on the PPA Tour, making her the highest-ranked Australian Pickleball player in the US and potentially the globe. Her rise mirrors the meteoric growth of Pickleball itself, which has transformed from a backyard pastime in the U.S. to an international phenomenon.

"I really love how it is a racquet ball game for all ages," Giltinan says. "Tennis can be a really hard introduction for beginners, and Pickleball is far more approachable and enjoyable as soon as you walk on the court."



Lara in Vegas on the Pickleball Pro Tour

That accessibility has helped drive participation numbers skyward. The Northern Beaches is no different, with a number of courts opening up and it can be tough to get a booking such is the demand to play. Giltinan isn't surprised "It's fun, fast, and social. People fall in love with it, it's a great way to catch up socially, it's healthy and not overly strenuous" she says.

At 39, Giltinan is realistic about her playing window but brimming with enthusiasm for what comes next. "I'm 39 now, so I am well past my peak years and there is a tinge of regret Pickleball hadn't arrived sooner for me, but I am really passionate about it as a sport and hope to remain involved with its development."

That passion may soon bring her home, with plans to return in the not-too-distant future. The Tawny reckons there is no better ambassador to champion the Pickleball cause on the Beaches!

Follow Lara on socials [@laragiltinan.pb](https://www.instagram.com/laragiltinan.pb) for all updates and check out Northern Beaches Pickleball nbpickleball.com.au to get yourself into a pickle

Words: **Anthony Bergelin**

Photo: [Cattie Works IG @cattieworks](https://www.instagram.com/cattieworks)

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The Love Scout

Loving the person you wish they were

Why your expectations might be causing more pain than the person

Is there someone in your life who you love, but they have this one thing they do that drives you up the wall? Maybe they're chronically late, terrible at texting back, or flaky. You find yourself thinking, "If only they didn't do that, they'd be so much easier to love." It's a common thought. But what's under it is something that rarely gets named, and that is the gap between who this person actually is and who we desperately want them to be.

The fantasy we build

Fantasy isn't just for movies or daydreams, it's a survival tool we've developed to cope with emotional pain. When someone we love hurts us - through absence, inconsistency, or unavailability - we internally grapple with our deep need to stay connected and to honour the pain. If honouring the pain might jeopardise the relationship, our brain can do mental gymnastics to minimise the impact.

The fantasy whispers, "They're not really like this. They didn't mean it. They'll change". It allows us to still get our needs for love, acceptance, and connection met. Of course, as humans we are all fallible, but the thing to look out for is when fantasy denies reality.

Fantasy across all relationships

This dynamic isn't limited to romance. Fantasy shows up everywhere we love: "I wish my partner was more social. I want to go out more"; "I wish my best friend didn't cancel so much. I get so frustrated and resentful"; "I wish my dad would ask about my life. I feel like he doesn't care at all."

It's natural to want closeness with those we love. Though sadly, we break our own hearts by latching onto the fantasy of who we want the other person to be. Sometimes we even hold them to that unspoken expectation and punish them when they fail to meet it by becoming resentful, withdrawn, or passive-aggressive. Your expectations of the other person are causing you pain, not them.



Who says the HoneyCloon phase can't last forever?

Coming into reality

How do we move forward with this?

Communicate. Express how you feel, name the impact, and share your needs. Some people will meet you there and work toward change. But not everyone will be willing or able, and that's okay too. People present themselves to you all the time. Are you collecting all the data? This is where radical acceptance comes in, and is your invitation to step out of fantasy and into reality. If this is who they are, can I accept them in their wholeness? Do I need to change my boundaries?

So, what is a boundary? It is simply the space between you and me where I can still operate from love and compassion, not anger and resentment. When you accept your dad doesn't ask about your life, the boundary might be shorter visits, lower expectations, finding that curiosity elsewhere. When you accept your friend is chronically flaky, the boundary might be making backup plans, inviting them to things you'd enjoy solo anyway. Assess your emotional resilience and budget what you can afford to extend.

Boundaries are not punishing, they are there to protect each person and the longevity of the relationship. You can love someone deeply and still need distance from them. This is the reality of sustainable, healthy relationships. When you accept people as they are, you can grieve the fantasy, process the emotion, and meet the actual person in front of you with clarity and love.

Words: **Scout Smith-O'Leary**, The Love Scout.

Scout offers relationship counselling for couples, individuals, and families in Manly, Narrabeen & online. Visit www.the lovescout.com or call **0481 531 555** to book a session.



