



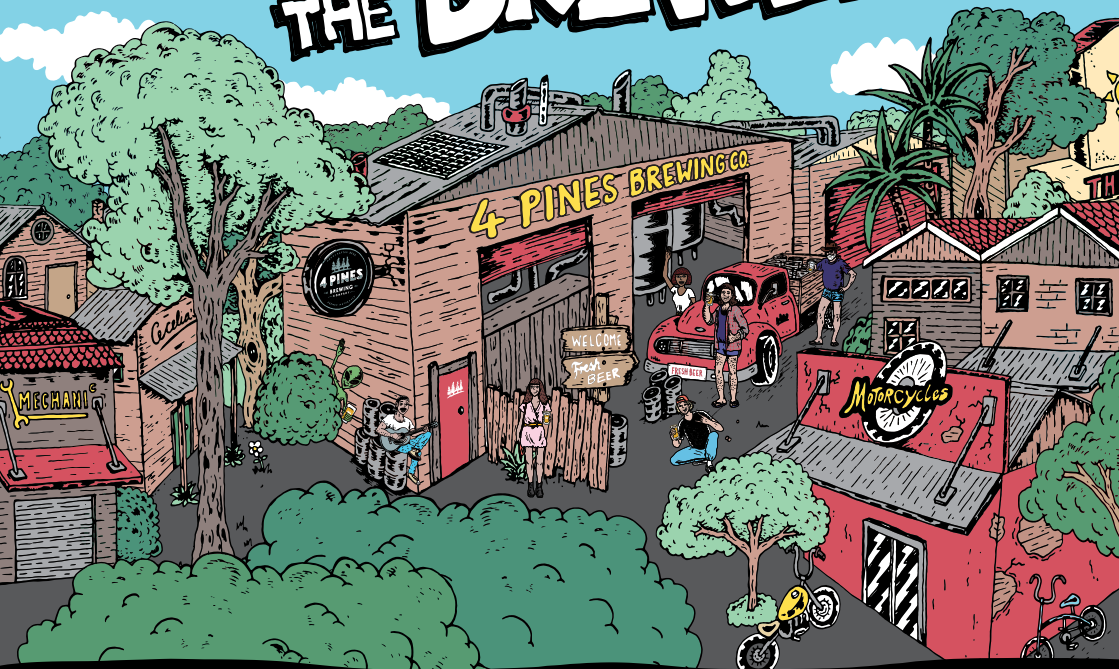
The Tawny

# FROGMOUTH

April 2023

# ANZAC DAY AT THE BREWERY!

TWO-UP  
FROM 1PM



**WE'RE HOSTING ANZAC DAY  
CELEBRATIONS HERE IN BROOKVALE!**

TUESDAY, APRIL 25TH 2023  
FROM 12PM - LATE

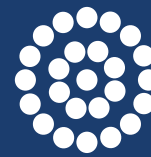
TWO-UP | PIG ON THE SPIT | FRESH BEERS

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**Wed 11-6 • Thurs 9-6 • Fri 9-6 • Sat 9-3**

Lifeline Book Fairs raise funds for Lifeline's crisis support and suicide prevention services. Visit [www.lifelinenb.org.au](http://www.lifelinenb.org.au) to find out more.

# COLORMAKER INDUSTRIES celebrates 65 years



▲ The original G&H Chemical Industries building.

◀ Top left: Today's Colormaker features a fabulous mural designed by M-Ion.

▲ Byron Bay home painted with Colormaker eco-friendly ULTRAWASH® interior paint in Purest White. 📷 @thequarteracre

▲ Swimming pool by The Designory resurfaced with LUXAPOOL Epoxy pool paint in White. 📷 Simon Hunter

**COLORMAKER INDUSTRIES**, your sustainable Northern Beaches paint company, will celebrate their 65<sup>th</sup> birthday in April this year. They've come a long way since inception in 1958, to becoming the sustainable paint company powered by 100% renewable energy that they are today.

To celebrate their 65<sup>th</sup> birthday, Colormaker is having a Birthday Sale throughout the month of April and a special event on 28<sup>th</sup> April involving Colormaker supporters and customers.

## SO WHAT IS THE HISTORY OF COLORMAKER INDUSTRIES?

The company, originally known as G&H Chemical Industries, commenced operations in 1958 in Brookvale manufacturing enamel house paints.

The business expanded in the 1960s to manufacturing water-based house paints. A joint venture was also established

with Coogee based Permapaints, originators of PERMASET Inks and PERMAPLASTIK sign writing colours. Eventually both companies were consolidated into Colormaker Industries.

Colormaker's current owner, David Stuart, passionate about the coatings industry and Australian R&D, saw the potential of eco-friendly paints and was inspired to take over Colormaker Industries in 2003.

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- **PERMASET AQUA**® eco-friendly screen printing inks
- **ACRYLMERIC**® waterproofing membranes & heavy duty floor coatings

- Colormaker low-VOC interior and exterior house paints
- Colormaker paving paints
- **RUSTEND**® rust prevention solutions
- **PERMACRYLIK**® scenic artists paints.

Colormaker paints are specified by designers for use in some landmark projects:

- Bondi Icebergs Ocean Pool is painted with **LUXAPOOL**® pool paint
- The Winner of the 2022 Archibald Prize, *Moby Dickens* is painted by Blak Douglas using **PERMACRYLIK**® Scenic Paints
- THE BLOCK Winner, Shannon Vos, chose low-VOC Colormaker **ULTRAWASH**® interior and **SolarColor** exterior paints to renovate his home.

If you are a designer, architect, DIY renovator or artist seeking an eco-friendly finish or colour for your project contact Colormaker on 02 9939 7977, or drop into the Colormaker Paint Shop to check out the 65th Birthday Paint Sale.

HOUSE PAINTS  
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36%



Save 36% off RRP (incl. GST) on low-VOC house paints: **Ceiling White**, **ULTRAWASH**® interior paint and **SolarColor** exterior paint with UV protection. Some colours may include an additional tint fee.

ACRYLMERIC®  
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36%



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**Colormaker Industries**



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 Shop hours: 7:30am-4pm Monday to Friday  
 Parking available at rear of the Colormaker building



\* Offers close 30th April 2023

# G'day Beaches

Hello April, you're looking sublime, especially with 50,000 Tawny Frogmouths landing en masse.

Thank you to cover artist Eve Bracewell, her vivid textures kicking off Issue 26. And Tristan Grindrod, cartoonist extraordinaire, creating "The Thrones of Brookvale," our first comic strip series, inspired by Game of Thrones, but focusing on the true thrones of Machiavellian intrigue, Brooky.

Dr Sophie Scamps marked her first 200 days in Office, sitting down with Wendy Harmer to cast a close eye over her Voices of Mackellar Report Card. We commemorate World Plumbing Day with hats off to Australia's most under-appreciated health workers, and Paige Turner goes all in for a review of Anne Maria Nicholson's novel Poker Protocol.

Finally, love is in the air thanks to The Waxhead, Matt Chojnacki, undertaking his most critical ever dropknee, proposing to his soulmate Darline as the sun set over Long Reef. Fantastic news... she said yes!

*Liam*



## The Tawny Frogmouth

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The Tawny Frogmouth uses paper  
from sustainably managed forests.

# Contents

- 6 G'day Beaches
- 8 Peninsula Wash Up
- 10 Letters to the Tawny
- 16 Community  
Manly's Spin-a-thon
- 18 Silicon Brooky  
True Blue, an Aussie EV future
- 20 Sport  
History made by Manly U10s
- 21 A Quiet Word on  
Equanimity
- 22 Michael West Media  
The fog of corporate disinformation
- 24 Local Business  
The Princess of Wetsuits
- 25 Families & Finance  
6 ways for retirees to save
- 26 The Thrones of Brookvale  
Part 1. The Brewing Storm
- 28 Cover Artist  
Eve Bracewell
- 29 Home Cooking  
Delicious Hoppy Easter bake
- 30 Politics & Community  
Dr Sophie's Mackellar report card
- 32 Roll of honour
- 33 Tide chart
- 34 Local Business  
Plumbers protect the health of the nation

- 36 Home Improvements  
Gutter Shine Bright
- 37 Mal's Wild Side  
Swanning around the Beaches
- 38 Mental Health  
Road to recovery
- 39 Lifeline  
Forrestville's GIANT Book Fair
- 40 The Love Scout  
Titanic: The Sinking Ship
- 42 Secret Spaces Hidden Places  
Gateway to the Bluff
- 43 Film Review  
The Fabelmans
- 44 Tawny's Bookclub  
Poker Protocol
- 45 Digz Music  
Album Reviews
- 46 Local Photos
- 48 Trivia  
Sudoku  
The Funny Corner
- 50 Star Signs



### 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.

**Join Zali Steggall, MP & The Hon. Bill Shorten MP, NDIS Minister**  
for a community discussion and Q&A on all things NDIS

**THURSDAY 27<sup>th</sup> APRIL | 6PM-7.30PM | ST MATT'S MANLY**

SCAN TO BOOK



Active Women Support Group

## Peninsula Wash Up

### Tackle cancer with loving support

If you're a cancer patient, survivor, carer, or friend, and keen to create lasting connections, feel less isolated, learn valuable coping skills, gain a greater feeling of control and self-worth, and, most importantly, have some fun, please feel free to join **The Active Women Cancer Support Group**. Meeting twice monthly, for lunch at Curl Curl's Gusto Café on the first Friday of the month, as well as dinner and a talk at Balgowlah RSL on the third Monday of the month, you're invited to come along to one or both gatherings and benefit from a safe and supportive environment for women touched by cancer. Email [activewomencancergroup@gmail.com](mailto:activewomencancergroup@gmail.com) to learn more, or head to Facebook, search **Active Women Cancer Support Group** and connect from there.

### 65 years young, with the brightest of futures

This April, we wish **Colormaker Industries** the happiest of 65th birthdays! Starting out in Brookvale in 1958 as G&H Chemical Industries, and founded by Gregory Givorshner, a pioneering soul who carved his path to Brookvale from Belarus via Shanghai, Colormaker Industries is now owned and operated by another pioneer, David Stuart, whose commitment to providing genuinely eco-friendly paints, and with total devotion to powering the business with 100% renewable energy is something the Northern Beaches can all be proud of. Celebrate 65 years of Colormaker with their April Birthday Sale by popping into the Colormaker Paint Shop on Orchard Road, visit [www.colormaker.com.au](http://www.colormaker.com.au), or call **02 9939 7977**.

**Corso street stall for Aussie hearts and lungs**  
Manly wonder, **Winifred Garland**, of the **Australian Heart/Lung Transplants Association**, known as AHLTA, would like to invite everyone to their AHLTA street stall taking place Friday 31 March in front of Manly Corso's Humphrey's Newsagency from 8.30am-3.30pm. On sale will be jams, butters, marmalades, chutneys, pickles, cakes, hand-made baby goods, puzzles, bric-a-brac and even a raffle. Please come along, say hello, and support this wonderful charity which supports heart and lung transplant patients and their families throughout their journey. For more info, please call Winnie on **9971 0821**

### Forget the Jones', keep up with the Grandkids!

Pilates isn't exclusively for vegan smoothie drinkers with a penchant for walking round town clutching yoga mats, it's for every one of every age! And there's no better way to stay young, nubile, foot loose, fancy free and able to keep even the spriteliest of grandkids on their toes than by making the most of **Turning Pointe Pilates** classes in Dee Why. Lisa and the team are blessed with the ability to ensure you have your fullest vitality to enjoy. Whether you're recovering from joint replacements, dealing with back and neck pain or simply keen to move with ease, call Lisa on **0435 293 748** or visit [turningpointepilates.com.au](http://turningpointepilates.com.au)

### WANTED: Junior Theatre Reviewer

The Tawny Frogmouth and **Glen Street Theatre** are looking for a Junior Theatre Reviewer! Is that you or a youngster you know who's destined for a merry articulate career in critiquing? We will be selecting a special young person to come along to Glen Street's fantastic program of kids' shows in 2023, including **360 ALLSTARS**, **Possum Magic**, **Are We There Yet?** and **The Twits!** The successful applicant will receive a family pass including tickets for two adults and two children to attend and review these four shows throughout the year for The Tawny Frogmouth! If you're between 8-12, tell us in 25 words (or less) why you would like to be our first ever junior reviewer! Hurry, applications close Easter Monday, 10 April! Scan the QR code to apply now or visit [glenstreet.com.au](http://glenstreet.com.au) and follow the prompts. Good luck!



