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Sustainable September
Specials!



▲ Colormaker installed 100 kWh of Solar panels in 2019, has saved 575 tonnes of GHGs and expects to pass 600 tonnes in September.



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



▲ LUXAPOOL® swimming pool paints were used to paint the URBNSURF wave park in Melbourne. 📷 URBNSURF

BIG YEAR FOR COLORMAKER: Two SUSTAINABILITY AWARDS AND THEIR 65TH BIRTHDAY

Colormaker Industries is a sustainable paint manufacturer based in Brookvale. They celebrated their 65th anniversary this year and have been awarded the Solar Alliances inaugural Solar Champion Award and the Northern Beaches Local Business Sustainability Award. In winning these awards, Colormaker has been recognized for embedding sustainable practices into their business planning, marketing and operations. This includes a new hi-tech Revolve® battery, built from 2nd-life Nissan LEAF EV batteries. September 2023 marks the 4th anniversary of Colormaker going solar and should also see the milestone of 600 tonnes of GHGs saved being passed.



SO WHAT IS THE HISTORY OF COLORMAKER INDUSTRIES?

Colormaker has come a long way to be where they are today, eco-friendly and 100% powered by renewables. The business started life in 1958 as G&H Chemicals, making enamel house paints in Ada Ave, Brookvale. The business diversified in the 1960s, into water-based house paints, screen printing inks and artist paints and again in the 1970s into swimming pool paints and construction membranes. Also in the 1970s, the name Colormaker Industries was born. Colormaker's current owner, David Stuart, saw the potential of a paint company being eco-friendly and purchased the business in 2003.

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◀ Northern Beaches Mayor, Sue Heins presented David Stuart with the award.

- PERMASET AQUA® eco-friendly screen printing inks
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- Colormaker low-VOC interior and exterior house paints
- PERMACRYLIK® paints for murals, theatre and movie scenery.

Colormaker products are specified by designers and artists for use in landmark projects:

- Bondi Icebergs Ocean Pool and URBNSURF wave park in Melbourne are both painted with LUXAPOOL® swimming pool paints
- THE BLOCK Winner, Shannon Vos, chose low-VOC Colormaker ULTRAWASH® Interior and SolarColor exterior paints to decorate his home
- Artist Blak Douglas used PERMACRYLIK® Paints to paint the 2022 Archibald Prize winning portrait, *Moby Dickens*.

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* Offers close
30th Sept 2023

G'day Beaches

Adios winter, hello September! Thank you Brentos, creating this month's cover, which will also serve as the ideal vessel for Tawny GROGmouth 3.0, our fundraising pale ale with Bucketty's Brewing Co. for Sydney Wildlife Rescue. Drink beer, save wildlife, cheers!

Independent Mackellar MP, Dr Sophie Scamps, is taking on a hefty opponent, big sugar, with her bill to ban junk food ads all about protecting our kids. Brookvale's Colormaker wins Northern Beaches Business Sustainability Award, their business practices making perfect sense for the planet and the bottom line.

Manly's Cheeky Little Media production company is making superb, animated content for kids, and parents alike. Fresh off their Northern Composure victory, Blind Eliza's bringing head-banging back to mosh pits, their launch party 2 September at Avalon RSL ready to rock. And The Love Scout reflects on ghosting, the scourge of modern dating.

Most importantly, don't forget the second most important day of the year...Happy Father's Day!

Liam



The Tawny Frogmouth

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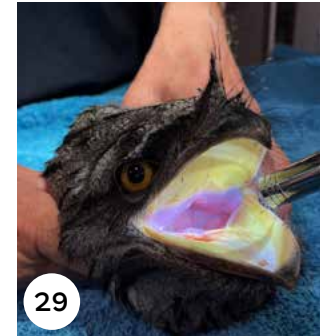
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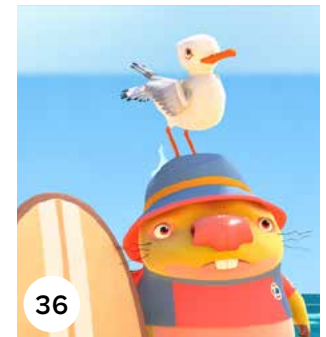
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Acknowledgement of Country

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.



Here to help

Please contact my office for help with:

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- ✓ Immigration
- ✓ Aged Care
- ✓ Grants



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

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



Peninsula Wash Up

The ultimate thirst quencher

We're on again, teaming up with **Brentos and Bucketty's Brewing Co** to bring Northern Beaches swillers and wildlife lovers the **Tawny GROGMOUTH 3.0**, a fundraising pale ale for **Sydney Wildlife Rescue**. Drink a Grogmouth, rescue a Frogmouth! And help support the incredible work Sydney Wildlife Rescue do for all animals great and small. The Bucketty's Brew Lords will commence preparing 4,000 litres of the nectar soon, and be ready to serve up the goods for the **21 October Fundraising Party** at 26 Orchard Rd, Brookie, which will also feature the soulful sounds of **Prinnie Stevens** and **Evergreen Music**.

Q Station Open Day

You're invited to Q Station at North Head, **Sunday 10 September 10am-2pm**, for their **New Beginnings Community Open Day**. Inspired by the Spring beauty of the land around Q Station and the personal stories of resilience and hope as described by the thousands of quarantined passengers who spent time there, this is an opportunity to enjoy a day filled with free tours and activities all focused on new beginnings. Be welcomed on country with a smoking ceremony. Enjoy Wildflower Walks, a New Beginnings history tour, see the Artist open studio, the Quarantine family tour, take part in the interactive native wildlife display, plant wildflowers, and show your skills with the kids' craft activities. Visit www.qstation.com.au for the full program and to secure your bookings.

"Beyond the Sea" Jazz 'n Art

In 1969, **Tonya Bassett** and **Sandra Garritano** née Provencher met at university in Ohio, USA, joining the same sorority. Five decades later, Tonya discovered a photo of the sorority sisters when sorting through memorabilia in her Waverton home. She discovered Sandra was also in Australia, living in Freshwater. The pair reconnected and hatched a plan to combine Sandra's painting and Tonya's music making. This has led to **Beyond the Sea, Jazz 'n Art**, a series of fun events from **19-29 September** at the **Curl Curl Creative Space**, including a painting exhibition, workshops, and jazz band performances before culminating in a **Jazz 'n Art Soirée**, an indoor beach party celebrating Northern Beaches life. For all details, visit www.northernbeaches.nsw.gov.au/things-to-do/whats-on/beyond-sea-jazz-n-art-soiree

Nippers to the rescue

It's time to get the rugrats on track for Bronzed Aussie supremacy with the Nippers fast track to glory. **Freshwater SLSC** has opened their Nipper registrations, with a closing date of 30 September. As has **North Steyne SLSC** whose season starts Sunday 15 October. Freshie is one of the most popular family beaches on the peninsula with ample parking and a safe swimming beach, while North Steyne parking may not be ample at all times, the Sunday morning BBQ is absolutely world class. Whether you are a competitive Nipper taking part in carnivals or just participating in Sunday morning Nippers to learn surf safety, everyone is valued and supported! Visit freshwaterslsc.com/nippers to sign up with Freshie, or northsteyneslsc.com.au/becoming-a-nipper to sign up with North Steyne.

GIVEAWAY ALERT

Good-natured local swimwear label **SHAPES IN THE SAND** is giving you the chance to win one of their honestly Australian made swimsuits of your choice! To enter, simply finish the sentence below by telling us what your favourite summer activity is and your favourite local spot to do it. **"The natural world is my playground, you will find me in"** To enter, scan here or head to shapesinthesand.com.au/enter to submit your answer.

Words: **Liam Carroll**



Artist impression

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Letters to The Tawny

Electric Bikes

I'm advocating for speed humps on the Corso in Manly to discourage fast electric bikes. The latest rider was a young woman on an e-bike, happily talking on her phone as she sped down the Corso!! Do we need police patrols to book them for speed and hands off?

Robin Smith

Bus nationalisation? No better time

The last 18 months have shown us the Liberals' public bus fire sale is a failure. I heard on the radio that one company in the south, U-Go, has been in control for 2 weeks and the government has issued a letter asking why their contract shouldn't be torn up. 430 services cancelled in one day. School kids left on the side of the road. Drivers paid incorrectly.

The Statement from the transport minister's office: "It is completely unacceptable for bus drivers to be paid late or incorrectly, especially when they have been working so hard." Talking to the drivers when I travel, they are extremely stressed out. Several have resigned. When Chris Minns was asked about now being a good opportunity to nationalise the services, he mumbled something about cost, seeming quite uninterested for a man who protested here on our Beaches against privatisation. Well, everybody, this is the greatest opportunity to run these privateers out of town. You need to get on the phone,

hammer that keyboard, contact radio, papers, news outlets, our great Tawny, and get our local member Michael Regan onto it. You want to save your buses? The time is now! Nationalise the services. Put them back into control of us the public. The cost won't be any more or less. Your tax dollars won't be siphoned overseas, and drivers will flock back to the industry. What a failure by the Liberals.
Dr Iving Offercliff



Speeding fines record

It is no wonder Barrenjoey Rd at Narrabeen High issues a record number of speeding fines during school hours. On both sides of the road there is a prominent 70kmh sign placed in front of the 40kmh school sign some 25 metres in front in fact. Traffic coming off Wakehurst Parkway and off the Narrabeen bridge, both limited to 60kmh, see the 70kmh sign first. How can we get a class action by all those who have been confused or misled?

Richard Mason, Mona Vale

AUKUS Submarines

The US Senate is considering whether the US will allow Australia to get their nuclear powered submarines at great cost to Australia. The philosophy behind the proposal is that the nuclear powered

vessels can stay submerged for long periods, can travel long distances and be undetected by others. Stealth and undetection are the requirements of an effective submarine deterrent. The recent exploration and discovery of the remnants of the Titan submarine, attempting to inspect the wreck of the Titanic, has shown that quite small devices can be found and exposed at far greater depths than the AUKUS submarines can reach. Is it time that we reconsider whether this is the best use of our defence dollars?

Peter Fuller, Narrabeen

Coal, Nuclear & Common Sense

Help me if you can! Every day you look at the news or read a newspaper, there will be an expert to tell you there is not enough solar panels or wind turbines being installed or there is not enough gas being produced or there is not enough copper wire to connect what power is being produced to the "GRID" and even Snowy 2 will not be finished until 2030, if ever. To top that off, we are told daily all our coal-fired generators will be closed ASAP and replaced with Solar & Wind, NOT Nuclear, even given our abundance of COAL and URANIUM. Help me if you can!

