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G'day Beaches

What the hell happened?! The last time I wrote to you, the world was returning to normal, the “Summer of Freedom” was shaping up superbly, but then blink and ...

A (mini?) cyclone tried valiantly to rip Dee Why to Narrabeen clean off terra firma. The Omicron wave surged completely out of control - whether ScoMo wanted to ride it or not. RAT's went M.I.A., quickly becoming the pandemic's latest toilet paper currency. Novax took to the courts without a racket (or success). And now, coming into Autumn, we're all a tad shell-shocked.

Well, never fear, the Tawny Frogmouth is here. Chris Mercer has created a brilliant cover, capturing Long Reef to Manly perfectly. Street Side Medics are providing priceless healthcare assistance, while Feed our Medics keep our front-line workers nourished, and the Solar Alliance is on track to transform Brookvale into a renewable energy powerhouse. So yes, rest assured, the Year of the Tiger is still on track to roar.

Liam



The Tawny Frogmouth

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PHOTO: BARRIE SEPPINGS @BARRIESEPPINGS



Climate Leadership Forum

Join Zali and a panel of leading experts as they discuss the '5 steps to Net Zero Plan' for Australia.

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

Peninsula Wash Up

Don't go chasing waterfalls...

Unless you're **Friends of Freshwater!** Huge thanks to Peter Harley and a wonderful team of volunteers, working tirelessly to remove the years of weeds and non-native overgrowth at the south end of Freshwater Beach, and unleashing cascading pools to create a watery oasis. If you're a Freshie local or interested in helping out to ensure the natural environment and amenity of Freshwater's coastal reserves are maintained in pristine condition, become a member of Friends of Freshwater. Visit freshie.org.au for all the details.

Welcome to Pipeline!

North Narrabeen's goofy-footing, Hawaiian-charging **Jordy Lawler** got the phone call of a lifetime moments before the 2022 Pipeline Masters were set to kick off, scoring a last-minute wildcard. No better way to make your Championship Tour debut! Jordy was unable to advance beyond the early rounds but committed full throttle on heaving waves that sent the crowd on the beach and around the world into conniptions. Acclaimed anti-vaxxer and Supreme Surf Lord Kelly Slater won the event, days before his 50th birthday, proving once and for all that he is indeed not human.

Seniors' chance to bee social

The National Seniors Northern Beaches Branch are resuming their monthly meetings - Au revoir Covid - so, if you're over 50, keen to catch up with other allegedly wise souls in possession of five decades or more of earthly exuberance, pop along to the next meeting at **Harbord Bowling Club at 10am on Thursday 24 March**. The speakers for this occasion will be Norm and Sandra Webb, covering the subject of "Bees", sure to be a very honey and entertaining event that could sting a little. For enquiries, contact **Joan Andrews on 9451 4254**.

Want to be a radio presenter?

Radio Northern Beaches, the Peninsula's own community radio station, is running one-day radio skills workshops on Saturday March 5 and April 2. Limited to 10 students to guarantee your golden tonsils are given the devoted aural attention they deserve, the workshops run from 9am to 4pm at RNB's studios in Terrey Hills and will equip you with all the skills needed for a Kyle Sandilands or

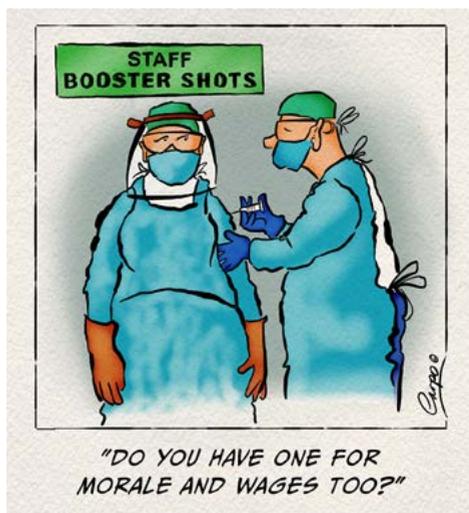


Image: Paul Carpenter @carpocartoons

Wendy Harmer future. \$140 for the day. Email training@rnb.org.au for more info.

14 rockpools in one day!

Congratulations to **Mick Harrold** and his committed Budy Smuggling bandits of 22 blokes who formed the **Ocean Rockpool Tour**, taking on the epic challenge on Saturday 15 January to swim every single Northern Beaches rock pool from Fairy Bower to Palmy in a single day. Raising funds and awareness for mental health, the Ocean Rockpool touring party had a cracking day with swells raging, pulses racing and saltwater flowing. Supported by **7th Day Brewery**, **Sale Pepe Pizzeria** and, of course, **Budy Smugglers**, money raised was donated to **Lifeline** and **Vinnies**. To get involved in future rockpool tours, visit www.oceanrockpooltour.com

Colormaker celebrates two years of Solar

"We're delighted to be able to say that there's a little bit of Australian sunshine in every drop we make," said David Stuart, owner of Northern Beaches' last surviving paint manufacturer, **Colormaker Industries**. The Brookvale business has already saved well over 300 tonnes of greenhouse gas emissions since installing 100kW of solar panels on its factory. David continued, "Our planet is very fragile. We haven't a moment to lose. Sustainability is something that we care deeply about."

Words: **Liam Carroll**

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Letters to The Tawny Frogmouth

Killer trees

Recently, in the Collaroy Surf Club carpark, I witnessed a substantial branch snap off one of the pseudo pine trees and land on a parked car. I was right behind the lady who drove front-first into a parking bay. There was a loud crack as the branch, approximately 7 metres long, dropped around 10 metres onto the front of her vehicle. It dented the roof and smashed the windscreen (photos page). She had just alighted from the vehicle and opened the rear hatch door, no more than 10-12 seconds earlier. To say she was shaken up is an understatement as she pointed out she normally reverses in and hence would have been hit. Due to these type of tree branches having foliage heavier than the stem, when they break off it's like a pendulum, swinging over and striking like a club. It was around 20-25kgs and 75-80cm in diameter. No wind or rain on the day. If this had hit her or anyone else, it could conceivably have killed them. These fake pines are in the same category as Cane Toads, Lantana, Rabbits and Camels etc. Hideous additions to the coastal landscape that stand like sentinels to the decisions by unpaid minor government officials 100 years ago. By giving them the fancy name of "Norfolk Pines", folks fell for it. No sane or right-minded people would plant an introduced feral tree that thrives on salt air. Even then

locals must have known the prerequisites of a pine tree is it has the wonderful aroma of pine and needles. An article in the SMH, March 5, 2015, by Michael Pascoe says it better than I, "These trees are now at the end of their lives and a danger to the public (particularly children) and vehicles. It is only a matter of time before someone is killed or seriously injured." It is not free parking. The very least council can do is now provide a warning notice. **Will, Collaroy**

Irresponsible Dog Owners

I am flabbergasted and sickened by the audacity of a woman who walks her dog in Stuart St daily, and freely has her dog dump his excrement on our nature strip. She never picks it up. I've even caught her red handed. She had no poo bag, then abused me for reprimanding her. I have stepped on dog poo numerous times. This has to stop. I've taken pictures of it for evidence. She has also dumped poo into our paper/recycling bins, which I discovered by the foul smell. Why anyone would own a dog yet refuse to be responsible for their faeces is beyond my thinking. **Catherine, Manly**

Boardwalk at Manly

It was interesting to see the proposal for the redevelopment of the Manly Aquarium site in James Griffin MP's piece, Jan '22. The artist's

impression looked great to me - so long as it does not intrude any further into the bay. He stated that the historical "Boardwalk" is not part of the proposal and belongs to the Northern Beaches Council, which reports a construction cost of \$14m.

The boardwalk, demolished after the storms in 1974, was an eyesore which should be consigned to history and not rebuilt - certainly not at that cost. I used to use the pool enclosure as a kid, climb onto the floating pontoon which was controlled variously by good natured king of the castle kids or malevolent brutes, and we would jump off the boardwalk into the water despite the prohibition. As kids we all thought it was fantastic. But from an aesthetic point of view, we knew it was hideous even then - gaol-like bars covered with weed and plastic bags and other debris caught in the tide, and the whole thing corraling off the area and destroying the beautiful view of the harbour from land. Not to mention the signs (gotta have signs everywhere - this is Australia after all), bits of wire here and there, splintery boards, fishing waste etc. The current arrangement is so much better. Sure, some older nostalgics pine for the "good old days" but they need to get over the rose-coloured glasses and remember it for what it truly was. Please leave it alone. Taking Manly back to a Coney Island type yesterday would be a retrograde step. So, let's let it live on fondly in our memories but not spend squillions in order to re-impose an intrusive, ugly, 1920's type monstrosity in the 2020's.

Peter Barham, Manly



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Biased Letters

Your correspondent, John Partridge, suggests if readers want to read left-biased letters then they should purchase the Sydney Morning Herald. I wonder if Nine Entertainment chairman, Peter Costello, knows he is chairing a company that is supposedly undermining his own beliefs? **Peter Nash, Fairlight**

Re: Polly Bell (Jan '22)

I'm in agreement with Polly Bell. Zali Steggall is much more than a one issue politician. She has done an amazing job in representing and supporting those in Warringham, and has listened to, and fought hard for, the wishes of the electorate, instead of telling them what is good for them, as her predecessor did. She has introduced: Climate Change Bills, which have a 60% emissions reduction target on 2005 levels by 2030 (higher than both the LNP and Labor), and based on the model accepted by the UK Government; a Bill to stop the lies during election campaigns; and a Bill to stop the PEP1, which has prevented the drilling for oil and gas off the coast between Manly and Newcastle; She has supported Helen Haines' Bill to establish an Australian Federal Integrity Commission, and has fought for higher standards of honesty and integrity in Parliament; She has been active in questioning the Government, holding them to account for their decisions and actions. After years of Climate obstruction and inertia from the LNP, they still shut down all debate and discussion on these Bills, despite having no action plans or costings of their own, so as not to be on record for voting against

them. Instead of acting for the good of the nation, they have shown they are more interested in playing political games and are in no hurry either to address climate change, dishonesty in election campaigns, or integrity within Government.

Alan Marel, North Curl Curl

Re: Mark Roberts (Nov '21)

2022 must be the 'line in the sand' for the Northern Beaches on climate change. A recent letter in this publication raised several 'climate change zombie' concerns regarding the effects of climate change - questions that have been repeatedly debunked by science but keep coming back, like a zombie. Sea level rise? Just two days into the year and we've already seen the first impact of the climate emergency on the east coast: Queensland's iconic Bribie Island split in two by a 40metre wide torrent of surging tide and waves, catastrophic for local communities. Think it can't happen here? The Northern Beaches has numerous similar, vulnerable coastal regions. The IAG insurance group recently identified the Hawkesbury and Central Coast as two of Australia's most vulnerable areas to inundation. If climate deniers don't get it, insurers definitely do, but don't worry about them - they will be passing these costs to our hip-pockets. If it's not the inevitability of beachside properties being washed into the sea, then it's the knee-jerk human responses such as the sea wall at Collaroy and the proposed sea wall at Narrabeen jeopardising our precious marine environments and world-famous surfing reserves.

It's not just the sea, it's also the air we breathe. Northern Beaches is one of 100s of Australian communities which suffered 'apocalyptic' health effects from the toxic bushfire smoke in 2019. Westpac estimated these fires cost the state over \$10 billion, which we are paying back with our taxes. The mental health effects are ongoing. Climate change scientists have irrefutably shown increases in the length of the bushfire season, and the severity and frequency of the resulting fires. Arctic ice? None other than NASA have documented a faster than 10% decline in arctic ice per decade. What could be more dramatic than the recent heat waves in Siberia and Alaska? Whilst these seem far away, marine heat waves across the eastern seaboard of Australia are causing the demise of our beloved Great Barrier reef and (less visible but equally catastrophic) the death of precious kelp forests off the southeast coast. All of this is published in the world's leading scientific journals. But deniers and politicians, like the proverbial frog in the slow boiling pot, refuse to act. Now for the good news! This year we get to vote for politicians who will act on the climate emergency! Using the power of our votes we can create the first "climate election". A range of independents and (some) parties are promising the definitive action on the climate emergency we need. Repeated polls show Aussies across the political spectrum overwhelmingly support direct and strong action on the climate emergency. Let's make it happen with our votes!

