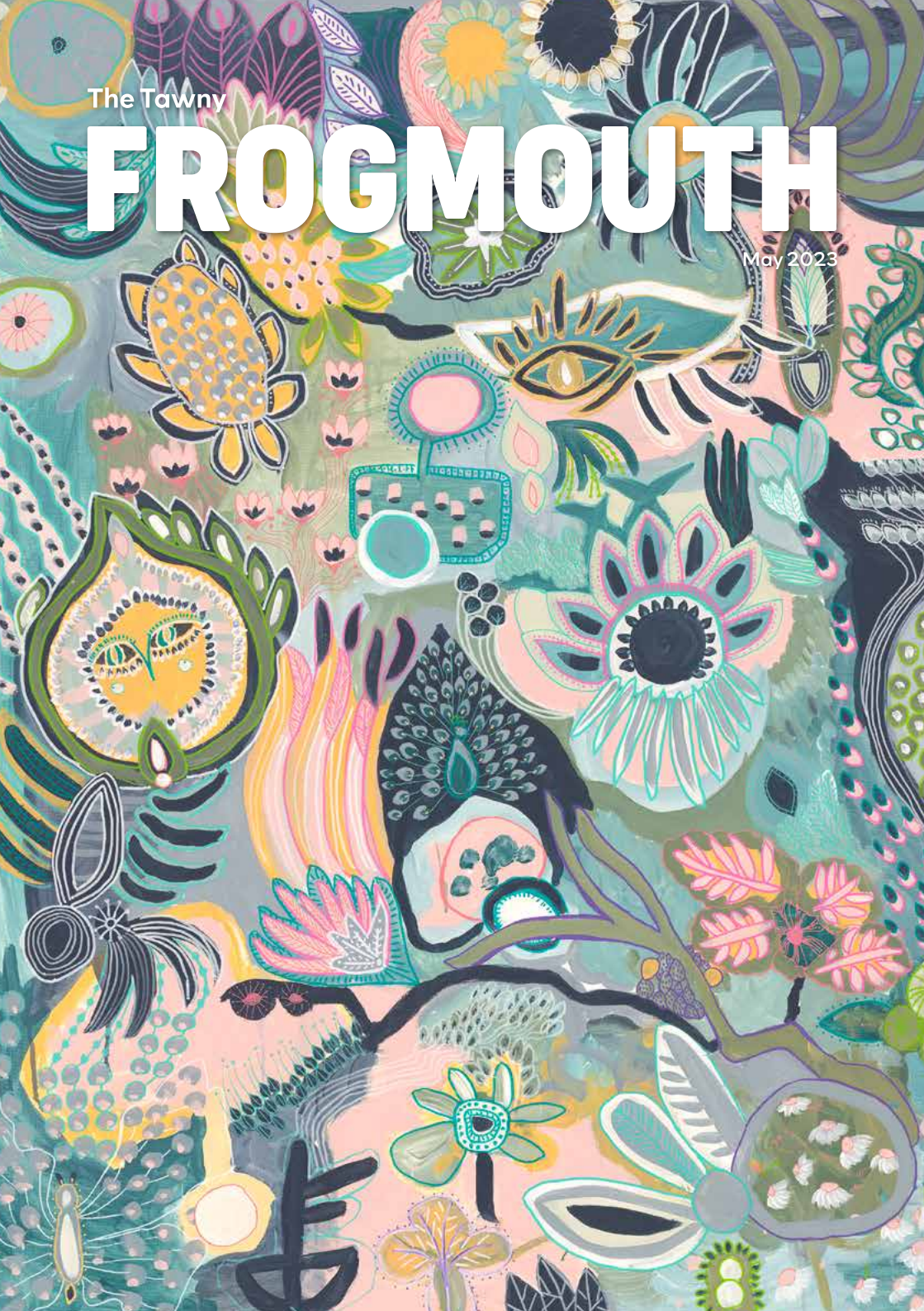


The Tawny

# FROGMOUTH

May 2023





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Dear Tawny Frogmouth reader,

On 28 March 2023, Northern Beaches Councillors voted to:

“Decrease financial assistance incrementally over three years and redirect funds towards a new Community Partnership Grants program.”

This recent action by the Council has sparked deep concern for Northern Beaches Women's Shelter (NBWS) services, due to its direct impact on operational funding. From 2026 NBWS will not receive any Council funding to help run its operations unless a successful grant application is made for one-off projects that are not recurrently funded.

With such a change to funding, it will mean that NBWS and other organisations will be competing for the grants, on a much smaller scale, which will result in the inability to forward plan for programs, which include our vital outreach program that last year supported over 69 women.

We would also be forced to reduce our case management which provides vital one on one support to the women in our crisis accommodation. The subsidy allows for those women who require an urgent crisis responses and would otherwise be turned away.

Our case management is a wraparound model which ensures that women are connected with emergency housing, income, financial, legal, immigration, health and wellbeing support, court advocacy and ADVO applications. All of these engagements prioritise a woman's immediate safety and are crucial.

We are a community-based Shelter for homeless women in the Northern Beaches region and have appreciated and relied on this annual contribution to our operations from our Council since opening the doors in 2010.

The patron of the NBWS service, and local MP James Griffin has spoken on this decision.

“The three organisations identified to have their funding cut (NBWS, Burdekin – Avalon Hub Youth Suicide Prevention, and Community Northern Beaches) do some of the most complex and challenging work on the Northern Beaches. They should be supported, and their experience valued, not penalised for their longstanding work. These groups can act as a capacity builder for smaller organisations.”

Now is not the time to reduce funding, with economic instability, increasing homelessness, domestic and family violence and reported sexual assaults in the Northern Beaches LGA.

NBWS annually receives \$65,500 from the Northern Beaches Council. This amount is valued by the service; it is an important contribution from Council to sustain our service.

We need support from our community. Please be proactive by scanning the QR code and completing the form to voice your support for ongoing funding to NBWS.



Thank you.



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Women's Shelter

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# Gala

## 2023

The NBWS Board invites you to join us to celebrate 13 years of providing shelter and support to women in crisis.

Your ticket includes a \$97.50 tax deductible\* donation, a sumptuous 3 course meal, premium beverage package and a spectacular evening of fun and dancing with our wonderful community of supporters.

All funds from the NBWS 2023 Gala will go directly to support on-going shelter operations.

**WHEN:**

Saturday 13th May  
6:30pm – 11:00pm

**WHERE:**

Manly Pacific  
Ball Room

**DRESS:**

Cocktail 'Black  
and Gold'

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# G'day Beaches

Welcome May, with your falling leaves, perfect waves, and 50,000 Tawnies.

Thank you to Anna Lohe for her exquisite cover art, to Richie Lovett, previewing the shred fest coming up at North Narrabeen for the Sydney Surf Pro, to Tristan Grindrod for Thrones of Brookvale's Part 2, The Foodie Factor, and congratulations to James Griffin, Michael Regan, Rory Amon, and Matt Cross, proving successful in state electioneering.

This issue features several confronting stories on a central theme of homelessness, and the struggles many are enduring right now. Thankfully, incredible organisations work tirelessly on the Beaches to help those in need, but they too need your help, so anything you can do to assist will be valued beyond belief.

Finally, the most important day of the year is here, Mother's Day! Be sure to shower the Supermums from Manly to Palmy in flowers, chocolates, cuddles, and love.

*Liam*



## The Tawny Frogmouth

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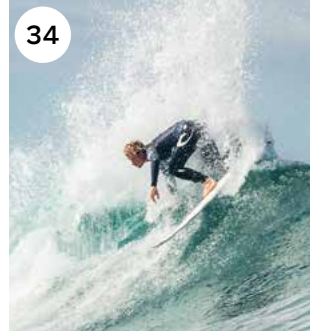
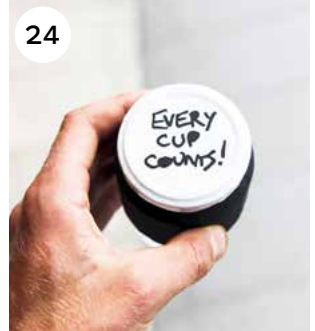
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### Acknowledgement of Country

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.

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Red Bull Doodle Art National Winner, Tom Hadley

## Peninsula Wash Up

**Award Winning Doodler gets set for Netherlands**  
 UTS student and Manly local **Tom Hadley** (Instagram @tehillustrator) was recently crowned the winner of **Red Bull Doodle Art Australia 2023**. Tom's top prize Aussie doodle won out over 1,000 entries from across the country. This emerging young talent is now collaborating with Burnt Toast, professional artist, and co-founder of Doodles, to prepare for the Red Bull Doodle Art World Final. Taking place in Amsterdam, May 25-27, the world final will be a 'phygital' experience involving both the physical and digital realms of art. Tom will join 61 finalists from around the globe for workshops, creative sessions and more, and their NFT doodles will be displayed in an exclusive gallery for the chance to be selected as the **Red Bull Doodle Art World Champion for 2023**.

### Make your work count!

Across the globe support for environmentally conscious art is surging. At home in Australia, the **Environmental Art & Design Prize** seeks to harness this energy by opening a prize to all artists and designers across the nation who are making work with environmental themes. **Northern Beaches Council** presents the **2023 Environmental Art & Design Prize (EADP)** as a rallying call to arms seeking work with a focus on the natural world, environmental renewal and regeneration, the climate emergency and the circular economy. Offering a prize pool of \$42,000 to be distributed across 9 categories, those who enter before 14 May 2023 have the chance to be professionally exhibited from 4 - 27 August across Manly Art Gallery & Museum, Curl Curl Creative Space and Mona Vale Pop Up Gallery. Enter via [www.northernbeaches.nsw.gov.au](http://www.northernbeaches.nsw.gov.au) before 14 May!

### Q Station Community Day

Occupying a prominent position upon Car-rang-gel, Q Station remains a significant site for both indigenous and colonial history. A place of food, gathering and ceremony, the arrival of quarantining immigrant ships changed the narrative of our history. Come and discover these Shared Stories at Q Station's Community Open day, Sunday 30 April, part of the NSW Heritage Festival's 2023 program. Free tours and activities will provide opportunities for visitors to discover the heritage significance of the site both for aboriginal culture and as a site where many newly arriving Australians took their first footsteps. The day's program will include a smoking ceremony, bush tucker tours, free walks with Eco tours, tree planting, Quarantine Life tour, Quarantine to Q Station tour, the transformation of quarantine station to hotel, the "If walls could talk" tour, stories behind the poignant sandstone inscriptions, kids' activities, open buildings, music and food outlets available. Visit [www.qstation.com.au/community-open-day.html](http://www.qstation.com.au/community-open-day.html) to learn more.

