

# THE TAWNY



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OCTOBER 2024

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# G'day Beaches

Welcome to October, to Spring in full flight, the taste of silly season filling the air.

Thank you, Ben Brown, the Godfather of Beaches weirdos, his "Ride the Waves" cover a cracker, serving also to promote this year's Lifeline Classic surf event, shredding. Congratulations Ella Holland, her sunrise dip at Freshy winning Photo of the Month, and Happy Camper (formerly Angry Walker), Letter of the Month, utilising Tawny letters adroitly to enact push bike parking law and order.

19 October sees the state seat of Pittwater up for grabs, with Jacqui Scruby outlining her vision for an independent north Northern Beaches. Wild Man Mal Fisher asks, will Sydney Water give a Dam and do the right thing? Brookvale Arts District profiles International Surfboard Builders Hall of Fame members, Bennett Surf, while Brendan Ryan queries how generous should the Bank of Mum and Dad be before they're overdrawn.

Happy Rocktober!

*Liam*



## The Tawny Frogmouth

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The Tawny Frogmouth uses paper  
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### Acknowledgement of Country

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

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

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Anne Maria, Nick Hollo and the centenary artwork

## Peninsula Wash Up

### Well, Hollo there!

This year marks the centenary of the collection of the **Manly Art Gallery & Museum (MAG&M)**, NSW's oldest metropolitan regional gallery. Society President Anne Maria Nicholson was determined to mark the occasion with something exceptional. "We commissioned renowned artist **Nick Hollo** to create an artwork showing our beautiful gallery in Manly Cove alongside the remarkable collection of heritage buildings on the foreshore. The demolition of the aquarium provided the perfect timing." The work will be unveiled at the Society's Centennial Celebration on site **25 October** and will be the basis of a limited edition of hand-signed and numbered digital prints. "Our project will allow everyone to access a beautiful artwork that showcases Manly Cove and our little gem of a gallery on the harbour," says Anne Maria. For enquiries, email [magamsoc@gmail.com](mailto:magamsoc@gmail.com) and for tickets visit [events.humanitix.com/centennial-celebration-at-the-manly-art-gallery-and-museum](https://events.humanitix.com/centennial-celebration-at-the-manly-art-gallery-and-museum)

### Banking Safely Online

To best equip you for fighting the rise in online scams and digital frauds of all sorts, shapes and sizes, **Community Bank Freshwater** is hosting a Banking Safely Online Session on **Wednesday 23 October, 6-8pm** at **Harbord Diggers**. Learn about the benefits and importance of being digitally connected, staying safe online and recognising and preventing scams and fraud. The session will be run by Jack Kennedy, Bendigo Bank's expert in Financial Crime Risk. Email [kasey.kaye@bendigoadelaide.com.au](mailto:kasey.kaye@bendigoadelaide.com.au) to reserve your place.

### The Vipers Lifeline Mental Health Alliance

This October, **Vipers Run Club** partners with **Lifeline Northern Beaches** to raise \$100,000 for Mental HealthMonth. There will be a series of events but the Vipers' marquee "**Move for 60**" takes place 10 October, and they're asking the community to join them as they run a 1km loop from Queenscliff Surf Club for 60 hours, coinciding with World Mental Health Day. This year's theme, "**Keep the Phones Running**". Follow on socials [@lifelinenb](https://www.instagram.com/lifelinenb) and [@vipers.rc](https://www.instagram.com/vipers.rc) for more.

### AHLTA your plans

And update your itinerary to include a visit to Manly Corso Friday 4 October, any time from 8:30am to 3:30pm, and support the **Australian Heart/Lung Transplants Association (AHLTA-[www.ahлта.com.au](http://www.ahлта.com.au))**. Holding court \*weather permitting\* in front of Humphreys, volunteers will be raising vital funds to support heart and lung transplant patients, their families and carers, selling jams, pickles and chutneys, lemon butter, cakes, biscuits, lovely knitting, baby clothes, books, puzzles, and bric-a-brac.

### Brooky Halloween Festival

Following 2023's monumental debut – their largest fundraising effort EVER – **Brookvale Public School's Halloween Festival** returns **Saturday 26 October**. The event guarantees an epic Saturday arvo, greatly facilitated by the school's P&C transforming the grounds into a Halloween wonderland, with laser tag, a haunted hall, market stalls, face painting, hair colouring, an inflatable maze, bucket dunking, pumpkin painting, a disco, costume competition, food trucks, cakes and treats, and games galore. But the event also serves to increase community engagement and raise funds for new furniture in every classroom. If you're a local business owner and keen to get involved. Email [brookvalepublicschool.fund@gmail.com](mailto:brookvalepublicschool.fund@gmail.com) and visit [brookvalehalloweenfestival.com](http://brookvalehalloweenfestival.com)

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Words: **Liam Carroll**

DR sophie scamps MP

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## Letters to The Tawny

### LETTER OF THE MONTH

#### The power of print!

Thank you for publishing my angry letter (Aug '24) about a cyclist who constantly parked their bike illegally outside Manly Wharf's Information Centre, covering up useful information and in a way that caused me to trip over it and hurt myself. I'm thrilled to report I've seen the bike parked legally now. Let's hope it stays that way, or else!

#### Happy Camper (formerly Angry Walker)



#### Muppet Megastore

Percy Protest Pelican was born amidst the fiasco that was Manly Council. Incompetence, arrogance and lack of consultation tenets of rule. To bolster this came the intimidation of any local that dare challenge them. Case in point: Three parking fines reversed and one Manly Daily article exposing intimidation quashed. My "Top Gun" exposé in January Tawny was as welcome as a haemorrhoid. Or perhaps it was when I referred two Rangers to ICAC. So, the Pelican Mobile gets fined while Fabio's backpacker van 25 meters away, parked in the same spot for two weeks

without moving, doesn't. Obviously just bad luck but at least Fabio will be able to buy more product for the blonde flowing hair. In conclusion, the Muppet Megastore is open for business as usual. The flip side is...so is Protest Pelicans Incorporated. Here to keep you honest, preserve Fabio's impressive curls and remind myopic bureaucrats that you serve the community. You do not rule over them. Try being nice to your customers. It might work better. Love always,  
**Percy Protest Pelican**

#### Manly LSC

I am shocked to read the letter you published from Save South Steyne - whomever that person is hiding behind it. If they happened to have a proper look at the plans, which have been released by Northern Beaches Council, they will find that, to say that the development is oversized is absolute rubbish. And also, it appears to me, that it is a terrible shame that this ghost writer doesn't go near the Corso because of tourists. That really is indeed scary. Manly LSC and Northern Beaches Lifeguards need a new building to carry on the fantastic work done every day of the year. The proposed new building will give the lifeguards more space inside the building for their equipment and beach vehicles, and Manly LSC members will have more space for equipment, IRB's, and all associated rescue boards and rescue tubes, defibrillators and oxygen equipment. All up there is no real increase in the building's footprint, while lifeguards and lifesavers will be able to access the building more quickly and safely. Kind regards,  
**Shane Gilroy**

#### Here we go again

Case Ref: ZS316524: Speeding cars and drag racing down Woodbine Street. TWO YEARS ago I reported (for the fourth time in four years) that Woodbine Street in North Balgowlah needs speed bumps OR ANYTHING that will slow cars down. Tonight, ANOTHER BAD accident due to speeding cars. Does anyone actually care? I've been waiting years for someone to realise how dangerous this street is. I would like someone to contact me to tell me what is going to be done about this danger zone. And yes, I will continue to send emails to EVERYONE in the hope that ANYONE actually cares about rate payers' lives.

#### Vanessa Chang

#### Money doesn't grow on trees

I always enjoy perusing The Tawny Frogmouth whilst eating my breakfast but this morning I nearly choked on my Corn Flakes reading the grandiose opinions by former mayor, Michael Regan MP, (Tawny Sep '24) with regard to his years representing Northern Beaches Council. His claim that council is "in a very strong financial position" is highly questionable after reading summaries of various councillor's concerns from recent council meetings. It is reported that at the June 25th meeting, "council was effectively broke", with a black hole of \$5.8 million and "borrowing money from the Mona Vale Cemetery reserve fund to help balance the books". If true, this is a managerial failure and yet \$25m of rate payer's money goes towards paying the wages of those same managers, more than 110 of them. Another \$3m being spent on new staff cars. When operational expenses exceed council's revenue and



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when some councillors question and argue over the budget, it is a sure sign that council is in a poor financial position. But not according to the flowery words from former mayor, Michael Regan.

He wrote that "Council is in a very strong financial position, better than any other council in New South Wales," but then in the next few paragraphs he criticizes fellow councillors for wanting to cut staff numbers and to reduce burgeoning costs in order to protect rate payers from a special rate variation of up to 25%.

His article promotes other expensive, non-essential projects that he regards as vital for the community when most members of the community are more concerned about the problems they are experiencing in and around their local streets. He claims that "all services from the previous three councils have been maintained at the highest level". If that was true, the Ombudsman would not have listed Northern Beaches Council as the third most complained about council in the State for 2023. That alone is enough reason to condemn and to reverse the amalgamation.

Further to the amalgamation being forced upon us, it was Mr Regan who assured us all that by amalgamating the three Northern Beaches Councils, rates would be much lower with basic services being enhanced. The exact opposite occurred.

The chatter about council being dismissed and heading towards five years of administration is becoming louder. Are the budget books being cooked to hoodwink the New South Wales Minister for Local Government into believing that

we don't have a deficit and all is happy and well financially? Rate payers need to be told the bare truth about council's finances and why more than 40% of council's income is being spent on the bloated number of managerial staff.

**Mick Evans, Narrabeena**

#### **Corridor of misery**

Every once in a while, something happens that just makes your jaw drop in wonder. Today, Saturday, my wife and I were driving down that corridor of misery - Burnt Bridge Creek Deviation. There, in full view of passing traffic, in broad daylight, was one of the graffiti artists at work, busy using his various spray cans to vandalise the wall. He was in no hurry either and couldn't care who could see. I'm speechless.