Words: **Liam Carroll**



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## Letters to The Tawny

### Tawny Frogmouth is welcome in my letterbox

In response to the Anonymous person (Jan23) who complained about your lovely publication being "shoved" in their letterbox replete with "No Unsolicited Mail" signage and demanded a cease and desist with a threat of legal action, I'd like to counter that with a hearty Thank You! I had wondered where the happy little magazine had gone to. Despite having a "No Junk Mail" placard on my letterbox, I received my first one in quite some time and it brought a smile to my face as I was recently wondering where it had gone. It's too bad that someone is sour enough to consider writing such a salty letter to the editor. I hope to continue to see your mag in my letterbox every month and that the person who felt compelled to complain finds happiness in other productive activities rather than trying to bring others down. Life's too short to be so petty.

**Elle Sandes, Dee Why**

### The Northern Beaches Hospital

Dear Liam, prompted by reading Michael West's recent article about the Northern Beaches Hospital (Mar '23), I did some research of my own that I would like to share with other Frogmouth devotees.

A Report from a Committee of the NSW Legislative Council entitled Operation and management of the Northern Beaches Hospital, published in February 2020, advises that the hospital was built and is operated under

a public private partnership (PPP). Whilst it is a private hospital, it provides services to both private and public patients. Under the PPP, Healthscope was contracted to design, build and operate the Northern Beaches Hospital, with two key components to the PPP model: The delivery of the asset (the building itself) – combined private sector design, construction, financing, and maintenance under one contract with government. Operation and management – bundling of private sector clinical services for public patients for a defined period, clinical and non-clinical services to public and private patients integrated in a single facility, all of which are the responsibility of the private operator.

The operating company is to deliver these services over a period of 20 years, at the end of which the public portion of the hospital may be handed back to NSW Health at no cost. The company then has a further 20 years to provide services to private patients before the remaining part of the hospital may also be returned to the state.

Public health services are purchased from the operator by the NSW Government. The operator is obliged to treat all patients that present to the Northern Beaches Hospital regardless of insurance status, and to deliver services to public patients at the standard expected of all NSW public hospitals. NSW Health monitors the operator's performance under a performance management framework which includes the service specifications and key performance indicators (KPIs) detailing the nature and quality of the services to be provided (outcomes-based service levels).

In conclusion, I note that the parliamentary report covers

many additional issues, findings and recommendations, which may assist the community in evaluating any future developments.

**Reon Bavinton, Seaforth**

### Vote 1

Vote 1 for Malcolm Fisher! Excellent policies (Re: Mar '23). Just what NSW needs.

**J Hungerford, North Curl Curl**

### Shark territory

You don't have to be 'fanatical' or 'hysterical' to remind your letter writer (Mar '23) that the ocean does not belong to human animals. It belongs to aquatic animals. When a shark moseys up the beach onto land and starts biting humans, well that's a different kettle of fish. In the meantime, the shark is in its home, and when you enter its home, you are a visitor. Respect your host.

**Polly Bell, North Curl Curl**

### Re: Shark Nets

I am no Greenie nor animal activist, but I do care for the environment and wildlife. Only 51 of NSW beaches are "protected" with shark nets, which are only 150m long and do not prevent sharks from entering or leaving the beach but operate by entangling sharks that swim into them by chance. 40% of sharks are in fact caught in the nets on their way back out from the beach. 376 marine creatures were caught in shark nets from September 2021 to April 2022, of which 62% drowned. 28 critically endangered white sharks were killed. Although target species of the shark nets are white, tiger and bull sharks, only 51 of the 376 were these types. That leaves 325 other the marine creatures that were injured or died. Between 2012-20 in the Northern Beaches alone, shark

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nets have killed 18 whales and dolphins, 21 sea turtles, 27 other non-target sea inhabitants and 224 protected or endangered species. I guess you would also think it OK to demolish bushland including Koala habitats to build more houses, because humans are more important.

Humans swimming in the ocean are in the home of marine life, including sharks. You either take the risk or don't swim there.

Instead of complaining that nets should remain because humans are more important, why not join in the push to have safer alternatives that don't take the lives of other marine creatures.

#### Caring, Collaroy Plateau

#### Re: Dogs taking over Fairlight Beach (Mar '23)

I agree with Sue McGregor. I like to go snorkelling at Fairlight but can't enjoy it as much as I like due to dogs on the beach annoying me, or swimming near me; and having to be careful I don't sit in poo just under the surface of the sand. In addition, there are always dogs off leads along the walkway, all things that are banned.

There are 29 off leash areas on the Northern Beaches, and I believe 5 waterways/beaches dogs can enjoy. But dog owners seem to be self-centred, and don't care for rules. Unfortunately, when I have tried to give my side of the story, I am usually abused. If dog owners did the right thing maybe others would be more tolerant.

One example of irresponsible dog owners is the person who stopped to let his dog poop on the pavers about a metre from diners at Sunrise Cafe this weekend. He walked off ignoring it but unfortunately it was not till he walked off that diners noticed the poo. Thankfully someone I saw at another table had a poo

bag and collected it to save anyone stepping in it. Please dog owners, do the right thing, and think of others who want to enjoy our beaches and walkways dog free.

#### Mary, Collaroy

#### Re: Are tourist events worth it

Your correspondent asks, "Are tourist events worth it?" (Jan 23) My response is an emphatic yes! Having lived in the once vibrant suburb of Balmain I saw firsthand what happens when demographics change, and a chattering class dominated local council adopts a siege like mentality. The once thriving hospitality scene is a shadow of its former self. Darling St Balmain is a ghost town after 8pm on most nights. Top class restaurants have closed due to the lack of patronage from a community hamstrung by mortgage repayments and private school fees. A once thriving music scene has been curtailed by complaints from residents who, having bought a renovated terrace 2 doors down from the local pub, don't want their Saturday night dinner party spoilt.

Having moved to Manly at the start of Covid it was hard to gauge whether the suburb had a pulse as businesses remained closed during lockdown and visits to the area were restricted. Subsequent severe weather also impacted. Slowly as restrictions were lifted and as weather improved, crowds have returned, enticed by council led initiatives like the jazz festival. Do they cost the ratepayer? No doubt. Are the crowds on weekends an inconvenience? Probably. But it's easy to organise your life around this. Having large numbers of visitors, whether they be from Sydney, interstate or overseas, incentivises businesses to open, provide employment and hopefully are

profitable so local residents can utilise them when the hordes have moved on.

Manly is now the vibrant suburb I imagined it would be and I'm more than happy I made the decision to move here. Having lived in a once buzzing suburb that has slowly declined I'd hate to see the same happen here and if that means some of my rates subsidising the jazz festival then so be it!

#### Mike Kenneally, Manly

#### Services Australia

Are locals aware that Centrelink and Medicare are no longer at Brookvale? They are now at the Mall - with half the staff and half the size. No sign exists to direct people. The sign at the front when found says Services Australia. Many people are unable to use the direction boards and the information desks are very helpful and both persons said they have many enquires re Centrelink and Medicare, but when found a "Services Australia" sign is not helpful. How about clear directions? Perhaps they do not wish to be found!

#### Barbara Bevan

#### A bridge too far?

Dear Tawny, up until a year or so ago, the crossing of Pittwater Rd at Warringah Mall was a simple task: press the button at the crossing and wait a short time for the walk sign. But the Liberal state government, as always, put traffic ahead of pedestrians, and we are now forced to climb almost 100 steps with our poor old knees or else travel in the "covid elevator" which sometimes breaks down leaving the old and disabled to fend for themselves. So now, with a state election looming, it might be a good time to ask the Liberal, Labor, Green, Teal, Independent and Animal Justice candidates

if they have any intention of putting environmentally friendly pedestrians ahead of greenhouse polluting traffic by reopening the crossing and returning to the way things were before whoever it was came up with that stupid, expensive, useless overhead bridge. Don't forget, all you candidates out there, that pedestrians get a vote too, and the contest for the seats of Manly and Wakehurst might be closer than you think!

**Reg from Freshwater**

**Council Bins (Re: Mar '23)**

Hi there, it's really the rubbish removal truck's responsibility as to how they pick up rubbish. They have a contract to pick up rubbish! This same situation is in high density areas and most employ three men and a truck. The three men pull bins onto back on trucks (as in inner city areas) and out back onto verge! A good way

to get to know your neighbours when finding your bin down the street afterwards. Leave them on your verge so you don't take up valuable parking spots needed around the areas. The rubbish contractors are responsible to remove your rubbish!

**Sue O'Brien**

**International Peace?**

Dear Editor, when will the leaders of countries of the entire world be instructed in the CREATION OF GLOBAL PEACE? Many, many soldiers throughout the centuries have been taught how to make war - with not only their enemies but they themselves dying as a consequence! So, isn't it time to focus on the positive at long, long last?

**Marianne van de Voorde**

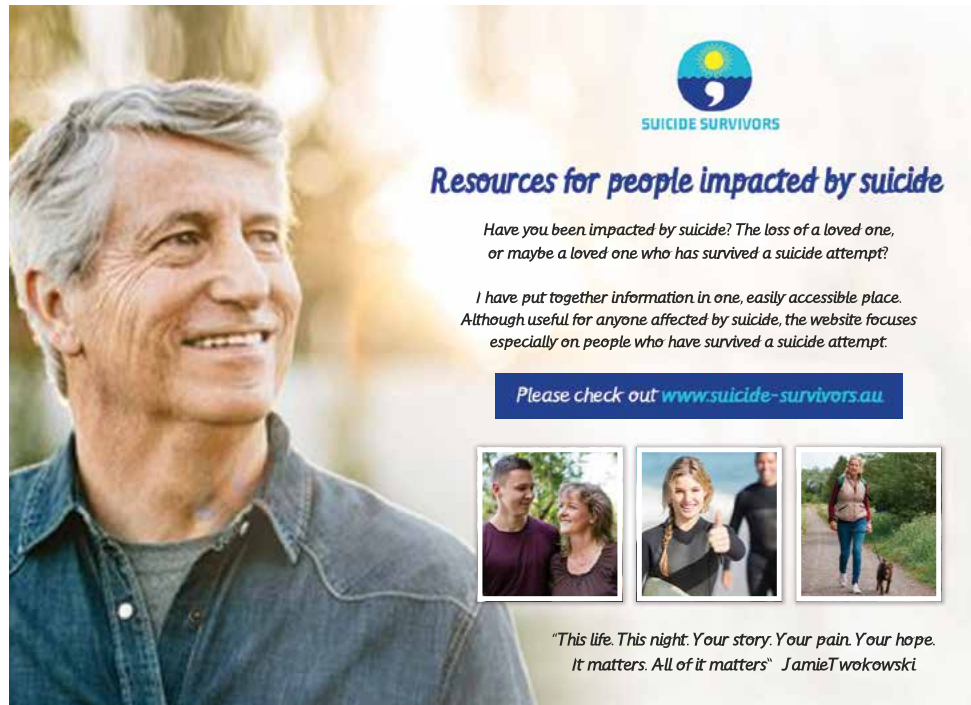
**Queenscliff Beach**

As residents at the Manly/Queenscliff end of the beach, what gives with the digging up of the beach at Queenscliff to so called create a channel from the lagoon? It massively changes the aesthetic of the beach and quite often seems to no or very little effect. The problem should surely be fixed by having a bigger fixed outlet, if necessary, certainly not just for the boys to have fun driving around on their tractors.

