

The Tawny

FROGMOUTH

November 2026



GLEN STREET THEATRE WHAT'S ON IN NOVEMBER



THEATRE

NEWK
The John Newcombe Story
MON 9 NOV 11AM



FILM

REEL ROCK
WED 11 NOV 7PM



MORNING MUSIC

Back to The Tivoli Christmas Spectacular
MON 7 DEC 11AM



Book now
9470 5913



TeslaAirportTransfers.com

✓ **GUARANTEED ON-TIME PICK-UP**



WSI **Now accepting bookings for Western Sydney International!**

Contact us for a quote

- ✓ **Guaranteed Pick-up**
- ✓ **Fixed Price**
- ✓ **Transit Lane Access**
- ✓ **Curbside Pick-up**
- ✓ **#1 on TripAdvisor**

Sydney Airport Pricing

Collaroy	\$129 to \$149+
Brookvale	\$124 to \$144+
Belrose	\$124 to \$144+
Manly	\$119 to \$139+
Mosman	\$119 to \$139+



Scan to Chat



BOOK NOW

Live chat via WhatsApp or Call
0405544311

Terms & Conditions Apply* Visit TeslaAirportTransfers.com for detailed pricing & surcharges



A FRESH NEW LOOK FOR SUMMER

Bring a Costa Rica vibe to your backyard this summer with **LUXAPOOL® Epoxy Pool Paint** and **LUXAPOOL® Poolside & Paving**. Picture long lunches, lazy afternoons with friends and evening barbeques with family. Now is the perfect time to refresh your backyard, ready to enjoy all summer long.

A renovated pool can transform your entire backyard

Your pool is the heart of any outdoor space, but years of sun and everyday use can leave it looking tired.

A fresh coat of **LUXAPOOL®** premium epoxy brings your pool back to life, with a smooth, luxurious finish. Whether you're a DIYer or prefer to use a professional applicator, the team at **LUXAPOOL®** make it easy—with step-by-step guides, online videos and a network of applicators. Made in Brookvale, **LUXAPOOL® Epoxy** has been trusted by

Australian homeowners and painters for over 50 years. Suitable for concrete, marble sheen, fibreglass, pebblecrete and previously painted pools, it's Australia's No. 1 trusted swimming pool paint—for good reason.

Applied in two coats, **LUXAPOOL® Epoxy** offers outstanding durability and a beautiful finish lasting 7–10 years with proper maintenance.

Help with choosing the right pool colour

Whether you love timeless Pacific Blue, sophisticated blue-grey Platinum, tropical Lagoon, or a crisp White inspired by the pools of Santorini, **LUXAPOOL® Epoxy** offers 25 on-trend colours to suit every taste. To make choosing easier, Colormaker Industries offer submersible sample boards, so you can see a colour underwater in your own pool before deciding.

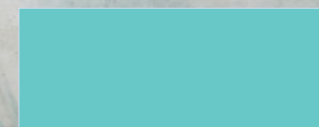
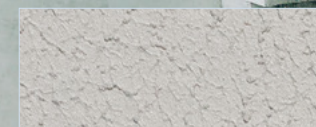
Don't forget the pool surrounds

Refreshing tired pool surrounds can transform your outdoor entertaining area, without the cost or disruption of replacing the surface.

LUXAPOOL® Poolside & Paving is a premium water-based coating for surrounds, patios and entertaining areas. Available in contemporary colours, including popular **COLORBOND®** shades like **Surfmist®**, **Shale Grey™** and **Monument®**, it's an easy way to modernise your space. UV-resistant, durable and low-maintenance, it's built for Australia's harsh climate.

Experiment with fun colour combinations

The **LUXAPOOL®** website offers an all-new pool visualiser, letting you explore **LUXAPOOL® Epoxy** and **Poolside & Paving** colour combinations on a pool like yours.



▲ Create this Costa Rica vibe with **LUXAPOOL Epoxy** in Lagoon colour (left swatch) or Emerald colour (right swatch) and **LUXAPOOL Poolside & Paving** in Surfmist colour (middle swatch)

Choose a pool shape, pick an interior epoxy colour and add water to see your pool transform. Then refresh the surrounds with a **Poolside & Paving** colour to complete your ideal backyard retreat—all before opening a can of paint!



▲ Experiment with colour combinations on a pool like yours using the **LUXAPOOL Pool Visualiser**

Safety that also looks good

With pool surrounds, appearance is only part of the equation. **LUXAPOOL® Poolside & Paving** carries a P5 slip-resistance rating, the highest under Australian Standards, creating a safer surface when wet. **LUXAPOOL® Poolside &**

Paving can also be used on patios, pathways, balconies and stairs, creating a seamless finish across the entire entertaining area.

Local manufacturing with a sustainable difference

Many Northern Beaches residents may be surprised to learn Australia's leading pool coating brand is made in Brookvale.

Colormaker Industries produces every can of paint using 100% renewable energy, from rooftop solar and an EV battery storage system—an award winning story combining local manufacturing with environmental leadership.

Ready for summer

Whether preparing for spring entertaining or simply refreshing your backyard, restoring your pool and surrounds can change how you enjoy your home. For colour inspiration, technical advice, DIY

painting guides or to try the new **Pool Visualiser** tool, visit luxapool.com.au. For in person help call into the Colormaker Paint Shop at 44 Orchard Rd, Brookvale, where the team can help you choose products and colours for your project.

Scan this code to try our new **Pool Visualiser**.



colormaker
INDUSTRIES
quality coatings through research & innovation

44 Orchard Road, Brookvale
Phone 02 9939 7977
www.luxapool.com.au

SHOP OPEN MON–FRI: 7:30am–4pm
SAT: 8am–12pm (from October 10)
Parking available at rear.

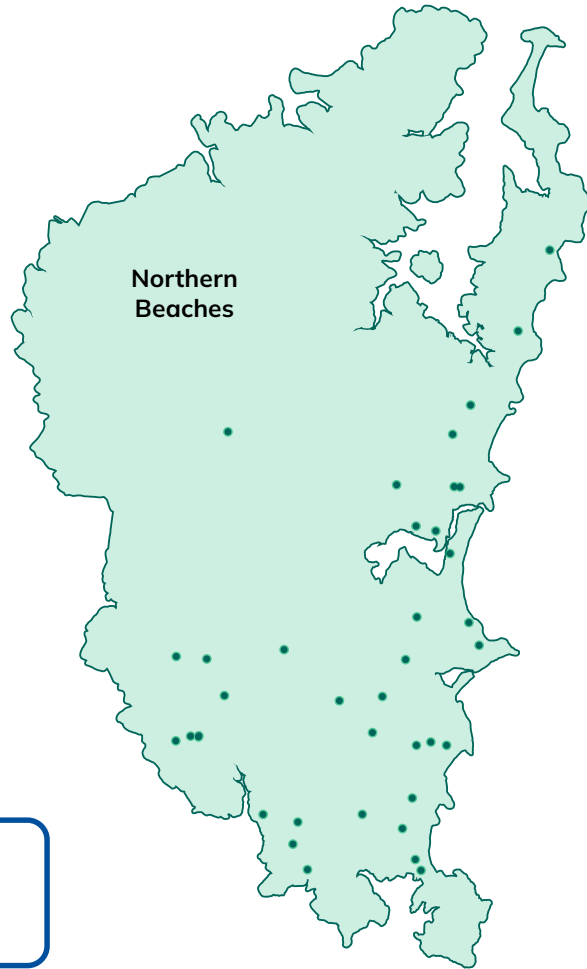
Your space is closer than you think

39 community centres ready for hire

Planning an end-of-year celebration, new class or workshop?

Discover welcoming and versatile spaces close to home.

Browse venues and availability online.



Find your space



  
northernbeaches.nsw.gov.au

Born on the Beaches in 1991.

We've been growing up around here ever since.

This is our home, just like it is yours.



Cunninghams

G'day Beaches

How is it possibly November already, outrageous! Time flies in the high stakes realm of local print. Thank you to Manly Beachfront icon Mark Budd, his November cover art "Hermit of the Opera" sure to inspire a Disney movie soon. Congratulations "Letterbox Vigilante", Letter of the Month all yours thanks to your Horny for the Tawny ritual. And Robert Sidaway wins Photo of the Month, seeing the Frogmouth for the trees.

Manly's Under 14 Girls Basketballers venture west for National Gold. Michael West Media's Andrew Brown outlines the public housing solution Australia already knows. An ingenious pair of Year 11 students develop the MyStreet App to ensure you're always in the know of what's being built around your home.

VAMOS expands north to Brookie. Pittwater Artist's Trail prepares for November Open Studios. Wild Man Mal Fisher exposes Raven geniuses. Valentine's unleashes the Bandits Blues Jam. And Ghazza Band amps up the sound of what comes next.

All this, lots more. Enjoy

Liam

NEW Seniors Guide

Your essential resource for navigating:

- ✓ Age Pension
- ✓ Aged Care
- ✓ Support Services

Collect a copy from my Electorate Office or Download here:



**Zali Steggall** OAM MP
FEDERAL MEMBER FOR WARRINGAH Units 4-6, 8-28 The Corso, Manly 2095
9977 6411 | zali.steggall.mp@aph.gov.au | zalisteggall.com.au





The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd
ABN 21 666 109 057

WEBSITE

thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnyfrogmouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au

CIRCULATION

50,000 copies delivered monthly
47,500 to letterboxes from
Manly to Avalon;
2,500 to local businesses
Spit Bridge to Summer Bay

PEFC CERTIFIED

The Tawny Frogmouth uses paper
from sustainably managed forests.

Contents

8	G'day Beaches	34	Radio Northern Beaches Did AI kill the Radio Star?
10	Peninsula Wash Up		
12	Letters to the Tawny	36	Local Business One Creative celebrates 35 years
18	Basketball Gold for Manly's Under 14s Girls	37	South Steyne Medical Get to know Dr Jessica Lai
19	Cartoons DJ Williams: VCR Glasses banned on Sydney's Beaches	38	Mal's Wild Side Raven Geniuses
20	Michael West Media The public housing answer Australia already knows	40	The Love Scout When fear gets behind the wheel
22	Retirement Living Mum is 85: 13 things to know about organising her care	42	Art & Culture Pittwater Artist's Trail
24	Property Know what's happening around your home with the MyStreet App	43	Glen St Theatre The Quizzical Mr Jeff
26	Health & Fitness VAMOS Strength expands north to Brookvale	44	Tawny's Bookclub How far will people go for what they believe?
28	Cover Artist Mark Budd: From the Manly beachfront studio to the Hermit of the Opera	45	Live Music The Bandits Blues Jam
29	Precious Gems Master Manly Jeweller launches Cabbage Tree collection	46	Local Photos
30	Brookvale Arts District Ghazza: The Sound of what comes next	48	Trivia, Sudoku, Crossword Rumour has it...
32	Roll of honour	50	Star Signs
33	Tide chart		



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

Allez, Allez, Allez!

The FANS (The French-Speaking Association of the North Shore) **French Market** celebrates 20 years of French culture, community and bilingual education on **Sunday 15 November, 9am – 4pm**. What started as a small school fete on a Friday afternoon has grown into one of Sydney's longest running and largest celebrations of French culture, bringing thousands of visitors to Killarney Heights Public School for a vibrant day of French food, culture, music, shopping and family entertainment. Put that in your baguette and toast it. Whether a long-time French Market regular, a Francophile, a local family or simply looking for a fun day out, everyone is invited. [@fansfrenchmarket](#) on Instagram has all details and updates.

The Phyllis O'Donnell Memorial Shield

The Girls Boardriders Fraternity is a Northern Beaches female boardriding club, excited this year to host the **Phyllis O'Donnell Memorial Shield on Saturday 31 October at Freshwater Beach**. Phyllis O'Donnell made history as the world's first Female Surfing World Champion, winning the inaugural title in 1964 at Manly. This event celebrates her legacy and significant contribution to the sport, with 40 female surfers competing - representing Northern Beaches and North Coast boardrider clubs - as well as surf icon Layne Beachley joining the celebration to honour a true Australian surfing pioneer.

Celebrate 75 Years at the Narraweena Public School Fete

Narraweena Public School is celebrating an incredible 75 years, and the whole community is invited to join the festivities! Come along on **Saturday 14 November, 11am-4pm**, for Narraweena Public's huge, fun-filled 75th Anniversary Fete - packed with exciting rides, fantastic games, delicious food, live entertainment, market stalls, amazing raffle prizes and plenty more. Proudly organised by the Narraweena Public School P&C, the fete is the school's major fundraising event, with money raised going directly towards valuable resources, programs and opportunities for students. Whether you're a current family, past student, local resident or simply looking for a great family day out, come help celebrate 75 years of Narraweena Public School. All info online at [nps75fete.com.au](#)



Bonjour! Bienvenue at the French Markets

Local caregiver recognised

More than 11,000 people are estimated to be living with dementia across Sydney's Northern Beaches, Ku-ring-gai and Upper North Shore, but it's wonderful to hear local caregiver **Trudy Taylor** was named **Dovida's NSW Caregiver of the Year** for her personalised approach to dementia care. When one client repeatedly refused support, Trudy discovered her love of flowers and gardening, using that connection to build trust and ultimately help her comfortably accept the care she needed while maintaining dignity and independence. Amazing work, Trudy.

