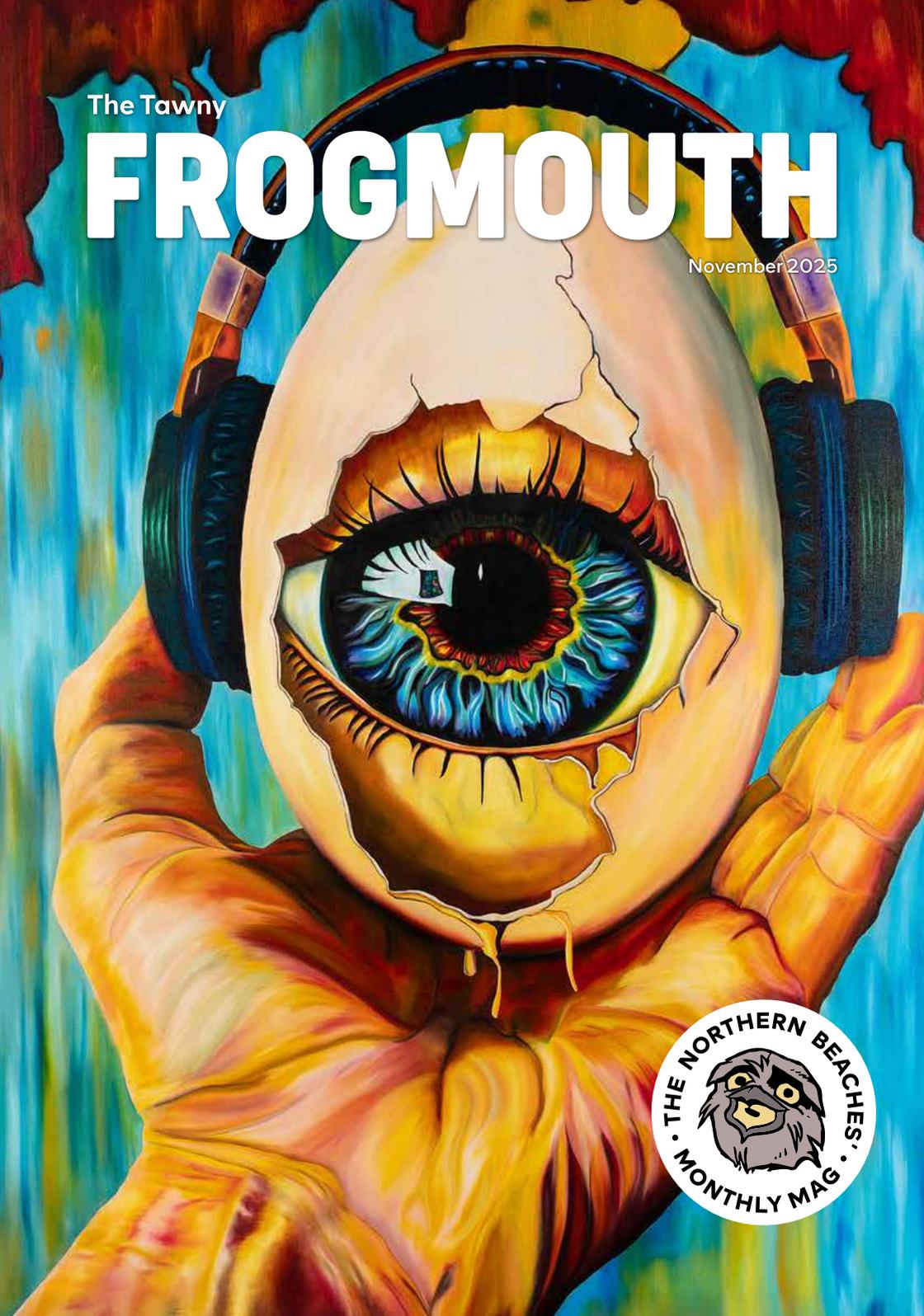


The Tawny

# FROGMOUTH

November 2025



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# G'day Beaches

No way can it be November already, the universal time-space continuum speeding up, surely.

I hope cover artist Joel Coleman hasn't warped your mind too severely with our trippiest cover ever, incredible work. Congratulations Rob, Sandra and Tony, Letters of the Month winners, our Shark Bunker proposal from October sparking quite the frenzy. And Ross Hardy's full rainbow circle at Scotland Island takes out Photo of the Month!

James Griffin wants your input to help guide Manly's future. Meet your councillor, Joeline Hackman. Zali Steggall's on a mission to Save Australian Stories. Dr Scamps demands action, not promises, on environmental protection. And our Government plays word games with nuclear weapons.

Doug Clark rocks on with Pat Capocci. Gumby groms score GYG glory. Angus Buncle ponders howl good was the Manly Wolves' season. Lisette Coates invites you to Views from a Bench. Step inside the Ghost Gum House. Have a night on the reptiles. And lots more. See you in Summer!

*Liam*

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## The Tawny Frogmouth

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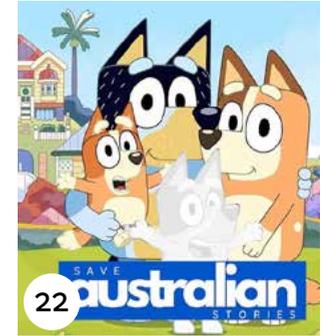
50,000 copies delivered monthly  
47,500 to letterboxes from Manly to Avalon;  
2,500 to local businesses Spit Bridge to Summer Bay

### PEFC CERTIFIED

The Tawny Frogmouth uses paper from sustainably managed forests.

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### Acknowledgement of Country

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

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

## Peninsula Wash Up

Brilliant work five years running by **Vipers Run Club**, their **Move for 60** initiative once again lighting up the Queensie to North Steyne runway as they completed 60 hours of continuous loops, and raised almost \$50,000 for **Lifeline Northern Beaches**. An epic challenge to support better mental health for all.

**One Meal Northern Beaches**, the 100% volunteer run organisation supporting those doing it tough by providing hot, nutritious meals, has launched their annual **Christmas Hamper Appeal**, striving to deliver over 5,000 hampers. To get involved: Pick up a hamper box from a local collection point; Fill it with non-perishable food items (packing list is provided in the hamper); Return it by 21 November to a One Meal local drop-off spot; And/or donate online to help One Meal reach those in need.

"Why is my local rockpool closed? When will construction start on the new playground? What's on this weekend?" With the whirlwind of events, projects and news across the Beaches, stay up to date via **Council's weekly e-newsletter**, which also offers updates tailored to specific interests, from the environment and living with disability support to libraries, theatre and galleries. Sign up at [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au) or scan the QR code here



In sombre yet deeply uplifting scenes, 5,000 people joined **Mike Psillakis** to commemorate his brother **Mercury**, in what must surely be the greatest paddle out in Northern Beaches' if not global history. Mike summed the occasion (and life) up perfectly, "Keep Mercury's spirit close to your heart. He will give you strength. He will give you passion and meaning in your lives. He will keep you REAL. He will show you light."

Saturday 29 November, Brookvale's **7th Day Brewery** is set to throw one huge, wild, memorable and energetic festival in the carpark, **A GOOD DAY OUT** for a bloody good cause! Aiming to raise \$15,000 for **Surfers for Climate**. Hosted and curated by **The Good Kids**, an all-star line-up of bands and DJ's will rock 2pm till late, with a heap of raffles, prizes and activities to keep the day bouncing! Carpark tattoo parlour, jumping castle, onstage mullet haircuts, outdoor pizza kitchen, fashion pop up, a live



The Mercury paddle out, community love off the charts

t-shirt press of the event poster's epic design by **Ben Brown @mentalben** and lots more! Pets welcome! Animals love to party.

Thank you **Lions Club Manly** and **Rachel Jackson** of **Lions Club Frenchs Forest**, gifting a new iPad to **Luca Weber**, founder of **Braille by Luca**. Blind from childhood, when Luca started learning Braille, he was instantly fascinated, it opened up a brand-new world. This has been the motivation behind sharing Braille with all people, not just the vision impaired, and successfully building his business, creating beautiful hand-made, tactile cards and bookmarks. With his old iPad faltering, this gift makes all the difference as the Christmas season beckons. Visit [braillebyluca.bigcartel.com](http://braillebyluca.bigcartel.com) for all Braille needs, and info on Luca's workshops, teaching students to read Braille and provide insights and real experiences on what it is like to be blind.

Saturday 1 November don't miss **Zonta Club of Northern Beaches'** 50th Anniversary celebrations with their Hawaii Five-0 themed Trivia Night at Mona Vale Memorial Hall. 6.30 for a 7pm start. \$35 pp. Book now on [zontanb@gmail.com](mailto:zontanb@gmail.com) or call Annette on **0417 236 982**. Bring gold coins for games, nibbles, drinks and glasses. Supper provided. Proceeds go towards funding our projects which assist women and girls.

And finally, it's official, Freshwater Boardrider's Presidenté **Tommy Bombie Myers** has won the Big Wave Challenge **RIDE OF THE YEAR**, the most prestigious award in big wave charging. Tommy's Easter Friday Queenscliff bomb beat all and sundry. Well done Tommy! He celebrated with a fresh new bowl cut, sharp.

Words: **Liam Carroll**

Image: Darian Woods - IG@darianwoods

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## Letters to The Tawny

### LETTER OF THE MONTH

#### Re: Shark Bunker (Oct '25)

Dear Liam, please push this through Council. Using drone technology for beaches would be awesome, would save lives and help support a positive environment for beachgoers.

They could patrol the busier beaches (like Manly) or just a few to begin with. Recharge the drones with power from the solar panels a lot of the clubs now have, and automatically fly off from balconies or roof tops and scan the beaches.

Please let me know if there is anything you need to help join this movement and support this. Kindest regards,

**Rob (nature and ocean lover, surfer and swimmer)**

PS - There have been changes in the animals we see around in the last couple of decades. Way more sharks. And way more brush turkeys.

#### Re: Shark Bunker (Oct '25)

Hi Liam, loved your article and the words in paragraphs 4 and 9 were almost the exact words I said to my son soon after the awful tragedy of Mercury.

It seems such a simple yet highly effective solution to ensure the safety of both surfers and swimmers on our beautiful beaches. Employment of drones and connected alarm systems 12 hours a day will provide heaps of jobs and complete assurance that people are safe to surf and swim.

How can we advocate for this system to be installed? Really hope this happens. Complacency is not acceptable.

Another potential tragedy is waiting to happen as we are infiltrating the homes of these large animals. Thanks for your wise words.  
**Sandra Grimmer**

#### Re: Shark Bunker (Oct '25)

You make a good argument for drone patrols for sharks. Could I suggest AI could possibly be quite easily trained to monitor the drone live video, probably doing the job more cheaply and effectively than humans. AI wouldn't get bored, hungry or distracted.