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Give the gift of self-care this festive season! Our curated gift hampers are filled with wellbeing products from brands we know and love, beautifully wrapped and ready to gift. For that extra touch, add a Solt Haus Gift Card redeemable against any of our therapies. Order online at solthaus.com.au/shop

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What to give that difficult person for Christmas?

You know the type; anti-capitalist, nothing plastic, must be “sustainably sourced”. Here are some gift ideas to bring joy to those lovable environmentalists in your life.

1. Whistles: Who wants to go to a rally unless you can make yourself heard? Acme has a range of musical, military and sports whistles that will ramp up the sound in style. Make your gift extra special with custom engraving and presented in a satin-lined box. Visit acmewhistle.com.au

2. Whales: Bobbing around outside the heads with whales is the ultimate thrill for nature lovers. Manly Ocean Adventures does a wonderful job of locating whales, providing great commentary and ensuring you get some fabulous photos. Gift vouchers available: manlyoceanadventures.com.au

3. Veggie Nosh: Inviting that special non meat eating person in your life out for a yummy meal is a beautiful gesture. Many local restaurants provide vegetarian options. Google “Northern Beaches vegetarian restaurants” and popular venues such as Jonas, Urban Tadka, Pilu, and Emelia's pop up (amongst others). No need to travel to Newtown.

4. Birds: Almost 1 in 6 Aussie birds are threatened with extinction but “Birdlife Australia” has a mission to halt this decline. Membership costs \$79 p.a. and includes a magazine. It's the perfect present for those who want to support the

conservation of our beautiful birdlife (and yes that includes our beloved Tawnies). Soar to birdlife.org.au

5. Natives: Plants always make an attractive gift but why not buy locally endemic species rather than “exotics”? Our Peninsula is blessed with native nurseries, such as Indigo Native Nursery, Tharwa Nursery, Harvest Seeds, and Bush to Bowl where you can buy a fabulous selection. Once planted they'll generate pleasure for many Christmases to come. They're also more affordable than the Bunnings-style alternatives.

6. Books: If Australia had a patron saint of “greenness” it would be Bob Brown. He's campaigned on many issues and written about even more. In his latest book “Defiance” he draws on his amazing life experiences to celebrate the beauty of nature whilst sharing his passion to conserve it. His words will galvanise, uplift and inspire. Go to blackincbooks.com.au

7. Hats: Bushwalkers often appear a bit “dorky” with their choice of headwear. But this Christmas you can promote positive fashion change. The “Lost Manly” website offers some great bucket hat or cap options (for circa \$45) and what's more they are emblazoned with a choice of pride-inducing Northern Beaches branding. Your special friend or relative need never embarrass you again. Find yourself well shaded at: lostmanly.com.au

8. Weaving: Environmentalists were once belittled by the term “basket weaving socialists” until someone realised that weaving baskets was actually a skilled craft and loads of fun. Many of our native plants produce fibres that are perfectly suited to this ancient art too. Catriona Pollard teaches weaving techniques in her workshops which help people explore their imagination and create sculptural art. Visit theartofwaving.com.au

9. Smellies: Does the “eco-warrior” in your life sometimes get a bit whiffy? **The Manly Food Co-op** has a great range of all-natural shampoos, deodorants and soaps that will make them so much easier on the nose. They prioritise products that are local, certified organic, chemical free, eco-friendly, high quality and inexpensive. Find them at Shop 1, 11-25 Wentworth St, Manly.

10. Chocky! A great Christmas needs great chocolate. But why buy that boring foreign stuff when you can go local? **Wembley's** makes a scrumptious range of treats from sustainably sourced cacao. They also do factory tours and tastings. Shop at 650 Pittwater Rd Brookvale or wembleys.com.au - Gift cards available. In Mona Vale, **Jack and Sandy's Chocolate Company** creates a delectable range of products from the finest ingredients. Find them at Shop 13,12-14 Waratah Street or: jackandsandys.com.au

Words: **Mal Fisher**



Flathead courtesy of ReproBaits

Fishing

What's biting, Clint?

What a month it's been! The ocean is alive with demersal and pelagic species alike on the chew in good numbers.

The XL Kingfish have been blowing away underprepared anglers on our shallow inshore reefs. It's been the best run of XL Kingfish I've seen in many years, with some fish in the 20-25kg range.

