





ZEN & THE ART OF Surfboard Shaping with Simon Anderson COMMUNITY Little Kids, Big Boots







FRESH BEER - GOOD TIMES Open Wednesday to Sunday Live Music Each Week Check Buckettys.com.au

Drink in or takeaway • 26 Orchard Road, Brookvale • Buckettys.com.au

G'day Beaches

by Tawny Frogmouth

Welcome to the fifth edition of The Tawny Frogmouth! It's great to have you here, the home of all things Northern Beaches.

We're stoked to show off our first ever male cover artist, Freshwater Swede Jonas Claesson, blowing us away with his ability to capture the wonder of a soul-arching, longboarding moose carving rainbows for dolphins to dive bomb. We're equally grateful to 93year old Balgowlah poet Jacques Horringa for "A Victor's Prayer", a moving tribute to commemorate Anzac Day.

You'll notice this issue is particularly surf and ocean focused. Starting with the cover, of course, but continuing on from there to include Lifeline's Surf Classic, then reliving the arrival of Simon Anderson's thruster to completely transform wave-riding, shining the spotlight on Byron McLoughlin's ocean photography, Emily Scroope's recount of Operation Crayweed, a recap on 26th Manly Yacht Club Women's Challenge, and Richard Michell's History in the Making covering a mammoth

The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd ABN 95 013 114 772 www.thetawnyfrogmouth.com.au

Editor liam@thetawnyfrogmouth.com.au

Ads ads@thetawnyfrogmouth.com.au

Circulation 50,000 copies delivered monthly from Manly to Narrabeen; 47,500 to letterboxes, 2,500 to local businesses.

 ${\small \textbf{Letters}} \hspace{0.1 cm} {\small mail@thetawnyfrogmouth.com.au}$

flood of 1867. We're so lucky – most of the time – to be surrounded by the water, and it's only fitting to show this off.

On a more concerning note, the Canberra Bubble sexual misconduct fiasco is completely out of control. We're glad to have a Warringah independent to hold all sides of Parliament to account, and for Scout Smith-O'Leary's Love Scout column this month to cover the dynamics of sexual misconduct as well.

As always, a massive thank you to the contributors, advertisers and letter writers. **Cheers, Frogmouth**

FEDERAL MEMBER FOR WARRINGAH

How I can help you:

✓ Assist with NDIS, Immigration and Centrelink

Put forward sensible solutions for reducing waste and emissions as well as improving transport

 Advocate for positive outcomes for local business and communities

🥑 @zalisteggall

@ZaliSteggallMP

💿 @zalisteggall 🚽

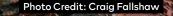
R Zali innovation inclusion integrity INDEPENDENT WARRINGAH Contact or visit the Electoral Office Level 2/17-19 Sydney Rd Manly NSW 2095 P: 9977 6411 E: zali.steggall.mp@aph.gov.au www.zalisteggall.com.au Authorised by Zali Steggall MP, Level 2/17-19 Sydney Road, Manly NSW 2095.

Contents

May 2021, Issue 05

- **04** G'day Beaches
- 06 Peninsula Wash Up
- **08** Letters to the Tawny
- 11 Hooroo
- **12** The Shutter Priority
- 14 In Remembrance
- 16 Local Business Update
- **18** Enough is Enough
- **19** Little Kids, Big Boots
- **20** Sport: Around the Grounds
- 22 Zen & the Art of...
- 26 Local Artist
- **28** Help for Hot Flushes
- **29** A Better Way Funerals
- 30 Izzy's Mumma Files

- 31 You & Me Too
- 32 Property
- 33 Tide Chart
- 34 Crimewatch
- **36** Operation Crayweeds
- **37** History in the Making
- 38 NB Art Collective
- 39 Not B.A.D. for Brooky
- 40 Music with Digz
- 41 Film & Food
- 42 Local Photos
- 44 Paige Turner
- 45 Razzle's Trivia
- 46 Star Signs





Manly women zig-zagging the high seas. Photo: Margaret Fraser-Martin.

Peninsula Wash Up

by Liam Carroll

Women Owning the Sails

The 26th Manly Yacht Club Women's Challenge was held on 27 and 28 March, attracting competitors from 12-80years of age, and from eight Sydney yacht clubs of Manly, Balmain, Cronulla and Harbours both Sydney and Middle. The two days had vachts competing in all size ranges from the Hansa 303's through to 52ft Keelboats. Juniors through to seniors, all onboard! The light breezes meant teams with local knowledge of the harbourside hills' canny ability to deflect gentle draughts could take advantage with the full availability of wind in their sails. Everyone was a winner, but it was indeed Nicola Wakefield Evans of the Royal Sydney Yacht Squadron who skippered 'Whistling Kite' to victory in Division 1, and Wendy Tuck of CYCA skippering 'Pacatak' to first place in Division 2.

Manly Ferries: The Fight Goes on...What Next?

According to Cr Candy Bingham the campaign continues to save all four Manly Ferries. Information on how these classic ferries can be converted to electric, and major concerns emerging about the inferior quality and defects found in the proposed replacement Emerald Class ferries, is now the focus of the grass-roots campaign. A paper has been prepared by Fmr Global Senior Vice President of Det Norske Veritas (DNV). the world's largest global Marine Classification Society and Fmr Chief Engineer, Merchant Navy, Andrew Westwood. Andrew's paper sets out examples from all over the world of how similar double-ended ferries have successfully been converted to electric, while slashing operating costs. In the meantime, major concerns have been raised about the poor quality of the new Emerald Class ferries, built in China, which are to replace the Classic Freshwater ferries. So far, 80 defects have been recorded including that every window needs to be replaced. The hull, which is very thin, is also raising alarms.

"If they are anything like the Rivercats built in Indonesia which arrived seven months ago containing asbestos and won't fit safely under two Parramatta bridges, then buyer beware. Those 10 ferries were scheduled to operate from the middle of last year but are yet to be approved for service, with testing crews warning they can stall when put into reverse during emergency stops." Candy Bingham said.

Col Rowland Hangs up the Togs

With the 50year storm ravaging Svdnev on Saturday 20 March, Queenscliff Amateur Swimming Club had no choice but to abandon its planned farewell to 83year old President, Col Rowland, after 43 years in the role. The lagoon was raging 40m wide and the idyllic Queenscliff rockpool made a washing machine look serene, leaving no choice but to save the date for another time. Col, who was afraid of the water until age 10 when bullies shoved him into Merewether baths only for a priest to pull him out, has since devoted his life to swimming, and we thank him for his tireless commitment.

Scottish Country Dancing

You don't have to be Scottish, or like kilts, haggis or Billy Connolly, but it will certainly be looked upon favourably, when you rock up to the Scottish Country Dancing Group that meets in Warriewood every Thursday from 2-4pm. Be sure to bring \$5, wear soft comfortable shoes and feel free to bung on an accent as you partake in great exercise and non-stop, toe-tapping, hip-twirling fun for men and women. To get involved call Noreen on **0413 033 526**



AVAILABLE EXCLUSIVELY IN GO VITA STORES AUSTRALIA WIDE **BUY NOW**

KATE POWE Adv. Dip. Nat.

ONLINE NATUROPATH WOMEN'S HEALTH

Zoom . Skype . Phone Freshwater Beach

PERI-MENOPAUSE . WEIGHT . FATIGUE PCOS . ENDOMETRIOSIS . THYROID WWW.KATEPOWE.COM Atms #24879

BONE HEALTH IS <u>NOT</u> JUST ABOUT CALCIUM?

WHO WOULD HAVE THOUGHT ?!

ESSENTIAL NUTRITION VITAMIN K2

Maintains and supports bone mass and density

Helps maintain and support normal bone mineralisation

Supports the development and maintenance of strong healthy bones

VITAMIN K IS IMPORTANT

Essential Nutrition's Vitamin K has been formulated with Mena()7



Always read the label. Follow directions for use. Vitamin supplements should not replace a balanced diet.

РДPILATES

Look good, feel fantastic!

Teaching Pilates on Sydney's Northern Beaches since 2004.

Gift vouchers available for Mother's Day



Visit **www.p4pilates.com** or email **info@p4pilates.com** for more info



Letters to The Tawny Frogmouth

Beaches Tunnel

In response to Malcolm Fisher's story in issue 04 April 2021: Firstly, I'm glad Malcolm isn't my financial advisor as heavy industries like cheap land and rent. Why build a factory on the most expensive land in Sydney when it's cheaper out west. Secondly, the Parkway/Freeway/Tollway has been in planning since the 1950's. And the current RMS can't make Mona Vale Rd 6 lanes now so what makes Malcolm think burnt bridge will be 12 lanes wide? And as for the exhaust stacks, I'd prefer a stack over ground lever discharges, as happens now. Malcolm doesn't want trucks, but he still wants goods and produce and consumables at the shops. I think Malcolm is a nimby. I really hope The Frogmouth isn't one-sided regarding the Beaches Tunnel. Let pro and con tunnel have a say. Andrew

The Tunnel Proposal

As I was dropped off at my North Balgowlah home last night, I asked the driver, who lives close by, what they thought of the Tunnel proposal. Their response was, "What Tunnel?" It then struck me that many people are still unaware of this proposal even though it is in their "backyard." When a property close to mine applies for a Development Application for, say, a new swimming pool, I receive

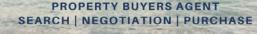
a letter from the Council alerting me to the Application giving links and submission closing dates. Nothing like this occurred for this major project. Only by chance did I become aware that the 11,000 page Environmental Impact Statement had been released and was able to lodge a submission despite the portal crashing. It is too hard to summarise the impacts of this proposal. My advice to people now is to go to; www. viabletransportsolutions.com. au and click on the Webinar link. Submissions from individuals and organisations can also be found including the excellent Balgowlah North Public School submission. The time for formal submissions has closed. Our chance to understand the impacts of this proposal and to contact local and state representatives still remains. Shona McKenzie

It Really Has Gone to the Dogs

Thanks for your April issue letter Marie (Response to Johnny's Seal of Disapproval: January edition). Pleased to read that I'm not alone with the frustrations of irresponsible dog owners, which, going on all evidence, is most of them. We are all now putting up with a symphony of barking as the standard background noise in our medium density communities and if I don't step in a neglected turd on my walk to the beach, I will almost certainly have to pick up a dropped plastic bag containing one. The dog owners have such little consideration or respect for others that they even use gravestones at the Manly cemetery for storing their pets water bottles and poo bags. These are the final resting places for loved ones, no matter how long ago they might have left us, and not a dog park, or a rubbish bin. I know what the problem is: people buy dogs like they buy a new phone, not realising it involves taking on a heap of responsibility and work, like walking twice a day. Unfortunately, I don't know what the solution is. Perhaps with more people brave enough to raise the negatives of rampant dog ownership in high to medium density communities. Council might reconsider how offenders might be addressed. Hopefully the fad will pass. Mark, Fairlight

Response to Marie's 'Dog **Disapproval': April edition** Marie (letters, Issue 4) seems upset at all dog owners, even those who are responsible. Nobody would condone irresponsible dog ownership, but may I remind Marie that, given that every single day I walk with my dog (always on a lead and all poo picked up), I pick up several items of rubbish dropped and thrown away by the HUMAN animal. These items are invariably in the gutter just waiting to get washed down the stormwater drain and into the ocean. The most common items are takeaway coffee cups and lids. discarded masks, plastic bags and Styrofoam etc. Perhaps Marie could write a letter bemoaning her fellow humans just to be balanced? Polly, Curl Curl

HAVING TROUBLE FINDING YOUR NEW DIGS ON THE BEACHES?