Bush Tucker Night

Join the **The Aboriginal Support Group - Manly, Warringah, Pittwater** for an evening of culture, community and Country through the richness of Indigenous food. Tuck into Kangaroo stew and sausage rolls, Warrigal Greens Spanikopita, fresh damper with wild fruit jam, native teas, wild fruit cake, lemon myrtle biscuits, and sorbet. **7:30-9:30pm, Monday 9 November, at Mona Vale Memorial Hall.** All welcome. All details at [asgmwp.net](#)

Queensie lovebirds tie the knot

Congrats Jake and Sandra, venturing to Primošten in Croatia for the wedding of a lifetime, surrounded by loved ones, white pebble beaches and the crystal-clear Adriatic. "I'm the luckiest man alive," beamed Jake, "marrying the woman of my dreams." The honeymoon at Narrabeen Caravan Park is sure to go off, Jakey's locked in the deluxe suite.



DR sophie scamps MP
FEDERAL MEMBER FOR MACKELLAR

NOVEMBER TOWN HALL

ASK YOUR FEDERAL MP
ANYTHING*

*about her work

6PM

THU 12 NOV

MONA VALE PERFORMANCE SPACE

Michael REGAN MP

Want to get in touch with Michael?

Drop in to the office at 637 Pittwater Rd Dee Why

Phone 9981 1111

Email wakehurst@parliament.nsw.gov.au

Write to me at PO Box 405 Dee Why 2099

I regularly hold mobile offices. Please check my website and social media for details.

Your Independent State MP www.michaelreganmp.com

Authorised by Michael Regan MP. Funded using parliamentary entitlements.



Letters to The Tawny

LETTER OF THE MONTH

Horny for the Tawny

My partner knows a new edition is due before Australia Post does – the telltale sign is the stalking of the letterbox. When it finally arrives, we have a ritual: he reads the letters aloud to me as bedtime stories, and together we draft our own responses to the outrages and absurdities of community life.

“Write to the Tawny” has become a household shorthand for any matter requiring immediate public commentary, from off-leash dogs on the beach to e-bike riders treating the foreshore as the Tour de France.

I have affectionately named this tradition “Horny for the Tawny” which, while perhaps alarming out of context, is simply the highest expression of local-news enthusiasm.

Thank you for providing not just a community publication, but a cherished ritual?

Letterbox Vigilante

Re: Love Scout on Cheating

Dear Liam, after reading the Love Scout’s sanitized version of relationships and cheating, I really had to help overcome the inference of, oh it happens and to all of us and basically get over it.

The real cost of cheating in any relationship is very broad and far reaching. It can leave scars that last a lifetime. And it is not inevitable to have a partner that cheats. The statement that we have a need for security etc and also some mystery in our life is absurd to fulfil it in a problematic way of

looking outside the relationship to another partner as this will fulfil the mystery, what a load of ... And inferring that it’s similar to wanting to travel. I really think this is the most unhelpful advice ever on cheating.

To see the costs of cheating firsthand like drug abuse, alcoholism, domestic violence, mental health issues in adults and children, and the truth is most relationships do not survive cheating. Broken marriages and broken relationships are creating more insecurity, more trust issues and more relationship problems down the track. Moving on to 2nd and 3rd marriages are even more likely to fail because of the pain and scars and complexity they bring.

Family and committed loving relationships, even though we can do it badly at times, is still the ideal and is fundamental to life. We need to feel safe in order to grow a relationship in a healthy way and it’s a fundamental need in a relationship to have trust.

Forgiveness is a remedy that can and will help us move forward but if you’re thinking a bit on the side is ok, and is part of a mystery you need, go and tell your spouse and see if she or he will agree to it. Better to find mystery in beautiful things like nature, your child’s smile and giggle, your partner’s ways of doing things, reading self-help books on respect and love in relationships, time with friends, time helping others.

We can do it. Let’s try harder and seek things that build relationships instead of tearing them down.

Wendy Pleasance, Narrabeena

Pesky characters

Hi Liam. In answer to the letter, Formatting request (October ‘26), requesting letters go

across all three columns, you may be interested to know that 70 characters (including word spaces) across a line is the optimum number for readability. So, one column would be hard to read. Two may work. Over to you!

Judy Hungerford

Tossers the lot of ‘em

Walking past East Esplanade Park (the Office) early last Saturday evening, it was chockers with groups enjoying picnics and beers. Lovely. Public spaces are there to be enjoyed. Pity the same people who can lug eskies, cartons and supplies apparently lose the use of their arms when it comes to putting their rubbish in a bin. Walking home later that night, I had to sidestep abandoned glassware from The Pavilion scattered across the grassy slopes near the coastal path. By Sunday morning my walk along the path to Fairlight Beach was strewn with beer bottles. WTH. Enjoy the picnic. Have the beers. Just take your rubbish with you. And if you can carry a full carton in, you can certainly carry the empties out. Whatever happened to the “Don’t be a tosser” campaign? I’m sick of being surrounded by tossers.

Trish Carroll, Fairlight

Cool roofs

With the first REALLY hot day in summer, we should think about what we can do to beat the heat. That can be dangerous for the elderly, the very young and the ill.

A pale (or white) roof can decrease temperatures from 30–50 °C above ambient to only 6 °C and with that, a major saving on air conditioning costs. Open some windows in the early hours to allow a cross breeze and you’ll be well on the way to a much cooler house

**SENATOR JESS COLLINS**
LIBERAL SENATOR FOR NSW



Our plan will reward hard work, restore home ownership, secure Australia's future and put Australians first.

To find out more go to:
www.liberal.org.au/our-plan

 9159 9325

 senator.collins@aph.gov.au

 [SenatorJessCollins](https://www.facebook.com/SenatorJessCollins)

Authorised by Senator Jessica Collins, Liberal,
Suite 14.02, Level 14, 25 Bligh St, Sydney NSW 2000.



LOOKING FOR A LOCAL PLUMBER
TO HELP YOU WITH...

- Taps + Toilets
- Hot Water Heaters
- Blocked Drains
- CCTV Inspections
- Water Meter Repairs
- Sewer Problems
- New Fixtures
- + more

0404 950 459
info@mattstaps.com.au
mattstaps.com.au

lic. 362867C

**James Griffin MP**
Member for Manly

WORKING FOR YOU SINCE 2017

- ✓ **CALLING FOR E-BIKE LICENSING FOR RIDERS UNDER 18**
- ✓ **SHUTTING DOWN ILLEGAL TOBACCO STORES**
- ✓ **RESTORING LOCAL VOICES IN PLANNING DECISIONS**
- ✓ **DELIVERED AUSTRALIA'S FIRST DEDICATED YOUNG ADULT'S HOSPICE IN MANLY**

**SCAN HERE**

STAY UP TO DATE ON WHAT'S HAPPENING IN OUR COMMUNITY

 JamesGriffinMP  @jamesgriffinmp  jamesgriffinmp.com



and a much lower power bill.

Cool roofs markedly reduce how much energy you need to cool a house. When used at scale, they lower the air temperatures of entire suburbs.

David Stuart

Immigration misunderstandings

I read Jen's Ward's comments about her parents' successful immigration and once again confronted the general ignorance of some points we take for granted.

When I read terms like Immigrants don't "assimilate" or "integrate" it shows many Australians don't understand the Multicultural Act. In assimilation and integration, cultures disappear by force or otherwise. Ask First Nations peoples! The purpose of the Act was to allow persons from non-Anglophile cultures to come to Australia and practice their cultures, language and religion.

Previous migration before the end of the White Australia Policy meant one had to be white but included immigration from post world war Europe where most people are white and practice Christian religions. Of course, there are subtle differences between northern and southern Europeans, but they were still Caucasians and many not that different to the descendants of the British convicts and free persons. British and Anglophile culture here is based on Judeo Greco Roman culture which comes from Europe and Israel to start with as Rome absorbed those regions and Britain. The culture has retained permanency. Thanks to the Multicultural Act, most government and medical articles are available in foreign languages here whilst retaining English as the legal language. That's important because our laws are in English.

What is Aussie Identity anyway, Paul Hogan? After being dogged by it in my work in the USA, it just horrified me. We are sending well educated people around the world and all I got was "the Manly girl" or say "giddy" whilst I'm busy trying to save lives. The "Manly girl" didn't bother me too much as I trained and taught at Manly Hospital but the rest of it was plain derogatory.

After my parents endured more discrimination for being "wogs" than I can poke a stick at it, I can say it wasn't ever easy to migrate here. I bear at least a broken bone or two from being bashed by some kid at school. Australia is on the other side of the world to almost everywhere. So, what happens here doesn't make international news except a mass shouting or holiday offer. For immigrants of non-Christian religions, who are non-white or look different, dress different and speak non-European languages, they are really grappling with the worst of it still.

I think to make our laws known is the most important part of Immigration, so we are all on the same page. Laws that reflect safety for all sexes, equal access to healthcare and education, jobs and home loans, ensures smoother migration. It appears Immigrants are just "dumped" into the country without knowing the Laws like female mutilation and child marriage are against Australian laws. Immigrants don't have to speak English, but it helps if you have to go to court or sign a legal document.

At the moment we have uneducated and ignorant xenophobes toting some pretty nasty claims about Immigrants but it's up to our government to lead the way.

Anet C. Stuuroop

60 years of Elanora Players

Dear Editor, are you aware that our local amateur theatre group "Elanora Players" has just celebrated its 60th anniversary? Started by Peter and Denise Main with Pantomimes for the children, it expanded with productions by a variety of playwrights throughout the years at Elanora Heights.

Present membership, under the guidance of long-time and multi-talented President, Kerrie King, enabled the Players to move down to its North Narrabeen site, where it is continuing in a revamped, better-than-ever theatre to present everything from comedies to dramas for an ever-growing appreciative audience during school holidays. How lucky are we to have them in our midst - especially now that staying local saves us precious petrol!

Marianne van de Voorde

Peace cannot begin by erasing Palestinians

Dear Liam, last month Peter Eliassen called for peace and asked Australians to "reject hatred and revenge", but his letter presents a profoundly misleading picture of the reality in which Palestinians live.

Mr Eliassen refers to "the inhabitants of Israel, both Jew and Arab", effectively erasing Palestinians as a people. Palestinians have a recognised right to self-determination, and the State of Palestine has UN non-member observer state status. This is not simply a dispute between two equivalent "protagonists".

In its July 2024 advisory opinion, the International Court of Justice found Israel's continued presence in the Occupied Palestinian Territory to be unlawful, citing annexation, settlement policies, discriminatory practices, and violations of



MASSA 4 MANLY

People
Community
A brighter
Tomorrow

Manly deserves its own voice.

Meet Elouise Massa
Local mum. Small business owner.
Hospital and Joe's Law advocate.

Community-Backed Independent for Manly



Scan to learn more about Elouise and how to get involved.

Authorised by Elouise Massa,
Unit 2, 20 William St Brookvale NSW 2100.



WILSON FAMILY FUNERALS

CALL 02 9913 7131

Locally Australian
family owned and operated
Available 24/7

Ann, John and Kate of Wilson Family Funerals

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Unit 1, 92A Mona Vale Road (enter from Daydream Street), Warriewood, Sydney
wilsonfamilyfunerals.net.au



the Palestinian people's right to self-determination.

The human cost cannot reasonably be reduced to "statistics of atrocities committed by both" sides. UN agencies report that since October 2023, the war on Gaza has produced an enormous death toll, mass displacement and destruction of civilian infrastructure. In the West Bank, the UN has recorded more than 1,600 settler attacks this year alone. More than 4,000 Palestinians have been displaced in the West Bank during 2026 through demolitions, evictions, settler attacks.

There is also a question here for the Tawny itself. Where does editorial responsibility sit when publishing language that can erase the identity and political existence of an entire people? Freedom of expression is fundamental - but does that include publishing a claim that leaves readers without the context necessary to understand whether that claim is consistent with established historical and legal facts. There is a difference between allowing someone to express an opinion and allowing a deeply contested colonial narrative to pass without challenge, particularly when the consequences for real people are so profound.

The word "peace" should not be used to avoid confronting facts. The word "neutral" should not exist in the face of war crimes. And the attitude that "it is what it is" will prevail as long as Society keeps pretending the power, history and legal status of the parties are the same?

