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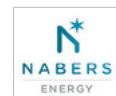


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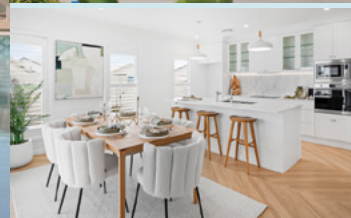
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THE BEST IN OVER-50s LIVING





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After decades of deadlines, meetings and the relentless logistics of daily life, the over-50s years arrive for most Sydneysiders with one big question: what does my next chapter look like? For a growing number of people, the answer keeps landing in the same place. A Mid North Coast postcode on the shores of Wallis Lake.

Palm Lake Resort Forster Lakes sits on the shores of Wallis Lake on the New South Wales coastline, north of Newcastle. Forster is known for its extensive network of lakes, its golden beaches, and its headlands, which are ideal for watching whales pass through in season. The town is unhurried but alive: cafes, bars and restaurants, weekend markets, boutique shops, and a holiday-every-day feel.

For visitors to this stunning coastal town, this is a holiday backdrop. For homeowners at Palm Lake Resort, Forster Lakes, it's home.

Meet the homeowners

For Wayne and Judy Finkelde, the move from the increasingly busy Camden region south-west Sydney, was about reclaiming time and finding people to spend it with.

"We didn't want another suburban street. We wanted to meet people and have a social life," Judy explains.

Wayne has embraced the resort's two golf simulators, the indoor pool, and regular snooker with new mates. Judy's calendar runs to singing group rehearsals, line dancing, Aqua Zumba and weekly Mah-jong. Together, they've made room for the things they had long stopped making room for: trivia nights, barbecues, Happy Hour.



"The facilities were such a big attraction," Wayne says. "But the social aspect has been even nicer."

What's on the other side of the gate

The resort splits its energy across two clubhouses. The Belleair Country Club features indoor and outdoor pools, a heated spa, a sauna and salt room, a luxury movie theatre, and a three-lane ten-pin bowling alley, an art and craft studio, a library, the Milon gymnasium, and a fully licensed bar and dining hall, complete with a stage and dancefloor.

The Rhodes Sports Club caters to the more active homeowners with an eight-rink undercover bowling green, two golf simulators, four outdoor pickleball courts, a nine-hole mini golf course and a licensed bar and coffee lounge for the homeowners who'd rather watch. Most homeowners drift between the two clubhouses depending on the day and the mood.

A new chapter worth embracing

A move like this is rarely simple. It can mean leaving familiar places and putting some distance between yourself and loved ones. For the Finkeldees, the trade-off has been worth it.

From morning walks on the beach to evenings by the lake, from trivia nights to slow afternoons at home, and most importantly, the kind of social connection that has your neighbours feeling like family, life at Palm Lake Resort Forster Lakes offers what so many spend years searching for. Balance. Or, as Judy puts it: "I've never been so happy in all my whole entire life."

Maybe that's what the over-50s chapter is about. Not slowing down. Having the freedom to live exactly as you want, in a place that feels like home from day one. Final stage is now selling at Palm Lake Resort Forster Lakes, contact the team on 1800 577 542. This is Your Time.



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THE BEST IN OVER-50s LIVING



G'day Beaches

Happy August Tawnies! Settle in, rug up, and get set for another bumper Frogmouth.

Thank you Zoë Pearson, her Shelly Beach Mermaid Meetings cover art is a Cabbage Tree treasure. Notoriously hard to please, congratulations Bert Grumbles for Letter of the Month. And Darian Woods wins Photo of the Month, capturing a newborn calf's first whale of a trip north on the east coast highway.

DJ Cartoonist Williams depicts how the e-bike crushers will be deployed. Have Your Say on Council's new, consolidated set of planning rules, and meet your councillor, Beaches' Mayor Sue Heins.

Claudia Weisenberger outlines how NDIS price caps became the system's flaw. Cunninghams comes home to Dee Why. The Cruel Sea is on track for Night at the Barracks. Rob Carlton's a Virgin in a Knife Fight. The Northern Beaches Readers Festival gets lit. Colormaker paints with purpose. And Clint and Billy Harwood venture north to compete in the Trophy Hunter Snapper Competition at Coffs Harbour.

All this, lots more. See you in Spring!

Liam

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The Tawny Frogmouth

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Contents

10	G'day Beaches	36	Glen Street Theatre Rob Carlton, the Virgin in a Knife Fight
12	Peninsula Wash Up		
14	Letters to the Tawny	37	Art & Culture The Ultimate Magic Show
18	Cartoons DJ Williams unleashes the Crusher	38	Art & Culture The 2026 Northern Beaches Readers Festival
20	NB Council A clearer set of planning rules for the Beaches	40	The Love Scout 5 signs you're emotionally ready for a relationship
22	Michael West Media NDIS price caps: How the ceiling became the flaw	42	Mal's Wild Side Northern Beaches' iconic "Flannos"
24	Live Music Tex Perkins and The Cruel Sea on track for Night at the Barracks	43	Fishing The Trophy Hunter Snapper Competition
26	Local Business Cunninghams comes home to Dee Why	44	Tawny's Bookclub Stories of resilience, reckoning, and reflection
28	Cover Artist Zoe Pearson: Shelly Beach Mermaid Meetings	46	Local Photos
29	Meet your Councillors Mayor Sue Heins: Forest ward	48	Trivia, Sudoku, Crossword Rumour has it...
30	Brookvale Arts District Louise Nade and The Other Environmental Art Exhibit	50	Star Signs
32	Roll of honour		
33	Tide chart		
34	Sustainable Business Colormaker: Paint with Purpose		
35	South Steyne Medical Manly's advanced skin procedures specialist		



28



34



38

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.

Peninsula Wash Up

Till the 12th of Never

We wish Jim and Yvonne Druery the happiest of Blue Sapphire anniversaries, recently celebrating 65 years of matrimonial bliss. Things have changed a tad since Jim was born on Soldiers Avenue in 1935, growing up opposite the beach where he and his older brothers were tied to the clothesline to keep them safe from running off into the water. While Yvonne grew up a city girl with fond memories of trips to Collaroy and holidays in her aunt's caravan at North Curlly. Their fate was sealed on a blind date for New Year's Eve, 1960. Love quickly blossomed, they wed five months later and built their own home in 1964. By the early 70s Jim was a successful local businessman, Druery Car Stereo becoming a landmark on Harbord Rd and the first to bring mobile phones to the Peninsula when they weighed a hefty 3kg. Throughout 65 years of change, Jim and Yvonne's love for each other, their growing family, and the Northern Beaches has remained constant, marking the occasion with their song "Till the 12th of Never".

Help build the Sharkdata base

There can be no debate, shark encounters on our beaches have become far more common over the past year. Everyone is free to their opinion of why this may be the case, and now - thanks to **Sharkdata** - everyone is also free to contribute to the much-needed data on what is indeed taking place in the water. Sharkdata is a community-powered log of shark sightings around Australian beaches, built so swimmers, surfers and lifeguards can share what they see, fast. Every report comes from a real person at a real beach. So, if you encounter a shark, log onto sharkdata.com.au and it's quick and easy to report where you were, what you saw, who responded, and whether the alarm sounded. Over time those reports add up to a picture of which species turn up where, and how often.

Soy long to soy fish containers

Adopt a Beach Australia and **Surfrider Northern Beaches** have set out to ditch the fish and bin the soy containers ubiquitous to otherwise harmless and nutritious sushi takeaway dining. From 1 July, Manly sushi retailers became the first in NSW to jump on board, with this one simple but effective change estimated to eliminate 10,000 plastic fish out of Manly's waste stream every single week, equating to 500,000



Happy Blue Sapphire to Jim and Yvonne

pieces of plastic waste per year. And they invite sushi retailers across the Beaches to join this movement too. Learn more via Instagram [@adoptabeachaus](https://www.instagram.com/adoptabeachaus) and [@surfridernb](https://www.instagram.com/surfridernb)

Glorious Baroque

Any concerns that **Manly Warringah Choir's** 51st season would not match the stellar success of their 50-year celebrations last year have been well Handel'd with the 2026 programme of choral music performances proving superb. And you're invited to their upcoming concert, **Glorious Baroque**, on **Sunday 23 August**. The Choir will sing Bach's seminal Cantata No 4, the famous Gloria by Vivaldi, and in keeping with the era, the orchestra will play Grieg's delightful Holberg Suite. The concert starts at 2pm in the Waterford Hall, St Paul's College, Darley Road, Manly. Tickets always sell out fast. Get yours at manlywarringahchoir.org.au or call **0411 777 738**

500 Club's Lucky Charm

Fairlight's Kellie Wilson is a member of a competitive group of midwives who catch up monthly for their 500 Club card games. Kellie wisely named her team "The Tawny Frogmouths", and with Australia's Bird of the Year also a lover of card games, a Nightjar popped along this month to ensure Kellie, Kate, Anna and Jezza played to their full potential. Naturally, the Tawny Frogmouths proved victorious.



