

TAWNY FROGMOUTH



OCTOBER 2025

2025 OCTOBER SHOWS

SCHOOL HOLIDAYS



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Australia Day Awards 2026

Nominate an outstanding local resident, group or event.

Categories

- Citizen of the Year
- Senior Citizen of the Year (65 years and over)
- Young Citizen of the Year (under 25 years)
- Sportsperson of the Year
- Community Event of the Year
- Community Group of the Year
- Outstanding Community Service Awards



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G'day Beaches

It's October, unbelievable! Push the clocks forward and prepare the noble march into Silly Season glory.

Thank you Marty Schneider, October cover artist extraordinaire whose illustration is at the heart of this year's Lifeline Surf Classic, plus Marty is the OG designer of all Tawny logos! What a star! Jerry Bentham wins Letter of the Month with a sombre reminder of ocean safety. And congratulations Jens Ward, another dual Photo of the Month winner.

Steve Harrison has a superb idea for drone usage. Meet your councillor, Kristyn Glanville. Michael West ponders if AUSTRAC's federal proceedings against Mounties spells the end of pokies money laundering.

Brendan Ryan helps Beaches Seniors access every dollar they're entitled. Rats win premiership glory. North Steyne Boardriders go back-to-back. Avalon Bulldogs Make Sundays Great Again. And wax up for the 2025 Lifeline Surf Classic. And lots more.

Finally, all thoughts are with the Psillakis family, losing Mercury in tragic circumstances. Loved by all, lived to the absolute fullest. Rest in peace Merc

Liam



The Tawny Frogmouth

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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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ZaliSteggall OAM MP
FEDERAL MEMBER FOR WARRINGAH



Peninsula Wash Up

Vale Mercury Psillakis

In tragic circumstances, life-long Long Reef Froth Lord Mercury Psillakis passed away on Saturday 6 September, fatally attacked by a Great White at his beloved Long Reef to Dee Why stretch of Pacific. The Psillakis family, the Long Reef Boardriders, the Dee Why Surfing Fraternity, the entire extended Northern Beaches community is in mourning, united by the fact that Mercury lived life to the absolute fullest, showcased pure passion in everything he did. Our prayers are with his wife Maria, daughter Freedom, Mum Eleftheria, Dad Nikita, sisters Eleni and Chrisanthi, and twin brother Mike. Loved by everyone who knew him, Mercury will forever be a treasure of a man. Vale, Mercury.

Australia Day Awards

No knighthoods for regal foreigners, it's time to recognise and celebrate the outstanding contributions of local residents, community groups and events. Each year Northern Beaches Council acknowledges special individuals and event organisers who make a difference in our community across several award categories: Citizen of the Year; Senior Citizen of the Year (65 years and over); Young Citizen of the Year (under 25 years); Sports person of the Year; and Community Event of the Year.

Scan here to nominate someone or an event you feel worthy of a tribute. Nominations close 29 October.



The Brooky Spook-tacular!

Saturday 25 October, 2-7pm, a ghoulishly good time awaits at Brookvale Public School with their annual Halloween Festival. Now in its third year, the Brookvale Public School community goes above and beyond, setting the stage for a petrifyingly epic afternoon of fun, frights and community spirit, with the haunted disco, inflatable maze, food trucks, bucket dunk – get up there, teachers and parents, let the kids send you crashing! – face painting, hair colouring, paint-a-pumpkin, sweets stall, haunted hall, business stalls, second hand stalls, main stage performances, carnival games and a Rural Fire Services truck visit (to hose down any overzealous pork chops).

Follow [@brookvalehalloweenfestival](https://www.instagram.com/brookvalehalloweenfestival) on socials and visit [brookvalehalloweenfestival.com](https://www.brookvalehalloweenfestival.com) for all details, then prepare to scare yourselves senseless and love every minute of it.



Rest in peace Mercury Psillakis

Frocktober Fundraiser, Eurovision style!

Vanja Wilson (who you may remember from January's Tawny, in the fight of her life, taking on the deadliest cancer for Australian women) invites you to the second ever Frocktober Fundraiser, Friday 24 October, 6pm at Manly Spirits Co. "Frock up and join me for a purposeful and FUN Eurovision-themed fundraiser as we raise money for Ovarian Cancer Research." This woman knows how to party, and to frock! Tix at [eventbrite.com.au](https://www.eventbrite.com.au) search "FrockVision"!

Tommy Myers Business School

We're going to print blind, unsure if Freshwater firefighter Tommy Bombie Myers has won the Big Wave Challenge RIDE OF THE YEAR. Let's assume he has! Regardless, massive thank you to the local businesses who've come on board to support Tommy with sponsorship dollars, and assist the bowl cut superhero pursue his big wave surfing career. Cheers Cunninghams Real Estate, Pine Property, Twyhord Hawk Investments, Safe Style Eyewear and Florence Marine. And check out the Tommy Would Go column (Page 42) honouring locals who go hard, starting this run with Avalon Bulldogs.

Ivanhoe Park Springtime fun

Sunday 12 October, 10-2pm, Friends of Ivanhoe Park Botanic Garden are celebrating Spring and their new Central Lawn and Gardens, with guided tours pointing out heritage trees and local history, snacking on BBQ snags and CWA Devonshire Teas, kid's activities, face painting, pot-a-plant and treasure hunt. There'll be musicians playing. Get greedy for greenery with the plant sale and market stalls. Look out for the hi-vis legends aka Friends of Ivanhoe Park volunteers, to show you where the action's at.

Words: **Liam Carroll**

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Letters to The Tawny

LETTER OF THE MONTH

SOSS Save Our Sea Sentinels

Loved ones, friends and relatives are your moral circle. When someone in your moral circle is harmed, you grieve. The 150-metre-long shark net and three SMART drum lines, placed metres below the ocean surface some 500 metres from Dee Why beach, did not protect champion surfer Mercury Psillakis. He was fatally bitten 100 metres offshore adjacent Long Reef by a big white shark. His circle grieves for him. The wider context, the question asked: what does NSW government's annual spend of \$21 million achieve – supposedly keeping us safe from shark attack – with its Shark Mitigation Measures program?

Last year, this program caught 24 'targeted' white, tiger and bull sharks. The same program killed 200 marine sentinel creatures such as dolphin and whale calf mammals, sea turtle reptiles, and the critically endangered docile grey nurse. The year before, the program caught 15 targeted sharks and killed 240 marine sentinels. Rhetorically, do marine mammals have animal rights in their home, the ocean? Can they reason like humans? No, but simply ask, do marine mammals suffer in these nets? Tragically, yes.

Marine mammals caught in these snares of Sheol, unable to swim, slowly suffocate to death. Human cruelty. You might widen your moral circle beyond friends and relatives to include co-workers, members

of one's faith, other peoples of other faiths, even to include other mammals. Save Our Sea Sentinels. SOSS Mayor Heins. SOSS Premier Minns. Politically, do something original, something symbolic. Ditch the soiled snares and nasty nets.

Jerry Bentham, Long Reef Beach

Re: September Local Pics

Hi, I just wanted to say how upsetting it was to see the photo of the Kookaburra with the poor mouse in its mouth with the heading, "Catch for dinner". It made me sick in the stomach and it was so distressing. How could you even think to print this and not think how it would affect certain readers, especially animal lovers. Maybe think of the animal lovers in the future and how a photo like that can upset adults and children.

Regards, Helen

Thank you for publishing words in support of Palestine

Dear Tawny, it was with some relief that I read the words published in the latest Tawny Frogmouth (Sep '25) in support of the Palestinians and BDS against Israel. I am a long time Manly Vale resident (30 years) with a deep interest in politics, the environment and the arts. I love the place that I have called home, here in the northern beaches, but have felt somewhat isolated in my horror at the state of Israel's relentless ethnic cleansing and genocide.

Having grown up in South Africa during apartheid days I have always been horrified at segregation and the racist dehumanising that people are capable of. The current escalation of the genocide that has been silently supported by our Australian government alongside the US and Europe is quite astounding to me. We are witnessing the most incredible

heartless brutality, and the world remains silent.

At a local level it seems that the least we can do is make a clear objection to the actions of Israel. I wrote a letter to the Northern Beaches Council in support of Ethan Hrnjak's motion. It is unfortunate that our Councillors do not have the courage to stand for humanity. We need our voices amplified at a local government level so that our State and Federal ministers understand that the situation is abhorrent to us citizens.

I want to thank you for your message in the recent Tawny Frogmouth publication and I hope that this prompts others to speak up for humanity. With kind regards,
Dr Peri Tobias, Manly Vale

Re: Locals striving for peace in Gaza (Sep 2025)

Dear Liam, first up: I always enjoy reading The Tawny. Thank you for all you do to put together such an interesting publication. I was so pleased to read Dr Caroline Yarnell's letter in the September issue. My husband and I are firm supporters of human rights and are appalled at the genocide unfolding on our watch in Gaza.

Thank you for including Dr Caroline's letter as I was unaware of Cr Ethan Hrnjak's motion at the recent Council meeting. And sadly regret that this motion didn't get passed. If there is any uncertainty about this being relevant to local government, Tawny readers may be interested to know that a recent conference on the Gold Coast was arranged by right wing pro-Israel activists specifically targeting local community representatives in Australia.

