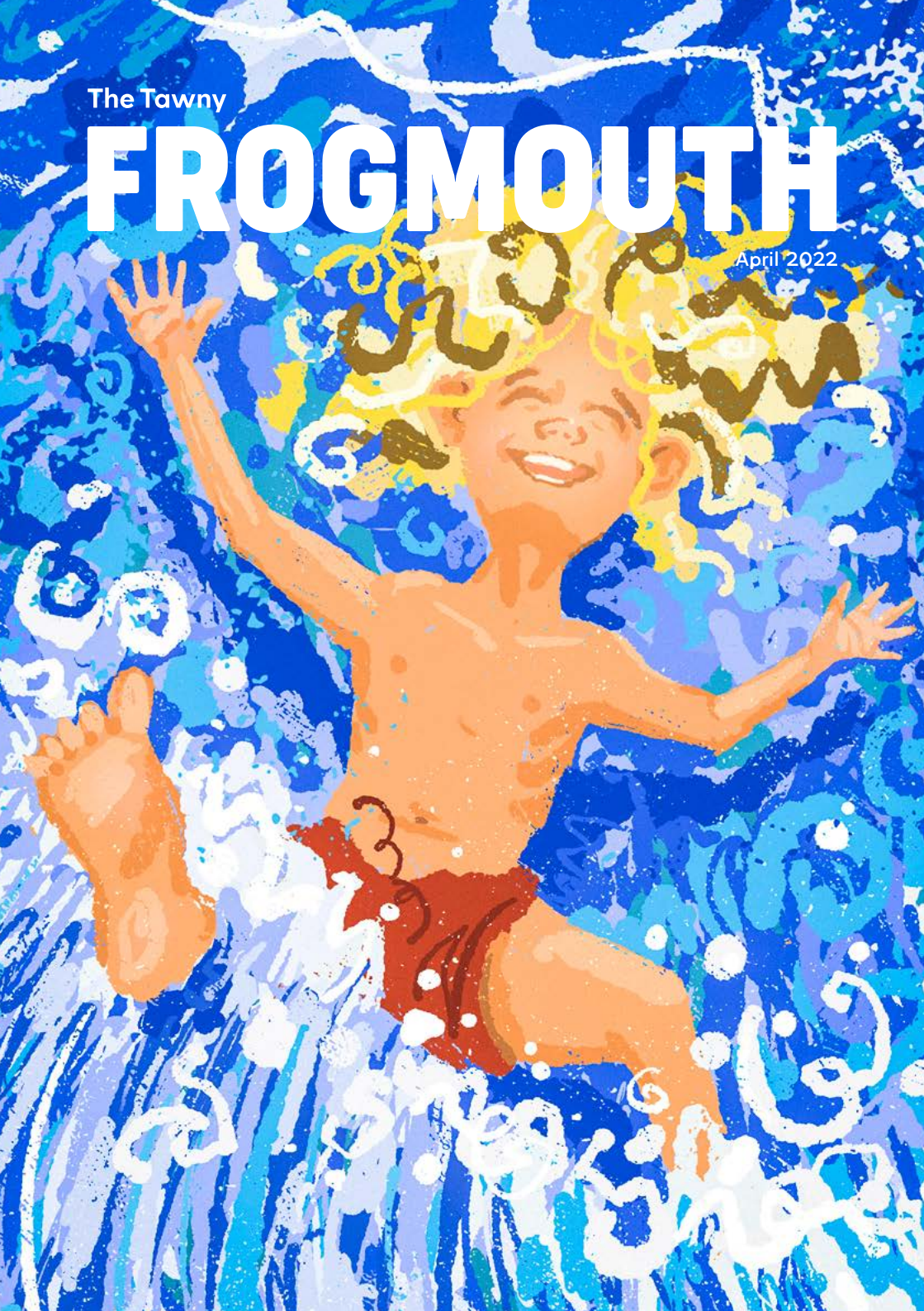


The Tawny

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G'day Beaches

Enough's enough, what's going on?! 2022 has so far consisted of a new year's Omicron wave sweeping the Peninsula, coupled with a gastro bug bringing us all to our knees, praying to the Royal Doulton for ablutions absolution, then trebled by a downpouring fury Noah could relate to. Insane floods, floating beamers, overflowing dams and immeasurable carnage surpassed only by the unshakable community spirit of courage and generosity.

What's next? I shudder to think, but forget all that, it's Tawny time! Alex Anstey's cover is pure coastal bliss. Swellnet mastermind Craig Brokensha explains the intricacies of La Niña. Dr Sophie Scamps outlines her plan to contend with the mental health emergency. And Paige Turner reviews Stephen Cooney's 'Unearthed', the story of a Collaroy kid who became a Morning of the Earth surfing immortal.

Finally, it may have started out as the year of the Tiger but will surely blossom into the year of the Sea Eagles. Go Manly!

Liam



The Tawny Frogmouth

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Zali Steggall OAM MP
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Authorised by Zali Steggall MP, 2/17-19 Sydney Rd, Manly NSW 2095 9977 6411





Queenscliff Lagoon all washed up

Peninsula Wash Up

"The Avalon Story" on Radio Northern Beaches

Famous for its surfing culture, village atmosphere, horrifying four-way zebra crossing and Herfort's Ice Creamery (aka Chemist), Avalon is celebrating its centenary. Over the past 100 years this thriving community, which is on the land of Australia's First Nation's people, has given birth to scores of artists, musicians, architects, scientists, businesspeople, horizontal stripe shirt models, community volunteers and activists. They all have stories to tell, unsurprisingly, and you can hear them in a new show, *The Avalon Story*, on Radio Northern Beaches (88.7/90.3 FM) 9am Saturdays, and on demand at www.mixcloud.com/TheAvalonStory/

Worth the Weight, Upstate turns 100!

Not to be outdone by Avalon's centenary revelry, **Upstate** is also celebrating a century, raising the bat for an amazing innings. Beginning the journey in 1922 as "Weight and Co", growing to become Manly-Warringah's leading agency in the home unit, industrial

and commercial building boom in 1960s, and being recognised internationally as a great contributor to the development of the local Sydney community, Upstate in 2022 continues to help thousands of Australians find themselves in a better place. And with over 118,000 prospective buyers and tenants on their database, a 35% market share in the commercial real estate sector and achieving, on average, 25% above the sale guide price, Upstate's just getting started.

A birdy play in a Manly bookshop

Manly's acting school and home of thespian greatness, the **Sydney Actors Playhouse**, invites you to experience its flagship production, **Stupid F*cking Bird**. Every Friday night from **April 15**, step into a world where Chekhov's beloved masterpiece "The Seagull" receives a hilariously modern, bawdy spin, all in the cozy confines of Desire Books & Records. Tickets are on sale now at sydneyactorsplayhouse.com

Spicy Margarita needs a name

Vicki Lyon, founder of 2021's greatest invention, **Sophisticated Cocktail Co.**, is on the hunt for a name for her new cocktail, the Spicy Margarita. With a range already consisting of such delights as Cosmo Carrie Cosmopolitan, Naughty Nina Pina Colada, Sassy Essy Espresso Martini, Tarti Margi Premium Margarita, Tricky Vicki Gin Martini, and Vintage Vinny Old Fashioned, it's time for you to come up with something new! And you'll win a cocktail hamper which includes 2 x 1.5L bags of your choice, a set of 6 vintage cocktail coupes, cocktail garnishes and a cocktail shaker. To win, follow **@sophisticatedcocktailco** on socials, tag 3 swillers, sign up to the newsletter and send in your new Spicy Margarita cocktail name. Cheers!

Treat your mum with a gift that gives

On the Friday before Mother's Day (6 May) treat your mum to a very special lunch with **Dreams2Live4's** annual "Thank God It's Friday" Ladies Lunch, being held at Orso Bayside in Mosman, and help make dreams come true for adults with metastatic cancer. **Dreams2live4** makes dreams come true for adults 17 years and over living with metastatic cancer (cancer that has spread from its original site), relapsed blood cancer and high-grade brain cancer. A dream gives the patient and their loved ones something to live for, something to hope for, bringing joy and happiness back into their lives. Book your tickets at www.events.humanitix.com

Words: **Liam Carroll**

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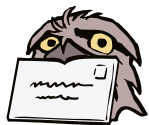
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Letters to The Tawny Frogmouth

Spit Bridge Barny

It didn't take long after life in Sydney had officially "returned to normal" for the translation of that term in reality to be "return to gawd-awful traffic," especially at the hot spot of glacial commuting, Spit Bridge. So, surprising no one, on Tuesday 22 February, only the second day after Sydney offices were declared "open" following the prolonged COVID-induced stay at home orders, where did I find myself? In bumper-to-bumper traffic along Burn Bridge Deviation at 8am. Of course. And as I sat motionless in my vehicle pondering exactly why I was sitting motionless in my vehicle when I could be sitting motionless in my home office the traffic began to move. Hurrah! Go you good thing! When we finally snaked down to Spit Bridge though, it became apparent the reason for the horror traffic congestion was not merely the fact we rely upon a draw bridge to provide the gateway from Peninsula to CBD, but protestors had blocked the southbound lanes. Southbound! Clearly not Northern Beaches locals this lot. The protestors claimed to be causing thoroughfare chaos to alert all and sundry to climate change, imploring us all to "Fireproof Australia", conveniently enough on one of the wettest days imaginable. Is there any other conclusion to arrive at than our neighbours to the south

(looking at you Mosman) are plotting against us?! Some kind of false flag operation, I ask. What are they up to? My Ruption senses sniff a rat! Time to close the bridge for good I say...I'll be in my home office. Motionless? You bet! **Des Ruption, Right Side of the Draw Bridge**

No seawall puts lives in peril

Anyone against a sea wall between Collaroy and Narrabeen hasn't been watching tsunami videos on YouTube. They show cities in Japan close to the seashore being wiped out in a few terrifying minutes. Although we are not as tsunami or earthquake prone as Japan, it can still happen here. In 1960 a wave produced by the world's most powerful earthquake, around 9.5 magnitude, that shook up Chile in May travelled all the way across the Pacific Ocean to chew up our Clontarf Beach. If a tsunami came in through Queenscliff, it would only take a couple of minutes to reach Warringah Mall. Powering and churning and whirlpooling along, carrying cars and buildings before it. I live on the edge of the floodplain behind the Mall, and hopefully would have enough time to jump in my car and drive up Beacon Hill. The Collaroy seawall is to be 7 metres high, or in old measurements for Baby Boomers like me, 21 feet. The Japanese one is 12.5 metres high with foundations of similar height beneath. And they

are waiting and seeing if that is going to work! Maybe give our wall a second chance.

Pamela Mawbey, Brookvale

PS - A spooky aspect of tsunamis I discovered recently is that ghosts of people washed away in them come back and take taxis around their old hometowns. The girl ghost said to haunt the Wakehurst Parkway tries to hitch rides in cars too.

Council has gone to the dogs

Thank you, Julie, for your excellent letter (Jan '22) about dogs on North Curl Curl Beach. As a dog owner, I agree with everything you say. I have spoken with Council and the Councillors for 18 months now, to no avail and it is just getting worse. This is what I have discovered.