**Ross MacPherson, Seaforth**

#### **Dogs on South Curl Curl Beach**

Dear Fellow Readers, firstly, let me start with this: although I currently don't have a dog in my household, I'm a dog person (say 'hi' to your dog from me). I'm often at Curl Curl Beach, 3-4 days a week, going for a surf and parking around the mid car park at the southern end of the off-leash area. I love seeing the dogs running about and I laugh hard when the dogs find the massive post rain mud puddle, pre-empted by the owner yelling in vain, "No, no, no, no! Oh no..."

The off-leash area looks pretty well setup, stretching from the middle of the beach up to and including the lagoon. Every now and again you used to see an escaped dog bolt for the beach with the owner chasing them to immediately bring them back, or if they were going for a cheeky wander with their dog, the council life-

guards would usually zip up on the quad and have a chat. However, over the last few years I've noticed more owners just straight up walking their dogs along the south half of the beach, often times off-leash. This winter, it seems like the flood gates opened. I'm now guaranteed to see more than one dog owner ignoring the 'no dogs' signs.

The off-leash area and even the path along the middle to south end does already have its share of barker's eggs left from those minority of owners not paying attention to their dog (or they're just selfish). Have I missed something? Is there now a lifting of the no dogs on the beach rule? Will the Curl Curl Beach sand soon be laden with blind mullets to be squished between the toes of unsuspecting beachcombers and surfers? What gives?

**Regards, Nick**

#### **Global Warming**

Dear Editor, all Mark (Robbo) Roberts and others need to do is read a book aptly titled "Fire Weather" by John Vaillant to understand that Global Warming we are experiencing now is caused by the Industrial Revolution and the burning of fossil fuels.

**Gerald Lee, Freshwater**

#### **Letter of the weak**

Why are people still arguing whether climate change is "real" in the Tawny Frogmouth's letters pages? Way back in 1912 there was concern regarding the coal furnaces of the world adding 7,000,000,000 tons of carbon dioxide to the atmosphere every year. Exxon Mobil internally acknowledged the threat of burning fossil fuels in 1997 (whilst publicly promoting doubt through paid

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advertorials). In 1988 Margaret Thatcher addressed the U.N. General Assembly in New York highlighting the “insidious danger” climate change posed by “the prospect of irretrievable damage to the atmosphere, to the oceans, to earth itself”. And she was hardly a delusional, left-leaning, basket weaver. These days we simply need to use our own eyes and ears to realise that weather patterns are definitely awry and life on earth is under threat. Obfuscation and denial give government an excuse to delay taking urgent action, even as many scientists warn that climate “collapse” is already here.

**Mal Fisher, Earth**

**Give pedestrians a chance**

Pittwater Road, which stretches 21km along The Northern Beaches, is considered the arterial backbone of

the peninsula but it’s being weighed down heavily by a growing number of commuters, especially those vehicles using that section of roadway leading into Manly where it narrows effectively into one lane of traffic. I see people every day taking risks dodging traffic just to get across Pittwater Road at the Harris Farm end and again at Carlton Street and Aloha simply because there are no zebra crossings. Most drivers don’t adhere to the speed limit using that section of Pittwater Road leading into Manly. This section of Pittwater Road was not built to take heavy volumes of traffic either, much of which turns up Sydney Road and on into the city. Perhaps, the section of Pittwater Road from Balgowlah Road to Raglan Street should be designated a 40k/h speed zone. Speed humps are not the answer but

installing a few zebra crossings on that section of roadway would be a twofold solution in slowing traffic down and providing safe pedestrian access across Pittwater Road.

**Jens Ward, Manly**

**Sticky Business**

Just want to vent. First world problem. The Council parking sticker is a nightmare to remove this year. Always has been simple to peel off. Guess a cheaper sticker. Northern Beaches Council go back to your previous provider. My son just messaged me with a photo saying it had ruined his Sunday trying to get it off.

**Hugh Elvy**

The Tawny Frogmouth invites the people of the Beaches to send in letters to [mail@thetawnyfrogmouth.com.au](mailto:mail@thetawnyfrogmouth.com.au)

*Global Affairs*

**Tinfoil hats at the ready**

This month saw me visiting Georgia to speak with officials on the new rule change to certifying elections that has just been passed in the state. Basically, the new rule bars counties from certifying the vote tallies until officials investigate whether there are discrepancies between the number of ballots cast and the number of people who voted in each precinct.

Given there are small discrepancies for any number of reasons - which have never caused an election result to be put into doubt - there are concerns the results from this year’s federal election could be delayed for weeks and not meet the 11 December deadline for certifying the election results.

I spoke with some key characters on the rule change, getting their views on why things needed to be changed. “Georgia should be a Republican state, President Trump should be in charge, and whatever we can do to make sure this actually happens is what we are doing”, were the first words uttered from Rocky Asman, followed quickly by, “President Trump cares

about the everyman and is a real Christian and family man.”

His colleague, Morgan Dohner, also noted the last election was stolen from President Trump. The voting machines in place were part of the conspiracy and the USB drives were tampered with. In the upcoming election both Asman and Dohner are pushing for the machines to be checked just like we used to check the weighing machines in the town’s general store to make sure they were correct.

I asked them when such checking of the scales occurred. They both let me know it was in the 1950s, back when America was great! They have offered up their services to check each and every vote along with the voting machines to make sure that each and every vote is correct. I left Rocky and Morgan as they turned the discussion to the deep state and further conspiracies against their Guy.

Words: **Duke Boulder**, International Correspondent

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Jacqui Scruby holding draft legislation to stop PEP-11

State Politics

# Community-backed Independent Jacqui Scruby stands for Pittwater

I've always believed that Pittwater is a special place, a community that values its natural environment, its amazing people, and its local businesses. Recently, I've heard from too many families, small business owners and locals who feel like they are being left behind. The cost of living is spiralling out of control - including home insurance up 32% since 2022, our schools and hospitals need more support, Mona Vale Road has been abandoned and our environment is under threat from blanket planning laws.

As a local mum, lawyer and former small business owner and local volunteer, I understand how hard the past

couple of years have been for many on the peninsula. Pittwater needs someone who is focused on what matters most to our community. We don't need chaotic party politics, or representatives more concerned with cleaning up scandals than helping local families and businesses.

Pittwater deserves better. That's why I'm running as a community-backed Independent in the upcoming by-election on Saturday 19 October. I am excited to have the opportunity to re-engage with the community, and my amazing supporters and volunteers, and push for a better way of doing politics and real representation for Pittwater.

After a huge 22% swing against the Liberal Party in the 2023 election, in which our community-backed campaign fell short by just 606 votes, but yielded a huge success for the community, I am excited to have the opportunity to re-engage with the community, and my amazing supporters and volunteers, and push for the change we want to see in Pittwater.

Driven by community mobilisation against PEP-11, during my last campaign I co-drafted legislation with then sitting NSW MP Justin Field MLC, to ban offshore oil and gas off NSW's coastline. It became a political baton with both Liberal and Labor further progressing it, and is now law, historic legislation being the first state in the country to implement the ban.

As a result of competition in a once safe seat, \$13 million was announced for the Wakehurst Parkway and there were backflips on Lizard Rock. If that's what we can achieve through an election campaign, imagine what is possible with an independent representative for Pittwater on the NSW crossbench. We raised the bar that election, and it's time to do it again.

We will be bringing a similar community-focused and positive platform and approach to this campaign, which is needed now more than ever given recent events. Even staunch Liberal voters tell me that they feel betrayed and that the party they have voted for in the past is now not only in opposition but is in chaos. What I say to these people is that I will represent them and their values with sensible-centre policies, fiercely hold the government

to account, especially on overdevelopment, and deliver for our electorate. Listening to the community, and working with honesty, fairness and integrity, will be at the heart of everything I do.

For Pittwater, my priorities are clear: we need a representative who acts with integrity, taking meaningful steps on the cost of living (from sports vouchers to addressing home insurance levies), supporting our local businesses, and investing in roads and infrastructure. We also need well-funded schools and a hospital that meets the growing needs of our community.

I know how effective independent representation can be. Having worked as an advisor and campaign manager for our federal MP Dr Sophie Scamps and as a policy adviser

to Zali Steggall OAM MP. I understand how to genuinely listen to the community and work with government and opposition to deliver results. I know how to get things done.

In NSW Parliament, Independents are kicking goals - passing legislation and securing wins for schools, roads and services in their community. Next door in Wakehurst, Michael Regan is achieving fantastic things. He has helped to secure a much-needed audit of the Northern Beaches Hospital, as well as more funding for local schools and improved public transport.

This is the choice facing the people of Pittwater in the 19 October by-election - a community-backed Independent who will stand up for Pittwater and both hold the minority

NSW Government to account and work constructively on the issues that matter most to Pittwater. The alternative is an ineffectual opposition member who has no ability to deliver for the community.

Pittwater deserves better. Better representation. Better infrastructure, schools and services. Better cost of living support. What can't get much better is our beautiful natural environment - when it comes to Pittwater's environment it's about fierce protection and improving environmental outcomes at a state level.

Follow Jacqui on socials @jacquiscrubbyindependent and visit [jacquiscrubby.com.au](http://jacquiscrubby.com.au) to learn more

Words: **Jacqui Scruby**

**BY-ELECTION 19 OCT**  
**VOTE 1**  
**JACQUI SCRUBY**  
 INDEPENDENT for PITTWATER  
**PITTWATER DESERVES BETTER**  
 Authorised by Jacqui Scruby | [hello@jacquiscrubby.com.au](mailto:hello@jacquiscrubby.com.au) | Level 1 341 Barrenjoey Road Newport 2106.

