

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a lighter, milky turquoise near the shore. The beach is a wide, sandy strip. There are several people swimming in the water, and some people are visible on the beach. The surrounding land is covered in dense green vegetation. The overall scene is bright and sunny.

The Tawny

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Authorised by Sophie Scamps, Independent Mackellar, Shop 5, 1030 Pittwater Rd, Collaroy NSW, 2097. Ph 02 9191 1529

G'day Beaches

Let the spin begin - the Autumn of Electioneering is officially upon us! With PM ScoMo calling a Saturday 21 May Judgment Day we've got lots of federal ballot-focused coverage this month, from Mackellar to Warringah, and Michael West Media providing a bulletproof assessment of the rampant Frydenberg furphies spouted so effortlessly in the budget.

Scottish sensation Montana Moore has created a sparkling cover art depicting the jewel in the Cabbage Tree Bay crown, Shelly Beach. English teacher Lauren Weatherall shares the ways Tibetan students are welcomed so successfully to The Forest High School. We profile Ty Bellingham, the world-acclaimed authority in Thai cuisine, whose tough childhood was overcome thanks to the life-changing work Stewart House does for kids in need. And for fans of the Fairlight Bard, PoemBoii, you're in for a treat, Paige Turner reviews his novel, Praise Be.

Finally, for all Peninsula Mums, Happy Mother's Day! None of us could be here without you.

Liam



The Tawny Frogmouth

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Zali Steggall OAM MP
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Authorised by Zali Steggall MP, 2/17-19 Sydney Rd, Manly NSW 2095 9977 6411

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PHOTO: THOMAS JAMES PARRISH @THOMASJAMESPARRISH



Billy takes a break from FX markets to deal with a Deadman's giant

Peninsula Wash Up

Spill the La Boca Beans

Writing group Spill the Beans is excited to announce their second Beans book will be launching very, very soon, teaming up with La Boca Café for two official launch events that ensure all Beaches supporters can take part. Launch 1 will be at La Boca Café in Allambie, 16 May. Launch 2 at La Boca café in Palm Beach, 26 May. Find out more about the events and upcoming writing challenges at spillthebeans.net.au

Australiana Supreme Market Lane Mural

Staying on the theme of cafés and creatives, congratulations to Curl Curl illustrator Chris Thomas and Manly's Market Lane Café! The team recently unveiled an incredible mural that perfectly captures the beachside oasis we call home on the wall canvas beside the café. As Chris explains, "Market Lane is one of my favourite haunts, and I'd often enjoy my coffee there while drawing away with my sketchbook open. Vik (Market

Lane Café owner) noticed one day and asked whether I would be interested in creating some artwork for the existing exterior space next to the cafe." If you have a wall that could benefit from a mural artwork, contact Chris! And follow his illustrations and comic strips on Instagram [@christhomasillustration](https://www.instagram.com/christhomasillustration) (See the mural in our local photos section)

The Deadman's Playground

Shelly Beach might be world famous for stunning sunsets, ravenous bin chooks and rich flogs in flash boats anchoring up all over unsuspecting patches of sea grass, but those attractions fade into oblivion when pumping swell starts thumping Deadman's. The grave rock slab perched at the great eastern frontier of Cabbage Tree Bay has come roaring to life thanks to La Niña, and the proliferation of local lunatics willing to take on gigantic Deadies means Council could probably start charging admission next time the ocean's seemingly

out of control. It's the best show in town! Pictured left, the southern hemisphere's preeminent foreign exchange retail banker, Billy Deadset Gorgeous Langley, holds his line, his nerve and his gargantuan set of knackers steady, navigating a razor-sharp line through a God almighty Deadman's beast.

Sustainability Roles Available

Permaculture Northern Beaches (www.permaculturenorthernbeaches.org.au) is a non-for-profit organisation that promotes sustainability, focused on helping people find ways we can design our homes and gardens to build healthier, and more sustainable communities. Having been quiet during COVID, with fewer events and talks, Permaculture Northern Beaches is back, and looking for more people to get involved. They have a variety of roles available, including Communications Officer, Education Team Leader, Seed Saving Team Leader, and Co-Secretary. If this sounds like you, please contact: info@permaculturenorthernbeaches.org.au or phone **0490 949 428**

Hooroo Winky

With a heavy heart we bid farewell to a courageous Tawny Frogmouth. Discovered prostrate and distressed on a footpath during recent heavy rains by Manly's Peter Fysh, Winky was rushed to Seaforth Veterinary Hospital, then Taronga Zoo, but neurological injuries from suspected rat lungworm disease prevented any hope of recovery for our wide-eyed, feathered friend.

Words: **Liam Carroll**

PHOTO: CRAIG BROKENSHA

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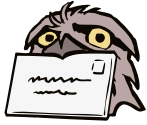
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Letters to The Tawny Frogmouth

Any local accessible hospital is better than none

Might it be a more realistic idea to rebuild Mona Vale Hospital, or even move the so-called Northern Beaches Hospital to a more accessible site (in ALL weather conditions), rather than wait until any action whatsoever is taken to floodproof the Wakehurst Parkway and practically drowning emergencies on the way? The Northern Beaches Hospital will supposedly be privatised eventually anyway, so we need a hospital to treat ALL local residents, be they private or public patients - NOW!

Marianne, North Narrabeen

Tailored Swift

You can wax lyrical about the old Manly ferries as much as you like, but there was one attribute the old ladies did not have - speed. I've just taken a ride on what I guessed was an old Sirius class ferry from Circular Quay, and I'm speechless. The thing took off like a scalded cat powered through the waves. Even allowing for reversing the vessel into the dock, the journey took just 18 minutes, which would give the Fast Ferry a run for its money. The only drawback was that some clever dick has decided we now need not only to tap off but to go through a bloody turn style this end. A new innovation that took a lot of travellers today (myself included) by surprise.

Ross MacPherson, Seaforth

Something's missing (Re: Mar '22)

In James Griffin's puff piece about his appointment as Minister for the Environment and Heritage, he says "it is vital that we protect nature." He waffled on about "caring" and "sustainability" and "heritage", but toeing the LNP party line, omitted any reference to the word "climate". In classic LNP "look over there" diversions, Mr Griffin points to everything but that which cost Tony Abbott his seat. This electorate has already spoken about their concerns about climate change and its impact on the heritage we're leaving our children. Perhaps our local member should start representing his constituency's views before he too ends up on the Opposition benches.

Bill Windred, Manly

Who let the cats out? (Re: Jan'22)

Congratulations to Malcolm Fisher for his wonderful article. Dee Why Lagoon Wildlife Refuge native species are under constant attack from both cats and dogs. The Northern Beaches web site states that we have two categories of wildlife protection areas based on the special habitat that these areas contain. Dogs and cats prohibited at all times (Category 1) at Bangalley Headland Reserve, Careel Bay intertidal area, Dee Why Lagoon Wildlife Refuge, Deep Creek

Reserve, Narrabeen, Ingle-side Chase Reserve, Irrawong Reserve to the waterfall, Long Reef Aquatic Reserve, Manly Peace Park, Middle Creek Reserve, Narrabeen (bushland portions) and Warriewood Wetlands. So, why are cat and dog owners continually ignoring these rules? Has anyone got the answer?

M Lown, Friends of Dee Why Lagoon President

Brookvale's rooftop powerhouse

It is reassuring to read in the Tawny that Brookvale has seen the writing on the wall and businesses are collaborating to install solar panels on 39,000 square meters of roof space. The clean energy tipping point is here. Even traditional businesses who may not have yet accepted the overwhelming evidence of human induced climate change realise that, on an economic basis alone, renewables make perfect sense. To not recognise that is to be missing out on an economic boom and to be left on the wrong side of history.

It is tragic that a proper climate change response has been so disgracefully abandoned by an ideologically-driven federal government for so long, but their inaction and stubbornness has resulted in individuals and business alike taking matters into their own hands. All credit to them. Climate change is now considered one of the greatest threats to economic stability, not even taking into account the already potent destruction of the environment and biodiversity. Governments must step up. Both federal and state governments are slow to



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encourage consumers to buy electric cars by means of meaningful subsidies, grants and tax concessions. The government's fear-mongering and short-sightedness is ultimately going to cost us all. With petrol prices skyrocketing, largely because of current geopolitical issues, the demand for EVs will grow fast and we need to wean ourselves off the fossil fuels which currently power our cars. EV prices need to come down and we need sufficient charging stations to be installed. Governments and industry can help this to happen.

I am so relieved that our independent federal MP in Warringah, Zali Steggall, is fully committed to a carbon neutral economy and has a policy platform that helps to ensure we get there.

J. Hungerford, North Curl Curl

Re: Mar '22

Great letters from Catherine of Manly and Lynne, both highlighting the growing problem of irresponsible dog owners locally. To Catherine, perhaps take a photo of the Stuart St public poo spreader and her dog's poo and put them on a few telegraph poles near where the woman leaves her dog's poo. I put a sign up saying "Please take your dog poo with you in 2022" which seems to have helped. To Lynne and the roaming dogs on North Curl Curl Beach. Again, take photos and send them to Council Rangers. Also ring the Rangers each and every time and request they do their job and fine them. You can also ask the Council Lifeguards in their light blue shirts to deal with it. That's what we pay rates for.

Patrick, Queenscliff

Wagging school

What better to way to avoid class than to find an underground carpark at a licensed premises to enjoy takeaway beers, as well as vape and smoke freely, causing as much noise and intimidation as possible? Are the parents aware of what these boys are up to when they are supposed to be at school? I won't mention the name of the school...but this particular campus has acres of land, and a huge playground with sporting facilities, but the students choose a dingy dark concrete carpark to participate in their antics, all while on school breaks!! It can be scary when using the carpark to be confronted with a gang of teenage boys galivanting through the carpark, screaming and revved up for potential destruction and vandalism.

Catherine Connolly, Manly

The climate change narrative changes AGAIN!

Well Tawny, it seems we have a new Socialist Climitite in town, Prof Rob Eisenberg. Yes, if you disagree with climate change predictions you are not in a democratic society where people can challenge other's ideas. You are branded a denier or, in this case, a Zombie. The good Prof Rob Eisenberg claims the Arctic is decreasing 10% every decade. Well, in an article published 4 August 2008 in the SMH, Environment Editor Marian Wilkinson and an ABC Four Corners crew cruised up to the Northwest Passage in Canada. Prior to arriving on the then strongest ice breaker in the Canadian Coast Guard fleet, Louis S St Laurent, the 60 scientists involved had predicted the Arctic ice would be gone by the end of the

century (2099). Then, when they didn't experience the ice flows normally expected in the Northwest Passage during summer, they revised it down to 2070 (change 1). Then, it was revised again to 2050 (change 2). When they arrived back, other Climate Change scientists said it would be lucky to still be there in 2013 (change 3). It's now 2022 and you are telling all that it's melting at around 10% a decade. So, what is it, 2099, or 2070, 2050 or 10% a decade? You can't honestly expect us to believe everything you say is 100% correct. So, why not focus on teaching our kids the basics of reading, writing and maths, instead of your ever changing climate claptrap? Maybe we can improve their NAPLAN results and give them a better chance in the future and let them make their own minds up. Climate Change is real. It's been happening for thousands of years, naturally, not the way you would like or think it should happen to fit your narrative. One last thing about climate change...follow the money.