Meanwhile, here's the number of worldwide coal plants: EU has 468 plants and is building 27 more. Turkey has 56, building 93 more. South Africa has 79 plants, building 24 more. India has 589 plants, building 446 more. Philippines has 19 plants, building 60 more. South Korea has 58 plants, building 26 more. Japan has 90 plants, building 45 more. China has 2363 plants, building 1171 more. Australia has 24 plants and is closing them all before 2050. Help me if you can! And nuclear plants? There are

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over 400 plants worldwide in all major countries, and 50 more in construction. Why are other countries building nuclear power plants while Australia has only one nuclear medicine plant yet we're purchasing nuclear submarines as part of the AUKUS deal. Help me if you can!
Peter Fowler, Seaforth

The Voice (Re: Letters Aug '23)

The August edition of the Tawny features a fanciful and, I believe, most misleading letter from Kevin Begaud. He claims incorrectly that "a Constitutional Voice creates an inherent obligation of Government to cede indigenous sovereignty and create Treaty rights".

There is absolutely no mention of Treaty in this referendum, nor does it obligate the Government to cede sovereignty in any way. He then jumps ahead and writes that somehow this could "create the potential to transfer ownership rights" to "several hundred indigenous countries nationwide, all of which could logically" (?) "claim them".

The last time I heard this fallacious argument made was when John Howard appeared on the 7.30 Report in 1997, using the same scare tactics to claim that 78% of the Australian landmass was under threat from Native Title claims. He held up a specially prepared coloured map to visually reinforce his fearmongering. (I believe the vision is still available online for those who would like a good laugh.)

Mr Begaud then argues that voting "Yes" to The Voice makes it "impossible" for the Parliament to reject the "advice" given without "ending up in the High Court". I would refer him, and all readers, to the "Open Letter to the Australian Public" published in The Sydney Morning Herald on page 7, Tuesday

August 1, 2023, written by 8 retired High and Supreme Court Judges. It states, amongst other reasons to vote "Yes":

"Constitutional recognition of The Voice will not, in our opinion, divide the nation. On the contrary, it will heal a wound which presently divides us. Nor will it disrupt government or destabilise the presently stable and appropriate division of power between the parliament, the executive and the judiciary". I would certainly trust their legal opinion over that of the scaremongers within the Opposition and have no qualms at all in voting "Yes" to support The Voice referendum.

Alan, North Curl Curl

Always was, always will be

In the 1992 case of *Mabo v Queensland*, the High Court of Australia handed down a ruling that established the principle of native title rights in Australian common law.

In so doing, it overturned the doctrine of terra nullius (land belonging to no-one) on which British claims to possession of Australia had been based. The Court held that native title existed for all Indigenous people in Australia prior to the establishment of the British Colony of New South Wales in 1788, and that this title exists today in any portion of land where it has not legally been extinguished.

The decision of the High Court was followed by the Native Title Act 1993, which codified the implications of the decision and set out a legislative regime under which Australia's Indigenous people could seek recognition of their native title rights. Compensation is not payable in respect of any government actions inconsistent with respect for native title that occurred prior to the enactment of the

Racial Discrimination Act of 1975. In 2015 the House of Representatives and the Senate of the Australian Federal Parliament appointed, from its elected members, a Joint Select Committee on Constitutional Recognition, to inquire into and report on matters relating to constitutional change in respect of Aboriginal and Torres Strait Islander Peoples. The Committee recommended that a referendum be held on the matter of recognising Aboriginal and Torres Strait Islander peoples in the Australian Constitution. And in a foreword to its report the Chairperson wrote:

"For the last 114 years, Australia's founding document, the Constitution, has been silent on Aboriginal and Torres Strait Islander peoples. Excluded from voting, and from participating in the convention debates which led to the drafting of the Constitution, the voices of Aboriginal and Torres Strait Islander peoples were silenced by the framers of the Constitution. While there is no constitutional recognition for Aboriginal and Torres Strait Islander peoples, that silence will continue. The absence of Aboriginal and Torres Strait Islander peoples from the Constitution makes silent and renders invisible the world's oldest continuing culture."

Reon Bavinton, Seaforth

Stop the lights

I'm in favour of almost everything that makes our lives easier, helps us thrive and doesn't come at the expense of generations to follow. I'm pro development, progress and I'm not a "NIMBY", but there comes a point where development reaches a state of diminishing marginal utility, it's mathematical certainty. To avoid this, developments need to be assessed from a broader societal



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or community perspective. Here it is worth reflecting on Council's licence agreement with the Department of Education which allows it to use its facilities after school and on weekends for community sports. Council and the Department of Education are relying on exempt development section 3.39 of the SEPP (Transport and Infrastructure) 2021 to pursue these intensification initiatives. Given their exempt status, traffic assessments (and the safety impacts of increased traffic), noise assessments and environmental assessments are neither required nor are they voluntarily being conducted. Northern Beaches Freshwater Senior Campus is one such school impacted. Council intends to install lighting to facilitate evening sports. In isolation, this seemingly small incremental

development might not appear to impact local residents and the greater community (who are all very supportive of sports) but underneath the surface lies an awkward truth Council and certain sporting codes appear eager to ignore. The area in and around Freshwater Senior Campus is densely populated. Development decisions which have preceded this have resulted in extreme traffic congestion. There have already been numerous safety incidents in the area. Further intensification of use will only exacerbate this. Essential bus, ambulance and fire services already experience difficulty accessing the area. The infrastructure that supports the extensive

Curl Curl facilities that many enjoy is bulging at the seams. And there's the environmental impact further development will have on John Fisher Park, an important green belt that many use for purposes other than sport. Council is being short-sighted. They need to consider the incremental utility their proposed developments afford the local community today, and in the decades ahead. More sporting facilities are a good idea but there are safer and better long-term solutions which should be pursued. Council needs to assess the real cost of these developments. Interested readers should visit change.org/stophelights **Concerned Curl Curl resident**

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

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The AYAH is Australia's first dedicated service for young people with a life limiting illness

James Griffin MP

September Update

The Adolescent and Young Adult Hospice (AYAH) at the former Manly Hospital site goes from strength to strength. Its construction and official opening has been a highlight of my political career and I am keen to see the facility reach its full potential.

The AYAH is Australia's first dedicated service for young people, aged 15 to 24 with a life-limiting illness. It also offers respite care, symptom management and assistance in the transition from children to adult services.

Since its opening last December, the Hospice has received more than 40 admissions from across the Sydney Metropolitan area and from as far away as Nowra, Orange, Dunedoo and Tweed Heads.

There is now a desperate need for a wheelchair accessible bus to transport patients and their carers to and from the facility. The bus could be used for many purposes including medical appointments and group excursions.

There will be an initial

capital cost for a vehicle and its fit out, and I would love to hear from anyone in the motor industry which might be willing to partner in this most worthwhile venture. Cash or 'in kind' donations from philanthropic individuals or organisations would also be most welcome.

If you can assist, please contact my office by emailing manly@parliament.nsw.gov.au

Recently, it was a privilege to honour a little-known World War I hero in my office with the unveiling of a plaque, commemorating the extraordinary work of **Mrs Ellen Wharton-Kirke** who campaigned with amazing success to improve the care of injured soldiers.

In Manly and around Australia, stirred on by Ellen, like-minded supporters began selling ribbons, badges, matchboxes, buttons and handkerchiefs to support the cause. On 30 July 1915, ironically called 'Australia Day' because Ellen had founded the 'Australia Day Fund', they raised

over one million pounds or the equivalent of 125 million dollars today. Truly astounding!

In recognition of her work, Ellen was awarded a Gallipoli Gold Medalette. Only four Gold Medalettes were ever struck with the other three going to King George V, the Prince of Wales and King Albert of Belgium. Ellen was also awarded the King's Jubilee Medal and appointed a Member of the British Empire (MBE) in 1936 for her tireless work.

On the 118th anniversary of the 1915 'Australia Day' fund raising, a commemorative plaque was unveiled in my office by former Manly Mayor, Jean Hay AM on behalf of the women of Manly. The plaque was funded by the Dee Why RSL sub-Branch through the Australia Remembers - Northern Beaches & North Shore Committee.

Arrangements are being made to find the most appropriate location for the plaque's public display in Manly. My thanks to all those involved in seeing the amazing work of Ellen Wharton-Kirke so appropriately honoured.

Words: **James Griffin MP**

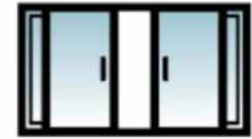
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Anne, The Village



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Sophie welcomes Narrabeen students to Parliament

Politics & Health

My bill to ban junk food ads is about protecting our kids

Every time I see junk food advertising targeted at kids, my heart sinks. Our children are being preyed upon every time they turn on the TV, listen to the radio or go online - by companies that seek to profit at the expense of their health.

As a parent, I feel frustrated that my efforts to get my kids eating healthily is constantly undermined. As a former GP, I am too well aware of the health risks. As a country, we are facing an obesity epidemic with all its consequences. As an MP, I'm bitterly disappointed by decades of inaction from successive governments in the face of overwhelming evidence and community and professional desire for change.

It should be an easy fix, yet nothing has been done, with governments being too timid to take on the junk food giants. This is despite 40 countries around the world having implemented, or about to implement, regulation around junk food advertising.

That's why, as an Independent MP free from the restrictions of party politics, I wanted to put this issue firmly on the political agenda. So in June, I put forward my own Private Members Bill, **The Healthy Kids Advertising Bill 2023**.

In a nutshell, my bill would:

- Restrict ads on TV, radio, and streaming services between the family viewing hours of 6am to 9:30pm
- Ban junk food marketing on social media and online outright
- Impose substantial fines on advertisers breaking the regulations.

It is not about telling people what they can or cannot buy or eat. It's about protecting our kids' health as they live, play and learn. Research shows there are direct links between unhealthy food ads, dietary decisions and childhood obesity, and yet our children are bombarded with unhealthy food ads all day, every day.

Australian children see at least 15 ads for unhealthy food every day. The average child aged five to eight years old is exposed to more than 800 junk food ads on TV each year and over 100 promotions for unhealthy food online every week.

Powerful algorithms individually target our children, while companies pay influencers to promote their unhealthy products. Almost 40 per cent of an average Australian child's daily energy intake is now from so-called 'discretionary foods' - unhealthy, highly processed foods high in salt, sugar or trans fats with little or no nutritional value.

A quarter of children are above the healthy weight range, and obesity is a leading cause of chronic disease costing at an estimated \$12 billion a year in Australia. We need legislation because it is clear that industry self-regulation has failed. For too long, Australia has given those that profit from unhealthy foods the ability to set their own rules and influence government policy.

