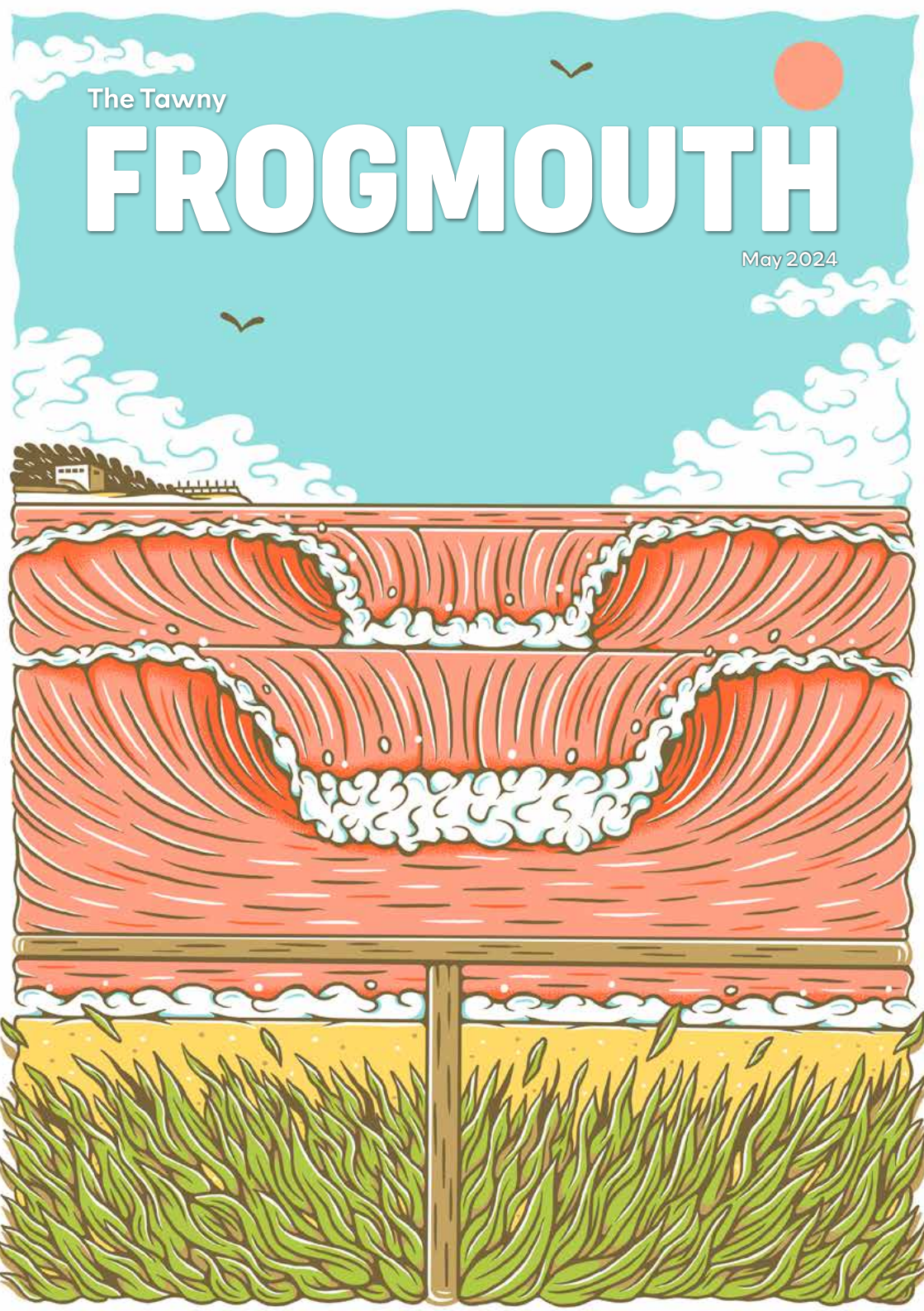


The Tawny

FROGMOUTH

May 2024



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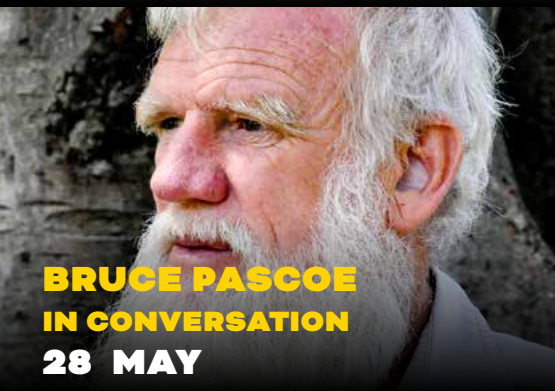
**THE PEASANT PRINCE
BASED ON LI CUNXIN'S MEMOIR
16-18 MAY**



**AN EVENING WITH
VIKA & LINDA
23-24 MAY**



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Save the date

2024 Kamaroi School Fair

Sunday 19th May 2024



Enjoying live music



Making flower garlands

Join us for a day filled with joy, community spirit, and enchantment as we celebrate the rich history of our school and create lasting memories for children and families alike.

Located in the stunning natural setting of Belrose, the Kamaroi Fair is an event that brings the whole community together for a day of fun and celebration. With over 40 stalls offering local artisan crafts, delicious wholesome food, boutique shopping and many activities for the children to enjoy, there will be something for everyone.

This year the fair will feature a variety of entertainment, including live music, climbing wall, archery, Henna, hair magic, face painting, treasures hunts and so much more!

For the food lovers there will be a variety of delicious wholesome food options, and don't miss the chance to grab some homemade cakes at the cake stall. Class 3 are also offering a selection of homemade produce.

Please support our sustainability efforts and bring your own reusable water bottles and coffee mug.

On the day you will have the opportunity to win exciting prizes through raffle tickets and the prize auction.

Prizes include a holiday in Port Macquarie, Four (4) x premium tickets to Coldplay Live Concert; Australian Tour 2024, Four (4) x premium tickets to State of Origin; NSW vs QLD, Game One and a \$500 Avy & Co. clothing voucher.

Parking is available at Belrose Super Centre with a free return shuttle bus service running from Home Co, Belrose Super Centre to the school every 10 minutes.

Mark your calendar, gather your friends and family, and join us on Sunday 19 May for a magical day at the 2024 Kamaroi School Fair!

We look forward to celebrating with you.



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G'day Beaches

Welcome to May, surfer's paradise, with light offshore, perfect waves, and the last desperate drops of warm water hanging on till the bitter end.

Thank you, Kentaro Yoshida, this month's cover artist and creative wizard for the GWM Sydney Surf Pro. Grab a perch at North Narrabeen, 9-16 May to cheer on all the action, ideally armed with Richie Lovett's page 20 form guide.

Northern Beaches Council is on a mission to demystify Net Zero, starting Sunday 2 June at Narrabeen Tramshed with a family-friendly event to cover everything circular economy and sustainability, and help you reduce household costs and carbon footprints.

Bush to Bowl unlock the flavours of Australia, inviting us all into the delicious world of bush tucker. Wild Man Mal Fisher reflects on his Tawny exposés of environmental woes, and Annabelle Neal debuts her Junior Glen Street Theatre reviewing with Dog Man: The Musical.

Most importantly, Happy Mother's Day!

Liam



The Tawny Frogmouth

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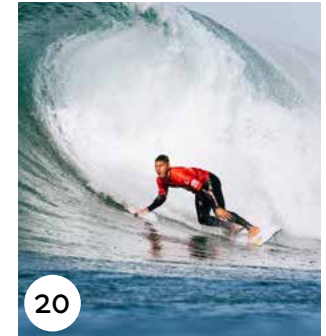
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47,500 to letterboxes from
Manly to Avalon;
2,500 to local businesses
Spit Bridge to Summer Bay

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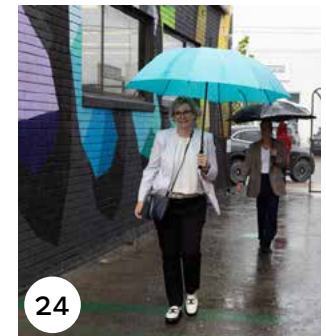
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from sustainably managed forests.

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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.

TRAFFIC & TRANSPORT FORUM brought to you by the Independents

Thursday 23rd May, 7pm
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with key stakeholders and
Transport Ministers

With the cancellation of the Beaches Link Tunnel, it's time to find out what's next!



Register Here:



Zali Steggall MP
FEDERAL MEMBER FOR WARRINGAH



Michael REGAN MP
INDEPENDENT MEMBER FOR WAKEHURST



Sol Gruending tearing Manly Surf Fest to shreds

Peninsula Wash Up

Manly Surf Fest

"In 25 years, I've never seen conditions this good, four consecutive, perfect days," proclaimed Steve Harrison, **Cunninghams Manly Surf Fest** director. Taking place 11-14 April at Queenscliff, the event served up set after set of dreamy 4-6foot canvases. **Sol Gruending** was the event standout, winning U18 Mens, third in Open Mens and an integral member of North Steyne's winning Tag Team. Other winners included **Saxon Weber, Alysse Cooper, Izzy Higgs, Jordy Bray** and Tawny delivery foot soldier **Gracie Bishop**. Poetically marking 60 years since Midget Farrelly and Phyllis O'Donnell won the first ever World Surfing Titles at Manly Beach, the free surfing exhibition in vintage boards ridden by Midget and Phyllis blew everyone's minds, **Declan Wyton's** perfect 10 sure to be spoken of reverentially for eons, if not longer.

Beer, Footy, Food, Magic

Whilst the NRL takes all first-grade games north to Brisbane for Magic Round, the NSWRL, North Sydney Bears and the Beer Footy Food Festival will be here to fill your rugby league cup. Six games over two days featuring all your favourite clubs and a couple of foundation ones on their way back! To turn the Magic into overdrive, 20 craft brewers will be spread across the North Sydney Oval grounds, plus gourmet food pop-ups, kids' entertainment and loads more to boot. Grab your mates, rally the family, and relish two cracking days at **The Beer Footy Food Festival, 18 & 19 May** at **North Sydney Oval**.