### Ceramic pursuits, it's Raining Pots

From Tuesday 6 May to Sunday 28 May, visit North Curl's **Creative Space** (105 Abbott Rd) to check out a beautifully curated Ceramics Exhibition showcasing the work of ten Northern Beaches ceramicists: **Catherine Allen, Katherine Gunn, Jules Irvine, Glenda Killingsworth, Cathy McMichael, Sallie Portnoy, Kara Pryor, Heidi Steller, Karen Stuart and Lisa Wiley-Strong**. Works include functional and sculptural pieces, with each artist exhibiting clay's immense diversity in allowing an individual to follow their personal inspiration. Meet the Artists Thursday 18th May 4-7pm. And for more information, contact Heidi on **0413 100 070**

### Computer Pals for Seniors needs volunteers

Do you have a spare 2-3 hours a week and feel you could share your knowledge of emailing, surfing the web, social media and general use of new age devices to assist fellow Northern Beaches residents navigate the world of technology? Why not volunteer at not-for-profit **Computer Pals for Seniors Northern Beaches**, located at the **Tramshed Arts & Community Centre**, 1395a Pittwater Rd, Narrabeen. If keen and able, please call **9984 0604** or email [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)

Words: **Liam Carroll**

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## Letters to The Tawny

### Ringtail Peace Treaty

The recent downpours have decimated our local ringtail possums with their numbers down 50%. So sad as it is, one of our very special native animals, unique to Australia, with its own distinctive attributes like its prehensile (capable of grasping) tail and syndactyl (web-footed) back feet. The clever tail enables it to swing from tree branch to tree branch and dangle from overhead electricity lines. Kind of like a monkey.

They come into my garden in suburban Brookvale and a family of them even built a nest in my hedge a couple of winters ago. I put pieces of fruit out for them sometimes at night and when that is not there, they come and twitter beneath my bedroom window.

The other day I found a dead ringtail on the footpath and scooped it up in a dustpan and buried it in the garden beneath my bedroom window. I was told by a neighbour that it had had a baby on its back which had jumped off its mother and ran into a nearby front yard. Some animal rescue people came and caught it and took it away where hopefully it survived. Please remember that our Aussie ringtails are precious, even if you don't like them because they get into your rooves. That is not their fault so please do not blame them for this. They are gentle and harmless and have close family ties and call the area where they live home. Show them some love. Please.  
**Pamela Mawbey, Brookvale**

### Council Karma

Well Pelicans, as the saying goes, "Never defecate in your own nest." For those of you that have followed the antics of our illustrious three Amigos in my previous anecdotes, the proverbial has hit the fan. Supreme Commander (and email shy) Greenleaf has resigned. Ranger Rambo has been put in the naughty corner, unfortunately on full pay, while Ham Sandwich is the last Amigo standing. Given his recent performances, once the Caca dripping off the fan settles, he could be destined for the Breville, but hopefully the next user gives it a good wash, or that toasted sambo may leave them with a taste as bitter as the ratepayers. Heaven forbid, we may have been better off with the previous Muppets running the circus. Bon voyage and don't hurry back.

### Love, Percy Protest Pelican

### Our Precious Environment

Dear Tawny, being born and growing up in the Western Suburbs, known for their intense summer heat and humidity, my favourite early memories are of summer weekend trips to Manly Harbour Pool, coming down the hill to the Spit Bridge, enjoying the cool north-easterly breezes entering the wound-down windows of our non-airconditioned car, the little sandy beaches, the bright blue harbour water with its bobbing boats, and wondering if this was indeed the same country in which I lived. Likewise, towing our small plywood caravan to the Narrabeen Lakes Caravan Park in the Christmas holidays, with the promise of two whole weeks of endless swimming and fishing adventures.

Now, as a long-time Northern Beaches resident, I especially appreciate the need to protect

these precious amenities from the ravages of climate change, and that, although our area has some natural protections against specific elements of global warming, ultimately all climates and environments will suffer unless we take action. By we, I mean individuals, communities, and all levels of government in all the world's countries. Notwithstanding all the other issues we face at present, including epidemics and global tensions, unwanted climate change is an overriding issue, which, without immediate, urgent, and effective action, has the capacity to render any other problems almost meaningless by comparison.

### Reon Bavinton, Seaforth

### A Wish List

Dear Tawny, your readers may be as concerned as I was to read that some papers left in a Canberra café (reportedly) outlined a plan as to how the "Voice" to Parliament and the Referendum will reflect the preferential wishes of the indigenous people. Of more concern to me and of which 10 were outlined were: 1) 10% of all Judges Senior Police Vice Chancellors and Ambassadors etc, be First National People (FNP). 2) Public housing be allocated first to FNP. 3) FNP and relevant tribes to have control of rivers, waterways and beaches and the right to charge all, other than FNP, the list goes on. Goodbye Manly beach? Your readers will be aware that an Aboriginal Titled beach in North Queensland already prevents all other than FNP's to use the beach. Unfortunately, the report has only come from two sources, both of whom attract cynicism whether right or wrong, namely Ray Hadley 2GB and Pauline

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Hanson from One Nation. But if the above stuff is legit, and the plan as outlined is true, then my concern must also be the concern of your readers. In fact, when you look at the apparent weaknesses already outlined by the legal profession and others, the "Voice" to Parliament will be nothing more than a "list" to Santa.

**Wes Taylor, North Balgowlah**

**A reply to Mark Roberts**

I read with dismay the letter from Mark Roberts (Dec '22). In his letter he is correct in claiming 2021-22 has seen improvements in the reef as stated in the report by Australia Institute of Marine Science. That report also stated the following, "The prognosis for the future disturbance regime suggests increasing and longer-lasting marine heatwaves, as well as the ongoing risk of outbreaks of crown-of-thorns starfish and tropical cyclones", which provides a more accurate picture of the report's conclusions. In regard to his criticism of Chris Bowen, could I suggest calling the minister names such as "Muppet" is not called for and just further diminishes his arguments. On the substantive issue, the cost of connecting to the grid is no more or less than connecting a fossil fuel generator but with the obvious price and environment benefits of renewable energy. In regard to his contention that "not one (apartment) block has been built with the capability to accommodate electric vehicles", this is wrong. Apartment blocks until recently may not have been designed for charging vehicles but that does not necessarily mean they do not have the capability to accommodate them in the future. As a proud owner of an electric

vehicle, and a unit owner, I have a charger in my garage and in time the building has the capacity to have a charging point for each parking spot. Of course, this may be more difficult in other apartments, however, recently announced plans to have extensive street charging will also assist in the provision of charging for electric vehicles in the future. The assertion that electric vehicles will overwhelm the electricity grid again fails to account for technological improvements in the pipeline now that will allow this increase to be accommodated as the take up of electric vehicles accelerates. Using my building as an example, the installation of solar panels and batteries which owners are already discussing will offset the requirements of electric vehicles in the future.

The letter writer also takes aim at the young woman Great Thunberg for allegedly changing her mind. In fact, her opinion on the issues for electricity generation in northern Europe with the fuel shortages caused by the war in Ukraine show a capacity to adopt a position in changing situations without the barrier of rigid ideology. If only some of the recalcitrant climate deniers had the capacity to allow the need for change to influence their opinions, we may be further advanced in our transition to renewable energy and reduced carbon emissions.

**Denis Goodwin, Dee Why**

**Dogs on Fairlight Beach**

I completely agree with Sue McGregor's letter on dogs on Fairlight Beach (March Tawny). I have previously written to Tawny on the ubiquity of off leash dogs on the Manly-Fairlight harbour walk. The Fairlight

Beach area is the worst with excitable and often wet dogs tearing around. The official off leash dog area is nearby at North Harbour Reserve but this isn't good enough for dog owners who seem to believe that their fur babies have the same rights as humans at Fairlight Beach. This is at the expense of other people like me who no longer feel comfortable on that beach with all the dogs tearing around and swimming in the sea. Council should have random crackdowns with rangers turning up unexpectedly to fine offenders. If this never or only rarely happens, the sense by owners that it is acceptable to have their off leash dogs running around Fairlight Beach will only continue.

**Doggone, Manly**

**Rewilding**

Malcolm Fisher's article on rewilding (Jan '23) suggested planting out native species such as Blady Grass but unless one can restrict it to a small area, because it has via underground rhizomes, it can easily spread beyond the intended boundary.

**Peter Nash, Fairlight**

**Dogs taking over Fairlight beach**

I would like to agree with Sue McGregor (Mar '23). Whilst there are many responsible dog owners who obey the signs, there are an increasing number of dog owners who have no respect for the rules. Everyday there are dogs on Curl Curl beach, running without any supervision and now encroaching on the children's paddling pool. We need more activity from rangers and council to enforce the regulations to stop this getting out of hand.

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### Kenneth Road Parking

Hi Tawny, during the summer months, with lots of people making use of the Andrew Boy Charlton Pool, parking is always at a premium. Furthermore, Council never seems to enforce the generous parking restrictions on Kenneth Road which has now become a de facto carpark for commercial vehicles to advertise their companies. Maybe the owners of these commercial vehicles can consider other options?  
**Regards, Duncan**

### Crossing at Pittwater Rd Brookvale to the Mall

I have been trying since the bridge was built to find out why this was done. I was told as Pittwater Road is very busy, traffic needs to keep going. I climb the stairs, as I do not like the lift. I also see mothers with prams etc struggling up the stairs. So, I

ask once again for a crossing to be reinstated - so much easier. I now restrict visits to Westfield.  
**Regards, Mrs P G Callaghan**

### The voters have spoken

An election result that was better than expected. The voters have spoken. With privatisation at the forefront of the Northern Beaches campaign, it seems that the Liberals have held on to Manly and Pittwater. I hope James and Rory are going to catch a bus to Macquarie Street every day! Now the mess has to be cleaned up. It seems the South Australian government has taken a solid stance on privatised services, Premier Peter Malin-

uskas saying, "We never said that there wasn't any compensation clauses in the contract, we're saying we're not paying any of it, and we're not. We won't be paying a cent of it." Minns' NSW government has stated no more privatisation, but there was no mention of the bus services during the campaign. Are we going to get much of the same from Labor? Will buses remain a non-priority? We will be watching this space closely, especially as Wakehurst's new independent has thrown his hat into the ring, voicing an opinion on the buses. Hold on, the bus ride is just about to get a lot bumpier.  
**Dr Iving Offercliff**

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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# Calls for national summit to fix housing crisis for women and children in need

Dr Gabrielle Morrissey is the newly appointed CEO of the not-for-profit organisation, **Women and Children First**, on Sydney's Northern Beaches, and after a decade abroad in the US, a failed marriage and first-hand experience of domestic abuse, Gabrielle is leading a bold new plan to help women and children escape domestic violence and abuse, quickly identifying the lack of urgent refuges and housing, as a top priority.