As I kept reading, I was impressed at how seriously you had taken this issue, and

SPRING
2025

Wakehurst Matters



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

- My Northern Beaches Hospital Private Members Bill Passes
- Northern Beaches Hospital Update
- NSW Budget Wins for Wakehurst
- Backing our Business Community
- Parliamentary Inquiry into Fossil Fuel Sector Emissions
- Awarding Community Building Partnership Grants
- Lizard Rock Update - Crossbench Unite



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your realisation that this is a genuine concern of Northern Beaches residents. Your article: The Beaches' locals striving for peace in Gaza, was highly informative and shone a spotlight on a growing community concern. I was particularly grateful for your coverage of the 'No Thanks' app which is a practical step I can take. And inclusion of Gus' statement to conclude the article nailed it.

Of course, I always love the cover art and your coverage of the cover artist! Keep up the great work.

Ginie Udy, Manly

Re: We deserve better (Sep '25)

No, Dr Yarnell. We have 2 layers of government which is more than enough to indulge in politics. We need our Council to do better with local matters, not waste our time and money on international politics.

Richard Mason, Mona Vale

PS Too many letters to Tawny are too verbose.



Buzz off Blastercorn

G'day Tawny. Sorry to rain on the parade of kid's toy sellers just trying to make a living, but when recently looking to buy my granddaughter a birthday gift, I stumbled upon the "Blastercorn", a unicorn foam dart machine gun replete with unicorn wings to flap whimsically while firing off darts via the unicorn horn. What is the point of this toy? And who thought it wise to merge a symbol of purity and grace with a toy mimicking one of humanity's most lethal killing machines?

Lorraine Beau, Manly

Climate NIMBY's

Dear Liam, Climitites have no compassion for their fellow Australians, always claiming to care for a brighter and cleaner future for their children and grandchildren. And they might find alarming but farmers and graziers in Bowning and Binalong have children as well, yet climitites want to destroy their living, their incomes, their futures and their children's by erecting a staggering 96 wind turbines across their land.

So, to prove you care, here's a suggestion: Write to Zali Steggall and Chris "Errol Flynn" Bowen and demand this project be stopped immediately and in return you will take up the hole/slack in the system by proposing the following 5 projects in Warringah:

1. Close North Head from Quarantine Station to Nth Fort and cover it with solar panels, around the northeast corner erect a couple of Wind Turbines at Fairy Bower;
2. Moving across to Dobroyd Point cover this with solar panels and/or wind turbines, from Clontarf right around to Balgowlah Heights;
3. Moving over the water again to Middle Head, wind turbines from Clifton Gardens right past Georges Heights to Balmoral.
4. Over to Manly Dam, run wind turbines up both sides of the dam right up to Allambie Heights
5. Cammeray Golf Course, we all know Ms Steggall MP doesn't like golf courses, how about another 3 wind turbines? That's it.

Now you Climitites have to explain to the people/residents of The Bower in Manly, Balgowlah Heights, Clontarf, Clifton Gardens, George Heights, Balmoral, Manly Vale, Allambie,

Allambie Heights, Neutral Bay and Cammeray that they are losing value on their real estate because they're taking one for the Climitite Team and their children and, more importantly, if it's good enough for the farmers and graziers to lose out, so should they.

Can't wait to see the results and if you can get rid of your Nimbyism.

Mark (Robbo) Roberts

Road to the Future

Dear Editor, what kind of irresponsible motor vehicle drivers will young E-bike riders evolve to be, unless they are disciplined by some civil road rules appropriate for their age NOW?

Marianne, North Narrabeen

Ring-Tailed Possum's demise

I have been living in Dee Why for 20 years and have been fortunate to reside close to Dee Why Lagoon Wildlife Refuge. It was wonderful to have our native Ring-Tailed Possums visiting my verandah and making nests in my barbecue cabinet, however over the last few years I have not had the pleasure of their visits.

This week I discovered an injured Ring-Tailed Possum at the front of our block of units and was able to secure the possum in a basket to take to the Vets. It was not a happy ending as the ring-tailed possum had a broken pelvis and had to be euthanised. The attacker was a cat.

The decline in their numbers is alarming in such a short timeframe. It is the responsibility of all cat owners to keep their cats inside.

Margaret Lown, President Friends of Dee Why Lagoon

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

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Dedicated drone patrol could keep watch from above

Community

Shark Bunker

September's fatal shark attack of local surfing legend Mercury Psillakis is a tragedy for the Psillakis family, Long Reef Boardriders, the broader surfing community, and the entire Northern Beaches.

An incident this devastating has not occurred locally in generations, the shockwaves sure to reverberate for years to come. But what can we learn from this traumatic event and ensure safety is paramount for all beachgoers and marine animals?

Steve Harrison, creator of the Sydney Surf Daily morning surf report, a Queenscliff Boardriders life member, and surf contest director with over 30 years' experience has a superb idea that deserves attention.

"Every popular beach should be using the drone technology available with dedicated staff monitoring the lineups," says Steve. "The Shark Bunker could be operational from 7am to 7pm, activating alarms as needed when a shark is sighted that could be a danger to human life, and connected to PA

systems and warning alarms to ensure all beachgoers are aware of precisely what's in the water and could put them at risk."

It's important to note, Mercury lost his life mere days after "protective" shark nets were put in for the season at Dee Why. These same nets are perennially at the forefront of debate and community furore as to their efficacy and impact on innocent marine animals caught in the nets, victims of horrific deaths that would otherwise be avoided.

The community deserves to be safe when enjoying the ocean. Parents deserve to feel at ease when watching their kids go for a paddle or compete at Nippers. And our marine animals deserve to be able to enjoy their natural environment without becoming entangled as well.

Pushback will always come with the determined cries, who's gonna pay for all this? "What better use of ratepayer and taxpayer funds could there be than making our Beaches safe," says Steve.

"Public safety is paramount in all manners of modern so-

ciety. Why, when it comes to our national treasure, enjoying the ocean, should we skimp on deploying the best technology and means of ensuring public trust and utmost safety? While also being able to then remove nets that kill innocent marine life too?"

A future with dedicated staff monitoring the beaches, creating jobs, utilising drone technology to the fullest, this is an opportunity for the Northern Beaches to become a world leader in beachgoer safety for human life, and marine life safety for the creatures we share this precious resource with too.

This issue will no doubt continue to be red hot and most likely only become more intense as summer approaches and more people descend on the Beaches, all keeping a concerned close eye on what might be swimming beneath them when they should be relishing the moment carefree.

Words: **Liam Carroll**

Please submit your thoughts to liam@thetawnyfrogmouth.com.au and let's do everything we can to make the Northern Beaches safe for all living creatures.

Photo: Will Turner, Unsplash

Meet Your Councillors

Kristyn Glanville, Curl Curl Ward

Earliest memory of the Beaches? Moving here when I was 10, I remember being charmed by the local wildlife; lorikeets, possums, bandicoots, kookaburras. And climbing in an amazing Jacaranda tree in our yard, getting so covered in ticks my dad gave up trying to individually remove them and shaved my back.

What do you do in the real world? I am a planning and environment lawyer, acting for and against other Councils. My job includes acting in planning and development appeals, prosecuting local government offences, and advising on approvals. It gives me nuanced perspective on the challenges Councils face, but also the ways in which they can be very

challenging to deal with from the other side. I also have two young children who keep me busy.

What have been your biggest challenges in Council? The politics from both inside and outside the Council chamber. I try to stay focused on acting professionally to progress the issues I care about, but bad behaviour by others at times does wear me down. Going to community events and spending time with people who care about their local neighbourhood, environment, sport, or cause is what recharges my batteries to soldier on.

Greatest triumphs? Stopping proposed Council budget cuts to local domestic violence, homelessness, and mental



health service; getting Council to support Pride for the first time; phasing out use of chemicals that harm wildlife; progressing our policies on housing affordability; increasing the budget for compliance. And lots of other wins big and small!

What words of wisdom do you live by? Don't be afraid to say yes, and don't worry whether you're good enough. Life happens to those who turn up.

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Backing our business community

Running a business is always challenging, but the challenges do appear to be increasing. This was recently confirmed in Business NSW quarterly **Business Conditions Survey** which reported “The resilience of the NSW business community is being tested. Rising insurance and wage costs, skills shortages, a broken workers’ compensation system, the AI revolution and an outdated tax system which disincentivises investment and entrepreneurship, all weigh heavily on business.”

Three issues I wish to discuss are: the structure and operation of icare, the NSW workers compensation scheme, the static NSW payroll tax threshold and the recent defunding of the NSW Business Connect program.

Following the government’s announcement that **workers compensation premiums** could increase by 36% over three years, even for those with no claims against them, nearly half of Business NSW respondents reported they would reduce headcount, and one in five reported their business would no longer be viable.

Many credible sources, including the NSW Auditor-General, have identified ongoing concerns about icare’s performance. These include: **premium volatility** - with employers with no or low claims still experiencing rising premiums; **a lack of transparency** - with many businesses reporting difficulty in understanding how premiums are calculated; and **limited accountability** - with the monopoly structure limiting the ability of many employers to seek alternative coverage, even where performance has been unsatisfactory.

Larger employers may apply for self-insurer status, but this is not an option for most small and medium enterprises. Without changes to the NSW workers compensation scheme, these businesses will continue to face inflexible and opaque pricing in a system with limited avenues for redress. **I am pro-business and support reform of icare**, making our workers compensation scheme sustainable and reducing the impost on small and medium businesses.

Another cost that impacts many businesses and disincentivises them to invest and grow is payroll tax. I note that our state’s **payroll tax threshold has remained static at \$1.2 million since 2020**, despite increases in wages and inflation. Based on current average salaries, this



Listening to our business community

threshold captures businesses with as few as 10 to 12 full-time equivalent staff, depending on industry. NSW has one of the lowest payroll tax thresholds in Australia, despite having one of the highest payroll tax rates.