A Thousand Prayers

16-26 May at Curly's **Creative Space, Elisabeth Eastland** presents *A Thousand Prayers*, inspired

by her 1,000km journey along the Camino de Santiago de Compostela. "Each kilometre I recorded a 'prayer' - an observation, a gratitude, a wish - to honour that moment. As I walked, I invited others to join me, so in the end I had 1,000 prayers from pilgrims around the world, all emerging from stories of loss, love, joy, pain, resilience, humour, and friendship." *A Thousand Prayers* weaves images from the Camino and these prayers into pastel works on paper, silks in botanical dyes with coloured thread, and film.

The Caterina Father-Son Property Duo

Congratulations to Frank and Riccardo Caterina, the father-son dynamic duo joining forces with **Caterina Property**, signalling a new era in residential sales and leasing. Offering a personalised experience like no other, Frank and Riccardo bring extraordinary industry insight, tailored marketing strategies and a wealth of knowledge to enhance decision-making and sales profitability, not to mention the prized asset of the best matching moustaches you'll find anywhere on the Beaches and beyond. Whether you're upsizing, downsizing, seeking investment opportunities, or simply ready for a change, contact Caterina Property. **Frank** at **0419 918 818** and **Riccardo** on **0420 410 371**

Shop for Good

Organised by **LocalKind** Northern Beaches, 17/18 May sees **Shop for Good** take place, a community-driven initiative encouraging your support for the local businesses supporting the most vulnerable. Participating businesses pledge a percentage of their sales to support LocalKind's charitable efforts in serving at-risk individuals to best cope with domestic, family violence support, homelessness assistance, refuge aid, youth programs, and more. All details at localkind.org.au/shop-for-good

Quarantine Connections

The past is never past but alive in our present... so, with this ominously intriguing thought in mind, plan your visit to **Q Station** on **Sunday 19 May 10am - 2pm** to enjoy a great family day out for **Quarantine Connections**, bringing the site alive with free tours and activities, filled with intriguing stories and experiences to connect Q Station's compelling history to today's heritage site. Bookings will be available in early May at: www.qstation.com.au

Words: **Liam Carroll**

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Letters to The Tawny

'Letter of the Month'

Hi Liam, I'd like to suggest that you consider a 'Letter of the Month' acknowledgement in the Tawny letters section, on occasions that you think it is warranted. I can't help but think it would be in keeping with the Tawny's innovative approach, add to writers' incentive and readers' interest and enjoyment, and encourage serious debate with a bonus element of good fun when appropriate. But, of course, no offence taken if you don't agree. Cheers!

Reon Bavinton, Seaforth

*Reon is the winner of the inaugural Tawny Letter of the Month award! In December, later this year, all Letter of the Month award winners will be invited to a celebratory lunch of rigorous debate, divine tucker and sublime booze, while solving all the world's problems and forging lifelong friendships. More details to come.

Federal Politics

Dr Sophie Scamps is to be commended for her People's Jury on Housing initiative if for nothing else it gives residents a chance to voice their views in a public forum. Alas it will not change the political status quo which sees the two major parties unwilling to change the main drivers of house price increases.

The Coalition support no capital gains tax on the family home, generous superannuation concessions when downsizing and negative gearing

on investment property, as a matter of principal. Labor does not, yet still bearing the scars from losing the 2019 "unlosable election" it cannot bring itself to advocate reform in these areas.

Throw in high immigration numbers, (again supported by both parties as it artificially inflates GDP data which allows the incumbent to boast about their economic credentials), failures by state government to increase housing supply, restrictive local government planning laws and good old NIMBYism and you have an insatiable appetite for property, which as I write has recorded its 15th monthly increase across Australia. And this against the backdrop of a rising interest rate cycle. Former Premier Jack Lang once told his young mentee Paul Keating: "in the race of life always back self-interest, at least you know it's trying." Self-interest has consumed the property market. Until that changes, don't expect an end to the "housing crisis."

Mike Kenneally, Manly

Size matters

How about printing the publication on A4 size? Easier to read.

Gail, Dee Why

*Editor's note: The Tawny is A5 to ensure the perfect fit INSIDE letterboxes. We deliver 50,000 magazines to a routinely wind-swept, rain-soaked peninsula. We want your Tawny, at all times, to be safe, snug, dry and secure.

Bad advice given

The advice given (April '24) re: 'Footpath Rage' was terrible. This is a serious problem for many. Has the writer of this advice column never tried

walking on the road with a stroller, sometimes with a child walking beside them, not to mention how challenging it is for people in wheelchairs? In the event of obnoxious drivers parking across entire drive-ways and blocking footpaths, the advice given should always be, Contact the Council! It is illegal to park across a driveway. Instead, the action was taken as a laughing matter, and advice given rather laughable too. Not impressed!

Regards, P G Callaghan

EV's: 13.7 billion reasons to think about

Hi Frogmouth, as we head into the purchase of electric cars, I'm wondering about the loss of 13.7 billion dollars fuel excise revenue for Australia. That revenue has to be replaced and our government, or none of the governments around the world, have uttered a word about what they plan to do. What I find interesting is that almost all of our service stations in Australia are doing renovations at great expense. Ampol are busy buying up their franchised service stations and paying a good premium to get those service stations under Ampol's ownership - why? Well, those big corporations; BP, Shell, Ampol etc must know some type of revenue collection is coming and they will be the collection point. They won't charge you for electricity, but I see a per km federal tax being applied to all EV's. That is, go to your service station, buy 500kms for \$60 which will include a mark-up for the service station and then drive to wherever, that's why the big petrol companies are revamping their stores. Nothing is for free!

Andrew Dennis

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Enough's enough

Why do we need peace in the world? Because People Everywhere Are Crying: ENOUGH! Enough pain, cruelty, discrimination, killings, wars of every kind. We need to find and embrace our human commonality and respect one another's differences. But we are not clones.

Marianne, Nth Narrabeen

Two Climitite Untruths

G'day Liam! I, like a great majority of people, am fed up with the BS from the "climate change cult". Let's investigate to unearth some real home truths.

1. Temperature. Yes, Australians have been told 2023 was the hottest year on record by none other than PM Pork Pies. Upon investigation, I found the first attempt at temperature records occurred at the Central England Temperature Data in 1699. Global measuring began around 1850 and there was very little information to be recorded to make any annual temperature indicators accurate.

It was not until 1938 to 1941 before more accurate information was available, even then it was not as precise as you would be led to believe. Australia began recording in 1910 in Carnarvon WA. In the summer of 1923/24, Marble Bar WA had 160 days of continuous temperatures above 37.8c. The hottest temperature ever officially recorded was in USA Furnace Creek Ranch, Death Valley 56.7c in 1913. Neither gets a mention as past extremes where that might have been the hottest year on record.

2. Cyclones, Typhoons & Hurricanes - the same storm just with different names in

each part of the world. Climitites claim there are more of them occurring and far more intense. Let me explain again how they have distorted the facts. I'll use cyclones as the name to cover all the world. Cyclone recording began in 1851 in USA, and it was only cyclones that crossed land that were recorded - big hole in the numbers already as many cyclones happen out to sea. Consequently, many cyclones were missed during the 19th & 20th centuries. In 1944, aircraft reconnaissance began over the USA Atlantic and Mexican Gulf coastlines, very little was done on the US Pacific Coast. This was better, but still a long way from accurate, as the aircraft could not fly into a cyclone that appeared above category 4. Hence it was recorded as a category 4.

In 1966, USA started using satellite tracking. Guess what? The numbers started to increase because they were getting a far more accurate picture, but the intensity was still proving to be a problem. Let's move to our side of the Pacific where satellite tracking started in the early 1980s. Shock, horror! Guess what happened? The numbers started to increase. Interestingly, Mr Vecchi (Climate Scientist Princeton Uni) and Mr Knutson (Climate Scientist Nation Oceanic Atmospheric Admin) studied cyclones from 1878 to 2006, concluding - sorry, I must add their conclusions were reviewed by more climate scientists attached to the National Hurricane Centre, namely Mr Hagen and Mr Landsea (not making that name up) - from 1878 to 2006, allowing for "missed" storms, statistically reveals a very small trend upwards that is not

significant enough to provide compelling evidence for a greenhouse induced long term increase. Hagen and Landsea also noted that hurricanes of the late 1940s and early 1950s were grossly underestimated because of the lack of accurate measuring equipment and the inability to fly into the eye of the storms.

Back under the bed climitites.
Mark (Robbo) Roberts

Re: Do not deliver (April '24)
Master Chef of N. Balgowlah, what a waste of space. Who cares you have no interest. We love the Tawny with its beautiful paintings, and how about the Peter Corbett Tawny woodwork from the Forest Community Men's Shed? That's gold!

Simone St Clair

Re: Do not deliver (April '24)
I really enjoy The Tawny Frogmouth. Thanks so much for publishing this, it feels like a monthly community hug!
Maria Scott, Allambie Heights

Bridge Security

The iconic Harbour Bridge appears well protected with up to 5 security guards positioned along the left side walkway as noted on my daily commute into the CBD. I am also aware of further security guards placed underneath the bridge around the Pylon support structure.

