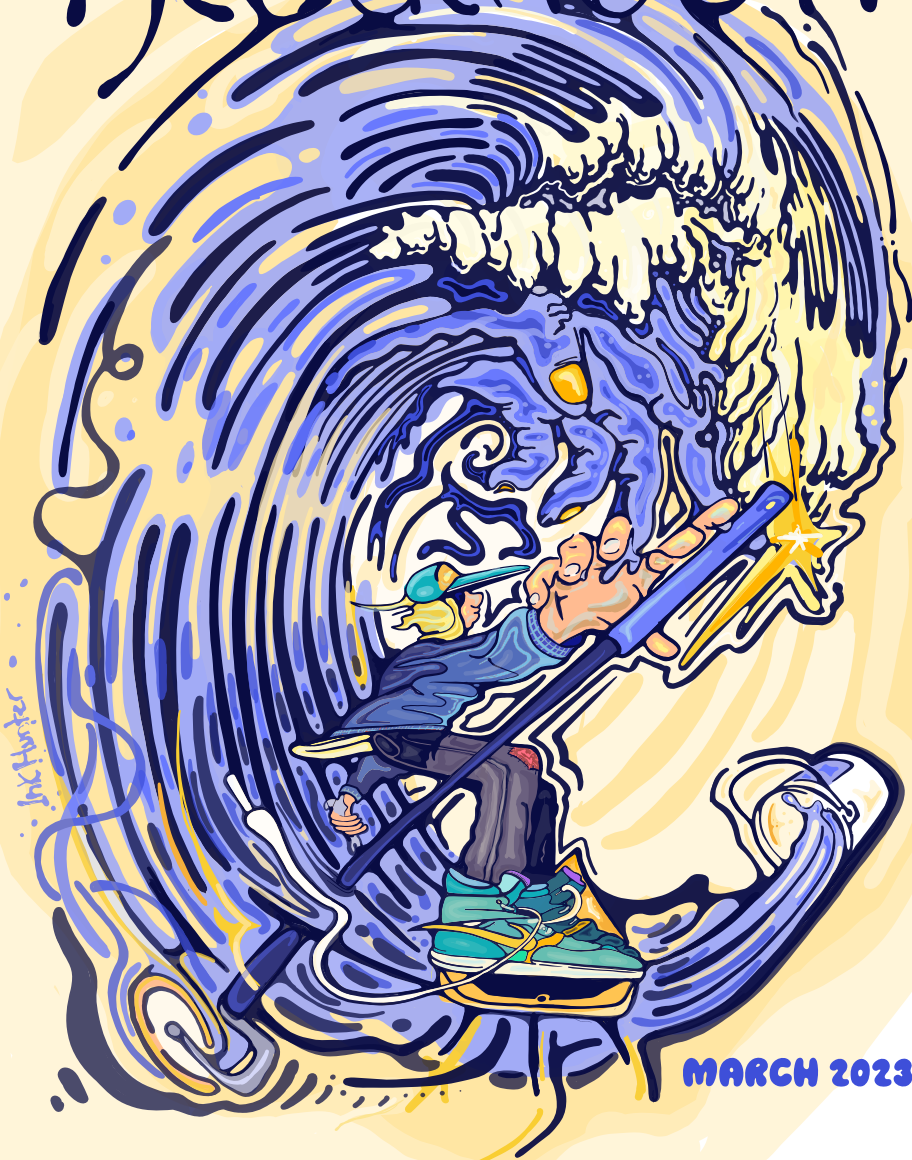


THE TAWNY

# FROGMOUTH



MARCH 2023



VOTE  
**1**  
James Griffin

# Delivering FOR MANLY



- **Expanding child-care and early learning opportunities**, including universal pre-Kindergarten and further subsidies to make child-care more affordable.
- **Ditching stamp duty and delivering choice for First Home Buyers**, reducing upfront costs to get buyers into their first home sooner.
- **Securing a \$50 weekly Opal cap for the Manly Fast Ferry service**, saving commuters hundreds of dollars a year.
- **Phasing out single-use plastics in NSW**, diverting more than 2.7 billion plastic items from our environment over the next 20 years.
- **Protecting our local environment**, including enshrining in law the heritage protection of Manly Dam.
- **More frontline services including doctors, nurses and police**, including a new \$11.4 million specialist youth mental health service at Northern Beaches Hospital.
- **Retaining the former Manly Hospital site as a health and wellness precinct**, anchored by the Australian-first hospice for teenagers and young adults.
- **Boosting critical support services for domestic violence victim-survivors**, and funding a new refuge to be delivered in partnership with local service providers.



**Joeline Hackman** VOTE 1  
INDEPENDENT for MANLY

Independents deliver results  
for the community

I'm Joeline Hackman, your Independent state candidate for Manly. As an Independent in the NSW Parliament, I will represent the views of my electorate, not those of a political party or vested interests. We need more integrity in politics and representatives who will speak up on issues that affect our local community. I'm ready to lead that change.

**COMMUNITY INTEGRITY ECONOMY CLIMATE**

[JoelineHackman.com.au](http://JoelineHackman.com.au)



**JAMES GRIFFIN** MP Member for Manly

JamesGriffinMP jamesgriffinmp

0448 085 605 manly@nswliberal.org.au



Scan for more info

**VOTE 1 FOR JOELINE HACKMAN**

Authorised by Joeline Hackman 43 Belgrave Street, Manly NSW.

Authorised by Chris Stone, Liberal Party of Australia, NSW Division, Level 2, 131 Macquarie Street, Sydney NSW 2000.

# G'day Beaches

Holiday's over, welcome to our first issue of 2023, we have a momentous year ahead!

Huge thank you to Patrick Hunter for his mesmerising cover art, and a bevy of brilliant new contributors this year. The Organic Scarecrow provides monthly recipes, Rebecca Burton uncovers secret spaces and hidden places on our doorstep, Chris Roberts turns his cinematic focus to films, and music man Digby Robinson reviews new and classic albums.

Election fever is running hot, 25 March set to host the most fascinating race to Macquarie Street in recent memory. We profile ten superb Beaches candidates vying for your vote. Meanwhile, Northern Beaches Hospital's 20 year lease to an impenetrable Caymans entity for \$1 a year raises serious questions Michael West demands answers for.

Special shout out to Andrew Ward. His Head Above Water 24-hour Swimathon turns 5, and his life-saving work earned him an Australia Day Award! Congrats "Wardy"!

*Liam*



## The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd  
ABN 95 013 114 772

### WEBSITE

www.thetawnyfrogmouth.com.au

### EDITOR

liam@thetawnyfrogmouth.com.au

### ADS

ads@thetawnyfrogmouth.com.au

### LETTERS

mail@thetawnyfrogmouth.com.au

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	Saving the world, one solar panel at a time		



### Acknowledgement of Country

The Tawny Frogmouth acknowledges the Traditional Custodians, the Gayamaygal and Garigal and their Country on which we Tawnies nest today.

By these words we show our respect to all Aboriginal people. We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.



## Here to help

Please contact my office for help with:

- ✓ NDIS
- ✓ Immigration
- ✓ Aged Care
- ✓ Grants





**Contact or visit the Electoral Office**  
Level 2/17-19 Sydney Rd, Manly NSW 2095

☎ 9977 6411 ✉ zali.steggall.mp@aph.gov.au 🌐 zalisteggall.com.au

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





2023 Ocean Rockpool Tourers on the splash

## Peninsula Wash Up

### 14 rockpools in one day

The **Ocean Rockpool Tour** kicked off in 2022, an annual charity event where, in a single day, participants swim in every Northern Beaches Ocean Rockpool. While most make the Palmy to Bower journey with automotive assistance, **Vince Bird** and **Driss Chikhaoui** decided this year to walk it! Starting at Palmy at 5.05am, swimming for 15 minutes at 14 rockpools, squeezing in a half hour bite at Mona Vale, and finishing at Bower pool at 4pm, they covered 32km's on foot! Walking in the rain couldn't dampen their spirits. Fantastic effort from all. \$35,000 raised for local charities! Sign up for 2024 at [oceanrockpools.com](http://oceanrockpools.com)

### A Senior's best pal to fight cyber crime

Thanks to an epic response for tech savvy volunteer tutors, **Manly Computer Pals** for Seniors now has a new challenge – to get more students! President **Judy Elias** tells us, “We have a number of vacancies for people who wish to upgrade their skills, and with email, phone and sms scams on the increase it is important that members of the community, particularly seniors, continually improve their computer and device skills.” Call **9976 0930**, or visit [manlycompals.org.au](http://manlycompals.org.au) to find out more.

### Where we live

Katie Thomas of **DiversARTy** Gallery in Cromer is hosting a pop-up exhibition at Curl Curl's Creative Space, featuring newly painted works by 22 local artists of local scenes, “**Where We Live**”. Check it out **Wednesday 22 March to Sunday 2 April**, with opening night **Friday, 24 March, 6-8pm**.

### Sydney Surf Daily

Congrats to local surf icon **Steve Harro**, waking up New Year's Day with a resolution epiphany to reawaken the Triple M Reggae Ellis surf report glory days, but with a 2023 smartphone twist. Every morning at sparrows, Harro broadcasts a bird's eye view of Sydney surf spots, replete with a soothing voiceover run-down of waves, conditions, tides, and whether or not you should drop everything and hit the water. Follow **@sydneyurfdaily** on socials to know every dawn what the surf's doing, plus Friday arvo enjoy a weekend forecast, Sunday arvo a weekly forecast. Caveat emptor, forecasts may prove wildly inaccurate.

### International Women's High Tea

The Manly branch of the **Country Women's Association** is celebrating 100 years of community service, and on Saturday 11 March has their annual International Women's Day High Tea. **Selena Griffith** will be keynote speaker, CEO of ENACTUS which encourages uni students everywhere to use innovation and business skills to ensure all people thrive in a sustainable world. Delicious home baked goods will also be served, and thoroughly enjoyed. Tickets are \$70. Visit [humanitix.com/au](http://humanitix.com/au) and search “CWA Manly”.

### Let's go Mongrels

1 in 3 Australian men have no social connections, but **Mongrels Men**, a Northern Beaches based charity, is on a mission to improve the mental and physical health of men by creating opportunities to get outdoors, exercise, communicate and connect with other blokes. They run weekly meet ups in Manly and Dee Why and aim to get a Mongrels Men group in every Australian suburb by 2030. The more Aussie mongrels the better! Learn more at [mongrelsmen.com](http://mongrelsmen.com) and follow **@mongrelsmen on socials**.

### Come on Arty, let's go Party

The Tawny readership includes a huge array of talented artists, and perhaps an even huger array of Frogmouth party animals. So, if you're a creative mastermind looking for a bricks and mortar showroom to bring your artistic flair to the public, while embracing a healthy party spirit, call **Heather** at Manly's **Gallery 109**. Her Sydney Rd space is perfect to showcase your creative talents while celebrating in style. Call **0414 961 748**.