Contact Paul Wilcox 0401 051 702 | 8705 3252 paul@oasisskeen.com.au www.oasisskeenproperty.com.au

MANLY JEWELLERS





BESPOKE

Custom made jewellery is part of Manly Jewellers specialised Bespoke service. They will collaborate with you to design a handmade piece of jewellery to suit your specific requirements. Using your existing stones or sourcing stones to suit your needs. Call to make an appointment.

re-threading, valuations & watch repairs. They welcome your inquiry.

REPAIRS AND RESTORATION

Manly Jewellers prides themselves on quality which

is second to none when it comes to their repair and

restoration service. They can assist you in all areas

of jewellery re-modelling, repairs, resizing, restoration,

WWW.MANLYJEWELLERS.COM

SHOP 14, 25 WENTWORTH STREET, MANLY NSW 2095 | P: 02 8937 4403

Cabbage Tree, Anchor Free!

How lucky are we to have Cabbage Tree Bay as our backyard? Can't think of many cities with a protected marine reserve minutes from the CBD. So why is it that all these yachts are being allowed to moor there on weekends and destroy the place?! We need to move these blow-ins on and reopen the B&B swim lane.

Leo Derrin, Fairlight

1-ply Too lightweight for Number Twos

I want to make a big stink about the useless 1ply toilet paper found in public toilets at one of our major shopping centres. In order to get it to do anything, to serve any purpose, it has to be drawn out of its holder at great length. But then because it is so spineless, so lacking in substance, it cannot be folded and can only be scrunched. This scrunched up wad of paper, finer than a facial tissue. barely sucks up droplets from a Number 1 and fails dismally with squishy blobs of Number 2. The management of this particular shopping centre needs to sample this situation for themselves. Trot out their botts and stop the rot. Being tight-arsed about toilet paper is bad PR. Your public toilets are the bottom line. The buck stops there.

Pamela Mawbey, Brookvale

Save the Freshwater Class Ferries

The current state government appears hell-bent on destroying any evidence left by former state Labor governments: The Entertainment Centre, the football stadium, the Power House Museum, and now the world famous Manly Ferry fleet is under attack. I'm sure if they could get rid of

the Opera House, Sydney Harbour and Gladesville Bridges, and Warragamba Dam, they would. All four Freshwater class ferries were laid down by the then Labor Government and built in Newcastle following the mess the Askin Liberal Government left the service in after losing the 1976 election. This government wishes to leave its own mark for the next generation, things such as the 3billion dollar plus Red Snail, trains and buses made in China, a tunnel under Middle Harbour which will make weekend congestion on the Northern Beaches unbearable and a pedestrian bridge over Pittwater Road at Warringah Mall that everyone hates but are all forced to use. And, of course, who could forget, the casino at Barangaroo. Yes, by all means, sign the 'Save the Manly Ferries' petition but what we all really need to do is to vote this government out of office at the next state election. Not only will the people of the Northern Beaches thank you but so too will the state's dwindling

tap. Fact: The Tawny Frog is

a great new magazine, easily

surpassing the efforts of the

Manly Daily, as it is prepared

to let the issues ride, which

brings out the debate without

having to bow to a one sided

Maybe John Smith should get

Last but not least, I thank the

Tawny Frog for your non-bi-

fine future for this magazine.

Peninsula Wash Up – Issue 3

I picked up your new maga-

zine for the 1st time and was

very interested until I turned

to page 6. Such a pity it was

such an uninformed opinion

piece by Liam Carroll. He

states "Josh, short armed,

Federal government why

on earth would they choose

now to destroy the businesses

they've fought so hard to as-

of Covid19 since March last

year, and he hasn't worked

out yet that the December/

instigated and enforced by the

NSW State Government; not

Josh Frydenberg and Federal

Government. Good luck with

include me on any Subscrip-

Phil Crowe, Freshwater Sen-

*Editor's Note: We don't think

Mr Crowe has seen the film

Frogmouth we're not of the

Neville Bartos "Here? Cash?

No!" mentality, so will gladly

shout Phil a copy of the Aussie

"Chopper", and at the Tawny

tion list.

classic.

ior Campus

vour editorials. Please do NOT

January LOCKDOWN was

sist?" We've been in the midst

long pocketed etc ... the

Artic Fellows, Dee Why

Issues that count.

ased attitude and see a mighty

his/hers/other, facts right.

political following. Fact:

Koala population. But that's a story for another day. **Robert. Freshwater**

John Smith's Proposal

Firstly, I'm sorry to the editor of the Tawny Frog that I must respond to the proposal letter, "Fact Check". Fact: Transport does set routes. Fact: Transport can change their minds at any time, as we've seen. Fact: on demand buses are a reality. Fact: Opal data is guesswork, not correct, as many times the machines are faulty, tapping on is sporadic, and school kids just don't

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



SHOE & LEATHER GOODS REPAIRS KEY CUTTING



SHOP 9, 22 CENTRAL AVENUE, MANLY 9977 2997 | WWW.MANLYCOBBLERS.COM.AU

Hooroo from the Tawny 🏼



Gary Noel Johnston 16th September 1949 – 10th March 2021

From humble beginnings in western Sydney, Gary Gazza Johnston went onto roaring success as the owner of Jaycar Electronics, but it was family, footy and adventure that defined him.

A modern day Renaissance man, Gary gave generously to the NRL, UNSW, Steve Waugh Foundation and Art Gallery of NSW. He loved boating on Pittwater and soaring Mach 2 in the MIG-21 supersonic fighter jet he purchased from the Slovakian Airforce.

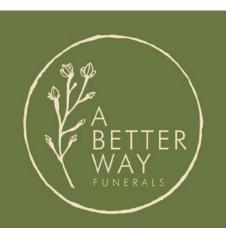
Survived by wife Kerry, kids Chris, Tim, Jeni and Robbie and 5 grandchildren, there will only ever be one Gary Noel Johnston. Hooroo Gazza.

KOALAFIED PLUMBING & GAS

Lic No. 301153C



\$50 off your next service if you mention this ad. Maintenance • Renovations • New Installations & Alterations We take pride in our work! 0434614760 | www.koalafiedplumbing.com



A BETTER WAY FUNERALS CELEBRATING LIFE, LOVE & INDIVIDUALITY.

Call Keri anytime on 0401 040 161 www.abetterwayfunerals.com.au

Kelly Slater's Essential Snapper

interactive learning envi-

explains Byron. "Between

ronment than a surf break."

getting pitted by a rogue wave

make mistakes." Byron's recent

mastery of Northy's workable

left handers has given local

surfers an edge. "My images

pick their line into the pit,"

path to a perfect 10."

says Byron. "It's the flawless

world champ Kelly Slater &

Surf League, who were so im-

pressed with Byron's images

they just had to have him in

the water for the upcoming

WSL event. But high school

the majority of the World

are so clear, really anyone can

'Anyone' now includes 11x

or speared by a 5'9 fibreglass

missile, you can't afford to

Danger, Satire! By Johnny Baylis @billysclicks



Photo: @byronetmedia

Local teenager & surf photographer **Byron McLoughlin** has come a long way since picking up an ancient Nikon 3300 in year 8 art class. While your average teenager is taking photos of local architecture, Byron's surf photography has shot him straight to the top of the class.

"You can't get a more

 attendance policies are harder to navigate these days than a South Curl Curl rip. Bryon had to find an excuse to skip school better than the gold standard set in the epic 1980's film, Ferris Bueller's Day Off. "A group of us Surfers got

"A group of us Surfers got together & just wrote the kid a note", explains Mr Slater. "Dear Principal Skinner, Byron will be absent from school next week cause this gnarly kid's gonna be studying aquatic biometrics at the university of North Narrabeen. We'll also need him later next month in Hawaii where he'll be studying dentistry at JAWS. We promise he'll do all his homework too. Hang Ten, Team Slater"

The Shutter Priority also has important advice for kids wanting to follow in Byron's wake. Stay between the flags until you're on a first name basis with the jet ski crew.



moderate prices "

Grazing boxes, boards and tables Pop up Kitchens, great for fundraising. Paella, Canapés and Tapas

Let us arrange your next catered event

0410 797 473 | blatchfordskitchen.com.au chris@blatchfordskitchen.com.au



Happy 50th Birthday Steven STAVROS GLOBAL Collinson!! Crack a tin or ten for the Tawny Frogmouth!



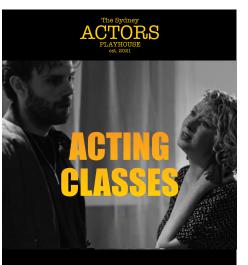


100% of HSC 2020 students said HSC CoWorks improved their confidence going into exams!



Receive one-on-one subject coaching.
Confidently prepare for assessment tasks & exams.
Follow proven systems for essay writing.
Make weekly structured progress towards HSC goals.
Access experienced HSC markers.

Book a <u>free trial</u> session | www.hsccoworks.com.au Established 1996



6-WEEK COURSE FOR ADULTS MONDAY EVENINGS 6:30PM - 9:30PM WHERE? DESIRE BOOKSHOP MANLY REGISTER NOW AT WWW.SYDNEYACTORSPLAYHOUSE.COM

Personally talk to Ann Wilson and her team



Ann Wilson and her team at Wilson Family Funerals have between them decades of experience caring for Northern Beaches families in their time of need.

Family operated & 100% Australian owned

VISIT Suite 3, 1440 Pittwater Road, North Narrabeen, Sydney CALL 02 9913 7131 or 0467 888 283 WEB wilsonfamilyfunerals.net.au



The Tawny Frogmouth pays its deepest respects to the men and women who made the ultimate sacrifice for our country.

> We are one and we are free, not by chance but by heroic sacrifice.

> > Lest we forget.

A Victor's Prayer

Oh sweetness of Victory Balm to my wounds Put Wisdom in my heart And strength in my arm Quench my thirst Still my hunger Leave me not open to the rot of dishonesty And the decay of Malice But let me be Magnanimous to my former enemy And let me honour my obligation as a Victor Let me be merciful enough to carry my wounded Victims And humble enough To wipe the tears of the ones left behind Those without Fathers or brothers, sisters or Mothers Let my words to them be compassionate And may they take from them the courage to go on without hating me And let their grief be recorded To be a witness for all people to come And in our anguish we will cry together NO MORE WAR

Jacques Horringa



Dine & DIscover expires June 30. Get spending!

Local Business Update

by Charlotte Rimmer, Manly Business Chamber

It's been an interesting few months since we last wrote about the impact of the Christmas lockdown on the local economy (in our beloved Tawny Frogmouth Magazine.) At the Manly Business Chamber, we've been reflecting on the benefits of support given to businesses, with particular reference to our own home ground, Manly and the Northern Beaches. Once we started adding them up, we were surprised at how strong and significant the response has been. Following are some of the highlights over a dark 12 months.

Effective support from Northern Beaches Council, with over \$2 million waived from outdoor dining fees, several million in waivers from inspection fees (food and fire safety) and the impressive implementation of signage to enable more quick turn-around parking in the local CBDs. Restaurants and cafes who were able to pivot and deliver take-aways needed immediate support for their clientele and Council offered a quick response. Council also provided access to better outdoor dining, and a unique Business Support Service - accessed by calling 1300 434 434 or booking online at northernbeaches.com.au - this enables business owners to have a single contact in council for advice.

