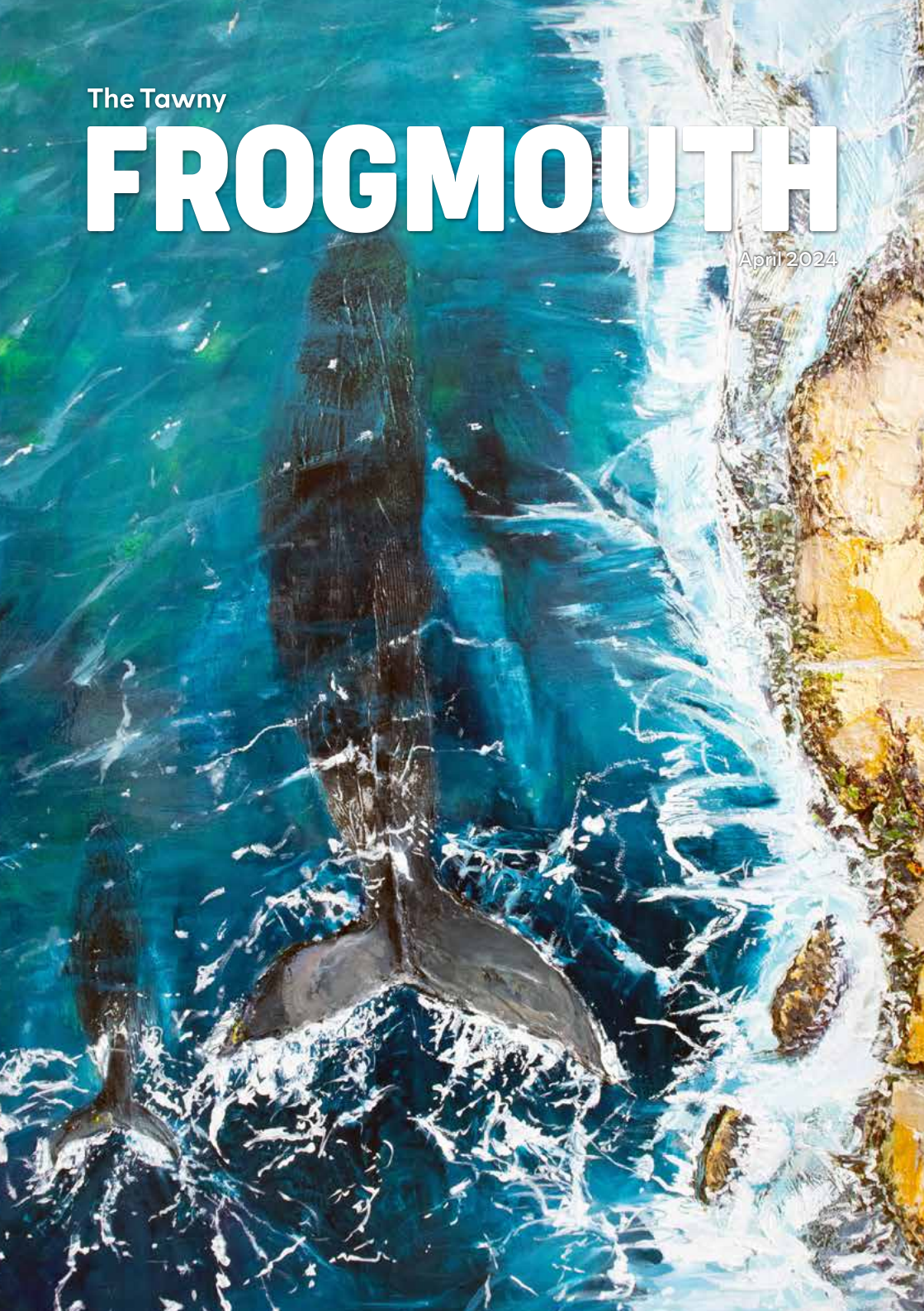


The Tawny

# FROGMOUTH

April 2024



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# G'day Beaches

Easter's here. Blink, it'll be Christmas! But first, get stuck into some hot cross buns, easter eggs and your April Tawny.

Thank you, Holly Mahoney, our cover artist giving us a whale of time. Avalon's Tamara Sloper-Harding introduces us to the Northern Beaches' sister village, Timor Leste's Soibada.

Zali Steggall's driving ambition is tackling net zero emissions. Sophie Scamps has a community-led approach to unearthing solutions for the housing crisis. And Michael West asks, should Northern Beaches Hospital be put back in public hands?

Sing for Joy with Sharon Stoddart's Dementia choir. Prepare to travel to Houston with Ashley Nestlerode's Team 3132 robotics Crescendo. Paddle for Change with Ike Morris and whip up BBQ Prawns for Easter thanks to our new contributor and foodie, Faye James' recipe.

Huge shout out to Ian Taylor and Duncan Ritchie, keeping Brookvale's timber boat building industry alive, woodwork.

*Liam*



## The Tawny Frogmouth

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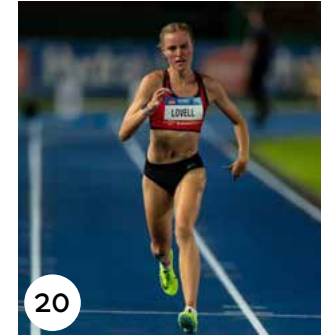
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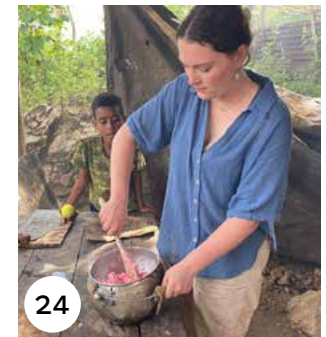
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### Acknowledgement of Country

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.



**Zali Steggall** OAM MP  
FEDERAL MEMBER FOR WARRINGAH

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



INDEPENDENT WARRINGAH



Park House Mona's Ben Hanson with the coveted Battle of the Beaches trophy

## Peninsula Wash Up

### Battle of the Beaches

Coming into the best time of the year for waves, warm water, crisp offshore and pumping swell, there's no better time for the inaugural "Battle of the Beaches", bringing together the Northern Beaches board riding clubs, battling it out for Peninsula shred supremacy. Presented by **Park House Mona Vale**, with a whopper \$10,000 prize money, the first ever Battle of the Beaches is being hosted by North Narrabeen, Saturday 6 April, 8am kick off for a 2pm final. The winner will take home \$5k, the right to host the 2025 event, and, most importantly, massive bragging rights. Support your board riding club and continue the good times at Park House from 4pm for the presentation and after party.

### 2024 Cunninghams Manly Surf Festival

Keep your rashies on as the surfing continues. Marking 60 years since Midget Farrelly and Phyllis O'Donnell won the first ever World Surfing Titles, 11-14 April sees the inaugural Cunninghams Manly Surf Festival take place at Queenscliff, with over 200 surfers competing. The Festival will include longboard and shortboard surfing, tag team events, and a uniquely sentimental Expression Session where surfers ride vintage longboards, the likes of which Midget and Phyllis graced to 1964 glory. Follow [@manlysurfestival](https://www.instagram.com/manlysurfestival) on IG for all updates.

### Kids Eat Free Sundays

Freshwater Brewing Co's Brew Vale taproom wants to help you quash cost of living pressures with free tucker for the rugrats all day Sundays. The menu's got something for every taste too, from Wagyu burgers to cult favourite, the fish finger sanga, as well as schnitties, parmies, tacos, salads, and more, all cooked and prepped in house. Don't forget the main event, brews! The new Crisp Lager's a must, 5 stars from Froth Whitlam, plus Pils, Pales, Cervezas, cocktails, wines, ciders and more. Get to 4 Powells Road Brookvale for the goods. Visit [freshwaterbrewing.com.au](https://freshwaterbrewing.com.au) for all info.

### NBG's Art & Style Mag

Wayne Devenny, Northern Beaches Gallery curator extraordinaire, has been a busy man, running the gallery in Cromer and exhibits all over, while also crafting a Northern Beaches dedicated "Art & Style" magazine. "I want to celebrate local artists to better connect people with the incredible talent in our community," says Wayne. Available at galleries, cafes, melting pots and cultural hubs, keep your eyes peeled for the debut "Art & Style" print mag.

### Vale Dee Why's P&O icon

Tawny hearts go out to September 2022 cover artist, Joshua "Coppo" Copland-Nielsen, whose favourite Northern Beaches home, 151 Pacific Parade Dee Why, is no more, flattened, ready for a new development to take over. While we can't stop "progress", if you spot, as Josh calls them, "yellow cards of doom" aka DA's on an incredible home from yesteryear, ready for demolition and redevelopment, be sure to contact [@jcoppo](https://www.instagram.com/jcoppo) and [@other\\_peopleshomes](https://www.instagram.com/other_peopleshomes) on Instagram, alert them of the imminent loss, and see what's possible artistically to keep these homes alive.

### A Formidable Challenge

Or is it formidable? You decide when you take on Spill the Beans' latest F-word writing challenge. Having already explored Funny, Freaky, Foody, the Beans' latest challenge is formidable indeed. If a short story's not your style, venture once more unto the breach, dear friends, with some bard-inspired poetry. As prolific Bean spiller Beatrice Yell explains, "Life is never dull, there is always plenty to write about." Send your entry to [beanswrite21@gmail.com](mailto:beanswrite21@gmail.com) and connect with other writers at [spillthebeans.net.au](https://www.spillthebeans.net.au)

Words: **Liam Carroll**

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## Letters to The Tawny

### Peace begins at home

I was deeply touched by the beautiful, heart-warming "Message in a Bottle" story (Mar '24). It reminded me of a message in a bottle I made, circa 2006. With love and hope in my heart, I threw this into the creek in Warriewood Wetlands. The bottle had hearts on it. The message I wrote inside said "Peace".

A few years ago, I made three more messages in bottles with a message of peace and dotted them around Manly beach. I sealed the bottles with old-fashioned sealing wax. I am not sure if any of my bottles were ever found. If so, I hope that whoever discovered them took the messages to heart and that someday soon we have a peaceful world, as more and more people cultivate peace in our hearts, minds and souls. It's said that "war begins at home." So then, does peace, beginning with what we teach future generations when they are young. So, peace, people. As Gandhi says, "We must BE the change we wish to see in the world."

**Titania, Brookvale**

### RBA's Monetary Scheduling

In spite of its late response to the pandemic, the RBA appears to have done a good job of bringing down inflation to close to its 2-3% target. I imagine that interest rates will stay where they are until later this year and inflation is sitting at 2.x%. Given the now 6-week intervals between monetary

policy meetings, a more informed approach can be taken to interest rate calls. This is due to the fact that there will be two months' worth of CPI data to inform decisions. It might appear like the 'lazy' option, however, it is actually a more effective form of analysis and likely to bring interest rates down sooner rather than later, ultimately because it is a more Milton Friedman-esque approach to economics than it was previously. So, let's hope 2024 is a better year than 2023 for homeowners.