Aoiffe O'Kelly, Freshwater

Priorities

Zali Steggall MP writes in her online newsletter that she is focusing in parliament more on other things than the rising

cost of living. She says that she understands that families are really feeling the pinch financially in everyday living but she is focusing more in parliament on things like climate resilience, disaster preparedness and truth in political advertising while continuing to advocate for practical action on domestic violence.

What I say to you Zali is get your priorities right. Let's fix the problems with the rising cost of living first and maybe then we have the time and inclination to jump on your other agendas.

Jens Ward, Manly

Our classy new neighbour

I was sitting on my balcony, overlooking the sea, the beach and The Esplanade at Manly. I was sipping on a Pinot Grigio to wash down lunch, as one does at these addresses.

While doing so, he arrived and caught my eye. Erect of stature, carrying a few rolled up packages over each shoulder, he perused the scene. Checked out the freshly painted toilets at "The Pantry", the little garden adjacent, then meandered over, gazed out to sea, before unloading the packages from his shoulders, the ambience clearly to his satisfaction.

Decision made. The first package unfolded was of a yellow material, followed by three bamboo sticks. He proceeded to thread them into the material and Voila - a small tent! Next, a plastic ground sheet which he carefully laid, followed by the unfurling of a blow-up mattress and pillow.

Task complete. He sat back on The Esplanade wall, legs akimbo and pulled out a cigarette. Time to relax and look forward to life in his new abode: a one bedroom cum living room dwelling plus small garden adjacent to

a one room public toilet and showers. Also, one of Sydney's best views and in the terms of every Real Estate Agent worth his or her salt "Merely footsteps to the sand".

Waking up to ocean views from his bedroom, early morning swims could provide a cleansing start to the day's activities. Besides should he need supplies or the occasional latte, the contents of a begging bowl allowed for a 10 step walk across North Steyne to pubs, cafes and delis.

My wife joined me on the balcony, Chardonnay in hand. I asked, "Can that guy down there just turn up and camp in that magic spot?" She said she had no idea but having of late become an aficionado of anything proffered by artificial intelligence she immediately asked ChatGPT.

"According to the NSW By Law Act regarding homeless folk, they can only be asked to move on if interfering with pedestrian passage, using drugs or alcohol or creating a sense of fear".

Mmm, I thought. His approach was so different to when I was skint in London in my early 20s, living in dingy dormitory Doss houses in the dank, darkness of Archway and Camden Town. Or, worst of all, sleeping next to the pedals of a covered piano on a bandstand in a park at Highgate Hill until I got a job cleaning out public toilets to get back on my feet. By comparison this guy had class with a capital C.

I asked my wife, "Shall we invite our new neighbour up for a Pinot?"

"Why not, with luck he might invite us back to his place".

Jim, Manly

Send your letters to mail@thetawnyfrogmouth.com.au

THE
Mona



MELBOURNE Cup

TUESDAY 3RD NOVEMBER | FROM 12PM
ROAMING CANAPÉS + 2 HOUR BOTTOMLESS PACKAGE \$99PP
LIVE MUSIC • BEST DRESSED AWARDS • SWEEPS

LIVE & LOUD



**BOOK
NOW**



Basketball

Gold for Manly's U14 girls

Ten girls, supported by their coaches, manager and families, travelled to Western Australia, on a mission to represent Manly Warringah Basketball Association at the Under-14 National Club Championships. The annual tournament brings together the country's leading girls' teams, following a season of fierce state competition.

It was Manly's third consecutive appearance at the prestigious event, a milestone for the association's junior basketball programme. The week gave the girls an opportunity to test themselves against Australia's best young players, experience different basketball styles and develop the skills, resilience and confidence that come from national competition.

Following two days of preliminary games, teams were split into 12-team Championship and Shield divisions. Manly remained competitive throughout but saved their best for the business end, winning their final four games.

Their finals run began with a quarter-final victory over Brisbane, followed by a thrilling last-second semi-final win against Victoria's Traralgon. In the Shield grand final, Manly overcame Western Australian side Mandurah Magic to secure the gold medal, finishing as the highest-placed NSW girls' team. Trailing late, the girls fought back through determined defence, strong box-outs and composure under pressure. There were



Gold medallists in West Oz

outstanding individual performances. Riley Clarke finished among the tournament's top five scorers. Manly's youngest, point guard Lily Thomas, also played a vital role, controlling the tempo and creating opportunities for her teammates.

Most importantly, ten young athletes returned home with lasting friendships, tremendous pride in representing Manly, and memories of an unforgettable national championship.



HSC COWORKS

BALGOWLAH | BONDI JUNCTION | CHATSWOOD | MOSMAN | VIRTUAL

THE HSC IS ONLY ONE YEAR..

The **skills, mindset & habits** built along the way will last a lifetime.

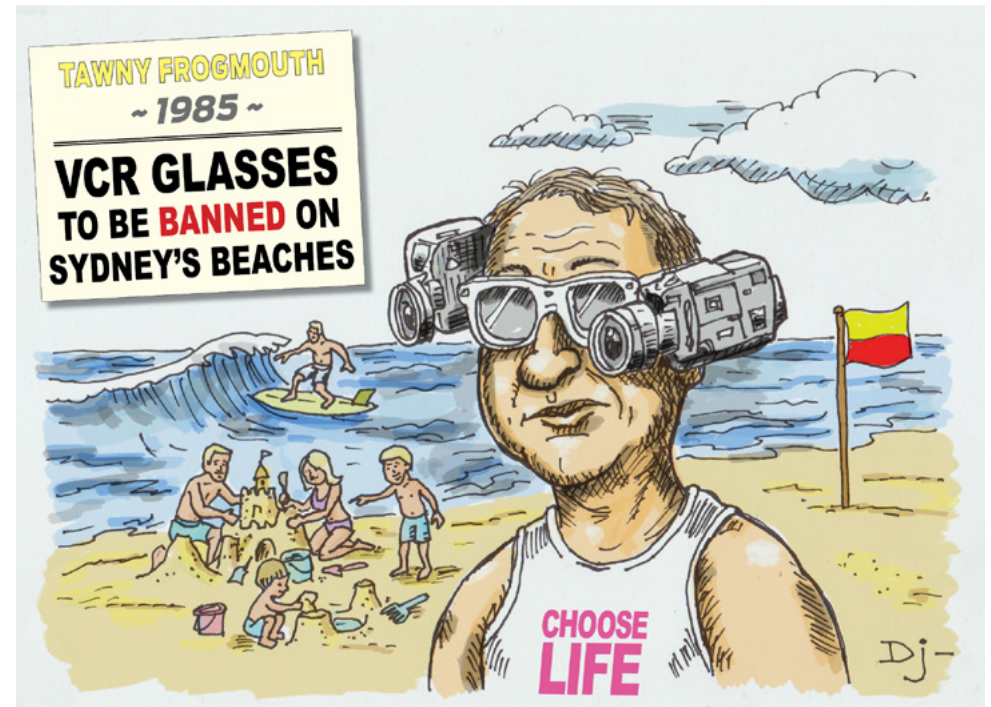
HSC CoWorks provides your teen with the structure and support needed to reach their full potential.

- ✓ **Support across 20+ subjects**
- ✓ **Develop strong study habits**
- ✓ **Weekly motivation & planning**
- ✓ **HSC Marker Feedback**

 **HSC 2027 ENROLMENTS NOW OPEN**

BOOK A FREE 14-DAY TRIAL

 398 Sydney Road, Balgowlah



AVALON BEACH RSL CLUB

GIG GUIDE

VIEW LATEST GIG GUIDE
AND GET TIX HERE



FRI 30TH OCT	DOSS & DIGBY ON THE DECKS Free event - TECH/DEEP HOUSE - UK GARAGE - TRANCE
SAT 31ST OCT	SHONEN KNIFE w/ Turnstyle & Media Puzzle
FRI 6TH NOV	MONTHLY KARAOKE PARTY Free event - 1st Friday each month
SAT 7TH NOV	MI-SEX Space Race 1980 Tour w/ Fuzztronica
FRI 4TH DEC	XMAS KARAOKE PARTY Free event - 1st Friday each month
SAT 5TH DEC	ALEX LLOYD w/ Special Guests
SAT 19TH DEC	LUKE HEGGIE & SEAN WOODLAND Comedy Night Event



AVALONRSL.COM.AU - 1 BOWLING GREEN LANE AVALON BEACH - ALL EVENTS 18+ - TICKETS FROM AVALONRSL.COM.AU

The public housing answer we already know

The public debate on housing shortages is as ill-informed as ever, while one solution is not just obvious, it has been well and truly tested. Ben Chifley started it. Robert Menzies kept it. In Vienna and Singapore, they never stopped it.

Public housing for working people is the most tested idea in housing policy, and Australia has done it before. After the war, one new Australian home in seven was public housing, built under a Labor prime minister and kept going by a Liberal one. The homes went to fitters, clerks and returned servicemen.

The OECD average today is 6 to 7% of homes. In Britain it is 16% even after Thatcher sold the council houses; the Netherlands is above 30%; Australia sits at 4% with the Americans and Canadians.

****Here is a fact to try on the next person who tells you government cannot build houses. Between 1945 and 1956, in a country short of bricks, timber and tradesmen, Australian governments built 96,138 of them.***

State Housing Agreement

Ben Chifley's government signed the first Commonwealth State Housing Agreement in 1945. Canberra lent the money. The states built the homes. When Robert Menzies won in 1949, he kept the agreement going. In South Australia, another conservative, Thomas Playford, used the Housing Trust to build thousands of cheap, decent homes because he wanted factories, and factories need workers, and workers need somewhere to live. For Playford, housing was economic policy. Nobody thought of these homes as charity. That is the idea we lost.

Today the Australian Institute of Health and Welfare counts 452,000 social homes, of which 297,000 are public. More than 200,000 households are on the waiting lists, and you generally have to be in serious trouble to get on one. In most states, a nurse on a full-time wage earns too much to qualify and too little to buy. She is exactly who Chifley's homes were built for.

On the OECD's league table, Austria and Denmark join the Netherlands above 20%. France, Ireland, Finland and Iceland all sit between 10-19%. Australia joins the USA, Canada and New Zealand, as the countries that left housing to the market and now share our crisis.



Public housing in Vienna. Image: Wikipedia

A 10% target is hardly radical. Getting back to 7% is the first milestone.

Think Medicare, not the poorhouse

Nobody says Medicare has failed because people on good incomes use it. That is why it survives. A service only for the desperate gets starved and stigmatised. A service the middle uses gets defended. Public housing should take people in crisis first. It should also be open to nurses, teachers, carers, cleaners, chefs and young families, at a rent set by income or by what the home costs to provide.

Disadvantaging the young

My daughter is 25. She works, pays rent, and on the Housing Supply Council's numbers she will be 36 before she has a full deposit. The national median rent is about \$700 a week. Offer her a public cost rental home at a quarter below that, the usual benchmark for affordable rent, for a fixed six years. She is \$175 a week better off, \$9,000 a year, \$55,000 over the six years, which beats a 5% deposit on a \$900,000 home before she has saved a cent of her own. Add it to the Council's assumed savings rate and the full 20% deposit arrives at about 32 instead of 36.

Cheap rent is the incentive. It ends; she knows it ends, so she saves. When she buys, keys go to the next 25-year-old. Done this way, public housing produces homeowners. And if you doubt Canberra can manage property, it already does. Defence Housing Australia looked after 17,353 homes at June 2025, making after-tax profit of \$23.9mio. Nobody calls that welfare.

Words: **Andrew Brown**, Michael West Media



BROOKVALE STAINLESS

After 20 years of service, we have made the difficult decision to take the next step and think about our future.

We are excited to announce that we have sold the fabrication side of Brookvale Stainless to our two wonderful employees, Mateus and David.

They will continue the business and carry on the legacy of providing quality stainless steel fabrication and services to our customers. Sadly, this also means that our retail shop will be closing. Please drop by, sale up to 80% off while stock lasts.

Jim, Sharon and Linton would like to sincerely thank all of our amazing customers and suppliers for your support, friendship and loyalty over the past 20 years.

We are incredibly grateful to everyone who has supported us along the way.

We hope you will continue to support Mateus and David as they take the business forward and look after all your stainless steel needs into the future.

For now, they will continue to operate from 17 Chard Road, Brookvale, same email address and phone number.

Thank you again for an incredible 20 years!
We truly appreciate your support and wish Mateus and David every success as they begin this next chapter.



Mum is 85: 13 things to know about organising her care

An Australian woman who reaches 85 has, on average, another seven years ahead of her. More than three in four people aged 85 and over living at home need help with everyday activities.

If you're helping Mum, knowing where to start can be daunting. There's care to organise, paperwork to navigate and decisions to make. These 13 practical pointers can help you understand the support available and plan the next steps.