I am advocating for the government to **commence annual indexation of our payroll tax threshold**. This will help reduce a disincentive for businesses to hire, upskill and retain staff.

Finally, I wish to express my disappointment about the decision in the NSW 25/26 Budget to defund the **NSW Business Connect program**. Since 2017, this program has assisted over 60,000 NSW businesses with up to eight hours of tailored, one-on-one advisory sessions each year - covering business planning, marketing, financial management, digital tools, and more.

Northern Beaches Council recently passed a motion requesting funding be reinstated to this important program and I urge the NSW Government to listen to councils and communities and **reverse this short-sighted cut**.

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

Authorised by Michael Regan MP. Funded using Parliamentary Entitlements.

Get to know Dr. Mohammad Khalesi

My name is Dr. Mohammad Khalesi and I am delighted to have recently started consulting at South Steyne Medical Centre here in Manly.

Having worked in family medicine for over 17 years, I have seen firsthand how important it is for a community to have access to quality, ongoing healthcare. I am honoured to provide that service to the Northern Beaches.

I enjoy the full breadth of general practice, from children’s health to chronic disease management, to men’s and women’s health. I believe good medicine is built on trust and collaboration, where patients feel listened to and cared for as individuals.

I also have particular exper-

tise in skin health. Since completing my PhD in skin cancer at Queensland University of Technology, I have dedicated much of my career to the early detection, prevention, and surgical management of skin cancers, moles, and cysts. Living in Australia, we all know how strong the sun can be, and regular skin checks remain one of the simplest and most effective ways to protect our long-term health.

Outside of medicine, I like to stay active and curious. I enjoy travelling, weight training, and bushwalking around our beautiful coastline. Cooking is another passion of mine - especially when I can share a meal with friends and family - and my little toy Pomeranian



is never far from my side.

I look forward to meeting many of you, whether it’s for a routine check-up, a skin cancer screening, or simply to ask a question about your health. Together, we can ensure you and your family enjoy the best possible care right here in our local community.

Words: **Dr Mohammad Khalesi**

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Suburban Casinos

Will AUSTRAC bring an end to pokies money laundering?

On 30 July, AUSTRAC launched Federal Court civil penalty proceedings against Mount Pritchard District and Community Club (Mounties), for alleged serious and systemic non-compliance with Australia's anti-money laundering and counter-terrorism financing (AML/CTF) laws. Mounties is one of the largest and most profitable club groups in NSW, boasting about 1400 poker machines across 8 venues.

AUSTRAC CEO, Brendan Thomas, said AUSTRAC alleges failures in Mounties' approach to its anti-money laundering obligations have left it open to criminal exploitation. He also referred to a landmark 2022 NSW Crime Commission report which found that billions of the approximately \$95B gambled in NSW poker machines in 2021/22 were likely to be "dirty money".

Stolz reckons these are unusually "strong words from the Federal Regulator. This is somewhat uncharted waters for AUSTRAC. Will this set the precedent for Clubs and Pubs with pokie machines, and will their Directors be held personally accountable?"

Stolz was hauled through the courts for years after blowing the whistle on ClubsNSW members' failure to comply with AML regulations and allowing criminals to launder money on a massive scale. "There has been reluctance in this country to send a message to directors who have failed in their oversight obligations. The Corporations Act is quite clear on where directors fail to exercise their powers and discharge their duties."

And Mounties, the biggest pokies club in Australia by revenue, is very unlikely to be the only one. Stolz reckons there are 130 other clubs with the same AML program, "so this AUSTRAC action could be on for a while."

How the crims do it

Many people play the pokies for a bit of fun, and most lose most of the time. For those wanting to launder money, it's not just for fun, losses merely the cost of doing business. They're pumping and dumping cash anonymously through the pokies, then cashing in. The cash redemption machines allow \$5k of redemptions



Brickie's Laptops, the suburban rissole AML loophole

each time, multiple times a day. Put the money in the bank, pokie machine cashier tickets serve to prove the "legitimate" source of income.

To avoid detection by CCTV, playing and cashing are done at different times. Clubs may investigate, but evidence from the Crime Commission report suggests it's all too hard. Why would clubs want to kill the golden goose?

Besides, they say, we are so community minded, we give away millions every year - a notion an earlier *Michael West Media* investigation thoroughly dispelled - showing the largesse amounted to less than 2.5% of total pokies revenue, a lot less than they paid to senior management over the same period.

The NSW State Government is much better off, with its share of the pokie revenue \$2.3B in 2023-24. A sizeable chunk not easily replaced, which may explain why Premier Minns, despite lofty promises, is not pushing too hard to introduce the cashless gaming card. The voluntary trial has only been taken up by 14 clubs so far.

AUSTRAC vs Tabcorp precedent

Up until the recent whopping \$90m fine against Qantas, the highest ever civil penalty in corporate Australian history was the \$45m penalty ordered against Tabcorp by the Federal Court of Australia following an AUSTRAC investigation. But the clubs will fight, and they'll fight hard, as Troy Stolz knows all too well.

Stolz fought ClubsNSW for years while fighting cancer himself, so far battling through 53 rounds of chemo and eight bouts of radiation. He settled with ClubsNSW in 2023. And he reckons, "Between 20 and 30% of pokie revenue is money laundering."

Words: **Troy Stolz & Michael West**, Michael West Media

Photo: Phil Ng-Lucky

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If you take the children interstate or overseas without consent, there are legal remedies available to the left behind parent which mostly result in the children being returned to their usual place of residence.

So, if you want to take your children interstate or overseas permanently:

- Think about ways you can make the relocation work so that the children can continue to have a relationship with you both. Discuss this with your ex;
- Don't make the move without consent or a Court Order;
- Get some legal advice from a specialist family lawyer about your options.



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Attention! 35,000 Beaches seniors

Claim every dollar you deserve with the **Northern Beaches Seniors Kit**

There are 25,000 Pensioner Concession Card holders and 10,000 Commonwealth Seniors Health Card holders living on the Northern Beaches, and far too many are missing out on the savings they're entitled to.

About ten years ago I created an annual checklist of savings for retirees. It was probably the most popular thing I ever did. The problem? My phone rang all year with people struggling to get things done - and I still had a business to run.

Here's the thing: an annual checklist, a printed booklet, a seminar or a webinar are all momentary. They're out of date almost as soon as they're complete. And have you noticed that when you hear about something on the news there's almost never a link to a government website to tell you more? Who exactly is the news meant to help?

So, I started again, and

created the Northern Beaches Seniors Kit. This is a directory of only government links: federal, state, and local. Think Medicare, Services Australia, the ATO, and much more.

It can be intimidating. But no matter what you read in a newsletter or see on the evening news, having an official government site clarifying your options gives you confidence. Confidence to enquire, to claim, and to make the most of what you are entitled to.

The usual concessions - driving, utilities, public transport - are there. But I've also uncovered extras that few know about. Make sure you get your free parking pass for Kuring-gai, Garigal and Sydney Harbour National Parks. And note, while Northern

Beaches Hospital currently offers parking concessions to Commonwealth Seniors Health Card holders, government-run hospitals in NSW generally only extend them to Pensioner Concession Card holders - so that benefit could disappear.

Who would have known there's a discount plumbing service for pensioners through Sydney Water? Or that you can check real-time emergency wait times? Or that the most comprehensive electricity, gas, and health insurance comparison sites are government-run, with no commissions?

In 25 years, I've seen countless older Australians pay more tax than necessary simply because they didn't know the right questions to ask their super funds. Those questions, and the links, are also here in the Kit.

No private companies. No spin. No sales. Just 50 government websites with practical information: how to apply, how to save, how to compare, the right questions to ask. And the list will be constantly evolving as new offers and services become available, and new websites come online.

The Northern Beaches Seniors Kit is all yours for the price of a coffee, \$5 per month. This allows you to access all the links, websites, offers, and information to be fully organised to tackle government complexity and ensure you're eligible to access everything you're entitled to.

The more people that support this and share information, the better it becomes.

Words: **Brendan Ryan**

Find the savings you're entitled to with the **Northern Beaches Seniors Kit** at seniorskit.com.au/northernbeaches

Photo : Centre for Ageing Better Unsplash



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The Rats celebrate their triumphant grand final win at Leichhardt

Bergo's Sport Report

Rat's premiership glory!

Coach hails "surreal" Shute Shield premiership triumph as Rats silence doubters

It was the kind of magic Saturday afternoon that will be retold around the traps at Rat Park for years. The Warringah Rats stormed to a famous Shute Shield premiership win, stunning heavy favourites Eastern Suburbs and capping off a season of grit, flair and unbreakable belief. For head coach Josh Holmes, the victory still doesn't feel real. "It's a bit surreal. I still don't think it's sunk in yet," Holmes admitted. "I'll take some time over the next couple weeks to sit back and enjoy what we achieved. It was a special day, an incredible day." Written off by large sections of the Shute Shield community, with many assuming Easts would cruise to the title after losing only two games all year, it was Warringah who dictated the tempo. Playing with the

same attacking style that defined their season, Warringah out muscled and out enthused their highly fancied opponents. Holmes said the team entered the decider determined to play rugby by their way. "We definitely had the mindset going into the game that if we were going to win against a very good Easts outfit, we needed to play our footy and accumulate points. We weren't going to win from penalty goals. We prepared really well and delivered on nearly everything we talked about." While Easts struck back to level at 17-all, Warringah refused to buckle. A crucial defensive stand on their own line, followed by a penalty to edge back in front, proved the turning point. "We just held tough. We didn't get nervous or feel the

pressure," Holmes said. "Those little areas, where Easts were coming down our line, we stayed composed and capitalised. That was very pleasing." Holmes credited his game drivers - Coby Mile, Ben Marr and Ben Woollett - for steering the side with ice-cool heads. But he also pointed to the Rats' depth as the true X-factor. All season long, the Warringah bench delivered impact at key moments, a philosophy Holmes instilled after learning hard lessons in 2024. "The bench became a weapon for us. Once the boys bought into it, we started talking about the 'bomb squad'. By finals time, it gave us a bloody good chance. In the end, the proof's in the pudding - it showed how powerful it can be." The triumph also underlined how Holmes has grown from a reluctant coach into a premiership-winning leader. Initially coaxed into coaching Colts in 2021, he now stands at the summit of club rugby. And he's hungry for more. "Great teams have the ability to come back and back the season up," he said. "If we want the Rats to keep striving forward, we need to make sure we're not just resting on our laurels. We've got to come back next year and do it again." For now, though, the celebrations will continue at Rat Park. The premiership has reunited old boys and perhaps more importantly energised a new generation of supporters. "Everyone's heart still lies down at Rat Park," Holmes grinned. "It was awesome to see so many people behind us. That's what makes this club special."