1. Council does not have ongoing ranger activities at North Curl Curl Beach. Rangers act on complaints. So, if you don't complain, the dogs will have their day.
 2. North Curl Curl Beach will in the near future be an unleashed dog beach.
 3. Council is willing to waste significant amounts of ratepayer money in its fight to have more unleashed dog beaches. Eg, the two defended legal proceedings for Station Beach - Council will not disclose its costs without an expensive FOI request.
 4. The vociferous unleashed dog minority holds great sway with Council and the Councillors.
- If you don't want North Curl Curl Beach to be a dog beach, speak up. Email Council and the Councillors. Make it clear that the dog agenda is not what we want at North Curl Curl Beach. Otherwise, "dog poo beach" it is.

Concerned Curl Curl Resident



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Re: Boardwalk at Manly (Mar'22)

Dear Tawny Frogmouth, I refer to Peter Barham's letter regarding the proposal to build another boardwalk. I couldn't agree more! And I so wish Candy Bingham would stop going on about it! Apart from the millions it would cost, it would be an eye sore and is totally not needed. We have a perfectly good footpath leading around to the Manly Pavilion (soon to be Manly Pavilion Boathouse!) Candy thinks it would be a safer place for the kids to jump off. For heaven's sake. Rather than in front of the ferries!! Well, I live opposite the wharf. The kids do NOT jump off in front of ferries, always from the boardwalk at the northern end of Hugo's deck! A Boardwalk would be a total waste of money that could be better spent somewhere else!

Lyn Pryor, Manly

Council Puppets and their Cyclist Masters

This issue dates back to the Draconian Manly Council when, without consultation of any user group, reverse parking was banned along the Manly beachfront. Lifelong locals who'd reversed parked along the beachfront their whole driving careers to unload kids or surfboards, were slammed with fines. Members of the Manly Surfers Action Group (MSAG) attended several traffic meetings with Council regarding this rule and presented several photos. One of which was of a mother with a pram and child standing behind a car boot trying to unload while the car was parked front in at North Steyne. The poor Mum was so worried about being fined she now had to risk her and her child's

safety while standing perilously close to a bus driving two feet behind her. Had she reversed into the car spot, she and her child could take their time and safely unload onto the footpath. When she departs, she has better vision in both directions to avoid accidents.

Apparently, the cyclists take offence to any one not adorned in lycra - or part of their secret, clip-in, clompi-ty-clomp, cleated shoe society - to using their private Velodrome, commonly known as a footpath, so much so that a mother carefully placing her baby in a pram on the safety of a footpath is all too much to bear, let alone a surfer waxing up and slip, slop, slapping. It's important to point out too, these athletes in figure hugging dungarees, travel along the cyclists only footpath at speeds higher than what the road speed limit is. It would also seem they have powerful lobbying capacities, with Council letting slip it was the cyclists' complaints that prompted the reverse parking ban in the first place. The meeting's outcome was for the signage to be changed back to allow reverse parking. Fantastic! But the signs were never changed, which didn't matter too much, as the Rangers stopped fining people. This all changed on 28 February 2022, from which date Council Rangers were ordered by their superior Geoff Johnson to specifically target Reverse Parking. A MSAG member met with Council in early March 2022, explaining the safety issue, the history of events and how this whole fiasco had played out. Mr Johnson stated he would actively keep fining people. When the issue of

speeding bikes and electric scooters on the footpath was raised, he casually blew the matter off as a matter for Police. Case closed, apparently. There have been dozens of incidents at North Steyne alone, where speeding bikes have hit pedestrians and even more near misses. In the last 6 months I have witnessed 2 violent confrontations. Shouldn't this be of concern to Council? More so than mums putting bubs in prams on footpaths at least. Council please, for the sake of safety and common sense, allow reverse parking on Manly beachfront, while simultaneously clamping down on the speeding cyclists whose sacred pathway, while a Velodrome in their minds, is indeed a vital resource for all beachgoers.

Percy Protest Pelican

Wet Tawny Frogmouth!

I came across this Tawny on a nearby street, and initially thought it was deceased before it winked a big eye at me! The Tawny was wet and exhausted. I dropped him off at the local vet who has transported him to Taronga Zoo. We are hoping for a full recovery.

Peter Fysh, Manly



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Zali

Though I harboured some initial reserve and scepticism, I've watched with interest the performance of Zali Steggall in her role as the federal member for Warringah.

As a progressive voter, I've been buoyed by her articulate and outspoken policy espousals on numerous fronts, not least the urgent necessity for drastic climate action. In other words, she managed to engender in me faith in her forward-thinking outlooks. However, her recent obfuscation and opacity as regards a large, 'coal-fired' donation has seen her plummet in the integrity and transparency stakes; not only in my estimation, but in that of a number of people with whom I've spoken. The electoral damage, I suspect, is significant. It might be an oblique angle but

having been involved in the annual Bondi 2 Barrenjoey Walk for Mental Health this past weekend, and more-or-less unwittingly subject to cameos by all manner of polities, mostly (if not entirely) seeking photo opportunities and positive spinoff, I stumbled upon a 'Eureka!' moment. To achieve instant karmic political absolution, Zali could donate the money to said walk, which would see the funds distributed to laudable mental health charities, such as Gotcha4Life and OneEighty. Seems to me, it's a win-win-win. And a whole lot better than the 'rookie accounting error' excuse previously offered. This would go a long way, methinks, to

buying back wholesale public respect. Otherwise, what's to distinguish this independent from the hi-jinx of the big two parties?

Lloyd Bradford (Brad) Syke

Dear Editor

Updated rules and regulations re. wearing a mask are detrimental to, rather than good for, alco/smoke-a/holics, methinks, because they don't apply to those eating and/or drinking. However, alcoholics and/or smoke-aholics could be assisted to refrain from drinking alcohol/ smoking by encouraging them to wear a mask all the time - and the rest of us to go on a strict diet that way!!! Sincerely,

Marianne, Nth Narrabeen

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

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To read about the full story, scan here

Wet Wet Wet: La Niña is all around me

Who's to blame for the wettest summer in 30 years?

La Niña: the tiny bit of Spanish everyone's picked up from the past two summers. While translating to "the girl" a more apt translation would be "the rain", especially given most of the country has been soaked by persistent, heavy rainfalls for the last few months.

With the soil saturated and water catchments full to the brim, these unprecedented downpours had nowhere to go, causing devastating floods to Northern NSW and Southeast Queensland, while Sydney was also heavily impacted.

The question now being asked, what's bringing all this rain? The answer, a climate phenomenon known as the **El Niño-Southern Oscillation (ENSO)**. This is the distribution of warm and cool water across the equatorial Pacific Ocean thanks to stronger than normal or weaker than normal easterly trade winds.

Normally we see easterly trade winds blowing from east to west (towards Australia) either side of the equator. If these winds become stronger than normal, we see cool water upwelled from deep across the central and eastern Pacific Ocean while warm water piles up around Northern Australia. This is known as La Niña. The warm water transfers energy into the atmosphere bringing increased rainfall and storm activity through our summer and autumn.

The opposite to this is El Niño, when the easterly trade winds weaken and even reverse in direction, blowing from west to east, piling up warm water in the central and eastern Pacific Ocean. Around Australia we see cooler water developing and suppressed rainfall. There is also the neutral phase of ENSO which sees steady easterly trade-winds blowing across the Pacific and about normal rainfall falling across the country.

The past two summers have seen back-to-back La Niña events, known as a double-dip. Before the first La Niña summer (2020/21), the soil moisture levels across most of the country and especially the East Coast were at record lows, but this was rectified before becoming oversaturated during the summer of 2021/22 leading to widespread flooding events.

One compounding factor to La Niña is that we also see warm water building up north-west of the country and around Indonesia,



La Niña wreaking havoc on land and sea

providing moisture for rainfall which is dragged southeast across the country through our winter and spring. A double whammy of factors very much bringing us out of drought.

There's no predictable pattern to the ENSO cycle but the drier El Niño years are more common than La Niña years, with double-dip La Niña years even less frequent. There's a small chance we could see a third La Niña next summer. The last time this occurred was in the 1970's, bringing incredibly destructive storms with it.

In regard to climate change, a warmer atmosphere can hold more moisture. With the oceans also warming, there's more energy available to be transferred into the atmosphere, resulting in stronger, more volatile storm/rain events.

From a surf perspective, La Niña is great as it provides an increase in easterly swells with generally more favourable winds and warmer water. El Niño is the opposite with windy days from the north-east, weaker swells and cold water upwelled by the cross-shore winds.

Looking at the months ahead, we'll continue to fall under the influence of La Niña, bringing a wetter and cooler than normal autumn and winter. Then, how next summer pans out all depends on if we see a third La Niña. While great for bushfire recovery, I think everyone wouldn't mind a 2022/23 summer with a bit more sunshine than we've just had.

Words: **Craig Brokensha**, Swellnet mastermind
Follow Craig's swell and weather analysis on Instagram @craigbrokensha and www.swellnet.com

IMAGE: PAT DUGGAN, @PADDYPICS

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Manly and Beyond

Already a brighter 2022...

Much was written about the easing of Covid-19 restrictions and the capacity of the NSW Health system. Ultimately, our modelling of case numbers and capacity held firm. It demonstrated the benefit of the NSW Government having invested several billions of dollars in improving health infrastructure across the state over the past few years, investments like the \$50 million Brookvale Community Health Centre which provided an important resource.

I continue to work closely with our local business community. Certainly we welcome the opening of international borders which will reunite family and friends and boost international tourism opportunities. Historically, only 4% of overnight visitors to Manly have been international tourists. This is something we need to do better at.

Former Manly Hospital site update:

People are increasingly interested in the redevelopment of the former Manly Hospital site as the facility takes shape. I recently visited the site with Health Minister, Brad Hazzard.

The major concrete pour has occurred and the second floor of the facility is now visible. This marks a significant milestone in the development of the \$19.5 million project, dedicated to caring for young people from across NSW with a life-limiting illness.

The facility will provide young people and their families a tranquil, supportive environment at the most difficult of times by providing respite care, counselling, symptom management and end-of-life care. Construction of the facility is due for completion later this year. The remainder of the site will be converted into a community health and wellbeing precinct.

Vale June Lusk

June Lusk was the first female bus driver in Sydney, entering service in 1970 at the Brookvale Bus Depot. In 2010, June attended a celebration at the Depot to mark the 40th anniversary of female bus drivers at which the Minister for Transport unveiled a plaque in her honour. Aside from her achievements in paving the way for the many female bus drivers that followed, June was an avid Manly Sea Eagles supporter. She passed away on 16



James Griffin takes a trip out west as Minister for the Environment

February aged 92. I understand the Sydney Bus Museum is planning to honour June with an exhibition later this year. On behalf of the Manly electorate, our condolences are extended to June's family, friends and former work colleagues.

Some news you might have missed:

- Marine ecology surveys are underway for both the multi-million dollar upgrade of Manly Wharf 3 and old Aquarium project
- The \$3.89 million upgrade of North Head National Park scenic area is nearing completion
- Harbord Kindergarten will get a new upgraded playground
- Northern Beaches Secondary College will receive \$31,790 for a new high-tech plasma cutter so they can learn important future trade skills
- Important work to rehabilitate Harbord and Curl Curl Lagoon will continue thanks to a \$50,000 grant provided to the Northern Beaches Council

Finally, the Service NSW website has been updated to include all the vouchers, programs, rebates and information to help ease cost of living pressures. There are now more than 70 rebates and savings available whether 'Dine and Discover', learn to swim vouchers, or free vehicle registration for drivers who regularly pay tolls.

