

The Tawny

FROGMOUTH

June 2022





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Wednesday 1st June // 3:30pm

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G'day Beaches

I'm writing this in the dark, blissfully unaware of 21 May's Judgment Day outcome! But it's safe to presume, whether there's been an Albo landslide or ScoMo miracle, all sides of our well-hung parliament agree the June 2022 Tawny Frogmouth is a verifiable winter scorcher.

Artist Jaimee Paul's cover is criminally adorable, throw away the key. Mal's Wild Side reveals a 90million year old Manly Dam rock climbing fish facing the wildest existential threat of all, property developers. James Griffin unveils his plan to double Koala numbers by 2050. Matt Cleary relives the time Dessie flogged Fatty up a Long Reef hill. Dale Cohen bids farewell to a pioneer of environmental protection, Tom Kirsop. And Paige Turner makes her theatrical review debut, critiquing "Stupid F***ing Bird", the Mike Booth directed magnum opus playing Friday nights at the home of thespian pre-eminence, Manly's Desire Books, sponsored by Jerry's Pizza.

All this and much more so remember, it's cold outside. Stay warm, read Frogmouth.

Liam



The Tawny Frogmouth

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andy Taylor

PHOTO: ANITA WATERS



Have your say on the proposed dog park name

Peninsula Wash Up

Four-legged diggers commemorated at Purple Poppy Dog Park

Council has endorsed a proposal from Forestville RSL Sub-Branch to name the enclosed off-leash dog area at Forestville War Memorial Playing Fields the Purple Poppy Dog Park and has invited the community to have their say.

“While Australia has a proud history of commemorating and recognising those brave servicemen and women who gave their lives to protect our county, their four-legged comrades are often forgotten,” Mayor Michael Regan said. “The purple poppy commemorates the deeds and sacrifices of animals in wartime. The purple poppy is worn alongside the traditional red poppy to remind us of the sacrifice animals made and continue to make. From guard dogs to explosive detection dogs, these furry friends bravely served Australia. Let us forget our four-legged companions who served alongside our diggers.”

You can have your say on the proposed dog park name online at www.yoursay.northernbeaches.nsw.gov.au

Colouring the Spectrum

Marisabel Gonzalez (you may remember her lively 'Oh Yeah!' November issue cover art) is teaming up with **Anita Connell**, music therapist and director of **Tuned In Music Therapy**, for a series of 90-minute workshops for young autistic adults to develop skills in music-making and creative art. The project will develop creative skills culminating in an exhibition to provide insight for the local community into

life with autism. Both facilitators are passionate about inclusion, accessibility and equality advanced through creative arts in their local community. The 8-program series runs from July through August 2022, and is a FREE program, grant funded! We love Grant!

To find out more, head straight to www.tunedinmusictherapy.com/adult-group-programs or email vanessa@tunedinmusictherapy.com

Help needed at Red Cross Dee Why

The Australian Red Cross is looking for volunteers at their Dee Why retail store. If you'd like to be part of a friendly team, help a great cause, pass on your skills, and maybe even learn some new ones, please call Sarah on **0433 011 185**

Don't miss Stewart House's 90th birthday

While technically reaching the nine-decade milestone last year, Stewart House is finally able to celebrate ninety(one) years of life-changing work for kids in need from all over the state. Taking place Tuesday June 7 at Balmoral's Bather's Pavilion, where Stewart House alum **Ty Bellingham** is the masterful head chef, and including a special guest performance by leading flautist Jane Rutter, Chevalier de L'Ordre des Arts et Lettres, be sure to get your tickets before they're all gone. Contact aimee@stewarthouse.org.au, phone **9938 3100** or visit www.stewarthouse.org.au

Local Sparky wants to ensure Lismore is warm for winter

Chris Pemberton, Director of Local & Licensed Electrical and Airconditioning, has been deeply moved by the flood-ravaged hardships brought upon the people of Lismore and the Northern Rivers. Beyond the day-to-day supplies needed, Chris realised a huge looming problem is ensuring electricity is restored to as many homes as possible before the colder months set in. He's laid out an inspiring and ambitious plan to provide those affected with free electrical services, but he needs Tawny readers' help to do so.

Scan here to help Lismore homes enjoy access to electricity this winter



www.gofundme.com/f/donate-to-help-flood-victims-get-electricity-back

Words: **Liam Carroll**

PHOTO: KAREN WATSON

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Letters to The Tawny Frogmouth

Parking Authoritarianism

Manly locals recently met with a crack squad of Council's elite pundits - whose knowledge and wisdom are so specialised we can only reveal their code names - in order to once and for all resolve the ban on reverse parking along Manly beachfront (Re: Apr '22 Council Puppets and their Cyclist Masters).

As for changing the signage back to allow reverse parking, 'Ham Sandwich' stated he wasn't sure how to do that. Bingo! Off to a great start, bamboozled by such visionary thinking. He then suggested he could resolve the issue by widening the road, meaning the white line dividing north and south bound lanes to be exactly in the middle.

When quizzed about speeding cyclists on the shared footpath, 'Ranger Rambo', so named for his disturbingly figure-hugging office shirt and aloof demeanour, voiced the cry of all well versed public servants, "That's not my job, call the Police." His thousand-yard stare gave all present flashbacks to Nam, while his attire screamed 80s film clip.

Given such esoteric pearls of wisdom, and with zero viable solution within reach, we can only conclude a fatality or serious injury is imminent. At which point, all present will squeal during the court proceedings or coronial inquiry for Council lacking in their duty of care.

Sadly, these God-like figures cannot grasp they are here to help and serve the ratepayers, not rule over them like tyrants. Another rate rise, please sir.

The crescendo of incompetence was delivered a week later when 'Tubbs', a Highway Patrol officer, threatened a surfer parked front to kerb - as per the signage!! - because the rear door of his van was protruding into the south-bound lane traffic while getting his surfboard from the back of the vehicle.

It's becoming clear, the only solution is to ban surfing, followed by puppies, they generate far too much joy, and finally, outlaw kids, they're noisy. Did I miss anything?

Soon to be banned,
Percy Protest Pelican

Museum on former Manly Hospital site

Today I read James Griffin's article in the April Tawny, and I think it is appropriate that part of the former Manly Hospital site be used to provide facilities for young people with life-limiting disabilities. He states that 'the remainder of the site will be converted into a community health and wellbeing precinct'. I am so over the fact that we must turn everything into a 'community health and wellbeing facility'. Many people each day take advantage of the walking tracks around North Head to facilitate their health and wellbeing.

Manly has become a very boring place for tourists to visit. Recently a young visitor to Manly asked me, "What else is there to see in Manly beside the beach?" I had no answer. The remainder of the extensive old Manly Hospital site should be used to establish a museum where the history of the Northern Beaches Peninsula is on display for the interest and education of local people, visitors and schools. The Manly Warringah, Pittwater Historical Society and the Manly Library are the custodians of a huge amount of local history which the public never see. It is an outrage that this material is locked away. At one time we were able to read about some of our very interesting local history written by John Morcombe and published in the Manly Daily. Maybe we need a rich local benefactor to make this happen.

Trish Winston

The Great Dunny Hunt is on!

Go to the National Toilet Map www.toiletmap.gov.au As a prelude to World Continence Week, 20-26 June 2022. It's not just for grey nomads. When one needs to go, one needs to go, yet along the 14km length of the Wakehurst Parkway, after leaving Seaforth Oval until Narrabeen Lagoon, there are no dunnies. Nada. Sure, there is a Council-run toilet at Billarong Reserve. Open only during daylight hours, no MLAK, and diddly-squat unisex. Please, Mr Mayor, spend some of that NSW Liberal's \$17.5million of flood mitigation, adding toilets along the Wakehurst Parkway. That would be a welcome relief from having to pee behind a bush.

Génesis Rayner, Weeler Heights

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It's gone far enough!

Liberal candidate for Warringah, Katherine Deves, has taken a battering from transgender advocates who want equality, diversity and inclusion entry into women's sports.

Women's sports cannot be women's sport if men who identify as women compete. It's simply not fair. I venture to guess that 99% of voters would agree.

No objection to the LGBTI peeps overall, but to be bullied into taking down posts because you support a biological position instead of an identity one is ludicrous. Stay the course Katherine Deves and stand your ground in order to save women's sport. Where's the equality for women who wish to compete only with biological women? Does sitting member Zali Stegall support non biological transwomen playing sport against biological women? Or does she intend to weaponise this issue in order to demonise her opponent? I'd like a crystal-clear answer on that from our local Federal member.

John Partridge, Bal. Heights

Off-leash dogs on Manly-Fairlight harbour walk

I walk regularly on the Manly-Fairlight section of the Manly to Spit Bridge walk which is a world-famous tourist attraction. Although there are signs saying dogs need to be on leash at all times, it is usual to see the majority of dogs off leash. I don't mind if the dogs are well-trained and don't run at strangers. However, on many occasions while just simply walking on the path or standing enjoying the view, large dogs have charged at me from some distance away and the owners are una-

ble to control them. After the dogs are eventually called off, there is no apology or even any attempt to put the dogs on leash. The owners seem to think they are simply entitled to have their dogs off leash as it has become common practice in that area without anyone ever around to enforce the on-leash dog rule. I don't feel comfortable on that walk anymore. I always have to look out for dogs running at me, not knowing what they might do. I've often left the harbour path to continue my walk on the main road which is hardly as pleasant but at least I don't have to keep dodging dogs. If they want to let their dogs run around there are nearby off-leash dog areas at North Harbour Reserve, Tania Park, LM Graham Reserve and Manly Lagoon. Please don't deprive other people of the enjoyment of this stunning world class harbour area. It is meant for people. It is not a dog park.

Doggone, Manly

Live Exports

As a Northern Beaches resident, I would like to ask, how many more rallies, petitions and urgent pleas must it take for changes to be made to protect animals from severe heat stress, torture and death? It has been reported that 80% of people surveyed are against Live Export of sentient animals. And yet, the powerful Department of Agriculture ignores the people and commands government approval to create even worse conditions for animals who are shipped off during what once was a 3 month 'summer ban'. This 'summer ban' was very short lived and one must ask who has the power to turn back these bans time and time again.

Animals trapped in the business of Live Export, are often subjected to 3 weeks in the open ocean, crammed in on top of each other, giving birth to their babies and forced to stand indefinitely in their own excrement and vomit before succumbing to severe heat distress. If they survive this torture, they are then subjected to people in other countries who have no animal protection laws and who have little respect for the life of animals.

We need politicians who listen to the people, who have the bravery to curb the ruthless ways of corporate greed and who think with their heart to ensure a sense of justice for all we share the planet with. I urge the newly elected government to act on the consistent requests made to ban live export and to eliminate giving lip service to an issue that they know goes against the expectations of the majority of the Australian population.

Susan Sorenson, Animal Justice Party Northern Beaches

Don't book your next holiday with Flight Centre

Instead leave those poor travel agents alone. Understaffed and under the pump these poor folk have taken 3 months to sort me out with flights. After multiple voice messages left, several emails into the ether, sad visits to the closed shop front, they have finally agreed to have it sorted by the end of this week. I'm not holding my breath. Pre-Covid, my local store had 10 staff, today there are 2 full time staff and a rotation of part-timers. Those who were laid off don't want their jobs, the industry is too volatile.