Words: **Liam Carroll**

**VOTE 1 THE GREENS**

**Real Action on Climate Change**  
End native forest logging, save our koalas and ditch coal and gas by 2030

**Public Transport for the 21st Century**  
Make public transport free, efficient, publicly owned; invest in rapid transit for the Beaches

**Restore Electricity to Public Control**  
Create a government-owned energy retailer to drive the push to renewables and cut prices

**Restore Public Health Services**  
De-privatise NB Hospital and restore emergency and acute services at Mona Vale

**ETHAN HRNJAK**  
FOR WAKEHURST

**CATE FAEHRMANN**  
FOR THE UPPER HOUSE

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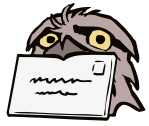
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## Letters to The Tawny Frogmouth

### Diversity, Unity and Voice

An alternative viewpoint should be put in response to the letter by Paul Baker (Acknowledgement of Country, Dec '22). Two issues were raised; firstly, the acknowledgement of country and indigenous flags being divisive and secondly that poor treatment happened a long time ago and by implication is no longer relevant. If Australia is to engage in effective nation building it is essential that Australia and Australians recognise the continuous occupation of these lands by 500 aboriginal tribes with 250 distinctive languages. The traditional owners never ceded ownership of these lands and division is already ingrained and will remain until truth telling, treaty and Voice are implemented. The problem is that many are happy with the current division and inequality or remain blind to this division/inequality. It is common internationally for those who have benefited from colonisation to conveniently ignore history and its ongoing legacy. The damage done by past history is ongoing; the loss of identity, loss of culture, loss of language, loss of connection to country and unequal treatment by many institutions including the police and law courts.

Many events are very recent, namely the stolen generation and destruction of sacred sites. It is useful to note that it was only in 1984 and 1986 that the last aboriginal tribes came out of the Western Desert region of central Australia to confront western culture for the first time. It is relevant to examine the writings of Dr David Scrimgeour who attended the event in a medical capacity. He highlighted the importance of Aboriginal autonomy for the health and welfare of indigenous people. You only need to visit indigenous communities in Arnhem land, central Australia and the Kimberley's to recognise the importance of culture to first nation people. It is not in their interest to be completely absorbed into western culture.

Many, unfortunately, see diversity equating to division. It is essential to embrace diversity if we are to build bridges between western culture and first nation culture. So, we can be united in a respectful manner.

**Tony Griffin, Freshwater**

### Council Bins

Dear Liam, I am writing about an ongoing issue we have with Stuart Street's council bins. Just when they are well positioned for the Robo-Truck-Prongs for emptying, a random guy comes along wanting to park his car right in the spot, removing the bins, placing them on the nature strip where the trucks can't reach them and the prongs can't prong them, thus leaving the bins unemptied and resident rubbish piling up, a very unsatisfactory outcome. Please, can someone come up with a solution.

Tawny readers are the smartest of all the Beaches residents, so I have high hopes. I do like the idea of fining people who touch the bins once they've been placed correctly for collection.

**Catherine Connolly, Manly**

### Catastrophic failure

The early signs are anything but peachy, but what exactly will 2023 bring for local public transport commuters? So far, in keeping with 2022, daily I stand in line with the cluster of Northern Beaches' bus commuters. Layer upon layer we wait. A man yells at us, "154 express! Catch it to Neutral Bay then transfer to the 100 for the city. It's only 2 buses from Dee Why!" 25, 30, up to 40 minutes waiting time. This all adds up to your daily hours of work. Unpaid hours too. Everyone's favourite. Failure.

We can talk of tunnels or trains to get the Beaches moving, but this issue is today not tomorrow. We need to fix public transport now. The catastrophic failure across the now privatised bus regions falls squarely on the shoulders of the decision makers. I wager they're still gainfully employed in their highly paid positions. Bstrds. They may blame a driver shortage for all the problems, but maybe the real issue is these decision makers. They need to own up to the biggest mistake made in 90 years of public buses.

Or maybe we are all to blame, complacently voting in a political party whose primary interest lies in selling out its constituents.

**Dr Ivng Offercliff**

### Don't remove shark nets

I am so tired of these Greenie calls to ban shark nets. At the end of the day, the life of a human being is more important than the death of a fish. Of course, some fanatical greenies would disagree with this. Make no mistake, the first human death from a shark attack - if nets are removed - will allow the victim's family to sue both The Northern Beaches Council and the State Government for a complete dereliction of duty of care. The state

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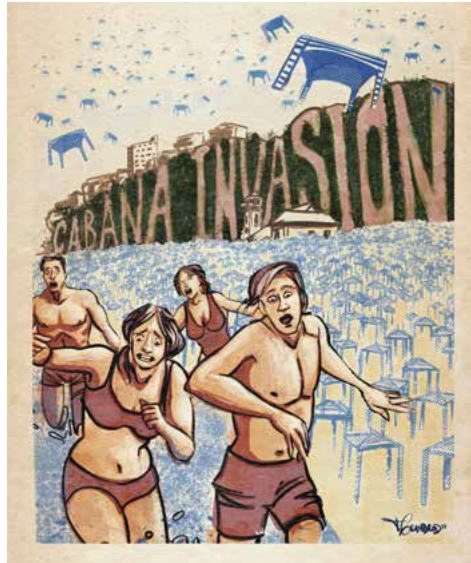


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government must continue to govern for the majority and disregard these hysterical calls from people who regard a fish as important as a human.  
**Phil Johnson, Dee Why**

**Freshwater, ground zero for the...**



Cartoon by Tristan Grindrod @houseoftryst

**Yellow Beauties**

I was disappointed to read the one dimensional, all negative letter from Dr Offercliff (Dec '22) regarding the B-Line buses which I would prefer to label as "Yellow Beauties". Few, if any, new facilities have all positives. I consider the B-Line buses to have many and be a great addition to the public transport offerings on the Beaches. Many have questioned why we have no train line. Imagine the cost, the construction disruption, the land and property requirements for the line and stations, etc. The B-Line is the next best option, operationally and practically. Relatively little of the aforementioned train line negatives but the provision of a train like service with well spread-out stops (stations) and significantly free flowing. Some services have been lost and for some it now means a change of buses, however one suspects, for the very large majority, their total journey times in comfort have been significantly reduced and rarely have I observed people standing in the aisles which is, anyway, common to most public transport offerings during peak hours. Possibly improved feeder services are required using smaller (say 20 seats) buses. Why bus services on

our often-narrow local roads use almost empty, large buses defeats me. Yes, we have well considered and introduced Yellow Beauties and all those thankful for them should indeed think clearly how they should vote in relation to this topic.

I also agree with Paul Baker's (Dec '22) sentiments that "The Acknowledgement to Country" is divisive rather than inclusive and encourages inequality. Does the "we" in the Statement really "acknowledge the spirits of the Clans that lived here"? Or is this just another example of insincere political correctness? Are Tawny Frogmouth and others being sincere when they say they respect "all" Aboriginal people? Do they really acknowledge Elders past, present and emerging AND do all those people truly acknowledge the spirits and ancestors? I ask the editor to declare sincerely he does or is it just written for political correctness?

**Michael Smith**

*\*Editor's note: Sincerely refer to page 5*

**Manly needs an independent MP**

We need to elect a teal independent candidate at the state election in March. It is that simple. This liberal state government has overseen the clearing of tens of thousands of hectares of forest, destroying critical native species' habitat, and the approval and endorsement of tens of new fossil-fuel projects. What's worse is the greenwashing – the vain attempt to pull the wool over our eyes – by rolling out band-aid solutions that are nothing more than smoke and mirrors. Climate change impacts every one of us here on the Northern Beaches and will continue to do so for generations to come. We need real climate action through a state representative who has our community's best interests at heart, not those of a major political party. I'm voting Joeline Hackman.

**Kristoff Adelbert, Balgowlah**

**Don't pay your rates**

The Buzzards are circling over the carcass of credibility this council once had. The ghostly sins of the past council destined to repeat. We had such hope. Contempt for the ratepayers echoes in their actions and yet they remain unaccountable, uncontactable and uncaring. Big Boss Green Leaf doesn't see the need to respond to emails about public safety. A fourteen-inch steel spike protruding vertically out of the sand with a sharpened tip at Little Manly boat ramp ready to impale unsuspecting swimmers at mid tide obviously not important. Perhaps the Big Boss was helping Traffic Pundit Ham Sandwich



Call Martyn on **0478 417 425** or scan code to find out more

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finish off those recalcitrant surfers. Similar to the steel spike at Little Manly, surfers were well and truly jabbed by fines when the dynamic duo decided to ban reverse parking along the beach front. No consultation or warning, just a tiny sign change and Bingo the cash roles in. Legal for decades but now illegal at the whim of a minority. As per procedure, safety concerns voiced via email ignored. Good luck with your kids and prams standing behind the car in traffic. Complaints regarding the speeding cyclists on the footpath, who instigated the ban, equally ignored. To quote Ranger Rambo, "That's not my job. Ring the Police." Being Christmas, the gifts kept coming. And so did the 3D crossings. Traffic jams galore as sleepy tourists, visiting our over legislated paradise, crossed in single file creating gridlock. Add an event every weekend and what could go wrong? Traffic islands, that's what could go wrong. Finished with his spray can and new signs, Picasso picked up his trowel went to Bunnings and got handy building these little traps. On a positive note, these actions have inspired creativity. One local lad, slightly agitated by fines, grid lock, tour de France cyclists, constant events, and concrete sandcastles, has put out a T shirt now on sale. The caption reads: LET'S

**KEEP MANLY A TOTAL COMPLETE ABSOLUTE S--- SHOW.** Available for purchase at the bench at North Steyne in all sizes. Free for Council Pundits. Happy New Year  
**Percy Protest Pelican**

**Dogs taking over Fairlight beach**  
 Spending time on Fairlight beach has become increasingly uncomfortable due to the number of people ignoring the no dogs sign and letting their off-lead dogs run on the beach and swim in the harbour. The signs clearly state no dogs on the beach. Dogs are permitted on a lead on the harbour side walkway but not on the beach and not off-lead. As there are no rangers around on the weekends, the owners will not be fined, and dog owners feel the rules don't apply. The harbour beaches are usually a wonderful place for young families to enjoy the rock pools and the foreshore, but this is no longer the case as more and more dogs being allowed to run free.  
**Sue McGregor, Fairlight**

The Tawny Frogmouth invites the people of the Beaches to send in letters to [mail@thetawnyfrogmouth.com.au](mailto:mail@thetawnyfrogmouth.com.au)

## RESOURCES FOR SURVIVORS OF A SUICIDE ATTEMPT

Have you or a loved one survived a suicide attempt. Please check

[www.suicide-survivors.au](http://www.suicide-survivors.au)

The website provides information and resources for suicide attempt survivors in one easily accessible place.



"This life. This night. Your story. Your pain. Your hope. It matters. All of it matters"  
**JamieTwokowski**

# DON'T CHOP MY HOME



Dear Minister Griffin,

**Koalas are now endangered because our forests are in crisis.**

- Land clearing rates have tripled since 2016.
- Every year native forest logging destroys an area 50 times the size of the Sydney CBD.
- All the while, Forestry Corporation NSW ran at a loss of \$29 million over the last two years, covered by taxpayers.

Independent for Manly Joeline Hackman, the Greens and Labor have all committed to the Great Koala National Park.

As Environment Minister, what is your government's plan to rein in logging and protect our forests and koalas?