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Letters to The Tawny

LETTER OF THE MONTH

Marx my words

It was with extreme sadness that I opened the July Tawny this morning to find the editor had failed to publish either one of my letters. A conspiracy I tell you. The once faithful Tawny has fallen into the inevitable abyss of the red starred Marxist proletarian left. There is no longer a voice for the downtrodden hard-working true-blue elderly citizen of the beaches. Yours in disappoint, **Bert Grumbles, Balgowlah**

The stupid cold

Me again. Do I put heater on? Give energy providers more \$? Give me more grief when bill rocks in? Hairdresser, her mum's a pensioner too. We just go to bed. Early. Rug up. Warm up. Sort of sux. One income. Not complaining. Just saying. Upside? Not living in my car. Roof. Overhead. Have bed. House. Good food. Gotta love socks. Slippers. Trackies. Sweaters. Major hugs to big W. Downside? I should NOT be considering turning on heater. Shame on you Gov/AGL? Thanks for reading.

The Oracle

PS - Thanks for printing my June letter. Harbord Library ladies loved it. Laminated. Stuck to desk. Made their day. Little things. Major hugs.

Save the iconic Collaroy

After reading July Tawny's 'Showtime! Let's stand up for Collaroy Cinema', I am reaching out in support of 'The Fight is On'.

I have taught Italian on the Northern Beaches for over 20 years where there is obviously a huge Italian contingency, not to mention a general love of all things Italian ie food, coffee, culture, travel etc. I cannot tell you how many times people have said how much they love to hear 'The Language of Love.'

I also belong to a Meetup group called Ciao e Caffè where people from all walks of life who love all things Italian get together over a coffee for a chat. With over 200 followers on Facebook, since initiating in February, the group continues to grow and connect socially with various outings.

The Italian Film Festival has been running nationally in Australia since 2000. Each year I refer my students to various cinemas in Sydney but never on this side of the Bridge. The Hayden Orpheum Picture Palace in Cremorne often screens various movies from The French Film Festival each year. How wonderful it would be if we could celebrate the comedies, the dramas, the documentaries of Italian cinema right here on our doorstep.

Francesca Modica

Re: Gaza (June 2026)

I can't let Tom Klein's letter go unanswered. He goes to some length to justify Israel's position in the various peace processes while denigrating Palestinian efforts to secure just outcomes and peace. His simplification of these processors blames Palestinians for their failures, never the Jews.

In 1914, the Palestinian population (of Palestine) was 80%. Today it is around 15%. One can deduce that 65% have been murdered or displaced. Mr. Klein would do well to read the book "The Ethnic Cleansing of Palestine" by the well-regarded

Jewish historian, Ilan Pappé.

Israel, by its brutal and barbaric actions in Gaza, the West Bank, and Lebanon have condemned it to being a Pariah state by the whole World. It will never recover from this stigma. The IDF is a disgrace to humanity, with abundant proof of their evil: marksmen deliberately targeting children, civilians and children undergoing amputations without anaesthetic, aid denied to the deliberately starved people, the murder of 200 journalists, medical staff murdered or imprisoned and tortured, aid flotillas illegally boarded and criminal acts perpetrated on the brave crews, premature babies left to die in their humidicribs. The list is endless.

Tom Klein should concern himself with the behaviour of his beloved Israel. Regards, **Tim Reeve, Balgowlah**

Re: Credit Card Surcharges (June 2026)

Guy insinuates that retailers are profiting from charging for credit card use, but this is incorrect.

Businesses that take credit card payments legally cannot profit from charging surcharges and can only charge what it cost them to provide the service. For ease, most businesses charge a set percentage regardless of the type of card, and that % must not exceed the lowest cost card that the business accepts. So, the surcharge the business pays to the bank/card company may be more than they can legally charge the customer. Most banks also charge monthly rental fees on machines and annual fees, so often businesses are making a loss in this area by accepting credit card payments.

Yes, payment service providers do charge a set flat rate



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often higher than the real cost, but the payment service provider has to make money somehow and the retail or other type business is not profiting from it.

If a business is not charging the customer for each transaction, it will just mean higher prices for all as these surcharges are still being charged by banks, card companies, and payment providers.

M, Collaroy

Re: Uniting MacDonald homes in Dee Why (July 2026)

Uniting recognises community concern about the decision to sell our MacDonald Homes site in Dee Why and wants to reassure the Northern Beaches community of our continuing commitment to supporting and housing vulnerable people and those in need.

Founded in the 1950s, MacDonald Homes is the oldest site in our extensive portfolio. Its sale will fund more and better homes and accommodation for older people, including on the Northern Beaches. And we look forward to talking to The Tawny more about this in the September edition.

Emma Nicholson, Head of Housing, Uniting NSW/ACT

Karen up everyone

Walking Manly's coastal path is like free theatre. You never know what's coming next.

This week's performance featured a woman with her dog on a lead blocking the path of a teenager on a fat-tired e-bike. Let's call him Lance Armstrong because he seemed equally convinced the rules were for other people. And let's call her Karen because that's what Lance called her.

Karen politely told Lance that on this section of the path dogs must be on leads and bikes are not allowed. I'd been

following Lance after rescuing the slushy cup he'd lobbed onto the path, so wandered over to back Karen up. She remained calm but determined not to let Lance pass unless he got off the bike and walked it the rest of the way. He was getting pissed off, telling her not to be a Karen and she wasn't backing down, so I started taking photos.

"You can't do that. That's against the law," he said, looking deeply offended. "Maybe," I said. "But if you're making up your own rules, why can't I?"

He huffed, gave us an Oscar worthy death stare, walked around us and then jumped back on his bike and disappeared up the path yelling, "\$@&* off, you Karens!"

While this was going on people were walking around us pretending nothing was happening. So disappointing. We law abiders need to stick together. Karen up.

Trish Carroll, Fairlight

Excusez moi, mate

I've noticed a demographic shift in Manly. I walked a kilometre to Coles the other day and along the way I didn't hear one spoken word of English.

Firstly, there were two parcel delivering guys speaking to each other in a foreign language, then further along I heard an argument I didn't understand coming from a block of units. Then I heard a couple of female traffic controllers outside a building site in Manly speaking to each other in yet another foreign language. And from above, I heard a couple of construction workers yelling at each other in a foreign language. Then at the cab rank I heard two cabbies talking to each other in a language I didn't understand. And just before reaching Coles I overtook a couple on the footpath speak-

ing Spanish.

With due respect to our indigenous people, Australia is a country founded on migration. But with an aging population, a declining birth rate and jobs that need to be filled, our government is filling the void by allowing larger numbers of immigrants into the country. It's a catch 22 - we are damned if we do and damned if we don't.

Aussie icon Paul Hogan once commented after returning to Australia from the United States where had lived for many years that Australia was losing its identity and its larrikinism because of this influx of immigrants who didn't understand our peculiar sense of humour and way of life.

Jens Ward, Manly

Brookvale expansion concerns

I write to express my concerns over the proposed construction of new residential towers in Brookvale and the potential impacts these developments could have on the surrounding community.

A key risk to be carefully managed is the long-term relationship between new residential developments and Brookvale's established entertainment, hospitality, and commercial precinct. We do not want a situation similar to the conflicts experienced with developments such as the "Toaster" apartments near the Opera House or residential buildings near Luna Park, where noise complaints and resident expectations have affected the operation and enjoyment of long-established venues. Brookvale has evolved into a vibrant destination with live entertainment, hospitality, sporting facilities, and local businesses that contribute significantly to the area's identity and economy. These existing businesses and venues should



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be protected from future noise-related conflicts arising from new residential developments. It is imperative that all new residential buildings are designed to comply with robust planning and local government requirements that acknowledge the surrounding environment. This should include mandatory acoustic treatments, such as high-performance double glazing and appropriate building insulation, to minimise the impact of external noise on residents.