Skye Scrapper, Seaforth



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Who's paying who, and why?

"Follow the money", as Mark suggests, is always a sensible strategy (Re: The climate change narrative changes again! May 2022). We should draw comparisons from powerful cigarette lobbies of the 1960s/70s who spent billions of dollars influencing politicians and silencing scientific evidence. Today we see fossil fuel companies spending >\$1m in donations to all 3 major parties with a similar intent. In return, the Australian taxpayer subsidises that industry to the tune of \$10bn every year. As our energy prices go up by over 20% in the coming months, I urge voters to think of all the money flowing into the pockets of politicians and wonder who they really answer to. It took decades for the tide of public opinion to change in the face of overwhelming tobacco influence. Do we have that long to wait until it is too late for our planet?

T. Bloomfield, Manly

Climate Activists

Do the increasingly vocal people calling for action on climate change (i.e. by reducing carbon emissions) seriously think that if Australia reduced its carbon emissions to zero overnight all our problems would be solved? Well, I have news for them - the atmosphere has no geographical

boundaries and unless China, India and Brazil do something the earth is most likely going to get a lot warmer and floods will increase in Australia. These activists would be better served lobbying for more action on climate mitigation strategies or by picketing those countries' embassies. As for my vote, I think I will vote for someone with a bit of integrity, someone who doesn't push for a corruption commission and yet does all they can to hide donations to their campaign (and drives a heavy carbon emitting 4WD). No names but I have just bought a chicken.

Kevan Heathcote, Manly

Stripping for Nature

(Re: May '22) What a terrific article by Malcolm Fisher about replacing a weedy nature strip with a native garden - which is exactly what I did a while ago. Perhaps Mal could regularly publish photos of nature strips that have been turned into gardens. I shaped three ducks from some buxus cuttings.

Peter Nash, Fairlight

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



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Amelia, HSC 2021



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The Galaxias Miracle of Manly Dam

A unique Climbing Fish population, so old their ancestors shared the Earth with dinosaurs, is set for extinction thanks to an Allambie DA approval.

Andrew Lo grew up amidst the concrete sprawl of Hong Kong but discovered a passion for Australian nature after emigrating here in the 1960s. He loved fossicking around the creeks of Manly Dam and became fascinated by native freshwater fish. One day he observed a species that looked particularly unusual. It was "scaleless, cylindrical in shape, with gold flake adorning its dorsal side, had bright reddish orange fins and a body marked with chevron patterns". He collected a specimen for the Australian Museum to identify in 1995. They confirmed, in amazement, that it was a **Climbing Galaxias fish** - something that existed nowhere else in Greater Sydney.

One moonlit evening, I joined Andrew, plus a photographer and journalist from the Sydney Morning Herald, and we searched for the fish by torchlight (the best way to see them). At the start of the assignment, the cameraman looked thoroughly bored and was smoking furtively to keep himself awake. Hours later we literally struggled to drag him away...such was the charisma of this little creature. I too was hooked on conservation from that point.

Andrew became quite a celebrity, appearing on a number of TV shows such as "Totally Wild". His message was always the same, "To protect the fish you have to protect the water catchment".

The Climbing Galaxias is fascinating in a number of ways. It can wriggle hundreds of metres upstream over steep, slippery rocks using its pectoral fins; it absorbs oxygen through its skin, and it's been around for circa 90 million years - since dinosaurs ruled the earth!

Historically the Galaxias would have spent half of their life cycle in the ocean. But, after the unscaleable Manly Dam wall was built in 1890s the population became land-locked and somehow, managed to adapt their breeding patterns. The fish hunt for larvae, shrimps and beetles by sight so they require crystal clear water and are intolerant of the slightest muddying or change in pH levels. And therein lies the problem.

The Land and Environment Court recently



This is what a true rock climber looks like

granted (on appeal) permission for Allambie Heights Village Ltd to construct 24 luxury units on leased crown land adjoining Manly Warringah War Memorial Park. This is despite a DA twice being refused by Northern Beaches Council and the Local Planning Panel and well over a hundred community submissions pleading for the development not to proceed. The site incorporates the fragile water catchment and sits above the last solitary creek where the Galaxias is found.

Major construction in a sensitive area, which also involves bulldozing swathes of bushland does not auger well for the Galaxias. Manly Dam (the last swimmable freshwater lake in Sydney) will itself be at dire risk from pollution.

Since Andrew's original discovery, the fish has been seen as an indicator for the ecological health of the catchment and championed by the local community as deserving protection. Currently 2,000 Australian plants and animals are on the threatened species list, and we lead the world in extinction. The moral of the story is that our environmental protection and planning laws are far too weak to safeguard biodiversity.

Northern Beaches Council did not conduct any aquatic surveys for the Development Application and currently has NO management or recovery plans for the Climbing Galaxias.

Words: **Malcolm Fisher**

PHOTO: GREG WALLIS



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The 2050 Target to Double NSW Koala Numbers

NSW Koala Strategy

I recently released the NSW Government Koala Strategy, backed by an unprecedented amount of funding and more than 30 actions to conserve and grow koala populations around our state. The five-year plan is a comprehensive roadmap that will help deliver the NSW Government's ambition to double the number of koalas.

This \$193.3 million NSW Koala Strategy is the biggest financial commitment by any government to secure the future of koalas in the wild. In fact, this is the largest investment in any single species in Australia and demonstrates how committed we are to achieving our goal of doubling koala numbers by 2050.

There are multiple threats to koalas, including loss and fragmentation of their habitat, compounded by the impact of the devastating 2019–20 bushfires, as well as vehicle strike and dog attacks. The strategy will better secure 10 climate resilient koala stronghold locations from the Southern Tablelands to Campbelltown and Lismore, which will receive intensive action in the next five years to support the existing populations there.

A key part of the Koala Strategy involves establishing partnerships with conservation groups and communities. The Strategy will help to fill key knowledge gaps and fund priority scientific studies to support koalas, including chlamydia vaccine trials. The new Strategy builds upon the previous \$44.7 million NSW Koala Strategy, which protected more koala habitat, invested in fixing koala roadkill hotspots, provided wildlife care training and funded scientific research, among other things. To read the Koala Strategy, visit: environment.nsw.gov.au/koalas

Play Manly

I'm pleased to report that the Play Manly event was an enormous success. The weather (mostly!) held off and allowed visitors and locals alike to see the best that Manly has to offer. It was great to attend the launch and see so many people walking around and enjoying the activities around Manly. I thought the installation on West Esplanade looked fantastic and the giant MANLY sign on the beachfront proved extremely popular with visitors lining up to get their photo in front of the giant letters.



James enjoys a koala-ty NSW bush walk

Fridays at Freshie

My regular visits to Freshwater are back up and running. Fridays at Freshie give me a great opportunity to work out of Freshwater and it's always a privilege to be able to talk with members of our community about the issues that matter to them. I really appreciate those that took the time to stop in and say hi!

Anzac Day

Last month also saw us take time to reflect on those who fought for our country with the annual Anzac Day services. Anzac Day is a time of reflection and an opportunity for all of us to show our respects to our service men and women. This year I attended the pre-dawn service at Manly and it was humbling to see such a large crowd at this service. I also attended the Balgowlah RSL, Harbord Diggers and the 11am service at Manly. It is great to see so many people at each of these services as we mark one of the most important days of the year.

Monthly Environment Minister Fact

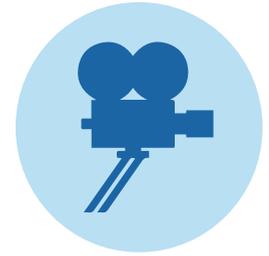
Did you know that we have recently translocated the extremely rare Nightcap Oak tree to four secret locations around New South Wales? This ancient Gondwana era tree currently has only one known location northeast of Lismore and to protect the species we have begun translocating them to other secret locations so they are around for others to enjoy in years to come.

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

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New Emerald Class ferries for F1 Manly route



More capacity every hour on weekends between Circular Quay and Manly.





Families have come under immense strain and may need help navigating changed circumstances

The impact of Covid on families

Relationships can be difficult even under normal circumstances; however, there is no doubt Covid-19 put a strain on even the strongest relationships. We reflect on the impact of the pandemic on families.

Over the past 2+ years, lockdowns, social distancing, and travel restrictions have forced couples to spend an increased amount of time together. Together with the pressures of working from home, home-schooling, health concerns and job/income loss, the pandemic has created a 'perfect storm' for relationships to break down. Even couples who weren't facing problems before the pandemic are now more susceptible to break-ups.

In 2020, 49,510 divorces were granted in Australia, an increase of 1.9% from 2019. It's important to note, these statistics do not include de facto relationships. While the impact of the pandemic on divorce rates may take several years to manifest fully as couples need to be legally separated for 12 months for a divorce to be granted, we have seen a substantial increase in the last 12 months. Not surprisingly, 2020 saw the largest annual marriages decrease ever, a 30.6% decrease from 2019.

Covid has directly impacted the mental health of many Australians. In the 4 weeks to 19 September 2021, Lifeline reported several record-high daily call volumes, up 14.1 and 33.1% from the same period in 2020 and 2019, respectively. Kids Helpline was up 4.6% and 16.7% from the same period in 2020 and 2019, respectively. And Beyond Blue, down 2.7% and up 20.9% from the same period in 2020

and 2019, respectively. (Source – Australian Government, Australian Institute of Health and Welfare)

Anecdotally, among our clients and their families, we have seen a substantial increase in mental health difficulties and substance abuse with previous recreational use becoming habitual use and the associated flow on effects of this on families. We have also been forced to consider the vax, or not to vax argument, which is another increasingly contentious issue with many separated or divorced families.

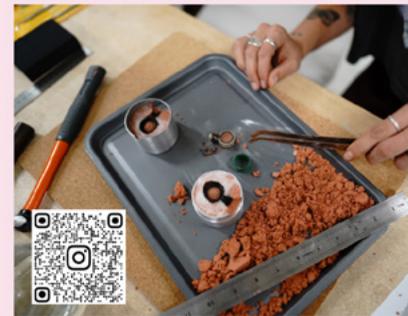
As an example, in our practice we have seen some resistance by one or the other parent to kids being vaccinated. The general ruling around this is, if the parents cannot come to an agreement, the Court decides based on the children's best interests and has, to date, made orders that a child be immunised in accordance with National Immunisation Program Schedule.

We work closely with family and individual counsellors to help support families experiencing such difficulties and sincerely hope that as life does return to normal, we will see less of these issues.

If you are thinking about separating or have already separated, please get in touch at **9948 3820** or send us an email at **reception@dofamilylawyers.com.au**

Words: **Margie O'Neill** and **Janine De Saxe**

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Turn it up Fatty, that's gold

Sport

When Dessie flogged Fatty up a Long Reef hill

Des Hasler turned up at Brookvale in 1984 after Scott Fulton had tipped off his dad, Bob Fulton, that there was a Penrith player teaching at St Pius X College at Chatswood.

Hasler had always told students it wasn't him in the Big League program, scoring 8s and 9s in the ratings. But the boys knew. The PE teacher was mad fit. And hard. There were veins in his calves like cables.