Scan the QR code or go to [nature.org.au/forests](http://nature.org.au/forests) to sign our open letter addressed to all candidates this election.



[nature.org.au](http://nature.org.au)





Head Above Water Founder 'Wardy' in Collaroy Rockpool

## Community

# Wardy's lifesaving water baby turns 5

The Head Above Water 24 Hour Swimathon returns to Collaroy Rockpool for the fifth year, after raising over \$540,000 from 2019 to 2022 for mental fitness programs across the Northern Beaches and throughout Australia.

Head Above Water was founded by Collaroy Plateau local Andrew 'Wardy' Ward and a bunch of his good mates in response to the high rate of suicide on the Northern Beaches and the mental health challenges faced by many in the community.

As Wardy says, "Having faced my own challenges, I wanted to create an event that combined physical activity with the power of community to make a positive difference to people's lives. And so, the idea of the Head Above Water 24-hour swim was born."

Over the last five years, Head Above Water has partnered with Gotcha4Life (founded by TV and Radio personality, Gus Worland) to help fund mental fitness workshops, presentations and training including Man Anchor, Tomorrow Man and Tomorrow Woman, as well as directly funding courses from the Sit (formerly Meditation for Men) and Peerhear telehealth services.

From 2019 to 2022, over 270 programs have been facilitated, reaching 8,750 men, women, boys and girls across Northern Beaches schools, sports clubs, businesses, and community groups. This work is ensuring we all strive for a healthier and more meaningful life, for ourselves and those around us, helping address the tragic reality that eight people in Australia lose their life to suicide every day.

To that end, in recognition of the positive effect that Head Above Water is having, Wardy was the recipient of the 2023 Outstanding Community Award at the Northern Beaches Australia Day Awards. Much deserved recognition not only for him, but for all volunteers, sponsors and partners that help make Head Above Water the success that it is.

This year's swim begins at 9am on Saturday, March 4th and will finish at 9am on Sunday, March 5th. There are four lanes to cater for all levels of swimming ability and people can choose to swim as many, or as few laps as they like. From 9am to 10am there will be the hotly contested Team Relay where some of the peninsula's finest sports clubs, swimming clubs, surf clubs, fitness clubs and schools will compete to be crowned relay champions.

When it comes to fundraising, every swimmer can raise money via their own sponsorship page or can form a team to raise even more money. This year, there is over \$5,000 worth of prizes up for grabs and any individual swimmer who raises over \$300 is automatically in the draw

**To register** for the swim, visit [headabovewater2023.raisely.com](https://headabovewater2023.raisely.com)  
**To donate** directly to Head Above Water, visit [haw-general-donation.raisely.com](https://haw-general-donation.raisely.com)

for a chance to win their share. Every donation helps create stronger connections and makes a positive difference throughout the community; every \$40 raised funds a participant to attend a workshop, every \$75 raised funds a 1-hour session with a qualified counsellor, every \$700 raised funds a 6-week meditation course and every \$4,000 raised funds 2 x 50- person workshops.

The success of Head Above Water is perhaps best summed up by Gus Worland himself, who says, "The Head Above Water swim is one of the best 24 hours our community can experience. With so much money and awareness raised, it's an amazing day."

What Gus said. See you poolside at Head Above Water 2023.

Words: **Rob Martin Murphy**

If you, or someone you know needs help, contact the Mental Health Access Line on 1800 011 511 which is a 24-hour telephone service operating 7 days a week across NSW. Alternatively, contact Beyond Blue on 1300 22 4636 or Lifeline Australia on 13 11 14.

PHOTO: STEVE DUBÉ PHOTOGRAPHY - WWW.STEVEDUBÉPHOTOGRAPHY.COM

## State Politics

# Mayor Regan, running for Wakehurst

Michael Regan is excited about what the community can achieve if he is elected as the Independent Member for Wakehurst at the State Election on 25 March. Having served as local Mayor for 14 years, he points to the many successes that he, the Council and the community have achieved together in that time.

"From creating accessible playgrounds to renovating surf clubs; investing in the arts, improving sporting facilities, protecting the environment and completing our iconic Narrabeen boardwalk, the list of community achievements is a long one" he says. "We saved ratepayers millions of dollars by installing solar panels and switching to 100% renewable power. This is good for the environment but also good for Council's bottom line."

Michael says all these achievements culminated in Council being awarded the prestigious A.R Bluett Award at the end of 2022 as the most progressive Council in all of NSW! Michael now wants to take that experience and local knowledge to the State level.

**"Imagine what the community of Wakehurst can achieve together by having a strong, independent voice stand up for us in State Parliament."**

Michael says many of the big challenges facing Wakehurst aren't based at a Council level but instead require State Government input and approvals. "In the next few years there are some big challenges facing the Wakehurst electorate. We already know the smart solutions exist. It just requires experience and commitment to get things done."

Michael will be focussing on 6 key areas during the campaign:

**Fixing the Bottlenecks:** addressing significant traffic congestion and public transport problems. He has put forward a plan to have a bypass built at the Officeworks intersection in Dee Why to alleviate congestion on Pittwater Road. Similarly, he wants to establish a community task force to review the privatisation of public transport systems.

**Protect the Environment and create Vibrant Communities:** Michael points to the fact that just before Christmas the Liberal Government approved the bulldozing of 45 football fields of bushland in Belrose to build 400 homes in a bushfire zone. "We need an independent voice



The race to Macquarie Street starts in Narrabeena

to speak up against such massive overdevelopment that goes against the Government's own processes. We need to protect our unique environment and ensure the planning for Frenchs Forest and Brookvale deliver vibrant urban centres with appropriate infrastructure and fantastic public facilities."

**Housing Affordability:** provide better housing options for all, from downsizers to first home buyers to housing for our essential workers.

**Lower Energy Bills:** make rooftop solar power more affordable by offering \$15,000 interest-free loans without a cap or postcode qualification and create community battery options for all.

**Climate Protection:** proper planning to protect our homes and community from inundation, flooding and bushfires.

**Health and Education:** fund and support our vital healthcare, NDIS, aged care and public education workers and support our mental health services.

Michael says his track record speaks for itself. "I have the experience and negotiating skills to work with all parties at every level of Government. As an independent, I will be guided only by my community. We deserve that strong independent voice to stand up for Wakehurst."

For more info visit [www.MichaelRegan4MP.com](https://www.MichaelRegan4MP.com), follow [@michaelregan\\_wakehurst](https://www.instagram.com/michaelregan_wakehurst) on Instagram, **Michael Regan - Independent Candidate for Wakehurst** on Facebook, and [michaelregan4mp](https://www.twitter.com/michaelregan4mp) on Twitter

Words: **Liam Carroll**





Royal Far West royalty - Daryl, Harry, and Tom Hawthorne

## Community

# Harry's ready to ride over 400km for country kids

The countdown is officially on, with Royal Far West's annual Ride for Country Kids fundraising event taking place this month.

The Ride aims to raise awareness and vital funds to support Royal Far West, the Manly-based charity whose work connects country children to the vital services they need to support their early development and enrich their lives.

This year's event will run from 12-14 March and see cyclists ride over 400km through the stunning Snowy Mountains region. Each year, the Ride takes participants into the country communities Royal Far West serves, giving them the opportunity to hear stories, take in the views and experience life away from the city. This year's route will see participants ride from Cooma to Lake Hume Village, with stops in Thredbo and Tumberumba.

26-year-old Harry Hawthorne is one of the riders busy in training for the event. The Northern Beaches local

works in the facilities team at Royal Far West, but his connection to the organisation runs much deeper with his grandfather, uncle, dad, and brother all former or current employees.

"My grandfather Col worked here for over 20 years, my uncle Stu for 10 years, my dad Daryl has been here for over 40 years, and I've been working alongside him for almost five years now, with my brother Tom doing casual work with us. My parents also met here!"

Harry has worked on the event for the last three years as a support crew driver, but this year he decided to shake things up and join as a rider.

"I kind of got over sitting in the car and felt like I could get it done, so decided this year I would give it a go. Looking at this year's course, it's a bigger challenge than expected but I'm ready to take it on."

It's no small feat, with this being Harry's first time on a road bike. He admits it's taken some getting used to, but plenty of training has helped him prepare for the long and steep route ahead.

So, what's he looking forward to? For him the amazing scenery and the chance to prove himself with this massive challenge. Of course, a big reason is also to give back to Royal Far West and the amazing work they do in supporting country kids and their families.

Country communities have had a tough couple of years - affected by floods, bushfires, and other natural disasters. The impact of these disasters, coupled with the limited availability of services, has seen the number of country kids in need of developmental and mental health services drastically increase.

Right now, 190,000 children across rural and remote Australia have health and developmental needs that can't be met because of where they live. The Ride and the fundraising efforts of the riders help to directly support Royal Far West's work in connecting country kids with complex, undiagnosed developmental and mental health needs to the critical services and support they need to thrive.

**Royal Far West** has over 120 paediatric clinicians who provide services at the centre for country kids in Manly, virtually via telehealth and in-community. Support the ride, or sponsor Harry at [rideforcountrykids.com.au](http://rideforcountrykids.com.au). Every donation, no matter how large or small, can make a difference to country kids.

Words: **Kate Burrell**

## State Politics

# A vote for change

I am Joeline Hackman, your Independent candidate for Manly and I know that politics can serve us better.

I grew up on the Northern Beaches and have a deep connection to our community. My husband, Greg, and I are raising our two boys here and our family has strong affiliations to surf lifesaving, local schools, sport and environmental groups.

As a business consultant, I have seen firsthand the importance of clear and decisive legislation to enable planning for long-term success. I also have experience identifying where community support is needed and leading a targeted response.

I started Northern Beaches **War on Waste** five years ago bringing together like-minded residents and Council leaders to find local solutions to global problems. More recently, when Covid devastated our local business and medical communities, I immediately co-founded **Feed Our Medics** to relieve pressure on frontline health workers and provide income for our local hospitality sector.

It was this experience that made me realise that to position us for success, I needed a seat at the decision-making table in the NSW Parliament - influencing the decisions that impact our community every day.

Manly has a long tradition of independent State MPs. Dr Peter Macdonald and Mr David Barr represented us for 16 of the last 24 years. I am fortunate to have their support.

We know the Federal independents represent us well in Canberra, and I plan to take these same values to Macquarie Street.

### My key issues

**Community** - I am passionate about community consultation and being a strong voice for local issues, including pokies, education and surf clubs.

**Integrity** - I want to see greater integrity in government. I think we have all had enough of the 'jobs for mates' culture and pork-barrelling.

**Strong economy** - I look at every issue through an economic lens. NSW is \$11 bn in deficit, the 2023/24 forecast deficit recently doubled and we are missing out on many opportunities.

We deserve a competitive and transparent tendering process with public funds. At the



Joeline Hackman, Independent candidate for Manly

Northern Beaches Hospital, we have seen contracts for overseas ownership which do not return the investment dollars for the people of NSW.

Privatisation of our buses has left us without a fully functioning service. Too often school children and commuters are stranded as buses fail to arrive, and this is unacceptable. The ferry service is suffering with long queues and frequent mechanical issues which impact residents and our local economy.