- 1. Start before a crisis:** Apply through My Aged Care when everyday life becomes harder. Don't wait until the family can't cope.
- 2. Understand the assessment:** A structured assessment and scoring system help determine funding. Describe Mum's difficulties honestly, including the help you provide. "I'm managing" can hide how much support that takes.
- 3. Care budgets can exceed \$80,000 a year:** Support at Home budgets are based on assessed care needs, not income or assets. That applies to pensioners and self-funded retirees alike. Over several years, this can provide substantial support.
- 4. Understand what Mum pays:** Means testing determines her contribution towards some services. This doesn't shrink her assessed budget: Mum pays part and government pays the balance. The budget isn't necessarily all government money.
- 5. Expect waiting:** Approval doesn't mean immediate services. Funding follows a national priority system. Finding an available local provider is another step.
- 6. Ask about entry-level help:** The Commonwealth Home Support Programme offers basic assistance. Local availability varies, creating what can feel like a postcode lottery. Finding help may take several calls.
- 7. Choose services carefully:** Contribution rules vary. Since 1 October, approved personal care - including showering and dressing - has no co-contribution within the available budget. Match services to Mum's needs and finances.



The grass is always greener with well organised care

- 8. Check who's behind the website:** Search results include providers, directories and businesses collecting enquiries for referral. Know where your details go. My Aged Care is the government starting point.
- 9. Find the prices:** Providers must publish prices. Ask what Mum's proposed services will actually cost, including any minimum visit requirements, before signing an agreement.
- 10. Compare like for like:** Understanding typical prices helps you judge value and make the budget go further. Compare similar services, then ask about availability, continuity of carers and how the provider handles changing needs.
- 11. Look ahead to residential care:** Mum may never need it. Understanding potential costs now can make later decisions about care, cash and the family home less rushed.
- 12. Know about government borrowing:** Eligible homeowners may use the Home Equity Access Scheme, a government reverse-mortgage-style loan currently charging 3.95% a year. It can help fund care without selling immediately. Interest compounds fortnightly; the loan is generally repaid from a property sale or the estate.
- 13. Keep other entitlements current:** Age Pension eligibility, utility concessions, Medicare and PBS benefits have their own rules. Checking eligibility and updating Mum's circumstances is an ongoing job.

Getting organised early can make a real difference to Mum's choices and the family supporting her. Later Life Advice helps families plan for and navigate these years. Our Later Life Map (laterlifeadvice.com.au/map) helps you find local care providers, compare published prices and benchmark Support at Home costs.

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



Protect your loved ones
and make your will

Personal touch

Home visits for Wills,
Probate & Estate

Administration &
Contested Wills

100% online & mobile law
practice coming to you

Contact Liesel Pierce

0450 106 079

liesel@freshlegal.com.au

www.freshlegal.com.au



**Are you supporting
an ageing parent?
If so, we are here to
support you.**

- Aged Care Homes
- Retirement Village Moves
- Contract Reviews
- Super Review
- Support at Home Packages
- Home Equity Access Scheme
- Wealth Transfer Plans
- Family Meetings



www.laterlifeadvice.com.au

CALL: 9173 8560



Later Life
Advice

EST. BROOKLYN 2022

SL

SERENITYNOW

SLIDING DOOR REPAIRS

**BEST PARTS, BEST PRICE,
BEST SERVICE.**

**MODERN REPAIR
TIMELESS VALUE**

FROM

\$299

**RESTORE MORE
WASTE LESS**

**FREE LOCAL QUOTES
FROM MANLY TO PALMY.**

CALL OR TEXT

**A PIC OF YOUR DOOR ISSUE TO
0411 893 326**

**5 STAR GOOGLE REVIEWS
5 YEAR GUARANTEE**

Know what's happening around your home

On 1 September, NSW planning laws changed. Under the new statewide Community Participation Plan, certain lower-impact developments that meet height and floor-space limits no longer require public exhibition. It doesn't apply to every development, but gone are the days of always being actively informed of developments taking shape around your home. Thankfully Lachlan Hannan and Edward Bateman have moved in fast to create the **MyStreet App**, giving residents an easy way to stay informed of what developments are proposed nearby.

What is the MyStreet App?

It's a property app we've built to help people find out what developments are being proposed around their homes. You search your address, see nearby development applications on a map and set up alerts to keep on track of all updates.

What inspired you to create the MyStreet App? We believe you shouldn't need to understand the planning system just to know what's happening in your own street. Most people aren't spending their evenings checking council websites. We wanted to make staying informed something that fits into everyday life, rather than another job you have to remember to do.

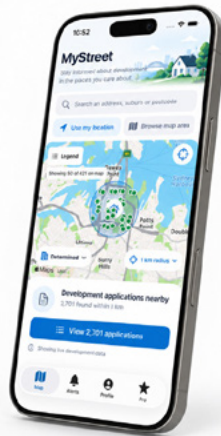
How does the MyStreet App work? You search your NSW address and explore nearby development applications on

the map. Open an application to see the available details and its status, then set up monitoring around your property. MyStreet uses public NSW planning records and sends email updates when relevant activity changes, so you don't have to keep checking everything yourself. **The key for us in creating this is realising there's a stark difference between information being publicly available and people actually seeing it.** MyStreet App is not about being against development, it's about being informed and allowing residents easy access to the information most relevant to them.

What have been the biggest challenges? Balancing it with school. (Lachlan and Edward are in Year 11!) There's always another thing to fix or improve, and getting the data and alerts working properly has taken a lot of testing. We've also learnt that building something and getting people to use it are two very different jobs. You can spend hours improving a feature, but you still have to get out there and explain why it matters.

And your biggest triumphs?

Turning an idea between two mates into something people can actually use. So, seeing it all come together has been really rewarding. And having a local publication take an interest has been exciting too. We're still early on, but it makes all the work feel worthwhile.



Know your hood with MyStreet

How can Tawny readers benefit from your creation?

MyStreet gives residents peace of mind by helping them stay informed about developments that could affect their homes, property values, views or neighbourhoods. Instead of finding out about a development when construction starts, residents can discover proposals early, understand what's planned and have their say while public consultation is open. It's about giving homeowners access to information that could directly affect their biggest investment, without needing to spend hours searching council websites. The best part? It's completely free to get started.

Head to mystreetapp.com or scan here to see developments around your home. Follow @mystreet_app on Instagram for all updates



Interview: **Liam Carroll**
Featuring: **Lachlan Hannan & Edward Bateman**

RJ THOMAS

SOLICITOR

CONVEYANCING
WILLS & ESTATES
BINDING FINANCIAL
AGREEMENTS

VISIT SOLICITORSMANLY.COM

CALL 9977 8211

39 East Esplanade, Manly NSW 2095

KOALAFIED PLUMBING & GAS

We hunt leaks
We save water
We rip out roots
We are one call away.

Northern Beaches,
let's chat!



Lic No. 301153C

0434 614 760 • koalafiedplumbing.com

sunrise

PROPERTY

REAL ESTATE | NORTHERN BEACHES

Thinking of
selling your home?

A fresh, local approach to selling
property on the Northern Beaches.

Welcome to Sunrise Property, a new local agency with more than 20 years experience in the industry.

We know that no two properties are the same. We take a tailored approach to every campaign, combining experience, smart technology and targeted marketing to help position your property to reach the right buyers.

Whether you are selling a first home or a premium estate, we look forward to helping you with your property goals and creating a custom strategy to suit your needs.



EXPERIENCED SENIOR AGENTS

Over 20 years' local experience.



SMART TECHNOLOGY

Data-driven targeting to reach buyers.



TAILORED MARKETING

An individualised campaign for every property.



Call me for a confidential discussion about your home.



Will Robinson

Partner | Licensed Real Estate Agent

0402 215 962

willrobinson@sunriseproperty.com.au



The next VAMOS is coming soon to 218 Harbord Road, Brookvale

Health & Fitness

VAMOS expands to Brookvale

Brookvale has given the Northern Beaches many gifts. The Sea Eagles. A brewery on every corner. The Warringah Mall car park, where time itself goes to die. From February it's adding one more: a place for the over 40s of Brookie, Curly, Freshie and Dee Why to get properly, measurably strong.

VAMOS Strength Training, the Balgowlah-born outfit that's spent the last couple of years quietly turning local mums, dads, tradies and retirees into people who deadlift, has signed on at 218 Harbord Road. The building used to be a brewery. Where once there were kegs, there'll soon be kettlebells.

If you haven't come across VAMOS, forget whatever you're picturing. No intimidation, no doof doof, no bloke in a singlet guarding the squat rack.

Each athlete (that's what

they call you, and yes, you get used to it) trains in a private cube with their own rack and weights, following a personalised programme, with a coach on hand to keep the technique safe and effective.

The results keep turning heads. Athletes who train twice a week consistently get at least 30% stronger in their first year, and between Balgowlah and Mosman there are now more than 650 of them, plenty of whom had never touched a barbell before walking in.

Founder Scott Hood says the move north was no grand strategy, simply a response to demand.

"We've had athletes driving over the hill from Freshie, Curly and Dee Why since we opened Balgowlah, and Balgowlah's been full for a while now," he says. "So we're coming to them with an even

bigger VAMOS - 12 private cubes and our own dedicated car park out the front, which in Brookvale might be the most important thing of all!"

With over two decades in the fitness industry, Scott is the sort of bloke who can make a barbell sound like a retirement plan, and he may have a point.

"From around age 40 we naturally start to lose muscle - up to 5% per decade unless you regularly and effectively strength train," he says. "It's about your independence, your vitality, and doing all the things you love for your whole life. Most people over 40 know they should be lifting but don't want to walk into a gym and feel like they don't belong. That's exactly who we built VAMOS for."

The builders move in this month, with doors opening in February. As for the name, it's officially VAMOS Brookvale, though Scott is relaxed about it.

"Call it VAMOS Brookie, Curly, Freshie or Dee Why - whichever one gets you strength training," he says. "We're here to get the whole neighbourhood 'Stronger, for life'. Let's go!"

Need to get stronger in Brookie, Curly, Freshie or Dee Why?

Then as the name says - **VAMOS!**

Founding athlete places are strictly limited.

Get your name down on the waitlist at vamosstrength.com/vamos-brookvale

Words: **The Tawny Frogmouth**



Brookvale Waitlist

- Founding athlete pre-sale coming soon.
- Gain exclusive early access.
- Join the waitlist now!

Mark Budd

How long have you lived on the Beaches? I've lived in Manly for 36 years. It's a special place to call home, and after all this time, I'm still discovering new things to paint.

Do you have a favourite beach? I love all the beaches around Manly, from Collins Flat through to Shelly, as well as the beautiful little spots around Fairlight and Delwood Beach. Depending on the wind direction, you can always find a sheltered spot with its own atmosphere, colours and character. There are so many magical places along this stretch of coastline.

What's the best thing about living here? It's one beautiful beach after another, but what makes it even more special is the community. Over the years, I've built wonderful relationships with local people through commissions and with the people who collect my work. It's also lovely meeting visitors who discover Manly and take a piece of that experience home with them through one of my paintings.

What inspired your cover art? Hermit crabs carry their houses on their backs. I thought the Sydney Opera House would make a stylish shell for a giant hermit crab, so I just applied a bit of imagination.

And your work in general? The natural beauty of the coastline, the harbour and the constantly changing relationship between light, water and land. Living in Manly gives me the opportunity to sit and paint outdoors, surrounded by the beauty of the seaside, able to experience the changing light, the movement of the water and



Mark (with trusted bestie Arty) at work in Manly at the beachfront studio

the atmosphere of the place firsthand, something I never take for granted.

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

My mum, Yvonne Budd. I miss her and she was the best artist I know.

How did you discover you had a gift for art? My mum was an incredible artist, and it always came naturally to me. I've always been happiest creating original art, music and sculpture, and using my imagination.

What are you currently working on? A series of paintings featuring endangered Australian animals for a food packaging company. I also always have several commissions underway, alongside continuing to develop my own collection of original paintings.

What's your favourite aspect of what you do? A tricky question but a good example is a couple who recently told me they had to pack up their loved one's home as she was moving into a retirement home. Of all her possessions, the only things she wanted to keep were three small paintings I'd

created for her some time ago. Stories like that mean a lot, hearing from happy clients, knowing my work has become something special to them.

How can readers support your work? They can explore and purchase my original paintings at markbuddart.com. I also welcome people to come and say hello when I'm painting along Manly beachfront, near the end of The Corso. I paint outdoors most days and have original paintings on display, so visitors can see my work in person and find something special to take home. Gift-ready art prints will be available for Christmas, and I'm always open to commissions for people looking for a unique, personalised painting to celebrate a special occasion or capture a place that means something to them.

Follow Mark on Instagram at **@Mark_Budd_Artist**
Visit his website online **markbuddart.com**
And say G'day when you see him (and Arty) painting at Manly beachfront

Interview: **Liam Carroll**

Master Jeweller launches Cabbage Tree Collection

Nique Jewellery, the bespoke jewellery studio workshop on Darley Road in Manly, founded by award-winning jeweller Danica Clifford, has launched its Cabbage Tree Bay collection: seven pieces in gold and silver, each modelled on a creature found in the aquatic reserve between Manly and Shelly Beach.