Bob Fulton brought Hasler to Narrabeen for a trial. Watched him score four tries. Told head office: "Sign him right now". Smart move: Hasler would play 256 games for Manly and win two premierships (1987 and 1996). He played for NSW. He played for Australia. He was so good he forced Phil Blake out.

In season '83, Blake (today head coach of Manly Marlins) scored 27 tries. Hasler was a halfback without much of a pass. But Fulton knew: he was fit; he was tough; he would run all day. And he would

never give up. Ever. And off to South Sydney P. Blake went.

Contrary to the beer-guzzling, durrie-smoking stereotype, footballers did keep fit in the 1980s. But Hasler was next level. In the gym he would hang off the roof, doing isometrics, or something, blokes didn't know what it was. It was just Des, doing Des, hanging off things, Spiderman in Manly kit, inverted, mullet dangling.

Hasler was working his core before it was called one. He was ripping off Pilates-style moves before it was a thing. He'd get on the bike machine, ride flat out for 60 seconds forwards, then flat out 60 seconds backwards. On the training track he'd hop for a hundred metres right leg. Then he'd hop back left leg. This is after training. Team-mates would gaze out the

dressing shed windows – what the hell is he doing?

There's an apocryphal story that Hasler would do sprints up Brookie Hill after games. It has never been confirmed. Yet it's telling that people who know Hasler could not discount it. "Sounds like something he'd do," said a mate.

Another mate, Paul Vautin, recalls a day Hasler broke him.

"One day we had a day off – well, we only trained a couple days a week so we had a few days off" says Vautin. "But Des rang me, said, 'Listen, Blue' – his name for me – 'how about I meet you down at Long Reef golf course at two o'clock tomorrow and we'll do some run-throughs.' I just lived up the hill, I said righto.

"So we met at the bottom of the 16th hole there, near the 17th tee. And Des says, 'Right – we're going to do sprints up and back. We'll sprint up the top of the hill, walk back.'

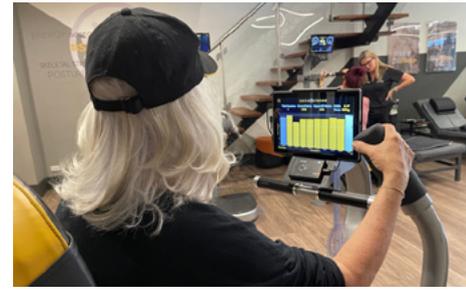
"Now, it'd be 400 metres or so, from sea level, right up to the top of the Long Reef headland. And 400 metres is a bloody long way to sprint, much less up hill. Safe to say that after three of these bloody runs I was calling for an ambulance. I was done.

"And Des, well, he continued on and did 20 bloody sets. Of four hundred metre sprints, up this hill, jogging back. That's a 16kilometre run with eight kilometres of uphill sprints."

Vautin shakes his head still at the memory. "He was the hardest, fittest bloke I ever played with. He was my favourite bloke to play with."



Words: **Matt Cleary**, editor of **Beaches Champion**, providing daily news about the people and clubs involved in sport on the Northern Beaches. Scan code or read at www.beachschampion.com.au



Every graph tells a story

It's official, I have an Osteostrong addiction!

My weekly visits to Osteostrong have fast become an addiction. There is something so satisfying about not just feeling improvement in my strength and balance but seeing the results on the Spectrum equipment monitors.

Osteostrong is coming up to its six-month anniversary in Manly and getting busier by the week; that's good news because I'm only at the start of my journey to a stronger and better balanced me.

Ashling O'Brien, the human with the vision to open this business, tells me their clients are 90 per cent over-50s women and the remainder are men and younger people with hereditary health issues such as osteopenia, which is when your bones are weaker than normal but not so far gone that they break easily as that's the hallmark of osteoporosis.

Under the careful guidance of Osteostrong's professionals I am successfully high jacking my body's natural decline in the areas of strength, bone density and balance. At my age and stage I can't reverse the biological decline that begins from age 30 but I am holding some of that decline at bay. And it feels good.

My grip strength has improved to the extent that I no longer have to ask Mr Turner to open jars or turn on difficult garden taps. My balance has also improved and now I can carry heavy shopping bags and race up the stairs simultaneously – sure I may still be a bit out of breath but Osteostrong isn't claiming to fix that!

Visit osteoststrong.com.au/manly-nsw for more info, follow [@osteoststrong_manly](https://twitter.com/osteoststrong_manly) on socials, call **8095 9640**, or pop into 45 Sydney Rd, Manly

Words: **Paige Turner**

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Solomon Islands PM Sogavare has signed a security pact with China

The corralled sea

While Australia seeks Pacific security with the US and UK, the Solomon Islands, a four-hour flight from Queensland, seeks its security with China.

When Australia commissioned nuclear-powered submarines to deter the Chinese military, a new acronym was born: AUKUS. A few months later, Solomon Prime Minister Manasseh Sogavare lashed out at Australian hypocrisy in the wake of the security pact his nation had signed with China.

“I learnt of the AUKUS treaty in the media. One would expect that as a member of the Pacific family, Solomon Islands and members of the Pacific should have been consulted to ensure this AUKUS treaty is transparent,” Sogavare told parliament. “I realise that Australia is a sovereign country, which can enter into any treaty it wants to, transparently or not, which is exactly what they did with AUKUS and we respected Australia’s decision.” Not much respect left.

The Solomons has been on

a steady path of enmeshment with China since switching diplomatic relations from Taiwan to the People’s Republic in 2019. The ABC has also revealed that the Solomons had done a deal to buy six aircraft from a subsidiary of a Chinese state-owned manufacturer in return for upgrades to 35 airstrips. For the record, both China and the Solomons have denied the deal would lead to a Chinese military base. But it’s hard not to fear for the sovereignty of this collection of 900 islands, home to just 700,000 people.

Sogavare did not take his own people into his confidence when he did the deal. Opposition politicians have denounced it, so it may be overturned at the next election.

In expressing opposition to the AUKUS treaty, which will result in nuclear-powered

submarines in the Pacific, Sogavare is hardly alone among Pacific leaders. But he went further, saying the security treaty with China was necessary because the security treaty with Australia was inadequate. Australian intervention had failed to quell violence that broke out in the Solomons last November; the riots nearly “crippled” the country. None of these reasons seem to justify turning the Solomons into a floating Chinese barracks 2,000 kilometers off the north Queensland coast.

Somehow, things went off track, and that started a long time ago. It was common for Australians growing up in the postwar years to know families who were living in “TPNG” - the Territory of Papua New Guinea. Australian boarding schools were chockas with children whose parents were working in the colonial administration. Thin air-mail letters on blue paper bore postmarks of exotic place names: Rabaul, Bougainville, Lae, Kokopo, Madang, Mount Hagen, New Ireland, Port Moresby, Goroka. If you found a pen-pal, you’d soon have a stamp album overflowing with spectacular images of birds, butterflies and flowers.

Australia and Papua New Guinea seemed to be in lockstep, the colonial power shepherding its charge to nationhood. But what of now? Real engagement between the people of these neighbours is close to non-existent. Few Australians will ever set foot in PNG. The meager number of Australian journalists covering the nation has shrunk to one ABC correspondent. The

idea of a “Pacific Family” has now come under some scornful scrutiny.

The Pacific Islands Forum has long accused Australia of failing to take the concerns of island nations seriously on climate change. Peter Dutton’s joking remarks to Tony Abbott and Scott Morrison, that “time doesn’t mean anything when you’re about to have water lapping at your door,” are remembered nearly seven years after he made them.

Elizabeth Kite, a Tongan activist, when interviewed by the ABC asserted that Australia has done little in comparison to China to enmesh with the Pacific: “China is in and are part of our local communities, are our local grocers, employing our people, attending our churches, speaking our languages...”

Axiom Mining chief executive Ryan Mount has experience of the capricious nature of Solomons Islands governance. On ABC radio, Mount described how Solomons officials demanded bribes from his company, and the roadblocks that resulted from non-compliance. Mount also says he warned the federal government three years ago the Solomon Islands were favouring China.

Mount recently told Radio National’s Patricia Karvelas: “We need some serious attention with the Pacific. The rhetoric without substance has got to stop. The idea of putting on a Hawaiian shirt and turning up with a chequebook isn’t going to cut it anymore. Unless we move quickly and apply some real strategic oversight to what’s going on in these jurisdictions [...] there’s going to be serious repercussions”

What is this Pacific Family we so fondly like to talk about? In some ways it is an integral part of Australian life. There is a massive contingent of islanders in the rugby league and rugby union competitions. Ailing church congregations have been reinvigorated by the influx of migrants from all over the South Pacific. But, generally speaking, the Pacific nations of our “backyard” are a long way away.

These island paradises, famous the world over, are kept to themselves. Fiji, with its advanced tourist infrastructure, is the exception. It ranked 10th on the list of most popular destinations for Australian travelers in 2019, before the Covid curtain came down, attracting about 350,000 Australians. But more generally, hedonistic Aussies shun the strait-laced churchgoing culture of the islands in favour

of the more easygoing vibes of Thailand and Indonesia (read Bali).

Much speculation about the move by the Solomons centers on the actions of Australian governments in cutting development aid and ignoring the concerns of Pacific leaders over climate change. Tony Abbott did cut aid to the Pacific after taking office in 2013. He made a lot of cuts, ultimately crippling his leadership. But at the time he made a virtue of the action: “It’s important for all countries to ensure their own domestic economic house is in order, because if you don’t have your domestic economic house in order, it’s very difficult to be a good friend and neighbour abroad.”

In fact, Australia’s record is not so parsimonious. When former PM Kevin Rudd claimed this year that the Coalition had cut hundreds of millions of dollars of aid to the Pacific, Scott Morrison hit back, “We actually increased our investment in overseas development assistance in the Pacific by 50%. It was a step up because we had to step up from where Labor was investing in this area.”

The Australian Associated Press FactCheck concluded: The claim that the Coalition government increased development aid for the Pacific region by 50% is correct. Including temporary COVID-19 support, Australia spent \$1.721 billion on overseas aid in the Pacific region in 2020/21, a 56 per cent nominal rise when compared to 2012/2013 - the last full year of Labor government.

But is aid the only story? At some point Australia was always going to have to fold in a bidding war. If a friendship is only based on money, what does friendship mean? Out-bidding China will never be an option. There is nothing that can be done to match a country that promises to leave the leadership structure of a dysfunctional country preserved in aspic.

The sun may have set on Australian leadership in the Pacific. In 2019 I passed through French Polynesia, the Cook Islands and Tonga. Much of the experience was beautiful, although living conditions, spoke of the poverty that is just below the surface. But what struck home was the sight of the two wharves in Nuku’alofa, Tonga: the old crumbling one built by Australia, and the impressive new structure built by China.

Words: **Mark Sawyer**, Michael West Media

IMAGE: WIKIPEDIA COMMONS





Put your money to work for the environment so you can enjoy both

Upping the pressure on banks and super funds to take action on climate change

More than ever before, Australians are upping the pressure on the finance industry to invest ethically for a better world and are demanding more transparency about the industry's impact on climate change and social challenges, according to a new report from Responsible Investment Association Australia (RIAA).

The report, *From Values to Riches 2022*, revealed the vast majority of Australians (83%) expect their money in super, banks and other investments to be invested responsibly and ethically, particularly when it comes to climate change.