**Tony Furze**

#### Cabbage Tree Bay Signage

Manly now has nearly 8 million visitors a year, many spending time to walk the Cabbage Tree Bay promenade to Shelley beach. It is an iconic walk, now unique in the world since the marine reserve was declared in 2000.

For several years residents have asked council for Aquatic Reserve signage to be refurbished throughout Cabbage Tree Bay. The DPI replaced the marine reserve description board in the upper carpark and lower beach steps after waiting two years for Council to act.

At South Steyne, the promenade entrance Reserve board sign has remained, slowly deteriorating in condition, visitors now left trying are left trying to decipher faded peeling images and descriptions. Is this the best Council can do to inform and welcome visitors to this magnificent asset?

**Alex Graham, Manly**



#### E-bikes

I applaud the efforts of Dr Sophie Scamps to enhance regulations around E-bikes. Her push for state governments to regulate footpath speed limits puts the spotlight on the main issue of concern, which is why are they permitted on the footpath in the first place?

Allowing "fat bikes" which are essentially a motor bike with pedals attached, ridden predominantly by young teenagers who have no concern for pedestrian safety, is a disaster waiting to happen. Ditto the models ridden by delivery drivers.

A third category is the "kids' transporter" ridden by adults who believe parenthood has given them the right to use the footpath like a mobile playground bringing squeals of delight from the ankle biter passengers. Allowing these machines that travel anywhere between 25 and 60 kph on a footpath that was originally designed a few pedestrians is plain stupid. The only place for them is the road or a dedicated cycle path.

If 16 years and 9 months is the age to obtain a motorcycle learners license, then the same should apply to E-bikes.

**Mike Kenneally (E-bike rider), Manly**

#### Any second now

It's no longer a matter of "when but if" rather it has become a matter of "any second now." Not content with all their other repertoire of acrobatics whilst over the speed limit on their Fatboy e-bikes, I witness that adolescents are now standing up on the seat, balanced on one foot and one hand only on the handlebars. Meanwhile they also have zero regard for parked cars and other road users.

So that I can help the Ambu-

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THE DARRANS  
SCOOT THE LOOT  
THE BUDDZ  
DJ'S SIMMO, PARTO  
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YEEE HAWW!

SURFERS FOR CLIMATE

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SEVENTH DAY AUSTRALIA  
7th Day  
BREWERY

2PM TILL LATE  
SATURDAY 29TH NOV  
14/9 POWELLS RD. BROOKVALE

lance I might have to call any tick of the clock these days to alert them for urgent assistance to an adolescent's e-bike accident scene, every e-bike frame needs a Regulation label firmly affixed stating the rider's name, emergency contact details, parents' phone numbers, and home address at a minimum.

Whilst any success of registration or insurance enforcement is travelling slower than snails on a hot, tawny summer day, I feel that the least the Fatboys' frames and owners can do is show me their details when I sadly have to call emergency services.

**Maree Birrell**

**Credit where not due**

The self-congratulatory advertisement from the member for Wakehurst claiming credit for the de-privatisation of the Northern Beaches Hospital was nothing but political grandstanding. The decision was ultimately taken by the State Government of which he is not a member. His acknowledgement of two Federal MPs over a matter in the State Parliament shows how desperate these independents are to grab headlines and claim credit for the achievements of others. Governments make decisions, sometimes with and sometimes without the support of the Opposition. The rag tag mob of independent members in the various legislatures are nothing but nuisance value.

**Andrew Miles, Manly**

**Your Magazine**

Dear Liam, just a note to applaud you and your team at Frogmouth. It is terrific to have an alternate voice on the often right leaning Northern Beaches. The subjects covered in your magazine are often ignored by other media.

We were particularly taken by your coverage of the local outrage at the ongoing genocide in Gaza and the need for boycotts and the importance of localised action.

It is a great and important little magazine, and we always look forward to reading it, and wish you the very best in being able to provide a voice for often unheard.

**S. Withington & A. Tenney**

**Re: Locals striving for peace in Gaza (Sep '25)**

Dear Tawny, the letter you received from Dr. Caroline Yarnell was spot on! It was wonderful!

I am shocked by the overall response of the media to the catastrophe occurring in Gaza and just as shocked by the lack of reporting in the media. Actually, I am so disappointed and disillusioned in most of the world over this. Please be brave.

**Donna**

**The Big Picture**

Dear Liam, Australia-wide support for rooftop electricity generation demonstrates our confidence in relying on renewable resources for our future power needs, and we are now taking advantage of government subsidies for home battery installations. We know a good deal when we see one!

But the same progress is not happening in the case of large-scale infrastructure for future industry and transport needs, and this is mainly due to the complexity of what is required, and most importantly, the failure of governments over recent years to provide the private sector with policy certainty, in return for their financial commitment.

Private enterprise can provide both the technical expertise and the funding for nation building, as it has done throughout Australia's growth. But an absolute prerequisite is confidence that the government of the day, and successive governments, will maintain consistent policy support.

The nature of politics is such that there are invariably ideological and vested interests at play, and to be fair, we also have our own individual issues and concerns, sending mixed messages to our politicians as to our priorities.

However, the incontrovertible fact is that survival of our country and the lifestyle it provides us is at stake, and I think the private industry commitment we need will only happen if we give our politicians an unambiguous message that unity of government purpose and support for the transition to renewable energy must be achieved and maintained.

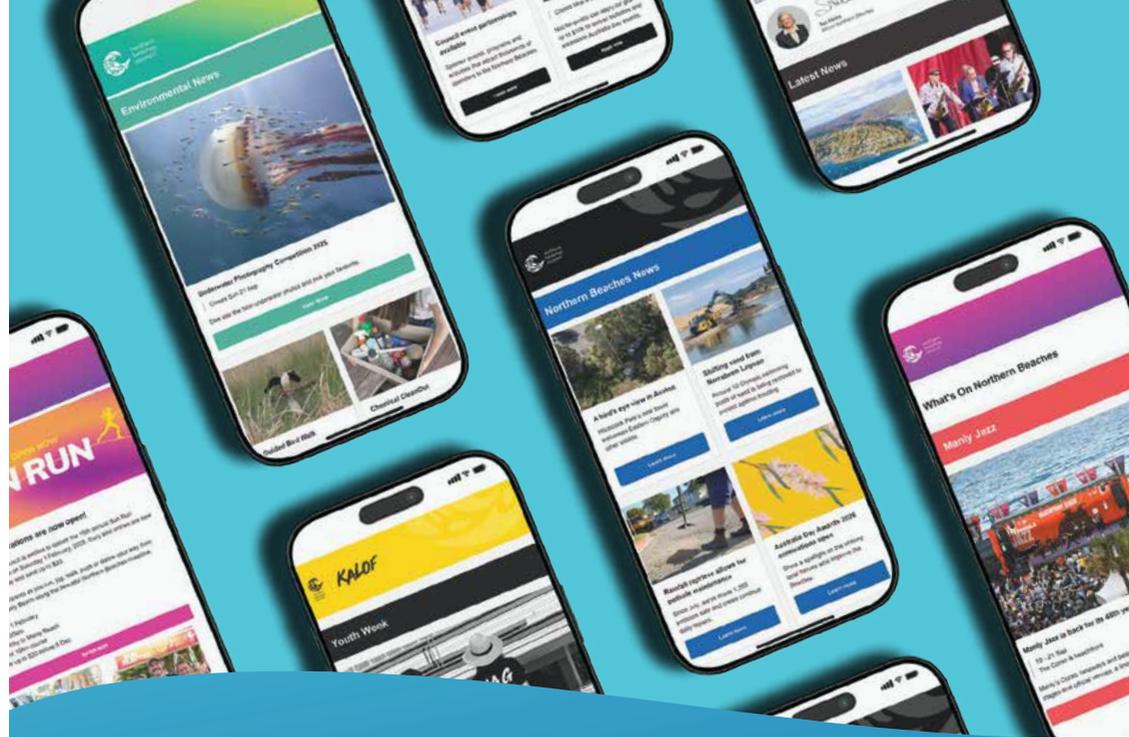
**Reon Bavinton, Seaforth**

**Re: Bruces and Potholes**

I would like to recommend to all readers John Portelli's letter in September's Tawny, where John discusses the pothole situation on the Northern Beaches and offers a solution through his business 'Potholes Sydney.' Potholes fixed in 24 hours! Sounds too good to be true. The problem of course is the bureaucracy bottleneck. May I suggest readers email the Council - Vincent de Luca has expressed some support for our concerns. Is it too much to hope that there may be light at the end of this very bumpy and holed tunnel?!

**Bruce from Collaroy**

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



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Meet Your Councillors

## Joeline Hackman, Curl Curl Ward

**Earliest memory of the Beaches?** Boogie boarding at Narrabeen, hosting a school disco for the Epilepsy Foundation, and trying to read every book in the Elanora Heights Public School library. Nature, community, and curiosity are my compass.

**Who inspires you?** Everyday locals: nurses, teachers, emergency services, surf lifesavers, social workers, environmental groups and volunteers. They deserve far more support for their life changing work.

**What do you do in the real world?** Housing affordability is very important to me. It can keep families together or trap people in unsafe situations. I help deliver affordable, fully-electrified homes for

women escaping family and domestic violence, cutting running costs by up to 70% while building equity and shrinking emissions. I'm also a director, mum of two boys, and a perpetual goal-maker.

**When did you decide to run for Council?** After mobilising business and hospital support with "Feed Our Medics" during COVID and engaging our community to care for the planet with NB War on Waste, I saw that Council needed an advocate for better planning, a cleaner environment and lower bills, so I put my hand up.

**What have been the biggest challenges?** Inequity in what gets funded, strategies not on track, and politics that doesn't always bring out the best in



people.

**Greatest triumphs?** Lowering Council's risk tolerance on climate hazards so we act sooner, lifting minimum electrification standards in new apartments, powering community events, helping residents with practical solutions for their issues as well as accessing rebates that cut their energy bills.

**It's Sunday, 10am, where's Joeline?** At a community event, or on a beach walk with my boys, coffee in Dee Why or Freshie, chatting about a pothole, a tree, or a great idea to turn into action.

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Share your priorities, concerns and ideas to help shape Manly's future

James Griffin MP

## Future Manly

Let me guess, you've received a newsletter from a politician and it kind of goes like this...

It begins with empathetic acknowledgment of constituent concerns, proceeds through a description of meetings attended and submissions made, and concludes with a vague assurance that they'll "continue to push" for change and advocate on some variety of issues.

Boring right? Well yes, but what you've actually received is a carefully constructed linguistic fortress designed to claim credit while evading accountability, a masterclass in saying much while committing to nothing.