66% of Australians are in favour of banning junk food ads according to research conducted by the Australia Institute and my Bill enjoys the support of the Australian Medical Association, Dietitians Australia, Diabetes Australia, the Cancer Council, and the Royal Australasian College of Physicians and College of General Practitioners.

We should be joining the 40 countries worldwide that have regulated or are planning to regulate junk food marketing. We know it works. Quebec's restrictions reduced fast food consumption by 13 per cent.

Legislation is just one step in tackling obesity, but it is an easy fix. With millions of Australian children already on track for a lifetime of chronic disease, it won't be an easy fix if we wait.

To find out more about my **Healthy Kids Advertising Bill** go to www.sophiescamps.com.au

Words: **Dr. Sophie Scamps**, Independent MP for Mackellar

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Dee Why PCYC Wednesday's 4-6pm, all comers welcome, it's go time.

Sport

Beaches' Wheelchair Ballers

After a motorcycle accident in Tamworth in 1980 left him paralysed from the waist down, Gerry Hewson didn't think he'd re-discover the adrenalin rush of tearing around a dirt track on two-stroke 250cc Suzuki. And then he rolled his wheelchair to the top of Spit Road ... and started on down.

Soon enough he was travelling at barely legal speeds, his lips pared back from his gums like Chevy Chase in *Spies Like Us*. His gloves were nearly on fire from the friction. Onlookers gasped. *This*, thought Hewson, *is living large*. "It was great fun," Hewson tells *Beaches Champion*. "Until you had to go up the other side!"

Hewson was competing in the 1985 'Bridge to Breakers' race, a half-marathon that once ran from the Sydney Harbour Bridge to Manly Beach. It was televised, run by the Surf Life Saving NSW as a rival to the City to Surf. The Spit Bridge buzz was surpassed only by winning a gold medal for Australia at the 1996 Paralympic Games at Atlanta. Seeing the flag go up,

signing the anthem with his team-mates. Hewson marvels to this day.

Hewson represented Australia at four Paralympic Games from 1988 in Seoul to 2000 in Sydney. He later coached the Australian women's team to silver in Athens 2004 and bronze in Beijing 2008.

Today you'll find the man, the Godfather of Wheelchair Basketball in Australia, overseeing games at Dee Why PCYC. The Northern Beaches chapter of Wheelchair Sports NSW holds all-comers games from **4pm to 6pm every Wednesday**. And it is 'all' comers, from Paralympics coaches Koen Jansens and Lisa Edmonds to a mixed bunch of devotees, young, old, male, female, able-bodied or otherwise. Indeed, without able-bodied players, the sport may not exist.

"We want to find new players for this wonderful team on the Northern Beaches," says Wheelchair Sports NSW/ACT chief executive Mick Garnett. "It's free, no equipment or

experience necessary. We'd love to invite people living with disabilities to come rolling with us."

The *Beaches Champion* had a crack one Wednesday, strapped into a 25kg rolling bit of titanium and carbon fibre, doing our best against zippy kids, a hulking centre man shaped like a Wallabies back-rower, and Garnett himself who plays every Wednesday with his 11-year-old daughter.

After five minutes of upper body exertion, rolling up and down the court, crashing into a kid from the side, being penalised, and launching one throw at the basket that came up, in the time-honoured way, nothing but air, Hewson smiled, said I reminded him of himself...in 1981, "just going up and down the court without a clue".

When Hewson first turned up at wheelchair basketball the sport was largely for rehab. The chairs were like the clunkers in hospitals. Heavy metal. Yet the players whittled them down; articulated the equipment for weight, speed and balance. And they went hard. "Guys were smashing into each other, falling out, getting up. It looked like mad fun," Hewson says. "When you're 22, nothing much intimidates you."

The Dee Why PCYC atmosphere is anything but intimidating. It's all-comers, free to play, good fun and a work-out.

To play wheelchair basketball, or any of nine wheelchair sports from tennis to lawn bowls to AFL, scan here or visit www.wsnsw.org.au



Words: **Matt Cleary**, editor of *Beaches Champion*



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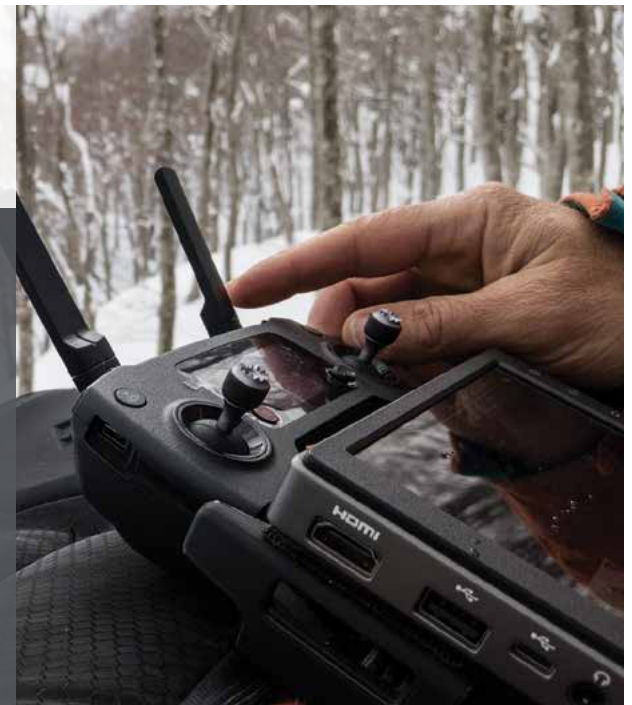
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Plibersek Pressure: extend a \$13billion dud, or deliver Murray-Darling Basin Plan 2.0?

The Murray-Darling Basin Plan has less than 12 months to run. Everyone accepts the objectives of the Plan will not be met. The Albanese Government is looking to merely extend it. That approach is flawed, writes **Rex Patrick**.

A conflict of interest

Before we proceed, I need to declare a conflict of interest. I care about the Murray-Darling Basin. It is home to 2.3 million Australians, contains 23 rivers, including our two longest rivers – the Darling at 2,700km and the Murray at 2,500 km; contains 16 internationally significant wetlands. It's the habitat for 35 endangered species and 120 waterbirds. It's our nation's food bowl.

There are others, mostly from the National Party, who don't care much about the Murray-Darling Basin, and see it as a cash-cow, taking profound offence to the idea that, unsurprising for a river system, it discharges water into an ocean.

The Plan in the making

For decade after decade, irrigators have been extracting far too much water from the Murray-Darling. It took a millennium drought for our leaders to wake up to the idea that a plan was needed to address the over-extraction of water.

On Melbourne Cup Day in 2006, water ministers from state and federal governments met, acknowledged that continuation of a status quo would eventually lead to environmental, economic and social disaster, and agreed in principle to a remedy. A year later the Water Act 2007 was passed. It legislated the need for a plan.

Political fraud on the science

The scientists got to work and in October 2010 the Murray-Darling Basin Authority published 'The Guide to the Proposed Basin Plan' to inform the Plan. The Guide recommended, as a minimum, we needed to return 3,900 ggalitres (low certainty of success) to the river, but the better number was 7,600 ggalitres (high certainty).

The big irrigators went ballistic. They saw an immediate challenge to their profiting from a public resource. Protests were organised. There were even burnings of the guide in Griffith.



The nation's food bowl needs urgent help

More significantly, well-paid lobbyists were engaged, and political arms were twisted.

In the end, politics trumped science. Inconsistent with the law as laid down in the Water Act (as argued by Brett Walker SC who examined the issue when he was the South Australian Murray-Darling Royal Commissioner) a plan was formalised that called for only 2750 ggalitres to be returned to the river system plus 450 ggalitres of "efficiency" water that South Australia insisted on before agreeing to the plan.

Instead of a scientific number of between 3,900 and 7,600 ggalitres being returned to the river, the aim point was to be set to 3,200 ggalitres. But even that low ball figure was too much for the big irrigators. In a disgraceful move, in 2018 the Liberal and Labor Parties joined together in the Federal Parliament in an unholy alliance with vested interests to a reduction in that number by 70 ggalitres.

Climate change makes it worse

Even if 3,200 ggalitres were enough to keep the rivers sustainable and the basin productive, which would be a statement of fantasy, climate change is making the situation even worse. The Murray-Darling Basin Authority, which Royal Commissioner Walker found to have ignored the CSIRO's input to the plan, is now promoting the CSIRO's science on its website.

It will almost certainly be hotter and drier

in the Southern Basin, with the potential for significantly less run-off into its rivers and watercourses. The future for the Northern Basin is almost certainly hotter too, although there are scenarios involving it both being hotter and slightly drier, or slightly wetter. If slightly wetter, that will likely be through torrential downpours with consequent inflows of heavily silted and turbid water.

Overall, the Basin may experience a 5% reduction in average annual rainfall, leading to a 20% reduction in average annual runoff. In an extreme scenario, the reduction in average annual rainfall could be as much as 15%, resulting in a 40% reduction in average annual runoff. Less inflow, and then more evaporation; and yet no reduction in the level of take – not set at between 3,900 to 7,600 ggalitres with further returns to account for climate change – the water recovery amount remains at 3,200.

Failed execution

\$13 billion was set aside to implement the plan. In addition to the plan being flawed, its implementation has failed. It has well fallen short of the 2750 ggalitres false target.

After nine years the plan has only recovered 4 ggalitres of the 450 ggalitres of efficiency measures. All up, the Department's water recovery efforts sit at the 61% line. That's \$13 billion spent to get a result that any Australian school student would understand to be a 'D', and 3% above an 'F'.

Perhaps that's what was to be expected when the party who were put in charge of the plan from 2013 to 2022 were the same party that tried to disallow the Plan from passing the Parliament in the first place back in 2012. That's the National Party I'm talking about.

When in July 2022, Environment and Water Minister Plibersek tabled a mandatory report into the 450 ggalitre debacle, her department advised her to use the opportunity to express her "disappointment at the delays in recovering the 450GL to date and the challenges now facing water recovery by 30 June 2024".

Unambitious

On 20 June 2023 the Federal Member for Mayo, Rebekha Sharkie, rose in the House of Representatives at question time and briefly described the poor results from the plan and

then asked the question, "Will the government negotiate a Murray-Darling Basin Plan 2.0 to protect our river and the environment?"

The response from Minister Plibersek was uninspiring. And that's quite understandable now that Freedom of Information has delivered us the advice the Minister has been receiving in background to deal with the failed Plan.