However, close to three quarters of the population are wary of "greenwashing" and would like to see exactly where their money is being invested. This group would be more likely to invest in responsible investment products if their sustainability

claims were independently verified by third parties.

This increasing pressure couldn't come at a more crucial time. The most recent Intergovernmental Panel on Climate Change (IPCC) report was unequivocal in spelling out the time for action on climate is now. The finance sector has a huge role to play in shifting capital away from harmful industries and into those that are creating positive change.

Connecting your investments to improving the world

This generational shift towards responsible investing has been gaining momentum every year. One way Australians are connecting their savings to a better future is by investing ethically through their super fund.

However, there can be a disconnect between what consumers care most about,

and what superfunds screen out. For example, two-thirds of Australians want to avoid animal cruelty, testing and animal products, while only 32% of investment providers offer such products. It is important to make sure the investments line up with your values.

The top social and environmental issues consumers want to avoid with their investments:

1. Animal cruelty
2. Human rights abuses
3. Animal testing for non-medical purposes (e.g. cosmetics)
4. Pornography
5. Environmental damage (e.g. deforestation, palm oil, pollution)

How to find the true ethical investors

If you're one of the 61% of Australians motivated to save and invest more on the basis

that you know your money is making a positive difference in the world, we've provided some tips on how to figure out who is the real deal when it comes to responsible investing versus who might be trying to pull the "green" wool over your eyes. What to look for:

1. A proven ethical investment philosophy, process and strategy.

Does the fund manager embrace ethical investing principles? For example, do they conduct impact assessments of their portfolio holdings? Or are they simply offering an ethical "add on" or a box ticking approach?

2. Research and data.

Does the fund have an in-house ESG research team? Or do they simply rely on third party data? An in-house approach is preferable, as the scale of difference between ratings agencies undermines their accuracy.

3. Voting records.

Does the fund manager vote on key issues at AGMs of the companies that they invest in? If fund manager votes against ESG issues or aren't transparent about their votes, this is a red flag.

4. Signatories.

Is the fund manager a signatory to respon-

sible investing groups such as UN Principles for Responsible Investing (PRI)? The more the better, as this shows a public commitment to responsible investing.

5. Transparency.

Is the fund transparent about its entire portfolio? Or does it only publish its top 10 holdings? Transparency is a must for true ethical investors.

We've made it easy for people to cross-check how Australian Ethical invests. To find out more, visit australianethical.com.au/why-ae/ethics/

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

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The Bird's Mash and Dev's sweet duetting

Paige Turner reviews...

Stupid F***ing Bird, presented by The Sydney Actors Playhouse

There's so much to love about The Sydney Actors Playhouse production of **Aaron Posner's Stupid F***ing Bird**, a retake of Chekov's *The Seagull* that it's hard to know where to start. From the intimacy of it being performed at **Desire Books & Records (3/3 Whistler St Manly)** to the freshness of the talent, all new faces and each one brave enough to perform in a small space where any misstep would be amplified, to Mike Booth's direction, it was pure joy from start to finish.

Just as *The Seagull* was trying to do something new back in 1895, its reimagination takes doing something new to even newer heights and it gives the bird to Belvoir Street and STC too because there are no gimmicks and no technology – it's an ensemble cast of seven people using only their talent, a brilliant script and great direction to keep the audience enthralled. Each actor displayed perfect

timing, energy and intensity.

The backdrop of Desire Books felt perfect. It felt as if the actors and the audience were occupying the same stage and when the actors threw out rhetorical questions you wanted to answer them – that's how participatory it felt. The shop's front door was a common entry and exit for the actors and the sound of the street filtered in adding another layer of grit to an already gritty play.

Oh so you want to know what it's about. Well, it's all very Russian! There's Emma an aging and successful actress whose son Conrad aspires to produce new and exciting plays because he's sick of his mother's generation's efforts and there's Nina, Conrad's nubile love obsession whom he casts

as the lead in his play and who enchants Trig, Emma's successful novelist boyfriend. There's Dev, Conrad's friend, who is in love with Mash who in turn loves Conrad who is unaware of this. Sorn, Emma's brother, a doctor harbours his own secrets and things get particularly tense when Emma realises that Trig's interest in Nina is not purely artistic. And let's not get started on how that goes down with Conrad. Are you keeping up?

When Conrad braves putting on a performance of his play for this motley crew his mother, Emma is so loud in her derision that Conrad puts a stop to the play. He is devastated by his mother's condemnation and aggrieved by Nina's return of Trig's affection. Mash now hopes Conrad will fall for her which makes life very hard for Mash-obsessed Dev who is also struggling to keep Conrad from taking Nina and Emma's rejection to a very dark place. Whew! In short, it's a play about people at their best and worst trying to achieve the most elusive of things – happiness and acceptance.

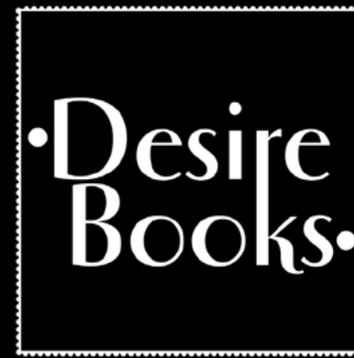
Bravo to The Sydney Actors Playhouse for this brilliant must-see production – it's edgy, raw, compelling, funny and hugely entertaining.

I've had memorable experiences in similar spaces in Brooklyn, Chicago and London and *Stupid F***ing Bird* at Desire Books in Manly is right up there with the best of them. I can't wait to see it again.

Words: **Paige Turner**

Proudly supported by Jerry's Pizza and running every Friday night at Desire Books & Records until 8 July.

Scan here to book your tickets to **Stupid F***ing Bird!**
Or head online to: www.sydneyactorsplayhouse.com



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Jaimee's art captures her love for animals

Cover Artist

Jaimee Paul

How long have you lived on the Northern Beaches? I grew up in New Zealand and moved here with my family when I was 16. So, over half my life now, just passed my 17th anniversary in April.

What's the best thing about living here? The little hidden pockets of nature everywhere; The waterfall in Brookvale, the little hole in the cliff between Queenscliff and Freshwater, and the bush walks that I don't get to enough. We are a part of a big city, but there is a strong community feel, especially in the supportiveness of the creative legends living on the Beaches.

What inspired your cover artwork? This sleepy guy is one of many Koalas I've painted in recent years. Like almost everyone, I love Koalas too much. Titled 'Day Dreamer', he was painted for a duo exhibition with Meg Minkley in 2020 called Inside Bloom. We donated 10% of the

sales to Manyana Matters, a community on the NSW South Coast that came together to protect vital habitat saved in the 2019-20 fires from development.

What inspires your art? Nature and its beings. I make **#ArtForPurpose**, usually donating a percentage to a charity. The subject matter comes from a moment shared with an animal. That personal memory can turn into a painting. Sometimes a photo takes my breath away too, and I can't not recreate it with my paintbrush.

How would you describe your art? Realistic watercolour on canvas paintings of animals in black and white. Portraying the beauty of those worth protecting.

What is your favourite part of the artistic process? The creation of something that didn't exist before using only my hands, minimal materials, and an idea.

How did you discover you had a gift for art? I am dyslexic, so I found school really challenging, but luckily art was always there for me. I have always been 'the arty one'. Both my Nanna's were artists, and my mum is very encouraging of my creative streak, so it has just always been who I am.

Did you study art? I have a Bachelor of Design from UNSW Art & Design, however my art study started when I could hold a paintbrush. Then I was lucky to be mentored by professional artists here in Brookvale, at Artfocus Gallery & Studio. I was shown that a professional career is possible and just never really stopped.

What's your favourite thing about what you do?

The freedom to say yes to whatever appears, and the unknown of where you or your art babies might end up. And being around the amazing community too.

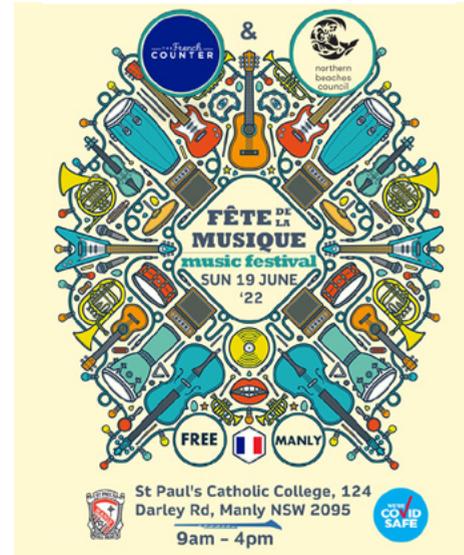
How can people buy and support your artwork?

Through my Instagram [@jaimeepaul](https://www.instagram.com/jaimeepaul) and website www.jaimeepaul.com.au where I have originals and limited edition prints available. I do a lot of pet portraits and art on commission as well, so please get in touch for those. And on 4th-5th June, 10am-4pm, we are hosting a Winter Market of local artists, makers and designers with **Wattle Road Studios at Unit 5/42-46 Wattle Road, Brookvale**, where I will have some works and prints available.

What advice do you have for young or aspiring artists?

Seek out those that are walking your path, support each other and surround yourself with those you look up to.

Interview: **Liam Carroll**



Manly's Fête de la Musique

Bop along on Sunday 19 June to Saint Paul's Catholic College in Manly for a "little taste of France" at the long overdue, highly anticipated, music festival event, "Fête de la Musique".

Forced to postpone on several occasions for the duration of Covid-19's reign of terror on live events, this free festival, open to all, is finally set to rock 'n' roll! The inspiration for the day comes from the "Make Music Day" that was launched in France some decades ago to celebrate music. However, the 19 June event's music will be "Sounds from all over the world" and of all styles too, from pop to rock to funk to soul to Caribbean and beyond.

Kicking off at 9am and running till 4pm, the music performances will be accompanied by a feast for the gastronomically inclined, with food marquees of French culinary delights too. If you're keen to let your hair down to all sorts of music, open your taste buds to all manner of French cuisine, while celebrating cultures from all over the globe, you know exactly where to allez allez allez.

If you'd like to play music or you're keen to propose a performance, contact fetedelamusiquensw@gmail.com or call Johan on **0422 036 838**. And if you'd like to offer a couple of hours of your time on the day to help out, call Selma on **0400 380 452**.

Words: **Liam Carroll**

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Artwork above: by Marisabel Gonzalez



The value of a commercial property manager

Commercial property management is about making a landlord's life simpler. Simple. And the key to achieving this is to find a quality, long term tenant who will look after the property and pay the rent on time, as the difference between a good and bad tenant can be the difference between tens of thousands of dollars a year being revenue generated on an investment, or losses accrued on a liability.

So, finding the right tenant is critical. However, this task can be difficult, time consuming and stressful. Placing a tenant requires considering the various factors that can influence the success of that prospective tenant, including their compatibility with surrounding businesses. This is precisely where an excellent commercial property manager makes all the difference.

If the agent has experience working locally, the chances of finding a quality tenant greatly improve. The commercial agent will have contacts in local marketing channels, strong relationships with both local and national businesses, a thorough understanding of which businesses are interested in entering the area or moving premises. They will also be able to provide detailed insights into market pricing based on variables such as the property's position, parking, aspect, age, and amenities.