What's conspicuously absent is any chain of causation linking their actions to actual outcomes. When some MP's write about their accomplishments, specificity evaporates. They've "fought for" communities, "pushed for" reform, and "raised concerns" about critical issues.

This strategic ambiguity serves a purpose: it allows some politicians to position

themselves on every side of every issue without committing to measurable results. They can claim to support both environmental protection and economic development, affordable housing and property rights, fiscal responsibility and increased services all because "advocating for" something requires no reconciliation of competing priorities or acknowledgment of trade-offs. It's politics as pure optics.

The vagueness also insulates them from accountability. Traditional metrics of political effectiveness such as projects big and small being conceived then funded (as opposed to just grant funding or existing programs), are conveniently sidestepped. Instead, success is redefined as number of meetings held, constituents met, "cases resolved". These are worthwhile activities, certainly, but they're the minimum expected of any elected representative.

And so, where traditional politicians overpromise and underdeliver, these MP's have discovered something more elegant, never quite promising anything concrete in the first place. That is a practice that I believe undermines trust in

politics. And it is something I have tried very hard to not do. That's why I publish my list of projects, and yep, some haven't moved off 'red' for over 12 months. (Hey, we're all human).

Equally, I believe that when it comes to initiatives that improve our community, the best ideas don't come from government departments - they come from those who know the area best: the people who call it home. That's why I'm launching Future Manly, to give residents the opportunity to shape a shared vision for our community and have a say on the projects and issues they want championed in State Parliament and want to me to work on to deliver for them.

The survey is open to everyone across our local area, from Manly and Fairlight through to Seaforth, Balgowlah, Manly Vale, Freshwater, Curl Curl, Dee Why, Brookvale, and surrounding suburbs.

Once the survey closes, I'll publish the results so everyone can see what has been shared. The process will be transparent and practical, ensuring local priorities directly inform my work in Parliament and the community.

Through Future Manly, I want to ensure that your priorities, your concerns, and your ideas are what shape the next ten years of our local community.

Visit [futuremanly.com](http://futuremanly.com) or scan the QR code to have your say.



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

Authorised by James Griffin MP. Funded using Parliamentary Entitlements.

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# Your sanctuary in nature has arrived

The Beaches' newest retirement living village is complete and ready for you to move in

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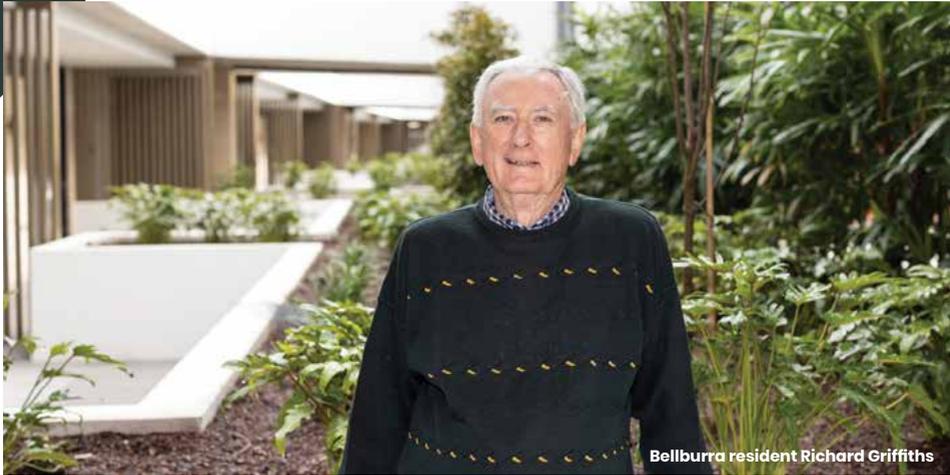
Over a light lunch in our new clubhouse, you'll learn about the benefits of retirement communities, the contract, financials, tour the village and explore the remaining apartments.

Visit [bellburra.com.au/tour](http://bellburra.com.au/tour) for dates and information on how to register your interest.

Two things to know: 1. You will have to pay a departure fee when you leave this village. 2. You will have to share any capital gains or losses received with the operator of this village.



# “An opportunity that I really shouldn’t let go”



## Bellburra’s newest resident shares why he chose to call it home.

When you’ve made the decision to downsize, choosing the right place to call home isn’t always easy. Long-time Allambie Heights resident Richard Griffiths first considered downsizing in 2022 but didn’t find a home that offered him the right blend of nature access, low-maintenance living and close proximity to shops and service providers that he was looking for. So, when he noticed construction work beginning on the Bellburra village within a community he was already part of, he was eager to find out whether it would meet his needs. Very quickly he realised he’d found a place to call home.

*“I thought it was an opportunity that really I shouldn’t let go,” he says.*

*“To me, it’s a bit like surfing and seeing a huge wave come towards you and saying, ‘No, I won’t take that one, I’ll*

*wait for the next one’, and then you miss out. I didn’t want to miss out on this chance.”*

Bellburra, a 24-home retirement living village in Allambie Heights, is indeed a rare gem. It’s a luxury retirement village that will allow Richard to look out over beautiful bushland while still being part of the bustling suburb he has lived in for two decades. He’s thrilled he’s been able to secure a stylish, low-maintenance home where he can make new memories, and is already looking forward to hosting gatherings with his choir and walking group, as well as having his sons and grandchildren over for meals.

*“There’s plenty of space for me,” he says. “I will keep the second bedroom as a spare room – I’m expecting visitors from England next year, and I have visitors from around Australia from time to time – and the third bedroom I will use as an office and work room.”*

## Trust and confidence

Knowing Bellburra is managed by Allambie Heights Village Ltd., a trustworthy not-for-profit organisation with nearly six decades in the Northern Beaches, gave Richard extra confidence in his decision. Right from the beginning, he says the financial aspects of Bellburra were clearly outlined, helping him feel secure that there would be no surprise fees nor unexpected costs.

*“At the first information session, they made it very, very plain what the financial arrangements were, the going in and the coming out. The team have been very frank and open and honest,” he says.*



## Timing is key

If you’re considering downsizing, Richard has a word of advice – don’t delay your decision. If Bellburra’s tranquil nature setting and stylish, low-maintenance apartments feel like the right place for your dream retirement, you need to act sooner rather than later. Because Bellburra is such a unique opportunity, apartments are selling fast.

*“It would be easy to say, ‘well, not this year, maybe we’ll look at it next year’, but I’m now meeting people in their mid-80s who are saying, ‘I wish I’d done it earlier’,” Richard says. “It’s been tough leaving the family home, but it would have been tougher if I had waited longer.”*



## Experience Bellburra in person

To help showcase village life, Bellburra is hosting small tours for those looking to snap up one of the last remaining homes.

Capacity is limited, so if you’re interested please call Karen, Velvet or Kate from the Bellburra Sales Team on **9450 0715** or visit **[bellburra.com.au/tour](https://bellburra.com.au/tour)** to register your interest.

**Bellburra**





Zali with Manly's Cheeky Little Media's David Webster and global star, Pounce

## Federal Politics

# Save Australian Stories

Without urgent reform, the future of homegrown screen storytelling is under serious threat

As a child, I lived for a time with my family in the French Alps, far from the beaches, bush and vast blue skies of home. One day, my parents took us on a long drive to Geneva to see *Crocodile Dundee* at the cinema.

I remember the film clearly: the jokes, the Aussie accents, the wild animals, the outback scenery. Instantly, I was transported home. That's the power of Australian stories: they unite us, ground us and remind us who we are.

But right now, those stories are at risk of disappearing – and the Albanese government is letting it happen.

The Australian screen industry is shrinking – fast. At risk are the jobs of screenwriters, directors, camera crews, actors, editors, costume de-

signers, set builders, post-production workers and more.

The major culprit? Streaming platforms, which have virtually abandoned Australian stories. Meanwhile, these companies take billions from Australians each year and, in the case of international streamers, pay less than 1% in tax. What's more, they use the NBN – funded by Australian taxpayers – to deliver their services.

So, what is the Albanese government doing about it? Nothing. At three elections – 2019, 2022 and 2025 – Labor promised to act, pledging new

laws to force streaming companies to invest in Australian content. Yet, more than six years after this government was elected, there is no legislation in sight.

The Australian screen industry has proposed a practical solution: to require streaming services to reinvest 20% of their Australian revenue into local stories. It's fair, it's achievable, and it's crucial. Other countries such as France and Spain already have similar rules in place.

So much is at stake. Without a thriving, homegrown screen industry, Australian stories will disappear. We may not get another *Crocodile Dundee*, *Bluey* or *Priscilla: Queen of the Desert*. Australian kids will grow up without hearing their accents or seeing people like them on screen. Films that would define the next generation of Australians might never be made.

That's why I've launched a petition called Save Australian Stories. It calls on Arts Minister Tony Burke and Prime Minister Anthony Albanese to deliver on their commitment and legislate that international streaming platforms invest in Australian stories by mid 2026.

So, please support the campaign and spread the word. Every signature matters, and every share helps. Because if Australia's screen industry collapses, we lose more than just entertainment – we lose a vital piece of who we are.

Words: **Zali Steggall OAM**, Independent MP for Warringah

Please support Zali's petition to **Save Australian Stories**. Add your signature by scanning the QR code or visiting [change.org/p/save-australian-stories](https://change.org/p/save-australian-stories)



# Government playing word games with nuclear weapons

From 2032, nuclear-armed cruise missiles will be loaded into US Navy Virginia-class submarines. The Treaty of Rarotonga prohibits nuclear weapons from being 'stationed' at HMAS Stirling. Is it OK if they're 'rotated' through?

The South Pacific Nuclear Free Zone (SPNFZ) Treaty, first signed in 1985, was born of South Pacific opposition to French nuclear testing and concerns about superpower competition in the Pacific. The Treaty entered into force on 11 December 1986, and "prohibits the stationing of nuclear weapons within the South Pacific by member states. Australia is a member state."

The treaty doesn't prevent nuclear-armed ships from visiting a member state's ports or transiting their waters. The Treaty was drafted to allow this, in part to accommodate Australia's ANZUS defence relationship with the US.

## Additional protocols not ratified

At the urging of the Keating Government, in March 1996 President Clinton's Administration signed three Protocols to the Treaty, giving an undertaking not to station nuclear weapons on its territories within SPNFZ (American Samoa and Jarvis Island), and not to contribute to any act by a party to the Treaty that constitutes a violation of the Treaty. After much delay, President Obama's Administration submitted the SPNFZ Protocols to the US Senate, but ratification still has not occurred.