Immediate action from State Government through our local representative MP James Griffin who set up The Economic Recovery Taskforce for Manly which was recognised by the Premier Gladys Berejiklian and cre-

ated initiatives which have been used Statewide. Meetings with Ministers have vielded support though Dine & Discover and the Hardship Grants. The hardship grants are to be accessed in late April and provide \$3k and \$5k grants to business for basics like rent and staff costs. Disappointingly, these are taking a long time to be delivered through the highly stressed Service NSW division of government, but we have been promised they're on their way. The Small Business Commission has continued to offer its mediation service for tenants and landlords, yielding excellent results.

Local, State and Federal government support packages, including Job Keeper, a covid supplement to the Jobseeker and income support payments, home builder grant and most recently the \$24 million for Destination NSW for a live Music Support Package will encourage a thriving economy.

Manly has benefited through the addition of Market Lane Live, a new initiative run by our own local entrepreneur Matt Clifton. The beautification of Rialto Lane and additional furniture pods in Whistler Street, Darley Road and the Corso are encouraging both visitors and locals to enjoy the wide range of local eateries.

The Northern Beaches was one of the first. regions to have access to the Dine & Discover vouchers with the State Government donating \$100 per person. Please use these locally and use them or lose them by 30 June 2021.

Finally, \$1500 small business fees and charges rebate - designed to help small businesses pay for fees and charges, such as licences, council rates, and registration fees. It is a new rebate first announced as part of last year's NSW budget, but will kick in from early April this year. Eligibility criteria and guidelines on the Service NSW website.

There is a lot to be grateful for, although I understand that these grants don't help everyone. I recognise this has been a unique experience for all, we've heard tragic stories and amazingly successful outcomes.

At Manly Business Chamber, we keep up with all possible opportunities for local businesses, do everything possible to always be heard and speak to government and ensure we're advocating to the right people at the right time. I'm so proud of the work done by the committee and our excellent executive officers, Chantelle Hoare and Monique Eggeling. Please support us so that we can continue to support you. Join at manly.org.au



tool to help us see what may not be available to the naked eye.

The image on the the left is a detail from the first in a series of interactive posters by Brookvale artists Miguel Gonzalez and Juan Vivas.

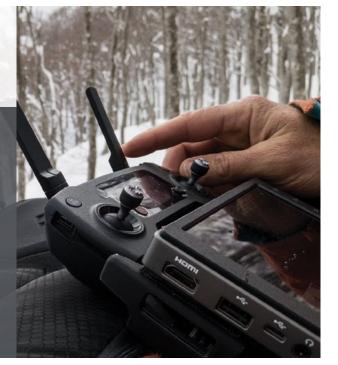


INTELLECTUAL PROPERTY

TECHNOLOGY LAW FIRM

Specialising in Patents, Trademarks, and Intellectual Property Strategy info@forward-ip.com







Zali Steggall at the March 4 Justice

Enough is Enough

By Zali Steggall, MP

Over the last several weeks we've all been appalled by the allegations of events occurring at Parliament House, Canberra. These revelations began with Brittany Higgins' courageous move in coming forward with details of her alleged rape in a Ministerial office. Her brave move highlighted shortcomings in the Government's handling of her allegations both back in 2019 and also in more recent weeks since becoming public.

We subsequently heard of allegations of an alleged historic rape by a then schoolboy, now Government Minister. Over ensuing weeks there were further accusations pointing to a lack of process and protections for employees within Commonwealth Parliamentary workplaces. There were additional allegations of sexual harassment and alleged cover-ups, and in mid-March details were made public of abhorrent behaviour amongst some coalition staffers. Their actions demonstrated an incredible lack of respect, a sickening arrogance and a heightened sense of entitlement. Again, the Government's response has been left wanting.

The various revelations and the Government's response – or lack thereof – triggered a wave of public reaction across our nation. We saw a build-up of frustration, anger and hurt but also a build-up of energy, of a desire to take action, of a demand for justice, respect and change. This culminated with the national "March 4 Justice" on Monday 15 March – when rallies were held across the country. It was a truly humbling experience to step outside Parliament that day, join thousands of women and men who had marched to our workplace, demanding that we, as their representatives, listen to them and take action. As I walked through the crowd, I was struck by the diversity of faces and experiences around me. There isn't a single sector of our society that isn't affected by gender based violence and that isn't demanding change.

As we listened to the powerful words of those speaking at the Canberra rally, I could hear stifled crying amongst those gathered. For some they were tears of pain, as their own experiences and trauma were relived. For others they were tears in memory of loved ones who could no longer live with the burden of their abuse: and for others, they were tears of exhaustion, after decades of fighting for basic human rights and respect. The message at the rally and from the public more generally is that the time for words has passed. This is certainly the message I have received from the people of Warringah. As an Independent, free of party politics, I'm free to speak up and make our collective voice heard. We do not need a new inquiry. We do not need another review or an internal secret report. We need action.

On the same day as the March 4 Justice, I tabled a Bill to Parliament providing an opportunity to take the first step in creating real and much needed action. The Bill I presented seeks to amend the Sex Discrimination Act to ensure sexual harassment is prohibited in all circumstances. At the moment, the Act does not adequately capture the full range of employment circumstances in which sexual harassment may occur. Members of Parliament and statutory appointees are not adequately protected from or liable for sexual harassment.

Over the last month, we've heard examples of members of parliament being both the targets and the alleged perpetrators of sexual harassment. We must act on this. I provided the Government with the opportunity to take on these amendments; they ignored that offer. Subsequently, I moved a motion of urgency, demanding the Sex Discrimination Bill be debated – and amended – as a matter of priority. Again, they declined. But the Bill remains on the Notice Paper.

My crossbench colleagues and I will not let this matter go away. As well as the amendments to the Sex Discrimination Act, we will also be fighting for an enforceable Code of Conduct to be introduced for all MPs and Senators. The people of Australia are demanding action and we, as Independents on the crossbench are listening.



Aimee, buried in boots

Little Kids, Big Boots!

by Emma Lovell & Matt Cleary

The mercury's falling and the footy fields calling, but for two local youngsters, their pre-season has consisted of inspirational charitable endeavours.

Aimee Lovell, Curl Curl

On Aimee's first day at school this year, kids were given the task of devising a passion project of their choosing, something that could make a positive difference to the world. Aimee has two huge passions in life, Sports and Fast Cars! Her first instinct was to find a way for fast cars to be more environmentally friendly, but that aim was perhaps a tad too lofty, and Brother Elon Musk has it covered anyhow. How about Sports? She set her sights on collecting pre-loved sports gear and re-distributing it to less privileged communities.

"We're so lucky on the Northern Beaches, when we grow out of our gear, we head to the shops and get new kit, but others around the world aren't as lucky. I figured, if I can encourage our community to dig through their wardrobe and pull out all of the gear they have sitting around, we can help make a huge difference to under-privileged kids and help them enjoy and excel at sport more."

She partnered with the **Reagan Milstein Foundation** and the shout out went to schools, clubs, Facebook groups. Her enthusiasm saw the community pull together in a big way. "We were buried in boots and soccer gear!" So far, Aimee has collected 450kgs(!!) of gear, all on its way to The Pacific Islands. If you want to get involved, please contact Aimee's mum: emmalovell@hotmail.com and help get more



George presents his novelty size cheque

Beaches sporting goods to where they'll be cherished around the world.

George Cleary, Allambie

George, a fourth-grader from Allambie Public School and Allambie Jets U/10s was at the breakfast table one morning when he said to his father: "Who in the world can we help, dad?" Eyes barely leaving the sports pages his father replied, "Few options, son. Why don't you go and grab that globe and we'll spin it and find someone."

George headed to his bedroom and returned with the globe. He sat it on the table and gave it a spin, landing on a big chunk of ocean in the South Pacific. The nearest land or indeed archipelago of islands was: The Kingdom of Tonga. George went to Google. The charity **"Youth In Union"** was found. Setup by former Manly Marlins player **Eddie Aholelei** and championed by Brumbies No.8 **Lachie McCaffrey**, its mission is to provide rugby equipment and training for the people of Tongan islands, and also Samoa and Fiji.

George had found his cause. And away he went, running with it, to Go Fund Me, to Facebook, to Twitter and beyond. Within four weeks he'd raised \$1000 for Youth In Union, money which will go to equipment, training and school programs on the islands. At a ceremony at Community Bank Freshwater, George handed over an over-sized cheque to Ali Donnan, chair of Youth In Union, gear steward for Harbord Harlequins and a former physiotherapist for the Tongan national rugby team. "We've got sheds full of boots and equipment," Donnan said at the ceremony. "And people ready to go. And when Covid allows us to travel, this money will help us distribute it to the people and run training programs. We can't thank George enough."



Player: Dejan Pandurevic. Photo: www.facetphotography.com.au

Sport: Around the Grounds

by Matt Cleary, Editor of the Northern Beaches Sports Tribune

Men and Women of Manly United are top of the table, Manly DCC and Harbord Bowling Club Cricket Club won premierships, and a prodigal son returned for Forest Renegades to take out MVP in the Minor League baseball grand final.

Football

Manly United went equal top of the NSW National Premier League table with a fine 2-0 win over Sydney FC. After a tight first half finished 0-0, United striker Jack Fulton launched a superb strike from well outside the 18-yard box that rocketed into the top left-hand corner of the net. Fulton then turned provider with a through-ball for 18-year-old debutant Ben **Gibson** who thrilled the vocal crowd at Cromer Park by slotting the match-winner. Gibson had been on the field seven minutes.

Two days later on the same venue Manly United's women's team – which is still missing eight players from W-League – beat Bankstown City FC 3-1, with goals to

Sophie Nenadovic, Caitlin Jarvie and Kahli Johnson. United coach **Tom Hopley** was full of praise for Nenadovic in her first competitive 90 minutes of football in 12 months after serious injury. "Sophie played the whole game with high intensity, was quality on the ball and showed a cool head. She showed some touches of class. Kahli Johnson was a workhouse at wing back and ran all day. And Nicole Stuart was out of position at left centre back but was very reliable and made several desperate, lastditch tackles."

Cricket

Harbord Bowling Club has taken out the prestigious Clifton D. Leake Shield with a first innings win over Cromer at Melwood Oval. Harbord's opening bowler **Zac Youlten** was the destroyer taking 5/38 as Cromer limped to 128, only **Scott Riddle** (53) offering

> Scan the code and/or visit www.northernbeachessportstribune.com.au for all the local sports news.



any resistance. With the ball

Cromer put themselves right in the match with **Ben Sheppard** (5/46) and **Andrew Wylie** (3/59) reducing Harbord to 8/121. But an unbeaten stand of 64 by **Corey Fehily** (36*) and man-of-the-match Youlten (28*) saw their team to 8/185 and the club's 11th first grade premiership. In Shires cricket Warringah won the fourth grade premiership against Burwood. In Premier cricket, Manly's

first grade lost the 50-over grand final by 229 runs at

women's cricket beating Sydney by 58 runs at Graham

ond grade premiership.

The Forest Renegades

Baseball

Reserve to take out the sec-

completed their quest for an

undefeated season recording

over Warringah Redbacks in

the Manly-Warringah Minor

son" Adam Charman was the

junior and former Petersham

player giving up just six hits

whilst recording 10 strikeouts

Manly Warringah Sea Eagles

games of the season by a total

signed the coach. The Centre

of Excellence is coming along

though and looks in a smaller

hole than the first grade team.

of 156 points to 34, and re-

have lost their first four

an 11-1 mercy rule victory

League first grade grand final. Pitcher and "prodigal

star for Forest, the Manly

across seven innings.

