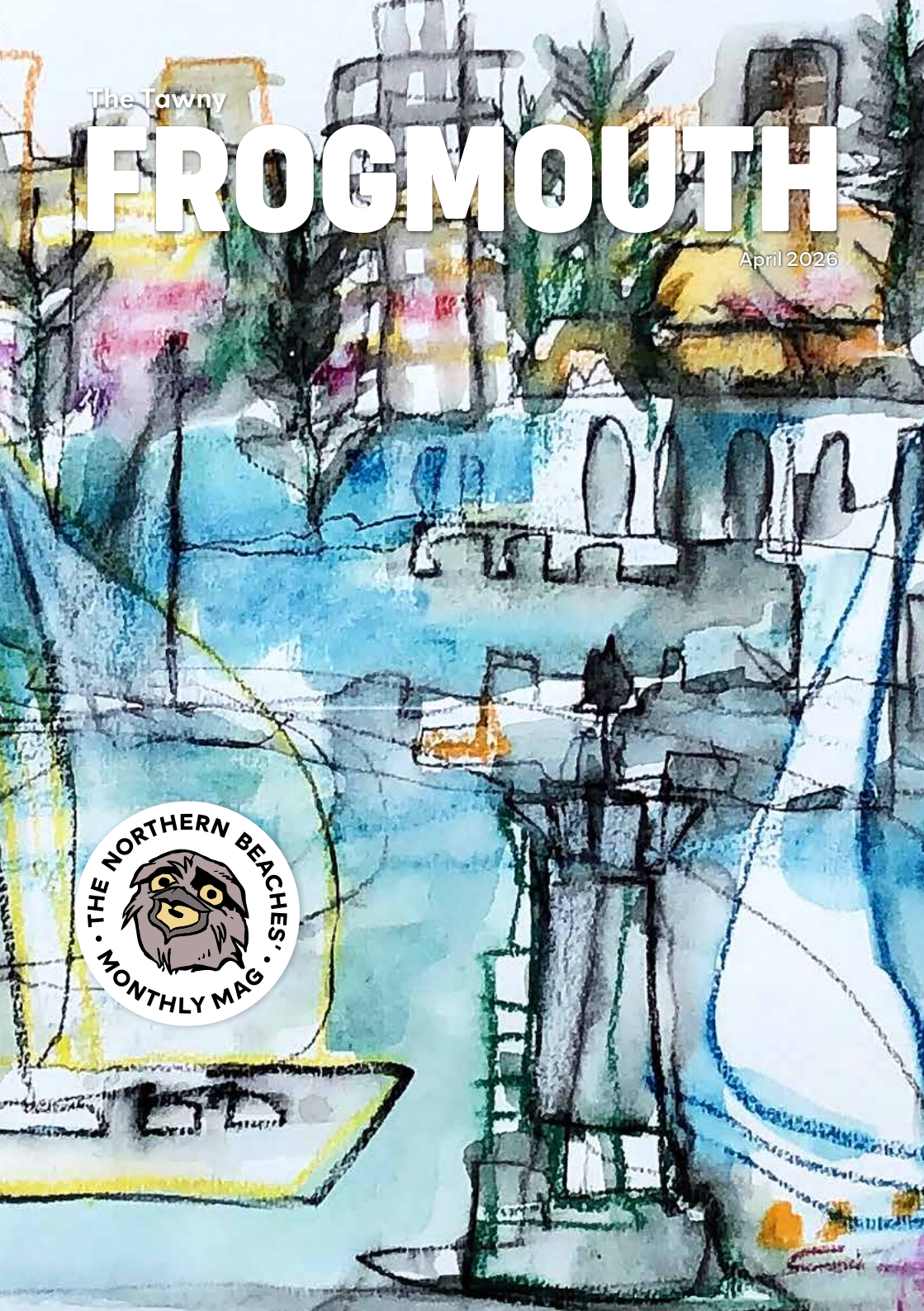


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G'day Beaches

As we go to print, WWII is unleashing Epic Fury on the Middle East. Fingers crossed Epic Peace prevails by the time you read this, and praise be we're so divinely isolated and girt by sea Down Under.

Thank you Cindy Scharka, our April cover artist introducing us to Cheeky Little Media's *Flower & Flour* story realm, inspired by Sydney Harbour. Congratulations Sam Wills, Letter of the Month, Mike Psillakis' bull shark article sparking a lot of conversation, with action hopefully to come. And Manly Ferry maestro Haig Gilchrist wins Photo of the Month, \$200 all yours to splash at The Mona.

Michael Regan provides an Autumn update, Sophie Scamps pushes to end Jobs4Mates, and Brendan Ryan sums up the Beaches' mathematically unavoidable transition to a Retirement Peninsula.

Meet your councillor, Bob Giltinan, James Vella-Bardon salutes Rock Gods, Neil Thompson Rees always gets the shot, and well done Olive & Kin, pottery with purpose healing hundreds of Australians.

Happy Easter!
Liam

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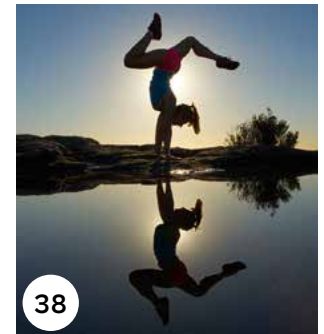
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Acknowledgement of Country

The Tawny Frogmouth acknowledges the Traditional Custodians, the Gayamaygal and Garigal and their Country on which we Tawnies nest today.

By these words we show our respect to all Aboriginal people. We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.

Peninsula Wash Up

Community Group of the Year

Congratulations to **Adopt a Beach** and **Surfrider Foundation Northern Beaches**, winning the Community Group of the Year at Northern Beaches Council's Australia Day Awards for their epic work in 2025, successfully launching monthly clean-ups at nine locations (North Avalon, Mona Vale, North Narrabeen, Collaroy, Freshwater, Queenscliff, Manly Beach, Little Manly, and Manly Cove), engaging 1,300 volunteers and diverting over 50,000 items of litter. The Adopt a Beach Team champions ocean health, environmental stewardship and community wellbeing. The program turned 95 community beach clean events into a powerful tool to understand the litter issues on our beaches, identify its source and identify solutions at the root. If our coeans thrive, then so do we. Join the monthly community powered program and protect your local beach, All details at surfrider.org.au/impact/adoptabeach

The Great Artist Market

Launching in Sydney on Saturday 2 May, **The Great Artist Market (TGAM)** takes over Manly Wharf's Felons Barrel Room from 8am to 3pm. Featuring more than 40 artists and makers, TGAM will showcase a curated selection of original artworks, handmade pieces and small-batch creations across a broad range of disciplines including art, ceramics, fashion, accessories, homewares and design. "At Felons, we see our venues as more than hospitality spaces, they're places where community and culture come together," says Dean Romeo, TGAM Co-founder and Felons Brand Director. "Bringing The Great Artist Market to the Barrel Room is about championing independent artists, facilitating connections, and creating experiences that feel vibrant, local, and truly memorable." Free to attend and family-friendly, with applications now open for creatives keen to show their wares. Follow [@thegreatartistmarket](https://www.instagram.com/thegreatartistmarket) on socials and scan here for more info.



Bring on the Century!

Manly Warringah Choir celebrated 50 years of Northern Beaches' classical musicianship and operatic talents in 2025 with three sold-out concerts thoroughly enjoyed by choristers and patrons alike. And 2026 marches on full steam ahead from there, with the first concert of the



A cleaner coast together with Adopt a Beach

year taking place on Sunday 3 May, 2pm at St Paul's College, Manly. The major work will be Mozart's Requiem, an all-time favourite, with the return of acclaimed soprano **Molly Ryan**, while **Simon Wolnizer** - the dazzling soloist in MWC's December concert last year - will be performing in Haydn's Trumpet Concerto. Ticket sales open on Monday, 23 March, and you're advised to get in fast as MWC performances routinely sell out up to three weeks before the event. To secure your seat visit manlywarringahchoir.org.au

1080 poison eradicated

Northern Beaches companion animals, long-nosed bandicoots, kookaburras, powerful owls, TAWNIES!!! and all wildlife will now be safe from 1080 poisoning thanks to Northern Beaches Council voting (11-3) to ban the use of 1080 poison on council land. The motion to ban the cruel poison was led by Greens Councillor Ethan Hrnjak with the support of many stakeholders from animal welfare, dogwalking and environmental groups and strongly supported by the Northern Beaches local community. "Thanks to the combined efforts of local residents, support from the Coalition Against 1080 and the Northern Beaches Animal Justice Party, I was thrilled that a majority of Councillors agreed that toxic, outdated 1080 poison has no place on the Northern Beaches," said Councillor Hrnjak. "I'm thrilled this ban means companion animals, wildlife and our community on the Northern Beaches don't have to fear the terrible outcomes of accidental or secondary 1080 poisoning in our council reserves again."

