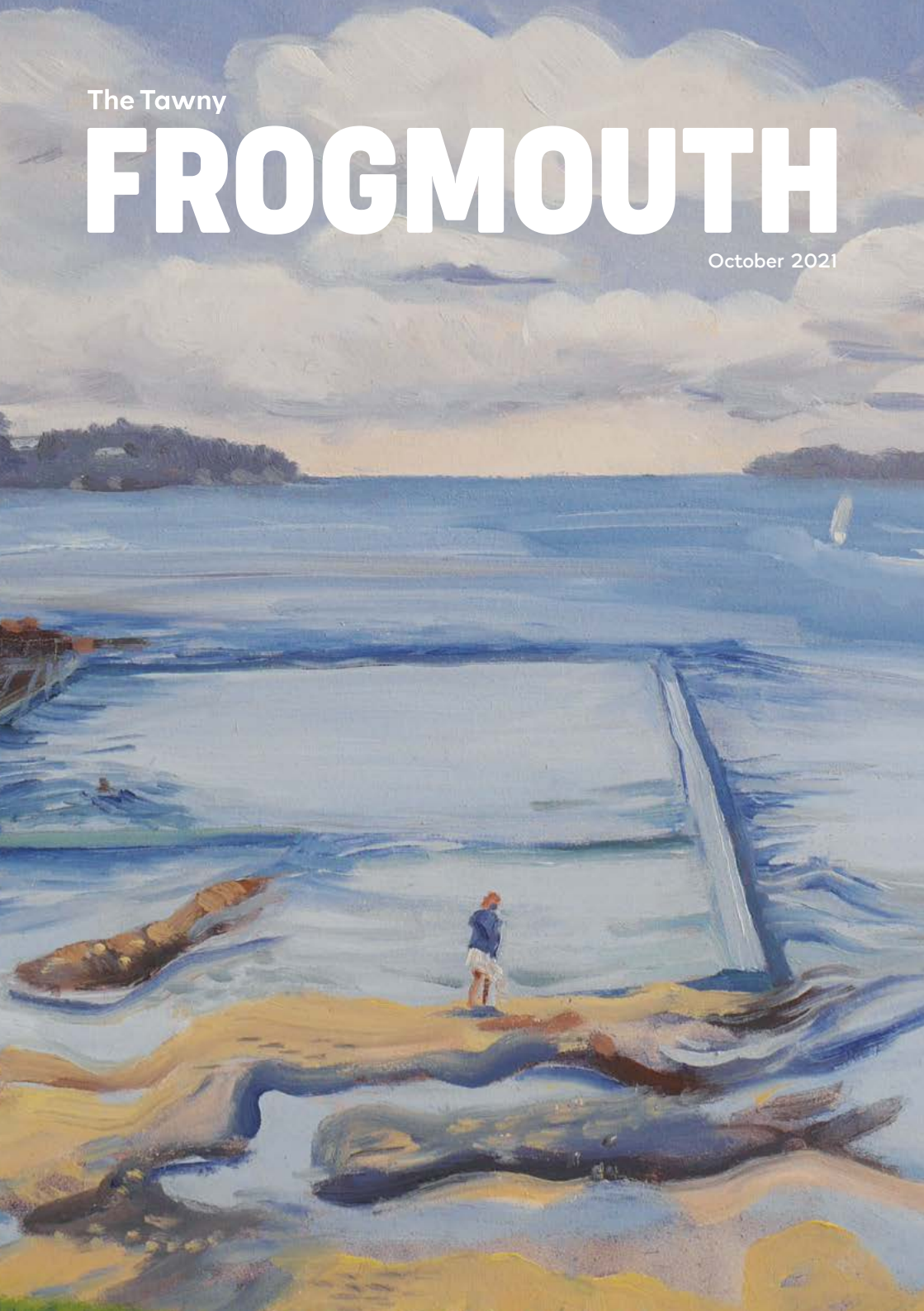


The Tawny

FROGMOUTH

October 2021



VOTE 1

On Saturday 4th December



Let's keep the Northern Beaches **STRONG AND INDEPENDENT**



Mayor Michael **Regan**
Frenchs Forest



Sue **Heins**
Curl Curl

Michael **Gencher**
Pittwater

Sarah **Grattan**
Manly

Ruth **Robins**
Narrabeen

Led by Mayor Michael Regan, the Northern Beaches Council continues to lead us through difficult times and deliver for the community.

We are ensuring the local community is informed, protected and connected.

Another example sees Cr Sarah Grattan listening and working with 30+ Northern Beaches School Captains to help soften the HSC Crisis. With Mayor Regan these young voices were escalated to be directly heard by State and Federal MPs and Ministers creating meaningful change for these HSC students in extraordinary circumstances. Well done Sarah, Michael and Students.

We listen and consult, we work with the community, then work WITH all levels of government, not against them or as a slave to political party lines.

We have:

- invested tens of millions of dollars into local infrastructure.
- increased services for the vulnerable.
- supported our local businesses.
- protected our natural environment and transitioned council sites to 100% renewable energy.



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Authorised by Kym Weekes, 602/697-701 Pittwater Road, Dee Why.

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Daniel V. Balgowlah



huglo.com.au

G'day Beaches

by Liam Carroll



Welcome to Issue 10. The October 2021 Tawny Frogmouth marks a very important milestone, we've reached double digits! That means we've now produced and delivered half a million mags.

It feels like only yesterday my stepdad and I distributed the inaugural edition, covered in sweat, realising just how many bloody letterboxes 50,000 actually is! Mercifully we now have 65 foot soldiers in the Tawny Frogmouth Delivery Army, working diligently to ensure the mag lands safely in your possession.

Huge thanks to Elvina Bay's Michelle Ball for this month's cover art, capturing Fairlight Pool. Our LGA's access to an abundant array of idyllic rockpools, beaches, bushwalks and nature reserves has been a crucial factor in helping us survive lockdown.

Our local environment is truly therapeutic so it's paramount we do everything in our power to stop the absurd PEP 11 proposal to drill for oil and gas off our pristine coast from

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PEFC Certified The Tawny Frogmouth uses paper from sustainably managed forests.

going ahead. Luckily, there's something delectable you can do to help the fight, eat ice cream!

In partnership with Surfrider Foundation Australia, Pepita's Ice Cream in Curl Curl have released 7 "Black" ice cream flavours, raising awareness of the offshore drilling proposal. 100% of the profits will support Surfrider Foundation in stopping PEP 11. "Scoop it to Stop it"

Cheers, Liam

Contents

Issue 10, October 2021

- | | | | |
|----|--------------------------------------|----|------------------------------------|
| 4 | G'day Beaches | 40 | Zen and the Art of... Pub Trivia |
| 6 | Peninsula Wash Up | 42 | Roughtober |
| 8 | Letters to the Tawny | 43 | Making Meditation Mainstream |
| 11 | Hooroo | 44 | Leverage Video for Post Lockdown |
| 14 | Electric Vehicles Charge Ahead | 45 | Manly's Endangered Little Penguins |
| 16 | Behind Every Plaque There is a Story | 46 | PhysioFox |
| 18 | Big Business JobKeeper Recipients | 48 | How to Share the Wealth |
| 19 | How Big Tech Manipulates You | 49 | Ask a Sparky |
| 20 | Sport: Around the Grounds | 50 | The Love Scout |
| 22 | COVID Killing Disinfectant | 51 | What's Doing with Synthetic Turf? |
| 23 | Billy's Clicks | 52 | The Collaroy Plateau Vet |
| 24 | Tinkertank | 53 | Resilience: Your Best Companion |
| 26 | Understanding "Green" Investment | 54 | Izzy's Mumma Files |
| 28 | Innovation in School Program | 55 | Mal's Wild Side |
| 30 | Discover Your Ideal Interior Style | 56 | Music with Digz |
| 32 | Property | 57 | Film & Food |
| 34 | Crimewatch | 58 | Local Photos |
| 35 | Tide Chart | 60 | Paige Turner |
| 36 | Local Artist | 61 | Razzle's Trivia |
| 37 | Young Artist | 62 | Star Signs |
| 38 | Margarita On Tap, Anyone? | 63 | Roll of Honour |



PHOTO: JOHNNY BAYLIS @BILLYCLICKS



Zali Steggall OAM MP
FEDERAL MEMBER FOR WARRINGAH

Let's get vaccinated!

The more people that get the vaccine, the sooner life can resume to what it was pre-COVID-19.



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- Get advice from your GP and book in for a vaccine
- Visit my website for up to date information on where you can get your vaccine zalisteggall.com.au

Stay safe Warringah, we can beat this!

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Authorised by Zali Steggall MP, Level 2/17-19 Sydney Road, Manly NSW 2095.



The race is on to join Freshie Nippers this season

Peninsula Wash Up

by Liam Carroll

Nippers Back to Freshie For New Season

ATTENTION grommies who've turned five before 30 September, **Freshwater Surf Life Saving** is now open for Nipper registration for the 2021-22 Season. Established in 1908, Freshwater is the birthplace of Australian surfing. This season marks Freshwater's 56th year of Nippers, the perfect environment for kids to learn essential surf skills, water and sand training, get a taste of (mostly) friendly competition while also having fun, developing fitness, and building lifelong friendships. Registration is open now via the Club's website - www.freshwaterslsc.com See you at Freshie!

Kamaroi, Kindergarten & COVID

Kindergarten and Covid lockdowns just don't mix! For the bright-eyed young'uns, many have become anxious, irritable, sluggish, and bored, while for parents, lockdown's been incredibly demanding, forced to juggle working from home while simultaneously supervising learning. There'll be no shortage of glowing candidates for Parent of the Year in 2021! But, in spite of the lockdown upheaval, Kindergarten and their parents at **Kamaroi Rudolf Steiner School** in Belrose have embraced the challenges.

Kamaroi's focus on creative play, healthy routines, simple tasks like baking and gardening, and emphasis on storytelling, songs, craft, drawing, and modelling, have helped ensure their educational framework could be readily adapted to the stay-at-home conditions. As soon as lockdowns were announced, Kamaroi

utilised Zoom meetings and created bespoke home learning packages for each child.

These little packs of goodness contained activities that replicated the experiences they would be enjoying at school, including short stories, clay craft projects, simple recipes, and a game for which the children themselves had to forage for the parts. Each child was also given a symbolic orange, picked from the Kindergarten's very own orange tree. For over 30 years, this tree has provided shade, sustenance and beauty to Kamaroi's Kindergarten students, an incredibly zesty way to connect the children to their school environment! Parents have also been the lucky recipients of their children's home recipe culinary delights, with the "homework" of crafting a delicious apple crumble being met with rapturous applause. To learn more about Kamaroi, visit kamaroi.nsw.edu.au or call 9450 1651. Places are available for Kindergarten 2022 and beyond.

The Lions Share: Recycle for Sight

In the past year **Australian Lions** have supplied recycled spectacles to a number of humanitarian groups to distribute in the third world and assisted persons in the Northern Territory to gain the same quality eyesight as achieved in our capital cities. Now in its 30th year, the program reduces our country's land fill by over a million pairs of spectacles annually.

To continue this amazing work, **Balgowlah Lions Club** invites you to donate your unwanted specs that are in good condition, which will be forwarded to the Lions recycling centre in Queensland where volunteers will grade and clean them before sending to developing communities in Africa, Asia and the Pacific. Please call 9948 4389 for your closest drop-off point.

Naked Wines, Frogmouth Gifts

Back in 2012, **Naked Wines** set out to make the world a better place for wine drinkers, a world where the only wine you ever drank was lovingly created by independent winemakers, and where the quality of every bottle was guaranteed top-notch (but you didn't pay crazy prices!) And in great news for Beaches swillers, this month we've joined forces to gift readers \$100 off their first case!

Go to nakedwines.com.au/tnf21v1 and enter the code **TNF21V1** and password **JNW15PJ3** then peruse the range on offer from 62 (and counting!) Australian and New Zealand wine-makers and get clicking to secure your vino. T's & C's apply, available on the website.



Don't wait. Vaccinate. Speak to your GP or visit www.health.nsw.gov.au

*Authorised by James Griffin MP, Shop 2, 2 Wentworth St, Manly. Funded using Parliamentary entitlements. August 2021.

Preparing them for life.

Based on Rudolf Steiner's approach to learning, Kamaroi's integrated curriculum is designed to enliven and enrich the development of the whole child encouraging a rich and solid foundation

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Letters to The Tawny Frogmouth

Shout out to Humphreys Newsagency

Hi Liam, I'd really like to acknowledge the wonderful generosity of Chloe and Mark from Humphreys Newsagency. We asked for a small donation for children flying here from Afghanistan and without hesitation they said yes of course! The suitcases were packed full, with toys, pencils, colouring-in pens and all sorts of stationery for the children arriving on flights that had escaped Kabul. As you can imagine the children had very little in the way of possessions so it was wonderful that Humphreys helped bring smiles to the faces of these little kids who will now call Australia home, while also showing them that they're all very much welcome here. Kind regards, **Kate Paterson**

Sun Tax? Make Fossils Pay!

The Australian Energy Market Commission (AEMC) just ruled that networks will be allowed to charge solar households a sun tax for sharing their energy. Why charge households and small businesses when the coal and gas industry don't have to pay for pumping electricity into the network? Solar households will have to pay up or have their ability to export slashed leading to less renewable energy in the grid. When we know it is so urgent to stop climate damaging CO2 emissions, we

should be encouraging more rooftop solar - not penalising people who are trying to cut their energy bills and do their bit for the environment by putting panels on their roof. Yours sincerely, **Matt Cox**

It's More Than Zero Emissions

Given the UN's IPCC Report that an impending 1.5 degree rise in global temperatures is unavoidable, have you noticed that in every suburb where a modest 1950's home of 2/3 bedrooms and a single bathroom used to be, they've been bowled over, replaced by huge homes of 4/5 bedrooms, 3 bathrooms, double garages filled with massive SUV's and home interiors containing every conceivable electronic gadget? We are all guilty in various degrees. But is this quest for bigger, better, best that ensures the scarce resources of this planet are slowly running out or totally destroyed. All materials come from mining. Most clothes are polyester (plastic derivative). Large amounts of food are now wrapped in unnecessary packaging. It's time to stop just protesting about climate change and look at our own personal consumption. Emission cuts are no longer enough. The climate that has to change is us. We have to cut our own consumption by half and encourage others to do the same. There's no point going to a climate rally with

the best of intentions in your plastic derivative runners, Lycra leggings, polyester 'Save the Trees' T-shirt, holding your iPhone in one hand and plastic drink bottle in the other, then going home feeling good about yourself. To save the planet we must make drastic changes to our personal consumption patterns and boycott firms with planned obsolescence built into their product lines, which ensure further ongoing purchases. It's not too late, but the climate that has to change is us.