Rugby League

Drummoyne Oval while Man-

ly's seconds beat St George by 24 runs at Manly Oval. Manly had success in Manly & CO-OP



One day only, 25% off sale

To celebrate the start of our 25th year in business, we're offering a 25% discount on 1 May. To receive your discount show the May Issue of The Tawny Frogmouth at check-out.*

*Offer open to all members, if your membership isn't current you can join for only \$5. Some product exemptions apply.

Open Monday-Friday 9am to 7pm and weekends 9am to 6pm 0468 413 975 | info@manlyfoodcoop.org | Shop 1/11-25 Wentworth St, Manly NSW 2095



Simon with his magic thruster that started it all

Zen and the Art of... Surfboard Shaping

Careers by Liam Carroll

In Easter 1981, with the Rip Curl Pro serving up flawless 15foot Bells Beach walls of thunder. Simon Anderson was in the carpark, waxing up the secret weapon he'd crafted himself, poised to show the crowd on the sand, headland, and the entire wave-riding world beyond, precisely what the future of surfing looked like ... and it looked divine. The thruster was born. Three fins to provide grace, control, speed and flair, the way no one had ever known before.

Now, with the vagaries of Covid and the agile legwork of the NSW Government. the longest-running professional surfing event on Earth has been shifted from the rugged Victorian fringe of Bass Strait to the beach break treasure chest of Simon's local, North Narrabeen, the fabled New South Wales patch of Tasman Sea where Simon rode his first ever wave with three fins beneath him. We felt this was as good a time as any to relive what went into the thruster's creation.

"I was simply looking for a transition board, something to help adjust quickly between a single fin and a twin fin. Those boards feel so different, making it very tricky in a contest to jump from one to the other as the conditions demanded." Simon's feeling was, if he had a 3-finned transition board. it wouldn't have the drive of the single fin or the manoeuvrability of a twin, but he'd be able to catch a couple of waves between heats and transition far more effectively between the staples of single and twin fins and perform at his best the moment he paddled out for his heat.

"Well, that was the theory. But that first surf on three fins, I knew instantly I wasn't going to be riding anything else. I can't remember the first wave too well, more the first surf in general. 3-5foot Alley rights, connecting turns, keeping speed between turns. With a single fin, you tend to lose speed between turns, in smaller surf at least, but all of a sudden, I was not only maintaining speed, but even accelerating through turns, allowing connection between turns that I'd never felt before."

While the unleashing of the thruster at pumping Bells Beach is what captured global headlines and became etched into surfing folklore, Simon's first actual competitive unveiling of his design was months earlier. in January, at the Burleigh Heads Stubbies event. "It was one foot. Maurice Cole knocked me out first heat. No one at all was interested in my new design. No one." Putting on a Bells masterclass soon after was obviously met with a slightly different degree of interest.

In the 40years since the iconic event, Simon's commitment to surfboard shaping has never wavered. crafting magic boards for Kelly Slater, Andy Irons and everyday surfers alike. "It's certainly a legacy, the three fin thing. I guess I get treated with perhaps more respect than I deserve. But to me, I'm still just a board maker, interested in every aspect of the surfboard design and manufacture and ultimately, it's all about how that board feels in the water."

Thank you, Simon Anderson, you truly are Northern Beaches Royalty to every surfer.

Follow **@simonanderson_surfboards** on Instagram and check out his full array of boards and crafted goods at: **www.simonandersonsurfboards.com** and pop down to **42 Orchard Rd, Brookvale** and order a custom stick.



Winning Girls Team: Northern Beaches Christian School

Challenge Accepted

By Liam Carroll Photos Bernadette Johnson

CURL CURL – Clear skies, an outgoing tide, and good swell meant the 2021 Lifeline High Schools Surf Challenge was a great way for 14 high school teams to finish one of the wettest weeks on record.

The Lifeline High Schools Surf Challenge is an annual tag-team competition presented by Lifeline Northern Beaches and proudly supported by Northern Beaches Council. Teams compete in boys and girls divisions with teamwork and camaraderie the main focus of the event.

"The event was created to bring schools together, encourage teens to discuss mental health and educate how to access support when its needed," says David Thomas, CEO of Lifeline Northern Beaches. "I want everyone to know that Lifeline is here to provide support when you need it."

Lifeline offers free 24-hour support through the national telephone line 13 11 14 and has launched Lifeline Text 0477 13 11 14 to make it easier for teens and young people to seek support.

Lifeline Northern Beaches is holding a youth-focussed support group, Managing Emotions, in collaboration with Headspace in Brookvale. This group will help 16–24-yearolds experiencing anxiety and stress to learn strategies to manage their mood.

"We have also expanded our face-to-face counselling service to include teenagers from



Winning Boys Team: St Luke's Grammar School

15-years and older. Our youth counselling service is available from Avalon Youth Hub and our office in Balgowlah," says Mr Thomas.

Back in the water, the calibre of surfing was off the charts. The kids can shred. Sydney's surfing future is looking phenomenal. And while the ocean may have been coated in chocolate brown thanks to the week-long barrage of storms Sydney bore the brunt of, boys and girls alike tore the 3-4foot lefts and rights apart, making the most of an empty lineup with top to bottom surfing from the outer peaks all the way to a juicy shore break, taking to the air as the wind swung light onshore through the day, turning South Curly into a Friday fun park.

The competition was top notch from all schools, including teams from Forest High School, NBSC Freshwater, NBSC Balgowlah Boys, St Luke's Grammar School, St Paul's Catholic College, NBSC Mackellar, NBSC Cromer, Pymble Ladies' College and Queenwood School, but congratulations to the 2021 Lifeline Classic winning teams:

- St Luke's Grammar School in the Boys Division
- Northern Beaches Christian School in the Girls Division

Well done everyone and can't wait to see more incredible surfing action next year.

For more info about youth counselling at Lifeline Northern Beaches Book Fairs, visit www.lifelinenb.org.au/youth-counselling

If you need immediate support, call Lifeline on **13 11 14** (24/7) or text **0477 13 11 14** (midday-midnight). Hey,

I just wanted to send a message about a pattern we, as A/C experts, see all too often, something that causes a lot of pain and frustration for people on the Northern Beaches.

The problem usually begins in November, with the first heatwave. Starting to perspire, people turn on the A/C for the first time in months. To their dismay, it doesn't work! Hot and frustrated, they panic, wanting their A/C unit back at full capacity ASAP. Little do they know, hundreds of people nearby are sweating too, confronting the same dilemma. They ring a local A/C technician. No answer, too busy to pick up the phone. They call a bigger company, "No technicians available for at least a week."

Sure, this predictable November pattern can be good for business, but I feel bad for customers, frantically calling in the midst of the heatwaves. The truth is, there just aren't enough A/C technicians in Sydney to service the demand. Then, as summer progresses, it's impossible to get a broken A/C unit repaired the week it breaks, or even the following, let alone the same day. To make it worse, when they do finally get someone, they may be charged extortionate prices just because, well, that company can!

On the flip side, A/C companies struggle in the off-season (right about now) with very few people worried about their A/C unit when they don't need it, except for a few switched-on customers that know this secret. We're lucky at Local & Licensed Electrical and Airconditioning, we also have an electrical department which goes strong all year, so our A/C team can just help out on the Electrical side. But some A/C companies do go under during the off-season, which is always sad to hear about.

That's why I'm taking the initiative to write this letter. Don't wait to be in peak summer. Get your unit serviced during the off-season. Save yourself not only from being uncomfortable and stressed, but also from paying hefty summer surcharges.

If you know a reliable AC technician, do yourself (and your A/C unit) a favour and get a service booked in. If you don't know one, we would love the opportunity to serve you in this area. We have a 100% customer satisfaction guarantee and know you'll find great value in our service. You can check out what our customers say about us on Google. We have over 130 reviews with a solid 5-star rating.

We would also like to offer you \$40 off any A/C work if you call and book in a service, repair or new installation with us for the months of April, May and June! Just mention this letter when you call. We also offer \$20 off any electrical work too, for anyone on the Northern Beaches. Again, simply mention this letter.

We're a small business based in Brookvale. You can call us on (02) 9159 8050 and book in a time that suits you.

Chris Pemberton and the team Local & Licensed Electrical and Airconditioning www.localandlicensed.com.au





Jonas doing his thing. Photo credit: George Almanza

Local Artist... Jonas Claesson

Interview by Liam Carroll

This month we caught up with Stockholm-born Surf Rat. Jonas Claesson. the Freshwater Swede whose silky smooth Longboarding Moose has become a global sensation and graces this issue's cover.

How did you end up in Aus**tralia?** Sweden's not the best place to live if all you want to do is surf. My best friend moved to the Gold Coast to complete his studies, while surfing all the time between lectures, so I followed as fast as I could!

What did you study? First, in Stockholm, I completed a year at art school, studying photography, oil painting, graphic art. It was really cool. I then completed a Bachelor of Product Design at Griffith University.

Were you able to get a job after completing that course?

Yes, with Billabong, in product design. It's lucky I got that job. My student visa was running out quickly and I didn't want to leave, but it was a great job too, working alongside incredibly talented people. How did your online presence start? Instagram was in its

early days. I had a hard drive with ten years of drawings I could share, so I did. They got traction pretty quickly. Were they a similar style to now, animals surfing, nature focused? Yes, I'm not sure where the inspiration first

came from, but about 15years ago I started painting animals doing activities I like doing surfing, camping, hiking. And it was actually some work for H&M, when I lived in Sweden. I drew a bear holding a surfboard. That was the start, a light bulb moment in two respects. H&M liked the whole concept of portraying animals doing human activities, which was great, but with their reach, how they could show my artwork in so many stores and the fact it was popular with so many people around the world, that gave me confidence, knowing there was an audience out there who enjoyed what I was creating. Where did the inspiration for the Moose first come from? I like to create big landscapes, paintings where nature is the main element. So, with the moose being made recognisable so well by the antlers,

it allows me to create a big landscape and still showcase the moose in all its glory while only requiring a very small amount of the overall image and to do so with some really fine drawing, creating a good contrast with the vastness of the rest of the image. What is your favourite part of the creative process? Painting with watercolour, or any time I'm creating without a brief from a client, just playing

around. You've written some books? I illustrated a children's book, "The Surfing Animals Alphabet", an A-Z of animals surfing written by James Redmayne. I'm also writing two more this vear. One is a collaboration with my Japanese business partner, about Zen Buddhism. The other, it stars the three animals I draw most - a moose, a bear and a wolf they go on an epic surf trip. It starts at a classic point break, but the surf gets massive and they all break their boards. The adventure continues from there.

Sounds amazing! Lock me in a signed copy! Do you have any words of wisdom for aspiring artists? Draw and publish your work every day, no matter if it's good or bad. Build that discipline, commit to that schedule. That way you can't procrastinate. Inspiration doesn't come from thin air. It comes when you sit at the desk and focus.

Do you have a suitably pretentious quote to finish on? Nature doesn't hurry. Everything's accomplished.

Follow Jonas on Instagram **@ionas draws** and buy his books online and at Keel Surf & Supply in Freshie @keelsurfsupply



ALL PROFITS RAISED FROM THE WINNING TEE **GOES TO MENTAL HEALTH SUPERHEROES** 'HEADSPACE'. PLUS THE WINNING DESIGN WILL BE STOCKED IN KEEL. NOW THAT'S GOOD.