Words: **Anthony Bergelin**

Photo: Kaz Watson



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George Pittar Curly carving

Surfing

North Steyne Boardriders go back-to-back at Men's Surftag

North Steyne Boardriders have won the 2025 RJ Thomas Solicitor Men's Surftag finishing over 30 points clear of second place Long Reef with Queenscliff and Wollongong's Scarborough Boardriders finishing in third and fourth position. North Steyne defended their Men's Surftag Title scoring 81.71 in the fifty-minute final with WCT surfer George Pittar their best scoring 23.07.

With the event being postponed on Saturday due to a lack of swell and relocated from Queenscliff to South Curl Curl Beach on Sunday, the North Steyne team of Sol Gruending (9.07), Saxon Reber (11.37), Pittar (23.07), Axel-Rose Curotta (16.56) and Blake Levett (7.37) revelled in the large and powerful south swell that had kicked in overnight.

Contest Director Steve Harrison changed the tag team format on the day allowing the first two surfers from each team to start in the water, allowing each competitor

more time to paddle out in the chunky conditions.

The North Steyne team had to overcome a fast start from neighbouring club Queenscliff with Winter Vincent posting the Creatures of Leisure Highest Score in the Final – 23.33 that included an 8.00-point Powerwave (worth double points). Kobi Clements was a standout all day for Long Reef with Fin McLaren Scarborough's best.

North Steyne's team captain Blake Levett was pumped on the back-to-back win, "We haven't done good in these events for a while until last year", Levett said. "Stoked for the boys and it's weird being

the old guy in the team now with all these young fellas."

Both Semi Finals went down to the last waves ridden with Bondi Boardriders narrowly missing out on a finals berth in Semi Final No.1 by 1.34 points with Dee Why Surfing Fraternity missing out in Semi Final No.2 by 0.44.

2025 RJ Thomas Solicitor Men's Surftag Results

- 1st North Steyne – 81.71
- 2nd Long Reef – 47.61
- 3rd Queenscliff – 45.30
- 4th Scarborough – 29.77
- 5th Dee Why
- 5th Bondi
- 7th North Narrabeen
- 7th North Shelly
- 9th Elouera
- 10th Mona Vale

Words: **Wyatt Wash**

The **2025 SURFTAG SERIES** has \$30,000 in prize money, with 500 surfers representing their local Boardriding Club in five Divisions: Men's, Grommets, Juniors, Women's and Masters.

The series is proudly supported by **RJ Thomas Solicitors, Guzman y Gomez, Dripping Wet, Creatures of Leisure, Swellnet, The Tawny Frogmouth, Sydney Surf Daily, Titan Ford & Liveheats**

For all info, visit surftag.au and follow [@surftagseries](https://www.instagram.com/surftagseries) and [@sydneysurfdaily](https://www.instagram.com/sydneysurfdaily) on socials

Photo: Bernadette Johnson (IG: @bernadette2097)

Fishing

What's biting, Clint?

We are finally emerging from the fishing doldrums with positive signs emerging for estuaries, harbours and outside reefs.

Kingfish have returned to the harbour in good numbers and a few specific locations on our inshore reefs. They are on the smaller side but are there in good numbers, which is good to see. Larger models are still available on the deeper reefs.

Snapper are also enjoying the slightly warmer water, especially fish in the 40-50cm range. Burley up for them and use lighter tackle to attract more bites. Don't be surprised if you pick up a few tasty Teraglin as by-catch using this method.

If using burley on the outside reefs, keep an eye out for Great White sharks! I had a 5m one swim up the burley trail for a sniff around the back of the boat recently. The girth was simply remarkable and frightening all at the same time. You feel very small when the apex predator of the sea is bigger than your boat. Something I will never forget. I imagine there are a few out there at present, following the whales on their journey southwards.

Moving forward, I expect the Flathead to wake up from their slumber in the coming weeks and months. The flats and drops off are starting to load up with bait which is like a dinner bell for these iconic



Anonymous kingfish

fish. Don't be afraid to swim a large live bait or throw and oversized plastic for the big ones!

As always, get out there and enjoy the waterways.

Words: **Clint Harwood**
IG [@aussiecavemanclint](https://www.instagram.com/aussiecavemanclint)

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Contributions to your Superannuation Fund

The Australian Government encourages people to plan and save for their retirement through compulsory contributions into superannuation. A key source of these superannuation contributions has been through your employer, however you can boost your super by adding your own personal contributions, of which \$27,500 per financial year can be claimed as a tax deduction.

Reimagining Retirement

Previously, purchasing property through an SMSF required having the full purchase amount upfront, which posed a challenge for many. However, regulatory modifications have enabled SMSFs to access borrowed funds for property investments.

What is an SMSF loan?

An SMSF loan allows you to purchase an investment property by borrowing from your existing super earlier than when you would naturally be able to withdraw from it. This can be used to purchase commercial or residential property. The rental income is required to pay off the loan, and any excess return is reinvested into the SMSF.

Let's Run The Numbers

If we consider an individual with **\$150,000** in their superannuation, typically, you are permitted to utilise the entire sum for purchasing the property, covering associated expenses like stamp duty and fees.

Purchase Breakdown

- Purchase price = \$500,000
- 10% of property purchase price = \$50,000
- Stamp Duty plus costs approx. = \$20,500
- **Total sum taken from super = \$70,500**

Total mortgage loan required = \$420,500

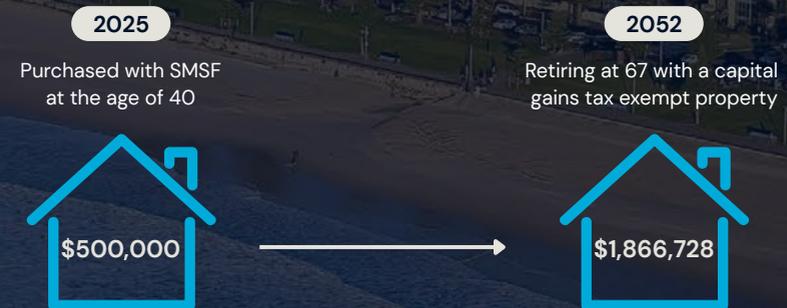
If you were to purchase your property at the age of 40, and we assume conservative 5% growth per year on your investment (based off historical data):

Average capital growth p.a. = \$50,620

Capital growth over life of investment (27 years) = \$1,366,728

At retirement age of 67, the property would be worth \$1,866,728.

If you sell the property after retirement age, the property is capital gains tax exempt.



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Community

The 2025 Lifeline Classic

This month's cover, created by Beaches artistic maestro Marty Schneider, is the illustration at the heart of the upcoming 2025 Lifeline Surf Classic, taking place Sunday 23 November at Queenscliff.

Now in its 9th year, the Lifeline Classic tag team surf comp is a marquee local initiative in bringing surfers together of all ages and abilities to enjoy an awesome day at the beach while raising vital funds for Lifeline Northern Beaches.

Local professional surfers generously put their hands up to bolster teams, luminaries such as Tommy Myers, Winter Vincent, Dylan Moffat, Jordy Lawler, Samson Coulter, Sol Gruendling, Milla Brown, and Izzy Higgs, even icons Layne

Beachley and Simon Anderson jumping on board.

20 teams will compete, 16 in the Open Teams and 4 Womens. Last year raised \$103,500, and we're aiming once again this year to raise over \$100k. Cunninghams are always strong in the fundraising, bringing in \$16k last year for Lifeline, while Man Anchor have proven total supremacy on the scoreboard, winning the last 5 years in a row!

A veritable cornucopia of fundraising events awaits in the lead up to the big day. Brookvale's 7th Day Brewery will hold a launch party Saturday 11 October with live bands and a second-hand board swap. Rock for Lifeline at Dee Why's Wings and Tins



Team Tawny pre shred, 2024

with Van Bogan raising the roof Saturday 18 October. Meet the Farmer and the Winemaker at North Steyne's Ruby Lane Saturday 1 November. And limber up in preparation to shoot a course record at Balgowlah GC for Tawny's inaugural Golf Day, Friday 14 November.