Also, if they do want to play on their tractors they could also "scrape" the Queenscliff northern end like they do for the rest of the beach every so often to remove the debris that washes up.

**Stan, Queenscliff**

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




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



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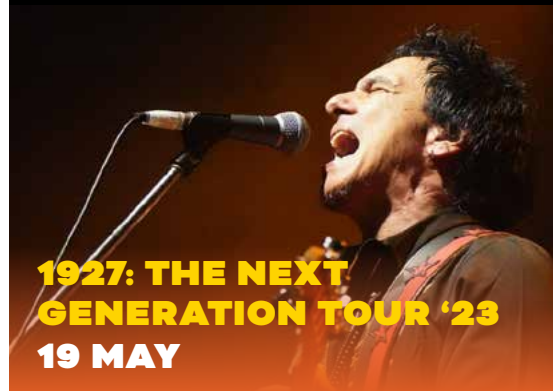
**POSSUM MAGIC**  
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The local team behind Manly's first ever Spin-a-thon



Emma Peterson, late 2019

## Community

# WoW, on Corso, Manly's first-ever Spin-a-thon

The first-ever 'Manly Spin-a-thon: Ride for Youth' will be taking place at the Corso near Sydney Road on Saturday, the 1st of April! The cycling fundraising event is helping raise awareness and funds for youth mental health programs with all proceeds going towards local charity, **Waves of Wellness Foundation (WoW)**. Hosted by **Community Capital Foundation (CCF)**, a local charitable organisation operated by **Community Care Northern Beaches (CCNB)**, along with **Manly Business Chamber** and **ANTHEMCYCLE**, the fun, music-filled event will be right outside the ANTHEMCYCLE studio as riders take turns on stationary spin bikes for a rhythm ride.

One of the best parts of the 'Manly Spin-a-thon' is you don't need to be a cyclist to participate. ANTHEMCYCLE's instructors will keep you motivated. With teams of four, each rider will spin for 45 minutes as the pace that suits them. There are still a few spots left to register to ride or sponsor teams, so don't miss out on your chance to join in the fun and make an impact. With speakers and dance-inducing tunes, grab some pom-poms and cheer on the riders or donate to the cause. Everyone can make an impact, whether riding, cheering, or donating.

Why is this event so important to our community? The Northern Beaches may seem like an ideal spot to grow up but there is a wicked social issue that is affecting the youth. Suicide continues to be the leading cause of death amongst young people in Australia and we are certainly not immune from this on the beaches.

Emma was a much-cherished local girl who

devastatingly took her life in 2022. Her parents and brother live with the day-to-day heartache of this loss, robbed of a future with her and left with a life in which she only exists as a memory. Emma was a Mental Health Youth Ambassador with CCF and courageously shared her struggle and triumph through dealing with bullying. Emma shared her desire for local young people to be kinder and to have more opportunities to do things that are meaningful to them.

When the time came to host an event that would make an impact and help raise awareness about youth mental health, WoW was chosen to raise funds to help other youth on the Northern Beaches like Emma. "There are so many mental health organisations that help, but what we love about the Waves of Wellness program is their accessibility. Young people can participate to learn some valuable coping skills," said Community Capital Foundation's Manager, Jessie Williams.

The first-ever 'Manly Spin-a-thon,' hopes to raise enough proceeds to help support 100 youth with a WoW program. Don't miss the chance to ride or check out the event and be a part of a worthy cause.

To learn more visit [communitycapitalfoundation.com.au/spinathon](https://communitycapitalfoundation.com.au/spinathon)  
CCF currently provides support to local charities such as **One Eighty**, **EPIC** and **Harrison Riedel Foundation**.

Words: **Ashley Best**

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## True Blue, an Aussie EV future to drive towards

It's 26 January 2023. Festivities, protests, and citizenship ceremonies are taking place all over the country, while at 44 Orchard Rd, Brookvale, the glaring Aussie sun beams down on Colormaker Industries' 100kW rooftop solar array.

This generates electricity to power not only the business, a crucial ingredient given owner David Stuart's modus operandi is, "ensuring there's a little bit of Australian sunshine in every drop we make", but the solar energy harnessed also fuels the 3 electric vehicles which Colormaker deploy for deliveries and staff transport, an electric forklift (no more LPG on site), an energy efficient air compressor and a small battery to soak up surplus electricity too.

David's a man on a mission, setting the target, ambitious to others but beyond reasonable to him, of ensuring Colormaker is net zero by the end of 2024, with the [www.colormaker.com.au](http://www.colormaker.com.au) home page showcasing the countdown to this crucial date, with the all-important call to action, "We don't have a moment to lose." Since first powering up the solar array on 18 September 2019, Colormaker Industries has already saved well over 500 tonnes of greenhouse gases (GHGs) from entering the atmosphere.

I've been invited today by David to meet another man on a mission, Greg McGarvie, managing director of ACE EV, an Australian company leading the charge to manufacture light, commercial, fully electric vehicles here in Oz, and work towards restoring our position globally as a car manufacturing driving force.

Like all eminent tech companies, ACE EV began out of a home garage. Greg's professional background is in business, marine education, and training sciences, but it's predominantly his interest in the marine environment that's led to his passion for decarbonising the automobile industry.

In the works now, ACE EV will soon be launching their range of fully electric, light commercial vehicles and cars made for tradies and city living, comprising the V1 Transformer, Cargo, Yewt, and Urban models.

"The rise of the electric vehicle market over the past decade has been extraordinary," Greg explains. "Auto manufacturers have gone from barely registering the possibilities of EV technology to embracing it. Now every major manufacturer has an EV strategy, and the



ACE EV's paint a bright future for Brooky and beyond

future of the industry looks bright for battery powered."

David is first in line to acquire an ACE EV commercial vehicle the moment they're ready. "An ACE EV will figure prominently in Colormaker's freight/transport carbon abatement plan as Colormaker strives to reach net zero by the end of 2024," David says.

"EVs charged directly from rooftop solar must represent one of the greatest opportunities that Australia has, not only to reduce carbon emissions, but also to reduce our reliance on imported fuels. This will not only be good for our terms of trade, keeping more dollars in Australia, but also for national sovereignty, security and for rebuilding resilience in local communities."

As Dr Christina Kirsch of The Solar Alliance pointed out in March 2022, "35% of the total 1.5 square kilometres of the Brookvale commercial area is rooftop. Take away 25% as unsuitable for solar panels due to shading, slope or orientation, you're left with 390,000 square metres just waiting to generate power from the sun, equivalent to 30 Brookvale Ovals." It's safe to assume the vast majority of these businesses have fleets of vehicles that could benefit from a solar powered EV future too.

Learn more about **Colormaker Industries** at [colormaker.com.au](http://colormaker.com.au)  
Learn more about **ACE** online at [ace-ev.com.au](http://ace-ev.com.au)

Words: **Liam Carroll**



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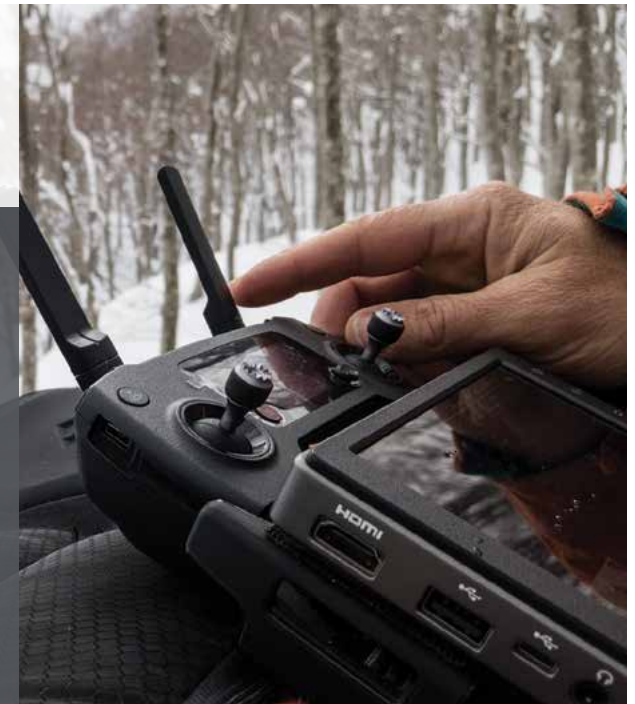
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MWSA's U10 Girls, NSW Champions third year in a row

## Sport

# State Championship history made by Manly U10s

The State's youngest recently voted for the coveted Teeball State Championships hosted by Softball NSW at Tuggerah. Not only did Manly Warringah Softball Association's (MWSA) U10 Girls win the title for a third successive year but the U10 Boys were also successful in taking top honours.

"It was an historic day for softball at Manly. Our first ever boys' representative team won on the same day our girls' representative team defended their title. We couldn't be prouder," said MWSA President **Doug Freeman**.

The Boys Head Coach, **Jade Hemaridis**, was thrilled to see MWSA announce its first representative team several months ago and didn't hesitate to apply for the top job which was her first Head Coach appointment.

Other team officials ranged from a NSW coach, NSW players past and present, an Australian player through to a Level 6 umpire – this meant the boys got to learn a lot about all aspects of the game,

not only playing but importantly the rules too.

Hard work paid off, the boys training twice a week since November, always improving. Cometh State Championships, MWSA's U10 Boys finished a tightly contested round robin series in fourth place which saw them play first-placed Macarthur in a sudden death semi-final.

Manly came out all guns blazing and led right from the very start, beating Macarthur 20-11 and booking a place in the grand final later that day, where they faced Orange, a provincial powerhouse.

There wasn't much between the teams for the first three innings, however Manly's fourth innings was a turning point and its fifth and final innings simply superb. The scoreboard read 25-17 to Manly whose name is now etched on another shield at Softball NSW.

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:



Hemaridis said, "Watching the boys play out of their skin at State Championships, not worrying about the opposition but just going out there and enjoying playing with their friends and having fun is what it is all about".

MWSA's girls were under the instruction of Head Coach, **Sue Brandenburg** and her experienced team of officials. The team comprised four players returning from last year's winning side and seven players who had participated in MWSA's U10 development program in 2022.

Over the course of their trainings (also twice weekly since November) the girls bonded tremendously well as a team. A highlight was the 'Learn to Slide' day at Narrabeen Lake during the summer holidays and the traditional presentation of small mementos to each player at the last training session.

Supporters were not let down come State Championships. MWSA's U10 Girls went through the round robin undefeated before knocking over North Shore 21-5 in the semi-final. The grand final saw them finish strongly against Penrith 20-12, no doubt a relief to everyone in the dugout and on the sidelines after the score was neck-and-neck for the first two innings.

"I watched the game on YouTube on Monday and really enjoyed it the second time around – a little less nerve racking," Brandenburg said with a proud smile on her face.