John Partridge, Manly

Vote Earth Now! Our Future, Your Choice

Dear people of the Warringah electorate! You are fortunate that your Member of Parliament has written a Climate Bill that is the single best opportunity we have to get our current government to act on climate change. Show your support for this Bill and for politicians who have the guts to do what 91% of Australians want (Lowy Institute poll 2021) when the government has us last in the world (193rd) for climate action (UN sustainability index for climate action 2021). Promise your vote to the politicians who act on climate and we will finally get results. It's free and it's easy to go to voteearthnow.com right now and do the three most powerful actions an individual can to fight climate change: pledge your vote, share with your friends and email your local member of parliament. It takes just 30 seconds and ten clicks and will help save the future for all of us. Let's make parliament vote on Zali's bill! Thank you, **A/Prof Rob Eisenberg, Founder of Vote Earth Now**



Honouring your loved one during Covid lockdowns

During these challenging times, many people are second guessing themselves when planning a Celebration of Life for a loved one.

This can cause undue stress in an already stressful time.

The rules seem to be constantly changing but there are still options available.

I am here to answer all your questions so please feel free to call me at any time on 0401 040 161.

Together we will find the best way to accommodate your needs and give your loved one the fitting farewell they deserve whilst staying Covid compliant.



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Hummus Can a Man Take?

Sorry to qualm you with my own unique quandary, Tawny Frog, but can I just say this loud and clear, I hate hummus. Tastes like vomit, comes in a tub so big you can paint your house with it, and 10/10 times it's on a cheese platter, it ends up in the bin...where it belongs! The only other time you see it is when hipsters Finnish their log session, put their short shorts on and dip non-GMO carrots (that are orange by the way, carrots are actually white before they were genetically modified) into it and pretend how amazing it tastes while they play hacky sack, clogging up precious parking spots of our sacred Northern Beaches. See ya hummus! Nothing further.

Howard U. Lyekit, Wit's End

Environmental Protection Laws

If you think COVID is our greatest threat to life as we know it, think again. Our Federal Government is on the brink of a decision that will affect everyone, forever: whether to strengthen or weaken our environmental protection laws. Currently, these laws don't go far enough to protect our environment. Instead, they enable the government's unrelenting love of mining fossils and destroying forests, literally fuelling climate change. Meanwhile, Australia remains a top 10 global deforestation hotspot - with NSW alone clearing 61,800 hectares of woody vegetation annually - and is the world "leader" in mammal species extinctions. No gold medals here. Without strong environmental protection laws, multinationals will mine and chop every dollar out of the earth until there is nothing

but desert and blasted rock. The only surviving species will be us humans, locked in concrete boxes, watching a warm, dead ocean rise and choke our once beautiful beaches. Mad Max, here we come. Who else is furious?

Linda Hodge, The Wilderness Society (Northern Beaches)

Bush vs Mountain bike riders

This is a plea to all the mountain bike riders out in the bush having a fabulous time. This is undoubtedly a really healthy and fun activity during these tough times but as a bushwalker and nature lover, can I please ask that mountain bike riders stop cutting down trees and creating their own tracks through the bush. Since Covid, this is occurring at massively destructive levels. All sorts of big and small native trees are being dug under or cut down with chainsaws to create jumps and new tracks through the bush. It may be fun, but it is not legal or acceptable behaviour to just create your own track at the expense of the bush. It has become a chronic problem around Manly Dam, Cromer/Narrabeen, Garigal National Park and probably many other tracts of bush around the Northern Beaches. I know all mountain bike riders are not destructive, but it would be good if you were all mindful of the issue and don't encourage it. We cannot get back these beautiful big trees and the ecosystems supported by the bush. Please stick to the designated trails and leave the bush to nature. The NB Council seems quite useless on the issue and the bush can't protest - keep riding but please protect our beautiful bushland. Thanks,

Anne Williams, Seaforth



No more fun, the jumps have gone

Nimby State

During this lockdown I discovered a new sport, dirt bike riding. I'm now obsessed. Every morning Dad walks the dogs and I get to ride around the dirt tracks at beautiful Passmore Park testing my skills and watching the big boys jumping off handmade dirt lumps for fun. It's by far my favourite part of the day. This morning we headed down to the park and discovered the Council have flattened the jumps and put up a sign saying persons were 'damaging native vegetation and/or constructing trails' and that we were being monitored.' I actually cried. And I know I won't be the only one. Mum taught me what the word nimby means. She shouted it really loud. She said she wants to know, who complained? Who actually picked up the phone and complained about kids trying to have some fun and fresh air during a hideous time in our little friendless boring lives? What has become of us? Where does this end? What does it say about our community when our first reaction is to call the cops/rangers instead of having a conversation?

Rory, Manly (scribed by his Mum with creative license)

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Hooroo from the Tawny

Joseph "Joe" Mahn Jenkins
7 January 2002 – 12 August 2021

It is with the heaviest of hearts that we bid farewell to Champion Lifesaver Joe Jenkins. The son of Judy and Mike and brother to Kyra, he passed away in a tragic road accident.

A St Augustine's old boy and an exceptional young member of the North Steyne SLSC Black and Gold Family, Joe was selfless in his desire to help others. Contributing to ocean safety and fearsome in surf competition, Joe was also training to be a high school teacher.

Always smiling, helping others and admired by everyone, Joe will be missed, but our memories of Joe will live on and inspire us.

Personally talk to Ann Wilson and her team

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Re: Council Rates – State

Liberal Government to Blame

Enough blaming the Council for the rates rise. Fact: the rise occurred because in 2016 the NSW Liberal State Gov, with Mike Baird as Premier, began its state-wide forced Council amalgamation process. At the time as a sweetener ratepayers were told amalgamation would herald a new dawn of lower rates and other benefits. When the amalgamations were announced many Manly individuals and businesses wrote to the State Government saying that it was obvious there would be a rates rise, and this has proved to be true for those of us living in Manly. Those in Pittwater and Warringah have had a rates decrease.

Once the amalgamations took place, the State Gov announced there had to be rates harmonisation over the former Councils, and this had to be done by 1 July 2021. Overall, since rates harmonisation came into effect in the Northern Beaches Council 76% of residential ratepayers and 62% of businesses had a decrease in rates - lucky them. Manly's residential rates though increased by 28% and business rates (other than Manly CBD which remained unchanged) by 42%. Looking on the positive side, we in Manly have seen many improvements since amalgamation including new footpaths, upgraded toilets and playgrounds, new landscaping at Manly Lagoon and East Esplanade, complete rebuild of two harbour pools and much more. I did not like the rates rise but I did not attribute any of the blame to the Council. The NSW Liberal State Gov is solely responsible for this.
Julie Beagley, Manly

Great Informative Little Magazine, Thanks

I love receiving the magazine, and I wanted to shop at the Pretty Green supermarket in Brookie after seeing their ad in your September issue, but I don't know how to get on to them. I am old, so I don't know how to download the Pretty Green app but I want to set up home delivery for Manly. Could you help please help with whatever's needed to place an order with them? Just a phone number or email will do. Thankyou.

Robyn Moore, Manly

**Editor's Note: Robyn's home delivered Pretty Green groceries were swiftly taken care of and reports of food and essentials supremacy have been noted.*

The Get Up Cop Out Won't Fly, Sorry Jason

Jason Falinski MP Mackellar made an unwarranted attack on Voices of Mackellar in the Daily Telegraph following their excellent webinar on 18 August with Zali Steggall, Mayor Michael Regan, Richard Denniss and Ian Dunlop. Jason accused Voice of Mackellar of being "iterations of GetUp, left wing groups raising money from unsuspecting people". He states, "The Voices of Mackellar rally" ... "demonstrated that they are not an independent group with non-partisan beliefs." My experience of this group is exactly the opposite. Voices of Mackellar have remained scrupulously non-partisan, actively trying to recruit Liberals to participate in their Kitchen Table conversations. An election hasn't been called

and Jason is already ramping up the childish, divisive, name-calling with his "GetUp" accusation.

The Mackellar MP is supposed to work for every one of us whatever our politics. He doesn't get to avoid difficult questions from anyone outside of his tribe. The Voices of Mackellar webinar was not a "rally" - the participants were all Independents or unaffiliated - there were no Greens or Labor participants. By not participating Jason Falinski made the event partisan by cop-out!

Nigel Howard, Beacon Hill

Paws for Reflection

With the advent of smart phones, TV's, speakers etc. we must also acknowledge that we have the smart dog. These dogs come in all sizes, colours and breeds and are easily recognized by one simple feature. They don't need a lead not even in a leashed area. The only qualification for owning one of these prized dogs is that you be a smart-arse yourself. We all understand what a smart-arse is. You simply need to believe that the rules only apply to other people and that you can be a law unto yourself. The chaos that this would cause if we all adopted this attitude does not register with a smart-arse. Marie of Collaroy noted numerous smart dogs at Manly Dam in her letter to Frogmouth last month. Unfortunately, we will always have the smart dog with us for the foreseeable future because you can't teach a smart-arse new tricks.

Paul, Curl Curl

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

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4 LAYERS
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HIGH WATER
RESISTANCE





Servo's sure aren't what they used to be

Electric Vehicles Charge Ahead

by Dale Cohen, Northern Beaches Advocate

The road has been cleared for electric vehicle (EV) charging across the Northern Beaches.

On Tuesday 24 August Northern Beaches Council unanimously adopted an Electric Vehicle Charging Infrastructure Plan that facilitates the creation of an EV charging network across the Northern Beaches. While most EV owners charge their cars like they charge their phones (at home) people who live in strata buildings face a range of technical and legal complexities that can prevent the installation of EV charging equipment.

Council's plan will see the provision of EV charging infrastructure on Council-owned or controlled land (such as car parks) with the aim of encouraging EV adoption by providing public charging options for strata residents and reducing range anxiety for tourists who visit the area in an EV. Under the plan, Council will roll out EV charging stations that will be pay-for-use, unlike existing Council charging points which are free. Council says the aim will be to recover costs for

infrastructure and electricity, and the fees will be set as part of the annual fees and charges framework.

The system will be operated by a third-party, independent of vehicle manufacturers and agnostic to the type of vehicle being charged, which makes the most likely operator JetCharge, which runs the national ChargeFox network, rivalling the Tesla Supercharger network. The Northern Beaches system may also utilise Brisbane-based Tritium chargers (used by Charge-Fox and the NRMA charging networks) which have been an export success for Australia. With the plan endorsed, charging locations will be selected with consideration of both private-operated and Council-owned EV charging stations in strategic positions.

As one of the best known owners of an EV on the Northern Beaches, Mayor Michael Regan recused himself from the vote but is an enthusiastic

supporter of the idea. "I'm one of the lucky ones and an early adopter of Electric cars. I have my own charger at home, but strongly believe that as we rapidly switch over to Electric Vehicles, governments need to lead the way with either direct investment or encouraging private investment. Council's plan does both and maintains a level of flexibility to be able to change as the market, policy and consumers change.

"I am grateful that the NSW Government is also leading the charge with good policy. I look forward to the Commonwealth now stepping up with their policies and investment in this changing market. There is a real opportunity for federal leadership and innovation on this, particularly with Hydrogen electric technology moving rapidly now. Several car companies are introducing these into the market via fleets.

"The Commonwealth can play a major role in transitioning [the fleet] and investment for this segment combining that with what is happening around the country led by states creating electric highways. I can't say it enough, the Commonwealth needs to be proactive on this.

"The technology is there and is rapidly advancing. We need a policy and plan for the nation, so that we don't end up with the railway issues of non-standard rail gauges across the country. I look forward to playing my part in shaping that policy. It is exciting times ahead," said Mayor Regan.

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- ✓ **Parliamentary Inquiries** into: battery hens, animals in circuses and dolphinariums, Kangaroos, Koalas, and animal cruelty laws
- ✓ **Ended the use of dolphins** in entertainment in NSW
- ✓ **\$33k raised for animal sanctuaries** during the bushfires
- ✓ **6 Councils go fur-free**



nsw.animaljusticeparty.org

 @ajp_nsw

 AnimalJusticePartyNSW

Authorised by C. Ward, Animal Justice Party, LS 13/35 Buckingham St Surry Hills NSW 2010.



James Griffin is calling for Blue Plaque nominees

Behind Every Plaque There is a Story

by James Griffin MP, Member for Manly

Who are the colourful, creative, interesting individuals who shaped our community? What are the stories of our community that the people of NSW should know about? What important historical events have happened in our local area?

The NSW Government is commencing a new Heritage program inspired by the famous and internationally recognised UK 'Blue Plaques' scheme which began in 1866.

Did you know that famous poet Henry Lawson lived in Whistler Street and Darley Road in the second half of 1902? Or that Sir Henry Parkes, the 'Father of Federation', represented the Northern Beaches and regularly used Ivanhoe Park in Manly as an area to deliver huge landmark speeches on social reform?

I am seeking your nominations for some Blue Plaques to be installed in our community. The Blue Plaques of NSW will recognise key sites and encourage people to explore their neighbourhood, connecting with the amazing people and stories that have shaped those places. The Blue Plaques will be a way to bring many other histories and stories alive.

In our community, the plaque could be on a much loved historic building, a place linked to a moment in history, or even somewhere linked to a local hero. By suggesting these sites, we can make sure the places which matter most to our community can be considered for recognition with a Blue Plaque.

The essence of the program is storytelling. The plaques will be linked to a digital interface,

allowing access to the detailed stories behind them. They will form part of a Blue Plaque NSW network, supporting tourism and economic activity.

The place can be a public or privately-owned property and does not have to be linked to a specific person - it can be linked to a significant event or social change that contributed to the stories of our area and development of NSW.

If dedicated to a person, the person doesn't have to be globally notable or famous but must have a special connection to the heritage and history of our community.

We are looking for stories that are interesting, quirky, and fun, along with more sombre stories that should be not be forgotten as part of our history.

The Blue Plaques program will be inclusive of all cultures - any inspiring and important stories that connect us with places and events involving for example (but not limited to):

- Aboriginal people, heritage, culture
- early European settlement
- migrant heritage
- social movements and change
- wartime history
- industrial advancements
- arts and culture
- sport
- historic events that have shaped the story of our area
- and stories of ordinary people who have done extraordinary things (our local heroes).

Whether it be a remarkable building, the two Freshwater Ferries that will continue to operate, the interesting people in our community, there are so many opportunities for the Blue Plaques of the Northern Beaches.

Over the past few years I have secured funding to refurbish the monument dedicated to soldiers on the point at North Curl Curl, the Soldiers Avenue of Honour, supported the heritage listing of Manly Oval and more recently Manly Dam. Now's the time to ensure our interesting history is showcased via the Blue Plaques program.

The Blue Plaques program is part of a \$5 million heritage engagement program funded by the NSW Government. I would love your thoughts on what we can nominate for a Blue Plaque in our area. You can nominate now via my website www.jamesgriffinmp.com/blueplaques

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Illustration by Alex Anstey, @ansteytoon

Big Business JobKeeper Recipients Can't Hide Forever

by Michael West, Michael West Media

Australia's business lobby complains a lot. Taxes are too high, wages are too high, government debt is too high are the common refrains; while pontificating to politicians and anybody who will listen how Australians should conduct their affairs. But where are they on the issue of almost \$100 billion in JobKeeper subsidies from ordinary Australians to big business, many of which did not need it to survive? Slinking about behind the scenes warning the Coalition not to dare disclose who got what and how much, that's where. Silent on the matter of a transfer of \$9,000 per Australian citizen to corporations.

