

The Tawny

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October 2026



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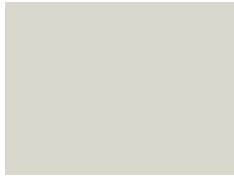
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G'day Beaches

Welcome to October! Get ready to wind the clocks forward and start the march into Noël via Silly Season.

Thank you to North Avalon's master of Aussie native florals, Anna Lohe, a spectacular cover art to welcome the warmer weather. Congratulations Reon Bavinton, winning Letter of the Month with a superb suggestion regarding Layne Beachley naming rights. And Simone - how powerful are one word full names - wins Photo of the Month, capturing Mighty Seagulls asserting their Manly dominance.

Balgowlah's Elouise Massa steps forward to run for a seat in Macquarie Street. Brookvale Public School unveils Nganga Ngarra, "Our place, our story." Acclaimed chef Louis Tikaram brings Stanley to the Wharf. And The Mona puts \$10k on the table for this year's Battle of the Bands.

Little Lifts helps locals through their cancer journey. We pop up to North Head's Farmhouse Montessori School. And Wild Man Mal Fisher prepares for Summer with Mozzie, Mozzie, Mozzie, Oi, Oi, Oi!

All this, lots more. Enjoy

Liam



The Tawny Frogmouth

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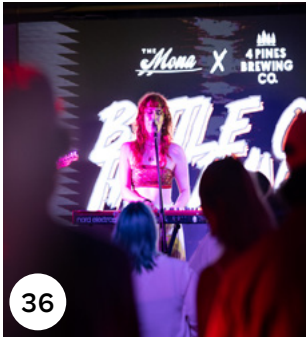
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Acknowledgement of Country

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.

Peninsula Wash Up

Fashion, community and purpose

The Women's Resilience Centre's annual fund-raising fashion parade - **Reset Runway** - was a resounding success. The sold-out event harnessed Milano catwalk strut and awe while bringing together over 60 volunteers, generous businesses, philanthropists, designers, models and community supporters, raising much-needed funds for women rebuilding their lives after domestic abuse and trauma.

The real success was seen on the Runway. Women supported by volunteer hair and makeup artists were transformed - not just in how they looked, but in how they felt. From their first walk to their final appearance, confidence grew, smiles appeared, and women reclaimed their sense of agency, joy and belonging. One volunteer captured the spirit of the event perfectly, "It made me feel good about myself and knowing it was going to a good cause - helping women get back on their feet. And the runway is symbolic of that!"

For Founder Simone Allan, the night was deeply rewarding, "Best community event I have ever been a part of. It wasn't just about fashion. It was about women standing taller, finding their confidence and knowing they are not alone, they are supported by a loving community".

The Women's Resilience Centre provides free, trauma-informed recovery support for women and families rebuilding after domestic abuse and trauma. Learn more online at womensresiliencecentre.org.au

Brookly Public Halloween fun awaits

The countdown is on! The Brookvale Halloween Festival returns on **Saturday 24 October**, with tickets selling fast. Bring the whole family along for an afternoon of live music, spectacular performances, delicious food trucks and plenty of Halloween fun for all ages. Whether you're dressing up in your favourite costume or just coming to enjoy the atmosphere, there's something for everyone. Make your day even easier by purchasing your tickets online before the event, skipping the queues at the gate. Early ticket purchases also help the volunteer organising team plan for epic Spooktacular. Proudly run by the Brookvale Public School P&C, the festival is 100% volunteer-led, with all proceeds supporting projects and resources that benefit local students and community. All info at brookvalehalloweenfestival.com.



Striking a pose for Women's Resilience

The show must go on

In case you've missed recent developments, United Cinema Collaroy closed, a heartbreaking blow for our local arts community. But a bright new chapter begins thanks to Manly Leagues Club stepping up to welcome Northern Beaches Entertainment - who produced Collaroy's live performances. Manly Leagues Club is the new home for live music and show-stopping entertainment, with Tawnies in for a treat of world-class tribute acts, live bands, and unforgettable nights out. **Scan the QR** to see what's coming up, and plan your dose of live entertainment from there.

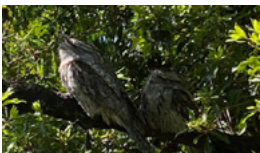


AHLTA what you're doing

Friday 2 October, 8:30-3:30 - weather permitting, the Australian Heart/Lung Transplants Association (www.ahlta.com.au) heartily invite you to indulge pre-long-weekend 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

Olly & Molly

From his Allambie backyard, John Sneddon reports Tawny lovebirds Olly & Molly are roosting safely onsite. "They roost here most days from late July until Molly relocates to their nest in September," says John, "Last year she raised two young Frogmouths in the liquid amber behind our house. We are delighted they have decided to share our home again this year."



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Letters to The Tawny

LETTER OF THE MONTH

Our World Champ

Hi Liam, and well done to the Tawny in featuring the wonderful painting of Layne Beachley on the September cover.

In 1998, following a local tradition of naming public vessels after famous Australian athletes, a HarbourCat-class catamaran for Sydney Ferries was named in honour of Manly surfer Pam Burridge, Australia's pioneering 1990 World Champion surfer.

I understand that a new electric 24-metre passenger ferry boat for Sydney Harbour is currently being designed locally by Northern Beaches naval architects Incat Crowther, and I would like to suggest that we ask our local member James Griffin to advocate that it be named after Layne.

What more fitting tribute could we pay to Layne, a legendary professional surfer who grew up surfing at Manly Beach, and who went on to win the ASP Women's World Championship a record seven times?

Reon Bavinton, Seaforth

I've had enough

Remember that time when we basically had to shut the whole city down because males were being king hit? When are our leaders going to take dramatic steps for the safety of girls and women?

I'm sick of hearing about the horrific behaviour of elite sportsmen, school boys, male politicians. Albo, when will it be time to protect the nation's females? We cannot wait until

the election. We will remember your lack of care if we do!

Get to work mate. Your country needs you to step up.

Zena, Manly

Same, same. Keep it simple

Hi Tawny, just read your latest. Cleared letterbox. Got mag. Keep it simple. Manly Markets? Change of hands. Friend has had stall there for 10 plus years. Loved it. New management moved goal post. Check it out. Jens, you still have my vote. Anastasia? You are above my pay grade. Floundered with your published response. God everyone is too scared to say it like it is. Step outside, smell the wattle. I did so on my road trip. Windows down. No air con. Little pleasures. Magic! How many readers acknowledged Wattle Day? Simple things. For simple people. Maybe I am simple.

The Oracle

PS: My email yesterday...wine o'clock. Friend dropped in. Major \$! Can't stop talking about it. Silly \$. Inheritance \$. His life now. Hope makes him happy. Not envious just sort of over conversation. Always about property, money etc. Declined dinner invite. Always stay true to yourself.

My apologies. Oracle retiring. Way too hard. Chase those bucks. Hopefully will give you what you're seeking, and your little mag will help you get there. End of day? Your life can change in a heartbeat. Been there. Nothing is ever written in concrete...but I did, in Manly Vale. Wrote I LOVE LUCY everywhere. Because I did and still do. My Little Rock, she's just always there, even while raising kids after divorce. Concretor thought I was gay! Watched me writing with stick over and over on the footpath, I'm not. Told him. He cracked up. But I love Lucy, had

thoughts of traversing Sydney, writing it all over. Bit like Eternity man. Maybe one day.

Stay happy, don't sweat the small stuff, it ain't worth it..

Census night

Dear Tawny, we recently completed Census night, but I have some questions I'd like to share with the readers which the ABS has failed to answer:

1. If I am at the RSL past midnight (hypothetically, as I have only once in recorded history remained past 9:15pm, for reasons I will not re-litigate here) do I count where I am, or where I "usually" am? The form is silent on hypotheticals involving Tuesday night raffle tie-breaks.
2. The Census counts "visitors" and "babies" at an address. It does not define "visitor." I would like it noted that the Uber Eats driver who arrives at my address four nights a week looking for a "Kayleigh" at a different number entirely is not, in my view, a resident, a visitor, or welcome, and should not be counted under any column.
3. The possum currently residing in my roof cavity since March has, by my count, potentially become several possums. I do not know if the ABS wants a headcount, a "household," or a formal notification to Council. I have not decided which agency to burden with this yet.
4. If I were, again hypothetically, to cross the international dateline on Census night (which I am not, I am going nowhere and will be at home with the doors locked as usual), do I cease to exist for statistical purposes? Am I then undocumented? Do I need to declare myself to a different country's census instead? And would that make me an illegal immigrant?
5. Interstate travel raises the same problem, and I don't ac-

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cept that “just fill it in wherever you are”. Wherever I am is Balgowlah. I have made my choice. The form should respect that.