## Sea launched missiles

In his first term, Trump ordered the US Navy to develop a new nuclear-armed, sea-launched cruise missile, SLCM-N. In 2022, President Biden proposed cancelling the program, but Congress continued to fund it. With Trump back in the White House, the SLCM-N program is accelerating. Once the SLCM-N is deployed, the stationing of US attack subs in Australia could give rise to a breach of Australia's obligations. The US could also be acting contrary to Protocol 2 to the Treaty, which it has signed, though not ratified.

## A criminal offence

If US submarines 'stationed' in Australia are armed with SLCM-N missiles, Australian officials could be in legal jeopardy. Section 11 of



The \$368B Question: Am I "stationed" or "rotated"?

the Act states, "A person who stations, or does any act or thing to facilitate the stationing of, a nuclear explosive device in Australia commits an offence against this section". The penalty is imprisonment of up to 20 years, or a significant fine, or both.

## Nuclear re-armament

At the outset of the AUKUS agreement, the Australian Government would have been aware of the first Trump Administration's commitment to the SLCM-N program. It's in this context the Australian Government have very deliberately used the words "Submarine Rotational Force-West (SRF-West)". Defence is now committed to spending billions on upgrading and expanding facilities to accommodate the continuous presence of USN attack subs, including housing for hundreds of American personnel and their families. It's really hard not to characterise this as 'stationing'. And eventually those stationed USN submarines are going to be nuclear-armed.

## Situational double-speak

The stationing of nuclear weapons contrary to the SPNFZ Treaty is undoubtedly an issue the Government is going to have to grapple with. Australia's Pacific Islands partners are deeply attached to SPNFZ as the most significant legacy of the long campaign against nuclear testing in the Pacific and a declaration of the region's desire for independence from the dictates of nuclear powers. That was once part of the Australian Labor's political heritage, too, but that's now being swept aside by AUKUS.

Words: **Rex Patrick & Philip Dorling**, M. West Media



## Stronger environmental laws must be more than a promise

On the Northern Beaches, we don't have to look far to understand what's at stake in the fight to protect our environment. We live alongside bushland, lagoons, and coastlines that are home to both unique wildlife and marine life. Each day, we stroll our beaches, surf our waves, or walk through bush tracks that hum with cicadas and the laughs of local kookaburras.

We love our natural environment, and we'll fight hard to protect it, like we did to stop drilling for oil and gas off our coastline. But it shouldn't be so hard. People and communities all around Australia are fighting every day to protect the places and native animals they love – but they are often let down by our weak national environment laws.

The Environment Protection and Biodiversity Conservation (EPBC) Act created 25 years ago was meant to be a fundamental safeguard for nature. But for 25 years, it has failed, and we now have 19 ecosystems across the country on the brink of collapse.

Since the Act was introduced, more than 7.7 million hectares of threatened species' habitat have been bulldozed and over 740 fossil fuel projects have been approved, and continue to be, despite their proven role in driving climate change. Right now, over 1,918 Aussie species are under threat, with over half at risk of extinction.

It has been 5 years since a damning review of our national environment laws which unequivocally called for urgent reform. During this delay by both major parties, habitat destruction and extinctions have continued apace.

Australian nature is under threat - from the bleaching of the Great Barrier Reef and the devastating marine heat wave in South Australia, to the relentless land clearing around the country and fossil fuel mine approvals. One of the major flaws in the laws is the carve out for native forest logging in state forests so that this activity is exempt from the laws.

Now the laws are again up for debate and reform. I'll be calling for strong legislative changes, including:

- **Ending native forest logging:** repeal the Regional Forestry Agreement exemptions and close loopholes that let industries bulldoze our native forests.



Environmental "protections" have failed us for 25 years

- **Establishing strong rules:** with upfront protections to stop threatened species and ecosystems being destroyed.
- **Ensuring the EPA is independent;** a genuinely independent EPA director and board, so that we can trust decisions are free from industry lobbying and political influence.
- **Prevent further climate destruction:** ensure a project's impact on the climate is considered. The 2021 State of the Environment Report made it clear: climate change is supercharging environmental destruction. It is illogical in 2025, when we've already passed 1.5 degrees of warming, to create an EPA without the power to assess projects for climate harm. Without a mechanism for our nature laws to take the impact of a project on the climate into consideration, it will be doing a vastly incomplete job.

Here on the Northern Beaches, we know how precious our environment is, and I will continue to fight hard to protect our incredible nature - now and into the future.

Words: **Dr Sophie Scamps**, Independent MP for Mackellar. Keep up to date with Dr Sophie Scamps MP's announcements and initiatives online at [www.sophiescamps.com.au](http://www.sophiescamps.com.au)

# E-bike safety Have your say!

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AUTHORISED BY DR SOPHIE SCAMPS MP, NARRABEEN  
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Explore the captivating history of Q Station's Wharf Precinct - the vibrant heart of the Quarantine Station's story.

Step back in time and uncover a fascinating glimpse into the lives of those who arrived over the past 150 years, shaping Australia's multicultural identity. Wander among beautifully preserved heritage buildings and listen to compelling stories of brave migrants who endured arduous journeys from distant lands, forging new beginnings on these shores.

Whether you're a history buff or just curious to learn more, this is your chance to connect deeply with Australia's diverse roots. Discover stories of resilience, hope, and transformation that continue to inspire today's world.

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Q STATION

VAMOS

## Stronger for life on the Beaches!

Chloe Williams from VAMOS explains why good form, steady progress, and patience are the real secrets to unlocking lasting benefits from strength training.

Strength training is one of the most powerful ways to stay healthy, mobile, and confident — especially as we get older. It supports bone health, posture, and everyday energy. But according to local coach Chloe Williams, the real secret isn't how heavy you lift — it's how well you move. "Strength training is for everyone," Chloe says. "It's not about lifting the most weight. It's about mastering your form, challenging yourself safely, and being consistent."

### Chloe's top 3 strength training tips:

#### Technique comes first

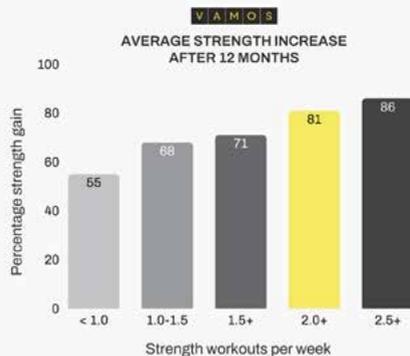
Before adding weight or chasing personal bests, focus on how you move. "You want the right muscles doing the work," Chloe explains. "Good form ensures you're targeting the correct muscles and helps to prevent injury." When you're starting out, use lighter weights that feel manageable so you can master the movement, and complete higher reps (around 10-12 per set) for the repetition required to perfect the technique. Once you've nailed the correct form, start to gradually increase the load over time.

#### Achieving overload is important

Real progress happens when you push your muscles beyond their comfort zone - a concept known as overload. Your chosen weight should get you to overload in the last one to two reps of the set, which is the optimal intensity to cause your muscles to build back stronger in the following 48-72 hours. "You'll know you're achieving overload when your form or your tempo start to falter, or when other muscles start to get involved to help with the lift" Chloe says. A simple guide: if the weights you're using feel too easy for the target reps, go heavier; if your form slips early, lighten it slightly.

#### Progress with patience

Strength comes in layers and takes time to build. "The best results often come from sticking with a set of exercises for a few weeks, before progressing onto more complex variations," Chloe explains. "That consistency gives your body time to adapt and steadily become stronger." Each phase lays the foundation for the next — helping you stay strong, balanced, and injury-free.



As Head Coach at VAMOS Balgowlah, Chloe has overseen the safe and effective training for over 300 local people, helping them unlock these incredible strength gains in the last 12 months.

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Let's go!

## Cover Artist

# Joel Coleman

**What's your favourite beach?** Queenscliff. It's right across the road from where I live. There's a familiarity to it that I enjoy.

**Where's your favourite place to eat, drink, hang out?** I'm definitely a 'home' kind of person. We have this amazing communal deck at our apartment building that overlooks the beach. Hanging out there with friends tops anywhere else!

**What's the best thing about the Beaches?** Having all the amenity of a first world city and at the same time having amazing beaches, surfing, diving, kitesurfing, and more right on the doorstep.

**If you had to live anywhere else in the world, where would that second-best place to live be?** Ahh, a loaded question. After 17 years here, the longest I have ever been in once place, I am moving north to a small coastal enclave in February next year. I'm excited for the change, so hopefully it lives up to the amazing times I've had on the Northern Beaches.

**What inspired your cover?** My wife studied neuroscience and I have a degree in philosophy, we regularly discuss the concepts of consciousness and the crossovers between each discipline. The painting on the cover 'The Left Hand of Consciousness' is based on 8 questions about consciousness. Its sister painting, 'The Right Hand of Consciousness' asks the same 8 questions from an opposing perspective.

**What inspires your work in general?** My work is a philosophical exploration of humanity. I'm looking to understand and depict the complexities of human existence, societal norms, and the nature of consciousness.

**How would you describe your art?** Incredibly bright, colourful and attention grabbing. Then once I have your attention, I want to make you think a little. Actually, a lot.

**What is your favourite part of the process?** When days spent in the studio are distraction free and I can just spend the hours creating.

**Which artists or inspiring people, dead or alive, would you most like to have dinner with?** I think it would have to be Caravaggio, Aristotle, Artemisia Gentileschi, DaVinci, and my wife. These are the creatives and thinkers that I would love to listen to and interact with.

**How did you discover you had a gift for art?** I don't think I have a gift; I think I have a work ethic that allows me to pursue difficult things



Joel in his Brookvale studio

until I figure them out. I always thought I was hopeless at drawing until I decided to draw every day for a year. Turns out I could draw, I just had to commit to learning.

**Did you study art?** Yes, I have a degree in fine art.  
**What are you currently working on?** I've always got a few paintings on the go at the same time in the studio. Right now, I'm finishing up a series about consumerism never satisfying the senses.

**What's your favourite thing about what you do?** Creating something with little more than imagination and my own two hands.

**What would you like to see in the future of the Beaches art scene?** The industrial areas on the Beaches have seen a huge amount of creative energy over the time I have been here. It would be really great to see that grow even more and attract more people from further afield.