Some \$13b went to companies whose income actually rose, directly to their bottom line. Some of these corporate welfare recipients even splashed it on executive bonuses. It's a disgrace. JobKeeper was effective – though poorly structured – in keeping business going during the

pandemic. But now it should be disclosed; who got it and how much they got. Some of it has been disclosed by companies listed on the ASX. But what of foreign multinationals operating in this country? Where is the disclosure by these entities?

What the Government and the business lobby don't seem to understand is that this will not go away. It will remain a festering stain on the reputation of big business. Every time a business figure talks about free markets, about the government staying out of business, about their heavy tax burden, about regulation and red tape, their views will be treated with disdain, lambasted as hypocritical.

There is no cogent argument against transparency. Peak business lobby the Business Council of Australia has not even bothered to justify it. They have just kept their heads low. The odious AI Group, funded to the tune of \$14m by Commonwealth

grants and by international weapons contractors, has had a crack though, with Chief Executive Innes Willox claiming straight-faced that it should not be disclosed or paid back because it was not a loan: "First, and most importantly a key reason JobKeeper worked was because it was a permanent payment. It was not a loan".

The business lobby and its fawning advocates in the Coalition should realise that they have to bite the bullet and disclose who got JobKeeper, how much, and whether they paid it back if they didn't need it. And yet the business leadership is cowering. Where is Jennifer Westacott on this issue? The chief executive of the nation's peak business group, Business Council of Australia, needs to show some leadership.

Who in corporate Australia is willing to stand up and do the right thing, not just for ordinary Australians but for big business itself? This is the biggest transfer of wealth in Australia's history from ordinary working people to the business elite.

Independent Senator Rex Patrick has sought to bring an amendment to make JobKeeper transparent. That was shot down. Now Labor, led on the issue by Andrew Leigh, is demanding transparency. The Greens and the rest of the cross-bench want it. So ardent however is the Coalition's desire to kowtow to its donors that it is shying away from making any law to which a transparency amendment might be attached.

If the business community wants to be seen as acting with integrity, it's time to bite the bullet on JobKeeper, time to stop hiding.



Image by Alex Anstey

How Big Tech Manipulates You to Serve Advertisers

by Manal al-Sharif, Michael West Media

According to the Oxford Journal of Consumer Research, targeted ads don't just make us more likely to buy, they can change how we think about ourselves. A former Google employee compared the persuasive techniques of Big Tech apps to giving us doses of dopamine. It's designed to keep us hooked and coming back for more.

Big Tech literally governs what people do with their time and what they're looking at. And they've trained us to downplay the importance of privacy; after all, what is there to fear if we have nothing to hide?

Google gives us a map to get us to our destination faster and records every place we have been to. And once you accept the Facebook Data Use Policy, you sign up for a mass psychological experiment. The policy states that Facebook "may use the information we receive about you for internal operations, including research". They might not be a research institute, but they have your consent, data and are thus indemnified against misuse.

In 2012, Facebook ran a mass psychological experiment on 689,003 randomly selected Facebook users, who were divided into two groups. Facebook elected to show only negative content to the first group for a week while showing only positive content to the second. They monitored each group's behaviour. Two years later, the results concluded that when positive expressions were reduced, people produced fewer positive posts and more negative posts; when negative expressions were

reduced, the opposite pattern occurred. In other words, emotions expressed by others on Facebook influence our own emotions, constituting experimental evidence for massive-scale contagion via social networks.

Our moods and behaviours can be influenced by our online interactions, which can be controlled by whoever runs the algorithms responsible for what posts we read and what ads we see. And it is not just advertisers that want to use our data this way. Employers, health insurance providers, law enforcement agencies, the tax department and pretty much anyone who can pay the price to get access to our profiles, can do so.

In 2019, the American Federal Trade Commission (FTC) hit Facebook with the most significant privacy violation penalty in FTC's history. The \$US5 billion fine was issued in the wake of consulting firm Cambridge Analytica having access to private data to micro-target more than 87 million Facebook users. The data was used to interfere with the US presidential elections.

The Norwegian Consumer Council recently published a report calling for a ban on surveillance-based advertising. It argues that the harms outweigh the benefits, which mostly go to a few Silicon Valley billionaires. And as Big Tech has shown little desire to abandon its questionable practices, the report suggests that the last resort is a full ban.

As a minimum, we need regulatory bodies to monitor highly manipulative, highly addictive technology the same way they regulate drugs and tobacco. In the words of Yuval Noah Harari: "If you dislike the idea of living in a digital dictatorship...then the most important contribution you can make is to find ways to prevent too much data from being concentrated in too few hands...These will not be easy tasks. But achieving them may be the best safeguard of democracy."

The only way you can fully protect yourself is to go back to your 1997 Nokia or stop using the internet. Otherwise rest assured, once you go online, nothing is private. Until legislation starts to catch up with the enormous power and reach of Big Tech, the best we can all do is be aware of what they're up to and share that awareness with others.

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Seven years of winning for Manly Touch

Restrictions Easing? Yes! Community Sports? No...

by Matt Cleary, Editor of Beaches Champion

So, there we were, on the couch, watching the 11am Covid-19 Groundhog Day press conference, when Premier Gladys began listing all the things vaccinated people could do when 70% of people aged over 16 in NSW are vaccinated. We'll be able to head to the pub, the races, the hairdressers, even the caravan park in Mullumbimby. And that will be a fine day indeed. But then Deputy Premier John Barilaro said: "Community sport won't be permitted yet." And we at the Beaches Champion sat back and said: You what now?

Can drink beer in a pub. Can bet on horses at a track. Can talk the ears off a barber in Braidwood. But you can't play cricket? Or softball? Or baseball? Or beach volleyball? What's doing, Leaders? So, we emailed NSW Minister for Sport (and Northern Beaches local) Natalie Ward: When can community sport get back on? Does the Northern Beaches LGA need to be 80% fully vaxxed? Anything you

can add? Ms Ward's statement returned promptly: "I am actively championing for the re-opening of community sport at the earliest opportunity. The NSW Government always follows the health advice. Community sport will resume when the health advice is that it is safe to do so." So, there you go. She doesn't know. And she's not going to speculate, either. What's the point?

A senior figure in local cricket doesn't expect play to begin until "late November" at the earliest. However, "the Northern Beaches is at the front of the queue for easing of restrictions once vaccination rates hit 70 percent", according to The Northern Beaches Advocate. "Senior sources have confirmed that preliminary discussions have been held with Northern Beaches Council about the

LGA potentially being an early beneficiary of eased restrictions in recognition of the lockdown the area endured last Christmas," reports The Advocate.

It could, potentially, mean that sports wholly contained with the Northern Beaches LGA – such as "park" cricket, touch football, softball, minor league baseball, beach volleyball – could go ahead earlier than other less-vaccinated LGAs. With cases expected to peak in September, the community is being asked to sit tight and then take little steps out of the morass. And community sport is in the slightly too-hard basket at the moment. Be nice to get to the pub, though.

Good news for the **Manly Warringah Touch Football Association**, which was announced as joint winner, with Balmain Seniors Touch Association, for the NSW Touch Football Affiliate of the Year. It's the seventh year in a row for MWTA with a stoked President Ian Kalms declaring, "It's very exciting. We love winning this prestigious award. It's great recognition for the hard work of our volunteer committee." MWTA's trophy haul continued with their Women's Premier League team named Team of the Year, Hannah Dyball winning Female Player of the Year and Christian Browne awarded Coach of the Year. Over 3,500 kids play touch footy in MWTA every Friday night at Nolans Reserve. Get in touch – pun very much intended – at www.manlytouch.com

Matt Cleary is the editor of **Beaches Champion**, providing daily news about the people and clubs involved in sport on the northern beaches. Read at www.beacheschampion.com.au or scan here:



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Ross Macdougald, ViroCLEAR inventor



Aussie Ingenuity Leads to COVID Killing Disinfectant

by Liam Carroll

What do you get when you combine the smarts of a chemist inspired by the love of his wife and his desire to keep her safe?

The result is **ViroCLEAR** – an innovative, new Australian made and owned COVID killing hospital grade surface disinfectant, that also kills 99.99% of germs and bacteria.

The inventor, **Ross Macdougald**, was inspired to create ViroCLEAR for his wife Lucy who suffers from eczema.

“They say necessity is the mother of invention, so as a chemist, I decided to use my expertise and BioInnovate technology to create a non-irritant, plant-based, anti-microbial product for my wife Lucy who can’t use standard disinfectants,” says Macdougald.

“Surface disinfectants typically contain high levels

of chemicals, which over time, are really tough on the surfaces they are meant to clean. After much trial and error, I managed to create a low chemical, alcohol free, hospital grade surface disinfectant that is so effective that it kills COVID within 90 seconds of contact.”

Daniel Seldon, Managing Director of Frenchs Forest based **Aussie Pharma Direct** who distribute ViroCLEAR, says disinfectants need hydrogen peroxide to kill COVID, but that formulation can take up to 10 minutes to kill COVID.

“Being able to kill the virus within 90 seconds makes all the difference, as in reality, no one is going to hang

around and wait 10 minutes to be protected,” he says. “ARTG listed ViroCLEAR works so well as the formula is positively charged, so it acts as a magnet to attract and quickly kill negatively charged germs and viruses.

Powered by botanicals Macdougald was able to minimise the chemical load by incorporating extracts of native lemon bush and chamomile in the formula which allowed him to reduce the active ingredient of benzalkonium chloride to only 0.12 per cent (about the same amount used in contact lens cleaning solution), as compared to other products that contain five to 50 times more active ingredient.

“With health and safety front and centre these days, ViroCLEAR is another tool to help protect Aussies and maintain optimal health,” says Macdougald.

For enquiries, visit www.aussiepharmadirect.com.au, email sales@aussiepharmadirect.com.au, or phone **1300 783 113**

Dr Neil, Therapeutic Photographer

By Johnny Baylis @billiclicks

Advances in medical technology have come a long way since the 80’s reliance on mercurochrome. Just ask seascape & therapeutic photographer, **Dr Neil Thompson Rees** (ND FILTER FRCATP).

“I’ve developed a suite of images to complement traditional medical intervention,” confirmed Neil (not Dr Nick). “Just like a full blood count I’m trying to support people through as many common ailments as I can”.

The effects of Neil’s images are currently being trialled at SSMC (South Steyne Medical Centre) and early indications appear positive. Northern Beaches patients are reporting increased

patience while sitting in the waiting room.

“Less and less people are reaching for that 18-month-old copy of New Idea,” confirms the Royal Australian College of Therapeutic Photographers, “and that can only be a good thing. What’s clear is photography is still good for the soul. It can lift spirits by up to 60%”

So, Neil’s pitch to SSMC was just what the Dr ordered. “I’ve got the standard array of bright sunrise/sunset pics to help lift a patient’s mood,” he said. “I’ve also got sublime ‘fast flow’ prints to help patients provide that mid-stream sample with ease. For anything more serious there’s



North Curly, @neilthompsonrees

my Big Wave Wednesday set. That’ll get hearts going.”

Unlike Lorna Jane, Neil stops short of claiming his photos are the magic pill. “At the end of the day, two Panadol and a good lie down is probably just as effective.” SSMC agrees in the philosophy behind therapeutic photography. One of their great Dr’s stated, “Neil’s shots are great, but to be honest they’re probably wasted on us. Have you seen the view of Manly Beach out our surgery windows?”

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Julija and students in the TinerTank learning hub

Full STEAM Ahead at TinkerTank

Interview Liam Carroll with Julija McDowell

Thanks to modern technology's frenetic pace of evolution, education now comprises far more than learning the core essentials of reading and writing. Nowadays it's full STEAM ahead in the classroom, where proficiency in Science, Technology, Engineering, Arts and Maths are the fundamental building blocks of a well-rounded education. This can seem overwhelming, but Toronto born **Julija McDowell**, has set up **TinkerTank**, a STEAM focused learning hub that is helping students thrive in the digital age.

What is TinkerTank? We're a technology-based makerspace, here to help students of all ages learn and develop their STEAM skills. We make learning fun and engaging with cutting edge equipment, workshops, challenges and amazing mentors.

How do you help students grasp concepts which many consider difficult to absorb? Our cornerstone is collaborative, project-based learning. This means that students aren't constantly thinking, oh no, this is Science. And Maths! I'm no good at this kind of stuff. They're far more consumed with thinking through the challenge of what the project requires, unlocking their creativity in a more practical sense that doesn't need to fit a certain discipline of education. So, for instance, right now we're helping a dad make a full Iron Man suit that will be 3D printed for his son to have the best Halloween costume ever! That's a unique example, but at TinkerTank it's all about solving

project-based problems first, and then later we can show students that if you break up the components of what they've achieved then, hey, here's a scientific principle you've applied, an engineering concept there, and you've weaved it together by using creativity to solve design challenges that look great and work.

What inspired you to create TinkerTank?

I worked for over 15 years in the VFX (Visual Effects) and Animation industry. And I was incredibly fortunate to work with some of the most talented and creative minds in the world, being part of a team that created blockbuster movies like Jurassic Park, Star Wars and Harry Potter. That entire process of creating, collaboration and construction made me believe that children (and adults) should learn in such an inspiring setting, the genesis of TinkerTank.

How has Covid affected TinkerTank?

Having been very oriented towards teaching students in a physical classroom, we were forced to rethink and reconfigure, but it's actually improved TinkerTank. We still have in studio sessions, but we also offer online classes that are super engaging, entertaining and most of all, educational. We have so many 5 star reviews and it's really exciting to now be available ALL over Australia.

What have been the biggest challenges so far? It's a constant battle having to convince parents and government bodies to understand both the importance of STEAM education, and the nuances of how it is taught. STEAM skills are required in 75% of new jobs today and that number is only going to increase. And the traditional teaching models in schools don't fully engage all the students who may be potentially the most talented, but they require some more coaxing into the material, coaxing that TinkerTank's way of engaging can achieve.

What have been your biggest triumphs?

We've created something unique that I'm really proud of. Beyond that, working with forward thinking schools to ensure they can provide STEAM expertise to their students is extremely rewarding. But nothing comes close to changing the lives of some of our students, and their parents, by offering them a way of learning that really clicks.

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Understanding "Green" Investment

by Maria Loyez, Australian Ethical

When it comes to investing, everyone seems to have gone green these days, which is great given the challenges ahead, but it can be hard to know who and what to believe, especially in the high-stakes world of finance. And given that money, our money, is probably the biggest lever we can pull to truly impact climate change, it's best we all get up to speed with investment industry definitions to ensure no one falls prey to a greenwash bandwagon.