## Time to restart Mona Vale Road upgrade



Sophie with Jacqui Scruby, running for Pittwater

After years of waiting, it is great news that works are close to starting on the Wakehurst Parkway to improve safety and dramatically reduce closures due to flooding. However, it is not good enough that we are still waiting for action on Mona Vale Road.

More than a year ago the NSW State Government delayed the upgrade of the western side of Mona Vale Road, leaving our community with a half-completed project. In the meantime, Mona Vale Road remains an accident blackspot. Data collated by my office shows that since 2019 there have been 68 crashes on this road, resulting in two fatalities and 21 serious accidents, with a further 17 classified as moderate.

Despite this being a State Government project, it is such an important issue for the people of the Northern Beaches that I have been pushing the NSW State Roads Minister and government to urgently put this project back on the agenda. Premier Chris Minns was asked on ABC Sydney radio in August about the delays in completing the upgrade of Mona Vale Road. He said he would “take it on notice”.

I am strongly urging the Premier to bite the bullet and restart the Western Side upgrade. This is an important state project and vital for the economy of our region and the people of the Northern Beaches. Traffic jams and accidents cost us all dearly.

Procurement for the Western side upgrade is currently due to start in the fourth quarter of 2025 with the \$340 million project due to be completed in 2029. That is far too long for the people of the Northern Beaches to wait. Committing to finishing this project would be a huge boon for our community who have waited

decades for this project to be undertaken. It’s likely to feature in the by-election for Pittwater and I will be raising it at every opportunity in Canberra and with relevant State Ministers.

### Save the Aussie Bush campaign

I know the people of the Northern Beaches really value our natural environment, which is why I am asking all of you who enjoy camping, bushwalking or a quiet moment in nature to join my campaign to Save the Aussie Bush ([savetheaussiebush.com](http://savetheaussiebush.com)) and our unique animals that depend on it.

The Australian bush, with all its incredible creatures, is the embodiment of Australia. The sights, the sounds, the smells, the animals and the insects it houses are uniquely Australian, to be found nowhere else on this planet. But Australia leads the world when it comes to mammal extinctions. Many of our unique species like the iconic koala, black glossy cockatoo, and the greater glider are now listed as endangered. Scientists say urgent action is required to reverse the decline.

Our native forests and woodlands face two main threats: land clearing for agriculture and loss of habitat through native forest logging of our state-owned forests. We are one of the global land clearing hotspots in the world.

I’m focusing my efforts to save the Aussie bush on bringing an end to native forest logging. Victoria and Western Australia have already announced an end to native forest logging. Laggard states like NSW and Tasmania should do the same. However, we need our federal government to lead.

I and my crossbench colleagues are pushing hard for the Albanese government to end the exemption for state logging operations from federal environment law. I am calling for this to happen before the international “Nature Positive” summit being hosted by our Federal Environment Minister, Tanya Plibersek, in Sydney in October.

Help end native forest logging by signing Sophie’s petition at [savetheaussiebush.com](http://savetheaussiebush.com)

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



Jennifer Hamer’s life is dedicated to helping others overcome an eating disorder

### James Griffin MP

## Eating disorders: The silent burden

I recently met an impressive young woman from Balgowlah who is passionate about delivering a message of hope to those affected by an eating disorder. **Dr Jennifer Ellen Hamer** last year completed her PhD in eating disorder prevention – but that’s not all.

For over 16 years, Dr. Hamer fought a relentless battle against an eating disorder, a struggle that nearly claimed her life. Today, she stands as a beacon of hope and determination, dedicating her life to preventing others from experiencing the same pain and anguish. A former elite athlete, Dr. Hamer has transformed her personal battle into a professional career focusing on raising awareness and advocating for better funding and resources for eating disorder prevention and treatment.

The statistics surrounding eating disorders in Australia are alarming. According to the “Paying the Price Report 2024,”

the estimated prevalence of eating disorders stands at 1.1 billion. The impact of these disorders extends beyond the individuals suffering; it affects their loved ones and the broader community, imposing a staggering economic and social cost of \$66.9 billion last year.

Dr. Hamer believes it is a health crisis that is underfunded and overlooked and is advocating for a multifaceted approach including early intervention through programs in schools, sporting groups, workplaces, and online environments. She claims by educating these communities, we can identify at-risk individuals early and provide the necessary support to prevent the onset of eating disorders. Dr. Hamer says for those

who do develop eating disorders, access to treatment must be improved. She says, despite her progress in recovery, she was denied an eating disorder care plan because she did not meet the full criteria for eligibility. This denial placed a significant financial burden on her to receive the treatment she needed when she needed it most.

Jennifer believes that by sharing her story and advocating for better resources and support, she can help create a future where eating disorders are no longer a hidden crisis. Her work is a testament to the power of perseverance and the impact one person can have on a broader movement.

Words: **James Griffin MP**, Member for Manly

For anyone seeking help with an eating disorder, Dr Hamer is available to assist on **0435 100 777** or [Jennifer.hamer@alumni.griffithuni.edu.au](mailto:Jennifer.hamer@alumni.griffithuni.edu.au)  
For all updates, follow [@ajens\\_littleworld](https://www.instagram.com/ajens_littleworld) on instagram

Sport

## North Narra buzzer beater

South Curl Curl: In small yet flawless waves, the 2024 **Guzman y Gomez Grommets SURFTAG** came down to the wire. North Narra-been held their nerve to win by less than a point over defending champions Queenscliff, with the final decided by North Narra's last wave, Charlie McDermott nailing a 3.5 Powerwave to edge past Queenscliff by 0.92 points.

North Narrabeen's team of **Jaggar Phillips, Maitua Thomas, Ollie McKerrell, Cody Cattle and McDermott** led the early stages of the four-team final with Queenscliff coming home strong to take the lead after strong surfing from **Saxon Goodwin, Hunter Sutcliffe** and twins **Jai & Benson Wineera**. Queenscliff's fifth surfer **Ben Marshall** secured three bonus points for finishing before the fifty-minute time limit to put QBC in the lead but a three-turn combination from McDermott and two bonus points ensured North Narrabeen proved triumphant.

Jaggar Phillips won the Creatures of Leisure Highest Score in the Final Award posting a two-wave total of 20.23 that included a 9.23



QBC's Hunter Sutcliffe's layback thunder

Powerwave. "Felt pretty sick, stoked with the 9.23," Phillips said. North Narrabeen sit on top of the Rankings after the first event of the Series with last year's SURFTAG Champions Long Reef in 7th position.

The 2024 SURFTAG series is proudly supported by Guzman y Gomez, CARVE Eyewear, Dripping Wet Surf Shop, Creatures of Leisure, Swellnet, Tawny Frogmouth, Manly Rentals and Sydney Surf Daily.

Follow [@surftagseries](https://www.instagram.com/surftagseries) on socials and visit [www.surftag.au](http://www.surftag.au) for all info.

Words: **Wyatt Wash**



PHOTO: BERNADETTE JOHNSON - IG@BERNADETTE2097



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# Give, and thou shalt receive: Million dollar links between donors and environmental approvals

Correlation does not always imply causation, but the link between fossil fuel companies' political donations and projects receiving environmental approvals is no coincidence. Between 1998 and 2022, successive federal governments granted environmental approval for major projects owned by companies that made a total of \$54.8m in political donations.

The 'Lock the Gate' report used publicly available data from the Australian Electoral Commission (AEC) and data about projects covered by the Environment Protection and Biodiversity Conservation Act (EPBC) to calculate the total donations made by companies that received environmental approvals over the 24-year period. Fossil fuel companies were among those who made significant donations and received project approvals.

Woodside and Santos donated nearly \$3m each to Labor and the Coalition. Santos projects received eight federal environmental approvals, Woodside received nine. Coal companies, including Adani, Whitehaven, and Glencore, collectively donated \$3.1m dollars and received 24 project approvals. Lobby groups representing the interests of mining companies, such as the Minerals Council of Australia and NSW Minerals Council, collectively donated to the two major parties as well.

According to report author and Lock the Gate coordinator Han Aulby, "Our analysis shows [that] proponents are donating millions while their projects are being assessed. **This creates a public perception that assessments are not independent and undermines Australian democracy.**"

Due to the up to 18-month delay in donation disclosure being reported to the AEC, more recent data is not available. However, there is little to suggest that donation practices and their effects on approvals have changed. So far, the Albanese government has approved or extended at least nine fossil fuel projects and two carbon capture projects since taking office, many to the same companies, sorry donors.

The Senate inquiry into the Albanese Government's proposed National Environment Protection Agency (EPA) reports soon. This is



Adani's Abbot Point Coal Port

just one of many iterations of reviews, starting with the 'Samuel Review' published in October 2020. Four years later, the many recommendations in that review have yet to be implemented.

Han Aulby said the "Albanese Government's watered-down EPA proposal was a band-aid solution that would not fix deeper structural problems with Australia's environment laws. The Government's proposed EPA is already too weak to be effective, and now the Prime Minister has said he is going to weaken it further. **We need strict controls to stop damaging projects and integrity reforms that limit political donations.**"

It's a sentiment echoed by University of Melbourne Professor Joo Cheong Tham, "The Samuel Review found a lack of public trust in the EPBC. Looking at these donations, it's easy to see why. The Federal Government urgently needs to reform the EPBC Act to rebuild trust and ensure decisions are free from corporate influence." The Samuel review stated in blunt terms, "The EPBC Act is ineffective," and recommended sweeping reforms, making the Commonwealth focus on the nation's core environmental responsibilities.

Despite aspirations to meet 'Net Zero' targets, the Albanese Government continues to thread a careful path between economic interests of its donors and the need for real action. These targets cannot be met without dramatically shifting energy production and usage away from fossil fuels towards renewables – starting now.

Words: **Kim Wingerei**, Michael West Media

## Mal's Wild Side

# Will Sydney Water do the right thing?

You'd hope the very last place Sydney **Water** would attempt to develop would be a fragile **water** catchment. Let's see if they ultimately give a dam.