"Putting women and children on the street is unacceptable, but this is where many are ending up. We are in the midst of a national crisis that can't cope with the scale of the abuse right here, right now. At our centre alone, around four out of ten women who call us every week, are being forced to flee from their perpetrators, and often their homes," said Dr Morrissey. "We need to act now, not in months or years down the track. We need to surpass the rhetoric and nail down actual and immediate solutions."

1 in 6 Australian women have experienced domestic and family violence (AIHW data), and it is one of the main causes of homelessness. On average, one woman is killed every week by their partner.

So dire is the situation that Dr Morrissey is calling for a full-scale National Summit to carve out innovative solutions to address the specific housing crisis impacting domestic violence victims. She wants all levels of government, communities, Domestic Violence experts, more philanthropy and corporate input, victims and reformed perpetrators, to come together, so more victims can take shelter away from their perpetrators, and literally save lives.

"Currently the plans on the table, are going to take years to implement. The resources are only helping a tiny percentage of those in need. We need a much bolder plan."

Some of the innovative measures Dr Gabrielle Morrissey would like to see explored, include:

- A greater alignment with philanthropy (and corporates), and those who are able, to loan empty investment properties for up to six months.
- Motels providing blocks of rooms, at wholesale rates, if otherwise vacant.
- Real Estate agents prioritising victims at the top of affordable housing lists, rather than at the bottom.



Providing safe homes for women and children is crucial

- Financial and tax incentives for homeowners and Airbnb/holiday let property owners to lease empty and off-season properties to domestic violence refuges to use as pop-up refuges.
- Immediate funding for every DV service to staff a housing navigator. Case workers are not real estate agents and the more time they spend trying to find housing, the less time they spend to help women rehabilitate and heal.
- Moving the mostly male perpetrators out of the homes, so the women and children can stay there instead. That is simpler solution than what is required for providing for women and especially children, who need the security of a roof over their heads, protection, stability, access to schools and a familiar environment.
- Fast track police AVO's and court action, and increase penalties, for the most urgent cases, to exclude perpetrators from the home with an immediate jail term for breaches.

"Identifying the key issues is one thing, but finding viable solutions that work in physicality, is quite another. There are no easy solutions, but what I do know is that providing safe homes for women and children fleeing domestic violence situations is the number one priority for those in need. Currently we have nowhere for them to go," said Dr Morrissey.

To learn more, access help, or offer assistance, visit the **Women and Children First** website [www.womenandchildrenfirst.org.au](http://www.womenandchildrenfirst.org.au)

Words: **Liam Carroll**



"The worst thing about experiencing homeless is that you become invisible"

## The humanity of homelessness

I began commuting to the city for the first time in my working life in 2016. I would get off the bus at Wynyard and see a man sitting on a street corner, then another person up the road and a woman outside the QVB building. I was shocked that in a country as wealthy as Australia, there would be any need for people to be sitting, sleeping or begging on the street.

I met \*Robert in 2017, a lovely, gentle man. Robert had lived on the Northern Beaches. He told me proudly he'd had a good contract job, a big house, two cars and a wife and three children. Robert had a work-place accident which required a long recovery period, and he couldn't earn an income during this time. He became depressed. His marriage broke up. To enable his wife and children to stay in the house, Robert moved out. He quickly learned there is very little affordable housing to someone on a disability pension. After using up his savings to stay in cheap motels and temporary accommodation, Robert found himself without any form of

housing for the first time in his life.

The sad reality for people in Robert's situation is that there simply isn't enough social and affordable housing for people on low incomes. There are not enough places for domestic violence survivors. There is not enough suitable accommodation for young people living with a disability, so they are placed into aged care facilities. It is dire. Governments at various levels have been systemically selling off social housing for urban development. The rate at which they are building new properties is not keeping pace with the need. NGOs are left to fill the gap.

There is a common expression that says we are all three decisions away from homelessness - you could lose a job, go through a relationship breakdown, become over-committed financially, experience incarceration or develop a disability. There are many reasons, and this makes it so important not to judge another person's situation - because you never know what they've

gone through.

A major cause of youth and adult homelessness is childhood trauma. An organisation I worked at estimated that 90% of the people attending the service had some form of childhood trauma. I learnt that many people have a truly tough start in their lives, and breaking the cycle of intergenerational poverty, family violence, harms from substance use, is very challenging.

The most impactful thing you can do - and it's free! - is to smile at a person sitting on the street. Acknowledge their humanity. Say hello. Many friends tell me is that the worst thing about experiencing homeless is that you become invisible. That people walk right past you.

Other suggestions are: Ask someone if they need anything and buy it for them; Give cash to people on the street - this is called dignity of choice. It's no one's place to judge what they spend the money on; Support Big Issue vendors; Volunteer at a service that supports people experiencing homelessness, you'll be surprised to learn that you receive more than you give; If you have the financial capacity, donate to a charity or cause that you believe in.

Many charities and other non-government organisations play an important role in the lives of people experiencing homelessness. Not only do these essential services provide food, clothing, training, activities, free legal advice, medical checks and social support, they help to foster a sense of community. Connection is important for all of us, more so if you live on the margins of society.

Words: **Jen Webster**



## The People Helping Build a Stronger Community

Community Northern Beaches (CNB) is one of three long established community groups that recently learnt their Council funding was being cut to zero over the next three years. Considering how crucial their role is on the Beaches, we wanted to know more about what they do, how they do it, and ways this funding gap can be filled for a sustainable future, and spoke with CNB's **Daniel Fields**

**What is Community Northern Beaches?** We are a not-for-profit organisation that has supported vulnerable and at-risk people within the Northern Beaches LGA since 1977. We help people in crisis and focus on prevention. We are often the first point of contact for people who are experiencing homelessness, domestic and family violence and refugee settlement challenges. We also focus on targeted early intervention with families, youth and children to make the biggest difference early on. Our desire is to build connections, strengthen community and foster future well-being.

**How exactly does CNB operate?** We have a drop-in and offices in Manly and a facility in Brookvale. Many people in the community who have needs or may have fallen through the cracks can drop in for food, clothing, coffee, or just to have a chat. We also get referrals from Council, GP's or other services. We have a team of volunteers to address immediate needs or to refer to professional community support workers who can work more deeply with people with complex needs to provide essential services.

**What problems are you solving?** The biggest problem is connection to the community and to foster well-being. While those problems may present themselves as homelessness, domestic and family violence, refugee resettlement, and even food and clothing needs, we also work to proactively address community concerns with family and youth early intervention and fostering connection and well-being.

**What are your biggest challenges?** Funding. It's a constant struggle to ensure we have the resources we need to meet crucial needs and to deliver crucial support to vulnerable people in the community. Government funding is unstable, and we rely on the kindness of individuals and businesses on the Beaches as well.



CNB, supporting our most vulnerable since 1977

**And what are your greatest triumphs?** When you can deal with people like *\*Samantha* who escaped abuse in another community, land in Manly only to fall into a sex trafficking ring, and then she finds us, and we can help her with food and accommodation. When we encounter people like *\*Jimmy* who was sleeping rough on the Beaches for 30 years, and we treat him as a human, build trust and eventually work with him to find independent housing. When we can help people like *\*Amy* whose husband was siphoning off money and abusing her and we were able to help her and her children with their financial needs and safe housing. *\*Names changed for privacy*

**Any advice for Tawny readers going through a challenging time themselves?** Connect with us online at [cnb.org.au](http://cnb.org.au), call us on (02) 9977 1066, or come by our drop-in centre at **52 Raglan St, Manly**, right across from Manly Oval. If we don't have the in-house services to help you, we'll work to find others in the community who can.

**How can Tawny readers contribute towards your success?** With Council funding being cut, our biggest need in addition to advocating to Council, is your own donation and energy. Consider a one-time or subscription donation at [cnb.org.au/donate](http://cnb.org.au/donate), join one of our regular fundraising events which will always be shared via the CNB website [cnb.org.au](http://cnb.org.au) and social media channels [@communitynorthernbeaches](https://www.facebook.com/communitynorthernbeaches), or let us know what fundraising events we can participate in at [info@cnb.org.au](mailto:info@cnb.org.au)

Interview: **Liam Carroll**

## 3,144 push-ups in 23 days: Are you up for the Challenge, Northern Beaches?

Lifeline Northern Beaches rallies the support of the community in their push for better mental health this June.

This June, Lifeline Northern Beaches is encouraging all locals to push for better mental health by taking part in Australia's largest fitness-based mental health initiative, **The Push-Up Challenge**.

Participants will attempt 3,144 push-ups across 23 days in June, putting the spotlight on the tragic number of lives lost to suicide in Australia in 2021 – and by selecting Lifeline Northern Beaches, you can help save lives in your own backyard.

Thousands of Australians from all ages and walks of life participate in the event which engages people in mental health through connection, physical activity and education.

Lifeline Northern Beaches CEO David Thomas said, "The Push-Up Challenge is a great opportunity for Australians to talk about their mental health, learn how to best support each other and recognise when they might need to put their own hand up for help. We've had so much fun pushing up and learning about mental health for the past two years, so we can't wait to do it all again in 2023."

"More people than ever before are reaching out to Lifeline for help and support, and the money raised through The Push-Up Challenge will support our local services to be there for anyone, anytime, whatever the reason," commented David.

And if completing 3,144 push-ups feels out of reach, you can choose to do half the target, and opt for alternative exercises such as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

Founder of The Push-Up Challenge, Nick Hudson, said, "The Push-Up Challenge is a great way to get fit, connect with your community and learn about mental health, all while honouring lives tragically lost to suicide."

"It's likely everyone will encounter mental illness at some point in their lives, so by getting down, pushing up and learning about mental health, we hope to break down the stigma attached to mental illness so that Australians don't think twice about helping someone who might be experiencing it, or reaching out for help themselves."



This June, let's push for better.

Lifeline Northern Beaches is encouraging people of all ages, local businesses, gyms, clubs and schools in the area to join and support their local Lifeline centre.

"All funds raised for Lifeline Northern Beaches will go towards our local face-to-face services such as counselling, support groups and financial counselling and will positively impact the mental health of our community," said David.

The Push-Up Challenge is a free event, and you can register as an individual, a team, or get your whole workplace, club, gym or school involved at [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au) and make sure you select Lifeline Northern Beaches as your beneficiary.

Words: **Lifeline Northern Beaches**

If you need support, call Lifeline any time of the day or night on **13 11 14** or text **0477 13 11 14**.

Local support services are available, visit [www.lifelinenb.org.au](http://www.lifelinenb.org.au) for more information.

Sport

# Crushing the Poms, pig-shooting with Packer: The making of Noel 'Crusher' Cleal

In January this year Sea Eagles recruitment man Noel Cleal called time on a 35-year career in rugby league. Here he reveals how came to be called 'Crusher'.