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Letters to The Tawny

LETTER OF THE MONTH

Re: Bull sharks (Mar '26)

Just a short note to commend Mike Psillakis on an excellent article. Balanced and well-reasoned. I hope our elected representatives give it the close attention it deserves.

Sam Wills

Re: Bull sharks (Mar '26)

I am writing to express my disappointment in the March article on bull shark management. Mr Psillakis is entitled to his opinion, but it is troubling to see his position dressed up as though it is consistent with scientific consensus on the issue. At the very least it would have been appropriate to acknowledge Mr Psillakis is not an ecologist, he recently lost his twin to a shark attack, and as a surfboard shaper he has a commercial interest in seeing Sydney shark numbers reduced.

Given the issue is so topical and the article has already printed, I believe it would be appropriate to include an article presenting the counter-argument in a future edition. I would be glad to pen such an article if nobody more qualified can be found.

Laurence Smith

Re: Bull sharks (Mar '26)

I read with interest the article by Mike Psillakis in the March Tawny. I agree with most of the points; we must live in harmony with nature, but when nature threatens mankind, our representatives must act.

I would like to go back 100 years, when the neck to knee

regulations were relaxed and people begun to swim in the Parramatta River, the harbour and Middle Harbour. Shark attacks increased. Government and local councils acted quickly and installed netted swimming enclosures with what was available, and the enclosures we see today were there 24/7 protecting swimmers.

Fast-forward to 2026, we have had in recent months three serious shark attacks, two of which have been fatal. State Government has spent a lot of money on drones and drum lines to catch sharks and tag them, but this is "watch and tell technology", they are not barriers to protect people 24/7.

Tagging of the sharks provides drone operators and on shore trackers warnings for surf clubs and lifesavers to get people out of the water. These actions have increased in recent months and will increase as more sharks are tagged and no culling occurs.

The fatality at Neilson Park was a tragedy. The government and local council spent a lot of money on repairs to retain the shore and repair the nets but left the pool bare - with no facilities, no diving boards, no slippery dips, no pontoon to swim out to. As our young people rightly like to enjoy themselves, they went outside the nets and jumped in the harbour off the rocks, but with a terrible result. The Manly netted pool is similar with no facilities and as a result is not patronised by teenagers who venture elsewhere.

I did propose to a Manly Councillor to increase the number of shark nets and fit them with subliminal warning devices to warn off all sea creatures 24/7, but was told it was a state Government responsibility.

We have enormous technology to upgrade the shark nets

for our ocean beaches and provide a barrier 24/7 for our swimmers and board riders.

Peter Carter, Manly

Re: Bull sharks (Mar '26)

"Shark protection policy based on science not ideology". Thank you, Mike Psillakis, calling for science to replace ideology to protect humans from shark attack is heartfelt and timely.

Heartfelt, because the pain of loss of his brother to a great white in September must still be very raw for him, his family and friends. Timely, because the NSW Government is yet to announce whether the shark nets will remain to the end of April or be taken out in March as "trialled" last year.

The tragic fatal attack on Mercury Psillakis was the first at a Sydney netted ocean beach since netting began in 1937. The only thing to change in 2025 was the removal of nets a month early. Whilst it can't be established that this was the cause of the September fatal attack, likewise it cannot be disproven and is plausible. It provides a clear reason to abandon the "trial".

The rationale for fiddling with a program that has protected human life so well was that there is extra "turtle activity" or "turtle migration" in April. The SharkSmart website shows the number of turtles killed in April over the past 10 years was 2.0 and, for the past five years, 3.8. This is for the entire 51 nets protecting people at 129 beaches along 200 km of coastline from Newcastle to Wollongong. Policy was changed to save between 2 and 4 turtles. And a 57-year-old father was mauled to death.

Despite the ideology that these short nets couldn't possibly work, the evidence they protect human life is irrefu-

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table. Nine young men at the median age of 17 were mauled to death by sharks at a Sydney ocean beach in the decade leading up to net installation in 1937 with none in the subsequent 88 years (Little Bay was not netted at the time of the fatal attack in February 2023).

In Durban, South Africa, there were seven fatal shark attacks between 1943 and 1951; after net installation in 1952 there have been none whilst frequent fatal attacks have continued in other provinces with unnetted beaches. Nets were installed in Queensland in 1962. There had been 19 fatalities at ocean beaches from 1916 to 1962; there have been two in the 63 years of netting.

Since nets and drumlines are more valuable for reducing the risk of attack by great whites than bull sharks, reducing the number of the latter, an undangered species, as advocated thoughtfully by Mike Psillakis, would add a valuable extra level of protection as well as a triumph of science over ideology. **Graeme Stewart, Avalon**

Beautification

Having increased rates to all, Northern Beaches Council are now expending their newly acquired wealth on 'Beautification'. Few would object to needed aesthetic improvements to the environment, but if the investment is simply to 'gild the lily' then Council should be called to account, particularly when improvements to public amenity, especially to road conditions, are sorely needed.

Current 'improvements' to the area surrounding Avalon Surf Club is a case in point. 'Beautification' at the expense of public amenity. New paths to replace perfectly serviceable existing paths, sandstone blocks to restrict parking, new sandstone

walls to prevent, what, erosion? While Old Barrenjoey Road is in dire need of resurfacing and the once slightly (now unrecognisable) faux brick road between Woolworths Car Park and Avalon Parade resembles a dog's breakfast of patchworks.

NBC needs to ensure public expenditure is appropriately proportioned between aesthetics and what really matters. Public amenity above 'beautification' please.

Roger Bruce

Re: Promenade homeless shelter (Mar '26)

We, the rate payers, pay Council to maintain and protect the facilities we have in Manly. These homeless people have been offered alternative accommodation - at taxpayer expense - and refuse it? We have million-dollar apartments behind this area. Do homeowners want to look out onto this rabble with rubbish everywhere?

We pay the council well, now do the job and move these people on, allowing interstate and international visitors, and locals, to enjoy our facilities.

I spoke to one of these people recently, who spends all day just sleeping or laying about, and the answer I got when asking why he refused to move...I am too embarrassed to print.

D.H.Kingshott, Manly

Re: Impending societal collapse (Mar '26)

Hope your eyebrows are ok, Bert Grumbles. Your March letter made me laugh! Stay Grumpy. Keep Grumbling. It's good! And thanks for the compliment, Tawny, regarding my upgrade. I'm not "Anonymous" anymore, I'm "The Oracle". For the record, my eyebrows have survived...Well, not really, getting thinner. Gotta go. Neighbour's fur baby's peeing on my

lawn. Bush Turkey's walking on my awning. Upside? No bikes! Yay, life is good.

The Oracle

Ditty on

Dear Tawny, the US and Israel have invaded Iran. Forget diplomacy - this was always the plan. Nearly 200 children killed in a school - Albanese supports this, the stout, selfish fool. We'll continue to protest - that right remains strong - while our Government and Media string us along.

Caroline, Manly Vale

Gaza

Dear Tawny, I was shocked and disappointed by the letters written in previous editions about the war in Gaza. None mentioned the most critical facts about the situation there. The main point was that Israel was attacked by Hamas who, (supported by Iran), slaughtered 1200 innocent Israeli citizens, committed horrific acts of rape, torture and murder, even of children. 250 citizens and children were abducted, tortured, and held hostage by Hamas terrorists.

Following the horrific attack, Israel were then constantly bombarded by Hezbollah, Iran and the Houthis. Israel did not commit genocide. Israel suffered the worst attack since the Holocaust, by Hamas, an organization recognized worldwide as a terrorist organization. It was Israel's duty to attack Hamas and recover its hostages.

The eventual successful retrieval of the hostages also necessitated the release of over a thousand Palestinian prisoners, including terrorists, murderers and rapists, at a ratio of more than 10 to 1 released hostages. Deaths estimated in Gaza included 20,000 terrorists. Israel

AUTUMN
2026

Wakehurst Matters



Some issues in Autumn's edition of *Wakehurst Matters* delivered to you:

- My Bushfire Protection Bill
- Responsible E-Bike Use
- Northern Beaches Hospital Update
- Narrabeen Ambulance Station to be Rebuilt
- Pushing for Upgrade to Belrose's County Road Reserve
- Working to Reopen Flat Rock Track
- Local Works Update



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in every way attempted to spare civilians. And, for the first time in history, the attacked country, Israel, constantly attempted to provide aid to the country whose people attacked them! That anyone can say Israel has committed genocide is simply unbelievable. Even other Middle East nations such as Saudi Arabia, Egypt, Qatar, Jordan and others will not support Hamas or Palestinians or take them as migrants.