I intend to fill mine out at exactly 9:00pm, alone, unbothered, with the front gate locked, which I understand exempts me from most of the above scenarios entirely.

Yours, concerned (because every answer matters)

Bert Grumbles, Balgowlah

Re: Anastasia Grace (Sep '26)

I'm with Anastasia, who pleads for more open-mindedness and generosity of spirit in her response to a letter in August's Frogmouth.

I cannot understand the fear and disdain some people seem to feel when hearing people speaking another language or looking different from us white Australians. Where does this fear of 'the other' come from? Much of it is being inexcusably and cynically whipped up by politicians of a certain persuasion for their own ends. Why not feel curiosity rather than suspicion when seeing and hearing those different from ourselves?

All you have to do is strike up a conversation or even just say good morning or smile to see that that person who seems so superficially different from you is just another human being. That person is probably feeling unwelcome and uncomfortable because many of us go out of our way not to help them feel included. And those who feel they are not included and not even liked or respected will find it hard to be the good citizen you want them to be. And then they will be blamed for that.

Do you feel the same disdain for all the health care staff on whom we depend, the workers on building sites, the delivery drivers, the cabbies who may

not sound the same as you? Personally, I feel very grateful to have people prepared to do the jobs so many of us would rather not do. Get chatting to them, you may learn something, and all learning is good. You'll certainly be better informed.

It's also worth remembering that, unless you are a First Nations person, you too are a migrant.

Be kinder, it will make you a happier person.

Polly Belle

Re: Anastasia Grace (Sep '26)

Anastasia takes a somewhat idealistic view in commenting about my concerns that Australia was losing its cultural identity because the many immigrants we allow into the country have no perception of our way of life and therefore have no real hope of assimilating.

In an ideal world there should be no borders and people should be free to do whatever they want. But, like socialism, the harsh reality is that it doesn't work in the real world. Our hope is that the children of immigrants here grow up to embrace our country and our culture.

The Italians and the Greeks who immigrated here were the success story. Their culture and beliefs were not that dissimilar to our own and they brought with them their mouth-watering cuisine too which replaced our traditional bland meat and three veg. These immigrants were hard working and helped build Australia into the proud nation it is today.

I am a first generation Australian. My mother was Danish and my father English. I was proud to be born in Manly Hospital and call the Northern Beaches home. I don't use Australia to demonstrate the problems that other countries

are facing, nor do I use religious beliefs to alienate the rest of the community. These strict religious beliefs don't go away in the next generation. They are here to stay, and it can only divide a country like Australia which is founded on freedom of speech and freedom to do whatever we like without fear or favour.

My fear is we lose our Aussie identity to the point that we don't recognise what we once were because we've opened the door to those immigrants who don't understand what we are about, and never will.

Jens Ward, Manly

Re: Manly Ferris Wheel

The Ferris wheel was a very popular addition to the festival. Its stay was extended because it was school holidays. Get with the program Barrenjoey boy.

FR

Formatting request

Any chance of printing 'Letters to The Tawny' across the pages instead of small columns?

Carole

No swimming at Av Rockpool?



Richard Mason, Mona Vale

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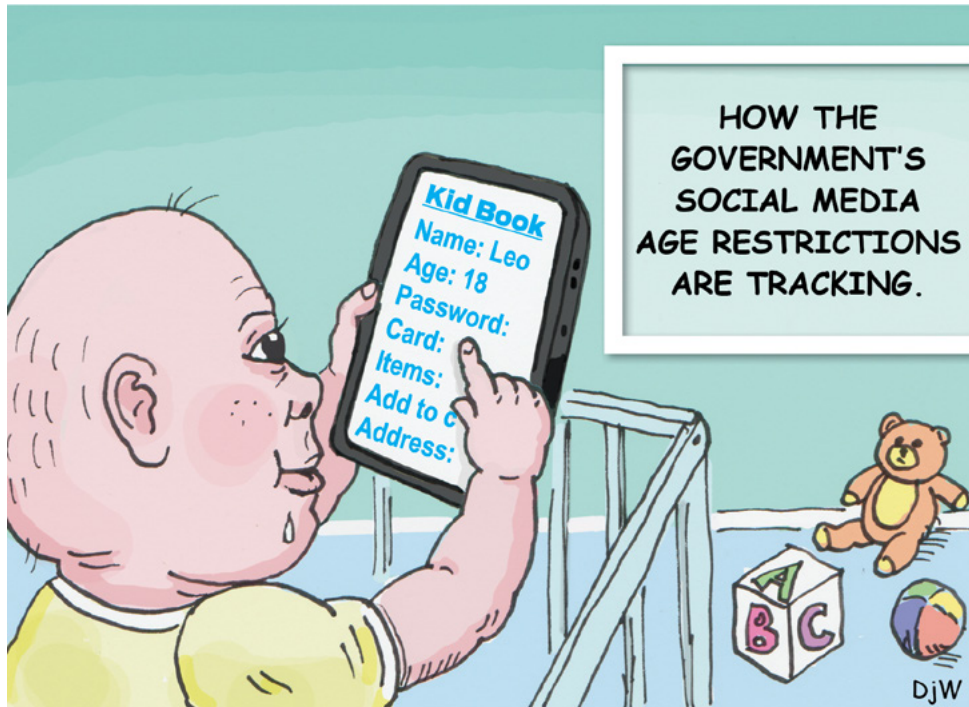
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communities across Australia.

Dr Dennett has a special interest in supporting women through perimenopause and menopause and is a member of the Australasian Menopause Society. She provides personalised, evidence-based care to help patients navigate hormonal changes, manage symptoms, and maintain long-term health and wellbeing.

Her services also include IUD and Implanon procedures, antenatal and pregnancy care, fertility planning, iron infusions, and chronic disease management. She is passionate about building long-term relationships with her patients and creating a space where people



feel comfortable discussing their health concerns.

Fluent in English, Spanish and Russian, Dr Dennett is able to support a diverse patient community. Outside of medicine, she enjoys spending time outdoors, particularly by the ocean, making her a natural fit for the Northern Beaches lifestyle. Dr Dennett is now consulting at South Steyne Medical Centre, Manly.

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Courage, hope and a refusal to stay silent

Dear Tawny Readers, I'm not the same person I was before Joe died. Creating meaningful change has become a vocation. It's also my way of saying thank you to all of you who have stood by Danny and me.

I knew what had happened to my son Joe at Northern Beaches Hospital in September 2024 was wrong, and I knew I had a choice. I could retreat into grief for the loss of my boy and accept the explanations I was given, or I could seek the truth and speak up. So, I did both.

I drew on everything I had learned as a journalist. I asked difficult questions, kept telling Joe's story and pushed for answers, even when I was grieving, even when it was uncomfortable and even when it would have been easier to stop. We refused to be complacent. We refused to be silent. We were led by our love for Joe and by a fire in my belly that, to this day, has only grown.

That advocacy achieved historical changes to our healthcare system: Joe's Law, world-leading legislation banning future public-private partnerships for acute healthcare in NSW; the transition of Northern Beaches Hospital to public ownership; Raise It, giving families a direct number to call when they know something isn't right; and a second parliamentary inquiry into the hospital to ensure scrutiny and accountability continued.

I also learned something important about how change happens. Courage and advocacy can open the door, but someone on the other side has to be willing to listen with their heart and mind. I was fortunate our advocacy was heard by politicians who genuinely cared, listened and were prepared to act. Advocacy outside Parliament met political will inside it.

Without both, I don't believe the change would have happened. Nor would it have happened without all of you, our friends and neighbours, who rallied so tightly around us with extraordinary support and endless love. That is the most important reason I am running.

What began with healthcare has shown me how much more we can achieve for the people of Manly. My campaign will focus on protecting safe access to public healthcare; easing cost-of-living pressures; delivering housing matched by the infrastructure we need; and improving transport and connectivity across the electorate.



Elouise Massa, focused on the future

As small business owners, Danny and I understand firsthand the pressure of rising costs, taxes and red tape, and the importance of thriving local businesses. I also hold a Master of Human Rights Law and Policy and will bring that grounding to my commitment to equality, protecting our environment and integrity.

For me, good representation starts with listening. I want to keep the door open when someone says, something isn't right, to listen to what is said and unsaid, ask the next question and challenge the status quo. One person speaking up can start something. A community can give that voice strength. Good people in government can turn that momentum into lasting change.

Now, I'm asking the people of the Manly electorate to join me at the next election. Volunteer, donate, share our message or simply start a conversation. We need a strong, independent voice on Macquarie Street, and we can only make that happen with your support.

This is who I am now. I'm stepping forward with love, joy, and freedom, and a deep belief in what we can achieve together. Let's do this!