**Climate action** - We've had a 6-fold increase in carbon emissions approved by the LNP since they agreed to a reduction in the Paris agreement. Instead of risking coastal offshore drilling we should be committing to NO new coal and gas projects. Also taxpayers subsidise the clearing of native forests an area the size of the Sydney CBD every 2 days in NSW that has put koalas on the threatened species list. We need the government to negotiate a fair price for our resources and fund our transition to cleaner technology.

**The rising cost of living** is a major concern. Whether it is housing affordability, energy costs or the weekly grocery bill, we have all been impacted - and we need a focus on ensuring no one is left behind.

I'm not beholden to vested interests and I'm very determined to deliver for our community. A vote for me is a vote for Manly first.

To review Joeline's campaign visit [joelinehackman.com.au](http://joelinehackman.com.au) and vote for Manly first.

Words: **Joeline Hackman**

## Home is where the event is

When Kelly Lewis founded Flying Ruby Events 12 years ago, little did she know how strong the ties to her Northern Beaches' community would become.

Kelly Lewis is a force. Full of positivity and purpose, she launched her Northern Beaches-based company Flying Ruby Events 12 years ago and has never looked back. Not surprisingly, she's also seen/done it all.

"We've produced so many different styles of events over the years, from large-scale gala dinners to intimate cocktail parties, fundraising events and brand activations," she explains. "I've built a billboard made from burgers, produced python bath activations, and suspended a dinner table from a 50m-high crane."

But that's all part of the charm of the events industry for Kelly – no two events, or days for that matter, are ever the same. "One day, we're having meetings on how to build and style an upside-down house and trying to figure out how many rubber duckies fit into a 180-litre bath," she continues. "And the next, we're writing a script for an MC and developing a menu for him because he's pescatarian and only eats food on a blue plate," she laughs.

It's Kelly and her team's ability to make each event appear seamless that has led to Flying Ruby's enduring success. "For us, it really is all in a day's work. I love that we're constantly working through challenges – it keeps us on our toes. Little do people know how much goes into running one, or what's happening behind the scenes. People just turn up and enjoy themselves and for us, that's our job done. Our only mission is to make sure every single person who walks through the door of one of our events has the best time."

With such a high-stress, high-energy, early-morning, late-night job, how does Kelly wind down? Manly-born-and-Collaroy-Plateau-bred, it's not surprising the beach is her place of rest, although she's reluctant to reveal which one exactly "because then it won't be a secret anymore". She also loves a little homewares shopping, "particularly at Emporium Avenue in Balgowlah," she admits. "Although, if I bring home another cushion from there, I may end up divorced," she jokes.

But mostly, she and her family love to explore what's on their doorstep. "I have lived on the Northern Beaches my whole life. Actually, that's



Flying Ruby's awesome foursome (L-R): Georgia Bathie, Lucy Hardaker, Kelly Lewis and Taleah Pharo

not entirely true. I did live in the Eastern suburbs in my late 20s, but I only lasted two years. I love the people here, and the super-relaxed culture. You just can't find that anywhere else.

"It's also ridiculously beautiful. I've done a lot of travelling – overseas and around Australia – and there's no place on earth that offers the headland walks, the beaches, the lakes, the bike tracks... We're just so lucky to live here."

It's funny to think that when Kelly first launched the business, she thought that "to compete with the big boys" she had to position herself in the city. "I thought we wouldn't be taken as seriously if we were a 'little Northern Beaches' company. Now, I thrive on the fact we're local, and that we support other local businesses."

So much so, 85% of Flying Ruby Events suppliers are from the Northern Beaches. "That's anything from the big jobs, like our audio-visual providers and production companies, to printers, photographers, staffing, florists and cleaners," explains Kelly.

"At the end of the day, it's about working together and supporting each other through the good times and the bad. I honestly wouldn't have it any other way."

Words: **Susan Armstrong**

Check out Flying Ruby Events at [flyingruby.com.au](http://flyingruby.com.au) and read more by Susan at [thesuitecollective.com](http://thesuitecollective.com)

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Tommy Turbo, a Sea Eagle force of nature

## Sport

# For the love of Turbo, hammy please don't tear

This was going to be a season preview piece about Manly Sea Eagles because that's what you do this time of year, right? List off a few players, who's in, who's out, and what can it possibly mean. Throw in some gibber about whether the coach is 'under pressure' and have a stab where they'll finish on the ladder. And boom – good chance you've backed up what readers reckon anyway.

Another thing you'll do, if we're fair dinkum, is place the club 4-6 spots higher than you actually reckon they'll finish because it will make readers feel better. True fact. Optimism sells. Yet given the *Manly Daily* is good as no more, at least not in any format where it turns up each day in a hard copy, it behoves us to be fair dinkum and decree to fans of Manly Sea Eagles this: **if Tom Trbojevic's hamstring goes again there is no chance Manly will make the NRL Top-8.**

Sorry, as they say, not sorry. Because let's be fair dinkum: the quality of the cattle

backing up our man Turbo, including his brothers **Jake** and **Ben**, and the old chunk of Queensland **Daly Cherry-Evans**, is not, well, it's not that flash. It is okay. It's just not that flash.

Hopefully I'm massively wrong. Maybe it'll be a crack-er of a season. But I don't reckon it will be. Because **Josh Schuster** in the No.6 is not **Brett Kenny** or **Alan Thompson** or **Wally Lewis** redux. He's pretty good. And he has a no-look pass that will gift those outside him that scintilla of time and space the good ones need to shred the opponent's D-line.

Issue is who, if we are frank and not considering their feelings, is outside Tommy T? **Jason Saab**. Tick. Top player. **Brad Parker**? **Morgan Harper**? Not so much. Sorry. Not. Sorry. Because we must continue in

Words: **Matt Cleary**

Enjoy that story? Help author Matt Cleary tell more like it by shouting him a coffee at [www.beacheschampion.com.au](http://www.beacheschampion.com.au) or scan here:



the fair dinkum department: The suits at Manly Sea Eagles Inc. have gone all in on the Trbojevic brothers and Cherry-Evans, and used up a significant chunk, perhaps a third, of the salary cap on three players, much as Melbourne Storm did **Cameron Smith**, **Billy Slater** and **Cooper Cronk**.

Yet while Storm coach **Craig Bellamy** extracted gold from peripheral players on, say, \$200k a year, it remains to be seen if new man **Anthony Seibold** can turn **Haumole Olakau'atu** and **Josh Aloiai**, among others, into the clear leaders the club needs. Particularly not if they're going to insist on not playing because the NRL decrees they wear a rainbow symbol on their jerseys. And that, sports fans, is a whole other story, don't start me. But Manly, without Turbo, is cactus.

**Martin Taupau** is gone. So is **Des Hasler**, and he carried the club on his bandy little legs. So much of the old boy DNA is gone – the great **Bob Fulton** has passed, his mate **Peter Peters** is on the Central Coast, and **Ken Arthurson** is older than Yoda. Cherry-Evans has just turned 33 and has many more yesterdays than tomorrows. Love the bloke. Always will. But you don't become a better or more skilful player as you approach your mid-30s, though **Cameron Smith** hung on there for a bit because he was very, very, very good.

And that, sorry-not-sorry, is just it. And yes – this piece was going to be a season preview about Manly. And that's how it largely turned out.

IMAGE CREDIT: SEAEAGLES.COM.AU

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Ugland House, Cayman Islands, where 18,900 companies are registered

## The NSW government, the feds, the Caymans, and Australia's worst privatisation unveiled

Forking out \$1.2bn to build a hospital then flogging it for zero must surely make the NSW government the most hopeless dealmaker in Australian history. Then letting the buyers sell it, along with another 41 hospitals to the Cayman Islands, puts the federal government in a nearby league.

Suave corporate types having their way with unwitting bureaucrats and politicians is nothing new, but this could be the worst deal in the history of Australian politics. It is certainly the most bizarre transaction this reporter has seen in a lifetime covering business, politics, and privatisations.

The deal – for this large and valuable chunk of state land – was done for the princely price of \$1. Which begs the question, has the NSW government demanded its pound of flesh? The \$1 a year in rent since 2018, that is, as laid out in the lease. The documents do say “If demanded.”

It is no wonder the transaction documents were hard to find, embarrassing as they are. And it was not us who found them but rather, Andrew Gill, whose family has fought for justice since their 14 year old son Josh passed away in 2021 after a stint at the Northern Beaches Hospital (NBH). They brought a private criminal prosecution against the operators in February 2022. The case was settled within a few weeks of it commencing with no money going to the Gill family.

Several months after the case was settled, the NSW government announced \$11.4

million to boost Northern Beaches youth mental health services. This was to include “four dedicated acute paediatric specialist mental health beds at NBH, which will provide for the establishment and operation of the beds.”

Gill had searched the public register of the Land Titles Office. “The trick was to search the legal entity of the operator as the land title folio reference is hard to find because it was converted crown/state land.” The state of NSW spent \$1.2bn in public money building the hospital and surrounding roadworks.

**Land titles documents show they leased the hospital – with all its operating theatres, private clinics, public wards, and retail venues – to the foreign financial players for 20 years for the token sum of \$1 a year. The carpark is leased for \$1 a year for 40 years.**

But the controversy over the privatisation took a strange turn in the wake of the leases to Healthscope. At the state level, the strategy had been to restructure the local hospital network so the other two local hospitals were shut, Manly and Mona Vale, handing an essential services monopoly to the private operators as all traffic would be funneled directly to the new hospital.

Healthscope had been listed on the ASX, and been juggled through the hands of private equity players twice. This had made it a plaything for investment bankers as Australia's super fund investors had been enticed into buying the stock yet, when it performed poorly

it was taken private on the cheap and refloated on the ASX again for a profit for its financiers (and losses for the super funds). Then, in 2019, months after the \$1 leases were signed on NBH and its carpark, the American financial engineering juggernaut Brookfield launched a takeover bid for Healthscope and its 42 hospitals.

### A dark and secret labyrinth

Although the other 41 hospitals were private hospitals (still subsidised by the public through the private health system) the NBH was a hybrid asset, a public/private hospital. For the takeover to proceed – as Brookfield is a Canadian operator listed on Wall Street – it required federal government approval, via Treasury's Foreign Investment Review Board (FIRB), which it duly procured. FIRB is something of a rubber stamp when it comes to foreign takeover players. So, even though Brookfield has a history of tax avoidance in this country, FIRB approved the \$4bn takeover and the NBH was bound for control in a tax haven from that moment.

Andrew Gill says the transactions not only lacked transparency but left these vital public assets in the hands of those who had little accountability. “The hospital is owned by a Cayman Island listed entity and is not accountable to our local, state or federal democratic system. There is no way of knowing how much the government pays the private company that operates the public portion of the hospital. When you request such information from it or the government, they both claim that it is commercial in confidence! This is our money being paid to a company whose sole motive is to make profit in the context of caring for sick people. Surely this information is front and centre public.”

For the financiers to conceal the financial transactions, Brookfield came up with a structure which is virtually impenetrable in which to secrete its Australian assets. Buried in the disclosures to the ASX is that the ultimate controlling company, which can be searched on public databases, is BCP VIG Holdings L.P, whose address is Ugland House, Grand Cayman, a building which accounts for the corporate addresses of thousands of other companies.