Perimenopause mayhem

Help for Hot Flushes

By Kate Powe, Naturopath

Hot flushes are one of the first markers of perimenopause – that time between regular, monthly ovulation and your ovaries putting their feet up for good at menopause. And while it should be a time of empowerment, it can often feel like an overwhelming rollercoaster.

What we want is a graceful transition to the cool, calm wise woman. What we get is two to ten years of rapidly peaking and plummeting oestrogen and a sneaky disappearing act from progesterone. So, before you start blaming yourself for the aching fatigue, motivation-less mood and long-gone glow amidst puddles of sweat, realise it's not 'you', it's your hormones. And it's time to nurture your brain, adrenals and nervous system.

Herbs for Hot Flushes

Salvia officinalis | Sage: Sage is known to tighten tissues, and its antimicrobial action reduces infection, sore throats and gum disease. But sage also reduces excess perspiration, making sage tea a great hot flush tonic.

Cimicifuqa racemosa | Black Cohosh: This is one of our archetypal menopausal herbs. It's known as a Hypothalamic-Pituitary-Ovarian (HPO) regulator meaning it aids communication between the brain and ovaries for a smoother pulsing of hormones and a reduction of perimenopausal symptoms. It's also anti-inflammatory, balances oestrogen, reduces sweating, calms the nervous system and improves mood, sleep and bone health. Hypericum perforatum | St.

John's Wort: Our trusty antidepressant-in-a-herb also comes up trumps in the hot flush stakes. In a 2010 eightweek trial with 100 women, hot flushes' frequency decreased by 54% (placebo 32%); severity decreased by 60% (placebo 26%); and duration decreased by 51% (placebo 23%) (NB: never take St. John's Wort without professional advice or while taking anti-depressant medication)

Ziziphus spinosa | Ziziphus: This is one of the first herbs I think of for the double whammy of hot flushes and insomnia. Ziziphus is a cooling yin tonic. It reduces night sweats and excessive sweating in general which is great because we all know this "night sweat" thing does not just happen at night. It helps with sleep maintenance, reduces blood pressure, acts as a heart tonic and reduces overall anxiety and nervous tension. Rehmannia glutinosa | Rehmannia: Rehmannia is an adrenal restorative and is used to reduce fever and heat in the body. It also combats menstrual irregularities, from an increase in flow or period length, to a shortened overall cycle, both common in perimenopause.

Asparagus racemosus | Shatavari: Shatavari is a bitter, sweet, cooling, pitta-balancing herb. In Ayurvedic medicine, excess pitta is correlated to increased flushing and irritability. It modulates oestrogen and can be used as a female sexual tonic to increase libido.

What Else Can You Do To Reduce Hot Flushes?

Reduce refined sugars, junk foods, hot drinks and caffeine, alcohol and high histamine foods like chocolate, wine, aged cheese and ferments. Ditch the morning coffee for liver-loving dandelion and replace the evening-wine wind-down with a ten-minute meditation or walk in nature. Speak to your healthcare professional about using body (or bio) identical progesterone.

Finally, hot flushes can be exacerbated by stress and anxiety. So, keep your cool wise woman! Learn to say no and set healthy boundaries. Include movement, meditation, sound sleep practices and ground yourself in nature to nurture yourself through the hormonal fairground of perimenopause. The next fifty are your best vet.

For more info about female health, hormonal dysfunction or to book an appointment with Kate, visit **www.katepowe.com**

May Special: Mention the Tawny when you book an Initial Naturopathic Consultation for the month of May 2021 and receive a 10% discount on your consult fee.



Keri Alexander, bringing lightness to funerals

A Better Way Funerals

Featuring Keri Alexander by Liam Carroll

When loved ones pass, there's no more important time in your life to be surrounded by caring, thoughtful and considerate people. The instant responsibility to organise a fitting farewell, to communicate effectively with friends and family all over the world so they know precisely what the plan is and where they need to be and, most importantly, to properly grieve the loss of the dearly departed, it can all become incredibly overwhelming. Understanding the enormity of this entire process, Keri Alexander established A Better Way funerals so she could be the best possible resource to assist, and ensure a funeral is a bona fide celebration of life, an event you will cherish forever.

Keri, how did you become a funeral director?

When my mother passed away, I found it so distasteful how the funeral director handled the whole situation. It was perhaps at the exact point of watching this utterly disinterested chap in his ill-fitting suit flicking through a glossy catalogue of casket options while pressing the hard sell of how my mother was so amazing, she'd have deserved the coffin on the very back page, the most expensive obviously. This man had no care for my mother or I whatsoever. He wanted to flog a pricey wooden box, book the ticket and move on with his day. I thought, there has to be a better way. Did you have any experience in the funeral industry at all before that? None at all! No, I was a wedding celebrant, and I loved doing that, being involved with families and celebrations, that time where it's all about love and togetherness. So, I guess I really wanted to bring that approach to funerals too, to brighten up the farewell experience, to make it a celebration of life in every sense.

What are the elements of a funeral then, in which you're able to brighten the undertak-

ing? I think it all starts with focusing on the celebration of life, and everything else stems from there. That means, in practical terms, I always dress casually, in lighter shades of clothing, and like to meet with people in more relaxed settings, most often in the family home, as we make the necessary plans. This ensures that every interaction with the family and those grieving isn't amplified by dark suits or airless rooms. In terms of the language used too, it's always focused on positives, on asking families about the elements of the deceased's life that brought them the most joy, which in turn leads to deciding on venues too. Rather than being always in a chapel or crematorium, we can go direct to the places which the deceased loved, be it a certain beach or headland or surf club. Every element is a celebration. There will always be grief, it's a deeply emotional time to say goodbye, but if it can be done with a lightness, the moment will be one you'll cherish and always think of fondly in the vears to come.

How has being a funeral director affected your own grasp of mortality? It's given me such an absolute respect and appreciation for being alive. I don't sweat the small stuff and make sure to love what I'm doing. My work gives me a great level of fulfilment. I make sure to get down to Cabbage Tree Bay every day too, swimming, resting on the rocks in the sun at 'Halfway' between Shelly and South Steyne, soaking it all up, turning that into my office when the weather permits! We live in the greatest place on Earth. I make sure to revel in that fact every single moment I have.

Keri is available at all times on **O4O1 O4O 161** Follow A Better Way Funerals on Facebook and Instagram **@abetterway.funerals** www.abetterwayfunerals.com.au



The window in question

Out the Window Izzy's Mumma Files By Izzy Buda

Since my son turned two, I've been stuck in the "Terrible Twos" turmoil. A good example: a few weeks ago, he came nonchalantly into my room and said "Mummy look" while pointing at my office window. I went to look and saw outside, laying down below in the garden, my SLR camera, my laptop, a thousand loose sheets of A4 paper, my phone chargers – you name it! If it had been on my desk it was now out the window.

It was carnage. No window in the house was safe from flying debris. The common walkway outside my son's bedroom became adorned with toys he'd hurled out en masse, creating a steeplechase for my neighbours. Inside wasn't safe either. Sometimes I'd walk into the toilet, open the lid, only to see the bowl filled with bottles of shampoo and conditioner, my face wash and shower loofa. Nothing was sacred.

I know (well I hope at least!) he's not doing this to be naughty. He wants to play, get attention, unleash some energy. Still, it's incredibly frustrating. With his screaming and mega tantrums, I found myself constantly irritated by him and unsure how to make things better. But last week, things changed. And you know what it was? Language.

He started speaking, started talking to me - his number one fan - and instantly, I understood everything. It was also clear he felt validated by being understood. What he was trying to communicate by throwing my shampoo in the dunny...we've not solved that



An unwelcome pile left in the toilet

yet, but his tantrums eased instantly eased with his newfound ability to express himself. GAME CHANGER.

Kids grow so fast. The moment you think you have the hang of it, a new obstacle arises. And while we've not passed the throwing of objects out the window stage completely, now we can at least talk about it. I realised too, often with my son I'd dismiss his rambunctious behaviour with "oh boys!" But I'm changing my tact. I can't keep putting higher expectations on my daughter while letting my son get away with more. How can I find a way to make him more accountable for his actions? Through the power of language.

Saying something to your child is meaningless unless they comprehend what you're saying and relate to it. Once they comprehend the ethics of the situation, and the consequences, things get better. Just as I typed that I laughed because I know my daughter understands the ethics and consequences of many situations, but she still does it anyway. Like tipping all the building blocks out of the boxes to build a box ladder to the freezer to get the ice cream. I guess that's just kids then.

I hear from parents all the time that their kids answer back, have tantrums, make messes, but when they're with others, they're complete angels. Does that prove our lessons do get absorbed, they just put the theory into practice with other people? As parents, do we just repeat ourselves for the next 18 plus years then hope by the time our kids are out in the world they'll implement all the lessons we taught them? Probably. Until then, I'll be locking the windows to avoid further toy-obstacle courses for my neighbours. Sorry bout dat.



You & Me Too: Understanding Modern Sexual Assault

The Love Scout by Scout Smith-O'Leary

There seems to be a collective understanding that rape is something that happens to women who walk alone late at night through abandoned city streets and dark alleyways. The assailant is a stranger who overpowers the helpless victim and she ends up conceding as a means of survival. End of story.

What we have seen since the emergence of #MeToo, Grace Tame, Brittany Higgins and Chanel Contos is that sexual assault and rape is horrifyingly more prevalent than we could have ever imagined, and that the perpetrators are not sewer monsters or dumpster dwellers, they are normal boys and men: fathers, brothers, teachers, colleagues, uncles, community members and friends.

While this uprising has surfaced a lot of collective pain and trauma, there is great opportunity here for a social and cultural paradigmatic shift away from gender based violence. Firstly, we need to understand how it happens in the real world. Drawing on the thousands of testimonials that have resulted from the Chanel Contos petition, a clear pattern of behaviour can be identified.

1. Inebriation – There is some kind of encouragement to get the victim drunk or to loosen their inhibitions. This is especially prominent if the victim and assailant aren't very familiar with one another.

2. Isolation – The perpetrator will lead the victim away from the party, club, group, friends or peers. They might go outside, walk to a park, go into a bedroom or toilet; some place with privacy (maybe even locked doors). This allows them more control over the situation.

3. Manipulation – With no prying eyes, the perpetrator will often start to beg, pressure, complain, or give ultimatums. Even not taking no for an answer and repeatedly asking for something is a very common tactic. Wearing down an individual or guilt-tripping them into an action is common. There are many accounts of people in relationships who experience this with their partners also.

4. Coercion – This is the final step when everything else has failed so far. Defined as persuasion by force or threat, coercion can have many ugly faces. Perpetrators may become aggressive, violent, threatening, threaten to blackmail you, or physically force you to do something against your will. While it may be hard to spot, it is very clear how coercion makes you feel. If you feel pressured, forced, in danger, unsafe, trapped, stuck, as though you have no other options than to be obedient, there is a great chance you are being coerced to do something against your will.

What we need is a new paradigm; we need a new narrative, early and on-going education around consent, respect and boundaries, agreed and universal definitions of sexual assault and rape, and an active culture that interrupts, questions and challenges sexist and violent attitudes, beliefs, speech and behaviour. Together, we can help one another to make this collective change.

If you are keen to be part of this social movement and get this education into your school, get in touch. Details below.