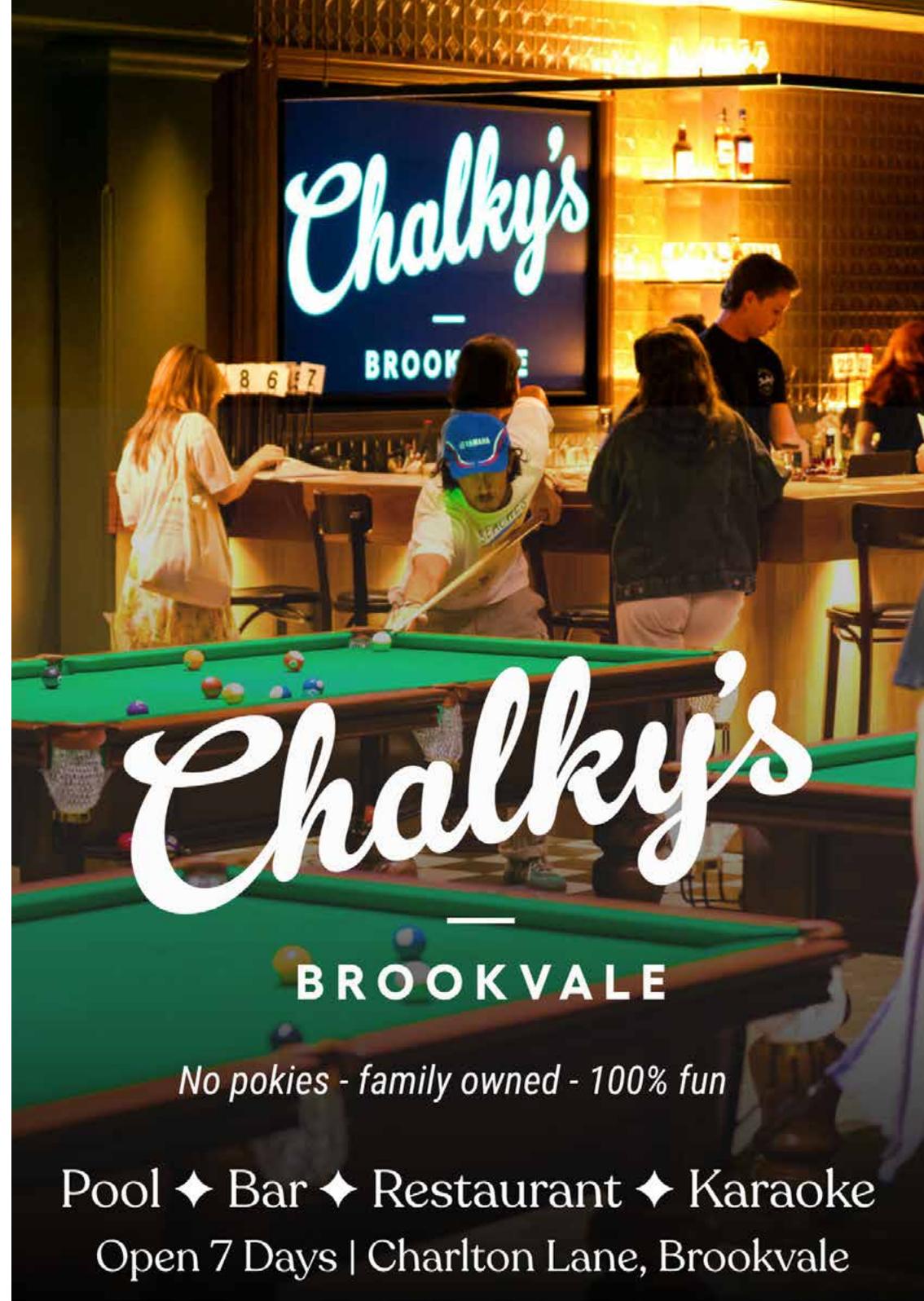
**What advice do you have for young or aspiring artists?** Create more than you consume.

**What words of wisdom are you often guided by?** Don't die wondering...It's simple and it's cliched, but seriously people, you only get once chance at life, so have a go at what inspires you!

We're losing Joel to the north coast, so don't miss his **STUDIO ART SALE, Saturday 8 November** at 18/49-51 Mitchell Road, Brookvale.

Also find him on Instagram @joelcoleman\_ and online at [joelcoleman.com](http://joelcoleman.com)

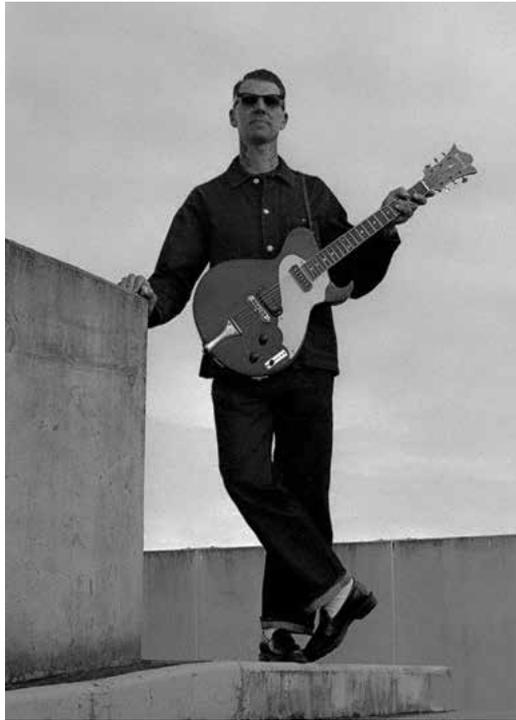
Interview: **Liam Carroll**



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tour and will be hitting the road for a domestic run of shows to promote the new album. After that, he will be heading back to Europe for another tour in early 2026.

An esteemed barber, Pat has been cutting hair around the Northern Beaches for a while now, with his barbershop providing a laid-back and relaxed experience and, as a scholar of philosophy, chats with Pat in the shop are always interesting. He has spent some time studying photography and is also a painter, and these artistic practices help influence how he sees and captures moments of life.

A surfer since the age of 10, Pat's go-to spots are Manly, Queensie and the Bower. He says that "no matter the wind or swell direction, there's always an option at these beaches." He is currently riding a selection of McTavish boards. His go-to longboards are a 9'3 Involvement and a 9'4 Noserider and "when the waves have a bit more juice, I switch it up with a 7'6 Rincon, a 6'1 Diamond Sea, or a 5'4 Fish."

Pat's new album is available on all digital streaming platforms and vinyl.

patcapocci.com

@patcapocci

## Rockabilly Style

Pat Capocci is a creative dynamo, and a mix-master of multiple talents. He's a guitarist and band leader, who has been evolving his "Roots Rockabilly" sound over the last decade or so. As he describes, "while there are strong rockabilly elements, my influences run much deeper. I've spent years immersing myself in 1930s swing, 1940s jazz, western swing, and 50s blues, all while growing up skateboarding and playing punk rock. This mix of genres blends the raw energy of punk with the soulful grooves of the older styles."

Pat is a prolific performer gigging all around Australia and overseas. Writing his own material, he has produced five albums with a new one on its way. So far this year he has released two singles, "Diggin My Grave" and "Lucia" (the latter has a video directed and shot on Super 8 by local artist Kane Lehaneur), and is dropping his new album through Sleazy Records this month. Pat has recently wrapped up an epic European

Check out the News section of [brookvaleartsdistrict.org](http://brookvaleartsdistrict.org) for more about Pat's sound and musical influences.



Words: Doug Clark

Photographs: Pat Capocci



Hands up if you're serious about sustainability?

## Colormaker Industries' energy update

In September, Brookvale's sustainable paint-makers, Colormaker Industries, passed twin milestones of their 6<sup>th</sup> anniversary and saving 900 tonnes of GHGs from going into the atmosphere since installing Solar in September 2019.

As well as Solar, the site has the world's first commercially operating ReVolve<sup>®</sup> battery, five EVs, an electric forklift and a Mega-Shredder for repurposing cardboard. "Our recent power bills show negative usage and cost," says David Stuart, Managing Director. "Overall, we now enjoy \$37-50,000 a year in savings, a 7-10% return on investment."

"All Colormaker paints are made with 100% renewable energy. Many are low-VOC and all are free from plastic microbeads, known to be harmful to our waterways, aquatic and marine life." "We treat wastewater, recycle paper and metal and deliver paints locally with EVs charged by our rooftop solar array."

Colormaker's striving to be net zero by year end. Just before going to press, they were advised that they were one of the first businesses in NSW to be awarded NABERS NEPI Certification. "Any business can take some steps towards net zero," says David. "When we set out to go solar, we were full of trepidation, but this journey's been an incredibly exciting one and the savings have been fantastic, financially and for the planet."

Is your business ready to move towards net zero? Learn more about Colormaker's sustainability journey at [colormaker.com.au/sustainability](http://colormaker.com.au/sustainability) and follow [@colormaker\\_industries](https://www.instagram.com/colormaker_industries) on socials. If you need paint, keep it local and buy Colormaker.

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Image: Quyen Hutchinson, IG @mimisfrogmouth

### About Us

Each month we print 50,000 full colour magazines, with 47,500 delivered directly to residential letterboxes, and 2,500 placed in highly frequented public places from Manly to Palm Beach.