It's just more of the same – work with the States, try to identify efficiencies, calls to increase and integrity around water markets, updating the science – it's unambitious. None of this addresses the 2012 lie that the recovery of 3,200 ggalitres was enough. And none of this addresses the reductions in inflows to the river system caused by climate change.

Murray Darling Basin Plan 2.0

What we need is a new plan, a Murray Darling Basin Plan 2.0, based on truth and requiring hard decisions. Extending the life of the existing flawed and inadequate plan is a recipe for eventual disaster.

Other ministerial briefs released under FOI have revealed handwritten comments that show Plibersek cares. But it's not enough to just care. She has to deliver the goods – or, more correctly, deliver the water.

The Minister is at a fork in the river. Down one path is a smooth ride, free of conflict with big irrigators and state governments, but which will inevitably lead to a dry creek bed and environmental disaster. Down the other path are some political rapids that will take courage to push through but will lead to a sustainable system where everyone benefits, not just irrigators for a short time.

Minister Plibersek can go down in history as a person who fought hard to save the Murray-Darling. She could even go down in history as the person who saved the rivers. Or she can just roll-over and be another one of a long line of political failures who let vested interests prevail over the common good.

We need a Murray Darling Basin Plan 2.0. We need it now.

Words: **Rex Patrick**, Michael West Media. Rex is a former Senator for South Australia and earlier a submariner in the armed forces. Best known as an anti-corruption and transparency crusader: transparencywarrior.com.au



Sustainable Swell for the Brookvale Colormaker

Brookvale's **Colormaker Industries** may have celebrated 65 years in business this April, but Managing Director David Stuart and the team haven't rested a moment, continuing to evolve the operations towards their Net Zero 2025 target, and thoroughly deserving to win **Northern Beaches Business Sustainability Award 2023**.

David, commenting on the win, said, "Colormaker is delighted to have been recognised with the Northern Beaches Sustainability Award. What we have achieved has been the culmination of work by many people contributing countless hours over more than 20 years to make this happen. I cannot begin to express how grateful I am to each and every of them for the support given to us on our journey."

This award recognises local businesses that are actively pursuing sustainable practices, embedding them into their business planning, operations and marketing. With that in mind, here are some impressive numbers to ponder from both a business and sustainability standpoint.

In July 2023, Colormaker received their latest electricity bill, the twelfth since installing a battery in July 2022 - which was to augment the 100 kW of Solar that they've been running since September 2019 - so the overall cost of electricity to run the business for the year was negative. To put this in context, in the 12 months prior to switching on the Colormaker solar array, their electricity costs were \$24,300.

That's the economics of their endeavour. Here's the carbon news. Prior to switching on the solar array, Colormaker's greenhouse gas (GHG) footprint was 77 t from electricity alone. In the past 12 months, the Colormaker GHG footprint from electricity was minus 85 t. On top of that, they've driven their three electric vehicles over 27,000 km and have an electric forklift on site, all powered off the roof. Adding together abated GHGs and dollars saved from the EVs, Colormaker has transitioned from putting 77 t of GHGs into the atmosphere, to displacing 91 t from coal fired electricity and saving over \$30,000.

Calculators away, it's time to remember why Colormaker operates in the first place, to manufacture quality paints for all interior and exterior applications, and a range of innovative inks and coating products. To put these goods to vivid use, Colormaker sponsors many artists and com-



Mayor Sue Heins with Colormaker's David Stuart

munity groups, locally, nationally, and abroad.

One such artist is Jeremy Sheehan, who is teaming up with John Vanderkolk and Mark George to create a public artwork at the upcoming **SWELL Sculpture Festival**. Taking place for its 21st year on the picturesque shores of the Gold Coast's Currumbin Beach from 8 to 17 September, Jeremy, John and Mark are bringing to life a monumental "Canary in the Coal Mine". Yes, you read that correctly, the gents are using a repurposed plane - yes, a plane! - and timber from pallets to create their Canary.

"We're raising the question of us as a global community not quite paying full attention to the canary in the coal mine and the signs of what is going on around us," says Jeremy. "And we ran into a dilemma about the (artwork's) materials possibly contributing to the issues we're hoping to question - taking a sustainable responsibility for our own actions. We wanted the surface finish to be in sync with everything else. That's where Colormaker Industries came in with water-based paints and David's unwavering commitment to Net Zero and fostering a sense of community - the alignment of values was immediately obvious."

Learn more about **Colormaker Industries** at colormaker.com.au and if travelling north in September, get to the **SWELL Sculpture Festival** at Currumbin with over 75 sculptures on public display, created by over 190 artists. All info at swellsculpture.com.au

Words: **Liam Carroll**



Smile mum and dad, help is here

Families & Finance

New rules, more money

New rules that started on July 10 mean that many more families now qualify for extra help with childcare fees; however, they may be missing out because they haven't yet applied with Centrelink.

The amount of extra help depends on how much childcare you use and your family income.

Last year, families with income higher than about \$360k were not eligible for any childcare fee assistance.

Starting from July 10, a family with two children in long day care full time, earning \$360k, could be eligible for close to \$30k in fee help.

That's a massive amount of support at a time when the cost-of-living pressure is really starting to bite.

Remember, this fee help is paid straight to the provider, saving families after-tax dollars.

The new rules present a fantastic opportunity for families to take a closer look at the assistance available and to focus on maximising these benefits.

There is a whole system set up to support families, but it is complex. Young families should approach these rules with a focus on making them work to their advantage. And remember, we are here to help them do just that.

Visit entitlementmate.com for more information to help ensure you access all your government entitlements and solve the complexity of childcare costs.

Words: **Brendan Ryan**

Brendan is a Certified Financial Planner

PHOTO: TANAPHONG TOOCHINDA - UNSPLASH

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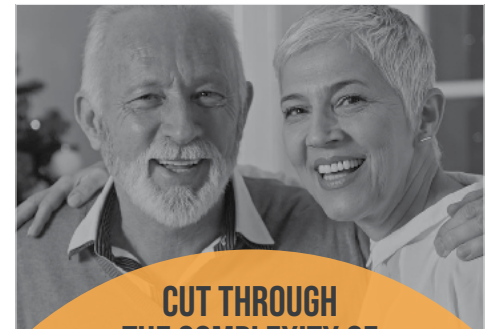
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A FIRE BREATHING WOMAN
SCARED THEM OFF
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A MINT?
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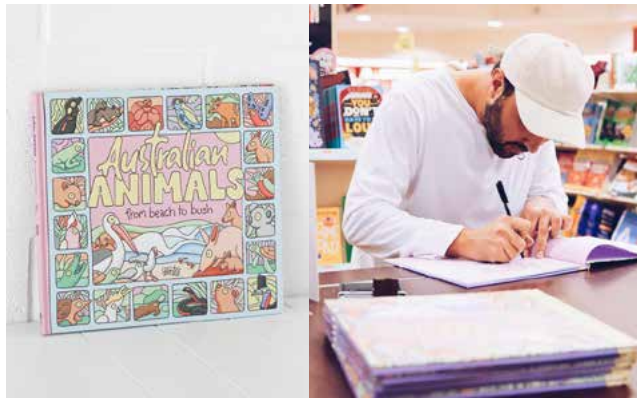
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The Brentos signature, his love for Aussie wildlife

Cover Artist

Brentos

With murals all over the Beaches, award-winning designs all over must-have merch and beers, and books selling faster than fresh baked hot cakes, **Brentos** is back for his third Tawny Frogmouth fundraising pale ale.

Do you have a favourite Australian animal? We have some of the quirkiest, weirdest and wonderful animals in the world. Where else can you go and be woken up by a family of Kookaburras, which many first-time tourists think are monkeys? Or take a stroll through our bushland and happen across a skittish Wallaby or, if you're lucky, spot the crimson underbelly of a Red Belly Black Snake? I think all of our animals are quite special, but if you had to make me choose, it's got to be the Echidna. The way they waddle around the bush, their little bubbly snouts and famous love trains are just the best.

When did you first realise the power your art could have for

supporting animal protection?

I grew up in Terrey Hills, surrounded by lots of bush. I'd explore the local fire trails to discover secret creeks and watering holes, often coming across all kinds of wildlife along the way. I think these experiences have stayed with me, and I've made sure doing good things for wildlife is an over-arching mission. Rather than being too pushy or political, I try to include a gentle message of appreciation for our wildlife and their habitats by using colour and composition. I try to focus on the beauty of what we already have, why it's great and let people make up their own mind about what needs to be done to preserve this beauty.

Your debut book, Australia From Dawn to Dusk, has been shortlisted for the Children's Book of the Year. What have been the memorable moments so far in sharing this book with the world? Having this book published has been a career highlight and what's been really special has been hearing how people, of all ages and walks of life, connected with it in person. I've had teachers share stories of how they use the book to share the iconic places, indigenous

countries and local wildlife with their students. Mums and Dads read the book to their little ones every night, families travelling Australia try to check off each location, and heaps of groms saying how they painted one of the pages in their art class.

You have a follow up book coming out soon. Can you share anything about that?

After the feedback from the first book, I wanted to cram as much detail into the next book as I could, and I can say it's the body of work I'm most proud of. My second book is called 'Australian Animals from Beach to Bush' and it's a journey into Australia's unique habitats, where we explore the animals that call each habitat home along with the conservation status of each animal highlighted. The book opens for pre-orders on Booktopia in September with a November 1st release date.

What's next for Brentos?

Tash (Mrs Brentos) and I have a new studio in Brookvale that we're hoping to use as a little shop and open studio on weekends. We've also been collaborating with some pretty awesome clients on ranges that will drop later this year. Apart from that, I'm hoping to have more time to be creative (instead of admin) and take more time out for myself and Tash, get back into the water, and the bush.

Visit brentos.com.au for all info, follow [@artofbrentos](https://www.instagram.com/artofbrentos) on socials. And get to **Bucketty's Brewing Co** on 21 October for the official Tawny Frogmouth 3.0 Fundraiser.

Interview: **Liam Carroll**



It takes a wheely wild bunch to care for native wildlife

Environment

Sydney Wildlife Rescue's Mobile Care Unit

To assist native wildlife wherever they need it most, Sydney Wildlife Rescue made their care mobile.

With so many dangers to face - fires, floods, vehicle-strike, entanglement, habitat loss, attack from feral and domesticated animals, human interference and so on - our wildlife are often in desperate need of help.

A "wildlife only" treatment facility was always a dream for volunteer rescuers, not only to meet the ever-increasing needs of native animals in peril, but also to relieve pressure on local veterinary clinics, which had been bearing the brunt and costs of treating wildlife.