Sea Eagles' legend Noel Cleal will tell you he came to the nickname 'Crusher' when he was hunting feral pigs in the bush and leapt on one and killed it. When pressed, however, he will admit that it is not the truth.

"I tell everyone I dived on a pig and killed it but it was 'Bozo' [Bob Fulton] who came up with it. It was probably when I was playing against Wyong at Wyong. I put a big tackle on a bloke who didn't get up very quickly. You'd have got eight weeks for it today," Cleal told the Beaches Champion.

Cleal grew up in the north-western NSW town of Warialda. His father was a shearer, his mum a "Cocky's daughter". After leaving school Cleal became renowned as a big, hard-working farm hand and pig shooter. Yet it was his ability on the football field that set the bush telegraph afire.

With older brother Les, a legend of bush rugby league, Cleal would travel around NSW and Queensland playing footy, having fun and getting paid for it. They went as a double act: Les as captain-coach and all-action forward or centre-wing, Noel as a fleet-footed and furious winger or centre.

While playing for Scone Thoroughbreds, Noel came under the notice of one Kerry Packer, owner of thoroughbreds and The Scone Advocate. Cleal took Packer pig-shooting and Australia's wealthiest man soon became an advocate for Cleal to be a part of Packer's team, the Eastern Suburbs Roosters. After, Noel followed Fulton (and money, must be said) to Brookvale where the coach devised the crafty move: Give the ball to Crusher - with a long run-up.

It went like this: From a tap re-start Cleal would mark out a run, and then begin running. He'd steadily build up pace until he'd take the ball flat out, hurling himself at the opposition, more often than not crashing through like a bowling ball with a beard. It was unscientific, and brutally effective.

In 1979 Cleal and Les were picked to play for a Northern Rivers XIII against the visiting Great Britain team at Tamworth. And so up from Scone they came, a pair of thumping big men in



From Warialda with love, Brooky's finest Crusher

thick shaggy beards wedged in the cabin of an old ute. There was a pig dog in the back and a sports bag on the bench seat between them. In the bag were two towels and two pairs of football boots. And they hatched a cunning plan.

"Before the game we said to each other, you have a run then I'll have a run and we'll see how we go," Noel says. "But in the first 20 minutes all the play was on my side of the field. So, by the time Les got his first touch he was full of anger. Well, not anger. But let's just say he was very keen! First touch of the ball he smashes into the line, carries three or four Pommies over with him and scores under the posts. We both had the big woolly beards at the time, and I remember [Great Britain captain] Roger Millward rallying his troops, yelling, "Lads, lads! Remember! There's fooking two of 'em!"

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:




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# Big Tech, weapons, tax havens, even Rupert Murdoch: Secrets from the Future Fund investment vault

The secretive Future Fund's chairman Peter Costello might not like it, but Freedom of Information requests are peeling back the lid on the Fund's weighty overseas investments.

Big Tech, Big Pharma and Big Oil are the top of the pops in a newly released list of Future Fund Investments across the United States, United Kingdom, and a range of tax havens, notably among the Cayman Islands. These revelations come on top of revelations earlier this year about ethically and environmentally questionable Future Fund investments in China.

The latest FOI drilling into the side of the vault also shed light on the Fund's investments in arms manufacturers, Chinese companies operating out of the Caymans as well as politically controversial investments in Rupert Murdoch's right-wing media empire.

It's infuriated Senator Barbara Pocock, who has been pursuing the Fund's investment practices in the Senate. "It should not take FOI requests for Australian citizens to find out where their own money is being invested. The Future Fund is suffering from a corrosive secrecy disease."

**"The public should know about these Future Fund investments in carbon polluting fossil fuels, in arms manufacture and in companies based in tax havens – not to mention the Murdoch and Fox media empires. It's time to come clean."**

## Big Tech

In what may be its largest investment in a single publicly listed foreign company, the Future Fund holds a \$793 million stake in tech giant Microsoft. Other very large Future Fund tech investments include Google owner Alphabet (\$559.9m), NVIDIA (\$346.8m), Cisco Systems (\$288.2m), Meta Platforms (\$256.4m) and Intel Corp (\$240.0m). Amazon comes in with a rather more modest investment of \$187 million.

Given the vital importance of IT and telecommunications policy for Australian governments, business, our economy and society, disclosure of the nature and scale of these publicly funded



Future Fund Chairman Peter Costello

investments is clearly in the public interest. However, it only comes after the Future Fund was forced to abandon its deep preference for secrecy and resistance to scrutiny through FOI.

## Pharma, energy, and mining

Big Pharma and healthcare are another favoured destination for the Future Fund's investments with a \$279.4m stake in Pfizer, \$257.7m with Johnson & Johnson, and \$258.4m with United Health Group.

Big Oil and other carbon polluting sectors enjoy significant Future Fund backing. Coming in well above the \$200 million threshold is US energy giant Exxon Mobil (\$262.4m) which tops a long list of American and British oil, gas and other energy supply and distribution companies including Occidental Petroleum (\$24.9m), Chevron (\$65.5m), Edison International (\$158.9m), National Grid (181.4m), Glencore (\$21.8m) and Marathon Petroleum (\$34m), as well as multinational miner Rio Tinto (\$63m).

Also among the Future Fund's many energy and mining investments is a stake in the controversial mining and fracking equipment and services supplier Halliburton (\$7.3m).

## Vehicle investments

Investments in the US automotive sector include Elon Musk's electric vehicle manufacturer Tesla (\$114.0m), but that commitment is smaller in size than the Fund's stake in General Motors (\$139.4m) and only slightly ahead of that in Ford Motor (\$107.5m).

## AUKUS wins

Paul Keating's words still resonate in Aussie minds, "At the Kabuki show in San Diego ... there's three leaders standing there, only one is paying, our bloke, Albo." But it appears the Future Fund is well ahead of Albo, with investments in leading American and British aerospace and defence manufacturers including Raytheon Technologies (\$91.9m), Lockheed Martin Co (\$75.1m), General Dynamics (\$65.3m), Northrop Grumman (\$41.5m), Honeywell International (\$76.0m), BAE Systems (\$20m), and Rolls-Royce (\$0.7m). A number of these companies will be deeply involved with the AUKUS nuclear submarine project, so maybe this is the investment return path for a tiny share of the eye-watering \$368 billion AUKUS price tag.

## Tax haven heaven

Never mind the Government's claims to want to tackle multinational tax avoidance and profit shifting. The latest FOI reveals the Future Fund is quite happy to support companies domiciled in low tax jurisdictions and tax havens. The FOI documents show direct holdings in tax havens such as the Caymans, the notorious British Virgin Islands, and Jersey.

**The Future Fund has embraced investment in companies purportedly operating out of the Cayman Islands where its investments total well over \$600 million.**

This includes major stakes in Chinese and Hong Kong companies registered there, including Tencent Holdings (\$157.5m), Alibaba Group Holdings (\$110.9m), CK Asset Holdings (\$41.9m), Baidu (\$30.8m), Meltuan (\$53.1m) and Netease (\$26.7m).

Although Peter Costello has indicated that the Future Fund has wound down its Chinese investments, in part owing to geopolitical risk and post-Covid uncertainty in Chinese markets, these offshore investments add significantly to

the Fund's approximately \$790 million exposure on the Chinese mainland and in Hong Kong.

\*The Future Fund's investments in tax haven entities may be routine vehicles for the Fund to avoid "double-taxation" - that is being taxed twice or more in differing jurisdictions. However, the FOI list obtained by the authors details "direct investments".

## Backing Murdoch

In the end however, two quite modest investments in the United States may prove to be among the Future Fund's more controversial holdings - a \$6.3 million stake in News Corp and \$13.5 million in Fox Corp which have been notable political allies of Coalition governments. That's \$19.8 million in the two companies controlled by media mogul Rupert Murdoch and his primary channels of national and global political influence.

Fund chair Costello apparently has no problem with putting millions of taxpayers' dollars into Murdoch's far-right populist media machine which fuelled the attempted putsch at the US Congress on 6 January 2021. Costello is also chairman of Liberal Party aligned Nine Entertainment. However, the results of the last Federal election strongly suggest that a majority of voters would be unlikely to support this.

The revelation of this previously secret investment is likely to raise more than a few eyebrows across the Federal Labor Government, Labor Party members, as well as the Greens and independents in Parliament. The Future Fund is an independent, statutory body but it wouldn't be entirely surprising if a "Defund Murdoch" campaign emerges.

Last month Treasurer Jim Chalmers wrote about the need to bring ethics and values into national economic and financial policy. Perhaps he should call in Costello for a chat about ESG.

Words: **Philip Dorling & Rex Patrick**, Michael West Media.

**Philip Dorling** has worked in the Australian political environment for over three decades in both the national and state levels of government; and as an award-winning journalist.

**Rex Patrick** is a former Senator for South Australia and earlier a submariner in the armed forces. Best known as an anti-corruption and transparency crusader - [www.transparencywarrior.com.au](http://www.transparencywarrior.com.au)

IMAGE: MICHAEL MATLON, UNSPLASH





Roly, Trish, and an imminent Emu Parade coast of cleans

### Local Business

## Roly, Trish, and a caffeinated Emu Parade to cleaner beaches

G'day! I'm Roly, and I've been cleaning up the beach by bribing people with coffee.

Picking up rubbish probably doesn't sound too appealing, but what if I made you your favourite coffee, then we picked up rubbish together? This is Emu Parade.

I've been making coffee for a living for 14 years. It's an amazing feeling to hand someone a coffee that has been made perfectly for them. And on my days off, I love picking up rubbish. Weird, I know. But I do, especially at the beach and around coastal environments.

I think of the ocean as a super organism that sustains all life, but it's under attack from pollution, and the microplastics that much of it turns into. Rubbish on the beach will break down at different rates, but it's all going to the same end point. The ocean. From there it enters our food, and then it enters our bodies.

Imagine at a restaurant, instead of seasoning with salt and pepper, someone stood over you with a pepper grinder full

of plastic, sprinkling it all over your dish? That's where we're headed. Our lives depend on combatting the microplastics problem.

Picking up rubbish is a direct, straightforward thing we can all do, to connect with the problem and with each other. That's why I'm combining my two passions: making coffee and picking up rubbish. Welcome to Emu Parade.

Perhaps you're wondering, how will I get cafe-quality coffee to the beach? Well, meet Trish. She's an old fire engine that I've converted to run on used deep fryer oil instead of diesel, and I'm building into the ultimate clean-up catering truck.

I collect waste oil from restaurants, filter it in my garage, and then run it through some modifications that I made to Trish's fuel system. The next stage is installing coffee machinery, which will run off

batteries that get recharged as I drive from clean-up to clean-up, burning recycled plant oils instead of fossil fuel.