I have never been so ashamed about the behavior of our PM and his cabinet members, in their desertion of our democratically elected ally, Israel, and their support for a terrorist organisation. The fracturing of our most important allegiance with the USA is unforgivable, and incomprehensible. Bob Hawke would be turning in his grave. The protest on Sydney's Harbour Bridge was an insult to

the silent majority of patriotic Australians and should not have been allowed. I spoke to several of the marchers, and they had little idea of the facts, or the reasons behind the overall situation in Gaza. They had no idea that Israel was still providing aid despite the attack and the horrors of Hamas terrorism.

Ian, Newport

Housing changes to hit the Beaches

Mayor Heins outlines in the March Tawny what NSW Government changes will mean to the Beaches community, saying "We have long advocated for major projects like the East West rapid bus link and the Northern Beaches Tunnel" and "Council has updated our

development control plans."

The reality is Council's DCP and LEP have been the cause of poor quality and inadequate development for years. Other LGA's have been progressive, attracted development and gained support from State Government. Until Northern Beaches Council becomes progressive (i.e good bold planning that encourages good development for the wider community) we will not get government or private financial support for the needed transport upgrades.

State Government will fund new transport links where and when they are needed. If there is no progressive planning by the local council the State will take total control.

Peter Fuller, Narrabeen

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

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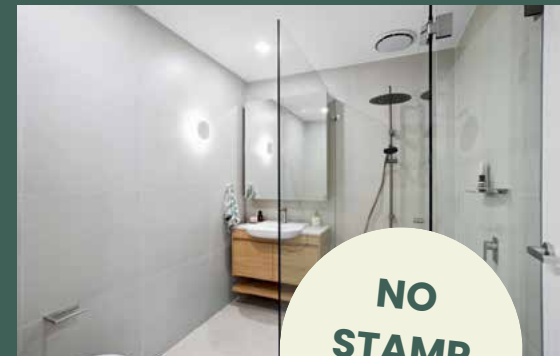
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Michael Regan MP

Autumn update

Summer has reminded us just how much is at stake when it comes to planning well, keeping people safe, and investing properly in our community. From bushfire risk and e-bike safety to healthcare and local infrastructure, decisions made now will shape how resilient and liveable the Northern Beaches are for decades to come.

Bushfire protection must come first

After another destructive bushfire season, it is clear we cannot keep approving housing in known high-risk locations. That is why I introduced the Environmental Planning and Assessment Amendment (*Bushfire Protection*) Bill 2025 in December.

The proposed 370-home subdivision at Lizard Rock highlights the problem. While the Department of Planning has argued the project meets policy settings, the Rural Fire Service (RFS) and other experts say the risk is too high. When it comes to bushfires, **expert advice must prevail.**

Building homes in bushfire traps – near large areas of bushland with limited evacuation access – endangers future residents and volunteer firefighters. It also creates the real prospect of homes becoming uninsurable and effectively unliveable. **That is not responsible planning.**

My bill makes three key changes. It brings RFS advice to the very start of the rezoning process. It makes clear that if the RFS objects, a proposal cannot proceed. And it places bushfire-prone land mapping in the hands of the RFS, where it belongs.

Responsible e-bike use

E-bikes are a positive addition to our active transport mix, but recent large “ride-outs” at Long Reef Golf Course and across the Harbour Bridge showed how quickly behaviour can become unsafe and disruptive.

The NSW Government has now introduced a 250-watt maximum power limit and stronger police powers to seize illegal high-powered bikes that exceed the 25 km/h pedal-assist limit. National import standards have also been tightened to require compliance with European Standard EN 15194.

These changes target bikes that are effectively motorbikes in disguise. But regulation alone is not enough. I support mandatory registration



Discussing my bill with Emergency Services Minister, the Hon. Jihad Dib MP

and licensing so riders can be identified and held accountable, along with a minimum age requirement. I would love to hear your thoughts on this. Please complete the short e-bike survey on my website www.michaelreganmp.com

Locally, schools are rolling out Bicycle NSW's **Student Bicycle Licence Scheme** to improve safety education. If you are purchasing an e-bike, ensure it meets the EN 15194 standard. And if you are a parent, please engage with your child about safe and respectful riding.

Northern Beaches Hospital update

The NBH transition into public ownership is progressing, with handover from Healthscope to NSW Health scheduled for 29 April.

My **Northern Beaches Hospital Deed Termination Bill 2025** saved taxpayers \$600-\$700 million by avoiding the potential liabilities Healthscope could have claimed under the original poorly drafted contract.

I have secured commitments that our hospital will remain a Level 5 facility, there will be no loss of beds, and the General Practice Medical Centre will remain open. Private services will also continue, preserving choice for patients who wish to use their health insurance locally.

The recently announced surgery hub will increase capacity while ensuring local residents receive priority access. The hospital's final operating model will be determined over the coming year. I will keep working hard to ensure the positive outcomes achieved to date continue.

Words: **Michael Regan MP**, Member for Wakehurst
Please visit my website michaelreganmp.com, sign up for my e-newsletter and follow me on Facebook and Instagram. We love hearing from you, so please engage!

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Dr Scamps with volunteers in Canberra

Federal Politics

Mates over merit lives on

Scamps tables Bill to End #Jobs4Mates

When I first ran for Mackellar in 2022 one of the issues that came up time and again at kitchen tables conversations, bus stops, community events and the many terrific men's coffee 'tables of knowledge' scattered across our Northern Beaches, was that people were sick of the "jobs for mates" culture in Canberra.

They were tired of watching well-paid, powerful public roles quietly handed to well-connected 'mates' or as rewards for political loyalty; tired of decisions being made behind closed doors; and tired of being told to just 'trust the process' when there was no transparency.

People across the Northern Beaches wanted someone who would take their demand for integrity straight to Canberra and keep pushing until something changed.

Well, I've stayed true to

my word. In early March, I re-introduced my **Ending Jobs for Mates Bill** (the Transparent and Quality Public Appointments Bill 2026).

It's now been three years since I first put this legislation before Parliament. In that time, an **independent review** led by respected former public service commissioner Lynelle Briggs has confirmed what many Australians already suspected; that the current appointments process to major public roles is **'not fit for purpose'** and often looks like **'patronage and nepotism that should have no place in modern Australian society.'**

Despite the damning findings of the review, or perhaps because of them, it was kept under wraps, hidden from the public for over two years and only quietly released just before Christmas after much pressure from myself and

other Independents.

The report determined that without clear, enforceable and **legislated** rules, patronage and favouritism can and do creep into major public appointments. But instead of legislating any change, the Government responded with a half-page, 7- dot point set of vague "principles" that will continue to leave final decisions firmly in ministers' hands.

That's not reform. It's window dressing.

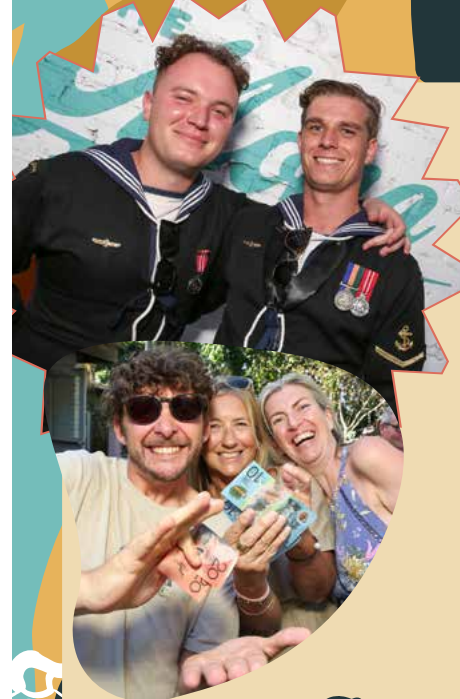
My Bill would change that. It would establish an independent, transparent process for **major Commonwealth appointments**. It would also introduce a new mandatory cooling-off period; six months for former politicians and senior staff, and 18 months for former Ministers before they can accept top public roles – to avoid conflicts of interest.

My Ending Jobs for Mates Bill is about restoring trust in our democracy. When governments choose who suits them best, instead of who is best for the job, it weakens our institutions and erodes trust.

The people of Mackellar expect integrity. They expect fairness. And they deserve a system where the best person gets the job, not the best-connected, that's why I have taken this issue back to Canberra on our behalf, and I'll keep fighting for a merit-based transparent and independent selection process for major public appointments.

Words: **Dr Sophie Scamps MP**

Keep up to date with Dr Sophie Scamps MP's announcements and initiatives online at www.sophiescamps.com.au and follow [@drsophie4mackellar](https://twitter.com/drsophie4mackellar) on socials



ANZAC DAY

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Northern Beaches' transition to retirement peninsula

The teenagers swarming our footpaths on e-bikes today will eventually be looked back on as the "Golden Age" of families on the Northern Beaches. While new rules may attempt to control them, their numbers are already destined to shrink. These kids are simply the last survivors of a demographic being mathematically erased from the Peninsula.