Joan Reid OAM and Lynleigh Greig OAM decided to try and fulfil that dream and with the help of many other Sydney Wildlife Rescue volunteers managed to raise over \$200,000 to make the Mobile Care Unit a reality.

With those funds and many

generous donations, we were able to purchase and reconfigure a motor home into a fully functional wildlife treatment facility with state-of-the-art diagnostic equipment - all on wheels! It was fitted out in late 2019 before commencing operations with a maiden voyage to the bushfire-ravaged South Coast in January 2020.

Beyond the mobile care unit itself, there's the ongoing need for extraordinary veterinarians to complete the team of volunteers. We are proud to say that the team now boasts nine amazing vets, all of whom regularly volunteer their time, attend conferences and complete wildlife programs

and courses, in person as well as online.

The Mobile Care Unit has been operating for three years now, since its maiden voyage to assist wildlife impacted by the 2019/2020 fires. In addition to being deployed to multiple areas hit by natural disasters, the Mobile Care Unit runs regular clinic days to treat sick and injured wildlife. Carers from any registered wildlife organisation are welcomed and we provide this service free of charge.

We have treated over 800 patients, from Sydney Wildlife Rescue members as well as from various other registered wildlife rescue groups. Like any other vet clinic, patients are booked in by appointment, examined by our volunteer vets, then sent home with their carer, along with any medication required for their treatment plan.

Even though the MCU is operated completely by volunteers (no paid staff whatsoever), it still has substantial ongoing costs. These are covered by donations and fundraising. This is why we are extremely grateful to Bucketty's Brewing Co, Brent Turner, and The Tawny Frogmouth, coming together again to create another Tawny Frogmouth fundraising beer to assist Sydney Wildlife Rescue's mission to rescue and care for sick, injured, and orphaned native wildlife and to safely release them back into the wild.

Words: **Joan Reid, Lynleigh Greig, Margaret Woods and Di Jenner**

Sydney Wildlife Rescue is a small volunteer organisation making a BIG difference! To learn more about their 24/7 rescue operations, visit sydneywildlife.org.au and if you see an animal in need of rescue, the advice line to call is **9413 4300**



You can go your own way, straight to this very special performance

Art & Culture

'Yesterday's Gone - The Fleetwood Mac Legacy'

Featuring Lisa Mitchell, Kav Temperley of Eskimo Joe, Charlie Collins and Karen Lee Andrews, Fleetwood Mac fans are in for a rare treat.

This year's Night at the Barracks North Head music spectacular has received an added boost, with the announcement of 'Yesterday's Gone - The Fleetwood Mac Legacy', who will be performing two very special shows bringing together four outstanding Australian artists to celebrate the legacy of one of the world's most loved bands.

The first of 'Yesterday's Gone - The Fleetwood Mac Legacy' shows will hit the Night at the Barracks stage on Friday, 22 September, followed by a second show at Northcote Theatre in Melbourne on Friday, 20 October. (Tickets on sale now! yesterdaysgone.com.au)

All acclaimed stars in their own right, Lisa, Kav, Charlie and Karen will be backed by some of Australia's finest musicians to perform all of Fleetwood Mac's incredible hits including Landslide, Don't Stop, Rhiannon, Go Your Own Way, Everywhere, Songbird, Gypsy, Little Lies, Dreams, Say You Love Me and many more.

Kav Temperley said, "The sounds of Fleetwood Mac were hanging around my house growing up before I even knew what I was listening to. So now, every time I chuck on a Fleetwood Mac record, it feels like I'm catching up with an old friend. I reconnected again

with the albums as I got older, not only do the recordings sound so good but, it's very rare that a band would have so many great songwriters in one place."

With a career spanning over 50 years, Fleetwood Mac are one of the very rare bands who have managed to remain influential and popular to multiple generations throughout each decade of their existence. With viral videos, dance mixes and multitudes of cover versions keeping their songs at the front of mind, Fleetwood Mac's incredible catalogue of songs continues to gain new fans every year.

Don't miss this exclusive opportunity to experience 'Yesterday's Gone - The Fleetwood Mac Legacy' feat. Lisa Mitchell, Kav Temperley, Charlie Collins and Karen Lee Andrews. For tickets and more head to yesterdaysgone.com.au

Night at the Barracks is proudly supported by the NSW Government through its tourism and major events agency, Destination NSW.

Words: **Liam Carroll**

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- 23 SEPT KATE CEBERANO
W. THE METROPOLITAN ORCHESTRA
- 24 SEPT TOM BURLINSON BIG BAND
SINATRA AND THE KINGS OF SWING
- 29 SEPT ROLLING STONES REVUE
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Contact Liam to find out how you can showcase your business, service, or initiative, and fully engage with the Tawny Frogmouth's Northern Beaches community.

0414 556 038 | liam@thetawnyfrogmouth.com.au

September 2023 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				0300 0.09	0343 0.13	0425 0.21
				0903 1.61	0950 1.65	1037 1.68
				1455 0.24	1548 0.26	1644 0.32
				2116 1.95	2205 1.82	2254 1.64
4	5	6	7	8	9	10
0505 0.32	0546 0.45	0038 1.27	0143 1.13	0303 1.06	0427 1.08	0528 1.13
1125 1.67	1214 1.63	0630 0.57	0721 0.66	0825 0.72	0938 0.73	1045 0.69
1741 0.41	1844 0.50	1307 1.58	1407 1.53	1515 1.50	1624 1.50	1721 1.54
2344 1.44		1955 0.58	2115 0.61	2230 0.60	2330 0.56	
11	12	13	14	15	16	17
0015 0.50	0051 0.45	0123 0.41	0152 0.37	0220 0.35	0247 0.35	0315 0.36
0612 1.20	0648 1.27	0722 1.33	0753 1.39	0824 1.44	0855 1.49	0927 1.53
1138 0.63	1223 0.57	1301 0.51	1338 0.46	1414 0.44	1450 0.42	1529 0.43
1808 1.58	1847 1.63	1922 1.66	1956 1.67	2029 1.65	2101 1.61	2135 1.55
18	19	20	21	22	23	24
0344 0.39	0413 0.44	0445 0.50	0524 0.57	0033 1.18	0146 1.12	0314 1.12
1000 1.56	1036 1.57	1115 1.57	1201 1.55	0612 0.64	0717 0.69	0839 0.68
1609 0.45	1653 0.49	1743 0.53	1842 0.57	1258 1.53	1407 1.53	1526 1.58
2212 1.47	2251 1.37	2337 1.27		1955 0.59	2118 0.55	2230 0.45
25	26	27	28	29	30	
0431 1.20	0530 1.31	0018 0.23	0103 0.16	0146 0.13	0227 0.15	☉ New moon
0959 0.62	1106 0.51	0621 1.43	0707 1.55	0752 1.66	0837 1.74	☽ First Quarter
1636 1.68	1736 1.79	1204 0.39	1300 0.29	1352 0.22	1444 0.20	☀ Full Moon
2329 0.34		1830 1.87	1919 1.90	2008 1.86	2056 1.76	🌑 Last Quarter

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: STEPHEN BROWNE



Come fly with me

With the 2023 RISE Fly Fishing Film screening at Glen Street in September, we caught up with local fly fishing expert and guide at Sydney Fly Fishing Tours, Justin Duggan for all the ins and outs and a couple of tips for finding fish on the Northern Beaches.

How did you get into fly fishing?

I've always loved fishing and enjoyed many great times in my youth, fishing bait with dad or on my own. As I got older, I caught my first fish on a lure the very first cast! After that I became fascinated with targeting fish on lures until one day a friend introduced me to a fly rod. I took myself into a quiet backwater in Sydney Harbour and thrashed the water with my terrible casts and managed to connect to a solid mack tuna! It was a true fluke. From then on, I was hooked on fly fishing.

What does a typical day on the water look like with Sydney Fly Fishing?

Early starts! I love to capitalise on low light as this is when the fish are often near the surface and strike flies off the top – it's very visual, explosive. We search for diving birds, rising fish, ripples, boils on the water surface, baitfish schools fleeing. We are hunting predatory fish, finding them, and casting the closest imitation to their prey that we can find and design. The boat driving requires stealth and skill but the casting and presentation of the fly to the fish is very much the angler's domain, they live or die by their cast. I take keen fly anglers wherever the action is best – whether that's under soaring cliffs in a gorgeous national park, a drowned river valley or under towering buildings in Sydney's famous 'coat hanger' – Sydney has it all.

Can you share some good fishing areas on the Northern Beaches?

The Northern Beaches is a diverse area, but Pittwater/Broken Bay is the jewel in the fly fishing crown. You will require a boat here but depending on season you can find schools of aggressive kingfish, surface-churning Aussie salmon and transient surface fish including tuna, cobra, Sampson fish and amberjack. The most spectacular is the late summer anchovy schools that form hairballs that get devoured by hordes of hungry predators. One year we had hundreds of sharks in there eating the



Strong cast, great hook, superb film

bait! For those who are shore-based, any beach with a bit of a gutter and a rising tide can produce everything from bream and whiting to Australian salmon and tailor. A weed fly thrown into a churning rock platform wash can see you tangle with rock blackfish or drummer but don't forget your life jacket and cleated boots, as well as a line management basket.

What did you enjoy most about the RISE 2023 Fly Fishing Film screening?

The variety of film locations is like a dip into a lolly variety pack. There are so many flavours! I love to see what other people's fisheries are like around the world, and who is pushing the envelope. There's always lots of laughs and sometimes even a touch of controversy. The filmmaking and storytelling quality gets better each year and many of the films appeal to people beyond anglers.

Top tips for beginners?

Easy, get casting lessons! Fly casting is super easy but it's counter intuitive. Teaching yourself results in a long road to poor performance and less enjoyment. The international federation of fly fishers have certified instructors in Australia, including myself. Find someone who can teach you competently and once you can cast well the enjoyment level becomes so much higher. To me, the casting is as much fun as the catching. The challenge, the skill, the problem solving, it's all what makes fly fishing so thoroughly enjoyable.

Words: **Georgia Slater**

See the action at the Glen Street Theatre screening, **Wednesday 13 September**. To get on the water yourself, contact Justin at Sydney Fly Fishing Tours: sydneyflyfishing.com.au

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Patrick with Kangaroo Beach stars Neville and Pounce

Local Business

Cheeky Little Media

Ask most Northern Beaches households with kids under five which two television shows get the lion's share of screen time at home, **Kangaroo Beach** and **Ginger and the Vegesaur** are sure to feature prominently.