The Magnitude of Superannuation

Across Australia, \$3 trillion is invested through super. Australian Ethical calculated that if everyone put their super into a climate-friendly fund, versus one that was not, it would be the equivalent of reducing our annual carbon footprint by around 78 million tons of carbon (CO2e) or removing 16.9 million cars from the road (nearly all the cars in Australia).

Of course, that doesn't mean that stopping to invest in non-climate-friendly companies will remove their emissions overnight, but it does send a strong signal which can drive a positive change in their behaviour.

Making our Money Matter

The demand for ethical investing is growing massively as people realise the power of their money, but still only a fraction is invested sustainably, so moving our money could create an enormous collective difference.

What is Greenwash?

Greenwashing is when a company or organisation presents itself as more environmentally friendly than it really is and isn't really

focused on minimising its environmental impact. In finance, we see it when funds are rebadged as 'green' without changing the underlying investment philosophy. For example, some funds that are marketed as 'sustainable' or with an 'ESG' badge, still invest in businesses that have very high carbon emissions. It's becoming a substantial concern for the financial industry as ESG investing becomes more popular.

How to Choose a Climate-friendly Fund

Because there is nothing stopping a fund from claiming that it's 'ethical' or 'sustainable' it's important to ask the right questions. Customers should demand transparency, with clear simple information. For example, how rigorously does the fund screen companies it considers for investment? Are you aligned with its investment policy? Does the whole fund follow an ethical investment approach, or just one or two of its investment options?

It's also important to keep an eye out for funds that make misleading or exaggerated claims about their impact. Look for a history of sustainability reporting and quantified impact claims.

The **Responsible Investment Association Australia** has a website to help check www.responsibleinvestments.com.au and www.marketforces.org also analyses where super funds are invested.

Don't Forget Investment Performance

The good news is that sustainable funds have been performing amongst the best of any funds, and funds like Australian Ethical that have been around for a long time demonstrate a long track record of strong performance.

Lockdown could be a good time to get your finances in order and fund the future you want to see!

Australian Ethical is Australia's original ethical investment company, offering both super and managed funds; investing for positive impact for people, planet and animals, and delivering a track record of market-leading returns. Make your money matter! www.australianethical.com.au

*This is general information only and does not take account of your individual investment objectives, financial situation or needs. Before acting on it, consider its appropriateness to your circumstances. You should consider seeking advice from an authorised financial adviser before making an investment decision. Past performance is not a reliable indicator of future performance.

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Manly MP James Griffin with students from St Paul's (pre-lockdown)

Real World Innovation: New School Order

by Greg Twemlow, founder of SEVENmile Venture Lab

I'm one of those fortunate people who get to make a decisive contribution to the skills development of our young people, and in early 2020 I worked on a pedagogical model that I believed reflected the learning needs of students in the 21st century. Then, serendipity got involved, with NSW Education contacting me to inquire about collaborating on designing an innovative experiential learning program for year 9 and 10 students.

The program design is truly innovative, engaging students to develop skills by working on real-world business problems that local business owners introduce. The SEVENmile Directors then mentor students over 14-hours of experiential learning to devise the best solution and develop a compelling presentation for the business owners.

The design project was one of those opportunities that doesn't come along too often, and I was thrilled to design a

learning model that achieved NSW Education's objectives. My SEVENmile Ltd co-Director, Mitchell Filby, had collaborated with me on the program design in early 2020. Then COVID intervened, which meant the pilot was delayed until Term 3.

The pilot did run in Term 3 and 4 of 2020 at St Paul's Catholic College. It was such a success that NSW Education wanted to support more Northern Beaches high schools to run the program in 2021. We did manage to complete St Paul's and Bally Boys high schools in Term 2, 2021, when schools were in normal mode, with students happy to be on campus, learning with their peers.

The program design creates pathways for students and business owners, like students delivering their proposed solution or one that everyone loved, the creation of Student Sustainability Boards. There are almost unlimited pathway opportunities reflecting the extraordinary

creativity of the students.

Manly MP James Griffin was able to be at the final St Paul's presentation and was so impressed his office issued a Media Release the next day. "What is so impressive about this project is that the students have been working on real-life problems faced by local businesses."

Local business entrepreneur, Mark Kelly, CEO of Global Surf Industries, reflected on just how valuable the program was for him and his company. "The outcome from the group work made me think hard about the business and how we were going about things. The students' simple questions challenged my thinking, which has led to changes that have made a real difference, and with the current lockdown, we have been able to increase sales through the Outlet Store by 500%.

The students challenged the words we were using and the inability for the boards to be sold online. Lockdown meant that we had to close the store to the public. We decided that it was possible, changed things around, took 1,200 photos, and edits of the images of the boards. We offered click and collect and local delivery within 75km. The students challenging words were ringing in my ear as to why this couldn't happen when they had challenged me as to why it wasn't online. I realised they were right."

For more info about the **Enterprise in the Community Program** designed for NSW Education, call Greg on **0412 555 416** or email **greg@sevenmile.org.au**

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Authorised by: Johanna Geddes, Avalon NSW 2107 for Mackellar Rising



Interior design for any style and budget

5 Tips to Discover Your Ideal Interior Style

by Sharon Mabin, Simple Lifestyle Interiors

Do you ever find yourself dreaming about beautiful homes you see online? Or feel inspired by your friend's home and fall in love with their style, but not quite sure where to start? Then help is on its way! We've got five tried-and-tested tips to help you identify your dream interior design style and create an atmosphere you'll love!

1. Have a look in your wardrobe Naturally, style is something all of us have, and we all express it in different ways like in our personal fashion. Head to your wardrobe and take note of elements like colours and textures. Perhaps you have a linen shirt that you love? Interior design is no different. Taking inspiration from that well-loved shirt by adding luxurious linen curtains or upholstery to your home will enrich your space and elevate it to the next level.

2. Take stock of what you've got. A great place to start is by

taking note of what's already in your home. Take note of elements such as furniture, décor, colours, and textures you love in your home, and list the ones that you're not quite sure about. Your interior style is likely expressing itself in your home already. It could be time to incorporate more of what you love, and refresh what's not working.

3. Check out your social media feed. If you're the type of person who follows a-million-and-one accounts on social media, then doing a social media interior design crawl may be a good option for you! Browse through your favourite interior designer, furniture, and décor accounts (just to name a few), and create a list of accounts, photos, and styles that you really love. Sourcing ideas from great posts or scouting for amazing furniture that could change your home is a great source of inspiration.

4. Step back for perspective. Have a think about the structure of your home. Is it modern, or more classical? Your interior design style may be heavily influenced from the bare bones of your space. If you reside near the beach, your home may be designed to suit the local environment and introducing elements like blue colour palettes and woody textures could upgrade your space. If your home is more contemporary, then furniture with cleaner lines and cooler lighting and colours could compliment your space.

5. Get crafty with a vision board. If you're like us, you might have a bunch of print magazines laying around in your bookshelf. These magazines could be a wonderful source of inspiration for what you're trying to achieve in your home. Why not set aside some time for a craft afternoon? Grab the scissors, glue and paper and lay out objects, textures, colours, and home-scapes that really speak to you. Alternatively, there are great digital platforms, so why not get browsing and create a new ideas book? It'll be interesting to see how your personal style develops! **Let's get styling!** Interior design inspiration can be drawn from many places and expressed in an endless number of ways. If you're needing help in finding your style or have an interior design project that you want to get started with, then chat with our friendly and experienced team today at www.simplelifestyleinteriors.com. We can guide you from conceptualisation to installation and beyond, plus have a range of products and services to refresh any space, no matter your budget or style.



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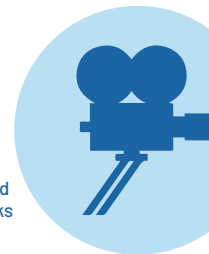
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It's Official! There's Never Been a Better Time to Refinance

Property by James Leader, Shore Financial


With rates now as low as 1.69%, repayments have dropped to \$3,544 per month based on a \$1,000,000 mortgage and a 30-year loan term. Many people are still paying over 3% for their mortgages, forking out at least \$4,217 per month, based on the above metrics. This figure is likely to be higher given that most people's terms would now be less than the initial 30 years. Also, several lenders are offering handsome cash rebates which will be credited to your account upon refinancing to their institution. Let's break down these figures further...

If 'John' has a \$1m mortgage with Bank A at a P&I rate of 3.00% and has 25 years remaining on his home loan, his repayments equate to \$4,743 per month. If John refinances to Bank B at a 1.69% rate, with the same 25-year loan term his repayments are \$4,090 per month. **That's a monthly saving of \$653, a yearly saving of \$7,836 and a total saving of \$226,776 over the life of the loan.**

These figures don't include the \$4000 refinance rebate that John will receive upon his arrival at the new bank.

Refinancing is taking

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between 2-3 weeks to finalise now, and the rebates lenders are offering tend to come and go, so it's worth looking at your options today. The Tawny Frogmouth has teamed up with Shore Financial to make it quick and easy to get a free appraisal of your existing home loan. Make sure you have as much money as possible in your own pockets and not your lender's coffers.

Where's All the Money Coming From?

Property by Hugh G. Lee Inndette

Go back in time to March 2020, and if you had any futuristic, money making instincts whatsoever, after listening to every news outlet and self-appointed, talking head pundit binging on about the impending Armageddon set to wipe out humanity, you would've thoroughly absorbed the information and taken the wisest possible course of action...pinned your ears back to snaffle up every available property on the market and equity on the ASX. Such has been the meteoric boom in prices that anyone who decided to buy in when Covid took hold well and truly executed the deal of the century.

But where's the money coming from now to keep

propping up these assets? Who's buying at these now seemingly extortionate levels? An obvious answer, as above, money's cheap as chips, interest rates the lowest they've been in modern civilisation's history, and the truly meaty unleashing of monumental sums of money is in the refinancing capacities of existing property owners who've watched their own bricks and mortar amass dizzying amounts of equity. Combine this with a sturdy population of homeowners with secure jobs, Covid no issue, whose costs of living have nose-dived with the closing of international borders. When's the last time anyone blew the budget on honeymoons to the

Maldives, ski trips to Aspen or summers in Cinque Terre? That's a wealth of pandemic savings finding homes in investment markets...for now.

What's fascinating as we look ahead, with the abundant double jabbers paving the way to business as usual sooner rather than later, will the money that's been so astutely funnelled to property and stocks during Covid soon find its way back to the more frivolous pursuits that keep the overall economy thriving, and short-term good times rolling, thereby extracting money from property and equity markets that's made March 2020 such a phenomenal moment for the annals of investment?



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Crimewatch

Inspector Con Vikshun

The Seally Hitchhiker's Guide to the Galaxy. Gladys Berejiklian's strict stay at home orders have been tough on all New South Welsh men, women, children and aquatic mammalian carnivores, but a pair of cheeky pinnipeds found a nifty, shifty way to flout pan-LGA movement restrictions, hitching a ride on a bulk carrier off the coast. Intercepted by Water Police and Australian Border Force while basking in the sunshine and safely out of Great White's submarine sushi train lines, the seally duo pleaded with officers to go easy on them, blubbing that it was a first time offence. No charges were laid.

Automated Phone Scams. It's a sad fact of life, but scam artists are among the best paid and most talented operators in the high-stakes world of artistic endeavours, and it appears the Corona pandemic has given rise to a huge increase in con jobbers and brazen swindlers. We spoke last issue about puppy scammers barking furphies, providing fake photos of non-existent pooches, requiring money transfers upfront to progress paws towards cuddly canine rendezvous that will never take place. Barking mad. But a more insipid scam artistry that needs to be put to bed is the automated phone call rubbish that has reached plague proportions.

If you've got a publicly listed phone number, odds are you'll receive at least three calls daily from an automated robotic voice informing you



A couple of seally stowaways busted on the high seas

that there's a warrant out for your arrest, or Border Security has intercepted your illicit package at Customs, or the Australian Taxation Office has found serious anomalies in your financial affairs. In my case, unfortunately, these calls are always spot on and urgent action must be taken, thank you robots.

But for many other residents picking up these calls, they're on the receiving end of an imminent scam and need to be well prepared in how to deal with the occurrence, as well as know how to report the issue and prevent others from falling prey. The most important thing to realise is that even though everyone's time poor, especially the Police, and the digital age means we skirt physical interactions with fellow human beings at almost all opportunities, there is simply no crime or misdeed you could ever commit that would lead to authorities informing you via an automated phone call. So, first assess if the person calling you is indeed a person by asking them this simple question, "Who's the greatest footy player of all time?" Answer, Cliff Lyons. Fact. Should they avoid the question or even falter in coming to the Cliff conclusion, hang up. Forget about it. The robotic caller has no

authority and is likely a Storm supporter. Secondly, the scam callers know it's much harder to avoid picking up an incoming call when the caller's ID is coming up on your phone's screen. You don't know the number, but it appears to indeed be a number and not a private caller. Regardless, it's still very likely a scam. Lastly, if you do listen to the call to hear what's said, NEVER under any circumstances click on any links or follow any instructions that lead you to online (or any) locations. Head instead to straight to Scamwatch (www.scamwatch.gov.au) and report it.

Welcome Fantastic Five. G'day to the five newly sworn-in police officers now patrolling the Northern Beaches. Welcome to the best place on Earth! And congratulations on successfully escaping Goulburn. The probationary constables will be combining on-the-job training with the completion of their Associate Degree in Policing Practice. And if you're reading this, which I'm sure you are, always remember you can call upon Inspector Con Vikshun's local expertise and decades of detective Peninsula detecting if ever in need of a pair of wise eyes, nimble toes and full complement of probing fingers to crack a case.

October 2021 Tide Chart

Info Bureau of Meteorology Tidal Centre Photo Neil Thompson Rees, @neilthompsonrees

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				0419 1.12	0514 1.20	0657 1.30
				0942 0.74	1044 0.66	1235 0.57
				1614 1.47	1709 1.55	1856 1.64
				2309 0.52	2352 0.43	
4	5	6	7	8	9	10
0130 0.34	0206 0.27	0243 0.22	0320 0.20	0359 0.22	0440 0.28	0523 0.37
0735 1.40	0813 1.52	0852 1.63	0933 1.72	1016 1.79	1102 1.83	1150 1.82
1322 0.46	1407 0.37	1453 0.29	1542 0.23	1632 0.22	1727 0.24	1825 0.29
1938 1.72	2021 1.77	2105 1.77	2150 1.73	2239 1.64	2331 1.52	
11	12	13	14	15	16	17
0028 1.39	0131 1.27	0246 1.19	0410 1.19	0521 1.24	0610 0.39	0057 0.36
0611 0.48	0707 0.58	0814 0.66	0933 0.69	1051 0.66	0617 1.32	0703 1.41
1244 1.77	1344 1.70	1454 1.63	1611 1.60	1722 1.61	1158 0.59	1255 0.52
1931 0.36	2045 0.42	2203 0.44	2313 0.42		1820 1.62	1910 1.63
18	19	20	21	22	23	24
0136 0.34	0211 0.34	0242 0.36	0311 0.39	0340 0.43	0408 0.48	0438 0.54
0744 1.50	0821 1.56	0856 1.61	0929 1.65	1000 1.67	1033 1.67	1106 1.66
1343 0.46	1426 0.42	1505 0.40	1544 0.40	1621 0.41	1700 0.43	1740 0.46
1953 1.62	2031 1.58	2109 1.53	2145 1.47	2221 1.40	2258 1.33	2338 1.27
25	26	27	28	29	30	31
0511 0.60	0021 1.20	0111 1.15	0212 1.11	0324 1.12	0435 1.17	0531 1.26
1143 1.62	0548 0.66	0634 0.72	0732 0.77	0844 0.79	1000 0.76	1107 0.69
1823 0.51	1223 1.57	1311 1.51	1408 1.46	1515 1.45	1624 1.47	1725 1.53
	1913 0.56	2011 0.60	2118 0.60	2223 0.57	2317 0.51	

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





Michelle Ball, Eramboo art centre

Local Artist... Michelle Ball

Interview by Quyen Hutchinson

She may have once lived next door to Robert de Niro in New York, but artist and creative director **Michelle Ball** prefers the beauty of Pittwater and days spent painting at her Elvina Bay studio.