For all information, and if you're able to volunteer or donate, please visit elouisemassa.com
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Words: **Elouise Massa**

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Nganga Ngurra: Our place, our story

A simple question put to Brookvale Public School students more than a year ago has become a striking new landmark on Pittwater Road. "What are you proud of about your school?"

Their answers helped shape Nganga Ngurra, a major artwork by First Nations artist Sharon Robbie that was officially unveiled at Brookvale Public School's Open Day on 2 September.

Meaning "Our Place" or "Our Country", Nganga Ngurra brings together the stories, histories and relationships that have shaped Brookvale, from the enduring connection of Aboriginal people to Country to the diverse school community that calls Brookvale home today.

The project began when Principal Luke Richmond commissioned Robbie to create an artwork that could tell the story of the school. Before any paint touched the canvas, Richmond and Robbie worked with the local Aboriginal Education Consultative Group to ensure the process was respectful and authentic. Robbie then sat down with Brookvale's Student Representative Council, First Nations students and school leaders and listened.

Students spoke about coming from many different cultures while sharing a strong sense of belonging. They talked about caring for one another, celebrating each other's successes and striving for their personal best.

The project also sought to understand the history of the place itself. Supported by Auntie Lois Birk, Brookvale's student leaders and First Nations students visited the Aboriginal Heritage Office, where Aboriginal Heritage Officer Kyle Nettleton shared the Aboriginal history of the Brookvale area and the Country on which the school stands. The students then explored Brookvale's more recent history, bringing these layers together to help shape the story Robbie ultimately brought to life through her artwork.

The original painting was digitally scanned and transformed into the large-scale mural that now fills the western wall of the school's A Block, facing one of the Northern Beaches' busiest roads.

"Thousands of people travel past Brookvale Public School every day," Mr Richmond said. "I love that this artwork now faces Pittwater Road. It tells our students that their stories matter,



Mervyn (Sharon's Dad), Sharon Robbie holding son Abiya, and Clara Robbie (sister)

and it tells the wider community something about who we are, where we have come from and what we value."

P&C President Hina Osmany said seeing the finished work unveiled was particularly meaningful because students and families had been part of the journey. "This artwork feels like Brookvale," Mrs Osmany said. "We are a community made up of people from so many different backgrounds, but there is a real sense that everyone has a place here. Nganga Ngurra captures that beautifully."

The opening began with a Smoking Ceremony and featured cultural performances and a combined choir performance of I Am Australian incorporating English, Yawuru language and Auslan. Students then spent the day participating in First Nations cultural workshops.

Long after the Open Day crowds have gone, Nganga Ngurra will remain. For the thousands who pass the school each day and generations of students still to come, it will tell a distinctly Brookvale story about Country, culture and finding your place.

Visit brookvale-p.schools.nsw.gov.au to learn more and follow IG@brookvaleps for all updates

Words: **The Tawny Frogmouth**

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A small note: We were devastated at the closure of United Cinema Collaroy, but we are thrilled we have been welcomed with open arms by Manly Leagues Club.



One business community, growing stronger

Launched in February, **Pittwater Business** brings local enterprise together under a simple but powerful idea: every village has its own identity, but the region is stronger when its businesses are connected.

Powered by the Mona Vale Chamber of Commerce, Pittwater Business is a member-led, volunteer organisation representing already more than 200 businesses and growing from Collaroy to Palm Beach, to Belrose and beyond. Its network reflects the diversity in the region including established organisations, sole traders, and start-ups across manufacturing, professional services, construction, health and wellbeing, retail, hospitality, tourism, technology and more. Its vision is straightforward: *Every Village. One Business Community.*

A shared response to local pressures

The recent Pittwater Business Survey provided a timely snapshot of the challenges facing local businesses. Customer demand, rising costs and limited owner capacity emerged as the leading pressures, while attracting new customers was the clearest priority for the year ahead.

Key survey findings:

- Local SMEs identified customer demand, rising costs and limited owner capacity as their dominant business pressures.
- Growth through customer acquisition was the leading issue members wanted to solve.
- Businesses want simpler access to practical assistance across growth, funding, compliance, marketing, digital and AI skills adoption, finance, HR and advocacy.
- A stronger profile and collective voice for local business emerged as a major priority.
- Members value face-to-face, time-efficient opportunities that produce trusted referrals, collaborations and commercial connections.
- They also value trusted referrals, stronger local visibility, face-to-face contact and an effective voice on the issues that shape local business conditions.

Local identity, regional strength

This is where Pittwater Business has an important role to play. Its model is simple: local Chambers with a shared vision. Different Chambers retain their identity and focus, while



Recent Pittwater Business event. Bella Macdonald, Graham Christie, Jacqui Scruby MP, Kylie Harding

benefiting from the capability of a broader organisation through shared marketing, business promotion, events, advocacy and partnerships.

For members, that can mean staying close to the village relationships that matter while gaining access to a wider business network across Pittwater. It can mean a retailer meeting a local collaborator, a service business receiving a trusted referral, or a hospitality operator finding new ways to raise its profile.

Building a stronger local voice

While their day-to-day circumstances vary, local businesses share an interest in a strong, resilient economy and a supportive operating environment. They also benefit when the concerns and opportunities of business are heard in conversations with Council, government, education providers, service organisations and the broader community. Pittwater Business is working to be that connector and advocate: helping members raise their profile, access practical resources, build relationships and contribute to a credible collective voice.

The opportunity ahead

Pittwater Business invites businesses throughout the region to be part of the momentum by becoming a member. Whether long established or new to the area, businesses can find a community invested in their success.

Follow IG@pittwaterbusiness for all updates and learn more at monavalechamber.org.au

Words: **Graham Christie**, Pittwater Business

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The Northern Beaches property market: What you won't see in the headlines

I spend six days a week inside Northern Beaches homes – at opens, auctions, private inspections, off market walk throughs, and in conversations with agents who tell me what's really happening behind the scenes. And the truth most people don't realise is the data you hear in the media always comes with a lag; by the time it's reported, we've already felt the shift on the ground.

We see the change first, in the tone of conversations, the number of shoes at the door, the way buyers linger in a living room. These are the signals that never make it into clearance rates or quarterly reports, but they're the ones that actually tell you where the market is heading.

Auction clearance rates have been lower than usual. On paper that looks like weakness. But what you don't see in those numbers are off market sales, withdrawn campaigns, properties that pass in but sell later that night, or vendors who quietly adjust expectations mid week.

You also don't see the difference between "registered bidders" and "actual bidders." I've been at auctions with six registered bidders and only one person actually raising their paddle. That doesn't show up in the stats, but it tells you everything about buyer confidence.

And here's the part only someone on the ground knows – buyer numbers have quietly increased. A few months ago, we were seeing one, two, sometimes no buyers through opens. Now we're seeing anywhere from five to fifteen people, depending on the property and price point. That's not a boom. It's not a surge. But it is a shift. And shifts always start small.

Across the Beaches, the indicators that matter most – days on market, price adjustments, and suburb-level demand – tell a very mixed story. Some homes are selling in under 30 days, while others sit for 60, 70, even 80 days. Mid campaign price adjustments are still happening quietly when expectations don't meet reality, and every suburb is behaving differently. Some pockets feel busy and competitive, others feel sleepy. Renovated homes attract multiple offers, while unrenovated ones in the same postcode sit untouched for weeks.

I've watched the market shift many times, and it almost always happens the same way: quietly, subtly, and over the course of two weekends.



A pristine Forty Baskets perch to see what's really what

You don't realise you've hit the bottom until you look back six weeks later and think, "Ah, that was it." The bottom never feels like the bottom when you're in it. It feels slow, uncertain, and a bit flat. But then buyer numbers lift, conversations change, and suddenly homes that sat for weeks start selling in days.

Are we at that point now? It's too early to say. The market is still patchy. Some homes are attracting strong interest, others barely get a look. Some suburbs feel busier; others feel hesitant. Some vendors are motivated; others are testing the waters. What I'm seeing could be the beginning of a positive shift or it could simply be a seasonal adjustment, a momentary lift in confidence, or buyers responding to tighter stock levels. The market hasn't turned, but it's showing signs that it might be preparing to. And that's the nuance that gets lost in the headlines.

Where does that leave us? In a market that is still variable, still inconsistent, still patchy, but showing early signs of a possible shift. From where I'm standing – in living rooms, at auctions, on doorsteps across the Beaches – the energy has lifted. And if there's one thing I've learned over the years, it's that these small changes often matter. They're the first hints of what we only recognise as a turning point when we look back later. Happy house hunting.

For more updates on Northern Beaches property, follow @moniquetrederbuyersadvisor on Instagram or email directly via monique@goldmanbros.com.au

Words: **Monique Treder**, Buyer's Agent



Monique Treder
Buyers Agent

Thinking of moving this Spring?