For the next generation on the Northern Beaches, the old advice to "just get on the property ladder" is no longer a complete strategy. Building a family here now requires navigating a high-stakes ecosystem of income tax brackets, a delicate web of government subsidies, and the often-overlooked gap between money earned and money actually kept.

The 20-Year Shift

In 2006, the median house price on the Beaches was roughly **\$985,000**. A family on a solid professional income could buy a home and raise a family comfortably. By 2026, that same "entry-level" home requires a **\$2.5 million buy-in**.

Take, for example, a local parent who recently reached out on social media, desperately appealing for help to find a better deal on a **\$1.8 million mortgage**. Signing for a loan of that magnitude at 5.5% is more than just an investment; it is a **\$10,220-a-month commitment** in principal and interest.

However, that number is not a constant. On a debt of this size, a 1% interest rate hike is a **\$13,800-a-year shift**. For a household already stretched thin, that represents the entire annual grocery or utility budget being reassigned by a single market move.

The "Benefit Withdrawal" Reality

The mortgage is only one part of the equation. The real impact is the **Benefit Withdrawal**. To service a \$1.8M debt while raising a young family - say, two children under five in full-time care - a household likely needs to earn **\$400,000**.

At this level, the "Top 1%" status triggers a significant reduction in government support. It involves navigating the Child Care Subsidy (which drops to **0% at \$535,279**), Family Tax Benefit Parts A and B, Medicare Safety Nets, and the Pharmaceutical Benefits Scheme (PBS). In our area, where daycare fees hit \$200 a day, the out-of-pocket cost for a high-earning family is



The ebike v mobility scooter battle for supremacy begins

now roughly **\$80,000 a year**.

Add it up: \$122,640 (mortgage) + \$80,000 (childcare) = \$202,640. After tax, a \$400k income leaves roughly \$260,000. This leaves just \$58,000 a year (\$1,100 a week) for rates, insurance, food, and transport. This is a lifestyle with zero margin for error; any disruption to health or employment fundamentally breaks the math.

The Journey from Pay to Pocket

There is a long journey between what families get paid and what they keep. More families have run the numbers and moved out of the Beaches, and there will be more to come. It is a practical choice. By lowering property costs and debt, they stay in a bracket where the government actually supports them, often leaving them with more "real" cash in their pocket than a high earner on the coast.

The e-bike era is ending because the math has reached its logical conclusion. As families choose a different path, the Northern Beaches will naturally transition into a grand retirement village, the "e-bike problem" a memory, mobility scooters filling the void. In 2026, the best investment isn't just a postcode; it's the lifestyle that remains after the math is done. Analysing the complex journey between what you earn and what you actually keep is more valuable than ever.

Words: **Brendan Ryan**

Brendan Ryan is the founder of Entitlementate, the platform helping Australians find and understand their entitlements, payments, services and rules based on age, circumstances, and location. Learn more at entitlementate.com.au



The strata mediation path to healthy living

Do you feel there is no solution to your strata problems, even though you have a strata manager? Do you worry that in order to resolve issues with other residents, the only option requires lawyers, courts, and risks becoming a very expensive undertaking? Even if you "win", is it likely you will never be able to talk to your neighbours again or, worse still, would you feel compelled to move away from the home you love?

There is another way, Mediation. The simple, cost-effective, collaborative and confidential way to resolve the problems in strata living. It is a brief process without

long wait times, with all parties empowered to reach mutually agreed results, and most disputes able to be settled with just a few sessions.

Strata managers often do not have the time to help you, nor know you are living with a problem which can give you constant stress in your life.

Peter Callaghan, an accredited and skilled mediator, of **Mediate4U**, has many years experience as a strata consultant. He can help all parties understand and appreciate their rights and obligations, and open doors to arrive at a solution.

More often than not, it doesn't take expensive lawyers



and courts to resolve strata problems - it takes a skilled mediator who clearly understands the problem and can communicate effectively with all parties.

Your happiness and well-being are too important to let strata issues stand in the way.

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Cheeky Little



Hidden away in Manly on the Northern beaches, we have an award-winning Australian creative studio that's redefining animation and family entertainment.

Co-founded by David Webster and Patrick Egerton, **Cheeky Little Media** are proud to blend local charm with global impact, delivering distinctive stories that resonate across the world.

Cheeky Little have built brands such as Spongo and Fuzz, Battersnikes and Gumbles, Kazoops, Kangaroo Beach, Ginger and the Vegesaur and more recently as a co-production with Sinking Ship in Canada, a new children's series called **Flower & Flour**.

Directed by **Cindy Scharka** and created by **Dan Mansour**, Flower & Flour is inspired by Dan's experience and the experiences of his wife Romy, who both grew up in the Western Suburbs of Sydney. The show is about Flower, a curious 7-year-old girl living above her parents' bustling restaurant. By her side is Flour, a mischievous cat made from a bag of flour. Together, they fill their multicultural neighbourhood with laughter, joyous chaos, and unexpected adventures. As everyday moments turn extraordinary, Flower learns that imagination, kindness, and curiosity have the power to bring people together and turn even the smallest day into something special.

It takes a big cast and crew to create an animated series. Writers, voice artists, design teams, story artists, directors, producers, modellers, animators, riggers, lighting artists, composers and edit teams and more! Each play their vital roles in bringing the characters and stories to life!



The director with some of the Flower & Flour team taking a well earned break!



Find out more at cheekylittle.com.au

BRAND NEW SERIES

Flower & Flour

STARTS MONDAY 16 MARCH



Kids | iview

Cover Artist

Cindy Scharka

How long have you lived on the Beaches? I fell in love with my funny fabulous French husband in Manly 11 years ago and I have been living here ever since.

What's your favourite beach? Manly. We are so lucky to be able to walk down and enjoy the swim to the Bower and Shelly Beach. It's accessible to Sydney and there is a wonderful mix of people here, especially on the weekends.

What inspired your cover? Travelling on the Manly ferry from Circular Quay and capturing the movement of the passing environment.

What inspires your work in general? Connection. To people's stories and the environment around me. My personal art reflects this as well as my professional career in children's television. I started as an in-betweenner at Hanna-Barbera, and we hand drew all the frames on paper to make the cartoons. We learnt on the job that clear visual communication is key to telling stories.

How do you describe your art? Although I was trained through my animation career to have precise and meticulous drawing skills, my preferred art style is gestural and instinctive.

What is your favourite part of the process? Being in the moment. When travelling, I keep my eyes on the moving landscape and try to keep my pen/pencil lines flowing. Sometimes I use one single line to capture a whole trip on the ferry from Manly to Circular Quay. While I "wait to arrive" the world moves around me. This becomes interesting when the trips are layered on top of each other. When I draw people in my sketchbook, I try to capture a mood or a moment in time. It's very meditative and satisfying.

How did you discover you had a gift for art? I remember drawing a lot as a kid. My brother and I created whole imaginary worlds and characters on paper. Art subjects at school always excited me and I seemed to get some recognition for it, which was motivating!

Did you study art? I trained in animation on the



Cindy drawing inspiration on the Manly Ferry

job at Hanna-Barbera & Walt Disney Australia. Later in life I studied and completed a Fine Art and Visual Culture degree to develop my own artistic language.

What are you currently working on? I'm busy as the Series Director of the wonderful preschool series Flower & Flour about to launch on ABC kids at Cheeky Little Media. My personal art is limited to sketchbooks and life drawings due to time restraints, but I hope to have more larger scale exhibitions in the future.

What's your favourite thing about what you do? At work I enjoy the challenge of the responsibility of my role in such a big production but mainly I enjoy collaborating with my team. Mostly I just love being connected to the details of whatever my attention is focused on.

Any advice for young and aspiring artists? Draw from life. Avoid copying other people's designs or artwork. Be attentive and you will learn to observe the pulsing, vibrant energetic world around you and respond to it in your own unique way!

What words of wisdom are you guided by? I love the William Kentridge quote: It's always been in between the things I thought I was doing that the real work has happened.

Watch **Flower & Flour** on ABC Kids and ABC iview. Follow Cheeky Little Media (cheekylittle.com.au) for more Australian made content made right here on the Beaches. And follow Cindy on socials [@cindyscharka](https://twitter.com/cindyscharka)

Interview: **Liam Carroll**

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BROOKVALE ARTS DISTRICT



Documenting Brookvale

Since 2021, Neil Thompson Rees has been ever present in Brookvale in pursuit of “getting the shot”, the picture that tells a story. For this photographer, it is all about the search. He has captured and created a stream of striking pictures for Brookvale Arts District, contributing significantly to the imagery and visual storytelling of what is happening in the precinct.