To register a team, donate, and learn more, scan here or visit lifelineclassic.com.au

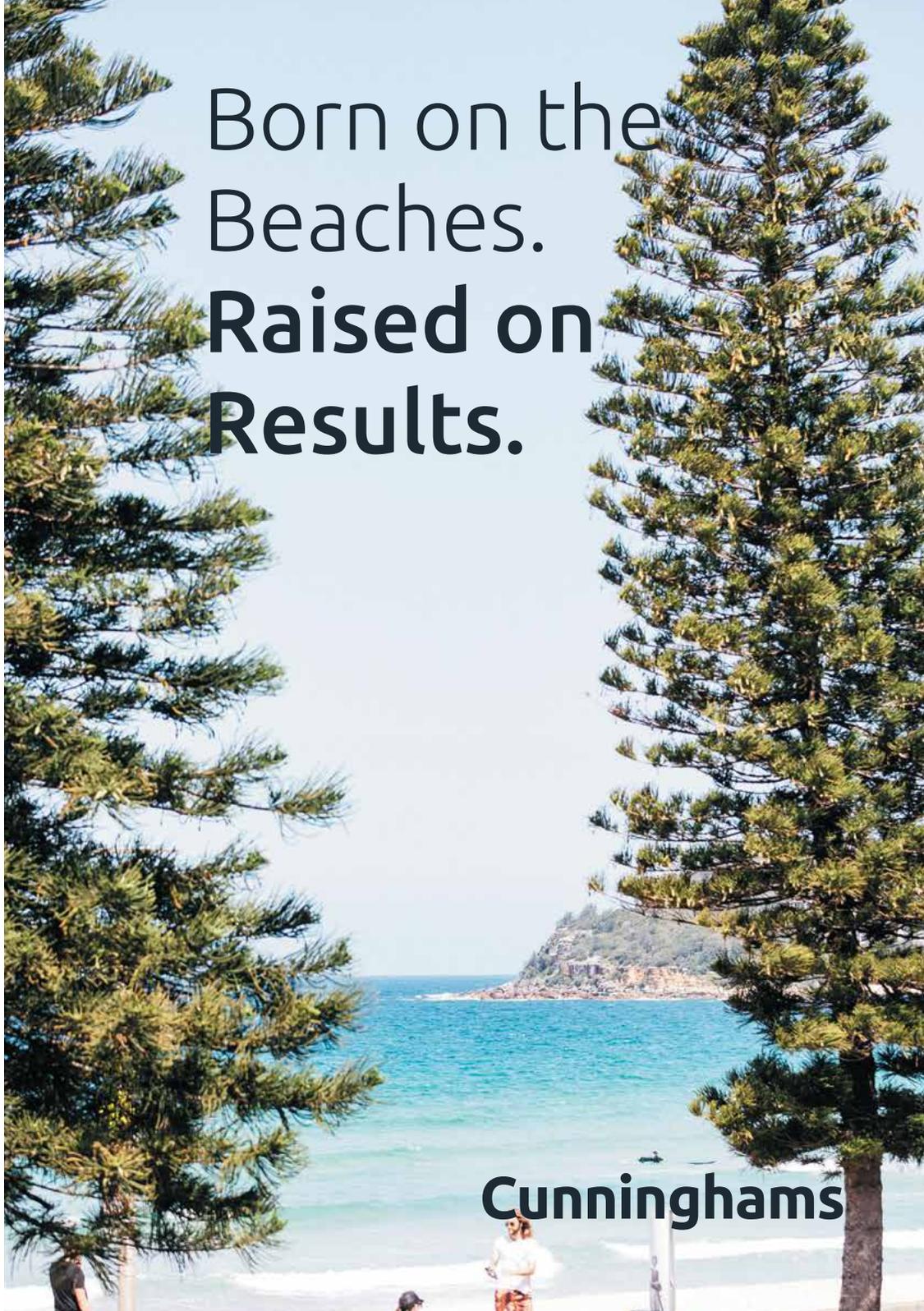
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The Metal Space

For those who want to create with metals, the Metal Space in Brookvale is the ideal creative playground. It was established in October 2023 by contemporary jewellery and object designer, maker, and educator Radka Passianova. Located on Pittwater Road, it is a specialised studio offering silversmithing and jewellery-making classes across all skill levels, and provides workshop access for metalworking students, artists, hobbyists, and professionals.

Given much of Sydney's metals design, education, and exhibition activity has been happening in the Inner West, Radka wants to use her skills and experience in creative metalsmithing and jewellery making to help develop a creative metals

community on the Northern Beaches. Brookvale is the perfect place for these activities, as Radka says "it's a dream location, being close to public transport for my students who use the B-Line, it's close to my home, to suppliers and all the services we rely on, it's also close to the ocean which is an important mental health asset."

The Metal Space offers ongoing group classes for those who want to build their skills and keep learning, as well as one-day workshops for beginners who just want to try it out. It also provides private lessons for individuals and groups. Additionally, experienced makers can access the fully equipped jewellery and silversmithing studio for their own projects. With the collective pool of technical knowledge and conceptual expertise available from the studio's tutors, both students and experienced makers can access highly skilled mentoring and guidance on a diverse range of projects. And, with the ability to connect with like-minded people, the studio offers a sense of community and a chance to claim some "me time" while making. Studio highlights include a student creating an engagement ring in class – and their prospective partner saying "yes" as well as students being selected as finalists in major jewellery and object exhibitions – some of them winning prizes for works made at the studio.

The Metal Space runs regular classes on Wednesdays (both day and evening) and Saturday mornings and there are several one-day workshops held throughout the year. One significant upcoming date to note in the calendar is 29 November when the studio holds its Christmas Market, showcasing works by both students and tutors.

themetalspace.com.au
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Words: Doug Clark
Photograph: Neil Thompson Rees



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Image: Quyen Hutchinson, IG @mrsfrogmouth

October 2025 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 0307 1.09 0825 0.78 1510 1.46 2219 0.59	2 0418 1.15 0940 0.73 1616 1.52 2309 0.49	3 0510 1.24 1043 0.64 1710 1.61 2351 0.40	4 0553 1.36 1136 0.53 1757 1.70	5 0029 0.31 0733 1.49 1325 0.42 1942 1.76
6 0205 0.24 0814 1.63 1414 0.32 2027 1.77	7 0243 0.21 0855 1.75 1504 0.25 2114 1.74	8 0322 0.22 0939 1.85 1556 0.21 2202 1.66	9 0402 0.27 1024 1.90 1650 0.21 2255 1.54	10 0445 0.36 1113 1.91 1747 0.25 2350 1.41	11 0532 0.46 1203 1.86 1850 0.33	12 0051 1.29 0625 0.57 1300 1.78 2000 0.40
13 0200 1.20 0728 0.66 1405 1.69 2117 0.46	14 0322 1.16 0842 0.71 1519 1.62 2230 0.47	15 0439 1.20 1002 0.71 1635 1.59 2331 0.46	16 0541 1.27 1115 0.66 1739 1.58	17 0020 0.44 0629 1.36 1215 0.59 1831 1.58	18 0100 0.42 0711 1.45 1307 0.53 1915 1.57	19 0134 0.41 0747 1.53 1351 0.49 1954 1.54
20 0204 0.41 0821 1.59 1432 0.45 2030 1.50	21 0232 0.43 0853 1.65 1510 0.43 2107 1.46	22 0300 0.45 0924 1.68 1547 0.42 2143 1.41	23 0328 0.49 0956 1.70 1624 0.43 2219 1.36	24 0357 0.54 1029 1.70 1702 0.45 2258 1.30	25 0429 0.59 1103 1.68 1744 0.49 2339 1.25	26 0504 0.64 1141 1.64 1829 0.53
27 0024 1.19 0545 0.69 1224 1.59 1920 0.58	28 0115 1.15 0633 0.74 1314 1.53 2020 0.60	29 0217 1.13 0734 0.78 1413 1.50 2126 0.59	30 0329 1.15 0847 0.78 1520 1.49 2225 0.54	31 0434 1.23 1001 0.74 1628 1.52 2316 0.47		

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

Info: Bureau of Meteorology Tidal Centre Photo: Kerry Moll





Greens are trending for interior walls



Textured coatings for inside and out

Freshen up your home for spring: colour trends and eco-friendly paint ideas

Spring is the perfect time to give your home a fresh new look. Whether you're painting inside or out, Colormaker's sustainable, locally made paints can help you bring the latest colour trends to life.

Based in Brookvale, Colormaker Industries produces a wide range of interior and exterior paints, floor coatings as well as mural and swimming pool paints. Colormaker products are made using 100% renewable energy with eco-responsible processes, plus most of their paints are low-VOC, microbead-free and safe for both people and the planet.

Top interior colour trends for spring Warm neutrals are in

This year, cold, stark whites are being replaced by softer tones - think creamy whites, chalk, and clay colours. These warmer neutrals work beautifully in seaside and Hamptons inspired homes like those on the Northern Beaches.

Add a splash of colour

Statement colours like terracotta, mocha, green and red are popping up on accent walls, cabinetry and hallways. Green is especially trending, from pale sage to deep forest, an ideal colour for loungerooms and offices.

Looking for an easy-care, eco-friendly paint finish? **ULTRAWASH®**, Colormaker's low-VOC interior paint, is a durable product, that offers a wipe clean finish and can be tinted to any shade. Available in flat, low-sheen, semi-gloss and gloss finishes for walls and trims.

Texture is making a comeback

Textured finishes are trending for their tactile appeal and durability. They also add warmth to a room and conceal imperfections.

Colormaker's **ACRYLMERIC® Texacote** is a high-build textured coating that can be used indoors or out.

Don't forget the ceiling

Ceilings are often overlooked but painting them can have a significant impact when freshening up your home for spring.