**A/Prof Rob Eisenberg,
Founder Vote Earth Now**



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North Curl Curl's Roaming Dogs

I'd like to thank Julie for her carefully considered letter (Jan '22) regarding the growing dog nuisance at North Curl Curl Beach. I've lived in Freshwater for 3 years and what used to be a very enjoyable walk along Curly is now marred by the many dogs running free on the beach. On a recent Sunday afternoon, I counted 12 animals running free.

I've spoken to a few owners (who are mostly very civil) and the general response is, "It's OK. I'm a local and my dog isn't doing anyone any harm." One gentleman even said that it's considered an 'unofficial dog beach'. Well, there's no such thing as an unofficial dog beach in the Northern Beaches Council area. Those who take their dogs onto the beach and into the water are encouraging this misconception in others. The dogs and their owners have a huge off-the-leash dog area at the back of the beach, which includes the lagoon where dogs can frolic in the water.

Julie says 'it's about time Council Rangers enforced the rules'. I agree; however, Council will not act unless people complain. I phoned Council to register a complaint and was met with civility and the promise of a response. It was a very simple process. May I suggest that other concerned beach goers do the same.

Lynne

Tree Pollen

Let me put some perspective and basic horticultural science into the tree-pollen/allergy debate. Most trees, native and non-native, have heavy pollens that generally fall to the ground around their drip line. This goes for

Jacarandas, Privet, Eucalypts and Norfolk pines. Taller trees with a breeze behind them will disperse pollens over a larger area. In which case, all trees over 3-4 metres should be removed to prevent pollen dispersal. Impractical. The most reactive element for allergy sufferers is the pollens you DON'T see or smell. I.e. The grasses and fine seeds and pollens from grasslands and crops over the Ranges that easily hitch a ride to Sydney on a prevailing wind. These are mostly the causes of allergic reactions, rather than the seemingly offending larger trees and shrubs whose heavier pollens travel not too far from the source. Add to that the recent mini (?) cyclone on the Northern Beaches and you get a huge dispersal of dust and muck and pollen and weed seeds that will crop up in new areas previously free of this or that weed species. Sympathy to those with runny eyes and noses but put down your chainsaws until you analyse exactly the culprit in our allergic dilemma!

David Edwards, McIntosh Rd (cyclone Central!), Dee Why

Collaroy-Narrabeen Seawall

It is folly to knowingly create a problem larger than one you are purporting to solve, yet this is what Council has done and apparently continues to do with construction of seawalls which sacrifice not just the amenity but the very existence of a public beach. That it involves expenditure of public money for private benefit makes it even worse.

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

It is clear now, as it has been for decades, that it is simply untenable to build on sand dunes. The combination of natural processes and sea level rise will increasingly impact such developments and it would be better to have an orderly retreat from surges and inundation than to attempt the implausible and impossible. The story of King Canute comes to mind in the current circumstance.

I implore Council to rely on something other than hard engineering to undo the damage that has been caused to an extremely valuable public asset. The recent construction of a concrete wall should be recognised not only as an unacceptable precedent but as an abomination that must be removed.

Peter Morris, Narrabeen

The Tawny!

I was appalled to see a reader mentioned The Many Daily and The Tawny in the same sentence. How could he?! The demise of the Manly Daily and birth of The Tawny has been great news. May The Tawny continue to prosper in 2022!
Sue McGrath

Empower the Racket

Instead of top tennis players smashing their rackets on the courts in an uncontrollable fit of temper, wouldn't it be kinder if they donated the racket to a charity, which, in turn, could auction it off to raise funds for those who need and deserve it?

Sincerely,

Marianne, North Narrabeen



(From left) RN Millie, CEO David and community volunteer Nathan outside St Matts, Manly

Street Side Medics turn up for the homeless

Every Monday evening at Manly and Brookvale, the **Street Side Medics** van shows up for some of our community's most vulnerable – those experiencing or at risk of homelessness – and provide free, non-confrontational health care to the same level as a standard general practice.

Dr Daniel Nour, 26, founder of Street Side Medics, has just been awarded one of Australia's most prestigious awards winning 2022 Young Australian of the Year for his efforts. Dr Nour, a resident in the ICU at Royal North Shore (RNS) Hospital, identified a huge accessibility gap in those experiencing homelessness when it came to receiving basic healthcare. This can be due to things like feeling social stigma, fear of traditional medical outlets or more logistical barriers like lack of documentation or medical history, structured appointment systems or inability to travel.

Street Side Medics aim to address these hurdles. Medical care is brought directly to those in need, and no one is turned away. The Street Side Medics team have found one of the key reasons people return to their street clinics is to be listened to and shown compassion. "Often people just want to have a chat and be heard", says volunteer Nathan, a Manly local who put his hand up to help when walking past the clinic van one day. "There's a contagious, happy energy here."

"A lot of people can find medical jargon intimidating", says Millie, a registered nurse and colleague of Dr Nour at RNS Hospital. Millie explains that some days, most of her time is spent not on clinical work but building rapport

and trust with people and then they may ask for their blood pressure or blood sugar to be tested. Millie also highlights the important role reliability plays for these community members, some of whom have no fixed address. "With Street Side Medics being here every Monday at the same time, they have something to rely on."

When General Practitioner Dr Esther heard about the organisation (also a RNS Hospital colleague of founder Dr Nour) she was keen to volunteer. "I really wanted to get involved in this as it aligns with my values of integrating with the local community and those who wouldn't otherwise engage with traditional health providers", says Dr Esther.

Street Side Medics run this service out of innovatively designed mobile medical vans. Having launched in 2020, the not-for-profit organisation started out with just one van, but the fleet has recently grown to two, after receiving many generous donations. At each clinic, the van is staffed by a GP, a nurse and/or junior medical officer, a driver, community volunteers and sometimes allied health professionals such as drug and alcohol specialists, podiatrists, physiotherapists and others.

With their vans being clinically fitted out with pharmaceuticals, ECG machines, pathology testing, vaccination equipment, lung function and ultrasound machines, and privacy curtains, it means patients can receive multiple aspects of care in one place, at one time and with dignity. Patients can also receive on the spot testing for conditions such as diabetes, HIV, Covid-19 as well as expert wound care and specialist referrals (if needed).

After identifying locations with higher populations of homelessness, Street Side Medics has helped hundreds of deserving people – many who may not have sought or received care otherwise. Partnering with other community outlets such as soup kitchens or shelters, Street Side Medics set up their vans alongside these locations to increase visibility, participation and comfort.

Words: **Katie Cambridge**

Find Northern Beaches **Street Side Medics** at:
St Matthews (aka St Matts) every Monday from 5:00pm-7:00pm at **1 Darley St, Manly**
Ebbs House (Mission Australia) Brookvale every Monday from 7:00pm-8:30pm at **174 Old Pittwater Rd, Brookvale**
Visit www.streetsidemedics.com.au for more info

Standing up for the Collaroy Seawall

On behalf of the Stuart-Wetherill Neighbours Association, Bob Orth explains the seawall's benefits, and why it was approved by Council.

I am writing in response to January's article ("Seawall puts our beach in peril") as well as to, what I believe, are sensationalised and misleading public comments by Surfrider Foundation Northern Beaches.

Despite Surfriders' campaign, targeting homeowners and the wall, many locals fully support our actions. We are a group of families who live on and love the beach, taking the steps necessary to protect our homes, and are acutely aware of the responsibility associated with building in such a sensitive environment.

This seawall will not only protect our homes but also Pittwater Rd, and the many communication and public services installed under it, from inevitable future storm events. It's important to also recognise, the wall is entirely on private land. Construction costs are 80% homeowner funded. Council and State Government contribute 10% each.

As part of the Development Application process, experts - including Manly Hydraulics Laboratory, UNSW Water Research Laboratory and Royal HaskoningDHV - all supported the design. Manly Hydraulics concluded, "The proposed coastal protection works are expected to provide improved public access and vastly improved serviceability and public safety." Further, "No discernible adverse impacts have been identified on existing coastal processes or amenity values compared to the existing situation." On this basis, and the opinion of several local coastal engineers, the DA was approved.

Surfrider Northern Beaches argue a rock revetment wall should have been built. There are compelling reasons why this is incorrect. The vertical wall, which also has a rock boulder toe to assist with dissipating wave energy, has the following advantages:

- Smaller footprint, allowing the wall to be built further landward, entirely on private property, and ensure an additional 1,000sq metres of sandy beach against the face of the wall. If a rock revetment wall was built, this area would be bare rocks following storms, as a rock revetment would protrude much further outwardly towards the ocean.
- A 10m wide east-west stretch of rocks that have been in place since 1967 will be removed



Replenished sand, a few days after disappearing

from the Wetherill St beach area, giving greater access along the foreshore at what was a pinch point during high tides.

- Historical sand profiles show on average there will be 2.5m of vertical wall showing above the sand. Opponents claiming there will be a "7m high wall" factor in the foundations and toe rocks, which are buried well below sand the majority of the time.

Claims a vertical wall will cause greater sand loss and slower recovery from storms are not supported by the credible, peer-reviewed literature. The most significant literature on seawall impacts on beaches is a 1996 paper by Kraus and McDougal in the Journal of Coastal Research (see link in QR code below). They concluded, "During storms, the beach profile in front of a wall retains about the same amount of sand as a beach without a wall, because wave reflection does not appear to greatly influence profile shape". This is supported from local experience where vertical or stepped vertical walls in active coastal zones at Palm Beach, Bilgola, Newport, Curl Curl, Dee Why and Manly, and a vertical wall since 1967 at one of the properties in our Stuart-Wetherill section, have not caused the beach to disappear or accelerated erosion beachward of them.

We are convinced that once the proposed walls have been completed along the Collaroy-Narrabeen strip, time will prove the correct decisions have been made for the benefit of owners, the general public and beach users.

Words: **Dr Bob Orth**, for SWNA Pty Ltd

Scan here to read the 1996 paper by Kraus and McDougal in the Journal of Coastal Research.



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NSW Environment and Heritage in Manly Hands

With his appointment to two crucial new roles, James Griffin gives an update on his busy year ahead

In December I was sworn in by the NSW Governor and became the state's Environment and Heritage Minister.

Having been the Member for Manly for 5 years now, it is with great pride that I can bring the best of the practical environmentalism and conservation that exists in our community to the portfolios that cover the entire state.

From the Friends of Cabbage Tree Bay, to Operation Wattle at Balgowlah Heights Primary School, the efforts of Operational Strawklee and the Friends of Ivanhoe Park Botanic Gardens to name a few, our Northern Beaches community is home to the best practical environmental groups in the state.

As Minister for the Environment I have responsibility for the National Parks and Wildlife Agency. Through them, we manage over 7 million hectares of land across NSW, including more than 880 national parks and reserves, 4 World Heritage-listed sites, and a number of Australian National Heritage sites. These protected areas play a critical role in conserving biodiversity, as well as natural and cultural heritage.

I also oversee the Environmental Protection Agency, Tarangoo Zoo and Dubbo Zoo. The important work of Heritage NSW is equally as far reaching, with more than 1,700 items on the State Heritage Register and many priceless items of Aboriginal cultural heritage.

Priorities for the year ahead as the Minister:

- Conservation on the land – such as expanding the national parks estate, protecting threatened species, and cleaning up contaminated land.
- Caring for the Ocean and marine environment – making waterways swimmable, getting litter out of the ocean, protecting marine life and our coastal and marine ecosystems.
- Heritage – focussing on Aboriginal heritage and reforming the NSW Heritage Act to allow for better conservation practices throughout our state.
- Sustainability – scaling our efforts in the circular economy, fulfilling our commitment to drive down plastic waste.