Mark Roberts, Freshwater

The Solomons have sold us out

There is a threatening circle developing around Australia following the Solomon Islands agreement with China to use them as a base. History shows that some 80 years ago the Japanese tried to take Australia by landing in the Owen Stanley Ranges (Kokoda trail). This was prevented by the ANZACS. The Solomon Islands have allowed the Chinese to enter without a single shot being fired. The PM of the Solomons has endangered the entire South Pacific in one stroke of the pen. Over 47 years Australia has contrib-

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uted \$50 billion to Papua New Guinea and the Solomons. I sincerely hope that all aid to the Solomons is now withdrawn as they have sold the entire region out for 30 pieces of silver. This is the most alarming issue of our time.
John Partridge, Bal. Heights

La Niña (Re: Apr '22)

During the La Nina months of the 1970's, my kids knew exactly where in the house to put the buckets when it rained. Craig Brokensha's column about Australia's weather idealised Dorothea Mackellar's poem, "A Sunburnt Country" written in 1904, which included the lines "of drought and flooding rains". Having Climate Change continually shoved down our throats, it was a delight to have a simple essay showing us how we can have years of amazing days, years

of solid drought followed by months of unbelievably heavy downpours, and this is the norm because we live in Australia. Thanks, Craig, for your words and Frogmouth for publishing them.

Tony, Manly

Sporting fields possibility

How many times have you heard from Council, and others, that Northern Beaches needs extra playing fields? They are so short that, at one stage, they considered taking half of Warringah Golf Course for playing fields. What an opportunity they now have; moving The Forest High School to Allambie provides one more playing field. Imagine however, if the Council and Government

followed, not the mighty dollar, but their obligation to add extra fields. After moving the school, they should retain the existing fields at the Forest site. This would add at least two extra to our much-needed requirements. They can build townhouses/shops around these existing fields as proposed. Council, show some leadership here.

R. Hartmann, Allambie Heights

Miracle Cleaner or Marketing Spin?

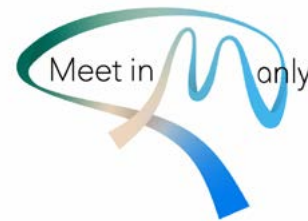
I'm keen to understand the pros and cons of a washing machine dryer in one. Thoughts, Tawny readers? The concept seems a tad too good to be true.

Sophie, Fairlight

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

Join the Tawny Frogmouth's avian-in-chief, Liam Carroll, 'In Conversation With' the fascinating and very talented Northern Beaches Deputy Mayor, Candy Bingham as he hosts an intimate & entertaining evening in Manly

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Zali Steggall launches her campaign at Hotel Steyne

Warringah incumbent raring to go again

It's been a privilege to serve the people of Warringah for the last three years. As an independent I have been free to speak, act and vote on issues according to the wishes of our community. I have championed climate action, held the parties to account and fought for more fiscal discipline and accountability when it comes to our economy.

On Climate and the Environment, I fought the terrible 'PEP11' project - which sought to drill for oil and gas off our precious coast-line. We sent a clear message to the Federal Government that this permit was not wanted. That message fell on deaf ears, so I introduced the Stopping PEP11 Bill to Parliament. This kept up the pressure on the Government and PEP11 has finally been rejected.

I have also delivered the Climate Change Bill to Parliament to end the climate policy disfunction of the last 15 years. The Bill has support across every sector from the Business Council of Australia to the ACTU, environmental groups and financial institutions. It pushed the Government to commit to Net Zero by 2050 but this Government doesn't actually want to deliver Net Zero or be accountable to it.

Unfortunately, the Government blocked the Bill despite the overwhelming endorsement by the community, setting us further back. To read more about my Bill visit ClimateActNow.com.au

Last month I released my '5 Steps to Net Zero' - a series of ready-to-go policies for

emissions reduction across energy, industry, transport and agriculture. You can view the policy by visiting my website. Meanwhile, the Government has a fake Net Zero commitment and insist they have no "duty of care" to future generations to act on climate change.

On integrity, we all wish our Parliament was held to a higher standard. I am horrified there is no Code of Conduct for Parliamentarians. As a Barrister and a professional athlete, I'm used to working in environments which have codes in place.

How are footballers held to higher standards than Parliamentarians?

Similarly, the lack of a Commonwealth Integrity Commission with real powers is a failure of this current Government who promised to deliver one over 1,000 days ago. Meanwhile, Dr Helen Haines and I introduced a bill for a strong Integrity Commission and a Code of Conduct for Parliamentarians months ago.

In coming weeks, we're likely to see some dirty tricks and outright lies being made by political opponents. Some examples from the recent council elections include fake flyers and midnight robo-calls. Please question any material that doesn't seem right. Misinformation during election campaigns is dangerous, that's why I introduced the Stop The Lies Bill to Parliament - to strengthen the laws around political advertising.

If you see anything that doesn't seem right, send it to reportmisinfo@zalisteggall.com.au.

My team have been working hard to assist constituents on immigration, NDIS, aged care and business support. I created a Warringah Grants Officer and convened an independent grants committee that meets regularly. Over the last three years more than \$131 million of Commonwealth funds have been distributed in Warringah via 293 grants.

We have achieved so much over the last three years - but there is more to do: Establish a Commonwealth Integrity Commission, drive real action on Climate Change, support modern healthcare, create an innovative economy and an inclusive society for all.

I'm ready to continue this work and to give Warringah a strong, independent voice in Parliament - to speak on the merits of each issue, not echo a party line. But I need your support to keep Warringah Independent. There is a new wave emerging in politics and together we are part of it.

Words: **Zali Steggall MP**, Member for Warringah

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Paving the way for everyone to Experience Manly

This month has been another incredibly busy one. I'm sure I pass on a sincere 'thank you' to the hardworking Manly SES Unit who have assisted a countless number of us over the past month with all the rain.

Better stormwater pipes and isn't it time we recycled rainwater?

The rain demonstrated the importance of resilient and well maintained water and drainage systems. The NSW Government has released an excellent strategy to ensure our water systems are sustainable for the long term and resilient to extreme events, like flooding. Many of the drainage systems we rely on are over a century old.

We are committed to supporting Councils to improve stormwater management and ensure that drains and systems are fit for the future and not only limit flooding, but make use of storm and rainwater run-off. Imagine if all that water was captured and recycled at a later date when it is needed!

Delivering locally

During Covid, I set up the Manly Economic Recovery Taskforce comprising of local business owners to help navigate the lockdown and emerge stronger. One of the outcomes of the Taskforce was the creation of 'Experience Manly'. Experience Manly is a not-for-profit with the aim of building a more sustainable tourism industry that benefits small businesses and our community.

Three key issues were revealed during Covid. First was the fragility of the Manly economy. Generally speaking, our tourism trade is highly dependent on good weather and is seasonal. The second issue is the below-average spend per tourist. For example, a visitor to Manly spends nearly 30% less than a tourist in other parts of Sydney. The final issue was the fact that we only capture a tiny amount of international tourists. Only 4% of visitors to Manly are international tourists. So whilst plenty of people might catch the ferry to Manly, they're not spending enough when they are here, are not international travellers so don't stay for long, and generally only visit over the 4 weeks of summer.

The means we have an opportunity to not necessarily bring 'more' people to Manly, but increase the amount they spend whilst they are here and also create other reasons for



James at the launch of Play Manly

them to visit outside of the typical summer holiday, including more international visitors.

That is where 'Experience Manly' comes to life. Supported by the NSW Government, Experience Manly has successfully secured \$800,000 in funding from the NSW Government to deliver a variety of new and exciting events for our community. One of their first events is Play Manly. It begins on Thursday 21st of April. Everyone is welcome to come and discover new parts of Manly, and its businesses, across 10 days and nights. Visit www.hellomanly.com.au/play-manly for more info.

In addition, the World Long Boarding Championships are coming to Manly and will be hosted during the lead up to the Sydney Surf Pro to be held in May. This event is proudly funded by the NSW Government.

In other local news the brand new, long awaited stand at Brookvale oval is open providing an extra 3,000 seats and wet weather cover. Many said it would never happen but it has.

Your monthly Tawny Environment Minister fact:

Did you know that New South Wales is home to the world's second oldest National Park? Yellowstone National Park in the US is the world's oldest, closely followed by the Royal National Park located in southern Sydney, it was created in 1879.

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

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The wave of independents throws down the gauntlet

Vote Independent and help make history in Mackellar

Mackellar voters will decide on 21 May if Sophie Scamps wins a seat in Canberra.

The election date is now set, and the people of Mackellar have the chance to make history. By voting Independent on May 21 the people of Mackellar can finally send a genuine representative to Parliament – someone who will stand up for the views and values of our community on climate action, economic growth, health, mental health, integrity and protecting our way of life on the Northern Beaches.

A recent poll of voters here in Mackellar shows the race is very competitive and we have a strong chance of making history by becoming Mackellar's first ever elected independent representative.

People in Mackellar tell me they are tired of their vote and voice being taken for granted by Scott Morrison's Liberal Party and its local representative.

As an Independent I will be answerable only to my community. I will work tirelessly to ensure the views of people in Mackellar are heard and respected in Canberra and that decisions are made in the best interests of all Australians.

As the member for Mackellar, I will support strong climate action that protects our health and our way of life on the Beaches, while electrifying our economy for the clean energy era. I support a minimum 50% reduction in climate pollution by 2030, in line with the Business Council of Australia, while Scott Morrison's Liberal Party is sticking to Tony Abbott's 2030 climate targets.

I will also protect our way of life on the Beaches by opposing poorly planned over-development. I will back our local business community

by supporting lower taxes for small and medium businesses and ensuring Australia invests in cheaper, cleaner renewable energy to bring down energy costs.

I will fight to improve health outcomes and ensure Mackellar gets our fair share of funding to improve access to mental health services and public outpatient services on the Northern Beaches. We desperately need a dedicated youth mental health inpatient service here on the Northern Beaches while locals are being left out of pocket or left without the care they need due to a lack of public outpatient services – this needs to change.

I will work to bring a sense of integrity back into politics, starting with the long promised and long overdue federal anti-corruption commission. This is something Scott Morrison's Liberal Party promised back in 2019 but has failed to deliver. The current Member for Mackellar has also said he is against it – it is now clear the only way to bring integrity back into politics is by voting Independent on election day.

Election day is close, and I will work hard every day, but I can't do this alone. I ask everyone who is tired of having their vote and voice being taken for granted to put on a campaign t-shirt, grab a corflute, knock on some doors and be part of making a better Mackellar for ourselves and our children.