IMAGE CREDIT: AMANDA LAU

## A quiet word on... Equanimity

Staying the course can be boring. Why bother with that extra kilometre as you drag your weary ass around Manly Dam, or double check the numbers in your unread report?

And why do you bake when the same thing can be bought? Why read a book when you can Google the review? And don't even get me started on the merits of a Test match that can trudge along for days and still end up in a draw.

Better then to rage against the dying of the light. Better to crash and burn, to vent your spleen, to be agile and purpose-built, rather than thorough and determined.

In these times of beeps and pings, we are conditioned to respond abruptly. We're expected to be on, to be informed, yes, but more importantly, to feel provoked, to feel affected just enough to continue our infinite scroll of doom.

Values like equanimity and stoicism have faded in the face of popularity. We don't have the time for quiet contemplation, for reasoned debate, for hard won wisdom. We'd rather ask a bot than listen to our elders.

Is it any wonder then that our moods change, that we oscillate wildly from one FOMO to another, when we can't sit still and just be? We churn and we burn, moment by moment, day by day, megabyte by megabyte.

So what happens when we stop, for just a moment, to appreciate the view. To smell the roses, to admire the balance in our numbers, to be thankful for what we have, rather than aching for what we've not.

Equanimity means accepting both the good and the bad; to feel composed under pressure. Or, as Kipling almost said: to keep your head when all those around you are losing theirs.

Words: **Gethin Fisher**

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Fossils' influence on politics ensure sum things never stack up

## How PR and the fog of corporate disinformation has governments paying to burn the planet

Public relations is at the core of coal and gas industry influence which has governments actually incentivizing the burning of the planet. Grant Ennis, who has just released the book *Dark PR*, explores how corporate disinformation campaigns allow this to happen.

Fossil fuel corporations receive more than \$10 billion in yearly subsidies from Australian taxpayers. In contrast, the Government announced \$2 billion in climate finance for 2020-2025 at the COP26 conference in Edinburgh; professing to take action to stop global warming, while incentivising the burning of our planet.

The International Monetary Fund figures paint a more dramatic picture. The IMF estimates that Australia will subsidise fossil fuels to the tune of \$62 billion in 2023. The numbers include not just direct subsidies to consumers and producers, but also consider implicit subsidies which an IMF paper defines as the persistent

underpricing of fossil fuels, that is, not taking environmental impacts into account. "Underpricing leads to overconsumption of fossil fuels, which accelerates global warming and exacerbates domestic environmental problems, including losses to human life from local air pollution and excessive road congestion and accidents."

Fossil fuel and other polluting industries have undertaken a long term and concerted effort to influence political debates, to disguise the fact not only that global warming is happening, but that our governments are actively encouraging it through a multitude of financial incentives. This

disinformation campaign has been successful in placating us, to the point that not only do we not organise and act, but we don't even realise we are subsidising the problem at hand. At the core of this campaign is a sophisticated PR playbook which is rarely discussed. Here's how it plays out in Australia.

### Deny, deny, deny

When it comes to global warming, denialism is the devious frame that gets the most press. But Australian fossil fuel interests deny not only that global warming is happening, but also reject that fossil fuels are subsidised. In doing so, they draw from a range of PR talking points used by industries around the world to deny the obvious. And fossil fuel friendly politicians like Matt Canavan are more than happy to get in on the act. But denialism is just the tip of the iceberg. The rest of the playbook gets much less press, despite its much larger impact.

### Post-denialism: global warming is awesome

Fossil fuel advocates also suggest that more greenhouse emissions will make the world like a greenhouse. So, it will be better for plants. This is no joke. It's called "atmospheric CO2 enrichment." Post-denialism confuses the discussion around global warming, as why should we act if not only is there not a problem - but that everything is awesome. It's important not to laugh this off. These talking points get fed to government officials who end up using them in real policy discussions. During Donald

Trump's tenure, the head of the United States Environmental Protection Agency claimed that fossil fuels help society "flourish".

### Normalising climate change

In the 90s, corporate focus groups tested several ways of talking about the greenhouse effect, concluding the most successful term for diluting political will for action was "climate change". These PR actors then went on to advise the Bush administration who ran with the term and largely succeeded in making it the preferred term in use today. Yale University followed up two decades later with a behavioural study that confirmed that exposure to "climate change" rather than "global warming" was more likely to make people politically complacent.

### The "silver boomerang" of efficiency

Fossil fuel interests unanimously call for increased investment in efficient technologies. But when technology becomes more efficient, people use more of it. This includes improving automobile fuel economy or making them electric - rather than allowing for cities to be more walkable and bike friendly - and promoting a range of technologies that do the same job, for a lesser energy cost. The problem is, when it becomes cheaper to drive further, people don't save money. They drive more. Planners end up responding and build homes further away. In another example, when air conditioning efficiency increases, people end up using at least as much energy as with the old technology.

### The (not so) magical carbon capture & storage

The fossil fuel industry promotes the magical idea that we can somehow pump greenhouse gases back into the ground for less than the energy cost to extract them. It's a fanciful concept called Carbon Capture Storage (CCS) and is such nonsense that journalist Ketan Joshi wrote that CCS is "the preferred vehicle for perpetual climate delay. It is an eternal gravity well for public money with nearly nothing to show for it".

### Victim blaming - carbon footprint

In the early 2000s, British Petroleum rebranded itself as Beyond Petroleum based on advice from Ogilvy & Mather Advertising. But their campaign went much further. Ogilvy also advised BP to adopt the victim blaming frame and popularise

the (then) largely unknown term of "carbon footprint". Ogilvy's camera crews went on the streets, asking everyday people, "what size is your carbon footprint?" Watching their responses in 2023, now that the concept of carbon footprint is so deeply ingrained, is fascinating. They had no clue what a "carbon footprint" was whereas today, most people know what it means.

Politicians in the pocket of big oil, as well as front groups and charities taking corporate funding, have promoted the victim blaming frame for years now. By running ad campaigns promoting recycling and low electricity consumption, promoting education in schools on how individuals can use less energy, and even promoting ineffective carbon labels, corporations have been individualising the very political problem of pollution for decades - and it's worked. Rather than making people more likely to engage policymakers, research shows the focus on individuals makes citizens significantly less likely to support political action.

### The silver buckshot - all of the above

When Scott Morrison referred to climate change as just "one of many factors" causing bushfires, this was no off-the-cuff remark. It is the multifactorial argument, meaning we must do everything at once. But everything at once means that we're not focusing on what matters most. It's not only a bad strategy, it's the definition of an absence of strategy. By proclaiming the need to do everything, corporate PR helps governments get off the hook for doing, basically, nothing.

The dark PR playbook has made us inactive on climate as our governments subsidise the destruction of our planet. To fight back, we need to organise and demand political action - an end to subsidies and more. We first need to cut through the fog of corporate dark PR and focus on what matters. Ending subsidies, ending new coal and gas projects, and lifting the price of carbon, is the simplest and most effective way to move to a world of clean energy.

Words: **Grant Ennis**, Michael West Media

Grant Ennis is the author of *Dark PR: How Corporate Disinformation Undermines Our Health and the Environment*. Grant has more than 20 years' experience in international humanitarian affairs, environmental policy, and public health.

IMAGE: MICHAEL MATLON, UNSPLASH





YoungSurf founder Naomi Young, showing off the goods

## Local Business

# Young daughter of a Surf King becomes the Princess of Wetsuits

Meet the maker of the world's most beautiful wetsuits

In July 2019, Naomi Young was surfing Uluwatu, the Balinese reef break first made world famous by the iconic Morning of the Earth surf film her father Nat featured so prominently in, and despite having one of the best surfs of her life, the pelting sun was frying her skin to a crisp. "The waves were too good to go in," Naomi explains. "But I was getting scorched, trying to do whatever possible to pull my rashie up over my head to cover my neck, as well as bite the ends of the sleeves, create a hole for my thumb to assist in stretching the sleeves over my hands to protect them from the sun."

This fateful session would prove the catalyst for YoungSurf in the not-too-distant future. At this stage, she was flying high, a Qantas air hostess, as she had been for 27

years prior, and was unaware a global pandemic would soon ground airplanes completely and bring airlines to the brink. "Thanks to Covid, I was offered a redundancy," says Naomi. "It was that seed capital which could then underpin my complete commitment to the YoungSurf business."

While the world grappled with Covid, Naomi steadfastly built up her business from scratch, fast becoming the leader in the niche but burgeoning market of manufacturing surf wetsuits designed specifically for women.

"We make the world's most beautiful wetsuits," says Naomi matter-of-factly, and she's right. The YoungSurf wetsuits are defined by rich floral colours, engaging patterns and textures, unlike anything on the market. As well as beauty,

the wetsuit designs are tailor made to protect the body's most vulnerable areas from sun damage.

"Our high necklines protect the back of a surfer's neck and were also specially designed to ensure no irritation occurs around the neck. And the stretched sleeves to cover the back of the hands up to the fingers are the only wetsuits available which ensure the part of your body most likely to get skin cancer is indeed protected, while being super functional for paddling and getting to your feet too."

Having a superb product is a crucial piece of the puzzle, but Naomi's energy and commitment to ensure the commercial success of her YoungSurf business is off the charts. "For me, the challenges of succeeding with a startup business can only be overcome with self-belief, determination, and getting a great product in front of as many people as I can."

Naomi's self-belief to back herself with her own capital, her determination to provide a product for women that both looks amazing, but also has superior function, market, and her non-stop travel to surf events and gatherings, wherever surfers might be, to showcase her wetsuits and win new customers, all this hard work is paying off, her first range of wetsuits almost sold out already and she's busily planning a new range and a huge 2023 of beautiful wetsuit making ahead.

Learn more at [youngsurf.com](http://youngsurf.com) and follow @youngsurf on socials for all updates

Words: **Liam Carroll**



Making money from the government is fun for the whole family

## Families & Finance

# 6 ways for retirees to save

Feeling the pinch as costs of living pressures increase? Here are six action points to ensure that you are maximising your entitlements.

### 1. Get your age pension asap

Current age for the pension is 66.5 - moving to 67 from 1 July this year. If you are getting close to this age, you can make sure you get what you are entitled to by applying up to 13 weeks in advance. If you are not sure what you are entitled to, find out (we can help)

### 2. Get your concession card and get all the rebates, concessions and discounts started.

Receiving an age pension means you also receive a Pensioner Concession Card. As soon as you get the card, it is worth being mobilised to make the most of all the rebates, concessions, offsets, discounts. There are lots of government programs designed to help. This means more applications and forms, but the savings are significant - we estimate at least several thousand dollars per year. We help our clients get on top of this as soon as the card is ready.

### 3. You don't have to stop work to get the age pension

Your financial situation may allow for a pension to be paid in addition to your employment income or allow you to adjust your work hours to maximise entitlements. Your eligibility will be unique - because your situation is unique. Know the numbers.

### 4. Make sure Centrelink has the right info

A change in your situation may mean an increase in age pension. Your car may be worth less than what is on record at Centrelink, or your savings may have dropped with a change in investment value, a home improvement, or a holiday. Be vigilant.

### 5. Know your options (Home Equity Access Scheme)

The home equity access scheme interest rate of 3.95% is starting to look compelling as bank interest rates rise. While this may change in the future, the scheme itself offers property owners a source of cashflow that may help with day to day living expenses and take pressure off decisions to move.

### 6. Commonwealth Seniors Health Card

If you are not eligible for the Age Pension, you could be eligible for the Commonwealth Seniors Health Card - potentially saving you more than \$2500 in healthcare costs.