This is going to be a professional espresso set up, with commercial equipment and a capable set of hands ready to cater for hundreds of people at a time. We won't be using any single use packaging; people will bring their own cups, otherwise I've got a huge collection of recycled glass jars to use too.

Emu Parade's going to be pretty simple. I'll share details of when and where I'll be parking up in Trish on the Northern Beaches, and you can come down, spend an hour with me having a coffee and picking up some rubbish, and leaving the coast a lot cleaner than we found it.

But there's still a long way to go before I can get back to full scale cleanups. The last piece of the puzzle is the battery system to run the coffee machine. These are wildly expensive. About 30 grand expensive...

So, I hate having to ask, but I need your help. I've spent all my money to get Trish to where she's at now. Literally no money left. So please, if you can contribute towards bringing Emu Parade to life, please visit my GoFundMe page [gofundme.com/f/emuparade](https://gofundme.com/f/emuparade)

Your donation will make a world of difference, and means I'll be able to see you down at the beach for an Emu Parade even sooner. Great coffee, a meaningful clean-up, and some quality time by the sea with my best mate Trish.

Help Roly and Trish get to work by donating at [gofundme.com/f/emuparade](https://gofundme.com/f/emuparade)

Words: **Roland Davies**

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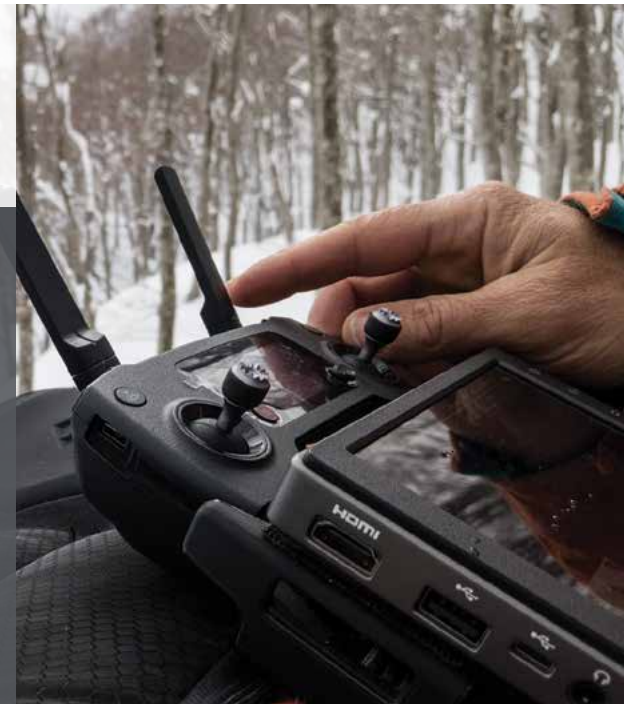


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"Numero Uno", double denim, and a vivacious Anna Lohe

### Cover Artist

## Anna Lohe

The world of advertising and marketing never stood a chance of holding onto Avalon's Anna Lohe, who is now bursting on to the art scene with her vibrant, imaginative works in acrylic on canvas.

### What inspired the cover art?

This piece is called "Numero Uno" – as it was the first canvas I ever painted, and I have kept it on our wall at home. I could have sold it so many times, but the symbolism is so massive for me, as it represents me leaving my corporate life behind. My kids helped to paint the flowers at the bottom and it's full of my favourite things and colours. By co-incidence it has become the No.1 selling print from my website.

### How did you discover you had a gift for art?

In my previous life I was the Head of Marketing for Woolies. It was an amazing job and when kids came along, I did some consulting work. At the end of my last gig, I went to Billabong Retreat in Dural to do some yoga and on my way,

I stopped at Aldi (not Woolies) to buy some bananas. I walked out with a painting kit instead! I painted the billabong to get some zen and posted it on social media. Next minute I have friends asking me to do commissions and then Amy Young at Careel Bay asked me to do an exhibition in their studio and it sold out! I think it was more that other people discovered my art and it's been the most amazing experience since!

### What is your favourite part of the artistic process?

I love to select my colour palette based on my mood or colour scheme that suits a client home. I generally work with 5-6 colours only to avoid chaos! Sometimes I do my background layer in a wild style and then play the game of "what could I turn that into" much the same you do when you look at clouds and one person sees a peacock and the other a flower.

### How would you describe your art?

It is abstract, so it is often in the eye of the beholder about what they feel. I love the Japanese expression of wabi-sabi to mean the "perfect-imperfection of nature".

**Which artists, or other inspiring people, dead or alive, would you most like to have dinner with and why?** I would love to have hosted a dinner party with Gaudi, Klimt and the Glasgow Four. I find it fascinating that at the same time around the turn of the 20th century each of these artists were separately experimenting with the same style of expressionism in Barcelona, Vienna and Glasgow. Whether you call it Art Nouveau or Successionist these guys were developing similar work, without being able to "jump on a zoom call".

### What are you working on now?

I am working on an exhibition for my gallery opening in **Whale Beach on 12 May**. It is called **Succulent Society Vol. 2** and celebrates our natural environment, and that people can also be succulent via their imagination. It's been fun to do a wide selection of sizes ranging from mini to extra-large canvas and prints.

### Any advice for young or aspiring artists?

I think it is equally as important to know how to market your work as it is to create it. It can be cheesy sometimes to self-promote, but you have to get over that and just try.

### How can people buy and support your artwork?

You can find original artworks, prints on canvas or fine art paper and my collection of gift cards on my website [annalohe.com](http://annalohe.com) You can also buy my cards at Bookoccino in Avalon and/or come visit me at my gallery at **231 Whale Beach Rd** – send me an email to set an appointment to [hello@annalohe.com](mailto:hello@annalohe.com)

Interview: **Liam Carroll**

## WOTSO IS MOVING

### Big things are happening in the Northern Beaches

WOTSO, one of Australia's leading office space providers, is opening a brand-new office space up at the North Head Sanctuary. WOTSO Manly will be relocating after three long years of paving the way for WOTSO in the Northern Beaches. The North Head office space will be the second location on the beaches alongside the popular site - WOTSO Brookvale.

WOTSO Manly-North Head is the latest edition to the WOTSO network of serviced offices and coworking spaces across Australia and New Zealand. The company has created a reputation within the coworking industry for providing flexible and affordable FlexSpaces close to home.

Imagine working in an office situated in one of Sydney's most remarkable natural settings, surrounded by lush greenery and filled with the serene sounds of nature - this is the reality at WOTSO's newest location in the breathtaking North Head Sanctuary. With doors officially open this April, this new office space provides an inimitable workspace experience that combines modern office amenities and natural beauty.

So, how about giving it a try? The new WOTSO Manly-North Head is now OPEN and accepting members! To enquire or book a tour, scan the QR code below.



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Northern Beaches property is no one-hit wonder

## Property

# Be like Bobby McFerrin

Who, I hear you ask, is Bobby McFerrin? Well, "Don't worry, be happy" and you ooh ooh ooh-ooh, ooh-hoo-hoo-hoo ooh hoo-hoooh will remember swoon enough.

The cost of everything has gone up in the last 12 months, it's true. Not the Tawny though, free as a bird, bless you Frogmouth. But, in the broader economic cosmos beyond local mag publishing, the inflation genie has been well and truly let out of the bottle, the highest it's been in a generation. And with Central Bankers tightening the screws via prolific rate rising enforcing a world of hurt on mortgage holders, Vladimir Putin's Ukraine invasion sending fuel prices skywards, and the cost of fresh food, groceries, and even schooners racing off the charts, we're all feeling the pinch.

That said, we still in live in the greatest slice of the Emerald City. Covid lockdowns opened everyone's eyes to just how lucky we are. "Trapped" in an LGA that stretches from Spit Bridge to Palmy, blessed with over 30kms and 20 beaches of immaculate coastline, beautiful national parks,

thousands of cafes and enough shops to get lost in.

So, as your resident property guru, and with plenty of fear and trepidation in the markets given recent macro-economic dynamics, here is my take on why we continue to live, and invest, on the Northern Beaches, and why Bobby McFerrin's mantra rings truer now than ever.

Who doesn't love the smell of salt water in the air, and the feel of sand between your toes as well as every other crevice those intrepid grains uncover? We don't take ourselves too seriously here, unlike our "friends" to the East. We don't care how much your watch, car or divorce cost. You can have your flashiness, we're comfy in a pair of Okanuis (Northern Beaches born and bred), a Bonds t-shirt and a well-worn pair of double pluggers. The love affair we have for the Beaches explains why our average "hold" on a local

property has risen to 11years. Why would anyone leave God's country? As William Wallace knew, Hold!

Overall, Sydney house prices have pulled back, and Northern Beaches home values were one of the highest growth areas during lockdown. But land will always be scarce here. Strict limits of any further developments will remain in place. The unavoidable supply and demand forces ensure property ownership on the Northern Beaches, while potentially providing short-term windfalls for some during lockdown mania, will continue to prove a long-term asset as strong as can be.

Interest rates may move higher, inflation may take some time to return to the 2-3% optimal levels, but the Northern Beaches through it all will remain the cream of the crop for housing stock. There's no upside in trying to pick the "bottom" of the market. As my colleague tells me, all you'll end up with is a smelly finger. I bet you couldn't say that in Bondi. We value community, local businesses, a relaxed vibe, and have our feet fair and squarely planted on the ground or, more likely, the sand, a thousand miles from care. This is where true value will always be.

Don't worry, be happy, and if studying the Beaches property market, remember that short termism won't get you far round here, we're in for the long haul.

### Words: Paul Wilcox

Paul is a property buyer's agent specialising in search, negotiation, purchase and 80s music sensations. Email [paul@oasisskeen.com.au](mailto:paul@oasisskeen.com.au) call **0401 051 702**, and learn more at [oasisskeenproperty.com.au](http://oasisskeenproperty.com.au)

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0500 1.54 1132 0.57 1751 1.44 2343 0.72	2 0545 1.56 1207 0.53 1826 1.54	3 0027 0.64 0626 1.58 1239 0.50 1900 1.64	4 0109 0.56 0705 1.58 1311 0.48 1933 1.74	5 0150 0.49 0746 1.56 1344 0.48 2008 1.83	6 0233 0.44 0830 1.53 1418 0.50 2047 1.89	7 0319 0.41 0916 1.48 1457 0.54 2129 1.93
8 0408 0.41 1007 1.43 1540 0.59 2214 1.92	9 0501 0.42 1100 1.37 1628 0.65 2304 1.89	10 0601 0.46 1200 1.32 1723 0.71	11 0000 1.83 0706 0.48 1306 1.29 1828 0.76	12 0104 1.77 0813 0.49 1418 1.31 1942 0.77	13 0215 1.72 0915 0.48 1527 1.38 2100 0.75	14 0326 1.70 1011 0.46 1626 1.48 2213 0.69
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INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: MARTIN SPRATT @MANLYSHARK

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







Morgan Cibillic carving the long-running Northy lefts

## Surfing

# Wax up, the GWM Sydney Surf Pro presented by Bonsoy is coming to Northy

The world's best surfers return to the iconic waves of North Narrabeen Beach in May for the second stop on the WSL Challenger Series.