**Beatrice Money Potter**

### Do not deliver

Hello. Stop placing your publication in my letterbox. This will prevent waste as it goes straight in the garbage bin. The print is to(o) small to read and the content is of no interest.

**Master Chef, N Balgowlah**

### Sources of Power

Your correspondent (Mark Roberts) is correct in saying that many countries have moved their car manufacturing to other countries, like China, but it is not just because of cheap power, it is because China has great expertise in electronics, their steel is cheap, and manufacturers are heavily subsidised. If nuclear power was a criterion for car manufacturing success, then the USA, with nearly twice as much nuclear power as China, would be the outright leader, yet China produces more than twice as many cars as does the USA. He notes the UK has committed for up to 10 new nuclear plants to be built which hopefully will go better than the one at Hinkley Point C which was announced in 2013 and is the only one currently under construction. It was originally

expected to be operational by 2017 and its original cost was expected to be \$US27 billion but early last year, its projected cost had blown out to \$US39.3 billion and it is not expected to be operational until 2028. Nuclear power works but takes a long time to come to fruition and is prohibitively expensive.

**Peter Nash, Fairlight**

### Operation Tipperary

I am moved to write regarding the article in the Community Section "Operation Tipperary." My first reaction was - "not another statue to a dead white guy" - for all that he may have achieved. My thoughts moved on to the brave women who pioneered surfing in this country. I recalled during the 60s and 70s reading of frightening and aggressive behaviour towards female surfers by their male counterparts and thinking what bravery it took to persevere. I did some research...

It revealed New Guinean and Hawaiian women had been surfing as early as the 15th Century and, of course, often outstripped the men. Isma Amor of Manly is believed to be the first Australian Female Surfer and Tommy Walker of Manly is believed to be the first Australian Male Surfer.

Reg Harris, in his 1959 history of Manly Surf Life Saving Club, Heroes of the Surf states: "In the 1912-13 season a number of Manly LS club members decided to persevere and master the art [of surfing]. They included Jack Reynolds, Norman Roberts, Geoff Wyld, Tom Walker, Claude West... and an outstanding woman surfer, Miss Isma Amor" (at which time she would have been 14 or 15 years old). Furthermore, I discovered a



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surfing heroine. In 1993, Australian surfer Pauline Mencerz, then aged 23, was the women's world surfing champion. At the time, the men's world champion received a \$25,000 bonus, but she received no cash payment. Mencerz, now 52, overcame chronic illness and tragedy to become the world's number one. She recalled very few female surfers trained and the males were often aggressive, pulling her leg rope so she couldn't catch the wave, and deliberately pushing her from the board. She overcame debilitating chronic pain from rheumatoid arthritis, sometimes unable to walk after a surfing competition - her friends had to push her in a shopping trolley. In 2018 she was finally inducted into the Australian Surfing Hall of Fame. There are more stories of early women surfers breaking down barriers, challenging the norm of male dominion of the waves. To my thinking these are surfing legends to be celebrated in statues - trailblazers; inspirational and brave.

**L Jones, Manly**

**Don't neglect the gateway**

Manly Beach ranked seventh out of 25 in Tripadvisor's Best of the Best Beaches in the world. Bondi didn't make the cut and now Manly Beach is receiving the accolades it deserves. The gateway to this iconic beach is The Corso, but sadly its many palm trees that adorn the popular walking strip have seen better days simply because they are not getting enough water. The pipes that were installed at the base of each tree are clogged so no water is getting to the roots. Palm trees need a lot of water as well as heat and that's why they are not native

down here in the temperate zone. The council did not plan the watering system properly when they repaved the area and concreted the palms into The Corso some years ago. Like the Norfolk Pines along the beachfront the palms are living treasures, and everything should be done to maintain their health.

**Jens Ward, Manly**

**Climate Change Action**

In a recent sitting of the Federal Parliament, Mackellar MP Dr Sophie Scamps put this question to the Treasurer, Dr. Chalmers: "Two of our nation's most respected economists, Professors Sims and Garnaut, have today put forward a bold plan they say can lower global carbon emissions by at least six per cent, would deliver much cheaper power bills and would supercharge a new green export industry here which would set up Australia's prosperity in the new global economy for decades...., isn't it time a carbon levy was back on the table?"

Dr. Chalmers replied, "I agree that Professors Sims and Garnaut are very distinguished economists and very distinguished thinkers. They are well-motivated and well-informed contributors to this debate - as well, I might say, as the member for Mackellar herself. (However) we are not up for the levy that Professor Sims and Professor Garnaut proposed...Part of the reason for that is that we've found a better way - or at least an alternative way, but we feel it's a better way - to implement what is already a comprehensive and ambitious agenda when it comes to clean energy." Garnaut and Sims argue that:

A tax on fossil fuel production could help fund Australia's transition to becoming a carbon-free energy giant, lower the cost of living and assist the world to cut greenhouse emissions. It would raise \$100bn in its first year alone if introduced in 2030-31 and set at Europe's five-year average price of \$90/tonne of carbon dioxide equivalent.

This tax combined with other steps, including deploying the levy to subsidise as much as half the cost of new carbon-free iron, aluminium or fuel production plants, would allow Australia to exploit its abundant renewable energy resources. Surely, as Dr. Scamps advocates, it is time that this option for Australia to enhance our climate change action should be back on the table for national debate and decision making.

**Reon Bavinton, Seaforth**

**Dogs Off Leash**

I was pleased to read the letter by Anon in the March edition about dog owners. I have been fighting NBC for over 4 years on this issue. I walk my dog regularly in the Manly Flat/Queenscliff area, and every time I encounter at least one dog running around off lead (including on the beach front). I have reported this to the Rangers via the app "Snap Send Solve" so many times without success that I have given up. When the Rangers eventually ring, they say I should ring the Council directly but most times the Council switch is closed, and even then, the dogs would be gone before a Ranger arrived. One Ranger told me that they only had 2 Rangers to cover the whole Northern Beaches

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and if an owner walked away with his dog off-lead he would not chase them to prosecute. I obtained information from NBC under the Freedom of Information Act which showed that in a 3year period NO dog owners were fined in the Manly Flat/Queenscliff area! I have never seen a Dog Ranger in 4 years, so what is the point in paying Dog Rangers from our rates? I have approached Cr Candy Bingham many times and her last response was that her and the Mayor were developing a dog plan. That was over a year ago! I have tried to get Council to put up signs in areas where the trouble is worse e.g., Pacific Parade, but they refused my request. I also suggested that notices be put in Rate notices, again no interest. As the Companion Animals Act is a State Act, I approached our

local MP James Griffin, but he was disinterested. Why would you vote for the two of them?! You may as well repeal the section of the Act covering dogs off-lead as it seems that NBC has no intention of fulfilling its obligations under the Act! I have found most dog owners obey the law, but there is a small minority of residents for whom it is "ALL ABOUT ME". Who cares if you or a member of your family are frightened by dogs roaming off-lead? As long as I am too lazy to walk my dog on lead to the nearest dog park then stuff you. I will keep doing it until somebody fines me, which is not going to happen!

**Kevan Heathcote**

**Your shout**

Dear Tawny, beer prices are simply too high. How is \$8.50 a happy hour price? There's nothing happy about that except for the distributor. And while I'm on the topic of grog extortion, I'm so sick of bars in Manly advertising prices and trying to market them off as if they're good deals. It adds insult to injury and completely turns me off going there. I get that hospitality is doing it tough (apparently), however I'd prefer you just didn't market your prices at all. I already have to deal with a hangover, I certainly don't need you insulting my intelligence as well. Rant over! Yours frothfully,  
**Schooner McGavin**

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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## Driving ambition and the road to Net Zero

2023 was the hottest year on record and, alarmingly, 2024 is shaping up to hit new records. There is a small but definite window available to pivot, and upscale our emissions reductions to reach Net Zero as soon as possible and ensure a safer future for our kids and generations to come. For that, we need a clear national target to drive investment and technology.

Under the Paris Agreement, in 2025, all nations will need to nominate their 2035 emissions reduction ambition. It is important for Australia to have a strong 2035 target to stay in the race to achieve net zero. We need a floor of 75% emissions reduction by 2035 and strong sectoral targets to ensure emissions reduction across the board. Every industry and sector will need to pull its weight to get us there.

Everyday use of electricity and transport, as well as manufacturing, commercial and building use, generates the bulk of Australia's emissions.

Transport emissions currently account for over 18 per cent of Australia's carbon emissions and are increasing as our population increases. Of this, cars and light commercial vehicles are responsible for two-thirds of those emissions. That's why we need a roadmap for the transport sector: invest in clean public transport solutions, set a minimum new vehicle sales target of 90% electric by 2035 and increase investment in charging infrastructure.

In the meantime, we urgently need fuel emissions standards and I strongly support the Government's recent proposal to introduce New Vehicle Efficiency Standards in 2025. This is a no brainer. Amidst a cost-of-living crisis, it ensures Australians have access to fuel efficient vehicles and the latest in safety and technology.

Similar standards cover 85 per cent of the global market and have been used for decades to cut transport pollution and improve the efficiency of new cars. Australia and Russia are the only laggards in the developed world without fuel efficiency standards.

Let's be clear, fuel efficiency standards are not a tax. The scheme functions more like an annual emissions budget allocated to car importers for the vehicles they intend to sell in Australia. The budget is not applied to cars individually, but rather the overall fleet so there's an



Every dollar counts, it pays to have choice

incentive for importers to bring in a mix of cars, including EVs, Hybrids and internal combustion models that, on balance, are more fuel efficient.

But what about cost? Real world evidence has not shown any increase in cost to the car consumer, but it will encourage importers to offer Australian motorists more choice.

Let's look at the example of a Ford F150 ute. In America, where there are fuel efficiency standards, the customer has the choice of either an electric model and the traditional petrol or diesel model. Australian customers are only offered petrol and diesel options, as there is currently no incentive to bring cleaner models to our shores.

Having fuel efficiency standards will discourage manufacturers from importing 'dirty' cars while providing Australians with cleaner and cheaper to run cars. When every dollar counts, it pays to have choice.

The need for climate action has never been greater. While there are challenges ahead, adopting fuel efficiency standards is a simple step to assist the transport sector do its bit in the race to Net Zero.

Words: **Zali Steggall OAM MP**

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## Federal Politics

### The housing crisis, the people's jury and having your say

The housing crisis is hitting people hard across the country, including here on the Northern Beaches. House prices have skyrocketed, and rents have hit unheard-of highs.

I am regularly approached by constituents who are finding it difficult to find a place to rent, or who say they worry how their children will afford to buy a home anywhere near where they grew up in our beautiful Northern Beaches.