There are also the essential tasks of advertising property vacancies on appropriate platforms, preparing the premises for inspections by potential tenants, screening applications and completing the requisite due diligence on factors such as the prospective tenant's rental history, finances, business plan and revenue stream.

Once you have found a quality tenant, ongoing, open and transparent tenant-landlord communications are critical. To simplify this process, at Pine Property we invested in the latest cloud-based commercial property management software, providing tenants and landlords 24/7 access to summaries around lease terms, inspections, ongoing repairs and maintenance, payments, account balances and more.

This has been immensely beneficial, ensuring clear lines of communication are maintained at all times, as a mismanaged property can be costly with property damage, but there's also the loss of a poorly serviced



The keys to successful property management

tenant who could have otherwise been a great asset for many years provided their needs were being properly met.

Technical mismanagement can also be costly. For instance, a tenant may significantly alter a property to suit their business. If an appropriate make-good obligation has not been negotiated at the outset of the lease, returning the property to a condition which makes it appealing to other prospective tenants can be expensive and time consuming.

Having an experienced commercial property agent mitigates these risks, while also ensuring a professional is on hand for the continued upkeep of the property, organising tradespeople for timely repairs and maintenance, carrying out regular inspections to ensure property value is maximised, overseeing compliance checks, keeping insurances up to date, adhering to legislation such as fire safety certificates, ensuring timely rent payments.

Importantly too, engaging a professional to manage your property ensures you have an expert intermediary for all tenant negotiations and communications, including dispute, crisis management, and even evictions. Tackling these challenges on your own can otherwise be extremely stressful, costly and time consuming.

Words: **Patrick Kelleher**, Director of Pine Property

For all your commercial property queries call Patrick on **9977 6555** and visit www.pineproperty.com.au



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Farewell to a pioneer of environmental protection

A founding father of the surf and environment movement, Walter 'Tom' Kirsop AM passed away on Sunday, 17 April, aged 92, surrounded by family when he passed.

Born in 1929, he grew up south of the Harbour Bridge, attending Sydney Technical High School before going on to complete a science degree with First Class Honours at UNSW. He went on to work for pharmaceutical company Upjohn, holding several managerial roles before assuming the role of Managing Director for 14 years.

An influential figure within the pharmaceutical industry, Mr Kirsop served on a number of industry bodies, including the Therapeutic Goods Committee (1972-1978) and as President of the Australian Pharmaceutical Manufacturers Association (1981-1984). He served on the National Disaster Relief Committee and also as the Chair of the committee on the storage of pharmaceuticals.

Mr Kirsop helped establish many of the standards observed today on the safe storage and handling of medicines. He was also deeply involved in environmental issues, having been awarded an OAM in 2011 for service to conservation and the environment through the Surfrider Foundation Australia, followed by an AM in 2016 for significant service to the environment through advocacy roles.

Mr Kirsop served on the National Parks Association, where he served as Chair of the Reserves Committee (1968-69). As Chair of the Myall Lakes Committee (1968-1976) he was a significant figure in the establishment of the Myall Lakes National Park, winning a battle to oppose sand mining there. He was also involved in the campaign to enlarge Mimosa Rocks National Park near Enaga.

Locally, Mr Kirsop is well known for his longstanding involvement in the surfing and surf lifesaving movements. He was a member of North Narrabeen Surf Life Saving Club since 1969, a founding member of the Surfrider Foundation and a life member of the North Narrabeen Boardriders Club.

President of Surfrider Northern Beaches, Brendan Donohoe, said Mr Kirsop had been a 'giant' in coastal conservation for over half a century. "He's fought many battles over the years to protect and enhance our precious beaches - stood up to the blind ignorance of



Tom's love for the coast will live on

authorities that seek to overdevelop the coast. To me, he's a hero. He established the Surfrider branch here in 1991 and is someone I've gladly walked behind for many years now."

Mr Kirsop had voiced strong opposition to the construction of the seawall at Collaroy Beach, telling the Northern Beaches Advocate last November the wall could 'destroy the beach'. "The waves will hit it and scour the sand back off the beach and we'll be left with no beach. Then people won't be able to walk on the beach, mums with their little kids will not have the ability to experience the beach as I have", warned Mr Kirsop.

"We have opposed this before, when there was a proposal to put a seawall on public land. We did a line in the sand then with hundreds of people and that stopped the proposal last time. This time the wall has been put on private land, but we hope attention can be drawn to the danger of losing the beach."

Mr Kirsop was a resident of the Narrabeen area for more than four decades with his wife of over sixty years, Margaret, who passed away two years ago. They leave behind their three sons, Peter, Rod and Martin, along with six grandchildren, James, Andrew, Sophie, William, Edward and Nicholas, as well as one great-grandchild, Samuel.

Vale Walter 'Tom' Kirsop AM

Words: **Dale Cohen**

Dale is the publisher of **Northern Beaches Advocate**, a local news website that offers readers a reliable source of free local news each day via its website www.northernbeachesadvocate.com.au

June 2022 Tide Chart

SPONSORED BY RHETT MULLANE OF LJ HOOKER COLLAROY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		0335 0.51 0930 1.33 1453 0.67 2129 1.81	0414 0.53 1010 1.30 1530 0.71 2206 1.78	0454 0.55 1052 1.28 1611 0.74 2245 1.74	0538 0.58 1136 1.26 1654 0.78 2327 1.69	0625 0.61 1226 1.25 1744 0.81
6	7	8	9	10	11	12
0014 1.63 0715 0.62 1320 1.26 1841 0.84	0105 1.58 0804 0.61 1418 1.30 1945 0.84	0203 1.55 0853 0.58 1515 1.38 2055 0.82	0304 1.53 0940 0.54 1606 1.48 2203 0.75	0404 1.52 1025 0.51 1654 1.61 2307 0.65	0501 1.52 1109 0.48 1741 1.75	0006 0.53 0558 1.52 1154 0.46 1828 1.88
13	14	15	16	17	18	19
0102 0.42 0654 1.51 1242 0.45 1917 2.00	0157 0.32 0751 1.49 1330 0.47 2007 2.08	0252 0.26 0849 1.47 1423 0.49 2100 2.12	0347 0.23 0946 1.45 1517 0.52 2153 2.10	0445 0.25 1045 1.42 1614 0.56 2247 2.04	0542 0.30 1144 1.40 1713 0.60 2343 1.94	0638 0.36 1243 1.40 1814 0.66
20	21	22	23	24	25	26
0040 1.80 0733 0.42 1343 1.41 1919 0.71	0139 1.66 0825 0.48 1441 1.45 2030 0.74	0240 1.54 0914 0.53 1537 1.50 2141 0.74	0341 1.43 0958 0.57 1629 1.56 2250 0.72	0439 1.36 1040 0.59 1716 1.63 2351 0.67	0532 1.32 1121 0.61 1800 1.69	0041 0.61 0622 1.30 1200 0.62 1840 1.73
27	28	29	30			
0124 0.56 0707 1.29 1238 0.63 1917 1.77	0202 0.52 0749 1.30 1316 0.63 1955 1.80	0239 0.49 0830 1.30 1354 0.64 2031 1.81	0315 0.48 0908 1.30 1432 0.64 2108 1.81			

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



INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: BRUCE PROPERTY

PHOTO: NORTHERN BEACHES ADVOCATE



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Rainy day blues for our furry companions



Sunshine, will I ever see your rays again?

Whilst the experts have assured us that La Niña will dissipate by the end of autumn, sunshine and dry grass are currently distant memories and the rain feels like it is here to stay. Alongside rumbling grey clouds, the weather phenomenon has brought several interesting challenges for local pet owners.

Storm Phobias

Does your dog warn you of an impending storm long before your weather alert app? Common signs of a storm phobia include trembling, drooling, agitation, panting, pacing, and separation anxiety, and dogs can become so distressed they are at risk of harming themselves in their haste to escape. You can help distract your dog by playing the radio or TV to provide distracting noises, confining them to one small safe area, minimise their ability to visualise lightning, and consider a snug fitting shirt like a Thundershirt. Essential oils such as lavender and copaiba, diluted in a diffuser (2-3 drops only), can also assist, though always make sure your pet can move to another area if they dislike the smell. If your dog is still distressed contact your vet to discuss short term anti-anxiety medications that you can give them before the storm hits. These can be excellent in taking the edge off and have very few side effects.

Cabin Fever

No one likes being cooped up for days on end, least of all our bounding canine friends. Dogs and cats don't just get exercise from their travels outside the home, they also gain critical mental stimulation (unlike us, they can't just switch on Netflix or go for a stroll around the mall for entertainment). If your pet is stuck

inside, give them a new toy or a chewy treat to keep their mind occupied. Better yet, play with them with the toy to add even more fun. Puzzle feeders and snuffle mats also add entertainment value to mealtimes and stretch out the experience. Don't forget there is always the option of donning a raincoat (for the humans and/or creatures) and just heading out into the rain. Dogs and cats are thankfully waterproof and unless it is very cold, they will immensely enjoy a frolic in the rain and mud.

No Outdoor Toilet Breaks

Being cooped up inside doesn't just foster boredom, it can become a physical issue if your pet refuses to urinate or defecate outside. Cats with pre-existing urinary issues, such as bladder stones or crystals, are particularly at risk of further complications if they hang on to their urine for long periods of time. Encourage your cats to routinely use a litter tray inside as well as outside, even if the litter tray just contains soil and leaves instead of cat litter. Dogs can be trained to use portable synthetic grass toilet patches. Offering access to the outside world despite the downpour also gives pets the choice to toilet outside if they wish to risk sodden whiskers.

Creepy Crawlies All Around

Along with the flush new grass are slithering and crawling insects of all kinds. Of particular concern to our pets are slugs and snails, which can pass on the parasite rat lungworm if they are eaten. Rat lungworm can cause a cough and respiratory failure in cats, and pain, fever, paralysis, and meningitis (swelling of the brain) in dogs, so it is best to prevent access to slugs and snails, and contact your vet if you suspect your pet has eaten one. Spider numbers have also increased, though most of these pose no threat to our pets. Redback spider bites can be painful and seem to cause 'shifting pain' that moves around the body, and vomiting in some sensitive dogs, but most recover without treatment.

Words: **Dr Caroline Wood**

Caroline is a vet at the **Collaroy Plateau Veterinary Hospital**. To make an appointment book online at www.collaroyplateauvet.com or call **9982 9439**

Serenity NOW!

Reached your wit's end with a broken sliding door? Almost injured yourself trying to open a broken or swollen door? Be sure you read these tips to help fix or extend your doors life from **Serenity Now Sliding Door Repairs** owner, **Cameron Mills**.

1. Never spray WD40 or CRC on your doors or tracks as it attracts dust and clogs up your roller system.
2. Damaged tracks account for 80% of roller replacements. You can recondition the track with sandpaper to get rid of the sharp edges and keep your wheels rolling along.
3. Keep your tracks clean, straws in a vacuum head easily remove sand and dirt from hard-to-reach places.
4. Most flyscreens can be removed and placed on their sides easily to check for broken wheels, obstructions like Lego or sea air corrosion.
5. Wooden French Doors and Custom Timber Sliding doors swell with moisture so when dry use 80 grit sandpaper to remove edges.
6. Most Bifold doors encounter problems with dropping because the locking pins have not



Why won't you just OPEN?

been locked off properly or they've never been serviced. Check they are still engaged. 7. When Installing flooring, always ensure a 10mm gap minimum between floor edge and door frame to stop the flooring jamming your sliding door in the future. 8. If your sliding door is scraping, remember if you have a service hole then 90% of the time a clockwise turn with a screwdriver will raise the door. Sliding resurrected!