I will continue to work hard to deliver for our community. If there is anything I can help you with, please don't hesitate to contact my office.

Words: **James Griffin MP**, Member for Manly
Minister for the Environment, Minister for Heritage

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Dr. Sophie Scamps and her family at Mona Vale

It's time we turn our attention to the mental health emergency

Australia, and the Northern Beaches, was experiencing a mental health emergency well before COVID-19 hit our shores. The lockdowns we have endured since, including the 'Mackellar lockdown' that impacted our community over the Christmas period in 2020, have been particularly tough.

We know that lockdowns impacted young people particularly hard as schools and universities closed, while those already isolated in our community – including the elderly, unemployed, disadvantaged and those with a disability – have also suffered throughout the pandemic.

As a GP, I was often the first person someone would reach out to for help with their mental health. I know that many in our community suffer in silence. It is time to change this, and it is time for the government to address the national health emergency that is mental health.

One in five Australians are reporting a high level of psychological distress, with young people, women and those living with a disability the most affected by poor

mental health.

On the Northern Beaches, waiting lists for early intervention community-based mental health services are months long – a vitally important time to receive help. Psychiatry services are also at capacity. Community-based services that we do have are doing their best, but they are under-resourced and cannot keep up with demand.

GPs and other frontline healthcare workers require support to help them care for their patients' mental health needs and, as a result of the pandemic, their own mental health needs have increased too.

Sadly, there is no dedicated inpatient mental health service for youth at Northern Beaches Hospital. I find this hard to believe when it is the central primary care facility servicing not only Mackellar but neighbouring electorates as well. The Northern Beaches has a population close to that of Canberra, and we do not have a dedicated mental health service in our public hospital. This has to change.

There's clearly a lot of work

that needs to be done to raise the level of mental healthcare services to where they need to be. As your Independent MP for Mackellar, I would work with all levels of government to prioritise action on mental health as a national priority.

If elected, I will work with all levels of government and experts to:

- Develop and fund an inpatient youth mental health unit at Northern Beaches Hospital
- Enable earlier and increased access to community-based mental health services for people of all ages here on the Northern Beaches, and around Australia
- Fund mental health nurses (or other qualified mental health workers) within primary care to support earlier intervention for people who need it
- Implement the recommendations of the Productivity Commission's Report into Mental Health
- Strengthen mental health support systems for healthcare workers
- Build strategies for mental health screening throughout our primary care health network
- Boost mental health services including psychiatrists.

As we move into a new phase of managing and living with COVID-19, it's time to turn our attention to other health issues our nation faces. I believe that addressing our poor mental health should be a national priority – and it will be one of my first priorities should I become the Independent MP for Mackellar at the next election.

Words: **Dr Sophie Scamps**

Independent candidate for Mackellar

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Around the Grounds

He double-bogied 17. His rival was the tournament's defending champion, top seed and had birdied the same hole. And his putter would not do as explicitly commanded. Yet Long Reef's **Steve Prior** two-putted the 18th hole at 13th Beach on the Bellarine Peninsula to finish 11-over and one-shot winner over **Cameron Pollard** in the Victorian Inclusive Championship.

"I kept my eye on the scores," Prior told reporters afterwards. "It got a bit tricky on 17. I went left into the trees and reloaded. I had a 'par' with the second ball, but Cam had a birdie there. A three-shot swing in one hole was quite dramatic."

They weren't quibbling in the Members Bar at Long Reef GC. "Steve is an inspiration to all those people who have a disability," Long Reef President **Steve Twigg** told Beaches Champion. "At Long Reef he is one of the boys. It isn't until he participates in these types of events that you realise how special his golfing achievements since his accident have been."

It is nearly 30 years ago that a 17-year-old Prior lost his right hand while water-skiing, the tow rope from the speedboat caught around his wrist. When the line pulled tight it pulled off his hand which plunged, never to be found, into the waters of Foster.

Prior, 45, has since won tournaments throughout Australia and New Zealand, including multiple Australian Amputee Opens, and All Abilities competitions concurrent with the 2019 Presidents Cup at Royal Melbourne and 2017 World Cup of Golf at Kingston Heath.

Meanwhile at Gannons Park, Peakhurst, the Manly Warringah U/13 Division 2 representative team have come from fourth on the ladder to win the JH Creak Shield grand final. Taking on Penrith in the NSW Youth Championships decider, the northern beaches boys rolled the Panthers for 109 in 33.5 overs before running down the score for the loss of three wickets in 28.1 overs.

Best for Manly was captain **Will Cunningham**, vice-captain and No.3 **Aidan Kurtis** who hit 25 runs and took a catch, and player of the match **Jayden Cook**, who took a wicket, batted for an hour and struck four boundaries in his unbeaten 31.

Manly coach **Grant Thompson** said his team's "gap hitting and running between the



Steve Prior, Victoria Inclusive Championship Winner

wickets was a real highlight for the batting unit – they played the conditions superbly. The boys had energy, backed each other up, took their chances and executed under pressure. All the hard work over the season paid off."

In softball news **Margie Gruca** turned 80 a couple of Saturdays ago and celebrated, as one does, by throwing the first pitch in the Manly Warringah Softball Association A-Grade game between Angels and Sorts. Gruca, who took up the game after celebrating her 50th birthday and today plays second base for Condors Blue, told Beaches Champion that she's been coming down to the Abbott Road diamonds for 30 years because she loves "the game and the great friendships formed."

"I got my first bat at 50 years old and have played here at MWSA ever since. I started out pitching, graduated to first base and now have a small zone of influence at second base. I look forward to it all week, I love it," Gruca said.

Words: **Matt Cleary**, editor of **Beaches Champion**. Matt has just written a book about 40 years following, of all teams, the Canberra Raiders. While that would appear a hard sell in these parts, we're told it's a book for footy fans everywhere. Cleary is an award-winning sportswriter and the author of the acclaimed *A Short History of Golf*.

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Glossy brochures mask baffling retirement village contracts.

The most complicated finance contracts in Australia

Experts have found that only 1 in 20 people can properly understand a retirement village contract.

One of Australia's most complex legal challenges, how to ensure a retiree properly grasps the fine print of a retirement village contract? These contracts are complex by design, and often a retiree will be deluded into thinking they are buying a unit in a village when in fact they are giving an unsecured loan to a property developer – with a byzantine fee arrangement on top.

Tim Kyng, a former senior lecturer in applied finance and actuarial studies, developed an interest in Australia's retirement village industry when trying to find his mother an appropriate retirement village. "The glossy brochures and other marketing material she'd been given provided almost no usable information about their fees or other details of the contract," King says. "The contract and the fee structures were not only complex but cunningly designed to look cheap, when in fact they weren't." Kyng also found huge variability in con-

tracts. It was almost impossible to compare them. "The entry fees varied widely, as did the maintenance fees and exit fees. And the fees were usually substantial."

Kyng teamed up with Robert Drake from Macquarie University, an expert on financial literacy and evaluation, to do research into these contracts. As King explains, "From an actuarial perspective, retirement village contracts are a complex hybrid of real estate, insurance and financial products." The contracts, which can stretch up to 500 pages, bewildered all but one of 20 university-educated, retiree-aged subjects.

"The key issue with the research is to find whether the retiree participants were able to make an informed consumer choice. The answer was clearly no," Drake concluded. These iffy financial products fell short of the Federal Corporations Act requirements that contracts be "clean, concise and effective." But being regulated by State Gov-

ernments, retirement village contracts are not bound to the same standards as other financial contracts.

Most retirement village contracts involve a resident loaning the operator a large upfront amount, then paying a monthly upkeep fee. When the resident moves out, this initial upfront loan is returned, minus fees, which can range from 40 to 100%. Also, these contracts often have clauses that enable the operator to withhold returning your capital, minus their accruing fees, for up to five years while they try to fill the vacant property. This often means the difference between quality aged care and a place of last resort.

Following their initial research, Kyng and Drake conducted a survey of eight contracts from each state to compare the key features, aiming to develop a Retirement Village Contract Calculator. "The key tenet of an efficient market is the ability to compare products," Kyng says. "That's what is fundamentally missing in the Australian retirement village market."

After analysing contracts from around Australia, the researchers were able to develop a calculator which can choose the best retirement village for an individual's situation, however for technology such as this calculator to be effective, retirement village contracts need to be made publicly available for comparison. This is what you see in home loan comparison rates and insurance comparison services offered by companies such as Trivago. Given the state-by-state regulation, it is unlikely this will happen soon.

Words: **Callum Foote**,
Michael West Media

IMAGE: JOE HEPBURN, UNSPLASH

Future shock: the electorates of Abbott, Howard, Rudd, and Turnbull...

Given that every prime minister gets a federal electorate in his or her name, Mark Sawyer looks at the likelihood of the seat of Warringah one day becoming "Abbott" and some other quirks of the name game.

There is no doubt that Tony Abbott, as a former PM, will have a federal electorate named after him after he dies. If he didn't, a century-old tradition would be overturned. All but one of the 23 deceased PMs has had a seat named after him. It doesn't matter if he served 18 years, like Robert Menzies, or one week (Frank Forde). Of course, the honour will be bestowed on the other living former PMs: Turnbull, Rudd, Gillard, Howard, and Keating.

The custom of honouring former PMs with an electorate in their name was launched at the 1922 election when George Reid, the first PM to die, and Edmund Barton (the third) were honoured. Alfred Deakin died in 1919 but was not recognised with an electorate until 1937. Deakin was a spiritualist and believer in unseen worlds, so perhaps the Australian political class wanted to be sure he wasn't coming back?

The "rules" for naming an electorate after a PM are as straightforward as they are idiosyncratic. For a start, the seat that the PM served as an MP is only incidental to the project. The most recent PMs honoured: Hawke (for 2022), Fraser (2019), Whitlam (2016) and Gorton (2004) did not serve the electorates that bear their names. One reason for the above examples is that the Electoral Commission is loath to change the names of Federation electorates (those proclaimed in 1901), which cuts out a big swathe of the House of Representatives.

The case of Fraser is baffling if it was not considered that his electorate of Wannon was a Federation seat. Nonetheless, it would be difficult to imagine a less appropriate site for country squire John Malcolm Fraser than the gritty (though gentrifying) Labor heartland of Melbourne's west. You can almost hear Fraser's aggrieved tones: "Did somebody mishear 'Western District'?" Likewise, carved out of the seats of Ballarat, Gorton and McEwen for the 2022 election, the electorate of Hawke is some distance from the inner-Melbourne seat of Wills that Hawke represented.

Half of the 22 seats named for PMs are held



by their historic antagonists. Labor holds Barton and McMahon (NSW); and Bruce, Deakin, Fraser, Gorton, Holt and McEwen (Victoria). And Labor has held Page and Reid (NSW) when in government. The Liberals hold Fisher and Forde (both Queensland), and Curtin (WA), named for a Labor hero, but has never been held by the ALP.

Hughes has mirrored the behaviour of its party-hopping namesake Billy ("the Little Digger") Hughes. Proclaimed in 1955, the NSW seat was Labor until 1996, except for one term. The Liberals have held it since 1996, though current MP Craig Kelly defected to Clive Palmer's United Australia Party in 2021. And Hughes is not the only seat to honour a Labor turncoat. Lyons is named for Joseph (PM 1932-39) and his wife Enid, the first female member of the House of Representatives (1943-51). This is the only seat that salutes a prime ministerial spouse.