Recently, at a meeting with local principals I heard about how the lack of affordable housing makes it harder to recruit teachers to work on the Beaches. Several teachers even commute from the Central Coast each day. It's the same for many of our key workers at Northern Beaches Hospital and in the NSW Police.

A Corelogic survey, published in March, put the median price of housing in the Northern Beaches at \$2,050,000. The Northern Beaches also has some of the highest rents in Sydney. But how to fix the problem of unaffordable housing?

There's no simple fix, but I believe the people of Mackellar and the Northern Beaches will have their own unique set of solutions and ideas. It's clearly not a matter of rezoning land around railway stations, as we don't have any. Our public transport is limited, and many people already depend on cars.

We have areas that could be opened up, but they are often in sensitive bushland, while other areas are low lying and face threats of flooding or erosion, particularly as climate change takes hold.

The Northern Beaches Council has developed its 2040 Housing Strategy for additional homes including a new town centre at Frenchs Forest, adjacent to the Northern Beaches Hospital, which will deliver a significant boost. But more policy responses are needed. That's why in June I'll be holding "a people's jury" on the housing crisis in our area. I want to hear from our community about how to alleviate this problem for Mackellar.

In seeking the views of the community, I will use a process called "deliberative democracy", which is being used increasingly in Europe for difficult-to-solve issues. With the assistance of not-for-profit organisation, New Democracy, we will convene "a people's jury" of 30 people who will be representative of our community. They



Sophie values your say on the housing crisis

will work with experts to come up with ideas to address the housing crisis.

Over coming weeks my office will be inviting volunteers to take part in a one-day event. From this pool we will use demographers to match the jury with the population make-up of Mackellar. Even if you're not chosen for the jury, there will be an opportunity to participate via a survey and we'll also livestream and record the expert presentations. I urge you to submit your views so they can inform my actions on housing.

Many aspects of housing policy fall to state and local governments but there is a role for the federal government both in leadership and policy. As your local federal member, I want to really listen to the community's ideas on how the Northern Beaches' Mackellar community should tackle this problem.

I know the people on the Northern Beaches have a broad range of experience and we have some of the most creative minds in the country here. So, I hope you will help me come up with focussed policy solutions that I can take to Canberra. I'll be sharing the outcome of the deliberations with the entire community in the second half of the year.

Keep up to date with Dr Sophie Scamps MP's initiatives at [sophiescamps.com.au](https://www.sophiescamps.com.au)

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

# Mackellar's Housing Crisis



## I'll be hosting our first ever People's Jury on Housing

Find out more

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Authorised by Dr Sophie Scamps MP, Shops 1 & 2, 1238 - 1246 Pittwater road, Narrabeen NSW 2101

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## Everything you need to know about a Lifeline Book Fair

The first 2024 Giant Book Fair from Lifeline Northern Beaches will be held at Forestville Memorial Hall from Wednesday to Saturday, 17 to 20 April

We spoke with Penny Cervetto, Book Fair Coordinator at Lifeline Northern Beaches, asking the expert the top ten most frequently asked questions about the famous Lifeline Book Fairs, crucial in raising funds for Lifeline's local crisis support and suicide services.

**1. How many books are at the Forestville Book Fair?**

We'll be taking more than 2,500 boxes of books to Forestville Memorial Hall, and with an average of around 30 books per box, there will be more than 60,000 titles across more than 50 categories. The categories range from Art to Military History, Children's to Young Adult, and Sci/Fi Fantasy to Reference and so much more.

**2. Is it just books?** Not only do we have more than 60,000 books but there are thousands of CDs, DVDs, and hundreds of puzzles, games, vinyls, Lego and gaming. There's also a collectibles section which has rare books.

**3. When does the Book Fair start?** There is an Early Bird entry at the Forestville Book Fair from 8am on the Wednesday. It costs \$10 to enter between 8am and 11am. After 11am until 6pm, entry is by gold coin donation. We're open Thursday 9am-6pm, Friday 9am-6pm and Saturday 9am-3pm with gold coin entry - and EFTPOS is available for anyone who doesn't have cash.

**4. Who can come to a Book Fair?** A Lifeline Book Fair is for everyone. It's wonderful to see young children come in with their parents or grandparents and for there to be such a huge variety of people seeking out books at great prices while supporting Lifeline.

**5. Is it just old books?** The great thing about a Book Fair is that we get such a wide range of donations that there are books that are more than 100 years old, while also brand-new titles that have only just been released. You can find books that are long out-of-print that you might not find anywhere else, and then find new books at less than retail.

**6. Can I donate at the Book Fair?** We don't accept donations of books or other items at the Book Fair. To donate these items, please visit our Book Depot at 18 Roger Street in Brookvale from 8am-12pm Monday to Friday.

**7. Can I volunteer?** Yes! If you're interested in volunteering with us, send us an email at



Lifeline Book Fair volunteers L-R: Penny, Emma, Katja

admin@lifelinenb.org.au. We have opportunities for people interested in particular topics to be in charge of a specific category. You get to join a friendly team of volunteers who regularly give their time to raise funds for Lifeline and socialise.

**8. How much are the books?** There's a range of prices, depending on the type of book. We have books for as little as \$1 each in the children's section, with collectibles up to a few hundred dollars. Most books are between \$5 and \$20 each. Plus, the final day is half price day - just spend \$30 or more and you get everything half price.

**9. Where do the funds raised go?** All proceeds from our Book Fairs help provide local services to our community, including counselling, support groups and financial counselling.

**10. How can I find out more?** Visit our website: [www.lifelinenb.org.au/book-fairs](http://www.lifelinenb.org.au/book-fairs)

Lifeline's Forestville Book Fair is on **17-20 April**.  
Wed 11am-6pm, Thurs 9am-6pm, Fri 9am-6pm,  
Sat 9am-3pm.  
Early Bird entry from 8am on Wed for \$10.

Words: **Lifeline Northern Beaches**

Need support? Lifeline is available any time.

Call **13 11 14** or text **0477 13 11 14**

Ongoing support is available through local services.

Visit [www.lifelinenb.org.au](http://www.lifelinenb.org.au) to find out more.

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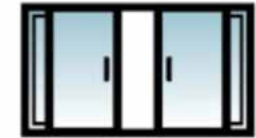
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Mali in action at the 2023 World Para Championships

**Sport**

## Mali Lovell's fast track to Paris

In a few months Paralympic fever will take hold, and we'll be whisked away on five interlaced rings to Paris, the City of Love, the Capital of Fashion, and, if all goes to plan, the home of a Paralympic medal for Allambie's 19-year-old Mali Lovell.

Most recently, Mali was honoured to be named the winner of the Amy Winters Female Para-athlete of the year for 2023 from Athletics Australia. She will be competing at the World Para Championships in Kobe, Japan from 17-24 May, and at the ACT Championships in January she achieved another Paralympic 'A' qualifier, which basically means she has achieved all the qualifying times and requirements to be eligible for the Paris games.

Mali's journey to international athletic competition was however very slow out of the starting blocks. "My first ever race was at David Thomas Reserve, when I was in Kindy," recalls Mali. "I came dead last by a very long way, probably about 50metres!" The fact she

was even running at all by 5 years of age was a huge feat to begin with.

"Mali was born with ataxic cerebral palsy," explains her mum, Melissa. This affects the cerebellum, which for Mali is about half the size it would otherwise be. This in turn affects speech, balance, coordination, everything related to motor function, movement regulation, and balance control. "In many ways, Mali was the perfect baby," says Melissa. "She didn't move! I could have left her on the change table, gone to make dinner, and she'd still be there. For the record, I never did that!"

Mali was also very slow to talk. The Lovell family developed their own sign language, replete with a picture book they took to preschool at age 3 so the teachers could communicate with Mali and know what each bespoke Lovell family sign actually meant. Around the same time, Mali first started to walk. "She was like a newborn foal," recalls

Mel. And running was not something that would come early or naturally, but thanks to dedicated physio and occupational therapy, and countless hours of pushing a wheelbarrow – sometimes filled with bricks – up and down the driveway, Mali's newborn foal steps became more confident, assured, and fast!

At 12 years of age, good friend, fantastic runner, and current training partner, Olivia Inkster, and her mother Alina, noticed there was a Parasection of Little Athletics, and encouraged Mali to give it a go. Little Athletics at Narrabeen becoming a staple. The newborn foal was suddenly on track to Phar Lap supremacy. Her lightning pace secured an invite to the Cerebral Palsy World Games in Spain in 2018, narrowly missing a spot in the Tokyo Paralympics in 2020, securing a NSW Institute of Sport scholarship at age 17, and taking the T36 category by storm at last year's World Championships, also in Paris, coming out of nowhere to win Silver.

When not training under the expert guidance of track superstar Melinda Gainsford-Taylor and coach Katie Edwards, Mali's inspiring others by volunteering at Cerebral Palsy Alliance, and working at Rebel Sports, whose partnership with Athletics Australia assists athletes secure work that can best fit in around busy training and competition schedules. But Mali's prime focus from now till the finish line in Paris is clear, "There's a lot of training ahead, some more qualifiers," says Mali. "But if I can get stronger, become faster out of the blocks, I know I'll have a chance of a spot on the podium."

Words: **Liam Carroll**

PHOTO: ATHLETICS AUSTRALIA

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# Heat is on to put Sydney's privatised Cayman Islands hospital back in public hands

Is the Cayman Islands-controlled operator of the Northern Beaches Hospital overcharging the government for public beds? It appears Brookfield is charging the local health authority more than twice the cost per bed than Royal North Shore Hospital. **Michael West** reports.

“The taxpayer is paying almost \$700 million per year to a company masquerading as a hospital operator which, at best, can deliver services for 250 public beds, yet the Royal North Shore Hospital, which has about 700 public beds, costs the taxpayer about \$700 million a year to run.”

This is the analysis of Andrew Gill, whose son Josh Gill died in tragic circumstances in the wake of hospital negligence at Northern Beaches in 2021. Gill, a lawyer, sued the hospital operator and settled confidentially – gaining a commitment that \$11,000,000 would be spent on the youth mental health crisis – and has since campaigned to have the Hospital put back in public hands.

The movement is gaining traction in the community with Mackellar MP Sophie Scamps, herself a doctor, raising the issue in recent days. That the Hospital operator never made good on its mental health commitment has helped.

“It is disappointing that more than two years after the former NSW government announced funding for a four-bed youth mental health unit [in the wake of Josh Gill's death], the Northern Beaches Hospital management has refused to provide the services.

“This raises a bigger



Would NBH be better off free of Cayman Islands control?

question about whether this private hospital model is in our community's interest. I am deeply concerned about the arrangements, and I will await the outcome of the NSW audit into the hospital with great interest.”

We reported last year in a joint investigation by Michael West Media and Andrew Gill that the operator was not subject to financial penalties for its breaches and that financial arrangements were highly skewed in favour of Healthscope/Brookfield.