Kangaroo Beach is about as Aussie as can be, tracing the journey of a kangaroo, platypus, koala, and wombat on their path to becoming surf life savers. While Ginger and the Vegesaur may not have the prominent Aussie accents from the beach, but the fun and adventure of veggie shaped dinosaurs tackling day to day vegesaur challenges is just as compelling.

Both shows creation can be traced to Manly, and to the **Cheeky Little Media** production company. Founded by **David Webster** and **Patrick Egerton** in 2013, Cheeky Little Media is celebrating ten years of doing precisely what they set out to do. "We make

cheeky content for little kids", says David. "And the comedy through-line in the shows is so important, it's what grabs the kids' attention."

Patrick adds, "Under the bonnet of the shows, we have some strong social capital. You can't preach to kids, but in Kangaroo Beach, there's a rescue in every episode, helping teach kids about surf safety. While in Ginger and the Vegesaur, it's not explicit in any way but we are endearing kids towards fruit and vegetables."

This combination of comedy and social capital has seen Cheeky Little Media achieve great success locally and abroad, appealing to parents who value their kids absorbing important lessons without even knowing it, and appealing to kids who can't help but laugh when seeing kangaroos on jet skis or an inquisitive Tricarrotops roam

free with Pea-Rexes only to evade ever-present danger from Bananaraptors and Broccolisauruses.

Creating kids tv is a seriously challenging business endeavour. "As producers of kids' tv, we have to be very entrepreneurial," explains David. "For the shows to be financially viable, we need to reach international audiences." To achieve this, Cheeky Little Media has forged excellent relations globally, and there's no doubt watching Kangaroo Beach in French, Russian or Mandarin would be exquisite.

"We like to create fantastic kids' entertainment that can then build a brand too", says Patrick. This approach has proven especially effective with Kangaroo Beach where not only is Surf Life Saving Australia an investor in the show, Cheeky Little Media has also partnered with Zoggs to produce an array of swim and surf safety goods which champion the show and Zoggs and surf safety alike.

Now, before every Tawny reader gets ready to pitch their brilliant story ideas to David and Patrick, the most important ingredients to remember are, as Patrick says, "Who's the audience? What's the story? How is this funny? Why is animation the best way to tell this story?"

While you get to work on those pitches, congratulations to David, Patrick, and Cheeky Little Media for a decade of producing cheeky Aussie gold. Parents thank you perhaps even more than the kids.

More about Cheeky Little Media at cheekylittle.com.au

Words: **Liam Carroll**



Harry, Sean, Valentin and Ross

Music

Blind Eliza's Circles

'Blind Eliza' is a Sydney based 4-piece rock and roll act delivering the much-needed head-bangin', mosh-pittin' tunes the Northern Beaches have been deprived of for so long.

The band formed in late 2021 when **Harry Hagop**, **Sean Mulligan**, **Valentin Delerue**, and **Ross Thomson** began jamming on their driveway on a Saturday morning. Fast forward a couple years and Blind Eliza have released two singles and played all around Sydney in some of the most reputable venues such as The Duke of Enmore and The Vanguard.

In April, the band made it loud and clear they were the real deal, winning the 20th anniversary Northern Composure Band Competition, Northern Beaches' largest and longest-running youth band competition, catapulting into the illustrious company of past winners such as Ocean Alley, Lime Cordiale, The Rions, Winston Surfshirt, and more.

Most recently, Blind Eliza has completed recording four new tunes, with the newest single 'Circles' being released on 18 August. In celebration of the third single, the boys will be hosting the launch party at **Avalon RSL** on 2 September and **The Alley** on 29 September, along with some pending Melbourne dates.

The Avalon show will be supported by some of Sydney's best rock and roll talent, **'Boys at the Back'** and **'Mayeflower'**. And the lads assure us the performance will feature the sudden collapse of numerous government buildings and railways, it's that high octane! Yeah, Avalon doesn't even have a railway! Doesn't matter, it's still gonna crumble!

Follow **@blindeliza** on Insta and scan here to book your tickets now!

Words: **Liam Carroll**



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Don't go chasing waterfalls unless pooling with mermaids

Secret Spaces Hidden Places

Return of the mermaids in Manly Vale

With the soothing gentle trickle of a waterfall at the upper end and a verdant landscape around this catchment pool for Manly Creek, you can start to understand why this place might conjure thoughts of magical creatures.

A sign next to the bridge overlooking the waterfall talks to the history of the pools and how it got its name. According to local folklore, it reads, the pool was often used as a bathing spot by young women, who lived in a nearby camp in Allambie for people who had lost their homes. Since they would slip away and swim naked, it became referred to as 'Mermaid Pools.'

While Mermaid sightings are rare these days, mainly because it's advised not to swim in the catchment pool, you can still understand why it would have been the perfect

spot to escape for a swim.

But this wasn't always the case. Prior to 2002, the beautiful oasis had become overrun with debris, garbage and weeds. Over 70 Dedicated volunteers swooped in on 'Clean Up Australia Day' in 2002, to remove four tonnes of rubbish which then kicked off the ongoing restoration project. Since then, multiple conservation organisations and volunteers have become involved in keeping the site maintained including removing weeds, planting and even removing pest species.

These ongoing efforts, which includes a monthly bush regeneration group who meet every fourth Sunday, have meant local fauna are starting to return more often. According to some reports, Bandicoots have returned after a 40-year absence, Dwarf

Green Tree Frogs are thriving in the reeds and occasionally, Swamp Wallabies make an appearance too.

Despite a setback in early 2022 when severe storms and rain hit New South Wales, once again the locals swooped in, forming a human chain up King Street to remove the debris into the local tip - once again restoring the pools to their natural wonder.

Did you know...

Not only are bandicoots and wallabies returning, but a myriad of birdlife can be found around the pools such as azure kingfishers and fairy wrens. But according to Clean Up Australia, the key group involved in the start of the restoration project, many believe the real 'mermaids' of the pool are the native fish that have been migrating up Manly Creek and spawning at the pools for around 60 million years.

How to get there

As you wind your way down King Street towards Manly Dam, stop just past Quintan Parade, near the entrance to the UNSW Manly Vale Campus. Next to the wooden sign saying "Mermaid Pool" there is a slightly overgrown track that may require some creative footwork, but shouldn't take more than five minutes to reach the base of the pool. Ample street parking is available on King Street before the entrance.

Have a great spot you think should be featured?
Email us at mail@thetawnyfrogmouth.com.au

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN

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FREE
Northern
Beaches
Men's
Breakfast

7am - 9am
Wednesday
11 October, 2023
LONG REEF GOLF CLUB

Northern Beaches Men's Breakfast

This October, Lifeline Northern Beaches will be hosting a free community breakfast aimed at supporting men's mental well-being. The event will not only bring together a range of local Northern Beaches men's groups, but it will answer questions about suicide and suicide prevention.

The keynote speaker, Andrew Ward, Founder of Head Above Water, will be talking about his life experience, and how he is making a difference through his organisation.

Andrew, who has lived on the Northern Beaches all his life, loves the ocean and is a passionate swimmer. "In 2018, my life took an interesting turn and I needed to sort out my mental health," says Andrew. "While I'm a proud survivor and am very lucky to have a supportive family and network of trusted friends, many people are not so fortunate."

Through Head Above Water, Andrew aims to "build mental fitness on the Northern Beaches, and support mental health services that can help save lives of men, women and teenagers both on the beaches and around Australia."

In addition to our local guest speaker, the breakfast will also include a panel of local representatives from NB Mental Health Service, the Beach School, Mentoring Men and Lifeline.

"We know that it's harder to create new friendships and a support network or maintain current ones as we get older, which can negatively impact a sense of belonging," says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. "However, there is opportunity to keep strengthening and building our support networks, some-

times we just need help to know where to look."

The aim of the breakfast is to raise awareness of the support services available for men in the community, from social groups, activities, and peer support to structured professional service providers, while also answering questions, and debunking the myths around suicide.

"Discovering that there are opportunities to connect with others who share similar passions, interests or experience through local community groups and organisations can be helpful to improve feelings of connection," continues Barbara. "But knowing where to start can be difficult - and daunting."

"Holding a free breakfast in a friendly, informal atmosphere, is a good way of introducing people to each other and reducing any barriers to reaching out."

The men's breakfast will be held on Wednesday, 11 October 2023 at Long Reef Golf Club in Collaroy. Registration is essential as seats are limited, and a waitlist is expected.

"By bringing together local Northern Beaches organisations who work in different ways to foster connection and provide support, we are hopeful that anyone who attends will find something that could be helpful in their daily life," says Barbara.

To register, visit: events.humanitix.com/you-ll-be-right-mate-men-s-breakfast

Words: **Lifeline Northern Beaches**
Need support? Lifeline is here to listen and help. Anytime. Call **13 11 14** or text **0477 13 11 14**

The ghost in the room

The dating trend that scars hearts

You don't need first-hand experience to have heard some of the horror stories of online dating. From cat-fishing to hat-fishing, zombie-ing and breadcrumbing, there are many ways to end up perpetually disappointed. Though the most common and impactful of them all is the ghost. Being ghosted means that after having contact with a person, sometimes even a relationship, without warning that person suddenly disappears. By disappearing, I mean ceases all contact with you.

Why is ghosting so devastating?

If you are genuinely using dating apps with the hope of finding someone special, you are putting yourself out there, being vulnerable and taking a risk. Not only does it require courage, but the risk is that you may get hurt. When a person suddenly withdraws from emotional engagement, it can leave the other person feeling lost, confused, upset and angry. Furthermore, it can erode their confidence, impact their esteem and reinstate their defenses. Ghosting can do significant emotional damage that makes it harder for someone to trust and connect in the future.

Why don't people communicate?

There are many reasons why people don't communicate but it often has to do with a lack of something, whether that be self-awareness, emotional intelligence, interpersonal skills, communication skills, distress tolerance, empathy, time or willingness, or a combination of the above. Ghosting is a cop-out to remove oneself from an engagement with another.

Why is it so common these days?

The intersection of technology and dating is fairly new. Sites like RSVP and Plenty of Fish launched around 2000 and apps like Tinder, Hinge & Bumble in the early 2010s. Prior to the turn of the century we relied on meeting people at work, social events, mutual friends, family, school and community sport. We used to rely on our social networks for vetting and accountability.

If someone treated you poorly, news would travel back to the network and there would



Only Patrick Swayze can be excused for ghosting

likely be social ramifications. Put simply, you couldn't just be a jerk and get away with it. Nowadays, we match strangers who through the veil of anonymity are afforded the ability to act without integrity or consequence. We no longer have that buffer of social insurance and most people who have recently dated will have first-hand experience of how emotionally dangerous that is.