Don't be afraid to use oversized live baits and 120lb leaders. Hang on tight! These fish don't taste the best at that size, so consider getting a few photos and releasing these big breeders.

Don't forget about the Snapper. There have been regular captures in the 70cm range, amongst the odd 80cm+ model.

If the harbours and estuaries are more your speed, the Flathead, Whiting, Bream, Aussie Salmon and smaller Kingfish are available. The big Flathead are up in the shallower water, whilst the smaller, better eating fish are on the drop offs.

Locally produced Reprobait have been working well for targeting bream and flathead in particular. Further afield, the Mahi Mahi will be in full swing soon to compliment the early run of Marlin.

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

Words: **Clint Harwood IG @aussiecavemanclint**

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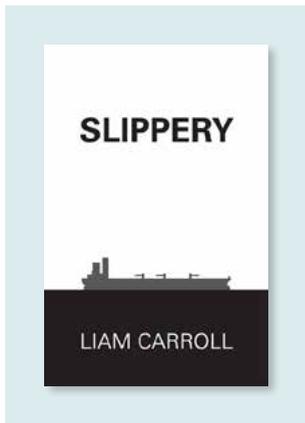
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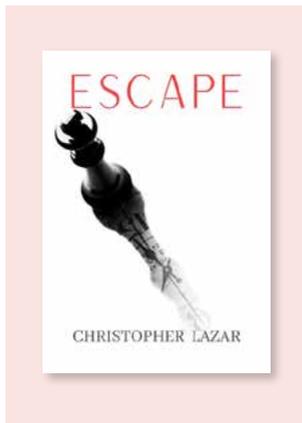
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Warning: Violence, language, sexual content, drug use and adult themes



giving readers moments to consider the moral and emotional stakes of survival. The suspense emerges from physical danger and Christian's struggle to reconcile his actions with conscience.

Side by side, the differences are clear: **Slippery** delivers immediate, street-smart thrills, driven by action and ethical fluidity, while **Escape** balances suspense with introspection, exploring the personal cost of seeking freedom. Both novels excel in immersing readers in worlds where choices matter, risks are tangible, and male protagonists wrestle with courage, cunning and consequences.

They both have gripping narratives aimed at adult male readers and will keep you alert, even alarmed, by the gritty immediacy of their hard-edged story telling. Whether you're drawn to Carroll's relentless, street-smart energy or Lazar's layered, contemplative suspense, both novels offer engaging, thought-provoking reading experiences that will have you shaking your head and laughing out loud, sometimes at the same time.

Where to buy

Exclusively at Berkelouw Books Balgowlah. Perfect Christmas gift for your tough guy.

Want more tough guy reading experiences?

Join the Tough Guy Book Club www.toughguybookclub.com a monthly book club for the thinking tough guy, there's a Manly chapter and they meet at The Ivanhoe on The Corso. Sign up tough guys and get your reading crack on.

Words: **Paige Turner**

Paige Turner Reviews

Summer reads for tough guys

Slippery written by Tawny Frogmouth founding Founder, **Liam Carroll**, and **Escape** from the blood-stained fingers of **Christopher Lazar**, a handsome butcher, are self-published books for tough guys.

Thanks to our good friends at Berkelouw Books Balgowlah you can buy them just in time to give the tough guys in your life a Christmas present they'll treasure.

Slippery celebrates its 10th birthday soon. It was written by Tawny's founder when he escaped the world of hydrocarbon men as an oil trader, long before community print took his focus. It follows foul-mouthed Flynn James from Manly as he moves to Singapore and Shanghai, with a few diversions, working as a junior trader for a Geneva-headquartered precious metals and oil trading company. It's a cutthroat world recounted with raw, unbridled swagger, free of any diplomacy or political correctness. Despite, or because of, its feisty language and confronting content, it

achieved a cult following in Singapore, Geneva and the UK, environments where cutthroat commodities traders reign supreme. Unsurprisingly it was banned in China, and you'll know why when you read it.

Carroll writes with a stripped-back, punchy style that mirrors the precarious situations his characters face. Themes of loyalty, betrayal and the shifting rules of engagement dominate. Part Fight Club, part Bourne Identity.