Neil describes Brookvale as a photographer’s dream. He says “within a few streets you can move from gritty industrial backdrops to creative studios, live music venues, breweries and distilleries, all layered with a deep surf culture history. It’s visually rich and constantly evolving. There’s always texture, character and energy here, which makes it an exciting place to shoot.” His biggest influence comes from documentary photography; photographers who capture authenticity rather than perfection. He is drawn to images that feel raw, emotional and immersive.

On the shelf of his office are two well-thumbed books which are a constant source of inspiration, Trent Parke’s “Minutes to Midnight” and Henri Cartier-Bresson’s “The Decisive Moment.”

Currently, Neil’s focus is on live music, catching the exciting growth of the music scene from the inside. He points out “there’s been significant positive investment in entertainment venues, and Brookvale’s live music is absolutely thriving. The level of support for both local and touring musicians has been incredible, and the standard just keeps rising. We’re also on the cusp of seeing local bands breaking through, which is exciting from both a cultural and photographic perspective.”

Neil has many favourite places to photograph. He says “the breweries and distilleries are fantastic spaces to work in, with a constant flow of live entertainment. 7th Day Brewery in particular, has brought a real festival energy to the area, hosting some incredible and sometimes unconventional activations. Brooky Surf Club at Bennetts Surf must be one of the coolest venues in Australia; it has an incredible atmosphere surrounded by surf history and always delivers visually. And then there are the smaller boutique businesses and studios, which are endlessly interesting to document. There’s so much personality in this suburb.”

Look out for Neil and his camera as he continues to seek out and showcase Brookvale’s compelling mix of industry, art, music and surf culture.

neilthompsonrees.myportfolio.com
[@monocaptus](https://www.instagram.com/monocaptus)

Words: Doug Clark
Photograph: Angharad Thompson Rees



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April 2026 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 0235 0.48 0844 1.71 1500 0.42 2112 1.68	2 317 0.46 0923 1.64 1530 0.45 2145 1.72	3 0359 0.47 1000 1.57 1558 0.50 2218 1.74	4 0438 0.49 1037 1.49 1625 0.56 2251 1.74	5 0418 0.53 1015 1.41 1553 0.62 2224 1.72
6 0500 0.57 1053 1.33 1623 0.68 2259 1.68	7 0544 0.62 1135 1.26 1659 0.75 2339 1.62	8 0635 0.68 1224 1.21 1742 0.81	9 0028 1.56 0735 0.72 1324 1.17 1839 0.86	10 0128 1.51 0845 0.72 1439 1.16 1954 0.88	11 0240 1.50 0950 0.69 1555 1.21 2115 0.86	12 0349 1.53 1044 0.63 1652 1.29 2223 0.79
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- New moon
- First Quarter
- Full Moon
- Last Quarter

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Magic Is Everywhere at the Kamaroi Fair 2026

Sunday 17th May

As Summer moves to Autumn, Kamaroi Steiner School is preparing for our Annual Fair. This year the renowned Kamaroi Fair will be held on Sunday 17th May from 10am - 3pm

Come and join us for a day filled with wonder, as our beautiful school grounds are transformed into a magical festival celebrating childhood, creativity and community spirit.

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 market stalls offering local artisan craft, live performances, delicious wholesome food and many activities for the children to enjoy, there will be something for everyone.

Kamaroi is a thriving primary school where every individual in the community has a sense of belonging and of contributing with their own unique skills to the wellbeing of the school. Students, staff and parents learn and grow, strengthening the community.

Meeting all the NESA outcomes, we deliver a progressive Steiner education that nourishes young people and their families to meet our current world with meaning and initiative. Our curriculum, embedded within the wisdom arising from Steiner's understanding of child development, fosters a deep regard for human values by encouraging imagination, empathy and a rich, emotional appreciation of nature and the arts.

By integrating the arts in all academic disciplines and offering an educational experience that inspires, children cultivate an earnest confidence, a true curiosity and a real love for learning. This in turn develops individuals who are able to take initiative, impart purpose and meet the challenges of our changing world.

If you are interested in finding out more about Kamaroi, join one of our upcoming school tours which can be found on our website, or drop in and see us at the Kamaroi Fair and experience the unique magic of our school.



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kamaroi.nsw.edu.au/community/kamaroi-fair

Kamaroi Rudolf Steiner School, 220 Forest Way, Belrose

We're going to need a bigger boat

If a week is a long time in politics, two months before the May budget is an eternity, plenty of time to float balloons to see what gets shot down, or what a timid PM might be game to risk.

Capital Gains Tax reform

A Senate committee hearing has been doing a fine job building the case for reducing the CGT discount, aiming to quell the Liberals' immediate scare campaign about "a tax on housing". Too bad it's a sideshow, a fiddle around the edges of far bigger problems. The CGT and negative gearing show is sold to punters as being about the cost of housing, our key political, social and monetary problem, but halving the CGT discount won't solve the housing crisis and is not what really interests Treasury.

It's about the budget not housing

For those with responsibility for government deficits and debt, trimming the CGT is about raising money and cutting back on a massive "tax expenditure", not making housing more affordable. Serious people know we need to tax more and smarter if we want to maintain our present level of nice things, let alone realise this nation's potential. For the ALP - forever scarred by Bill Shorten's 2019 election loss - that's a can they'd like to kick down the freeway, road and bush track eternally. Ditto any other contenders.

We need bigger fish

Broad tax reform to offend just about everyone is essential, reform ranging from taxing wealth to at least broadening the GST if not increasing the rate as well. But here's where we cut to Roy Scheider: "We're going to need a bigger boat." There is a strong probability the problem we're about to have is much bigger than we anticipate.

What has kept our deficit relatively small is collecting more income tax than expected, mainly thanks to strong employment growth and low unemployment. Our reliance on personal income tax for a high percentage of government revenue is one of the usual criticisms of our tax system. The various projections of the trouble ahead rely on unemployment remaining relatively low and employment strong. There are trillions of dollars being bet on that not being the case.



All aboard! To tax revenue infinity, and beyond!

AI and unemployment

As usual with major technological change, nobody knows how it will pan out. Early signs are AI will be very profitable for some, very costly for many. If unemployment doubles, not only does the ATO collect less tax, the government must also pay out more in social services. Consumption, the biggest part of the economy, is hit. Present budget projections go down a very dark hole with an economy needing more government spending, not less.

White collar blue collar

If the AI bets pay off, the white-collar workforce faces what blue-collar workers copped from the combination of automation and globalisation. The mass dislocation in the US and UK rust belts is set to roll through again but not on the factory floor. Governments were not prepared for that social disaster, the support wasn't there to handle the change, broad regions were devastated, a tide of resentment washed through and has not receded.

Governments aren't prepared for the threatened new wave and its cost either. And it will cost, be sure of that. That cost comes on top of the demographic challenge of a deteriorating dependency ratio, urgent need for much more government-funded housing and blowing half-a-trillion on AUKUS.

Fiddling around the edges of tax reform won't pay for it. The May budget is Jim Chalmers' chance to be honest with Australians, to deliver the equivalent of Paul Keating's banana republic warning. We need a bigger, smarter boat.

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



South Steyne Medical Centre

Supporting women, families and young people

South Steyne Medical Centre is proud to welcome Dr Mindy Da, a dedicated and highly skilled General Practitioner with a warm, down-to-earth approach to patient care.

With special interests in Women's Health, Mental Health, Sexual Health and Travel Medicine, Dr Da provides comprehensive care tailored to the diverse needs of families and individuals in the Manly community. Her women's health expertise includes IUD insertions and removals, Implanon procedures, and menopause management, offering patients continuity of care throughout their healthcare journey.

Mental health is a significant focus of Dr Da's practice. She has a particular interest in anxiety, depression, teenage mental health and gaming addiction, and is known for spending extra time building rapport - especially with young patients or those feeling vulnerable.

Dr Da is also experienced in managing common childhood illnesses, caring for "sick kids" with the thoroughness and reassurance every parent appreciates. In addition, patients preparing for travel can rely on her knowledge in travel health, as Dr Da will be providing services as part of South Steyne Medical Centre's Travel Medicine Clinic.

Fluent in Mandarin, Dr Da offers accessible, culturally sensitive care for Mandarin-speaking patients and families. Outside the clinic, Dr Da likes to stay active - she keeps ornamental shrimp and fish, grows carnivorous plants, and enjoys painting and rock climbing. She also has two much-loved dogs who keep her busy at home.

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How hiking saved my life

At 40, my life looked fine on paper - and felt utterly unbearable on the inside. I was a working mum on the treadmill: school lunches, deadlines, bedtime stories, repeat. I had two children and one on the way. I was married. I was “coping.” But underneath the busyness was a deep, bone-heavy melancholy. I felt trapped, exhausted, and quietly miserable.

