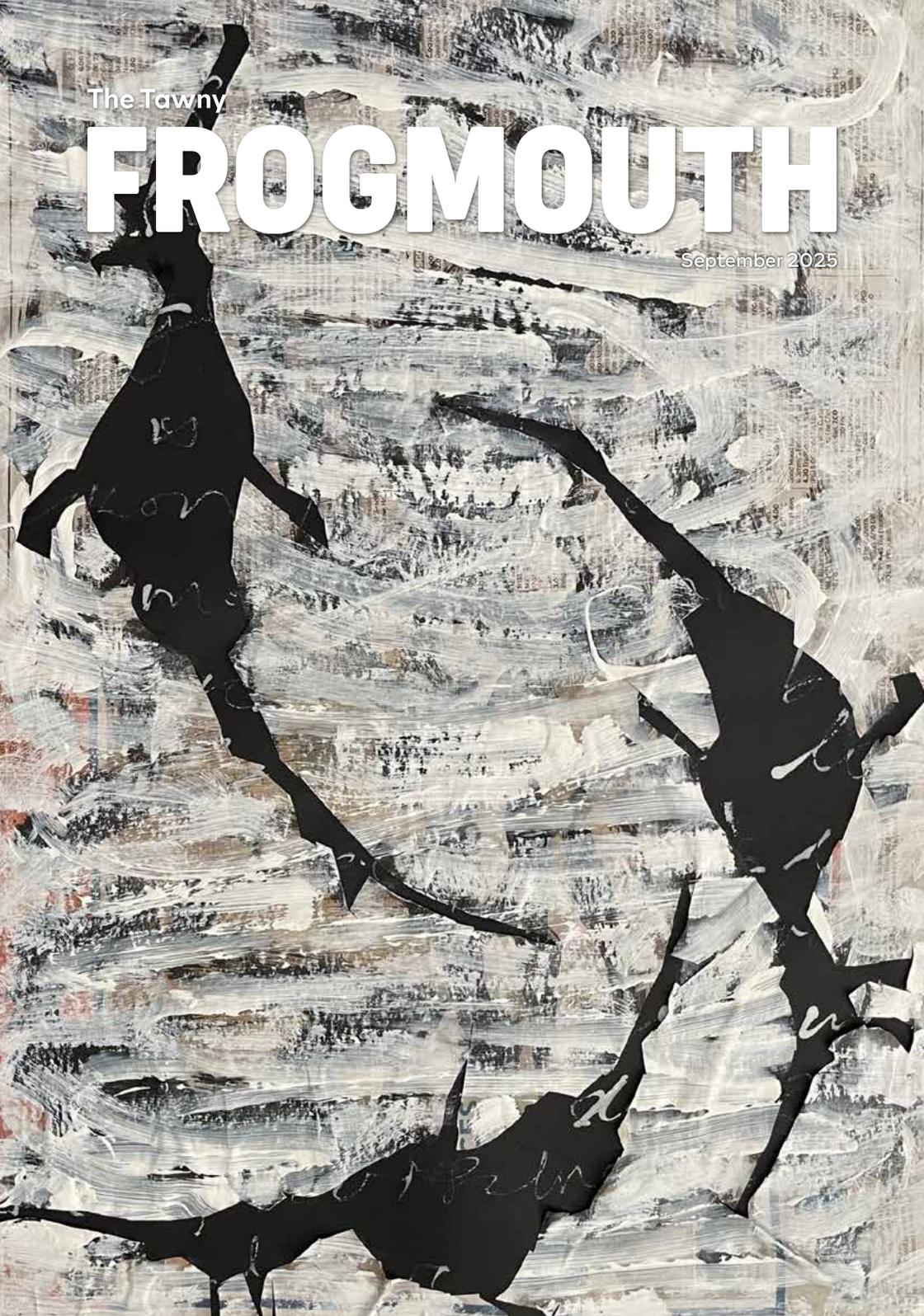


The Tawny

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# Pool colour trends 2025



▲ Pool painted by Gerald Verhagen in LUXAPOOL Epoxy Lagoon colour

As we reach the summer of 2025, homeowners are dreaming of their outdoors with fresh pool colours that reflect contemporary design trends and the calming effect of soothing colour palettes. This season's palette draws inspiration from coastal colours and the wellness lifestyle that is becoming central to Australian living.