But back to Warringah. Unfortunately for Abbott, AEC guidelines state: "Aboriginal names should be used where appropriate and as far as possible existing Aboriginal divisional names should be retained." For this reason, Werriwa didn't become Whitlam, and Warringah won't become Abbott.

Words: **Mark Sawyer**

MichaelWestMedia
Independent Journalists





Be Like Water's creators, Tony, Greg and Nick

A Nunan Bucketty's Boppy Hoppy XPA

Bruce Lee may have appealed to our profoundest Zen, loftiest movie star, and most flamboyant martial arts senses when he famously decreed, "Empty your mind, be formless. Shapeless, like water." Wise words. Vague to the point of pristine clarity, like all hypnotically alluring, alarmingly chiselled shape shifters.

When Bruce went on to say, "If you put water into a cup, it becomes the cup", Greg Nunan didn't know it yet, but he had a red-hot idea forming in his grey matter depths. What if "be like water" meant "create a beer"? And what if "it becomes the cup" meant, "team up with Bucketty's to concoct a delicious drop whose hops are free to ferment while my new album infuses the sultry Orchard Road brewery air?"

Confused? Don't be. It's as simple as this. Greg Nunan – best known for rocking down the house with his band, "Greg Nunan & the General

Jacksons", sending revelling crowds into conniptions at Brooky's Bucketty's, Manly's Boatshed, and all other venues around our big brown, thoroughly girted land where live Blues soul-quenching rock 'n' roll is on tap – has teamed up with Nick McDonald (Big Kahuna) and Tony D'Astolfo (Beer Chief) at Bucketty's Brewing Co. to create the

"**Be Like Water**" XPA, which also doubles as the title of a track on the upcoming album, "**This is a Recording**".

"I planted the idea with Nick while playing him a sneak preview of the track, saying how cool it could be if we had a beer to launch as well as our new album," explains Greg. "Then a few weeks later, making sure the timing was just right, I posed the question again. Nick said,

'Yeah #@%\$ it! Let's do it!'" The brew was all systems go.

Enter Tony D'Astolfo, Bucketty's Beer Chief whose supreme talents brought Tawny Grogmouth bubbling to life. "I played Tony the track," recalls Greg. "And while he was listening, he was writing the recipe to the beer, like he was deciphering morse code!"

In the following weeks as Be Like Water brewed, Greg played the album over and over under the Bucketty's roof, ensuring the XPA evolved with not only the finest hops, but also the Nunan serenaded premium bops. Boom tish.

With all the hard work done, the big question for Greg now is, when does the world get to taste this beer and hear the new single? "The official launch will be on Saturday 2 April at Bucketty's. Can't wait!"

The beer is an XPA, so the extra pale is ode to the Be Like Water title track, and the extra hoppy will be a compliment to the full rock production of the song. It's also 5% ABV, so it'll make you feel good one way or another!

"Taking that first sip of beer to the sounds of the track playing will bring a tear of joy to this mug's face," Greg points out, his mug looking gorgeous while trying not to pre-emptively tear up. "It's been a tough slog for musicians during this Pandemic so it's all cheers from us with this opportunity."

Words: **Liam Carroll**

Head to **Bucketty's** on **Saturday 2 April** and help Greg, Liam Chandler (drums), Mark Holbert (bass) and Felix Akurangi (guitar) celebrate the beer and single release in style! Then be back again Saturday 30 April for the release of the full album!



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Why you can bank on a mortgage broker for the best possible loan

Mortgage brokers now command over 70% of the market share of the Australian loan market. A figure that would have been unimaginable a generation ago. But the rise of the mortgage broker to become the dominant force among Great Southern Land's borrowers should come as no surprise whatsoever given the current state of lending.

The vast degrees of complexity within today's loan markets ensure only the most astute, thorough and industrious can navigate the maelstrom to access capital at the lowest available rates.

Clients are constantly looking for advice on how to structure their mortgages or how to manage an existing portfolio which may contain several properties. The level of detail demanded by borrowers is unprecedented, as it should be.

The number of loan products available to consumers has also expanded, which has carved open the market for hosts of new, unconventional borrowers who may have previously fallen short of the bank's requirements for a loan application.

A recent scenario gives a clear insight into how access to capital can be achieved thanks to mortgage broking assistance, where those funds would not be accessible otherwise:

A self-employed client required a loan amount of \$3million to purchase their Northern Beaches dream property. The client only had one year's evidence of financials/tax returns, which restricted the number of available lending options. After exhausting all major and second tier banks, we found the most they could borrow equated to \$2.7million.

After liaising with a non-conforming lender (financial institutions not regulated by APRA), the borrowing power was increased to \$3million with only a 20-basis point increase in the variable rate, a 0.20% rise. An incredibly small cost of funds to pay to secure the loan and the dream home.

Given the various risk barriers applied by the second-tier bank, the customer was more than able to meet the increased repayments offered by the non-conforming lender. In a year's time, we can then look at refinancing to a more competitive bank, after the client

receives his improved financials for FY22.

It is obviously vital for consumers to have access to as many lenders as possible, as this ensures they settle on the most competitive product, tailored to their circumstances. This assurance is something that can only be guaranteed by a mortgage broker who is accredited with a panel of lenders.

Meanwhile, holding discussions with an individual lender is inherently limiting, and a strong driving force behind the 70% share of the Australian loan market being held via mortgage brokered transactions arises from the need to avoid limitations if you're serious about securing the best possible financing.

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Please call or email today if you require assistance with your home or commercial loan application or would like to refinance your existing loan to take advantage of the best rates available.

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Words: **James Leader**, Shore Financial.
If you'd like to know more, email James at jamesleader@shorefinancial.com.au or call **0450 029 418**



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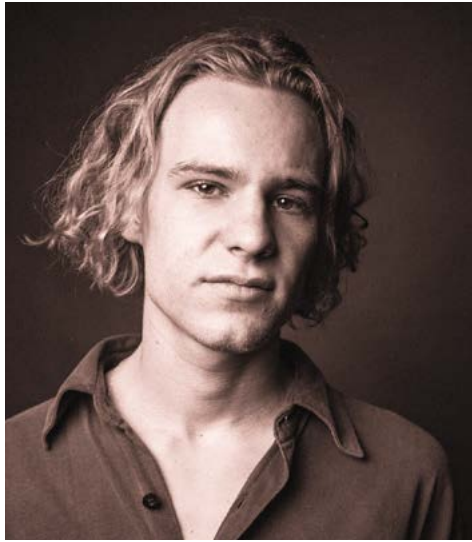


Check Your
Loan Health



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Sales Associate

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Cover Artist

Alex Anstey

You may already be familiar with the talents of this month's cover artist, having created countless illustrations to accompany Michael West Media's online exposés of corporate meddling in our democracy – a rich topic indeed – but as the April cover shows, Alex Anstey's brilliance extends seamlessly from the world of political satire to the coastal Australian sublime.

What's your favourite beach and why? Different beaches on different days but I've always been fond of Collins Flat. It's quite cozy and there's always a cool crowd.

Where's your favourite place to eat, drink, hang out? The beach!

What's the best thing about the Northern Beaches? It's that feeling in the air. The community which is the envy of the rest of Sydney. The young families. The carefree ambience. When we step out onto the sand, we shrug off our worries. Somehow it inspires in me a happy anticipation for the years ahead. Perhaps it's that crisp blue horizon, perhaps it's all that prime real estate.

What inspired your cover artwork? I love the colours of the coast, the blues, greens, golds and that purple where the water slides up the sand. I thought of the people, a toddler throwing jellies, a bronzed nymph basking, the old

beach-hermit in speedos. I wanted to include them all but the kid getting dunked had the most energy, so I went with that. Afterwards I realised I had painted myself. It's that wonderful time when you're big enough to face the waves and small enough to get thrown!

What inspires your art in general? That pure aesthetic experience you get from nature. Despite my many portraits of Morrison, Rupert and others that you may have seen, I prefer to draw inspiration from the beauty around us.

Which artists or other inspiring people, dead or alive, would you most like to have dinner with? I'd have dinner with Chick Corea who sadly died before I could see him play.

What's your favourite part of the artistic process? The finishing touches.

What else are you working on? A few secret projects... I'm technically unemployed so if you need a drawing let me know. Lately I've been enjoying film photography; it sharpens the gaze and I love the anticipation before the photos are developed.

What's your favourite thing about what you do? I've always got a kick out of shapes and colours. I look at them all day, composing them in different ways and it never gets old.

What advice do you have for young or aspiring artists? Eat well, sleep well and move your body. Lifestyle is process.

Do you have a suitably pretentious quote that you can impart for Tawny readers to ponder as they go about their daily creative and other endeavours? 'A mile below the lowest cloud, rock breaches water and the sea begins. It has been given many names. Each inlet and bay and stream has been classified as if it were discrete. But it is one thing, where borders are absurd. It fills the spaces between stones and sand, curling around coastlines and filling trenches between the continents.'

–China Miéville, The Scar-

How can people buy and support your art? Email me at alexanstey1@gmail.com



Interview: Liam Carroll

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Painting the way to a brighter future



David Stuart, proud owner of Colormaker Industries

Originally named G&H Chemical Industries when founded in 1958 by Mr Gregory Givorshner, a pioneer who carved his path to Brookvale from Belarus via Shanghai, **Colormaker Industries** has come a long way from Mr Givorshner's humble beginnings - producing his own resins in a gas kettle!

Today, owner **David Stuart's** reverence for the history of the company, and deep respect for Brookvale's industrial district, is exceeded only by his dedication to transforming the paint and print manufacturing business into a sustainable, environmentally friendly enterprise.

"I commenced my involvement with Colormaker Industries as a sales manager in 1995, and my passion for Australian R&D, and belief in the potential for environmentally friendly products, inspired me to take over the business in 2003."

In an industry where there's traditionally toxic inputs and harmful by-products, David's commitment to providing his customers with a genuinely eco-friendly option is

the innovative edge which Brookvale can be proud of.

"We sustainably manufacture and sell LUXAPOOL swimming pool paints, ACRYLMERIC water-proofing membranes and floor coatings, COLORMAKER interior and exterior house paints, PERMACRYLIK scenic paints and PERMASET eco-friendly screen-printing inks."

All these products are made using 100% renewable energy, the majority of which is generated by the solar array on their factory roof. Not only is David passionate about reducing Colormaker's carbon footprint, he also strives to eliminate harmful chemicals from their manufacturing.

"We successfully removed plastic microbeads from our COLORMAKER Ceiling White. These plastic microbead particles can make their way into waterways, ultimately the oceans, where they are ingested by fish, causing unquantified damage to

food chains, marine life, the environment and ultimately to human health. So, we removed them. Few of the major brands can say that"

The customers for Colormaker products can of course be DIY painters, but a large proportion of the business comes from selling their range to independent paint and hardware stores, pool painters, applicators, councils, swimming pool shops, art stores, screen printers, film and TV studios, schools and colleges.

For this reason, a powerful way you can contribute to ensuring the paint products used on the Northern Beaches are sustainably and locally manufactured, is to ask your painter, school, local swimming pool, Northern Beaches Council, art store, and everyone else involved in the actual application of paint, "Where is the paint being sourced from? Is it a (Colormaker) low-VOC paint? Is it a PERMASET Ink?"