Democracy belongs to the people, and in 2022 we can finally take it back and take the true Spirit of Mackellar to Canberra.

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



Is this beach public or private?

Seawall opposition refuses to wash away

There should be an immediate halt to any expansion of the vertical, concrete Collaroy-Narrabeen seawall further north until the Northern Beaches Council has been fully briefed by independent coastal experts.

That's the opinion of eminent coastal engineer, Angus Gordon OAM, former manager of Pittwater Council, and one of the architects of the NSW 2016 Coastal Management Act. Gordon, recognised for his work on coastal management world-wide by the United Nations, has said of the seven-metre high, vertical seawall: "It's a 19th Century response to a 21st Century problem. A step back in time to the non-environmental brutalist engineering solutions of the 1900s".

Gordon also says he would back an inquiry into Council's decision-making process, which saw it approve the building of a towering vertical seawall on a narrow beach. Walls of this design have the effect of reflecting and concentrating wave energy, accelerating sand erosion. A suite of solutions – including rock revetment walls, sand nourishment and property buyback – should have been considered.

Professor Andy Short, University of Sydney coastal geomorphologist, is equally scathing of the construction. "What we have now with this seawall is a total disaster," says Prof. Short. "In terms of design, community access and the beach itself. A disaster. The only people who benefit are the private landowners."

As president of Surfrider Northern Beaches for the past two decades, I've been deeply involved with the fate of Collaroy-Narrabeen. It breaks my heart to see that, after all these

years, and vast amounts of public money spent on half-baked measures, the Northern Beaches Council has come up with the worst-possible "solution". In its own best-case scenario, Council states the wall will be visible at least two and a half metres (plus glass fence), above the sand.

The condemnation of this ridiculous construction has come from beach lovers locally (even internationally) and has garnered intense media scrutiny. The battle being waged over the seawall would seem to ask us to pick a side. Can we save homes or save the beach – private property vs. public amenity? I believe we can do both.

As it stands, the seawall betrays the first principles of the NSW Act. That is: "...to protect and enhance natural coastal processes and coastal environmental values including natural character, scenic value..." The Northern Beaches Council's own Coastal Zone Management Plan's guiding principle is to: "protect and preserve beach environments and amenity". How have these lofty ideals been served here?

Surfrider Australia backs the call for a moratorium and an inquiry before a death sentence on even more of our precious beach. This time the public, who treasure their beaches, must be informed and included in Council's decision-making. Something it has not done since 2016.

If the seawall under construction is the best solution for all stakeholders – both public and private interests – Council should be happy for an airing of the issue.

Right now, there's an opportunity to have your say on Council's seawall plans by writing a submission. Council has assured us that this DA process remains open in the short-term, and that even if you live outside the Northern Beaches Council LGA, your comments are still valid.

Have your say at
www.nature.org.au/lineinthesand_submission
or sign the "draw a line in the sand" petition at
www.nature.org.au/lineinthesand_petition

Surfrider Foundation Australia has been caring for waves and beaches for more than 30 years. Learn more about their work at www.surfrider.org.au

For more detailed information on the seawall issue, go to www.nature.org.au/line_in_the_sand

Words: **Brendan Donohoe**
Brendan is President of Surfrider Northern Beaches

Sport

Around the Grounds

14-year-old **Zara Kasprowicz** has dominated her age group in the Australian Surf Life Saving Championships on the Gold Coast winning four gold medals and a silver medal.

Representing North Curl Curl SLSC, Kasprowicz won individual gold in the Surf Swim and Ironperson events and combined with teammates to win gold in the Surf Swim Team and Board Rescue. She also won silver in the Cameron Relay.

Kasprowicz says she was “pretty shocked” to do so well in the national titles. “Before the event my coaches just said ‘believe in yourself; you’ve done the work. Do your best and give it a go!’ So I did!”

Club president **Glenn Slater** said Zara is a “highly dedicated” athlete who has overcome health troubles in the last 18 months. “She’s quiet, unassuming, and just really coachable. She’ll come down in a thunderstorm and want to train. And teaming up in Board Rescue with her friend **Pipi ti Pania**, Zara said that winning gold with her close friends was so good.”

Kasprowicz shared golden glory with ti Pania (U/13/14 female board rescue) and **Olivia Clues**, ti Pania and **Dom Melbourn** (U/14/15 female swim team). She also won silver with ti Pania, **Casey Lopes** and **Holly Smith** (U/13/14 female Cameron relay).

With her success in the water, Zara becomes the latest family member to reach the upper echelons of sport after her father Simon (rugby for Manly Marlines and NSW Waratahs) and uncle Michael (38 cricket Tests for Australia). There’s no rest for the Year 9 Pittwater House student either, she’s off to Adelaide now for the Australian Swimming Championships.

Meanwhile, in cricket news, it was a Saturday in the middle of March. It was a semi-final of the JD Durham Shield. It was the blackest day in Wakehurst Black history. Chasing Cromer third grade’s 55 at Cromer Park, the Black were all out for seven. And the carnage was scarcely believable.

There were eight ducks, five of them golden. The fall of wickets was 4,4,4,4,4,4,4,7,7. Wakehurst’s highest score was four – by opener **Angus Cipri** the second-highest score was two...by wides. One man held out, **Kai Connors**, who stone-walled the rampant attack for 39 balls while compiling one.

The destroyers for Cromer were 17-year-old



Zara Kasprowicz with her medals haul

opening bowlers **Josh Buchanan** and **Daniel Reay**. In his second over Buchanan took a double hat-trick (four wickets in a row): caught, caught, bowled, bowled. Reay took a more conventional hat-trick with wickets on the last two balls of his third over and the first ball of his fourth. Buchanan bowled four overs with two maidens and took 4/4. Reay bowled five overs with five maidens and took 3/0.

Earlier Wakehurst Black had been cock-a-hoop after they had rolled Cromer for just 55 (**Sam Kemp** 4/6), at one stage having the home team 8/21. But a rear-guard action from CCC captain **Greg Rollins** (24 off 45 balls) saw Cromer claw their way to a total still considered miniscule but, in the circumstances, more than competitive. Neither Rollins nor Black captain Kemp could be reached for comment.

Unfortunately for Cromer their luck ran out in the grand final a week later when they couldn’t defend 9/93, with Manly League Club’s opening bat **Rinaldo D’Souza** smashing 76 from 95 balls with 8 fours and 4 sixes.

Words: **Matt Cleary**, editor of **Beaches Champion**. Matt has just written a book about 40 years following, of all teams, the Canberra Raiders. While that would appear a hard sell in these parts, we’re told it’s a book for footy fans everywhere. Cleary is an award-winning sportswriter and the author of the acclaimed *A Short History of Golf*.

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Frydenberg's numbers simply don't stack up

There used to be a rule against misleading Parliament. No longer, it seems.

Treasurer Josh Frydenberg's claim that "We have overcome the biggest economic shock since the Great Depression" is pure nonsense. The economic shock caused by the pandemic was nowhere near the worst since the Depression of the 1930s. Few developed countries remained in recession for more than one quarter in 2020. Many stayed in recession during the early 1980s recession and the global financial crisis (GFC) for years.

His claim that Australia's recovery "leads the world" is one of the two most easily disproved falsehoods in the history of budget fabrications. Australia's modest 4.2% GDP growth for the 2021 December quarter ranks 43rd among the 58 highly developed countries listed by the United Nations Development Program. Other measures also have Australia well down the global tables, near the bottom on some, including youth jobless rates, wages growth, retail sales, productivity, social housing, and infrastructure investment.

In another questionable claim, the budget papers assert that employment in Australia is now well above pre-pandemic levels and has grown by more than any major advanced economy. This is the second of the two most easily disproved falsehoods in Australian budget history. Since December 2019, the last quarter or month before the pandemic, Australia's employment has increased by 3.03%. Not bad. But well below other wealthy, developed OECD members. New Zealand, Denmark and the Netherlands lifted them by more than 4%, while Ireland and Turkey are up more than 6%.

The budget papers claim, further, that "these employment outcomes have been underpinned by the Government's \$314 billion in direct economic support, including JobKeeper, which assisted around 4 million individuals and 1 million businesses." Again, clearly contradicted by the data. The headline jobless rate was 5.72% in February 2016. In February 2022 it had fallen to 4.04%. But this improvement is not the result of businesses employing more workers. It is the result of state and federal governments expanding the public service at an unprecedented rate.

The private sector employed 83.2% of the workforce in February 2016. By February 2022, after hundreds of billions of borrowed dollars had been handed to corporations in the pretense that this is boosting jobs, the private sector now employs 82.2% of the workforce – a significant decline. Meanwhile the percentage employed by governments soared from 11.5% to 14.2% over those six years. The number of "workers" on the public purse has ballooned by more than half a million from 1,451,700 to 1,981,200. So much for the LNP's claim of "small" Government!

The budget's promised tax cuts are pure electoral bribes, which make no economic sense when household savings are near all-time highs, deficits are at record depths, debt is careening towards a trillion dollars and funds are needed urgently for infrastructure and other priorities. Furthermore, the tax cuts offered to businesses are counterproductive. They offer no assistance to family business or other enterprises struggling to break even – which therefore pay no tax. They simply hand extra cash to already-profitable businesses, including foreign corporations which send much of those gains straight offshore.

In the 2010 election campaign and all polls since, the mainstream media have insisted the Coalition should gain or retain office on four critical economic issues: propensity to spend taxpayers' money, tax levels, deficit budgets and the ballooning debt. So, let's compare outcomes over the five years and nine months of Labor's term and the Coalition's eight and a half years.

Labor added an average of \$37 billion to the gross debt each year, despite the devastating GFC – which actually was the worst since the 1930s. The Coalition added an annual average of \$53.4 billion to the debt in its first five years, before the pandemic, when well-managed economies rapidly repaid the debt needed during the GFC. Since 2018, the Coalition has added \$93.6 billion annually. Staggering. You be the judge on whose economic credentials stack up best.

Words: **Alan Austin**, Michael West Media

Orwellian double-speak while waiting for Australia to close money-laundering loopholes

The black money flooding Australia proceeds apace, pushing up property prices, while the government dithers on its pledge to enact money-laundering laws.

When Secretary of Home Affairs, Mike Pezzullo, was asked by Senator Nick McKim why, 15 years after money-laundering laws were first promised, not much has happened, Pezzullo answered: "It was done at a point in time with certain parameters and working assumptions. Yes, we're redoing that work, or I should say we're having that work redone." Orwellian waffle covering up for inaction and prevarication.

Governments of both stripes have been hemming and hawing for 15 years over the introduction of money-laundering laws, laws which would stem the flood of black-market money into Australia's property market; laws which would finally drag this nation into line with global standards on AML-CTF (Anti-Money Laundering and Counter Terrorism Financing). Yet thanks to the government's complete failure to stand up to powerful vested interests – lawyers, accountants and property developers – we are still waiting for laws that were supposed to be enacted by 2008.