What to know if you get ghosted?

Firstly, ghosting is not a reflection of you. Ghosting is an insidious and ambiguous personal rejection that leaves the recipient with no clarity or closure. Ghosting is a reflection of the ghost's lack of interpersonal skills, awareness, accountability and integrity. If someone didn't have the courage or heart to be transparent with you, that's on them. You deserve better. Secondly and sadly, it is not uncommon in today's dating landscape. Nobody likes hard conversations, and with low investment and accountability, it is often the default option. Don't take it personally. It's just a sign of the times. Though remember to treat the hearts of others as though they were your own.

Words: Scout Smith-O'Leary

Scout is a Relationship Therapist providing counselling to couples & individuals. Based in Manly. Telehealth available. Visit thelovescout.com or call **0410 030 463** for more info or to book a session.

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This lily needs absolutely no gilding

There's a locally occurring plant that looks fabulous, smells divine, is "as tough as buggery" yet is dead simple to grow....



The swamp lily flowers from November with elegant, white, spidery blooms

It sounds like some weird, antipodean, utopian dream but it's a fortunate botanical reality.

The **Swamp Lily** (*Crinum Pedunculatum*) is endemic to NSW and can be found close to wetlands and mangroves, as well as on the edge of forests.

It's a really hardy plant, with broad, strappy leaves, that grows up to 2 metres tall and thrives in both full sun, or partial shade. It's even used for street planting along the shopping strip in Marrickville, so it's no shrinking violet!

Swamps used to be thought of as unproductive, "mosquito infested" wastelands and were systematically drained to make way for things like golf courses, playing fields and development (Manly Lagoon for example used to be 10 times its current size!) We now know them to be vital for

flood plain management, fish breeding, water purification, carbon storage and oxygen production.

Crinum (from the Greek, *Krinos*, meaning Lily) is a genus of around a hundred species with eight native to Australia. The "Swamp Lily" variety flowers from around November and its elegant white spidery blooms are followed by the production of bulbous seed pods, which can easily be potted or transferred to create new plants. I grew the ones pictured from pods gathered from the wild (just keep them moist and they will easily sprout). They make a fabulous garden feature - so try and get some into your patch of dirt pronto!

The plants are sometimes voraciously eaten by a moth caterpillar (*Spodoptera Picta*), but the massed, yellow and

black striped creatures are a spectacular sight in themselves, and the lily will soon regrow, so there's no need for the chemical warfare recommended by most "conventional" gardening guides.

First Nations people used sap from crushed *Crinum* leaves to ease the pain of box jellyfish stings. The plant contains an alkaloid, lycorine - thought to be the soothing agent. The stems were also scrunched to create trailing fishing lures that apparently attract mackerel.

In the Victorian language of flowers, lilies symbolise love and ardour. Ironically, they're also the most commonly used flowers at funerals, where they signify that the soul of the deceased has been restored to a state of innocence. How's that for mixed messaging!?

So why not get rid of your boring, weedy foreign *Cliveas* and *Agapanthus* and replace them with something authentic and much more unusual? You'll never regret it!

As for "gilding the lily"? The expression is a common misquotation from Shakespeare's play *King John*. The correct line is this:

"To gild refined gold, to paint the lily, to throw a perfume on the violet, to smooth the ice, or add another hue unto the rainbow, or with taper-light to seek the beauteous eye of heaven to garnish, is wasteful and ridiculous excess."

Words: **Malcolm Fisher**



Ben's the oracle for wine and wedding wisdom

Eat / drink

A red, white and rosé wedding

You can spend a lot of money on a wedding. I've heard the cost of one these days is around \$60k. On quick inspection it seems the national average is closer to \$35k, more in Sydney, and no doubt even more in the Northern Beaches. Which brings me to the question, how much should you spend on drinks?

I've been to many weddings over the years - even my grandmother's, but that's another story - and two spring to mind (three if you count mine and there's more on that later). One was in Yorkshire, where the younger sister of a best mate, was marrying a Geordie. It was memorable. She was a classically trained singer and BBC radio host, and he a purely-belter fireman. I remember hearing one of his mates at the bar discovering that drinks were free - "wor, yor jokin? Ah thawt owwnly thar fizz fer thar toast wor free?" (This is not cultural appropriation - both my parents were proud Geordies). Needless to say, everyone got

very drunk and mainly on beer. The other was more recent. My niece, an Anglo-German was marrying her beau, a Congolese-German. It was an intimate affair, close friends and family, in my father's garden, and it was in France, so naturally, we drank Champagne. Lots of it because in France you can get decent Champagne for under 20 (Euro). I was lucky in love and marriage. My grandmother-in-law (is that a term?) gave my wife her engagement ring, the bridesmaid made the dress, a cousin supplied the house, and my in-laws very kindly took care of catering. My one contribution, apart from being half of the show, was to choose the booze. Our guests could select from Yalumba Angas Brut and VB. Back then a slab cost under \$30 and that bubbly was \$4.99.

These were three wonderful weddings, full of love and joy, and not because of the quality of the drinks. Tension will turn Bollinger sour; love will make Angas Brut taste like Bollinger. I suspect the same is true of



every aspect of a wedding. A bigger budget doesn't mean more love. But the happiness of the occasion will make the booze taste better.

This thought occurred to me at a wedding I went to on Saturday. The wine was both unrecognisable and unremarkable, but it tasted just fine. There was a lot of love in the room that day.

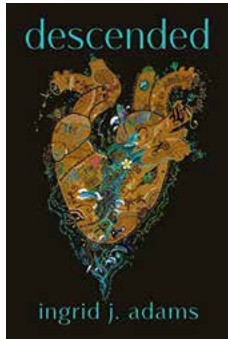
Ok, enough of this sentimental stuff. If I was planning a wedding today, this is what I'd get:

Heaps Normal Quiet XPA (no alcohol). **Le Pont Rosé**, (\$35 for two from **Le Pont**, Clareville) **Pirie** bubbly, a Tassie chardonnay, pinot noir blend and very true to French NV Champagne (**\$29 from Dan Murphy**) and you could do worse than the **Tread Softly Pinot Noir** I mentioned last month (**\$17 from Fleet Street Cellars**). Oh, and whatever beer my future father-in-law likes.

Words: **Ben Welsh**

Ben is the creator and author of **Wine under 20, Life over 50**, dedicated to finding decent wine under \$20 a bottle, while knowing any search is inevitably also about the searcher, so that's the life over 50 bit. Read more at wineunder20lifeover50.com

Plunging into the descended



Manly resident **Ingrid J Adams'** debut novel **descended** (yes, no capital D is correct) is the first in a four-book deal. That's huge in the tough world of book publishing for any author, especially a new one. Well done to Ingrid.

descended is set in 1990s Manly, New York and Sedona (in Arizona). It's genre crossing – part science fiction, fantasy and romance. The characters span young and beautiful, not so young but quirky, caring and interesting, rich, selfish and nasty or just downright cruel. And there's a paranormal overlay adding another dimension to some of the characters.

The main characters are Indigo and Cordelia, young, beautiful, in love and like many star-crossed lovers it's no straight line to happy ever afters. Indigo has dark secrets and numerous demons to overcome. Cordelia's patience and love is tested to an extent that qualifies her for sainthood in my opinion.

It struck me as a book perfect for a streaming series because the characters are so vividly described and it is dialogue heavy in a natural way that makes you feel you're

there among them as they talk, talk, talk. It's a book unafraid to tackle some tough issues; youth suicide, drug abuse, young love, self-love, body issues, sexual orientation, rejection and abandonment are all in the mix.

Manly and environs come to life in the book. Perhaps their familiarity is what made the descriptions of Sedona's wild landscape a highlight. I've never been there and now it's on my ever shrinking bucket list.

Many chapter headings are derived from great songs of the era in which the book is set, such as "Paint it, black" The Rolling Stones, "Under the Milky Way" The Church and "By my side" INXS. It's a good read and a good listen.

descended is targeted to the upper end of the Young Adult market. Given that 30 is the new 15 it's a big audience although I question whether 369-pages may prove a few pages too many. Maybe I'm younger than my age because I was about to give up at page 163 when magically my care factor ramped up big time and I read on like a demon until the end.

Ingrid Adams' crafting of a complex plot that in less able hands could have descended into confusion is the hallmark of a writer of immense talent. It's clear from her writing that she's lived a life and then some. She's survived an incurable disease and is now a woman on a mission to write, write, write.

Where to buy
descended can be bought at any good bookstore or online at ingridjadams.com



Yes or No. Your choice.

We've got to make a big decision about The Voice to Parliament very soon. When I make big decisions I like to be as informed as possible. I like facts and evidence.

It's 55 years since Australians voted to change the Constitution so that like all other Australians, Aboriginal and Torres Strait Islander people would be counted as part of the population and the Commonwealth would make laws for them, we are being asked to vote again to agree to the descendants of the first inhabitants of Australia having a constitutional Voice that makes representations to the Parliament.

We're all time poor and social media's sound bites prey on that. If you want to know the facts about what **The Voice to Parliament** objectively means read the book written by **Kerry O'Brien** and **Thomas Mayo**. It won't take long and it will help you know why you're voting Yes or No. Your choice, make it count.

Where to buy
The Voice to Parliament is available at all bookshops with **Humphreys** on The Corso at Manly having a good stock.

Words: **Paige Turner**



Saganaki Prawns

On a recent trip to Greece, I discovered creamy, paprika infused Saganaki Prawns. Simple to make, this dish is irresistible served with puffy, toasted pita. Also, Ouzo, widely enjoyed in Greece, adds a delicious aniseed flavour, but can be substituted with vodka. *For a veggie alternative, replace prawns with pre-roasted cauliflower florets.

Ingredients (serves 4 as a starter or 2 as a main)
1 tablespoon of olive oil
1 red onion (chopped finely)
1 garlic clove (chopped finely)
1 large fresh tomato (chopped finely)
1 400g can chopped tomatoes
1 teaspoon smoked paprika
1 teaspoon brown sugar
200g Greek Feta cheese (chopped)
15ml of Ouzo
½ kilo fresh uncooked prawns, (peeled, de-veined)
4 small pita breads for dipping in the sauce

Method

Heat olive oil in a small frying pan. Cook onion and fresh tomato until soft. Add garlic, canned tomatoes, paprika, sugar and Ouzo. Simmer for 2 minutes, stirring continuously. While bubbling, add most of the Feta, holding some back for garnish. Stir sauce until Feta is well blended and sauce is smooth. Pour sauce into a bowl. Don't clean the pan. Add prawns to the frying pan, and over a medium heat, toss until pink. Add sauce back into the pan. Stir gently for approximately 2 minutes to cook prawns right through. Garnish with parsley and Feta. Serve immediately with lightly toasted pita bread cut into triangles.