The protective measures taken by the authorities are apparently successful as the Bridge remains intact, although there was a recent attempted suicide on a week day at the northern end of the Bridge that severely disrupted the commuting traffic for about 2 hours from 7am. Obviously the alert and well positioned security guards

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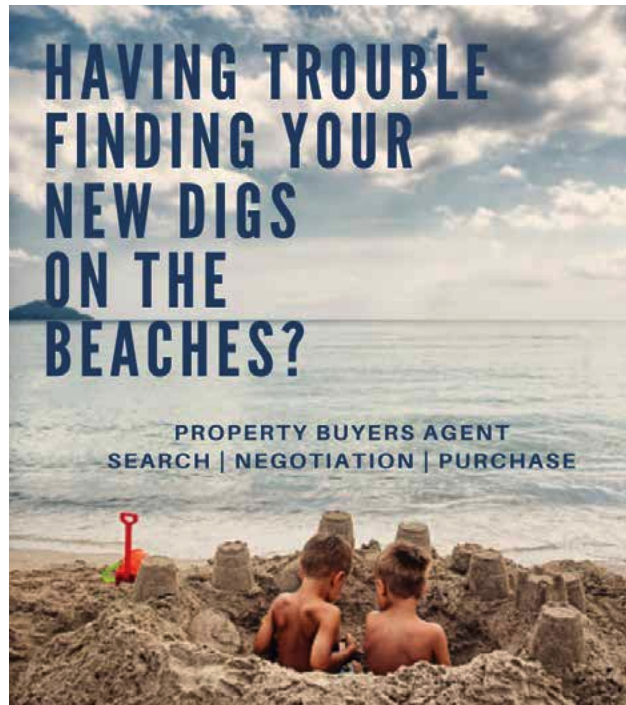
were able to promptly alert the police who resolved the incident without loss of life after a sustained period of expert negotiation. I also note that the well-trained security guards are not provided with chairs and perform their duties standing up for the duration of their shifts, whilst exposed to the unwelcome and unhealthy fumes of the passing traffic. It occurs to me that our Northern Beaches icon, the Spit Bridge, appears to have no apparent protection compared to the Harbour Bridge and perhaps serious consideration should be given by the appropriate authorities to undertake a similar risk assessment to support the provision of a security protection unit at the Spit Bridge. Unlike the Harbour Bridge, the Spit Bridge regularly opens to allow passing yacht traffic which

in itself poses a security risk to motorists and pedestrians alike. The provision of security guards to the Spit Bridge would provide welcome additional employment and career opportunities in the Northern Beaches should the personnel be sourced locally.
Tim Alexander, Balgowlah

The Lucky Country?
Dear Tawny, I'm feeling a tad overwhelmed in this Great Southern Land of Total Incompetence, so much so that I feel like giving up at my 77 years of age, and leaving you and the lazy Australian continent to live on in the Society which is mesmerised by addiction

to Vapes, illegal pushbikes (e-bikes), Rugby League etc while being led by failed Lawyers and Accountants who try to govern them without any clue as to the ramifications of their actions, only focusing on the next election and not planning for the future or having any idea as to why we are in the fix we are in today... As John Howard failed to say, SORRY!!!
Graeme Carmichael, Fairlight
*Graeme also wins the inaugural Tawny Letter of the Month award! Please hang in there till December mate, and we can have a celebratory lunch then to solve all of the above matters in the throes of resplendent wining and dining.

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



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AUTHORISED BY DR SOPHIE SCAMPS MP
INDEPENDENT FEDERAL MEMBER FOR MACKELLAR



Family-friendly event to demystify Net Zero and help reduce household costs

Increasing summer temperatures and wild weather events demonstrate that climate change is impacting us all. United Nations research shows us that globally, individuals and communities could change their energy-intensive lifestyles and help cut emissions up to 70% by 2050.

On a local level, Northern Beaches Council has a plan to help everyone reduce their emissions by changing our energy-intensive lifestyles; a challenge we can all tackle together. Tackling climate action at home can also help reduce household costs. But finding out what's possible, how to start, and who to trust can be a challenge.

In a first-of-its-kind on the Northern Beaches, you're invited to an event for everything related to the circular economy and sustainability, making it easier than ever to facilitate the lifestyle adaptations which will achieve reduced carbon footprints.

On Sunday 2 June, the Net Zero Expo will take over Narrabeen Tramshed Arts and Community Centre and Berry Reserve between 10am and 4pm.

Hosted by Northern Beaches Council with some 40 vendors across the industry, the one-stop-shop event will include an array of solution 'hubs', showcasing home electrification, energy, reuse and recycling, sustainable living and electric transport.

With a mission to demystify the steps and solutions we all can take to move closer to Net Zero, the Expo will allow visitors to get inspiration, speak with experts, and road-test cost and energy-saving solutions for their homes, businesses, and lifestyles.

Watch cookery demonstrations using induction cooking, test drive electric vehicles, look at e-bikes and explore simple ways to heat, cool and electrify your home. There's also a second-hand clothes market, worm farm and composting demonstrations, and other sustainable living ideas such as keeping backyard chickens.

Visitors can take away a free native plant and there will be lucky door-prizes.

Across the day, there's also a packed schedule of ticketed workshops and presentations,



Amp up to demystify Net Zero on Sunday 2 June

MC-ed by Craig Reucassel from the ABC's War on Waste. Visitors can hear from inspiring Net Zero pioneers, community organisations and government bodies on practical and achievable ways to adapt the way we live, work and move to be more planet friendly. Plus, motivational presentations about ways to lower our environmental impact and use carbon-conscious transport.

By adopting simple ways to live for less, make our homes more energy efficient and reduce power bills, we can all move the dial on climate change bit by bit.

Visitors attending the Net Zero Expo will be inspired to collectively be a part of reducing emissions and protecting the unique Northern Beaches environment and lifestyle we all enjoy.

This may be the first Net Zero event locally, but Council doesn't intend it to be the last, with a packed calendar of other sustainability and circular economy events over the next eighteen months.

Entry to the family-friendly Net Zero Expo is free, but with spaces limited, be sure to book your ticket and workshop access as soon as possible to avoid missing out.

For more details, scan here or visit:

www.northernbeaches.nsw.gov.au/things-to-do/whats-on/net-zero-expo-2024



Words: **Liam Carroll**



Community Day "Quarantine Connections"

Sunday 19th May / 10am to 2pm

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Fundraising cyclists set a cracking pace down south

Community

Royal Far West Celebrates its 10th Ride for Country Kids

Manly based charity Royal Far West celebrated its 10th Ride for Country Kids event in March, with 50 riders covering over 330kms and raising \$381,846 for country children's health.

All funds raised go towards Royal Far West's work in connecting country children with behavioural, developmental and mental health needs to the critical assessments, services and support they need to help them thrive.

Northern Beaches local, psychologist, and Royal Far West staff member, Lucy Morrison, took part in this year's event. Lucy said "I've been with Royal Far West for eight years now, and this was my fifth time taking part in the Ride. It was tough, but such an incredible event to be a part of."

"Through my clinical work I have seen first-hand the difficulties faced by country families accessing health care, and the impact delays have on kids was my motivation

throughout the harder parts of the ride. Getting support at the right time is truly life-changing for kids and their families and being able to help put that spotlight back on the needs of country kids in both fundraising and riding was so important to me".

"We were lucky to stop past two local primary schools in the region during the event, and all the riders were able to hear from the principal, the teachers and the children about the impact and importance of Royal Far West's work in the area. It was a proud moment, to share the impact we are having, and also a great reminder of why we were riding"

Jacqueline Emery, Royal Far West CEO, celebrated the riders' achievements in helping

to make a difference to the lives of country children and families.

"We are so proud of our team of dedicated riders. They have been busy not only training, but also raising funds and awareness for the work we do at Royal Far West for months. It's a huge achievement and we are so thankful for their support. These funds will help provide important health services to country communities who need it most."

"Children in rural communities are twice as likely to be developmentally vulnerable than city children, but the support is not always there. Country communities have limited access to allied health care, they are facing waiting lists that extend into years, long distances to travel for help - and on top of this they have been impacted by countless natural disasters. We aim to bridge this gap and help families access the early intervention they need to help improve their child's life trajectory."

This year's event was held on the Sapphire Coast of NSW, with riders taking on a three-day route from Merimbula through Eden, Wyndham, Bega and Tathra before finishing in Cobargo.

RFW and its team of multi-disciplinary clinicians have been working in primary schools and preschools across the Bega region, supporting thousands of children, parents, and teachers within the community.

Words: **Kate Burrell**

Royal Far West has over 120 paediatric clinicians who provide services at the centre for country kids in Manly, virtually via telehealth, and in-community. Learn more at www.royalfarwest.org.au



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Bella Kenworthy slices an Alley Right



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Surfing

GWM Sydney Surf Pro Back on The Beaches

This 9-16 May, the world's best surfers will converge at North Narrabeen, one of our most iconic beaches, for the GWM Sydney Surf Pro, a pivotal stop on the World Surf League Challenger Series with valuable points and big dollars up for grabs.

An epic venue for the fans with plenty of vantage points, 'Northy' is arguably the most consistent and quality wave on the Northern Beaches. Famous for a long running left-hander that offers multiple turns, and the super high-performance Alley Rights, from knee high peelers to 10-foot bombs, Narra is always contestable.

Last year's Sydney Surf Pro was an absolute cracker. Recently crowned Rip Curl Pro Bells Beach champion, **Coleman Houshmand**, won the event with a display of radical power surfing. On the women's side, Queensland's **Isabella Nichols** took the victory which helped secured her position on the 2024 Championship Tour.

Who's going to win this year? Well, if last year is anything to go off, it'll be

the surfer with a reliable air game who can also lay down some big power hacks and critical turns. Adaptation will be crucial as the conditions constantly change with the tides, and delivering a variety of manoeuvres will be the key to impressing the judges.

The men's side features some up and coming local names to watch. Manly's **George Pittar** had his first hit-out on the Challenger Series last year, really turning some heads, before recently getting his first crack at a WCT event courtesy of a wildcard entry into the Rip Curl Pro at Bells Beach, proving he's worthy of a position in the big leagues. I believe he's a real threat to not only win the event but qualify for the 2025 WCT.

CS rookie **Winter Vincent** from Queenscliff will have a tonne of support from the beaches community and is another local who could do well. **Joel Vaughan** from the Central Coast is in great form, ready to take on the field with his mind-blowing air game. The Gold Coast's Oscar Berry is my

dark horse pick. His improvement over the last 12 months has been extraordinary. The lad has big moves, and his power approach has the potential to blow his competitors out of the water.

Of our Aussie women, 18-year-old **Ellie Harrison** is a great chance of taking the win, coming off a confidence building win at Newcastle in March. Like George, Ellie scored a wildcard into the Bells Beach WCT and defeated some big names on her way to making the quarterfinals, a huge result for the youngster. Powerful natural footer Kirra Pinkerton from San Clemente is one of the international surfers to watch. If she can find some rhythm, she's a real chance of taking the win.

The GWM Sydney Surf Pro runs 9-16 May at North Narrabeen. Visit worldsurfleague.com, follow @wsl on socials, and get along to the event to check out the action.

Words: **Richie Lovett**

PHOTO: MATT DUNBAR

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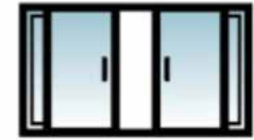
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Big Sugar, Big Pharma: Sydney University compromised by academic research breach

Sydney University has stonewalled claims of failing to police serious conflicts of interest in its academic research which may have benefited Big Sugar and Big Pharma companies such as Novo Nordisk. Who knew what and when, asks **Andrew Gardiner**.