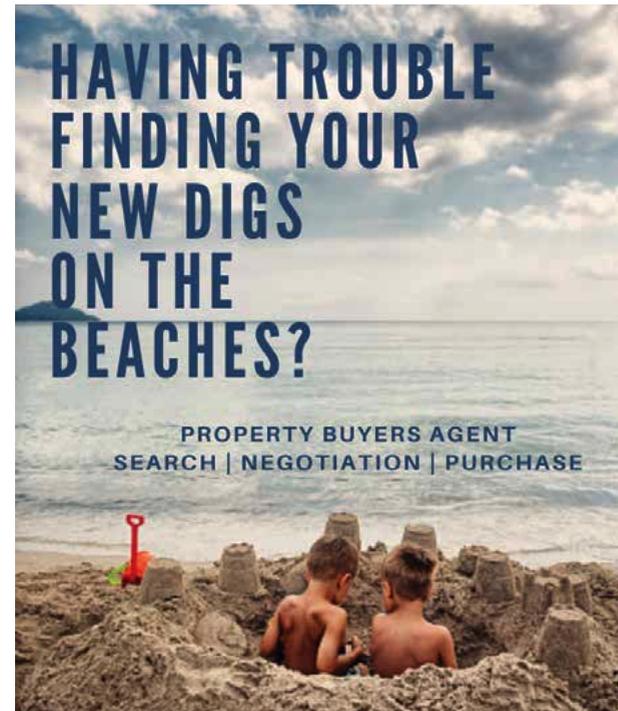
Colormaker **Ceiling White** offers excellent coverage with a smooth, flat finish and no spatter. Its hiding power is perfect for giving your ceiling a clean, fresh look in just one coat, and the plastic bead-free formulation is safer for marine life.

Colour trends for home exteriors

Exterior colour schemes are shifting toward natural tones and monochrome palettes - think warm whites, soft charcoals, beige and taupe - designed to blend with the landscape. These colours are also excellent for complementing **COLORBOND®** roofs and gutters.

SOLARCOLOR, Colormaker's long-lasting exterior paint, is an extremely durable finish which offers UV-resistance and comes with a 10-year guarantee. Bring in your colour reference for matching, including **COLORBOND®** colours.

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Coffee as community: The Little Italy Way

At Little Italy Coffee Roasters, we see coffee as a gentle balance between art and science. The science comes in the details - where the bean is grown, how it's processed, the temperatures and timing during roasting. The art, though, is in how those details are brought together: the care, creativity and intuition that transforms a simple bean into a cup that can brighten someone's day.

It's this relationship between process and people that inspires us. By working with a wide variety of beans from across the globe, we're able to explore new flavour profiles and help our roasters create blends that speak to different palates. Sometimes that looks like a rich espresso to get you moving, other times it's a lighter filter coffee to savour slowly, like our new Roasters Choice - Half Awake (for those that want half the buzz but all the flavour.) For us, every cup is an opportunity to connect.

Grounded in the Northern Beaches

Our story began in 2012 here on Sydney's Northern Beaches, in Frenchs Forest, with a small team and a big vision - to share our love of coffee while supporting the local community. What started as a family-run roastery has grown into something larger, but at its heart, our philosophy hasn't changed: serve high-quality coffee with warmth, integrity, and care.

Over the years, we've partnered with cafés at all stages of their story. Some were just starting out, others already well established, but each partnership has been built on mutual trust and a shared belief in what good coffee can bring to a community. These relationships and the friendships that come from them have been the most rewarding part of our work. Our team and our partners feel like family.

Our coffee philosophy

Coffee, for us, has always been about more than flavour. It's about moments; the first sip that wakes you up in the morning, the conversation it sparks between old friends, the quiet ritual of brewing at home. These small, everyday moments are what inspire us to keep learning and refining what we do as a team and in the roastery.



The timeless, unmatched beauty of a has bean

We take pride in sourcing beans from all corners of the globe, carefully roasting them to bring out their best qualities. But more than that, we feel privileged to be part of our customers' daily routines. Knowing that our coffee might play even a small role in someone's day, from helping them start strong or pause for a moment of reflection, is what keeps us motivated.

You're invited to share in the experience

This November, you're invited to a special event with The Tawny Frogmouth. We're opening the doors to our roastery for a behind-the-scenes tour, guided tasting, home barista tips and a cupping experience where we'll explore the unique flavour profiles of different beans.

Date: 13 November 2025, 6-8pm

Location: Little Italy Coffee Roasters - 18/8 Tiley Lane, Frenchs Forest NSW 2086

Cost: \$150

Tickets available: 20 Limited tickets available. licr.com.au/tawny

Each ticket also includes a gift bag with some of our most popular beans, merch and more, valued at \$155.

We'd love for you to join us! Not just to taste the coffee, but to see the heart of what we do, and hopefully learn something new to get a little more out of your daily brew! And a quick reminder for our Tawny Readers, we have 15% online at the moment using the code TAWNY.



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Image Source: Barista Training with Split Coffee. vLICR x The Tawny Frogmouth Promotion valid online only, one use per customer, excludes subscriptions.

The final push to the peak of Mount HSC 2025

In just a few short weeks, Year 12 students across the Northern Beaches will sit down for the first of their Higher School Certificate exams.

For most, October 16 signals the beginning of the final stage of a long journey, a chance to bring together years of effort, learning, and resilience into one last focused push.

At this point in the year, some students have received early entry offers to university. While it is great to receive an offer, there are so many reasons to continue the climb even with an unconditional place. With 50 percent of final HSC marks still determined, students who continue to put in the hard work will be glad they did when the final results are released on December 18.

No one has ever regretted finishing their HSC strong, but those who throw in the towel might carry some regrets. While the results are obviously important and what most people focus on, there is something even more valuable available to all students.

By pushing all the way to the finish line, students are shaping themselves into people who are persevering, determined, disciplined, and able to push through when challenges arise. I encourage all students to take on the challenge presented and reap the personal development rewards for years to come.

Distractions will be everywhere

The next three weeks will test students' focus like never before. The days are warming up, footy finals are on, and there will be endless opportunities to be distracted. It will be tempting to take the easy option, one more scroll on your phone, one more afternoon at the beach, one more night putting study off until tomorrow.

The good news is that there are 24 hours in a day. With ten hours of sleep there are still fourteen hours available, and with six to eight hours of quality study time there will be six to eight hours left for fun, exercise, and catching up with friends. A balanced approach is always the right approach with balance being the operative word.

Stay connected to your "Why"

The key to motivation and reducing both distractions and procrastination is to stay connect-



The view from up top worth every step of the way

ed to why you are doing the tasks you do not want to do. If the connection to your why is vague or weak, then it will be very difficult to take on the tasks that matter. At this stage the most critical tasks are timed practice essays and exam papers.

When you remind yourself of your why, the tough tasks start to feel worthwhile. Ask yourself how much better Schoolies will be knowing you did not give in but kept pushing all the way to the end!

The ultimate Summer of Freedom

There is a huge reward waiting at the peak of Mount HSC. Summer on the Northern Beaches is already good, but for HSC 2025 students they will have the ultimate summer of fun, beginning the moment they walk out of their final exam room. That is when the long days at the beach, sleeping in and freedom from school truly begins.

This final push is going to be tough and that is what makes it such an important opportunity. I guarantee that all the hard work will be worth it when you are enjoying the view and the celebration from the top of Mount HSC.

Conquer your HSC with **HSC CoWorks**. Learn more at hscoworks.com.au or call **0483 980 820**

Words: **Jesse Gardiner**, Head Performance Coach at HSC CoWorks



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How to smile in the face of ecological collapse

...or always look on the bright side of death.

It's a tough gig being a conservationist. Every twenty minutes an animal or plant is becomes extinct. Half the species on Earth are expected to be gone by 2100. Rhinos, Penguins and Orangutans are the prime candidates. I find the photo of the last Tasmanian Tiger particularly haunting. Australia's annual "Threatened Species Day" marks the anniversary of its demise on 7 September 1936. And whilst just a few hundred Numbats survive, human numbers keep climbing. The world population clock details this incessant rise:

worldometers.info/world-population

Last time I looked, it was heading towards nine billion - no wonder wildlife habitat continues to shrink. Every generation now inherits less biodiversity, their expectations of "life on earth" decline accordingly. Should we curl up in a corner and rock from side to side in despair? Possibly...but there are good news stories too.

Campaigns have saved some of Australia's favourite places. National icons such as Ningaloo Reef, the Daintree and the Franklin River would have been despoiled if not for people power. Some "lost" species are even being "re-found". Australia's Night Parrot hadn't been seen for almost 80 years. When one was tagged and released in 2015 it was described as "the bird watching equivalent of finding Elvis flipping burgers in an outback roadhouse". The Fernandina Galápagos Tortoise was also rediscovered in 2019, having been "missing" for 113 years and locally, the New Holland Mouse vanished for over a century before being spotted again in Ku-ring-gai National Park in 1967.

Even extinct animals might soon be brought back from the dead. Melbourne scientists are working on creating a Thylacine embryo using gene editing technology whilst Harvard University researchers are trying to develop a mammoth hybrid.

Positive news resources which help boost resolve exist too. The "Optimist Daily" website (optimistdaily.com/category/environment) (and [@waterbearnetwork](https://www.instagram.com/waterbearnetwork) on Insta) will feed you a diet of good news stories: from AI technology preventing ship and whale collisions to a fungus that eats plastic pollution.

I've written an article on the "Conservation



The last Tassie Tiger

Optimism" platform imploring a famous UK football team to conserve the bird featured on its team crest. conservationoptimism.org/kicking-goals-for-nature

There are also some amazing "rewilding" projects, which are bringing cleared and desolate areas back to life. "Greening Australia" performs landscape restoration on a massive scale, covering millions of hectares and protecting hundreds of species.