In addition, sales contracts and disclosure documentation should clearly inform prospective purchasers that they are buying into an active mixed-use precinct where entertainment venues, sporting events, and commercial activities generate expected levels of noise. Buyers should be fully aware of the character of the neighbourhood

before purchasing.

By incorporating these measures into planning approvals, Council can support much-needed housing while protecting the businesses, venues, and community facilities that make Brookvale a unique and thriving destination.

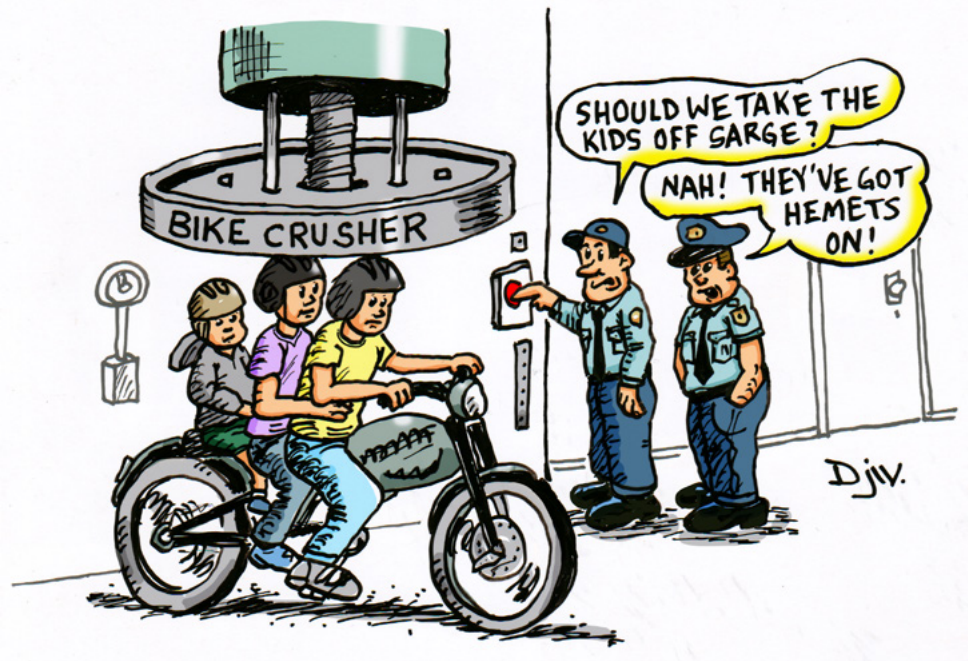
I respectfully ask that Council considers these issues carefully as it assesses future developments and ensures that planning policies protect both new residents and the existing community. Sincerely,

Mick Harrold, Brookvale

Re: Concerning flyers (July 2026)

I'm worried about your 'concerned citizen' of Manly letter writer who is terrified of reds

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



under the beds in these halcyon Northern Beaches suburbs.

Your distressed letter writer expressed 'Shock and disgust' at receiving, shock horror, a flyer against Trump's war of choice in Iran. A war that has killed thousands of people in Iran, closed the Strait of Hormuz and consequently affected every person on earth. The writer calls Trump 'brave' which is certainly the first and probably the only time he's called that and with good reason.

Personally my shock and disgust lies with Trump's idiotic war games in cahoots with the craven and brutal Netanyahu. Thankfully the Northern Beaches are quite safe from the pair of them.

Polly Bell, Narrabeena



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DRAIN RESCUE MONTH

A clearer set of planning rules for the Beaches

Residents are being encouraged to comment on a new, consolidated set of planning rules, with the draft Local Environmental Plan (LEP) and draft Development Control Plan (DCP) now on public exhibition. The draft plans will replace multiple planning controls with a single, clear set of rules, making it easier for residents, property owners and developers to understand what applies and where.

A LEP is a state-government-mandated planning instrument that sets the legal rules for land development. The DCP supports the LEP and provides more detailed guidance for new development, including requirements for landscaping, car parking and privacy.

Northern Beaches Council is moving from four separate sets of LEPs and DCPs to a single comprehensive LEP and DCP covering the entire local government area. Mayor Sue Heins said the draft plans represent the final step in what has been years of planning and consulting with the community working towards a simpler and more consistent planning framework.

"These important documents will harmonise existing planning rules across the area and deliver more consistency in guiding future development on the Northern Beaches.

"Both documents recognise the unique characteristics of our neighbourhoods and will protect our precious environment while meeting our housing needs for the future.

"The community has already played a huge role in informing these documents providing feedback on various Planning our Sustainable Future projects over the past six years.

"Community input has been supported by comprehensive technical studies into local hazards, conservation areas, traffic and transport, employment, social infrastructure and the natural environment.

"For most residents, little will change; however, a small number of properties are proposed to be rezoned or subject to new requirements, particularly where environmental values are high. In these cases, some forms of development may be restricted to better protect sensitive areas. In the "deferred lands" of Oxford Falls Valley and Belrose North, the draft LEP introduces standard zoning in line with state planning requirements.

Mayor Heins encouraged residents, busi-



Multi-dwelling housing on suburban street

nesses and community groups to review the draft plans and to use the interactive map on Council's website to see how the changes affect them. Submissions close on 30 August 2026.

"Community input is vital. I encourage residents to have their say at this important milestone and let us know if we got it right," Mayor Heins said.

Together, the draft LEP and DCP seek to:

- Protect the environment, views and local heritage
- Respect and preserve local character
- Put housing in the right places to meet different needs
- Reduce urban heat and support resilient and sustainable development
- Protect jobs and employment areas
- Avoid development in hazardous and rural areas
- Create liveable communities with more trees, facilities and sustainable transport

Following public exhibition, Council will review all submissions to determine whether changes are required to the draft plans. The LEP will then be finalised and submitted to the NSW Department of Planning, Housing and Infrastructure for formal approval. The DCP will be adopted by Council once finalised. It is anticipated that both plans will commence in mid-2027.

To learn more or make a submission, visit yoursay.northernbeaches.nsw.gov.au/LEP-DCP

Or call the LEP/DCP customer hotline on **8495 5034** by 30 August.

Words: **The Tawny Frogmouth**

Clearer planning rules for the Northern Beaches

Have your say

The draft Local Environmental Plan (LEP) and Development Control Plan (DCP) replace multiple building and development rules for the Northern Beaches with one clear set. This makes it easier to understand what applies and where.

For most people, little will change. A small number of properties will be rezoned to protect the environment, limiting some types of development.

Did we get it right?



Scan to view and have your say by 30 August

Attend a pop up or webinar

Hotline: 8495 5034

council@northernbeaches.nsw.gov.au



Northern
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When the ceiling's on the floor, cap and go

NDIS price caps: How the ceiling became the flaw

The NDIS was meant to create competition to keep disability service prices low. Instead, most service providers charge the maximum allowed, with the majority of NDIS providers who reported in the NDIA's own Financial Benchmarking Survey conceding they always set prices at the maximum allowed rate. It is a self-reported figure from 2020-21, but it is corroborated by more recent transaction data.

The independent NDIS Review, published in 2023, analysed billing records across the scheme. It found 83% of all price-capped transactions occur at or close to the ceiling. Price caps, it found, are not functioning as price ceilings, they are functioning as price anchors. Two independent data sources. Five years apart. The same finding.

Market not working

When the NDIS was designed, its pricing framework rested on a specific theory - published price ceilings would prevent exploitation. Below those ceilings, providers would compete on quality, convenience, and service. Participants with choice and control to benefit from market forces keeping prices efficient. In practice, the competitive market has not materialised.

Participants with disability are not, in most cases, in a position to shop around and negotiate. Their support needs are specific, their options often limited by geography or disability type, and they bear no direct financial cost from paying the ceiling rate. The result is a market in which the published maximum has become, in almost every transaction, the actual price.

The therapy rate cut

In its 2025-26 Annual Pricing Review, the NDIA cut the physiotherapy rate from \$193.99 to \$183.99 per hour, after its own benchmarking analysis found the existing rate was above the average fully loaded cost. The NDIA drew on over ten million transactions and compared NDIS rates against Medicare and private health insurance data for the first time. What it found went well beyond physiotherapy.

The 2024/25 Annual Pricing Review found many NDIS therapy pricing limits were out of step with broader market rates - in some cases up to 68% higher. Occupational therapy, speech pathology, behaviour support and support coordination rates were not reduced.