Why is this important? Greg Medcraft, former chairman of the corporate regulator ASIC, once let slip that Australia was a "paradise" for white-collar crime. He was promptly shut up by his political overlord Mathias Cormann for carelessly telling the truth. In practice, when the original AML law came in, it compelled casinos, gold dealers and banks to disclose the identity of the counterparty to any transaction of \$10,000 or more. Accountants, law firms and real estate vendors however still don't have to report to the watchdog agency AUSTRAC (the Australian Transaction Reports and Analysis Centre).

We put some questions to the minister responsible again a week ago. The portfolio is juggled a lot. It used to be the attorney-general's caper. Now it's buried in Home Affairs where Karen Andrews has taken the reins from Peter Dutton. Andrews didn't return calls or emails. AUSTRAC, the agency for which they are responsible, did better. Nicole Rose, chief executive of AUSTRAC, told MWM that "the



government is addressing it in a tranche-by-tranche way and that they are concentrating on Phase 1.5 [legislation], which has gone through the parliament just recently. I'm not aware that costings have started or any work has been done on Tranche 2."

Australia's 15-year failure to pass Tranche 2 of the legislation was expected to be discussed at February's 2021 FATF Plenary conference. When it was part of the Attorney-General's Department, AUSTRAC would lead all engagements with FATF, Egmont and other regional bodies such as the Asia-Pacific Group on Money Laundering (APG).

Nathan Lynch, a financial crime intelligence expert at Thomson Reuters, says financial crime is a "global catastrophe", with some \$2 trillion a year being laundered, of which only 1% is detected and seized. Australia therefore joins the illustrious company of China, Mongolia, Madagascar, Mauritius and the United States in being the only six countries that do not comply with global rules on Anti-Money Laundering and Counter-Terrorism Financing (AML/CTF); non-compliant, that is, with all three of the Financial Action Task Force's (FATF) obligations.

Meanwhile, an entire generation of young Australians is locked out of the property market, except those of course with wealthy parents able to shoehorn them into their first home.

Words: **Callum Foote**, Michael West Media





The perfect dietary crime, microgreens sprinkled in your smoothie!

The micro artillery that ensures parents win the nutrition wars

How many times have you laid out beautifully prepared, incredibly nutritious, mouth-wateringly scrumptious cuisine in front of your little angels only to have them greet it with, "What's that?! Are they vegetables? Why's it all so green? Yuck!! No way, I'm not eating that! No chance!"

And unless you're equipped with the negotiation skills of a UN peacekeeper, the bullying prowess of Gordon Ramsay, or the persuasive, mind control abilities of the US mass media, the inevitable outcome of this all-too-common mealtime combat will be a juvenile's victory whereby a heavily processed, slickly marketed, sugar-coated, carbo-loaded, southern-fried, nutrient free meal will end in your child's belly, not the pristine dish you so lovingly created.

Well, take comfort in knowing you are not alone. A recent study conducted by the Australian Institute of Health & Welfare placed children's nutrition number 4 in a list of 29 concerns

parents had for their children. Another study from Cancer Australia found less than 15% of Australians eat the recommended servings of 4-5 cups of vegetables daily.

It need not be this way a moment longer. Parent's prayers have been answered. An invincible weapon in the fight for healthy nourishment supremacy has been unearthed that not even the Golden Arches or the Colonel's secret herbs, spices and industrial drums of frying oil can compete with. I speak, of course, of Microgreens, Manly Microgreens no less!

These little Manly Microgreen babies – literally babies, the infantile, nubile, newborn gems of the herbivorous kingdom – pack up to 40 times more nutrients than their adult veggie counterparts. We all knew ageing was grim, but for wise vegetable elders, the nutrient riches that once coursed their photosynthetic cells shrivel away at a pace nearing light speed. Shame for them, but to

the youth go the spoils, and within the Microgreens reside the power punch of nutrients.

So, if your little angels, bless them and preserve them, find eating vegetables a challenge, you need only sneak half a pot of Microgreens into their diets each day to ensure they get the equivalent of their entire daily veggie requirement which would otherwise necessitate 4-5 cups.

Parents already armed with Microgreen artillery find the easiest way to weave them into their kids' diet is by sprinkling the green shoots in their school lunches, mixing them in with their favourite fruit juice smoothies, or blending them through their favourite dishes.

Popular flavours for kids are Broccoli, Red Cabbage, and Pea Shoots. These are mild on flavour and big on nutrition. For Mums and Dads, there are spicier flavours and textures available, still just as nutritious!

Don't lose the nutrition wars ever again, make sure Manly Microgreens are in your dietary arsenal.

Manly Microgreens Co. deliver these Living Superfoods throughout the Northern Beaches, ensuring they have the least impact on the environment by not using any plastic packaging, and growing their microgreen goods only in chemical free soil, sourced locally using a fraction of the space, water and food miles of conventional vegetable farming.

Scan this code for delicious microgreens recipes!



Words: **Liam Carroll**



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Kamaroi offers a primary education for children aged 4 to 12 years. Kamaroi is a small school, with a rich community, where each child is not only known by name by all the staff, but known for their interests, skills and personalities.



"It is not an education system that moulds students to fit society or industry, but an education system that discovers and acknowledges the innate capabilities and natural talent of the children, empowering them for their future"

- Mark, Kamaroi Parent





Winning boys - NBSC Freshwater



Winning girls - Narrabeen Sports High

2022 Lifeline High Schools' Surf Challenge

After originally being scheduled to run at Queenscliff Beach, the 2022 Lifeline High Schools Surf Challenge event organisers had little choice but to relocate, with Queenscliff's water quality resembling the Star Wars trash compactor scene.

Migrating north, organisers lucked into punchy, smooth-faced performance waves at Dee Why, allowing the 20 teams of this year's event to rip into a searing hot day of competition, with high schools competing from all over the Northern Beaches and North Shore taking part, including some of Australia's best junior surfers

In the Girls Division, Narrabeen Sports High's Isabel Higgs was the standout, posting a two-wave total of 17.33 for some stylish frontside manoeuvres which set up the win for Narrabeen. Higgs' teammates Bodhi Gavranic Worsley (9.43), Charlie Daish (9.33), Lilliana Vissard (4.77) and Lola O'Rourke (3.07) led the final from start to finish with Pymble Ladies College finishing runners up for a second straight year. Cayla Phillips (15.50) was Pymble Ladies College highest scorer with Kali Gray (9.47) the top scorer for NBSC Freshwater and Marli Dodson (7.63) St Luke's Grammar's best.

Girls Results:

1st Narrabeen Sports High (45.93), 2nd Pymble Ladies College (40.33), 3rd NBSC Freshwater (38.20), 4th St Luke's Grammar (24.23)

St Luke's Grammar went into the Boys Final as defending champions and started strongly with Under 14 Australian Gromsearch Champion Sol Gruending locking in an impressive 18.83 that included a 7.17 Power wave (double points).

On paper NBSC Freshwater was the team

to beat all day and by midway through the 45-minute final had established a healthy lead thanks to Xavier Bryce (19.53) and Winter Vincent (24.47) nailing some explosive backhand snaps. Bryce and Vincent were well backed up by Kalan Orchard (11.33), Will Somerville (13.80) and crowd favourite Spike Wood (3.47) to claim the school's first victory in the Lifeline High Schools Surf Challenge. Baxter Hurt (15.90) was Narrabeen's best in the final with Lex O'Connor (15.07) leading the way for the NBSC Balgowlah Boys team.

Boys Results:

1st NBSC Freshwater (76.60), 2nd Narrabeen Sports High (55.60), 3rd St Luke's Grammar (50.40), 4th NBSC Balgowlah Boys (47.20)

The event was a huge success in the water, but Lifeline Northern Beaches' CEO David Thomas was equally thrilled with the discussions raised on land, telling the Tawny, "The event was probably the most successful high schools' event to date, with an objective to normalise the conversation of mental health. One of the event's key aims is to lift the relevance of Lifeline Northern Beaches to our youth as a trusted and available service if they or their friends need someone to turn to in times of crisis."

Words: **Liam Carroll**

Follow @lifelinenb on Instagram to stay up to date with upcoming Lifeline Northern Beaches events

NEED SUPPORT? Call Lifeline anytime on **13 11 14** or text **0477 13 11 14**.

Ongoing support is also available – visit www.lifelinenb.org.au/get-help

PHOTOS: BERNADETTE JOHNSON, @BERNADETTE2097



Youth Counselling

Lifeline Northern Beaches has professionally qualified counsellors who are available for specialised, face-to-face counselling sessions.

Our counselling service at Avalon Youth Hub is available for anyone aged 15–24. It's free, safe and confidential. We don't require a referral from a GP or other health professional, but you're welcome to come to us if you have one.

You can make an appointment to see a Lifeline youth counsellor by calling **9949 5522**.

What can counsellors help with?

Our counsellors have a range of qualifications and many of them have specialist knowledge and experience in specific areas. This enables them to help people from a wide variety of backgrounds, and with a wide variety of issues, including:

- Grief and loss
- Relationship and family problems
- Depression/anxiety
- Mental health concerns
- And many others concerns or personal issues

Counselling Locations

Avalon:

Avalon Youth Hub,
59 Barrenjoey Rd, Avalon

Balgowlah:

Lifeline Northern Beaches,
310 Sydney Rd, Balgowlah

How to access:

No referral necessary.
Call **9949 5522** to make
a confidential appointment.

How long is support available?
For as long as you need. There is
no limit on the number of sessions.



Lifeline Northern Beaches is a not-for-profit organisation that provides free crisis support and suicide prevention services. Our office in Balgowlah provides a wide range of face-to-face services: including personal counselling, financial counselling, support groups, and the Community Visitors Scheme. See website for more info.

For further information
contact Lifeline Northern Beaches
Phone 02 9949 5522
Email counselling@lifelinenb.org.au

www.lifelinenb.org.au

Call **13 11 14** anytime
for immediate support
or text Lifeline on
0477 13 11 14



Crisis Support. Suicide Prevention.



Montana's art is an ode to the ocean and natural world

Cover Artist

Montana Moore

How long have you lived on the Northern Beaches? Four years. I moved from Scotland after falling in love with Australia.

What's your favourite beach and why? Collins Beach – it's paradise.

How would you describe your art? My work is an ode to the ocean. It pushes the boundaries of traditional painting with its changing colours, sculpted textures and light. I am told the unique perspectives of my art connects people to places special to them and also that it generates intrigue as to how they're created.

What inspired your cover artwork? The cover is a depiction of Shelly Beach, which is a very special place to me and others for many reasons, especially those who do the Bold and Beautiful swim although I have to admit I'm not at that standard of swimming yet! This piece was inspired by a crystal clear sunny morning. I sat by the boat ramp with my drone enjoying a coffee while soaking up the early morning rays and the buzz from the swimmers coming out of the water. It's the first time I've ever attempted to paint Shelly Beach because I knew it would be a complex piece to execute and I wanted to wait until I'd mastered a few more techniques to really do it justice.