By contrast, Lazar's **Escape** focuses as much on the inner world of its protagonist, Christian, and the threats he faces. Christian gets in with the wrong crowd, is betrayed by his friends, and ends up in prison where his poor judgment and ambition continue. Set in New Jersey, USA, the story explores Christian's desire for freedom, the limits of endurance, and the personal transformations that crises can trigger. While the pace is less relentless than in **Slippery**, Lazar builds tension through plot and character psychology,

Mental Health

Go with the flow into the everglow

At 40 years of age, Piria Coleman fought for justice, first reporting the crimes she was a victim of when only a child. It came at the expense of her career, her home, her car, and her family relationships. Piria knows exactly how challenging the festive season can be for those left out in the cold.

The Christmas season is upon us, and it triggers people very deeply. The guardian of your heart in spirit, whose physical presence you miss, will most surely be with you.

To those living in the constant fear of being cut off, you will not be alone. Your embarrassment in removing items from the trolley is more widespread than it is said. God bless Tom and Margaret from St Vinnies in Brookvale for throwing a cloak of protection over the needy, clutching at a second chance in life in the rawness of its exigencies, in and around The Manly Waves.

From life's troubles may the afflicted retreat into the quietness of the still mind, quelling the nightmares that flash the trauma back into the present. Crimes or hardships against the child may feel like pervasive black mould, recurrent flood or the extremes of hot and cold, in dutiful adult life.

If a crime is made known, what of the impact and lack of control over the outcome? Are you being vigilant of the one you least expect? Is a person confusing your intuition? Do you feel sick in the gut? Have defence lawyers got prolonged access to your mobile phone? Have you been guilty until proven innocent? You bet you're *Nobody's Girl*, just ask brave Virginia Roberts Giuffre.

Carry light in your eyes and peace in your pain, insensitive as the invasion of your privacy

is. You are resilient; may you bend but not break. Material success is no measure of your spiritual depth.

Or have you been abused in and by the system so long, you're an acknowledged subject matter expert? Have you been denied insurance, your medical history is so long? Are you still being made to jump through hoops, yet for your survival, you're now so very skilled at jumping? Are support services so beset by over-demand, you've repeatedly been given referrals referring you to somewhere and somebody else? Formal education, study, and career development may be no match for the complexity of your worldly life that misunderstands the wisdom in your experience.

Are you safe in the release without remorse? Can you breathe deeply or even make that police report? Or are you being denied the support? Or still short that pricey expert report? Is bureaucracy manifesting in your life as silence and delay? Does your clear state of higher consciousness intuit the ethics of care and sensibilities of a different voice being the human voice.

Preserve your energy and stay true to your trauma-informed knowhow. Your powerful alignment for the day may be in the flock of birds you see flying together or the presence of dolphins that reawaken you to the everglow in the ebb and



Piria ready for anything on this ride

flow of life. Doors that have closed in your face show your strength, not in any pre-planned destination but simply in: *what can you do for yourself today?*

You may have unwittingly agreed to multiple unfair contract terms across many areas of your life to balance the needs of yourself and others. You may be subsisting under the weight of proving your innocence against bureaucracies with incessant reviews for continuing eligibility. Or perhaps hidden behind prohibitive workforce participation disincentives? Such is the testament you bear in the silence of hidden hardship.

Words: **Piria Coleman**



PHOTO OF THE MONTH

Subject Free as a bird
Photographer Healing Tree by Harumi



Subject Dayyan Neve boxed in with grace and precision
Photographer Bernadette Johnson IG bernadette2097



Subject Tesla branch charger
Photographer Nole Ksum



Subject St Patrick's Estate Loritreet
Photographer Hazel Clarke



Subject Brooktoberfest penalty shoot out
Photographer Neil Thompson Rees IG monocaptus