So, hang on, what's the Challenger Series? Professional surfing is made up of three tours; The Championship Tour where the World Champions are crowned. The 2nd tier tour is the Challenger Series. It's where surfers compete for the chance to make the big league, and with only six events making up the "Changers", it's cutthroat. Only the top 10 men and 5 women surfers will graduate at season's end, so the competition is fierce and the surfing of the highest level. The 3rd tier tour is the Qualifying Series, consisting of regional events for aspiring local pros to advance to the Challengers.

The history of professional surfing events being held on the Northern Beaches runs deep. From the crowning of the

first ever World Champions; Midgett Farrelly and Phyllis O'Donnell back in 1964, to the iconic 2SM Surfabout held in pumping 8 foot waves at North Steyne Beach in '78, to the Coca-Cola Classic which shared residence at Queenscliff Beach and North Narrabeen through the 90's and 2000's. Most recently we've hosted the 2021 Championship Tour event at Narrabeen during the pandemic year, and the Sydney Surf Pro (Challenger Series) at Manly over the past few seasons.

One thing is for sure, Sydney-siders and Northern Beaches locals are some of the most passionate surf fans on the planet, and they love it when the circus rolls into town. It gives local grommets through to the oldest of purists a

chance to watch, critique and admire the wave wizardry of the top pros. It also gives them a chance get behind the local heroes on the rise.

Historically, the Northern Beaches has produced a steady stream of professional surfers that have dominated the tour at every level. World Champions Damian Hardman, Barton Lynch, Tom Carroll, Stuart Entwistle, Layne Beachley and Pam Burrige all reached the highest pinnacle of the sport. Not to mention the likes of Rob Bain, Kai Otton, Dayyan Neve, Nathan Webster, Chris Davidson and yours truly, all enjoyed decorated careers in professional surfing.

Ok, enough with the history lesson, time to get into this year's event.

Last year the Sydney Surf Pro was won by Rio Waida from Indonesia and Teresa Bonvalot from Portugal, both of whom are now competing on the Championship Tour. Which goes to show you, a win at this event can literally launch your career into overdrive. It should also be noted that WCT surfers can compete in Challenger events, and last year's winners overcame a stacked field which included Jack Robinson (Current #1), Leo Fioravanti (former winner) and CT charger Ryan Callinan.

This year the action moves from my home beach at North Steyne up the peninsula to North Narrabeen. And while I'm a little sad about the move, North Narra is regarded as the most consistent and high-performance beach break on the Northern Beaches regardless of the swell direction. This guarantees epic surfing action, but it can be a tricky wave at times, and as a competitor you need to adapt as the tides change and the wave takes on different personalities. There's also an undeniable energy at Narra that radiates from past performances and a heavy local committee on watch.

Typically, Narra offers up a long running left-hander that allows for multiple turns, and the right on the other side of the peak, known as Alley Rights, is a super high-performance wave that invites a really progressive approach. From 1 foot peelers to 8 foot bombs, Narra is always contestable. It's also an epic venue for the fans with plenty of vantage points to view the action and activations around the event from the family.

This year the field will be made of the CT surfers who recently failed to make the mid-



The perfect canvas for world-class surfing

year cut, returning surfers who didn't quite reach their goals on the CS, and recently qualified newcomers who'll be keen to make their mark. There'll be a strong international field including the Brazilians who've dominated the draw in recent years and will be out in force again. They possess a drive to succeed that's been missing from the Aussie contenders over the past years, but we're experiencing a big shift.

Our Aussies are on a tear this year. On the men's side, there's a few names to watch. Joel Vaughan, from the Central Coast, is in great form and has an air game to rival the best. World Junior Champion, Jarvis Earl, is showing maturity in his surfing that's well above his years. And my primo pick is for Manly local George Pittar to make the podium. George recently qualified for the CS and has the full repertoire of power, flare and progression that could see him raise the trophy. The talent is certainly there, but there'll be a new level of exposure and pressure that he'll have to manage mentally if he's to do well.

Out of our Aussie women, I see Kobie Enright and Nyxie Ryan doing well. Both women put serious power into their turns, and if the swell kicks

in, they will be hard to match. Kobie comes from the competitive Snapper Rocks area and has that smooth point surfing pedigree that will suit Alley Rights. Nyxie is on the rise, the results are building, and her surfing is underpinned by great timing, which is something you need when the Narra lefts are firing.

The eventual winner of the event will be the surfer who can not only show trickery in the air but can perform the type of power hacks and critical turns that'll garner a tip-of-the-cap from local legends like Simon Anderson. Adaptation will also be a crucial element needed as Northy changes its personality through the event window.

I'll be in the booth calling the action for everyone watching online. There'll be plenty happening in and around the event, so come grab and auto-graph or selfie with some of the world's best surfers as they do battle on our doorstep.

The GWM Sydney Surf Pro presented by Bonsoy runs from 17-24 May at North Narrabeen. Visit [worldsurfleague.com](http://worldsurfleague.com), follow @wsl on socials, and get along to the event to check out the action.

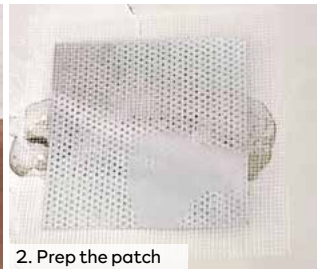
Words: **Richie Lovett**

PHOTO CREDIT: WSL

PHOTO CREDIT: WSL



1. Cut the patch



2. Prep the patch



3. Fill the hole



4. Dry, sand and paint

## Home Improvements

# The Magic Patch: A Gyproc hole filling quick fix

Your lease is just about to come to an end, or your property is up for sale and the first open home inspection is fast approaching when you check behind the door in the spare room to see...

The door handle has punched a hole in the Gyproc wall. Your bond's toast, your open house inspection in tatters. You need the Gyproc hole fixed fast, easy, and cheap! It's time for a bit of magic. Abracadabra, let's get to work!

### Step 1: Cut the patch

Tidy up the hole so you can find the extent of the damage, then use a craft knife to cut away all loose material. Pull at any loose top paper so that you have a solid and defined hole. In some cases, you'll find it helpful to cut the hole into a slightly larger square or rectangle shape, making the following steps easier.

### Step 2: Prep the patch

Traditionally you would cut a piece of Gyproc to a similar size and shape, place a screw in the centre to be used as a handle (to be removed later), butter up the edges with filler, like a brick layer, and try to squish this piece into the hole, but this is a very inadequate and fragile method. The thing to remember about a Gyproc wall is that there is a cavity behind it and so there is nothing to fill against.

The best method to use is a "Quick Patch" also known

as a "Magic Patch", available at your local hardware store. This consists of a square patch of webbing with a wafer-thin aluminum inner square and adhesive on one side. This allows you to cover any hole without having to worry about the fact that there is a cavity behind.

Remove the protective backing and apply the adhesive side. This holds it in place while you prepare the top filler.

### Step 3: Fill the hole

Use Gyproc top coat - a dense filler that's easy to use and sands consistently. Start with a thin light skim of filler across the whole patch, and then leave it to dry completely. This is important because this will form the base of your final coat. When the first skim is dry, apply a second and final coat, but make this one slightly more generous and feathering out to an area a tad larger than the patch.

### Step 4: Dry, sand, and paint

Once the second coat is dry, take 80 grit sandpaper and gently sand the patch to even, buffing out towards the edges. Then touch up the patch with a couple of coats of paint, using a micro roller to match the patterning of the wall, job done.

With the patch taken care of, turn your full attention to the hours and hours of fun ahead of you, packing cases to get ready for the move.

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**

## Mal's Wild Side

# What nice orbs you have

Spider's webs are created with advanced geometry- using silk thread that is equivalently stronger than steel.

English comedian Ricky Gervais said that Aussies were the "coolest people around" because we have the "deadliest snakes, spiders and jellyfish on the planet, yet walk around drunk all the time in flip-flops". But actually, most Aussies have a morbid fear of spiders (which is probably the reason for the national drinking problem).

To be fair, in Sydney there are a couple of deadly arachnids such as the Funnel-web and the Redback, but hardly anyone ever gets killed by them. In fact, since anti-venom became available, no fatalities have been recorded. I have Redbacks living in my garage, and they tend to keep to themselves. Most of our spiders just go about their business, weaving ingenious webs, waiting patiently for a feed and clinging tenaciously to existence in an arachnophobic world.

Some architects have been modelling roof spans on these web-building techniques. They've found that they're able to construct lighter structures with a greater capacity for shock absorption than by using conventional methods. Spiders have been around for 400 million years and can be found in every natural environment on earth (except the deep oceans). The good news (for the few people who like them) is that there are around 45,750 species on the planet.

Here are a couple of my favourite local ones, which are almost harmless...unless you annoy them to the extremes of spider tolerance (mildly numbing bites have been known to occur!)

### Golden Orb-weaver

These spiders build some of the largest webs in the land, made from silk with a golden hue (hence the name). It seems that the silk's colour may ensnare bees that are attracted to the yellow strands. It's not unknown for small birds or even snakes to be caught in this golden trap! In dappled light the web blends into the background and acts as camouflage. The spider can actually adjust the pigment intensity. Sometimes you can see rows of these spiders in concurrent webs slung across or above pathways. (They soon learn by experience to build them out of harm's way).

The weird thing is that the females, with grey bodies and black and yellow banded legs, are quite large (with up to a 9cm leg span). But if you



St Andrew's Cross Spider (another orb weaver).

look closely at the web, you'll often see a number of tiny black spiders lurking at the fringes of the web. Those are the males waiting for a chance to mate! You may also see some other small spiders (such as the Quicksilver) which "pirate" some of the smaller insects caught in the web. As winter approaches, just before the Golden-orb succumbs to the colder weather, you'll see her wrap her eggs in a mass of golden web and hide them amongst leaves or twigs away from the nest, ready to hatch in spring.

### Leaf Curling Spider

These spiders have long legs and plump bodies but in the daytime you'll rarely see them. They've devised an ingenious solution to keep themselves safe from predators such as Noisy Miner birds. As their name suggests, they haul a leaf into their webs, curl it over, line it with silk and use it as a protective haven (which also shelters them from the elements). They'll then sit in this cylinder with just their feet protruding, which will sense the vibrations of prey, caught in their web.

Remember, as an Aussie, it's your job to be hospitable to spiders and act nonchalantly around them. We must continue the pretense, to British people, that we live amongst poison-soaked agents of the devil.