What is your favourite part of the artistic process? Not being able to sleep because I've found inspiration in images I've taken and then anxiously waiting for the last layers of my artwork to dry; the paint dries to a completely different colour from when it's wet. There is immense satisfaction in painting intuitively. Having faith in the process and then knowing I've got it right when I excitedly rush back into the studio the next morning to see brings me joy.

What is your favourite medium to work with? I have endlessly tested and researched a mix of traditional fine art materials, chemical reactions and layers. Each of my paintings comprises of over 10 different mediums and a minimum of 20 layers.

Did you study art? Nope, but if I had it wouldn't have led me to where I am now.

How did you discover you had a gift for art? I've always been creative, but it was Covid that pushed me to seek happiness outside of endless Zoom meetings and lockdown blues. After selling out at my first Manly Markets, I realised I had something.

What else are you working on at the moment? I've just moved into a massive new warehouse and this has opened the door to a lot more opportunities including exhibitions, workshops and space to work on even larger pieces. I'm expanding my range of phone cases, prints, textiles and working on a new collection of artworks which I hope to exhibit in July.

What's your favourite thing about what you do? Aside from the euphoria and escapism I feel when painting, there will never be a feeling that gets close to the joy and pride I feel when I hand over artwork to new owners and witness their reactions.

What do you see, or would like to see, in the future of the Beaches art scene? More collaboration and exhibition opportunities for artists starting out which is exactly what I plan to do with my new space.

What advice do you have for aspiring artists? Hard work and a good attitude will get you anywhere.

Any other words of wisdom for our readers? I understand it's not easy or always possible to make life changing decisions, but you literally only have one life, why not do everything you can to make it a happy one?

How can people buy and support your art? Come and see me at Manly Markets. I'm there every Sunday. You can see more of my work at www.montanamooreart.com and by following [@montana_moore_art](https://www.instagram.com/montana_moore_art)



Nextdoor Australia's Jennie Sager and her three boys

365 reasons to celebrate kindness this Mother's Day!

Did you know **Nextdoor Australia** (nextdoor.com.au) is run by Northern Beaches mum, Jennie Sager? She wants to hear your stories about that special woman in your life for their chance to live it up a little at 'Thirsty Boi' in Freshie with a **\$365 voucher**.

It might be your grandmother, mother, wife, sister, or a female warrior in the community who inspires you and those around her to be KIND every day.

Step 1: Scan the Nextdoor QR code or visit nextdoor.com.au/mothersday to sign up for free



Step 2: Tell your neighbours about that special female in your life. Don't forget to use the hashtag **#MothersDay** and include a photo or video if you can!

Good luck and whether you want to organise a coffee group, hire a local tradie, find a babysitter, or simply say hi to someone in the neighbourhood you don't already know, join your neighbours on Nextdoor now. It's free, and there are already 16 thousand Northern Beaches neighbours connecting on Nextdoor!



Nextdoor's wheel good news

Meet Freshwater Nextdoor neighbour, Kerry Downes. Kerry was on Nextdoor when she came across Manly neighbour Mat Peret's call for help.

Mat asked neighbours on Nextdoor to teach him how to ride a push bike. "I was always scared of falling down breaking my bones. Plus, the place where I grew up, I didn't have anyone my age group to play with, so learning to ride a bike never happened," says Mat.

Kerry said to herself, "I've got a bike, I've got the time, I was a school teacher, how hard can it be?" So, she reached out to Mathew and offered to give him a lesson. Turns out Kerry is a good teacher and Mat a fast learner.

"I couldn't wipe the smile off my face, and neither could he. He was riding a bike in the second lesson," says Kerry. "It's connected me with someone I may have never met in my lifetime which I think is nice but getting to know your neighbours is just really important, and Nextdoor does that, it spreads kindness."

For Mathew, he's grateful for Kerry's kindness and hopes others will read his story and call on neighbours for help no matter the task. "If you ask, there will definitely be someone willing to help, like Kerry!"

Word has spread that Kerry is not bad at the teaching game and tells us she's been inundated to give a peloton of new riders a lesson. She said yes of course. So, if you see Kerry on her bike, be sure to give her a wave and say hi.

Know someone like Kerry? Be sure to nominate them at nextdoor.com.au/mothersday



Kerry and Mat, biking around the neighbourhood



Research before investing

Commercial Corner

Not all yields are created equal

Before investing in commercial property, an understanding of yields is crucial.

While initial net yield is typically provided in commercial property reports, investors should be wary of relying on this simplified figure alone. Instead, information on the analysed market yield should also be sought, most likely from a specialist commercial real estate agent, as well as confirmation on whether a net or gross yield has been reported.

Any yield that's reported for the property will usually be the initial yield of the investment, which is purely the income divided by the sales price, but really, it's the net yield you're interested in. A property could be marketed at a yield of eight per cent gross, when net yield is in fact six per cent.

While the distinction between net and gross yield is fairly easy to determine, analysed market yield is more involved and requires information that the average purchaser is not privy to.

Analysed market yield considers the actual market rent because, in the commercial marketplace, any introduction of a qualified tenant will usually involve some form of incentive. But when a property is assessed, the analysis does not, and generally cannot, take into account incentives that the landlord has offered outside of the lease deal.

For example, a property's current rental income could be inflated because the owner provided a \$150,000 fit-out when the tenant moved in. However, a market review scheduled in the next three years could correct this and bring the rent down to the actual market price. A new owner, unaware of this deal at the time of purchase, would then see his investment negatively impacted when the market correction occurs.

While leases of three or more years are registered and available for download



from the Land Registry Service at a cost, incentives are not typically recorded in the lease. Additionally, while purchasers may engage a valuer to determine the market rent of a property, the valuer will also be unaware of any incentives that fall outside of the registered lease, unless they speak to the agent who brokered the deal, or a local commercial expert who is in tune with the market.

This is why consulting a commercial real estate agent - as they have access to the relevant non-documented information - is critical to understanding the analysed market yield of a property and ensuring the best analysis is available before you make an investment.

As with any investment, doing your research beforehand is critical. For commercial real estate this means understanding yields. Without this information, uninformed buyers could find themselves out of pocket, in possession of a plummeting investment, and at risk of default.

Of course, yield is irrelevant if there's no security of tenure. If the tenant's not financially sound and the property is likely to become vacant, then the yield is of little importance. So, you need to undertake your due diligence on both the market and the tenant.

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

Contact Patrick for all your commercial property queries, on **9977 6555** and learn more at www.pineproperty.com.au



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Gen Zali, a powerful force for engaging young voters

Gen Z and the rising wave of young voters

It is overwhelming to be a young person navigating the political landscape of 2022, and easy to be left feeling powerless as the election looms amidst tragic conflict abroad, and ongoing pandemic challenges at home.

I entered 2022 - the third year of my Politics, Philosophy and Economics/Law degree at ANU - determined, like many others, that I wanted this to be the year I put myself out there to add to the many voices of switched-on young people who want to see change in the future. Having grown up in the Warringah electorate to watch a historical Liberal Party seat be won by Zali Steggall in 2019, I have seen firsthand how her push for climate policy, federal integrity and support of local businesses has positively impacted our community. The Stop Pep-11 bill particularly resonated with me as it prevented the introduction of oil and gas drilling from Manly to Newcastle, a move a government with access to scientific expertise regarding climate change should not even be considering.

I am now part of her Gen Z group which aims to spread awareness to younger generations on the importance of making informed voting decisions and highlight the positive contributions she has made to parliament during her appointment.

Being in university in Canberra, the city of the public service and politicians, it has become clear to me that the current system is failing to represent the wants and needs of young people.

It is no secret that over the past three years the government has made numerous decisions which have caused many to lose faith in the political system. The outdated values of the current political parties are placing Australia last in so much potential innovation and economic growth.

There are 32 independent female candidates running in the 2022 Federal election in many long held Liberal National Party seats, including in the neighbouring seat of Mackellar. This is a symbol that people are unsatisfied and are looking for drastic

political change.

The election of multiple independent candidates may lead to a 'hung parliament', a term often discussed in a negative light. A hung parliament simply means no party has a majority, and hence must work together with other MPs to pass laws. Having a hung parliament may ensure that the issues which young people want at the forefront such as climate change, integrity and equality are debated.

Being involved in Zali's campaign has kept me informed and knowledgeable on topics such as government spending, climate policy (or lack of it) and the election process. It has given me opportunities to meet like-minded passionate people, go to events including the ABC's live Q+A budget special, and learn so much about the ins and outs of the political scene.

2022 is the year to really think about who can represent not only your interests, but the interests of younger generations. Although getting involved can seem daunting, it can be as simple as interacting with posts on social media, coming to an event to learn more, or volunteering in the community. Make your vote count.

For young Warringah voters, get involved with Gen Z by following [@genzaliwarringah](#) and [@zalisteggall](#) on Instagram.

For young Mackellar voters, learn more about the politics at play in your electorate by following [@nextgenrisers](#) and to keep up to date with your Independent candidate, follow Dr Sophie Scamps [@drsophie4mackellar](#)

Words: **Stella Matthews**

May 2022 Tide Chart

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 0219 0.52 0808 1.38 1345 0.61 2018 1.82	31 0257 0.51 0849 1.35 1418 0.64 2053 1.83					1 0235 0.48 0833 1.50 1425 0.53 2049 1.79
2 0315 0.49 0913 1.44 1455 0.58 2122 1.80	3 0355 0.51 0952 1.38 1525 0.64 2156 1.78	4 0435 0.54 1032 1.32 1558 0.70 2231 1.74	5 0517 0.58 1115 1.27 1634 0.75 2310 1.69	6 0604 0.63 1201 1.23 1717 0.81 2354 1.63	7 0658 0.66 1256 1.20 1810 0.86 1915 0.89	8 0046 1.57 0758 0.68 1400 1.20 1915 0.89
9 0148 1.53 0858 0.67 1510 1.23 2030 0.88	10 0255 1.53 0951 0.62 1609 1.31 2141 0.84	11 0357 1.55 1037 0.57 1657 1.41 2243 0.76	12 0450 1.59 1118 0.51 1738 1.54 2336 0.65	13 0537 1.62 1213 0.50 1823 1.44 1900 1.80	14 0028 0.54 0627 1.64 1235 0.42 1900 1.80	15 0117 0.44 0715 1.63 1315 0.41 1942 1.92
16 0208 0.36 0807 1.60 1358 0.43 2027 2.01	17 0301 0.30 0900 1.55 1443 0.47 2115 2.05	18 0356 0.29 0957 1.49 1531 0.53 2205 2.05	19 0454 0.31 1055 1.42 1625 0.60 2259 2.00	20 0556 0.36 1158 1.37 1722 0.67 2357 1.91	21 0700 0.41 1303 1.34 1827 0.73 1938 0.76	22 0100 1.81 0805 0.45 1413 1.34 1938 0.76
23 0208 1.72 0905 0.48 1517 1.39 2053 0.76	24 0316 1.65 0959 0.50 1615 1.46 2205 0.74	25 0417 1.59 1045 0.51 1706 1.55 2311 0.69	26 0512 1.54 1127 0.52 1751 1.63	27 0007 0.64 0600 1.49 1204 0.53 1831 1.70	28 0056 0.59 0645 1.45 1239 0.55 1909 1.76	29 0139 0.55 0728 1.41 1312 0.58 1945 1.80

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

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: ANONYMOUS



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Marissa and Maddy of Msquared Digital

Zen & the Art of Digital Marketing

Heard of M & M? Not the chocolate and not the infamous rapper. We're talking about the two young female entrepreneurs who built a business during a once-in-one-hundred-year pandemic.