If you're feeling depressed by the state of the world, positive activism is a great antidote. "It's better to light a candle than curse the darkness". Psychologists also recommend exercise, healthy diet, good sleep, socialising, spending time in nature and getting your hands dirty. There's actually a microbe in the soil which increases serotonin levels (turns out gardeners are happiness junkies!)

This verse has helped many a protestor from becoming overwhelmed: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

But Monty Python's, Eric Idle, puts things into true perspective: "Our galaxy itself contains a hundred billion stars. It's a hundred thousand light years side to side. It bulges in the middle, sixteen thousand light years thick. But out by us, it's just three thousand light years wide".

Earth seems somewhat insignificant. So, grab a Bucketty's beer, embrace your Tawny and enjoy a laff...But keep on fighting till the last blade of native grass expires.

Words: **Mal Fisher**



Successful application of the SPAACC framework

The Love Scout

The art of feeling loved

Understanding the difference between loving and being loved

"But I do love you!" he protested, frustration building in his voice. Across from him, his wife sat with tears streaming down her face. "I know you love me, but I don't feel loved by you." This exchange, variations of which I hear weekly in my therapy room, illustrates one of the most misunderstood dynamics in relationships: the critical difference between loving someone and creating conditions where they actually feel loved.

The love distinction

In English, we use the word "love" in two distinct ways that often create confusion. Love as a noun refers to that warm, positive feeling we hold about someone - an emotion that exists within us. Love as a verb, however, is about action - the behaviors and choices we make toward another person. This distinction is crucial because the feeling we hold (the noun) has nothing to do with how we treat the object of our affection. You can deeply love someone while simultaneously creating conditions where they don't feel loved at all.

This explains why toxic relationships can persist - someone can genuinely feel love for their partner while treating them terribly. It also explains why in healthy relationships, partners can still feel unloved (in the moment) despite being with someone who truly loves them. This miscommunication and misunderstanding can lead to heated arguments, heightened defensiveness and unnecessary damage done. Let's unpack how we change this for the better.

The conditions for feeling loved

For someone to experience feeling loved, specific conditions need to be present. I call this the SPAACC framework:

Safety - They feel secure with you emotionally, physically, mentally, and spiritually. Without safety, love cannot be received.

Presence - You are genuinely present and attentive, both to them and to yourself in the moment.

Attunement - You maintain an active loop of responsiveness, picking up on their emotional cues and needs.

Acceptance - You accept them wholeheartedly, without trying to change or fix them.

Consideration - You actively think about how your words and actions impact them.

Care - You take concrete actions that demonstrate your consideration and concern for their wellbeing.

The validation of both experiences

Here's what's revolutionary about this framework: when your partner says they don't feel loved, it doesn't invalidate your love for them. Both experiences can be simultaneously true. You can genuinely love them (the emotion) while inadvertently failing to create conditions where they feel loved (the experience). This understanding prevents the defensive spiral where one person's pain gets dismissed or minimised.

Instead of responding with "But I do love you!" try "Help me understand what would make you feel more loved." This shift moves you from defending your feelings to actively creating better conditions for connection.

Creating the conditions

The love puzzle is made up of SPAACC pieces. When one or a combination are lacking, people tend to feel unloved. Think about the last time you felt unloved. What piece(s) were lacking? The good news is feeling loved is something we can cultivate together. When we understand love is an emotion we feel and an experience we create, we can work to build those conditions in daily interactions. Remember: your partner's experience of not feeling loved isn't an attack on your love - it's an invitation to love them better.

Words: **Scout Smith-O'Leary**, The Love Scout
The Love Scout offers relationship counselling for couples, individuals, and families in Manly, Narrabeen & online. For bookings or inquiries call **0481 531 555** or visit www.the lovescout.com



If you weren't in this pile, were you even at Rat Park?

Tommy Would Go Award goes to

The Mighty Avalon Bulldogs

Welcome to our new column, the Tommy Would Go Awards, in honour of the King of Queenscliff Bombie, Tommy Myers, and each month showcasing a local team, individual or cause going all in for glory. We start this month with The Mighty Avalon Bulldogs, as told by club Vibe Guy, Stef Puskar...

The Avalon A-Grade side had been gone a few years. After back-to-back glory of 2016/17, the fanatics were hanging out to MAKE SUNDAYS GREAT AGAIN at Hitchy. The 2016/17 crew were a bunch of young lunatic mates who'd been playing footy together since they were six, surfing the way they play league - flat out, no fear, and partying like it's a Midnight Oil gig in the late 80s.

Now Avalon might be changing quicker than you can say "oat latte with almond milk", but the footy club's still got the same DNA, the same skinny surfy kids who'll happily whack anything in a different coloured jersey. With some of those past premiership players on hiatus, others at rival clubs, and a few dragged straight out of the surf or the RSL on

a Sunday morning, the Avalon A-Grade side was reborn.

Out of it came a motto: Make kids aspire to be a Bulldog. Play hard, play tough, build a club that makes the whole community smile. And bang, the brotherhood kicked off. The town bought in. Suddenly it was the only thing people were yapping about. You couldn't walk down Avalon Parade without spotting a North Av Boardriders shirt, a Bulldogs hoodie, or both.

We all know how powerful socials are. The Doggies leant in, took the piss, banged out hard-hitting comedy posts, sprinkled in a bit of Mark Gasnier. Training sessions looked like rock concerts. Locals turning up just to see what was unfolding. The Doggies were back.

At 125 kilos, flame-haired wrecking ball Max Girdler teamed up with Kelso, a bloke with more footwork than Michael bloody Jackson, to weld this ragtag crew into

the tightest of units. Backing them was Haig Sare, former professional union rep who brought discipline and just the right amount of mongrel.

The wins started early. The crowds followed. One by one, Narraweena, Bondi, Belrose all got rolled. Fans were ditching NRL memberships to get down to Hitchy on a Sunday. Out of the chaos came a cult figure: the Back Fence Bruiser. What did he do? He ran straight. That's it. That's the show. And the crowd went off their heads for it.

The season had it all; slick wins, boggy-weather hiccups, and a stumble against Narrabeen. But the boys bounced back hard, storming home as minor premiers. Then came Rat Park. A sea of Avalon. OG crew shoulder-to-shoulder with the new blow-ins. It wasn't just a footy crowd; it was the whole suburb stitched together in red and green to see the Doggies put Asquith to the sword and lift the premiership.

The silverware's only half the story. The Doggies being back has lit a fire in the community. Kids now see their heroes at the coffee shop, waxing boards at the beach, or strapping up at training, and they want to be them. The ripple effect of A-Grade. It's not just about the blokes on the field; it's about giving the town pride, something to cling onto, something to yell about. And in a joint like Avalon, that's worth more than any trophy.

Words: **Tom Myers**
Featuring: **Avalon Bulldogs**

Is someone you know worthy of the **Tommy Would Go award**?
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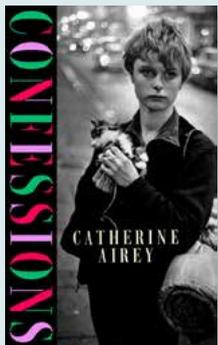
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Irish writing that delivers an emotional gut punch

Paige Turner Reviews

Confronting debut novels from Irish writers at the top of their game

I've been diving into books with character-driven narratives that explore generational trauma, identity, and women's experiences but not in that damaged girl genre of writing that I loathe. These two debut novels are confronting and thought provoking.

Let's start with Irish writer **Catherine Airey's** novel **Confessions**. At 460 pages it's as weighty as the story it tells of three generations of women spread across 50 years from 1970s County Donegal to the chaos of post-9/11 New York and a little beyond.

It addresses heavy themes of abortion, mental illness, addiction, rape and LGBTQ+ matters with a recurring theme being unwanted pregnancies but really these unwanted pregnancies show how one family's women live out Ireland's story of control, secrecy, and slow reclamation of agency for women.

You need to stay on high alert reading this book as it shifts through multiple narra-

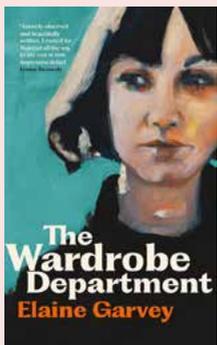
tors and uses inventive forms like second-person narration, video-game scripts, epistolary chapters and WhatsApp snippets.

What comes through in reading this hard to put down novel is that personal wounds ripple through families and are never contained in one generation. It helps you appreciate what intergenerational trauma means and why acknowledging it is so important.

Maybe it's my Catholic Irish heritage that makes the idea of embedding unwanted pregnancies into the characters' lives feel that it's about the ongoing fight for reproductive rights. A fight that is sadly still being played out in too many countries.

It's a novel where family secrets mirror a nation's struggle with silence and change. If you're looking for a light hearted read, I expect *Confessions* is not for you.

Another young Irish writer's debut novel **The Wardrobe Department** by **Elaine Garvey** delves into the complexities of



grief and personal identity. Even though the themes are dark Garvey writes with a humour and wit that gives you hope.

Mairéad, the main character, is a complex young woman dealing with the weight of family expectations, body image, the challenges of working in a male-dominated theatre industry in London and missing home.

The story is set in 2002 and follows Mairéad who relocates to London from her small village in Ireland to work in the wardrobe department of a struggling West End theatre. Her days are consumed with mending costumes, fixing broken zips, and navigating the challenges of a demanding workplace. A sudden return to Ireland following her grandmother's death forces Mairéad to confront hidden truths about herself and the life she left behind.