By asking these questions, you'll see quickly if there are environmental considerations going into the decision. If not, you can set about persuading the powers that be to use the Colormaker options for the job, knowing that way, when you eventually admire the painted/printed wonder of a new fence, roof, bespoke T-shirt, or swimming pool, the goods gone into making that are manufactured locally and sustainably.

Words: **Liam Carroll**

Learn more about Colormaker Industries at www.colormaker.com.au, call **9939 7977**, follow [@colormaker_industries](https://www.instagram.com/colormaker_industries) on socials, or just pop into 44 Orchard Rd and say hello.



Patrick Kelleher, founder and director of Pine Property

Zen & the Art of Pine Property

In 2014, Manly's Patrick Kelleher took the plunge to open his own commercial property agency, Pine Property. Inspired by the Norfolk Pines that line the Northern Beaches coast, and thriving in the saltwater-laden air, Pat's business has grown from strength to strength. In the coming months he'll be writing the "Commercial Corner" column for the Tawny, sharing insights on all elements of the commercial property market, but before that, we wanted to learn more about the Father of Four, Tall Timber, former Manly Marlin, and eternal heart and soul of the Wheelbarrow (Dad Bods) Fitness Club.

What's your favourite part of the Beaches?

The grassy area at Queensie on a summer evening.

What role has the local area played in your life?

Growing up on the beaches and now living here as an adult with my own family, I'd say it's all about community. We have a great community here on the Northern Beaches. I'm always bumping into people that I went to primary school with, played with at the Manly Marlins, or worked with over the years.

What inspired you to start your own business?

As a young agent working for a larger commercial agency, I always had in the back of my mind that I'd like to start my own agency. After a decade of building up my network and skills in that role, I believed I could succeed on my own. When I finally took the plunge, my wife was pregnant with our

second of four and I knew it would be tough. But there is never a 'right' time is there?

What's a typical workday like? I'm always up early, knowing I have to somehow squeeze 20 hours of work into an 8 hour workday, and when you're running a small business with a young family, you can never really clock off, you're always thinking about the business. There are currently 257 items on my to do list. I'm responsible for all of them. In small business, you wear all hats all the time - sales, leasing, legal, HR, finance, you name it. But that responsibility has essentially forced me to become an expert in areas I never imagined, and that's a great asset.

Best moment so far? Seeing that first Pine Property 'LEASED BY' sign on The Manly Corso.

Favourite part of the entire process?

The people. It's all about the people. The negotiation and transaction are part and parcel of the property process but it's the people that I've dealt with that are what makes it, many of which I call close contacts and maintain relationships with.

What is the most important aspect of your profession that you must get right to be successful?

Always give the right advice. It may not necessarily end in a successful transaction, but it ensures repeat business and in commercial, it's a long game that needs to be played. Commercial clients extend beyond one transaction and the realisation and acknowledgment of this is imperative if you are seeking longevity in this industry.

Is Wheelbarrow Fitness Club the secret to success?

Ha! It certainly gives me the right headspace to start my day and I am very passionate about it. Training with my mates, on the best beach in the world before sunrise. How could you not be motivated when you start your workday like that?! It's a very integral part of my existence.

Any tips for readers interested in commercial real estate investment? Undertake the necessary research. A quick acquisition with no due diligence can be costly.

What can Tawny readers who own a commercial property do to get the most from that investment? Contact Pine Property ASAP and let us put our expertise at your disposal.

For all Pine Property queries, visit www.pineproperty.com.au or call **9977 6555**

Interview: **Liam Carroll**



Supporting people to live independently always wins a smile

Just Better Care

A career in aged care provides fantastic job security and the much needed support goes to people who cherish it.

For over 15 years, **Just Better Care** has been providing the essential support that allows older people and those with disabilities to live independently in their own homes. And with an ageing population there is a growing need for quality staff to provide care and support for more and more people. To meet these demands, Just Better Care is seeking Tawny Frogmouth readers and Northern Beaches residents who are thinking about a new career supporting people in the local community.

As Bettina Esposito, Manager at Just Better Care Northern Beaches & Northern Suburbs, explains, "There are rewarding roles available, best suited to compassionate and professional people, able to demonstrate the very highest standards of empathy, autonomy and passion." Qualities for which the Tawny

Frogmouth readership is Peninsula famous.

"While we may enter our client's homes as strangers, our first priority is to ensure the client and their family are comfortable with our presence." This is made possible thanks to Just Better Care's commitment to offering the best level of support that keeps clients and their loved ones safe, achieving their goals and connecting them to the local community.

The nature of these roles and the work involved means that conditions can vary a great deal between clients but as Bettina points out, "It's the ability to anticipate a client's needs while still respecting their space, that is what makes all the difference, to always uphold and preserve the independence and dignity of those they are supporting."

In these roles, Just Better Care staff will find them-

selves helping with a range of supports from travel and transport, personal care activities such as bathing, toileting, and domestic assistance.

"The client is always at the centre. We know that each client is different and so too is the support that we provide for them. No two days are the same!"

While experience in a similar role is always an advantage, even more important to Just Better Care is the crucial ingredient that team members have the right emotional qualities.

"A sunny disposition is always important! As is the ability to closely observe and monitor to ensure that our clients are safe, happy and secure in their own homes. A pragmatic approach also goes a long way."

Just Better Care are hiring

Just Better Care can support candidates to become fully trained. So, if you would like to find out more about opportunities at Just Better Care for yourself, a loved one or family member, contact the friendly local Northern Beaches & Northern Suburbs team.

Call **(02) 9934 9999** or visit **www.justbettercare.com** or scan here to find out more.



Just Better Care is located at 20 Rodborough Road, Frenchs Forest, and service Sydney's Northern Suburbs and Northern Beaches, including as far north as Palm Beach.

Words: **Liam Carroll**

April 2022 Tide Chart

SPONSORED BY RHETT MULLANE OF LJ HOOKER COLLARROY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 0308 0.41 0920 1.74 1536 0.36 2145 1.68	2 0352 0.42 1000 1.66 1608 0.41 2222 1.71	3 0333 0.44 0940 1.56 1538 0.48 2157 1.71
4 0415 0.48 1017 1.46 1607 0.55 2230 1.69	5 0458 0.54 1056 1.36 1636 0.63 2306 1.66	6 0542 0.59 1137 1.28 1709 0.70 2345 1.61	7 0632 0.65 1225 1.21 1748 0.78	8 0030 1.55 0730 0.69 1323 1.16 1842 0.84	9 0128 1.50 0840 0.71 1439 1.14 1955 0.88	10 0237 1.47 0949 0.69 1601 1.17 2118 0.87
11 0349 1.49 1048 0.64 1701 1.25 2228 0.81	12 0449 1.55 1134 0.57 1745 1.34 2322 0.72	13 0537 1.62 1213 0.50 1823 1.44	14 0009 0.62 0620 1.68 1247 0.43 1859 1.55	15 0053 0.53 0701 1.72 1322 0.38 1934 1.67	16 0137 0.44 0744 1.73 1357 0.36 2013 1.77	17 0223 0.38 0829 1.71 1433 0.36 2052 1.86
18 0312 0.34 0915 1.65 1512 0.40 2135 1.91	19 0403 0.33 1006 1.56 1554 0.47 2221 1.92	20 0459 0.36 1100 1.46 1639 0.56 2311 1.89	21 0600 0.41 1200 1.36 1730 0.65	22 0007 1.83 0708 0.46 1307 1.29 1831 0.73	23 0112 1.75 0822 0.50 1426 1.26 1947 0.78	24 0226 1.70 0932 0.50 1543 1.30 2109 0.77
25 0342 1.68 1033 0.48 1645 1.38 2223 0.71	26 0446 1.69 1125 0.45 1737 1.48 2327 0.64	27 0541 1.69 1209 0.44 1822 1.58	28 0022 0.57 0629 1.67 1247 0.43 1902 1.66	29 0110 0.52 0713 1.62 1322 0.45 1940 1.73	30 0154 0.49 0754 1.57 1354 0.48 2015 1.77	

● New moon
● First Quarter
● Full Moon
● Last Quarter

INFO: BUREAU OF METEOROLOGY TIDAL CENTRE PHOTO: BETTY LEE



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LJ Hooker
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Sallie Portnoy - in a glass of her own

Art & Culture

G Spot Glass In Full View

If you've ever driven the ninety-degree bend into or away from Queenscliff Bridge, you've no doubt found your eyes magnetically drawn to the naked, blue, scissor-legged, upside-down, roof-breaching wonder of **Sallie Portnoy's G Spot Glass**.

Midwest-Canadian-born, yet bona fide Manly local, Sallie's interdisciplinary artistic talents span glass, clay, bronze, cement, metals, polystyrene, stainless steel, and mixed media, also specialising in the design and fabrication of interior and exterior mosaic floors and walls. A veritable treasure chest of talents at her disposal. Inspired by nature, the female form, words, humour, and philosophical thought, Sallie's background in ceramics informs her work in glass, which has earned international recognition.

"Art for me is a process of self-actualization where what comes from within, reflected back, offers me a chance to meet myself in a space of my own making. I am excited at how this provides me with a window into the deeper levels of my unconscious."

Glass casting involves an intricate and lengthy process. "Mostly I cast in simple open moulds. This means I don't have to use wax that needs melting out but can sculpt a form in clay that I then cover in a plaster mix, turn it over to the open side and pull the clay out," Sallie says, making it sound far easier than it really is. "I then fill the mould with chunks of glass and melt it in a kiln to 830 degrees. The kiln has to be cooled very slowly so the glass doesn't break. The work once cooled is taken from the kiln and the plaster is carefully

broken off the glass. The glass is then ground and polished over many hours."

To develop her extensive craft, Sallie first studied ceramics at the University of Manitoba and NSCAD (Nova Scotia College of Art and Design in Halifax, Canada), graduating from COFA with a BA in Ceramics in her 30s. Mostly self-taught in glass, she's undertaken several workshops at Seattle's infamous Pilchuck Glass School, where Sallie also taught in 2015, and completed her Masters in Glass at Sydney University's College of the Arts in 2013.

Portnoy is involved in community projects, weekend workshops and summer school teaching from her Queenscliff home to all round Australia, Canada, Turkey, and the U.S. The busy schedule and social interactions come as welcome distractions to her solo studio practice. "Where I get my inspiration is a mystery to me. I am often surprised at what I create," Portnoy says. "I travel a lot - back to North America for family and friends and to as many exotic destinations as possible. My interest has always been in human nature, human form, human psychology, mysticism, ritual, and the mysteries of life."

Sallie's pieces will be featured in Artelan's upcoming group show "**In Full View**", showcasing the work of 14 dynamic artists working in sculpture, painting, glass and ceramics.

Founded in 2021 by Northern Beaches local **Lynn Westacott**, **Artelan** is a unique online gallery supporting artists and art lovers alike. "I am so proud of our stable of artists, and very excited to launch our first in-person exhibition right here in Manly."