The Love Scout is running a You & Me Too program that provides early intervention boundaries & consent education as a radical plan to eradicate gender based violence. Visit **www.schoolofconnectionsydney.com** to get involved.



Home Buying vs MAFS

Danger, Satire! by Paul Wilcox, Buyer's Agent

Editor's Note: Like everyone, the Tawny's proud property portfolio proponent, Hugh G.Lee Inndette, has been torched by the flaming heat scorching the housing market, so we decided to ask Paul Wilcox to provide an analogy that could enlighten us to what's going on.

Two things are easily the most talked about on everyone's lips right now: soaring Sydney real estate prices, and the hotbed of frenzied mating antics on MAFS. It's hard to fathom how these twin topics consume so much of our attention, but they do, and I can't help but notice similarities between the pair. As a buyer's agent, I often feel like "Dr John", be it holding a client's hand along the perilous path of property buying, to being the shoulder to cry on when true love turns to bitter despair and things don't go to plan, or, when the butterflies are aflutter and a perfect match has been found, keys handed over and ownership inked with Mont Blanc. It's a privilege to be part of the journey. But, right now, let's get into the similarities of home

buying and reality TV dating:

Looks Can Be Deceiving

Despite being time poor, we're able to make quick assessments of our property options, and dating partners, thanks to digital apps where, first and foremost, a picture tell a thousand words. Only, were those "words" to be classified in a library, they'd most often be found on the "fiction" shelves. What can indeed look like your idea of perfection on the screen. or down the aisle, can never be taken on face value. Every morsel must be seen in the flesh, bricks, mortar, warts, odours, fungi and all, before you dare put your hard earned on the line. Rising damp, leaking taps, creaking floorboards, decades of neglect and every possible combination and permutation of the above can only be properly investigated up close and personal.

Hot Dates

Be it on the newfangled Wednesday night or the more traditional Saturday open house, the pressure's on when you finally catch up one on one with your potential life

partner. Have they been fully renovated, are they a little rough and ready, in dire need of some TLC, or maybe they're a knock down job, bulldoze the lot, start fresh from bare dirt, onward and upward? You never really know until you go. While some like to dress up to the nines for these special occasions, others like to keep it low key and casual. There's no right or wrong clobber when it comes to finding love. Just make sure you're comfortable and see if sparks fly from there.

Consummating Your Love

The chronic shortage of suitable listings and eligible lovers means prospective partners have little choice but to commit to the first available offer. While the soulmate-seeker's first reaction may not, if ever, be "love at first sight", there's no option but to commit for the ride with the punter/property staring back at them. And with supplies as tight as they are at the moment, it's never been more important to come quickly, as the clock has never been more rapidly ticking on the chance to jump aboard the property ladder.

Never Bow to Pressure

While the desire to commit may be intense and the very real likelihood of missing out on the hot property you crave is a sad reality, you're well served to take your time, regardless how crazy others are behaving. Rushing a home purchasing decision is akin to having a shotgun wedding, and those rarely lead to lifelong fulfilment. You'll never regret being 110% at ease with your purchasing decision. You'll almost certainly mourn jumping in too quickly.

May2021 Tide Chart

1.34

0.73

1244

1807

Info Bureau of Meteorology Tidal Centre Photo Matt Connor, @manly_drone

Monday	Tuesday	y Wednesday	Thursday	Friday	Saturday	Sunday
					1 0554 0.36 1155 1.39 1725 0.65 2359 1.88	2 0700 0.43 1300 1.31 1825 0.74
3	4	• 5	6	7	8	9
0100 1.7		68 0320 1.62	0423 1.59	0516 1.57	0000 0.68	0045 0.63
0809 0.4		.53 1012 0.55	1100 0.55	1142 0.54	0601 1.55	0642 1.53
1414 1.2	8 1525 1.	30 1626 1.36	1716 1.44	1759 1.52	1217 0.53	1249 0.53
1934 0.8	0 2050 0.	82 2203 0.79	2307 0.74		1836 1.59	1911 1.66
10	11	12 🔍	13	14	15	16
0125 0.5	8 0202 0.	.55 0239 0.52	0316 0.51	0355 0.52	0435 0.54	0519 0.58
0719 1.	i1 0757 1.	48 0834 1.44	0913 1.41	0952 1.37	1033 1.32	1117 1.28
1320 0.5	4 1349 0.	56 1419 0.58	1450 0.62	1524 0.66	1600 0.71	1640 0.75
1943 1.	/1 2015 1	.76 2046 1.78	2119 1.79	2155 1.78	2232 1.75	2314 1.71
17	18	19	20 🔍	21	22	23
0608 0.6	i1 0000 1.	66 0056 1.62	0158 1.61	0304 1.62	0407 1.65	0505 1.67
1207 1.2		62 0800 0.61	0858 0.58	0950 0.52	1039 0.45	1125 0.40
1726 0.8		24 1407 1.26	1512 1.33	1609 1.44	1700 1.57	1748 1.72
	1822 0.	.83 1929 0.84	2043 0.81	2154 0.74	2259 0.63	
24	25	26 😑	27	28	29	30
0000 0.	i 0057 O.	40 0153 0.31	0249 0.26	0345 0.25	0443 0.28	0542 0.34
0600 1.6	8 0656 1.	67 0751 1.63	0848 1.57	0945 1.50	1044 1.43	1143 1.38
1210 0.3	7 1256 0.	.37 1343 0.40	1430 0.45	1521 0.51	1614 0.59	1709 0.66
1836 1.8	6 1924 1.	98 2013 2.06	2102 2.10	2154 2.08	2246 2.01	2341 1.91
31	and the second s		The second second			New moon
0642 0.4	2	- Sile	Tog			First Quarter





Steve Smiles, Long Reef flagpole caretaker

Crimewatch: On the Beat Danger, Satire! Inspector Con Vikshun

The Shortened Long Reef Flagpole Mystery

The current day flagpole at Fisherman's Beach in Long Reef was originally erected in 1940 to make everyone aware of the hazardous reef area. Later, the pole was decorated with various flags during Australia Day for the Esky Races. These flags would remain for a short while until they invariably deteriorated and fell off, making the area once more unsafe with the pole difficult to see in dangerous conditions. That was until Steve Smiles, a local fisherman, heard the surfers and boaties complaining about the situation. He decided to do something about it, installing a whopping 5 meter pole with an Australian flag on top which was long enough to keep the flag out of the ocean in almost all conditions of treacherous surf and king tides.

For a long time, the \$70 needed to replace the flag whenever it got worn out was paid for out of Steve's pocket, and he'd even coat it with water repellent to keep it flying dry and proudly. Later, the RSL Auxiliary helped him to get replacement flags through the offices of Bronwyn Bishop and now Jason Falinski. Over the years, Steve's been helped by locals six times to repair the pole and base from people who like to swing on it. He's also been the innocent victim of onlooker fury from time to time, with people standing on the beach believing he's up to mischief as he swims out to the pole, only to then enthusiastically shake his hand and congratulate him for doing the good deed once he's swum back to shore.

All was well and good, until October 2019, after coming back from a 3 month holiday, Steve noticed that the pole was much shorter - 1½ meters shorter!! – meaning the flag is once more impacted by the waves and unable to stand firm regardless of the conditions. Steve has plans to get the pole redone and will be getting help from Warringah Anglers Club members to do so. But the mystery remains, how did the pole lose its length?

If anyone knows, please inform the Tawny and, of course, we're not ruling out otherworldly, Pyramid-building culprits.

Dodgy Low-Ballers in the Firing Line

Malcontent with stratospheric home prices and a dubiously generous payment structure tied to commission percentages on astronomically exorbitant notional values rather than any semblance of actual hours worked, nefarious real estate agents are well and truly the focus of a state-wide crackdown on "underquoting". Designed to lure would-be buyers who'd be uninterested were properties advertised at their likely selling price, NSW Fair Trading issued more than \$21,000 in fines on Easter Saturday, with more to come if agents don't start waking up to the new hot property normal and quote prices accordingly.

Help Solve Crime: Register Your CCTV System

Police are calling for businesses and residents of the Northern Beaches who have CCTV cameras to register with the NSW Police Force CCTV Register, a database established to record the location of CCTV installations across NSW. Information stored in the Register will be used for operational policing purposes only, not provided to any third party, and kept secure by NSW Police. Your consent to supply this information to NSW Police for inclusion in the CCTV Register does not mean that you consent to supply any imagery captured by, or stored on, your CCTV system. And there is no obligation for you to provide information. Registration is purely voluntary. Should you ever wish to have your details removed from the Register, simply advise Police in writing. www.police.nsw.gov.au/online services





All Car Servicing • Pink Slips & Blue Slips Air Con Repairs & Re-gas Brakes • Tyre and Tyre Repairs

Courtesy cars available to keep your day moving

www.northmanlytyres.com.au 386 Pittwater Rd, North Manly



Mention Tawny Frogmouth for a 10% discount. Visit www.customtvframes.com





Emily with Crayweed Bag at Newport Reef.

Crayweeds: Breathing Life Underwater

by Emily Scroope photos @sproutdaily

Seaweeds are a vitally important foundation to our oceans and coastal environments. They're the 'underwater trees' that support hundreds of species, while also absorbing carbon and nourishing food-webs, and 'Crayweed' is one of the main species of seaweed that once existed in abundance along Sydney's coastline. However, beginning in the 1970's, when the quality of Sydney's ocean water was extremely poor, this species quickly went into decline and came close to becoming extinct, resulting in vast underwater forests simply going missing from the Sydney coastline, with repercussions for local fish, abalone, crayfish and coastal marine biodiversity.

More recently though, with improvements in Sydney water quality and the return of richly diverse marine life closer to our metropolitan shores, an action-focused and inspiring team of marine biologists formed Operation Crayweed (www.operationcrayweed.com) Their mission is to restore this precious species of seaweed to our coast and bring back an abundance of cray fish (always welcome!) to the Sydney coastline.

In order to restore Crayweed along the entire Sydney coastline, the Operation Crayweed team is starting with individual planting sites at strategic locations with the best chances of success: Cabbage Tree Bay in Manly, Freshwater, Coogee, Bondi, and Newport Reef. The process is carried out by first fixing temporary underwater mats to rocks around coastal headlands. These mats provide a structure for attaching reproductive adult Crayweed plants. When the Crayweed begins to reproduce, it becomes self-sustaining and 'craybies' start to grow off the original site!

Last year, the Patagonia store in Manly (www.patagonia.com.au) provided an environmental grant to help start a new Crayweed planting location at the Newport Reef on the Northern Beaches. I tagged along with the team as they scoped out the viability of this new site for Crayweed mats. This initial scoping dive was important in assessing factors such as wave action, water current and existing habitat.

This month, Operation Crayweed again took a small team of Patagonia staff – Emma Shearman, Murray Fraser and myself – out to the reef to assist in the second round of planting, bringing freshly harvested adult Crayweed plants to the team in scuba gear who attached these to the already fastened mats. After a period of time out of the water, these adult Crayweed plants spawn and reproduce straight away. The team hopes that new 'craybies' will be found at the Newport location in the coming weeks.



Crayweed mat installation, Newport Reef

Operation Crayweed does an incredible job at planting and monitoring Crayweed along 70km of Sydney's coastline. They are an inspiring group of people, and it's amazing to see what impact a practical enviro mission can have so close to our city. Their work goes a long way to highlight the potential for seaweed to benefit the marine environment and combat climate change, making a difference to the health and life of our ocean!