Subject Tawny Frogmouth chick
Photographer Tiffany Marshall



Subject Fish out of Water
Photographer Sue Murray



Subject The Flannied Werewolf of Kempbridge
Photographer Steven King



Subject Crab hole emoji sandman
Photog Susan Whitby IG susanwhitbyphotos



Subject Tawny foot soldiers on the march
Photographer Andrew James Murray

RAZZLE DAZZLE
Trivia

- Which Northern Beaches suburb has the word 'Church' in it?
- Starting with J - what is the name of the popular restaurant known for fine dining that overlooks Whale Beach?
- Yes or No: Is water skiing permitted on Manly Dam?
- Bringing an end to an era, The Manly Waterworks recently closed down. In what decade did it first open?
- According to Tawny in Chief (Liam) - What is the most written in about topic sent to letters to the editor by readers of The Tawny Frogmouth? Climate, E-Bikes, or Dogs?
- Which swimming stroke uses a dolphin kick?
- Which medium sized wildcat shares its name with a popular brand of underarm deodorant?
- In Australia, the season after Summer is called Autumn. What is it commonly referred to in the USA?
- Starting with A - What is the proper geographical term for a chain of Islands?
- Which free to air channel was the Melbourne Cup broadcast on?
- The TV drama "Mr Inbetween" is set in which Australian city?
- What is the highest number in Roman Numerals that can be correctly written using only X's?
- In Australian folklore, if one was referring to "The Fine Cotton Affair", what in particular would they be referring to?
- Emily Elephant, Zoe Zebra & Rebecca Rabbit are characters in which cartoon series?
- Which of these words can be typed on a single row of a QWERTY keyboard? Cheese, Pork, Salad, Lager
- What is the only country in the world that ends in the letter K?
- The Phantom of the Opera is set in which city?
- Which country is the ice cream company Ben & Jerry's originally from?
- Which US town - which is spelt with 5 letters - has hosted the "Winter X Games" since 2002?
- Which poker hand falls between a flush and 3 of a kind, in terms of strength of hand?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

The prolonged lack of sandbanks at Queenscliff is so dire, boardriders are paddling rocks out to drop in the deep waters with the vain hope of surfing their local sometime before new year's.

THE CROSSWORD

Name the tune!

CMS SURVEYORS
Living and loving the land of the Northern Beaches for over 23 years.

Across

1. I used to rule the world, seas would rise when I gave the word (10)
7. It's gonna take a lot to get me away from you (6)
9. We're not gonna sit in silence, we're not gonna live with fear (13)
11. That's the way its gonna be little darlin' (9)
4. This hit, that ice cold, Michelle Pfeiffer, that white gold (10)
5. See that girl, watch that scene (12)
6. I'm all out of faith, this is how I feel (4)
8. Well I guess it would be nice, if I could touch your body (5)
10. Because maybe, you're gonna be the one that saves me (10)

Down

2. You may say I'm a dreamer, but I'm not the only one (7)
3. Cos the players gonna play, play, play, play, play (10)

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Star Signs

by Krystal Bawl

Saucy Sagittarius

Your Christmas sauces are beyond compare, make plenty of brandy butter this year for us to slather on, yum.

Silly Scorpio

Whether it's the hat, presents or Christmas cracker jokes no one does silly billy better than you. Never change.

Clever Capricorn

You always ensure there's no Christmas chaos by taking care to make everyone happy, fed and Instagram-ready.

Lippy Libra

Your sass can usually charm the last pavlova slice onto your plate without anyone noticing. Not this year. Eyes on you.

Vital Virgo

You shine at Christmas parties, command the dance floor, rage on the karaoke and rock a Santa hat with panache.

Liberating Leo

Your super power is helping everyone avoid picking a fight at Christmas. You really should join the Peace Corps.

Cutesy Cancer

You treasure traditions and keep everyone hydrated, even as they cry their eyes out watching Christmas movies.

Gregarious Gemini

First to arrive, last to leave the party; you chat, drink, laugh, flirt and fall in the pool with aplomb, usually in that order!

Too-much Taurus

You love festive indulgence - prawns, lobster, and vintage bubbles. Don't let a cost-of-living crisis change a thing.

Animated Aries

Your energy lights up every room like Christmas lights on full blast. Keep your batteries charged, alcohol helps.

Peaceful Pisces

An afternoon nap, a morning sleep-in, and never around for the cleaning up. No wonder you radiate festive bliss.

Affable Aquarius

Beach cricket, charades, Connect Four, Simon Says, carol karaoke - rain or shine, you're unstoppable.

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Crossword Answers

DOWN: 2. Imagine 3. Shake It Off 4. Uptown Funk 5. Dancing Queen 6. Torn 8. Faith 10. Wondervall

ACROSS: 1. VivaLaVida 7. Africa 9. You're The Voice 11. The Horses

Trivia Answers

1. Church Point 2. Jonah's 3. Yes 4. 1980's (81) 5. Climate 6. Butterfly 7. Lynx 8. Fall 9. Archipelago 10. Channel 9 11. Sydney 12. XXX (30) 13. A horse racing fix 14. Peppa Pig 15. Salad 16. Denmark 17. Paris 18. USA 19. Aspen 20. Straight

Sudoku Solution

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



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