The solution

Medicare enables co-payments. The gap between the rebate and the provider's fee is paid by the patient out of pocket, creating some price signal. The NDIS does not. Participants pay nothing directly, removing the incentive to question whether the price is fair.

The NDIS Review recommended moving towards independent pricing, yet the NDIA has historically set its own prices, assessed whether those prices are fair, and reported on the outcomes. In every other major government-funded healthcare sector in Australia, at least one of those three functions is performed independently. In the NDIS, none of them are.

A more effective solution than a price ceiling, which has become a price floor, is a published reference price with an automatic flagging mechanism. Any claim above the reference price triggers a review before payment is released. Providers with genuine cost justifications can still be paid. Those without cannot. The burden shifts from the NDIA attempting to detect anomalies after payment has been made to providers justifying exceptions before it is made.

The question is not whether to pay providers fairly, it is whether the current pricing mechanism is producing fair prices at all. Disability support work is genuinely complex. But a price ceiling set above market rates, charged at the maximum by virtually every provider, in a market where participants cannot effectively negotiate, is not a competitive market.

Words: **Claudia Weisenberger**, Michael West Media

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The Cruel Sea fronted by Tex Perkins, Aussie rock icons

Live Music

The Cruel Sea on track for Manly

The first Friday this October sees The Cruel Sea flow up Manly's Darley Road to North Head's Night at the Barracks stage to kick off the Labour Day long weekend in style, performing an exclusive celebration for the 30th anniversary of their Number 1, Double-Platinum, iconic ARIA-winning album *Three Legged Dog*, alongside classics including *Better Get a Lawyer*, *The Honeymoon is Over* and *This is Not the Way Home*.

The Tawny sat down with The Man in Black, Cruel Sea frontman, **Tex Perkins**. Being an Aussie rock icon, you must get a lot of free beers?

"The free beers are pretty light on, I've gotta say," laughs Tex. "Though occasionally a man in his 50s or 60s will approach and tell me the music I've been involved with has been a significant soundtrack to their life. It can get quite emotional. Beautiful and brief and highly meaningful encounters."

These encounters may never have come to life had Tex not literally fallen into his music career.

"I suppose I did learn to sing at school, in church, but to tell you the truth I think I was a mimer," says Tex. "It wasn't until I was 17, out at a gig in Brisbane, and I fell down a really long staircase, smashing glass, getting into a fight while I was laying down, just being an obnoxious but entertaining punk. A couple of young musicians approached me a few weeks later. 'You were that guy at the communist gig! You want to be in a band with us?' They had no idea if I could sing but they knew I could cause a scene."

The swagger led, the smoky warm, evocative growly bari-tone followed, supported ably by snake-hips, an often-bloodied menace, and a pub-rock scene pitch perfect to harbour The Cruel Sea's cinematic soundscape.

"I was friends with The

Cruel Sea for two years before I sang for them. I loved them so much the way they were, an instrumental band" says Tex. "When the music comes first, you can approach the lyrics as a scene in a movie. What's the landscape, the dimensions, is this a big place, a happy place, a scary place? This approach has always been fundamental with The Cruel Sea."

When the crowd's amped and it's time to rock, are there still nerves to overcome before you take the stage? "Of course. I always fear, oh god, they're going to spot me as a faker. I always have those doubts, but a couple of beers always help," says Tex. "As soon as you're up there, it's on. I'm always looking for new elements like things in the crowd, things I can respond to, props or something accidental to react with and make the specific gig a unique performance."

Get set for a unique performance Friday 2 October when The Cruel Sea returns to the Beaches, and there hopefully won't be too many shotgun freckles on the road signs to lead you to the concert site.

The Night at the Barracks
concert series runs from
Friday 11 September to
Saturday 3 October, featuring
performances from:

Boy & Bear, Long Way to the Top (starring Dave Glesson)
The Temper Trap, Sneaky Sound System, PNAU, Ben Folds, Katie Noonan, The Cruel Sea (supported by Magic Dirt) and JET.

Get your tickets now at
nightatthebarracks.com.au

Words: **Liam Carroll**



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Cunninghams comes home to Dee Why

After more than 35 years helping Northern Beaches families buy, sell, lease and manage property, Cunninghams has officially opened the doors to its brand-new purpose-built office in Dee Why, marking an exciting new chapter for one of the area's longest-standing independent real estate agencies.

Founded by John and Ann Cunningham in 1991, what began as a family business has grown into one of the Northern Beaches' most recognised and respected agencies. Today, Cunninghams is home to a team of more than 75 professionals working across its Balgowlah, Dee Why and Avalon Beach offices, all united by a shared passion for delivering exceptional service and supporting the community they proudly call home.

For Managing Director John Cunningham, the opening of the Dee Why office is much more than a business milestone.

"Dee Why has always been part of our story," John said. "We've had a strong presence here for many years, we've helped countless local families through their property journeys, and we've watched the suburb grow into the thriving community it is today. Having a permanent home in the heart of Dee Why feels like a natural next step for us."

Located in the centre of Dee Why, the new office has been thoughtfully designed in partnership with Alinea - a specialist project management, design and construction firm to create a contemporary, welcoming environment for clients and team members alike. The purpose-built space has been designed to encourage collaboration, innovation and exceptional customer service, while providing the flexibility to support the agency's continued growth for many years to come.

"We wanted to create a space that reflects who we are as a business," John said. "It's an investment in our people, our clients and our future. Working with Alinea, we've created an environment that's warm, welcoming and designed to evolve with us as we continue to grow."

While the office represents an exciting investment in the future, Cunninghams' foundations remain firmly grounded in the Northern Beaches community.

For more than three decades, the agency has



Cunninghams comes home to Dee Why

built its reputation not only through strong sales results, but through genuine community involvement. From supporting local schools, sporting clubs and community organisations to long-standing partnerships with charities including LocalKind, giving back has always been part of the business philosophy.

"We've been incredibly fortunate to be supported by the Northern Beaches community for the past 35 years," John said. "It's important that we give something back to the community that has given so much to us. Whether it's supporting local charities, schools, sporting clubs or community initiatives, we believe successful businesses have a responsibility to help strengthen the communities they're part of."

The new Dee Why office complements Cunninghams' established locations in Balgowlah and Avalon Beach, creating an even stronger presence across the Northern Beaches while allowing the team to continue delivering the personalised service the agency has become known for.

"Our business has always been built on relationships," John said. "Real estate is about far more than property. It's about people, families and community. Having a new home in Dee Why allows us to be even more connected to the people we work with every day, while continuing to provide the level of care and service that's been at the heart of Cunninghams since 1991."

For a business that has spent the past 35 years helping thousands of Northern Beaches residents find a place to call home, opening the doors to a new home of its own in Dee Why feels especially fitting.



Honey, we're home!

Come and see us in our new office at:
Shops 1 & 2, 6-8 Oaks Avenue, Dee Why

We look forward to showing you around.

Cunninghams

Zoe Pearson

How long have you lived on the Beaches?

I was born here! So about 20 years, minus a few for being away.

What's your favourite beach? I have always had a soft spot for Shelly. If you told me that I was in the busiest city in Australia I wouldn't believe you. What do you mean I can go snorkelling with turtles in Sydney?!

What's the best thing about the Beaches? The people here are real doers. We love making the most of our days and we love being outside. That's my kind of crowd.

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

My first home away from home was Canada. I did a few ski seasons and a summer and haven't stopped dreaming about mountains ever since.

What inspired your cover art? After returning home from Canada last year I used painting to reacquaint myself with the places and things I loved. On this particular day my friends and I left work early to go snorkelling and soak up the summer sun at Shelly. A moment of pure magic I knew I had to capture!

And what inspires your work in general?

I'm heavily inspired by my surroundings and memory. I love people watching and noticing how they interact with the natural world. I think my best works always come from happy times spent outside.

How would you describe your art? My art is a love letter to the environment and how people enjoy its beauty. If I can capture even an inch of this magic, I'm happy.

What is your favourite part of the process?

I get very caught up in the fruition of a piece. I'll be out walking and notice a moment, someone sitting on a rock or swimming in a certain way. I become completely obsessed with the image. It's like a scratch I cannot itch until I've got it out of my system through paint.

Which artists or other inspiring people, dead or alive, would you most like to have dinner with?

My favourite artist is Gabrielle Penfold. I love that she uses paint to celebrate life and her surroundings. I think there is something profound in the art of noticing something special in the everyday.