Visit **www.operationcrayweed.com** to learn more and help continue their work by making a donation to "give an underwater tree" to the Sydney coastline.



St Michael's Arch, also called the Pedestal - 1900.

Haystack Point History in the Making by Richard Michell

While we certainly did not escape scot free in the recent downpour, most residents of the Northern Beaches are probably grateful that they do not live in the Windsor/ Richmond District. However they may not realise that they have a historical connection to that area.

Haystack Point is the quite modest point that juts out into Pittwater just to the north of the Newport Arms Hotel. Its apparently bucolic name dates back to 1867 and, rather than being based on local farming activity of that time, records a tragedy that occurred some 50 kilometres away.

In June 1867 Sydney was hit by a massive and prolonged storm. It began raining on Monday the 17th and the downpour did not stop for nearly a week. Modern estimates of the amount of rain that fell are of the order of 770mm in the peak three-day period.

While the storm was very widespread, in a familiar story the heaviest falls were in the lower Blue Mountains and the Windsor/Richmond area. The Hawkesbury River rose rapidly, and to heights not experienced before or since. It peaked at 19.7metres on Sunday 23rd June, an incredible 18metres above its normal height of about 1.0metre. For comparison, the peak in the recent floods was about 13metres and the amount of rain about 400mm.

The river grew to an estimated 30kilometres wide, creating an inland sea with Windsor, Richmond and Pitt Town isolated as small islands within it. If a flood similar to the 1867 flood occurred today, around 90,000 people would need to be evacuated and an estimated 12,000 homes would be impacted.

In 1867, twenty people died, twelve of them tragically from the one extended Eather family – two women and 10 of their children. They were last seen trapped on the roof of a house which collapsed at the height of the storm. Many other families were rendered



St Michael's Arch

destitute, losing their homes and possessions.

The floodwaters also drowned many animals. At least 1,000 horses were lost as well as cattle, pigs and poultry. And the waters stripped the land, transporting many items downstream, including haystacks which had been constructed for winter feed. Large numbers of these reached Broken Bay and one came ashore near Newport Wharf, ultimately lending its name to the point that it landed on.

However Havstack Point was not the only mark that the great storm left on the Northern Beaches. Prior to 1867 a large natural stone arch was a spectacular feature at the northern end of Avalon Beach. It was known as St. Michael's Arch and stood nearly 12m tall and 7m wide. During the storm, with its strong winds and large seas, the top of the arch collapsed. By the storm's end, only half of the full height of the column supporting the arch remained. Erosion over the subsequent vears further reduced the column and another collapse in 1959 effectively eliminated all trace of it.



Left to right: Sheree, Karen, Mike and Tikky

Local Artists Working Together to Create a Unique Group

By Liam Carroll

What started as a collaboration between two Northern Beaches photographers, Tikky Hes and Mikey Lane, quickly turned into a group of passionate, locally acclaimed creatives. With the inclusion of Karen Brooks and Louise Bundey, prolific and successful artists in their own right, as well as renowned Manly sculptor, Sherree Hooper, The Northern Beaches Artist Collective was born.

Tikky, an avid drone photographer (Instagram @thehesgallery), dedicates her time, passion and film-making skills to producing and creating documentaries for many local community issues including her recent involvement in the "Save The Manly Ferry" campaign. She's currently working on a documentary series, aimed at international distribution, highlighting the history and stunning beauty of the Northern Beaches Rock Pools. Mikey, @thebarefoot traveller on Instagram, has established a world-wide following for his beautiful landscape and sunrise photography across the Northern Beaches. He's well known in photography circles and is also an internationally published portrait photographer.

It's no surprise that when these two came together they would do something big, and the Northern Beaches, with its pristine beaches, headlands, rock pools and marine life, created the motivation for the Collective. Local creativity, inclusion of many artistic genres and the ability to have a bit of fun, provides the philosophy for the group and has galvanised its

members.

"We're building a brand, as well as forming friendships and connections with those who love art in all its forms. We want to grow quickly, provide a gateway for emerging artists as well for those that are more established." says Mikey Lane, co-founder of the Collective

"This is an exciting segway into providing more commercial pursuits and giving our local artists exposure" he adds.

They held their first highly successful exhibition at The Creative Space in September 2020 and were encouraged by the feedback they received from the community. Since then, they've been busy expanding their member base, have held a second exhibition and introduced several more photographers and painters to their fold.

The Northern Beaches Artists' Collective is now pleased and excited to launch their third and biggest exhibition yet, aptly named "Deep Waters", at The Creative Space on May 19.

The demand for high resolution, affordable beach photography and paintings all with a local focus was clearly seen during their first exhibition, "Beach Life", held last year. The expansion of the Collective to include stunning underwater photographers and highly talented artists, makes this an exhibition not to be missed.

"The collection of local abstract, expressionist and mix media painters beautifully complement the deep sea, rock pool, beach, aerial and seascape photography. By working together, we share our talents and can promote each other's work to a large-scale audience", adds Tikky of the advantages of exhibiting in a local collective of mixed genres. "It's a true partnership model that brings local images to all of us that love the area in which we live". Mikey adds, "We are now a group of 10 talented creatives and are always looking to grow our community."

You can view works by The Northern Beaches Artist Collective at The Creative Space, 105 Abbott Rd, North Curl Curl 19-30th May.

> For more information on the event or any of the artists please visit www.nbartistcollective.com

If you are interested in joining, finding out more about the Collective or being a part of future exhibitions, contact the Collective at **nbartistcollective@gmail.com**

Not B.A.D. for Brooky

By James Griffin MP, Member for Manly

Brookvale has a long and proud history as an industrial area of the Northern Beaches. Its history can be found in the old 'Brookvale Brickworks' of the 1900's and has since evolved to become a place where creative industries are flourishing. In my maiden speech I spoke about the hidden opportunity of Brookie. The opportunity to create our own little Melbourne or Alexandria art space of visual, performance, creative spaces and converting the old car yards and warehouses into something special.

Already Brookvale has a growing art and performance scene in The Plant Room and around the streets but there comes a time for us to support a broader direction and goal for the raw creativity happening in that space.

Last month I got chatting with the team from the Brookvale Arts District (BAD), and they've got something seriously 'bad' to offer. I know from listening residents and business that the area is crying out for that new lease on life, transforming the disused warehouses and depots into a bumper community space of urban renewal inviting possibilities for night life and street festivals. BAD is about providing that direction and advocacy for the artists and businesses in our community and ensuring that the change coming to Brookvale is in the best interest of locals.

BAD is supporting a huge range of local industries in Brookvale, demonstrating the diversity of what is on offer in the area. From surf board shapers and stone masons to breweries, live venues and musicians, almost every imaginable trade and art form is covered. Some of their founding members include local film veteran John Meredith, Lara Allport an experienced art director with clients including Commsec, Apple and Westpac, and Miguel Gonzalez a visual artist working in prints, paint and digital media. Each manage their own companies on top of their work founding BAD, looking out for the Brookvale Community.

I'm proudly supporting their work for the Brookie community as we turn a new page on the area and open up the old spaces for a more inclusive community feeling to the area. Each month I have a little advertising corner in our favourite Tawny Magazine. In recognition of the work BAD is up to, this month I'm donating my space to a local Brookie artist who is



Wet Plate Process

This portrait - of Miguel Gonzalez by photomedia artist Renate Rienmuller - is a wet plate collodion positive on black glass. The wet plate process, first used in the mid-19th century, was the first negativepositive process that gave sharp (near grainless), detailed prints. A treated glass plate is placed inside the camera, exposed, developed, fixed and finally varnished to create a wet plate collodion negative. Using original 19th century equipment and chemicals Renate creates one-off images that last for at least 170 years.

supported by them.

BAD is in its genesis moving towards the goals of providing the local identity and support to the Brookvale Masterplan while promoting tourism and investment that will rejuvenate life to the area. There is a big future on the way for Brookvale but it cannot be at the expense of the edgy cultural character of the industrial area. We often talk about the positive plan for our local area, but perhaps it does not hurt to keep a little of the BAD in our art and culture. So I agree, let's make Brookvale BAD again.





12 Years a Slave soundtrack

Thin Red Line soundtrack

Is Hans Zimmer The Laziest Man in Music?

Music with Digz by Digby Robinson, @digzmusic

I know what you're thinking, how dare I question such an accomplished film score composer and record producer who, since the 1980s, has composed music for over 150 films. On the surface it is very easy to say, well of course not, he has done a huge amount of work and become one of the most innovative writers in the world of soundtracks and composition, integrating electronic music with traditional orchestral arrangements. His work has been imitated and replicated many times - have a listen to the Inception trailer, the one with the big horn, as it has been the default trailer sound for a decade now. Hear me out though because it seems old Hans has replicated a few pieces with minimal effort, phoned it in so to speak. Almost as though the director said I love what vou did in the Thin Red Line and he just repackaged it and handed it in last minute without changing a note.

I was flicking through Netflix/Stan etc the other night, and I came across the 90s epic Thin Red Line, a

movie I had glanced upon once but never really given it a real shot. I decided to check it out. About halfway through, when the US troops are storming the Korean infantry camps like tourists storming out of our local Manly Ferries on a hot summer's weekend, I noticed a piece of music that struck a chord with me. I thought to myself, "By gosh, this sounds EXACTLY like the score of Inception, like note for note, almost as if it was just the same piece with a different title". I dived into Google, discovering immediately that I was on to something as the composer of the score was indeed Hans Zimmer. Step 1 complete.

Step 2 was to discover what the name of the track was in the scene so I could compare over on Spotify. The title was 'Journey to The Line' and the Inception track I was comparing it to was the main theme 'Time'. I implore you to take 5min of your time and

Email me your thoughts with the subject 'Digz Music' to mail@thetawnvfroamouth.com.au



Inception soundtrack

listen to these tracks right now. I'll wait... Welcome back, you'll

now have discovered how ridiculously similar these 2 songs are, so similar that 3 note motif is identical in both songs. Sure, Inception has a little more percussion and flavour on top, but had I written the Inception track I would've been sued up the wazoo.

Step 3 was googling to see if anyone else had noticed this. Success! They had. Not only that but Hans also used the same music for the 12 Years A Slave track 'Solomon'. That is 3 tracks!!! Now, to be fair, many writers have a certain style, and it's inevitable you will repeat yourself from time to time, but in this instance, I think it's fair to say this is just plain lazy. Composers like Zimmer have a whole team working for them. Could no one at the table raise their hand and say whoa whoa hold on, this is EXACTLY like two other humongous movies you have previously scored. Maybe next year we'll see the new Top Gun movie open with Circle of Life. Now I ask you again, is

Hans Zimmer the laziest man in music?



First Cow. Photo: A24

Film & Food

by Christopher Roberts

All three of my choices this month are directed by women with titles which refers to the object or animal taking centre stage: a cow, a piano and the monarchy.

First Cow - Playing at Dendy Newtown and Ritz Randwick from April 29. Two men start a covert baking business in 19th century Oregon, relying on milk from the famed cow that belongs to a rich landowner. This unique and wonderful premise is a canvas for director Kelly Reichardt to explore male friendship, gently critique capitalism and give us one of the best cinematic animals in Eve, the cow. Tender and heart-warming.

The Piano - Available to rent on Itunes & Youtube Ada McGrath is a mute woman who travels to New Zealand with her daughter for an arranged marriage to a wealthy landowner. Her prized piano is her voice, her passion and her identity. This film is enveloping and thought-provoking in how it portrays Ada's relation-

ships with her husband, her partner, her daughter and her piano; as she strives to fulfill her true self.