In the "olden days" (before Tawny's birth) there was a newspaper called the "Manly Daily". On Saturdays it contained a glossy supplement, chock-full of real estate ads. In early 2015, I was idly flicking through it, when I spotted an image of bushland bordered by a white line. The land (in Seaforth) was surrounded on three sides by Manly Warringah War Memorial Park (Manly Dam) but it was being spruiked as the perfect location for a new housing estate.

I nearly choked on my muesli! This was Sydney Water property that had become surplus to requirements, and they were hoping to cash in. As a member of the "Save Manly Dam Catchment Committee" I knew I had to act pronto. I phoned several contacts; they called their networks and momentum grew to halt this sale.

A letter was sent to Mike Baird (then MP for Manly and Premier of NSW). It detailed the fact that the 4,132 sqm site was a heritage conservation area and developing it would have a devastating effect on the park. Sydney Water and local Council were also lobbied by the community. Turns out that this land was originally part of Manly Dam reserve, but it had been transferred to Sydney Water many decades ago (along with a parcel next to it which houses the Bantry Bay Water Storage Reservoirs). Unfortunately, it was later zoned R2 (low density residential) because of an anomaly in updating Warringah Council's Local Environment Plan (LEP).

In October 2015, Sydney Water contacted residents of the site's access road (Kirkwood St) advising that "they are investigating the concerns raised by the local community, Councils and key stakeholders. The site will remain fenced, and will not be sold at this stage, while Sydney Water considers the options for this site".

Meanwhile, another area of sensitive bushland adjoining Manly Dam reserve was being bulldozed to make way for the new Manly Vale



It's not very big but it's very important.

School development. To compensate for this loss, Mike Baird announced in the school's "Bush Telegraph" newsletter (11.10.16) that "the government will transfer a parcel of land at Seaforth, owned by Sydney Water and adjacent to the War Memorial Park, back to the park". Nothing eventuated.

In 2018, Sydney Water commissioned environmental consultants "Total Earth Care" to conduct a biodiversity assessment of their site. Surveys revealed it was ecologically rich, five threatened fauna species were detected, and conservation measures recommended. Then, the "Beaches Link" tunnel raised its ugly head and with cruel irony, the NSW Government identified the exact same Sydney Water land as an excavation site. To sweeten the deal, "Transport for NSW" pledged to return the land back to the park after construction (but only after the bushland had been totally obliterated).

Thankfully "Beaches Link" was officially cancelled on 8.9.23. Northern Beaches Council resolved to write to Sydney Water (plus relevant Ministers) at their meetings on 28.5.19 and 19.12.23. to advance the return of the land - but to no avail.

Sydney Water advised me that they have a regulatory obligation to benefit their shareholders so "can't transact land below market value". But they only actually have two shareholders - The NSW Treasurer and the Minister for Finance. Apparently, the company has "not yet received any confirmation from Northern Beaches Council regarding acquiring or leasing the land".

Encouragingly Sydney Water announced it would not subdivide surplus property (containing koala habitat) at Woronora. National Parks and Wildlife are now working to provide permanent protection.

Words: **Mal Fisher**



## Serenity Now Sliding Door Repairs



Keith (left) with Cam, Serenity founder

### What is Serenity Now Sliding Door Repairs?

The Northern Beaches' best sliding door repair service for aluminium glass doors, wood sliding doors, French doors, patio doors, Bi-fold doors, fly screen doors, all doors, even pet doors for your four-legged best mate.

**What inspired the idea?** Assisting an elderly mother struggling with opening her doors, unable to fully enjoy her home, then realising no business was saving tracks or providing the best anti-corrosive products on the market from around the world for repairing sliding doors.

**What convinced you to start the business?** That I truly enjoy seeing the smile on people's faces once a door problem has been solved properly. It compares to seeing a customer try a new drink or dish and they're genuinely surprised how good it is.

**Had you worked in this field originally?** No, I've got a background in business development, hospitality and security, but have worked with my hands on all manner of wood, aluminium, lighting and other projects from a young age.

**Who are your customers?** Anyone with a door not working as it should who'd like a free quote, which includes all local residents, businesses, strata companies and managers on the Northern Beaches and North Shore.

**How exactly does it work?** We look at every

possible problem preventing a door from sliding then ensure those problems cannot reappear within a minimum of 5 years. A door repair can last over 15 years if the cleaning and maintenance tips are followed closely and routinely.

**What have been your biggest triumphs?** When you fix a door that no other company can. There are a few in every suburb.

**What advice would you tell yourself and others before starting a business?** Complete thorough research and talk to everyone you can before investing a cent, then plan your work and work your plan, get started, ignore the noise, stick with your gut, and never buy inferior parts to save dollars.

Simply call Serenity Now Sliding Door Repairs or send a picture of your troublesome door and secure a free 15 minute on site quote anywhere on the Northern Beaches, Middle Harbour, Pittwater or North Shore of Sydney.



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Interview: **Liam Carroll**  
Featuring: **Cameron Mills**, founder of **Serenity Now Sliding Door Repairs**

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COLLARROY PLATEAU

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TIM - FRESHWATER

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Cover Artist

# Ben Brown

## The Godfather of Beaches weirdos

This month's cover artist is no stranger to the high-stakes world of creative mastery, stepping up now for his second Tawny Frogmouth cover and his third collaboration with Lifeline Northern Beaches for their annual Lifeline Classic event.

Beyond that, you may be familiar with his work over the past three decades crafting tour posters and album covers for lesser known performers such as Nirvana, The Pixies, Pearl Jam, Elton John, Queens of the Stone Age, Red Hot Chili Peppers, The Cure, Blink-182, Smashing Pumpkins, Silverchair, Cosmic Psychos and local pub rock royalty - is Daz, is good - The Darrans, as well as virtual-reality interactive gargantuan Frankensteins for Brookvale Arts District's 2023 Groundswell event.

For a man with a portfolio of work that's the envy of any aspiring and established creative, Ben Brown's approach is refreshingly Zen, marked with a relaxed Que Sera Sera authenticity, and a sense of professional generosity to hand over assignments and opportunities to up and coming local artists, careful to uphold a healthy work-life balance.

"I was always drawing stuff from a young age," says Ben. "And my brother being five years older than me, he was onto all the classic surf mags in the 70s, so I'd always rummage through those, filled with comic art, and icons like Captain Good Vibes, Mad Magazine, record covers from that era, they were all a huge influence on me."

Ben's father was an accountant, but had clients who worked in the creative industry, allowing Ben to see from a young age that adults were indeed making a living from artistic pursuits, a rare gift that many talented youngsters don't see, often then choosing non-creative career paths, reluctantly adhering to alleged elder wisdom of securing a steady pay cheque.

"I always imagined I could get a job drawing creatively, then my first real opportunity came with jobs in the arts department of various screen printers at Brookvale," recalls Ben. "I'd ride my bike up from Manly, back in a pre-digital world, and while it was the late 80s and my main task was creating bi-centenary merchandise - basically just putting koalas on everything - because I had access to all the equipment, I started creating rock posters and all my own



Ben in front of his Brooky monster Frankenstein

projects at the same time."

From here, Ben not only got paid cash and rode his bike straight to go surfing after work, best job ever, but he also carved his place in the music world as the go to designer of rock posters, even creating the tour poster for what would become Nirvana's only ever Australian tour.

"I've never had any strong career plan, it's always been through word of mouth that work has come my way," says Ben. "Then, especially with the music scene, you'd often get invited to events and I knew to take every opportunity, it looks like you're some groovy happening artist when, in reality, you're just happy to be there."

Self-identifying as a "Loco drawing weirdo", Ben explains the magic sauce of weirdness for creativity. "I've known artists that were somewhat normal, which is of course fine, but without a sense of weirdness, a talented artist will usually go in more of a corporate direction, become a creative director and the like, while being a bit of weirdo keeps you on the fringes and living in the underground. I suppose I've just always been drawn to the subculture."

Follow the Godfather of Beaches weirdos on socials @mentalben and check out the full array of prints, tees and pop culture history at Ben's website: [benbrown.com.au](http://benbrown.com.au)

Words: Liam Carroll



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# BROOKVALE ARTS DISTRICT

## ARTS - INDUSTRY - ENTERTAINMENT



Barry Bennett in his surfboard factory

Bennett Surf has been in the surf industry longer than any other Australian manufacturer and its founder Barry Bennett is widely regarded as the backbone of the Brookvale and broader Australian surfboard building industry.

Barry was a pivotal member of the Brookvale Six along with Danny Keogh, Gordon Woods, Bill Wallace, Greg McDonagh and Scott Dillon as well as an important influence across the Australian surf industry and surf culture. He was a much-loved local legend who supported other board manufacturers by supplying them with blanks, fibreglass and resin via his 'just fix me up when you can' payment system.

Barry started building hollow plywood boards in the early 1950s at his mother's house in Waverly and after moving to Harbord in 1956 continued building boards under the family home. A couple of years later he established his Brookvale factory where he moved onto shaping balsa boards and, with business partner Greg McDonagh, pioneered foam blowing in Australia.

Barry was still hands on in the Bennett factory on Harbord Road until shortly before his death at the age of 91 in 2022. All those early board makers have acknowledged their debt to Barry, as have

the many other shapers, makers and pioneers of surfing like Bob McTavish, Nat Young, Gerry Lopez and the many others who have either developed their craft in the Bennett factory or collaborated with Bennett Surfboards over the decades.

Among the various honours bestowed on Barry, he was inducted into the Australian Surfing Hall of Fame in 2016, awarded the Order of Australia, and was the first Australian to be inducted into the International Surfboard Builders Hall of Fame.

Barry's passion, legacy and business lives on today through his son Greg and grandson Tom. While the core business of Bennett Surf is to continue to provide quality surf craft, hardware and apparel, Greg and Tom have re-commissioned the old main factory space into a multi-purpose venue housing an impressive and historically significant collection of surfboards and a demonstration shaping bay, as well as facilities to hold screenings, live music and other surf-related events.