It is vital that we protect nature, and rehabilitate ecosystems on the land and in the ocean.



I will be working hard to conserve important native vegetation and restore ecosystems at scale, putting Aboriginal land and ocean management techniques front and centre and protecting and celebrating our Aboriginal and colonial heritage.

A bright and busy year ahead for Manly

The year ahead in Manly will be equally as busy. Work will begin to expand the facilities at Manly Village Primary School, construction of Australia's first Hospice for young adults is underway and plans for the adaptive re-use of the former Manly Hospital as a community health and well-being precinct, open to the public will continue.

I will also be continuing work to support our local businesses as they hopefully have a strong year, leaving behind a difficult summer. Our recently announced State Government Small Business Support package has been welcomed by the Chamber of Commerce and I have enjoyed working closely with them to deliver this package.

The feedback on the Manly Wharf 3 Upgrade project and the proposed plans for the old Aquarium site has been very positive. Again, these are two projects that I committed to delivering and I'm thrilled to see them progressing.

I can say that as both a Cabinet Minister and as Member for Manly, I will continue to ensure our community voice heard at the heart of Government.

Wishing you all the best for the year ahead.

Words: **James Griffin MP**, Member for Manly
Minister for the Environment, Minister for Heritage

New Emerald Class ferries for F1 Manly route



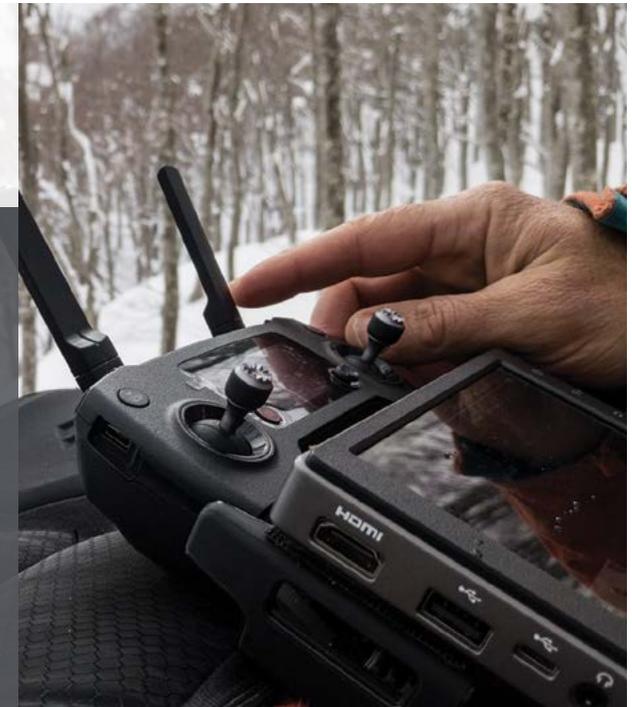
Shorter journey times between Circular Quay and Manly, from 30 to 22 minutes.



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A solar farm 30 times the size of Brookvale Oval – power where it's needed

Silicon Brooky

Brookvale's rooftop powerhouse

Fly over Brookvale and what do you see? Rooftops, lots of them! And volunteers with the recently formed **Solar Alliance** – a collaboration between local community groups **Clean Energy for Eternity Northern Beaches**, and **Zero Emissions Sydney North** – have measured every single one.

“35% of the total 1.5 square kilometres of the commercial area is rooftop,” reports Harriet Cunningham, a Solar Alliance member. “Take away 25% as unsuitable for solar panels due to shading, slope or orientation, and you’re left with a massive 390,000 square metres just waiting to generate power from the sun.”

That’s the equivalent of 30 Brookie Ovals, or 30 “4 Pines Parks”, a veritable rooftop urban utopia, tailor made for transforming abundant sunlight to electricity. But let’s not forget, Brookvale is a visionary locale. Several local businesses have seized the opportunity to utilise rooftop solar, making the region a powerhouse for renewable energy already, with 10,000 solar panels

producing 3MW. Leading the pack are Col Crawford Cars, Lifestyle Working, and Hardware & General, each with some 1,000 panels, around 300kW. Then Bill Buckle Service, East West Engineering, Colormaker Industries, Travelodge, 4 Pines Brewery and Aldi follow with around 300–400 panels, some 100kW.

The commercial reasoning is obvious, as Harriet says, “With a payback as short as 4 years, it’s obvious why these businesses have made this investment in their future, but also in the future of our environment through helping decarbonise our electricity system. Customers are also increasingly choosing to patronise businesses that are actively pursuing a carbon neutral future.”

Looking to the future, by taking the total rooftop solar panels from 10,000 to 60,000 – 50% of Brookvale’s suitable roofs – will boost energy production capacity from 3 to 18MW, the size of a small power station. Imagine this; a clean, green, power plant in Brookvale, where local

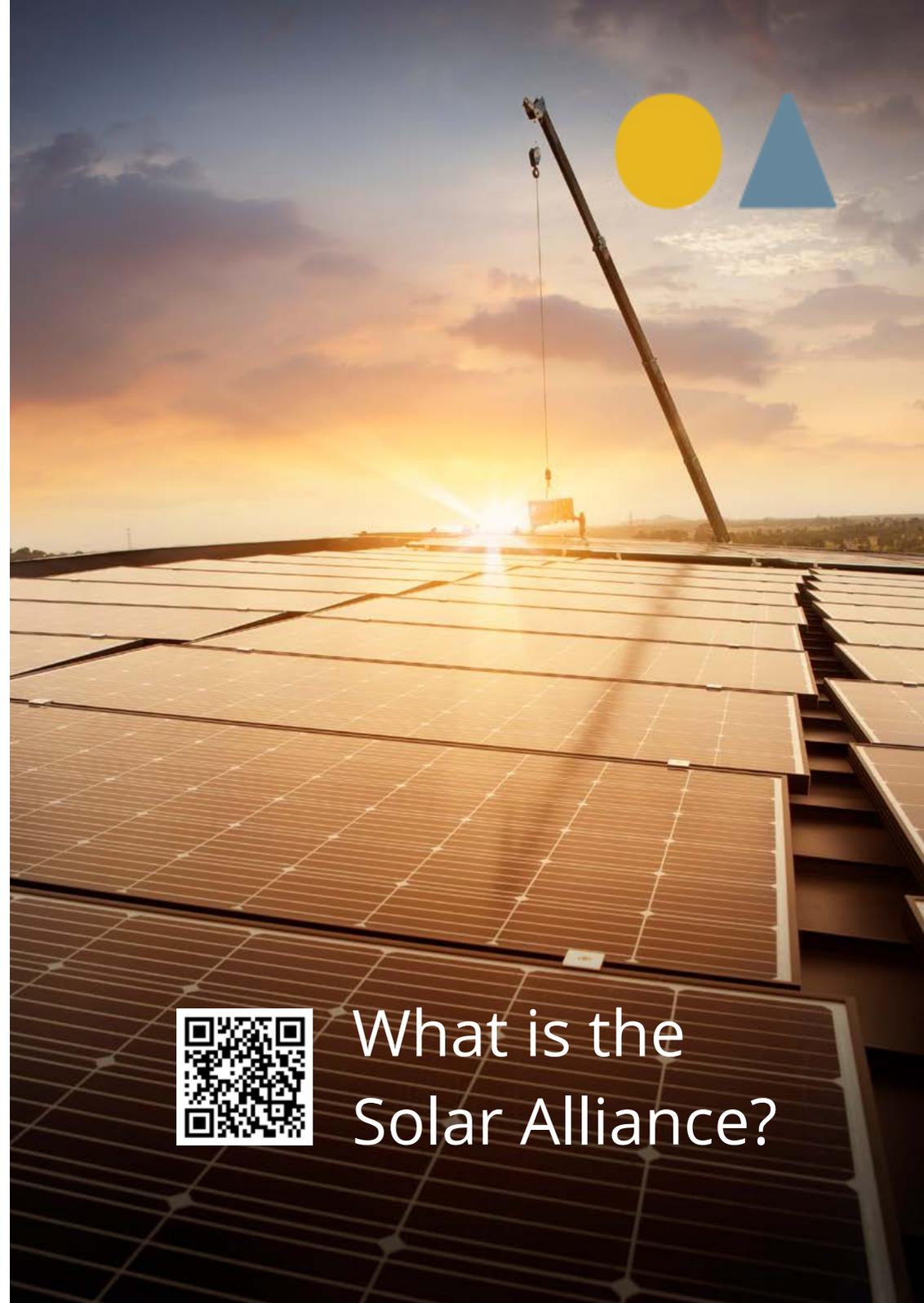
businesses get paid for energy they collect from their roof; where cars and trucks are powered by the sun; where residences and businesses share energy storage; where having solar panels on your roof is not just smart, it’s normal.

Imagine no longer. It’s nearly here and is precisely why the Solar Alliance was formed. “We want to get people talking about solar and talking to each other,” Harriet explains. “And instead of the solar hard sell, we’re all about setting up trusted peer-to-peer support, whereby early adopters – Solar Champions, we call them – are put together with skilled volunteers – Solar Ambassadors. They can start their conversations and explain the benefits and challenges earnestly and practically. All businesses need is a roof.

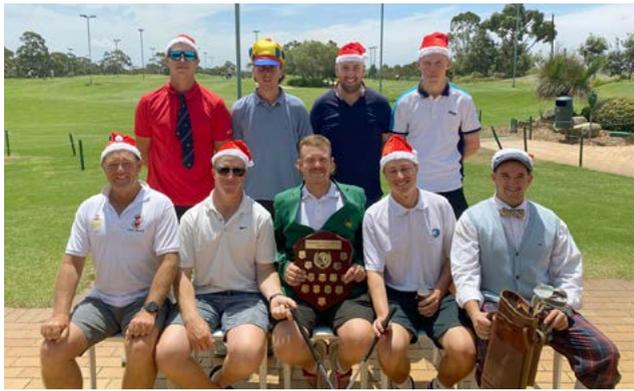
“Brookvale can be Australia’s first ‘urban renewable energy zone’, with locally generated renewable energy supporting growing demand, including the fleet of electric buses which bus operator Keolis Downer, now managing the Northern Beaches bus fleet and the major Brookvale depot, has committed to introduce. Another great example is Colormaker, showing the way with their EV delivery vehicle, charged with their own solar energy and planned battery.”

Words: **Liam Carroll**

Find out how **Solar Alliance** plans to facilitate Brookvale’s evolution into Australia’s first urban renewable energy zone by heading to the official launch at 4 Pines Brewery’s Truck Bar in Brookvale, 5pm on Saturday 28 February. Visit www.solaralliance.org.au for more info.



What is the Solar Alliance?



Floyd shining resplendent in his green winner's jacket

Sport

Around the Grounds

Perhaps not the admission you'd expect from the editor of a local sports journal, but for the last month I've taken little to no interest in local sport. I shouldn't say 'no' interest. It's sport, I will never not love it. It is a Thing in me, like old Himalayan monks who grew up belting bells. But I've been writing a book, a memoir-of-sorts about 40 years following Canberra Raiders, of all entities, and it's been all-consuming and funded by a part-time gig at Manly Golf Club in which I rise at 4:30 each morning to roll along on mighty lawnmowers and try not to break things.

Sport, of course, is also rolling along as we come to terms with the b*strd plague. Driving by local fields and beaches it looks normal enough, cricketers and softballers and pink-bibbed life savers on skis and boards doing their thing, while golfers continue their slow-food strolls around local links as they have since time immemorial.

Clubs, in the way of the times, are popping 'content'

onto Facebook, Instagram and TikTok, whatever that is, and emailing their people their news. Manly Warringah District Cricket Club (MWDC) has better digital media than some Sheffield Shield teams. Manly Warringah Softball Association is as proactive telling their story as any upon these Northern Beaches. Warringah Rats raconteur Daz Hawthorne posts funny things on Facebook.