The Crown - All Four Seasons Available on Netflix Lavish production, blistering performances and overflowing with political intrigue, The Crown is an intelligent and thrilling exploration of Queen Elizabeth II's life as the Queen of England. Famous moments and famous figures are given human complexity, allowing the audience to immerse themselves in and empathise with this history-changing family.

This week's recipe is re-creating the famed 'oily cakes' from First Cow, fluffy fried dough balls coated in honey and cinnamon, what's not to love?

Ingredients: (makes 20)

4 cups of flour 300gm of melted butter 2 light beaten eggs 4 teaspoons of sugar 1 packet or two tsp. dry yeast 1 & ½ cups full cream milk Cinnamon & honey to serve 1 litre vegetable oil



Oily Cakes

Method:

1. Heat oil in a cast-iron skillet or deep saucepan on medium. 2. Combine 2 teaspoons of sugar and yeast in a small bowl. Meanwhile, gently heat milk on stovetop whilst stirring constantly, when warm combine with yeast mixture and cover with cling wrap for ten minutes or until bubbly. **3.** In a large bowl combine flour, the other 2 teaspoons of sugar and a pinch of salt. Add the melted butter, ½ cup of warm water and eggs to dry ingredients and combine before adding the milk-yeast mixture to form a batter with pancake-like consistency. **4.** Check the oil, it is hot enough when a small piece of batter sizzles on entry. Use an ice-cream scoop or small measuring cup to drop circular blobs of batter in hot oil. 3 at a time works best. Watch carefully and turn over to avoid burning. Remove when golden-brown and dry with a paper towel. Repeat until all the mixture is used up. 5. Serve warm with a good drizzle of honey and a dusting of cinnamon on top! Enjoy!

Visit www.filmandfood podcast.com for the recipe, full reviews and Film & Food podcast episodes!



Subject Tawny staring contest Photographer Rob Edgren, @robedgren



Subject Bluebottles at Long Reef Photographer Matt Connor, @manly_drone



Subject Lifeline High School Surf Challenge Photographer Bernadette Johnson



Subject Save Manly Ferries Protest Location Sydney Harbour Brodge



Subject Georges Head, @ecowalkstours Photographer Rob Marfleet



Subject Kookaburra Photographer Jan Moran



Subject Dermot Berry & the Easter Bunny Location Round Bar, Steyne Hotel



Subject Thirsty work Location Bucketty's Brewing Brookvale



Subject Tully White, @tully_whitee surfing on Easter chocolate walls Photographer MurrayFraser, @sproutdaily

The Tawny loves to feature great local pics!

Please send them to liam@thetawnyfrogmouth.com.au



The full smorgasbord of this month's local literary goods

Something for Everyone

Tawny's Bathtub Book Club **by** Pajae Turner

From flinching at the antics of the protagonist in The Standover Man to sighing with pleasure at the illustrations in The Magic Mail Fairy. laughing out loud at the more preposterous reduplications in The 2020 Dictionary of Reduplications and being awe struck by the beauty contained in Bruce Usher's photographic love letter, the book Coast Tree Street, it's been eclectic reading this month. Coast Tree Street contains images that are so extraordinary you feel you are right there either surfing that wave, feeling the solemnity of the forest, gawking at the characters in the street scenes or just being overwhelmed by the massiveness of nature. Bruce Usher's photography lets us into his world through his photography and the stories behind many of them. It's a picture book for grown-ups! A collector's item to treasure and pass on to the next generation who may not inherit the uniquely beautiful natural environment we've come to take for granted. Being a life-time lover of

sending and receiving snail mail, Sonia Audoly's The Magic Mail Fairy sent me into a whirl of appreciation for this enchanting children's book that celebrates the timeless wonder of writing, and receiving, letters filled with stories, drawings, and dreams. An email or text will never match the thrill of receiving a letter. The story of Nina staying with her great aunties and being introduced to the magic mail fairy is the sweetest tale and there's craft materials and instructions to help you make your own special letters and envelopes with your little ones. We've all kept the myth of the tooth fairy alive for our children, why not the magic mail fairy?

Forty years in the making and inspired by his mother's love of a reduplications Jerry Perkins Dictionary of Reduplications is a dangerously funny read. If you're sick of listening to people whose conversation is dominated by words or abbreviations, such as "awesome, sick, my bad, sus, chill, Bae, simp and rona" then give them this

book and they'll learn some hilarious expressions of yester-year. Who doesn't want expressions like "erky-perky, hoity-toity, local-yokel, pash rash and willy nilly" to have a resurgence? One of my personal favourites is "wank tank n.(rhyme), a large, shiny, expensive, European SUV exclusively for suburban use as a symbol of wealth and prestige. Formed by analogy with yank tank. Listed in Miller (2012) as wanker tank." A sublimely exhaustive and detailed undertaking Mr Perkins. Love your work.

Malcolm Robert Lambe's Standover Man is its own dictionary of sorts populated by choice Aussie vernacular that would make your mother blush unless she's related to the mother character in the movie Animal Kingdom. Set on the Northern Beaches Jackson Greenlaw is our standover man, former poker machine addict and all-round boofhead who wants to trade in a job he seems imminently suitable for to become a film screen play writer. It's a rollicking, original read with writing so graphic you can almost hear the punches as they break noses, in other places you just have to laugh. I especially liked the line "He looks like shit. Or a Queenslander." The book's cover says, "If you liked Les Norton ... you'll love Jackson Greenlaw" and for once a book's cover speaks the truth.

All books are available from Manly's Desire Books. Visit bruce.usher.com.au for other places to buy Coast Tree Street and for The Magic Mail Fairy visit booktopia.com.au

Razzle's Trivia

1. Where is the most easterly point on the Northern Beaches – Long Reef, Warriewood or Avalon? **2.** What is the name of the only Senior Men's & Women's AFL club on the Northern Beaches? 3. Which beach community in Los Angeles formed a sister city relationship with Manly in 2012? **4.** At which Northern Beaches location did Nicole Kidman & Keith Urban get married in 2006? 5. What is the northern most 13. A full lap of an athletics B Line stop?

6. What type of horses are featured on the Carlton Draught logo? 7. Over which country did the Hindenburg crash? 8. In what decade did the Beatles first tour Australia? 9. What is Australia's driest capital city? **10.** In which Month does the middle day of the year fall on? **11.** Donald Trump now resides in which Florida city? **12.** Is there a star under the Union Jack on the NSW Flag? track is how many metres?

14. Which movie saw Matt Damon's character stuck on Mars? 15. What is Paris' underground rail system called? **16.** Which country in the world has the most computers? **17.** To which side of a boat does Starboard refer? **18.** In which country did Saunas originate? **19.** In which decade did the first Domino's Pizza open in Australia? 20. William Adams is a key member of which international musical group?



Star Signs

by Krystal Bawl

Taurus Apr 20 - May 21

Are you finding it hard to forgive and forget. Come on, change that. Now, who are you again?

Gemini May 22 - Jun 21

Embrace your intrinsic duality, ditch the yoga mat because dancing is back and you got the moves baby.

Cancer Jun 22 - Jul 22

No such thing as bad weather, just the wrong clothes. Kit up or stay home and start your gratitude journal.

Leo Jul 23 - Aug 22

Lions might rule the jungle but you're just big pussies on the Northern Beaches where it's dogs who rule.

Virgo Aug 23 - Sep 23 You hate being compared

to others, well lift your game baby. Chop, chop, times a wasting.

Libra Sep 24 - Oct 23

Whoever said to avoid criticism: do nothing, say nothing, be nothing was wrong as you're finding out.

Scorpio Oct 24 - Nov 22

Everything will be ok in the end, if it's not ok, then it's not the end. Guess it depends on your definition of ok, ruok?

Sagittarius Nov 23 - Dec 21 Friends stopped listening to you. Stop talking or find vourself some new friends. Go. Now. Skeddaddle.

Capricorn Dec 22 - Jan 20

Imagination is more important than knowledge, so said Einstein. Tell that to the HSC markers.

Aquarius Jan 21 - Feb 19 Dream it. Wish it. Do it. What? Oh, that's right you're still grappling with your procrastination issues.

Pisces Feb 20 - Mar 20 Pisceans unite! Ban the Chinese proverb "a fish rots from the head" - so unfair, march for justice, fish can't.

Aries Mar 21 - Apr 19

Make yourself a priority is your mantra. Seems to be working a treat and saves us all the effort.

Manly's only second hand book and record store. We buy, swap & sell.

Bonfire at Desire

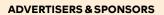
Join us at our monthly Open Mic night, open to everyone

Poetry • Stories • Music • Drama

Much loved by the community for nearly 20 years, Desire is a haven for artists, musicians, poets, actors, storytellers and lovers of culture. Sign up for one of our acting classes, maybe join a poetry night, or pop into the shop and browse our eclectic selection of books and records. Event details on website.

Open Wed-Sun 10am-5pm • 3/3 Whistler Street Manly • 9977 0888 • desirebooks.com.au

The Tawny FROGMOUTH **ROLE OF HONOUR**



This month's publication is brought to you by...

A Better Way Funerals Blatchford Catering Bucketty's Brewing Co. CMG Vitamins Custom TV Frames Desire Books & Records Form Landscapes Forward Intellectual Property HSC CoWorks James Griffin M.P. Kate Powe - Naturopathy Koalafied Plumbing & Gas

Lifeline Northern Beaches Local & Licensed Electrical Manly Cobblers Manly Food Co-op Manly Jewellers North Manly Tyre & Auto Paul Wilcox of Oasis Skeen P4Pilates Stowaway Bar Freshwater The Sydney Actors Playhouse Wilson Family Funerals Zali Steggall

HONOURABLE MENTION

The 55 footsoldiers of The Tawny Froqmouth delivery army

Thanks to all those who gave, making this publication possible, and keeping our local news and stories in circulation.

The Tawny Frogmouth is an independent publication, committed to sharing local stories, and supporting the endeavours of the people on the Northern Beaches. We rely on advertising and sponsorship to keep our free, printed magazine in circulation each month.

> Contact Liam to find out how you can support local media. 0414 556 038 | liam@thetawnyfrogmouth.com.au

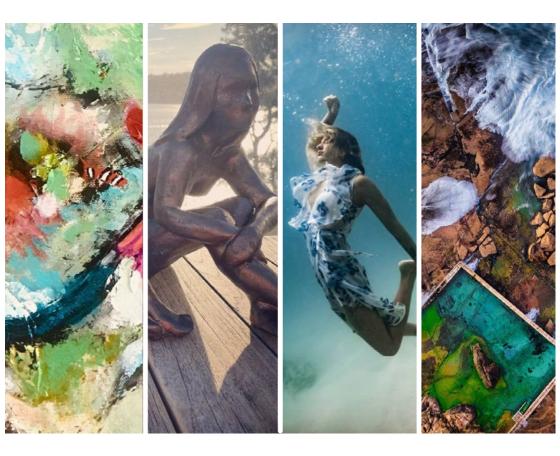
ISSUE 5



Deep Waters Art Exhibition



Featuring 10 highly acclaimed artists from the Northern Beaches



MAY 19 - 30 10 AM TO 4 PM **CREATIVE SPACE 105 ABBOTT RD, NORTH CURL CURL**

Proudly Supported by



northern beaches council

for more info visit www.nbartistcollective.com