## Lagoon

LUXAPOOL® Epoxy in Lagoon colour, a luminous aqua, captures the essence of tropical waters. This colour aligns with the biophilic design movement that emphasises our connection with nature. Lagoon offers tropical tranquillity and mirrors a coastal lifestyle.



▲ Pool painted in LUXAPOOL Epoxy Serenity

Blues like LUXAPOOL® Lagoon have been shown to reduce stress and promote relaxation. In an era where wellbeing is paramount, this colour choice transforms your pool into a therapeutic retreat.

## Serenity

LUXAPOOL® Epoxy in Serenity colour, a sophisticated light grey, represents a growing trend toward neutral palettes in Australian home design. Serenity works seamlessly with modern Australian architectural style.

The impact of grey is associated with balance, stability and calm. For homeowners seeking a pool that feels more like a natural water feature than a traditional swimming pool, LUXAPOOL® Epoxy in Serenity colour, offers understated elegance. This colour particularly appeals to those following the 'quiet luxury' trend, where sophistication lies in restraint rather than boldness.

▲ Pool painted by Gerald Verhagen in LUXAPOOL Epoxy Lagoon colour

Dive into a pool that embodies Australia's iconic reef waters

## Whitsunday

LUXAPOOL® Epoxy in Whitsunday colour, embodies Australia's iconic reef waters. This colour taps into the growing coastal aesthetic that celebrates relaxed, beachside living. The blue-green combination offers the calming properties of blue with the refreshing qualities of green. Whitsunday complements sustainably designed homes featuring natural materials like timber and stone.



▲ Pool painted in LUXAPOOL Epoxy Whitsunday

## Tahitian

LUXAPOOL® Epoxy in Tahitian, a striking blue-purple appeals to homeowners who aren't afraid to make a statement. The purple undertones add depth and luxury, aligning with the maximalist design trend that's gaining momentum as a counterpoint to minimalism. Purple has long been associated with creativity and luxury, making Tahitian perfect for those who view their pool as an artistic centrepiece. This colour works



▲ Pool painted in LUXAPOOL Epoxy Tahitian

particularly well with Mediterranean and resort-style architecture, creating an exotic escape in your own backyard.

### Choosing a pool paint colour

Consider using painted boards that can be placed underwater for visual assessment when choosing a pool colour. After your pool has been filled with water the colour of your pool will be dependent on the time of day, whether it's sunny or overcast, the surrounding landscaping, shadows and even pool chemistry. Painted submersible boards in the entire LUXAPOOL® Epoxy colour range, are available through the Colormaker shop. If you would like to know more, then visit the NEWS page on the LUXAPOOL® website for a range of articles that can assist you to choose pool colours confidently, along with other tips for success.



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## We Did It!

### My Northern Beaches Hospital Deed Termination Bill is Now Law

After passing both Houses of NSW Parliament, my bill to **help bring our Northern Beaches Hospital back into public hands** is now law.

We all deserve a hospital that puts **patient care over profits**. Thank you to everyone who stepped up and made your voices heard.

Thank you to the parliamentarians who supported my bill, with a special mention to **Jacqui Scruby, Dr Sophie Scamps & Zali Steggall**, who have been working closely with me on this issue.

Thank you to the staff, clinicians and nurses who have helped advocate for a better system for everyone.



For next steps and key updates, be sure to **follow my social media** and sign up for my **e-newsletter** via my website [www.michaelreganmp.com](http://www.michaelreganmp.com)



Authorised by Michael Regan MP. Funded using parliamentary entitlements.

# G'day Beaches

Welcome to spring! Time to put the brollies away, leave the winter drenchings behind, and embrace the wonder of mating season.

Thank you Frankie Morgan, our September cover artist depicting the Weedy Sea Dragons she loves so dearly, almost as much as she loves Brookvale! Trish Murray wins Letter of the Month with flattery and fine fridge dispalys. And Wild Man Mal Fisher, Photo of the Month, \$200 to splash at the Mona, again!

Dr Sophie Scamps MP wants to make E-bikes safe for all. Meet your councillor, Rowie Dillon. Freshie's Tommy Bombie Myers is in the running for Global Big Wave Glory. And fishing frother Clint is stoked with all the groms throwing out a line.