My husband was an alcoholic. Life at home was unpredictable and exhausting. I had become very good at managing everyone else’s needs while ignoring my own. Like so many women, I told myself this was just how midlife felt. I didn’t recognise myself anymore.

Then something wildly inconvenient, impractical, and completely life-altering happened. My best friend invited me to climb Mt Aconcagua, the highest mountain in the Southern Hemisphere. I wasn’t a climber. Not even a hiker. Without overthinking, I said yes. That decision cracked my life wide open.

The mountain transformed me

Aconcagua didn’t care that I was a mum, a wife, or quietly falling apart. The mountain stripped everything back to basics. Breathe, step, breathe. It was brutally hard. I was completely out of my depth. We didn’t summit. By any traditional measure, the climb was a failure. But something extraordinary happened up there. I felt strong. Not “holding it all together” strong - but alive strong. I felt capable. Resilient. Brave. The mountain showed me there was life after 40.

Coming home changed

Returning to Sydney, nothing looked the same. I couldn’t unfeel what I’d felt on that mountain. I couldn’t unknow that my body, my mind, and my spirit thrived when I challenged myself, breathed fresh air, and stood alongside another woman who had my back. I started hiking, started training, started inviting other women to join me. What began as a personal lifeline slowly became a vision: a way to help women reclaim their strength, confidence, and sense of possibility. That vision became **Wild Women On Top**.

Choosing the Harder, Truer Path

I divorced my husband, became a single mum,



Wild Women embracing adventure (Di, centre right)

raised three children on one income. None of it was easy. There were moments of fear, exhaustion, and doubt. But hiking had rewired me. It had taught me that hard things don’t break us - they build us. Every time life felt overwhelming, I went back to the trail, to the rhythm of walking, to the clarity that comes when you move your body through wild places. Step by step, I rebuilt my life. Not a perfect life - but a true one.

A different kind of success

Today, my life looks vastly different from the one I had at 40. I have built Coastrek, a women’s hiking business that has supported thousands of women to step into their strength. I have watched women in their 40s, 50s, 60s, and 70s do things they never thought possible. I have raised three incredible children on Sydney’s wild edges - teaching them that courage, resilience, and connection matter more than appearances or approval.

If you are reading this and feeling stuck, hear this: You don’t need to blow up your life overnight; You don’t need to have it all figured out; You just need to take the first step. Go outside. Walk somewhere wild. Let your body remind your mind what it is capable of. Hiking saved my life because it reminded me who I was.

The 2026 **Coastrek** season kicks off 27 March here on the Northern Beaches, with events rolling out nationally across iconic coastal and wild locations.

Sign up at coastrek.com.au/events
And join the **Wild Women on Top** community at wildwomenontop.com.au

Words: **Di Westaway OAM**,
Founder of Wild Women on Top and Coastrek®

Handmade ceramics in honour of Olive

Pottery with purpose, custom urns for bereaved parents

I’m a midwife and a mum of three girls, two here with us and one in the stars. My first daughter Billie was born after a straightforward pregnancy. My second pregnancy, with Olive, was very different.

At 20 weeks I had a scan and was sent to hospital with a shortening cervix. At 22 weeks and five days, my waters broke. I knew immediately what that meant, but my brain couldn’t catch up with reality. We faced the heartbreaking decision to end our very wanted pregnancy...There are no words for that kind of grief.

Olive was born into a room filled with love and support. My husband Ben, our friend Jane and two incredible midwives held space for us during the most devastating day of our lives. Olive lived for less than an hour. She spent that time warm and safe on our chests while we sang to her and listened to music.

Lying there with my baby, I realised nothing else mattered. There was nothing to fix, nothing to plan or do, just time to hold her, to love her and to grieve. In the weeks that followed I found myself Googling things no parent ever expects to search for: “How to tell a two-year-old her baby sister died” and “nice baby urn.” I couldn’t find anything that felt right for Olive, so I decided to make one myself.

The first version was a bit of a flop, but a few weeks later, on Mother’s Day, I tried again. I sat on our porch in the sun and shaped Olive’s urn by hand, the most peaceful way I could have spent that day. I didn’t know it then, but that was the beginning of Olive & Kin.

When a baby dies, you become part of a club no one wants to join. The worst club with the best people. As I shared Olive’s story, other bereaved parents began reaching out. Some told me they had never found an urn they liked. Others admitted their baby’s ashes had sat “in a box under the bed” for years.

Making Olive’s urn had been quiet and healing for me, so I began making them for other families. What started as something deeply personal has grown into something much bigger. I have now handmade more than 225 custom



Every Olive & Kin creation is Hannah-crafted with love

ceramic urns for families across Australia. Thanks to generous donors, they are provided free of charge and always will be.

In May last year, Olive & Kin became a registered charity. As this Tawny lands, we will have just celebrated that milestone with a fundraiser and launch event at the Harbord Hotel, surrounded by many of the people who have been supported and/or supported this work from the beginning.

Creativity has remained a thread through my grief. During my pregnancy with our youngest daughter Norah, born very prematurely at 28 weeks after a complicated pregnancy and a battle with sepsis, I spent long hospital days painting watercolours. Those paintings became Pregnancy After Loss affirmation cards, with all profits supporting the work of Olive & Kin.

Grief doesn’t disappear. Over time the waves spread further apart. Olive will always be one of our daughters. We speak about her often and celebrate her birthday each year. Her life was heartbreakingly short, but the love she created continues to ripple outward. I am so looking forward to watching Olive & Kin grow and feel incredibly lucky to have found a way to honour our daughter meaningfully.

Olive & Kin provides free custom ceramic urns for families experiencing pregnancy and infant loss Australia wide. Learn more at oliveandkin.com.au and follow [@olive_and_kin](https://twitter.com/olive_and_kin) on socials

Words: **Hannah Fitzpatrick**, Founder of Olive & Kin



Valentine's Day perfection with Angry's Rose Tattoo at Terrey Hills Tav

Live Music

Beaches salute Rock Gods

It's certainly been a distinctive time for rock 'n' roll on the Northern Beaches – there's something in the air. As a lifelong rock fan, I was immediately drawn to the news that Rose Tattoo were playing at the Terry Hills Tavern as part of their fifty-year farewell tour. Having formed in 1976, the Tatts are set to call it a day after five decades of blazing riffs and gravel-throated vocals.

The band has long fascinated me, since I grew up in the '90s and learned that global rock giants Guns N' Roses and Metallica held Rose Tattoo in such regard. Listening to their catalogue in full, I quickly realised why: their unabashedly Australian brilliance, packed with killer riffs, catchy slide guitar, lyrics possessed of excellent street vernacular decrying societal injustice, and an outlaw spirit that has always set them apart, makes them a band any rocker can get behind.

So, I was thrilled when, for Valentine's Day, my wife bought us tickets to watch

them live. The Tavern, more accustomed to quieter gigs, was filled with an eclectic mix: die-hard fans tattooed head to toe, Gen X-ers sporting black band tees, and local residents curious about the impending spectacle.

After a strong set from the excellent up-and-coming rock trio Willie J's 6v6s, the Tatts took the stage. Frontman Angry Anderson, now 78 and the last surviving member of the band's heavily inked first two lineups, still has the swagger and powerhouse vocals that defined the band's early years.

The Tatts' current lineup – which also combines the long-serving rhythm section of bassist Steve King and drummer Paul DeMarco with the recent additions of slide guitarist Mick Arnold and the prodigious Ronnie Simmons on lead guitar – unleashed a roaring set of classics from across their entire catalogue. From classics like "Rock 'n' Roll Outlaw" to "Assault & Battery", the crowd lapped up every chord and verse.

At times, the crush at the front grew, but Angelo intervened with the same charm and authority he's shown for decades, making sure everyone stayed safe while keeping the energy high. When the band launched into "Bad Boy for Love", penned by original bassist Ian Rilen, the Tavern simply went mad.

After nearly two hours of "all killer, no filler," the Tatts exited the stage with no encore – leaving the crowd elated, dazzled, and nostalgic. It was a reminder of the power of live Australian pub rock, right here on the Beaches. Their long-awaited final album, set for release this year, will close the curtain on a legendary career.

Meanwhile, the Beaches can also celebrate INXS, a band with origins at Davidson High School. The late Michael Hutchence and his tight-knit bandmates went on to sell over 50 million albums globally, becoming Australia's biggest global band aside from AC/DC. Fans can also get involved in the band's Hall of Fame journey: the public can vote for INXS' nomination online and via social media, helping these local legends secure their place in history.

From the roar of the Tatts at the Tavern to the global acclaim of INXS, it's been a thrilling few weeks for rock on the Beaches. Seeing these legends in our own backyard – or knowing the local links – is a powerful, slightly nostalgic reminder of why we got hooked on Australian rock in the first place.