Words: **Brendan Ryan**, Certified Financial Planner  
Retirees can sign up for updates from **Later Life Advice** at [www.laterlifeadvice.com.au](http://www.laterlifeadvice.com.au)



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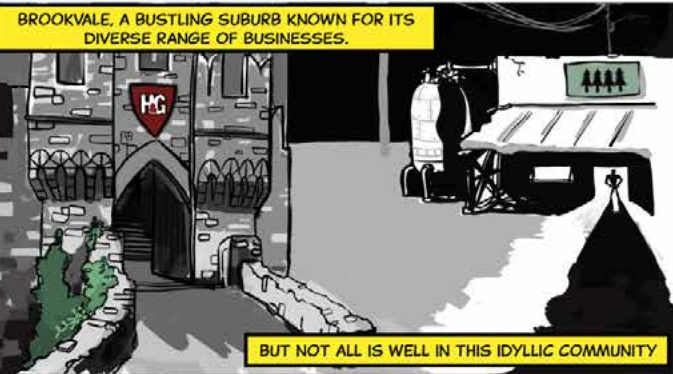


# THRONES OF BROOKVALE

PART 1:  
THE BREWING STORM

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THE NEW KIDS ON THE BLOCK ARE MAKING A NAME FOR THEMSELVES



AND THEY'RE NOT CONTENT WITH JUST BEING A SMALL PART OF THE BROOKIE LANDSCAPE



MEANWHILE, THE ESTABLISHED RULER OF BROOKVALE, HARDWARE AND GENERAL ISN'T ABOUT TO GIVE UP THEIR THRONE WITHOUT A FIGHT



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Eve in the studio

### Cover Artist

## Eve Bracewell

Born in the UK, but with a yearning for the ocean, it was only a matter of time before Eve Bracewell set sail for Australia, unearthing her creative co-working gems at Brookvale's La Crème Creative Inc, and drawing on the ocean's inspiration to fashion vivid and dazzling works of art.

**Which artists and inspiring people, living and dead, would you most like to have dinner with?** It will have to be a big table, with David Bowie, Bjork, Ursula K. Le Guin, Frank Stella, Lee Krasner, Frida Kahlo, Keith Haring, Chloë Sevigny, Matisse, Basquiat, Grace Jones, Sonia Delaunay, J Dilla, Kassia Meador and Lee Scratch Perry. Just a few of my favourite creative geniuses.

**How did you discover you had a gift for art?** When I was a kid, I painted all over my little sister's face with Tipp-Ex (White-Out in Oz). It was a masterpiece and I've been creating ever since.

**Did you study art?** I studied textiles in a little Welsh seaside town called Swansea. I also

took a short course in Graphic design here in Australia.

**How long have you lived on the Northern Beaches?** Twelve years. I'm originally from the UK and lived the big city life in London. I loved the cultural and creative aspect, but constantly yearned for the ocean. Inevitably, this inspired me to venture out to Australia in 2011.

**What inspired your cover?** My artwork explores the many moods and emotions of the ocean as well as my deep connection to this dynamic environment. Inspired by its textures, colours, and forms, I used a combination of handmade collage and digital processes to reflect the rhythmic flow of this healing landscape. I believe the ocean has a positive impact on our physical, mental, and emotional well-being. Whether you are looking at it from the shoreline, swimming or surfing in it, it can help you escape, ground, and find inner joy.

**What inspires you in general?** My work often explores human experience and connection/lack of connection with the landscape, and I draw inspiration from textures and forms found within the natural and built environment. Music is

also a huge inspiration, it drives my aim to create colourful works that hold a playful sense of rhythm, motion, and depth.

**What is your favourite part of the artistic process?** I love the dreaming up and the hands-on part of the process, where I am away from the computer screen getting all messy and experimental.

**What would you like to see in the future of the Beaches art scene?** Less beige and more colour please! I'd like to see a mural on every wall in Brookvale.

**What advice do you have for young or aspiring artists?** Find your creative community. Don't struggle, ask for help. Everyone is winging it, even your heroes. Trust your gut, it's clever and will lead you in the right direction. Don't compare yourself to others, compare your work to what you created yesterday. If you feel creatively stuck, reconnect with nature.

Tell that imposter syndrome to piss off and keep putting your creations out there, the world needs your art. It's okay to have a secret day job to pay the bills, it leaves you free to create whatever you choose.

**Do you have a suitably pretentious quote that you can impart for Tawny readers?** "Create yourself, you think I just woke up as Andy Warhol?" - Andy Warhol

**How can people buy and support your artwork?** Hit me up on Instagram @eve\_bracewell, through my website [evebracewell.com](http://evebracewell.com), or even better, come say hi at my Brookvale studio, La Crème Creative Inc, 2/1 Sydenham Road. If you make an appointment, this will include a cracking cup of tea made by me.

Interview: **Liam Carroll**

PHOTO: GABRIELA VILLALBA - KAYAPA.COM.AU



Listen bunny, you're baking me hungry

### Home Cooking

## Delicious Hoppy Easter Bake

While the sneaky Easter bunny is hopping about burying chocolate eggs, have a cracking time with your kids in the kitchen whipping up these easy to make breakfast bakes. Satisfying and colourful, they'll ensure Easter morning gets off to an egg-cellent start. To make everyone hoppy, kids can add their own veggie combinations and create personalised snack size bakes. Alternatively, make one big one to share with every-bunny.

#### Ingredients:

6 eggs (lightly whisked)	½ cup chopped ham (or cooked bacon) optional
1 cup grated tasty cheese	1 tbspn of chopped onion lightly fried (or 1 chopped spring onion)
½ cup Turkish bread ripped into 1cm cubes	½ tspn chopped garlic
1 cup milk	Salt and pepper
½ cup chopped zucchini (or frozen peas)	Chopped herbs
½ cup chopped red pepper (or tomatoes)	¼ cup crumbled feta

#### Method:

Preheat oven 180°C, (160°C fan-forced oven). If making one big bake, mix all ingredients (except feta and herbs) together. Pour into glass dish. Bake for 30-35 minutes until set. For personalised bakes, mix eggs, milk, tasty cheese, bread, salt pepper and garlic together. Spoon mixture evenly into 10 to 12 muffin cups, filling each to half full. Add individual veggies and ham filling up each muffin cup to ¾ full. Stir gently until well mixed. Bake for 20-25 minutes until set. Cool. Sprinkle with crumbled feta and your favourite herbs.

Words: **Jayne Economos**

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L-R: Sheila Hogan, Wendy Harmer & Dr Sophie Scamps

### Politics & Community

## After 200 days in Office, Dr Sophie's Mackellar report card is in

Sheila Hogan, Wendy Harmer, and Dr Sophie Scamps MP walk into a room, democracy ensues.

At Dee Why RSL on 21 May 2022, Dr Sophie Scamps was equal parts exhausted and exuberated. Having just completed her federal campaign for the seat of Mackellar, there was nothing left to do but wait for votes to be counted. Before long, numbers were in and they were resounding, with Sophie the first of all independent candidates to have her victory called by the press, also becoming the first independent to hold the seat in 73 years.

Time flies, and with her first 200 days in Office completed, it was time to return to Dee Why RSL on 28 February, this time for a conversation with Collaroy royalty, Wendy Harmer, and a QnA with Voices of Mackellar, outlining Sophie's achievements so far, and if her activities in Office were meeting the expectations of the 20 most important issues Mackellar residents had cited in the lead up to the 2022 election.

For those unfamiliar, the "Voices of" movement has become a significant player in Australian politics, focused on the premise that active listening to community concerns is fundamental, then building information from there that can guide policy framework for ideal community outcomes, and attract candidates whose values best align with what the community is most concerned about.

In that vein, Voices of Mackellar was established in 2020 to encourage the highest standard of community consultation and political representation for Mackellar residents, spending its first 2 years engaged in Kitchen Table Conversations with community members, and culminating in their collated findings published in the Mackellar Matters 2022 Report. Please visit [www.voicesofmackellar.org.au](http://www.voicesofmackellar.org.au) to read the Top 20 list and the report in full, but the top 5 items are: Climate Change, Accountability/Transparency, Environment, Inequality, and Corruption/Integrity/Ethics. It's no coincidence that these issues are front and centre of Sophie's agenda.

Highlights of the first 200 days include: Pushing the Government to increase the ambition of Australia's 2030 emissions reduction target, which is now enshrined in law alongside the 2050 net zero target through the passing of the Climate Change Bill; Working closely with the Attorney-General to establish a National Anti-Corruption Commission with teeth; Supporting the motion that would see a 'Climate Trigger' inserted into our national environmental law – the EPBC Act; Supporting the Family Assistance Legislation Amendment (Cheaper Child Care) Bill 2022, to make childcare more accessible and more affordable for all Australian families; Developing a Private Members Bill to establish an independent and merit-based process to select candidates for government boards, committees and departmental appointments, effectively "Ending Jobs for Mates".

There are many more achievements listed on the report card, and it's safe to say Dr Scamps' performance so far in Office has ensured Voices of Mackellar's support is extremely strong. What's more, the framework of holding politicians to account with a regular community report card is something sure to garner the attention of electorates all over the nation whose voters may not be overly satisfied with the performance of their sitting member.

Stay up to date with Dr Sophie Scamps' policies, news, and events at [sophiescamps.com.au](http://sophiescamps.com.au)  
Join Voices of Mackellar to ensure your voice is heard at [voicesofmackellar.org.au](http://voicesofmackellar.org.au)  
Follow Wendy Harmer on Twitter @wendy\_harmer for regular insights and hilarity

Words: **Liam Carroll**

# How do we restore **INTEGRITY** in politics?

## By legislating my 'Ending Jobs for Mates' Bill.

Scan the QR code to see how this Bill will restore trust in the institutions that underpin our democracy.



Authorised by Dr Sophie Scamps MP

**sophie scamps**

[www.sophiescamps.com.au](http://www.sophiescamps.com.au)