We meet the locals striving for peace in Gaza. Manly's Desire Books sets the stage for a hotbed of theatre. Warriewood's Be Centre provides the top 5 parenting tips. Paige Turner leafs down memoir lane. Michael West notes the Trump exodus in US travel. And Night at the Barracks is ready to rock out. All this and lots more. Happy Father's Day!

*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.

## Your voice matters

As your Independent Federal Member for Warringah, I'm committed to representing our community.

Please take this quick survey to help me understand what's important to you.



Please share your thoughts in the survey



**Zali Steggall** OAM MP  
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## Peninsula Wash Up

### How much for the name?

The Balgowlah Heights home of silky greens, ice-cold schoories, mouth-watering food, and community good vibes, **The Bally**, has found itself in a rather bizarre David and Goliath legal predicament. Late last year, the Bally's Tony Wagener had the presence of mind to invest strategically in intellectual property, placing a trademark on "The Bally". Well played, Tony, as the US gaming giant, Bally Corp, set to take over Star Entertainment Group in what would presumably be a sizable dollar sum deal, now has to factor in what indeed to do in the tussle for "Bally" Australian naming rights supremacy. Shall they bowl it out on the greens for naming rights, Crackerjack style? More to come as this battle of the titans plays out.

### Jack's Aloha spirit lives on

Over the past twelve months, Jack McCoy had been busy working behind the scenes to create the '**Jack McCoy Australian Surf Film Fest**' as his legacy piece for the global surf community. The inaugural festival takes place in Sydney, the birthplace of Australian surfing, 11 - 14 September, and will then expand nationally and internationally in 2026. As always with McCoy, this will not be just another surf film festival. His aim for the festival was for it to become the most prestigious surf film festival in the world with a pretty simple strategy - showcase the **GREATEST SURF FILMS OF ALL TIME!** The curated line up honours each era of surf film making - from the founding fathers, right through to modern day classics. The festival will also feature a tribute to McCoy, as well as a special Hall of Fame induction ceremony paying homage to the greats of the industry. Follow [@jackmccoyaloha](https://twitter.com/jackmccoyaloha) for all updates and visit [www.jackmccoy.com](http://www.jackmccoy.com) for further information and to purchase tickets.

### Stony Range Spring Festival

You're invited on Sunday 14 September to the hidden oasis in the heart of Dee Why, **Stony Range Regional Botanic Garden**. Celebrate spring, raise awareness of the diversity and importance of native plants, and have a bit of fun! Entry is free. All welcome. 10am-3pm enjoy the magnificent volunteer-run native nursery and garden, live music, native plant sales and giveaways, raffle prizes, kids' activities like face painting, craft tables, 'Blinky Bill' quiz/hunts and



"The Bally" Bowlo, Sydney's prize asset

grow 'magic bean' plants, Aboriginal artifacts and bush food display, native bee display, frogs tadpoles, coffees, teas, bickies, sausage sizzles, and the North Rocks 'Honey man' selling local honey.

### Zonta Club's 50th Anniversary

To mark a half century of service to women and girls, the **Northern Beaches' Zonta Club** is holding a commemorative birthday dinner, **15 September at Dee Why RSL**. A long-time supporter of women's refuges, the Zonta Club provides practical support to women and children fleeing domestic and family violence, as well as producing hundreds of breast cushions for women having surgery, and thousands of birthing kits to enable sanitary birthing in developing countries. The birthday dinner will feature guest speaker Anita Jacoby, award winning journalist and women's advocate, and be a night of celebration, history telling and student award presentations. Book now at [humanitix.com/au](http://humanitix.com/au) and search 'Zonta'

### Community Heroes' 95th Anniversary

**The Manly Hospital Auxiliary** has been a strong, community minded group of volunteers for 95 years! Coming together originally to raise funds for the old Manly Hospital, and now for the Adolescent & Young Adult Hospice (AYAH), its members, after MANY years of service, are coming together for their 95th Anniversary, having recently been awarded a Certificate of Merit for funds raised. Congratulations Shirley Mashman, Caroline Finlay, Judith Lovell, and everyone involved. Please support the Auxiliary at their next fund-raising stall, **6 September at Bunnings Belrose**. If you'd like to join, and add real value to the Northern Beaches community, please contact Shirley on **0418 166 130**