The new space has been branded Brooky Surf Club and was officially launched in August. Greg and Tom have exciting plans for the space which they'll be kicking off with the three-day Surf, History & Hops surf culture event on 25 - 27 October supported by McTavish Surfboards, Tracks magazine, SurfCraft Brewing and Brookvale Arts District.

Words: John Meredith

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Contact Liam to find out how you can showcase your business, service, or initiative, and fully engage with the Tawny Frogmouth's Northern Beaches community.

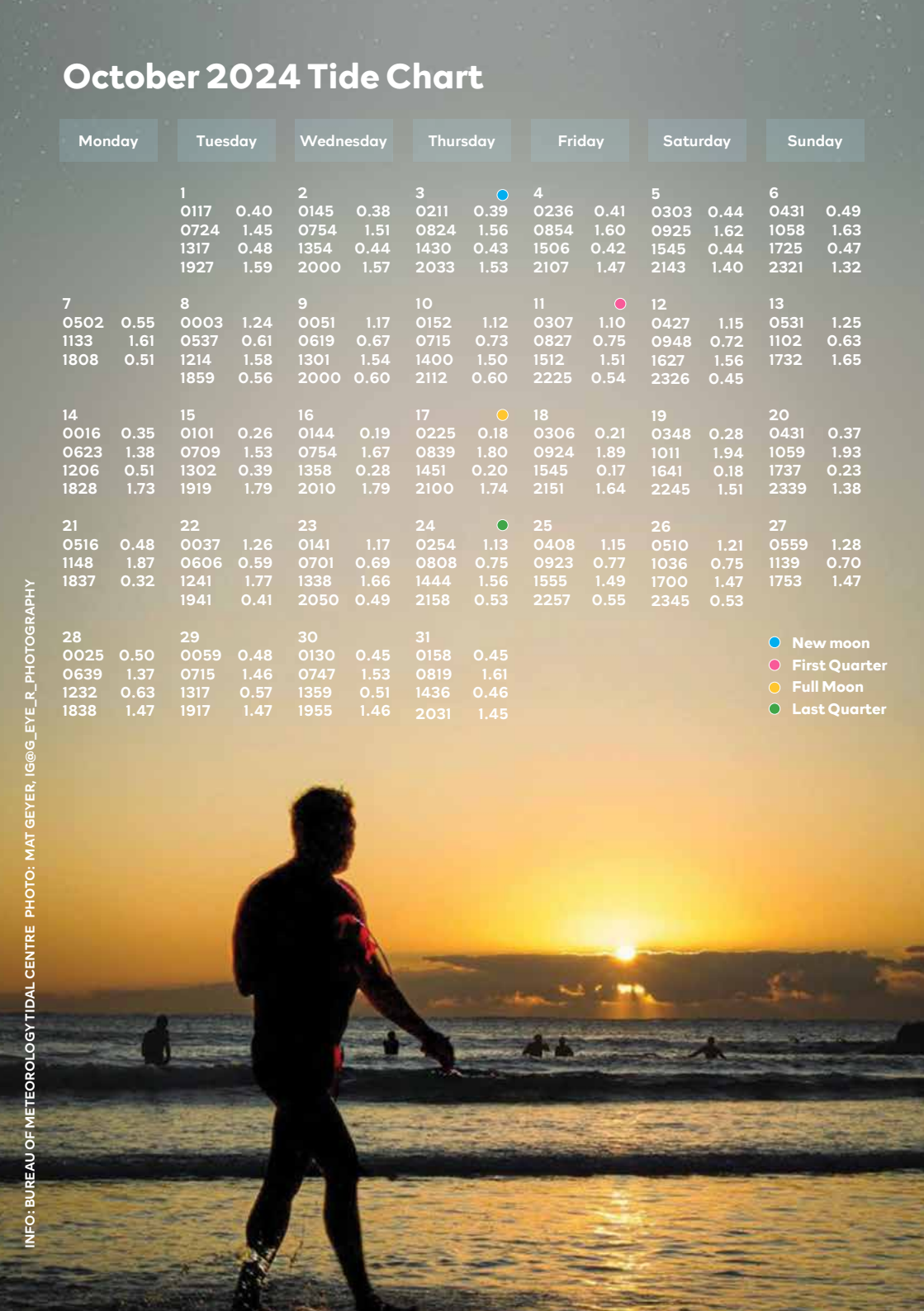
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## October 2024 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	0117 0.40	0145 0.38	0211 0.39	0236 0.41	0303 0.44	0431 0.49
	0724 1.45	0754 1.51	0824 1.56	0854 1.60	0925 1.62	1058 1.63
	1317 0.48	1354 0.44	1430 0.43	1506 0.42	1545 0.44	1725 0.47
	1927 1.59	2000 1.57	2033 1.53	2107 1.47	2143 1.40	2321 1.32
7	8	9	10	11	12	13
0502 0.55	0003 1.24	0051 1.17	0152 1.12	0307 1.10	0427 1.15	0531 1.25
1133 1.61	0537 0.61	0619 0.67	0715 0.73	0827 0.75	0948 0.72	1102 0.63
1808 0.51	1214 1.58	1301 1.54	1400 1.50	1512 1.51	1627 1.56	1732 1.65
	1859 0.56	2000 0.60	2112 0.60	2225 0.54	2326 0.45	
14	15	16	17	18	19	20
0016 0.35	0101 0.26	0144 0.19	0225 0.18	0306 0.21	0348 0.28	0431 0.37
0623 1.38	0709 1.53	0754 1.67	0839 1.80	0924 1.89	1011 1.94	1059 1.93
1206 0.51	1302 0.39	1358 0.28	1451 0.20	1545 0.17	1641 0.18	1737 0.23
1828 1.73	1919 1.79	2010 1.79	2100 1.74	2151 1.64	2245 1.51	2339 1.38
21	22	23	24	25	26	27
0516 0.48	0037 1.26	0141 1.17	0254 1.13	0408 1.15	0510 1.21	0559 1.28
1148 1.87	0606 0.59	0701 0.69	0808 0.75	0923 0.77	1036 0.75	1139 0.70
1837 0.32	1241 1.77	1338 1.66	1444 1.56	1555 1.49	1700 1.47	1753 1.47
	1941 0.41	2050 0.49	2158 0.53	2257 0.55	2345 0.53	
28	29	30	31			
0025 0.50	0059 0.48	0130 0.45	0158 0.45			
0639 1.37	0715 1.46	0747 1.53	0819 1.61			
1232 0.63	1317 0.57	1359 0.51	1436 0.46			
1838 1.47	1917 1.47	1955 1.46	2031 1.45			

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

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



# Planning a springtime home revamp?

Colormaker has the eco-friendly paints and floor coatings to transform your space



Create a tropical vibe using Colormaker SOLARCOLOR™ low-VOC paints

From sprucing up your exterior walls, adding a new finish to your deck, giving a fresh look to your driveway, or enhancing your pool deck area, Colormaker has got you covered with their extensive range of eco-friendly, sustainable wall and floor coatings.

Spring is here and it's the perfect time to gather outdoors with family and friends. A simple coat of paint can significantly alter your home's appearance, so now is the perfect time to finish those painting projects you've been putting off, just in time for summer fun. Make your home feel like a resort with Colormaker's environmentally-friendly paints for indoors and out, produced using 100% renewable energy.

## Eco-friendly Wall Paints and Floor Coatings

Colormaker SOLARCOLOR™ Exterior Acrylic with UV protection is a reliable and sustainable choice for exterior walls, decks, pergolas, and fences. With four stunning finishes, this low-VOC finish can be matched to any colour, is easy to apply, and comes with a 10-year guarantee.

Colormaker's ACRYLMERIC® WeatherTuff Protective Exterior Membrane is an ideal option for withstanding Australia's climate extremes, acting as a shield against heavy rains and mould as well as the effects of the harsh Australian sun. WeatherTuff is an elastomeric coating that expands and contracts with changes in temperature without peeling or cracking, offering a durable exterior coating. It has a tactile matte finish and comes in 22 great COLORBOND® colours plus Arctic White, Black and Grey.

LUXAPOOL® Poolside & Paving Decorative Non-Slip Coating lets you revamp your pool area without breaking the bank. This coating is not only trendy but also makes your pool area safe for children running around, with its P5 Non-Slip rating. Looking to freshen up driveways, paths, patios, or garage floors?

Colormaker's ACRYLMERIC® Concrete Sealers are your go-to choice for these applications. Excellent for painting concrete, pavers, and slate surfaces, they are available in a clear finish plus nine trending colours, in a semi-gloss to gloss finish.

## 20% Discount for Manly Sea Eagles Members

Drop into the Colormaker at **44 Orchard Road Brookvale** to see the extensive range of coatings. As a 2024 sponsor of Manly Sea Eagles, Colormaker is offering Manly Sea Eagles Members. 20% off all paints (not including LUXAPOOL® pool paints) until 31 October.

Colormaker HQ is open 7:30 am to 4pm Mondays to Fridays, Saturdays 8 am to 12pm.

Enquiries phone **02 9939 7977**, or you can purchase all Colormaker paints and coatings online at [www.colormaker.com.au](http://www.colormaker.com.au)

## Lifeline

# The local businesses surfing to save lives

On 17 November the Northern Beaches community will gather at Queenscliff Beach for the annual Lifeline Classic, a surf competition dedicated to raising funds for Lifeline Northern Beaches. This event has become a key local initiative in addressing the growing mental health crisis by supporting Lifeline's vital services like its 24/7 crisis line (13 11 14), and local services such as low-cost counselling, financial aid, and community education programs.