If the point of privatisation is to provide financial efficiencies for the public, it is doubtful this has been achieved – as the comparison with Royal North Shore would suggest. The greater issue, according

to Andrew Gill, is the clear conflict of interest in having a hospital, an essential asset (and, in this case, a monopoly), run for profit for the benefit of a foreign financial engineering group. The lives versus profits conundrum.

Gill believes the group is in serial breach of its contractual obligations, but there is no public record of specific breaches and medical negligence claims.

Numerous approaches have been made by Michael West Media to the operator Healthscope (owned by Brookfield) and to the Northern Sydney Local Health District but both have failed to provide transparency either around the financial arrangements or of the breaches of

their health services contracts.

As to the cost of putting Northern Beaches Hospital back in public hands, if the operator is in breach of its contract, which may be the case due to ‘Step-ins’ under the contract where medical breaches must be disclosed, then compensation to the operator could be contained.

As for the audit on the Northern Beaches Hospital, he says there has been no recent announcement from the NSW Audit Office as to an audit being conducted on the NBH. “The potential for an audit on the NBH was announced in the 2023-26 Annual Work Program which was published on the NSW Audit Office website on or about 20 October 2023.

As “follow the dollar” auditing now finally applies in NSW, the owners of the NBH should be very afraid if the NSW Audit Office does its job to protect the public from the grotesquely ravenous charging policies of the ultimate owner of our local public hospital, which is Brookfield Asset Management (a Canadian asset manager who specialises in owning global ‘infrastructure assets’) who boasts of having an asset position of over \$1 trillion.

In December 2014, NSW entered into a public-private partnership (PPP) to deliver the Northern Beaches Hospital. Under the terms of the PPP, the private sector designed, built, operates and maintains the new hospital, which provides free public patient services as well as a range of services for private patients.

“The Northern Beaches Hospital is a part of the

Northern Sydney Local Health District, and the private sector partner remains responsible for providing publicly-funded health services until October 2038. Using follow the dollar provisions, this audit may examine whether the Northern Beaches Hospital is delivering publicly-funded health services transparently, efficiently and effectively.”

It is the word “may” which is key, says Gill. “Again, very equivocal language ... there is no guarantee that an audit will be held, which is disturbing when it seems very clear now that the taxpayer is paying [a fraction of the cost to operate RNS Hospital].”

Follow the dollar legislation passed in November 2022 and expanded the Auditor-General's mandate by providing the power to conduct performance audits of any matter where public resources are used to deliver services to the community.

“In this way, the Auditor-General will be able to follow the dollar. That means the Auditor-General will be able to report to Parliament about whether total public resources allocated to a particular program have been managed and applied effectively, economically and efficiently and in compliance with all relevant laws. It will no longer matter whether the body delivering those services is a government or non-government entity.”

## Analysis of hospital costs

In the 2021-22 North Sydney Local Health District (NSLHD) Financial Statements, an insight could be gleaned as to how much we the people of

NSW were paying the NBH.

As at 30 June 2022, the NBH was owed “\$51.6 million” for the month of June 2022. As the Northern Beaches Hospital sends a “monthly bill” to the taxpayer (via the NSLHD who is apparently meant to look after our interests: source, Project Deed) and as there are 12 months in a year then, if we owed the NBH \$51.6 million for one month's worth of service, the approximate yearly funding cost is about \$600 million. That is what my analysis was based off and supported my statement that we pay \$600 million for 250 public beds at most. The NSLHD has not told me that my estimation is incorrect (source: formal correspondence between Michael West Media and the NSLHD where I asked specific questions on this issue).

In the 2022-23 NSLHD Financial Statements, there is now no separate category for the ‘payables’ owed to the NBH by the people of NSW. Now, rather than telling us what is owed to the NBH, authorities have decided to reclassify the NBH costs into a catch-all category of “Creditors” – that number is now “\$124.3 million” – and no detail whatsoever is provided on the NBH as a separate category.

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

Michael West established Michael West Media in 2016 to focus on journalism of high public interest, particularly the rising power of corporations over democracy. West was formerly a journalist and editor with Fairfax newspapers, a columnist for News Corp and even, once, a stockbroker.

IMAGE: WIKIPEDIA



Community

## Soibada, Northern Beaches' Timor Leste sister village

In the lead-up to Anzac Day, veterans often reflect on their service and the impact it has had on their lives and that of their families.

Over the last 15 years, I have been involved in Anzac Day commemorations in many schools on the Northern Beaches. In 2009, at Maria Regina Catholic Primary School in Avalon, one such commemoration changed the direction of my life. I stressed to the children that day how I joined the military not because I liked war, but because I wanted to prevent it. I explained my hopes to play a small part in bringing peace to the world, to make it safe for children just like them to go to school and to live freely.

The children wanted to know more about where I had served. We talked about the tiny nation of Timor Leste, their incredible 24-year fight for independence, and INTERFET, the peacekeeping force led by Australia that was sent there in 1999 - of which I was a part. It is not widely known that Australia has had ties to Timor Leste since WWII when our soldiers were protected from enemy forces by young Timorese boys and sheltered and nursed by the women. 40-70,000 Timorese lost their lives protecting Australians from enemy forces. Australia has a debt of honour to this country.

These young Avalon students were moved by the fact that children in Timor still suffered as a result of war and asked if they could help do something about it. At the initiative of the teachers and students, a project was launched to link the school in friendship with a primary school in Timor. I volunteered to help. Through connections from my service, Maria Regina was linked with a school in the village of Soibada. Before long the two local governments became officially partnered. **The Friends of Soibada** was formed.

In September 2009, I made my first trip back to Timor Leste since 1999. Instead of crawling from an RAAF Hercules Aircraft to a greeting of gunfire and smoke, I walked calmly across the tarmac with Mrs Kathy Gee, the then Principal of Maria Regina. In 2010 the official Friendship Agreements were signed between our local governments and the Friends of Soibada became a registered charity with DGR status. Volunteers from the Northern Beaches have been visiting the village twice a year since then (apart from during COVID). 18 other schools in Sydney have



Former Maria Regina student Isabeau with Soibada Village kids

partnered with or are in the process of joining with the schools in Soibada. Numerous community groups, surf clubs and churches of all denominations are now involved in sustainable development projects in the village.

Our goal is not to make the change but to facilitate it so that it comes from within the Soibada community. We must enable people to help themselves through education, training, and medical support, and thereby assist in a small way to restore the dignity that was stolen from the Timorese during the years of oppression and set them on a path to a better life. All our projects in the village are coordinated and led by a committee of local leaders.

It is amazing to think that one ANZAC Day presentation at a school resulted in the creation of a charity that continues to change lives today. It is proof that everyone can do something to help others and that the Maria Regina Primary School motto of "Making a Difference" is a way of life for the students. Many of them are now adults and have visited their friends in Soibada.

Visit [friendsofsoibada.com](http://friendsofsoibada.com) to learn more and follow [@friendsofsoibada](https://www.instagram.com/friendsofsoibada) on social media for all updates.

Words: **Tamara Sloper-Harding**

Community

## Sing for Joy

There are an estimated 421,000 people living with dementia in Australia, and 2 out of 3 are said to live in the community (rather than a nursing home). And according to Dementia Australia, over 1.6 million Australians are involved in caring for someone with dementia. While caring can be rewarding, it can impact on the carer's physical, mental and emotional wellbeing.

It is now well known that choir singing can enhance the emotional wellbeing of people living with dementia and foster social connection. So, with that in mind, Sharon Stoddart this year established "Sing for Joy", a dementia friendly community choir.

Singing on Tuesdays at Seaforth Baptist church, the choir provides people living with dementia in the community, and their carers, a fun morning of joyfulness and delight - singing out familiar favourites from a cheery "Singing in the Rain" to the soulful ballad "Love me Tender." The well-loved song selection brings joy to the choristers.



Members singing choir favourite, 'Love Me Tender'

The choir is supported by a group of enthusiastic volunteers, led by Dr Sharon Stoddart. "Singing is a wonderful way to find comfort and build connections," says Sharon. "That's what our choir is all about."

If you would like to **Sing for Joy** on Tuesday mornings at Seaforth's Baptist church, please contact Sharon on **0402 190 946** or Christine Redwood on **0400 202 180**.

Words: **Liam Carroll**

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**Art & Culture**

**Head Above Water**

The Northern Beaches Gallery proudly presents the **Head Above Water** charity art exhibition, opening its doors 11 - 26 May. This extraordinary event not only showcases the incredible talent of over 15 established and emerging local artists but also supports a cause close to our hearts.

**Art with a Purpose**

This exhibition is more than just an art show; it's a lifeline. By purchasing a piece, you're contributing 10% to 'Head Above Water,' an organisation dedicated to bolstering mental fitness and combating mental health challenges. Your support helps fund vital programs that make a tangible difference in preventing mental illness and reducing suicide rates across Australia.



For auction at the event, 'Calm Waters' by Katie Thomas

**A Night to Remember**

Join us on opening night, 5-7 pm, Saturday 11 May for an immersive experience of creativity and community spirit. Enjoy a curated selection of artworks, each telling its own unique story while sipping on fine beer and wine and savouring gourmet nibbles. The highlight of the evening will be a special auction featuring 10 masterpieces donated by some of our most popular artists, with 100% of the proceeds directly supporting the Collaroy charity 'Head Above Water.'



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Holly's inspiration draws from the ever changing movement of the ocean

### Cover Artist

## Holly Mahoney

**How long have you lived on the Northern Beaches?** 20 years. Originally from Geelong, met a Sydneysider in London... voilà, here I am!

**What's your favourite beach?** North Curlly. Magic spot. Epic waves and holds the sunlight for the longest dusk.

**Where's your favourite place to eat, drink, hang out?**

Riccardo's for pizza and Pinot, or Aomjai Thai with a Riesling! Usually - simply at Dee Why Beach.

**What's the best thing about the Northern Beaches?** The ability to have your feet in the sand and jump in the ocean in minutes.

**What's one of your best memories of life on the Beaches?**

Simple pleasures, a swim before work, or appreciating the last of the pink hues at sunset.

**If you had to live anywhere else, where would that second-best place on Earth be?**

Amalfi Coast. Swim, draw, paint, and sip vino.

**What inspired your cover art?** My love of the ocean and the pure joy and playfulness that the ocean can bring about -

even to these majestic mammals. Whales sing to a whole other level of play. I've created a collection of whale artworks for the start of their migration heading north to breed, before the mothers and their calves return later in the year. Sighting whales is captivating. I've had countless experiences glimpsing a waterspout, spectacular breaches, tail slap, or a fin waving. I find it hard to draw myself away.

**What inspires you in general?** My artwork is how I see the world around me, light and movement, the colour of the ocean or the line of the human form, communicated via charcoal, paint - whatever the medium - to canvas or paper. Something intuitive, strong, and powerful, that you cannot get from a photo or Artificial Intelligence. It's personal and, I hope, connects with the viewer.