The Digital Marketing Agency started as a comical conversation between close friends in late 2020. The flippant remark "we should start a business" triggered some chuckles on a lockdown walk along Manly Beach. A passing comment planted the seed that would see Marissa & Maddy join forces to create Msquared Digital Marketing and Media Agency. As their tagline, "marketing outside the square", suggests, unconventional and inventive approaches to business have served them well.

With an unexpected four-month lockdown taking over 2021, Msquared rapidly understood how crucial digital promotion is to the survival of small businesses. The first year of business saw this digital duo accumulate a diverse portfolio of clients, from retail to health & well-being, hospitality, and global tech. While the likes of Zuckerberg have been monetising off our personal data for well over a decade, M & M love giving small businesses a slice of that mammoth pie. Empowering business owners to reach and grow their customer base is definitely the most gratifying part of the job!

Drawing inspiration from Melanie Perkins

and Rebekah Campbell, Maddy and Marissa strive to deliver the innovative stamina these Aussie entrepreneurs have brought to their female-founded businesses. With a decade between them in the customer service industry, the pair have a firm grasp of what makes people tick, individually and collectively.

M & M are strident extroverts, both in their business and personal lives - when describing their daily operations, they love that every day is different. Their schedule is packed with content shoots, meetings, strategising, monitoring trends and staying on top of the ever-evolving algorithms of every social media platform. In keeping up with the pressures of their schedules, Marissa claims, "I am less interested in ordering chaos. I have always found more value in maintaining productivity in the chaos. If the last two years have taught us anything, you certainly can't plan much in a chronological sense. However, striving to reach goals no matter the context in which you may find yourself will always get you where you were aiming for."

Born and bred in Seaforth and Mosman, this team have spent most of their lives on the Northern Beaches. In fact, Maddy was born in Manly hospital. Marissa was the Head Host at Queen Chow Manly since its opening in 2018. She jetted off in 2019 to join Marriott International's Digital Marketing Hub for Southern Europe. At the same time, Maddy spent years working at Westfield Warringah Mall as a sales consultant for Telstra. In 2020, she went viral on Tik Tok, and uses her platform to spread humorous positivity, as well as leveraging this skill in the realm of Digital Marketing.

Circuitous routes led M & M back to Manly, moving into their new office on the Corso, the Northern Beaches has become an integral part of the business' identity. Freshwater Beach claims the title of Maddy's favourite beach, particularly in Autumn when sunrises are at their most spectacular. While Marissa has always been mesmerised by the panoramic views of Queenscliff... but she'll always have a soft spot for Manly Wharf at sunset, thanks to her time at Queen Chow.

Msquared Digital Marketing and Media Agency focus on exposure so you can focus on expertise. They are taking on new clients. Book a consult or initial meeting on www.msquareddigital.com and follow [@msquaredigital](https://twitter.com/msquaredigital) on socials for exclusive and entertaining marketing tips



Ty, Bathers' Thai cuisine savant

For a kid in need, Stewart House brought new life to the table

Shortly after he was born, Ty Bellingham's parents split up. His father went on to find love with a new woman and start a new family. And while his dad continued to do everything that he could for his first son, Ty's allegiance was always to his mum. A loving mother, she was however prone to alcohol addiction and toxic relationships with abusive men, ensuring a turbulent upbringing for Ty.

Then, in the early 1980s, one day at the 5th primary school of his life, the principal asked Ty if he'd like to spend a fortnight at Stewart House in Curl Curl. As Ty explains, "When you live in housing commission, you don't go on holiday. Here I was with the principal asking if I'd like to go on a holiday and with people my own age. Of course! It was always hard to leave mum if I were going to my dad's, but this was something else entirely. Curl Curl? The Northern Beaches? I felt like I was traveling across the globe. I couldn't wait!"

What Ty likely didn't know was Stewart House's reason for existence was not to serve as a holiday destination, but to ensure kids from all across the state who face circumstances beyond their control which put them at a disadvantage from their peers are able to enjoy home-style accommodation, well-balanced meals, laundry services, transport and excursions, receive screening, treatments and referrals for their eyes, ears and teeth, all while developing self-care, conflict resolution and social skills. In a nutshell, Stewart House exists for kids in need to best equip them medically, physically and mentally for a successful return home, and on track for a great life ahead.

"It was a highlight of my childhood. Here was a place where people cared about me. People I'd never met. They just came into my life, supported me, were kind to me, gave me a sense of structure and security and a break from my concerns and worries,

because home was a worry."

Ty's first visit to Stewart House was extremely beneficial, but as he progressed into his teens and the situation at home with his mum deteriorated, there was a risk his life could have gone downhill. But, when he needed it most, Stewart House was there again to provide a reprieve, to allow a fortnight of breathing space under expert care. One moment in particular on that second visit transformed Ty's life forever.

"I remember staring into the mirror and realising that I'm my own man, this is my life. Regardless what's going on around me or with my family, I don't have to apologise for anyone. I am free to be my own man."

Ty went on to carve out an incredible career in kitchens around the world, and is today a global authority on Thai cuisine, and head chef at Bathers' Betel Leaf restaurant in Balmoral. He's also passionate in giving back to those less fortunate, training refugees and asylum seekers to get the qualifications and experience needed to enter a fulfilling career in hospitality.

Stewart House continues to occupy a treasured place in Ty's life. "I regularly go down to Curl Curl, walk the dogs, and always look up to Stewart House. There's just something magic about the place. The impact it's had on my life, I can't begin to measure."

Donate to Stewart House to support the life-changing work they do for kids in need from all around NSW. Visit www.stewarthouse.org.au or call (02) 9938 3100

Words: **Liam Carroll**

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Harmony Day Conversation Club at The Forest High School

Tibetan students learning to call Australia home

The Northern Beaches is home to a thriving population of over a thousand resettled Tibetan refugees. Teacher, Lauren Weatherall of The Forest High School shares the ways Tibetan students are welcomed and assisted to overcome language and cultural challenges.

For many years now, TFHS has welcomed Tibetan students who bring with them their rich culture and experiences, as well as their warm and good-humoured nature. Many of these students arrive from India, Nepal and Tibet with limited knowledge of the culture or language and must negotiate a new way of appreciating their own Tibetan identity within the Northern Beaches lifestyle.

It is a delicate and inspiring process to observe and be a part of, and one that goes beyond caring for students just as learners, but also as cultural warriors and beacons of hope for more accepting and informed future societies. We proudly call ourselves an inclusive and diverse commu-

nity of learners at TFHS. And we honour and appreciate the authentic ways the Tibetan students and their families have partnered with us to provide endless creative and socially empowering cultural experiences for both staff and students.

TFHS has established a weekly 'Conversation Club' which takes place at lunchtime each Tuesday, and to which we have welcomed a variety of guest speakers, as well as offering language games, study support and paired speaking activities with our Australian students. Conversation Club has been hugely successful, not only in seeing our Tibetan students' confidence and language skills flourish, but also in bringing together our native and non-native English speakers.

It is a measure of our success at how often now

we observe Tibetan students playing basketball or hanging out with their Aussie mates at lunchtime, as well as to see how eager they are to respond to questions in class with their newfound fluency. Through our community partners at Community Northern Beaches, we have been fortunate enough to be able to employ a local Tibetan translator and community liaisons officer – Samdrup Jehru, who has been invaluable in bridging the gap between families and schools.

Although there have been many successes for our Tibetan students, there is still a lot more we can do, in helping them achieve a genuine sense of confidence and belonging; and to ensure that all Tibetan families become more active members within our school and local community. With readers' support and generosity, we hope to employ another part-time Tibetan translator; develop arts and cultural projects such as film documentaries and books (celebrating Tibetan culture on the Northern Beaches); and equip all students with up-to-date technologies and effective learning support resources at home and in school.

As teachers there is nothing more rewarding than to see students empathise with one another and learn about global issues, building everyday connections as life-long friends and peers.

Words: **Lauren Weatherall**

If you would like to donate or help The Forest High School enhance the lives of these incredible students and their families, please contact lauren.weatherall@det.nsw.edu.au

Should you wish to join or contribute to the TFHS community, please contact our P&C President on kelly@rapidplans.com.au

Kids Giving Back

Creating the Next Generation of Generosity

Local kids give back to the those in the floods, in the pandemic, and wherever there is need.

Kids Giving Back is a Sydney-based charity founded almost ten years ago with a mission to Create the Next Generation of Generosity, accomplished by empowering and enabling kids to give back to their community and then embrace this value of helping others for their lifetime.

The pandemic certainly tested our mission; would kids, locked down and masked up, still come forward to help others when helping was even harder? We found the answer to be a resounding YES! It's inspiring, hopeful and heart-warming.

Over 3600 volunteers joined Kids Giving Back in 2021 and met the challenges faced by our most vulnerable with spirit, kindness and determination. Kids zoomed into bingo and conversation with isolated aged care residents, groups of home-learning students organised online fundraisers to sponsor our chef to make meals for members of the homeless community, and our little helpers hand-made dog and cat toys for sheltered animals lonely from missing human visits. And when we weren't locked down, kids of all ages came in and cooked, and cooked, and cooked!

Kids and families made 31,795 meals, 2,243 care packs and school supply bags, and provided 35 charities with much needed resources, not just locally but as far as the Northern Territory! And this year kids have sorted more than 25,000 clothing items to send up to Northern NSW and Sydney's west for those who have lost everything in the floods.

So how can you, on the Northern Beaches, be part of this growing giving back movement? There are several ways!

Kids Giving Back needs your helping hands in our programs so we can keep meeting the increasing demand for food and resources for those in need, but we also want your feet!

Our annual Wildwalk is taking place on May 22 this year in Bundeena National Park and is a family fun-d-raising event to get you moving and motivated, and us supported to be able to give back to more people in more places with more resources and more meals.



Helping hands make lots of fun

One of the most wonderful aspects of supporting Kids Giving Back is every dollar raised through Wildwalk holds a triple value and impact: teaching kids kindness and service through action while directly feeding and helping our vulnerable and ultimately creating social cohesion and empathy, showing generations how doing good feels good, and creates a better world.

Our Paddington hub is also open and cooking meals for our charity partners every week; we provide beautiful, healthy meals cooked with care, and delivered with kids' handwritten notes of support to those experiencing disadvantage. We will be offering weekly after-school programs and we hold school holiday programs every day of every school holiday break. We have opportunities for older Youth Changemakers (ages 14-18) within schools and Duke of Edinburgh programs locally and across the region.