Cabbage Tree Bay, the stretch of water that inspired the collection, has been a 'No Take' Aquatic Reserve since March 2002. Across its roughly 20 hectares, fishing is prohibited, and no marine life may be removed or harmed, dead or alive.

The weedy seadragon itself

is a protected species under both NSW and Commonwealth law and was reassessed as Vulnerable on the IUCN Red List in 2024.

The pieces, among them a ray, a weedy seadragon, a crab and an oyster with a pearl, are cast in gold and silver and set with pearls and lab-grown (or natural) diamonds. Each is designed to be worn more than one way: as a pendant, a set of earrings, as a complete charm bracelet, or in some cases a ring.

"My mornings start in the water at Cabbage Tree Bay," says Danica. "This collection came from those swims, and the conversations afterwards



about all the incredible things we'd seen underwater. Every piece is a creature from the bay we love."

Pop into **Nique Jewellery** at **22a Darley Rd, Manly** to see the Cabbage Tree Collection
Or head online now to niquejewellery.com
And follow on Instagram **@niquejewellery**

An advertisement for Nique Jewellery's Cabbage Tree Bay Collection. The background is a sunset over the ocean. In the foreground, several pieces of jewelry are displayed, including a necklace with a large, ornate pendant and a bracelet with a seadragon charm. On the right, there is a photo of Danica Clifford, the jeweller, sitting at her workbench. The text on the right reads: "NIQUE JEWELLERY", "CABBAGE TREE BAY Collection", "MADE BY HAND IN MANLY", "22A DARLEY ROAD, MANLY", and "niquejewellery.com".

BROOKVALE ARTS DISTRICT



The Sound of What Comes Next

Northern Beaches band Ghazza take their name from Balgowlah Boys High School teacher Gary 'Ghazza' Theodore. As frontman Xavier Brown explains, "Lynard Skynard took its name from their high school PE teacher, so we thought - let's do the same"

Formed in late 2021, Xavier and his fellow band mates, Toby Spence (guitar), Kennan Ayala (bass) and Bede Russell (drums) quickly built a reputation for sweat-soaked live shows blending punk, grunge, hard rock and metal, with influences ranging from Nirvana and Soundgarden to C.O.F.F.I.N. and The Chats. These days Ghazza are sounding increasingly like themselves: loud, irreverent and funny, unmistakably a band of their time and place. Nothing captures that better than their breakout track Dirodi. Written by Xavier during a maths class, the song is a satirical social commentary on Northern Beaches e-bike culture and the particular teenage entitlement that can sometimes accompany it.

Intended as a "piss-take" Dirodi captured the local zeitgeist and the band unwittingly provided a punk anthem for the Northern Beaches. The song immediately attracted radio and media attention

and became the lead single from their 2025 EP, the amusingly titled 'Authorised by the Australian Government, Camberra' (intentional misspelling of course). Ghazza are also part of a larger story that's unfolding in Brookvale.

During the 1970s to early 90s Northern Beaches bands developed their chops through an extraordinary network of local pubs, clubs and community halls. Some of them went on to become significant Australian artists; countless others helped create a vibrant local live music scene that rocked venues from Manly to Palm Beach every night of the week. However, from the mid-90s much of that infrastructure was rapidly dismantled – driven out by an absurd regulatory environment, the proliferation of pokies and mostly by noise complaints from new residential developments, built without proper acoustic attenuation, eventually shutting down the pre-existing adjacent venues.

Now, in Brookvale, a new scene has been emerging – a rising phoenix, forged from an endless parade of inspiring young talent, dedicated local audiences, all-ages pathways and independent venue owners prepared to take risks. Within that new ecosystem Ghazza are rapidly building a solid audience and fan base – playing the local venues and all-ages shows, sharing the bill with other emerging bands and becoming regulars in Brookvale's ever-growing live music scene. "We're community focused and want to bring the next generation of underground bands along for the ride" Xavier says.

Of course, many of us who were lucky (and old) enough to experience those heady days of pub rock on the Beaches are still lamenting its passing. Now, thirty years on Ghazza aren't trying to recreate that Northern Beaches music scene of the past - they're an important part of whatever comes next. So, let's learn from history and make sure this time round we support, protect and grow what we have. And if you haven't yet seen or heard Ghazza, do yourself a favour, check out their latest single 'The Top One Percent' and get along to their next Brooky gig!

Words: John Meredith
Photo: Summer Starr



Hey Tawny Reader!

My name is Chris, and I brew beer for a living at Bucketty's.

Actually, I'm the HEAD brewer, which means that every beer poured from our taps starts in my imagination.

My team and I then combine independently grown barley, hops, yeast, and a little of my own special ingredients into our tanks here in Brookvale. I then let it bubble away for a few weeks and next thing you know, you're enjoying a pint getting into a Bucketty State of Mind.

Next time you're in, ask the legends at the bar that you'd like to try Chris's Special Sampler and you'll get a free taster from any (or all!) of my 17 creations currently on tap.

Bucketty's
— BREWING CO. —

26 Orchard Road, Brookvale
Buckettys.com.au

Ask the bar for Chris's Special Sampler and we'll look after you

The Tawny Frogmouth

Roll of Honour

Advertisers & Sponsors

Abloom Ace Gardening
 Abloom Landscapes
 Art & Antique, Manly Vale
 Avalon Beach RSL
 Brookvale Stainless
 Bucketty's Brewing Co.
 Canellis Property Management
 CMS Surveyors
 Colormaker Industries
 Cunninghams Real Estate
 De Saxe O'Neill Family Layers
 Dr Sophie Scamps MP
 Elouise Massa 4 Manly
 Felons Manly
 Fresh Legal Solutions
 Glen Street Theatre
 HSC Coworks
 In2Balance Kinesiology
 Jake Graham Art
 James Griffin MP
 Jonathan Poole Builder/Handyman
 Koalafied Plumbing and Gas
 Labrador Painting
 Later Life Advice
 Matt's Taps
 MCB Lawyers

Metsa Building Co.
 Michael Regan MP
 Monique Treder, Buyer's Agent
 Nique Jewellery
 Northern Beaches Council
 One Creative
 Pathway Literacy
 Pittwater Artist's Trail
 RJ Thomas Solicitors
 Sage Organisation
 Sea Eagles Sports Business Academy
 Seaforth Veterinary Hospital
 Senator Jess Collins
 Serenity Now Sliding Door Repairs
 South Steyne Medical Centre
 Squirtz Plumbing
 Sunrise Property
 Tesla Airport Transfers
 The Mona Vale Hotel
 Toby's Tools
 VAMOS Strength
 Warringah Printmaker's Studio
 Watermarx Graphics
 Wilson Family Funerals
 Zali Steggall MP

About Us

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

Contact

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

liam@thetawnyfrogmouth.com.au
 0414 556 038

November 2026 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 0201 1.24 0729 0.66 1400 1.72 2106 0.42
2 0315 1.25 0843 0.68 1512 1.65 2211 0.43	3 0424 1.31 1000 0.66 1623 1.61 2307 0.42	4 0522 1.39 1111 0.62 1726 1.58 2356 0.42	5 0613 1.50 1215 0.55 1821 1.55	6 0038 0.41 0658 1.59 1311 0.49 1910 1.51	7 0115 0.42 0739 1.68 1400 0.45 1955 1.46	8 0149 0.45 0817 1.74 1445 0.41 2037 1.42
9 0223 0.48 0853 1.77 1526 0.40 2118 1.37	10 0255 0.52 0929 1.79 1606 0.40 2159 1.33	11 0328 0.56 1003 1.78 1645 0.42 2238 1.29	12 0402 0.60 1039 1.75 1724 0.45 2318 1.26	13 0439 0.64 1116 1.71 1805 0.50	14 0000 1.22 0519 0.69 1156 1.65 1850 0.54	15 0047 1.20 0605 0.73 1240 1.59 1940 0.57
16 0139 1.18 0658 0.77 1330 1.53 2033 0.59	17 0239 1.19 0800 0.79 1426 1.48 2128 0.58	18 0341 1.24 0910 0.79 1528 1.45 2218 0.55	19 0437 1.32 1020 0.76 1630 1.44 2304 0.51	20 0526 1.43 1125 0.68 1727 1.45 2346 0.47	21 0610 1.56 1223 0.58 1820 1.46	22 0027 0.44 0653 1.70 1317 0.47 1913 1.47
23 0108 0.42 0737 1.83 1410 0.36 2004 1.47	24 0152 0.41 0822 1.94 1501 0.27 2058 1.46	25 0238 0.42 0911 2.01 1554 0.21 2152 1.43	26 0327 0.44 1001 2.05 1647 0.19 2248 1.40	27 0419 0.47 1054 2.04 1744 0.21 2345 1.37	28 0515 0.52 1147 1.98 1841 0.26	29 0045 1.34 0615 0.56 1244 1.89 1939 0.32
30 0146 1.34 0718 0.61 1343 1.77 2037 0.38						

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

Listen local



Sunset over Narrabeen Lagoon

Did AI kill the Radio Star — or did it just join the band?

Imagine hearing a great new song on the radio. You love the voice, the beat, the production — but then you discover the singer never actually sang it.

AI-generated music is becoming increasingly convincing, and that raises a question for all of us who listen to music: does it matter if a song was made by a person, a computer, or a combination of both?

The debate erupted in Australia this year after Queensland DJ and producer Josh Fawaz released an AI-assisted cover of Madonna's Like a Prayer. It became one of the country's most-played songs on radio and reached No. 4 on two ARIA charts, sparking criticism over its use of AI-generated vocals and drums.

ARIA has since ruled that, from 31 August 2026, wholly AI-generated recordings are no longer eligible for the ARIA Charts. Music can still use AI as a production tool, but

recordings must be "substantially human made".

The new NSW Contemporary Music Act 2026 also recognises the importance of human creativity, although it is primarily focused on supporting the live music industry.

Community radio is taking a cautious approach too, with AMRAP requiring disclosure of partially AI-generated music.

But here's the question for listeners: if you couldn't tell whether a song was made by a human or AI, would you care?

And should your radio station tell you? Head to the Radio Northern Beaches Facebook page and tell us what you think.



MEET THE RNB PRESENTERS

The Hoarders' Vinyl Emporium takes to the air every Friday at 8pm with Stew & Jez sharing gems from their exotic vinyl collections while arguing the relative merits of New Order versus Led Zeppelin and complaining about the state of the world today. It's more fun than it sounds, really.

The Hoarders' Vinyl Emporium can be heard every Friday 8-10:30pm

Do you care if your favourite song was made by AI?

Scan the QR code to visit our Facebook page, find the pinned post and share your thoughts in the comments. See what others are saying and add your voice.