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Wakehurst Parkway: Find out the Facts

While not Biblical, this year's floods are ferocious, and the big wet shines a bright light on our Wakehurst floodplain fiasco.



A sign of the times

That old chestnut, what to do about Wakehurst Parkway's closures? It's plagued the Northern Beaches for decades, but this time it's different, ever since the axing of Mona Vale Hospital. So now, when the Parkway's closed, for hours, the most direct route to the Northern Beaches' (only) Hospital for those residents north of Narrabeen is dead in the water. You have to take the long way round.

It usually floods twice a year, sometimes six, and the timing is in the lap of the gods, conditional on concentration of rain, coincident with tides or wave action entering Narrabeen Lagoon, and whether the local Council opens the sand bar. Increasingly, subject to climate change.

In pre-polling, Hon. Jason Falinski MP urged voters to "find out the facts". The \$150 million upgrade of 2.5km of the Parkway, north of Warringah Rd by 2025. Yet adding barely 500m of dual-lane south carriageway, adjacent the culvert of Trefoil Creek. Doing nought near Dreadnought (for flood mitigation). The 14km long route is pot-holed to buggery. Patched after rain with cold mix emulsion, reminiscent of a 1960s Brylcreem TV ad, a little dab'll do ya. It's always the same. Communication breakdown. Havin' a nervous attack, drivin' me insane.

Our Council has \$17.5 Million of State (casino) tax revenues in play: to build levees, culverts, bunds and drainage. Extracting 28,000m² of creek sediment to a depth of one metre. Stirring up riparian contaminants near aquatic

habitats of Middle Creek. Over ten months, clearing 34,700m² of vegetation, carted off by 2,800 dump-truck movements. Negatively impacting four 'threatened' ecological communities and 15 'threatened' native species of bats, bittern, black cockatoo, flying fox, myotis, osprey, owl, and toadlet.

To what end? On completion of 'capital works', the Parkway will still close at times. When the levee breaks. Caus' if it keeps on rainin', levee's goin' to break. Cryin' won't help, prayin' won't do no good. When tryin' to find your way home. Council's floodplain relief is illusion. A lady who's sure all that glitters is gold. A stairway to heaven. Shadows taller than its soul. There's a bustle in its hedgerow. There are paths it can go, there's still time to change the satanic road it's on.

Perhaps we will never be able to really get it together and make our children's lives better. Since dawn of Greek antiquity, rivers and creeks are gods. With first autumn rains, life flourished. Now the sheer scale of human endeavour overwhelms Mother Earth. Doubling atmospheric CO₂ emissions from pre-Industrial days, rising radiative Watt/m² of heat forcing from all anthropogenic influences upon the climate.

Year 2030 is our Deadline, before climate damage, that we have done, is irreversible. Representative Concentration Pathways (RCP) indicate climate change. RCP4.5 of Watt/m² sees 'Slowly Declining Emissions'. RCP8.5 is 'Rising Emissions'. The next values' format is average temperature increase in degrees Celsius with (% increase in average rainfall). In 2030, RCP4.5 = 0.87 (4.3%), RCP8.5 = 0.98 (4.9%). By 2050, the respective values are 1.27 (6.4%) and 1.77 (9.0%). By 2070, the values are 1.68 (8.5%) and 2.72 (14.2%).

Are you still thinking about the grandchildren downstream? At dusk, May 6th, 85 years ago - the Luftschiffbau Zeppelin's Mothership LZ 129 Hindenburg, the symbolic pride of Hitler's Nazi Germany, neared its mooring mast. Suddenly - the scheißflug's fatal moment. Nothing could be saved. We have a bigger problem than Parkway closures.

Words: **Génesis Rayner**

Animal rescue

The pandemic's end breeds chaos for rescue pets

We first met Monika Biernacki in August last year, having been awarded the Medal of the Order of Australia for service to animal welfare for her work as the founder of the charity, Monika's Doggie Rescue. Nine months later, we thought it imperative to catch up with Monika and find out what is happening with rescue pets right now, as the stories of a surge in abandoned animals is frightening.

What impacts has the pandemic had on rescue pets? There have been some huge changes. The surge in pet ownership that took place with Covid's prolonged lockdowns and work from home mandates is now giving way to a general return to normal life. While this would seem fantastic, the sad reality for rescue dogs, cats and other animals has been an enormous outflow of pets that are no longer wanted. Certainly, that's what we're experiencing. It's just overwhelming, and so many lovely animals are now in need of a home.

Is there something in particular that resulted in so many pets being abandoned? A lot of people made an emotive decision during Covid to become pet owners, thinking perhaps they'd be forever working from home. It hasn't eventuated. Unfortunately for the animals, not only are a large number of people returning to work, but most of these owners didn't also transition their dogs and get them comfortable with being left unattended for hours at a time. This means the dogs are often simply unable to cope, causing behavioural issues, separation anxiety and other difficulties. These animals very quickly find themselves in the pound.

How can behavioural issues best be treated to avoid the crisis we're now seeing? I can't stress training enough, but a lot of new dog owners don't commit to dog training, they don't even consider it. Or, if they do, they bring a trainer in once behavioural issues have taken hold, and they expect instant fixes. Our society is so driven by things being instant. Even when people take their pets to the vet with separation anxiety, for instance, what invariably happens? The vet prescribes pills, anti-anxiety medication. Again, we're so drawn in by the idea of an instant fix, but here's the thing, it doesn't work like that. It's not how to solve these issues. A medicated quick fix can only work if combined with ongoing, time-consuming training. People don't have the time, the



Man's best friend's saving Grace, Monika Biernacki

commitment, or the inclination. And that's a problem.

If a family is considering adopting a rescue dog, what should they seriously think through before committing? The best thing to do is first come in and have a look. We have classifications on our dogs, and we have child-friendly dogs that have been assessed with professional trainers, so they're definitely worth looking at if you're considering a dog for the family. It's so important to be truly committed too, to know that dog ownership comes with hard work, dedication to toilet-train the dog, lead-train the dog, give it basic obedience. But when you do make the time the rewards are immense.

Finally, has the Queen been in touch lately? No, not lately. But I have got the medal, so that's nice.

For many years Monika and a group of volunteers have been rescuing pets from death row and rehoming them with permanent and loving owners. Visit www.doggierescue.com to find out how you can assist, call **02 9486 3133** if you are interested in adopting a rescue or go to the Ingleside Shelter at **2 McCowan Road Ingleside** and meet the animals firsthand

Words: **Liam Carroll**



Dhondup helps Shedup celebrate an Aussie moment of glory, getting your P's!

Equipping Tibetan refugees for success Down Under

Last issue, Lauren Weatherall wrote of the ways Tibetan students are welcomed to The Forest High School, and assisted to successfully overcome the language and cultural challenges faced when arriving in Australia. This issue we look at the services available for their parents and the over 1,000 Tibetan refugees who have settled on the Peninsula.

The Northern Beaches is home to Australia's largest Tibetan community. Thanks to the **Community Northern Beaches (CNB) Multicultural and Settlement Service**, Tibetan refugees are provided with comprehensive assistance to best ensure a smooth transition in creating a new life, as well as ongoing care to deal with the many challenges which arise.

As **Sandra Simendic**, Program Manager at the CNB Multicultural Services explains, "We have an open-door policy, offering face-to-face assistance for anyone who seeks it. We help by making phone calls, appointments, filling in forms, explaining bills, preparing tax returns, providing information about other

service providers, and guiding people with various problems such as dealing with Centrelink. These tasks can be extremely challenging for people without a strong proficiency in English, or awareness of how to navigate these systems."

Another important member of the team is **Dhondup**, who migrated from Tibet to India and then Australia, and serves as Brookvale's specialised Tibetan Settlement Case Worker. "We're able to help Tibetans make the best possible adjustment to life here, with access to accommodation, medical services, education, training and employment opportunities, English conversation classes, learning to drive, and something that is especially important, and fun, is helping Tibetans learn to swim. Being able to enjoy the ocean and the beach culture, that's what the Northern Beaches is all about."

The CNB Multicultural Service equips and empowers refugees to overcome the settlement hurdles, and build social networks in the community, gain employment and economic wellbeing, and the sense of independence and community connectedness that we can easily take for granted if we've grown up here. Through the expansion of the community's social network, this creates a greater awareness of Tibet and of Tibetans in Australian society, facilitating their inclusion into the community and increasing opportunities for recognition and participation.

The perfect opportunity to become acquainted with the Tibetan community and learn about the riches of their culture takes place at Mackellar Girls School in Manly Vale, at the Tibetan Language and Culture School, which runs every Saturday. This allows everyone to develop a deeper sense of the Tibetan identity and customs, while making new friends, and establishing the true social networks which lead to opportunities across all walks of life.

With one of the most important days of the Tibetan calendar coming up on 6 July, the Dalai Lama's birthday! there's no better time to take part in the Tibetan cultural traditions that lead up to this celebration and get to know more about these huge-hearted refugees who we're very fortunate to have on our shores.

Words: **Liam Carroll**

CNB is a not-for-profit organisation serving the vulnerable and at-risk people in the northern beaches LGA. Donations are always welcome. Visit www.cnb.org.au or call **9977 1066**. Refugee Week is 19-25 June. Learn more at www.refugeeweek.org.au



Face-to-face counselling is just one way Lifeline supports those in need

Your support of Lifeline Northern Beaches is vital

Lifeline is always here to listen – and to help – and you can support Lifeline Northern Beaches by donating to their annual appeal.

"Last year, the extended Sydney lockdown had a significant financial impact on our Lifeline centre with our retail operations and book fairs ceasing for over four months," says David Thomas, CEO of Lifeline Northern Beaches. "Compounding the impact of revenue loss, service demand increased at the same time. Funding our services is a delicate balancing act so if you can help in any way during our annual appeal, please make a donation today".

Each and every day, Lifeline Northern Beaches team of crisis supporters, counsellors, financial counsellors (most of whom are volunteers) provide caring, non-judgemental support to hundreds of people as they work towards Lifeline's vision of an Australia free of suicide.

Lifeline's 24-hour crisis support services are utilised by individuals of all ages and from all walks of life who find themselves in situa-

tions where it's hard to cope. Lifeline's crisis supporters answer these calls and texts with care and compassion, often with life-saving outcomes.

Lifeline's national telephone line's 50 busiest days on record have all occurred within the last two years, with 48 of those busiest days all having happened since July 2021.

As one of the 40 Lifeline centres around the country, Lifeline Northern Beaches answered more than 65,000 calls to 13 11 14 over the last twelve months. Plus, locally, Lifeline Northern Beaches offers low-cost and free services that directly impact the community by providing much-needed support.

Lifeline's local services include face-to-face counselling, support groups, free financial counselling, community training and the Community Visitors Scheme.

Lifeline Northern Beaches funds these services through grants, donations, events, Lifeline Shops and Book Fairs.