So, come make a difference with us – our kids showed us not even a pandemic or highwater can stop them!

Visit www.kidsgivingback.org to learn more.

Join us, walk with us, grow with us and give with us at this year's Wildwalk on May 22.

All info at www.wildwalk.com.au

Words: **Gabrielle Morrissey Hansen**
Gabrielle is the CEO of Kids Giving Back

Community Careers

A role with real purpose

Supporting families who are preparing to farewell a loved one is a role that Mandi Sara finds incredibly rewarding.

As location manager and funeral director at Ann Wilson Funerals, Mandi is a pillar of strength to the many families who come through the doors of their funeral homes at Mona Vale and Dee Why.

It's a role she stepped into just 15 months ago after deciding she needed to give back to her beloved Northern Beaches community.

"I decided that at 50 years of age, and after working in an intense environment as a CEO for a marketing agency, I needed a role with real purpose where I could help and support members of my local community," she said.

"I've lived on the beaches for my entire life and for a long time I've wanted to work within it."

Mandi has already been there for several people she knows in the community who are going through one of the toughest times of their lives – grieving the loss of a loved one.

"I've been able to help many of my friends who have come through Ann Wilson Funerals to organise a beautiful send off for one of their loved ones, which is a wonderful privilege," she said.

"I feel incredibly connected to the community and locals often reach out to me. I've had people come up to me and say, 'my friend just lost her mum; can you look after her?' It is a real honour to be able to help people in that way."

The role is also a bit surreal for Mandi as she now works inside the walls of the distinctive building on the corner of Barrenjoey Road and Darley Street at Mona Vale that she remembers being driven past as a child.

"There would hardly be a day in my life that I haven't gone past the beautiful iconic building at Mona Vale," she said.

"The building is also unique in terms of funeral homes in the area as it has arrangement rooms, a beautiful light filled chapel and contemporary function centre.

"Families really appreciate how easy it is to arrange a funeral, host the service and celebration of life in one venue and are comforted to know their loved one is in our care at all times."

Mandi and her team at Ann Wilson Funerals can help you arrange a service that best



Mandi Sara, Location Manager and Funeral Director at Ann Wilson Funerals

reflects your loved one's values, with options including local churches and many of the beautiful parks, beaches and clubs in the Northern Beaches.

Mandi feels incredibly fortunate to work alongside a team of caring professionals with a mission to deliver outstanding care to the families on the Northern Beaches.

"They are a group of passionate and empathetic individuals who, for the most part, have been at Ann Wilson Funerals for 20 plus years."

She also loves that Ann Wilson Funerals gives back to the Beaches community through the sponsorship of local clubs, churches, and charities.

A passionate volunteer who has given her time to the RSCPA, Weave and OzHarvest, Mandi is also looking forward to the funeral team getting out into the community and volunteering now that Covid restrictions have lifted.

Ann Wilson Funerals support a number of important causes that touch many lives, including youth suicide and homelessness.

Mandi couldn't be happier with her career change.

"Out of great respect for those families who come to Ann Wilson Funerals, we provide an extremely high level of service and are known for the care that we provide our community," she said.

"I'm so honoured and proud to be carrying on the legacy of the Ann Wilson Funerals brand."

Visit www.annwilsonfunerals.com.au for more information or call Ann Wilson Funerals Mona Vale - **02 9979 5978** Dee Why - **02 9971 4244**



Paige Turner, legs pumping and bones strengthening.

And just like that, osteogenesis happens!

If you'd told me last month that spending a mere 15 minutes a week under the careful eye of a trained health professional guiding me on the Osteostrong Spectrum equipment would improve my bone density, posture and balance, I'd have called you a dreamer. But, after five sessions, I'm a believer.

Every week my workout is monitored using technology that reports my progress against the target where osteogenesis occurs. That's where the magic happens and bone density strengthens. In just five weeks I have an 18% overall improvement score. The goal is to push 4.2 multiples of your body weight and I'm achieving 5.1 already, or 390kg! My posture and legs are a force to be reckoned with.

My reward at the end of each session is the hydro massage bed, a Nobel-prize-worthy invention. I lie down, program the intensity and speed of my massage, even what parts of me I most want kneaded. How considerate. Put the headphones on, close my eyes, lie back and relish the cybernetic rub down.

Finally, a lie down on the pulsed electromagnetic field mat is a must, sending magnetic energy through my every cell, teaming up with my own natural magnetic field to improve healing. Voilà. I walk out of OsteoStrong energised, electro-magnified and with a fortified level of Paige Turner skeletal strength I thought I'd lost forever.

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

Words: **Paige Turner**



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The 2 big relationship killers

How to avoid relationship landmines so that you can walk in fields of gold

Most of us are babies; big babies in ageing bodies. We have a vast array of needs that we are constantly trying to meet. Just as a new-born needs milk and affection, we too have physical, emotional, spiritual, sexual and intellectual needs. Often when we enter relationship, we attempt to satiate those needs through and with our partner. While on the one hand, this can be a beautiful and enriching experience, mismanaged, it can lead to irreparable relationship damage. Here are the two big relationship killers.

1. Un-communicated expectations

If your partner expects you to visit the in-laws every Sunday but that is your day to catch up with friends, this may cause perpetual tension. Your partner is not a mind reader and vice versa. Even if you grew up in the same country, culture and suburb, we each have a very unique set of ideas and expectations around relationship from our personal experience. It is important that two individuals discuss at length these issues and figure out what they expect from each other, the direction of the relationship and their values. In an equal relationship, there shouldn't be rules, but mutual agreements freely made by both parties. That is the strongest form of union and equality.

2. Unmet needs

Maybe you are craving more time by yourself, swimming in the ocean. Perhaps you want more intellectual stimulation. You may be yearning for more touch. We are constantly changing and evolving, and as we do, our needs change. The person you married 20 years ago is rarely the one that stands before you today. It is vital to stay in touch with the current version of the person you are with. It's best to have these conversations first, as unmet needs can be the start of a slippery slope to unsavory behaviours. Ask your partner what their needs are, check in with yourself about what you need and intentionally make time and effort to work towards helping each other achieve them. If it's time to schedule a romantic getaway or weekend with the girls, go do it!

Over and over I see these two issues crippling relationships, so here are my top tips to not becoming another sad statistic.



Goodness gracious, great balls of fire!

Let's start with a commitment to honesty and transparency as our core values for relating. From there, we can draw on 5 tools.

1. Become self-aware.
2. Communicate your needs.
3. Communicate your expectations.
4. Communicate your boundaries.
5. Make agreements (not compromises).

Unlike the Hollywood vision, most of us know we don't just ride off into the sunset. Real relationships take work, time, maintenance, nurturing, love and a whole lot of patience and empathy. Imagine building a house without consulting any architects, engineers, plumbers or builders. While you could give it a go yourself, perhaps watch a couple of DIY YouTube videos, you wouldn't expect the house to stay standing, certainly not through turbulent weather. Great relationships are the same. They are best built by design and with the consultation of professionals if you are seeking to build a strong foundational structure that will not just last a lifetime, but will be the home of your dreams.

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

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

Ask a sparky

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



Thomas Volt asks, "Chris, I've recently moved into an old home that, once I can secure financing, I plan to bulldoze and build my dream behemoth, but in the meantime, what's the first thing I should do to ensure the power supply is safe?"

Wonderful question Mr Volt. Let me firstly wish you the best of luck in securing the financing and Thomas, be sure to contact Shore Financial for the lowest borrowing rates available. But enough about cash, let's focus on power.

First port of call, the **mains cable**. This takes electricity from the grid to your switch-board. In partnership with the **mains switch**, which monitors the electricity your house is consuming, the mains cable and switch need to be matched to the electrical demands of your household.



Modern main switch

Old-school main switch

Mains cabling installed before 1990 often can't safely handle the increased power demands for today's homes with increased appliances and A/C units. If you suspect your house may be using an undersized old mains cable, it's best to call an electrician for an inspection. You can then assess if it's necessary to upgrade your mains cable for maximum power capacity to your household and protect the old mains cable with the correctly rated main switch.

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Stripping for Nature

Let's face it, streetscapes matter. And the way your "hood" looks can be good for your health, your community and your hip pocket... as well as the environment.

The weird thing about so-called "nature strips" is that they're usually completely devoid of anything remotely natural. They're traditionally patches of manky looking "exotic" grass, mixed with spiky burrs of Bindii. A nightmare for every late night, bare footed, rubbish bin putter-outerer. And, of course, they take up loads of time, trimming and mowing to preserve their barren, unloved, bleak ambience.

It needn't be like this. Nature strips could easily be verdant, beautiful, oases of biodiversity and wonder. As an alternative to the "naked" look, you could plant native species (endemic to Sydney's Northern Beaches) including the strappy, grass-like, Lomandra and Dianella which grow in hardy clumps and suppress weeds. Plus, low-growing trees such as Water Gums, Bottle Brush and NSW Christmas Bush, guaranteed not to interfere with power lines. Suitable plants can be purchased from a specialist native nursery. Ask for species that are indigenous to your own suburb.

Prior to planting your "verge garden", completely remove all foreign stuff and continue to extricate weedy re-growth whenever it emerges. When the natives are established, maintenance will be virtually nil.

Don't forget to leave enough space for domestic requirements, such as "chuck out" items and check with Northern Beaches Council first for advice regarding planting policies and the location of underground utility cables and pipes. You can also get free help with this via the "Dial Before You Dig" website www.1100.com.au

Remember that your trees and garden should not block the vision of passing traffic (or when you are reversing out of the driveway) and allow clearance for opening doors of parked cars.

When you've planted out your nature strip, it will seem to have a magnetic attraction for tossed rubbish items and "dog doings", but perseverance will pay off. Ultimately, you'll be the envy of your neighbours as you sit back, beer in hand and watch them drag out their Victa mowers in futile regularity. There's also



Native "verge garden" (Manly Vale)

a good chance that you'll connect better with your community, inspire them to follow your lead and create good energy in the street as well as a beautiful green haven.

If you "can't be arsed" with all that hassle, you can lodge a request to Council to plant a street tree for you (maybe you have space for a taller growing species). Phone their Customer Service line on **1300 434 434** or email council@northernbeaches.nsw.gov.au

If you do get a tree planted, remember to water it whilst it is getting established and go easy on the "whipper snipping" as many die from being ring-barked.

Street trees deliver an amazing number of benefits, from providing shade and shelter, limiting water run-off and enhancing air quality to lowering blood pressure, reducing road rage and improving mental health! A US study even suggests that patients who have a view of nature through hospital windows recover better after surgery.

The game changer for most people though is a study, by the real estate sector, that revealed tree lined streets can add \$15-25,000 of value to homes and businesses versus non tree comparable streets. The "take home message" is that a street devoid of flourishing greenery is neither sensible, logical or economical.

Words: **Malcolm Fisher**



Wowee, that sets a high bar!