How did you discover you had a gift for art?

I think I've always loved creating but I properly gave painting a go in year 10 of high school and



'Mermaid Meetings' in her reference place

it just felt right.

Did you study art? I studied Design at UNSW, majoring in graphic design and textile design, so there was definitely some art involved.

What are you currently working on? Well, I'm currently travelling in Europe. I want to hike as many mountains as possible and swim as much as possible. My goal is to be a little sponge and soak everything up so I can come home feeling inspired and ready to paint a new collection.

What's your favourite thing about what you do? I love how free painting makes me feel. I'm annoyed when I have to stop to drink water or eat. I just love being completely contained in my process.

What advice do you have for young or aspiring artists? Just go for it! Reach out to as many people as you can, post as much as you can and create as much as you can. You have absolutely nothing to lose and only the entire world to gain!

Are there any words of wisdom you're often guided by? You will never regret living kindly.

How can people buy and support your artwork?

I'm just starting out, so the best way you can reach me is via Instagram on @zoepearsonart

See Zoe's work on display at **Mongoose Kitten Exhibition Volume 2**, Saturday 15 August, 6-11pm, at 31 Winbourne Rd, Brookvale.

Follow @mongoosekitten on socials for all details

Interview: **Liam Carroll**

Meet Your Councillors

Mayor Sue Heins, Forest ward

What's your earliest memory of the Beaches? Coming here as a child and being captivated by the coastline, the bushland and the relaxed lifestyle. Even then, it felt like a special place. My parents loved the beach.

Who inspires you? People who quietly make a difference every day - our volunteers, community leaders, small business owners and residents who give their time to help others.

What do you do in the real world? I've spent much of my career supporting small businesses through mentoring, networking and advocacy. I've always believed that strong local businesses help create strong communities.

When did you decide to run for Council? After years of work-

ing with community groups and businesses, I realised I wanted to be directly involved in shaping the future of the Northern Beaches.

What motivated you to run, and to keep running? A genuine desire to give back to the community that has given me so much. Every day brings opportunities to solve problems, support people and make lasting improvements.

What have been the biggest challenges? Balancing competing community expectations while making decisions that are financially responsible and in the long-term interests of everyone.

What have been your greatest triumphs? Seeing projects become reality, strengthening



community connections, supporting local businesses, improving sustainability and helping deliver better facilities and services across the Northern Beaches.

It's Sunday, 10am, where's Mayor Heins? Most likely at a local community event, sporting match, market or beachside gathering, chatting with residents over a coffee. If there's a local event happening, chances are I'll be there because staying connected with our community is the best part of the job.

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Celebrating with the Others

The Other Environmental Art Exhibition 2026 will be showing at ArtBau creative clubhouse in Brookvale from Friday 14 August. The exhibition brings together professional and emerging artists from across Australia, working in mediums ranging from painting and drawing to photography and sculpture from plant fibres, textiles, found materials and reclaimed industrial waste. More than an art exhibition, it offers visitors an opportunity to see the environment through different eyes – to slow down, observe, question and reconnect with the natural world.

Now in its third year, The Other Environmental Art Exhibition is organised by artist, curator and environmental advocate Louise "Little Lou" Nade. Working across sculpture, installation and mixed media, Lou has built a practice around reimagining waste, transforming overlooked and discarded materials into works that challenge our assumptions about value, consumption and our relationship with the natural world. She says, "for me creativity has never been separate from care – care for community, for the environment, and for the stories hidden within the materials we discard."

In 2023-24, Lou spent nine months walking between Queenscliff and Manly Beaches several times each week, collecting plastics, rubbish and forgotten objects left behind along the shoreline. The result was Assorted Conserves – a year-long environmental artwork comprising 32 glass jars filled with categorised beach waste, accompanied by a 200-page pictorial journal documenting the journey. The installation was intended as both artwork and mirror, reflecting back to the community the cumulative impact of everyday consumption.

When the work was not selected for the Northern Beaches Environmental Art and Design Prize, Lou was disappointed – not for herself, but because she felt the community would miss the opportunity to engage with the message embedded in the project. Rather than accepting defeat, she responded with action. Inspired by the tradition of the Salon des Refusés, Lou invited other artists whose works had also not been selected, to exhibit together. The result was The Other Environmental Art Exhibition, a grassroots exhibition that has quickly struck a chord with artists and audiences alike.

Lou states: "I'm really pleased to be able to say we are in our third year, something I was not expecting. It is because of the support of the many artists who have been involved each year that makes this possible, and I'm so grateful to each of them for their enthusiasm and energy. Over the years, the exhibition has grown and morphed to become a celebration of the environment and an appreciation of Mother Nature."

In an age increasingly defined by consumption and environmental uncertainty, Lou's vision is refreshingly simple: create space for wonder, reflection and conversation.

The exhibition opens at ArtBau on Friday 14 August, 6pm to 8pm; then is open across the weekend 10am to 4pm and on Thursday 20 to Sunday 23 August, 10am to 4pm.

artbau.com.au
@littloulouartist

Words: Doug Clark



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Contact

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

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August 2026 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 0400 0.38 1000 1.42 1538 0.53 2200 1.77	2 0432 0.38 1039 1.46 1622 0.55 2238 1.70
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10 0010 0.39 0603 1.29 1134 0.52 1813 1.91	11 0105 0.28 0700 1.36 1232 0.45 1908 1.99	12 0153 0.21 0749 1.43 1328 0.38 1958 2.03	13 0238 0.18 0837 1.49 1419 0.35 2045 2.00	14 0320 0.20 0922 1.53 1509 0.36 2130 1.91	15 0400 0.25 1006 1.56 1559 0.40 2214 1.77	16 0436 0.33 1049 1.56 1647 0.48 2255 1.61
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31 0354 0.32 1007 1.61 1609 0.42 2217 1.61						

○ New moon
● First Quarter
● Full Moon
○ Last Quarter

Info: Bureau of Meteorology Tidal Centre Photo: Margaret Rochford

Colormaker: Paint with purpose

Tucked away in Brookvale's industrial precinct is a local manufacturer proving that world-class innovation can thrive on the Northern Beaches.

For over 60 years, **Colormaker Industries** has been producing paints, specialist coatings and inks from its Orchard Road factory. While many of its products are exported around the world, the family-owned business remains firmly committed to the local community.

Running on Sunshine

Sustainability sits at the heart of the company's operations. Colormaker manufactures using 100% renewable energy generated by its rooftop solar system and an innovative battery storage system built from second-life electric vehicle batteries.

In September, the company will celebrate saving more than 1,000 tonnes of greenhouse gas emissions.

Cleaner Chemistry, Better Value
Colormaker's environmental focus continues through its product range.

Many Colormaker paints are water-based and low in VOCs and all are free from plastic microbeads, providing a cleaner choice for trade painters, artists and DIY renovators alike.

Visitors to the Brookvale Paint Shop may also be surprised to discover that Colormaker's premium house paints are not only more eco-friendly, but they are also priced 20% or more below comparable products from other well-known paint brands.



@blakdouglas Green Square School mural using PERMACRYLIK paints

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Beyond manufacturing, the company supports local schools, artists, charities and art prizes, helping keep jobs and investment on the Beaches.

Considering a fresh coat of paint for your home? Support your local paint manufacturer and visit Colormaker at **44 Orchard Road, Brookvale**, customer parking at the rear.

For more info, call **(02) 9939 7977** or visit colormaker.com.au

South Steyne Medical Centre

Manly's advanced skin procedures specialist

Dr Khalesi began practising at South Steyne Medical Centre nearly a year ago, and now that his practice is established, Dr Khalesi is broadening his range of services, with a particular focus on skin cancer medicine and advanced skin procedures.

Dr Khalesi has a PhD in Skin Cancer Medicine, has featured as an expert on the SBS News Podcast and 7NEWS TV, where he discusses ultraviolet radiation, sunscreen and skin cancer prevention. At SSMC, Dr Khalesi now provides advanced skin procedures, able to assist with skin cancer surgery, flap repairs, facial procedures, mole removal, cysts, lipomas and keloid scars.

Patients with skin concerns in sensitive or highly visible areas, such as the face, can see a GP with deep clinical expertise in skin cancer medicine and procedural skin care. Many patients understandably worry about scarring, cosmetic outcomes and whether a skin concern needs further assessment. Dr Khalesi's advanced training allows him to provide careful assessment and, where appropriate, procedural management in a familiar general practice setting.