Now, gather any group of sports writers - the collective noun for which is a 'schooner' - and you'll hear the same gripe: the internet has ruined everything! In this digital age, independent media such as this magnificent monthly mag, and other locals like Northern Beaches Advocate, Manly Observer and my own humble, hibernating Beaches Champion are one or two-person operations, owner-operators who write,



Words: **Matt Cleary**, 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

research, fact-check, edit, market, publicise, sell advertising - and repeat - every day.

Then, media mobs such as MWDC's - staffed by 20-odd 20-something volunteers, most of them players who do a bang-up job - are about drawing eyeballs to their own website, Facebook page, Twitter handle. Not saying they're 'competitors', but they compete. And they've been apparently loath to promote stories about their club, on their social media platforms, that appear on Beaches Champion.

Surely any eyeballs that land upon MWDC's brand, be it via club Instagram, Tawny Frogmouth or the Manly Daily's Facebook page count towards the number of eyeballs, hits, impressions, influence (?), MWDC's media team garner through their greater work, and the publicity of their brand in the greater ether?

Anyway. Enough inside baseball. Enough of the rambling rumblings by Old Media, confused and threatened by a digital age. Let us gaze instead ahead to a glorious future! The footy book has been packed off to the printers and local sports news of all stripes is in the Beaches Champion again.

Lastly, a shout-out to **Floyd Kenna** who won the famous green jacket awarded the winner of the **Manly GC Greenkeepers Championship**, held at Terrey Hills Par 3 Golf. And this despite - and one can't stress this enough - being very poor at golf.



Students get comfortable outside the comfort zone

Abandon the comfort zone to achieve your full HSC potential

The 2022 Higher School Certificate journey is well underway, and after supporting and guiding students for the past 25 years, at HSC CoWorks we are very aware of the challenges, obstacles, and stress this final year of school can bring. An important question to ask at this early stage of the HSC journey is, why do some students achieve results that reflect their full potential while others can fall short of their target?

The answer lies in the simple fact that without struggle there is no progress, whether you are training for a marathon or preparing for HSC exams. I have asked 1000's of year 12 students, "On a scale of 1-10, how difficult are writing your study notes?" Consistently the response is 1, 2 or 3 out of 10. On asking, "How difficult do you find your homework on a scale of 1-10?" Most respond between 3 and 6 out of 10. Again, not an overwhelming struggle.

A task which doesn't require much struggle is a "comfort zone task", and while a student remains in their

comfort zone, they will not develop the skills or make the progress they are seeking no matter how many hours they put into their study. Great HSC results come from all the work a student does to prepare for exams, in addition to their homework and notes.

So, the tasks to complete are those that require a student to move outside of their comfort zone and which ensure they are ready for the exam room. Prime examples:

- Train the brain to recall content under the same exam conditions they will experience in assessment tasks, the Trial exams and the final HSC exams.
- Practice questions under exam conditions.
- Full practice exam papers under exam conditions.
- Writing extended responses (particularly in English) to a

variety of questions and submitting them for feedback. (Essay writing is a skill which will only be developed with lots of practice writing).

The above tasks are more difficult than notes and homework but, most importantly, the students who complete these tasks consistently across year 11 and 12 achieve stronger HSC results. Furthermore, because they haven't ignored the tasks that will best prepare them for the exam room, they will avoid feeling overwhelmed and anxious in the lead up to exams, be more effective with their study time throughout the year, and able to enjoy all of the other more fun aspects of life in the final year of school.

Completing the final year of high school is very stressful, no doubt, and on many occasions it is the first real challenge of a student's life that they must face largely on their own. A great HSC result is by no means the be all and end all in life. There are many pathways that students can take after school, however this final year of school is also an opportunity to develop the mindset and behaviours which will not only allow them to overcome the struggles of the HSC but also the inevitable challenges which come after the HSC is long over.

Words: **Jesse Gardiner**
Jesse is Head Performance Coach at HSC CoWorks

If your child could benefit from support around how best to prepare for the HSC, book a free session with **HSC CoWorks** using the QR code.

Jesse guarantees they will feel more motivated and have new insights around what effective study looks like... or he'll eat his HSC CoWorks hat.





Follow the Money: FY 2021 Political Donations

Australian Electoral Commission (AEC) data reveals \$166 million was paid to political parties for the 2020–21 financial year, almost exclusively to the LNP and Labor. The Coalition was on top with \$15 million more.

Pratt Holdings leads the political donations league board, donating \$1.28million to the Liberal Party, and a comparatively meagre \$10,000 to the Labor Party. The Big 4 accounting firms – PwC, EY, KPMG and Deloitte – picked up \$1.74billion in government work over the past 18 months, a fabulous return on their \$670,570 “investment”. Mineral Resources, an ASX-listed mining services company based in Western Australia, donated \$222,400 among WA branches, with \$92,400 going to Labor, \$80,000 to Liberal and \$50,000 to the Nationals.

Major players within Australia’s banking, finance and insurance industry declared \$1.7 million in donations, making 8% of all donor disclosed payments. The largest single donor was ANZ which donated \$244,000 in the 2021

financial year. \$121,000 to Labor and \$123,000 to the Coalition. It appears the biggest players within the finance world have been hedging their bets against the possibility of a Labor government, more evenly spreading out their donations between the two majors.

The fossil fuels sector trailed second behind finance in terms of total political payments, \$1.5 million was given to the major political parties overall. Unlike previous years, the balance between the major parties is relatively even with \$600,000 to Labor and \$700,000 to the Coalition; also hedging their bets on this year’s election. The same goes for gambling and gaming. The gambling lobby donated just over one million dollars, almost perfectly split between Labor and Liberals.

Health and pharmaceutical companies donated just shy of \$900,000, favouring the Coalition by \$110,000. This is despite the biggest single health and pharmaceutical donor, the Pharmacy Guild of Australia, heavily favouring the Coalition. Vaccine

manufacturer Pfizer chipped in more than \$50,000, slightly favouring Labor. Johnson and Johnson, whose coronavirus vaccine was never brought to Australian shores, donated more than \$80,000.

Normally the second largest overall donor, the property and construction industry donated a relatively minor \$640,000, heavily favouring the Coalition with \$490,000 being paid to the government parties. The largest single donor was property developer Meriton who donated \$285,000 to the Liberal Party, including a \$200,000 donation to the NSW branch.

The once-a-year data dump of AEC disclosures presents several issues. The data only covers donations made between July 1, 2020, and June 30, 2021, meaning the data is at least seven months old. Due to the rules around disclosures, if timed “correctly”, donations don’t have to be disclosed for up to 19 months. For example, if a donation was made on July 1, 2021, it won’t have to be disclosed until February 1, 2023.

Additionally, a significant proportion of political donations remain undisclosed. The federal political donations threshold has risen from \$11,500 in the 2010–11 financial year to \$14,500 in 2021–22. Donate 2 x \$14,499 at different times and you’re under the threshold.

Donation reform is long overdue. The Centre for Public Integrity recently recommended the implementation of real time disclosures for donations over \$1,000 alongside campaign spending and donation caps.

Words: **Callum Foote**
Michael West Media

IMAGE: ALEX ANSTEY

Slip, sliding away: Is Western Australia consciously uncoupling from the rest of Oz?

Is a third of the Australian continent planning to stay cut off from the other two-thirds forever? Mark Sawyer ponders an unlikely, but not impossible, future of the great big state of Western Australia.

The idea of Australia as a unitary state has been questioned lately, Covid reminding us we are a federation, a collection of states with wide powers, led by premiers with very individual ways of asserting those powers. And WA Premier Mark McGowan, wildly popular, holding a parliamentary majority of North Korean proportions, has done more to emphasise the state’s go-it-alone mentality than any leader since Charles Court in the 1970s.

A reluctant partner in national unification in 1901, WA has never fully shed its ambivalence about joining a power structure whose base is 3,000 kilometres away. The WA gold rush of the 1890s was crucial to the state’s integration into the nation. The state’s population ballooned from 47,000 to 179,000 and the Easterners lured by gold were more open to the idea of joining the national club.

As an inducement, WA was given a temporary exemption from federal customs laws. But once that expired, doubts re-emerged. Within five years of Federation, WA politicians were passing parliamentary votes against the move. Such votes had no effect, but a more serious challenge to national unity happened in 1933 with a referendum proposing secession being passed with a two-thirds majority. As befitting Australia’s lingering constitutional ties to the UK, the vote was sent to London for deliberation. A British parliamentary committee ruled the vote invalid.

Ever wondered why we haven’t had a PM from WA since John Curtin (and he was born in Victoria)? Kim Beazley led Labor to two defeats. On the conservative side, Julie Bishop was heir apparent before she was deemed unfit by a misogynistic party room majority. Fremantle born Paul Hasluck was a contender in the sixties, but he only made it to governor-general.

The tyranny of distance counts. Few of us



have sympathy for politicians, but it’s a tough grind representing WA in faraway Canberra, then getting home and giving interviews to east coast media at 5am. Sandgropers (as they were once called) also face west, and face Asia. In normal times, it’s easier and cheaper to holiday in Bali than on the east coast.

So, what might the catalyst be for a final break with the rest of the nation? Rich in iron ore and liquefied natural gas, to name just two of nature’s bounties west of the Nullarbor, WA has generated great wealth from its commodity exports. And yes, much of it has gone east. WA has at times received as low as 34 cents for every dollar of the GST it generates. A number like that is ripe to be exploited by ambitious secessionists.

WA has given the nation mining tycoons with outsize personalities and appetites like Lang Hancock, Gina Rinehart and Andrew Forrest; as well as corporate raider Robert Holmes a Court, and scandal-tainted businessmen Alan Bond and Laurie Connell; not forgetting jailed premiers Ray O’Connor and Brian Burke, as well as the odd chair sniffer (remember him?). It has also blessed us with sporting luminaries Shane Gould and Herb Elliott, actors Judy Davis and Heath Ledger and writers Tim Winton and Sally Morgan.

Now, imagine thinking of them as, if not foreigners in an emotional sense, but sort-of New Zealanders. I’ve been to every state except WA, it’s such a long way. One day one of my children, or more likely grandchildren, may go there as a foreign tourist.

Words: **Mark Sawyer**

MichaelWestMedia
Independent Journalists



Preparing today for tomorrow's future

A GP's perspective on the Government's pandemic management

People on the Northern Beaches have made many sacrifices over the last two years to help protect our loved ones and the wider community.

As a local GP in Narrabeen, I have seen the impact of the pandemic on my patients and my colleagues across general practice, hospitals, emergency and community services and aged care. As dedicated health professionals, we have worked tirelessly to safeguard our community's health and wellbeing. Right now, we are in crisis.

With the outbreak of Omicron, I hear daily accounts of a health system and health workers at breaking point. Patients with chronic illnesses going without care for weeks. Waiting times for mental health support on the Northern Beaches that are months-long. Nurses working double shifts, 7-days a week without a break. Doctors expected to work even if they have COVID. GPs unable to keep up with demand while their staff coped with abuse from people angry at the Government because they can't lay their hands on a Rapid Antigen Test or they've had their child's vaccine appointment delayed because supplies haven't arrived on time.

Three years into the pandemic, this is not how it should be. The Federal Government dropped the ball on national pandemic training exercises, which have not been run in Australia since Exercise Sustain in 2008.

The national health exercises were designed to help prepare our country for a global pandemic, testing the health system's capacity and our ability to mitigate the effects of a virus on the Australian community.

Now is the time to learn from the lessons of the current pandemic and apply them to preparing our health system, our health workforce and our community, for the next pandemic.

We must transform our capabilities to ensure we have the infrastructure to rapidly deliver vaccines, treatments and Australian-made supply lines of medical products such as PPE and antigen tests. We must also look to the development of COVID-19 monitoring systems through advances in digital health-care technology and clearer and consistent public health measures and communication strategies.