Film & Food

Sports Sensations

Sport is back. Whether you're playing sport, watching the footy or just in the mood for an uplifting sports drama - we've got you covered.

King Richard

Available to rent on Youtube & Amazon Prime
How did two young girls from Compton become tennis superstars? This is the story of Richard Williams, the dedicated and controversial father with a bold plan for his daughters, Venus and Serena - to make them the world's greatest. Follow their epic journey full of uplifting moments, scorching tennis sequences and an inspirational family at the centre of it all.

Battle Of The Sexes

Streaming on Disney Plus
Billy Jean King vs Bobby Riggs. 1973. One historical tennis match. Billy plays for women's equality, while Bobby fights to prove even he, a fifty-five year old can take down the top women's tennis player. The stakes are high in this glitzy drama full of larger than life characters, high emotional stakes and wacky antics. It's hard to believe this story is actually true, you'll come away enlightened and entertained.

Winning Time

Streaming on Binge
In the late 1970's the National Basketball Association was not the global sensation of today, it suffered low ratings, low attendance and a disinterest from the general public. With the birth of one of the most exciting teams in sports, the Showtime Lakers, the NBA was soon the hottest league on Earth. This exciting and informative series is just as dazzling as the team it is about.

Wow Bars

This super healthy power wow bar is designed to fuel your sports playing, watching or sports daydreaming at work - you'll be saying WOW!

Ingredients (makes 15-20 slices):

20cm x 20cm cake tin
2 teaspoons of chia seeds
½ cup coconut oil
1 tbs vanilla essence
¼ cup brown rice syrup

Dry ingredients:

1½ cup oats
½ cup oatmeal
1 teaspoon baking powder
¼ cup sunflower seeds, ground
¼ cup pepitas, ground
¼ cup desiccated coconut
45g rapadura sugar

Filling:

1 cup of dried peaches
½ cup apple juice
1 cup pitted dates
½ lemon, juiced

Method:

1. Preheat oven to 180°C. Line tin with baking paper. Place the chia seeds in a bowl with a third of a cup of water to thicken.
2. Place the juice, chopped dates and peaches in a small saucepan on a medium heat until simmering lightly, simmer for ten minutes. Add to a blender with the lemon juice and blend until fairly smooth. Set aside.
3. Toast the oats on a lined baking tray in the pre-heated oven for ten minutes. Place in a large mixing bowl with all other dry ingredients and mix well.
4. Add the coconut oil, vanilla essence and rice syrup to the chia seeds mix and combine in a small mixing bowl. Add to dry ingredients and combine well.
5. Using your fingers, press half the oats to evenly cover the bottom of the lined tin. Then add the filling and evenly spread with a fork. Then add the other half of the oats and evenly spread. Bake for 35 minutes. Remove to cool, slice into squares of preferred size and enjoy!

Words: **Christopher Roberts**

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

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



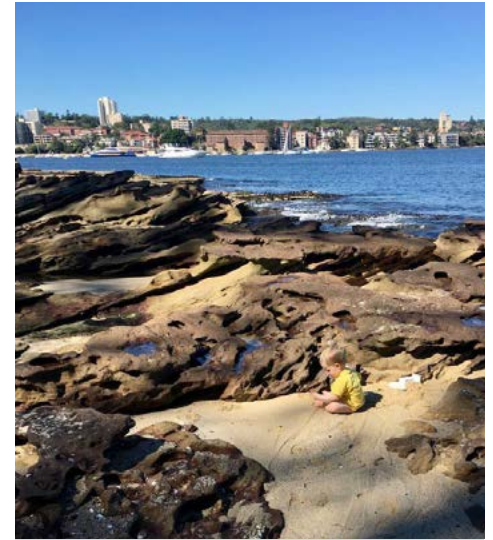
Subject Queenscliff Pool Party
Photographer Jessica Costi



Subject A branch full of chatterboxes
Photographer Rob Edgren, @robedgren



Subject Chris Thomas and his Australiana supreme Market Lane mural **Location** Market Lane



Subject Perfect spot for a sandy bott bott
Submitted by Alina Hutchinson



Subject Carnage at the office
Submitted by Trishmas Carroll



Subject OsteoStrong opening strong
Location 45 Sydney Rd Manly



Subject Collaroy Plateau Sunflower
Photographer Jan Moran



Subject Life's a beach
Location Manly Cove



Subject South Curly Washing Machine
Photographer Jennifer Cashman



Indie Book Finalist, Praise Be is a tiny book with a big hearted story

Tawny's Bathtub Bookclub

Praise Be for Evered Higgins

Praise Be is a novella written by a young talented human by the name of Evered Higgins who is yet another extraordinary writing talent living under our noses in The Tawny catchment area.

Some of you may know Evered better as Poemboii and may even have had him write you a poem on his trusty typewriter perched at the Manly Markets where he writes poetry on the spot for anyone who cares to commission him for just a few dollars.

Evered, Poemboii or EH as he's also known, writes like an old soul. Even his name has an old soul feel to it. Perhaps his mother knew when she birthed him that she had created a human with incredible insight into love, loss, anger, frustration, fleeting happiness and the wonder of nature and being connected to people who uplift you.

Praise Be was a finalist in the International Indie Book Awards in 2021 for writers under twenty-five and it's easy to see why. EH paints a picture of Ricky, the main

character, which is so vivid I swear I've seen Ricky sitting at The Steyne Hotel - before it got glammed up - getting drunk with his mates on schooners of Reschs and reliving the glory days of their youth.

Ricky lives alone in a rented place that reeks of his slovenliness, works in a physically demanding and mentally numbing job, nurses unresolved grief about his marriage breakdown and survives from pay packet to pay packet. He's turned into someone his eighteen-year-old self swore he would never become, old and worn out, drinking at the same table with the same friends, talking about the same things every night. He doesn't even like these mates that much, they're just a habit. Ricky is stuck.

It wasn't always the case though. Once upon a time he loved life and adored surfing. In the ocean Ricky feels like his best self.

When we meet Ricky his knees are shot, surfing is no

longer possible. Instead, he regularly visits the headland near his home, swims when it's dark and always experiences something when underwater that gives him a soothing calmness. He doesn't care if he becomes shark food because he's miserable.

His life gets a jolt when he gets the sack from his dead-end job. He heads off to the headland to scream his anger and frustration in such a frenzied way and in proximity to the headland's edge that a stranger passing by, Emma, thinks Ricky is going to end his life there, which wasn't his plan. Emma enters the story at page 19 and stays in the story until the end. At first I thought Emma may be a figment of Ricky's imagination. No. Emma is a fair dinkum human who for reasons that elude me showed real kindness and compassion for gruff, unsociable, barely articulate Ricky.

The wonder of EH's writing is the authentic voice of Ricky and his mates, the dialogue is so real you feel you're sitting at the scummy hotel bar overhearing their banter. It's not an easy read if you find four letter words of the f and c variety offensive.

I'm not going to give away what happens. You'll just have to read Praise Be to find out. It's a story about the redemptive power of hope written in a distinctive voice.

Praise Be is available online from Amazon, Dymocks and Google. Follow @poemboii on Instagram for updates on Praise Be and all other Evered Higgins writing pursuits.

Words: **Paige Turner**



- Which high profile couple got married at Manly's "Castle on the Hill" St. Patrick's estate in 2006?
- As the crow flies, which is closer to Manly Wharf; Roseville Bridge or Warriewood Square?
- Which Northern Beaches beach is the only west-facing beach in Sydney?
- To the nearest kilometre, how wide is Sydney Heads?
- Did Warringah Mall first open in the 1960s, 70s or 80s?
- Before it was rebranded to Virgin Australia, what was it known as?
- The first 2 words of the bible are "In The". What is the 3rd word?
- Not including sparkling, do Australians consume more red or white wine?
- Who did Australia beat in the final of the Women's One Day cricket World Cup played in New Zealand recently?
- Which European nation's monarchy was abolished by referendum in 1946?
- The Palais Theatre is Australia's largest seated theatre. What city is it in?
- How many colours does the flag of Singapore have?
- Robert Louis Stevenson is best known for which book released in 1883?
- Ash Barty won 3 of the 4 Grand Slams. Which Grand Slam didn't she win?
- The Orange River is a 2500km river on which continent?
- Who was playing James Bond when Halle Berry played the role of Bond girl Jinx?
- Overlooking which Australian state or territory capital is Mount Wellington?
- Which Australian ground did Shane Warne take the most Test wickets at?
- What does the A stand for when referring to DNA?
- Will Smith recently won the Oscar for Best Actor for his role in which film?

Sudoku

Medium difficulty

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

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Applications close at 5.00pm on Friday 13 May 2022

Star Signs

by Krystal Bawl

Taurus Apr 20 - May 21

Chin up little bull and chin-chin to more good times ahead especially with friends you're soon to make.

Gemini May 22 - Jun 21

Your gift of the gab is opening doors. Ignore anyone trying to silence you, it's their envy talking.

Cancer Jun 22 - Jul 22

You're exuding astral waves that are very alluring, make the most of it, get super social and enjoy.

Leo Jul 23 - Aug 22

All this rain has made your brain a fertile ground for fresh ideas. Harvest them. Prosperity beckons.

Virgo Aug 23 - Sep 23

Money, money, money, gimme, gimme, gimme. No need to say please, you're a money magnet right now.

Libra Sep 24 - Oct 23

Usually associated with principles of truth, justice and balanced perspectives, it's your turn to lapse. Go wild!

Scorpio Oct 24 - Nov 22

Excess looms. Your power to resist is weak so dive deep into that ravine and don't come out till you're satiated.

Sagittarius Nov 23 - Dec 21

You've been taking DIY to extremes. Cut up your Bunnings card and get cosy with a clever tradie.

Capricorn Dec 22 - Jan 20

You are not a broom, stop letting people push you around. Time to dust off your assertiveness and use it.

Aquarius Jan 21 - Feb 19

Your creativity is surging and needs to be released into the world. Artistic collaborations are written in your stars.

Pisces Feb 20 - Mar 20

Stop dipping your toe in the water, do a high dive into your next big adventure and make a big splash while you can.

Aries Mar 21 - Apr 19

What is it you really want? Stop being the enabler of other people's dreams and make your own come true.

Trivia Answers

- Keith Urban & Nicole Kidman
- Roseville Bridge
- Shelly Beach 4.2km
- 1960's (63)
- Virgin Blue
- White wine
- Begginning
- Italy
- Melbourne
- 12.2
- Treasure Island
- US Open
- Africa
- 15
- Hobart
- Gabba
19. Acid
- King Richard
- 20

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

Sudoku Solution


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| James Griffin MP | That Wallpaper Guy |
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| Kamaroi Steiner School | Transcom Industries |
| Kiss My Axe | Transdev |
| Koalafied Plumbing & Gas | Tuned In Music Therapy |
| Labrador Painting | Wilson Family Funerals |
| Lifeline Northern Beaches | Zali Steggall OAM MP |

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