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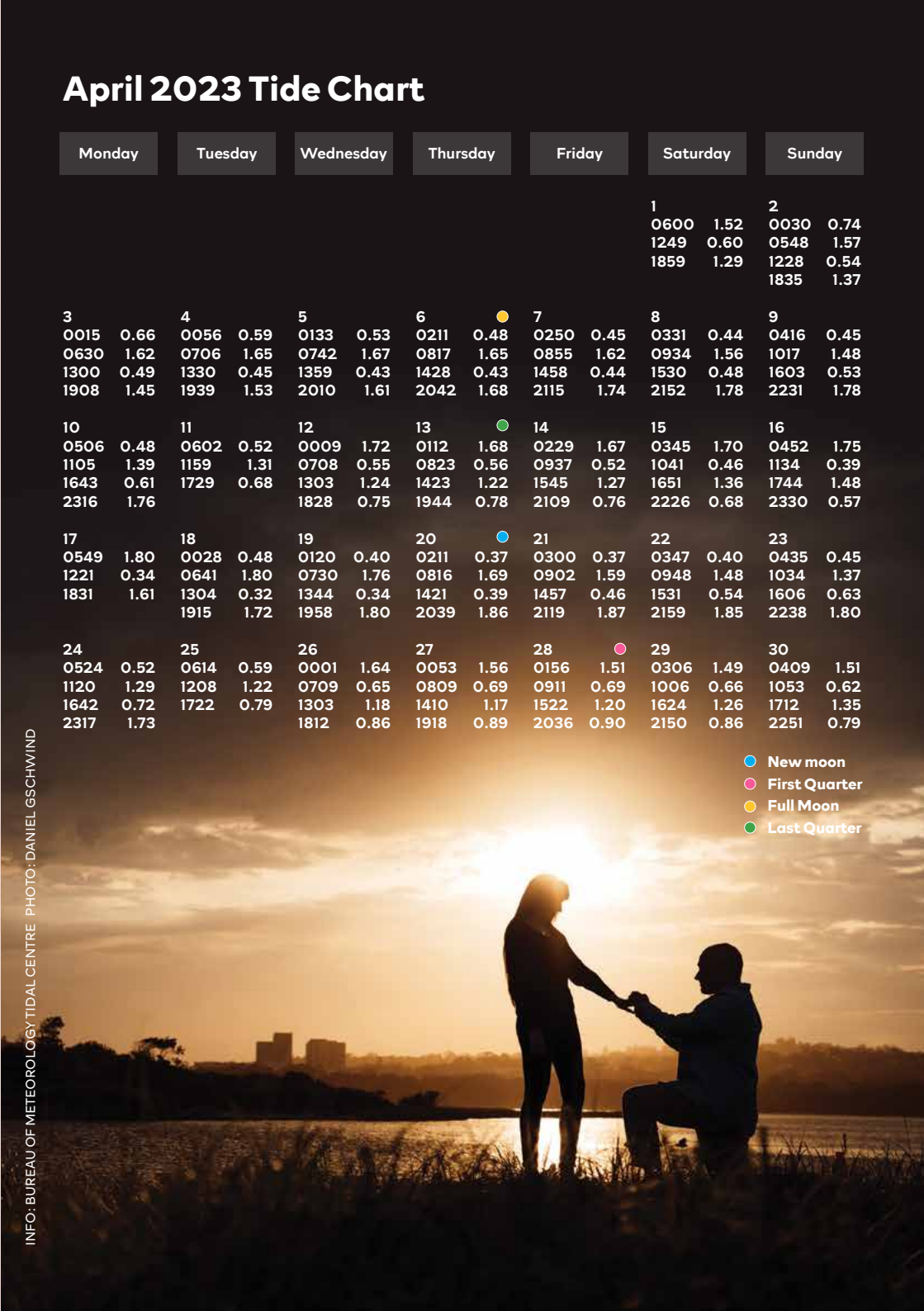
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# April 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 0600 1.52 1249 0.60 1859 1.29	2 0030 0.74 0548 1.57 1228 0.54 1835 1.37
3 0015 0.66 0630 1.62 1300 0.49 1908 1.45	4 0056 0.59 0706 1.65 1330 0.45 1939 1.53	5 0133 0.53 0742 1.67 1359 0.43 2010 1.61	6 0211 0.48 0817 1.65 1428 0.43 2042 1.68	7 0250 0.45 0855 1.62 1458 0.44 2115 1.74	8 0331 0.44 0934 1.56 1530 0.48 2152 1.78	9 0416 0.45 1017 1.48 1603 0.53 2231 1.78
10 0506 0.48 1105 1.39 1643 0.61 2316 1.76	11 0602 0.52 1159 1.31 1729 0.68	12 0009 1.72 0708 0.55 1303 1.24 1828 0.75	13 0112 1.68 0823 0.56 1423 1.22 1944 0.78	14 0229 1.67 0937 0.52 1545 1.27 2109 0.76	15 0345 1.70 1041 0.46 1651 1.36 2226 0.68	16 0452 1.75 1134 0.39 1744 1.48 2330 0.57
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24 0524 0.52 1120 1.29 1642 0.72 2317 1.73	25 0614 0.59 1208 1.22 1722 0.79	26 0001 1.64 0709 0.65 1303 1.18 1812 0.86	27 0053 1.56 0809 0.69 1410 1.17 1918 0.89	28 0156 1.51 0911 0.69 1522 1.20 2036 0.90	29 0306 1.49 1006 0.66 1624 1.26 2150 0.86	30 0409 1.51 1053 0.62 1712 1.35 2251 0.79

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

INFO: BUREAU OF METEOROLOGY/TIDAL CENTRE PHOTO: DANIEL GSCHWIND



## Hats off to Australia's most underappreciated health workers

I recently took the plunge in celebrating World Plumbing Day and decided to probe three of Tawny's favourite plumbers for a deep dive into their thoughts about the trade, its highs and lows, their triumphs, and challenges, and if there was a bright future ahead for plumbing that can inspire teenagers (and anyone of any age) to consider this career path.

**Jason Beckley** of **Killara Plumbing** declares, "Plumbers are the best thing since running water!" He goes on to explain, "The world of plumbing has evolved over the years. We now use CCTV cameras instead of the black art of water dowsing – holding two sticks in your hands to find a water pipe. Not only has technology come a long way but running a company in the trades-based industry now requires a very dedicated individual with entrepreneurial traits. To succeed, you need to design a customer experience that leaves a lasting memory with your customers."

As for the future, Jason believes "Plumbing will always be a necessity in life, and I feel that you can't go wrong by investing in your education with a trades-based skill. I've never hopped in an Uber and found a sparky, plumber or carpenter behind the wheel. This speaks volumes to me."

Next is **Danny Hamilton** of **Daniel Hamilton Plumbing**, who's also the co-creator of the **Tappr App**, which allows plumbers to easily create digital drainage and sewer diagrams on their phone or tablet in under 10 minutes. Danny tells us, "It's more than plumbing, it's an art, where you need to create your own design solutions that work with the codes and the design of the house, with no two jobs ever the same."

In terms of career highlights, Danny cites "Getting my gold license, then starting my own plumbing business, as well as using my plumbing knowledge to create the Tappr App." Much like Jason, Danny believes there's a bright future ahead, for a simple and undeniable reason, "Everyone needs a plumber."

Finally, we chat to **Nathan O'Neill**, owner of **Koalafied Plumbing & Gas**, and producer of the most gripping cinematic plumbing content on Instagram! Nathan says, "How broad the trade



is keeps things exciting, and solving clients' problems make you feel like a rockstar."

In terms of career security, "We have had a shortage of plumbers ever since I started in 2005. You can really make a solid career out of plumbing. All you need to do as a 1st year apprentice is be keen and don't be late! We can mould you into a superstar plumber."

As for Nathan's triumphs and challenges so far, "Taking the leap to run my business full time at the beginning of Covid, that was a now or never moment. And getting a friend to draw Kent (Nathan's world-famous Koala mascot) then seeing him printed on the side of the work truck, that got me fired up!"

What does plumbing's future hold? "We all need safe drinking water and sanitation throughout our homes and workplaces to stay alive, and with the plumbing industry adapting and changing each week, new tools and new materials coming on board to preserve our water supply and save our houses from damage against storms, the future for plumbing is as bright as any trade career can possibly be."

Words: **Liam Carroll**



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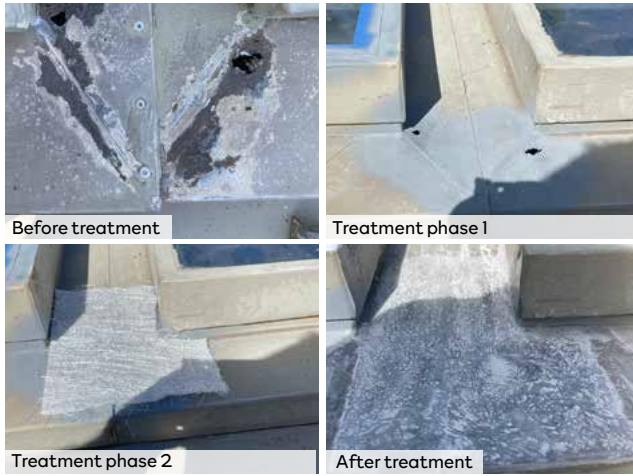


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### How do we treat rust?

First, we accept that once rust has appeared in a metal product it will almost always be present, and we are just keeping it at bay. The treatment has to be two pronged, both physical and chemical.

Starting with the physical, we need to remove as much of the rust as you possibly can, either by wire brush, sanding, or grinding. You are looking to find that 'shiny' metal underneath. Moving on, it's time to get chemical and apply oxalic acid. This is a chemical that converts any remaining rust into a water-soluble salt, which can be then washed off, and is sold in your local hardware as rust converter.

Now we need to seal this exposed metal up with a good spray from a cold galvanized paint. At this point, it's also time to think about repairing the damage caused by the rust. I prefer to use a glass fiber kit.

The resin coats that are applied during the process seals the metal being repaired, thus making it impervious to both water and oxygen. The finished layer can be sanded back to match the original finish and has the same strength as the metal it is replacing. That just leaves a couple of coats of paint to make the repair look beautiful.

Job well done. Treat yourself by relaxing in the backyard, sunglasses on to safely admire the shiniest gutters you've ever seen, and before you know it, you'll be daydreaming about your next project.

Words: **Matthew Ballard**

If you are renovating, getting ready for sale, or starting strata works, and have any questions about the painting contact **Matthew of Labrador Painting on 0405 258 627**

## Home Improvements

# Gutter shine bright with a rust bust makeover

You've been relaxing in the backyard all summer, staring up at the rust forming on your gutters, but those laissez faire oxidization days are over.

### What is rust?

Rust is a chemical process called oxidization. This occurs when the iron content in a metal product mixes with water and oxygen. Most metal products around our house are sealed by either a factory applied product, or by a tradesman during the construction of our houses.

### Why do we get rust?

Well, there are a number of reasons, all mainly due to the protective barrier around the metal being broken down. Living on the Northern Beaches, we are all lucky to live fairly close to the ocean, however this has a detrimental effect in as far as it means that our properties are under constant attack from salt in the air. This salt settles on gutters and window frames and the

ribs in the face of garage doors and is then held there by the dust and grime that settles in these areas.

This highly corrosive element, held constantly against a surface, will break down the protective layer, and rust begins. This is why it is important to have a regular house wash, from a reputable company like Coastal Cleaning ([www.coastalcleaning.com.au](http://www.coastalcleaning.com.au)) to keep this corrosion at bay. However, any break in that protective coating can start this process and that can be anything from accidentally slamming a bike into a garage door, to sub quality clips being used on guttering.

## Mal's Wild Side

# Swanning around the Beaches

This bird, once thought to be just a figment of human imagination, is the real deal.

There's nothing quite as elegant as a swan is there? And black swans seem to take the word "gracefulness" to a whole new level. Europeans believed that all swans were white, until "gobsmacked" Dutch explorers came across the black variety in Western Australia in 1836 (a "black swan event" has since been used to describe an historical incident that was unprecedented and unexpected).

The black swan is a highly nomadic bird that's native to Oz and has a spiritual significance to many first nations peoples. It's also been reintroduced to New Zealand, where a related species was hunted to extinction. As well as being the state insignia of W.A., a black swan is also surprisingly, the emblem of a small English town called Dawlish where they've become a tourist attraction. (They were introduced here in the 1940's). Beer maker, Alan Sherwood, loved black swans so much, that in 1857 he named his Perth brewery after them. Surely no winged creature could ever achieve a better accolade!

Dee Why lagoon was once home to a large colony of swans which fed on the prolific sea grass. The "useless swamps" surrounding the lagoon were systematically drained to enable urban development and the living birds largely disappeared - their image, ironically, being retained, as a symbol, to represent the suburb. One wag, aware of the frenetic construction, believed that the swan logo should have been replaced by a crane! More recently, small numbers of black swans have tentatively returned to the area but dog attacks, foxes, the ingestion of fishing tackle and human interference has led to a perilous existence (in the wild, their lifespan is normally 10-15 years - in safer captivity they will live for around 40 years).

I learned from farcical experience that to remove a fishhook, lodged in a swan's beak, you need to entice the swan onto the shore with food and then gently overpower it (with the help of others). Not splash clumsily after it, into deep water. You have to be careful approaching them though as they can defend themselves by beating their strong wings, which contain a very hard "carpal" bone at the joint.