Image courtesy of manlydrone.com

NOVEMBER

SUNDAY

8 - 9 **Electronique le-mono**
Sharon Cottle

10-11 **The Classical Hour**
David Stewart-Hunter

11-12 **Jazz Meets Classical**
Filita Barker

12 - 1 **Theatre Organ Music**
John Batts

3 - 4 **Community Voices**
Michael Lester

4 - 5 **Crescent Swells**
David Bell

5 - 6 **Sound of the 60s**
David Stewart-Hunter

6 - 7 **Strangers in Paradise**
Andy Greves

7-10 **RNB Live**
Andrew Goodman-Jones

10-11 **Black in Brazil**
Pablo Nacer

11-12 **AMRAP Metro Chart Toppers**
Chrissy Mack

MONDAY

7 - 8 **Aussie Beats Brad Griffith**

8 - 9 **InTune Tony B**

10-12 **Rockin 50s & Swingin 60s**
Chrissy Mack

1 - 2 **Songs on Air Russell Neal**

2 - 3 **Miscellanea Variety Show**
Maria Mai

3 - 4 **Aussie Beats Brad Griffith**

4 - 5 **Pump Up the 80s Jo Wakeman**

5 - 6 **Oz Music Michael Lester**

6 - 7 **Soul Food Sharon Cottle**

7 - 8 **Kids Praise**
Andrew Goodman-Jones

8 - 10 **Highway to Heaven Alan Dixon**

10-11 **Praise & Worship Sharon Cottle**

11-12 **AMRAP Metro Chart Toppers**
Chrissy Mack

TUESDAY

7 - 8 **Listen & Chat Chrissy Mack**

8-8.30 **Dollars & Making Sense**
Ray Trevisan

9-10 **Aussie Beats Brad Griffith**

10-10.30 **Dollars & Making Sense**
Ray Trevisan

11-12 **InTune Tony B**

1 - 2 **Pump Up the 80s Jo Wakeman**

2 - 3 **Celluloid Symphonies**
Gregory J Thorsby

3 - 4 **The Lair Stephen McRobie**

4 - 5 **Songs on Air Russell Neal**

5-5.30 **Community Voices**
Michael Lester

5.30-7.30 **The Brown Note**
Julian Brown

7.30-8.30 **Back in Brazil Pablo Nacer**

8.30-9.30 **Small Business Sorted**
Crystal & Kay

9.30-10.30 **The Fellowship of Funk**
Ratna Selvaratnam

10.30-11.30 **The Greek Show**
Maria Mai

WEDNESDAY

6 - 7 **Small Business Sorted**
Crystal and Kay

8 - 9 **Innovation Talk Michael Lester**

9-12 **Geoff's Generation**
Geoff Stanwell

12-1 **Aussie Beats Brad Griffith**

1 - 2 **Musical Milestones of the 20th Century David McCallum**

2 - 3 **Ladies Sing the Blues & Jazz**
Wes Harder

3 - 4 **Big Band Swing Jazz**
Wes Harder

4 - 5 **All That Jazz Keeping the Legend Alive Geoff Williams**

5-5.30 **Community Voices**
Michael Lester

5.30-6.30 **Grit Diaries Mon & Maz**

6.30-8 **Musica Italiana Joe Gigliotti**

9-9.30 **Community Voices**
Michael Lester

10.30-11.30 **Listen & Chat**
Chrissy Mack

THURSDAY

7 - 9 **The Brown Note Julian Brown**

9 - 10 **The Classical Hour**
David Stewart-Hunter

10 - 11 **Crescent Swells David Bell**

11-12 **Musical Chairs Chat Show**
Ellie Seymour

1 - 2 **Community Voices**
Michael Lester

2 - 3 **Strangers in Paradise**
Andy Greves

4 - 5 **Miscellanea Variety Show**
Maria Mai

5 - 6 **Sound of the 60s**
David Stewart-Hunter

6-6.30 **The Beaches Footy Show**
Rod James

6.30-7.30 **The Greek Show**
Maria Mai

7.30-8.30 **Off the Record**
Pino Palamara

8.30-9.30 **Italia Mia Pino Palamara**

9.30-10.30 **Down the White Rabbit**
Hole Stephen Wells

FRIDAY

8 - 9 **Musical Milestones of the 20th Century David McCallum**

9 - 10 **Ladies Sing the Blues & Jazz**
Wes Harder

10 - 11 **Big Band Swing Jazz**
Wes Harder

11 - 12 **All That Jazz Keeping the Legend Alive Geoff Williams**

12 - 1 **Listen & Chat Chrissy Mack**

1 - 2 **Grit Diaries Mon & Maz**

2 - 3 **Down the White Rabbit Hole**
Stephen Wells

3 - 4 **InTune Tony B**

4 - 5 **Innovation Talk Michael Lester**

5 - 6 **Pump Up the 80s Jo Wakeman**

6 - 7 **InTune Tony B**

7 - 8 **Strangers in Paradise**
Andy Greves

8-10.30 **The Hoarders' Vinyl Emporium**
Stew & Jez

10.30-11.30 **Crescent Swells**
David Bell

SATURDAY

8 - 9 **Musical Chairs Chat Show**
Ellie Seymour

9 - 10 **Beer with Duncan**
Duncan Schieb

10 - 11 **Miscellanea Variety Show**
Maria Mai

11-12 **Bazza's Country Music**
Barry Williams

12 - 1 **Country Music Showdown**
Geoff Williams

1 - 2 **Oz Music Michael Lester**

2 - 3 **Community Voices Michael Lester**

3 - 4 **Aussie Beats Brad Griffith**

4 - 5 **AMRAP Metro Chart Toppers**
Chrissy Mack

5 - 7 **Rockin 50s & Swingin 60s**
Chrissy Mack

7 - 8 **Electronique le-mono**

8 - 10 **Saturday Night Jazz**
Sharon Cottle

10-11 **AMRAP Regional Chart Toppers**
Chrissy Mack



With over 50 different programs there is something for everyone on Radio Northern Beaches

Listen live on 88.7 & 90.3 fm or stream rnb.org.au
And stream on the Community Radio Plus App



SCAN TO LISTEN

LISTEN LOCAL ON RADIO NORTHERN BEACHES

One Creative

The world of print, design, and signage has evolved significantly since the early 1990s, and One Creative has been delivering the goods every step of the way. Managing Director Scott Richmond reflects on 35 years in business.

What inspired you to start One Creative? I was a graphic designer working for a publishing house and wanted to do something for myself. What started as a small design and print business grew into a full-service signage company.

What were the early years like? Tough. Coming out of a failed partnership that was heavily in debt didn't help. I worked almost 2 years with no salary simply to pay those off. In the early years, it was a very different business, mostly producing printed content, designing magazines and advertising collateral. Long hours, high pressure, but the creativity was exciting.

How has One Creative evolved? We're now a start to finish service that focuses mostly on signage. While we still do design and printing, the majority of our business is signage and installations, with that work mostly produced in house. That covers shopfront and building signage, shopping centre signage, window and wall graphics, vehicle and fleet wraps, event signage and large format printing – all designed, produced and installed by our own team.

Who are your customers? Our customers vary from large multinationals, through to SME and one person operations. Lots of retail centres, retailers, schools, businesses in travel, health-care, beauty, entertainment, hospitality, tradies, the list goes on. Closer to home, we've worked with businesses, schools and organisations right across the Northern Beaches, while also looking after shopping centres and national retail brands across Australia.

What problems are you solving for them? We are a solution-based service. We work with our clients to develop ideas to solve their marketing and branding challenges, and how they communicate with their customers. Because design, production and installation all happen under one roof, we can look after a job from the first



Scott on the tools at One Creative's Belrose HQ

idea to final install. Our clients deal with people who know and understand their business.

Do certain moments stand out strongest? My whole family has worked in the business at one point or another, all my sons and even my wife Kaz, which is very special. And watching my son Keegan take on increasing responsibilities to now be our Operations Manager, overseeing the day-to-day running of the business, has been very rewarding. I am incredibly proud of them all and what we manage to achieve. Being family-owned is a big part of how we work with our clients, from larger projects such as rebrands and development sites to supporting new business, such as a brand-new swim centre in Mona Vale, Next Generation Swim Academy, and a rebranding roll out for The Village Chef across shopfronts and delivery vans. Seeing a business open with signage we've designed, built and installed never gets old.

Are there any fundamentals to staying in business for over 35 years? Treat your business as a responsibility, not a privilege. Be proud of what you do, the service you deliver. Always aim to exceed your client's expectations. That approach has allowed us to develop long lasting relationships. Embrace the fact that the professional environment constantly changes. Adapt and adjust, staying open to new products, new ideas, new ways to deliver better service. And most importantly, take great care of your team, they'll take great care of your business.

For your print, signage and graphic design needs, contact **One Creative** on **(02) 9986 3322**, Email info@onecreative.com.au Website onecreative.com.au

Get to know Dr Jessica Lai

Patients of the Northern Beaches have long benefited from the care of Dr Jessica Lai. An experienced General Practitioner with a special interest in skin cancer and melanoma medicine, Dr Lai is known for her thorough, considered approach and commitment to high-quality patient care.

Dr Lai completed her medical degree at the University of New South Wales and has undertaken further postgraduate training, including a Master of Surgical Sciences from the University of Edinburgh and a Diploma of Child Health. She has worked across hospital and general practice settings, and has also gained broad experience in metropolitan and

regional areas. This diverse clinical background has helped shape her holistic approach, with experience across surgical care, paediatrics, women's health and family medicine.

Dr Lai has a strong interest in children's and women's health, offering antenatal care visits to support expectant mothers throughout pregnancy in partnership with hospital based maternity services. Dr Lai has also undertaken postgraduate training in skin cancer medicine and dermatoscopy and is a member of the Australasian Skin Cancer College.

Dr Lai offers weekly skin clinic sessions focused on the early detection and management of skin cancer. These



appointments allow sufficient time for careful, comprehensive skin assessments, an important consideration in Australia, where regular skin checks play a key role in maintaining long-term health.

As we head into summer, now is the ideal time to book in for a skin check, and stay on top of your skin health before the warmer months return.

SOUTHEASTERN medical CENTRE



The best care for your best friends

Your pet's health and happiness is our priority. Serving Sydney's Northern Beaches since 1982.



ADDRESS 55 Ethel Street, Seaforth
PHONE (02) 9949 1288
WEB seaforthvets.com.au

Some decisions change everything.

The lawyer you choose is one of them.

For more than 80 years, MCB Lawyers has helped Northern Beaches families, professionals and businesses protect what matters most.

- CLEAR ADVICE.
- STRONG ADVOCACY.
- REAL RESULTS.

MCB MARKS CLEOFF BOVA
LAWYERS

02 9977 1133

info@mcblawyers.com.au

Suite 505, Level 5
22 Central Avenue
Manly NSW 2095



OFFICIAL LEGAL PARTNER OF THE
**MANLY WARRINGAH
SEA EAGLES**

LOCAL KNOWLEDGE. | LASTING RELATIONSHIPS. | GENERATIONS OF TRUST.

Raven geniuses

You know those big black birds we usually call "Crows"? Well, they're probably "Australian Ravens" and they're something pretty special

The Corvid family of birds originated in Australia millions of years ago and they're now found around the globe.

This continent now has six native Corvid species (three crows and three ravens) and it's not easy telling them apart. The Australian Raven (called "Wugan" by Sydney's Darug people) is the one that "rules the roost" in our area. They have distinctive white eyes and a call that ends in a deep drawn out ahh ahhhh (sometimes described as the "dying man's wail"). Their repertoire includes up to 80 additional sounds and an enhanced larynx gives them the ability to mimic other birds, humans and even car alarms! They're also accomplished acrobatic flyers.

Australian Ravens eat both plants and animals and will feed on everything from insects, eggs and seeds to fruit, lizards and small mammals. Hunting in groups, they can sometimes kill prey twice their size. They are also scavengers and are often seen hopping cockily across the road to pick through suburban bins for scraps.

They will also prey on weak and sick animals, which gives them a bad reputation, but serves the function of strengthening gene pools. Their only natural enemy on the Northern Beaches is the Powerful Owl. Living for more than a decade in the wild they mate for life, building large stick nests in tall trees lined with grass, feathers and sometimes rubber strips from windscreen wipers!

Internationally, ravens have accumulated three collective nouns, all steeped in history:

1. An **"unkindness"** of ravens first appeared in The Book of St Albans in 1486 when there was a misconception that ravens were uniquely cruel parents.
2. A **"conspiracy"** of ravens is derived from when a group of birds form around carrion looking like they are hatching a plot.
3. A **"treachery"** of ravens comes from the ravens' association with medieval battlefields where they arrived as grim scavengers and harbingers of doom.

Ravens are symbolic in many cultures. Apollo said they brought good luck. Norse people thought they were a sign of evil. In Tibet they



Our Aussie raven

were messengers from the Gods. In France, people believed they were the souls of wicked priests. Chinese myths said ravens caused bad weather.

Edgar Allan Poe's famous poem "The Raven" explores the themes of loss, grief and a descent into madness. A small population of captive ravens is notorious for residing in the Tower of London. The traditional legend is that "if the ravens are lost or fly away Britain will fall".

Australian ravens are proven to have the intelligence of a seven-year-old child and along with crows and magpies, recognise human faces. They can hold a grudge for up to a month if you're unkind to them or bring "gifts" (such as bottle tops) to those who are nice.

They have the largest brains for body size of all birds with an especially well-developed hippocampus – the part that's associated with memory, learning and problem solving. They've cracked very complex puzzles under laboratory conditions. They're also known to use tools, such as sticks, to prize out insects from tree bark and will point with their beaks or hold something up to get another bird's attention (the only other animals to make gestures like this are primates).

How lucky are we to live amongst the most sophisticated creatures on the planet.

Words: **Mal Fisher**

For Wild Man Mal's latest updates follow **@thegreenmanly** on IG

Photo: Mal Fisher - IG@thegreenmanly



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.

Get in touch for a clear read on the market, understand what your property's worth, and see what you can buy across the Northern Beaches for your budget.

Having a buyers agent on your side makes all the difference.

Ready to move this Spring? Call 0411 677 690 | Monique@goldmanbros.com.au

monique@goldmanbros.com.au
www.goldmanbros.com.au

Your trusted local buyers agent on the Northern Beaches.



**METSA
BUILDING
CO**

**Custom homes
built for the
Northern Beaches.**

NEW BUILDS | RENOVATIONS & ADDITIONS
GRANNY FLATS | PASSIVE HOUSE

 Master Builders Association MEMBER  AUSTRALIAN PASSIVHAUS ASSOCIATION

0426 894 565
hendo@metsabuilding.com.au



WARRINGAH PRINTMAKERS STUDIO

ANNUAL EXHIBITION

11 - 22 NOVEMBER
10AM - 4PM

CURL CURL CREATIVE SPACE
105 Abbott Rd, North Curl Curl

- A celebration of original printmaking by local artists.
- Artworks and handmade cards available to purchase.
- Explore classes and workshops at our Manly Vale studio.