The veil of secrecy around Jennie Brand-Miller – star nutrition academic and for years the face of low glycaemic index (‘low GI’) diets – has been lifted, and it’s far from flattering. After months of obstruction, Michael West Media can now confirm that ‘GI Jennie’ – as she’s affectionately known – has been married to John Miller (for decades until 2013, the medical director at Novo Nordisk Pharmaceuticals Australasia from the late 1980s through to at least 2017.)

Why does this matter? Economist and bane of Big Pharma and Sydney University, Rory Robertson, believes GI Jennie – who popularised sugary, high-carb, “low GI” diets as somehow lowering blood sugar – helped cause a “public health disaster” of high blood sugar, obesity, and rampant type two diabetes (T2D) among Australians, in turn generating a market for Novo Nordisk, the leading seller of insulin used to treat T2D.

Robertson insists that dozens of Brand-Miller’s ‘peer-reviewed’ published papers are based on erroneous and/or misconstrued data and that other, more credible studies associate sugary, high-carb diets with high blood sugar, obesity and T2D, stating that: “It has been known at the highest level of medical science and by competent GPs for a century that no-sugar, low-carbohydrate diets ‘reverse’ or ‘fix’ T2D.”

A conflict of interest?

The central point of this investigation is not that Brand-Miller acted in bad faith but that her employer, Sydney University, despite being notified many times by Robertson, failed to ensure that the academic complied with university policy on disclosing conflicts of interest, namely her very close association with a company which derived financial benefits from selling diabetes medication.



Does Sydney Uni have a Big Sugar sweet spot?

Brand-Miller did not declare what was a serious conflict of interest over the 2011 paper at the centre of this controversy, The Australian Paradox, despite enjoying what Robertson calls “a major multi-decade boost to her household income from her life/financial partner (John Miller’s) high-level employment driving Novo Nordisk’s diabetes drug sales.”

MWM is not suggesting the Millers have acted unethically or allowed any personal relationship to affect their professional work, but it should be noted that Novo Nordisk, the 23rd most valuable company in the world with a profit of \$US22.24B for the year ending March 2023, appears not to have been displeased with the scholarly work.

For his part, John Miller also failed to openly acknowledge his marriage to Brand-Miller – despite clear conflict of interest implications – when it was his turn to write a PhD dissertation at UNSW in 1989. Miller was already working for Novo Nordisk’s predecessor at the time, and his PhD was co-supervised by a Dr J C Brand. That’s right, readers: in a triumph of arms-length academic integrity, John Miller’s supervisor was none other than his spouse, Jennie Brand-Miller.

Robertson says the Millers’ union has long been ‘common knowledge’ around the corridors of Sydney University’s Human Nutrition Unit and the Charles Perkins (medical research) Centre (the latter subsumed the former from 2012), yet the university appears to have given Brand-Miller what he calls: “A decades-long free pass to hide her links to Novo Nordisk and its predecessors, allowing her to carefully exclude it from conflict-of-interest disclosures she published in hundreds of formal diet-and-health papers, in clear violation of university policy.”

A (sugar) scandal in the making?

With their marriage confirmed, we can sum up what appears to be a hitherto insoluble headache for public health, government waste and academic integrity. Jennie Brand-Miller: (a) popularised sugary, high-carb “low GI” diets, (b) wrongly, in the eyes of many, exonerated sugar as a key driver of Australia’s diabetes/obesity epidemic, and (c) may have derived a financial benefit as she and her husband made money from the latter’s work in a company which sells the (insulin) T2D drug treatment.

This could turn out to be a massive scandal ... if anyone will listen, says Robertson. He wants a new, independent inquiry into Sydney University academics’ links to Novo Nordisk, claiming they’re a party to years of scientific malpractice that significantly benefited Big Pharma and the sugar industry. He persists in the face of what seems like systematic stonewalling from the University, which MWM also experienced when researching this story. Perhaps the lack of action by the university is where the misconduct lies. Is it not the responsibility of esteemed public institutions to ensure their researchers adhere to ethical and compliance guidelines?

Sydney University ‘examination’

One wonders how Sydney University can claim it “thoroughly examined” the matter when startling documentary evidence of massive conflicts was right under its proverbial nose. Earlier recommendations following a 2014 inquiry by Professor Robert Clark – that Brand-Miller’s Australian Paradox be “sent to the shredder” and replaced by a new paper prepared for publication, “in consultation with the Faculty, that specifically addresses and clarifies the key

factual issues examined in this Inquiry” – were not meaningfully addressed. And there was little media attention.

Neither Brand-Miller nor her bosses ever appeared to do what Clark recommended: “The new paper should be written in a constructive matter that respects issues relating to the data in the Australian Paradox paper raised by the Complainant.”

Robertson says the stonewalling of MWM and other media over the past decade is part of a strategy to “starve the issue of oxygen” and keep it away from the pages and bulletins of our fourth estate. The strategy has worked: after two brief flurries of interest from mainstream outlets years ago, media interest has dropped off a cliff, with the exception of MWM.

Robertson said Brand-Miller’s co-dependent ties with senior faculty members at the university’s Charles Perkins Medical Research Centre further drove this circling of the Camperdown wagons. “When she thrived, they thrived; it’s a cabal dating back to the 1980s,” he told MWM.

Media ambivalence on what could turn out to be a massive scandal is a complicated subject to explain, although it can be noted that the university is a large-scale advertiser on commercial outlets. Moreover, Big Sugar – from cereals to soft drink and sweets manufacturers – are among the biggest advertisers in commercial media.

At the end of the day, what Robertson calls the “sheer scale of this scandal” and the involvement – wittingly or not – of “heavy hitters” at the university and beyond may be forestalling the “critical mass” required for it to get the full forensic treatment. Faced with such seemingly immovable obstacles, others might toss in the towel, but Robertson is nothing if not determined.

“Why do I persist?” Robertson said, “I suspect it’s because my mother and her two sisters, and my own sister, were all country nurses, and I grew up in remote locations, often with Indigenous kids (who now) bear the brunt of this T2D plague – the amputations, the people going blind.”

“It may be the biggest scandal in Australian medical history. People don’t need Novo Nordisk’s insulin; they just need a low carb diet.”

Words: **Andrew Gardiner**, Michael West Media

IMAGE: WIKIPEDIA & NOVO NORDISK





Colormaker's David Stuart with Manly's James Griffin, Northern Beaches Mayor Sue Heins, Warringah's Zali Steggall, and the new ReVolt® Battery

Silicon Brooky

Colormaker's official launch of the new ReVolt® Battery

On Friday 5 April at Brookvale's 44 Orchard Rd, beneath coal grey skies, torrential rains and in the midst of fierce winds, the sturdiest marquee in the southern hemisphere stood firm, providing the tempest for Colormaker Industries, Northern Beaches' sustainable paint and ink manufacturer, to officially launch their new 144 kWh ReVolt® solar storage battery.

Two years in the making, this is a major milestone on Colormaker's pathway to Net Zero. The ReVolt® battery is groundbreaking technology, made from nine second-life Nissan Leaf EV batteries. Colormaker's paint production is now completed entirely with electricity produced the day before by their solar array and stored in the ReVolt® overnight. In fact, Colormaker has just passed the milestone of saving 690 tonnes of greenhouse gases through the electricity produced from its

100-kW solar array, installed four years earlier.

The array was designed to produce twice as much electricity as the business used, but once they became a solar electricity generator, Colormaker also became a lot more conscious of their own use. A new compressor was the biggest factor in getting overall electricity usage down by 23% across the entire site, making them much more energy efficient.

"Having such a huge energy surplus has been a great enabler for Colormaker," said MD, David Stuart. "We produce 2.2 times as much electricity as we use, but until recently, we have only been 65% self-sufficient. Since our small battery was installed, for every kWh that we've taken from the grid, we've put 5 kWh back in. The battery and solar has also enabled us to reduce Demand, a measure of strain on the grid, by 85%."

"The ReVolt® battery will assist us in eliminating buying any power during the evening peak, thus taking more strain off the grid, whilst also improving our self-sufficiency," Stuart said.

The solar installation proved to be a jumping off point for Colormaker. They also have three EVs for deliveries and staff commutes, an electric forklift (no LPG on site), an energy efficient air compressor, a smaller battery, a mega shredder to give cardboard a second life as packing material, and a new reverse cycle air conditioner in their carbon abatement assets. This month, Colormaker also added a new Mercedes e-VITO electric delivery van to these carbon abatement assets for their Sydney paint deliveries.

The 144 kWh ReVolt battery at Colormaker HQ is the first in the world to be fully certified, commissioned and operating commercially, in this case, as a solar sponge, advised Stuart. "Just imagine what could happen if this technology was deployed not at one small business, but across thousands of businesses and communities across our wide brown land and indeed our South Pacific neighbours. This is the future that we want, and, given our abundant sunshine, that we have an obligation to demonstrate to the rest of the world. It's one small step for Colormaker and Electrify, one giant step for Warringah and Australia!"

Visit colormaker.com.au
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Words: **Liam Carroll**



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Interview: **Liam Carroll**

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Kentaro at home in his creative oasis

Cover Artist

Kentaro Yoshida

How long have you lived on the Beaches? Almost 20 years now, I arrived in 2004.

Do you have a favourite beach? I like North Palmy, Barrenjoey, my favourite left corner and full of lots of great memories.

What's one of your fondest memories of life here? There are too many so it's hard to choose. But I'd pick the first mural I painted on the side of Aloha Surf Manly, which was my first exterior mural with my artist friends.

If you had to live anywhere else in the world, where would that second-best place to live be? As I'm getting older, or mature, I've started exploring my hometown in Japan, Toyama. I didn't like it so much when I was 18, but now I have local surfers there as good friends and I have been surfing there too. Not like Australia, there's often a lack of swell, but they are still keen, chasing even small surf in winter conditions, and when it's pumping, they charge. I really respect their attitude and mind-set,

and it's made me more aware of the importance of exploring my hometown.

What inspired your cover? I simply draw waves in my own style. For North Narrabeen, often left waves are featured but there are sick rights there as well, so I wanted to illustrate Northy's perfect right and left in the artwork.

What inspires your work in general? I like Japanese comics and I grew up with them so in general my work is kind of cartoonish. I am trying to develop and update it with my age and aesthetics.

How would you describe your art? Bold, quirky, sarcastic yet fun and beautiful? Am I making sense? Probably not haha!

What is your favourite part of the process? Regardless of digital or physical, I am the first person to see my final work in each piece. It is a purely satisfying moment, which I enjoy every time.