The market's shifting—it's variable, and unless you're across it, you could miss out on opportunities.

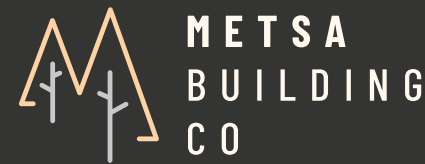
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Louis Tikaram brings his acclaimed Cantonese cooking to the harbourfront

The Tawny Nightjar

Stanley lands at Manly Wharf

Stanley has officially opened its doors at Manly Wharf, marking Louis Tikaram's highly anticipated Sydney return.

"After a long time in the making, it's pretty special to finally have the doors open and to be back cooking in Sydney," says Tikaram. "There's something about Manly that feels very familiar to me. Growing up on the NSW North Coast, the ocean was always a big part of my life, whether it was fishing, cooking seafood or just being by the water. That connection has naturally found its way into Stanley. Being here on the harbour shapes what we cook, the produce we work with and the way we want people to experience Stanley."

Drawing inspiration from Hong Kong's seaside Stanley Bay, the 248 seat restaurant spans indoor and outdoor dining, with a dedicated bar and private dining room perfect for private functions, birthdays, and Christmas parties.

At its heart are three live seafood tanks and a custom

built duck oven, bringing theatre to the dining room through live seafood and table-side Peking duck service.

"The seafood tanks and duck oven are a huge part of the Stanley experience," says Tikaram. "They give us the freedom to work with what's best on the day, but they also bring theatre into the dining room. You can see the produce, see what's happening and feel part of it."

The menu brings Stanley's ethos of 'great food, friends, fishermen and farmers' to Sydney, celebrating exceptional Australian seafood, premium meat and seasonal produce through the traditions and techniques of Cantonese cooking.

To begin, oysters dressed with finger lime, ginger and rice wine vinegar sit alongside white-cut kingfish with aromatic soy and green chilli, leading into an extensive dim sum selection. Highlights include: Moreton Bay bug spring rolls; prawn toast with truffle mayo; lobster and

truffle dumplings; and Stanley's signature steamed dim sum platter.

Diners can then expect Lennox Head pipis with XO sauce, North Queensland coral trout, Southern Rock lobster and Northern Territory mud crab, selected from the tanks and prepared to order.

Indulge in Peking duck served with pancakes or 'imperial style', where half is carved tableside and the remainder returns as san choy bao. The menu moves from Rock Lobster with chilli and garlic and painted tropical crayfish to mein to sweet and sour free range pork, MB9+ wagyu with black pepper sauce and Fujian fried rice with blue swimmer crab and scallop.

Led by sommelier Christian Blair, Stanley's wine program spans Australia and some of the world's most celebrated wine regions, with a focus on Riesling, Chardonnay, Pinot Noir, Champagne and Burgundy. The list brings together leading producers including Frankland Estate, Grosset, Mount Mary, By Farr, Yarra Yering, Trimbach and Pierre-Yves Colin-Morey. Wine is also a considered part of the restaurant's design, with a dedicated cellar wall and custom storage integrated into the main dining room.

Open five days a week, Wednesday to Sunday, bring your friends, bring your family, and settle in over some authentic Cantonese cooking while you enjoy the views across Sydney Harbour.

Book now at
[stanleyrestaurant.com.au/
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STANLEY

Manly Wharf



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Anna Lohe

From Head of Marketing at Woolies to full-time, professional artist

How long have you had your studio in Palm Beach?

I moved in last year. It's a really great escape, away from all the family distractions and house-work! It's my happy place, painting with tunes playing and friends and customers dropping in.

What led you to becoming a full-time artist?

I used to have a full-on corporate job as the Head of Marketing at Woolworths. Once I had kids though, it was too intense to do either role properly. I did some consulting for a while and at the end of one project I went to Billabong yoga retreat to detox from life and bought a painting set at Aldi! I painted the billabong, posted it on Instagram and a couple of friends asked if I would do a painting for them. One of those friends recommended me to Amy and Matt Young in Careel Bay for their Art program and my first exhibition sold out! Suddenly I was a full-time artist with exhibitions booked in, putting me on a totally new path.

What are some of your high-lights so far?

I was commissioned to create the artwork for a new resort in the Maldives - which was crazy. Cut to 18 months later, I was there with my family hosting an Art Masterclass with their guests and seeing my work in 160 of the villas!

What do you think is the secret to success in selling art, especially when cost of living is so real for people?



Anna's joyful Aussie florals have quickly become world renowned

I'm not sure I have cracked the "secret sauce," but I think it has to do with a few things. My work has a unique signature that I developed by accident but my collectors use words like - "I can feel your energy, it's joyful, it's Australian florals but done in a new way." My sense is that people want to invest in things that feel authentic and give them happiness for decades rather than just a quick hit of retail therapy.

Do you think there is an art to the business of art?

Yes, I do. Firstly, I think you have to be comfortable sharing the stories behind why you painted the artwork. People are interested in the background story of each work and when I do commissions, I love to inject loads of symbolism representing their family story. In terms of making a viable living, I have chosen to sell not only my original paintings but also offer limited-edition, archival-grade prints of most of my paintings, limiting them to only 10 of each. Not all artists like to do this, but I think it's important to offer a lower price point to my customers. **Can you see your work extending to other products?**

I have actually done a couple of collaborations where my artworks were printed onto fabrics - for a baby lounge with Cushii and also silk cashmere scarves with Cara Cashmere. Both collaborations were a lovely surprise to me. These products don't really generate much income, so the collaboration must make sense in terms of shared ethics regarding manufacturing standards and offer good exposure.

What are you working on at the moment?

I'm madly finishing some paintings for my new show at Bathers' Pavilion in October, aiming to have over 16 new pieces to share - all of which reflect the theme Botanical Tapestry as I love how nature intertwines with all species and just gets on with it.

You're invited to Anna's **Botanical Tapestries** exhibition at Bathers' Pavilion, Balmoral, **13 October to 1 December.**

RSVP for opening reception on Tuesday, 13 Oct, 6-8pm, at: annalohe.com

Follow Anna on Instagram for all updates [@anna.lohe.art](https://www.instagram.com/anna.lohe.art)

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FRI 2ND OCT	WAAX w/ Special Guests
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BROOKVALE ARTS DISTRICT



Tune In & Turn Up

The Brookvale Gig Database (BGDB) is now available on the Brookvale Arts District website, providing a look back at some of the original live music that has been performed in Brookvale over the years. It features the bands, venues and gigs that have helped shape Brookvale's sound and musical spirit.

One of the venues contributing to this music story is The Music Lounge, an 'underground venue' operated by Paddy Lelliott. Based in French's Forest, Paddy is a piano tuner/technician who established his Collaroy Piano Company in 1986. A lifelong musician, he has played piano, guitar and bass in several bands and in a variety of exotic locations ranging from Vietnam (during the Vietnam War) to Sydney's Kings Cross.

Paddy started The Music Lounge in Brookvale in 2012. As he explains, "I had a factory on Sydenham Road where we restored pianos, which

included a large showroom. I realised one day, while out listening to bands, that no one was actually listening to the musicians. So, I decided to get rid of my showroom full of pianos and build a stage. I found a great PA and lighting system and started doing a few private functions just with friends. It grew, becoming increasingly bigger and I went on to book artists from around Australia and overseas. We ran a show every month, and as the years went by, demand just grew, with gigs regularly getting booked out. It was BYO, everything was run by volunteers, and the only person I paid was the sound engineer with the rest of the money going to the musicians, who were making good money from those gigs."

The Music Lounge was at Sydenham Road until it was shut down by Council in 2019, then moved to the old Valentines space (now Chalky's) above Mimmos Pizza for another two years. Paddy continues to play bass and service pianos and still holds a strong interest in supporting live music on the Northern Beaches. The Music Lounge is an example of the independent grassroots music venues that keep music alive.

During these challenging times, when the economics of local live music are forcing closures of iconic venues, cancellations of festivals and increasing hardship across the Sydney music ecosystem, we need to support the Brooky indie music scene by turning up and appreciating the outstanding musicians we have on the Northern Beaches.

Check out the Brookvale Gig Database, and if you can't find your favourite Brooky gig, help us complete the story by submitting an image and details on the brookvaleartsdistrict.org homepage.