Dr Sophie and supporters at Avalon Beach

A Royal Commission into the Government's handling of the pandemic will facilitate a process to openly and honestly review the decisions taken, and not taken, by the Government to ensure we are better prepared next time.

The findings can inform a robust national pandemic readiness plan co-developed with experts across sectors, including health, business, freight and logistics and all levels of government to ensure Australia is better prepared in mitigating the economic, social and health impacts of the next pandemic.

We need to reinstate national pandemic training exercises every two years, and develop a framework for local pandemic planning strategies unique to the needs of local communities. We know all too well the sacrifices the Northern Beaches community made with the lockdown in Christmas 2020 to protect the rest of Australia from the virus and the impact that had on our mental health and livelihoods.

The Government must invest more in our healthcare system and health workforce. Nurses and aged care workers need a pay rise now to reflect their value to our society and to retain the workforce needed to meet future health challenges. Further investment in general practice and public hospitals must build capacity to manage a future pandemic more effectively and provide the necessary supports for our healthcare workers' mental health and wellbeing.

As a Mum, a GP and if elected as your Independent MP for Mackellar, I will seize the opportunities we have today to better prepare for our future tomorrow.

Words: **Dr Sophie Scamps**
Independent candidate for Mackellar

Taking care of our medics with hospitality

This newly established charity ensures frontline healthcare workers are well fed, while helping Covid-affected hospitality business stay afloat

On 16th March 2020, just before Scott Morrison shut down the international borders and the pandemic truly took hold of global headlines, **Joeline Hackman** was becoming increasingly aware of how difficult it was for her nursing friends to get groceries after they had finished their shifts at work.

"Supermarket shelves were empty. The medical staff were doing longer shifts as patient demand started to surge, and they were worried they might at any stage be bringing home a deadly mystery virus to their families," Joeline says. "At the same time, local hospitality businesses were struggling as lockdowns and isolation mandates were put in place, and they needed cashflow support to keep their businesses afloat."

Seeing the urgent need and instant ability to solve two crucial issues with one solution, Joeline and three other mums gave birth to **Feed Our Medics**. "The charity connects our overworked, and undernourished healthcare workers with struggling cafes that have been Covid-affected."

Since March 2020, Feed Our Medics have been organising nutritious meals with local cafes, and carefully screening them for Covid-safe practices during the pandemic waves. "It's a mammoth logistics operation but it's the least we can do to show some solidarity for our healthcare workers." The meals are then delivered to frontline healthcare workers across Greater Sydney, reaching staff across NSW including the hospitals of Northern Beaches, Liverpool, Fairfield, RPA, Prince of Wales, Royal North Shore, Nepean, Mona Vale, and Westmead, as well as ambulance stations and testing centres across Sydney.

Recently delivering their 2000th meal, Feed Our Medics has not paused to celebrate, instead making every effort to highlight the ongoing challenges healthcare workers face, "While the hospitals, both public and private, are adamant there is no problem, and the government says that numbers are below forecast, nurses feel like they are not being listened to. They report being fed up with poor staffing and excessive overtime. They're burning out trying to cover the rostering shortfalls. Most alarmingly, a large proportion of nurses are



Joeline delivers meals to the Mona Vale Covid Clinic

planning on leaving the profession entirely. Who will pick up the pieces then? How will our medical system function if there's a mass exodus of quality nursing staff?"

Making matters worse, the 2019 promise of a 2.5% pay rise failed to materialise. Instead, wages were frozen once the pandemic hit, before an eventual 0.3% salary boost dribbled through. An insult, considering the additional trauma, hours, stress and discomfort in PPE that nurses have endured. Joeline suggests that nurses are given a monthly pandemic bonus that is commensurate with their risk and indexed to hours worked that month. France offers a 1000 Euro stipend to nurses to acknowledge their sacrifices. The French government also gave nurses a significant pay rise last July.

"While 2000 meals and coffee at hospitals across the country is great, we could go much further to improve the working conditions and wages for the heroes still left in this industry. Healthcare workers, nurses especially, deserve better conditions and better pay."

Words: **Liam Carroll**



To donate to **Feed Our Medics**, please scan here and make a 100% tax deductible donation on their GoFundMe page.

To help ensure better conditions and pay, and to retroactively reward the nurses who had their pay frozen, please sign the petition posted on Feed Our Medics Facebook @**FeedourMedics**

Make the most of commercial lending options

The commercial loan market has become far more competitive, with interest rates now available to commercial borrowers that were previously only accessible for residential loans. This allows business owners to access greatly improved borrowing rates, while also capitalising on the equity within their commercial facility, avoiding the need to secure a loan against your home.

Savings available to business owners (an example): A childcare facility completed a refinancing and equity release. Previously borrowing at an interest-only rate of 3.09%, the refinancing secured a 2.39% interest-only rate, creating a 23% loan cost reduction, freeing up \$15,000 of annual interest savings.

Valuation Options: In this case, and most cases, the commercial borrower can choose from the lender's panel of valuers. This ensures the business owner can obtain indicative quotes for the valuation before it

is completed, and that no money is wasted in the process. Valuation costs range from \$2,000 - \$5,000, depending on the size, type, and nature of the security.

The Equity Release Component: For the childcare facility, having recently increased the number of children in attendance, the valuation for the childcare centre was increased accordingly, allowing the business to release additional equity in the facility. These funds were put towards renovations, increasing the childcare facility's value further.

Words: **James Leader**, Shore Financial.

Shore Financial has access to commercial rates as low as 2.09%.

If you're a business owner that can benefit from the lowest available borrowing costs, as well as access equity release options to best use your capital, email jamesleader@shorefinancial.com.au or call **0450 029 418**



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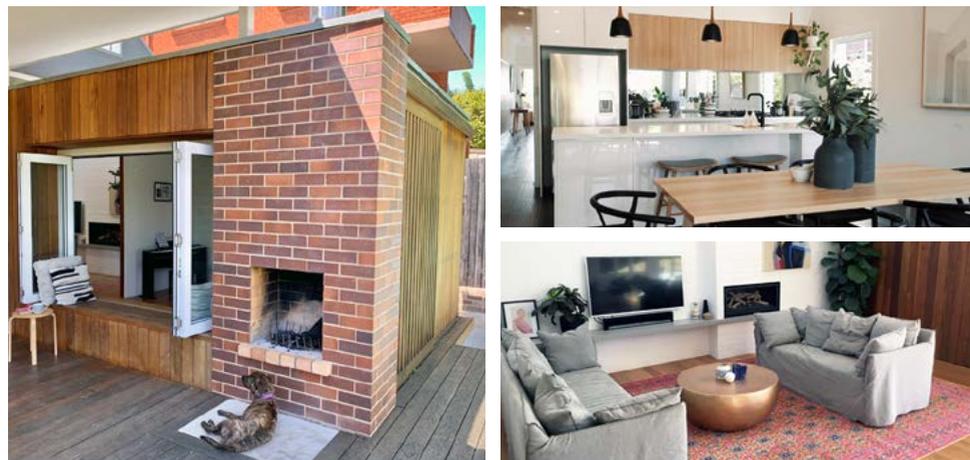
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Chris and her series of tidal inspired, textured paintings

Local Artist

Chris Mercer

How long have you lived on the Northern Beaches? It's been 32 years now. I was originally from Liverpool in the UK – this part of the world couldn't be more different.

What's the best thing about the Northern Beaches? It sounds like a statement of the obvious because the best thing has to be the beaches. I have travelled all over the world and few compare to the beauty we have here.

Describe one of your fondest memories of life on the beaches? The memory that stands out and it's a funny one because I am not a football person but it's the CC Strikers because for years many families in the team would meet up every Saturday with the kids to watch the dads play. The kids are all still friends today

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

I haven't found a country I prefer more than Australia, so if pressed I'd give Melbourne a go. I love the vibrancy of the city.

What inspired your cover artwork? The view south from Long Reef to Dee Why and beyond. It's a view I love and have walked up and down this coast many, many times. It seemed the perfect image to capture.

What inspires you in general? Colour and texture. I will look for a scene that I can enhance by pushing and exaggerating colour to create the lovely textural look that I like.

How would you describe your art? Juicy. That's the word I think best describes it because I work with oil paint and use lots of colour and a palette knife to create paintings you want to touch or maybe even eat.

What is your favourite part of the artistic

process? I love it when I have the first layers down and start adding lots of paint over the top and see how the paint can merge, grab and stick to the paint underneath. It's like creating a sculptural piece.

Which artists (or other inspiring people) would you most like to have dinner with and why? Anthony Robbins because he has a big heart and has made such a difference in my life. Steve Irwin – what a character. Larger than life itself. It would be amazing to be in a room with him and hear his stories.

How did you discover you had a gift for art? It was not so much a gift but enjoyment of the process and the desire to get better that drove me to take lessons.

Did you study art? Yes. I have a diploma in Design and Visual Arts and have attended many art workshops. I've worked with an amazing artist for about seven years, developing my own style. It wasn't until I found my style I felt comfortable exhibiting and selling my work.

What else are you working on at the moment? I'm travelling Australia, taking lots of photos and will start painting scenes from my travels very soon. I have been busy adding prints to my collection to continue selling my work while I am away, and I have a podcast with my art friend Cat Machin called **Art Wisdom** where we share our art journey and learnings.

How can people buy and support your art?

You can buy my artwork and prints from my website www.chrismercerartist.com.au You can follow me on Facebook and Instagram @chrismercerartist

What would you like to see, in the future of the Beaches art scene? Street art, silo art and murals in any area that needs lifting. Mural art is fantastic, I'd like to see more of it here, influenced by our beach vibe.

What advice do you have for young or aspiring artists? Seek teachers who inspire you and learn from them but keep searching till you find our own style, you will know when you do because it will feel right.

Any other words of wisdom for our readers? Find what you love to do then find a way to get paid for it. Easier said than done but so worth it.

Do you have a suitably pretentious quote to impart? I do. I'm in Shepparton at the moment and visited the Furphy Museum. There is a quote they put on all the watercarts: Good, better best; Never let it rest; Till your good is better; And your better is best.

Interview: **Quyen Hutchinson**

Your money is

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Boost your family's immunity

Fighting Covid 19 with Living Microgreens!

So, you've been fully vaccinated, you're avoiding crowded indoor functions, washing your hands regularly, wearing a mask, what else can you do to protect yourself and your family from contracting COVID?

A more active lifestyle, regular exercise, sleep, appropriate sunlight are all beneficial but most importantly your diet is critical to your immune health. A strong immune system is one of the best defences against any bacterial or viral infection.

There are increasing studies that show Microgreens are an important catalyst for driving immunity at a cellular level. This happens through their ability to activate the Nrf2 Pathway, a regulator of cellular resistance to oxidants, and produce powerful antioxidants within our cells. These antioxidants decrease cell damage which in turn can help fight disease, bacteria and viruses.

The compound responsible for this Nrf2 activation is called Sulforaphane and is found in all cruciferous vegetables, such as Broccoli, Cabbage, Kohlrabi, Mustard,

Kale, Peppergrass, Radish, Rocket and Diakon. However not all sulforaphane sources are the same. The most bio-available compound is derived from Microgreens in comparison to adult vegetables, and Broccoli Microgreens are the most potent source available. Studies have shown that Broccoli Microgreens contain up to 100x more Sulforaphane than their mature counterparts.

The strength of the sulforaphane decreases over time. Therefore, to get maximum nutritional and immunity-enhancing benefit, the microgreens should be as fresh as possible, and can easily be incorporated into your daily meals, in sandwiches, salads, smoothies, or tossed through your favourite stir fries, pasta and rice dishes.

Words: **Séan Newman**, co-founder of Manly Microgreens Co.