Which artists, dead or alive, would you most like to have dinner with? I'd pick Akira Toriyama, the author of Drag-

on Ball. I read it when I was 4 and have been a big fan ever since. He recently passed away, a huge sorrow for all his fans around the world.

How did you discover you had a gift for art? I am not sure if I was gifted, but I was a doodling kid back in school and all my classmates enjoyed what I drew. Since then, it is one of tools for my communication with others.

Did you study art? Yes, I studied Visual Communication at UTS and took Illustration as my sub major.

What's your favourite thing about what you do? I never thought about drawing becoming my full-time gig so my favourite thing is that I can draw whenever I want, for now!

What would you like to see in the future of the Beaches art scene? That's a hard question as there are already so many great artists here and in so many art forms, but I suppose something cool would be to see more unexpected collaborations between artists, and that's something I'd of course love to be a part of.

What advice do you have for young or aspiring artists? It seems the world is going super-fast, so it may be hard to do what you really like to do. For example, should you create brand content or focus on more personal work. My hope is that everyone enjoys what you actually like to do, and you can then avoid the struggle of doing things you don't want to do. This could be advice for myself too.

Follow [@kentaro_yoshida](#) on socials for his latest updates and visit [kentaroyoshida.com](#) to learn more.

Interview: **Liam Carroll**



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A key pioneer in Brookvale's progression to beauty is Colormaker Industries, located at 44 Orchard Road and one of many local companies fusing creativity with technology.

Colormaker has been manufacturing paint in Brookvale for 66 years and has created a range of innovative and eco-friendly paint, ink and coating products which the company distributes across Australia and around the world.



M-lon mural on the Colormaker Industries facade

In 2023, the company won the Northern Beaches Business Sustainability Award, the Solar Alliance - Solar Champion Award and were recognised by Business NSW with an Excellence in Sustainability Award for the Sydney Metro Region. Colormaker products are made using 100% renewable energy and sustainable practices, and the company is well on the way to net zero by 2025.

Colormaker's community linkages are also strong. It is Foundation Sponsor for the 2024 Northern Beaches Environmental Art & Design Prize and a partner for the Manly Warringah Sea Eagles 2024 NRL season.

In 2019, Colormaker put its paint on show on its own premises, with local artist M-Lon applying over 48 colours in various

polygonal spirals across the walls of the factory building. And for their 65th birthday in 2023, they commissioned local artist Eve Bracewell to produce a large-scale abstract mural at the Orchard Road site.

Brookvale Arts District is proud to announce Colormaker Industries as a Foundation Member and BAD's Sustainability Partner. Colormaker is also one of our sponsors for the BAD Walls project.

As we plan to roll out murals across the precinct from late 2024, with several buildings already in the pipeline, we want to hear from additional Brookvale property owners who would like to be involved. We have the people, the paint and the passion to make Brookvale's walls stand out and shine.

Words: Doug Clark

Photo: Kayapa Creative Studio (top) / Riemmüller Industries (bottom)



Eve Bracewell in front of her mural



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INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: ANDREW MORGAN IG @PHOTOS.ANDYMORGAN

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



Housing vs Nature

The Australian Government has committed to protect 30% of Australia's land and seas by 2030 and a range of other commitments in its Nature Positive Plan to not only conserve nature, but repair and expand it.

This will be no mean feat to achieve. In the last 4 years alone, over 379,000 hectares of native vegetation was cleared in NSW. Only 50% of NSW threatened species are expected to survive in 100 years. We're currently going 120km/h down the highway in the wrong direction. In parallel to the biodiversity crisis, we have a housing crisis. 14,000 households on the Northern Beaches are in rental or mortgage stress. While there are many factors that feed into this crisis, one of them is a shortfall of housing supply.

The twin crisis of nature loss and housing demand are often framed in opposition to one another, and certainly, across Sydney housing demand is putting pressure on retaining existing pockets of nature. Locally, many residents tell me about their sadness of the loss of tree canopy, bushland and landscaping in general disappearing in favour of bigger houses, smaller gardens, granny flats, and our love of concrete hardstand surfaces. How then do we embed more nature into a built-up area? While also having more homes? How do we work on both at the same time?

Here are a few ideas, but I'm interested in the community's views on what trade-offs we're willing to accommodate to have it all at once.

We could use underutilised Council land which has no environmental value (such as community centres or car parks) to build new mixed-use complexes, with community space on the ground floor, and housing above including affordable dwellings. If the Council takes the initiative, it can control what is built – and show how social housing can be flexible, affordable and sustainable.

In general, building upwards takes pressure off the need to build outwards into remnant pieces of nature. Council can take the lead in this by working with developers to build sustainable affordable housing on Council land. We could apply for flexibility for buildings to be taller if the trade-off is that their footprint is smaller, and they retain more trees and landscaping.



Imagine this with an upper level for affordable housing

Incentivise building more sustainable houses. While our current planning rules could generally stand to impose more ambitious sustainability requirements for new buildings, to encourage supply of sustainable housing, we could grant developers bonus height or floor space for achieving high sustainability standards (such as Green Star ratings).

Keeping large canopy trees on private land should become a priority for Council. Where a large canopy tree is proposed for removal, we could condition this on the residents having to replace it with two new mature trees as a disincentive (because mature trees are very expensive) and to promote nature positive activity.

To recognise the trade-off between housing needs and retaining nature, we could offer developers a bonus to build taller buildings in local areas suited to higher density, if they pay other local residents to protect and grow new trees on private land unsuited for higher density (for example due to its bushfire risk).

I would like to hear from the community on what suggestions you have to help protect and build our environment while expanding the stock of affordable housing and expanding the tree canopy on private land.

Words: **Kristyn Glanville**, Councillor for Curl Curl Ward, Northern Beaches Council's Chair of the Environment Strategic Reference Group.

Follow Kristyn Glanville on Instagram [@kristyn.greens](https://www.instagram.com/kristyn.greens) and visit [manlygreens.org.au/contact-us](https://www.manlygreens.org.au/contact-us) to share your suggestions on nature positive housing options.



Let Clarence welcome you to the world of bush tucker

Local Business

Bush Tucker for Beginners

Curious about incorporating native Australian ingredients into your cooking but feel a little lost amidst the unfamiliar names, fear not!

This guide is your stepping stone to exploring the exciting flavours and possibilities that native plants offer. Forget complicated techniques or exotic spices. Bush tucker is all about celebrating the natural foods of Australia, with many ingredients readily available and surprisingly easy to use. Picture some wattleseed adding a nutty crunch to your porridge, finger limes bursting with citrusy goodness in your salad, or warrigal greens bringing a vibrant green touch to your stir-fry.

Let's dive into some common and beginner-friendly ingredients to get you started:

- 1. Wattleseed:** This iconic Australian nut boasts a warm, nutty flavour reminiscent of hazelnut and coffee. Ground wattleseed adds depth to cakes, biscuits, and savory dishes like pasta sauces or marinades. Try sprinkling it over roasted vegetables or yogurt for a textural and flavourful twist.
- 2. Finger Limes:** These native citrus gems come in vibrant colours and pack a punch of zesty flavour. Enjoy the juicy pearls on their own, add them to seafood dishes for a bright burst, or use them to create stunning garnishes for cocktails and desserts.
- 3. Warrigal Greens:** This versatile leafy green has a mild spinach-like flavour with a hint of saltiness. Enjoy them raw in salads, steamed like spinach, or sautéed with garlic and olive oil.

They're also perfect for adding a unique twist to soups, stews, and omelettes.

4. Lemon Myrtle: This fragrant herb has a citrusy aroma with lemongrass and eucalyptus notes. Use fresh leaves to infuse water, add them to stir-fries or curries for a refreshing touch, or dry them for a potent seasoning in marinades and rubs.

5. Davidson Plum: This native fruit boasts a vibrant purple colour and a tart, tangy flavour with hints of plum and apricot. Enjoy it fresh, use it to make jams and chutneys, or add it to sauces for a unique sweet-tart flavour profile.

6. Muntries: These small, dark purple berries have a sweet and tangy flavour. Enjoy them fresh, use them to make jams and chutneys, or add them to yogurt or granola for a healthy and delicious breakfast boost.

These are just a few starting points. As you explore the world of bush tucker, remember: **Start small.** Don't overwhelm yourself. Introduce one or two new ingredients at a time to discover your favourites.

Experiment. Don't be afraid to try different combinations and recipes. You might discover unexpected flavour pairings you love.

Ask questions. Consult your local Indigenous communities, bushfood suppliers, or online resources for guidance and inspiration.

Support sustainable practices. Source your ingredients ethically and sustainably to ensure the future of these unique plants.

With a little curiosity and these tips, you'll be well on your way to unlocking the incredible flavours and cultural significance of Australian bush tucker!

Bonus Tip: Pair your bush tucker exploration with native Australian wines or beers to create a truly immersive culinary experience.

***Mother's Day Gift Idea:** Take extra special care of mum Sunday 12 May with the Bush to Bowl Mother's Day Gift Package featuring a dazzling bouquet of native edible flowers, a native spice kit and native Rocky Road bliss.



Bush to Bowl is your local 100% First Nations owned social enterprise specialising in bushfoods. Stock up at the nursery, **40 Myoora Rd, Terrey Hills**, or visit [bushtobowl.com](https://www.bushtobowl.com)

Words: **Clarence Bruinsma**, Bush to Bowl co-founder

Art & Culture

Dog Man: The Musical!

What a production! From the moment I walked through the doors of Glen Street Theatre, I was taken into the world of Dog Man. The set gave the illusion of being in a cartoon with illustrations of the real Dog Man book on display.

This show took the audience on the exciting adventures of Dog Man and how its creators turned the book into a hilarious and fast-paced musical. The actors were absolutely amazing and brought the characters to life. I have to say my favourite character was definitely Dog Man because he was constantly making me laugh and smile throughout the performance.

The music added lots of excitement and humour to the show making it even more enjoyable. One of my favourite parts was when Flippy the Fish ate too many brain pills causing him to turn evil. It was up to Dog Man and Lil Petey to save the day!

There was definitely something for everyone in Dog Man: The Musical, lots of funny jokes for the kids and for the parents and grandparents too. The message was clear, having a good heart

Art & Culture

Laugh your socks off

The Melbourne International Comedy Festival Laughter Juggernaut Roadshow rolls into Glen Street Theatre 4-5 June with an electrifying line-up set to have audiences in stitches. Your headliners include some of the brightest talents in Aussie comedy.