Alongside his procedural work, Dr Khalesi continues to enjoy the full breadth of general practice, including children's health, chronic disease man-



agement, men's and women's health, and preventative care. His approach is built on trust and collaboration, with a focus on helping patients feel listened to, informed and cared for as individuals.

Patients are welcome to book with Dr Khalesi for a routine check-up, skin cancer screening, mole assessment or to discuss if an advanced skin procedure may be appropriate.

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Rob Carlton, the Virgin in a Knife Fight



Is that a knife in your pocket?

What can people expect if they come and see this show?

They'll definitely see me remembering 8000 words all in exact order while trying to remember where I put my chair! They can expect four true stories, (handsomely told!) about different surprises from different times in my life. When we're young, it's the world that surprises us, as we get older, the surprises can come from within, and they're even more scary! They can also expect the hour to be over before they know it because it's storytelling, it's way more relaxing than stand-up comedy – you'll get the laughs without the anxiety! Mostly though, when they leave, they'll feel a lot better about the world.

What is the importance of storytelling?

The world is less lonely when we share our stories – we soon discover we're not the only ones who've done something stupid! Also, good stories aren't sermons! I don't tell you what to think, I just tell you what happened. That leaves room for listeners to be the judge,

to get their own insights, to bring their own intelligence to play. Also, when you listen to other people's true stories, you become more patient with strangers. You're reminded a lot of people are doing it tough, and while they may be acting like a dick, they might just be a good person under pressure...They may also be a dick too. Not everyone is a hero.

Many of the stories in Virgin in a Knife Fight explore moments where you were both "the hero and the idiot." Why do audiences connect so strongly with that kind of honesty?

You get to laugh at me getting myself into some seriously difficult spots, and it'll remind you when you were just as silly. Loads of people have a crazy backpacker story from their youth! A lot of people have worried they've caught a disease, but worried more about HOW they got it, and worried even more about getting caught having it! And it's fun to remember a time when we weren't our best selves, because it reminds us we were

once silly...and now we're 'oh so smart!' It helps us believe the world has a chance!

What do you hope this work contributes to contemporary Australian theatre?

Wow...Big call! I want to remind people that theatre is for everyone! This show isn't high falutin' or holier than thou, or anti-woke, or pro-woke, or stoking outrage, or about a political message... but it is thoughtful, and it celebrates things that matter. It's a celebration of the joy and struggle of being alive, including the good and the bad, the sad and the funny. So, for my contribution to Australian theatre, it's taking us back to emotions, not causes – stories, not sermons.

What is your connection to the Northern Beaches?

I grew up at Bayview and Avalon and I went to Mona Vale Primary School and Pittwater High. My dad was the local member of parliament there from 1977 to 1994 back when politics was...who am I kidding, it was pretty tough back then too, but I loved my dad! And I started my acting career at the Mona Vale Film and TV acting school on Thursday afternoons when I was just 14. What a great way to meet girls!

Virgin in a Knife Fight will be showing at Glen Street Theatre on Friday and Saturday, 21 and 22 August 7:30pm. Head to glenstreet.com.au to book your tickets now.

Interview: **The Tawny Frogmouth**

The Ultimate Magic Show

We are all dressed up, ready to watch The Ultimate Magic Show at Glen Street Theatre. I wonder...will it be scary or funny? I am so excited.

The theatre is filled with kids, tweens, teens and adults. The countdown is on – 4 minutes and 23 ¼ seconds until the magic begins! We are warned that naughty children will be turned into toads, so we must be on our best behaviour.

Jonas Jost, Master Magician, enters with strobe lighting and top of the charts music, opening the show with not one, not two, but four doves that magically appear out of a thin blue cloth. As quickly as they appear, and are placed into a cage, Magician Jost makes them all disappear with

a quick flick of a purple cloth, turning them all into tiny pieces of confetti.

Audience members are invited on stage to take part. We see a floating table rise up into the air and spin around the stage. A drawing of a bowling ball transforms into an actual one as Jonas squeezes the edges of the drawing paper together. WHAT?! Jonas fills an empty bucket with water from another empty bucket. Young theatre goers are up on stage doing amazing tricks with socks and shirt tags and the magician even cuts himself in half with a green laser. Juggler Kenny Cheung appears, throwing never ending glow-in-the-dark balls and rings in the air and catching the rings



all on his neck.

This action-packed family show is entertaining beyond all imagination. Mind blowing magic tricks and illusions to take our breath away. And I sit fascinated, still questioning how the Master Magician did the magic!

Words: **Elle Townsend**,
2026 Junior Theatre Reviewer

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Northern Beaches Readers Festival

Back for its biggest year ever, the festival is helping keep Australian stories alive

If you visit Avalon over the weekend of 25 to 27 September, chances are you'll notice a literary buzz in the air. That's because more than 50 of Australia's best authors and hundreds of readers will be mingling in and around Avalon Recreation Centre for the Northern Beaches Readers Festival (NBRF), one of the Northern Beaches' most vibrant cultural events.

Though at least 100 authors live locally, and several hundred active book clubs are registered with our libraries, there was no dedicated literary festival on the Northern Beaches until the first NBRF was held in 2022. Now hosting its third festival, the biennial NBRF has gained credibility as the only literary festival in Australia with a 100% focus on fiction and 100% on Australian authors.

"We started the festival because we realised Australian authors of popular genres like crime, romance, historical fiction, rural noir, mystery and women's fiction were often being overlooked by other literary festivals," says festival director Sandie Docker, an internationally published Forestville author of contemporary women's fiction.

"Our aim was to support the literary community's growth and sustainability through connecting authors and readers. NBRF has become a vital way of supporting Australian authors to make a living and continue to create fiction that tells Australian stories."

The program is due for general release on 14 August and features household names including Michael Robotham, Natasha Lester, Chris Hammer, Jane Caro and Monica McInerney. Also on offer are writing workshops, a lively debate, cheap 'Festival Fiver' sessions on what it's really like to be an author in Australia, and a cocktail party where readers can schmooze with their favourite authors.

The 2026 event is set to be the biggest yet, with well over 1,600 tickets expected to be sold. A total of 13 authors and facilitators from the Northern Beaches will appear, including



Michael Robotham & Festival director, Sandie Docker

Matt Nable, Ali Lowe, Petronella McGovern, Kate Horan and Amy Hutton. The festival will also feature nine debut authors – whose first books are coming out this year – sharing the stage with their more famous peers as a way of raising their profile.

Behind the scenes will be a small army of volunteers, including local and interstate readers and writers ranging in age from 20 to 70, all of whom love the Australian literary community and share a deep passion for reading.

The festival's patron is internationally best-selling crime writer Michael Robotham, who writes from his famous 'cabana of cruelty' in Avalon. Michael says he's been impressed by the festival's community feel and focus on reading for pleasure.

"It's first and foremost aimed at readers and it celebrates writing in all genres, especially those that are sometimes overlooked or sidelined by larger literary festivals," Michael says. "Roll on September. Put the dates in your diaries. Avalon will be the place to be."

When? 25–27 September 2026

Where? Avalon Recreation Centre, 59 Old Barrenjoey Road, Avalon

See our program: nbrf.com.au/authors

Buy tickets: Visit our website at nbrf.com.au

Can I get a discount? Yes! Sign up to the NBRF newsletter at nbrf.com.au/contact and get **15% off** from 31 July to 13 August.

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Words: **Helen Signy**



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5 signs you're emotionally ready for a relationship

That's not a criticism. It's just honest. Emotional readiness isn't something that happens to you. It's something you build, slowly, through self-reflection, hard conversations, and a willingness to look at the parts of yourself that aren't particularly flattering.

So how do you know if you're there? Here are five signs, and the crucial difference between knowing them and living them.

1. You know your triggers, and you own them.

You know what sets you off. Maybe it's feeling invisible. Maybe it's being dismissed or being disrespected. And you know what it looks like when you're triggered: you go cold, you withdraw, you get sharp or passive-aggressive or suddenly very critical. At least, I do! But knowing alone isn't enough. If you're still letting those reactions detonate on the people around you, self-awareness becomes a story you tell rather than a tool you use. The work is bringing that awareness into the moment and choosing differently, even when it's hard.