Manly Microgreens Co. is an urban farm based in Manly, growing and delivering LIVING Microgreens throughout the Northern Beaches and surrounds. For more info visit manlymicrogreensco.com.au

Grilled fish with Microgreens and summer fruits

Serves 4. Prep time 25 mins

Ingredients

Kiwis, peeled and diced
 ¼ english cucumber, diced
 3 cups fresh strawberries, halved through the stem and thinly sliced
 Juice ½ lemon
 2 tbs olive oil
 Pinch of sea salt and fresh ground black pepper, plus additional to taste
 4 6-oz skinless halibut steaks, pin bones removed (OR Chicken tenderloins, Portabello Mushrooms)
 ¼ tsp ground cinnamon
 ½ tsp ground cayenne pepper
 Olive oil
 ½ loosely packed cup torn fresh basil leaves
 ½ loosely packed cup torn fresh mint leaves

6 Pots of assorted Manly Microgreens

Method

1. In a large bowl, combine kiwi, cucumber, strawberries, lemon juice, oil, salt and black pepper to taste. Cover and set aside.
2. Season halibut on all sides with cinnamon, cayenne and pinch each salt and black pepper, gently rubbing spices into fish. Heat a large, nonstick skillet on medium-high and mist with cooking spray.
3. Add halibut and cook, turning once, for 4 minutes per side, just until flaky and opaque throughout. Remove from heat, cover skillet and set aside.
4. Add basil and mint to kiwi mixture and toss to combine.
5. To serve, divide microgreens among serving plates. Top with halibut and kiwi mixture, dividing evenly.
6. Enjoy, and give your immune system a boost too!



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Showing off newly created masterpieces



They see me rollin'

Explore Social bring a State of Clay to all

Manly Cove and pottery classes, a perfect combination for social creativity

In the lead up to Christmas the members of **Explore Social** - a Northern Beaches youth disability program - enjoyed a day in the sun at Manly. After a client suggested that Explore Social do some more creative activities, the group teamed up with **State of Clay** - another small Northern Beaches business - that provides kits with all the essentials needed to get messy with clay, experience pottery work, and embrace the creative side of life.

The group loved the tactile nature of clay work and created all sorts of wonderful pieces from Christmas ornaments to dishes. Through the mindful practice of hand-building clay work the group were able to embrace their creative sides and try something new in a safe and encouraging environment. Working with their hands to feel the clay and push and pull the medium to create their pieces caused much laughter and joy amongst the group - and with the famous Manly harbour in the background it

was hard not to feel inspired! The seagulls were suitably impressed with the state of clay masterpieces too, though we're reliably informed some would have preferred the pottery dishes to include generous servings of fish 'n' chips. Some birds are hard to please.

Explore Social plan to hold another creative session soon for the members to bring back their air-dried creations and paint the finished products. Created by Jess and Louella, Explore Social are dedicated to creating safe and comfortable environments for people with a variety of intellectual abilities to access and to create social connections.

Jess, who has members in the family with disabilities, wanted to create an accessible group, where everyone can feel comfortable building friendships and social connections, while also becoming more involved in the local community. Louella, who has worked in the disability industry for nearly a decade, has a passion for getting people

with disabilities social and helping them to get involved in their communities.

"We know that socialising is directly beneficial to positive mental health, which is another component of why we're so passionate in getting people with disabilities to connect with each other and their local communities".

Explore Social runs activities through the week, as well as fortnightly on Sundays. The activities are created through suggestions from the clients, so if there's an activity that people find difficult to access, Explore Social is the perfect group to get involved in.

Words: **Liam Carroll**

For more about **Explore Social** activities, events and their dedication to the power of being social, visit www.exploresocial.com.au and follow @exploresocial2021 on IG

Get your hands dirty with **State of Clay's** array of tactile art therapy and pottery kits. Visit www.stateofclay.com.au and follow @state_of_clay on IG

March 2022 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	0140 0.47	0232 0.40	0320 0.37	0407 0.37	0452 0.41	0537 0.47
	0810 1.91	0859 1.93	0944 1.90	1027 1.83	1107 1.71	1146 1.58
	1451 0.24	1533 0.22	1613 0.24	1649 0.30	1723 0.37	1755 0.46
	2049 1.48	2133 1.54	2215 1.58	2255 1.59	2333 1.59	
7	8	9	10	11	12	13
0011 1.58	0049 1.55	0130 1.52	0219 1.48	0318 1.45	0429 1.45	0537 1.49
0622 0.54	0710 0.61	0803 0.68	0908 0.72	1024 0.73	1138 0.69	1238 0.62
1224 1.44	1304 1.31	1351 1.21	1451 1.13	1615 1.10	1742 1.13	1842 1.20
1825 0.55	1857 0.63	1934 0.71	2028 0.78	2142 0.82	2300 0.80	
14	15	16	17	18	19	20
0004 0.75	0055 0.67	0138 0.59	0218 0.51	0258 0.45	0340 0.40	0424 0.38
0633 1.56	0718 1.64	0759 1.71	0837 1.76	0915 1.79	0954 1.78	1035 1.73
1323 0.55	1400 0.48	1434 0.41	1506 0.36	1538 0.32	1612 0.32	1646 0.34
1925 1.27	2001 1.35	2035 1.43	2109 1.51	2144 1.59	2221 1.67	2300 1.72
21	22	23	24	25	26	27
0511 0.38	0602 0.41	0029 1.74	0121 1.71	0222 1.67	0337 1.65	0456 1.67
1119 1.65	1207 1.53	0700 0.46	0806 0.52	0924 0.55	1045 0.53	1156 0.47
1723 0.39	1802 0.47	1300 1.40	1402 1.29	1520 1.22	1649 1.22	1803 1.29
2343 1.74		1846 0.57	1940 0.66	2050 0.73	2215 0.74	2332 0.68
28	29	30	31			
0605 1.73	0038 0.59	0133 0.51	0222 0.44			
1254 0.41	0702 1.78	0753 1.81	0838 1.79			
1900 1.39	1343 0.35	1424 0.33	1502 0.33			
	1946 1.49	2029 1.57	2108 1.64			

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

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE
PHOTO: THOMAS JAMES PARRISH





Nathan, fully Koalafied, and Joel, completing his koala-ty apprenticeship

Zen & the Art of Koalafied Plumbing & Gas

What is your connection to the Northern Beaches?

I met my wife-to-be in Portugal when backpacking around Europe. She lived in Manly, and I moved in a heartbeat once we returned from overseas. I was living in Canberra after all, so it was a no brainer. This place is incredible, unlike Australia's Roundabout Capital.

What got you interested in plumbing? Like most tradies (who aren't plumbers) say to us, "Plumbing's easy. Sh*t goes downhill and payday's Friday, right? Wrong! Payday's Wednesday! No, jokes aside, I never knew plumbing was my passion. All I knew was that I wanted to have hands on work. I started off when living on the NSW south coast. I tried so hard to land any apprenticeship possible, even calling every tradie around and dropping into worksites. It was only after putting up flyers in all the trade stores that a plumber called me for a trial. It was instantly game on. There was so much to

learn. The plumbing and gas industry is so broad.

How does it all work? Run us through a day in the life. Plumbing has its moments, but I love it. You never know what each day will bring. The phone will ring at any time and each call will have its own issues where we need to investigate what's going on and come up with a cost-effective solution. No two jobs are ever the same. The problem-solving aspect is well beyond what I ever thought plumbers and gas fitters did. Our hours vary day to day. After all, we can't start a job and shoot off leaving our clients high and dry, or low and wet, as the case may be.

What's involved in your marketing and building credibility for the business? Since I started uploading daily Instagram stories that showcase all the bizarre situations I encounter (and have to fix!), the feedback on how I've helped someone maintain their simple household fixtures is unreal.

With the help of my apprentice (shout out to Joel), we keep it light, funny and most of all educational so the average person can learn about what happens beyond the plug. It's funny though, I get bombarded by people wanting free advice, so here it is: Don't touch it. Call a licensed Koalafied plumber. **Do you find local places or people a source of inspiration for your work?** I have worked alongside many other plumbers here on the beaches. Whether it's lending a tool, passing on work you physically can't get to that day, or a new product has come out. The industry is changing each week and we need to adapt to ensure our work is koala-ty!

Any advice for Tawny Frogmouth readers, be it about plumbing or life in general? Always check a business' legit reviews and get a second quote. Choose local. Avoid flushable wipes, they can cause mega sewer chokes. Also, if you want to learn how to extend the life of your household plumbing (and have a good laugh) jump on the @koalafiedplumbing socials and buckle in. **Finally, what's the grubbier plumbing moment you've experienced?** Not only have I seen sh*t hit the fan, but I've also seen it hit the ceiling above the fan!

For all your Plumbing & Gas needs, be sure to get **Koalafied**. Call Nathan on **0434 614 760** or visit their website **www.koalafiedplumbing.com**

Koalafied is looking for plumbers to join the team. Call **Nathan** to find out more.

Interview: **Liam Carroll**

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Minimise your bad debts

If you're a small business owner, whether you are a tradie, a photographer, accountant or life coach, getting paid is the most important part of your business - and sometimes the most overlooked.

As a lawyer, I have chased a lot of bad debts for clients that, had certain steps or systems been put in place by the business owner, may not have needed to be chased to court.

Here are the most effective practices I would like to share with local small business to help minimise your bad debts:

1. Start with a written quote
A number of tradies work off oral quotes with the intention to put them in writing to the client, but when this does not happen, clients can often make excuses about payment. Follow up all oral quotes with either a quick text message, asking the client to confirm by replying "Yes, go ahead" or an email quote through an affordable app like "Invoice2Go".

2. Ask for a deposit
A percentage deposit to commence work is an excellent

way to ensure that the client is invested and committed to pay for your services. Whilst it can be tedious to organise if you are used to seeking payment at the end of the work, it is a valuable way to see if a client even has funds to get started. For larger invoices over \$10,000, this is particularly important.

3. Implement short payment period terms

I used to have my payment terms set to 7, 14 or 30 days. I have found that this tends to lead clients to put it lower on the priority list and often forget to pay by the due date. Once I changed my invoice terms of payment to "DUE NOW" as the work has been finished and delivered to the client, I have found the majority of clients pay on or shortly after the invoice date. If a client has not paid within 30 days, always call them personally to offer them different payment options, like a payment plan. Getting paid in instalments is still getting paid.

4. Set up manual or automated follow-ups

The longer your invoice remains unpaid, the less likely it is that you will get paid at all. Regular reminders are an effective way to ensure payment is made. Issue written reminders at 5 days, 8 days, 14 days, 21 days and 28 days post invoice date. If you suspect the client is not answering your calls, call from another number. You will often find once you speak to them personally and have a friendly but firm chat about how unpaid invoices affect your bottom line as a self-employed small business, the client will pay.

5. Engage a Lawyer

If a promise for payment has not been met after 2 months, the longer the debt remains, the less likely you will get paid. Consider withdrawing credit from the client if they regularly engage you and discuss recovery options. The most affordable option is to give a list of bad debts to a lawyer and have them call the clients to chase the debts before issuing each bad debtor a letter of demand. Many invoices are quickly paid after the phone call or letter of demand. If these steps are not fruitful, the lawyer can file a Statement of Claim on your behalf in the Local Court. The procedure is more cost effective than you might imagine, and I have managed to get a client repaid \$12,000 after 6 years through this process.

Words: Liesel Pierce

If you are a local small business having trouble getting paid, **Fresh Legal Solutions** offer low fixed fees to chase your debts for you.

Call Liesel on **0450 106 079** or email liesel@freshlegal.com.au for a free chat about your business situation.



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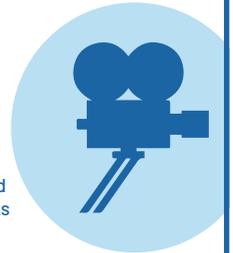


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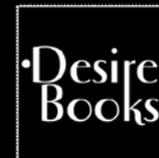
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Give your time to make meaningful connection

“At Lifeline, we create connection with people,” says David Thomas, CEO of Lifeline Northern Beaches. “No matter who you are or where you are, you can find support with Lifeline.”