The ultimate parent company in Australia is ANZ Hospitals Topco, owned by BCP VIG Holdings in the Caymans. The operating com-

pany appears to be NBH Operator Co Pty Ltd, which is in turn owned by NBH Holdco Pty Ltd, in turn owned by ANZ Hospitals Topco. There were another two shareholders in this entity besides BCP VIG. These are ANZ HT – owned also by Brookfield HSO Co-invest II LP – and ANZ Hospitals BTCO Pty Ltd.

Why such a tortuous corporate structure? To hide things. Indeed, the Caymans company is a dead end in public terms because there is no duty to disclose either shareholders or directors in Cayman Island entities. This is also why it is still not known who the financial beneficiaries are of the controversial \$80m sale of Australian water rights to a Caymans company set up by former minister, now Shadow Treasurer Angus Taylor, by the department run by former prime minister Barnaby Joyce.

But we digress. The problem with this grand failure of accountability in privatising public assets is that, as Andrew Gill says, hospitals are not like other financial assets in that the principal duty of care ought to be the health of patients. The principal duty for corporate directors – particularly in the aggressive pursuit of profits which is the business of private equity players – is to maximise wealth for shareholders.

Since the Brookfield structure was set up, the only significant person with a health or hospital background is gone. Originally, the board comprised mostly finance types: Eleni Labridis (ex financial engineering group Babcock & Brown, and Alinta), Richard Holbeach (who is a mergers and acquisitions specialist with a power industry background and who was involved with the public float of Medibank) and David Allison (finance background who was involved with Healthscope from 2003 to 2018).

They have expanded since, although Steven Rubic, the former chief executive who has a track record in the private health sector has been replaced by Greg Horan who has a coal industry background and was formerly head of Brookfield Asset Management's private equity division. These are the people who have been controlling the Healthscope hospitals in Australia. But who controls them? We don't know this as searches end in the dark zone for corporate accountability...the Caribbean island of Grand Cayman.

Words: **Michael West**, Michael West Media

IMAGE: UGLAND HOUSE







The prospect for home loan repayment blues is concerning

## Mortgage stress predicted to increase as inflation keeps biting

After the Reserve Bank of Australia's announcement to increase the cash rate target by another 25 basis points on Tuesday, 7 February to 3.35%, there are continued predictions that mortgage holders will face difficult times ahead.

The RBA's reasoning to increase interest rates further is due to high inflation figures which is increasing the cost of living, and, while mortgage-holders will bear the brunt of rising interest rates, it is the rising cost of living that affect us all. This means there are budgetary pressures on household spending, particularly in households that have no savings buffer.

"If you took out a variable mortgage of \$500,000 more than a year ago, then the last nine interest rate rises by the

RBA means you're likely to be spending around \$800 more per month on repayments," says Iresha Lehane, Financial Counselling Manager at Lifeline Northern Beaches.

"For some, who took out \$1 million mortgages at a fixed rate of 2%, the interest rate may increase to almost 6% once the fixed rate period ends. This would increase repayments from \$20,000 per year to \$60,000 – in increase of \$40,000 a year."

Recent reporting about mortgage payments that are

more than 30 days overdue, suggests that the highest numbers of mortgage-holders who may fall behind in their repayments on the Northern Beaches due to further increases are in Brookvale, Curl Curl, Cromer and Terrey Hills.

Inflation is the other part of the story, with the price of food, petrol, electricity, rent, goods and services all increasing significantly.

According to the RBA, "CPI inflation over the year to the December quarter was 7.8 per cent, the highest since 1990. In underlying terms, inflation was 6.9 per cent, which was higher than expected." And, while the RBA expects inflation to slow, it is more than likely that interest rate rises will continue over the coming months.

"We understand the stress that financial difficulty can place on people. It's important to assess your options and speak to your bank if there are issues with you meeting your financial obligations," continues Iresha. "You may be able to access hardship provisions through your bank or lender."

"If you've contacted your bank, there are also support services available that you can contact, like the National Debt Helpline or Lifeline Northern Beaches Financial Counselling."

### Finding it difficult to service your debts?

Call the National Debt Helpline on **1800 007 007**.

Lifeline Northern Beaches offers free Financial Counselling, visit [lifelinenb.org.au/get-help](http://lifelinenb.org.au/get-help) to find out more.

Words: **Lifeline Northern Beaches**



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# 2023 State Election

## Meet your candidates

"Chaos is a ladder," Littlefinger, famously decreed, and with long-established Liberal stalwarts retiring in Pittwater and Wakehurst, Independents polling strongly, The Greens enjoying a 2022 federal "green-slide", NSW Labor tentatively tipped to win, but everyone knowing to never underestimate NSW Liberal's voter appeal, what on earth is the state of our leadership ladder going to look like around 10pm on 25 March? Who knows, but to help you make the best vote amidst the chaos, please meet ten superb candidates across Manly, Wakehurst and Pittwater. Apologies Davidson.



**Jacqui Scruby**  
INDEPENDENT FOR PITTWATER

I'll protect beautiful Pittwater so our children can enjoy it like we have. I have a bill ready to go that will stop PEP-11 oil and gas drilling off our coast. I will work across party lines to end native forest logging, and I'll cut power bills in a clean renewable economy. I'll stand up against environmental recklessness and inappropriate development. I believe in community representation. I'll always vote in the interests of the community, not a political party, and give Pittwater a strong independent voice.



**Toby Williams**  
NSW LIBERAL PARTY

You deserve a Member for Wakehurst who will empower our community through strong advocacy. Someone with a voice that will be heard at the very heart of government. That is what I offer, and I promise to represent you with the same passion and work ethic that Brad Hazzard brought to looking after our wonderful community. As a lifelong local, I am committed to ensuring our electorate gets its fair share but always with a strong focus on supporting the most vulnerable in our community.



**Michael Regan**  
INDEPENDENT FOR WAKEHURST

Wakehurst is a stunning place with beautiful natural environments and amazing community spirit. But we're facing some big challenges ahead. Our public transport is struggling, our roads are congested, housing is increasingly unaffordable, and our bushland is under threat. But smart solutions exist, lowering our power bills through interest free loans on solar panels; easing congestion at the Officeworks intersection; creating robust state planning laws. I've worked with all parties at every level of Government. I have the experience to deliver for Wakehurst.



**James Griffin**  
NSW LIBERAL PARTY

I work with our community and deliver results. Let's not risk going backwards. As part of a re-elected State Liberal Government here is some of what I will deliver:  
1. A modern local economy that attracts the best jobs, and keeps them here.  
2. An upgraded Balgowlah Boys School.  
3. Improving local bus services, including a new 'On Demand' bus service Keoride.  
4. Increasing Fast Ferry services to every 10 minutes during peak hour and the Opal cap so commuters pay no more than \$50 a week



**Joeline Hackman**  
INDEPENDENT FOR MANLY

I am Joeline Hackman, your Independent candidate for Manly. An independent voice ensures the views of the Manly electorate are heard in Macquarie Street, not lobbyists or the major party agendas. Being a local, and with integrity core to my values, I am ambitious for this community. I believe we can achieve far more: affordable living for families, reliable public transport and climate action that saves us money as well as saving our coastline and bushland. We know that Independents achieve results: we can do politics differently.



**Dr Hilary Green**  
NSW GREENS

I'm Hilary Green and I'm excited to be your 2023 Green's candidate in beautiful Pittwater. I've loved living here for 22 years, especially walking amidst our precious wetlands, beaches and headlands! I've been an activist for ages, also a school-teacher, university lecturer and researcher. I'm speaking up for Change on climate policies. Change for a fairer system. Greens work for the greater good for people and the planet. They always have! This Green will work for the greater good for our community and our environment!



**Rory Amon**  
NSW LIBERAL PARTY

I am a lifelong Northern Beaches local who is passionate about our community and way of life. I will continue Rob Stokes' legacy of improving services and increasing investment in local infrastructure, preserving and enhancing our natural environment, stopping offshore gas exploration, introducing the cashless gaming card, and reducing cost of living pressures. Whether it be my five years delivering for the community as a trusted local Councillor, or my time as a volunteer firefighter and family lawyer, I am running for State Government to continue serving Pittwater.



**Ethan Hrnjak**  
NSW GREENS

Our unique way of life is under threat. As climate change worsens, the importance of our beautiful environment cannot be understated. I'm passionate about giving young people a voice in our democracy and ensuring a cleaner, greener, fairer future. My main priorities for Wakehurst are to de-privatise Northern Beaches Hospital; protect our beaches from concrete seawalls; make public transport free, efficient, and publicly owned; return local planning powers to local government; help traditional owners stop the Lizard Rock development; legalise cannabis and end the war on drugs.



**Sue Wright**  
NSW LABOR PARTY

I'm running because the Liberals have taken Wakehurst for granted. Another career politician isn't what this community needs. I have been an active grassroots member of our community, involved in organisations including Save the Mona Vale Hospital Committee, Save the Manly Ferries Alliance, Don't Privatise Our Buses, as well as LEAN - Labor Environment Action Network, Mothers Against Nuclear Testing, and Greenpeace. I will bring to state parliament a dedication to restoring public services, advocating for first-class public education, transport and health services.



**Terry le Roux**  
NSW GREENS

From working with residents in Manly for more than 15 years, I know that we have a planning system controlled by developers. It doesn't put the community or environment first. For years the Greens have called for an overhaul of the planning system - we need a system where communities have more influence in the decisions which impact them. Our bush and marine environments are also under threat from issues like climate change and loss of habitat. Only by having a strong progressive upper house can we protect the environment.



**Over to you, voters**

Does that make your decision any clearer? I hope so. Please remember, there are more candidates than we can showcase here, so be sure to check them out, and if a candidate has really grabbed you, so much so that you want to do everything possible to help them win their seat, be sure to volunteer. Democracy is won at the grass roots, so if you've got the time, energy and will to help that person get their message out to the community, that could make all the difference. Good luck voters and candidates!  
- Liam





Ink Hunter in his element

### Cover Artist

## Where the streets have mural acclaim

Growing up heavily dyslexic, March cover artist **Patrick Hunter** developed a super-power, asking others for help, and this gift of approaching talented people and seeking to learn from them has played a priceless role in his life and his art. But a career as an artist wasn't Patrick's first choice.

"I wanted to be an actor," Patrick recalls. "I got quite a lot of work, but my last job was as an extra on Wolverine, being cinematically obliterated by an American nuclear warhead. Filming was in Cronulla." The script's atomic energy couldn't contain Patrick. "I just walked off set. I didn't want to be an extra anymore, and because there were so many extras, they could never keep track of everyone. I started walking, becoming lost in the actors' tents, before ending up in Hugh Jackman's tent where he was literally pumping his muscles to get ready for the next scene. There were 3 chicken carcasses beside him.

I guess he had to eat so much to stay massive."

True to form, Patrick wasn't going to let The Prestige encounter with The Boy from Oz pass without asking for some X-Men wisdom. "He made me stand on the elastic band he was using to pump his muscles up." Hugh was seriously jacked. "I was in a place mentally where I felt like a prop, getting pushed around, which is what I should've felt, I was an extra! But I asked him if he had the ability to choose what he does or if he also felt like a prop. Hugh said even in his position he still mostly had to do what he was told, that he didn't have much artistic freedom, and that if I truly felt like that was a deal breaker, acting probably wasn't for me."