Words: **James Vella-Bardon**, a rock 'n' roll fan since childhood, local resident and writer. Check out his novels at [amazon.com.au](https://www.amazon.com.au)

Meet Your Councillors

Bob Giltinan, Narrabeen ward

What's your earliest memory of the Beaches? Arriving in 1976. I grew up in Campsie where things were busier, more built-up. The Beaches felt open and greener – more space, light and air. It's been home now for nearly 50 years.

Who inspires you? People who give their time freely to their community, volunteers who quietly get on with the job, week in and week out, without looking for recognition.

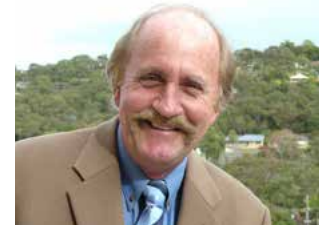
What do you do in the real world? Spend time with family and look after my 200+ racing pigeons and five dogs. Pigeon racing has been part of my life for a very long time. The birds are miraculous. I enjoy it immensely.

What motivated you to run

for Council? When running Giltinan's Tennis and Squash Centre in North Manly, a lot of people spoke to me about the poor condition of local sporting facilities and community amenities. The same issues kept coming up. I wanted to improve things by being directly involved.

What have been the biggest challenges? Getting the basics right, simplifying processes. The special rate variation process tops the list of frustrations. Decision making needs to be community-centric and fair – and most importantly understood by the community.

What have been your greatest triumphs? The significant uplift to Cromer Park means kids' sport can now be played



virtually all year, regardless of weather. Helping residents solve their problems and see decisions through at Council that make a real difference for people.

What words of wisdom do you live by? Live and let live. Let people live their lives without unnecessary interference, accept that others will make different choices, treat other people the way you would want to be treated, and act with fairness, respect and decency – even when you disagree.

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FRI 27TH MAR	DOS & DIGBY ON THE DECKS <small>Special event held in the Green Room. Free Event.</small>	
FRI 3RD APRIL	MONTHLY KARAOKE PARTY <small>Free event - 1st Friday each month</small>	
SAT 11TH APRIL	NEWTON FAULKNER <small>w/ Special Guests</small>	
SAT 2ND MAY	THE AUSTRALIAN BLINK 182 SHOW	
SAT 9TH MAY	PLAYLUNCH <small>Sex Ed Regional Tour w/ Special Guests</small>	SOLD OUT!
FRI 15TH MAY	CHEEKY LEASH <small>Great Southern Nights Event w/ Special Guests</small>	
SAT 16TH MAY	BACK TO THE MAC FLEETWOOD MAC EXPERIENCE	
SAT 27TH JUNE	DON'T CHANGE THE ULTIMATE INXS TRIBUTE	
SAT 4TH JULY	ONE OF THESE NIGHTS THE EAGLES EXPERIENCE	

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Get your laughing gear around this

A plant that's yummy to eat and easy to grow

Warrigal Greens (*Tetragonia tetragonioides*) is native to eastern Australia as well as New Zealand, Japan, Chile and Argentina. The name "Warrigal" comes from Dharug language (local to the Sydney area) meaning "wild" or "untamed", but it's also known as New Zealand Spinach, Botany Bay Spinach and Cooks Cabbage. It's an Aboriginal and Maori "bush tucker" food and though not related to English spinach, is similar in texture and makes an equally versatile veggie.



Quality Bush Tucker worthy of a Captain Cook

Warrigal Greens grows naturally in poor sandy soils but will thrive better in your backyard if you plant it in moist, rich loam with good drainage. It prefers some shade but will prosper in full sun and the more you harvest it, the more it will sprout (the younger leaves are also the tastiest). A seaweed-based fertiliser will give it an extra boost.

As well as being a hardy ground cover in the garden, it's perfect as a balcony plant or in a hanging basket. Its root system is small, so it will also grow under shallow rooted citrus trees. Warrigal Greens is available from local native nurseries (such as Harvest Seeds or Indigo), and it will strike readily from cuttings (if you happen to have a mate with some to spare). It can also be found growing wild in many beach-side reserves across the peninsula - so it's very convenient for foraging.

Garden pests such as slugs and snails seem to give it a wide berth, but it will attract native herbivores such as wallabies and bandicoots. Backyard chooks love it as a tasty treat.

Captain Cook fed cooked and pickled Warrigal Greens to his crew daily to fight scurvy. It contains vitamin C, is rich in vitamin K and contains appreciable amounts of vitamin B6, potassium and manganese. It's also high in fibre, iron and antioxidants but very low in calories.

In 1771, Botanist Joseph Banks took seeds back to Kew Gardens in London, making it the very first Australian food plant to be cultivated overseas. More recently the leaves of Warrigal Greens have been used as an anti-inflammatory and to treat gastrointestinal diseases and ulcers. It also has sedative properties.

Although edible, the leaves contain high levels of oxalates which can be toxic due to

their high acid content. **This must be leached out by blanching before eating.** Plunge the Warrigal Greens into boiling water and submerge for 2 minutes before draining. If using in salad or pesto, immediately transfer the greens to a bowl of ice water to stop the cooking process and preserve colour and texture.

Warrigal Greens has become a much sought after bush food by many top chefs such as Neil Perry, Kylie Kwong and Corey Costelloe who source it commercially and feature it on their restaurant menus. The fleshy leaves cope well with heat so are great for stir fries, sautés, quiches, pizzas, dumplings and pasta. They are also perfect in a healthy smoothie. Wild sourced Warrigal Greens frequently grow near the ocean and contain small fibres that store salt, giving it a fresh, saline flavour.

Warrigal Greens Pesto Recipe:

- 500g of Warrigal Greens (young leaves)
- 80g of Raw Macadamia nuts.
- 4 cloves of garlic
- 300 ml of extra virgin olive oil
- Zest and juice of one lemon
- 1 cup of grated parmesan cheese
- Salt and pepper to taste.

Blanch and drain the Warrigal Greens leaves (as above). Put in food processor with the nuts and garlic. Gently add lemon, oil, cheese and salt/pepper. Serve with toasted sourdough bread.

Words: Mal Fisher



Kingfish still around...if you can beat the sharks

Fishing

What's biting, Clint?

If you're interested in sharks, it's a good time to be on the water. Typically, around this time each year, when ocean temperatures are at their warmest, you'll always see more sharks, the difference this year is their sheer numbers. I've never encountered so many! They seem to be everywhere, scoffing any bait I put down.

As an example, I was trolling some live baits for Kingfish recently and hooked no less than 8 large Whaler and Bull sharks in one session across a range of headlands and reef systems from North Head to Dee Why. In between hook ups and bust offs, I spotted several more on the surface, following large schools of bait fish.

The following week, same result in the same areas. In an effort to get away from them, I went to some deeper reefs further north. More sharks. As a general rule, they don't have much size to them, all in that 1-1.5m range, it's the sheer numbers and just how hungry they are that makes this year so unique!

One theory making its way around fishing circles is the ocean currents flushing warmer water down our coastline, which sees a variance in numbers and species not typically encountered locally. It's not just the sharks, there are other uncommon species currently along our coastline: Spangled Emperor, Pearl Perch, Cobia, Mangrove Jack and Wahoo (to name a few).

One thing is certain, warmer currents will soon mix with colder water as the seasons change, and many of these more uncommon species will vanish. Hopefully some of the sharks too!

Words: Clint Harwood IG @clintfishsyd

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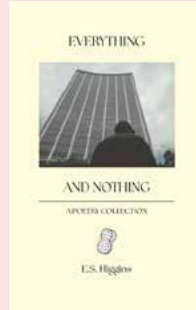
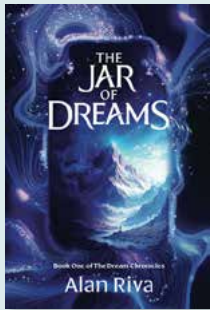
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Life, love and the universe written about in very different styles

Paige Turner Reviews

A fantasy novel and a poetry collection with shared themes

The genesis of **Alan Riva's** first novel, *The Jar of Dreams*, sprang from a dream he had while sleeping under a cow shaped mountain half way up the Himalayas. Converting the dream to words became his 24-year long obsession. The result is a 300+ page novel, a 25-page glossary of the language Alan created for the inhabitants of his make-believe world, The Land of Vaniya. He's even drawn a beautiful map of this world that sits at the beginning of the journey you're taken on when reading this novel. If that's not impressive enough there's also a 16-page guide to the magnificent Lands of Vaniya – no GPS required.

It's a story about the stories we tell ourselves – the dreams preserved, postponed or abandoned as life unfolds. The "jar" becomes both symbol and device, representing hopes carefully stored away, sometimes protected, sometimes forgotten.