### Contact

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

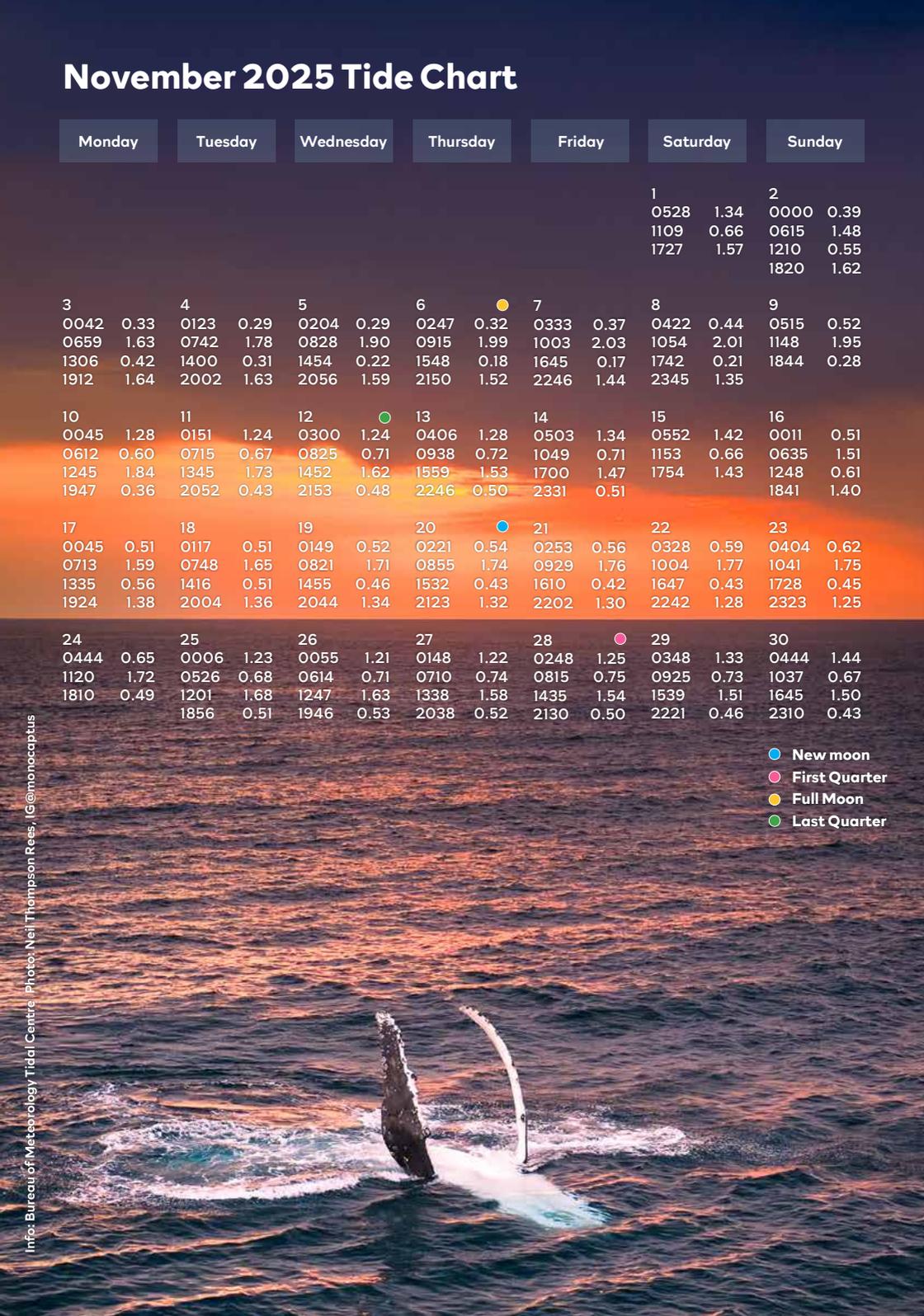
[liam@thetawnyfrogmouth.com.au](mailto:liam@thetawnyfrogmouth.com.au)  
 0414 556 038

## November 2025 Tide Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 0528 1.34 1109 0.66 1727 1.57	2 0000 0.39 0615 1.48 1210 0.55 1820 1.62
3 0042 0.33 0659 1.63 1306 0.42 1912 1.64	4 0123 0.29 0742 1.78 1400 0.31 2002 1.63	5 0204 0.29 0828 1.90 1454 0.22 2056 1.59	6 0247 0.32 0915 1.99 1548 0.18 2150 1.52	7 0333 0.37 1003 2.03 1645 0.17 2246 1.44	8 0422 0.44 1054 2.01 1742 0.21 2345 1.35	9 0515 0.52 1148 1.95 1844 0.28
10 0045 1.28 0612 0.60 1245 1.84 1947 0.36	11 0151 1.24 0715 0.67 1345 1.73 2052 0.43	12 0300 1.24 0825 0.71 1452 1.62 2153 0.48	13 0406 1.28 0938 0.72 1559 1.53 2246 0.50	14 0503 1.34 1049 0.71 1700 1.47 2331 0.51	15 0552 1.42 1153 0.66 1754 1.43	16 0011 0.51 0635 1.51 1248 0.61 1841 1.40
17 0045 0.51 0713 1.59 1335 0.56 1924 1.38	18 0117 0.51 0748 1.65 1416 0.51 2004 1.36	19 0149 0.52 0821 1.71 1455 0.46 2044 1.34	20 0221 0.54 0855 1.74 1532 0.43 2123 1.32	21 0253 0.56 0929 1.76 1610 0.42 2202 1.30	22 0328 0.59 1004 1.77 1647 0.43 2242 1.28	23 0404 0.62 1041 1.75 1728 0.45 2323 1.25
24 0444 0.65 1120 1.72 1810 0.49	25 0006 1.23 0526 0.68 1201 1.68 1856 0.51	26 0055 1.21 0614 0.71 1247 1.63 1946 0.53	27 0148 1.22 0710 0.74 1338 1.58 2038 0.52	28 0248 1.25 0815 0.75 1435 1.54 2130 0.50	29 0348 1.33 0925 0.73 1539 1.51 2221 0.46	30 0444 1.44 1037 0.67 1645 1.50 2310 0.43

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

Info: Bureau of Meteorology Tidal Centre. Photo: Neil Thompson Rees, IG @monocaptus



Surfing

## Gumby groms score GYG glory

Queenscliff Boardriders have won the GYG Junior Surftag in classic 3-4-foot waves at South Curly, the 50-minute final coming down to the wire with the Mighty Gumbies holding off archrivals North Narrabeen to win by 3.74 points.

Competitors ripped into a fresh south swell, clean overhead sets cooking down a pristine right bank, serving up a grommet buffet feast. Queenscliff's 15-year-old Hunter Sutcliffe was the star, posting a two-wave total of 18.83, earning the Creatures of Leisure Highest Score in the Final award. Hunter's older brother Barclay was the next best Gumby, scoring 14.74 with Jordi Bray posting 11.47, Connor McCoy 7.27 and Luke

Silver 2.43.

Queenscliff held the lead from the start but had some nervous moments in the back end of the final with North Narrabeen's Jesse Daish 12.74, Jaggar Phillips 15.43, Archie McKerrell 10.69 and Macka Hazard 5.81 all scoring well to almost grab victory in the final minutes of the decider.

Looking ahead, a crystal ball surplus to requirements to see how strong the Queenscliff Boardriders' future looks. This victorious "Under 18's" crew comprises Barclay, 17, while Hunter, Jordy, Connor and Luke are only 15 years of age! The Gumbies will be hard to beat for years to come.

Overall, Queenscliff now sit on top of the rankings after



Queenscliff victors

two events with North Steyne second, and Long Reef and North Narrabeen tied for third.

Visit [www.surftag.au](http://www.surftag.au) for all info and follow @surftagseries on socials

Words: **Wyatt Wash**

Photo: Bernadette Johnson (@bernadette2097)

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Light and bright rear expansion



Manly Village street front charm

## Home & Renovation

# Step inside the Ghost Gum House

A 1901 cottage in the heart of Manly re-imagined for a modern family of six.

In 2016, Steve and Emily Jones wisely snapped up their forever home at 13 Ashburner Street, nestled in one of Manly's most tightly held locations, with the Pacific Ocean a brief dalliance to the left, and Sydney Harbour a short waltz to the right. "I like to be able to see the Skiff Club from my front door," explains Steve. A comforting and inspirational view indeed, morning, noon and night.

Back in 2016, Steve, Emily and their four kids were living in Singapore, the land of high humidity and low tax, their forever Manly home temporarily occupied by transient party animals and shift workers, the Australian dream. "We're not too sure what the tenants got up to, safe to assume there were perhaps a few too many of them on site at any one time," laughs Steve. "All good. The plan was always to rebuild when we returned home, and it's been incredible to see our dream come to fruition over

the past two years."

That dream was to preserve the historic charm of the original cottage at the front of the house, while re-building and expanding the rear to create a more functional space, combining the best of indoor and outdoor living. To do so, they enlisted Adriano Pupilli Architects and Hammond Building.

"Adriano and Tim (Hammond Building Director) have been exceptional," says Steve. "The care and attention to detail, and innovative thinking to meet the challenge of renovating on such a narrow block has been outstanding."

The result? A stunning two-storey rear extension which emerges seamlessly from the original heritage house at the front, articulated by a central court and lightwell where old meets new. "The central courtyard provides a pause in the linear flow of the site," explains Adriano. "It also serves as an entry point when

returning from the beach, to wash off and enter the home, preserving the calm of the original front bedrooms."

The second storey form gradually rises up towards the north. "This shields the occupants from the gaze of neighbours to the east and west," says Adriano. "A double-height curtain glass wall and stair draws light deep into the floor plate." A laundry and mudroom are tucked beneath above enjoying a private leafy outlook into the court.

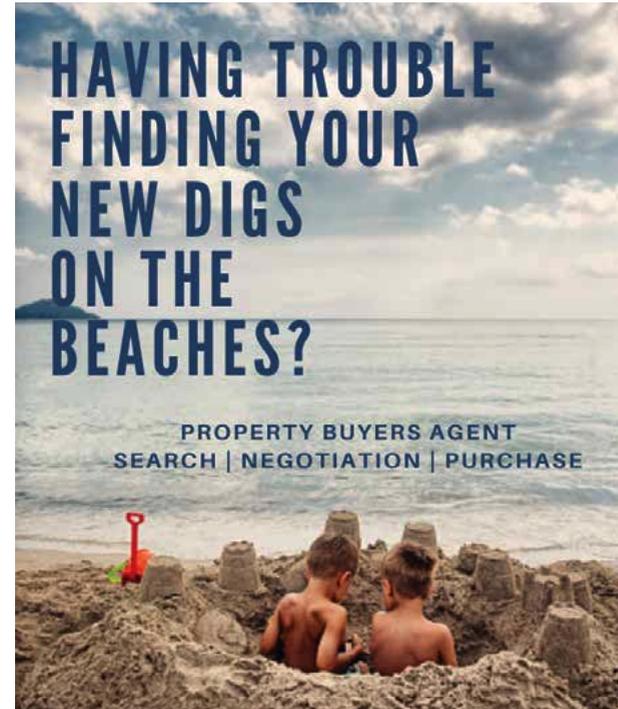
"A protective roof drapes over an upper-level master bedroom creating a cathedral-like volume and two storey void," continues Adriano. "The light filled living space below creates a place for a family of six to come together, with generous sliding doors allowing everyday life to spill out into the garden, the deck bookended by a BBQ, shed and a Ghost Gum."

Within the original roof form, an attic functions as a kids' hangout. Externally the tapered forms and grey timber cladding are recessive and preserve the heritage charm while creating a vibrant home for an active young family to thrive.

"Adriano and Tim have created a beautiful home for our family of six," beams Steve. "The design gives us a beautiful connection between the old and new parts of the house, perfect for our family's lifestyle. We are delighted."

Learn more about Adriano Pupilli Architects at [adrianopupilli.com.au](http://adrianopupilli.com.au) and Hammond Building at [hammondbuilding.com.au](http://hammondbuilding.com.au)

Words: **Liam Carroll**



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## Ghost Gum House A life lived outdoors

Architecture + interiors Adriano Pupilli Architects

Builder Hammond Building

From the client

"Adriano Pupilli Architects and Hammond Building have created a beautiful home for our family of six in Manly. We are delighted with the resulting light, well designed and built space with a beautiful connection between the old and new parts of the house, indoors and outdoors. They were a dream to work with! We highly recommend them."

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Adriano Pupilli Architects



Manly Wolves Under 20s Womens Premiers!