This incredible encounter was short lived. Do-gooders aka security busted in with the usual, "Who the hell are you? What are you doing here?! Get the hell out of here!!" So predictable. "I walked off set,

properly this time, and into the icy Cronulla sea breeze. I spoke with Hugh for maybe one minute, but it had a huge impact on me, gave me the clarity to commit to the arts and especially to street art, where the creators I looked up to were leading lives with freedom and able to communicate in the way of their choosing."

Jump ahead a decade, Patrick is a street art powerhouse, creating murals able to transform public places. You've likely encountered his work on the Northern Beaches, Sydney, all over New South Wales. "I always think, how do you connect with the people around you? People are sensory beings. Music fills time. Art fills space. Food fills bellies. People connect with anything that appeals to their senses, so if you can create a piece of art that hits the senses and creates feelings, you've really got something."

As for the Tawny cover's inspiration, "I love the natural environment, and I played with the elements of surfing and painting, things I see as integral to the Northern Beaches, then morphing it into a big hand, turning over into a tube spilling from a bucket. I feel like the Northern Beaches has an amazing amount of musicians and artists, but that hand in the tube is representing a hand holding them back, that there's a lack of opportunity given to local artists by stagnant spaces."

Hear! Hear! More murals, less stagnation.

Follow Patrick's work on Insta @inkhunterartist

Words: **Liam Carroll**

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# What kind of NSW do YOU crave?

One where we make paltry little steps towards a better environment... or dirty great strides?

I'm ensconced in the stylish new Tawny Frogmouth Media Group's HQ, made of mud brick, overlooking eucalyptus-lined avenues of Brookvale's Arts hub. Council's Urban Tree Canopy policy must have finally been adopted. I occupy the top of the nest in the penthouse suite, where even the bathroom has Bucketty's beer on-tap 24/7, Liam has also doubled my wages. Life is sweet.

The NSW government believed I was becoming too opinionated about conservation matters, and decided to give me the Environment Minister's portfolio for a week, to try and shut me up. "Let's see if you can do a better job" they mocked. Meanwhile, I think James Griffin is down the corridor, working on next month's *Jim's Wild Side* column.

Most importantly, I've come up with this list of top 10 policies I want enacted urgently. Only a flood of grumpy Letters to the Tawny can stand in my way.

### Mal's List

- 37,000 hectares of trees and bushland have been cleared every year in NSW since 2016 when biodiversity protection laws were weakened by the Berejiklian government. I will reintroduce strong laws.
- From 2021 to 2022, NSW native forest logging increased 175%, pushing koalas and other wildlife towards extinction. Other states are transitioning to plantation forestry. We will too.
- Liberal and Labor have endorsed draconian laws to punish peaceful environmental protestors. I will repeal them
- The NSW government plans to develop over 225 hectares of high conservation value bushland at Lizard Rock, Belrose. I will arrange government funding for the alternative national park proposal.
- I will establish proper processing facilities for recyclables and not allow most of our used glass and plastic containers to be left languishing in warehouses.
- Coal mining is expanding in Sydney's Water Catchment, damaging and polluting creeks. I won't allow it.
- Shark nets harm a wide range of marine life



Mal's dream job

- which becomes entangled and die. I will replace them with non-lethal alternatives.
- The government supports Santos' construction of 850 Coal Seam Gas wells in the beautiful Pilliga Forest. I will stop this.
  - The NSW government's "Biodiversity Offsets Scheme" enables developers to destroy threatened species habitat. I will dismantle it.
  - The government recently approved the "Cumberland Plain Conservation Plan" which means clearing 1,754 hectares of native woodlands and grassland and destroying koala habitat in Sydney's west. Where is my big black texter?

That's enough *low hanging fruit* to start driving positive change. Preserving our environment seems easy when you hold the authority but wait, there's a droning noise reverberating in my ears. Is the Tawny *mogul* in chief doing doughnuts around the EV parking lot again or... could it possibly be my phone alarm?

I wake up. James Griffin is still NSW Environment Minister, the *Mal's Wild Side* office is still in a converted broom cupboard, but amazingly, my environmental wish list remains furtively clutched in my sweaty palm. I reckon James would benefit from having a comprehensive gander at it, don't you? And hey If he wants to adopt the policy framework as his own, then I'd say "no wukkers mate, you go right ahead". (Just not too far right).

Words: **Malcolm Fisher**



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\* No doctor has ever ordered this, but they wish they could\*\*  
\*\* We don't actually know if they wish they could, but we reckon so...



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Contact Liam to find out how you can support local media.

**0414 556 038 | [liam@thetawnyfrogmouth.com.au](mailto:liam@thetawnyfrogmouth.com.au)**

# March 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		0435 1.49	0542 1.51	0004 0.75	0057 0.69	0140 0.62
		1147 0.68	1247 0.63	0638 1.55	0725 1.61	0804 1.67
		1745 1.10	1847 1.16	1333 0.56	1410 0.51	1443 0.46
		2258 0.79		1931 1.23	2008 1.30	2041 1.36
6	7	8	9	10	11	12
0218 0.56	0254 0.51	0330 0.48	0407 0.47	0446 0.47	0528 0.49	0614 0.53
0841 1.71	0915 1.73	0948 1.72	1022 1.69	1057 1.63	1134 1.55	1215 1.45
1513 0.42	1542 0.39	1610 0.39	1638 0.40	1707 0.42	1738 0.47	1811 0.53
2113 1.42	2143 1.47	2214 1.52	2246 1.56	2321 1.60	2358 1.61	
13	14	15	16	17	18	19
0039 1.61	0128 1.60	0227 1.59	0341 1.60	0500 1.66	0610 1.76	0040 0.55
0705 0.57	0807 0.61	0924 0.62	1049 0.57	1202 0.48	1301 0.37	0709 1.86
1301 1.35	1400 1.25	1516 1.18	1647 1.19	1805 1.26	1904 1.37	1352 0.28
1850 0.60	1941 0.68	2049 0.73	2215 0.73	2334 0.66		1954 1.49
20	21	22	23	24	25	26
0137 0.44	0230 0.35	0322 0.31	0412 0.31	0502 0.35	0553 0.42	0013 1.73
0801 1.93	0851 1.94	0939 1.89	1026 1.78	1111 1.64	1157 1.49	0645 0.50
1437 0.22	1519 0.21	1600 0.24	1637 0.31	1714 0.41	1748 0.52	1243 1.34
2040 1.60	2124 1.69	2207 1.75	2249 1.77	2331 1.77		1823 0.63
27	28	29	30	31		
0056 1.66	0142 1.59	0238 1.52	0346 1.47	0500 1.48		
0741 0.59	0843 0.66	0953 0.70	1103 0.69	1202 0.65		
1331 1.22	1430 1.14	1548 1.11	1713 1.14	1815 1.21		
1900 0.73	1949 0.81	2100 0.86	2222 0.86	2334 0.81		

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: BARRIE SEPPINGS





## Saving the world, one solar panel at a time

Almost 30% of a Northern Beaches home's electricity consumption goes into hot water heating. So, being a savvy fella and environmentally mindful, **Dave Veal** started the **Solarpro** business in 2009, first utilising solar energy to power hot water systems, and evolving from there to provide expertise for everything a home or business could possibly need that can be powered by the sun.

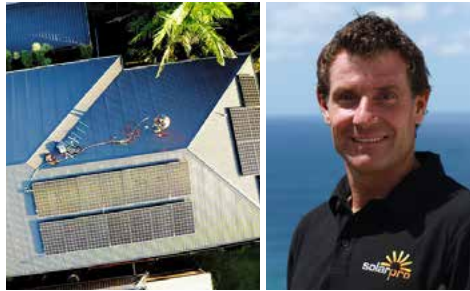
### Dave, how has your capacity to harness the sun's energy developed over the past 13 years?

Our goal at Solarpro is to maximise people's self-consumption of power so it is not wasted by sending it to the grid. The early days of installing solar hot water systems was a perfect starting point. From this we embraced new technology to become experts in SolarEdge optimised systems. Further innovations have enhanced this technology to enable an ordinary electric hot water tank to run on excess solar power. Known as the 'Smart Switch' it can run air conditioners, pool heat pumps and EV chargers.

We also now ensure that every customer's SolarEdge system is up on the internet from the day it's installed. This enables Solarpro to monitor the system 24/7 free of charge for any issues that might occur. Customers can immediately see on their phone and computer the power being generated, how each specific solar panel is performing, as well as how many trees they're saving and the carbon footprint they're not making.

### What do customers say it feels like, generating their own power?

It's like winning an arm wrestle! Generating your own energy is deeply empowering. Combining rooftop solar with a battery is even better, as a battery is configured with the solar inverter as the "brains" of the system and uses solar energy to best advantage day and night. The computer within the battery constantly evolves thanks to software updates. For instance, we installed NSW's first Tesla Powerwall 2 battery in Frenchs Forest. That battery now has three vast improvements thanks to updates in its "brain", making it a far superior battery at no extra cost. Batteries can connect to the Bureau of Meteorology, using the latest weather forecast to make changes in how best to harness solar energy. If the BOM predicts



Future Proof with Smart Solar

it's going to rain tomorrow, thereby reducing sunlight, the battery will initiate buying the predicted shortfall energy from the grid at the cheapest price it can today to avoid having to buy at peak prices the next day. But the popular advantage of having a battery is in the event of a blackout, having the neighbours come knocking, cap in hand, begging to charge their phones from your home's power. You've got volts to spare, a local Watt King in a time of darkness.

### What are the key differences Tawny readers need to be aware of between solar marketing companies and solar installation companies?

A solar marketing company operates out of an office with salespeople on phones hunting down sales, only using out of house installation contractors. Many of these companies don't have any inhouse electricians or service crews ready to respond if a problem arises. Solarpro employs its own Clean Energy Council accredited solar electricians who are battery endorsed. We're committed to the industry with extensive infrastructure, including our Showroom and we have a Technical Service desk to offer help whenever needed. After all, we're not installing a microwave oven, a solar system is a complex piece of technical equipment. We believe after sales service is as important as selling the equipment in the first place.

**Solarpro** is celebrating 13 years of quality solar and over 5,000 installations. To learn more call **9453 1485**, visit **solarpro.com.au** or pop into the Allambie Heights Showroom, Unit 9/252 Allambie Rd

Interview: **Liam Carroll**

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## We Reel Rock You

**Georgia Slater** of Glen Street Theatre sat down with local entrepreneur, **Toby Ryston-Pratt**, Founder of Adventure Entertainment for the low-down on extreme sports and the short film industry.

### Toby, tell us about Adventure Entertainment and how you started the company.

Adventure Entertainment is a digital media business focused on adventure sports. We distribute films, publish a series of magazines including *Wild*, operate a streaming platform (ADVENTURE+) and more. I was a corporate lawyer when the idea came to me – stuck at my desk and aspiring to get out and adventure more. There was a lot of adventure content out there and I decided to bring that to Australia to inspire more people to adventure – and hopefully care more about the environment that we play in as well!

### REEL ROCK 17 is the latest adventure film tour screening in April at Glen Street Theatre. What can audiences expect from the selected films?