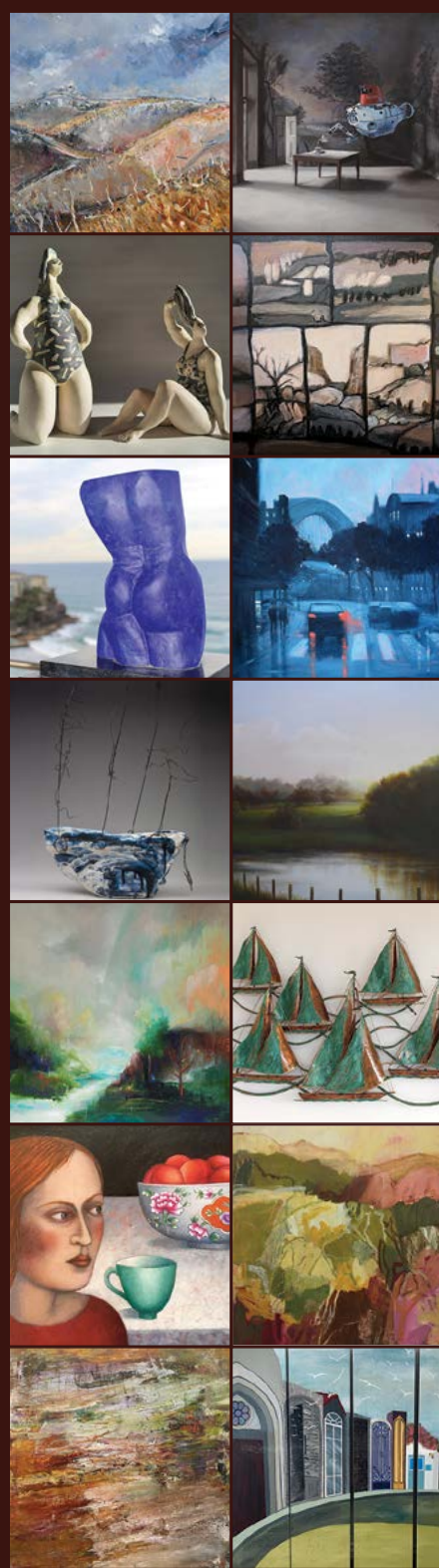


Be sure to catch this compelling mix of art works.
"In Full View" runs 29 March - 10 April.
Open daily 10am - 5pm

Opening Night Thursday March 31, 6pm-8pm
 at Gallery 109, 109 Sydney Rd, Manly.

All the details are online at www.artelan.com.au

Words: **Liam Carroll**



Artelan

IN FULL VIEW

A GROUP EXHIBITION

Showcasing sculpture, glass, painting and ceramics

Gino Ambriano	Melissa McElhone
Mike Barr	Sue Meyer
Andrew Bennett	Sallie Portnoy
Leon Boland	Vaughan Robinson
Angeline Goh	Sue Smalkowski
Sally Hook	Polly Wells
Kerrie Leishman	Madeleine Winch

29 MAR - 10 APR

Opening night

Thurs 31 March 6 - 8pm

Artelan
 at **Gallery 109**

109 Sydney Rd, Manly
 open 10am - 5pm daily

artelan.com.au

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Becoming your best self

Why self-awareness and personal development are essential tools for creating a strong relationship

Imagine waking up one day and not recognising the person in the mirror? Imagine feeling that you're living someone else's life? What if the person in your bed felt like somebody that you used to know? These are some of the daunting realisations that can arise when we neglect personal development and self-discovery. In order to cultivate strong and deep connections, we must first know ourselves; that is the key to forming meaningful relationships.

As children we absorb information like sponges and quickly become products of our environment. Monkey see monkey do. Our parents, family, care-takers, teachers, religious leaders, community members, institutions and cultures all have their own ideas, perspectives, beliefs, and world views on morality, values, meaning, identity, and worth. It is not uncommon that people speak of these things as objective truths. The joy and journey of self-discovery is figuring out what rings true for you. What are your values? What do you base your identity on? What gives your life meaning? To live by someone else's rules, especially when they clash with your own values, will almost certainly set you on a path of internal conflict and struggle.

Also in our youth, we are emotionally imprinted by the way we attached to our primary care-takers. If we felt our emotional and physical needs were met most of the time this leaves us with a higher probability to securely attach to other humans in romantic adult relationships. However, if we feel our needs were not adequately met, we experience insecure attachment and may find it more difficult to feel safe, have more trust issues, and have higher tendencies to self-sabotage or act in ways that jeopardize relationships.

Then there's culture. We have absorbed language, dialogues and behavioural patterns from friends, from the world around us that may or may not reflect the person we truly are, or the one we want to be. We are constantly consuming ways of being (passively and actively), but how much time are we spending



Hide and seeking "A Rich Existence"

analyzing this content and choosing who we want to be? Do these hand-me-down modus operandi reflect who you truly are? Are you willing to live a life that's not yours?

Through critical analysis and conscious action, we can use self awareness and personal development as tools to become the best version of ourselves and get closer to living a life of meaning, a life in alignment with our values and ultimately self-actualization. From this place of being the best version of ourselves, not only do we attract a different frequency of person, but we create the best chance of cultivating a healthy, happy, harmonious and meaningful relationship, one where we feel seen, heard, understood and deeply known.

Despite everything that has happened to us, we have the ultimate power and free will to become whoever we want. Each person makes up 50% of every relationship they will ever be in. Who do you choose to be? How will you choose to show up? What can you do today to take steps towards actualizing the best version of yourself?

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

Scout is a Matchmaker and Relationship Educator. Join Scout for "A Rich Existence" – 14 week personal development course that will help you strip back and unpack all of the codes of conducts that were given to you, to help you discern what's yours and what's not. Through this thorough process of introspection and interrogation, you can embark on your journey to discovering who you truly are, and how you can cultivate a life of meaning and happiness.

For more info visit www.thelovescout.com

PHOTO: BROOKE CAGEL ON UNSPLASH

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Anita and student, making the keyboard sing

Enhancing health and wellbeing with music

Anita Connell is a music therapist, and director of **Tuned In Music Therapy**, a Brookvale-based allied health service where music is used to improve health, functioning and well-being for people of all ages.

How did you first become aware of music therapy? The first music therapy practice I had was when I was much younger. I would sing to my uncle who was born with Down syndrome and didn't communicate with words. Then, years later, working for the music retailer HMV, we sponsored a music therapy charity. A mum of a young child with Down syndrome visited one day and spoke about how powerful music therapy was in supporting connection, self-expression and engagement with others for her and her child. It was a game changer for me, switching career to become a music therapist.

How does music therapy work? It depends on what you'd like music therapy to achieve; to support emotional wellbeing; to develop communication and language

skills; to improve finger dexterity and motor movement; to simply play music with others and develop musical skills to extend your social connections.

Is it because of this range of possibilities that you design very tailored programs?

Exactly. What does the individual want to achieve through their music therapy? And what instruments do they want to play?

What musical ability is needed? None! We can start from scratch. We see disabled children and young adults who have NDIS funding, as well as people experiencing challenges with their mental health. We visit specialist schools and dementia facilities, providing individual and group programs. We also conduct research and we're finding that people over 60, even those who've never played music, their memory, attention and wellbeing improves with creative play.

What instruments do you mainly use? Guitars, electric and acoustic, pianos, drums - lots of different drums as rhythm is a huge part of supporting connection and regulation. Violins, xylophones, saxophones, trumpets, flutes. The list goes on!

Do you have a favourite part of the entire process? While you have a plan for each session, whatever the person brings to the therapy space is where we'll start from. That means having an improvisational mindset, being able to think on your feet. It can be a real joy to just 'play' and follow someone's lead to then establish how the program will develop to support their wellbeing.

Are there live performances on the horizon? Yes!! We have a program for young adults with autism called 'Colouring the Spectrum' about to launch where they will be supported to exhibit their art and music. The program kicks off in July and participants will take part in 8 sessions with myself and Marisabel Gonzalez (Tawny's November Cover Artist!) to create music and art highlighting their sense of self and aspirations for the future.

What are your long-term goals for Tuned in Music Therapy? We want to make a difference, to individuals and our local community. We want to highlight the strengths and positives of disability, to bring programs and advocacy that support greater accessibility and inclusion across the Northern Beaches.

Interview: **Liam Carroll**

To find out more about **Tuned in Music Therapy**, visit www.tunedinmusictherapy.com follow [@tunedin_musictherapy](https://www.instagram.com/tunedin_musictherapy) on socials and call **0416 102 393**

The hearty meal of speech-making

Public speaking's no picnic, but with Karen Sander's culinary analogy, you need never fear giving a speech again.

You've been dreading this moment. The annual conference with the entire company here for the occasion, only this year you're tasked with presenting an award to a colleague, someone who's being recognised for their incredible dedication and achievements over the past decade. Wow. No pressure.

You are unaccustomed to public speaking, but that won't prevent all eyes from soon being fixed upon you. Time to sink or swim. The MC turns your way, go time, "Ladies and Gentlemen, the moment you have all been waiting for. Please welcome to the stage..." You!

Repeat after me, to yourself not out loud: "I Can. I Will. Watch Me." You can do this. You stand, weak at the knees, heart racing, hands clammy but still, you're moving, slowly, walking to the stage. So far, so good.

Settle yourself at the lectern. Take a deep breath. Relax. Look to the audience. Smile. This is a piece of cake. You can do this. Look down at your foundations, your notes, your recipe. You've planned this speech out like an oratory three course dinner, a delicious, scrummy, spoken meal with all the trimmings.

No time to waste, you launch into the entrée. Whetting the appetite and grabbing the audience's attention with stories only you and your colleague are truly acquainted with, reliving the tireless work ten years ago to set the stage for a stellar career.

Now it's onto the main course, the most important part of the meal. Satisfying the appetite, your main course takes everyone on the journey of your colleague's career, all the good stuff, some of the bad, tugging on their emotions, evoking smiles and tears, steeped in colour, loading up the calories.

It's time for dessert, the finishing touch sweetener that will leave a lasting impression on us all. With the decade career journey complete, you return to the essence of the story, the colleague whose dedication and commitment is what's being celebrated, finishing with a toast and enjoying a standing ovation from staff moved to tears by the wonder of your words.

Finally, and this is optional, but much like Judas himself, you lead the crowd in gesturing to your shy and completely unprepared



Karen (centre) with her March Storyroom Aus speakers

colleague with the age-old, fear-inducing call to arms, "Speech! Speech! Speech!"

Karen's Top Ten Tips for Public Speaking:

1. Preparation is key. Rehearse at home in front of the mirror.
2. When you arrive at the venue wander around and get a feel of the room. Where will you be standing? What does the room look like? Are the audience seated at tables or theatre style?
3. When you are introduced, take your time walking to the stage. Relax your shoulders and stand tall.
4. Place your notes on the lectern. Have dot points as reminders. If you are concerned, have a copy of your speech nearby but try not to read it.
5. Take slow deep breaths before you start. Centre yourself.
6. Collect your thoughts.
7. Nod to the audience, acknowledging them.
8. If it takes you a moment, the suspense is good.
9. Remember - no one will know if you make an error.
10. Try to smile and enjoy the moment.

Words: **Karen Sander**

Karen is the founder and host of **Story Room Aus** and **The Ageing Fearlessly Podcast**

Story Room Aus is a storytelling event, held on 1st Tuesday of each month at Bucketty's Brewing Co. Brookvale, whose mission is to connect community through the power of true stories.

Find out more at www.karensander.com

Baths don't make your bones stronger

OsteoStrong is a health and wellness centre, using the latest technology to ensure improved skeletal strength, bone density, posture and balance. Having recently opened in Manly, and offering complimentary assessments, we sent Paige Turner down for a closer look.