Words: Doug Clark
Photograph supplied by Paddy



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James Griffin MP	The Mona Vale Hotel
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Contact

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October 2026 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			0440 0.48	0530 0.57	0100 1.19	0322 1.16
			1112 1.77	1207 1.72	0632 0.65	0848 0.68
			1752 0.41	1901 0.46	1313 1.66	1529 1.64
			2351 1.28		2020 0.48	2237 0.46
5	6	7	8	9	10	11
0444 1.20	0547 1.29	0032 0.36	0116 0.32	0155 0.30	0230 0.32	0303 0.35
1010 0.66	1123 0.59	0639 1.40	0724 1.51	0806 1.60	0845 1.67	0922 1.72
1645 1.65	1750 1.69	1225 0.50	1320 0.43	1410 0.37	1456 0.35	1540 0.35
2341 0.41		1845 1.71	1933 1.71	2017 1.67	2100 1.60	2140 1.52
12	13	14	15	16	17	18
0334 0.41	0405 0.47	0435 0.54	0508 0.61	0023 1.20	0113 1.15	0212 1.11
0959 1.74	1033 1.73	1109 1.70	1145 1.65	0545 0.68	0631 0.73	0730 0.78
1622 0.38	1703 0.42	1746 0.47	1830 0.53	1227 1.58	1314 1.51	1412 1.46
2219 1.43	2300 1.34	2340 1.27		1921 0.59	2019 0.63	2126 0.64
19	20	21	22	23	24	25
0325 1.12	0436 1.16	0531 1.25	0006 0.49	0043 0.43	0117 0.38	0151 0.35
0843 0.80	1000 0.78	1106 0.72	0615 1.35	0654 1.47	0731 1.59	0809 1.71
1521 1.43	1630 1.45	1728 1.49	1203 0.64	1252 0.55	1338 0.45	1425 0.36
2230 0.61	2323 0.56		1815 1.53	1900 1.57	1943 1.59	2026 1.59
26	27	28	29	30	31	
0228 0.34	0306 0.36	0347 0.40	0433 0.46	0524 0.53	0053 1.28	
0848 1.82	0931 1.90	1016 1.94	1105 1.93	1158 1.89	0622 0.60	
1512 0.29	1600 0.25	1653 0.25	1749 0.28	1850 0.33	1256 1.81	
2113 1.55	2202 1.50	2255 1.43	2351 1.35		1957 0.38	

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

Listen local



We're gonna need a bigger radio

There's good news for community radio, with proposed Federal Government reforms that could make it easier for stations like Radio Northern Beaches (RNB) to keep connecting local people with their community.

The Community Broadcasting Association of Australia (CBA) has welcomed proposed changes designed to reduce red tape, provide greater flexibility for community broadcasters and improve access to Australian radio on digital devices.

For RNB, this could mean a stronger and more sustainable future for the station and the 50 volunteers who help keep local radio on air.

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Community radio is about more than music. It's a place for local voices, community groups, artists, musicians, businesses and events to be heard. From interviews with people doing great things across the Northern Beaches to programs covering music, arts, culture and community life, RNB provides an important local platform.

The proposed reforms could also make it easier for listeners to find community stations through smart speakers and other digital platforms. As the way we listen to radio continues to change, making local radio easy to find wherever people are listening is increasingly important.

A stronger local station means more opportunities for our community: more local stories, more Australian music, more community organisations getting a voice and more opportunities for people to get involved.

The reforms are still working through the legislative process, but they are an encouraging step for community broadcasting.

Listen to Radio Northern Beaches on 88.7 and 90.3 FM, online at rnb.org.au, through the Community Radio Plus app, or simply say, "Alexa, play Radio Northern Beaches" or "Hey Google, play Radio Northern Beaches."

Keep listening, get involved and support local community radio.



MEET THE RNB PRESENTERS

JO WAKEMAN has been a presenter at RNB for over 7 years. Her popular weekly show 'Pump Up the 80's,' plays all your favourite songs from the 80's, with a 70's Smasher thrown in for good measure.

Pump Up the 80s can be heard every Friday at 5pm.

Image courtesy of manlydrone.com

OCTOBER		SUNDAY			
8 - 9	Electronique <i>le-mono</i>	3 - 4	The Lair <i>Stephen McRobie</i>	6.30-7.30	The Greek Show <i>Maria Mai</i>
9-10	Praise & Worship <i>Sharon Cottle</i>	4 - 5	Songs on Air <i>Russell Neal</i>	7.30-8.30	Off the Record <i>Pino Palamara</i>
10-11	The Classical Hour <i>David Stewart-Hunter</i>	5-5.30	Community Voices <i>Michael Lester</i>	8.30-9.30	Italia Mia <i>Pino Palamara</i>
11-12	Jazz Meets Classical <i>Filita Barker</i>	5.30-7.30	The Brown Note <i>Julian Brown</i>	9.30-10.30	Down the White Rabbit <i>Hole Stephen Wells</i>
12 - 1	Theatre Organ Music <i>John Batts</i>	7.30-8.30	Back in Brazil <i>Pablo Nacer</i>	FRIDAY	
3 - 4	Community Voices <i>Michael Lester</i>	8.30-9.30	Small Business Sorted <i>Crystal & Kay</i>	8 - 9	Musical Milestones of the 20th Century <i>David McCallum</i>
4 - 5	Crescent Swells <i>David Bell</i>	9.30-10.30	The Fellowship of Funk <i>Ratna Selvaratnam</i>	9 - 10	Ladies Sing the Blues & Jazz <i>Wes Harder</i>
5 - 6	Sound of the 60s <i>David Stewart-Hunter</i>	10.30-11.30	The Greek Show <i>Maria Mai</i>	10 - 11	Big Band Swing Jazz <i>Wes Harder</i>
6 - 7	Strangers in Paradise <i>Andy Greves</i>	WEDNESDAY		11 - 12	All That Jazz Keeping the Legend Alive <i>Geoff Williams</i>
7-10	RNB Live <i>Andrew Goodman-Jones</i>	6 - 7	Small Business Sorted <i>Crystal and Kay</i>	12 - 1	Listen & Chat <i>Chrissy Mack</i>
10-11	Black in Brazil <i>Pablo Nacer</i>	8 - 9	Innovation Talk <i>Michael Lester</i>	1 - 2	Grit Diaries <i>Mon & Maz</i>
11-12	AMRAP Metro Chart Toppers <i>Chrissy Mack</i>	9-12	Geoff's Generation <i>Geoff Stanwell</i>	2 - 3	Down the White Rabbit <i>Hole Stephen Wells</i>
MONDAY		12-1	Aussie Beats <i>Brad Griffith</i>	3 - 4	InTune <i>Tony B</i>
7 - 8	Aussie Beats <i>Brad Griffith</i>	1 - 2	Musical Milestones of the 20th Century <i>David McCallum</i>	4 - 5	Innovation Talk <i>Michael Lester</i>
8 - 9	InTune <i>Tony B</i>	2 - 3	Ladies Sing the Blues & Jazz <i>Wes Harder</i>	5 - 6	Pump Up the 80s <i>Jo Wakeman</i>
10-12	Rockin 50s & Swingin 60s <i>Chrissy Mack</i>	3 - 4	Big Band Swing Jazz <i>Wes Harder</i>	6 - 7	InTune <i>Tony B</i>
1 - 2	Songs on Air <i>Russell Neal</i>	4 - 5	All That Jazz Keeping the Legend Alive <i>Geoff Williams</i>	7 - 8	Strangers in Paradise <i>Andy Greves</i>
2 - 3	Miscellanea Variety Show <i>Maria Mai</i>	5-5.30	Community Voices <i>Michael Lester</i>	8-10.30	Hoarders Vinyl Emporium <i>Jez & Stu</i>
3 - 4	Aussie Beats <i>Brad Griffith</i>	5.30-6.30	Grit Diaries <i>Mon & Maz</i>	10.30-11.30	Crescent Swells <i>David Bell</i>
4 - 5	Pump Up the 80s <i>Jo Wakeman</i>	6.30-8	Musica Italiana <i>Joe Gigliotti</i>	SATURDAY	
5 - 6	Oz Music <i>Michael Lester</i>	9-9.30	Community Voices <i>Michael Lester</i>	8 - 9	Musical Chairs Chat Show <i>Ellie Seymour</i>
6 - 7	Soul Food <i>Sharon Cottle</i>	10.30-11.30	Listen & Chat <i>Chrissy Mack</i>	9 - 10	Beer with Duncan <i>Duncan Schieb</i>
7 - 8	Kids Praise <i>Andrew Goodman-Jones</i>	THURSDAY		10 - 11	Miscellanea Variety Show <i>Maria Mai</i>
8 - 10	Highway to Heaven <i>Alan Dixon</i>	7 - 9	The Brown Note <i>Julian Brown</i>	11-12	Bazza's Country Music <i>Barry Williams</i>
10-11	Praise & Worship <i>Sharon Cottle</i>	9 - 10	The Classical Hour <i>David Stewart-Hunter</i>	12 - 1	Country Music Showdown <i>Geoff Williams</i>
11-12	AMRAP Metro Chart Toppers <i>Chrissy Mack</i>	10 - 11	Crescent Swells <i>David Bell</i>	1 - 2	Oz Music <i>Michael Lester</i>
TUESDAY		11-12	Musical Chairs Chat Show <i>Ellie Seymour</i>	2 - 3	Community Voices <i>Michael Lester</i>
7 - 8	Listen & Chat <i>Chrissy Mack</i>	1 - 2	Community Voices <i>Michael Lester</i>	3 - 4	Aussie Beats <i>Brad Griffith</i>
8-8.30	Dollars & Making Sense <i>Ray Trevisan</i>	2 - 3	Strangers in Paradise <i>Andy Greves</i>	4 - 5	AMRAP Metro Chart Toppers <i>Chrissy Mack</i>
9 - 10	Aussie Beats <i>Brad Griffith</i>	4 - 5	Miscellanea Variety Show <i>Maria Mai</i>	5 - 7	Rockin 50s & Swingin 60s <i>Chrissy Mack</i>
10-10.30	Dollars & Making Sense <i>Ray Trevisan</i>	5 - 6	Sound of the 60s <i>David Stewart-Hunter</i>	7 - 8	Electronique <i>le-mono</i>
11 - 12	InTune <i>Tony B</i>	6-6.30	The Beaches Footy Show <i>Rod James</i>	8 - 10	Saturday Night Jazz <i>Sharon Cottle</i>
1 - 2	Pump Up the 80s <i>Jo Wakeman</i>			10-11	AMRAP Regional Chart Toppers <i>Chrissy Mack</i>
2 - 3	Celluloid Symphonies <i>Gregory J Thorsby</i>				