REEL ROCK is a series of short films centred around adventure sports and rock climbing. This year's line-up has an international flavour, taking people on a journey from Pakistan and Austria to France and Palestine following some of the world's best climbers. We will be giving away lots of great prizes at the show from our sponsors, the best outdoor-adventure brands such as Wild Earth, Scarpa, Black Diamond and more.

### Do you rock climb? What do you think people love about the sport so much?

I'm a casual adventurer and enjoy many sports including climbing, without necessarily being an expert at any of them. Climbing has become so accessible now with climbing gyms everywhere, including three now on the Beaches. People love climbing for the challenge that it offers as well as the social element of catching up with friends.

### What is it about extreme sport on film that brings people together?

The films we show are mostly about inspiration. Though not everyone could get out and do the things we share, seeing people do amazing things in the outdoors inspires people to get out and have their own adventures.



Where we're going, they don't have staircases.

### You're a local on the Beaches, what is it about the environment here that gets people outdoors?

The Northern Beaches is a wonderful environment that naturally draws people to get out and adventure, whether that be surfing at the endless beaches, kayaking on Pittwater, mountain biking near the Narrabeen Lagoon or exploring the Ku-ring-gai Chase National Park.

### Any hot tips for aspiring adventure filmmakers out there?

Give it a go! The barriers to start shooting are gone. You can make great content now just using an iPhone. Experiment with short films. Some of the best adventure films are less than ten minutes long. What sets them apart is great story and characters. If you make a film, submit it to one of the many mountain and adventure film festivals that operate both locally and around the world. They are great ways to learn and build contacts.

### What's the best way to connect with other people in adventure sports?

Come to one of our screenings and chat to people! Join a gym like Northern Beaches Rockhouse. Generally, just get out there and don't be afraid to say hello to the people you meet along the way.

REEL ROCK 17 screens at Glen Street Theatre on April 6, 7:30pm.  
For more info and to book your ticket, visit [glenstreet.com.au/whats-on/reel-rock-17](http://glenstreet.com.au/whats-on/reel-rock-17)

Interview: **Georgia Slater**

PHOTO: SIMON CARTER

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## Lean on me (except when it's dysfunctional)

### Breaking down the types of dependence in relationships

Know anybody who is a bit of a lone wolf? Perhaps you've got a colleague who acts like a baby? Or maybe you know a friend who seems to be surgically attached at the hip to their partner?

All of these behaviours are reflective of different types of dependency playing out in real life. In functional families we are taught things at age-appropriate levels so that by the time we reach adulthood, we can take care of ourselves. Unfortunately, this doesn't always happen, and some ships sail before we jump on them. Let's breakdown the archetypes to better understand how people show up in relationship.

**The Baby** (dependent) – An adult who is almost or completely dependent on others to get their needs met. Usually, this person was babied by a parent and still carries expectations to be cared for in the same way from a spouse.

**The Conjoined Twin** (co-dependent) – Two adults who mutually rely on each other (often in a romantic relationship) to an unhealthy and dysfunctional extent where they place their entire worth, meaning and identity in the other's hands. In real life this sounds like "I don't know what I'd do without you".

**The Lone Wolf** (anti-dependent) – A person who is incredibly self-sufficient but often denies, refuses, or rejects help when offered, especially when it would be to their benefit.

**The Handyman** (independent) – A person with sufficient skills to take care of themselves but is open and willing to receive help from others and be in connection.

**The Soldier** (inter-dependent) – A person who shows independence, autonomy and has built healthy relationships and social networks as part of an infrastructure to be well connected and supported.

The baby, conjoined twin and lone wolf archetypes develop out of a childhood where functional and healthy dependence was poorly or inadequately role modeled. The baby often has everything done for them way beyond what



I'm a big boy and this outfit belittles us both, Mummy

is age appropriate, thus they never learn to do things for themselves. The conjoined twin often lacks self-esteem and relies on others to prop themselves up in the world and borrow a bit of identity, so they don't have to address underlying issues of feeling worthless. The wolf often did not have their needs met and learned that they can't rely on others and need to take care of themselves.

These three archetypes have risks and cost. The baby and twin's biggest risk is abandonment, and the wolf's cost is isolation and loneliness. As these three types are less functional, it can be very challenging to be in a relationship to a person and feel equal. This can greatly impact your ability to communicate, parent and be intimate.

The reward of the handyman and soldier is freedom, autonomy, connection. Harmony and happiness are much more likely when operating out of these archetypes. The good news is, through knowledge, self-awareness, and application you can step up and be whoever you want. So, take a moment to reflect on your relationship and ask your partner. Which archetype do you most resonate with and does your partner agree?

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

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



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<b>Ingredients:</b>	
3 red capsicums	4T olive oil
4 carrots	2T fresh thyme
1 green apple	5 sprigs fresh rosemary
2 beetroot	1tsp ground cumin
½ onion	1tsp salt
6 whole garlic cloves	¼ tsp black pepper

**Top Tip:** When using organic carrots and beets you don't need to peel the skin off because that's where a lot of the nutrients are.

### Method:

1. Preheat the oven to 180° and place the diced carrots, beets, red capsicum and garlic cloves into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.
2. Brush a large rimmed baking tray with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet with sprigs of rosemary on top.
3. Roast the vegetables in the oven for 15mins before tossing them and returning them for another 15-25mins or until tender and the edges are starting to turn golden/dark.
4. When the vegetables are done roasting, saute the onion in a large saucepan and add the roasted veggies along with the diced apple, salt and any other Italian herbs to taste. Add water to cover the veggies and bring to a rolling boil.
5. Puree, serve and freeze leftovers.

### Words: **The Organic Scarecrow**

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### Ask a Sparky

## Watt to look for when choosing an electrician

Choosing the right electrician for the job can be difficult, while choosing the wrong electrician can end up being expensive. To help you quickly assess if an electrician is up to the task and best equipped for the job, here are some questions to ask.

**Are you licensed?** Be sure to choose an electrician who is appropriately licensed, as licences are required in most states. When you hire an electrician, you may want to ask for their licence number or look up their ABN details. This is important, as not all electricians are certified, yet may claim they are. A simple ABN lookup will show whether they are a registered business. The last thing you want is an electrician fixing something at your home, only for something to go wrong and you find out the business doesn't exist, and you aren't covered!

**Ask for a quote.** And get the quote in writing with upfront pricing. Be sure to verify what your quote includes. It seems obvious but clarify that everything is included. Some electricians only provide over-the-phone quotes, and you'll find when they show up to your house, they may end

up over-quoting, with the price changing many times before the final invoice.

**Check what others have to say.** Great Communication, being on time and an accurate quote are all signs that you are dealing with a professional. Be sure to check their online presence and google reviews.

When you're having electrical issues or need to upgrade your set-up, it's best to leave the job to the experts. Our Local & Licensed electricians are committed to providing prompt and reliable service. When you let us into your home, we treat it like our own. We ensure a high standard of work and use only high-quality materials with up to 10-year warranties on some gear and a lifetime warranty on quality. Experience the L&L difference and book a service with us today.



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You won't believe how Irrawong feels so right

Secret Spaces Hidden Places

## Under the rainforest canopy at Irrawong Reserve

Think you know the Northern Beaches? Our monthly feature aims to help you uncover the unique spaces and places in our very own backyard.

Enjoy a moment of respite in this hidden oasis, tucked away in the backroads of Narrabeen. With the Ingleside escarpment to the west and the Warriewood Wetlands to the east, this protected nature reserve is home to over 207 unique species and a threatened but unique forest vegetation community.

Wander along the trail, spotting eastern water dragons, as you wind your way towards the gentle trickle of the Irrawong Waterfall. It's a perfect place for a picnic on the sandy shore of the natural pool amidst high sandstone cliffs. Stop for a swim, or listen to the laughter of the kookaburras or the softer call of the eastern

yellow robin - just some of the 166 birds in this area.

Further into the reserve, look out for lyrebirds on the steep set of steps to the right of the waterfall which wind through a dense canopy of forest towards Ingleside Park, adjacent to Mullet Creek.

Offshoots of the trail are unofficial but relatively well-marked, steep track sections which lead you to the top of Irrawong Waterfall. If you're up for some rock scrambling, you can continue on from the top of the waterfall, winding your way along Mullet Creek towards a second, unnamed waterfall.

For a more gentle meander, the Jim Revitt trail winds its

way from the waterfall towards Garden Street or vice versa, following sections of well-trodden trail and boardwalk perched above the dense ground layer of ferns, tall grasses and reeds.

**Did you know...**

The last recording of a koala in the Irrawong Reserve was in 1992, according to a Pittwater Council report. Koalas favour 'swamp mahogany' as a favoured food tree species in the Sydney region, which is a dominant feature of the Irrawong Reserve. 'Swamp mahogany' trees are also part of the Swamp Sclerophyll Forest which is one of the reserve's diverse vegetation communities and is listed under the NSW Threatened Species Conservation Act.

**How to get there**

You can enter Irrawong Reserve from Garden Street or the end of Irrawong Road. On Garden Street, you'll see a stone marking the entrance to the start of the Jim Revitt trail which takes about 20 minutes to reach the Irrawong Waterfall. From the end of Irrawong Road, either take a left at the trailhead to reach Irrawong Waterfall and the connecting trails or turn right to explore the boardwalk which connects you back to Garden Street.

*Note: Dogs and cats are prohibited at all times in the Irrawong reserve.*

Have a great spot you think should be featured?  
Email us at [mail@thetawnyfrogmouth.com.au](mailto:mail@thetawnyfrogmouth.com.au)

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN



## RRR

Genre Action & Adventure Watch on Netflix

Tigers, bromance, wolves, dance sequences, songs and action - add those altogether and you get one of the most talked about films of 2022.

RRR is an Indian Tollywood film set in the 1920s, focused on two revolutionaries trying to take down the cruel British Empire. This film caught the world by storm and landed its original song 'Naatu Naatu' an Oscar nomination, which is also favoured to win.

Why does this film inspire so much joy in its audience? I think because it is so unabashedly maximalist in its filmmaking and scope. Everything about this film is big, loud and glorious. From the superbly directed action sequences, to the sheer variety of songs and even the brilliant emotional performances from Indian megastars Ram Charan and N.T Rama Rao Jr - it all works so well.

There aren't many movies that can sustain pure entertainment for a three hour plus runtime, but RRR had my eyes glued to the screen, my heart pounding with exhilaration and my hands cheering and clapping along. This is truly a film to experience with as big a group as possible. What are you waiting for? Experience the magic yourself this month.

Words: **Christopher Roberts**  
Chris is the author of [@filmandfoodpodcast](https://www.instagram.com/filmandfoodpodcast)

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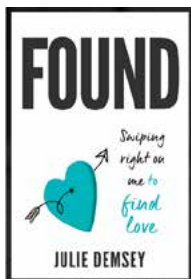
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## Helping yourself to love

What does a former tech executive turned transformational mindset coach/hypnotherapist, a New York based clinical psychologist and a fitness trainer have in common? They share a past or present with the Northern Beaches and have written three very differently styled self-help books that share a common focus on improving relationships by starting with the one you have with yourself.

I read these books with low expectations they could live up to their ambitious titles. My mistake.