Sport / AFL

## Howl good!

### Reliving the Manly Warringah Wolves' best year ever

Rewind twenty years, The Manly Wolves fielded a total of two Men's sides, languishing down the bottom of Sydney's second tier AFL competition. Fast forward to the 2025 season, the Wolves run out four Men's senior teams, plus a Masters side, not one but two Under 19's Men's teams and five(!) Women's teams, inclusive of an Under 20's side, bringing the total tally of sides running onto the field in the maroon and white every week-end to twelve! Incredible.

Both first grade sides not only play in AFL Sydney's Premier Division, but both finished as minor premiers in 2025. The club boasted premiership winners in four different grades, as well as a couple of heart breaking Grand Final defeats in a couple of others...The Wolves have become a powerhouse of the Sydney AFL competition, having been crowned 2025 AFL Sydney's club of the year.

The long and the short of it is the Manly Wolves are flying, and so too is AFL on

the Northern Beaches, with record numbers being seen across the four junior clubs on the Beaches - Manly Bombers, Forest Lions, Narrabeen Tigers and Balgowlah Suns.

Thanks to local juniors and ex Manly Wolves, like Sam Wicks who is a regular feature in the Sydney Swans side and Jess Doyle who plays for the GWS Giants, a clear pathway has been forged from ovals like Weldon all the way to the SCG and MCG for young boys and girls on the Beaches daring to dream big.

But back to 2025, far and away the most successful for the club in the 56 seasons that preceded it starting way back in 1969. Although falling agonisingly short of the ultimate goal in both Men and Women's Premier Division, the club takes great pride in the fact that 9 out of 12 sides made finals, contested Grand Finals in 6 of them and got the chocolates in 4.

Whilst the Men's sides have tasted plenty of success over the journey, highlighted by



The Razz! Premiership hero swansong

four 1st grade Premierships in a row, including two of them when first promoted to Sydney's Premier Division in 2013, the Women's program is the one that has exploded over the last decade, with young girls and ladies flocking to the sport now that AFLW has become a mainstream sport. The Wolves fielded a side in every division of the women's competitions in the Sydney AFL in 2025.

So, as we farewell season 2025, the Wolves are setting the bar high and striving to make 2026 even more successful than the season just gone. Preseason training will recommence in November at various locations around the Beaches, due to ground availability in summer like Curl Curl and Manly Vale.

Keen to join the Northern Beaches' only senior AFL club? More players, coaches, and sponsors, ALL WELCOME! Email [info@manlywolves.com](mailto:info@manlywolves.com) and follow [@manlywolvesafl](https://www.instagram.com/manlywolvesafl) on socials for all updates [#jointhehunt](https://www.instagram.com/manlywolvesafl)

Words: **Angus Buncle**

Angus studied Sports Journalism at the University of Georgia in Athens Georgia.

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Noah's arc: Let yourself feel the grief, it's the only way forward

The Love Scout

## The grief you can't see

### Mourning the future that will never be

Noah sits across from me in early January, staring at his hands. For fifteen years, he and his wife packed up their three kids and headed to Forster for the annual family holiday - sandcastles, fish and chips on the beach, ice-cream, and extended family chaos - the kind of memories that stitch a life together. They separated six months ago. This year, he wasn't invited. "I don't know what I'm feeling," he says quietly. "I just feel... numb."

What Noah is experiencing, though he can't name it yet, is grief. Not just for the marriage that ended, but for all the futures that will never arrive. There won't be any more family Forsters, or Christmases or birthday parties. His entire imagined future - the one where they grow old together, where grandkids eventually join the Forster trip, is fading away like footprints in the tide. Psychotherapist Francis Weller calls this the fourth gate of grief: the things we expected that did not come to be. And if you've been through a breakup

or divorce, you know this gate intimately.

#### The Invisible Losses

When a relationship ends, we grieve the tangible things - the shared home, the daily routines, the person beside us. But the weight that truly crushes us? It's often the intangible losses. Those future holidays and memories, seeing your kids have kids, celebrating all of life's milestones together. The life you were building, brick by brick, the life you had invested so heavily in, suddenly gone. These invisible losses are the heaviest because they live entirely in your heart. No one else can see them. You grieve them alone, often while the world expects you to "move on."

#### The Fantasy We Built

The deep pain of gate four is the double loss - we lose what we had, and what we believed we would have. We all enter relationships with fantasies about how it will be, and almost no one imagines

the end. We dream of decades together - quiet mornings, inside jokes that deepen, sex that evolves, becoming the old couple holding hands at the café. When the relationship ends, we're not just grieving a person. We're grieving the entire world we built around them. That future felt real. It had weight. It had a thousand tiny details. Letting go of that dream is excruciating.

#### The Cost of Not Grieving

When we don't allow ourselves to grieve, we carry it around like a dark cloud. It mutes, flattens, and depresses our spirit. We struggle to feel. The only way to escape it is to move through it. Though painful, to remain tethered to a future that no longer exists, makes it impossible to fully inhabit the life you have. Cry deeply for your imagined future that won't come to be. This isn't wallowing, it's honoring what mattered to you. The Buddha says that suffering arises from our attachment to how things should be. Only when we release our grip on the imagined future can we open our hearts and hands to re-experience joy and the richness of life.

If you're sitting where Noah sat, numb and disoriented, know this: what you're feeling is grief. Let yourself feel it. All of it. There is support if you need it. It's the only way forward to reclaiming your life.

Words: **Scout Smith-O'Leary**, The Love Scout.

Scout offers relationship counselling for couples, individuals, and families in Manly, Narrabeen & online.

Visit [www.thelovescout.com](http://www.thelovescout.com) or call **0481 531 555** to book a session.

Image: Ben White, Unsplash

## LENNOX HEAD HOUSE SWAP



G'day Tawnies!

I'm Geoff, originally from the Beaches and now living in Lennox Head in the beautiful Northern Rivers.

We have a lovely 3 bedroom home with a heated swimming pool, and are looking to see if there's any interest in a family doing a house swap in the Manly/ Freshwater area for a week over the Christmas period (approx 23rd/24th Dec for a week).

We're a flat 800m walk to the beach, and under 30 minutes drive to Byron Bay. Dates are flexible.

Please contact to discuss at email: [lennox.house.swap.2025@gmail.com](mailto:lennox.house.swap.2025@gmail.com)

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Baby Southern Leaf-tailed Gecko

### Mal's Wild Side

## A night on the reptiles

When I first saw an odd creature clinging to the wall outside my Northern Beaches home I was baffled. Did it really have two heads or was my brand of "turps" getting way too strong?

Turns out it was a beautiful Southern Leaf-tailed Gecko, native to the Sydney Basin and one of our local wildlife treasures (and yes, its melon can be easily confused for its tail). Since then, I've discovered this new hatchlings in my garage every year - which I gently relocate outside. Who needs to spend gazillions on toxic pest control when you have a team of cockroach munchers doing the job for free?

This gecko (one of around 2,000 species worldwide) is named after its peculiar leaf shaped tail which can be dropped off (still wriggling) to distract potential predators. Geckos store nutrients in their tails, so losing them is a last resort - though they will grow back.

Unlike most lizards, geckos make a range of different

noises to communicate. I know of one elderly Queensland resident who searched her house day and night, trying to find an elusive gecko "chirping" away annoyingly. She eventually tracked the "culprit" down. It was her smoke alarm running low on batteries! Our Leaf-tailed gecko might make a brief squeal, if you tried to pick one up, otherwise they are normally mute.

Geckos hunt at night by being still and stealth-like, allowing their prey to come to them. They will then move with incredible speed to catch and devour spiders, insects or worms.

All geckos have specially adapted feet which helps them stick to virtually anything. The only surface they can't attach to is dry Teflon! The secret to this amazing ability

is the minute hairs on their toes called setae. There are 6.5 million of these on a single reptile which generate enough comparative force to support the weight of two humans!

The Leaf-tailed gecko, much like a chameleon, is a master of camouflage. It adapts its colour to the rocks it clutches on to. This is done through light-sensitive proteins in their skin, not by sight. Their copper hued eyes are striking though, with a fixed lens that enlarges in darkness.

They don't have eyelids and can't blink, so they have to lick them clean instead. These eyes are 350 times more sensitive to light than their human equivalent, allowing them to see in colour at night. Many geckos are parthenogenic - which means they don't even need a male to reproduce - and they can be pregnant for years before laying their eggs.

Curiously these little creatures have a striking resemblance to some politicians. If you shine a torch into one of their ears, the light passes right through to the other side! Their wild survival in our suburbs is a remarkable thing but they still fall easy prey to marauding cats. So please, keep your moggy in at night.

#### Footnote:

The Asian House Gecko was introduced accidentally into Darwin in the 1960s. Since then, its numbers have exploded to many millions, and it has now spread down to Coffs Harbour displacing native geckos in the process. So far it hasn't reached Sydney but unfortunately it is heading our way.

Words: **Mal Fisher**



Foreshore Fishing Tours, quality Flathead

### Fishing

## What's biting, Clint?

And just like that we're off and running.

With the water warming up across our oceans, harbours, and estuaries, the baitfish are fizzing. And where there's bait, the predators aren't far behind. Right now, they're turning up in solid numbers throughout our waterways.

**Kingfish** in the 65-75 cm range are active and accessible across both the Harbour and Pittwater. If they're not on the chew straight away, don't hang around. Keep moving until you find them. As always, premium baits are a must. For those chasing bigger models up to a metre, the inshore reefs are preferable. Tighten those drags and double-check your knots - no mistakes fishing.

**Flathead** have shaken off their cooler water slumber and are feeding well. If you're after a feed, work the drop-offs with Nippers, Beach Worms, or Mullet. But if it's that trophy fish you're chasing, head up onto the flats and throw oversized surface or subsurface lures. They'll be up there for the next month or so, making now the perfect time to target them.

As the water continues to warm up, expect **Whiting** to start making their presence known again, always a welcome addition to the catch list. And let's not forget the **Snapper**. They're still hanging around the inshore reefs. For the bigger models, drift along the reef edges with soft plastics. If you're after a few for the table, set up a burley trail and fish as light as you dare.

Words: **Clint Harwood IG @aussiecavemanclint**

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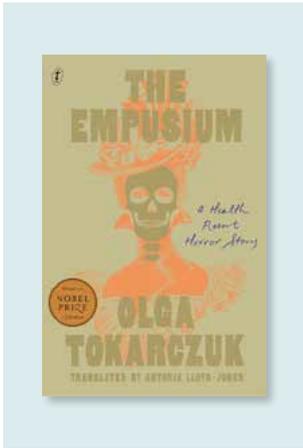


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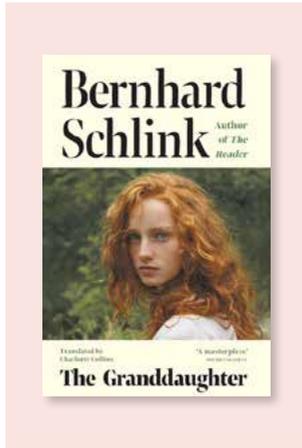
Piria Coleman

Northern Beaches

[piriacoleman.com.au](http://piriacoleman.com.au)



Interesting Polish, German and Italian translated stories right here.