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Selene and the Strange



Bangalley (thunder!)



Ben with the 2025 Champions

Live Music

Battle of the Bands returns: \$10k up for grabs!

It marks two years since Ben Hanson, the former Channel 9 cameraman turned publican, gave The Parkhouse the heave-ho, reinstating The Mona in all its glory and commencing Operation Bring Back the Community.

"It was pretty dire mate, the community had just left completely," says Ben. "We had a lot of work to do to win them back, but my approach from the start has always been very simple - bring back the love, support local initiatives, and have a great venue that serves as a community hub to bring it all together. And obviously, live music is a huge part of making a pub great."

There's no shortage of committed young rockers on the Beaches, so in 2025 Ben unleashed the debut Battle of the Bands at The Mona, a huge success. Incredible bands across a whole range of styles battled it out, eventual champions *Speaking of Which* even celebrating their oversized novelty cheque with their guitarist backflipping off the stage - a timeless captivator for a swilling audience.

"It's very similar to how we've supported the East Coast Invitational surfing competition," says Ben. "I know surfing's of course big on the Beaches, but so is music. And when I was young, going out to see live music was a really big part of my life. The Battle of the Bands is all about creating an environment for up-and-coming musicians to play in front of proper audiences, test their musicianship, feel the pressure, experience the excitement, to just grow as performers and potentially win \$10,000."

This year's BOTB has seen 130 bands apply, 12 have made it through, and the on-stage action is set to sizzle from 10 October through to Halloween. "The format's 4 weeks, Saturday nights this year, get the Front Bar humming," says Ben. "12 Bands. 3 weeks of eliminations where one band goes through to the Finals. Then we'll have one wildcard band to be the 4th member of the final on 31 October."

And what are the judges looking for? "Any genre of music can take out the title,"

says Ben. "It might be Indie, Folk, Country, Punk, Thrash, you name it, we're up for it, they've got a shot. We're looking for musicianship, technical ability, originality, ability to engage the crowd, stage presence is so important, and we can't wait to see what the bands deliver."

The twelve bands battling for \$10k at The Mona are:
Saturday 10 October
 Prophets of Cecilia @prophet-sofcecilia, Maxwell Jxhn @maxwelljxhn, Rolling Holy @rollingholy, and Regstrain @regstrain
Saturday 17 October
 Mixed Messages @mixedmessages.band, Summer Rain @summerrain.music, Lemonjam @lem_onjam, and Mason Ryder @masonrydermusic
Saturday 24 October
 Violet Harbour @violetharbour_, Tank @tank__band, Social Strangers @social_strangersband, Myracle @myracle_theband
Finals on Halloween, Saturday 31 October, Battle Royale!

Words: **Liam Carroll**

THE Mona

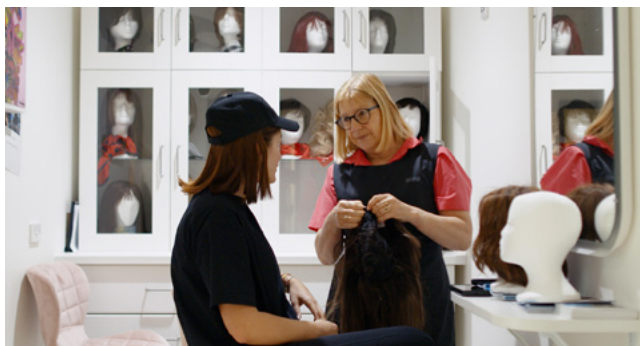
BATTLE OF THE BANDS

OCT 10TH
OCT 17TH
OCT 24TH
OCT 31ST
FINAL

HEAT 1	HEAT 2	HEAT 3
PROPHETS OF CECILIA	MIXED MESSAGES	VIOLET HARBOUR
MAXWELL JXHN	SUMMER RAIN	TANK
ROLLING HOLY	LEMONJAM	SOCIAL STRANGERS
REGSTRAIN	MASON RYDER	MYRACLE

12 BANDS **10K PRIZE** **4 NIGHTS**

SMIRNOFF



Cancer Care Coordinator, Elaine Arnold, assisting a client of the Free Wig Library at Northern Beaches Hospital

Community

Little Lifts: Helping locals through their cancer journey

Any cancer diagnosis comes as a shock but imagine being diagnosed on your child's first birthday. That's what happened to Anna*, who followed up a mild complaint only to be told she had triple-negative breast cancer and required immediate chemotherapy.

"Things escalated fairly quickly because it's so aggressive," she says. "I went straight into chemo in November, but unfortunately the tumour still grew quickly. I had to have a mastectomy in January and go straight back on the chemo. I've just finished radiation and now it's back to chemo again."

"Chemo is awful, but life goes on. I've got my little one and a three-year-old and they are amazing. They give me so much joy and keep me very busy - they keep my mind occupied. But they're also very messy!"

"I was struggling to keep up with cleaning. I was recovering from the surgery and with little kids as well. It was too much. My husband took some time off, but we still need to

pay the mortgage. When I was diagnosed, I was interviewing but I've had to put that to one side, treatment takes over your whole life."

A much-needed reprieve came in March, with a referral to Little Lifts, a volunteer-run support service by Northern Beaches Community Cancer Charity (NBCCC). "Now, a cleaner comes every two weeks and cleans my house, and it is - aaah - such a relief! It takes the weight off, it's so wonderful. Last week I was so sick when she came, I said I'm sorry, I really have to lie down. She was in and out while I was asleep, and the house was sparkling. I woke up and it was like, did a Fairy Godmother come over while I was sleeping?"

Jane* understands how hard it can be to get through the basics of life when you're sick. One day, she was shocked to find her neighbour Lydia* passed out on the driveway. "We found out later she had a few medical issues as well as cancer, that's why she fainted.

We became good friends after that; she was literally next door and had no family around, so whenever she wasn't well, we helped out."

"She was just a beautiful person, and we were lucky to know her. She was one of the first cancer patients up at the new Northern Beaches hospital. We were very happy because of the care she received and, in a funny way, because of the social side - we got to meet lots of people. We were always so blown away by what the Nurses and Doctors do - how they help people - and we wanted to give back."

"So, we helped to raise money for the NBCCC's wig library and the clinical trials side of their work for the hospital as well. It was always a great feeling when we went to hospital for chemo or helping NBCCC - of connection and helping. After Lydia passed away, I still wanted to help."

"I was no longer working, so I had some time and volunteered to help with cleaning through the Little Lifts program. I've been helping a lady called Francis* recently. She is an artist and she's amazing. When I meet someone, I'm helping I'll usually sit down and have a chat. They'll tell me what they're going through and I'll tell them about how I got involved, and how I really like to help people out. The stories are so heartbreaking, the things people have been going through."

To support this great charity, come along to NBCCC's Comedy for a Cause night on Saturday 24 October at Balgowlah RSL Club. Get tickets at www.nbccc.org.au/events

Words: **Rebecca Payne**



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Why so many people cheat

Myth busting one of the most pervasive and painful human practices

I've sat across from a lot of devastated people. The question that always comes first is "why?" Not the practical why, the existential one. Why would someone who loved me do this? The answer we usually reach for is the most comfortable: they were unhappy, I wasn't enough, or they're just a bad person. It's tidy. It's simple. Often the truth is far more nuanced.