Words: **Liam Carroll**

## My team and I are here to help

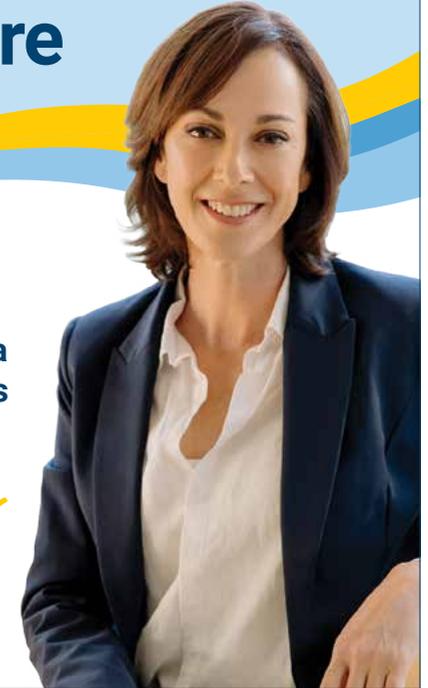
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## Letters to The Tawny

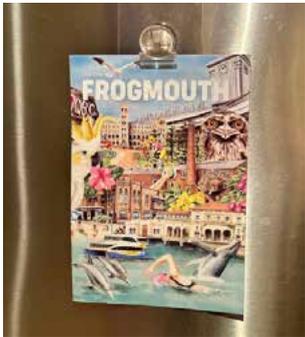
### LETTER OF THE MONTH

#### Just wow!

Congratulations on your 50th edition of Tawny Frogmouth in July. It's a great local mag and I always enjoy the content. The July cover even outlived the content, as once read, I cut out the front cover, and it's been hanging on our fridge. It's so beautiful.

Finally, I got curious enough to find another copy of the mag to research who created this beautiful artwork to congratulate them. So, Quyen, aka Mrs Frogmouth, thank you for your design cover showcasing the best of Manly in one image. It is stunning and so cleverly connected together.

Thank you and congratulations again to you all. Keep up the great work. Warmest,  
**Trish Murray**



#### We deserve better

Dear Tawny, correct me if I'm wrong, but I haven't seen any letters on Australia's complicity in the ongoing human rights violations in Gaza in your otherwise excellent publication. The Northern Beaches' media

is generally very biased to the right, so progressive reporting is thin on the ground. This is a disservice to the community.

There was a separate Northern Beaches publication which gave a very biased account of the evening of 17 June when Cr Ethan Hrnjak's motion was raised at the monthly Northern Beaches council meeting. Amongst other things, he called on Council to avoid doing business with companies complicit in human rights violations in Gaza – in other words, to boycott and divest.

So, to set the record straight, I'd like to point out there was enormous support for this motion in the community. There was a rally outside Council chambers before the meeting, and the gallery was packed to capacity. Six constituents made excellent speeches for the motion explaining its importance, why the local and global are intrinsically linked, and why action locally can really make a difference.

We live in a globalised world. What we do affects things globally. What happens globally affects us in return. If we sell arms to a group that is committing war crimes, people die. If our young people buy drugs that arrive from overseas, people die. If we buy products from companies using slave labour, this human rights abuse continues, and so on.

Boycotts are a tool we can easily employ locally to ensure we maintain ethical values and set an example. They work because they send an important message to governments and companies about said values. They work because they remove real, tangible, financial support to those perpetrating violence and oppression.

I have been an active member of the Manly Amnesty Inter-

national Group for 25 years. No other issue has brought us so many new members and engendered as much horror and despair as what is currently happening in Gaza. Our local MPS are flooded with letters on this issue, imploring them to push for sanctions and embargos. People have signed petitions, protested, written letters – all seemingly to no avail. A move by NBC would be a positive outcome to communicate to our Community on the Northern Beaches.

I have met 100s of local people since the mass slaughter began in Gaza who say they are deeply depressed, feel hopeless and don't know what to tell their children. I have two sons who are deeply affected by it, and the seeming indifference of our local leaders. This issue that affects everyone in the community who has empathy and a sense of justice.

The motion did not pass, with councillors who abstained or voted against claiming a lack of knowledge. Would we accept the council voting against pot-hole, E-bike and dogs-off-leash motions because they were just too ill-informed? We deserve better from our councillors and our local media.