Paige Turner Reviews

# Lost and found in translation

**The Empusium** is by Polish writer **Olga Tokarczuk**, a Nobel Prize winner who is said to be one of literature's boldest, most inventive writers. But unlike some of her other work, this book left me feeling like I was having a long stay in a sanatorium where the only cure was to stop reading.

At its simplest it's about a group of men in a remote mountain sanatorium, trading ideas as the world outside grows darker. However, the writing felt flat, the dialogue wooden and I lost interest in these men. I think the book's linguistic spark somehow got lost in translation.

If you're new to Tokarczuk, don't start here – you deserve to meet her at her best, try the hypnotic, layered storytelling of *Flights* or the dark wit of *Drive Your Plow Over the Bones of the Dead*.

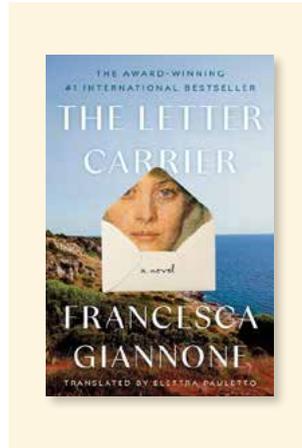
**The Granddaughter** by **Bernhard Schlink** had me enthralled from the first page. It's about a 70-year-old man, Kaspar, who is bereft after his

complicated wife dies. Going through his wife's papers he learns of a baby daughter she'd left in East Germany when she moved to West Germany to be with Kaspar. He is determined to find his stepdaughter and in doing so also finds his step-granddaughter who is growing up in a far-right extremist community.

What makes this book so moving is its tenderness. It doesn't pretend that bridging divides is easy, or even always possible, but it suggests that trying—showing up, suspending judgment, listening, persisting—has its own kind of grace. It's a beautiful exploration of love, loss and reconciliation written in a beautifully spare style.

As a lover of all things Italian, I devoured **The Letter Carrier** by **Francesca Giannone** with the same relish and speed as I devour a freshly made sfogliatella.

Set in southern Italy in the 1930s it follows Anna, a northern Italian, who becomes Salento's first female post-



woman. It may be an international best seller but I'd never heard of it or its author so it was a delight to appreciate Giannone's keen eye for the textures of village existence: gossip as currency, grudges inherited across generations, and the uneasy mixture of hospitality and hostility that greets an interloper.

It is historical fiction that does its best work not in its writing of fascist Italy, but in the smaller, highly charged spaces of domestic life. It's a book about belonging, courage, loyalty and caring. If you've enjoyed the sense of place and character in Elena Ferrante's books, and like your historical fiction with a touch of gentleness and hope then **The Letter Carrier** is for you. You learn a lot about wine making reading this book too. Reading it while sipping a glass of Nero D'Avola is recommended.

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

Words: **Paige Turner**

Art & Culture

# Views from a bench...

... of a Monster in the Bush

This November, you're invited to **Lisette Coates'** solo show, "**Views from a Bench**", taking place at Manly Library's Creative Space on level 1, with the official opening on Saturday 8 November, 2-3pm. Views from a Bench will showcase Lisette's vibrant creations, defined by simplicity and bold colours.

Originally from Vancouver, Canada, Lisette has called the Northern Beaches home for the past quarter of a century. "My art is inspired by the joy of the little things in everyday moments," says Lisette. "By nature, and the environment around us, which is especially on show here on the Northern Beaches."

The exhibition will also feature the release of Lisette's new children's picture book, "A Monster in the Bush", with an author's talk on 7 December, 11:30-12:30pm.

"The book features Nature Nettie, my alter ego," says Lisette. "She is green and blue, a nature superhero. And she is joined by Enviro Ted, Nettie's sidekick, based on the small teddy I had as a child." Together, Nature Nettie and Enviro Ted are quick to help out whenever needed.

"The book teaches kids aged 3 to 6 years of age that littering the bush is not a good way to care for the environment," says Lisette. "The reading will



be followed by an activity for the children to make their own litter monster."

See more of Lisette's art at [lisettecoates.com](http://lisettecoates.com), follow @lisette\_coates on socials and see you at Manly Library's Creative Space.

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PHOTO OF THE MONTH



**Subject** Full Rainbow Circle at Scotland Island  
**Photographer** Ross Hardy



**Subject** A North Head Tooheys hatchling  
**Photographer** Jens Ward



**Subject** Freshie's Flynn O'Connor's SurfTag flair  
**Photog** Bernadette Johnson IG bernadette2097



**Subject** Wattlebird, Kingfisher and Osprey all together at Longy  
**Photographer** Ross Smiles



**Subject** Diving into a Curly summer  
**Photographer** Sarah Doney



**Subject** How you going buddy?  
**Photographer** Amanda Sala IG sala\_amanda



**Subject** Dee Why rockpools  
**Photographer** Murray Stroud



**Subject** Stony Range Spring Celebrations  
**Photographer** Margo Lucas



**Subject** Of Tide and Time at North Curl Curl  
**Photographer** Charmaine Mills



**Subject** Stealth  
**Photographer:** Bel

RAZZLE DAZZLE  
**Trivia**

- Which iconic Manly night spot sadly was recently forced to close down after 38 years?
- During daylight savings, what times do the gates close to North Head National Park? 8:30pm or 10pm?
- In which Northern Beaches suburb is there a mega Bunnings currently being built?
- Which Northern Beaches golf club is split by Kentwell Road?
- In which Northern Beaches suburb would you find Wyadra, Wyuna, and Wyndora Avenues all running parallel with each other?
- Which bread ingredient causes it to rise?
- When someone is rolling two dice and it comes up with two 1's, Wwhat is that commonly called?
- In the US, how many cents are there in a dime?
- In Seinfeld, what was Jerry's occupation?
- The letters "Fear Fig" can be rearranged to make which animal?
- What is the common name for Iron Oxide corrosion?
- Which bank has a Lion featured in its logo?
- What is the star sign for someone born on Christmas?
- The biggest Lego store in the world is located in Sydney. Where is it? Broadway, Pitt St, or Westfield's Chatswood?
- What was the second stroke introduced after Freestyle to the Olympics?
- There are two one syllable words ending in X which mean to curse with bad luck. One of those words is Jinx. What is the other?
- Lexus is a division of what automobile company?
- The award annually given to the wettest town in Australia is "The Golden WHAT?"
- Which country in the world has the largest Muslim population?
- Which Wallaby holds the record for most tests as Captain? George Gregan, John Eales, or Michael Hooper?

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**Sudoku** Medium difficulty

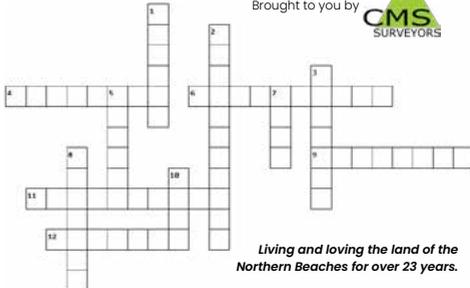
4					3		5	9
8			6				3	
			9		2			
		5		7	9		3	
		9			4			
7	4	5			8			
		6		8				
	4				6			7
1	3		9					6

**RUMOUR HAS IT**

A new underground bar could be imminent at one of Manly's most iconic locations.

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**Across**

- Where you cook snags outside (8)
- Iconic Manly amusement park saying goodbye (10)
- Local mental health support organisation, running a surf camp this month (8)
- Sport where spiking is encouraged (10)
- Souvenir of SPF forgetfulness (7)

**Down**

- The season that smells like sunscreen (6)
- Ice cream dish with a banana in the middle (11)
- Eye protection for getting your laps in (7)
- Morning bevvy best served before emails (6)
- You'll need an umbrella for this (4)
- Sea creature with a shell, like a snail or oyster (7)
- It's always darkest before the...(4)

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## Star Signs

by Krystal Bawl

### Scorpio Oct 24 - Nov 22

The cosmos has humungous plans for you this year and you're so ready to take them on. Do it baby and go big!

### Sagittarius Nov 23 - Dec 21

You're ruled by the moon, besotted by the sun, with luck on your side. The BOM's predicting sunshine all month.

### Capricorn Dec 22 - Jan 20

Adventure calls. Try a new blend, a new pastry, a new pun for your chalkboard. The Beaches loves a risk-taker.

### Aquarius Jan 21 - Feb 19

Prepare to be on the nose this month, with all the pounding surf you chase you'll also be wreaking of seaweed.

### Pisces Feb 20 - Mar 20

Eating all that kale, broccolini and spinach has you looking trim, taut and veggie good indeed. We're green with envy.

### Aries Mar 21 - Apr 19

Your charisma is steaming hot. Best cool it for the planet's sake and to keep the friends you haven't fried yet.

### Taurus Apr 20 - May 21

Your solar love groove is powering day and night. Could be time to unplug and take it slow if you want to survive.

### Gemini May 22 - Jun 21

Your planetary ruler has gone AWOL. It's time to do what you want. Go on, this time may never come again.

### Cancer Jun 22 - Jul 22

Your intuition about matters of the heart is at peak levels. Go with it and either enjoy or get your face slapped, maybe both.

### Leo Jul 23 - Aug 22

Attentive affection wins this month. Show how much you care for a change and get ready for some summer loving.

### Virgo Aug 23 - Sep 23

Nothing succeeds like success and you're on a roll right now. About time too after what you've been through. Congrats.

### Libra Sep 24 - Oct 23

Your early-morning grind sets the tone for the entire neighbourhood. Be sure to nap later for a balanced life of perkiness.



**THIS BEER HELPS CLEAN THE HARBOUR!**



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**Trivia Answers**

- The Boat Shed
- 8:30pm
- Frenchs Forest
- Warringah Golf Course
- Freshwater
- Yeast
- Snake Eyes
- Comedian
- Giraffe
- Rust
- ING
- Capricorn
- PittSt
- Backstroke
- Hex
- Toyota
- Gumboot
- Indonesia
- Michael Hooper

**Crossword Answers**

**DOWN:** 1. Summer 2. Bandasplit 3. Goggles

**ACROSS:** 4. Barbeque 6. Waterworks 9. Lifeline 11. Volleyball 12. Sunburn

**Sudoku Solution**

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

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