Opening Event
14 Nov 4pm-6pm

FREE ENTRY
ALL WELCOME



WARRINGAH Printmakers Studio

MORE INFORMATION:
@WARRINGAHPRINTMAKERSTUDIO
PRINTSTUDIO.ORG.AU

SPRING INTO STORM SEASON.

SYDNEY NORTHERN BEACHES.

WE ARE.



SYDNEY'S TRUSTED COMMERCIAL PLUMBING EXPERTS.
RESIDENTIAL MAINTENANCE

24/7 EMERGENCIES.
HOT WATER SYSTEMS
BLOCKED DRAINS
LEAK DETECTION
MONTHLY PROMOS



1300-375-893
www.squirtzplumbing.com.au
service@squirtzplumbing.com.au

Squirtz Plumbing

When fear gets behind the wheel

Triggered has become a word we throw around casually. But a true trigger is specific: a present experience activating a past pain, flooding the body and nervous system until our brain struggles to tell then from now. And not all triggers are created equal. Some we can weather with a hug, others shake a relationship to its core. Knowing which you're in change everything.

Level one: one of you, something external

One partner is dysregulated about something outside the relationship: work, family, a friend. Because their partner isn't part of the "problem," support comes more easily. The upset person can lean in for comfort and care or ask for space. Co-regulation tends to flow.

Level two: both of you, something external

You both come home frazzled. You might be short and sharp with each other, but the relationship itself isn't in jeopardy. Repair is quicker, accountability comes more easily. "Sorry, I had a rough day and didn't sleep well." "Me too. I keep stressing about money. I was short with you."

Level three: one of you, about us

Here, things get harder. Imagine pouring your heart out, and your partner scoffs, rolls their eyes, walks away...like your mother did. Old wound floods in. Now it's relational. The person you turn to for support has become the person who created or exacerbated your pain. Here, you have a choice. You can lean in, or self-regulate or seek support from someone outside the relationship (a friend, colleague or family member) first. It isn't your partner's job to co-regulate you, especially if your dysregulation hurts them. They need to feel safe too. Either way, leave the door open to come back together.

Level four: both of you, about us

The most distressing. Both partners are triggered by each other and the relationship itself. The foundation shakes. Fear gets behind the wheel. We might say things to make the other hurt as much as we do, use their vulnerabilities against them, threaten to leave, tell them they're just like their father. Often we don't mean it. But the impact is felt long after the trigger subsides.



So, what do we do?

Name the level.

Asking "Is this about 'out there', or about 'us'?" Is it one of us, or both?" slows everything down. A shared language ("I think we're at a level three") lets you face the pattern together instead of being swept away by it.

Let the most regulated person lead.

At level one, one of you is still on solid ground. That person becomes the anchor, offering the safe haven the other needs. At level three, the calmer partner may be part of the hurt, so leading looks different: own your part, stay steady and keep the door open.

Check your history.

If your reaction feels bigger than the moment, ask what older pain it's touching. Saying it out loud ("I think this is about my mum") can turn a fight into a moment of intimacy.

At level four, stop the damage.

When you're both flooded, resolution isn't possible. Agree on a pause signal in calmer times, then take time apart to self-regulate or lean on someone outside the relationship. Twenty minutes is often enough for the body to settle. Commit to coming back, then repair. Without this, a poorly handled trigger can create brand new relational damage.

The goal isn't to never get triggered. We all will. It's to stop hurting each other while we are.

Words: Scout Smith-O'Leary

Scout offers relationship counselling for couples, individuals, and families in Manly, Narrabeen & online. Call **0481 531 555** or visit www.thelovescout.com

Image: ChatGPT

The Romantic Times

VOL. 147, NO.5



SPECIAL EDITION



BREAKING NEWS

* THE LOVE SCOUT *

KEYS TO A SUCCESSFUL RELATIONSHIP



- | | |
|--------------------------------|-----------------------------------|
| ☐ LOVE | ☐ BOUNDARIES |
| ☐ INTIMACY | ☐ HEAL |
| ☐ SAFETY | ☐ SECURITY |
| ☐ RESPECT | ☐ UNDERSTAND |
| ☐ LISTEN | ☐ BOND |
| ☐ SUPPORT | ☐ FORGIVE |
| ☐ GROW | ☐ RESOLVE |
| ☐ TRUST | ☐ COMMUNICATE |



The Love Scout
Relationship Counselling

Better Relationships.
Better Life.

Call **0418 531 555**

Visit www.thelovescout.com

Local love expert, The Love Scout, will help you improve communication, enhance intimacy and resolve conflict. ASAP. Don't delay. Make that call. You'll wish you had done it sooner.

RELATIONSHIP COUNSELLING THAT WORKS

*Book!
Now!*

Pittwater Artist's Trail

On Saturday 21 and Sunday 22 November (10am–4pm), the Pittwater Artist's Trail once again opens its studio doors, inviting visitors to step inside the creative spaces of twenty Northern Beaches artists.

The Studio Trail has become a much loved local tradition, offering a rare chance to meet the artists, ask questions, and sometimes even witness the making of a work in real time.

Visitors say the Trail feels more intimate and enlightening than a gallery visit. With more artworks on display than at the group exhibition, and with artists present in their own working environments, conversations unfold naturally, and curiosity is always welcome.

The diversity of work is one of the Trail's great strengths: mosaics, mixed media, abstract paintings, award winning photography, seascapes and landscapes, detailed drawings, watercolours, acrylics, oils, ceramics, waste to art pieces, fibre and metal art, marine inspired works, and wood sculpture. Much of it is shaped by the beauty of the Northern Beaches environment that surrounds us.

This year, the Trail also embraces a new initiative – born from recent roundtable discussions – the creation of a special artwork that will support The Women's Resilience Centre, a local charity dedicated to strengthening community wellbeing.



Dennis King's welcoming canvas

Each artist will produce a unique piece to be exhibited during the November Open Studios, with a portion of its sale donated directly to the charity. It's a small but meaningful way for our creative community to give back, and we hope it inspires future collaborations between artists and support organisations.

Visit pittwaterartiststrail.com for all details on the artists and the specifics of the trail map

Pittwater Artists Trail

OPEN STUDIOS

November 21 & 22

10am - 4pm

Visit artists in their studios

Details:
pittwaterartiststrail.com

Instagram:
[@pittwaterartiststrail](https://www.instagram.com/pittwaterartiststrail)

SCAN FOR MAP



Mr Jeff blowing up on stage

Art & Culture

The Quizzical Mr Jeff

Have you ever seen someone get into a giant balloon, juggle eleven hula-hoops or do amazing tricks with glass balls? If not, then you haven't met *The Quizzical Mr Jeff*! The greatest circus showman and magician you will ever meet!

The Quizzical Mr Jeff is a circus showman with all sorts of tricks, a magician who is amazing at object manipulation, illusions, and he's really funny whilst doing it. As an award-winning circus showman and magician, he has won several awards, including the Weekly Best Circus at Perth Fringe World and the Melbourne Magic Festival Artistic Excellence Award.

His show is funny, magical, engaging, mysterious and he uses a lot of audience participation. I liked the part when he made interesting shapes like a magnificent butterfly with hula-hoops. I loved it when he blew up what looked like a massive whoopee cushion, but it was actually a giant balloon. He put his head in it (don't try that at home!) It looked like he had a giant pink head, which he then bounced around till it burst! It was so cool and loud.

He also conducted a fake band that my dad got picked as a volunteer for, despite him trying to avoid getting chosen. He had to play the invisible triangle and dance the 'Can-Can'. I haven't been able to stop singing that song since... I'm even singing it while I'm writing this review!

The Quizzical Mr Jeff is suitable for all ages. The show is made to be family-friendly, mixing circus, magic, and humour, making it a great show to share with other people. I rate it 5 out of 5, another spectacular Glen Street show.

Words: **Jacob Stagg**, Junior Theatre Reviewer

AIPT
AUSTRALIAN INSTITUTE OF PERSONAL TRAINERS

ELITE PERSONAL TRAINER PROGRAM

REGISTER YOUR INTEREST NOW

FOR THE ELITE PERSONAL TRAINER PROGRAM

SSS0021

CERTIFICATE III IN FITNESS

SSS0221

CERTIFICATE IV IN FITNESS

NO ATAR, NO WORRIES

YOUR CAREER IN SPORT STARTS HERE

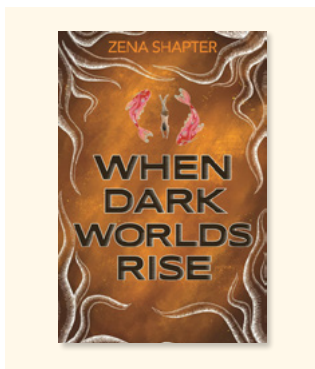
DIPLOMA OF SPORT/DIPLOMA OF LEADERSHIP AND MANAGEMENT INFORMATION SESSION

(51560322 / 85860420)

SEA EAGLES
SPORTS BUSINESS ACADEMY

CHIEF PROVIDER CODE: 65006
REGISTER TRAINING ORGANISATION CODE: 0026
INSTITUTE OF HIGHER EDUCATION: PPH0000

tafe
NSW



Fact, fantasy or fiction, take your pick

Paige Turner Reviews

Books about how far people will go for what they believe in

At first glance, an international true-crime exposé, a young adult science fantasy epic and a high-stakes legal drama share nothing in common. Yet, this month's standout reads are bound by a powerful, timely thread: the desperate fight against systemic corruption and the devastating reality of parental blindness.

Patrick Radden Keefe's true-crime masterpiece, **London Falling**, begins with the tragic death of 19-year-old Zac Brettler. It unspools into a crushing family tragedy as Zac's parents face an uphill struggle for the truth. Posthumously, they make a chilling discovery: their son was living a double life built on lies, posing as a billionaire oligarch's heir. On a broader scale, Keefe delivers a searing autopsy of London's moral decline, exposing the dark underbelly of obscene Russian wealth and unchecked greed rotting the city's reputation from the inside out.

This theme of parental blindness mirrors the core of

acclaimed Australian writer **Suzie Miller's** brilliant legal thriller, **Inter Alia**. Centred on respected London judge Jessica Parks, the story fractures when her 18-year-old son is hit with a devastating criminal accusation. Just like Zac's parents in **London Falling**, Jessica is blindsided to discover how little she truly knew about her child's hidden anxieties, his secret online world and the contemporary youth culture trapping him. Miller delivers a taut, stomach-churning look at modern motherhood and institutional bias, showing how easily the rigid boundaries separating our professional morality from our family lives can shatter.

Bizarrely, the real-world decay and deception exposed by Keefe and Miller perfectly mirror the hostile, crumbling ecosystem in **When Dark Worlds Rise** by award-winning local author **Zena Shapter**. Concluding a stellar 1,200-page trilogy that began with **When Dark Roots Hunt** and **When Dark Waters Burn**

this finale is a testament to Shapter's immense imagination and discipline.

As with her previous books, readers must suspend all judgment and immerse themselves in Sala's underwater universe. Alongside her dedicated friends, fearless Sala fights for good over evil to salvage her collapsing world. Filled with carnivorous tree swamps and giant water-ants trying to hack Sala to pieces, Shapter's treacherous, predatory landscape acts as a vivid, brilliant metaphor for both the luxury underworld of Zac's London and the fractured judicial systems of Jessica's reality.

Whether exploring the factual corruption of a gilded capital, the legal fiction of a family in crisis or the fantastical turmoil of the deep, all three books masterfully capture the lengths to which desperate people will go.

Where to buy

Everywhere, but please shop local. Paige loves Harry Hartog at the Mall, Berkelouw Books Balgowlah and Mona Vale, and Humphreys on Manly Corso.

Words: **Paige Turner**



The bandit of Sunday blues jammers at Valentine's

Live Music

Bandits Blues Jam: a first Sunday tradition

On the first Sunday every month, Chalky's Valentine's Room in Brooky comes alive with the Bandits Blues Jam. Rocking 4-7pm, the BBJ has fast become a staple for local blues enthusiasts and musicians alike.

Hosted by Greg Nunan and Steve Pajor, the BBJ is all about musicians coming together to jam the blues. But it's not just the blues. Jammers dig into roots music across the board, from rock 'n' roll to funk and soul.

"It's an approach that demands a certain fragility," says Greg. "Leave your ego at the door and focus on what matters most in music-making, listening, supporting one another, and lifting the music to be greater than the sum of its parts."

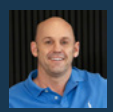
The jam is grassroots in the truest sense, a launching pad for developing musicians, with many jammers getting their first taste of stage experience here. At the same time, it keeps the skills of seasoned veterans sharp, as their experience helps elevate the whole session. It's this mix of fresh nerves and old hands that gives the jam its heartbeat.