"Every donation helps Lifeline Northern Beaches create connection with people in crisis, and empower individuals and the wider community to be safe from suicide," says David. "And remember, if you need support for whatever you are going through, Lifeline is here to listen and here to help."

Can you support Lifeline's vital work with a donation of \$39? Your donation of \$39 could be life-saving as it helps to cover the cost of answering a phone call to **13 11 14**. Donations over \$2 are tax deductible.

Lifeline is here for you when you need support. Reaching out for support is an important step. Visit www.lifelinenb.org.au/get-help Call **13 11 14** anytime, or text **0477 13 11 14** (midday-midnight).

Words: **Lifeline Northern Beaches**

Make a difference by donating today.

Your tax deductible donation to the Lifeline Northern Beaches Annual Appeal helps fund crisis support and suicide prevention services in our community.



The birds & the bees

Why it's important not to have "the talk", but ensure your kids think critically about sex and representation.

For many years I've been asking adults about the sex education they received in their youth. To this day, not one person has answered that it was comprehensive, diverse, or realistic. The overwhelming majority explain that they sourced information from magazines, the grapevine and good ole trial and error. Whether it be religious beliefs, family values or our own discomfort around the subject, the responsibility of sex education seems to be a perpetual game of pass the buck. However, with the emergence of ubiquitous internet access and infinite sexually explicit content, it is dire that we critically analyze what is being produced against what constitutes healthy and respectful sexuality.

The internet is everywhere you turn: your laptop, phone, smart watch, and smart TV. Kids can get online anywhere anytime. Consequently, they have access to adult entertainment sites. While attempts at censorship or site blocking can be made, full control over what your child views is almost impossible. Statistics suggest the average age of first exposure to porn is 11 years old, more than a decade before the pre-frontal cortex has finished developing. Not only is this inappropriate, but it can also be dangerous and damaging for their psycho-social development. Early and repeated exposure to porn can not only create unrealistic expectations and standards, but warp a sense of normality around bodies, identities, roles, performance, and behaviour.

There are also limitations on what type of sex education schools can provide, many lacking diversity or having religious ideology which may or may not be inclusive to those who identify outside the norm. The world is quickly evolving with regards to gender, identity and sexuality and it is difficult to stay up to speed. What is paramount is that our children feel safe, accepted, loved, respected, and have accurate and age-appropriate information to support them in making healthy and informed decisions.

We cannot stop the adult entertainment in-



OMG Dad, just stop.

dustry, the content it produces or the internet, so we must learn to deal with it. Forget "the talk" on the birds and the bees. Most kids don't want to have it with their parents anyway. My key advice is to have critical discussions on these subjects using cinema and music culture as references for the basis of conversation. Using content that is fresh, relevant and speaks to the times gives you a much better chance of engaging your kids.

1. Watch the Netflix Series Sex Education. This show is age appropriate and covers all the awkward bits about being a teen. Light-hearted, educational, and fun, this series will allow you to talk about sex related issues through the characters and their stories.
2. Ask your kid what music they are listening to. Watch the music video together. Discuss the lyrics. Often lyrics are about relationships. What messages are being portrayed? Do they agree?
3. Watch a movie together. Deconstruct the film, characters, and relationships at the end. Stay curious. Ask your child what they thought about the relationships and dynamics presented.

We know that a lack of education can lead to issues such as STD transmission and unplanned pregnancies, but it can also result in emotionally and psychologically damaging experiences, confusing moral situations, grey areas around consent, and in extreme cases, sexual deviance, and violence. For these reasons it is imperative that we front up and have these hard conversations to make sure our kids understand what it means to have healthy intimate lives.

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

Scout is a Relationship Therapist & Educator working with singles and couples based in Manly. For more info visit www.thelovescout.com or call **0410 030 463** to book in a session.



The Fresh dawn board walk @sproutdaily

Wake up sleepy head

"Good morning Manly, this is your morning wake up call," says Sprout as he hits send on his latest surfing/sunrise mashup. "It's my job to remind you that life is about golden waves and golden hour, not the snooze button and the daily grind."

It's the daily post that cuts through people's feed quicker than a rip dragging you out the flags. Sprout Daily shows us a side of Manly and the surrounding coast most people never see. "75% of Sydneysiders don't wake up before

6:30am and sadly never see a sunrise. It's my mission to inspire peeps to set their alarm clock 30 minutes earlier so they can see what they're missing out on."

What started as a community service has become a beacon for Northern Beaches surfers. "We all want to be the subject of Sprout's daily sunrise post," says one overexcited Grom. "There's nothing better than being lined up on a wave by Sprout's VR zoom lens with that killer sky behind you."

In this chaotic world more and more locals are turning to Sprout for their morning meditation. There's even a swell of support for more formal recognition of Sprout's ability to bring photographers and surfers closer together.

Maybe it's that Nikon sponsorship or the long awaited Australian Photography Magazine/Tracks collaboration in his honour but Sprout's proven he's able to bring communities together, albeit at the crack of dawn.

Many also believe Sprout's on track for National Honours for services to the surfing and photography communities. Sprout Daily O.A.M ... OMG that has a great ring to it!

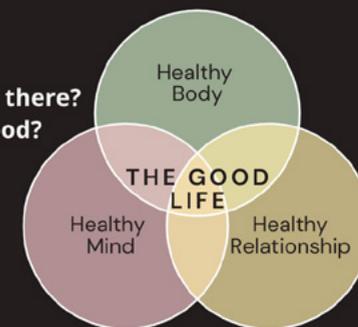
Words: **Johnny Baylis, @billysclicks**



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Living well with Lipoedema

June is Lipoedema awareness month, a frequently misdiagnosed disease that affects roughly 11% of women.

Here's an all-too-common starting conversation I have with way too many new female clients, "You'll think I'm weird, but." When I hear that I generally shut my mouth and listen. This is a woman who has not been heard by her medical team, her family, her friends. "Ever since I was a teenager, I have looked different. No matter how hard I exercise, my legs just get bigger and bigger. I've tried every diet under the sun and while I can lose weight from the top part of my body my legs never change."

She is distressed. She doesn't know what she has done wrong. Why does she keep failing at diets? Sometimes there is leg pain (not always), tenderness or a deep ache. And bruising. And heaviness. Once the woman stops talking, I take a breath and tell her that I may know what's going on. I'm not allowed to diagnose as a Massage Therapist, but I can talk to her about the condition and give her the contact details for a GP who recognises it.

Her usual reaction is gratitude, but I always say that the next time I see her she will probably be angry. Not at me, but with everyone who has brushed her off, told her she was just fat. Told her she was lying about what she was eating and how she was exercising. Told her she was imagining things and she just has the "family" legs. But they have a diagnosable medical condition which is hormonally triggered and generally hereditary. They have done nothing wrong to cause it.

Lipoedema is a chronic disease which affects up to 11% of the women (you read that right!) and is often misdiagnosed as obesity or Lymphoedema. It is a symmetrical build-up of fat tissue predominantly in the legs and arms, though it can present in almost any part of the body. The fat can be painful. The skin feels soft, like a baby's. There's hypermobility and in the later stages, mobility may be affected.

In the early stages it is very difficult to diagnose because women may not look all that different, but they know they are different. They know their legs don't reflect the effort they put in. But in the later stages, there can be a marked disparity between the size of a woman's upper and lower body, where the top half may be a size 14, while the bottom



Massage therapy greatly reduces Lipoedema symptoms

half more around size 20.

Here's the million-dollar question - is there a cure? Unfortunately, no. But there is much you can do to help control the symptoms. Compression stockings are vital. Exploring an anti-inflammatory way of eating to reduce the inflammation/pain. Walking in the water. Or on land. Or any exercise you enjoy which doesn't cause you pain. Manual Lymphatic Drainage can help reduce symptoms as can dry brushing.

The 4th Lipoedema Australia National Conference is being held in Sydney from 17-19 June 2022. This is a fantastic opportunity to meet others with Lipoedema and hear the latest in research and treatment options. Perhaps a cure is imminent! I'll also be running a workshop on how to reduce the toxins in your life to reduce inflammation and pain.

Words: **Lisa Higgins**

Lisa is a Remedial Massage Therapist and Medical Intuitive who helps women reconnect with who they really are. She works with women with Lymphoedema and Lipoedema and people with chronic illness, using Manual Lymphatic Drainage, Craniosacral Therapy and Medical Intuition. Visit www.lisahiggins.com.au

Ask a sparky

Local and Licensed Electrical's Callum Torning answers your shocking queries to find the best current solutions.

My lights are annoyingly bright while I'm trying to watch TV. Can they be dimmed?

Great question! The answer? Maybe, depending on the type of light fitting you have. Your electrician can check if it's dimmable and, if so, install a dimmer at the switch. Bam! Away you go, enjoying movie night in aptly mood-lit comfort. If not, it's not lights out forever, your electrician will be happy to help you find dimmable fittings, provided they're not a dimwit.

Do I need a smoke alarm?

Absolutely! This is your last line of defence to wake you up and get you out of your house in time to save you from a dangerous fire! It's also a legal requirement. Ideally, if you want the best protection, the smoke alarms should be hardwired to your home's electricity by a licensed electrician. Also, if you're renovating or building a house, it is now mandatory to have them hardwired.



Callum Torning on the job

Can I install an exhaust fan in my bathroom?

Yes. And this is a common question because every house is different and installing an exhaust fan that works can be quite tricky. Luckily, there are so many different types of exhaust fan options out there that there's a solution for everyone. You can even install them under your floor to combat moisture issues. It's best to make sure you use an electrician who's had plenty of experience in the area.

Finally, tell us a sparky joke

A plumber, a pipefitter, and a carpenter walk into a bar. The electrician ducks.

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The musician's reality of working 5-9 jobs

They do exist, Rockstar deities and impossible Divas, earning megabucks whenever they walk on stage, but for most professional musicians and live performers, ensuring money's coming in from every possible avenue is the key to survival.

Well, maybe you won't have to work 5-9 jobs, but as a working musician one of the first lessons you learn in the industry is that just focusing on one field or project won't keep you financially stable. Not even close. It's an unfortunate reality that when it comes to a career in music, simply performing a few shows every week is almost never going to cut it.

Most working musicians are working on 3 to 4 jobs or projects at a time, but you may as well aim for 5-9 for no other reason than its delightful symmetry with the alternate reality of working 9-5. Your multiple jobs will likely comprise being a member of a few bands, and spreading your skills across writing, performing, booking, teaching music, and even other creative avenues like film editing, a skill that's become crucial to keep your social media presence strong.

When I started out in my current band 'Furnace and the Fundamentals', we were making no more than about \$500 a show, doing only about 2 gigs a month. Spread that between 6 lads and the music money coming in wasn't exactly providing the fiscal capacity to buy a round of Stone and Woods down at the Steyne. So, while always keeping our hopes alive of having a successful band, we all held down regular jobs to keep the lights on and rent paid.

As the band got busier and made more money, we were able to put more time and effort into our show, but as we weren't making Guy Sebastian money, we had to learn how to do a lot of things ourselves as we couldn't afford to pay for someone else to do it. We all took it upon ourselves to focus on different areas and hone our craft to improve areas of the show including photoshoot to make our own merch and posters, film editing, visual graphics imaging for the show, lighting design, social media marketing, and even self-managing the band. Not only did this mean we saved money for the band, but we could use these skills to work with other artists and businesses.