### **FOUND: Swiping right on me to find love by Julie Demsey**

Julie writes with an endearing voice, humour, self-deprecation and honesty. It's like you're having a series of wine-enhanced deep and meaningful talks with your dearest friend. FOUND is the product of Julie's post-divorce foray into finding men to date. She was looking for some fun and interesting company, not a life partner, and sex was also on her to do list. Reading about Julie losing her post-divorce virginity is one of many highlights of FOUND. Dating apps (and downs) and the hundreds of mostly awful men she meets make for hilarious and often excruciating

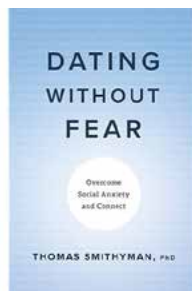
reading but what makes her book inspiring is how she discovered herself and what matters most to her and how this has transformed her life. There are many lessons to be learned from Julie's experience no matter your age, stage, gender or desire for dating.



### **You're Doing Great Sweetie by Kirsty Stewart**

Kirsty wrote this book in a hurry when she was 26 years old as a way of processing some bad sh\*t that happened to her. She updated it at a slower pace when she was 28 and added the descriptor about it being a guide to being a functional adult. One of the big ideas in this book is own up to yourself and stop blaming others. That's adulting in a nutshell. Kirsty is a copywriter and fitness instructor who is jaw droppingly attractive, strong, intelligent, witty and laughs in the face of anything. She shows a deeper, reflective side in this book.

Kirsty's book, like the other two, is about transformation. I wish I had the wisdom of Kirsty when I was her age, or now. Kirsty is living proof that young people deserve to be heard. She has wisdom many far older people lack.



### **Dating Without Fear by Dr. Thomas Smithyman PHD**

It was Dr Tom's own social anxiety, particularly when dating, that prompted him to write this book. He uses examples of his work with patients to bring the secrets to overcoming social anxiety to life. Dr Tom's practice is devoted to helping people who are almost exclusively men (with a mix of preferred pronouns). He helps them find their path to a confident social life. Any reader doubting the veracity of Thomas' advice can dismiss their doubts by delving into the hundreds of references to research and studies it contains.

It also contains many lists of questions to ask yourself, practical tips and games to lower anxiety and discomfort. There's even a low anxiety dating plan towards the end of the book, which I suspect will only work if you've done the work he suggests in the preceding 300 pages.

All three books are available from Amazon. To find out more about Julie Demsey's coaching practice visit [juliedemsey.com](http://juliedemsey.com) and for Dr Tom his website [thomassmithyman.com](http://thomassmithyman.com) includes a link to his YouTube channel.

Words: **Paige Turner**

### **HARRY STYLES Harry's House**

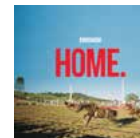
**Stand Out Track:** Late Night Talking  
**For fans of:** The 1975, Dua Lipa  
**Rating** ★★★★★



With fancy genre words like city pop, pop-funk and R&B hovering around descriptions of this album, don't be fooled as it's all just pop music. After all that is what pop music is, isn't it? Crossing over of as many genres as one can without really ever committing to any of them, capturing the biggest audience possible. It's inoffensive and even overtly familiar at times, however over time, Harry's House provides far more depth than one may expect from Styles, it just takes 3 or 4 listens to get there. It's well worth it though, give it a chance.

### **KINGSWOOD Home**

**Stand Out Track:** Too Many Times  
**For fans of:** The Travelling Wilburys, The Black Crowes, Bernard Fanning  
**Rating** ★★★★★



Australian rock veterans Kingswood's 4th studio album sounds straight out of Nashville. A simplistic mix of rock n roll, blues and country with a sprinkle of soft ballads filled with alluring harmonies. You can hear a massive 70s country rock influence throughout, perfect for long road trips through the Australian outback and up the Pacific Highway. Not ground-breaking, but catchy riffs and hooks straight off the bat that will pique your interest and plenty of adventure throughout the album with colour and shape to keep you listening cover to cover.

### **BOO SEEKA Between the Head & the Heart**

**Stand Out Track:** Next to Me  
**For fans of:** Hayden James, Running Touch  
**Rating** ★★★★★



Two words come to mind when listening to this album, "Triple J". You hear a lot of this electro pop circling the Australian music scene and it's been building progressively for the last 10 years with a lot of success. It fits perfectly on the Aussie festival scene, just sadly not the festivals I like to attend. The production quality and the melodies are there providing plenty of hooks and atmosphere, but it feels more suited to being background music at a pool party. Everyone is enjoying it, but no-one is humming it on the way home.

Reviews: **Digby Robinson**

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**Subject** Flannel Flowers, Manly Dam  
**Location** Laurie Wilson



**Subject** Ocean Rock Pool Tour 2023  
**Location** Can you name the Beach?



**Subject** Frog in the bromeliad in Avalon beach  
**Photographer** Kim Burton



**Subject** Church Point locals having fun  
**Photographer** Stephen Browne



**Subject** Every man and his dog was at Bayview on Australia Day  
**Photographer** Alan Pike



**Subject** Eastern yellow robin at Irrawang Reserve  
**Photographer** Harry Goodwin



**Subject** Currawong Feeding Baby Cuckoo  
**Photographer** Suzanne Lawson



**Subject** Backyard Dragonfly in Curl Curl  
**Photographer** Suzanne Jensen-Lewis



**Subject** Revamped Long Reef Surf Club brought to life  
**Photographer** Karen Watson



**Subject** Bei Loon celebrate completing another gruelling Scotland Island Dragon Boat race





1. With the initials DF – Where on the Northern Beaches was the TV show 'The Adventures of Skippy' filmed?
2. According to the 2021 Australian Census – How many people reside on Scotland Island – 711 or 2446?
3. What is the nickname for the Manly Warringah netball team that plays in the NSW Premier League Netball competition – Emeralds, Rubies, Sapphires?
4. What is the name of the state member for Wakehurst who has announced he will quit politics after the next state election?
5. In which Northern Beaches suburb would you find Lionel Watts park/oval?
6. Traditionally how many lines are there in a limerick?
7. Common slang for an accountant is a "what" counter?
8. During which war was Daylight Saving Time first observed in Australia - WW1, WW2, Vietnam War?
9. Red Pontiac, Russian Banana & Kestrel are all varieties of which produce?
10. Which two words – both starting with 'S' did the Cancer Council add on to the Slip Slap ad campaign in recent years?
11. Yes or No – Does the start of a netball game start with a Jump Ball?
12. Given that Apollo 11 was the first shuttle that took astronauts to the moon, what number Apollo was the last shuttle to land astronauts to the moon?
13. In which country would you find the famous 'Little Mermaid' statue?
14. Which town lies directly across the bridge of the mid-north coastal town of Forster?
15. The movie White Men Can't Jump featured which sport?
16. In which decade was King Charles III born?
17. Who knocked the Socceroos out of the 2022 Football World Cup?
18. In which classic song are the lyrics "Mirrors on the ceiling, The Pink Champagne is on ice"?
19. In Powerball – How many numbers are there in the barrel that the Powerball gets drawn out from?
20. What was the name of the Crypto platform that collapsed in November 2022?

For enquiries email "RAZZLE"  
**razzledazzletrivia@gmail.com**

## Sudoku

Medium difficulty

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

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# Star Signs

by Krystal Bawl

## Pisces Feb 20 - Mar 20

Polyamory is on the rise, maybe this is just what you need to spice up your life. Do you dare to throuple?

## Aries Mar 21 - Apr 19

You're being pushed and pulled in all directions. Up is down, left is right. The only sure thing is your rubber arm.

## Taurus Apr 20 - May 21

You are coughing and spluttering like a pack a day smoker. It's all the love in the air that's making you sick.

## Gemini May 22 - Jun 21

Your impulsive tendencies are taking over your life. This is not a bad thing. St Pat's Day in Dublin is a great idea!

## Cancer Jun 22 - Jul 22

Love goddess Venus has set her sights on you, no one else will do. This is interesting news for your spouse. Good luck!

## Leo Jul 23 - Aug 22

You thought you could "forget" Valentine's Day. I'm sure you will "remember" 364 days of living in the dog house.

## Virgo Aug 23 - Sep 23

You're taking 'me' time to hermit-like extremes. This is just getting shelly. Come back, you won't get crabs... again.

## Libra Sep 24 - Oct 23

Looking at the big picture is your favoured perspective. Life happens up close so shove your big picture and zoom in.

## Scorpio Oct 24 - Nov 22

You thought sunscreen was for wusses. Look at you now, tough as a leather boot. At least your dermatologist loves you.

## Sagittarius Nov 23 - Dec 21

The slow anything movement pisses you off at warp speed, but have you thought about why? Nope, that takes time.

## Capricorn Dec 22 - Jan 20

You love listening to your gut, following it and think it's wiser than any of your friends. Well, they've all had a gutful of you.

## Aquarius Jan 21 - Feb 19

Merely having a dog doesn't give you a personality. But always picking up its poo is a rare sign of character.



*I have worked with Toby Williams for many years and I know him extremely well.*

*He will make a fantastic Member for Wakehurst, caring for and supporting the people of Wakehurst as I have done for the past 32 years.*

*As a member of Dom Perrottet's Liberal team, Toby's voice for Wakehurst will be right at the centre of government.*

*The Hon. Brad Hazzard MP*

With Brad Hazzard retiring, the Wakehurst community needs another strong, local voice who can represent it in Government – that's why Toby Williams is standing as Wakehurst's Liberal candidate.

A lifelong resident of the Northern Beaches, Toby lives in Frenchs Forest with his partner, Tina. Toby's father, Darrell Williams, is a Manly Sea Eagles legend and his mother, Julie, was a local police officer for almost 20 years.

Together, they instilled in Toby the importance of hard work and serving one's community.

Toby has worked hard to serve his community over many years, volunteering with local groups including The Salvation Army, Warringah Amateur Swimming Association, Manly Warringah Football Referees Association and Dee Why RSL Club.

He is also a Justice of the Peace and has worked with Brad Hazzard for the past six and a half years, representing him in the community and working to achieve positive outcomes for constituents and local organisations.

**Brad Hazzard is strongly supporting Toby to be the next Member for Wakehurst. It is time for a fresh face in Wakehurst and Toby has the local experience and track record to continue Brad's work of delivering new and upgraded schools, protecting our area's local environment and character, and ensuring we have access to the services our community needs.**

# TOBY WILLIAMS

## Liberal for Wakehurst

[f TobyWilliams4Wakehurst](#) [@ Wakehurst@nswliberal.org.au](#)



Authorised by Chris Stone, Liberal Party of Australia, NSW Division, Level 2, 131 Macquarie Street, Sydney NSW 2000.

**Trivia Answers**

- Duffys Forest
- 711 people
- Sapphires
- Brad Hazzard
- Belrose
- Five
- Bean
- World War I
- 1916/17
9. Potato
- Seek & Slide
- No. 12. Apollo 17
- Denmark
- Tuncurry
- Basketball
16. 1940's
17. Argentina
18. Hotel California
19. 20
20. FTX

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

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I know how to listen, to work with all parties at every level of Government to get great outcomes for everyone. All I need is your vote.



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**Vibrant communities**



**Fix the bottlenecks**



**Affordable housing options**



**Climate protection**



**Health and education**

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Check out my policy platform in full, volunteer or donate online.