The Valentine's Room's velvet curtains and intimate atmosphere wrap around the sound beautifully. With its own bar and a menu worth lingering over, it's an afternoon not to be missed, especially now with the new Bandits Raffle thrown in for a bit of extra fun and a chance to win some goodies.

Jammers young and old are all welcome. The next session is **Sunday, 1 November**. For more details go to gregnunan.com/bandits-blues-jam



CANELLIS
PROPERTY MANAGEMENT



Short Term Rentals
Perfectly Managed

Northern Beaches short-term rental management

117 Old Pittwater Road, Brookvale NSW 2100
0458 151 230 | www.canellis.com.au

SCAN FOR FREE ESTIMATE



Pathway Literacy Specialist Intervention

Reading • Writing • Spelling
HOLIDAY LITERACY INTENSIVES
Limited places available
pathwayliteracy.com.au

SAGE ORGANISATION & STYLING
Cultivating sustainable solutions for liberated living.




Organise your home, clear your mind & simplify your life!

Professional Home Organiser
Home organisation & decluttering expert
Call Bree for a chat today **0424 936 151**
Learn more at sageorganisation.com.au

Antique Art

BUY & SELL

- Manly Vale's home of art and antiques.
- We buy and sell Consignment to local artists

ANTIQUE & ART AUCTION SALE
Saturday 28th Nov, 12-5pm

ENQUIRIES Contact Kim on 0425 270 222
Visit Shop 1/333 Condamine St, Manly Vale



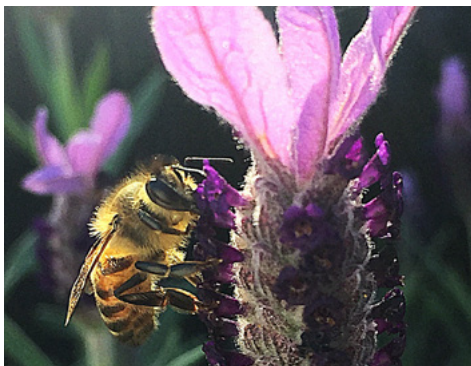
PHOTO OF THE MONTH



Subject See the Frogmouth for the trees
Photographer Robert Sidaway



Subject Oh, the ANTicipation
Photographer Tracey Adcock



Subject Beelicious
Photographer Suzanne Jensen-Lewis



Subject Surely C3 zoning needed for this visitor
Photographer Conny Harris, Oxford Falls



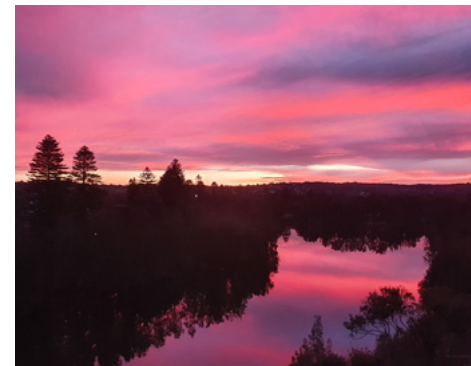
Subject In the flow at North Steyne
Photographer Laura Garcia



Subject A sticky subject
Photographer Marty, outside Manly Library



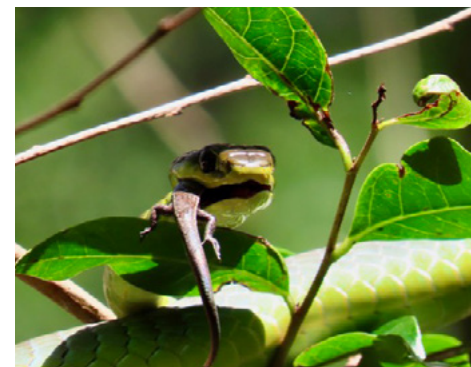
Subject Seahorses romantic waltz
Location Peter Hutchins @peterjhutchins



Subject Queenscliff Lagoon at sunset
Photographer Robert Bowles



Subject Mouth to mouth peanut transfer
Photographer Jens Ward



Subject Afternoon snack at Warriewood
Photographer Ross Smiles

RAZZLE DAZZLE Trivia

1. In which Vale will McDonald's soon begin operations: Mona Vale or Manly Vale?
2. If you wanted to copy something on a computer, you generally hit the Control button along with what letter?
3. In The Lion King, what animal type (excluding Scar) played the villains?
4. What is the most popular (has most users) dating app in Australia?
5. When did the trams stop running from Manly to Narrabeen: 1919 or 1939?
6. What type of classic ballroom dance features an animal in its name?
7. What bird is the newly unveiled Brisbane 2032 Olympics logo designed to resemble?
8. In the NRL Grand Final, how much was the Roosters' victory margin?
9. Legendary surfer Midget Farrelly is celebrated with a rock carving at which beach: Palmy or Collaroy?
10. With a 2-year age gap, who is older, Ben Affleck or Matt Damon?
11. Cashmere is made from which animal?
12. What is the name of Kim Kardashian's shapewear brand: Skims, Shapes, or Kurves?
13. Starting on "Go" on a traditional Monopoly Board, which non-property square would you land on if you rolled a 7?
14. What has Manly Pacific Hotel been renamed to: Mondrian or Elysium?
15. Yes or No: Was Louis Braille, the inventor of the Braille system, blind?
16. In Olympic Weightlifting, competitors perform 2 different types of lifts. Name both (2 Points)
17. Daniel Craig is married to which fellow Hollywood actress?
18. Which South American country's currency is called the "Sol"?
19. According to Pet Insurance Australia, starting with L, what is the most popular name for a female dog in Australia?
20. The Manly Corso Amphitheatre was removed in 2007 or 2012?

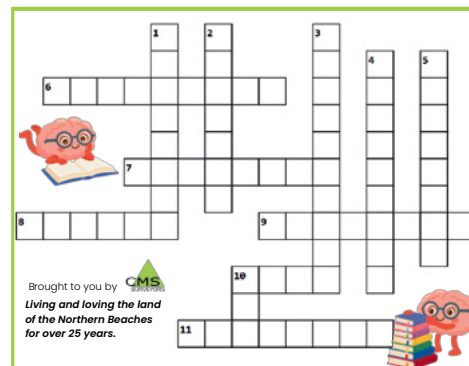
Available for school fundraisers, corporate events, and XMAS parties. For enquiries email razzledazzletrivia@gmail.com

Sudoku Medium difficulty

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

RUMOUR HAS IT

Acclaimed celebrity chef and dedicated middle distance jogger doesn't take too kindly to having his dawn Condamine Street hill sprint regimen rudely interrupted by passing cyclists



Brought to you by CMS
Living and loving the land
of the Northern Beaches
for over 25 years.

THE CROSSWORD "A novel idea"

Across

6. Marchetta's "Looking for ..." (9)
7. Penned Big Little Lies, Liane ... (8)
8. Tolkien first line "In a hole in the ground there lived a ..." (6)
9. Famous book of world records (8)
10. Author of "Matilda", "The BFG", "Fantastic Mr Fox" (4)
11. Nutcote cottage resident that wrote about gumnut babies (3,5)

Down

1. Bestselling Australian non-fiction "The ... Investor" (8)
2. Publishing house with black and white bird logo (7)
3. Aussie kids classic about a cheeky koala (10)
4. "Power of One" author, Bryce ... (9)
5. Trent Dalton's "Boy Swallows ..." (8)
10. Jane Harper debut turned Eric Bana film, "The ..." (3)

LAND SURVEYS | RESIDENTIAL - COMMERCIAL - GOVERNMENT
www.cmssurveyors.com.au (02) 9971 4802

ABLOOM LANDSCAPES

YOUR LOCAL LANDSCAPER EST. 2003

DESIGN . CONSTRUCT . MAINTAIN
Call Now: 1300 225 007
www.abloomlandscapes.com

In2Balance Kinesiology

Calm Flow Balance
0411 361 730
Kinesiology | Access Bars
EFT Tapping | Sound Bath
www.in2balancekinesiology.com.au

CMS SURVEYORS

Land surveying made simple!
Northern Beaches specialists with 25 yrs of local experience
(02) 9971 4802
cmssurveyors.com.au

"Quick and easy, very professional. Highly recommend CMS."

LABRADOR PAINTING

Beating all quotes to keep our quality work local
Internal/External • Domestic & Commercial • 20 years experience
Fully insured • Northern Beaches tradesman
Call Matthew for a free quote
0405 258 627 Lic #234173c

!ABLOOM ACE GARDENING

For all your gardening needs

Restore overgrown gardens • Land & yard cleaning
Trimming • Weeding • Turfing • Tree lopping
Stump removal • Landscape • Retaining wall / paving
Planting • Gerry washes • Rubbish removal
Regular maintenance • Lawn mowing services

Fully insured / 7 days / Lic 291815C

Best hourly rate / free quotes

Chad: 9403 6500 Sam: 0415 817 880

JONO'S BUILDING & HANDYMAN SERVICE

Small to medium building jobs, carpentry, decks, tiling, welding, metal work & more.



PH: 0413 313 299

Builders Lic: 176010C

WATERMARX GRAPHICS

SPECIALTY PRINTERS
9905 8127 . info@watermarx.net
foil stamping . embossing . letterpress print . CMYK

DE SAXE O'NEILL FAMILY LAWYERS

When family life isn't a box of chocolates
02 9948 3820 • www.dofamilylawyers.com.au
Bakery Mews, Suite 6, 67 Wanganella St, Balgowlah



Star Signs

by Krystal Bawl

Scorpio Oct 24 - Nov 22

You've got enough charisma to light up Brookie. Use it wisely. One well-chosen appearance outweighs spreading it thin.

Sagittarius Nov 23 - Dec 21

Your mysterious aura is attracting admirers from all quarters. Enjoy the attention before the mystery is solved.

Capricorn Dec 22 - Jan 20

Stop taking everything so seriously. Throw caution, routine and perhaps dignity to the wind. Fun always wins.

Aquarius Jan 21 - Feb 19

Your love life is out of control, causing havoc in your orbit. Someone is jealous, another is intrigued. All are besotted.

Pisces Feb 20 - Mar 20

Stop aiming for inner peace. It's overrated. Wear something ridiculous, go somewhere noisy, let your wild hairs down.

Aries Mar 21 - Apr 19

You're saying plenty, communicating little. Speak plainly, say what you actually mean, leave nothing to misinterpretation.

Taurus Apr 20 - May 21

Someone will disturb your emotional equilibrium. Don't resist. Enjoy. You're overdue some excitement (and chaos).

Gemini May 22 - Jun 21

Your wit, warmth and wicked timing are irresistible right now. Use your powers irresponsibly, it's silly season after all.

Cancer Jun 22 - Jul 22

Everyone knows you're the person to call when life goes pear-shaped. This time, let someone rescue you.

Leo Jul 23 - Aug 22

You cannot do everything... despite evidence to the contrary. Slow down before your body files a formal complaint.

Virgo Aug 23 - Sep 23

Someone finds your sensible exterior alluring. Don't overthink it. Stay sensible and see where the chemistry leads.

Libra Sep 24 - Oct 23

You're radiating enough charm to get away with anything. Play safe, but some opportunities are too tempting to resist.



What do you want to do more of in Manly?

Manly is all about active mornings and fun evenings.

Tell us what you think about a trial that gives businesses more flexibility with trading hours and entertainment.

A proposed Special Entertainment Precinct trial would let businesses try new ways of operating. The aim is to:

- Create clearer rules for entertainment
- Protect what people value about living in Manly
- Explore more creative and cultural experiences, day and night.

Your feedback will help shape an 18-month trial.



Learn more and have your say
Closing 22 November 2026



Northern
Beaches
Council



northernbeaches.nsw.gov.au

Crossword Answers

ACROSS: 6. Allibrandi 7. Moriarty 8. Hobbit
9. Guinness 10. Dohl 11. May Gibbs
DOWN: 1. Barefoot 2. Penguin 3. Blinky Bill
4. Courtney 5. Universe 10. Dry

Trivia Answers

1. Many Vale 2. C 3. Hyenas 4. Tinder 5. 1939
6. Fox Trot 7. Cockatoo 8. 1 Point 9. Palm Beach
10. Matt Damon 11. Goat 12. Skins 13. Chance
14. Elysium Manly 15. Yes 16. Snatch, Clean & Jerk
17. Rachel Weisz 18. Peru 19. Luna
20. 2007

Sudoku Solution

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

TOBY'S TOOLS
Handyman Services

JG ART Northern Beaches
Mural Artist

WWW.JAKEGRAHAMART.COM
COMMERCIAL | RESIDENTIAL

View Portfolio



**NOW PROUDLY BREWING
ON MANLY WHARF!**



FELONSMANLY.COM.AU | @FELONSMANLY
E ESPLANADE, MANLY NSW 2095