What's your favourite beach on the Northern Beaches?

Palm Beach is spectacular — from the lighthouse to the rock pool. It sits under the mouth of the Hawkesbury River and it has West Pittwater, which is my stomping ground, on its back door.

What's the best thing about the Northern Beaches? As my Grandfather used to say, "It has the best climate in Australia — the most temperate."

We have the most stunning ocean views from headland to headland — for me it's an endless source of inspiration.

Where's your favourite place to eat, drink and hang out?

The Newport. This hotel is family friendly with delicious fish and chips. I love the casual atmosphere plus it's

only a boat ride from home. **If you had to live anywhere else in the world, where would that be?** New York. I went there for six weeks and it was so much fun that I had my portfolio sent over and stayed for 10 years. It was here that I taught myself watercolours. I really loved that creative life. My friends would come over to my loft in Tribeca and I would invite the dancers from my sister-in-law's dance company. We would spend the night drawing the dancers — it was fabulous. While I loved that life, and I still love to visit, living on the Northern Beaches gives me access to the city while I can still enjoy the beaches and national parkland.

What inspired your cover artwork? I have been painting local scenes during isolation. A recent favourite is capturing the ocean rock pools, places with happy memories. My young family would walk to Fairlight Pool, which you can see on the cover, when we lived in Manly.

What inspires your artwork in general? Nature and the sheer beauty I see everywhere is what inspires me. There is so much to see and learn. It gives me so much pleasure to paint and I want to share it with everyone.

How would you describe your art? Landscapes are capturing most of my attention just now. I put people in the painting to help express the overwhelming scale. It reinforces our place in nature and relationship to the planet. I have been painting recently on wood. It's easy to transport however my favourite is large scale canvas or rolls of watercolour paper.

How did you discover you had a gift for art? As a small child I was encouraged to be

creative and it always gave me pleasure. I won a community art prize while in primary school — it was the first time my painting was admired outside my family. Then I had a drawing published in a newspaper when I was only 10 and that was the first time that I thought about becoming an artist.

Did you formally study art? When I left school I wanted to do art but my family wanted me to be a secretary so I ran away to Western Australia to escape office life. Knowing that I had to support myself, I decided to do graphic design and film, which was the start of my professional career as a creative director in publishing. **Do you have a favourite part of the artistic process?** The thrill of the new idea and the initial stroke on a blank canvas would be my favourite part of my process — the rest is hard work, concentration, practice and perseverance.

What else are you working on? I'm going to be part of a show at Eramboo, an art centre in Terrey Hills, on December 4th to 5th. I'm working on botanical watercolour lampshades including a desk lamp, a series of printed landscape cards and some small oil paintings of local landscapes. I also have a few other projects on the go at the moment.

How can people buy and support your artwork? I sell most of my work through Instagram [@michelleball.art](https://www.instagram.com/michelleball.art) or my website [michelleball.com](https://www.michelleball.com). I'm very happy for anyone interested in my work to ring me on **0413 518 341** to discuss a piece that they are interested in.

Do you have a guiding principle? My only advice is to practice, listen to others, be kind and be true.

PHOTO: SAM MCADAM-COOPER

Local Young Artist... Risheet Mazumdar

by Liam Carroll

What's your favourite beach? Shelly Beach, where I love to go snorkelling and swimming. **What's the best thing about the Northern Beaches?** It's a very happening place with so many beautiful beaches and a great community. There's always so much to do and see. **How did you discover you had a gift for art?** When I was seven years old at school and I won my first art award.

Have you studied art? No, I'm self-taught, but I've always loved art. And during the Covid lockdowns I've been able to spend a lot of time creating some of my very best artworks. **How would you describe your art?** Colourful, vibrant and playful. I love to show different expressions and emotions through my art. **What are you working on at the moment?** An artwork inspired by Sydney Harbour. **How can people buy and support your artwork?** By following me [@colour_rish](https://www.instagram.com/colour_rish) on In-



Art and fashion! Risheet wearing one of his creations

stagram, you can contact me to buy T-shirts and Covid masks with my artwork on them. **Any advice for other young, aspiring artists?** Art is a free expression and there are no rules. Draw whatever inspires you and make it however you would like it to be. **Is there a famous quote that inspires you?** "Logic will get you from A to B. Imagination will take you everywhere." Albert Einstein. I get inspiration from this quote to use my imagination and creativity to come up with something new.

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It doesn't get more sophisticated than this!

Margarita On Tap, Anyone?

by Katie Cambridge

Do you use your keep cup or re-usable water bottle as much as you can? Take secret pride in your recycle bin sorting? Ever wondered what it would be like to be a mixologist? Or, at the very least, do you (or anyone you know) get thirsty every now and then? If you answered yes to one or more of these questions, you'll be glad to know that not only can you now be a walking, talking bartender with cocktails on tap – but a sustainable bartender at that.

Balgowlah Heights resident **Vicki Lyon** launched **Sophisticated Cocktail Co** in November 2020. Since then, as word got out about these portable pouches (with taps) containing ready-to-drink mixes of our favourite cocktails, the business experienced healthy growth, with the current 2021 lockdowns a catalyst for massive demand from the very thirsty among us. "People drink a lot more than we anticipated!" says Vicki. "Coming into July [2021], the business had doubled in size and then in August, it doubled in size again, so lockdown has definitely fuelled that in a big way. We've gone from producing 200 litres every four weeks to producing 200 litres every fortnight."

With Australia being the birthplace of boxed wine (affectionately known as goon sacks/bags), it's no surprise their chic cocktail cousin has been a massive hit among all adult age groups.

The idea for creating Sophisticated Cocktail Co occurred to Vicki when, like all of us, she experienced life's routines shift as a result of the pandemic. "When we started to come out of the [first] lockdown, I noticed going out for

dinner was quite rigid in that you had to take a 5:30pm or 8:30pm sitting and there was no real opportunity to go to a cocktail bar before or afterwards," she says.

Knowing that people would be doing a lot more entertaining from home, Vicki wanted a way to bring the cocktail bar experience home without the fuss (or, let's face it, skillset) of needing to make the drinks from scratch. And there the portable cocktail hour was born.

The idea behind the goon bag style came about with Vicki looking at packaging that was sustainable and after learning that glass bottles have a larger relative carbon footprint, Vicki opted to use recycled plastic. "Using plastic instead reduces the carbon footprint by about 80%," she says. As eco-friendly they are made, they are to dispose of; you just lie them flat in the recycle bin and remove the plastic tap. To top it off, if you're a bulk buyer or a slow sipper the cocktails last 6 whole months, before and after opening, due to the pressure-flow tap (and alcohol content of course).

On branding, Vicki says the brand is about being "a bit cheeky and fun". The six cocktail varieties, which come in 700ml or 1.5L sized pouches and work out roughly \$7 a serve, each carry their own persona such as 'Tarti Margi Premium Margarita' and 'Vintage Vinny Old Fashioned'. However, no need to worry, Vicki assures me none of these were named after any anyone she knows except, of course, the popular 'Tricki Vicki Gin Martini' named after Vicki herself!

The premium ingredients used are sourced as locally as possible with the pouches produced at a distillery in Brookvale, alongside the gin and vodka used. The fruit, other alcohol and liqueur are sourced within NSW. "The only product we can't locally source or make are the tequilas as this can only come from Tequila [in Mexico]" – and even this is sourced ethically through a "closed loop distribution channel" with a spirits distributor.

A warning - Christmas is their busiest time so if you're thinking of gifting yourself (no judgement here) or enjoying a glass on your socially-distanced vaccinated picnic-of-five, best to get in soon.

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Keep an eye out for Razzle, you can't miss him!

Zen and the Art of... Pub Trivia

Careers by Liam Carroll

On a Wednesday evening 21 years ago, the man they call Razzle (the Tawny's very own resident trivia Dazzler whose quizzing capacities are unrivalled on the Northern Beaches and beyond) was but a wee, wide-eyed 18 year old lad with a thirst to quench and doggies to punt on, alone and swilling at Dee Why Hotel. Grasping an ice-cold schooner poised to pass his lips, and with his eyes locked on the screens where the greyhound likes of Coco, Son of Coco and Santa's Little Helper routinely seek to break the sound barrier while hurtling full pelt after mechanical hares, Razz received a tap on the shoulder, "You here for trivia mate?"

Unperturbed at the prospect of competing solo, he quickly formed a team of one, and as part of the fun and games that night, the host asked each team to tell a joke in order to win some beers between rounds. Unfortunately, owing to the robustly PC culture we now enjoy in 2021, we're unable to print the hilarity of 18 year old Razzle's knee slapper, but rest assured the joke was indeed so side-splitting that the trivia host - who owned the company which ran trivia nights for 30 venues - asked the confident young comedic crowd pleaser if he wanted a job. The Razzle Dazzle Trivia Dynasty was born.

In those early years, the owner of the business would mail Razzle the questions. Yes, that's right, mail them. Opening his letterbox, he'd then take his questions, along with speakers, microphone and his world-renowned criminal fashion sense along to the Dee Why Hotel and Newport Upper Limbs, turning on the charm and revelling in the midweek bright lights to gift pubgoers a truly entertaining trivial pursuit. You see, Razzle's father was a stage hypnotist, a man who was still doing live shows at 89 years of age! Razz grew up watching his father perform in the very same sort of pub and club environments he's now tasked with both informing and amusing, and if you've ever been lucky enough to watch Razzle commandeer a room, it's easy to see the showmanship gene runs strong in his veins, total comfort in front of the crowd, but also dedication to ensuring everyone enjoys themselves too. His father taught him supremely, no doubt about it.

In charge of his own business these days, Razzle takes huge pride in coming up with 50 fresh questions for every single quiz. No picnic when he's running 2-3 per week! This means his antennae are always up, alert to any quirky piece of valuable intel that can form the basis of gripping trivia. He always ensures a healthy proportion of questions are Northern Beaches centric too. Greatest place on earth, rude not to. And whether it be the sight of paper planes flying through the air, teams cheering home random greyhounds at some exotic location like Dapto or Mandurah to win a jug of beer, or an arm wrestle to break the tie of the two top teams at the end of the night, Razzle Dazzle Trivia isn't just about answering questions, it's all about having fun.

In the age of Google and the ease with which people can almost instantaneously click their way to expert knowledge in any field whatsoever, you'd be forgiven for thinking attracting people to sit down for a couple of hours on a weeknight and indulge in the age-old art of trivia would be mission nigh on impossible. But you throw in some Razzle Dazzle and ensure handy, swift access to alcoholic refreshments, trivia's never been more popular. The pubs will be reopening soon so be sure to get along for one of Razzle's trivia nights once you've had your second job. You never know, he might even answer the question so few people know the answer to, what's his real name?

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Roughtober Provides Support for Sydney's Homeless

by Liam Webster

Sleeping rough takes guts. According to the 2021 Street Count, 57 individuals across the Northern Beaches are currently doing just that. Think about being exposed to the elements, the mercilessness of concrete, the constant bustle of the street - it is certainly not for the faint of heart. But how many times have you stopped to consider the individuals themselves in this situation?

Let's face it - we're a judgemental society with prejudices towards others, based simply on how they act or look. But as Daniel Peterson, of Community Northern Beaches says, "you must always ask the why". If an individual is sleeping rough, instead of judging them as lazy, ask why they are sleeping rough. Is it a result of family breakdown? The effects of substance use? It is crucial to understand just how and why people are in the situations they are.

Rough Edges is a Darlinghurst based, volunteer-run organisation that does just that. It prides itself on 'Open hearts, open hands, open

doors.' Offering a community drop-in centre, a Community Assistance Program and Bankisia Women, a support service for female victims of domestic violence, the importance of Rough Edges on Sydney's marginalised communities cannot be understated.

Each year they hold **Roughtober**, an annual sleep-out designed to raise awareness around the issues of homelessness and provide an educational experience for participants. They are running a School & Youth Event on October 15th, and a wider community event on October 29th.

I spoke with Lizzie, who will be sharing her lived experience at the Youth Event, and has a rich story of her own to tell. At 20 years old, Lizzie is now staying in her own apartment in Dee Why. She lived on the North Shore, attended a private school, had all the material possessions one could need - however, she faced domestic violence at home, which worsened her mental health issues. After high school, she

no longer felt comfortable at home, and began couch surfing, whilst still trying to manage study and work.

The unimaginable trauma and pre-existing mental health issues became overwhelming, and she presented at hospital with suicide ideations. In hospital, Burdekin (an NB youth support group) helped her find stable accommodation. Lizzie now has a job, and is studying Law & Psychology, with aspirations of working with children in the legal system. "Don't pretend everything is ok if it isn't" Lizzie said, on not feeling worthy of the help offered, "we have to take away the judgement around mental health, and help people be more open with their struggles."

Sarah-Jane Alley, the Assistant Head of the Senior School at St Luke's, discussed the school's involvement in Roughtober. Coming into their fourth year of participating in the event, Sarah-Jane stressed the importance of creating a deeper understanding around the issues of homelessness for their students. "[They] have any preconceived ideas challenged, and are able to understand the bigger picture of the world they live in." St Luke's have had an intimate connection with Rough Edges for over six years now, and the impact of Roughtober is so great, that one student is donating 1500 masks to Rough Edges. The event is no doubt powerful, as it "creates a wealth of thought for future students."

For more info about **Roughtober** and how you can get involved visit www.roughedges.org/events



Mental health comes first with a 28 for TWENTY EIGHT down meditation

MMM: Making Meditation Mainstream

by Alistair Robinson

This October, which is also Mental Health Month, **Lifeline Northern Beaches** is calling on everyone to put their mental health first.

"We are experiencing a record number of crisis calls and a huge increase in demand for our local counselling services due to the impact of COVID," says **David Thomas**, CEO of Lifeline Northern Beaches.

While demand is increasing, David says that the positive aspect is people are reaching out for support.