**How would you describe your art?** Emotive, gestural and impressionistic.

**What is your favourite part of the process?** I take joy in mark-making as a direct and intuitive response filled with energy.

**You held your first solo exhibition, "Drawn In", last**

**November. What stands out the most in your memory of that opening night?** There was overwhelming love in the room. Everyone just lit up. I was calm, having done all the work to prepare the gallery, but it was a contagious high. And a sea of red dots!

**Which artists or other inspiring people, dead or alive, would you most like to have dinner with and why?**

Ah the 'Artw@nk' question haha! I would invite Turner, Matisse, Van Gogh, Gauguin, Toulouse-Lautrec, Brett Whitely, and Matt Damon. (Why not!)

**Did you study art?** Yes, Bachelor of Art, double major Painting & Drawing - as I couldn't split the two disciplines.

**What are you currently working on?** A few commissions are now on the easel in my studio in Brookly.

**What's your favourite thing about what you do?** That I'm bloody doing it!

**How can people buy and support your art?** The cover and small collection of whale paintings are available online at [hollymahoney.com.au](http://hollymahoney.com.au) or follow [@hollymahoney.artist](https://www.instagram.com/hollymahoney.artist) on socials. Positive vibes always welcome.

**What would you like to see in the future of the Beaches art scene?** More life drawing - watch this space!

**What advice do you have for young or aspiring artists?** Just make your marks and go for it!

**Are there any words of wisdom you're guided by?** Walk your talk.

See all of Holly's work online at [hollymahoney.com.au](http://hollymahoney.com.au) and follow [@hollymahoney.artist](https://www.instagram.com/hollymahoney.artist) on Instagram for all updates.

Interview: Liam Carroll



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With over 2,000 active businesses Brookvale is a hotbed of entrepreneurial talent and innovation with the potential to become an internationally recognised place where creativity and technology are seamlessly and naturally fused.

This is a very compelling story particularly when you consider the manifold talents that make up our Brookvale landscape: we have engineering capabilities that service industries from biotechnology to aerospace, we can deliver on just about any conceivable specialist automotive need, we're creating models and props for most of the major Hollywood films shooting in Australia, we have revolutionised key sectors in advertising and are working at the forefront of education.

We have produced award-winning films, created albums for major recording artists and are surrounded by some of Australia's best-known and much loved music talent, we've shot the front covers for countless magazines, we make sustainable paint and ink products for the world, we've won major art prizes, we produce award-winning beers and spirits, we're the original home to the Australian surfboard manufacturing industry as well as the creator and current home to the Aussie Ugg Boot...and that's just the tip of the iceberg.

Most cities would kill to have what we have - a creative industrial zone situated in a location like Brookvale with adjacent parklands and stunning beaches. These are exactly the places where



BAD merchandise spotted at Bucketty's Brewery

vibrant and successful economic and cultural centres exist around the world. Miami Creative District is one example, a place that has risen, within only one decade, from a tired old industrial zone near the beach to what is now one of America's top-ten tourist destinations.

What happened in Miami was made possible through philanthropy, private investment, and regulatory support. Given Brookvale shares many similar characteristics and arguably outshines the Miami precinct with the scope of our creative/tech offering, ideally we can create something comparable here in Brookvale.

Brookvale Arts District is now a rapidly growing coalition of individuals, companies and institutions working together to build awareness, enhance cultural and economic growth and to ensure the suburb's key creative, tech and industrial fabric is successfully integrated with any future development of the area.

In collaboration with our good friends at Tawny, the BAD team are looking forward to sharing stories about the remarkable people, places and projects that are the essence of Brookvale and the Northern Beaches.

Words: John Meredith



Innocent until proven guilty

### Community

## You're under arrest

First of all: Respect police. Don't resist and don't joke with them. I can't tell you the number of my clients that tell me, "I was only kidding". Well, the Police aren't joking around, and nothing is "off the record". Their eyes, ears and bodycam records everything and it will be reflected in your Fact Sheet handed to the court. You do however have the right to be treated with dignity.

Secondly, if you are suspected of committing a crime or you have been arrested you have the right to remain silent. You should give your name and address but otherwise you politely say, "I don't wish to answer your questions at this stage."

Thirdly, the police must tell you that you are under arrest and what for or they cannot hold you in custody - the exception being anti-terrorism and some domestic violence offences. You are entitled to phone a lawyer and a friend. If you are under 18 years of age, you must have a responsible adult with you before you are questioned.

This is a short overview, and the law is evolving day to day, but my advice remains the same, if arrested, do not sign anything before speaking with me or another lawyer. If English is not your first language, then ask for an interpreter.

Have a great Easter and remember sometimes good people make bad decisions.

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PHOTO: NUIJUI - UNSPLASH

Words: Bronwyn Pullinger

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PHOTO: Renate Riemmueller





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Each month we print 50,000 full colour magazines, with 47,500 delivered directly to residential letterboxes, and 2,500 placed in highly frequented public places from Manly to Palm Beach.

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](mailto:liam@thetawnyfrogmouth.com.au)**

## April 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0122 1.60 0821 0.65 1412 1.18 1935 0.78	2 0225 1.58 0938 0.65 1531 1.17 2052 0.81	3 0342 1.59 1053 0.59 1656 1.22 2219 0.77	4 0458 1.66 1155 0.49 1801 1.33 2333 0.67	5 0603 1.76 1247 0.38 1854 1.46	6 0036 0.55 0659 1.85 1334 0.30 1941 1.60	7 0133 0.43 0650 1.89 1317 0.25 1926 1.73
8 0128 0.34 0741 1.87 1359 0.25 2011 1.85	9 0221 0.28 0831 1.80 1440 0.29 2056 1.92	10 0315 0.27 0922 1.69 1520 0.37 2141 1.95	11 0409 0.30 1014 1.55 1600 0.48 2227 1.93	12 0505 0.37 1106 1.41 1643 0.59 2314 1.86	13 0605 0.46 1202 1.29 1727 0.71	14 0004 1.76 0708 0.55 1303 1.20 1818 0.80
15 0100 1.65 0816 0.62 1416 1.17 1924 0.86	16 0205 1.57 0923 0.65 1533 1.18 2042 0.88	17 0317 1.52 1021 0.65 1636 1.24 2157 0.85	18 0421 1.52 1109 0.63 1723 1.32 2259 0.79	19 0513 1.54 1147 0.59 1801 1.41 2349 0.72	20 0556 1.56 1221 0.55 1836 1.49	21 0032 0.65 0634 1.57 1251 0.53 1908 1.57
22 0112 0.60 0711 1.57 1320 0.52 1938 1.65	23 0149 0.55 0746 1.55 1347 0.52 2009 1.71	24 0227 0.51 0823 1.51 1415 0.54 2040 1.76	25 0305 0.50 0901 1.47 1445 0.57 2114 1.80	26 0345 0.50 0942 1.41 1518 0.61 2149 1.80	27 0429 0.51 1025 1.36 1554 0.66 2229 1.79	28 0515 0.54 1112 1.30 1635 0.71 2314 1.75
29 0610 0.58 1206 1.26 1725 0.76	30 0006 1.71 0713 0.59 1310 1.24 1827 0.80					

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: MAT GEYER @G\_EYE\_R\_PHOTOGRAPHY



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



Murphy the Golden Retriever in for an ear infection

### The Seaforth Vet

## Changing of the Seasons

As the vibrant hues of spring and summer start to fade, and the cooler mornings and shorter days announce the arrival of autumn, veterinarians along the Northern Beaches will often see a shift in the cases they see.

During the spring and summer months I see many dogs with skin conditions, ear infections, wounds (from self-inflicted cuts from running on oyster shells, to run-ins with other animals), and insect bites. When I graduated, I very occasionally saw an anaphylactic-type reaction as the result of an insect bite. Recently I have seen more and more of these cases. Dogs often come in collapsed and can vomit or pass diarrhoea. They often require intense medical intervention. As these insects mainly lie dormant over the cooler

months it's not something we generally see through winter.

The high pollen counts, abundant fresh-cut grass and high humidity of the spring and summer months, mean dogs suffering from allergic dermatitis are at their most vulnerable. I spend much of my time trying to reduce the itch and clear up secondary bacterial infections. As the pollen count and humidity drops their skin often improves dramatically, reducing the need for trips to the vet.

Another summer plight is ear infections in our dogs with big floppy ears and a love for the water (Golden Retrievers and Labradors of the Northern Beaches, I'm looking at you). Their ear canals get wet and then don't dry out because of their conformation. This,

combined with the humidity, creates the perfect environment for an overgrowth of yeast and bacteria. As trips to the beach and the humidity drop, I spend a lot less time looking down dog's ear canals and the microscope.

As Autumn sets in and the temperature drops, the focus of pet care shifts towards addressing the needs of our older animals, particularly those with arthritis. The colder weather can exacerbate joint pain and stiffness in these animals. I often spend a lot of time discussing different things we can do to minimise the impact of arthritis on a pet's quality of life. These include managing diet and exercise, bedding, nutraceuticals, and, where appropriate, analgesic medications. If you are concerned that your pet (cats can suffer from arthritis as well) has arthritis, please contact your vet.

Although not weather-related, with the Easter long weekend just around the corner, remember that while chocolate tastes amazing (and there is nothing more fun than to watch the sheer delight on young children's faces during an Easter egg hunt), chocolate is toxic for dogs. So, keep the chocolate well away from your dogs. If they do manage to get hold of some and eat it, please contact your vet. I will never forget the look I got from a dog I made vomit, after we found out it was his sister who had eaten the stash of Cadbury easter eggs.

Words: **Dr Lewis Hunt**

This content is for informational purposes only. It is not a substitute for professional veterinary advice. If you have any concerns or questions regarding your pet, please contact your vet for advice.



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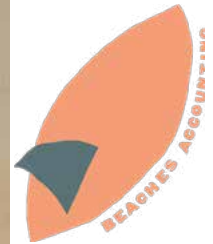


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For accountant Tom, life's a beach

### Business

## Beaches Accounting

G'day Tawnies, Tom here from Beaches Accounting. We specialise in small business accounting. I just wanted to say hi and give you some info on two of the most commonly asked questions I hear.

### Can I claim my surfboard as a tax deduction?

YES! If you are a professional surfer or a surf coach. BUT also, if your business requires you to have meetings out in the ocean and you can connect this to earning income then go for it. If you use a surfboard as decoration for a meeting room for your business (the same as an artwork) then you may also be able to claim that magic board. Don't forget any personal use won't be deductible.

### How can I pay less tax?

This question comes up a lot, and paying tax isn't bad, it just means your business is doing well. Having said that, no one likes to pay overs. The best way to pay less is to maximise your deductions. So, keep good records and have in place good processes to ensure you don't miss anything. Make sure you have the right business structure in place for your business and don't be afraid to ask for advice along the way!