The myth we tell ourselves

The prevailing story is that infidelity only happens in broken relationships, to broken people. There must have been something missing or wrong. It is so easy for partners to spiral and personalise an infidelity as a reflection of their inadequacy. But affairs happen in all marriages, even good ones. They happen to securely attached people, even with genuine love. So, what's really going on here?

Two needs, both real, often at war

Therapist Esther Perel offers the frame I return to most with clients: we are wired with two co-existing, often conflicting needs. The need for security, safety, predictability and home. And the need for novelty, mystery, thrill, autonomy, and aliveness. Both add richness to our lives in different ways. It wouldn't be fun to go on a big overseas trip if you didn't have a home to come back to. Conversely, it is easy to desire a European getaway when stuck in the humdrum of everyday life. Infidelity often isn't a rejection of the relationship. It's what happens when one of these needs goes unspoken for too long.

Exploring the duality

Sometimes an affair is a search for security, safety, appreciation, intimacy, sex, connection, visibility or recognition. Sometimes it's an old attachment wound, replaying a familiar ache because familiar, even painful, can feel like home. Other times, it has nothing to do with what's missing at home and everything to do with what's missing internally. Boredom in a long, stable life. The ache to feel like "myself" again, outside of every role I hold. The pull of



opportunity and low risk. The need to be desired. This isn't about the relationship failing. It's about aliveness that was never given anywhere else to exist. Even outside the realm of sex and relationships, a person may be experiencing an existential malaise, and that malaise can create fertile ground for infidelity.

The accessibility problem

Here's the modern wrinkle: our needs haven't changed, our access has. A DM, a dating app notification, an old flame in your suggested friends. Temptation used to require effort. Now it requires a thumb. The wiring is ancient. The opportunity is everywhere, all the time.

Common, and not a moral referendum

Infidelity cuts across every culture, age bracket, income level and relationship type. That alone should tell us something: this isn't a character flaw reserved for the morally bankrupt. It's a human vulnerability, yet we treat it as the ultimate sin, while quieter betrayals, contempt, neglect, stonewalling, can get a cultural pass despite doing comparable damage over time.

Where this leaves you

If you're in it right now, I won't pretend this isn't excruciating. It is. Infidelity isn't a death sentence, for the relationship or for you. With willingness, it can bring forth an opportunity to create a new relationship with stronger values, more awareness and a deeper understanding of yourself and your partner than ever before.

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

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



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Mozzie, Mozzie, Mozzie... Oi, Oi, Oi

There's nothing more Aussie than being bitten to buggery at a barbie (or dousing yourself with toxic chemicals in a futile attempt to avoid it). But these pesky creatures don't just interrupt peaceful grog consumption, they're actually the deadliest creatures on the planet.

Every year mosquito-borne diseases, such as malaria, kill over a million people globally and infect around 700 million. Over time they've killed more humans than all wars combined.

The word "mosquito" is Spanish for "little fly". There are around 3,600 species around the world but only a small number of them are deadly. Around 60 types are found in the Sydney area. The typical Northern Beaches mosquito season runs from November to April, with December to February traditionally the most active months.

Although mosquito-borne diseases aren't so common in Australia, there are still a range of debilitating illnesses of concern including: Barmah Forest Virus, Murray Valley Encephalitis and occasional outbreaks of Dengue Fever. Climate change is expanding the mosquito's geographical range, making areas like Sydney more receptive to the diseases they spread.

The Ross River Virus was recently detected in mosquitos near Narrabeen Lagoon. There's also growing concern that the Asian Tiger mosquito will establish itself here. This is known as the "barbecue stopper" in places like the USA where it can bite up to a hundred times an hour and survive in cool climates.

Most mozzies are attracted by carbon dioxide (present in the air we exhale) and the infra-red radiation emitted by warm bodies. Some tests show that beer drinkers may be more prone to getting bitten and that Dengue Fever mosquitos love the smell of stinky feet (not great news for Peninsula folk). Pregnant women get bitten twice as much as other people because they exhale 21% more CO₂ and have a higher body temperature.

A full moon can increase mosquito activity by 500 per cent as evening light makes it easier for them to identify their next meal. Mosquitos normally feed on plant sap and nectar. Only females will bite humans because they need protein from blood to produce their eggs.

After landing on your skin, she will inject saliva (which acts as an anticoagulant) allowing



The last supper

her to suck up your blood. The itchy sensation you get is your body's immune system producing histamines to combat the saliva. Some mosquitos can drink three times their entire body weight in blood during a meal.

You can try deterring mosquitos by eating lots of garlic or rubbing sliced onion on your skin. Burning citronella oil may help but they are not attracted to the bright light of "Bug Zappers" which mostly only destroy beneficial insects.

Mosquitos can lay their eggs in the very small amounts of water that collect in saucers, old tyres, even bottle tops. The best way to keep them at bay is to remove any such containers of standing water around your home

Mosquitos are a vital food source for frogs, birds, dragon flies and micro bats. In a balanced ecosystem, their numbers are kept well under control by these natural predators. However, in 1925 the Eastern Gambusia or "Mosquito Fish" was introduced to Australia as a "biological control". Unfortunately, they prey voraciously on native aquatic life and have become the most widespread freshwater fish in the country whilst having little impact on mozzies. They are now a declared noxious pest.

Mozzies aren't unpopular everywhere though. Cork City Council, in Ireland, is considering immortalising one with the smallest public statue in the world. It would commemorate the little fly reputed to have given Oliver Cromwell malaria during the siege of Cork in 1690.

Words: **Mal Fisher**

For Mal's latest updates follow @thegreenmanly on IG

Photo: Mal Fisher - IG@thegreenmanly

Farmhouse Montessori School

There's a Montessori primary school tucked in amongst the bushland and heritage buildings of North Head. The Tawny wandered up to find out more

How long has Farmhouse Montessori been at North Head?

We are actually one school across two campuses. Our preschool in North Balgowlah opened in 1982, while our North Head primary school is now in its 13th year.

What aspects of the school do parents find most appealing?

At Farmhouse, you won't find an entire class turning the same page at the same time. Our educators prepare the environment carefully, then observe: What captures this child? What have they mastered? Where are they ready to stretch? There is structure everywhere, but much of it is almost invisible.

Children learn to choose work, concentrate deeply, solve problems and manage their time. They can return to an idea, practise it and really understand it before moving on. Art is a lovely example. We don't teach children to reproduce a finished picture. We teach them how to use the brush, paint and materials - to really understand their tools. Once they have that grounding, where their imagination takes them is up to them. That's our approach to learning more broadly: give children command of the tools and the thinking, then trust them with the rest.

What unique opportunities does your North Head location allow?

Here, nature isn't somewhere we go on excursion; it's outside the window. The stillness of the bushland, the quiet rhythm of the National Park and the spaciousness around us are part of the children's everyday experience. North Head's sense of peace lives within the school itself - not as something we visit, but as something we belong to. And the landscape becomes an extension of the classroom with bushwalks and bird walks, interaction with native flora and fauna, whale watching, and opportunities to learn alongside ecologists, environmental specialists and Sydney Harbour Trust volunteers. It gives our children relationships not only with the natural world, but with the wider community of people who care for this extraordinary place.



Some days the classroom has branches

How does the school get to know an individual child?

Our NESA-accredited, Montessori-trained educators notice how each child thinks, what draws their attention, where they need support and when they're ready for more. Our mixed-age classrooms add another dimension. Younger children watch older children and glimpse what's possible. Older children deepen their own understanding by helping others. Children are known not only by their teachers, but by a community they grow alongside.

What does Montessori teach parents about their child's education?

That independence doesn't mean leaving children to figure things out alone. It means creating the conditions in which they discover they *can*. The classroom is carefully prepared so children can move through their learning with increasing independence, while learning alongside, helping, and being helped by others. In the 9-12 classroom, technology is introduced intentionally, helping children develop conscious, purposeful digital habits. Strong academic foundations matter. So do curiosity, judgement, collaboration, confidence and knowing how to learn. We're not trying to predict exactly what our children will need for the future. We're helping them become the kind of people who will know what to do when they meet it.

To learn more and book a tour at **Farmhouse Montessori**, scan here. And follow updates on Instagram @farmhousemontessori.school





These books stir the soul like a rousing, heartfelt Irish ballad

Paige Turner Reviews

Irish stories, brief in length, long on impact

The unexpected death of Irish singing legend Glen Hansard sent me back to Irish writers. These books explore what happens when people are forced to make sense of lives shaped by forces beyond their control.

In Donal Ryan's *The Spinning Heart*, published in 2012, the force is economic collapse. Set in rural Ireland in the aftermath of the financial crisis, the novel tells its story through 21 first-person voices. Together they create a vivid portrait of a community struggling to understand a world that has changed beneath its feet.