When you rely solely on performance income, even if you are earning a good sum



Yes I'm in a band. Regular or skim?

of money for your band/business, it is at best very irregular and can be incredibly hard to budget on. By keeping your finger in as many pies as possible it really helps to regulate your income and simplify your budgeting for the year.

If you're an original musician, it's also very unlikely these days you're going to make much money at all from your music. The majority of band and artist income now derives from merch sales and, even more recently, from popular Twitch and Tik Tok accounts. This means just writing or performing music isn't going to cut it, you have to be a Jack of all Trades, and don't let the saying fool you, more than likely you'll become a Master of Some.

So, to all you aspiring musicians on the Beaches, put down your guitar and loop pedal a few hours a day and start perfecting your content creation, learn how to manage an artist, start a side hustle that complements your brand as an artist, write songs and jingles and create as many avenues of income as you can. It's the only way to survive.

Words: **Digby Robinson**

Amazing Award Winners

CODA

Streaming on Apple TV Plus
Ruby Rossi is different to her older brother, mum and dad: she can hear. Ruby's deaf family rely on her in the family fishing trade as she translates sign language and pulls early morning shifts all while trying to finish high school. When Ruby discovers her love of singing she must wrestle with the guilt of wanting to pursue her own dreams while still wanting to look after her family. Heartwarming, tender and uproariously funny - I'm sure you'll treasure this new classic.

The Hurt Locker

Available to rent on Youtube and Amazon Prime
In the midst of the Iraq war, reckless Staff Sergeant William James is assigned as the lead of a bomb diffusing squad. We follow them as they finish their final days of duty, deal with William's rash and careless attitude and face the constant danger surrounding them. Director Kathryn Bigelow delivers an intense, gripping and sobering story of how men can become addicted to war and the consequences it has on the lives around them.

Succession

Streaming on Binge
How can a show about the worst and outrageously privileged people be so entertaining? The Roy family own a global media entertainment company and when father and CEO Logan steps down the schemes, lies and manipulation begin to see who will take his place. With a brilliant opening theme, menacing performances and sharp writing, Succession will have you hooked in no time.



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Almost as easy as ordering pizza

Five Stars Barramundi

Inspired by the fishing Rossi family of CODA, this month we are bringing you a restaurant quality barramundi dish perfect for a delicious and easy weeknight meal.

Ingredients (serves 2):

- 2 Barramundi Fillets
- A bunch of broccolini
- 150gm goats cheese
- 250gm cherry tomatoes
- 150gm jar of artichokes
- 500g brushed potatoes

Method:

1. Preheat oven to 180°C. Peel and wash potatoes. Cut into small chunks and place into the oven on an oiled tray for 35 minutes or lightly browning.
2. Wash the tomatoes and broccolini and drain and rinse the artichokes. When the oven timer goes off, take out tray and use a spatula to move the potatoes to one side, add a little more oil on the clear side and place tomatoes, broccolini and artichokes on tray. Place back in the oven for 20 minutes.
3. Take out the tray again and make a space for the fish with your spatula, add a little oil and put the fish on the tray. Place back in the oven for 15 minutes or until fish is fully cooked.
4. To serve, equally dollop the goats cheese into two dishes, then divide the potatoes, tomatoes, broccolini (chop up if so desired) and artichokes. Add a barramundi fillet on the top of each dish.

Words: **Christopher Roberts**

Chris is the author of [@filmandfoodpodcast](https://www.instagram.com/filandfoodpodcast)

Be sure to also check out our bonus podcast episode for more in-depth reviews and recipe tips.



Subject Gangway to Heaven
Photographer Paul Goulding



Subject Echidna on the move
Photographer Raymonda Dijkwel



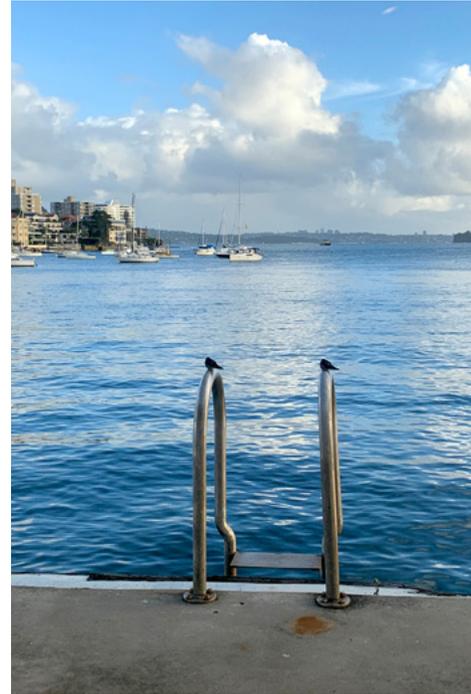
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Photographer David Hazeldon



Subject Visitors not welcome
Photographer Shay Cheese



Subject When too much foam is barely enough
Photographer Angie Ciramosti



Subject Fairywrens waiting for a ferry
Photographer Nicole Marshall



Subject Little grommie loving it
Submitted by Manly Microgreens



Subject Ready, Bunny, GO! Easter Racing Carnival in full flight
Photographer Betty Lee



Ali Lowe smiles at her debut novel's top ten position

Tawny's Bathtub Bookclub

Untrivial issues writ large in The Trivia Night

Ali Lowe's debut novel, **The Trivia Night**, has many of the hallmarks of her favourite authors Liane Moriarty, Sally Hepworth and Vanessa McCausland in the way Ali weaves love, grief, jealousy and secrets into a story that has "best seller" and "make me into a movie" written all over it. And a Hollywood studio has optioned it, hopefully in my lifetime I'll get to watch it and see if her pick for one of the leading roles comes true. She's hoping for Sarah Snook or Elizabeth Debicki but if Hollywood insists on it being an American then Blake Lively is the actor of choice.

I was curious to meet Northern Beaches newest writing sensation to find out whether her book had to be vetted by its publisher's defamation lawyers and whether the parents of her children's friends were still talking to her. She laughed and told me very convincingly that "oh no, it's a work of pure fiction."

How disappointing!

The Trivia Night falls into the genre of "suburban noir" or "domestic noir." A genre that got labelled around 2013 as a subset within crime fiction. Domestic noir usually takes place in homes, concerns itself mostly with female experiences, focuses on relationships, family secrets, issues of infidelity, infertility and shines a bright torch on them. You can tick all of these off in The Trivia Night.

We all know people who resemble the characters in Ali's book. There's the gym junkie, dippy hippy Bohemian, closet alcoholic, stitched up insecure organising type and the luxury label wearing and latest model luxury car driving bitch. You need to inject them with steroids, Botox and sometimes both, and then assign each of them a husband, for now anyway.

These characters present on the surface as having

their lives together but if that were so it wouldn't be such an unputdownable book. There's a lot of dark humour and some uncomfortable moments as we ponder on our own attitudes to open marriage, binge drinking adults, excessive and endless home renovations, dealing with grief that threatens to undo you and maintaining your self-esteem when your world is falling apart.

Sitting across from fresh-faced, English accented, mother of three, Ali Lowe, she speaks with such vivacity about how the book came to be and the ambition it has unleashed in her to keep writing. She'd love to produce a book a year and I'm sure her publishers and growing legion of fans will be thrilled about that. Her next book, The Running Club, will be published next year. It's about members of an elite running club who live in a wealthy, white picket suburb where secrets and rivalries simmer under the surface. Ali assures me The Running Club doesn't have as many sex scenes as The Trivia Night – some people might be disappointed by that!

Ali Lowe has tapped into her writing genius. I have no doubt she'll very shortly be mentioned in the same breath as her favourite authors. More power to her because there can never be too many page turning books for us to enjoy.

The Trivia Night is available everywhere but if you're a Manly local pick up your signed copy from Humphreys on The Corso as they've got a big stash put aside for Tawny readers.

Words: **Paige Turner**



1. What is the name of the swimming group that swims daily from Manly Beach to Shelly Beach and back?
2. What is the maximum speed limit on the Wakehurst Parkway?
3. What bird is the emblem for the Harbord Bowling club lawn bowls team?
4. What are the names of the two Northern Beaches federal electorates?
5. Which annual festival is held in Manly over the October long weekend?
6. Which is further north between Bendigo or Ballarat?
7. In the song Waltzing Matilda – what word is used to describe the police officers in the song?
8. According to FINA what is the 1st stroke in a medley relay?
9. How many sides does a stop sign have?
10. Aside from red, white & blue – name the other colour on the NSW flag?
11. True or False – Don Bradman was dropped after his 1st Test?
12. I feel the need, the need for speed – is a famous line from which Tom Cruise movie?
13. Which wedding anniversary is to traditionally referred to as the Golden Anniversary?
14. Which artist has brought out albums including Divide & Equals in the last several years?
15. Budget airline Tiger Airlines was first founded in which country?
16. The name of which human bone also means to tease?
17. In the movie The Castle – how many children are there in the family?
18. Which NSW town hosts the music festival "Splendour in the Grass"?
19. Which country was the first to put a female in space? What decade did it happen?
20. What is the smallest denomination of New Zealand coin in circulation?

Sudoku

Medium difficulty

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

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by Krystal Bawl

Gemini May 22 - Jun 21

It's said life is what you make it. Now it's time you made it just the way you want it. You're worth it.

Cancer Jun 22 - Jul 22

Your charm and ambition know no bounds, keep telling yourself that and it may just come true.

Leo Jul 23 - Aug 22

You are so busy going here, going there but you don't feel you're getting anywhere. You need to put your skates on.

Virgo Aug 23 - Sep 23

So little time and so much work to do is testing your relationships or is that your plan to find out their limits?

Libra Sep 24 - Oct 23

A Libran in nature should generate joy, calmness and creativity so why do you get so narky on our bushwalks?

Scorpio Oct 24 - Nov 22

What could possibly go wrong that hasn't already? Ha, as the song says "you ain't seen nothin' yet".

Sagittarius Nov 23 - Dec 21

Don't let those winter chills get you down, head somewhere sunny and take that break you so deserve.

Capricorn Dec 22 - Jan 20

Your retro vibe has inspired your friends. Hurry to Vinnies, Lifeline and Red Cross before there's no cool duds left for you.

Aquarius Jan 21 - Feb 19

Can you rewrite the past? If anyone can it's you - dream big, make it dazzling, then live it now, it's not too late.

Pisces Feb 20 - Mar 20

You've never been one to take yourself too seriously. Why start now? Your friends love you just the way you are.

Aries Mar 21 - Apr 19

You exemplify everything that's good in a human. Please tone it down, it's making the rest of us feel uncomfortable.

Taurus Apr 20 - May 21

If you've got an itch scratch it but might be best to ignore any itching around your 7-year wedding anniversary.

Trivia Answers

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

Sudoku Solution

1. Bold and the Beautiful 2. 80km/h 3. Hawk
 4. Warrington & Macclesfield 5. Manly Jazz Festival
 6. Bendigo 7. Troopers 8. Backstroke 9. 8
 10. Yellow/Gold 11. True 12. Top Gun 13. 50th
 14. Ed Sheeran 15. Singapore 16. Rib 17. 4
 18. Byron Bay 19. Russia - 60's 20. 10c

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