Lifeline Northern Beaches has been running the Community Visitors Scheme (CVS) service for more than 25 years. This service connects volunteers with residents of aged care facilities in Mosman and Northern Beaches Council areas who may be experiencing isolation and would benefit by the companionship of a regular visitor.

Volunteers commit to visiting or contacting an aged care resident for at least one hour every fortnight.

“Restrictions on visitors to aged care facilities have meant that volunteers have come up with other ways of staying connected with residents,” says Lyndall Calcrafft, CVS Coordinator at Lifeline Northern Beaches. “This has meant sending cards, making phone calls and, sometimes, video calls.”

Lifeline Northern Beaches currently has more than 40 volunteers who visit residents in 16 aged care facilities.

“Our volunteers find that they make strong friendships with the people that they visit,” says Lyndall. “Giving an hour every fortnight of your time to others and making connections that have real meaning has a positive impact on both the resident and the volunteer.”

Lifeline CVS volunteer, Phoebe, said that the best thing about the role is getting to know the resident – even if it can feel a bit awkward at first.

“Be prepared to dedicate the time to volunteer, particularly because it takes time to develop a relationship,” Phoebe says. “Starting out can feel a little uncomfortable and



Lifeline Northern Beaches CEO, Dave Thomas

awkward but don't be afraid to ask questions, understand interests, and get to know the person you're visiting. And always remember that the reason you're there is for them, so everything you do for that hour a fortnight needs to be based around what they're interested in.”

Want to become a volunteer?

Contact **Lifeline Northern Beaches** on **02 9949 5522** or email **admin@lifelinenb.org.au**

If you're feeling isolated and would love a friendly face to spend an hour a fortnight with, please use this free service to make contact, and Lifeline Northern Beaches can help find a suitable volunteer.

Find out more by visiting **www.lifelinenb.org.au/cvs**

Words: **Lifeline Northern Beaches**

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The Love Scout

Valentine's Day

A day to be celebrated, become nauseated or obligated to conform to social expectations?

Valentine's Day is supposed to be a day to celebrate love, but depending on your relationship status, it can be anything but. There are three buckets you can fall in; single, newly coupled, old school coupled.

For the singles out there, Valentine's Day feels like an obnoxious reminder that you are alone, and it seems like everyone else on the planet is coupled up. I have a vivid memory standing at the bottom of an escalator at Westfield watching a young couple 6 steps above me romantically canoodling in their own little world. I was so internally conflicted; I hated them for having love, but I was also happy for them that they had actually found it. I guess I just wanted what they had. I try to hold that memory close when Feb 14 rolls around and remember my single friends, because for them, Valentine's Day sucks.

Then we have the old school couples, de facto or married, who feel the weight of expectation weigh heavy on their shoulders. Do I have to get something? Will I be punished if I don't? We've done it every year; can we just skip this one? Why do we have to celebrate this specific day? Aren't we too old for this? After a while, Valentine's Day can become a bit of an expectation minefield, and it certainly loses its "romantic essence" when people become overwhelmed with the pressure and feelings of obligation to show or buy love in a particular way.

For young love and new love, this day is exclusively for you. It is a time to overindulge

in the Hallmark tradition of cute cards, overpriced roses, expensive outings, and public professions of love. It's a day to bask in the gushy feelings of being "the chosen one". I hope that every person gets to have a couple of these mushy V days, but I also want to point out that nobody's existence needs to be validated by another person choosing to be with them. Each of us are special, unique, lovable, and worthy, with or without a partner.

I've got mixed feelings about Valentine's Day. I love the idea of supporting love, but I don't like the idea of it being exclusive to intimate relationships. We've all got friends who are like family, who have helped us through our crises, some that would no doubt take a bullet for us. What about extending a little platonic love and recognition to them, especially the singles ones?

This V Day, I'll be shouting out to all my single friends who have shown me so much love over my life. You guys are my chosen ones. And just for a bit of fun, I thought I'd sign off with a poem about modern love. Happy Valentine's Day guys!

Never thought I'd find Mr. right
 But with you it was love at first swipe
 Then you went all out with a heart emoji
 That's how I know you were my OG
 Our very first date was such a thrill
 You had it all planned out, Netflix & chill
 We used your phone to order uber eats
 I'd never known such chivalry
 Then I snapped a pic, loaded it to the gram
 We went on tiktok and copied a dance
 Hate to say it, but it's the millennial way
 Of modern romance on Valentine's Day

Words: **Scout Smith-O'Leary**

Scout is a Matchmaker and Relationship Educator. Learn more about her upcoming dating workshops at www.schoolofconnectionsdney.com

Mal's Wild Side

One boardwalk too many

"When we destroy something created by man, we call it vandalism, but when we destroy something created by nature, we call it progress"

Pittwater On-line News recently questioned the need for Northern Beaches Council to keep "landscaping" our green spaces with unnecessary paths and other infrastructure. For example, they portrayed the huge new concrete wall at Collaroy, designed to combat beach erosion, as the ultimate in overkill. The Surfrider Foundation's Brendan Donohoe was quoted in The Guardian saying, "We were honestly astounded at what they've done". Coastal engineer, Angus Gordon, called it a "brutal engineering solution".

But what else has Council got up its sleeve? Well, plans are under way to build a mega track through unspoiled bushland at Manly Dam. This time it's a 2m wide, 400m long, fibre reinforced plastic, boardwalk, costing \$1.8million (that's \$4,500 dollars a metre!) The proposed route for this structure (including spacious viewing platforms) is in pristine bushland between Manly Dam's quiet, internal roadway and the tranquil lake. Manly Warringah War Memorial Park is already riddled with paths for walkers and bikers.

This continual fragmentation of bushland means more intrusion into the wildlife habitats that makes the place so unique. The southern shore of the lake is one of the few places where wallabies and other animals have "people free" access to water.

Recent biodiversity studies at Manly Dam underline the importance of this "natural ark" in an urban setting. 1,124 plant and 420 animal species have been recorded here - many of them significantly rare - which is quite amazing being so close to Sydney's concrete heart. But wildlife needs undisturbed areas if it is to flourish. One ecologist stated, "The greatest threat to bird diversity (in the park) is the loss of habitat through urban encroachment and decreased connectivity".

Thankfully there is a great way to facilitate the need to provide "access for all" without impacting bushland. The adjoining under-utilised roadway could have its speed limit lowered to 10kph with associated traffic calming and control measures. The shared space could then be made pedestrian and wheelchair safe.



Council's "Keeping Our Dam Alive" initiative in 2005 identified the park was facing "critical problems" such as weed invasion and deteriorating water quality. Those predicaments have not gone away. Meanwhile the "Beaches Link" tunnel project, if it proceeds, will destroy an area of bushland equivalent to 39 football fields adjoining the reserve and threatens its fragile creek system. Surely now is the time to think about protecting, not exploiting, this treasured place.

Some of the designated money could be reallocated to creating a mobility ramp to the dam wall's fantastic views, providing nature education resources, replacing the environmental unfriendly concrete path between sections 1 and 2 with a boardwalk and even maintaining eroding mountain bike tracks.

Northern Beaches Council already has "runs on the board" when it comes to attempting to "urbanise" the serenity of Manly Warringah War Memorial Park. The Community (including Ex-Services veterans) had to campaign strongly against siting a "regional play space" there in 2018. Thankfully this was radically scaled back from the original plans which would have made it 17 times the size of the original playground footprint.

It's Manly Dam's wildness that makes it so special, so different from other conventional parks, and such a treasured local icon. Council will be inviting public submissions to this proposal in 2022. Please advocate for a rethink and help "Keep Manly Dam Wild".

Words: **Malcolm Fisher**

Music with Digz

Let there be rock

Covid's impact on live music has been terminal, but a divine loophole keeps one sure-fire path open for faithful performers. Praise be.

In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. Then God said, "Let there be light", and there was light. Then God said, "Let the waters under the heavens be gathered together in one place, and let the dry land appear," and the oceans and dry lands appeared. Then God said, "Let there be sound." There was sound. He spoke again, "Let there be drums." There were drums. God then spoke, "Let there be guitars." There were guitars.

Finally, he let out a thunderous bell, "Let there be ROCK!...But only when attending tax exempt havens whilst singing songs specifically about me and the great things I've achieved alongside fellow worshippers. Then and only then will I allow you to sing, dance and enjoy live music performances which would otherwise leave you riddled with the Covid-19 virus. After all, it is me that decides your fate regardless of the actions you've taken to protect yourself from any number of the diseases I have created to test you."

Well, at least that is the logic put in place by the governing Liberal National Party Coalition. In the very beginning of this pandemic - that is now approaching its 2nd joyous birthday - it really felt like the government had our best interests and 'safety' at heart. Their rules were strict but fair and all outlets, festivals and venues were treated equally with only the necessary points of interest being able to stretch the rules to allow standing and walking around to hoard food and toilet paper.

Now it's hard not to see where the LNP's allegiance lies as they close and cancel all major festivals, while venues and nightclubs are under strict instructions to not allow people to dance and sing and significantly reduce numbers to an unsustainable level. After all, these are the actions that maximise the spread of a contagious and airborne disease. So, this all really makes sense until you realise all churches, weddings and sporting events are exempt from these rules.



Take me to church

Sport, I can let them get away with the weak excuse of being outdoors, even if there is a bottleneck of 1000's of strangers squeezing into stadiums, sweating, sneezing and coughing all over each other. Weddings are a family event so perhaps the spread is a little more minimal. However, I would love you, Tawny Frogmouth readers, to email and argue in defence of the church's and/or the LNP's special treatment of live music performances at places of worship.

What is the difference between the singing, dancing and mixing at a religious event - or dare I say Hillsong festival - and those same actions taking place at a music festival, night-club, or live venue? I encourage you all to email and tell me your thoughts, because at this rate the only logical answer is funding and votes that the church undeniably provides the LNP.

If I were to start performing with my band on Sundays, or does it have to be in a church, or must we completely transition ourselves into a particular religion, and replace all the lyrics of "baby" to Jesus, would it then be ok to be there with people wildly dancing and singing to our music? Or must we donate heavily to the current governing party to grease their wheels and lobby our way back to the stage?

Either way, I'd love to hear your thoughts for and against, so that myself and all music performers can best align our devout worshipping of live music with the appropriate religiosity to allow safe passage from masked isolation to staged, full decibel freedom.

Please email mail@thetawnyfrogmouth.com.au under the subject: Digby's Religious Awakening

Words: **Digby Robinson**

Film & Food

Spectacular Sci-fi

This month we celebrate sci-fi cinema with the release of Denis Villeneuve's *Dune*! So whether it's in cinemas or on the big screen at home, these picks will immerse you and move you! Also be sure to check out our bonus podcast episode for more in-depth reviews and recipe tips.

Dune

In cinemas & available to rent on YouTube and Amazon Prime

Paul Atreides, the son of a noble family, is entrusted with the care of the harsh desert planet Arrakis and the most important resource in the universe buried within it's scorching sand: spice. This adaptation of the classic sci-fi novel is a gigantic spectacle in every sense with its deeply immersive world, thrilling action, heart-pounding score and powerful story. A must-see on the biggest screen possible.

Arrival

Streaming on Netflix

The world is thrown into chaos when twelve alien spaceships arrive at various locations on Earth. It's up to linguist Louise Banks to try and communicate with these aliens while the world sees them as a threat and prepares for war. This is Villeneuve's most human film, a supremely intelligent and emotional masterwork that calls for humans to love unconditionally, to communicate with grace and to work together.

Westworld

Three Seasons Streaming on Binge
Rent on Apple TV & Google Play

In a futuristic world humans can live out their dreams and desires through artificial consciousness at the wild-west theme park Westworld. These guests are looked after by robotic 'hosts' who take care of their every need while also hiding some secrets of their own. This is a wildly entertaining, deeply engrossing series that has plenty of twists and turns coupled with fantastic performances and a great soundtrack. A must for all sci-fi lovers.