Andy Saunders: Destined to make people laugh from an early age, Andy's star continues to rise from successful stand-up routines to the MIF Galas to appearing on TV as a reality star on Nine's The Block.

Daniel Connell: Affable, loveable, hilarious, Daniel's observational, dry, often unanticipated comedy has seen him take to stages all over Australia and the world, including Scotland (Edinburgh Fringe), India, Malaysia, Singapore and Hong Kong.

David Quirk: You've likely seen David in Rosehaven, the acclaimed ABC series where he plays loveable oddball Damian, the Tasmanian, hoarding locksmith. Or maybe it was as Josh Thomas' love interest in Please Like Me. If not there, perhaps it was with Sam Simmons in



Annabelle onstage with the Dog Man cast

always wins in the end.

If you get the chance to see this musical absolutely do so, I guarantee you won't be disappointed!

Follow [@glen.street.theatre](#) on socials and visit [glenstreet.com.au](#) for all updates

Words: **Annabelle Neal**, Junior Theatre Reviewer



Problems, or with Sammy J & Randy in Ricketts Lane. Who can say? Either way, a hilarious Quirk.

He Huang: Growing up in the small Chinese town of Chongqing, population a mere 30 million, He Huang's family beamed a strong passion for drinking, cursing and gambling, the perfect pathway to a life in stand-up comedy, proven without doubt in 2022 when He's audition for Australia's Got Talent became a viral sensation, with over 60 million views globally.

Grab some friends and get ready to laugh until your sides ache 4-5 June at Glen Street Theatre. All info and tickets: [glenstreet.com.au](#)

Words: **Liam Carroll**

Lifeline

Join the push for better mental health this June

"You can help **Lifeline Northern Beaches** save lives in our own backyard by getting on board the Push-Up Challenge," says Sarah Grattan, CEO of Lifeline Northern Beaches.

"We need your support," says Sarah. "By selecting your local Lifeline centre, **Lifeline Northern Beaches**, funds raised stay in our community and are spent on local crisis support and suicide prevention services."

As part of the event, participants are challenged to complete 3,249 push-ups over 24 days, putting the spotlight on the tragic number of suicides in Australia in 2022.



Grab a buddy and get pushing

The Push-Up Challenge is free, is a great way to get fit and has the following positive benefits:

- **Encourages connection:** The event is great for individuals, teams, and groups. You'll track your push-ups and can be encouraged by your friends', team's or organisation's progress and achievements.
- **Gives you more information about mental health:** You will learn about mental health as the daily target number of push-ups changes, which relates to an Australian mental health statistic.
- **Promotes fitness:** Push-ups can be done anywhere and anytime. Alternative exercises are welcome – sit ups, squats, lunges, or any exercise that works for you. You can also do half the challenge if that works best for you.
- **Makes a difference:** As part of the event, you can choose to fundraise for your local Lifeline Centre. Fundraising is optional but a great opportunity to help raise critical funds for Lifeline's local services.

Lifeline's national telephone line 13 11 14 currently receives over 3,000 calls for help from

Australians in crisis, every single day. That's one call every 30 seconds.

"Funds raised through the Push-Up Challenge will ensure Lifeline's critical crisis support and suicide prevention service are accessible to anyone who needs them - anytime, anywhere and in the way those who need support feel most comfortable asking for help," says Sarah.

"As your local Lifeline centre, the funds we raise will provide counselling and support services in communities in which we all live, from North Sydney to Mosman and across the Northern Beaches."

To register for **The Push Up Challenge**, visit [thepushupchallenge.com.au/registerLifeline-14](#) and make sure you select Lifeline Northern Beaches as the beneficiary.

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](#) to find out more.

Learn with Lifeline Northern Beaches


Accidental Counsellor Foundations

Thurs 16 May 2024
9.45am-2.45pm
Balgowlah


Managing Challenging Interactions

Tues 28 May 2024
9.45am-2.45pm
Balgowlah


Managing Stress and Wellbeing

Thurs 30 May 2024
9.45am-2.45pm
Balgowlah

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SPECIAL OFFER

BRING A FRIEND FOR FREE

Purchase two tickets to any one workshop for an auto discount





Megaphone Mal adroitly beats his own drum

Mal's Wild Side

The day Mal went feral

Since the very first Frogmouth fledged in 2020, this column hasn't resiled from exposing the odd environmental woe. Grumbling at government ineptitude is also a hallmark.

So, when I recently tore myself away from the plush Tawny editorial suites to join an eco-protest march, I knew you'd understand.

Suitably impassioned, I'm now sharing updates on previously covered subjects - the stuff that Rupert Murdoch conveniently ignores. As one speaker at the rally said, "we have to get angry and active, or we're gonna lose many of our natural wonders ...including koalas".

In April 2021's issue, I criticised the Beaches Link Tunnel project which would have polluted Middle Harbour, destroyed Flat Rock Gully, wiped out Burnt Bridge Creek and despoiled bushland adjoining Manly Dam. **Good News!** This was canned in Sept 2023.

In March 2022, I detailed Northern Beaches Council's plans to build a \$1.8 million plastic boardwalk through undisturbed bushland at Manly Dam. **Bad news**, clearing has commenced.

In August 2022, I described ways people can help our environment. **Good News**, a new umbrella group has emerged called "Northern Beaches Climate Action Network". They work locally to encourage profound change in our energy resources and emissions.

In June 2022, I wrote about the prehistoric "Climbing Galaxias" fish of Manly Dam and its precarious future. **Bad news**, Since January 2024, mud and silt has leached from the new Frenchs

Forest High School construction site into the only creek in Sydney where these fish still survive(d). They're now presumed locally extinct.

In July 2022, I outlined the shameful decline in Koala numbers. **Bad News**, despite a pre-election promise of a "Great Koala National Park", vital habitat is still being industrially logged. Housing developments near Campbelltown, meanwhile, are encroaching into one of the last healthy Koala colonies. **Good News**, on 13 November last year, local MP, Dr Sophie Scamps, supported by 36 environmental organisations, launched a pledge to stop native forest logging.

In November 2022, I contemplated the terrible threat to World Heritage bushland if plans to raise Warragamba dam were approved. **Good News**, this proposal was shelved in April 2023. I also mentioned the contentious "Lizard Rock" development proposal which (as I write) is still being determined.

In March 2023, I bemoaned the rate of land clearing, the continued use of harmful shark nets, coal mine expansions and the bi-partisan endorsement of harsh new laws against peaceful climate activists. **Bad news**, all this is still occurring. A slice of **Good News** is the uncertain future of the \$3.6 billion Santos gas project in the Pilliga Forest, following a successful Traditional Owners' legal appeal.

In June 2023, I promoted the value of native trees and the vital need to protect them in our city. **Bad news**, tree loss continues with a concerning spate of illegal felling and poisoning. **Good news**, Northern Beaches Council's "Tree Canopy Plan" was adopted in Sept 2023 - bringing hope for better outcomes locally.

In October 2023, I criticised the new federal Labor government for continuing to endorse detrimental projects nationwide. **Bad News**, Environment Minister, Tanya Plibersek, recently approved the massive Santos Barossa Gas Project and also the removal of rare Gouldian Finch habitat at Lee Point, Darwin. Currently, 116 new fossil fuel projects are still "in the pipeline".

Bad News. Global temperatures are now 1.1C above pre-industrial levels and, on current trajectory, are set to reach a perilous 1.5C above in the early 2030s.

Footnote: Demonstrating through Sydney streets for better environmental policies can actually be fun. And, these days, if you're not heavily fined or incarcerated for your trouble, you've come out a winner.

Words: **Malcolm Fisher**



Step into Casuarina Forest's birdwatching haven

Secret Spaces Hidden Places

The wetland ecosystem offering a natural sanctuary in Warriewood

It's an overcast afternoon as we enter the Casuarina Forest, the entrance to the Swamp Forest Walk in the Warriewood Wetlands, which accentuates the symphony of green hues surrounding us. A gentle moisture saturates the air, and almost immediately, we are enveloped in a cacophony of bird songs vibrating from tree to tree.

This serene bushwalk, which is an accessible 1 km round-trip, is just one small part of the expansive 26-hectare Warriewood Wetland - a diverse ecosystem fed by Mullet, Narrabeen, and Fern Creeks and flows downstream to Narrabeen Lagoon.

According to the Northern Beaches Council, the wetlands are the "largest remaining sand plain wetland in the Northern Sydney area." Over time, the significance of the wetlands has grown through greater understanding and research, as well as protection efforts.

From the towering shade of the Casuarina Forest, we see this protection effort in

practice as we step across the boardwalk, which was completed by the council in 2006, allowing us to admire the marsh and pond below in a non-intrusive way.

Below us, a group of Pacific Black Ducks take off and land among the swaying water reeds. While on the other side of the boardwalk fence, Purple Swamphen delicately nibbles on the tender shoots of reeds and rushes. My eye catches sight of a beautifully vibrant blue butterfly as it dances its way across the sky and into the forest behind us.

It's a true natural sanctuary here, undoubtedly a paradise for birdwatchers. We compare notes on the myriad of birds we've seen that day from the melodious Bell Miners to the hearty laughter of Kookaburras with a fellow birder visiting from Queensland, who primed with his camera, patiently trying to catch a glimpse of a King Parrot.

Leaving the boardwalk behind, we find ourselves surrounded by towering

Swamp Mahogany Trees, from which the walk derives its name. As we transition onto a gravel path, the landscape becomes denser with cabbage tree palms and ferns. Amidst the lush greenery, small yellow flowers stand out brightly, adding a splash of colour.

We double back at the Garden Street entrance, retracing our steps. But to enjoy a longer, but easy 4 km bushwalk, the route connects to the Jim Revitt walk which leads to the picturesque Irrawong Reserve, overlooking the tranquil waterfall.

Did you know...

The towering Swamp Mahogany trees, which feature in the Warriewood Wetlands have a story or two to share, as they sometimes live up to 200 years. While they aren't as common in the Sydney region anymore, they can be found in wetland regions throughout Australia. Their extremely durable hardwood timber has long been logged for purposes ranging from firewood to general construction.