Past and present blur gently, capturing how recollection actually works – triggered by

objects, conversations or fleeting sensations. Narrative feels lived rather than constructed, unsurprising given Riva turned down the offer of a big publishing house to publish the book 8 years ago because he hadn't lived with it long enough. Riva truly inhabits The Land of Vaniya when he's not living in his Northern Beaches world.

This book is large-scale, world building fantasy, think *Chronicles of Narnia* and *Lord of the Rings* and you're in the right zone.

The *Jar of Dreams* is ideal for readers who enjoy thoughtful, character-driven stories that unfold gradually. If you prefer plot-driven novels, the understated narrative may require patience, but the rewards are subtle revelations about life, memory and choice.

Where to buy

Alan Riva is offering signed limited edition copies through www.thejarofdreams.com or visit Bookoccino at Avalon.

Everything and Nothing

Tears rolled down my cheeks reading some of the poems in *Everything and Nothing*, local writer **Evered Higgins'** recently released poetry collection. The poems are tender and wise and the sparseness of the writing immediately draws you in.

Riva and Higgins are interested in the quiet moral terrain of everyday life—how people make choices, how they remain true to themselves and how much courage it can take to follow your own dream, instead of those of the people around you or societal norms.

None of these ideas are new but in this crazy world that beckons us to grab, grasp and grovel, they remind us of what really matters.

At 114 pages Higgins' poetry collection is slim enough to keep in your pocket and let its wisdom seep in to your being. Even how the collection is structured reflects the poet's life priorities. It is broken into sections titled: on life, on work, on family, on sadness, and on love.

Higgins' writes, "The feeling of being is indescribable, and all the words in this book fall hopelessly short. These poems are an attempt, at best, to describe the torrent of daily life and how we can feel as individuals trying to find a place in the world." They don't fall short. This is a poetry collection with meaning that will linger in your mind and heart for a long time.

Where to buy

Shop local at Desire Books Manly or go direct to the author's website www.poembooi.com

Words: **Paige Turner**

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Q STATION





PHOTO OF THE MONTH

Subject Collins Class Sub cruises into Sydney Harbour
Photographer Haig Gilchrist IG ihaig72Sydney



Subject A thirst rate balancing act
Photographer Tracey Adcock



Subject North Steyne Boardrider Aloha Jedi Forces
Location Burleigh Heads Aussie Boardriders Battle



Subject Collaroy flight deck
Photographer Scott Bird



Subject Early morning swim to Shelly
Photo Margaret Rochford



Subject Mayor Heins and Cr Harvey nerding out
Location 24/7 Manly Library



Subject Wake up Narra
Photographer William Deer



Subject Red bellied black at Narrabeen
Photographer Jo Ramdeen



Subject Dee Why branch stacking Tawny floffers
Photographer Stephen Yeates



Subject Kookaburra sunrise
Photographer Richard Helich

RAZZLE DAZZLE Trivia

- In which part of your body is your cruciate ligament?
- In what year did Bunnings make the (highly controversial!) decision to put onions on the bottom of the bread?
- PM Anthony Albanese is 5'6, 5'10, or 6'2 tall?
- On a typical weekday, what is Spit Bridge's first opening time?
- Prince Harry's real first name is Harold, Henry, or Harris?
- Proverbially, what is only skin deep?
- In Australia's pre-decimal currency, 12 Pence was equal to one Shilling, Pound, or Florin?
- In what film did Robert De Niro utter the famous line, "Are you talking to me"?
- Queenscliff Tunnel (Manly Wormhole) was constructed in what year?
- In the card game "500", how many cards are dealt to each player?
- In the dual citizenship fiasco of 2016, which foreign nation did New England Beetroot Barnaby Joyce hold allegiance to?
- The atmosphere of Saturn is dominated by helium and which other gas?
- Which surfing icon is immortalized in a rock carving at Palm Beach?
- Including the white ball, how many different colours of snooker ball are on the table at the start of a frame?
- Working Class Man Jimmy Barnes was born where?
- What is the smallest country (by area) that Argentina shares a border with - Bolivia, Paraguay, or Uruguay?
- The first ever Formula 1 World Championship race was held in England, France, or Italy?
- Which of these is a 'Grilling Cheese' that is NOT designed to melt when being cooked - Mozzarella, Haloumi, or Stilton?
- The Manly Women's Rugby team is called the WHAT?
- Who is Manly Sea Eagles' highest ever points scorer - Jamie Lyon, Clifly Lyons, Graham Eadie, Steve Menzies, Reuben Garrick, John Hopoate, or Matthew Ridge?

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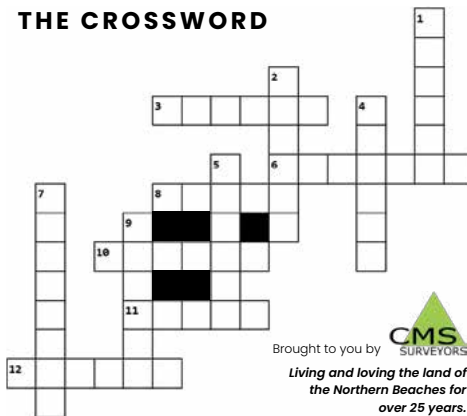
Sudoku Medium difficulty

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

RUMOUR HAS IT

A new generation of local young teens are discovering the wonder of going to the movies, enjoying the cinema a distant second to running amok under the cover of darkness.

THE CROSSWORD



Across

- Nose, cute as a _ (6)
- Watch out when in retrograde (7)
- Residue (5)
- To make tasty, period of sport (6)
- What you'd throw at a flamin' crow (5)
- Christine Anu sang about this type of home (6)

Down

- Chocolate holiday (6)
- Kangaroo, or likely to say "Back in my day..." (6)
- Fishing gear and footy move (6)
- The northern beaches has 4 of these (6)
- Backyard dunny (8)
- John Farnham sang about this age (6)

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Star Signs

by Krystal Bawl

Aries Mar 21 - Apr 19

Is that special someone flirting with you or just being friendly? Either way, enjoy it. Overthinking is your enemy.

Taurus Apr 20 - May 21

Love is the answer but what is the question? Time to broaden your enquiry skills or risk being misunderstood.

Gemini May 22 - Jun 21

That awkward thing you did last week, forget it, everyone else has moved on and done far worse than you.

Cancer Jun 22 - Jul 22

Thanks to Marty Supreme ping pong is cool again. Your backhand is a winner, as are your flicks, loops and chops.

Leo Jul 23 - Aug 22

Your inbox is overloaded but avoid the delete-all temptation. A good news treasure chest waits amidst the spam.

Virgo Aug 23 - Sep 23

Your Wuthering Heights obsession is understandable, but keep watch for cold Cathy coming in your window.

Libra Sep 24 - Oct 23

Your sunny disposition, clever quips and light-up-the-world smile are a beacon in a thick mist. Never change.

Scorpio Oct 24 - Nov 22

So what if your friends think mismatched socks with Crocs is wrong. The tastes of lesser mortals are not your concern.

Sagittarius Nov 23 - Dec 21

Timing is everything, and your time is now. Buy the poncho of your dreams and set winter fashion circles alight.

Capricorn Dec 22 - Jan 20

Nobody does it better than you but how do you do it? It's time you shared that secret with your closest 200 friends.

Aquarius Jan 21 - Feb 19

Your binge-watching is impressive, the couch your oasis, Uber Eats deliverer your bff. You're evolving upstream.

Pisces Feb 20 - Mar 20

It seems too good to be true, but the only way to find out is to go all in. Everything beats living with regrets.



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Trivia Answers
1. Knee 2. 2018 3. 5"10 4. 10:15am 5. Henry 6. Beauty 7. Shilling 8. Taxi Driver 9. 1908 10. 10. 11. New Zealand 12. Hydrogen 13. Bernard Mudge 14. 8 15. Glasgow, Scotland 16. Uruguay 17. England 18. Haloumi 19. Mermaids 20. Graham Eadie (1.917 - daylightsecond)

Crossword Answers
ACROSS: 3. Button 6. Mercury 8. Trace 10. Season 11. Stone 12. Island
DOWN: 1. Faster 2. Boomer 4. Tackle 5. Lagoon 7. Outhouse 9. Reason

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

Sudoku Solution



Lifeline

NORTHERN BEACHES,
MOSMAN TO KIRRIBILLI

BOOK FAIR

WARRIEWOOD

Community Centre
Jacksons Road

APRIL 16-19

**\$10
EARLY BIRD
ENTRY
THURS 16 APR
8am-11am**

Thurs 11am-6pm

Fri-Sat 9am-6pm

Sun 9am-3pm

 lifelinenb.org.au/book-fairs/