2. You're genuinely accountable.

You can say "I got that wrong" without being overly defensive, offensive, deflective or collapsing into a shame spiral. You don't wait to be cornered into an apology. You notice where you could've shown up better and you say so, without making the other person manage your guilt in the process. And here's the thing about apologies: saying sorry to end the tension isn't the same as meaning it. The feeling has to match the words, or it won't land. People feel the difference between a real amends and emotional lip service. Take the time to actually get there.

3. You welcome honest feedback, even when it stings.

You're curious about your blind spots. You don't treat feedback as an attack to be deflected, but as information worth sitting with. This means that when someone holds up a mirror, you can look into it without your ego slamming it face-down. You stay regulated enough to hear what's being said, calm, humble, open, because you understand that defensiveness doesn't protect you, it just blocks connection.



When you're ready, look up, love is in the air

4. You can be vulnerable in real time.

Not vulnerable in retrospect. Not "I reflected on this later and felt sad." Vulnerable in the rawness of it, telling someone you're hurting while you're still hurting, letting yourself be seen crying, letting your face show the impact of someone's words on you. This means being actively aware of your defenses: the deflection, the humor, the minimizing, the shutting down. Real intimacy lives in those unguarded moments. Without them, even the most self-aware person will struggle to feel truly known.

5. You choose peace and protect it.

You've stopped romanticizing chaos. You understand that emotional stability isn't boring, it's the ground everything good is built on. You respect other people's limits because you understand the value of feeling safe. And you've gotten clear on your own: you're not closed off, you're not a recluse, but you don't keep investing in people who consistently disrupt your sense of calm. Holding an open heart and a clear boundary at the same time is some of the most sophisticated emotional work there is.

The through-line in all five? Application. Emotional readiness isn't a personality type or a quiz result. It's a daily practice of catching yourself, choosing repair over reaction, and showing up with more grace than you did yesterday. That's what healthy love is built on.

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

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

Photo: Erik Witsoe - Unsplash



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Flannel flower



Lesser Flannel flowers

Mal's Wild Side

Northern Beaches' iconic "Flannos"

And I'm not talking about those cheap fluffy shirts you get at Lowes.

Flannel flowers (*Actinotus helianthi*) are tough, hardy plants that embody the spirit of our sandstone country. And just like the Peninsula community...they're pretty good looking too.

The name "flannel" flower is derived from the soft, velvety texture of the plant - which resembles the tactile feel of flannel fabric. Although the creamy, grey flowers make it look like a daisy, it's actually related to the carrot family!

They grow in coastal heathland and flower gradually throughout the year - peaking in Springtime. There's even a cute miniature version called the lesser flannel flower (*Actinotus minor*).

Research carried out by the University of NSW identified that the smoke derived chemical, karrikinolide, mixed with water, helps trigger flannel flower germination from seed. Because flannel flowers can survive wildfire and thrive under challenging circumstances, they've become the chosen symbol of mental health awareness in Australia.

In 1909, Warringah Council adopted a simplified flannel flower as its logo. It was updated in 1994 with a beautiful colourful stylised version created by graphic designer Bev Biram. This was then replaced in 2013 with an uninspiring "W".

With later Council amalgamations and corporate branding, the flannel flower now seems permanently lost as our local government symbol. But a remote stretch of sand at West Head carries forward the name "Flannel Flower" beach in perpetuity.

You can see flannel flowers growing in many of our bushland reserves, but they probably should be much more widespread than they are.

During the 1880's and 1890s a "Manly Wildflower Show" was held at Ivanhoe Park, which led to the local bushland being systematically stripped of plants such as waratahs, Christmas bells, orchids, flannel flowers and others, to create displays. This would have permanently diminished the prevalence of many species. Suffice to say picking native plants from the bush is now strictly illegal.

The good news is that you can purchase flannel flowers from local nurseries or grow them yourself from seed. They thrive in full sun or part shade but require well drained soil. You can also grow them in pots which makes them well suited for balconies and courtyards (and they'll last up to three years if cared for). Once established, they are drought tolerant but need periodic deep watering during dry periods. Prune lightly after flowering then apply a native fertiliser.

Flannel flowers are now commercially grown and have become popular as a floral arrangement feature at weddings because of their elegant beauty. A flannel flower "Bush Essence" is also available which advertises its properties as being able to enhance "gentleness" and "expression of feelings".

Flannel flowers hold cultural significance for Indigenous Australians, who have traditionally used them for medicinal and ceremonial uses.

The moral of the story? Why grow boring stuff with overseas origins when you can plant our spectacular local natives instead?

Words: **Mal Fisher**

For Mal's latest updates follow @thegreenmanly on IG

Photo: Mal Fisher - IG@thegreenmanly



Billy Harwood with his new PB

Fishing

Trophy Hunter Snapper

There's nothing better than a bit of travel, some time on the water, and making memories with your kids. The Trophy Hunter Snapper Competition in Coffs delivered on all fronts.

This was my second year competing, but first with my fishing-mad son, raising the pressure on Dad to turn months of Snapper stories into actual results. We arrived a day early, scouting potential spots. With a 4am start, we headed offshore full of optimism, our reconnaissance session producing seven quality Snapper, all released, with the best fish stretching to 63cm.

Launching in the darkness for day one of competition, we headed straight for the areas that had produced during our pre-fish. The perfect plan. By 8am, we'd landed four Snapper to 67cm. As the morning progressed, we pushed deeper. Amongst the migrating whales, the youngsters stole the show, recording Snapper measuring 86cm, 85cm and 79cm on the brag mat.

Conditions changed markedly for day two, winds shifting, current picking up, and water quality deteriorating. We persevered, managing a handful of respectable Snapper to 50cm, and our consistency across the competition saw us finish in fourth place. But the real highlight was watching the two young anglers reap the rewards of their hard work to claim second and third place in the Junior Angler category.

Packing for the trip home, one thing was certain, our countdown to next year's Trophy Hunter Snapper Comp had already begun!

Words: **Clint Harwood**



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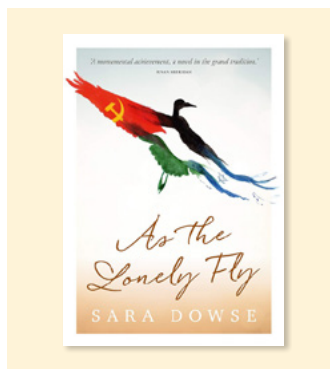


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A disturbing story from a local legend



An Irish drama from a writing luminary



Paige Turner Reviews

Stories of resilience, reflection and reckoning

Last month's TTF cover featured the art of local legend **Sara Dowse**. This month it's her sixth novel, *As the Lonely Fly*, that has me intrigued.

Spanning 1904 to 1967, the novel follows two sisters and their niece as migration takes them from Russia to America and Palestine, later the state of Israel. Through Clara (Chava), an early kibbutznik; her sister Manya (Marion), a New York actress; and Zipporah, a Zionist militant, Dowse explores the Jewish diaspora alongside the intertwined histories of Jews and Palestinians during one of the twentieth century's most turbulent periods.

Sara says the book has been described as historical fiction, political fiction, and an epic, but to her, it's just a novel, and one she hopes is an absorbing one that takes readers to other places in their thinking. It does.

As The Hon Michael Kirby AC CMG observed, "This arresting book offers perspective on the Arab-Israeli conflict through the eyes of three Russian-Jewish women who end up on different sides of

the fence, literally. Their words and emotions shine a light on a dark landscape." Nearly a decade after publication, its plea for justice, empathy and coexistence feels even more urgent. Sadly, many of the questions it raises remain unanswered.

Dowse's hope of taking readers to places they may never otherwise have ventured has been achieved. It's a book that defies categorisation – except my own favourite: bloody brilliant.

Irish writer **Mary Costello's** third novel, *A Beautiful Loan*, begins in 1985 Dublin with 19-year-old Anna who is looking back on her life from the age of 45 and trying to make sense of the choices that shaped her life.

At times I wanted to shake Anna out of her dogged commitment to choosing and staying with men who sucked the life and independence out of her. First came Peter, a model of toxic masculinity to whom she became "addicted". Heroin would have been less damaging.

Five years after Peter she

takes up with Karim, a Muslim born in Algeria who initially seems sweet and kind. Karim introduces Anna to Islam and she's a keen student until Karim's controlling streak emerges. When a family emergency takes Karim back to Algeria, Anna begins seeing a Jungian therapist who helps her recognise patterns she'd been unwilling or unable to see.