We offer a free drop-in service 1 hour every week. If your business could use some Beaches Accounting insights, visit [beachesaccounting.com](http://beachesaccounting.com) or scan here for details:



Words: **Tom Daven**

Advice given in this article is general in nature and is not intended to influence readers' decisions about investing, tax or financial products. They should always seek their own professional advice that takes into account their own personal circumstances before making any financial decisions.

## Zen & the Art of... Timber Boat Building

Depending on your chosen rat race through the streets of Brookvale - everyone has their own preference for navigating the Beaches' industrial heart - you may or may not have seen Ian Taylor and Duncan Ritchie's latest foray into the dying art of timber boat building. But do yourself a favour, and next time you're dodging trailers and beeping past double-parked trucks, peek up the 15 Sydenham Road driveway to see what Ian and Duncan are bringing to life, and ask yourself the same question everyone else does, "How the hell they gonna get that boat outta there?"

This is no ordinary boat, a labour of love that will take some explaining. For Ian, timber boat building has been an integral part of his life since an early age. "My father worked for Stannard Marine Group. On Saturdays I'd go with him, out on the boats, and I knew I was going to continue on with boats," says Ian. "I started my apprenticeship in Lavender Bay, carried on from there. Moving to Pittwater, my saving grace was the Royal Sydney Yacht Squadron, who were a great support. I built probably a dozen big 40foot boats for them over the years."

For Duncan, Rocksalt Sound's Audio Engineer and Acoustic Consultant, his genesis story is somewhat different. "I used to harass Ian after school," explains Duncan. "How am I going to build my speaker boxes?!" It was the 70s and Duncan wanted to make some noise, something he's been very successfully doing ever since, but the infection for the timber boat building craft also took hold. "His father asked me to employ him when he was 14," recalls Ian. "And he'd also pay his wages for the first year too!" The master and apprentice bond was formed.

For a litany of reasons, timber boat building is in a state of dangerous decline. The corporatisation of the timber trade has made it close to impossible to source any quality timber over 6meters in length. Great boats need great lengths of timber. In a bygone era, small timber yards would venture into the bush, find the perfect South Coast Spotted Gum for you. No more. Ian is calling upon timber stocks he's built up over the past four



We're going to need a bigger shed

decades to complete this job.

No timber is compounded by a lack of understanding of timber's superiority to fibreglass for boat construction, maintenance, and feel. "It's like a Ferrari versus a Holden," says Ian. "Timber is most elastic material we have, and if you get a problem, just pull the piece out that's causing the issue. If anything goes wrong with fibreglass, it's all connected, the whole vessel is in trouble."

As for strength and durability, Duncan's received plenty of "expert" advice from fibreglass heroes. "Oh geez mate, your planks aren't thick enough," say the experts. To which Duncan will reply, "OK, I've got a sledgehammer here", one of Dunc's favourite tools of construction, "how's about you can use this to hit my boat as many times as you like, as hard as you like, and I only want one shot at yours." The fibreglass experts will stoically decline. "If timber is hit hard, it will bruise, sure," says Ian. "But the same hit to fibreglass will shatter the whole thing."

As for longevity, Duncan's own timber boat is over 100 years old. And saleability? Ian famously built a superb timber boat in Bathurst, residents calling him Noah for his troubles, and once constructed, very willing and deep-pocketed purchasers appeared, as they always do.

Which brings us to the all-important question for when buyers start arriving for this latest creation, how the hell they gonna get that boat outta there? "I'll knock the wall down", says Ian matter-of-factly. Simple as that. Who gives a ship?

Words: **Liam Carroll**  
Featuring: **Ian Taylor & Duncan Ritchie**



Surfers of all ages join the campaign

### Environment

## The heat is on

### Paddle for Change sends a strong climate message to federal government

Australia's climate policies and fossil fuel projects have been put on notice as surfers and onlookers of all ages took part in the youth-led **Paddle for Change** on March 9.

Hundreds of people descended on Mona Vale Beach under the warm Saturday sunshine to paddle out at Bongin Bongin Bay or show their support from dry land. The event was part of a wider campaign to enshrine a 'duty of care' for younger generations of Australians into environment and climate laws, and to end once and for all a plan to drill for oil and gas off the coastline between Newcastle and Manly, known as PEP11.

Addressing the 200-strong crowd on the shore, independent MP for Mackellar Dr Sophie Scamps, who hosted the event, wanted the federal government to take notice and ensure that offshore oil spills and seismic blasting proposed under PEP11 do not occur.

"[Seismic blasting] is the sound of an atomic bomb going off underwater every 3 to 10 seconds, 24 hours a day for months and months on end, and you can imagine what damage that would do to our marine environment," she said. "Today is all about showing that we do not support this, we do not want it to go ahead and it's up to the Labor government to put an end to this."

Lead campaigner of the Duty of Care initiative Anjali Sharma said younger generations are the only ones who will have the opportunity to shape their future in the face of climate change. "We do not want a future that is marked and characterised by natural disasters increasing in



Anjali's speech drew a rousing reception

frequency and severity, because of destructive projects like PEP11," she told the crowd.

Peggy Oki - an American skateboarder, surfer and environmental activist - heard about Paddle for Change while visiting Sydney for a video shoot. She hopes the Albanese government will heed the warnings and act to prevent offshore mining. "There are people who care about this", said Peggy. "And actions must be taken immediately to avert climate change."

Speaking after the paddle-out, Dr Scamps said there was a "really great energy" when the surfers gathered in a circle out at sea. She also believed the health and wellbeing of young people needed to be considered when making decisions in Canberra, which is the main objective of the Duty of Care Bill that is currently before federal parliament.

"I want to say to young people out there, keep speaking up [for worthwhile causes] because you absolutely deserve to be heard. It could be a bright future, let's build it," she said.

These sentiments were echoed by many of the event volunteers and participants, who also took note of the optimistic energy throughout the morning.

The Duty of Care Bill was developed by independent Senator David Pocock and has the support of Sharma, who was the lead litigant in a landmark Federal Court ruling in 2021 that the then Minister for the Environment, Sussan Ley, owed young people a duty of care against climate change. However, the Minister successfully appealed the ruling in 2022.

Learn more about Senator David Pocock's Duty of Care bill at [adutyofcare.davidpocock.com.au](https://adutyofcare.davidpocock.com.au) and follow [@dutyofcarecampaign](https://www.instagram.com/dutyofcarecampaign) on Instagram

Words: **Ike Morris**

## Team 3132's Journey to Houston

In 2023, Dee Why's Ashley Nestlerode joined a Macquarie University robot club, the beginning of a mechanised worldwide adventure.

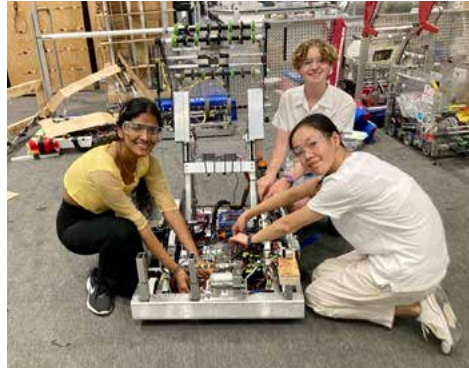
FIRST® is the world's leading non-profit advancing STEM education, on a mission to inspire young people to be science and technology leaders through exciting mentor-based programs in a competition setting. These competitions build science, engineering and technology skills, inspire innovation, and foster well-rounded life capabilities including self-confidence, communication, and leadership.

I first took part in a FIRST competition at Wollongong in 2023, part of the Macquarie University's Junior team. The games were called "CHARGED UP". We had to create a robot able to pick up cubes and cones to create patterns for points then balance on a platform. The nature of the games requires each team to conduct research, raise funds, design, build, and showcase their robots, all within an 8-week timeframe.

This is hugely challenging, but through a progression of team-based robotics challenges and backed by a global network of mentors, coaches, volunteers, alumni and sponsors, FIRST helps young people discover a passion for STEM and develop the skills we'll need to succeed in the modern, competitive workforce.

In Wollongong's CHARGED UP event, I was the robot driver, and my FIRST mate Likhita was the robot operator. We were doing great once our early software glitches had been solved, but then...Crash! Another robot hit ours. I looked to Likhita, trying to figure out why she was not moving the robot's arm? "Oh no!" she said, "our arm is broken." We had to think quickly. What to do!? We decided to drive the robot backwards and get in the way of the other robots to stop them from making points! Our tactics helped our alliance with two other teams win that round.

Following this, in April last year I travelled to Houston with the Senior team for the FIRST Championship event. There were over 600 teams from around the world. Imagine a scene straight out of a sports arena, but with robots instead of athletes. The competitions were filled with cheers, music, and a contagious electrifying energy. It is tradition to make gifts for other teams who visit our pit. Our 500 little



Team 3132 fine tuning for the Crescendo

koalas with team buttons on their jumpers were a hit. At the end of the week, we were so proud to have won the Judges Choice Award.

After a year of training, researching, and designing, I'm thrilled to be returning to Houston this April, selected to work as a part of the competition team for the robot. The game this year is called "CRESCENDO". Our robot arm needs to throw foam rings into two different areas and hang from a chain. Right now, we are busy crimping wires, sewing bumpers, preparing CAD software designs, and prototyping so many different mechanisms.

When we get back, we will start our public outreach programs by showcasing our robot's capabilities. I hope you will want to join us or help us in our quest to inspire the next generation of science and technology leaders. Together, we can empower the next generation of STEM leaders and make a lasting impact on their lives.

Gracious Professionalism and Cooperation are central themes to the FIRST experience, and these ideas expand far beyond robotics, applicable to every aspect of life.

Follow Ashley and Team 3132 at [team3132.com](https://team3132.com) and on Instagram @[team3132](https://www.instagram.com/team3132). Learn more about First® Australia at [firstaustralia.org](https://firstaustralia.org)

Words: **Ashley Nestlerode**



Cabbage Tree Palms have lots of fans

### Mal's Wild Side

## Hats off to Cabbage Tree Palms

Apparently, smattering some stringy palm fronds around a paddling pool will transform any suburban block into a beautiful Tahitian utopia...

Well, that seems to be the general consensus on the Northern Beaches. But does it matter what kind of palm tree you whack into the ground, if it looks vaguely tropical? I say yes and here's why.

Only one palm is indigenous to the "Insular Peninsula" and that's the glorious Cabbage Tree Palm (*Livistona Australis*). All the others are interlopers. There are over 2,500 types of palm tree species found around the world, over 50 of them are found in Australia, but just one belongs in our "hood". As it's indigenous to here, it especially suits our soils, our climate and our wildlife. Birds, such as the Topknot Pigeon, feast on their fruit.

The Cabbage Tree Palm occurs naturally from the Queensland coast down to Victoria, thriving in rainforest margins. It grows further south than any other native Aussie palm.