Words: **Christopher Roberts**

Chris is the author of [@filmandfoodpodcast](#)



Do you prefer hard or soft? Either way, delicious!

Spicy Fish Tacos with Green Slaw

Ingredients (makes 8 tacos):

450gm barramundi
8 taco shells
Chipotle sauce
Sour cream
2 Corn Cobs

Fish Spice Rub

1 tbs brown sugar	1 tsp onion powder
1 tbs sea salt	1 tsp garlic powder
1 tbs cumin	1 tsp cayenne pepper
1 tsp chilli powder	1 tsp paprika

Green Slaw

½ small cabbage, shredded finely
Handful of coriander, chopped
1 cucumber peeled, finely sliced
4 spring onions, finely sliced
Juice of 2 limes
2 Tbsp Olive oil

Method:

1. Preheat oven to 180 degrees. Combine spices to make spice rub. Place your fish on an oiled oven tray and coat evenly in the spice rub. Bake for 15 minutes.
2. Chop the kernels off the corn cobs and cook for 5 minutes or until golden brown in a skillet or pan. Combine all ingredients for the green slaw in a large bowl.
3. Place taco shells bottom up on an oven tray and allow to bake for 5 minutes when the fish is nearly ready.
4. Serve tacos with a serving of sour cream, chipotle, fish, green slaw and corn. Enjoy!



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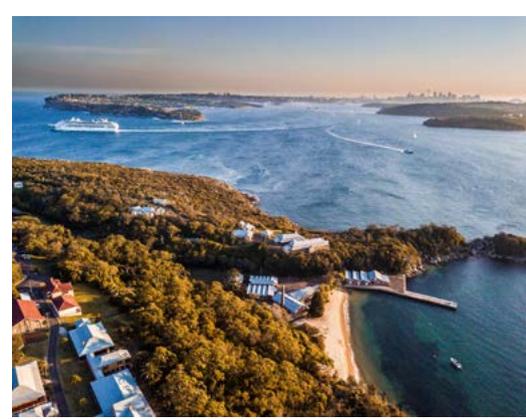
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Subject Flynn McEvoy enjoying the view at Fairlight
Photographer Laura McEvoy



Subject Jordy Lawler, Pipeline
Picture WSL



Subject Bill, Ali, Daz and Pete completed
15 rockpool swims in one day



Subject Resident tawny frogmouth
Photographer Trish Carroll



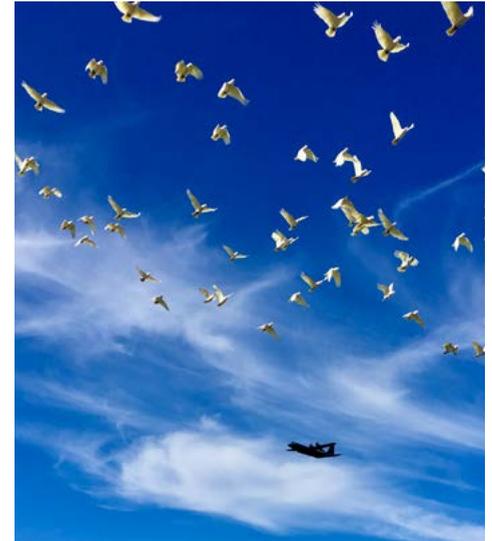
Subject Brush turkey chick
Photographer Laurie Wilson



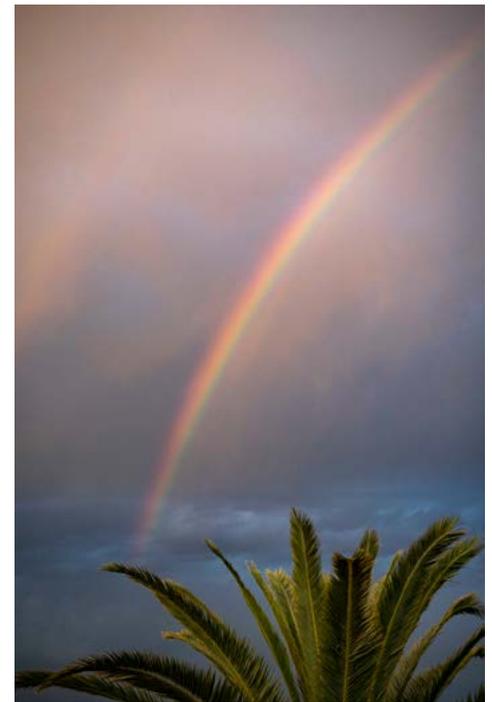
Subject South Freshwater waterfall,
brought to life by the Friends of Freshwater



Subject Collaroy's car-killer trees
Submitted by Will Greenlees



Subject Inflight over Long Reef
Photographer Jenny Smiles



Subject Rainbow in the mist
Photographer Thomas James Parrish

The Heritage You Leave Behind

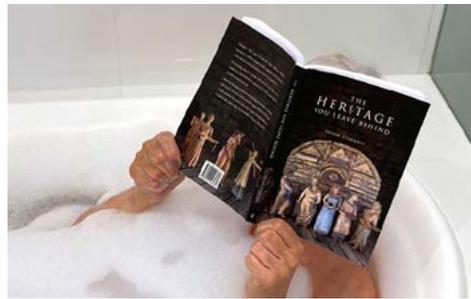
The Heritage You Leave Behind defies categorisation. It's got the lot: love story, period drama, family dysfunction, violence, betrayal, intimidation, discrimination, art world intrigue, insurmountable obstacles and all written in a distinctive voice that keeps you hooked on every word of its 263 pages.

It's hardly surprising this book is so compelling because its author, **Susan Steggall**, another long-time Northern Beaches resident (Manly in fact), is someone who has jammed a few accomplished lives into one. Born in Maitland NSW, she achieved degrees in the biosciences from the University of Sydney in the 1960s, then worked in the pharmaceutical industry for some years until her love of winter sports drew her to the French Alps for a decade (the 1980s), taking her husband and small children with her. When she returned to Sydney she gained Master and Bachelor Degrees in Art History & Theory, followed by a PhD in Creative Writing. She wrote a memoir of her time in France, *Alpine Beach: A Family Adventure* and she translated it into French. She has also written three other novels that blend art and its history: *Forget Me Not*, *It Happened Tomorrow* and *'Tis The Doing Not The Deed*.

These are just snippets of Susan's writing and her achievements; she even made the small sculptures that appear on the front and back cover of *The Heritage You Leave Behind*. These sculptures are influenced by figures in the paintings of French artist Marie Laurencin.

The character at the heart of this book is a young woman, Ellie Gilmartin, who becomes a sculptor despite immense opposition from her one remaining relative, Aunt Agnes. It starts in Glasgow in 1948 with Ellie's relentless desire to understand more about her heritage. As information emerges, she questions whether her mother really did die when she was a toddler and why she left Ellie alone with a father who clearly suffered from what we now know to be PTSD. That wasn't the only thing he suffered from.

Ellie is one determined and lonely human. Aunt Agnes is no help at all and withholds vital information while doing her best to manipulate Ellie who stands up to her and to her equally manipulative employer, but almost as bad are the bureaucratic obstacles that would



Paige soaking in Heritage

make most people throw in the towel. Not Ellie. She embarks on a lonely journey from Glasgow to Australia to find out the truth. It's only the strangers Ellie meets who are helpful and caring, her family are "a ghastly, ghastly nightmare" as my favourite Glaswegian Billy Connolly would say.

Susan's depiction of the feel, smell, sound and sights of Sydney are depicted with such clarity that I discover things about my hometown I either never knew or had forgotten. The depiction of Ellie undertaking her detective work at The Mitchell Library, the Art Gallery of NSW, the Anzac War Memorial and taking the ferry from the city to Manly, the train from Central Station to Maitland, to follow up on leads are so perfectly described that I felt like I was walking alongside her.

Ellie spends quite a bit of time in Maitland and from Susan's description of the landscape I've decided I need to visit Maitland and walk in the steps of Ellie. I've already gone to the Anzac War Memorial to remind myself of the extraordinary sculptures by Rayner Hoff that Ellie admired there. I love how this book has introduced me to Australian artists, such as Margot Holden, Theodora Cowan and Dora Barclay, and now I can explore their work too.

Who needs to travel when there are books like this! it's my first Susan Steggall book and it won't be my last. I have a lot of catching up to do.

You can buy **The Heritage You Leave Behind** on **Booktopia**, **Amazon** and **Google books** but why not just email Susan and order it directly, swall@bigpond.net.au

Words: **Paige Turner**



1. When Pittwater Rd turns off at Mona Vale to Bayview, what is the main road's name that goes all the way to Palm Beach?
2. Where was Australia's first Lifesaving Club founded? Bondi, Manly, Neither
3. Which "suburb centre" is further north – Mona Vale or Hornsby?
4. Which of these Northern Beaches suburbs was formerly known as Greendale? Brookvale, Collaroy, or Dee Why?
5. Over which Northern Beaches beach would you find a statue of surfing legend "The Duke"?
6. As you look at Australia's coat of arms – Which animal is on the left?
7. How many human players are there in one side of a Polo match?
8. The 2022 Winter Olympics are being held in Beijing, China – In which country were the 2018 Winter Olympics held?
9. As the crow flies, which Australian state or territory capital is the furthest away from Launceston?
10. Which South American country is only bordered by Brazil & Argentina?
11. The band Green Day's logo is a depiction of a hand holding what type of weapon?
12. It is recommended an epi pin be injected into which limb?
13. Name the 2 Australian footballers who have played over 100 Caps for the Socceroos?
14. Celine Dion won Eurovision for which country? Belgium, France, or Switzerland?
15. In November of 2021 – Which Commonwealth West Indian country officially became a republic?
16. By law which two Americans are forbidden to travel together?
17. How many AFL teams have birds as nicknames?
18. Which bird features on the Australian \$100 note – Emu, Lyrebird, or Kookaburra?
19. Which US state flag still has the Union Jack on it?
20. According to Geoscience Australia, over the last 20 years Australia has drifted almost 2 metres in which direction?

Sudoku

Medium difficulty

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

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by Krystal Bawl

Pisces Feb 20 - Mar 20

There's no celestial summit too high to stop you flipping over into places you don't belong. Stay in your stream.

Aries Mar 21 - Apr 19

Astral forces are working in your favour. You are like a magnet, people will keep getting sucked in.

Taurus Apr 20 - May 21

You're brimming with super-powers but have a small window of functionality. Don't waste a minute!

Gemini May 22 - Jun 21

Let your inner entertainer out. Tune up your tonsils, karaoke is back, you know you want to and we want you to too.

Cancer Jun 22 - Jul 22

Planetary trading is risky, and now you're in freefall. Cut your losses and invest in Krypto!

Leo Jul 23 - Aug 22

Those maraschino cherries in celestial cocktails can only sustain you for so long. Time for some meat and three veg.

Virgo Aug 23 - Sep 23

You're in a contemplative mood and thinking of rekindling friendships from the past. Choose wisely.

Libra Sep 24 - Oct 23

Power-coupling is your specialty and this month your sexy duets are making the earth move.

Scorpio Oct 24 - Nov 22

Chateau Scorpio has charmed you. Once such a party animal you're now a proud homebody. What's next, a vegie patch?

Sagittarius Nov 23 - Dec 21

There's a money moon in the sky and it's shining on you. Beware, all that glitters is not gold or bitcoin either.

Capricorn Dec 22 - Jan 20

You've been questioning yourself lately. Take advantage of the new moon and act on some of your radical ideas.

Aquarius Jan 21 - Feb 19

Your planetary GPS is on the blink; astrocartography is so unreliable. Dust off the street directory and DIY.

Tivia Answers

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

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