This is a novel about self-examination and the difficult shift from passivity to personal responsibility. In other writer's hands it could be a depressing read but Costello's spare, controlled and compassionate writing captures Anna's state of mind and humiliations without slipping into sentimentality.

Where to buy

As the Lonely Fly is available from its author's website saradowse.com.au (or Amazon if you must). *A Beautiful Loan* is available everywhere but Paige loves Berkelouw Books Balgowlah, Harry Hartog at the Mall and Humphreys on Manly Corso.

Words: **Paige Turner**

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PHOTO OF THE MONTH



Subject A newborn calf's first trip north
Photographer Darian Woods @darianwoodsss



Subject Thirsty Tawny on a Brooky Brewery crawl
Photographer Oscar Saran



Subject Ringtail Possum backyard visit
Photographer Natalie Shamir, Brookvale



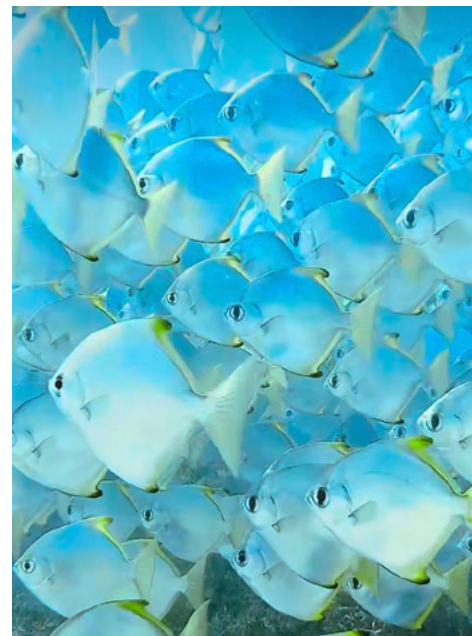
Subject Touching Marlin's moment, Battle of the Beaches
Photographer Caroline Faye @itscaroline_art



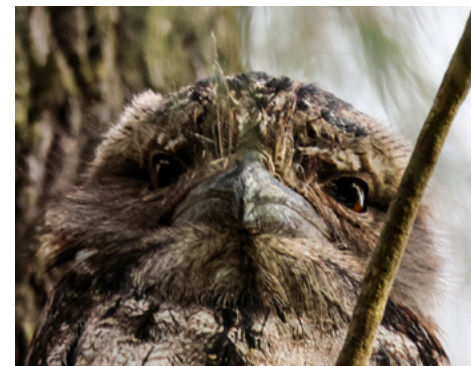
Subject Dee Why feeding frenzy
Photographer Amanda Sala @sala_amanda



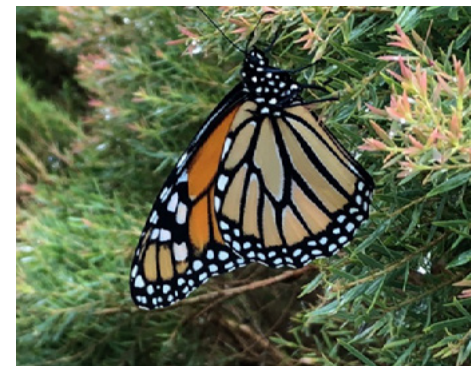
Subject Fairy floss on the ferris wheel
Photographer Jens Ward



Subject Cabbage Tree Bay Primary School
Location Susan Whitby @susanwhitbyphotos



Subject Baby Tawny setting up shop in the front yard
Photographer Billy Macateer



Subject Manly Monarch
Photographer Tracey Adcock



Subject You said you wouldn't...
Photographer Francisco Galarza @franciscogalarza



- Who is the Northern Beaches Mayor?
- And who is the Deputy Mayor?
- In what year was the Manly Harbour Pool washed away and destroyed overnight during an intense east coast low?
- Before becoming a politician and PM, what career path did Tony Abbott pursue?
- Did Zali Steggall ever win a Winter Olympics medal?
- The name of which Catholic prayer is also known for a last-ditch desperate effort?
- What is nitrous oxide more commonly known as?
- In Olympic diving, the platform events all take place from a platform height of...?
- A situation in which two or more parties engage in a confrontation with no exit strategy and in which neither attacks first has what country-based name?
- Which is NOT a Taylor Swift album: 1989, Folklore, Midnights, or Mayhem?
- Which country in the world recorded the most births in 2025?
- The famous surf break Shipstern's Bluff is located off which Australian state?
- In Roman numerals, MMXXV represents what number?
- For the AFL Grand Final, Melbourne celebrates a public holiday on the Friday before the match or on the Monday after?
- Which of these websites was launched first: Facebook, LinkedIn, or Twitter?
- In English, which day of the week earns the greatest number of points in scrabble?
- On Australian ski slopes, Black denotes the hardest runs. What colour denotes the easiest?
- Which Australian native animal does cube-shaped poops?
- Mandated by the International Civil Aviation Organisation, at what age must pilots retire and are grounded from flying international commercial routes?
- Which "BIG" item in Australia (Eg. The Big Banana) is considered Australia's largest statue?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

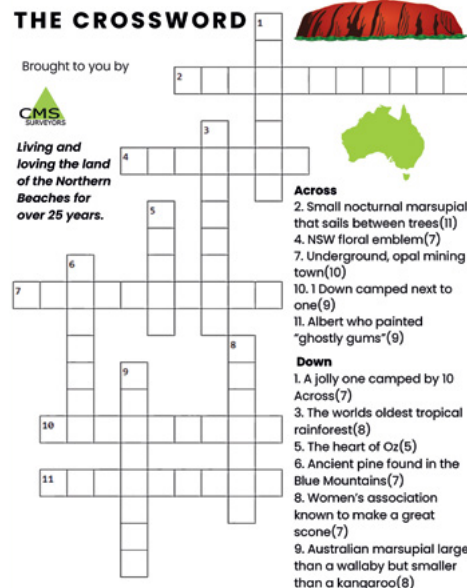
With the Manly CBD enclave morphing rapidly into a Dubai high rise construction Mecca, successfully finding a parking spot in business hours between Skiff Club and Manly Oval is about as likely as winning Powerball

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Star Signs

by Krystal Bawl

Leo Jul 23 - Aug 22

Remember, how you feel about yourself matters most; best to ignore those critics dressed up as friends or family..

Virgo Aug 23 - Sep 23

The stars are filling your mind with brilliant ideas. Your brain is exploding with them. Choose one and go for it.

Libra Sep 24 - Oct 23

Actions speak louder than words and that's why your family and friends adore you - your silence is golden.

Scorpio Oct 24 - Nov 22

This is the month to open your mind, shut your mouth and be gobsmacked in a good way by what happens.

Sagittarius Nov 23 - Dec 21

You might want to rethink your hatred of surprises because the cosmos senses a big inheritance heading your way.

Capricorn Dec 22 - Jan 20

As you ponder the meaning of life on these long cold nights, remember - chocolate fixes everything.

Aquarius Jan 21 - Feb 19

Forget Dry July and focus instead on Caffeine-free August so your brain can resume normal transmission.

Pisces Feb 20 - Mar 20

Those rude teenage e-bike riders are sucking all the joy out of you. If you can't beat 'em maybe you should join 'em.

Aries Mar 21 - Apr 19

You're hot one minute and cold the next. You really need to get a better doona if you're to survive the rest of winter.

Taurus Apr 20 - May 21

Venus is hooking up with sexy Mars to make your August nights hot, hot, hot in a Neil Diamond kind of way.

Gemini May 22 - Jun 21

Karl Stefanovic is gone. Here's your chance! You can gab and smile better than the best. Morning TV beckons!

Cancer Jun 22 - Jul 22

The cosmos is on your side for that big bold move you've been hatching for months. Timing is everything. Go.



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Trivia Answers
1. Sue Heins 2. Candy Bingham 3. 1974
4. Catholic Priesthood 5. Yes (Bronze, 1998)
6. Hall Mary 7. Laughing Gas 8. 10m
9. Mexican Standoff 10. Mayhem 11. India
12. Tasmania 13. 2025 14. Friday before
15. LinkedIn 16. Wednesday 17. Green
18. Wombats 19. 65 20. The Big Merino

Crossword Answers
ACROSS: 2. Sugarlifter 4. Varatah 7. Cooberpedy
10. Billabong 11. Namatjira
DOWN: 1. Swagman 3. Daintree 5. Uluru 6. Wollemi
8. Country 8. Wallaroo

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

Sudoku Solution

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