We honour its presence locally by having one of our most

scenic bays (and important aquatic reserve) named after it, Cabbage Tree Bay, covering 20 hectares from the southern end of Manly Beach to the northern end of the Shelly Beach Headland. Palm Beach also derives its name from Cabbage Tree Palms that were common in the area.

But these slender trees were valued and treasured long before Europeans landed here. The Sydney Basin's Eora people loved eating their growing tips as a celebratory food. They also used the tree's fibrous bark for fishing lines, its leaves to weave baskets and its trunk for shelter construction.

The edible leaf buds of the tree became known by first settlers as "cabbages" (although consuming these shoots effectively kills the plant). The fronds were also used to make the eponymous hats which were woven by convicts and first settlers to protect them from the hot Australian sun.

The process involved boiling, drying and finally bleaching the leaves before plaiting them.

Making hats from Cabbage Tree Palms went on to become a thriving cottage industry. It was the first distinctive Australian headwear and was worn widely by everyone from police troopers and surveyors to drovers and bushrangers. A well-made stitched hat was expensive to buy and could last for up to 3 years.

Cabbage Tree Palms are fairly easy to propagate from seed (when the red fruit turns black it can be peeled and planted). They prefer a deep moist soil in a sheltered position and require some shade when young. They are fairly slow growing but can reach 30m in height and are salt and wind tolerant. They can also be grown successfully in pots. If you'd prefer to buy one, they can cost \$35 for a 200mm pot up to a hefty \$599 for a 100 Litre Bag!

Species which are best avoided include the "Chinese Fan Palm"- very similar to the Cabbage Tree Palm but without the ecological benefits. And the ugly spindly looking Cocos palm (native to South America) which has become an invasive weed of national significance. Their tough flower spikes can also damage the wings of flying foxes and their unripe fruits are toxic to native animals.

Because they look so distinctive and take up little space Cabbage Tree Palms have become an ornamental feature in Gardens, Parks, Avenues and Plazas. Hugh Heffner used palm trees to turn his patch of dirt into a playboy paradise. Just imagine what they could do for your joint.

Words: **Malcom Fisher**



The pursuit of 'happiness might see you miss out on true love

### The Love Scout

## The War on Attention

When your smartphone becomes the third wheel

While many couples grapple with the gray areas of defining infidelity, there is an uninvited guest lurking in your living room, seductively slipping into your bed, whispering sweet notifications in your ear, and lighting you up at all moments of the day. Yes, I'm talking about your phone. As tech becomes more integrated in our lives, our relationship to it deepens. But has it gone too far? Is your phone the third wheel, or are you? This war on attention can leave partners feeling like they're competing for the spotlight even within their own relationship.

Imagine this: you're at a romantic dinner, there's mood music and candlelight flickering softly, you're gazing into your partner's eyes, about to pour your heart out, and then... ding! Your phone buzzes with the allure of an unread email or a tantalizing social media update. Who could it be? What do they want? What's going on? Just like that, your hand reaches and snap, the magic is broken, the moment is gone. Your partner sighs, looks out the window and

begrudgingly waits for you to refocus your attention back on them.

This scene is all too familiar. With an infinite stream of news, entertainment, updates and stimulation, our over-connect-edness can have a tendency to pull us out of the lives we are actually living and away from the people we love the most. So, can a phone be a third wheel? Is it normal to feel jealous over this?

Well, relationship therapists John & Julie Gottman have spent over 40 years researching what makes relationships work. One of the key takeaways from the research was around a concept called 'bids for connection'. When your partner initiates a conversation, makes a comment, seeks out touch, intimacy, or sex, these are all seen as bids, attempts, or offers to connect with you. One of the single most determining factors of relationship success is how often you lean into these bids for connection. People who go the distance and report strong relationship satisfaction lean in around 85% of the time. Once

a couple starts to drop below 50% the harder it becomes and the more unsatisfying the relationship feels.

When partners lean in, a person feels loved, seen, cared for, nurtured, and supported. Conversely, when partners turn away, it can leave a person feeling unloved, ignored, unimportant, dismissed, neglected, and rejected. The compounding of these negative feelings can build up quickly and lead to emotional distancing, anger, and resentment. Given this understanding, it makes perfect sense why someone might feel angry, jealous, threatened, or frustrated about their partner's phone use. Furthermore, it's not uncommon for it to feel personal as it can trigger our rejection wounds; I can't believe you're choosing your phone over me!

It is sadly ironic that in our quest to stay connected, we can disconnect from the person right in front of us. And let's not forget that these machines have been designed and built with every intention to keep us addicted, and this is a war of attrition. Without mindful awareness and boundaries, the constant barrage of information of tech bids for our attention can have seriously damaging effects on our emotional bonds. Even if it's 15 minutes a day, make sure to make time for flight mode, where you disconnect from tech and re-connect in a meaningful way to your special person.

Words: **Scout Smith-O'Leary**  
Scout is a Relationship Therapist providing counselling to couples & individuals. Based in Manly. Telehealth available. Visit [thelovescout.com](http://thelovescout.com) or call **0410 030 463** for more info or to book a session.

### A Little Advice

## Footpath Rage

**Q. Up until 6 months ago, our street did not have a footpath. Residents, including myself, would often park their car across their driveway out of habit. However, now that we have a footpath, there are a number of neighbours that continue to park that way, forcing pedestrians onto the road. As a new mother regularly out walking with my stroller, this really frustrates me. Actually, it enrages me. Should I approach my neighbours face-to-face or is it OK to leave an anonymous note on their car?**

A. Ah parking, could there be a more Northern Beaches debate? With the council on a mission to rollout footpaths across the region, I dare say you are not alone in your frustration.

There are a couple of factors to consider, firstly, how well do you know these (clearly psychotic) neighbours? Secondly, what kind of car are we talking about? If it's a Tesla, that's a very different conversation to someone who owns, say, a Toyota HiLux. The other thing worth considering is your comfort level with confrontation. The saying, 'don't sh\*t where you eat' is very much appropriate in this situation.

I personally think a note never goes down well, anonymous or not. Even if they change their habits, they'll always be on the lookout for the note offender. And a face-to-face interaction could single you out as the Karen of the street.

While I appreciate how annoying it can be when people don't adhere to the social contract, I would encourage you to find some perspective and save the little energy you have to do something kind for yourself.

A much more fun idea is to turn it into a drinking game; every time you're forced to go around a car, walk that stroller straight to the nearest café and order the most obnoxious drink money can buy.

Words: **Candace Little**  
Candace is an award-winning screenwriter and copywriter who works with CEO's and industry leaders to elevate their social profiles. Find out more on IG [@candacelittlewriter](https://www.instagram.com/candacelittlewriter) or visit [candacelittlewriter.com](http://candacelittlewriter.com)



Darley Road, Red Cross Manly, fashion HQ

### Community

## New Australian Red Cross Shop opens its Manly doors

Australian Red Cross has opened the doors to its recently relocated retail store in Manly, moving from Belgrave Street in the southern fringes of North Steyne, to a new and improved Manly CBD prime location at 5/10 Darley Road, a birdie putt distance away from the iconic Budgy Smuggler.

Red Cross' wonderful team of volunteers have been working hard to have everything ready for the public, with the new store able to provide Manly locals with better access to quality new and pre-loved fashion for a cause, with all funds raised enabling Australian Red Cross to support vulnerable Australians.

"We're thrilled to open the doors to our new store on Darley Road and look forward to welcoming locals to shop for a cause," store manager Suzanne Creegan said.

"The funds we raise through Australian Red Cross retail stores support us to deliver our humanitarian programs, such as supporting people overcoming hardship, crisis, and disaster in Australia.

"We'd also love to encourage locals to not just shop with us but consider volunteering their time in store or donating their quality clothing donations."

For more info about volunteering opportunities or donating items, please visit [redcross.org.au](http://redcross.org.au) or contact the Red Cross Shop directly on **(02) 9170 0681** or pop into **5/10 Darley Road**. Follow [@redcrossmanly](https://www.instagram.com/redcrossmanly) on Instagram for updates.

Words: **Liam Carroll**



Succulent King Prawns on the culinary odyssey



A libationary ballerina

**Restaurant Review**  
**55 North**

Stepping across the threshold of 55 North, situated within the illustrious Manly Pacific, one is immediately enveloped in an ambience that whispers of sophistication with a sotto voce that could only be described as elegantly understated.

The decor, an artful blend of chic and coastal, mirrors the natural beauty and vibrancy of Manly, with views of the ocean that stretch into the horizon, painting a picture of serene beauty that competes with any masterwork for one's attention.

My culinary odyssey commenced with a dish that, at first blush, might seem deceptively simple: Champagne Battered Trout and Fries.

Yet, under the skilful hands of the chef, it transcended the mundane to achieve a kind of gastronomic alchemy. The trout, swathed in a batter kissed by champagne, offered a crunch that yielded to the tender flesh within, a testament to the magic that occurs when humble ingredients are elevated through innovation and technique. The fries, a golden accompaniment, were nothing

short of perfection, each bite a crispy echo of the last.

In a nod to the bounty of the sea that lay but a stone's throw from where we dined, the Regional Oysters were served. These jewels of the ocean, each a pristine offering of the sea's largesse, were simplicity incarnate, needing no more than a squeeze of lemon to unveil their briny depths. It was a moment of pure, unadulterated pleasure.

The Macadamia Nut Encrusted King Prawns were a study in contrasts: the succulence of the prawns, encased in a crunchy, nutty exterior, created a sensory experience that was both rich and delightfully surprising. The use of macadamia nuts was a stroke of genius, imparting a luxurious texture and a depth of flavour that married well with the sweetness of the prawns.

To accompany such fare, the cocktails were nothing short of a libationary ballet. The Signature Lilly Pilly Pop, with its base of Manly Spirits Lilly Pilly Pink Gin, danced on the palate, its notes of hibiscus syrup and lemon juice pirouetting with a smoke bubble that added a dramatic flourish to each sip.

The Peachy Princess was a symphony of peach and pear, a delicate concoction that melded fruit, flower, and spirit into a drink that was as intoxicating to the eye as it was to the tongue.

Dining at 55 North, one cannot help but be struck by the symphony of details that create an experience that is at once intimate and grandiose.

The meticulous attention to the marriage of flavours, the harmony between dish and drink, and the backdrop of natural beauty all contribute to an evening that is a feast not just for the body, but for the soul.

In this respect, 55 North is not merely a bar; it is a destination, a place where the act of dining is transformed into an art form, offering a reminder that, at its best, food is not just sustenance, but a celebration of life itself.