Reading books strengthens your brain, so I'm told. Certainly, reading books while soaking in the bath does wonders for my wellbeing. Writing about what I've read for The Tawny Bathtub Bookclub makes me happy but none of these activities does anything to improve my bones, posture or balance, so it was a real thrill to get to know OsteoStrong in Manly.

OsteoStrong is in the plaza end of Sydney Road, on my route to the library. Handy. With its rather fierce black and gold branding, dark tinted windows and a logo that put me in mind of a Forex dealer I was doubtful that anything going on in there was of relevance to me.

Going in for my complimentary assessment, I wasn't sure what to expect but Ashling, the charming Irish owner, and her team of health professionals, were fantastic at unravelling the mysteries of OsteoStrong. And unravelling is the right word, as the science behind OsteoStrong is not simple to understand.

It challenges the conventional wisdom we've been fed of "no pain, no gain" propaganda that's spouted with an evangelical energy. I am a cynic by birth so had to suspend judgment while listening to unfamiliar terminology and concepts.

My eyes glazed over when Ashling spoke about osteogenic loading and how it provides axial bone compression emulating high impact forces. But when Ashling told me the story of how a biomedical scientist called Dr John Jaquish wanted to find a treatment for his mother who had been diagnosed with osteoporosis I was in full listening mode.

Dr John made it his purpose in life to find a way to reverse the bone weakness that osteoporosis causes. And he succeeded. He studied the effects of high impact loading on people with strong and weak bone density and invented a series of medical devices that help improve bone density and even reverse bone loss.

I had a guided tour of Spectrum, the osteogenic loading equipment, and tested them out under Ashling's care. Spectrum identifies your baseline. Improvement from there is moni-



Paige swaps a bath for compression leggings

tored week by week so that you know when you're achieving the target where osteogenesis occurs, or as I like to think of it, the magic happens!

I've checked out the medical research and it confirms the proven benefits of using osteogenic loading to build bone strength. The health benefits go beyond building stronger bones. I'm looking forward to improved posture and better balance too. I want to be able to get in and out of my daily bath for many years to come without the need for bath grab rails. Who knows maybe I'll even return to one of my former hobbies – ice skating!

Visit osteoststrong.com.au/manly-nsw for more info, follow [@osteoststrong_manly](https://twitter.com/osteoststrong_manly) on socials, call **8095 9640**, or pop into 45 Sydney Rd, Manly

Words: **Paige Turner**

Paige will be embarking on a 13week OsteoStrong Program. We'll check in for monthly updates as the program progresses and Paige's dreams of representing Australia in the Winter Olympics 2026 figure skating edge closer to being realised.

Ask a Sparky

Chris is busy across the ditch in New Zealand. To ensure ewes are looked after, his **Local & Licensed** Electrical comrade Nick is here to answer your empowering queries.

Phil Tervabrim asks, "We've had such wild weather lately, and I'd like to know what impact a nearby lightning strike could have on my home's power supply." Thanks Phil. The wild weather can cause surges in power that can affect your home's power supply, more specifically, the appliances in your home. Small surges can go unnoticed, but over time can shorten the life of your appliances. However big surges, as with a lightning strike, can destroy everything in one fell swoop; lights, appliances, TV's, laptops, A/C units.

To protect against this, I recommend using surge protectors. You can use small, individual surge protection devices, plugged into each power socket to protect individual appliances. But the better solution is to have an electrician install a surge protector to your switchboard, providing protection for all circuits.



Nick installs surge protection at Tawny HQ

This way, when surges come in, carrying excess voltage, the switchboard surge protector is actually a surge diverter, ensuring the dangerously high voltage surge isn't distributed through all of your home's electrical circuits and frying your equipment, but is safely directed down your main earth cable and through your earthing system.

If you don't have surge protection, I would suggest asking your electrician for a quote.





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Lifeline volunteers at the December book fair

New location for Lifeline's next giant book fair

Lifeline is best known for three things:

1. Crisis support and suicide prevention through 13 11 14 and local services
2. Lifeline Shops
3. Lifeline Book Fairs

On the beaches we're lucky to have four Lifeline Book Fairs every year – which means everyone is able to grab a good book at a great price while supporting a worthy cause.

The next Lifeline Book Fair is being held at Forestville Memorial Hall for the first time.

"With the growth in popularity of Lifeline's Book Fairs, we have a new venue that can hold more books and allows us to accommodate more book lovers," says David Thomas, CEO of Lifeline Northern Beaches.

There are estimated to be more than 80,000 books at the upcoming Forestville Book Fair in at least 50 categories ranging from Children's books to Architecture, Sci-Fi/Fantasy to Cooking. Lifeline Northern Beaches Book Fairs also include a wide range of games, puzzles, CDs, DVDs, video games, vinyl records, collectibles, rare books and stationery.

"Our Book Fairs are run entirely by volunteers," says David. "And every item that you find at a Book Fair has been generously donated by our community."

The dedicated team of Lifeline book depot and book fair volunteers spend the entire year sorting, pricing, packing and storing donations to raise funds for Lifeline's local crisis support and suicide prevention services.

"We have team members who have been

volunteering for more than 20 years with Lifeline's Book Fairs," continued David.

"The dedication and camaraderie amongst our volunteers is absolutely amazing – and I cannot say enough how grateful I am for the time and effort they give to Lifeline in the service of others."

Lifeline Northern Beaches utilises the funds raised from Book Fairs to provide free and low-cost services, including local face-to-face counselling, support groups, financial counselling and Community Visitors Scheme.

Lifeline's next Book Fair is happening in Forestville from 20–23 April, which is Wednesday to Saturday, at the Forestville Memorial Hall in Starkey Street.

Doors open from **11am on Wednesday, 20 April 2022**. Gold coin donation for entry.

To donate books, CDs, DVDs and other items, visit the Lifeline Book Depot at 18 Roger Street, Brookvale. Opening hours are Monday, Tuesday, Thursday 8:30am–12:30pm.

For more information about Lifeline Northern Beaches' Book Fairs, and to find out how to volunteer, visit www.lifelinenb.org.au/book-fairs

Words: **Lifeline Northern Beaches**

NEED SUPPORT?

Call Lifeline anytime on **13 11 14** or text **0477 13 11 14**

Ongoing support is also available visit www.lifelinenb.org.au/get-help

Mal's Wild Side

Tails of the unexpected

Even in our cosy suburban lives... something truly wild is still stirring.

Ok it's a bit odd, but I have an almost unnatural affection for possums. This was magnified when my partner volunteered to be a carer with **Sydney Wildlife** (the rescue organisation). We'd have these tiny creatures dotted around the house in various stages of rehabilitation—some injured, some orphaned. All looking sweet and helpless. Once you've cradled one of these little bundles in the palm of your hand and drip-fed it a special food formula with a syringe... you kind of melt.

So yes, I admit it... I love Possums. To me they represent an endearing resilience, an amazing capacity to survive urbanisation, against all odds.

In Sydney's "Northern Beaches" area, we have three types of possum; the "Brushtail", which prefers to live in tree hollows formed by mature eucalypts, the smaller "Ringtail", which generally builds its own nest (called a drey) out of twigs and leaves and the extra tiny (and endangered) Eastern Pygmy Possum, listed as "vulnerable" in NSW.

A small number of Eastern Pygmy Possums exist naturally in remnant areas of bushland and a population has actually been re-introduced to North Head (from the Central Coast) by the Australian Wildlife Conservancy. These marsupials have an amazing claim to fame in that they curiously hold the world record for mammal hibernation—longer even than the Grizzly Bear of North America! When food is short, they can spend an entire year in a deep torpor!

Possums are vestiges of the incredible rich diversity of wildlife that lived in Sydney's environs prior to European colonisation. A fascinating glimpse of what once existed can be found in the Natural History Museum's First Fleet Artwork Collection (Port Jackson Paintings, Flora and fauna). Here we can see long lost inhabitants such as the Potoroo, Dingo, Yellow Bellied Glider, Marsupial Mice, Emu and the now totally extinct White Footed Tree Rat.

Even until fairly recently we still had small populations of Platypus and Koalas on the Northern Beaches that eventually couldn't



Cuteness Alert! Baby Ringtail Possum

cope with city living any longer and gradually disappeared.

Miraculously, Possums are still here, as a living reminder of our wilder past, despite being vilified by some (perhaps there's a fur envy thing going on?) Possums, being nocturnal, are active at night, which accounts for their protruding eyes and shy disposition.

If a possum is using your roof for shelter (as most of the old habitat trees with hollows have been cut down) why not provide them with a Possum Box as an alternative? They are available on-line— as are DIY instructions.

The greatest enemies of the Possum are the cat and the car. So please, drive carefully and keep your pet in at night. The average domestic cat kills 25 native animals a year and even if a captured possum seems unharmed, it is likely to die within 36 hours from shock or from toxins carried in the cat's saliva.

If you find an injured possum please call
Sydney Wildlife's Rescue Hotline on 9413 4300
or **WIRES on 1300 094 737**

Possums are territorial so if you try and relocate them, they are likely to die. All possums are protected species in NSW. Check the Sydney Wildlife website for information on volunteering or donating www.sydneywildlife.org.au

Words: **Malcolm Fisher**



Wishing you a barking good Easter

Collaroy Plateau Veterinary Hospital Enjoying Easter with our pets

Easter is a fun time for the whole family, perfect for enjoying being together, which of course includes having our furry companions ensconced in proceedings. With hot cross buns and Cadbury Crème eggs (my personal weakness) appearing on the supermarket shelves on Boxing Day, there's no doubt Aussies love to celebrate with their taste buds. However, many of the Easter treats we love to indulge in contain potentially deadly ingredients for our pets.

Chocolate

It will come as no surprise to many that chocolate is toxic to pets. Chocolate contains theobromine, which at high doses will cause a rapid heart rate, vomiting, diarrhoea, panting, restlessness, and an increase in thirst. At very high doses, chocolate can even cause seizures, muscle tremors, and death. Check out the chocolate toxicity calculator on our

website (collaroyplateauvet.com) if you want to confirm whether your pet has ingested a concerning dose. Also call your vet if concerned.

Hot Cross Buns

Any tasty treat containing sultanas, raisins, or currents is toxic to dogs and cats. These fruits, and to a lesser extent grapes, can cause kidney failure, even if only a small amount is eaten. Pets vary in how sensitive they are to these fruits, so it is always better to err on the side of caution and contact your vet if you suspect your pet has eaten any at all. It can take a few days for signs of kidney damage – reduced appetite, increased thirst, vomiting, lethargy – to develop.

Flowers

While Easter is celebrated in Autumn in our fair hemisphere, rather than Spring, the beauty of a fragrant bunch

of lilies is still hard to resist. All members of the true lily family, including Asiatic lilies, are extremely toxic to cats. Even a small brush of pollen that is groomed off the fur, or drinking the water from a vase containing lilies, can cause fatal kidney failure within a few days. It is best to regift any flower bunches containing lilies to your best pet-free friend. Alternatively, you can snip the stamens off to avoid falling pollen, place the vase high out of reach, and dispose of them before they wither and drop petals or leaves.

What can you do to celebrate Easter with your furry pals, safely?

1. Easter Treat Hunt

Hide safe edible treats around the house or garden and watch your dog or cat's nose go to work finding them all. You can hide them in toilet paper rolls or puzzle feeders for added enrichment.