Black swans build a large mounded "nest" out of grasses and reeds prior to breeding. They



A Manly swan enjoys some Dam serenity

mate for life and share incubation and rearing duties between the sexes. DNA tests show that 15% of young swans (cygnets) are actually fathered by different males...so although they are seemingly "monogamous" they are not always "monotonous". A bit of hanky panky is definitely going on! After breeding, the birds moult their flight feathers and are unable to fly for a month. Consequently, they settle on lakes and lagoons, for relative safety. They are almost exclusively herbivorous, feeding on aquatic plants and algae and they swim with just one leg - the other being tucked above their tail.

You'd think everyone would treasure these "visions of beauty", but it was revealed, recently, that the Tasmanian government has licensed the killing of many thousands of black swans. Their crime? They're blamed for "fouling" waters, stocked by introduced (and environmentally harmful) trout. A new threat has now emerged that could endanger the entire black swan species. It appears that they lack some of the immune genes which could provide resistance to rampant bird flu strains, which are decimating avian populations around the globe.

The name "swan" has its roots in the older word "swen", which means to sing. Let's hope they can keep on doing just that.

Words: **Malcolm Fisher**

## Road to recovery after surviving a suicide attempt

I am 69, live in Manly, happily married with 2 adult sons. I am also a suicide attempt survivor.

### Feelings Before My Attempt

I had two conflicting emotions before my attempt. I wanted to end my mental pain but was also mired in guilt - How could I feel self-pity when blessed with a wonderful life, while many others face serious challenges including real pain with illnesses like cancer. But mental fog swamped my rational thinking, and I believed there to be a peace offered by suicide that was very appealing.

### Family & Friends

Suicidal people face many stigmas including selfishness: "how could you do this to me?" I apologise to my family for the trauma I have caused. But sadly, at the time of my attempt, I was not thinking about them. All I was focused on was ending my mental pain.

So, how do you help a loved one battling suicide ideations? Love, listen, time. Be non-judgmental and show them you care. Difficult to do while you are dealing with your own emotions like grief, guilt, denial, anger. Be there for them and I mean really be there, present and connected. Give your loved one as much time as they need to share their troubled thoughts.

### Road to Recovery

Let no one tell you otherwise, it is tough to pull yourself up from the deep despair of attempting suicide. You are physically tired and still overwhelmed by mental pain. But now you have the extra burden of failure in not completing what should have been an easy task. Fortunately, there is a silver lining. Most attempt survivors go on to live happy and contented lives. People like Oprah Winfrey and Elton John have done it. Elton John even wrote a song Someone Saved My Life Tonight. So why not you?

A word of caution. While over 90% of suicide survivors go on to live normal lives, many try again and sadly succeed. Please don't think your loved one has recovered from their attempt because they seem happy and getting on with life. In many cases they still need your love, listening and time. Do this and you could well save their life.



Chris, happy in the wisdom life's a beach

Happily, I have started my road to recovery. Two organisations have played a big role in helping me: **Beyond Blue 'Way Back'** program and the **Lifeline 'Eclipse Group'**. I also meet with mental health professionals and take my meds.

### Self-Help

While there are excellent community resources to help suicide survivors, a big contributor to recovery is self-help. My go-to 'self-help' activity is long-distance walking. Last year I did over 1,000 kilometres walking the River Thames and Camino. Not only is long distance walking excellent exercise, but I also find the hours on the track mentally soothing. There is no rush, plenty of time to think and absorb nature and the surroundings, plus chat to the locals. Opportunities for self-help are endless. Walking, reading, swimming, meeting with friends, yoga, gardening. What do you enjoy?

### Next Steps

There are plenty of resources for suicide attempt survivors. Unfortunately, they are scattered across many organisations. I have put together a website where you will find many resources in one, easily accessible place. Please check out [www.suicide-survivors.au](http://www.suicide-survivors.au)

For my fellow suicide attempt survivors, I wish you all the very best on your road to recovery. Your story isn't over.

You matter more than you'll ever know.

Words: **Chris Lavers**



Lifeline volunteers and Sir Elton John, all still standing

## Something for everyone at the Forestville Book Fair

You may have a reading pile next to your bed or on your bookshelf but it's probably not as big as Lifeline Northern Beaches – who has an enormous collection that weighs around 23 tons and will be available at the upcoming Giant Lifeline Book Fair in Forestville.

More than 60,000 high quality used books will be on sale at the Forestville Book Fair, April 12–15, at Forestville Memorial Hall. All funds raised are used locally to provide essential crisis support and suicide prevention services through Lifeline Northern Beaches.

A vast range is on offer including a great selection of classics, general fiction, Australian fiction, crime and thrillers, sci-fi/fantasy, CDs and DVDs, vinyl records, and more.

Each pre-loved book is now on its journey to a new home. There is something for everyone for a fraction of the retail price. Only the highest quality

books make it to the sales tables which are organised into almost 80 categories to make browsing easy.

"Children's books, games and puzzles are among the biggest sellers. It's delightful to see families coming to the Book Fair, with children leading the charge to choose from what's on display," says Penny Cervetto, the Book Fair Coordinator at Lifeline Northern Beaches. "And parents can encourage their kids to play games, do puzzles and read books – at bargain prices."

Gardeners will find books on everything from growing veggies to exotic orchid species.

Budding artists, writers, hobby enthusiasts and DIY-ers will find manuals and workbooks, while photographers, musicians, designers and travellers will be inspired. Up-to-date primary and secondary school textbooks are also available.

"Lifeline Book Fairs were an important part of my daughter's growing up," says Sharene, a long-time Book Fair customer. "She would save pocket money to buy titles she loved, while getting mum and dad to chip in, too. She's left home now but has made me promise not to throw away her Lifeline books which are still filling up my overflowing bookshelves."

Processing tens of thousands of books for each Book Fair is a mammoth task done by a dedicated team of more than 100 volunteers who take donations, sort, catalogue, price, pack, set-up and help book fair customers. Many have been involved for decades, contributing endless hours to raise funds for Lifeline.

Not only is this a significant contribution to Lifeline's local services, but it is also a living, breathing example of the community spirit that is alive and well on the Northern Beaches.

If you haven't experienced a Lifeline Book Fair, spend some time at Forestville Memorial Hall in April. You can browse and find a bargain, while also helping the increasing number of our fellow Australians – young and old – who reach out to Lifeline's crisis support services. Something for everyone.

Words: **Lifeline Northern Beaches**  
Visit [lifelinenb.org.au/book-fairs](http://lifelinenb.org.au/book-fairs) to find out more about **Lifeline Book Fairs**

## Titanic: The Sinking Ship

Dealing with sunken cost fallacy in relationships

When word of Titanic, the unsinkable ship, hit the lips of civilians back in 1912, no doubt people were excited to hop aboard. What an opportunity to sail the seas, a head full of hopes and a suitcase of dreams. People boarded that ship with excitement, anticipation, wonder, curiosity, and a romantic promise of the future, much like a bride and groom on the day of their wedding. But just like the ocean, life has a way of laying things in our course that we don't expect and haven't prepared for. What happens when you realize that you are aboard the Titanic, the iceberg has hit and your ship is sinking?

### What is sunken cost fallacy?

SCF is a phenomenon or cognitive bias where a person is reluctant to abandon a strategy or course of action because they have heavily invested in it, even when it is clear that bailing would be more beneficial. We see this all the time in our observations of other couples. You know the ones I'm talking about; they argue constantly, there is a coldness between them, the family unit is disconnected and there is little to no intimacy. You sit back and think to yourself "why don't they just break up?" While it's easy to determine when other relationships have passed their expiry date, it's much harder to recognize our own, and more so to face up to the fact that it might be time to take action.

### Why is it so hard to see a sinking ship?

Just like the Titanic, it's difficult to recognize a sinking ship if you are on it. You don't have the perspective of the drone, or a rowboat or the iceberg radar. You perceive your situation from your standpoint. It's hard to know how bad it really is which makes it even harder to know when the right time is to sound the alarm. That's why it is imperative that you seek trusted counsel (friends/family/therapist/educational resources) to help you get a snapshot of a more objective reality.

### Why does it take so long for people to jump?

So many reasons! Social and cultural beliefs such as "if I divorce, I'm a failure", logistical challenges such as money, housing, parenting plans, documentation, and legal issues. Then there are emotional hurdles like pain, sadness, loneliness,



Rose knew when to let go, her heart will go on

fear, abandonment, isolation, instability and uncertainty and psychological obstacles of re-discovering who you are and your place in the world. That's a lot to take on, so it's no wonder people feel overwhelmed by the task, and many choose to make a non-decision and stay. While this may appear easier in the short term, it can cost you big time down the track.

### What is the cost of non-decision?

Resentment and regret, and those are two gnarly beasts to live with. This existential inertia will rumble in the pit of your gut despite your best efforts to avoid, numb, soothe, or alleviate. It will take time for you to see, but not jumping off a sinking ship can lead to emotional, psychological, and spiritual bankruptcy. You may passively forfeit your happiness, well-being, physical and mental health, joy, love, time, new experiences and authenticity which is an excruciating cost when we only have one life, and it gets shorter every day. Yes, it's bloody hard to decide, but are you willing to sacrifice the rest of your life?

### 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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SCAN ME



Don't be caught in the buff at the bluff.

### Secret Spaces Hidden Places

## A gateway to adventure at the Bluff lookout

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

Hiking along a rocky service trail in the backroads of Killarney Heights might not be top of the bucket list - yet. But take a few steps further and you'll turn the corner to sweeping views of Bantry Bay into Middle Harbour at this hilltop vista called The Bluff.

Nestled amongst the suburban streets is the entry point for the Bluff trail in Garigal National Park, a short but highly rewarding meander. It begins as a wide trail amongst eucalyptus and banksia trees and soon opens up to a large hilltop of boulders with 360 views over the bay, surrounding national park and backdrop of the cityscape. On a sunny day, the view stretches so far you can even spot the Sydney Tower Eye from here.

The awe-inspiring views are the main attraction of this relatively secluded spot, but the rock features, with honeycomb formations and caves, will also draw you in. Spot playful parakeets in the banksias or squawking cockatoos flying overhead, as the unspoilt nature is home to hundreds of birds, and even threatened native species such as the southern brown bandicoot.

This suburban escape is also an adventurer's gateway with mountain bike and hiking trail offshoots in every direction. A direct offshoot from the Bluff lookout is the Gahnia and Serrata mountain bike trails, two hand-built trails totalling 6.5km of track for experienced riders.

Or for full or half day hiking

adventures, the trail connects up with the challenging Natural Bridge track all the way to Davidson Park or Seaforth Oval. A shorter side trip into the valley will lead you to the Natural Bridge, which as the name suggests, is a sandstone arch that is used as a natural bridge to cross the creek.

### Did you know...

When you're soaking up the view from up above, you might be wondering what the relatively isolated buildings in Bantry Bay are. Despite public outcry over the proposal of using this popular recreation area for residents and day trippers since the 1840s, to build new explosives magazines, the work went ahead. Operations officially stopped in 1973 but many of the buildings still stand with sites remaining closed to the public due to explosives contamination.

### How to get there

Don't be fooled by Google Maps which will lead you towards an overgrown pathway behind the French's Forest Scout Hall. Instead, head towards the end of Grattan Cres, sandwiched between the Austrian Club and the Ararat Reserve. Here you'll find the start of the Bluff Trail - a short 1km return trip down rocky service trail. When you reach the first fork in the path, take a left and wander to the end where you'll be greeted with this spectacular lookout.