Mairéad's workplace is central to her story of self-discovery. The high-pressure environment, with its strict hierarchies and constant scrutiny, mirrors the anxieties she carries about her body, competence, and belonging. Working behind the scenes in the theatre, Mairéad is constantly aware of judgments about her work and herself.

The book provides a fascinating insight into what working as a costume and theatre professional involves, glamorous it is not! Garvey also makes you feel as if you're right there with her working and walking in the West End.

Where to buy

Shop local. Berkelouw Books, Harry Hartogs and Humphreys Manly are Paige's favourites.

Words: **Paige Turner**



Enya Daly, Skylar Ellis, and Madison Hegarty

Art & Culture

Gruffalo's Child

My final show this year as Tawny's Junior Glen Street Theatre Reviewer was *The Gruffalo's Child*, and what a fantastic way to finish! Based on the hilarious book by Julia Donaldson, this show is all about the Gruffalo's curious child who ventures into the deep, dark wood in search of the Big Bad Mouse...

The characters are fantastic. The Gruffalo, the Gruffalo's Child, the Narrator, Snake, Owl, Fox, the cheeky little Mouse, the reassuring presence of Stick Man. Most impressive is that all these characters are performed by just three very talented actors!

The story begins with the Gruffalo warning his child to never go into the deep, dark wood. While her father sleeps, she sneaks into the woods, bringing Stick Man along to protect her from the Big Bad Mouse. Along the way, she hears what she thinks is a party and finds Snake dancing all by himself. When she tells him about the Big Bad Mouse, he gets so scared he cancels the party.

Next, she meets an Owl who tries to teach her to fly (without much success!) then a sly, arrogant Fox who pretends he knows everything. Finally, the Gruffalo's Child meets the cheeky little Mouse. When she tells him she's looking for the Big Bad Mouse, the Mouse cleverly says he'll be arriving at midnight. When the time comes, a giant scary shadow appears. The Gruffalo's Child is terrified! But it's just the clever little Mouse playing shadow tricks. The Big Bad Mouse is actually just him - small but smart!

I absolutely loved this show! Amazing costumes, super catchy songs, and really interactive, perfect for children aged 3 to 12.

Words: **Lola Adams**, Junior Theatre Reviewer

Photo: Heidrun Lohr

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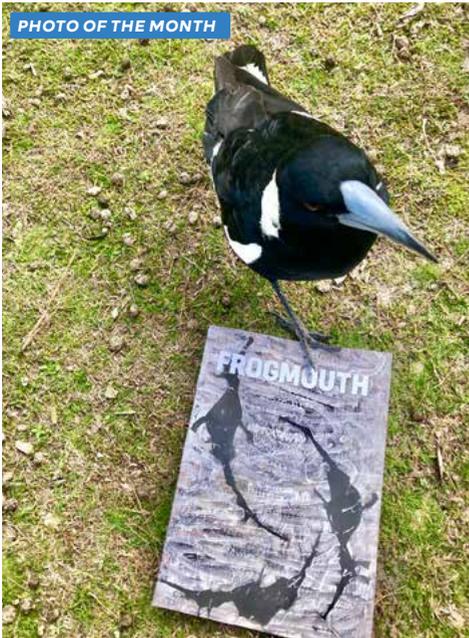
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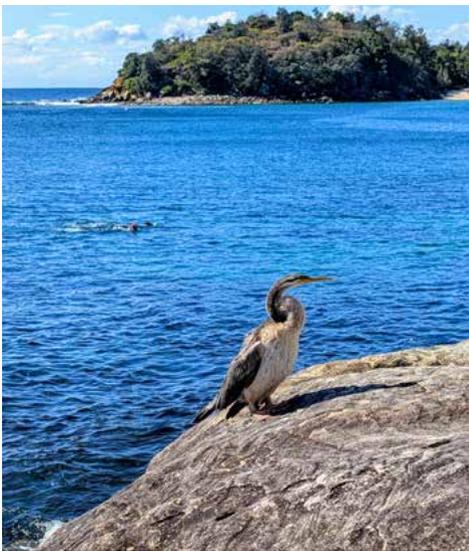
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Subject Get your own Tawny, mate
Photographer Jens Ward



Subject Beach King chillin'
Photographer Martha Walkden (11yo)



Subject Red and Green Bulldog Glory
Photographer Rat Park Press Gallery



Subject Will never get board of this
Photographer Matt Cleary



Subject Beach2Beach, let's go!
Photographer Anne-Laure Boulon IG anna.visuals_



Subject Jordy Lawler's spray still hasn't landed
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Subject Climate emergency?
Photographer Tracey Adcock



Subject Tawny family tree
Photographer Suzanne, Dee Why



Subject Wanna go halves?
Photographer Guy Mansfield



Subject Red Balgowlah Sunrise
Photographer: Paul Martin



- Which Northern Beaches premier Rugby Union team recently won the Shute Shield: Manly Marlins or Warringah Rats?
- Aside from Narrabeen, which other one-word Northern Beaches suburb starting with N contains a double E in its name (ee)?
- Both the German International School Sydney and the Sydney Japanese International School are in which Northern Beaches suburb?
- In what year were the last local council elections?
- At which Northern Beaches golf course did a light plane crash land in August?
- What kind of sandwich is mentioned in the song Land Down Under by Men at Work?
- What letter is the Roman Numeral for 5?
- What colour, primarily, is Sonic the Hedgehog?
- In relation to combat sports, what does MMA stand for?
- Which breed of dog is traditionally used as a rescue animal in the Swiss Alps?
- Which animal is on the logo of the car company Lamborghini?
- "EFTPOS", the EFT stands for Electronic Funds Transfer. What does the POS stand for?
- The Automat Kalashnikova 1947 is better known as what?
- Which English side does Matildas captain Sam Kerr play her club football for?
- Which spice is made from the inner bark of a tree?
- How many days does the Jewish celebration Hanneke last: 8, 15, or 30?
- Chess Grand Master Magnus Carlson is from which country?
- In the movie Forrest Gump, Forrest tells President Kennedy he's "gotta pee" after drinking 15 bottles of what soft drink?
- Who finished the 2025 NRL season as Minor Premiers?
- Mexico and which country are the only 2 countries starting with M with populations of over 50 Million?

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Sudoku Medium difficulty

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

RUMOUR HAS IT

There's a 2,000 square metre "Gentleman's Club" in the planning stages towards finding a home in Brooky.

THE CROSSWORD



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Across

- HSC study spot (7)
- There's a long one in October (7)
- Structure at the spit that opens? (6)
- Beachside chip stealer (7)
- Type of penguin seen in Manly (6)
- Recently closed late night Manly spot (8)

Down

- Living organisms that make our waters glow (15)
- Concert series - Night at the? (8)
- For the bees and a sneeze (6)
- What we start saving in October (7)
- Sssstear clear of the red-bellied and brown! (5)
- Body of water, sometimes open to the ocean. (6)

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Star Signs by Krystal Bawl

Libra Sep 24 - Oct 23

Unleash your cheeky birthday self and let all that pent up naughtiness lurking inside your oh so nice exterior out.

Scorpio Oct 24 - Nov 22

You're a natural phenomenon who makes the rest of us seem like sloths. We are sloths. So relish doing all our heavy lifting.

Sagittarius Nov 23 - Dec 21

Cosmic cosy vibes are coming your way. Embrace them. Feet up. Streaming services on. Book the gym in for next year.

Capricorn Dec 22 - Jan 20

The money God is finally on your side! Something in the works is about to pay off. Ka-ching baby. Spend up!

Aquarius Jan 21 - Feb 19

You've been staying home, working hard, saving heaps, but your willpower quota ends this month. Open the floodgates.

Pisces Feb 20 - Mar 20

Mercury's pushing north and steam's rising all over. Now is the time to set your sights on what you want and strike!

Aries Mar 21 - Apr 19

Your plan to sail through to Christmas has sunk like the Titanic. Get set for a Thorpedo swim to finish 2025 golden.

Taurus Apr 20 - May 21

Your planetary ruler Romulus says your baloney antennae needs a retune, but Romulus is notoriously full of it.

Gemini May 22 - Jun 21

Fractious friendships are causing you to question everything and you're right to do so, but hey, it's them not you.

Cancer Jun 22 - Jul 22

A potent full moon will make you even crazier than usual. Crazy works for you. Go nuts, just keep it off socials.

Leo Jul 23 - Aug 22

Your libido has taken a beating but summer promises sizzle and passion, hopefully with a mate, but that's not essential.

Virgo Aug 23 - Sep 23

You've been overlooked lately but no more. You're now the centre of attention. Bask in the spotlight, it suits you.

Trivia Answers
 1. Warringah Rats 2. Narrawaena 3. Terrey Hills 4. 2024 5. Mona Vale 6. Vegemite 7. V 8. Blue 9. Mixed Martial Arts 10. St. Bernard 11. Bull 12. Point of sale 13. AK-47 14. Chelsea 15. Cinnamon 16. 8 17. Norway 18. Dr Pepper 19. Canberra Raiders 20. Myanmar

Crossword Answers
 ACROSS: 6. Library 7. Weekend 8. Bridge 9. Seagull 11. Little 12. Bootshed **DOWN:** 1. Bioluminescence 2. Barracks 3. Pollen 4. Daylight 5. Snakes 10. Lagoon

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

Sudoku Solution

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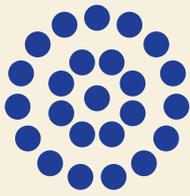
(Yes, already, woohoo!)



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