Words: **Malcolm Fisher**



## Hidden oasis in the heart of Dee Why

Hidden in plain sight, this volunteer-run botanic garden is as much community as it is a nature retreat in the heart of Dee Why.

Opened in 1961, the **Stony Range Regional Botanic Garden**, was once considered an 'eyesore' from years of over-growth and dumped rubbish. But thanks to a passionate councillor, it would soon be marked as a key area for the preservation of native flora and fauna. Early volunteers took the 'eyesore' and transformed the area with paved pathways and planting.

Now over 62 years on, the garden continues to be a calm oasis of bushland in the rapidly developing Dee Why heartland.

To explore the area, you can wander the numerous easy to moderate bush trails, including the 'main track' which takes you through the full gardens past rainforests, primitive areas of ancient plants and forest cascades. The track starts at an open area, which often hosts private functions like weddings, with a beautiful palm and water lily adorned pond in the centre.

The track also has numerous optional side tracks for you to explore like the rainforest loop track, which showcases cabbage tree palms, Bungalow palms and the North Queensland Lickuala. Or undertake a bush tucker walk towards Paperbark Corner and find out new and old uses for native plants.

For a shorter loop, the 'sensory walk' gives you a minute to stop and 'smell a crushed leaf' before winding back to the picnic and bbq



Stony Range, a calming Dee Why Oasis since 1961

area past an active bush turkey nest.

It's messages like 'smell a crushed leaf,' dotted around the garden, that showcase the sense of community spirit in the garden. Around every corner is a little gem such as Joan's seat, a seat carved into the side of the path, or tiny notes hidden in the trees inviting kids to spot specific butterflies. All just tiny but important reminders to stop, slow down and take an extra minute to soak up nature.

### Did you know...

The hidden gems in this garden could be easily missed, so keep an eye out. From coloured and painted stones dotted along the footpath, to toy koalas hidden in the bushes to children's hand-made "Banksia men" from school holiday camps. Make sure to stop and get a photo at the 'Greetings from Stony Range' photo frame or take a "moment of silent reflection" on the bench in the middle of

the main track. There's even a volunteer plant nursery so you can infuse a bit of the botanic gardens into your own backyard open on Tuesday mornings from 9am - 12pm or Saturday from 2-4pm.

### How to get there

This easy to get to reserve is located at the edge of Dee Why before Curl Curl, directly off Pittwater Road. Look for the Stony Range main sign on the eastern side of the road heading south before you hit the intersection of Pittwater Road and Harbord Road. There is a small, free parking lot outside of the main gates. The garden is open from 8:30am - 8:30pm, except during daylight saving hours when the garden closes at 5:30pm.

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

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN



A Clontarf sunset with all the trimmings

### Home Cooking

## Delectable autumn picnic ideas

Cooler autumn days and blankets of golden brown fallen leaves provide the perfect backdrop for Aussie sunset picnics. Whether planned or spontaneous, fill a basket or backpack with these delectable autumnal inspired dishes. Head to your local park or enjoy wave watching from your favourite beachside spot.

### Ratatouille roast chicken picnic

- 1 large sliced zucchini
- 1 chopped red onion
- 2 chopped large vine ripened tomatoes
- 2 tablespoons tomato ketchup
- ½ cup fresh basil
- Ground black pepper
- Whole chicken
- Cup of water
- Dash of olive oil

### Method

Preheat oven 180°C. Mix together filling ingredients. Stuff into chicken cavity. Cover chicken. Bake in roasting tin in water and oil until golden and cooked through - (around 1 ½ hours).

### Delights of autumn salad

- 1 cup cous cous made with 1 cup chicken stock
- 2 sliced fresh figs
- 1 orange, (peeled and segmented)
- 1 pomegranate (seeds & juice)
- Small bag pre-washed spinach
- 150g marinated goat's cheese
- Honey

### Method

Toss salad ingredients together. Drizzle with honey.

Words: **Jayne Economos**

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## What's at the bottom of the bottle?

Understanding the true nature of addiction

Generally, when people hear the word addict, they tend to imagine a homeless person, unroomed, dressed in dirty, ragged clothing doing illicit substances on the side of the road. While this may be true for a sliver of people suffering from substance use disorders, to use it as a sweeping generalization would only perpetuate a stereotype that doesn't reflect reality.

According to Canadian physician Gabor Maté, the definition of addiction has three criteria; craving the addictive substance or behaviour, engaging in the substance or behaviour to seek pleasure or relief from pain, and the inability to give up the substance or behaviour. This definition provides a much broader scope for understanding the nature of addiction and the types of people who might be in the throes of its grip.

Another distinction to make here is between substance and process addictions. Substance addictions include things such as drugs, alcohol, smoking or food. Process addictions can include behaviours such as shopping, gambling, sex, social media, gaming, and internet. Some of these things will naturally be part of our life. The key here is to analyze the substance or process against the three criteria, take a good look in the mirror and answer the questions honestly.

Addiction can be incredibly confronting, whether it's your struggle or if you are in a relationship to someone who is caught in its web. Addiction can drain you in every sense of the word; emotionally, financially, psychologically, physically, and spiritually. Despite its ubiquity, it is still incredibly misunderstood. So what's really at the bottom of the bottle?

Pain, in its simplest form. After working with hundreds of clients at treatments centers, what I can deduce is that pain is at the root of addiction. But what kind of pain? There are four types: physical, emotional, psychological, and existential.

- Physical – pain in your physical body as a result of a condition or injury
- Emotional – pain around your feelings (anger, shame, guilt, fear, loneliness, grief often stemming from trauma)
- Psychological – pain around your thoughts (stress, negative self-talk or beliefs, cognitive



People of all stripes can be drawn into addiction

distortions, thinking you are inadequate, unworthy, or undeserving)

- Existential – pain around a lack of meaning, purpose, direction, or spirituality

All humans will experience all types of pain throughout life; this is natural and normal. The real challenge comes when we are faced with several types of pain simultaneously and for prolonged periods of time. It becomes unsustainable and we seek respite which is why we turn to the substance or process. Therefore, addiction can be re-framed as an attempt to solve a problem, that problem being an intolerable amount of pain.

So, what do you do about it? First you need to build awareness and come to understand the nature of your pain. This can be incredibly confronting. Get a therapist. Then you need to inventory your life and decide whether each piece is filling up your cup or depleting you. Finally, it's about taking action and implementing change in order to build the life you actually want. So now the hard question. If you removed all your vices and emotional crutches propping you up and considered your life, would it be emotionally sustainable, conducive to your well-being, and emotionally and spiritually fulfilling?

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.



## Marcel the Shell with Shoes On

Genre Drama  
Rent/buy on Apple, YouTube & Amazon

Marcel the Shell is just like any other shell. Except he has shoes, and a face. He's also the subject of this whimsical and delightful film which originated from the interview-style short YouTube videos that went viral a few years ago.

This time Marcel has been separated from his community and family, living in an Airbnb with only his grandmother Connie to keep him company. As Marcel becomes the subject of one of the new Airbnb guest's documentaries, we get to see what his daily life looks like and join him as he searches for his family, while we're privy to many life affirming lessons along the way.

This film is hilarious, sweet, emotional and just so endearingly earnest, all delivered with a gentle, reflective, and almost meditative tone. It's about relationships, community, hope, love and what it means to truly live.

It has a way of sneaking up on you, soaking you in the world of these wonderful characters, so much so that it hurts to say goodbye when the credits roll.

Good things really do come in small packages.

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

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## Motorsports, ripping yarns and a couch packed full of personalities

In the not-too-distant past, **Brooke Krumbeck** and **Daniel Holihan** aka **Hooly** were perfect strangers, but thanks to the invention of online dating - the Hinge app specifically - these two soulmates found each other in the early days of the Covid pandemic, and their unique combination of talents, can-do attitude, and love of storytelling has led them to create the hottest podcast in the motorsports industry.

Dan is a racing champion himself, falling in love with racing at age 12, starting with karts, and progressing to race everything from speedway, production cars and open wheelers, and is currently racing in Formula Ford. Brooke's introduction to motorsports was thanks to meeting Dan, but she's been very much involved in competitive sports her whole life, competing as a distance swimmer for over a decade and now trying her hand at Brazilian Jiu Jitsu. As well as being a creative type, Brooke is a writer, illustrator, and content creator, which has always formed an integral part of her life.

A little over two years ago Dan and Brooke were on the couch and while watching Bathurst on screen, Hooly was rattling off facts, insights, and anecdotes about the action unfolding. "It was so clear to me that Dan had this knack for expressing super technical racing terminology in relatable layman's terms," Brooke recalls. "I was learning so much about racing, but I also asked, 'why aren't you sharing this with everyone else?'"

The expert in asking the right questions, Brooke discovered that Dan had indeed completed a TAFE course in Radio back before podcasts even existed. "Brooke's query led me to remember I'd actually had a mentor back then who'd suggested I should focus a radio show on motorsports," Dan says. "I probably should have listened."

No doubt Brooke's more persuasive than the radio mentor from yesteryear, plus the creation of podcasts has opened up a whole new means for storytellers to connect with their audience, and before they knew it, Dan and Brooke were focused completely on creating **On the Couch with Hooly**, converting a Brookvale storage unit into a beautifully appointed studio for their audio and video podcast needs.



The team behind OTC Hooly: Brooke & Hooly

Dan has extensive contacts in the motorsports industry who are willing to couch up and discuss all the elements of the sport they love. Meanwhile, Brooke has added to her creative repertoire having completed a course in every element of podcast production, ensuring the seamless flow of episodes. Also, on the mic as anchor, Brooke jumps in at opportune times to ask questions from an outsider's perspective and give the conversations an added dimension.

"The show's aim is to be a motorsports podcast that uncovers the untold stories beyond the helmet," Dan explains. "From guests who have spent their careers chasing the dream, to those who've been touched by the sport and gone on to inspiring careers, we share their passion for motorsports both on and off the track."

Now in its third season, *On the Couch with Hooly* has established a loyal and growing fan base, they're attracting sponsors, expanding to showcase interviews and footage trackside as well as on the couch, and successfully building a business together. Don't let anyone say podcasting isn't a real job.

Visit [otchooly.com](http://otchooly.com), follow [@otchooly](https://twitter.com/otchooly) on socials & listen on Spotify, Apple and Google and watch all the episodes on YouTube

Words: **Liam Carroll**

### SHEA COULEÈ

8

**Stand Out Track:** Your Name

**For fans of:** Pet Shop Boys, Jamiroquai

**Rating** ★★★★★



If you haven't seen Ru Paul's Drag Race, you'll never have heard of Shea. As my girlfriend had the show on at any chance she gets I take note from time to time at how talented the contestants are. Shea is one of the only ones who has actually gone ahead and released their own album. It's a collection of infectious 90s style, disco dancefloor boogies with killer ballads sprinkled in amongst them. The only downside is when Shea tries to throw in some rap, it feels forced and the lyrics are uninspired, whereas the albums lyrics as a whole are brilliant.