Lifeline Northern Beaches provides crisis support and suicide prevention services from Kirribilli to Palm Beach. Along with the national telephone service **13 11 14**, the Balgowlah offices provides local low cost counselling, support groups, free financial counselling, gambling counselling and the community

visitors scheme.

"To offer these services, we rely on the generous support of our community," says David. "We are supported by hundreds of amazing volunteers who give their time to help others. We are also grateful for the financial support of donors."

Last year, local not-for-profit Making Meditation Mainstream (MMM) ran an innovative meditation campaign called **'28 for TWENTY EIGHT'** - challenging Australians to complete 28 meditations in 28 days and raise critical funds for Lifeline. It also earned the title of 2020 Northern Beaches Community Event of the Year.

The event is happening again between 1-28 October,

To take part in '28 for TWENTY EIGHT' visit 28for28.makingmeditationmainstream.com.au

and everyone is encouraged to take part.

Jason Partington, Founder of MMM, is excited to continue his work bringing meditation to the mainstream community while supporting Lifeline.

"We're trying to dispel the view that meditation is only for certain people with certain interests," says Jason. "Through projects like '28 for TWENTY EIGHT', we can bring meditation to people in a way that's inclusive, safe and welcoming - plus, raise money to support mental health along the way.

"As well as raising money for suicide prevention services, you could be establishing a self-care practice that makes a difference in your own life every day."

There's little doubt that Lifeline can make good use of every dollar raised.

"It costs \$39 to answer a call to 13 11 14. While that can seem like a lot, it's a small price to pay for a life-saving conversation," says David Thomas. "So, we're asking '28 for TWENTY EIGHT' participants to consider making a small daily donation for the duration of the campaign.

"Lifeline's 13 11 14 crisis support line receives a call every 30 seconds, so even a dollar a day can help to save a life."

To register, simply visit the Making Meditation Mainstream website (below). You will be able to access live guided meditations every day, plus mindfulness tips and more pre-recorded meditations throughout Mental Health Month.



Leverage Video and Prepare Your Business for Post Lockdown

by Rebecca Clark

Yes, we're in lockdown, but this doesn't mean your business should go quiet. Now's the perfect time to remind people of what you do and how well you do it! And in this new Covid world, video is more powerful than ever to help your business cut through the noise.

Video grabs attention and helps you succinctly tell the world what you do. Since human brains find it easier to watch and absorb visual and audio stimuli, it's easier for you to communicate your message. Plus, by showcasing your people, premises and products, your business instantly becomes more relatable and real.

Still need convincing? 93% of businesses landed a new customer because of a video on social media (Animoto). Video content in emails can improve click-through rates by up to 300% (Campaign Monitor). 84% of people say that they've been convinced to buy a product or service by watching a brand's video (Wyzowl).

Video is a superpower for small business, and today, it's easier than ever to do it yourself! We caught up with Amy Bingham of Itchy Feet Digital for her best tips on DIY videos; until you're ready to enlist a pro.

Tech Ready: Spielberg can make a MOVIE on an iPhone, so surely you can use yours for videos about your business. Invest in a low-cost plug-in mic and a tripod or gimbal to make your production sound and look even better.

Get Social: Instagram re-branded recently as a video-first platform; because video drives engagement. On most social platforms, regularly and consistently posting short punchy videos can turbocharge your channel.

Face Up: People do business with other people, so don't be shy about putting yourself forward as the face of your business. Video is the next best thing to face to face contact and helps your customers get to know, like and trust you more than ever. Be real, be natural and be you, activewear and all.

Candid Content: Audiences get a kick out of seeing what it takes to run your business. Whether time-lapse stocking shelves with new products, snippets of your processes or a sneak peek at your Covid-safe systems. Publish candid behind the scenes content with a touch of humour and your audience will come back again for more.

Be Helpful: As a service-based business, you're an expert on your industry, so sharing your expertise through video will help to build trust and confidence. Simple to-camera tips, how-to videos or a video course means when viewers are ready to re-open their wallets, you'll be top of the list.

Products: If you sell products, a quick, easy and effective way to generate sales is to create simple demo videos of your wares. Stimulate a browsing experience by showing customers what you have in stock, tease a new range or demonstrate how it works. Better still shout about your e-commerce store or click and collect service.

Website videos: With an increased skillset or budget to outsource to the pros, plan and create evergreen videos to entice leads to stay longer on your website (also great for SEO). An About Us video explains what you do, testimonial or case study videos offer proof of your successes and FAQ videos reduce customer doubt or issues even when your team are tucked up in bed.

The hardest video you'll make will be your first. But experiment, have fun and be yourself. For DIY options, these tips will help, but when you're ready to work on something more professional enlist a pro! Amy Bingham is a local video producer, educator and owner of Itchy Feet Digital.

If you want to chat about Social Media, Content Marketing or PR, reach out!
rebecca@the152project.com



A little penguin in its Manly nest

Manly's Endangered Little Penguin Colony in Question

by Angela Saurine and Kim Smee

In February, Angela Saurine was keeping a dead penguin in her freezer. The bird had been found by off duty Australian Wildlife Conservancy ecologist Alexander Watson, and Angela was keeping the bird "on ice" in her Manly home until it could be safely transported to Taronga Zoo, where an autopsy could determine its cause of death.

See, Manly is home to the only colony of Little Penguins in all of mainland Australia. And it's a colony on the brink – the National Parks and Wildlife Service (NPWS) has just completed their count for the 2020-21 season and recorded 23 breeding pairs of Little Penguins, a fraction of its former might.

Taronga Conservation Society's Australian Registry of Wildlife Health project officer Jane Hall confirmed her team wasn't seeing Little Penguins as frequently they used to. "We're not seeing them come in alive very often, and we're not seeing them come into the registry either," she said. "We're not sure what's happening."

In February, a Little Penguin ('Angela's penguin') was found washed up on the beach beside Manly Wharf. Another was found dead on Colins Flat Beach in June. Prior to that, Taronga's previous recorded death from the colony was last November.

Dr Karrie Rose, who is veterinary pathology registrar at the ARWH, said the bird found in February died of blunt trauma, such as a boat strike, which led to an internal haemorrhage.

"It was most likely affected by a boat as it surfaced," she said. "Otherwise, it was in excellent condition." The Little Penguin was an adult female, and as such an important part of the breeding colony.

Ms Hall said that of the more than 300 recorded Little Penguin autopsies over the past two decades, around half of deaths were the result of anthropogenic activities, meaning they were caused by us. This was followed by predation, other trauma and disease. A small percentage died as a result of being tangled in discarded fishing lines, hooks and plastic.

"In 2015, 28 penguins died over a matter of days from a fox at Manly," she said. "Off leash dogs have also been a threat."

But she said the cause of death for nearly a third of Little Penguins was unknown.

A spokesperson from the National Parks and Wildlife Service said the Manly colony was the last breeding colony on the NSW mainland, and over the years diligent penguin wardens and volunteers have worked with NPWS to protect the fragile population from a range of threats, including foxes and cats.

"Unfortunately, the population has not fully recovered from previous oceanic events that limited their food source and devastating fox predation in 2015," they said. "Four penguins were also believed to have been taken by a fox late last year. NPWS conducts a year-round fox management program at North Head as a frontline defence in protecting the penguins and this program was ramped up late last year to limit the number of birds lost."

When the recent count of the breeding colony came through there was talk that this, our last remaining colony, was now unviable. We asked NPWS if this was true:

"While the population is still considered viable, small population does mean that there is little buffer against other impacts such as changes in oceanic conditions, which could impact individual breeding seasons for the long-term Manly population."

Little Penguins have been sighted frequently at Manly Cove this breeding season. However, the penguins are not currently nesting at Manly wharf as they have in previous years.

Kim Smee is the editor of **Manly Observer**, providing online news and updates for the Northern Beaches.
www.manlyobserver.com.au



PHOTO: JAMES PERCY (GETTY IMAGES)



The PhysioFox app is something to smile about

PhysioFox: Taking Physiotherapy Digital

Innovation: Silicon Brooky by Liam Carroll

You might have seen him down at Manly Beach, coaching some of the Northern Beaches own Olympic beach volleyballers, but jump online and you'll see **Dr Sam Halley** is also having a dig at revolutionising how aches and pains are treated in the digital age thanks to his app-based physiotherapy startup business, **PhysioFox**.

What is PhysioFox? It is an app that both provides patients with online access to their staged recovery protocol and reduces the cost of physiotherapy by 75%. We realised a physiotherapist's initial assessment is where their expertise is most valuable. Once the diagnosis is reached, be it torn cartilage, ruptured ligament, strained muscle, or completely bugged back, we discovered the ongoing treatments to get back to full health and fitness could be automated while still ensuring full recovery. It's also good for physios because they get to focus on people who need in-person specialist help. **What inspired PhysioFox?** Our founder, **Nicola Kegel**, was recovering from a knee operation. With two young kids and zero spare time, she got fed up wasting time only to be told by her physiotherapist to keep doing three sets of 10 squats every day. Simple advice like that was

crying out to be automated. Straight forward cases only need straight forward solutions. Traditional physio relies on repeat in-person consultations, which is needed for complex injuries but not for the simpler ones. That leaves most people avoiding physio for more minor but not insignificant pain because of cost and inconvenience barriers. We've removed those barriers.

How does PhysioFox work? If you've been injured and are recovering, you subscribe to PhysioFox for the expected duration of your recovery. You start by working with your physio to strategise the critical points of your recovery plan. From there, the PhysioFox app guides you the rest of the way, cleverly updating your physio's initial rehabilitation program to match your recovery. Your physio will regularly check-in, and you can also chat with them any time you need.

Have you found local people responding well to your innovation? The Northern Beaches community is an ideal population for PhysioFox, full of sporty, outdoorsy, active people. The perfect example are subscribers from the Manly Beach Volleyball School. Their volleyball obsession leads to a ton of overuse injuries, but they're also an intelligent bunch of people who want to be able to fix themselves to keep moving. Once they understand what their injury is, they don't need a lot of guidance to abide their optimal staged recovery, they can utilise the PhysioFox app to make complete recoveries on their own. **Do you have any grand expansion plans?** For now, we're operating business to consumer. But we're also engaged with 24hour gym franchises looking for innovative ways to provide physio to their members. Honestly, insurers could be the biggest beneficiaries. Just imagine the savings on regular physio costs and improved outcomes of people who tackle problems before they blow out. **How can the people of the Northern Beaches invest towards your success?** If you're sore, sign up; if it works, tell others.

Learn more about the PhysioFox app at www.physiofox.com or contact Sam via email at samuel.halley@physiofox.com

Keep an eye out for Sam around Manly, tell him all about your aches and pains.

He's got an app for you!

[physiofox_app](#) [PhysioFox](#)



You've built something great, now how best to share it

How to Share the Family Wealth

by Brendan Ryan, Certified Financial Planner

A friend of mine refers to it as, "The greatest scratch lottery ticket win of all time, owning your family home in the right place." And for many local residents who've called the Northern Beaches home since well before the property boom set off, when it was indeed a modest place to live, they've likely seen their wealth rise in a way they could not have imagined.

Combine the unprecedented rise in value of the family's Northern Beaches home with a dedicated life of hard work and modest spending, some generous superannuation outcomes, strong equity markets and the end result is there are now a lot of local parents of grown up children finding themselves far wealthier in 2021 than they could have ever conceived possible 30, 40 or 50 years ago.

While this is a fantastic scenario to find oneself in, the challenge faced now is working out the best possible way to help their kids (and grandkids). Where this gets complicated is when the kids start wondering the same thing. What next? The best things in life are free of course but there's rarely a dollar that can't help make life just that little bit easier, and that's especially the case for young families struggling to keep up with the costs of living, let alone get a foot on the property ladder.

Before parents start handing money over to their children, they need firstly to be sure their own futures are secure. They also have the right to ensure any financial assistance they provide is effective and working towards achieving desired outcomes.

A further issue that can be very tricky to address is keeping their help fair when they have a number of children with different financial needs and at different life stages.

In terms of security, parents should have an understanding of what they can expect to be spending over the course of their lives, what amount is a comfortable reserve to have (we all want to sleep soundly), how much they should provide for aged care costs (which have gone up in line with property prices). Then there are issues of government means testing for the pension and other entitlements, and the prospect of money given to children being part of a messy divorce fight. Meanwhile, parents may want to see money used in a certain way - and this is where help to buy the family home is good, as is help with school fees.

I often have this type of conversation with my clients. And I'm afraid there is no one-size-fits all answer. But talking it through and thinking carefully about it will certainly make for the best outcomes.

On a side note, my 15year old daughter started a job recently, and with that received a tax file number and set up a superannuation fund account. In 2021, I can be confident her investments are run at low cost, her super fund will follow her between employees, and she can move her money easily between superannuation providers.



Brendan Ryan's Investment Tip:

Do you have a grandchild starting their first job? Have you considered making an extra contribution to their super to kick off their retirement plans? The difference this can make over the longer term can be monumental, and they'll thank you long after you're gone!



For independent retirement and financial advice, visit laterlifeadvice.com.au
You can contact Brendan by email brendan@laterlifeadvice.com.au or call him on **0412 181 031**

Ask a Sparky

with Chris Pemberton



Queenscliff Sparky, **Chris Pemberton** of **Local & Licensed Electrical**, is back onsite, answering your shocking queries.

How does a safety switch work? It monitors the electric current going down the Active table and back on the Neutral. If there's an imbalance, it trips off! The imbalance could be caused by a variety of reasons, but the chief concern is that it's because someone is getting an electroshock, in which case the safety switch will save their life.

Will the safety switch protect my pets? Yes, the safety switch will protect all pets and animals.

Even cats? Unfortunately, yes. Which seems unfair as they have nine lives already. Meow!

How much do I save if I go to LED downlights? 1 halogen powers 5 LED's, so you're making a 500% improvement in your energy efficiency by going to LED downlights.

Are there any other benefits of changing to LED lighting? Not only are they more energy efficient, they also need less maintenance as no bulbs require replacing. They also last much longer than halogens and offer a tri-colour feature too.

What's the difference between the colour temperatures of light globes? Cool White gives off a medical feel and is more of a blueish white. Natural White imitates outside day light. Warm White is a more yellowish colour and gives a warm feel.

Sometimes the switches in my switchboard turn off. Is that something I need to worry about? There are many possible reasons for this, and I would recommend having this looked at immediately to ensure your safety because it is a correctly functioning safety switch that could very well save your life.

How many electricians does it take to screw in a lightbulb? One, just hold the bulb up and the whole world revolves around him.

Got an electrifying question for Chris? Send to mail@thetawnyfrogmouth.com.au and he'll answer it next month.

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Scout showers in self-love

Self-love in Hard Times

The Love Scout by Scout Smith-O'Leary

Self love; it's a buzz word that's bandied around a lot these days, and for some it may conjure up nauseating narcissistic Instagram selfies, but what does it actually mean? Google defines it as a "regard for one's own wellbeing and happiness." So with that cleared up, perhaps it is something we should be taking a lot more seriously.