What Ryan catches so well is the internal response to external disaster. Damage is everywhere: in abuse passed down through generations, in poverty, shame and the shadow of schizophrenia. He reaches back to the archetypes of Irish literature – the terrible father, the vulnerable young woman, the peat-black comedy and dramatic rhythms – but gives them new lives in a country reeling from economic collapse.

And Ryan does all of this in just 160 pages. An extraordinary feat of economy.

Earlier this year, *Said the Dead* by Doireann Ní Ghríofa was published. This time the ghosts belong to the past. The novel gives voice to patients of a Cork asylum, breaking down the boundaries between past and present, and between lived and imagined experience.

When a passerby, the Reader, discovers the asylum is to be converted into modern apartments, she begins exploring its archives. There she encounters women whose lives have been shaped by loss, violence, illness and the institutions that contained them.

I've read this book described as unclassifiable – novel, memoir, essay, poetry and social history. It is all of those things at once. By allowing the dead to speak, Ní Ghríofa gives history a pulse. Mesmerising.

Last of all I reached for *Haven* by Emma Donoghue, published in 2022. It takes us much further back, to seventeenth-century Ireland. Inspired by the true history of an early Christian monastery founded

on the Skellig Islands, *Haven* explores the mix of superstition, lore, faith and basic human need that accompanies any attempt to create something new in an unknowable world. At its heart is a question that is as relevant now as it was then: how do we make sense of suffering and uncertainty, and what do we believe is behind it all?

The three men face almost hourly trials in a landscape that is as solid and real as it is mysterious. Much of the action takes place in their hearts and minds, so the pace is a slow, intriguing burn.

So, thank you, Glen Hansard. One unexpected death, three Irish books that are both bleak and uplifting in a way that has helped me come to grips with your untimely death.

Where to buy

Always shop local but you may need to put these books on order at your favourite local independent book shop because these books are a bit rare.

Words: **Paige Turner**

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PHOTO OF THE MONTH

Subject It's not easy to get a head in this world
Photographer Simone



Subject Tommy Myers on a Tassie Beast
Photographer Thrills and Spillz IG @thrillsandspillz



Subject Why so gloomy?
Photographer Audrey Magee (Age 12)



Subject Springtime keyhole to Freshie
Photographer Martha Walkden (Age 13)



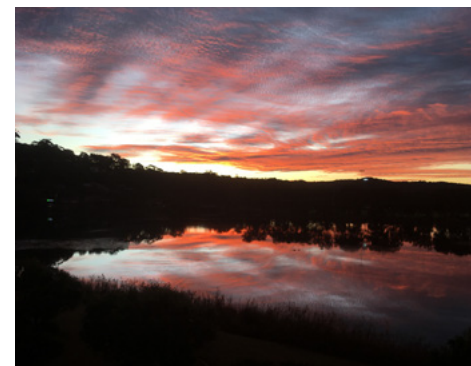
Subject What's for Brekky?
Photographer Sue Moody



Subject Hiding in plain sight
Photographer Judy Windred, Collaroy Plateau



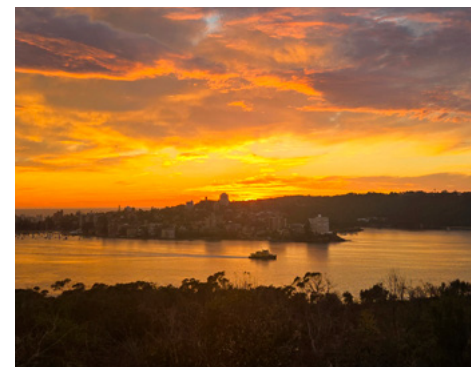
Subject Love Birds
Location @lualaniz



Subject Sunset over Narrabeen Lagoon
Photographer Steve Brown



Subject Knock, knock, can I come in?
Photographer Greg Cashman



Subject A magical sunrise
Photographer Elicia Ferguson

RAZZLE DAZZLE Trivia

- Of the 17 current NRL teams, how many are not located in NSW or the ACT?
- Proverbially speaking, a rising tide lifts all WHAT?
- Make a 9-letter word from the following: MEANUTDIG
- In what year did the band INXS first perform under the name INXS?
- Almost the entire cotton industry in Australia is produced from which 2 states?
- Apart from Australia, which 2 rugby playing nations has Eddie Jones been a Head Coach of?
- Rank these layers from lowest to highest altitudes: Stratosphere, Troposphere, Exosphere
- Which 3 Countries are technically considered Scandinavian?
- What number Apple iPhone is the most recent to be released?
- In 1964, The Beatles released 2 songs in another language other than English. Which language was it?
- Which of these "mascots" has been around the longest: Ronald McDonald or The Michelin Man?
- What is both a precious silvery metal and a common name for a concert hall?
- Which part of the eye is named after the Latin word for "Little Doll"?
- With which sport would you associate the song C'mon Aussie C'mon?
- In the films, what is Austin Powers' middle name?
- How many times has the Steyne burned down?
- In 2010, Uber initially launched under which name: UberCab, UberRide, or UberGo?
- Yes or No - Have the following actors ever won an Oscar: Liam Neeson? Bradley Cooper? Toni Collette?
- Which two fruit/vegetables appear on the label of Masterfoods' Barbecue sauce?
- How many Aldi supermarkets are there on the Northern Beaches: 6, 7, or 8?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

One of Sprout Daily's tens of thousands of email subscribers actually read one of his Hemingway updates before scrolling down to check his epic morning surf pics

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Australia's native plants

Across

- Bush with distinctive woody flowers (7)
- Flower named after an animal's foot (11)
- Known for its fluffy, bright yellow flowers (6)
- Petals like a warm, winter fabric (and recently crowned Australia's favourite wildflower) (13)
- Entirely edible coastal succulent, with bright pink flowers (7)
- Huon, Wolllemi, Norfolk (4)

Down

- Often used for hedgerows, with small, pink fruits (10)
- NSW floral emblem (7)
- Tree named for its soft, flaky bark (9)
- Moreton Bay, Port Jackson, Strangler (3)
- Sturt's Desert ___? (3)
- Blue, Snow, Ghost, Scribbly (3)

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Star Signs

by Krystal Bawl

Libra Sep 24 - Oct 23

Your social calendar is filling faster than your energy levels. Pace yourself, choose wisely. A polite decline works wonders.

Scorpio Oct 24 - Nov 22

You're feeling even more confident than usual, which is either a sure sign of greatness or very, very dangerous.

Sagittarius Nov 23 - Dec 21

Adventure is calling and for once you've got a window to listen. Say yes! Nothing beats a nice odyssey to finish the year.

Capricorn Dec 22 - Jan 20

You've been taking life too seriously. Loosen up, have fun. Not everything needs short, medium and long-term goals.

Aquarius Jan 21 - Feb 19

Your brain is working overtime, producing ideas nobody asked for but will eventually treasure. Write them down, store safely.

Pisces Feb 20 - Mar 20

Your instincts are strong, as is your catastrophising. Before acting on a hunch, check it's based on something real.

Aries Mar 21 - Apr 19

You're bursting with energy and finally have somewhere useful to put it. Get moving but try not to frighten everyone.

Taurus Apr 20 - May 21

Luxury is calling. Indulge without analysing the cost of everything. It's long overdue, and you're worth it.

Gemini May 22 - Jun 21

Your gift of the gab is potent right now. Use it wisely, talk your way into something wonderful. Or go super sketch, up to you.

Cancer Jun 22 - Jul 22

Stop worrying about what others think. Your hair looks fine, your outfit works and you don't really smell that bad.

Leo Jul 23 - Aug 22

You've been kicking goals. Keep dazzling everyone but remember, even the brightest stars need an afternoon nap.

Virgo Aug 23 - Sep 23

Your organisational skills are impressive, but nobody needs a colour-coded weekend plan. Embrace the glory of chaos.

Trivia Answers

1. 6 2. Boats 3. Magnitude 4. 1979 5. NSW & QLD
6. England, Japan 7. Troposphere, Stratosphere,
Exosphere 8. Norway, Sweden, Denmark
9. iPhone 17 10. German 11. The Michelline Man
12. Pollidium 13. Pupil 14. Cricket 15. Danger
16. Twice (1863 & 1923) 17. UberCab 18. No, No, No
19. Tomato and Onion 20. 7

Crossword Answers

ACROSS: 2. Banksia 5. Kangaroo Paw 6. Wattle
7. Flannel Flower 8. Pig Face 10. Pine
DOWN: 1. Lilly Pilly 3. Waratah 4. Paperbark
7. Fig 8. Pea 9. Gum

Sudoku Solution

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

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