How to get there

The entrance to this section of the wetlands and the start of the Swamp Forest Walk begins at Katoa Reserve (2 Katoa Cl, North Narrabeen). There is free local street parking and a small car park near the reserve, which also features BBQs, a playground and picnic areas. Or you can catch a local bus; the B-Line drops you less than a kilometre away.

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

Words: **Rebecca Burton**

PHOTO: HARRY GOODWIN

Breaking our own hearts

The suffering of unspoken expectations

It's all your fault! We've heard that before. Oh, how easy it is to point blame rather than examine our own part in disjointed communication. Very rarely is a situation entirely one person's fault. In the height of anger and frustration, it's easy to throw out these blanket statements, but they are generally not true and only add fuel to the fire. Your partner will probably be the first to let you know if a false statement is hurled at them as ammunition, and it's unlikely that kind of communication will get you anywhere. More often than not, the situation escalates as the partner aggressively attempts to defend their position and challenge yours.

So, what's really going on here? A lot of relationship conflict boils down to expectations. It's not just about what our partners do or don't do, it's also about the gap between our fantasy and the reality. Most of us hold a fantasy of what partnership will be. We imagine how our person will stand up for us, protect us, support us, nurture us, connect to us, sexually relate to us and so on. Having these ideas is not problematic, but expecting they be met, especially without prior communication and consent, puts both parties in a precarious situation. By having un-communicated expectations, we set ourselves up to be perpetually disappointed. It is not the responsibility of the other person to read our minds and telepathically meet our needs. They are not to blame for things they did not know or consent to. This is how we break our own hearts. So, what do we do now?

1. Self examination – what are my beliefs and expectations of love, communication, intimacy, parenting, chores, paid and unpaid labour, free time, and family engagements? Are these reasonable, fair, and mutual? Do they match my values? What does my partner feel about these topics? Society, culture, religion, and other variables can influence these answers.

2. The fantasy of perfection – forget Hollywood and Disney, we're out here in the real world with real people. Tempering fantasies around perfectionism will help bring you closer to your partner and foster a more authentic relationship. Practice humility, forgiveness, compassion,



It's important to embrace your self a steam

accountability, and responsibility. These make for a softer and stronger dynamic.

3. Mind reading – don't assume your partner knows everything about you. I can promise you, they don't. And it's not fair to punish them for not knowing. Say what you need clearly, calmly, and functionally. You'll have a much better chance at your desired outcome.

4. Projection – be mindful of any tendencies to project your own fears, doubts, or insecurities onto your partner. If you are expecting your partner to constantly tell you that you are good enough, you might be disappointed when they don't. That is not their responsibility, nor do they deserve to be punished or pulled into a fight because of it. Over time this will also erode the foundations of your relationship.

In any dyadic relationship, there are three parts: you, them and the relationship itself. All three parts need reflection, nurturing, and development. The more you work on yourself, the easier things become. Though it can be easier to blame, it's important to recognize self-inflicted wounds in order to heal. Being vulnerable, having conversations about realistic expectations, making agreements, being gracious even when someone falls short, and doing the internal work is the way to move forward into a more healthy, flourishing relationship dynamic filled with love and peace.

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

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

PHOTO: VINICIUS 'AMINX' AMANO - UNSPLASH



Charlotte on stage at International Women's Day

Business

Public Speaking 101

I always enjoy public speaking, and regardless the years of experience, I continue to have nerves. I have learnt though, nervousness is normal, and can even bring an extra element of fun while keeping me alert and on my toes.

Preparing for public speaking requires emotional and practical preparation. Practicing relaxation techniques like deep breathing helps calm the nerves. Focus on the message you want to convey, the value it brings to your audience.

Know your material, anticipate questions, rehearse. Familiarise yourself with the venue. Get set for technical 'surprises'. Dress appropriately to feel comfortable and confident. Beware new purchases. I once wore new shoes with the tags still underneath, noticed by all the moment I sat on stage.

Tailor your speech to the audience's interests. Keep them engaged with visuals and stories. Be ready to adapt your delivery based on audience reactions. Remember to enjoy yourself and have fun with the audience.

Arrive early to mentally prepare and do a final run-through. Take some deep breaths. Deliver your message with sincerity and enthusiasm and embrace your nervous energy as a sign of your passion for the topic.

The 5 key preparation points:

1. Objective – understand the outcome required
2. Why – purpose
3. How – story/powerpoint/visuals
4. Where – location, stage, lectern, microphone
5. Practice – always, wherever

Words: **Charlotte Rimmer**, Strategic Business Advisor
Learn more at www.aidedemd.com



Business

Beaches Accounting

Hey Tawnies, Tom here, your specialist in small business accounting.

Should I start set up my business as a sole trader or a company?

There is a lot of information out there on this one, and the answer really depends on your unique circumstances, so always best to chat through with an accountant.

Some key advantages of a company set up:

- Liability for shareholders is limited, which helps protect individual's assets from company debts
- It's easier to transfer the shares in the company to someone else, for example, to a family member or a new business partner.
- Taxation rates can be more favourable.

But like everything, there are some downsides:

- Extra costs to set up, maintain and close down
- Additional reporting requirements ASIC and ATO.
- If directors fail to meet their legal obligations, they may be held personally liable for the company's debts.
- It can be more complicated to transfer money to the business operator.

Conversely a sole trader structure is easier to set up, get started and is simpler to operate, but it won't give you the limited liability or the small business tax rate.

We offer a free drop-in service 1 hour every week. If your business could use some Beaches Accounting insights, visit 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.



Smokey eggplant, hummus, and pan-fried chicken liver meatballs



Shak and Jess

Restaurant Review Fuel By Night

Stepping into Fuel by Night in Brookvale, you're met with an ambience that's as unpretentious as it is welcoming - a stark contrast to the daytime persona of "Fuel", the café beloved by many for its exceptional coffee and satisfying bites.

This nocturnal transformation is nothing short of a culinary revelation, offering an experience that transcends the need for flashy decor or a prime location. It's here, in this modest setting near a bustling main road, that I found myself enveloped in a world of Israeli-inspired cuisine, where every dish serves as a testament to the richness and diversity of Mediterranean flavours.

Fuel by Night's concept is simple yet profoundly effective: a set menu designed for sharing, embodying the spirit of communal dining at its finest. At \$70 a person, the price is a mere token for the culinary journey that awaits.

The brains behind this venture, Shak and Jess, along with the culinary prowess of chef Maor Sahar have crafted a menu that dazzles with freshness, quality, and

ingenuity. The result? A dining experience that feels akin to stepping into a vibrant Tel Aviv bar, complete with the kind of authentic atmosphere that's been dearly missed.

The evening kicked off with an assortment of bagels and mezze - an introduction that set the tone for the feast to follow. But these were no ordinary bagels; they were fluffy, chewy delights that paired magnificently with a selection of dips, olives, and pickles.

What followed was a parade of dishes that each, in their own right, captured the essence of Israeli cuisine. The rocket, lettuce, drunk pear, and candy pistachio salad was a refreshing start, leading us to the heartier flavours of labneh, smoky eggplant, hummus, and pan-fried chicken liver meatballs. But it was the kofta that truly stole my heart, a dish so exquisitely prepared that it left me pondering whether I'd ever tasted better.

We paired our meal with a pomegranate gin and a grapefruit tequila. Need I say more, other than heavenly? As for the desserts, the Crack Pie, with its seductive combination of halva and mascarpone cream, was a revelation. Paired with mint tea that somehow tasted more vibrant than any I've

encountered; it was a fitting conclusion to a meal that was as much an exploration of flavours as it was a celebration of culinary craftsmanship.

Fuel by Night's ability to cater to both omnivores and vegans, not to mention its family-friendly early hours, makes it a place where everyone can find something to relish. Yet, it's in the company of friends, discussing the nuances of each dish against the backdrop of carefully curated music and a lively atmosphere, that the experience truly comes to life.

In essence, Fuel by Night stands as a beacon of culinary excellence, proving that true gastronomic delight often lies in the most unexpected of places. It's a reminder that food, at its best, is not just about sustenance but about the stories it tells, the connections it fosters, and the worlds it has the power to transport us to, even if just for an evening.

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



Home Cooking

Healthy Cherry Ripe

Gluten free · vegan · low carb · high protein
Serves: 12 · Prep: 75 minutes

Ingredients

2 cups desiccated coconut
3 tbsp coconut oil
3 tbsp coconut sugar
1 teaspoon vanilla extract
1 cup frozen pitted cherries
1/3 cup frozen raspberries
200g 85% dark chocolate

Method

Line a 20cm square tin with baking paper. Blend the coconut oil, coconut sugar, and vanilla extract in a food processor until well combined. Add the cherries and raspberries to the mixture and pulse until well combined. Press mixture into the prepared tin and place in the freezer for one hour. Remove from the freezer and cut into 12 equal bars. Melt chocolate in the microwave and stir vigorously until smooth. Dip bars one by one in the melted chocolate and sit them on a wire rack to set. Store bars in the fridge and once set, place in an airtight container.

Tip

Want a keto-friendly version? Sub the coconut sugar for monk fruit extract or stevia.

Words: **Faye James**

Recipe from Faye's cookbook 'The Menopause Diet'

PHOTO: DARRIN JAMES, IG @CURLYANDBEYOND



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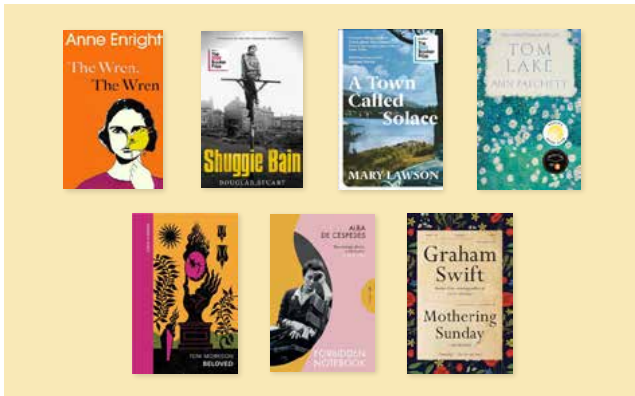
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Mum's the word for May's literary journey

Tawny's Bathtub Bookclub

In praise of mothers and mothering

Let's celebrate anyone who has mothered you this Mother's Day. If you're in the mood to read about mothers covering the mothering spectrum, then these books should do the trick. Some are new and some are not, each is moving and timeless.