As the event draws near, local businesses are ramping up their efforts to fundraise. From themed trivia nights to special menu items, the community is getting creative in their support. Code 5 gyms, for example, recently hosted a trivia night that raised over \$12,000, while Claudine from Salty Rooster in Queenscliff is introducing a limited-time Lifeline Classic burger, with proceeds going to Lifeline Northern Beaches.

The competition also brings an exciting twist: teams that raise the most money get first pick of a professional surfer to join them during the contest. Over the years, surfing legends like Layne Beachley, Simon Anderson, Damian Hardman and Dylan Moffatt have participated, adding excitement both in and out of the water. The competitive spirit is as high in fundraising as it is in the waves.

## Local Businesses Step Up for the Cause

Many local businesses have become long-standing supporters of the Lifeline Classic. Cunninghams, a real estate agency that has been involved for five years, is one of the event's biggest local champions. Their dedication goes beyond just entering a team; Cunninghams employees can often be found selling merchandise and raffle tickets during the event, ensuring that it runs smoothly. Over the years, the company has raised over \$40,000 for Lifeline Northern Beaches through its fundraising efforts.

"Through our partnership with LocalKind and having had the privilege of touring the Lifeline call centre in Balgowlah last year, we know how vital the work Lifeline does in supporting



Steve Tang Optometrists ready for Classic debut

the most vulnerable in our own backyard" said Natalie from Cunninghams. "We're thrilled to be involved again this year."

Swellnet, another strong supporter, hosts an annual second-hand surfboard sale, with a portion of the sale going to Lifeline Northern Beaches. For Swellnet's Craig Brokensha, participating is a way to give back to the community. "Surfing in the Lifeline Classic allows us to connect with our community. It's a way to make a difference where it's needed most".

## New Faces Join the Lifeline Classic

This year, Steve Tang Optometrist is participating in the event for the first time. "We're excited to support Lifeline Northern Beaches," said Steve Tang. "It's a great opportunity to raise funds while enjoying team building through surfing."

The team from the Tawny has raised \$13,000 since they first joined the Classic in 2022. "Lifeline's crisis line is an incredible resource for those in their darkest moments," said Liam from Team Tawny. "We're proud to support a service that's always there when people need it most."

## How You Can Get Involved

The Lifeline Classic is more than a surf competition – it's a way for the community to unite for mental health. There are still spots available for businesses or individuals interested in participating. Every dollar raised helps keep Lifeline Northern Beaches' vital services running.

To register, visit [lifelineclassic.com.au](http://lifelineclassic.com.au) or email [fundraising@lifelinenb.org.au](mailto:fundraising@lifelinenb.org.au)  
Together, we can make a life-saving difference.

Words: **Lifeline Northern Beaches**



How you can support the work of Lifeline Northern Beaches:

Buy Lifeline Classic merch | Buy raffle tickets | Donate



# Stronger, for life

Real-life health and fitness success stories from Balgowlah's VAMOS Strength Training



**Scott. 38% Stronger**  
 Whilst I'm pretty fit from ocean sports and my job in construction, I hadn't done any weights for so many years and didn't know where to start really. I wanted to start building some strength for life in general and also to be able to start some running. I felt fairly strong in my upper body but not in my lower body at all. I joined VAMOS because I can just rock up after work and follow the workout that has been designed for me. I don't have to think about it. The coaches really know what they are doing and have taught me how to do everything properly. It's really helped at work and I'm looking forward to seeing how I go back on the water soon. The biggest impact is in my legs though, I am so much stronger and have put on some much needed muscle mass.

**Michele. 50% Stronger**  
 I've always been aware that strength training is really important for women my age—hitting menopause—but I kept putting it off because I've found most gyms to be really intimidating and more geared towards men. VAMOS has been a total game changer for me. It's a really relaxed, welcoming space, but I'm also challenged in a way that really suits me. I've learnt so much from the personalised support of the coaches and my strength and health levels have increased well beyond what I thought I was capable of in such a short period of time. It's just so great having your own private space to train in ... and everything is so clean too, rather than stinky bad!

**Becky. 43% Stronger**  
 I've always been active and tried most types of exercise and gyms over the years. I really love trail running for my physical and mental health but since being in my 40's I have been getting injured a lot and it's so frustrating. I've tried everything to fix it but it was always short term. I initially joined VAMOS for a 12-week programme and I can't believe the difference. I love the environment there, it is so friendly and not intimidating, it's my idea of a perfect gym! I have more than doubled my leg strength and I'm running pain free for the first time in years. My next mission is to be able to do an unassisted pull up!



Caveman Clint with a proper one

## Fishing What's Biting, Clint?

Flick the switch, Spring's here, with the increase in water temps, currents and north easterly winds having a positive effect on some of our favourite species.

Whilst the change felt like it happened overnight, the reality is, it has been building for a few months now. A large body of warmer water has drifted down the east coast and is sitting just off Sydney, affecting both land and sea. This is the spark our larger Kingfish and Snapper needed to kick into gear with the latter now evident in good numbers over our inshore reefs.

The really good news is there are some larger Snapper in the 70-80cm range mixed in with the more prolific 45-50cm ones. Kingfish have also been a daily occurrence in the harbour, mostly in that 60-70cm range. There are however some seriously big fish kicking around in those schools, Seaforth's Max Lowry landing one measuring an incredible 135cm. Pulling it out of some tight structure. You need the perfect combination of skill, ideal knots, correct gear, and luck to land a fish like that. Well done Max.

The steady trickle of warmth has also awoken Australia's favourite fish, the Flathead. The change in season acts as a dinner bell for large females in that 70-90cm range who are looking to fatten up before they spawn later in the year.

Our kayakers are reporting more and more captures on sand flats and drop offs alike. Remember, these fish (70cm+) are a catch and release prospect only. If you're looking to keep a feed, target fish in that 36-50cm range, they taste the best anyway.

Words: **Clint Harwood**, IG @aussiecavemanclint



Quote Tawny on purchase to receive 20% off a 6 week strength programme (full price \$495)

## Partner Punishing

Recognising destructive conflict resolution behaviours

In any intimate relationship, conflicts and disagreements are inevitable. However, how we choose to navigate those moments can either strengthen the bond or create deeper divisions. One unhealthy response to conflict is partner punishing - when a partner responds to unresolved issues or disagreements by punishing the other, instead of addressing the problem directly and constructively. This is often fueled by frustration, anger, or resentment, and can lead to passive-aggressive or retaliatory actions. Let's explore some common forms of partner punishing:

**1. Withholding sex or intimacy:** When intimacy becomes a tool for control, it transforms from an act of love into a form of manipulation. This can leave the punished partner feeling rejected, frustrated, or emotionally isolated.

**2. Shaming (Subtle or Overt):** Shaming can involve sarcastic remarks, belittling comments, or subtle digs at a partner's shortcomings. It can sound like comments such as "of course you don't understand," or "you never get anything right," can chip away at a partner's self-esteem, leaving them feeling small and devalued.

**3. Flirting with someone else:** Flirting with others or engaging in behaviors that spark jealousy, as a means of punishing a partner, makes the other feel insecure or less valued. The punisher tries to reassert control or force an emotional reaction, steering the focus away from the original conflict.

**4. Bringing up past fights or exes:** Instead of dealing with the current disagreement, comments such as, "you always [insert past mistake]," or, "my ex never did this." This tactic deflects from the present problem and piles on past grievances, escalating the argument.

**5. Passive-aggressive tasks:** A more subtle form of punishment is when one partner passive-aggressively does a task they've been asked to do, but in a way that shows displeasure. For example, cleaning the dishes but slamming them



Marvel, endgame...flirting with others

down, or completing a chore with exaggerated annoyance.

**6. Being snarky or intentionally oppositional** Snarky comments or deliberately disagreeing with a partner for the sake of it is another way of subtly punishing them. When one partner goes out of their way to oppose ideas or plans, it creates a hostile environment where healthy communication becomes stifled.

**7. Carrot dangling or moving the goalposts** This involves making promises or suggestions for resolution, but never truly delivering. For instance, agreeing to discuss an issue later or promising to change behavior but then constantly shifting expectations or delaying action. This leaves the punished partner in a state of emotional limbo, unable to resolve anything.

While partner punishing may feel satisfying in the short term, it often leads to long-term relational damage. The punished partner may feel rejected, unloved, and invalidated, eroding trust and deepening emotional distance. This dynamic can lead to resentment, emotional disconnection, or relationship breakdown. Breaking the habit of partner punishing is about fostering emotional maturity and creating a relationship based on mutual respect and understanding.

If you identify any of these patterns in yourself and want to be different, couples counselling could be a good idea, and learn ways of breaking these less than healthy behavioural patterns.

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

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

PHOTO: ALEXIS BROWN - UNSPLASH

## Preparing for your mental health with a baby on the way

With 1 in 4 women and 1 in 10 men experiencing some form of postnatal depression, planning for your mental health is one of the most important things you can do before the birth of your baby. When you are making a birth plan, make a mental health plan too. Spend as much time thinking about your mental health as you do when purchasing the perfect stroller!

As a Lactation Consultant, I am often one of the first external people to realise there may be something wrong and to have gentle discussions with you and your family about how and where to get more help. I prioritise mental health over everything else, every single time.

**REMEMBER - Nothing else matters if you are not ok.**

Planning for postnatal mental health can look like the following:

- Set aside a time to have an open and honest discussion with your partner and any other key support people in your life about how they can best support you postnatally and how they might know you really need help vs normal adjustment to motherhood. This could be a codeword that you say to make sure it is taken seriously.
- Do you have a postnatal team in place? Therapist, GP, Lactation Consultant, Midwife or OB, Doula, Medications, Emergency Friend - list them all down.
- Think about what the most important thing to you is when becoming a parent, so that you can come back to that simple focus when you feel overwhelmed.
- What things make you feel good when you need it? A walk on the beach, a gym session, a coffee, 10mins alone, meditation etc?
- Who is a completely non-judgemental person that you can call in an emergency and they will drop everything and come and listen? Prepare them that they are your person too.