Words: **Jayne Economos**



Oppenheimer

Genre Biographical, Thriller

The threat of nuclear war and the realisation that a few certain world leaders could cause global destruction at any moment is something most people choose not to think about. By the end of Christopher Nolan's masterpiece, you'll think about it for days on end.

Oppenheimer has an eerie relevance to the twenty-first century despite its early to mid-twentieth century story. It follows the life, the man, the 'father' of the atomic bomb: J. Robert Oppenheimer. And what a curious choice for legendary filmmaker Nolan – a dense, talky film with little action or mind-blowing set pieces that he has made his trademark on producing for the big screen. This film is about legacy, science, guilt, responsibility and ego. It never shies away from the contradictory nature of Oppenheimer and his contribution to the world.

I would say that this is Nolan's magnum opus. The nearly three-hour film moves at a breakneck pace, cutting between characters and decades in a matter of seconds yet holding a perfect narrative through line. Paired with a propulsive grandiose musical score, some of the best looking and sounding images you'll see in a cinema and an incredible cast – this is a powerful, beautiful and complex portrait of a historical figure with a world-changing legacy.

Watch it on the biggest screen possible. You won't be disappointed.

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



Subject Dawn prints
Photographer Abigail Wilson



Subject Pelican waiting for lunch at Manly
Photographer Suzanne Lawson



Subject The King of Allambie Heights basking in the sun
Photographer Laurie Wilson



Subject This is winter
Photographer Mat Geyer @g_eye_r_photography



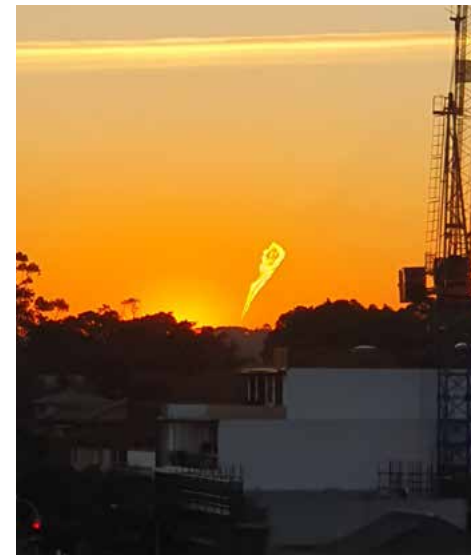
Subject Weigh day for this little possum
Photographer Margaret Woods (Syd Wildlife Rescue)



Subject Cheeky and cute lemon thieves
Photographer Stephanie Debruyne



Subject A beautiful seahorse
Photographer Peter Hutchins



Subject Sunset in Balgowlah
Photographer Rebecca Merryfull



Subject Curl Curl winter
Photographer David Brown



1. In which Northern Beaches suburb would you find Rowland Reserve?
2. Which Manly school hosts markets on the 3rd Saturday of every month?
3. What type of bird is often seen sitting atop of the light posts above Narrabeen Bridge?
4. In what decade did the Time & Tide Hotel in Dee Why open?
5. If you were to draw a line directly East from Chatswood City Centre, which Northern Beaches suburb would you hit? Manly, Freshwater, or Dee Why?
6. What does the R stand for on a movie rating?
7. In addition to the + sign, what is Australia's 2 digit international dialing code?
8. On a Chinese Calendar – out of the 12 animals, what is the only bird?
9. What animal is on the Sea World logo?
10. In the movie "The World's Fastest Indian", what mode of transport is the Indian?
11. Which car manufacturer has a logo consisting of 4 linked rings?
12. Which state border is Uluru closet to?
13. Traditionally, what is the main colour of a water polo ball?
14. In the Puma logo, as you look at it: Is the Puma jumping toward the left or the right?
15. After New York, which city in the USA has the highest population that starts with the letter N?
16. Which Australian test captain has the most Test match victories as captain?
17. In the federal election, Norfolk Island falls under which state or territory's federal seat?
18. In the movie Beverly Hills Cop, what item did Eddie Murphy's character shove up the tail pipe of the cops following him?
19. In which Ocean does zero degrees latitude & longitude intersect?
20. A photo of who, posted on 18 December 2022, overtook a photo of an egg as the most liked Photo on Instagram?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

Second half earnings for local panel beaters are looking modest compared to first half with Council's removal of the much-loved abundant concrete bollards from Manly Pacific to Queenscliff SLSC having a negative impact on revenues.



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Star Signs

by Krystal Bawl

Virgo Aug 23 - Sep 23

When life gives you lemons, make lemonade. Stuff that, drink tequila and bite on a lemon. Repeat. Feeling better?

Libra Sep 24 - Oct 23

You thought hot, hot, hot described you. Not anymore babe. It's about the European summer and you're not even there.

Scorpio Oct 24 - Nov 22

It is what it is. You say that about everything. What happened to the opinionated loudmouth we once knew and loved?

Sagittarius Nov 23 - Dec 21

Your friends describe you as unique. Stop thinking it's a compliment. They just have no words to describe you.

Capricorn Dec 22 - Jan 20

You've told friends to eff off for so long, you're now friendless. Makes shouting a round of drinks cheap. Genius.

Aquarius Jan 21 - Feb 19

With so many billionaires divorcing, aren't you glad your marriage is rock solid. Shared debt has its advantages after all.

Pisces Feb 20 - Mar 20

Flirty thirty is long gone but that doesn't mean you don't have what it takes to be eternally irresistible.

Aries Mar 21 - Apr 19

Sexy, successful and powerful are words used to describe you. By people who knew you a long time ago. Better than never.

Taurus Apr 20 - May 21

Your school reunion is looming. Too late to lose the flab but colouring your hair and whitening your teeth is achievable.

Gemini May 22 - Jun 21

Yeah, yeah, love hurts, so does the dentist but that doesn't mean you give up and let your heart or your teeth rot.

Cancer Jun 22 - Jul 22

Love is in the air, can you smell it, your friends can, do something about it pronto because the pong is unbearable.

Leo Jul 23 - Aug 22

You dance well, stay in shape, have very white teeth and talk drivell. You could be the next Sonia Kruger.

Trivia Answers

1. Bayview 2. Manly Village 3. Pelican 4. 1960's 5. Manly 6. Restricted 7. 61 8. Rooster 9. Dolphin 10. Motor bike 11. Audi 12. South Australia 13. Yellow 14. The left 15. Nashville 16. Ricky Ponting 17. ACT 18. Banana 19. Atlantic 20. Lionel Messi

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

Sudoku Solution

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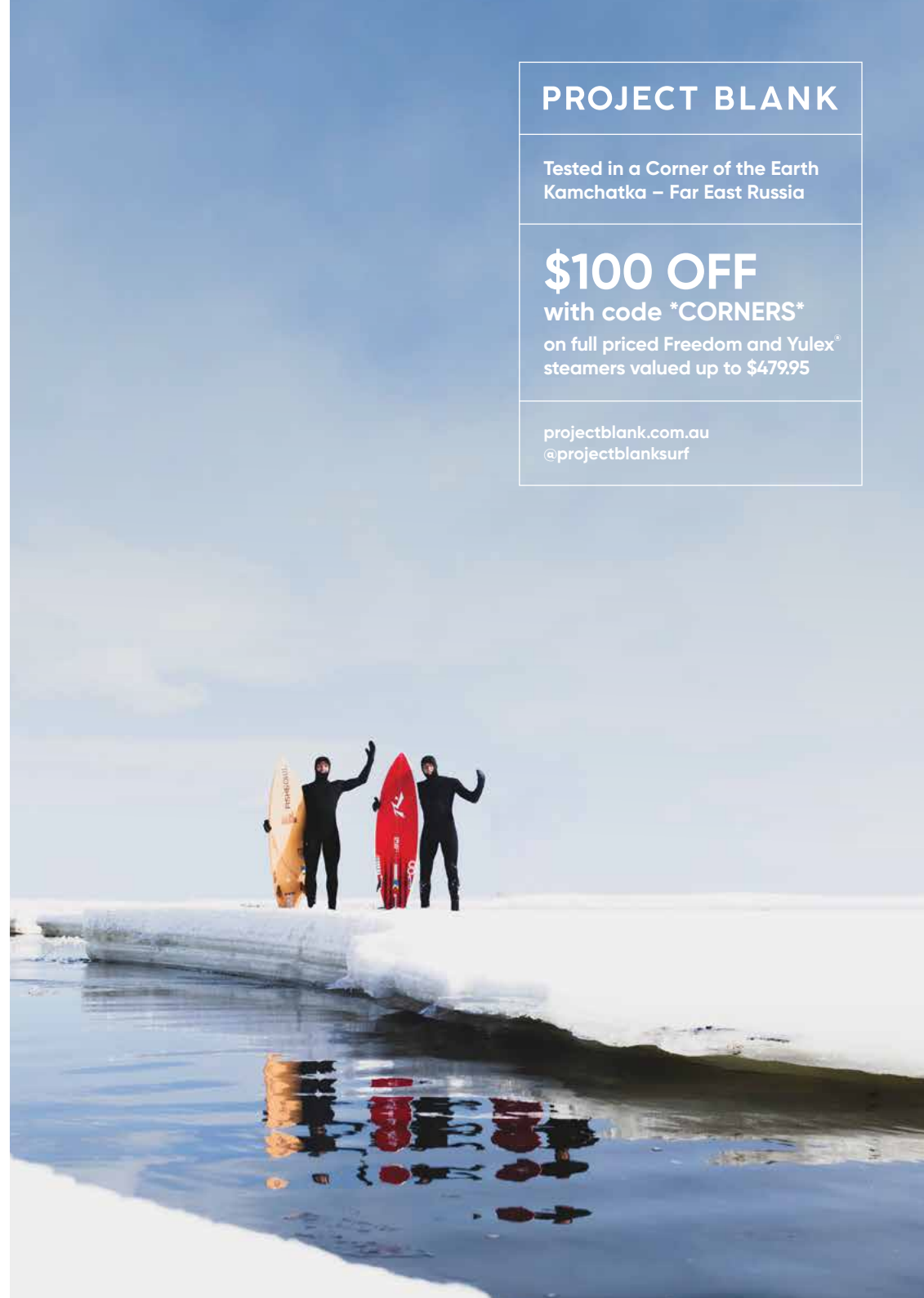
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brentos