### THE KILLERS

**Hot Fuss**

**Stand Out Track:** Somebody Told Me

**For fans of:** Kings of Leon, The Kooks

**Rating** ★★★★★



The 00s were an odd time for rock, no one knew quite where to take it, but there was one form that seemed to shine through, indie rock. With bands like the Arctic Monkeys and Franz Ferdinand holding the torch, it was the Killers who led the charge. Mr Brightside became impossible to avoid if you liked it or not. Rock music for those who don't like rock as I like to say. Lyrics that were easy to remember and proactive enough to sound edgy without offending. It's a great album but unfortunately overrated which damages its score slightly.

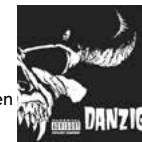
### DANZIG

**Danzig**

**Stand Out Track:** Mother

**For fans of:** Dio, Rainbow, Iron Maiden

**Rating** ★★★★★



This one goes out to the Mother's Day metal heads, with Danzig, a late 80s metals band fronted by former Misfits lead singer Glen Danzig. Their debut single is a great mix of blues-infused, pounding metal tracks. Glen has such a rough yet soothing voice. In a time where everyone was playing pop metal, Danzig stood out due to their unique sound. A darker tone and look than most others of the time but stacked with vocal hooks and riffs to keep punters entertained. Mother is the standout track here and the album is worth the listen just for that.

Reviews: **Digby Robinson**

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Aaron Kew: 0450 712 650



Sherrie Laryse is all smiles at her 'On Path' book launch

*Tawny's Bookclub*

## Finding your own path

**Sherrie Laryse** is an author, teacher and scientific yogi who teaches emotional intelligence. Her first published book, **'On Path'** is a beautiful story about her journey of following her path in life, highlighting some difficulties she faced and how she adapted her thinking to consider that what was initially thought of as missing was actually showing up in other ways.

**In your book, you talk about the desire to become a mother. What does mothering or being a mother mean to you?**

I went through a process of defining the kind of mother that I wanted to be. I defined it as somebody who inspires, nurtures and mentors. As soon as I defined those three things, I could look for where they showed up in my life.

**I love the idea that nothing is ever missing from our lives. Do you think there is too great an emphasis on children**

**being the major legacy that people can leave in their lives?**

Having a child is an innate legacy - it's what we do to keep our species alive, so it's the ultimate biological legacy. Because of this fact, it's common for people to put the spotlight there and not recognise other legacies as readily.

**Do we allow labels such as 'parent' to define us too much? Is that how we make sense of the world or is that how the world makes sense of us?**

A little bit of both. We need to know who we identify as so we know how to relate to the world. We need to use our labels to guide us to act appropriately in different situations. The paradox is that we are so much more than these labels. We need to recognise these labels, but if we think that's all we are, that becomes a very limiting belief to hold about ourselves.

I like to think of it as having a dual passport. We have one

passport that says I'm in the world, I'm in this body which comes with a whole lot of labels and is how I represent myself. But then I also have this other passport which says I am completely unrestricted. I am so much more than this body and these thoughts. I think labels are functional. Beyond the practical, functional aspect of them, we need to realise that we are so much more than labels.

**The themes of perception and gratitude come up a lot in your book. I wondered whether it's possible to build gratitude like a muscle**

Definitely. Habitual thinking is strengthened through neural pathways. Gratitude as a habit will build this mental muscle. The more you build the habit and specifically find things that you are grateful for - and not just positive happy things, but also the challenging aspects in life - the more you start building that muscle.

**What would you like people who have read the book to take away from it?**

I would like them to find a sense of appreciation and love for being exactly who they are. To appreciate all the twists and turns of their life, to find the benefit in all of it, and then ultimately arrive at a state of gratitude for their life being exactly what it is. So, a state of gratitude for themselves, their life and everything that it has been.

Sherrie's book is **"On Path"**. Available right now on Amazon, and find out more at [www.sherrie.com.au](http://www.sherrie.com.au)

Interview: **Jen Webster**

*Art & Culture*

## A classical crossover Mega Concert

Sunday afternoon, 21 May, the tranquil Belrose hamlet will be brought thriving to life with the sound of music as two of Australia's vocal power houses, Soprano Clarissa Spata and Tenor Gaetano Bonfante, take to the Glen Street Theatre stage in a Bocelli & Brightman Tribute Show Mega Concert.

"Bocelli & Brightman' is a tribute to two of the greatest and most influential classical crossover artists of this generation," says Clarissa. Gaetano adds, "This Mega Concert is packed with hits like Phantom of the Opera, Memory, Nessun Dorma, Torna a Surriento, Song to the Moon, and The Prayer, songs everyone knows and loves."

"Covid prevented audiences from attending any live performances," says Clarissa. "But there's a craving for this, for live performances of songs that move people deeply."

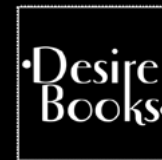
Gaetano and Clarissa will draw upon every iota of their talents for this epic two-hour performance in one of the most exciting shows to hit the stage, accompanied by Australia's finest musicians, led by Glenn Amer.



Gaetano & Clarissa, Bocelli & Brightman

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Words: **Liam Carroll**



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**Subject** Autumnal twilight cloudscape  
**Photographer** Suzanne Jensen-Lewis



**Subject** Fresh Tracks  
**Photographer** Willem DeFoe



**Subject** It's a numbers game at Dee Why Pool  
**Photographer** Betty Lee



**Subject** Percy (Protest) Pelican - having a sticky beak at Narrabeen gridlock



**Subject** Hugo's espression session  
**Photographer** Martine E Balconio



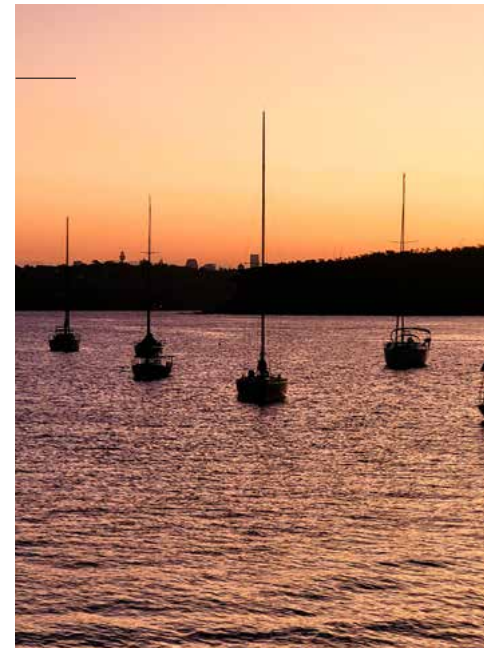
**Subject** Letterbox owner blessed with superb taste  
**Location** Freshwater



**Subject** Moon sun rainbow  
**Photographer** Viviane Lagace-Romreike



**Subject** City view from Northern Beaches Hospital  
**Photographer** Carmel Prasad



**Subject** Manly sound at sunset  
**Photographer** Alan S Pike





1. Before James Griffin became the state member for Manly, who held the seat?
2. A long-standing Rugby League club on the Northern Beaches are the Narrabeena WHAT?
3. The North Curl Curl surf lifesaving cap is yellow and what other colour?
4. The Palm Beach Ferry runs between Palm Beach and which Central Coast suburb?
5. Local's Corner is a popular & prominently positioned café in which Northern Beaches suburb?
6. What type of Fruit Juice would typically be in a Pina Colada?
7. Is Kodak an American or Japanese company?
8. Which Aussie company was famous for using the line "Good on ya mum" in their advertising?
9. What does the Q stand for in Qantas?
10. Alphabetically what is the last sign of the Zodiac?
11. Which major American city traditionally dyes their river Green for St. Patrick's Day festivities?
12. Which Hollywood A Lister has bought a football club in Wales in the last couple of years?
13. Bartlett & Bosc are common types of which fruit?
14. In relation to the Barbie Doll – after how many years was the Ken Doll released after Barbie? 2 Years, 12 Years, 22 Years?
15. In which Victorian regional town did the Eureka Stockade take place in?
16. What is the only country in the world that has both the equator & one of the tropics (Capricorn or Cancer) run through it?
17. According to the Oxford dictionary – What is the correct plural for the animal Mongoose?
18. In Australia – In terms of horses, at what age does a filly become a mare?
19. Which part of the body is affected by Otitis?
20. A music note is lowered by a "Flat" – What 5 letter word is it raised by?

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## Sudoku

Medium difficulty

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

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# Star Signs

by Krystal Bawl

## Taurus Apr 20 - May 21

Have you heard that if you haven't made your mark by age 30 you never will? Gawd, is 30 the new 50?!

## Gemini May 22 - Jun 21

Attention Surplus Disorder, seriously! You expect us to believe that's why you can't get off your phone.

## Cancer Jun 22 - Jul 22

Revenge. Mercy. Pity. Drunk. Oh for f's sake would you stop categorising your sex life and just be happy you have one.

## Leo Jul 23 - Aug 22

You can't fight fate, so why not fully embrace your destiny of consistently producing horrific farts?

## Virgo Aug 23 - Sep 23

You've been trading on your good looks and charisma so long no one has noticed your talent deficit.

## Libra Sep 24 - Oct 23

It must get boring being told how eloquent and flawless you are. Keep up the positive self-talk, just do it more quietly.

## Scorpio Oct 24 - Nov 22

Ever since that Thai holiday you've been saving your pennies to go again, Baht's what's needed.

## Sagittarius Nov 23 - Dec 21

Surrounding yourself with mental lightweights is a stroke of pure genius, no wonder you think you're Mensa material.

## Capricorn Dec 22 - Jan 20

Death and taxes are life's certainties so get cracking on delaying the former and avoiding the latter.

## Aquarius Jan 21 - Feb 19

Marcus Aurelius said, living is more like wrestling than dancing, explaining why you strip down to do battle.

## Pisces Feb 20 - Mar 20

Pilates has given you strength and flexibility, but don't you miss walking around without a core in the world?

## Aries Mar 21 - Apr 19

Winter is coming, you can finally pack away your beach bod and enjoy all those carbs you've been missing. Tuck in!



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**Trivia Answers**

- Mike Baird
- Hawks
- Green
- Patonga
- Seaford
- Pineapple
- American
- Tip Top
- Queensland
- Virgo
- Chicago
- Ryan Reynolds (and Rob McElhenney)
- Pear
- 2 years
- Ballerat
- Brazil
- Mongoses
- 4 years old
- The Ear
- 20
- Sharp

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

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