To help you clarify this plan, I have created a free downloadable mental health planning sheet which is available on the Beaches Baby website: [beachesbaby.com.au/beaches-baby-blog/antenatal-mental-health-plan](https://beachesbaby.com.au/beaches-baby-blog/antenatal-mental-health-plan)

I am also available for at home consultations where we discuss everything from your feeding concerns to debriefing your birth, check in on your mental health, family dynamics and making sure you have your support system.

**If you need urgent mental health assistance:**

Gidget Foundation: 1300 851 758  
NSW Health Mental Health Line: 1800 011 511  
Panda: 1300 726 306  
Lifeline: 13 11 14  
Emergency Services: 000

Words: **Peta Arthurson**

Peta Arthurson is an International Board Certified Lactation Consultant and founder of **Beaches Baby** [www.beachesbaby.com.au](https://www.beachesbaby.com.au)



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# Could being the Bank of Mum and Dad come back to bite you later?

We all want to make sure our kids are looked after. It is what parents do.



POV: Genealogical doorknockers

On the Northern Beaches, there's nothing nicer than helping your kids get a plot of land. But the Bank of Mum and Dad may think their own property journey is over when it could have more to run. Having cash on hand might be more important than you think.

### The Property Journey Isn't Over

Consider these potential housing changes: downsizing, moving to a retirement village, spending time in aged care, and, finally, the last move. Each of these steps may require liquid cash, and not having it could really bite you in the arse.

### Downsizing

Downsizing rarely goes perfectly. If you're doing it to free up cash, have you considered all the numbers? I've seen pensions lost, moving and transaction costs underestimated, and furniture that won't fit. I've helped people avoid unnecessary downsizing and manage their timing using the Home Equity Access Scheme, ensuring they get their full Age Pension, and making sure they have the numbers right.

### Moving to a Retirement Village

There are more than 4,000 people in retirement villages across the Northern Beaches LGA, with 30 villages run by 20 different providers. Each has different contract terms, and the major players, Keyton and Aveo, own a third of those units, offering various ways to pay for the same thing. Planning mistakes can lead to disaster. For example, aged care costs can spiral, with interest rates as high as 8.36% if you can't pay for a bed upfront. One village in the area has an average wait time of 369 days to sell a unit, which could leave you waiting a long time for your money.

### Aged Care Bed

A common scenario in aged care involves Mum and Dad, who have never received an Age Pension, suddenly becoming eligible for significant help. Imagine a home-owning couple with \$1.2 million in super and savings who need to find a bed for Dad, and the Refundable Accommodation Deposit (RAD) is \$800k. Paying the RAD can drop their assessable assets, making them eligible for nearly \$60k in Age Pension - if they get the paperwork done quickly. But if they'd given \$500k to one of the kids and it's tied up in property, they'll struggle to pay the RAD and miss out on maximizing the pension.

### Everything Else

Don't forget that gifted assets are assessable too. You can't gift your way into an Age Pension - at least not for five years. By all means, help the kids, but just like in those safety videos before a flight, look after yourself first.

Words: **Brendan Ryan**, Later Life Advice

For 20 years we have been helping clients work out aged care affordability, and now we are able to help you search for an aged care provider as well. Visit [laterlifeadvice.com.au](http://laterlifeadvice.com.au) for more info.

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An interactive puppeteer spectacular

### Art & Culture

## Arc by Erth

What a fascinating production! Every moment of Arc by Erth was incredible, from the puppets to the interactions, every bit was spectacular.

Before the puppeteers began the show they gathered in a circle and did an Aboriginal acknowledgment. It was heartfelt and simple. The stage was set up like a home, there was a couch, chair and a few boxes indicating the owner was moving. He was clearly grieving for a loss.

This show took everyone on the journey of animals. The amazing, life-sized puppets made the experience so much more interesting. They showed many different animals and linked the emotions felt by the narrator when he saw them. From silly anteaters to huge, towering elephants the puppets in this show were truly astonishing.

So many emotions were felt throughout the audience, happiness, laughter and even sadness. The puppets really made the show come to life as the professional puppeteers made these life-sized puppets into real life animals. Every animal showed a different emotion, sharks showed calmness, polar bears showed bravery and the kakapos showed mischief.

Towards the end of the show, children from the audience were invited on stage, creating a lush jungle from vines pulled from boxes in the room. It left us with a reminder, it is the children from today that will need to care for the animals of tomorrow. If you get the chance to see Arc by Erth, don't miss it - you won't be disappointed!

Interested in more premium entertainment for kids? Don't miss **The Librarian - A Bookish Circus Adventure**, this 8-9 October at Glen Street Theatre. Follow [@glen\\_street\\_theatre](https://www.instagram.com/glen_street_theatre) on socials and visit [glenstreet.com.au](http://glenstreet.com.au) for all updates

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



Botanic Garden oasis, tucked away in the heart of Manly



### Secret Spaces Hidden Places

## Exploring the rich history of Ivanhoe Park Botanic Garden

Unbeknownst to many locals, Ivanhoe Park Botanic Gardens hides just north of Manly Oval and offers a fascinating blend of history and modern respite in one of the Northern Beaches' busiest areas: Manly.

We're lucky enough to be greeted by dedicated volunteers, Liz Howe and Lois Clarke, who kindly arranged a tour, offering a glimpse into the history of one of Sydney's oldest Victorian-style gardens, dating back to 1850.

The land was occupied by the Gayamaygal people for millennia, but during the colonial period, Henry Gilbert Smith began acquiring significant portions of land, determined to create a village reminiscent of Brighton, with tree-lined parks and boulevards.

The garden is home to over 400 different species of plants. With its extensive collection of native and non-native species, it was designated a Botanic Garden in 2006 and is also

heritage-listed as part of the whole of Ivanhoe Park

Ongoing upgrades are largely thanks to the efforts of the **'Friends of Ivanhoe Park Botanic Garden.'** Established in 2018, the group boasts over 70 regular volunteers and more than 300 individuals on its mailing list. Howe and Clarke, who both sit on the Executive Committee, are key figures, their passion for the garden clear as they lead us through.

The garden's preschool was recently demolished, plans in place now to create a shaded area to relax. On hot days, the shade provides a cool respite, often feeling 10 degrees cooler within the garden.

With four entrances and various pathways, the park serves as a cherished walkway for locals who pass through on their way to Manly Beach. The area also holds significant sporting history, including being the grounds for the first Aboriginal cricket team to tour

Britain in the 1860s.

As we wander through the garden, we encounter a diverse range of Indigenous and non-Indigenous Australian trees, including the towering Bunya Bunya Pine, which stands out among the other species like a Hoop Pine that was struck by lightning. Throughout the garden you notice small blue dots with numbers attached to each tree, part of the group's effort to catalogue every one.

I'm fascinated by the unique trees, like the Quandong with its distinctive blue figs, originally spread by cassowaries and can be used to make jam. Or the black bean tree, which produces seeds that are highly nutritious but toxic if not prepared properly.

Birds are a constant presence, miners happily munching through a fig tree, cockatoos swooping, and a mix of lorikeets. A brush turkey has made several nests throughout the garden and is currently working on his biggest one yet. Among the wildlife, a powerful owl can be found hunting in the garden, adding to its natural allure.

The garden is divided into multiple parts, starting at the bottom with the Sun Lawn, a perfect suntrap for relaxation, featuring trees like the Australian Bottle tree, a species of *Brachychiton* - akin to the African Baobab tree. To the right is the Sensory Garden, exuding a wonderful aroma from plants like lavender. As a garden that sustains native and European bees, this is the perfect spot.

As you explore the many twisted and hidden paths, you'll cross a small bridge featuring original stonework from the early 1900s, recently reconstructed. It sits above the rainforest gully, a vision of one of the Garden staff under Manly Council who sought to create a tropical oasis reminiscent of Queensland.

The upper part of the garden is home to newly

introduced flowers like the Rock Lily, currently in bloom. In contrast, the lower part of the garden features more legacy trees, including ancient species like the Wollemi, Hoop Pines, and Queensland Kauri (*Agathis robusta*), which are *Araucariaceae*, a species dating back to the prehistoric era.

A defining feature of the garden is the large Small-leaved Fig, which towers above the rainforest gully with its broad, intertwined trunk.

One of the most surprising aspects of the upper garden is the site of the old Manly Tramway, which once connected Manly to the Spit.

The site is currently roped off as the council plans to reconstruct it as a walkway with sandstone steps and interpretive signs detailing the history of the old transport route, all the way down to the Tramshed, now the site of Harris Farm.

"There's always something different every time I come here," says Howe, whose updates and photographs of the garden's growth are shared in the monthly newsletter to all members, well worth signing up to. The park is even dog friendly too!

Words: **Rebecca Burton**

#### Become a Friend of the Park

Sign up at [www.friendsivanhoeparkbotanicgarden.com](http://www.friendsivanhoeparkbotanicgarden.com)

Celebrate Spring at the Garden by joining the annual Festival from 10:30am-2pm on Sunday 13 October, with everything from kids' activities to BBQ snags, free yoga, music and more.

## Celebrate Spring

with  
*Friends of Ivanhoe Park Botanic Garden*

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from 10:30am till 2pm



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BBQ Snags in Buns • Plant Sales  
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Corner of Sydney Road & Belgrave Street, Manly  
[www.friendsivanhoeparkbotanicgarden.com](http://www.friendsivanhoeparkbotanicgarden.com)



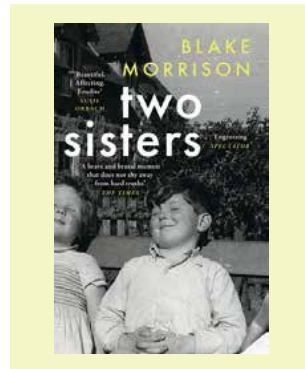
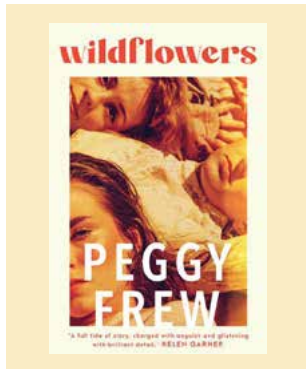
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Books that put sibling relationships under the microscope

### Tawny's Bathtub Bookclub

## Sisters: Blessing or burden?

Tolstoy's words "Happy families are all alike; every unhappy family is unhappy in its own way" rang in my ears as I read these sister-focused books.