More than ever, in these strenuous times we have been forced to address our mental health and the things that keep us stable, emotionally regulated and bring us joy. With our freedom being restricted and indefinitely withheld, it is incumbent to our own sanity that we do everything in our power to keep ourselves from going bonkers. As a holistic approach to wellness, I encourage you do between 5-10 of these micro behaviours each day choosing a variety of options as a commitment to your own regard for strong mental health and self love. Here are a couple of ideas, but feel free

to add to the list.

- **Emotional** – call up a friend or family member, watch a comedy skit/movie, Netflix & chill, send some messages out telling people how much you love/care about/miss them, join an online community (men's/women's group).

- **Physical** – give someone a hug, go to the dog park, go for a walk/jog/swim/surf, do a HIIT workout in the park, do a virtual exercise class online at home (zumba), get a boxing buddy, get an exercise accountability buddy (someone who agrees to exercise with you 3 times a week), practice yoga.

- **Spiritual** – write down 3 things you are grateful for, say a prayer, make a wish list, recite mantras or affirmations, meditate, guided meditation, start journaling or voice recording your daily experience, watch the sunrise, watch the sunset, look up at the sky and

the stars, watch the moonrise over the ocean.

- **Experiential** – bake a cake/ share baking with neighbours, write a letter and send it, sit down and listen to one of your favourite albums, learn something new on YouTube, clean out your fridge/garage, get Duo Lingo and start learning a new language, pick up a new hobby (singing/sewing/painting/dancing), take one photo every day of something you are grateful for.

- **Romantic** – prepare a sit down meal with a table cloth and candle for you and your partner, hold hands on the sofa, do 10 minutes of eye-gazing with each other uninterrupted, tell your partner 3 things you love about them, leave post its around the house with compliments.

- **Intellectual** – watch a YouTube video on a subject you know nothing about, listen to a podcast on an area that interest you, call up an acquaintance and ask them about a day in their profession.

To not give a stuff about self love, your own well-being and happiness, means you are implicitly choosing to invest in your unwell-being and misery. We all deserve to live rich, fulfilling and joyous lives, but we must first choose to take action. In normal times, it is okay to have a casual relationship with self love, but under these extremely restrictive conditions, I'm asking you to step up and commit, commit to yourself big time, between 5-10 times a day, because not only do you deserve to be happy, but your sanity is worth keeping!

Scout is a Matchmaker and Relationship Educator.
To learn more about her upcoming dating workshops visit
www.schoolofconnectionsdney.com

Napoleonic EuroVisions, CO2, and Extortionate Shipping. What's Doing with Synthetic Turf?

by Greg Hogan



Mamma mia moment on the battlefields of Cromer

Are you ready for this? After 40 years, they're back. ABBA Voyage: the new journey begins. Remember that crazy wet Sydney Showground live concert, March 3rd, 1977? What's your favourite ABBA hit? Fernando. Dancing Queen. Take A Chance on Me. The Name of The Game. The Winner Takes It All.

Australia proudly took home Gold from Tokyo 2021. So too, our local Council is acclaimed for environmental prowess. Taking a Bronze in 2019 for its renewable electricity goal by 2030. Awarded Silver in 2021, as proud Partner of the NSW Government Sustainability Advantage Program. Council trumpets that it's "committed to becoming plastic free". Sorry, Council's plastic sports field program spreads 20-million-equivalent plastic bags across our playing fields. The strategy, rendered since 2017, neglects the environment.

On July 27th, 2021, Council voted to replace the old plastic carpet at Cromer Park Field 1 with new plastic. It dictated the recycling of the old into different plastic, but in the Netherlands. There will be no turf Bang-a-Boomerang.

Maritime shipping the old plastic carpet across 22,000kilometres of ocean will generate 4,900 kilograms of CO2 emissions, 110 kgs Nitrogen Oxide, 70 kgs Sulphur Dioxide, and burn 64,000 megajoules of fossil fuel. If Council grew 240 mature trees in 2022, it might just

manage to capture the carbon emissions of this polluting act.

In 2021, shipping ex-Port Botany bound for Rotterdam soared from \$2,000 to an historic \$7,000 per container. Rolled-up old plastic carpet will fit ten 40ft shipping containers. So, we sought the thoughts of two turf recyclers in the Netherlands. One told us there is "no logic" shipping the old carpet. A "bad solution", where costs outweigh any perceived recycling benefit. Another said they could accept old carpet from Australia but shipping it "belied environmental sense".

Council also voted to infill the new replacement plastic turf with natural cork. Importing cork from Europe, burning more fossil fuel shipping to Cromer. Pardon the pun, the cork pokes full of holes – from a human health risk assessment and environmental perspective – the continued use of end-of-life recycled black tyre crumb presently infilling Council's six other plastic playing fields.

Cork is an experiment, with different bounce to the football. Three times more expensive. Less dense, more prone to floating during heavy rain. Perversely, regular irrigation of cork is required as it ages. Brittle in our hot sunny clime. A manifestly combustible plastic turf de relleno. Incompatibility of chemical and physical properties of UV stabilizers mixed with fire-retardants might put at-risk this entire outdoor plastic structure.

Our Council forthwith must publish a chain-of-custody for the expected lifecycle of this new plastic turf. All materials must be cradle-to-cradle certified or 100% closed-loop recyclable, at no extra cost to ratepayers.

Historians debate whether Napoleon in 1815 willingly lost at Waterloo, to ensure his inclusion in this 1974 Eurovision-winning ABBA hit. Perchance he foresaw two Nordic goddesses fronting it. His Mamma Mia moment! Thereafter bidding his final days on remote Saint Helena, deep in the south Atlantic, he had no regrets. Unlike our Council's plastic strategy. Oh, yeah. It will meet destiny. The history book on the shelf is always repeating. So, when you're near, can't you hear, their S.O.S.

Do vote on December 4th, 2021.



Tips on Raising Well-Adjusted Covid-Puppies

The Collaroy Plateau Vet by Dr Lewis Hunt

My neighbour asked, “Are you extra busy at work because of all the Covid-Puppies?” It got me thinking about just how many more puppies we now have on the Beaches as a result of Covid. Most older dogs will remember a time when they were mostly left in peace Monday to Friday. But puppies and younger dogs raised since March 2020 are in for a shock when our much-anticipated return to normal arrives, and we have a peninsula of Macaulay Culkin pups wondering, “Where’d everyone go? I’m home alone!” So, what can you do to try and reduce the risk of your new puppy developing problems as things start to return to a more normal way of life?

Socialisation: The first few months of a puppy’s life are the most important for social development. By 12-16 weeks the socialisation window is already starting to close. This means social interaction must start as soon as you get your new puppy and continue into adulthood. The more people (of a variety of ages and sexes)

and animals your pet meets, the better. These interactions should occur in an unthreatening and calm environment. During early socialisation, ensure the dogs and people your puppy meets are calm, friendly and non-aggressive. Always be careful taking a puppy to a dog park as there is a risk they’ll encounter people or dogs who may cause them to have a bad experience. With puppy classes forced online, and the inability to go to other people’s houses, it’s more difficult to socialise your puppy in a safe and controlled environment, but it’s such an important part of development, try and initiate it whenever possible.

Experiencing Different Environments: Puppies need to learn about the range of different environments they will encounter as an adult dog - otherwise new situations may elicit fear, anxiety or aggression when exposed to them later on. Expose your puppy to a variety of noises (e.g. buses, motorbikes, sirens, lawnmowers) and situations (e.g. car rides, cafes, schools,

bicycles/scooters) in a calm and non-threatening way. This means ensuring car rides are not always to the vet. Include trips that result in a new walk or a puppy play date. When exposing your puppy to new (potentially frightening) noises, always remain calm and be ready with a tasty treat or lots of verbal reassurance.

The Importance of Alone Time: Make sure your puppy gets used to spending some time on its own, or at least without your direct engagement. This teaches your puppy to play independently and helps them cope better when left on their own. If a puppy gets used to being left alone during the socialisation period, it will reduce the risk of separation anxiety developing later in life.

Puppy Preschool: I’ve always been a big fan of puppy classes. Not only does it mean the puppies that go through our puppy preschool love coming to the vet (making the visit less stressful for everyone involved) it’s also an excuse for me to disrupt the class and get multiple puppy cuddles without having to give them a nasty needle. Although puppy classes have been forced to become virtual, they’re still a great source of information and training tips and tricks to help raise a well-adjusted dog.

Clearly the Covid-19 lockdown is a great time to get a new pet because we have more time than ever to put into training and socialisation. By ensuring early socialisation, exposing your puppy to a range of environments, and giving them time alone at home, you’ll be helping set your dog up for a happy life post-lockdown.



An admirable sentiment

Resilience: Your Best Companion

by Jennifer Mulveny

When my kids were in primary school, there was a big focus on teaching resilience in the classroom. The school posted the acronym “BOUNCE BACK” with a tip for each letter of the phrase such as “Bad times don’t last”, “Accept what cannot be changed,” and “Keep things in perspective.” The school made little cards for students to take home; I grabbed one for myself and kept it in my bedside table. I figured I could use a little resilience grooming, too - and that was before the pandemic.

Resilience is the ability to recover quickly from a difficult situation - and we all have it. Our inner-resilience often kicks in without even realizing it - similar to a physical wound that heals itself. Our natural buoyancy is beautifully evolutionary, allowing us to protect

ourselves from threats, push through setbacks and carry on with life. Of course, certain wounds hang around longer than others, and some people are naturally more resilient, but we all know what it’s like to feel like we can’t cope with an adverse situation - and then we do.

It’s also part of our evolutionary nature that we are not always able to see through to the other side of our troubles, such as with the current pandemic. We are understandably busy trying to navigate the rules, adapt to working and schooling at home, rebuild a business and watch the news for some glimpse of a roadmap to normalcy. Our default setting is to focus on our challenges.

One exercise to help hone our personal resilience is to reflect on the positive emotions that come with

overcoming past adversities. If you look back on your life (or perhaps even today), you can probably quickly come up with a few rough patches you have overcome (give it a try). There are the “big rocks”: trauma, loss, illness, financial difficulties; and the smaller ones: a stomach bug, a broken oven, missing an appointment, a row with your boss. Now try to recall the feeling of getting better, fixing your appliance, or waking up and not feeling so emotional about a workplace encounter - or finding the ability to smile again after a good cry, and putting one foot in front of the other.

When we can’t see the light at the end of the tunnel, such as this Covid re-run, we tend to ask, “Will it ever end?” The answer is yes. It will end and we will all bounce back in our own way, even if we have some bruises to show for it. Whilst we each have our own journey through this messy time and different ways of coping - there is truly a common and beautiful resilience that binds us all.

For any Ted Lasso fans, you may recall the scene where the football coach advises a player after a tough encounter to be like a goldfish, because they only have a 10 second memory. Certainly, overcoming these times will take more than 10 seconds, but we may be quite surprised at how quickly we rebound to normalcy. When we get to the other side, we should all take a little peek in the rearview mirror to revel in our recovery, even if we have some bumps and scrapes from the experience. Bad times really don’t last - but holding onto that exhale of relief when we come out the other side can sustain us for a lifetime.



Ayka the new arrival fits right in

Family Unity Thanks to a Cute and Cuddly Blue Heeler

Izzy's Mumma Files By Izzy Buda

Like many families during this pandemic, we went out and got ourselves a dog, a Blue Heeler. Not just to appease the children with their love for Bluey, but mainly because my partner had owned many dogs in his life, and he swore Blue Heelers to be the best.

We searched for months on Gumtree. Most Heeler pups were priced at \$2,500, more than double our price range, but one day we found the cutest puppy, female, ears standing up, the biggest of the litter. \$1,000 and she was ours. We brought her home, giving her the name Ayka.

I'd never owned a dog before. My mum hated dogs. She would reel back in disgust if one tried to jump on her or lick her. A pet dog was always out of the question, so we always had cats, rabbits,

chickens, and fish.

When I told my friends of our family's new canine addition, they told me I was crazy. "Three kids and now a puppy?!" That made me quite nervous. But there's nothing crazy about it. Ayka is one of the best presents I could have ever given our family. She's given the kids a sense of responsibility and finally, there's someone smaller than my kids who they can boss around.

I see the immense satisfaction on my daughter's face when Ayka listens to her commands. She feels proud. Ayka now sits, gives her paw, goes outside, goes to her bed and fetches a ball whenever she is told. Also, my son's destructive adventurous nature is now matched by our puppy. They play for hours chasing each other. It's

as though they're both at the same ages developmentally.

Every morning before school we walk Ayka to the park or beachfront. Each afternoon we walk her again. This routine has done wonders for my kids. They are not only in nature more, but they have also learnt discipline, respect and loyalty, all because of our new puppy.

Of course, we've had our moments. Toilet training has proven tough. Puppy pee pads don the floors every night. She also has devilishly sharp puppy teeth and nails, and she likes to nip.

I was unaware of the time-less tricks involved in keeping a pooch under control. This was quickly brought to my attention by my partner when one day, much to his amusement, he walked in to see the kids and I standing up on the couch, scared of this tiny puppy that wanted to nip us.

He explained how dogs need to be dominated otherwise they'll assume this role. I reclaimed my power with Ayka and now she respects all my commands. Ruby followed shortly after and Zico is still waiting for his chance. And I mustn't lie, when she nips him for being a right shit, I find myself saying "See Zico! You can't do that, or Ayka will bite you."

Ayka has made parenting a thousand times easier. I've also found satisfaction in the obedience of my new puppy. At least someone listens to me.

I highly recommend a puppy if you have kids. Do your research and find the best dog for you. A high energy dog is exactly what I needed to match my kids. I also get to say, "Gotta go take the dog for a walk!" whenever I need a break.



Lesser Long-eared Bat

Wing Night!

Mal's Wild Side By Malcolm Fisher

Most of us are familiar with Flying-foxes and have watched their spectacular **aeroBATics** at dusk. But their numbers have decreased rapidly over recent years due to habitat loss and climate change. Their natural diet is native fruit, pollen and nectar which makes them vital tree pollinators. Each bat can disperse up to 60,000 seeds per night, helping keep our forests viable. Flying-foxes can be real party animals, especially if their fruity dinner is slightly fermented! They gossip away raucously to each other during the day, between sleeps, much like the editorial staff of this publication, after an evening sculling "Tawny Grogmouth" Pale Ale!

Until fairly recently there was a colony of around 22,000 Grey-headed Flying-foxes roosting in the Royal Botanic Gardens. This became quite a tourist attraction and it was possible to observe the chattering colony, hanging upside-down, during daylight hours. Unfortunately, the Botanic Gardens Trust decided that the bats were causing too much damage to their exotic trees and with Federal Government approval, evicted them, using loud recorded noises. This was despite Grey-headed Flying-foxes being a threatened species - protected under both state and national environment law! Thankfully many of the relocating bats have been welcomed by the Centennial Parklands Foundation and small colonies have even made themselves at home on the Peninsula, including next to Burnt Bridge Creek, Balgowlah.

This population will be in serious peril if the Beaches Link tunnel proceeds, however, with proposed construction jack-hammering just 120 meters from their "camp".