Words: **Faye James**

Faye is an avid foodie and recipe developer, the author of cookbooks *The Menopause Diet* (2023), *The 10:10 Diet* (2019), and *The Long Life Plan* (2018) and is a food, beauty and health journalist with over 20 years of experience. Follow IG [@fayecelinejames](https://www.instagram.com/fayecelinejames)

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND



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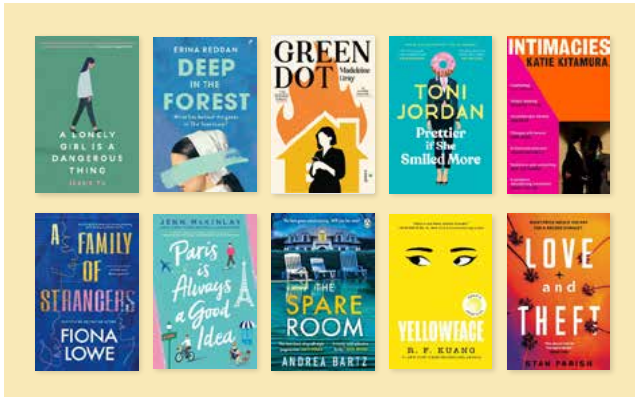
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Paige's collection of disappointing non-page-turners

### Tawny's Bathtub Bookclub

## Put these on your "not to read" list

Many of these books are massively popular and that is the wonderful thing about books, much like the stuff people put out in a Council clean up, one person's rubbish is another's treasure.

**A Lonely Girl is a Dangerous Thing** by **Jessica Tu**, who is a SMH book critic and classical violinist and sure knows how to write. Tu says this book aims to recharge discussion on sex, power, race and loneliness. It didn't do that for me. It just made me think I could see why this girl was lonely.

**Erina Reddan's Deep in the Forest** is supposed to be a gripping thriller with a shocking conclusion that will leave you spellbound. Nothing spellbinding about it as what was going to happen was obvious early on.

**Green Dot**, by **Madeleine Gray**, is so awful that I read it in less than a day just to get it over and done with. Said to be an irresistible and messy love story about the allure of

wanting something that promises nothing. Bingo. The main character is a Fleabag-esque female character of the highest annoying order.

**Toni Jordan's Prettier if She Smiled More**, the title says it all really. Lightweight, slightly funny but more frustrating. A disappointing follow up to **Dinner with the Schnabels**.

**Intimacies**, by **Katie Kitamura**, is said to be about a woman adrift in her own life. That should have been warning enough. It's a story narrated by an unnamed narrator and feels like a layered novel about superficiality.

**Fiona Lowe's A Family of Strangers** is a chunky well-written domestic noir book. It's got homophobia, racial tensions, schoolyard bullying, social media drama, family tensions, blended families, step-parenting problems, addictions and is set in Tasmania, which elevates it from trash to almost treasure.

**Paris is Always a Good Idea**, by **Jenn McKinlay**, and I couldn't agree more with the author about that idea. If you're looking for a light silly book that's written in the style of a preteen, then you'll love it. I kept hoping it would get better.

**The Spare Room**, by **Andrea Bartz**, is a book that should never be confused with Helen Garner's brilliant book of the same name. Bartz's Spare Room is a mystery/thriller but it's 90% Fifty Shades of Gray and 10% thriller. The only good thing about it was that I learned what throuple means. Look it up! This book was so awful I considered having a lobotomy to rid it from my memory.

**Yellowface**, by **Rebecca F Kuang**. Struth, if this is a realistic portrayal of the publishing industry then parents steer your children clear of it. It's a book about plagiarism, racism, internet trolling and the desperate need for recognition and fame. I hated every single character but loved the quality of the writing.

**Stan Parish's Love and Theft** is so forgettable that if I hadn't written about it in my reading journal then I would have forgotten it. It was the writer's crime debut and the New York Times said he was "the next great American crime novelist." I doubt that. Too much love and not enough theft.

**Where to buy**  
Try Lifeline because that's where my copies went, or if you insist on buying them new, please shop local.

Words: **Paige Turner**



### Home Cooking

## BBQ Prawns

Gluten free • low carb • high protein • keto-friendly  
Serves: 4 • Prep: 5 minutes • Cook: 10 minutes

#### Ingredients

300g fresh raw green prawns, unpeeled  
1 tbsp olive oil  
1 tsp minced garlic  
1 tsp smoked paprika  
½ tsp Italian seasoning  
1 tsp onion powder  
1 tsp garlic powder  
salt and pepper, to taste  
1 tbsp butter  
2 tbsp coconut cream

#### Method

Preheat a BBQ grill or a chargrill pan over medium heat.  
In a bowl mix the prawns with the olive oil, garlic, smoked paprika, Italian seasoning, onion powder, garlic powder and salt and pepper to season. Mix until prawns are well coated.  
Grill the prawns for about 4 minutes each side until the skin is pink and the flesh is cooked through.  
It cooking on a chargrill pan, add the butter and cream to the prawns to make a rich sauce. If cooking on a BBQ, heat a frying pan over the flame and add the butter, cream and prawns and stir until well combined.

#### Tip

This dish goes well with a Greek salad and some roasted sweet potatoes for extra fibre and nutrients.

Words: **Faye James**

Recipe from Faye's cookbook 'The Menopause Diet'

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND



## Dune Part 2

Genre Science Fiction

Frank Herbert's genre defining 1965 sci-novel Dune has proven to be a poisoned chalice for filmmakers. Many have tried to adapt the 'unfilmable' book with no success. Until now. Dune Part 1 (2021) was a visually striking and deeply immersive set up of the world, characters and machinations of the story, winning 6 Oscars for its sensational technical elements. Yet it was still just a part one, the jury was still out if director Denis Villeneuve and team could stick the landing.

Dune Part 2 is a triumph of gargantuan scale, mind-boggling craftsmanship, elevating every element from the first movie. It sounds better, looks better, the performances are stronger. There are more sandworms, more Hans Zimmer and more unique costumes.

The story is thematically richer than the first. As Paul is embraced by the Fremen and reluctantly resists the Messiah-like prophecies being aimed at him, we see the tension between characters who support the prophecies and characters who don't. The plot touches on ideas of the Messiah complex, revenge, the nature of religion and manipulation, colonialism, and indigenous self-determination among many others.

Look, this movie just rocks. There are at least 5 jaw-dropping set pieces of such high quality any other movie would be lucky to have even one of them. A movie has never looked and sounded better. Get to the movies and ride that sandworm yourself!

Words: **Christopher Roberts**

Chris is the author of @filmandfoodpodcast



**Subject** Peter Corbett's Tawny  
**Location** Forest Community Mens Shed



**Subject** Bucketty's Dachshund Dash  
**Photographer** Rob Edgren



**Subject** Sophie Scamps' Paddle for Change  
**Location** Mona Vale, Bongin Bongin Bay



**Subject** Manly Wharf sunset splash  
**Photographer** Trishmas Carroll



**Subject** Sausage, don't roll!  
**Photographer** Mat Geyer IG @g\_eye\_r\_photography



**Subject** Narrabeen Sands, Pole Position  
**Photographer** Swilliam Robinson



**Subject** Echidna on the go  
**Photographer** Raymonda Dijkwel



**Subject** Resident Golden Orb  
**Photographer** Suzanne Jensen-Lewis



**Subject** Bliss  
**Photographer** Nate Collins IG@Impersonate



**Subject** North Curly Tube Fest.  
**Photographer** Phil Cook IG @uggsnboardies





1. From which Manly establishment was global superstar Pink refused entry last month?
2. What was North Manly's Harris Farm building originally?
3. In which consecutive years did Tom Carroll win his surfing world titles: 83/84, 86/87 or 89/90?
4. Which international acclaimed Aussie actor, who calls the Northern Beaches home, has just released a book titled, "The Drowning"?
5. Opening in 1972 and closing in 1995, which Beaches suburb had then lost a Maccas?
6. Nutella is a chocolate spread flavoured with which nut?
7. In which sport would you associate the name Naomi Osaka?
8. What colour is Pokémon character Pikachu?
9. On an email, what does cc stand for?
10. Ending in a 1 – What percentage of the air is Oxygen?
11. What is the only chemical element whose name is 3 letters long?
12. In the US, what side of a freeway is the overtaking lane? Left or Right?
13. What colour Ribbon symbolises AIDS awareness?
14. What is the name of a Turkish Empire and a piece of furniture?
15. In cricket, the term "Batsman" has been officially changed to what?
16. Which of these NSW towns is located on the Murrumbidgee River: Albury, Bathurst, Orange, Wagga Wagga?
17. In the movie about two older men trying to complete a bucket list, who starred alongside Jack Nicholson in the 2007 movie "The Bucket List"?
18. Which Sydney FM Radio station did Kyle & Jackie O work at immediately before KIIS FM?
19. The tinned fruit company SPC – The S stands for which regional town in Australia?
20. In what year did the first episode of South Park air?

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## Sudoku Medium difficulty

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

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If heavy winter rains put another sinkhole in the Corso, a well prepared, low-lying, bring-back-the-Amphitheatre campaign is ready to activate.

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# Star Signs

by Krystal Bawl

## Aries Mar 21 - Apr 19

You swing between loudmouth and introvert and your friends love your extremes. Try out for MAFS, you'll clean up.

## Taurus Apr 20 - May 21

Idolising Tay-Tay is fine, but give up on the sequins or sew them on better, they're a choking hazard in bed.

## Gemini May 22 - Jun 21

Your relentless desire to talk about your extreme tastes in sex makes friends think you're all talk, no action. Give it up.

## Cancer Jun 22 - Jul 22

That sceptical look you wear with pride isn't doing you any favours and I'm sceptical, are you even a cynic at all?

## Leo Jul 23 - Aug 22

You know that saying about putting lipstick on a pig, well babe you are not a pig so go easy. Beautiful as you are.

## Virgo Aug 23 - Sep 23

Some say you're hard to please, but your massive circle of friends disagrees, we love you and your exacting standards.

## Libra Sep 24 - Oct 23

You let bad things run off your back like you're a duck. Breaking news, you are not a duck. Time to see your quack!

## Scorpio Oct 24 - Nov 22

You think you're in control of your life and perhaps you are, but this month life is in control of you. Go with it.

## Sagittarius Nov 23 - Dec 21

You never give up on your best friends and right now is no different, that's what being best friends means. Bless.

## Capricorn Dec 22 - Jan 20

Falling in love is easy, dealing with falling out of love is hard. The course of love never did run smooth said Shakespeare.

## Aquarius Jan 21 - Feb 19

Careful what you wish for, a full moon is rising in your sector, passions are running hot. Take it slowly, not too slowly.

## Pisces Feb 20 - Mar 20

Being aloof can have its advantages, but not for your online dating. You're at risk of being mistaken for a stalker.

# Introducing Crisp Lager



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**Trivia Answers**

- The Manly Skiff Club 2. Trashed 3. 1983/84
- Bryan Brown 5. Fairlight 6. Hazelnut
- Tennis 8. Yellow 9. Carbon Copy 10. 21%
- Tin 12. Left 13. Red 14. Ottoman 15. Boter
- Wagga Wagga 17. Morgan Freeman
- ZdayFM 19. Shepparton 20. 1997

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

**Sudoku Solution**

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