The Wren, The Wren by **Anne Enright**. Few write about motherhood with more intensity than Booker prize winner Anne Enright. Her latest book, *The Wren, The Wren*, is gut wrenching. Its back cover says, "It is an exploration of the love between mother and daughter – sometimes fierce, often painful, but always transcendent." This is an understatement. I can't wait to read it again.

Shuggie Bain by **Douglas Stuart**. A boy raised in run-down public housing by his alcoholic mother, Agnes, in 1980s Glasgow, Scotland doesn't sound like uplifting reading, but it is. Despite Agnes making serial bad choices, Shuggie's love never

falters. It's a portrayal of poverty, addiction, sexuality and love against the odds. This debut novel won the 2020 Booker Prize.

A Town Called Solace by **Mary Lawson**. A story about a family in crisis. A rebellious teenage daughter has disappeared. It explores the relationships between people brought together by fate and the mistakes of the past. It's gripping and darkly funny. This book was longlisted for the 2021 Booker Prize.

Tom Lake by **Ann Patchett**. I approached this book with trepidation, how could it live up to the hype? Easily. It's the quietest of quiet stories about a mother sharing previously unknown aspects of her life with her adult daughters during the pandemic. It reveals so much about people's motivations and choices. Makes you think.

Beloved by **Toni Morrison**. If you haven't read *Beloved*, then you must. It is the mother

of all motherhood novels, combining the power of legend with the truth of history. At the core it's about the extremes a mother will go to for her child. Nothing is too extreme. It won the Pulitzer Prize in 1993.

Forbidden Notebook by **Alba de Céspedes**. How many books have you read that were written by a person jailed for their anti-fascist activities in Italy? A fact that has nothing to do with this book but speaks volumes about its author. *Forbidden Notebook* was published in 1952, viewed then as outrageous and now regarded as a feminist classic, a jewel of Italian literature. Luckily the book has been rediscovered with a new translation and was published in 2023 by Pushkin Press. In her *Forbidden Notebook* Valeria finds the roles that have come to define her (wife, mother and daughter) are beginning to break apart. It's a story of domestic discontent, and of Valeria's awakening to her true thoughts and desires.

Mothering Sunday by **Graham Swift**. Jane Fairchild is a maid who has nowhere to go on Mothering Sunday – a day when domestic staff are free to visit their parents – because she has no parents. She was abandoned on the steps of an orphanage in 1901. This is a story about a girl finding her voice. A brief and brilliant read.

Where to buy
Shop local: Humphreys and Desire Books in Manly, Harry Hartog at the Mall, Berkeleouw in Balgowlah and Mona Vale, and Bookoccino in Avalon.

Words: **Paige Turner**

A Little Advice

Catastrophising The (un)Catastrophe

Q. How do I stop catastrophising?

A. Yesterday, I almost caused a minor accident at a busy intersection. It was my fault, I wasn't paying attention and the other driver, understandably, shook their head and yelled expletives that I couldn't hear, but could infer.

I spent the rest of the day feeling deep shame about the near miss, I even worried I would bump into said driver at the local café. They would know who I was, of course, because they'd have spent the morning cursing me and telling all their colleagues about the crazy woman who failed to give way.

I created a narrative, practicing how I would conduct myself so that they knew I was usually a very safe and careful person. Or perhaps I would act flustered as if there had been a tragedy in the family so that they would give me a pass...

As you can see, I have some experience with catastrophising thoughts. While I can rationalize that these fears are unlikely to come to fruition, the acknowledgement alone doesn't stop the paralysing cycle. What works for me are cycle breakers, ways to interrupt the unhelpful (and unproductive) loop of thoughts.

Some things you could try:

- Putting on your favourite music and singing/dancing along
- Doing a crossword or logic-based puzzle
- Putting on a podcast and going for a run
- Calling or visiting a friend for a chat
- Doing something charitable for a loved one or neighbour
- Meditation (sitting and breathing slowly)
- Reading a novel
- Walking barefoot in nature

When you put yourself at the centre of the universe, you risk not being present to the world around you. By spending time with others, especially if that time is spent helping them with a genuine problem, you will likely find a renewed perspective.

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 or visit candacelittlewriter.com

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Subject Synchronised Sunset Swilling
Location Back of the Ferry



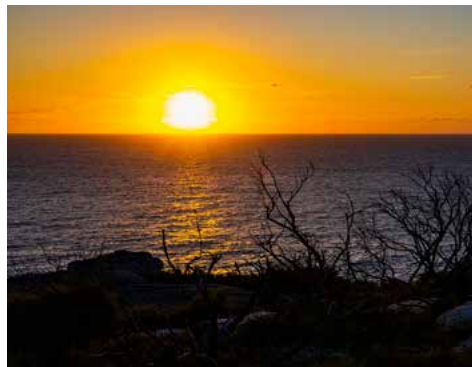
Subject G'day Cobber
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Subject The Duke with a man bun
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Subject Tawny workout session
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Subject North Head sunrise
Photographer Rebecca Babich



Subject Queenscliff whitewater rafting
Photographer Suzanne Jensen-Lewis



Subject Barking, sniffing, chasing... but first coffee
Location One Four Coffee, Curl Curl



Subject Declan Wyton's Manly Surf Fest Perfect 10
Photographer Bernadette Johnson @bernadette2097



Subject Narrabeen Easter Egg Hunt
Photographer Betty Lee



Subject Manly Beach sunrise
Photographer Peter Fysh



1. The Tram Shed Café is located in which Northern Beaches suburb?
2. In which sport would you associate local identity Bob Gilitnan?
3. Which Northern Beaches club is traditionally been home to the biggest 2up game on the Northern Beaches?
4. To the nearest Km – The straight-line distance from Manly Wharf to the Opera House is 7km, 9km, 11km?
5. The Federal Member for Warringah – Zali Stegall, won what colour medal at the 1998 Nagano winter Olympics?
6. Traditionally what dairy product is used to make short bread?
7. In Australian Taxation the MLS is the Medicare Levy WHAT?
8. In which sport would you associate Welshman Gareth Bale?
9. What is the common four letter name for a guitar plectrum?
10. The disorder plantar fasciitis affects which part of the body?
11. In Shakespeare's Macbeth – what relation is Lady Macbeth to the title character?
12. Which is further west – Broome or Perth?
13. Lox is a fillet of what type of fish?
14. The Rock n Roll Hall of Fame is in which US city starting with C?
15. Starting with M – what was the first name of David Hasselhoff's character in Baywatch?
16. In roulette – a low numbers bet covers numbers 1 to what number?
17. An even number – how many children does Rupert Murdoch have?
18. Winner of the 2024 Women's Australian Open – what country does Aryna Sabalenka hail from?
19. Which of the four Beatles was the first one to announce they were leaving the band?
20. Which US state were cane toads shipped from to be introduced to Australia?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

A former state premier, NAB customer servicing, aged caring, greyhound racing flip flopping, local male model is set to run for federal politicking.

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Star Signs

by Krystal Bawl

Taurus Apr 20 - May 21

'Love conquers all' is not an instruction for you to do likewise with every unsuspecting romantic interest. Slow down.

Gemini May 22 - Jun 21

Tinder's getting you no love, but frequenting single parent support groups has to stop. You're married, remember?

Cancer Jun 22 - Jul 22

Your take no prisoners approach means you risk becoming the totalitarian you loathe. Time to take a few prisoners.

Leo Jul 23 - Aug 22

Mother's Day could be the time to forgive Mum for all she put you through. She managed to forgive you after all.

Virgo Aug 23 - Sep 23

Wasting time thinking about what you'd do differently if you had your time again ensures you'll miss your moment.

Libra Sep 24 - Oct 23

It's fine to slack off, no housework, no cooking, no bed making, but this whole no wiping is really pushing limits.

Scorpio Oct 24 - Nov 22

You always say "you do you" but did you know there's plenty of people lying in wait who dream of you doing them?

Sagittarius Nov 23 - Dec 21

Your early rising is exemplary, but it's more enjoyable to see sunrises in reality than an hour of undercover scrolling.

Capricorn Dec 22 - Jan 20

Your money-making ideas are poised to pay off, and if not, pfft, you've borrowed so much, it's the bank who's in trouble.

Aquarius Jan 21 - Feb 19

You crave alone time, but how earnest is your solitude pursuit when you constantly want to talk to everyone about it.

Pisces Feb 20 - Mar 20

You go big or go home mantra is impressive, huge wins of late, but best go home now, far better than losing it.

Aries Mar 21 - Apr 19

Your addiction to being wonderful has friends concerned. Show them some menace or risk being labelled an addict.

Sudoku Solution

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

Trivia Answers

- Narrabeen
- Tennis
- Harbord Diggers
- 9km
- Bronze
- Butler
- Surcharge
- Soccer (Football)
- Pick
- Foot
- Wife
- Perth
- Salmon
- Cleveland
- Mitch
- 18
- 17
- 6
- 18
- Belarus
- 19
- Paul
- McCartney
- 20
- Hawaii

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GWM Sydney Surf Pro Presented by Bonsoy is coming to North Narrabeen from May 9 to May 16.

Important information for all attendees to enjoy this action-packed surfing event.



LOCAL MAIN EVENT TRIALS: May 6

MAIN EVENT DATES: May 9 - May 16

TICKETS: Entry is FREE for all attendees.

EVENT TIMES: Surfing action takes place between 7:00am to 5:00pm for competition "ON" days. Every morning the WSL Tours and Competition team decides on the contest based on conditions. Sign up to alerts or download the WSL app to get notified if the event is called "ON", "OFF", or "ON HOLD".

PARKING: Street parking will be available around North Narrabeen (Most parking is regulated and on a 3-hour limit).

BUS: The B-Line bus service provides frequent and reliable services on the Northern Beaches. They

provide priority seating for people with accessibility needs. This service runs 7 days a week, running from 4:30 am until late.

FOOD & BEVERAGES: We've got you covered for lunch.

Oceans Narrabeen
Mexicano
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PARTNER ACTIVATIONS: Drop in and visit our event partners for information, giveaways and more.

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FIND OUT MORE



FAQS:

- There will be no dogs allowed at the event site
- Please note that this is a smoke-free event

- Please do not bring drones or single use plastics to the event site
- Bring your hat, sunscreen, drink bottle and a jacket
- Check out the official WSL event merchandise at the merchandise tent