What you may not know is that we also have nearly twenty species of Microbat in Sydney. These are typically very small. Some are as tiny as your thumbnail and can weigh less than a 10-cent coin! Most Microbats eat only insects, and some thrive on mosquitoes, scoffing down thousands every night. In fact, if bats ever became extinct, insect numbers would soon reach plague proportions (they already save us billions of dollars a year in agricultural pest control).

So why do some people get so illogically squeamish at the very thought of these cute and beneficial creatures? Well, they are wrongly associated with vampires, witchcraft and black magic - thanks mainly to the scriptwriting ghouls in Hollywood.

Bats are warm blooded, placental mammals and are exceptionally clean due to constant grooming. Like humans, they usually have one baby at a time, with occasional twins. They carry their offspring around with them for about three weeks after they are born and continue to breast-feed them for up to 6 months.

Flying-foxes have good sight, and all bats can see with their eyes but the really amazing thing about microbats is that they fly and hunt in darkness using echo-location. They emit ultra-sonic calls and, by scanning the echoing sound patterns, can mentally construct an image of the environment in which they are moving, as well as their potential prey. No wonder they have such big ears!

Microbats roost inside tree hollows and sometimes under rock overhangs, bridges and culverts during the day. Their main threat is loss of habitat and competition for roosts from Indian Miners and feral bees. They are also at risk from predation by cats and rats and are sensitive to pollution, loud noise and bright lights.

Amazingly, this part of the world can even boast a fishing bat - the Southern Myotis. It forages over pools of water in rivers, lakes and small streams, using its oversized feet to scoop along water surfaces for small fish and aquatic insects. It was recently discovered at Narrabeen Lagoon and Manly Dam, adding one more to our local batting average.

Please do not disturb or handle bats. If you find any injured native animal on the Northern Beaches, call **Sydney Wildlife's** 24-hour hotline: **9413 4300**



Seaforth resident, Hayden James chats about his upcoming album

Something About You

Music with Digz by Digby Robinson

Hayden James and I might be Just Friends, but I thought this was the Right Time to see if he'd been going NUMB during lockdown in Seaforth or if it gave him Permission to Love the work from home lifestyle, all while trying to handle a brand-new family of 4.

What have you been doing since lockdown 2021? I had a baby girl right before lockdown named Matilda. That's taken up mine and my wife's time. And I have a studio in my house, so I've been writing relentlessly for my second album which is due for release in April next year.

Can you tell me more about this upcoming album? I'll be releasing the first single, 'Waiting for Nothing' in October. The album will have 10 to 12 tracks in total, which suits me length wise for the vibe of my releases as anything longer I may as well save for later. We have done all the tracking online with my collaborators as I haven't been able to go anywhere.

Who's collaborating with you? I can't tell you but they're people from Sweden, UK and the USA.

Would you have done anything differently if you'd known Covid was coming? I was very lucky. My first album tour wrapped up right before the first lockdowns. A lot of other bands were just kicking off a month before it which sucked. But I was due for a break after heaps of touring. There were releases scheduled but we just held them back and have been waiting for the right time since.

When did you first decide you wanted to try and make it as a musician? I was studying finance at UTS and for beer money I was DJ'ing in the Cross. That's when I started writing music. I knew no one made much money doing it, but I thought it was worth a shot. How cool would it be if I could actually make this happen? So, I released stuff just for fun, but my big release in 2015, "Something About You"

gave me the chance to tour which was awesome. I realised maybe I could do this for a living. But you never feel like you've made it because you've always got the next release coming or the next show to work on. I just want to be better with every new song. **"Just Friends" has been streamed 100million times on Spotify, 200million times across all platforms.** **How does that feel?** I'm just speechless. Those numbers are unbelievable. I think it's so cool that so many people around the world have connected with that song. I remember when 1,000 plays on Soundcloud meant everything to me.

Do you find you have more success locally or internationally? I really love playing to Australian audiences and I feel so much love when I perform here, and I think the music I write suits with Australia a lot. I'm very fortunate to have a lot of fans in Europe and USA but nothing feels as special as playing at home. **What's your favourite thing about living on the Northern Beaches?** You honestly cannot beat where we live. There is such a vibe. I go for morning runs and it feels like the first time every time because it's always different and I think how lucky we are to live here. The water colour, the sun, you have quiet spots and buzz when you want it. I also took up bike riding over Covid which has allowed me to explore the area more. We're just so lucky.

Be sure to check out Hayden's new single 'Waiting for Nothing' on your favourite streaming service

Sour Cream Chicken Schnitzel & Spicy Wedges

Film & Food

by Christopher Roberts @filmandfoodpodcast

Film

Missing the Olympics? Get your sport hit with this month's picks!

Ted Lasso

Both seasons streaming on Apple TV Plus
What would happen if you hired an American college football coach as the new head coach of an English Premier League Football Team? Ted Lasso answers this question with an exceptionally refreshing show that focuses on kindness, empathy, compassion and just being a good person! This show can make you belly laugh like a fool one minute and have you weeping the next, it's such a pleasure to go on the journey as these characters look to defeat the odds!

Ford vs Ferrari

Available to rent on Youtube, Google Play & Amazon Prime
Lagging behind the field in the 1960's, Ford motor company hires Carrol Shelby to design a racecar to defeat the word-leading Ferrari's at Le Mans, with eccentric livewire Ken Miles behind the wheel. Strap in for a pulse-pounding, heart-thumping thrill ride as these pioneers face corporate interference, failures and near-misses to try and conquer the world! A rousing story, spectacular racing action and lots of laughs, this is sure to be one of your new favourites!

Raging Bull

Streaming on Stan
Jake LaMotta fuels his electric boxing performances with anger. His torrid temper twists his mind to think the world is against him. This drive catapults him to title success, but it slowly destroys those around him. An intensely personal film for legendary director Martin Scorsese, this classic film features an all-time performance from Robert De Niro and dazzling fight choreography!

Inspired by Ted Lasso and the pubs of England, we give you a twist on a classic pub meal - Sour Cream Chicken Schnitzel & Spicy Wedges!



Food

Ingredients - Schnitzel:

- ½ cup sour cream
- 2 tsp lemon zest
- 2 tsp lemon juice
- 1 tbs fresh chives
- 1 tbs chopped parsley
- 2 cups dried breadcrumbs
- 2tbs olive oil
- 60g butter
- 2 chicken breasts

Spicy Wedges:

- 1kg brushed potatoes
- 1 ½ tsp paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- 3 tbs olive oil
- Salt & pepper
- Sour cream & sweet chilli sauce to serve

Greens:

- 1 bunch broccolini
- 150g green beans
- 50g toasted pine nuts
- 70g cubed feta

Method:

1. Combine sour cream, 1 tsp of lemon zest, chives and parsley.
2. Pound chicken with rolling pin to create even fillets. In a container, marinate chicken breasts in sour cream mixture for 3 hours or overnight.
3. An hour before dinner, peel & chop potatoes into wedge shapes. Place in a bowl with spices & olive oil and stir to coat evenly. Roast in oven for 45 minutes at 220 degrees.
4. Meanwhile, combine breadcrumbs & other tsp of lemon zest and evenly coat chicken breasts. Chop greens into bite-size pieces.
5. About 10 minutes out from the wedges cooking, fry chicken in oil & butter until golden brown. At the same time steam the greens. Serve one schnitzel, a handful of wedges and half the greens per plate. Add some pine nuts, a good drizzle of olive oil and feta to each serve of greens. Enjoy!



Subject Kai and Koa feeding pelicans
Photographer Maree Castellan



Subject Manly Wharf Kayak Hire
Photographer John Falconer



Subject North Curly pool exercise
Photographer Kellie Wilson



Subject Diamond python at Manly Dam
Submitted by Laurie Wilson



Subject Cook-a-burra
Photographer John O'Brien



Subject An otherwise grey day
Photographer Matt Geyer



Subject Catch up lockdown style
Location Mahtab Maybody



Subject Urban swimming
Photographer GoodSwim Manly



Subject World's best commute and tastiest grog
Photographer @backoftheferry



Reading a good book in the bath never disappoints

Love, Disappointment and Other Joys of Life

Tawny's Bathtub Book Club by Paige Turner

This book's cover and title was a very real deterrent for me wanting to read this book. Eventually I overcame my aversion and can say with my hand on my heart that **Love, Disappointment and Other Joys of Life** is proof positive of the truth in the cliché "don't judge a book by its cover".

The author, **Helen Lyne**, is yet another writing gem living on the Northern Beaches. *Love, Disappointment and Other Joys of Life*, was published just before lockdown started in June 2021. Such bad timing because it meant Helen couldn't enjoy giving readings at the book launch events she and her book deserve.

Helen had a career spanning 40 years, teaching French and English in Melbourne, Sydney, Winnipeg, on the Canadian prairies, and Reims in the Champagne area of France. Since retiring from teaching, she has travelled extensively, worked as an extra in film and television and presented satirical and self-send-up poetry at open mics. If it weren't for lockdown we could go and see her perform at our very own Desire Bookshop in Manly.

Once I picked up this book and finished the first story, I started regretting my reluctance to start reading it sooner. It's such a treat. Helen's stories are original, engaging and cleanly-structured. They deal simultaneously with contemporary and timeless issues, such as inter-generational politics, teacher-student dynamics, love, loss, loneliness and betrayal. Helen's former life as a teacher provides the backdrop to some of the stories, especially exploring the impact of students and teachers on each other's lives.

Every one of the thirty-one stories is

interesting and draws you in quickly, a vital attribute in a short story! A summary of the book by the Society of Women Writers said of the book, "The characters kick over the rock of life's disappointments and discover freedom, joy, love, laughter and well-satisfied lust." A perfect summation.

I particularly enjoyed Helen's ability to write fantastic first sentences and her last sentences usually pack a punch too by adding a twist or yielding some unexpected mischief. I do love a great first sentence, especially when they're followed by lots more well-crafted sentences that give a rhythm to the writing and sit perfectly with the pace of the story. Here's a few of Helen's first sentences that I admired the most.

"There was an excited buzz in the crowd that was unusual after a funeral."

"Eight rows, fifteen candidates in each row – all that youthful energy compressed into fingers and squeezed through the points of plastic pens."

"A shadow moves across my newspaper."

"There've been many portraits of me."

"The woman makes my flesh crawl."

"My new neighbours have a wild sex life."

When I read the story called "A Red Rose" I thought "ah ha now I'll find out what this book's cover is all about". Tick. Knowing the cover has a connection with this story doesn't change my feelings about it. Book covers are such an important aspect of making early judgments about whether to buy a book.

There is enormous skill involved in creating book covers that help a potential reader know immediately what type of book it is. There needs to be congruence between the cover and the book and Helen's lacks congruence – the mushy image of a red rose lying among white petals and the fuzzy shadow-like font are so at odds with her crisp writing style.

I'd rather a book with an incongruent cover and a marvellous read inside than a book cover that promises a lot and delivers little. Helen's book deserves a cover that's as crisp and accessible as her writing. I hope she sells so many that the next print run allows that to happen.

Love, Disappointment and Other Joys of Life is available from online outlets, **Ginninderra Press** and when lockdown lifts at **Desire Books** in Manly and **Berkelouw Books** in Balgowlah.



1. Which flower is the nickname for the Manly cricket club?
2. Until the formation of the Northern Beaches council, who was the last Mayor of Manly?
3. After a change in traffic conditions, which is the only direction cars can now travel along the Dee Why strand – North or South?
4. A statue of which famous surfer overlooks Freshwater Beach?
5. A craze hitting the Northern Beaches is painting and decorating which item for others to find?
6. Which musical instrument is one of the national emblems of Ireland?
7. If you were to head directly east of Sydney, which South American country would you hit first?
8. In the movie *Saving Private Ryan* – How many of Matt Damon's character's brothers died in order for him to go be rescued?
9. On a drive from Sydney to Tweed Heads, which major regional city centre do you still have to drive through?
10. In which US city (Not New York) was the first skyscraper built?
11. An odd number – How many justices sit on the High Court of Australia?
12. How many Southern Hemisphere countries have hosted the Summer Olympics?
13. Who is the oldest out of these 3 men – Donald Trump, Joe Biden, John Howard?
14. How many losses in a row did the Manly Sea Eagles start the 2021 season with?
15. Which Australian state does Princess Mary of Denmark hail from?
16. Since John Howard left office in 2007, which Australian PM has spent the most amount of time in office?
17. In which ocean did the First Moon landing shuttle – The Apollo 11 splash back down to earth in?
18. Yes or No – Did Braveheart win the Best Picture Oscar?
19. What is the middle colour of the German flag?
20. Who was the oldest cast member of *Friends*?

Sudoku

Medium difficulty

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

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Star Signs

by Krystal Bawl

Libra Sep 24 - Oct 23

Stepsember wore you out so take it easy, there's some seriously fun socialising on your horizon.

Scorpio Oct 24 - Nov 22

Don't believe your inner voice, you're nowhere near as brilliant as it says. Keep trying though, you're getting close.

Sagittarius Nov 23 - Dec 21

Flirty Venus is ready to swoop into your orbit. Coincidentally, it's magpie season so you better watch out!

Capricorn Dec 22 - Jan 20

Capricornian love magic is brewing. Open your heart and sip the potion. From frog to prince, you are transformed.

Aquarius Jan 21 - Feb 19

Your planetary emphasis is changing, celestial blessings are many so stop overthinking the consequences.

Pisces Feb 20 - Mar 20

Your intuitive decision-making is creating celestial havoc. Stop, think and analyse or the stars won't align.

Aries Mar 21 - Apr 19

Mercury's buzz is upon you. Just in time too. Soak it up and your reserves of positive energy will return.

Taurus Apr 20 - May 21

Your astral pleasure map says take a rest. Sign up for Sober October and give everyone a break.

Gemini May 22 - Jun 21

Your Zoom presence is causing planetary conniptions. Make the most of it and turn zoom into a personal boom.

Cancer Jun 22 - Jul 22

Put the mirrors away. Remember your perfectly coloured and cut hair as it was and will be again.

Leo Jul 23 - Aug 22

Your endless positivity sets you apart from us lesser humans. What's your secret and can I have some?

Virgo Aug 23 - Sep 23

It's your time to shine, the sun is out and you should be too. You can't hide inside forever.

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| Aussie Pharma Direct | OMG Decadent Donuts |
| Blatchford Catering | Paul Wilcox of Oasis Skeen |
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Contact Liam to find out how you can support local media.

0414 556 038 | liam@thetawnyfrogmouth.com.au

Sudoku Solution

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

Trivia Answers

1. Waratah 2. Jean Hay 3. North
4. The Duke - Duke Kahlanmoku 5. Rocks
6. Harp 7. Chile 8. 3 9. Coff's Harbour
10. Chicago 11. 7 12. 2 13. John Howard
14. 4 Losses 15. Tasmania 16. Scott Morrison
17. Pacific 18. Yes 19. Red 20. Lisa Kudrow

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