2. Organise a Play Date

Dogs and cats on the social side will love a chance to frolic with their friends, either indoors or outside in a safe area. A new Easter themed toy to share, such as an Easter egg shaped ball or a colourful feather wand, will add to the fun (and chaos).

3. Explore a New Area

Taking your dog out to a new area to explore, full of interesting smells for them and sights for you, is sure to help burn off those extra treats. We have many dog-friendly walks and off leash play areas on the Northern Beaches – check out the council website, randomly point your paw at one you've never visited before, and head outside to the great outdoors.

Words: **Dr Lewis Hunt**

Film & Food

Authentic Family Portraits

Childhood. Growing Up. Memories. Our picks this month are inspired by their creators' real upbringing, stories that invite us to feel inspired, comforted and stirred as we reflect on our own early years.

Belfast

In cinemas

In the late nineteen sixties Belfast is caught up in *The Troubles*, an intense conflict of nationality and religion in Ireland. Right in the middle of it is young Buddy, who is focused on winning the affection of a classmate at school, getting to the cinemas every weekend and enjoying a blissful childhood. This semi-autobiographical tale for director Kenneth Branagh is a sweet, sentimental and thoroughly moving crowd-pleaser that celebrates the deepest bond we can have: family.

Roma

Streaming on Netflix

There are not many films where a director's vision is so perfectly and exquisitely transferred to screen – *Roma* is a rare example. It's as if director Alfonso Cuarón scanned his memories directly into the camera for this tale of a young boy growing up with his family's maid in 1970's Mexico, such is the vibrancy of the images and power of the narrative. This film is a love letter, an ode to the women who raise us and quite simply one of the finest films I've ever seen.

Gilmore Girls

All seasons streaming on Netflix

Gilmore Girls is a treasured show for many who grew up in the early 2000's and it's worth revisiting for one of the best representations of mother-daughter relationships ever on the small-screen. Follow mother Lorelai and daughter Rory Gilmore as they navigate school, college, dating, grandparents, familial expectations and their own flaws on the road to becoming the women they want to be. The writing is sharp and relatable, the storyline's both heartwarming and devastating and the characters are uniquely memorable!

Words: **Christopher Roberts**

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

Be sure to also check out our bonus podcast episode for more in-depth reviews and recipe tips



Mmmm chocolate

Turkish Delight Rocky Road

This delightful rocky road recipe uses Turkish Delight, the chocolate bar Buddy shoplifts in the film *Belfast*, much to the annoyance of his older cousin who hates them.

Ingredients (makes 9 rounds):

A silicone muffin tray
225g of good quality white chocolate
150g of white & pink marshmallows, roughly chopped
10g shredded coconut
200gm authentic Turkish delight, roughly chopped
60gm cranberries
Rose petals & coconut flakes to serve

Method:

1. Combine marshmallows, coconut, Turkish Delight and cranberries in a large bowl.
2. Melt white chocolate in a glass bowl over a medium saucepan filled with 5cm of simmering water, ensuring the water doesn't touch the bottom of the bowl. Once smooth and melted immediately take chocolate off the heat.
3. Immediately pour the chocolate into the large bowl with the other ingredients, stir to cover all ingredients with chocolate.
4. Spoon ingredients to fill to the top of as many rounds you are able to in your muffin tray. Immediately refrigerate for 30 minutes before removing from the fridge.
5. Carefully remove each rocky road round from the tray. Serve with a sprinkle of rose petals and coconut flakes. Enjoy.



Subject Long Reef sunrise
Submitted by Betty Lee



Subject Expanded swimming area at Manly Dam
Photographer Matt Connor, @manly_drone



Subject Trivia Champions of Champions
Location Harbord Bowling Club



Subject Can you see a little visitor?
Photographer Rosie Murphy



Location Dee Why stormy seas
Photographer Anne Hackett



Subject Flynn McEvoy in his babe-mobile
Photographer Laura McEvoy



Subject When does an umbrella become redundant
Location Manly Vale



Subject Try time at Aqua Rugby
Location Manly Cove



Subject Boat show or sporting event?
Photographer Matt Connor, @manly_drone



Subject Mallard ducks
Location Anne Henshaw

A Time Capsule Unearthed

A big part of **Stephen Cooney's** memoir **Unearthed** is about surfing and particularly what led to his involvement with the making of Morning of The Earth (MOTE to those in the know) but it's about much more than that.

Coon is the nickname Stephen's surfing mates gave him. It's not as imaginative as many of their nicknames - Toad, Sluggo, Money Box, Pig and Orge! I'm using his nickname because reading *Unearthed* is like sitting down with a friend you haven't seen for 30+ years, going through a box of black and white photographs and reliving your younger days. Tea is being drunk and the gentle and timelessly wonderful soundtrack of MOTE is playing.

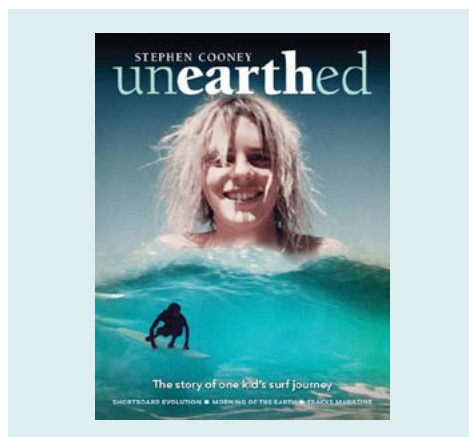
Unearthed is a charming, untarnished insight into a world that's fast fading on the Northern Beaches or most places. Life for Coon as a young one in Collaroy living with his recently widowed mother, five siblings and a few boarders was rowdy. Money was tight but so what. He lived in a tight-knit community that took care of each other and his mother let him follow his dreams instead of being told to sit tight and finish school. Can you imagine letting a 14 year-old hitch their way to Queensland to enter a surfing competition these days? DoCS would be onto you quick smart.

Coon's writing style is relaxed and evocative. The way he deals with many sensitive topics in such a loving and empathetic way made me want to give him a big hug. Coon was woke well before the term existed.

The Northern Beaches are the backdrop to much of Coon's story. Surfers will enjoy reliving their own experiences surfing the breaks in our backyard and truly dedicated surfers will be familiar with the many places Coon and his mates drove thousands of kilometres to and from in dodgy vehicles and aging kombi vans to catch the waves of their dreams - Angourie, Noosa, Green Island, Manyana and many more.

You don't have to be interested in surfing to be amazed at how the shape of boards evolved, and the board making industry, or the stories about how the legendary Tracks surfing magazine, produced by a bunch of crazy surf obsessed creatives from a rented house in Whale Beach, became the counterculture tabloid of its time.

There's so much to love about *Unearthed* and I haven't even touched on the wonder



Collaroy's surfing boy-wonder, Stephen Cooney

of Coon joining Albe Falzon for the making of the seminal surf film MOTE when he was just 15 years old.

If you haven't seen MOTE then you MUST, and so should your children and your grandchildren. It's an incredibly special film. 2022 marks the film's 50th anniversary. I have no doubt it will be showing at a cinema near you soon. Hopefully the Northern Beaches Council will schedule it for open air cinema in Manly. Are you listening Mayor Regan?

Coon says in his introduction that "penning words about oneself is not only embarrassing and humbling but liberating." I found Coon's story liberated many memories I had buried and I'm grateful to Coon for that.

Big congratulations to Cyclops Press too - this Northern Beaches independent publishing gem run by John Ogden is genius at bringing us Australian stories that deserve to be told. The production quality of *Unearthed* is superb and the photography makes you feel like you're right there with Coon and his mates.

Words: **Paige Turner**

Unearthed is available to buy at Berkelouw Mona Vale and Balgowlah, Bookoccino in Avalon, Humphries on Manly Corso, Keel Surf & Supply in Freshie, Rip Curl Narrabeen, Patagonia Manly, Glass Avenue in Newport, Harry Hartog in Warringah Mall, and online at www.cyclopsproductions.com.au



1. What was the nickname of Northern Beaches Olympic legend Andrew Charlton?
2. Specifically, what are the name of the Pine Trees featured along many of the Northern Beaches beach fronts?
3. Which private boy's school is located directly across the road from Brookvale Oval aka 4 Pines Park?
4. What colour is Manly Surf Club's swimming cap - Maroon with a white stripe or light blue?
5. In what decade was Warriewood Square opened?
6. On the Qantas logo, what colour is the Kangaroo?
7. What instrument family is the cello in?
8. What is the name of the follow up to Fifty Shades of Grey?
9. Which product's slogan is "More Smart, More Safe?"
10. Which country won the most Gold Medals at the Beijing Winter Olympics?
11. In what decade did Humans first land a space craft on Mars?
12. Which colour is at the top of the Ukrainian Flag - Blue or Yellow?
13. Which 2 world cities are represented in the phonetic alphabet?
14. In what year did the movie Braveheart get released?
15. Which is closer to Australia - The closest point of South America or the closest point of Africa?
16. The Mississippi river enters the sea from which US State? Alabama, Mississippi, Louisiana?
17. Which Australian TV Cop show was set in Mount Thomas?
18. Were Beethoven & Mozart alive at the same time?
19. In what year did Kelly Slater win the first of his 11 World Surfing Championships?
20. Adam Sandler & which actress won the MTV award for best on screen duo in 2004?

Sudoku

Medium difficulty

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

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by Krystal Bawl

Aries Mar 21 – Apr 19

Cosmic intensity is rampaging through your veins, making you attractive to emotional vampires and other suckers.

Taurus Apr 20 – May 21

You're in demand. Remember not every envelope opening is worthy of your presence unless there's money in it.

Gemini May 22 – Jun 21

Not every post is a winner. Choose less posts and you'll feel so much better about your winning streak.

Cancer Jun 22 – Jul 22

You've perfected being perfect but it's making your friends feel inadequate. Ease up or you may start feeling lonely.

Leo Jul 23 – Aug 22

Your generosity knows no bounds and your so-called friends call you their personal Zip Pay. Time to collect.

Virgo Aug 23 – Sep 23

Your extreme stoicism is starting to hurt, how about sharing your feelings before you explode.

Libra Sep 24 – Oct 23

Loved up Libra last month, now you're paying the price. Candlelit dinners and cocktails don't come cheap.

Scorpio Oct 24 – Nov 22

Your luck is in. Asteroid eros is looming large on your planetary horizon. Keep your eyes peeled and have fun.

Sagittarius Nov 23 – Dec 21

You've earned Sagittarian prosperity but that doesn't mean you should spend it. April is for austerity.

Capricorn Dec 22 – Jan 20

The finance planets are in your orbit and so are the banks. Get that low interest \$\$\$ to kickstart your dream.

Aquarius Jan 21 – Feb 19

Your emotional detox has left you feeling like a half empty glass of water. Or is it half full? Only you can make that call.

Pisces Feb 20 – Mar 20

Extreme flooding has made it hazardous to be a water sign. Stay on high alert as you weave and dodge the carnage.

Trivia Answers

1. Boy 2. Norfolk pine trees 3. St Augustine's 4. Light blue 5. 1980's (81) 6. White 7. String 8. 50 Shades Darker 9. Morten 10. Norway 11. 1970's 12. Blue 13. Lima & Quebec 14. 1995 15. Africa 16. Louisiana 17. Blue Heelers 18. Yes 19. 1992 20. Drew Barrymore

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

Sudoku Solution

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a sort of adaptation of Chekhov's 'The Seagull'

by Aaron Posner

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