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

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN



## The Fabelmans

Genre Drama  
Rent/buy on Apple, YouTube & Amazon

Steven Spielberg, the legendary director who gave us Jaws, E.T, Indiana Jones, Saving Private Ryan and so much more returns with his latest triumph, a fascinating semi-autobiographical tale of his complicated childhood and falling deeply in love with the camera.

From the moment Sammy Fabelman watches his first film he is captivated by the magic of cinema and its power to tell stories and inspire emotion. Yet as he grows up with a complex family life and starts to make his own films, this passion is challenged, critiqued, and mocked as he works out if this is just a hobby or a life-long passion.

That's the thematic crux of the movie: what it means to be an artist. To create. A terrific quote from Sammy's Uncle Boris sums it up: "Family. Art. Love. It will tear you apart!" You get the feeling Sammy feels both blessed and haunted with his ability to distort truth and create worlds with his camera and editing machine. He knows he must make films but can't escape the consequences that come with it.

The Fablemans is equal parts uplifting, tragic and funny, and I implore you to set aside time to give it a viewing this month.

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

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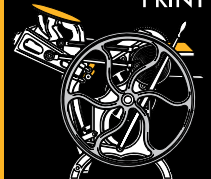
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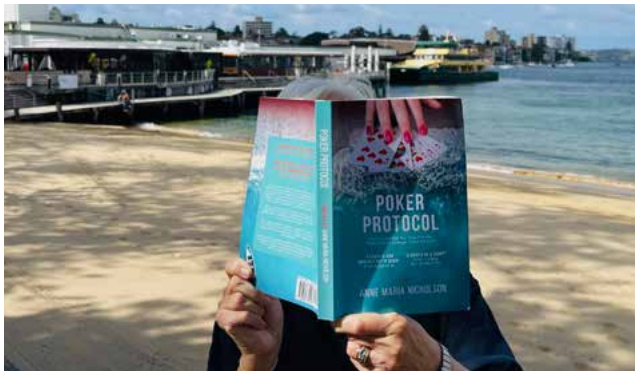
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Paige Turner keeps her poker face covered

### Tawny's Bathtub Bookclub

## So many poker faces in Poker Protocol

Reading **Anne Maria Nicholson's** third novel **Poker Protocol**, I couldn't get Lady Gaga's best-selling single of 2009 "Poker Face" out of my head. I hadn't thought of that song for a long time. Despite the 12-year gap between it and Nicholson's book, the two were entwined for me.

Regardless of whether you're a poker player (and I am not, and never will be) we all know what it means to have a poker face. In Nicholson's book all the characters work hard to keep their poker faces glued on and not just at the poker table.

The book is set slap bang in the heart of Manly. It feels so familiar that I was guessing which café Leo was patronising and which medical centre Kristen worked in. I could see tax lawyer Max appearing in Manly Court for a refugee but struggled to imagine a corporate tax lawyer having a clue about what to actually say or do in that, or any, Court situation. Then there's Greg, Kristen's husband, who I struggled to see what kind Kristen

saw in him. Tully is the former front line news reporter who is a complex character with plenty of issues and the elusive but likeable Eugenie is a maths genius.

The thing that connects these disparate characters is their love of playing their monthly poker game. The heart of *Poker Protocol* is Kristen. She's got a big heart, a soul, a conscious and an unending ability to care for others.

The book has all the elements of a Shakespearian play or Puccini opera. There's love, lust, hate, betrayal, greed, envy, hardship, deaths, regrets, gender fluidity and some very deep superficiality.

Nicholson's strength is how she makes you care about these people. In the first 50 pages or so I was utterly disinterested in them. Using a perfectly paced slow reveal Nicholson keeps you questioning your initial views about this cast of characters and then keeps you guessing about what might happen and

what you'd like to happen.

It's not just a story about the main five characters and the choices they make. It's a comment on contemporary Australian life and the choices we make, or don't even know we're making.

Anne Maria Nicholson knows how to write. You'd expect no less from someone who was a journalist and current affairs journalist and presenter for 20 years with the ABC. Among the many pleasures in reading *Poker Protocol* is how it interweaves current affairs into the story; dealing with post-COVID-19 life, catastrophes in New Zealand, the ongoing nightmare of Australia's treatment of refugees and an obsession with the price of real estate.

It's this blend of current affairs, life in Manly, the big and small dramas of five people who would probably never have got to know each other were it not for poker and Nicholson's skill at making you feel you're the sixth person at the poker table that makes this book an absolute winner.

So, why is Gaga's *Poker Face* swilling around in my head? It's a catchy tune that's hard to get out of your head once it's implanted and it's all about bluffing, no one can read my poker face, my p-p-p-p-poker face!

The best thing about *Poker Protocol* is that by the end of it those poker faces are gone.

Shop local and get your copy of *Poker Protocol* from **Humphreys** on The Corso Manly or **Berkelouw Books** in Balgowlah, it's available on Amazon and Booktopia, available as an ebook too.

Words: **Paige Turner**

### THE POOR *High Price Deed*

**Stand Out Track:** Cry Out  
**For fans of:** Rose Tattoo, Airbourne  
**Rating** ★★☆☆



The Poor, one of Australia's hardest working and most loved rock bands, have just released their first album in 13 years. It's everything you'd expect from a veteran Aussie hard rock band. Sludgy, hard-hitting riffs open the album, each track full of confronting, no-nonsense lyrics. This album will fill you with the nostalgia of Rose Tattoo while keeping the production high enough to fit in with any heavy metal lover's modern collection. Nothing too original or hugely commercial here but it's tight, well written, hard-hitting, rough 'n' ready rock 'n' roll.

### STARCRAZY *Another Day, Another Squalor...*

**Stand Out Track:** The Big Time  
**For fans of:** Rolling Stones, Rush, Jane's Addiction  
**Rating** ★★★★★



Starcrazy are a group of rising...stars. Their sophomore EP is a perfect showcase of everything they have to offer in a live show. The first notable sound that hits you is the main vocal. Although reminiscent of Jane's Addiction, it is perfectly placed in this 70s style glam rock. Lead guitarist Odin maintains the heavy gritty sound with sensational lead runs and solos to keep the angelic, pop vocals grounded in the 'Heavy' category. Rhythmically tight with plenty to sing along to, you'll be dancing from start to finish. Highly recommend.

### DEEP PURPLE *Machine Head (1972)*

**Stand Out Track:** Highway Star  
**For fans of:** Black Sabbath, Judas Priest  
**Rating** ★★★★★



Ignore the thin 70s production and imagine that for their time these were the heaviest and fastest riffs, and the vocals were huge. No one on earth could play their instruments as well or jam on stage as long as these guys without faltering. They still hold their own, with these songs still on rock station rotations around the world. It's a lost art to write an album that is intended to be listened cover to cover, and this is a great reminder of how well it can be done with a huge amount of versatility while still maintaining their style. One of the best.

Reviews: **Digby Robinson**

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**Subject** Praying Mantis hatch and dispatch  
**Photographer** Ruth Fitzpatrick



**Subject** Michael Regan checks the back row is listening  
**Location** Spill the Beans book launch



**Subject** Queen of Night, only flowers one night a year  
**Photographer** Pamela Mawbey



**Subject** Hogwarts at South Steyne  
**Photographer** Anne Henshaw



**Subject** Bronte, chilling with the Tawny after a beachy morning  
**Photographer** Dan Maher



**Subject** Members Only  
**Photographer** @trishmascarroll



**Subject** A couple of sea eagles on top of the large crane at North Steyne  
**Photographer** Bruce Propert



**Subject** New Sea Eagles' cheerleaders (not)  
**Photographer** @twitcbirdisthat



**Subject** Girl in a long skirt cools off, walking in Freshwater  
**Photographer** David Hazelden



**Subject** Spoonbill family and their adopted ibis  
**Photographer** Suzanne Jensen-Lewis



RAZZLE DAZZLE  
**Trivia**

- Who did the Manly Sea Eagles defeat in the first round of the 2023 season at 4 Pines Park?
- What is Collaroy's postcode?
- In what decade did the retiring state member for Wakehurst, Brad Hazard first win the seat?
- Myoora Road is a major thoroughfare through which suburb?
- Which bird is the unofficial symbol for Dee Why?
- On a standard set of traffic lights – is green up the top or bottom?
- Which actor would you associate with the name Ron Burgundy?
- What is the total numbers of stickers/squares on a rubix cube?
- What fruit is slang for an Australian \$50 note?
- On a calculator – what do the letters AC stand for?
- In which year was the movie Notting Hill released?
- To the nearest kilometre – how far is a nautical mile?
- Monza & Silverstone are venues for which sport?
- Which one of the Beatles actually had the first name of James?
- Which of the following colours does not appear on the flag of Myanmar – red, yellow, blue, green?
- In reference to the TV show Friends – how many of the main 6 characters did not get married on the show?
- On July 16 1945, the USA conducted a test on the first ever detonation of a nuclear weapon – which US State did it occur in?
- In 1920 Tug of War was last contested at the Olympics – how many members were on each end pulling the rope?
- Which popular Mexican food literally means "Little Donkey"?
- Actor David Prowse played one of the most iconic movie characters of all time through the 70's & 80's – although the actor himself never spoke – which movie character did he play?

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

## Sudoku

Medium difficulty

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

### THE FUNNY CORNER

I told my wife she was drawing her eyebrows too high. She looked at me surprised.



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# Star Signs

by Krystal Bawl

## Aries Mar 21 - Apr 19

You're spending too much time looking for your perfect life partner. Your friends, and spouse, are concerned.

## Taurus Apr 20 - May 21

Why not just get 'A' tattooed on your forehead. Your friends will pay for it because you truly are an absolute...Angel.

## Gemini May 22 - Jun 21

Ancient proverb says, "Those who say the least, say the most." With you, the reverse seems to be true

## Cancer Jun 22 - Jul 22

Epic is your middle name, now your last name is fast becoming chaos. Time to chill, thank God winter is coming.

## Leo Jul 23 - Aug 22

Sit. Down. Stay. Come. Good Boy. Straight from the basic commands for dogs. Works well on some humans too.

## Virgo Aug 23 - Sep 23

Chop, chop. No not the carrots, silly billy, your credit cards and make it snappy, your spending is out of control.

## Libra Sep 24 - Oct 23

You're here, there, everywhere, but calm down, if Covid's taught us anything, it's to beware of super spreaders.

## Scorpio Oct 24 - Nov 22

You're so perfect, and think your friends are so lame. What does that say about you? Like attracts like. Perfect match.

## Sagittarius Nov 23 - Dec 21

Fingers and feet are your fetish and anyone who thinks that's a walk on the mild side can f-right-off.

## Capricorn Dec 22 - Jan 20

Sadly, election campaigning's over now, so what noble cause will you be volunteering for next to try and find love?

## Aquarius Jan 21 - Feb 19

This new year health kick is working wonders for the gym you never go to but paid upfront through to 2024

## Pisces Feb 20 - Mar 20

Swimming fast is your thing, against the tide, even better, but you're running out of puff so rest up, just for a stroke.

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**Trivia Answers**  
1. Canterbury Bulldogs 2. 2097 3. 1990's (91)  
4. Terrey Hills 5. Black swan 6. Bottom  
7. Will Ferrell 8. 54 9. Pineapple 10. All clear  
11. 1999 12. 2km (1.8km) 13. Formula 1  
14. Paul McCartney 15. Blue 16. 1 (Joey)  
17. New Mexico 18. 8 19. Burrito 20. Darth Vader

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

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