**Wildflowers**, by **Peggy Frew**, revolves around three sisters. Meg is sensible, sad and controlling, Nina is artistic, unconfident, unfulfilled, and Amber is the extraordinarily talented one whose success was sabotaged by a traumatic experience that better parenting may have prevented and leads to her becoming a teenage junkie. It's a book about family, relationships, mental illness and drug addiction. Most readers will recognise parts of themselves in these sisters. It is set in Victoria and Queensland and the parts in far north Queensland are so real that I could feel the humidity rising from the page.

I read **Blue Sisters**, by **Coco Mellors**, in 24 hours and came out of it feeling exhausted and exhilarated. It's a story about grief, guilt, hope, addiction, parenting and there's a slither of pleasure here and there. Set between London, New York

and LA, with a bit of Paris in the mix. These places are as much a character in the book as the sisters. It's a story of three estranged siblings who came together after the fourth sister's death, but it's so much more than that. This sentence is prescient, "Against their parents, against the world at large they were fiercely allied. But among themselves, everything was a competition."

**Two Sisters**, by **Blake Morrison**, is a memoir. Morrison's life is stranger than fiction. His mother, a doctor, delivered the baby of her husband's mistress who never admitted to anyone the baby (Josie) had been fathered by him. He maintained a relationship with Josie's mother for years and his wife remained her lifelong best friend. Josie, though unacknowledged, was doted on by Gill's father.

Gill struggles with chronic alcoholism for most of her life and in later years goes blind. Morrison seems to come through his childhood relatively unscathed.

Gill's alcoholism and the suffering it causes to her

and the people around her is tough reading. The heart of this novel is the writer's guilt about how he could have been a better brother to his very needy sister, and to the half-sister he only knows he has shortly before her sudden and unhappy death. Writing as therapy seems to drive this memoir.

Morrison devotes many pages to surveying real-life brother-sister relationships, from James and Eileen Joyce to Dorothy and William Wordsworth, and lists these chapters in a footnote and quotes from his research throughout. I found this quite odd but it's a great resource for people who want to explore sibling literature.

I read these books one after the other without a break. I don't recommend doing that, it's quite debilitating. I think Tolstoy was spot on in his assessment of unhappy families.

### Where to buy

Shop local. Paige loves Berkelouw Books Balgowlah, Humphreys on Manly's Corso and Harry Hartog, Warringah Mall.

Words: **Paige Turner**



A napping dilemma, cat's a Pickle

### A Little Advice

## Catnapping

**Q. A few months ago we discovered a kitten hiding under our house. My kids and I coaxed her out and took her door to door before finding the owners down the street. This has happened at least ten more times since. Unfortunately, my kids have grown quite attached to the kitten, even naming her - Pickle. Would it be bad if we just kept her?**

**A.** Is it bad? Yes. Am I going to help you get this cat? Also, yes. But before we begin scheming, I want to be clear; I do not condone catnapping. No one should be out there stealing people's pets. OK? OK.

There are two routes you could take. The first: claim ignorance. After all, cats roam, it's what they do. This cat has clearly decided your home is where it wants to be, so just allow it. I'm not saying invite it in, buy it a bed, feed it dinner or knit it a Santa sack, but just let her be. If the owner doesn't come looking for her after a week - she's yours for the taking. Option two: be more upfront. Next time you are forced to return Pickle, I mean the cat, casually ask if they are looking to rehome the kitten. Gauge how invested they are as a pet owner without showing your cards. If they're interested, you can then let the cat out of the bag (sorry), mention you would like to adopt their cat. If they are not interested, then be frank about how much of an inconvenience it is to return the kitten each time it escapes and ask that they please keep a better eye on their pet.

Good luck, I hope Pickle is safe and sound.


### Words: Candace Little

Candace is an award-winning screenwriter and content writer. Follow on IG @candacelittlewriter and find out more at [candacelittlewriter.com](http://candacelittlewriter.com)

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PHOTO OF THE MONTH

**Subject** Sunrise dip at Freshy  
**Photographer** Ella Holland @capturedbyellaholland



**Subject** South Steyne Surfer  
**Photographer** Dumay Gordon



**Subject** Dee Why stairway to heaven  
**Photographer** Carly Mowat



**Subject** Very colourful Hibiscus Harlequin Bug  
**Location** Tracey McCall



**Subject** Drying Off  
**Photographer** Rob Edgren



**Subject** Sneak a peek  
**Photographer** Andy Morgan



**Subject** Manly Monument  
**Photographer** Stephen Browne



**Subject** Tawny Frogmouth visits Beacon Hill  
**Photographer** Han van den Heuvel



**Subject** Did you order the wine, darling  
**Photographer** Susan Greenfield



**Subject** Sweet Spring Nectar  
**Photographer** Collaroy Postie





1. Which iconic long-running establishment on the Manly Corso do you walk down a set of stairs to enjoy a beverage and listen to live music?
2. True or False: Manly Beach is patrolled by lifeguards all year round?
3. Which of the following 3 buses will take you to Palm Beach from Manly: 139, 169, 199?
4. If you were playing netball at John Fisher Park, which Northern Beaches suburb would you be in?
5. An open-air concert series hosted at North Head is called "A Night at the WHAT"?
6. To the nearest 100m, how long is a furlong?
7. Where in the body would you find the rotator cuff?
8. In what movie would you associate the gyms "Average Joes" and "Globo Gym"?
9. The Logies have been hosted in Sydney, Melbourne and which other Australian city?
10. In addition to Jennifer Lopez, which other high profiled celebrity has Ben Affleck been married to?
11. Which team did the Manly Sea Eagles play in the opening round of the 2024 NRL season in Las Vegas?
12. Euro Disney is located in which European country?
13. Which of the 6 Friends character was famous for yelling the word "Pivot"?
14. True or False: Western Australia is the biggest state or province by land area anywhere in the world?
15. The M1 motorway in the UK starts in London and finishes just outside which city starting with L?
16. Otzi the Iceman is a 5000-year-old mummified man discovered in 1991 on which continent? Europe, Antarctica, Africa or Australia?
17. What is the only current Olympic sport where southern hemisphere countries have won more medals than northern hemisphere countries?
18. How is the number 49 written in Roman numerals?
19. When spelt out, what alphabetically is the first number between 10 and 100?
20. Mahouts & Oozies are trainers of what type of animal?

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## Sudoku Medium difficulty

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

### RUMOUR HAS IT

Ticketless parking fines have proven so successful that parking rangers have been spotted looking mildly cheerful. Who knows what summer will bring! Skipping and singing?

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## Star Signs by Krystal Bawl

### Libra Sep 24 - Oct 23

Live by the three C rule this October: Chocolate, Coffee and Cocktails. All in copious moderation of course.

### Scorpio Oct 24 - Nov 22

Friends would be far more impressed by your crypto-currency riches if you weren't living with your parents.

### Sagittarius Nov 23 - Dec 21

Out with lugubrious, in with salubrious! Black's gone, garish is in. You've got a lustre for life this Rocktober.

### Capricorn Dec 22 - Jan 20

You're far too busy for group chats but leaving the group ensures you are loathed by all. Be smart, go mute.

### Aquarius Jan 21 - Feb 19

Party season awaits but be warned, your grip and rip strategy on the tennis court is dangerous on the dance floor.

### Pisces Feb 20 - Mar 20

Daily life is relentless monotony, true, but now summer's almost here so at least the monotony's warm and sunny.

### Aries Mar 21 - Apr 19

You're too good to be true with your good looks and sweet disposition is what you need to tell your in-laws.

### Taurus Apr 20 - May 21

Ditch the shoe fetish. You work from home and have no money to go out anyhow, no one sees your Jimmy Choos.

### Gemini May 22 - Jun 21

Tit for tat doesn't mean what you think, you booby, body-ink obsessed pagan. Stop taking things literally and cover up.

### Cancer Jun 22 - Jul 22

You're feeling underappreciated, you are, but you'll get the respect you deserve as soon as you craft a DIY pedestal.

### Leo Jul 23 - Aug 22

You've been lying in wait long enough, time to unleash your inner lion. Just pick your prey carefully this time.

### Virgo Aug 23 - Sep 23

You exude a natural elan that is so appealing, and you don't even know it. Stay that way you gorgeous human.

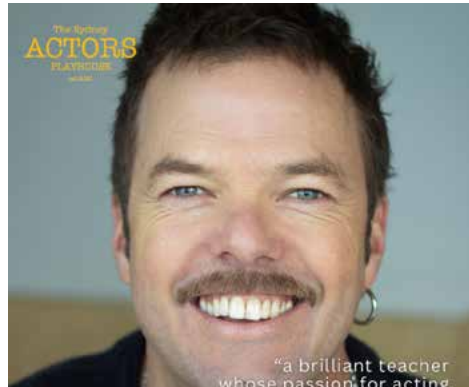
**Trivia Answers**

1. The Boat Shed 2. True 3. 199 4. Curl Curl (North) 5. Barracks 6. 200m 7. Shouder 8. Dodgeball 9. The Gold Coast 10. Jennifer Garner 11. South Sydney Rabbitohs 12. France 13. Ross 14. Foise 15. Leeds 16. Europe 17. Rugby 7's 18. XLIX 19. Eighteen 20. Elephants

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

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\*Source: Roy Morgan Single Source Australia, May 2023  
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