**Dr. Caroline Yarnell, Manly Vale**

#### North Steyne waterworks

G'day Tawny, I'd just like to say a big thank you to Council and related services personnel for recently removing almost 70 tonnes of material from the stormwater pipes in one of the most flood prone zones on the Beaches - the Bermuda Triangle from Boy Charlton Pool north to Harris Farm and east all the way through to Salty Rooster

Almost 70 tonnes, you read that correctly, equivalent roughly to 1,000 kegs of beer. This work, completed over 12



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six-hour shifts, has greatly improved stormwater conveyance and reduced the risk of local flooding, so I hope a regular schedule of such work can continue to avoid such build-up of materials again in the future.

Further to this, and something that would greatly lower the risk of flood damage to residents, is the need for far better signage or communications methods so that as soon as waters do rise in this notorious North Steyne Bermuda Triangle, motorists don't speed through the water, sending waves through the streets and unleashing havoc on homes. Quick action as soon as heavy rains fall is key to address this, so I hope more can be done on that front. It will be greatly appreciated.

And it may be pushing the friendship too far, asking for too much, but how about a set of traffic lights rather than a roundabout where Balgowlah Road meets Pittwater Road? This would have tremendous upside to general safety, that roundabout is a shocker anyhow, but were pouring rains to cause rapid rising Bermuda Triangle flood waters, you could just block the road with a red light, bingo. Snorkels out, everyone's happy.

**Moderately concerned Manly resident**

#### Feedback

Dear Sir, I enjoy reading your publication and, by and large, feel that you have managed to get a reasonable balance on matters that affect and/or interest NB residents. I am however somewhat frustrated by the seeming total lack of fact checking when it comes to letters on Climate Change.

If we take the last edition, we have a letter from Mark (Robbo) Roberts in which he basically

attempts to dismiss the need to meet climate change goals. Everyone is entitled to their opinion, but I feel that you as an editor with quite a wide distribution have the responsibility to do some basic fact checking before you publish.

He is stating that 2024 was matched by the global temperature in 1880, this is nonsense as any quick referral to UN Data and WMO will confirm. He is stating that Germany is back tracking and moving back to nuclear energy. It is not. The new government did revisit this in early 2025 but dismissed it as being uneconomic.

He is stating that Sweden is abandoning its net zero goals... it is not. It is enshrined in its law and is one of the stronger European performers. He is stating that Germany has abandoned its environmental goals, it has not, it is still enshrined in law. He is citing Putin and Trump as apparently examples we should be following...I leave that to your own judgement.

In summary the letter is just a litany of erroneous and deliberately misleading statements and claims. I could go on, but I think you will get my point. I am not saying that you need to become a climate scientist or that when publishing letters you need to verify all the claims clearly this is unreasonable. What I am saying is that this is an important subject, your publication is influential, it takes minutes to check the key issues raised in such a letter whether you are for or against and if upon checking you find that it is not factually correct, but in fact misleading, then in my opinion you should not publish.

I am retired now but my background was in insurance and re-insurance, and this is a cold cynical business that is data driven and apolitical. If

you ask anyone senior in this industry if climate change is real or imagined you will get the same universal answer. This is reflected particularly in re-insurance rates and the increasing reductions in scope of coverage which will see large percentages of Australian homes and businesses unable to obtain coverage in the coming decades. The claims for extreme weather damage for Australian insurance companies for first 6 months of this year alone was \$1.4 Billion. Regards, **Andrew Westwood**

#### Building ethics

I'd like to share a different perspective on the unauthorised development of a residential home in Newport, currently the subject of a Building Information Certificate (BIC) and retrospective DA.

Let's imagine this situation was part of a discussion around your family dinner table or a school ethics class. How would you explain it to your children?

The Scenario (as told to kids): A builder is given permission to renovate a home; They break the rules - knocking down more than allowed, building extra walls, making it bigger than approved; Council says: "Stop building - you're not following the rules"; Builder says: "Sorry! It's done now. Can I just keep it anyway?"

Now Council has to decide: Do they make the builder fix it, or do they approve it after the fact?

The ethical questions you'd ask your kids: Is it fair to everyone else who followed the rules? What happens when people break the rules and still get what they want?

If there are no real consequences, why would anyone follow the rules in the future? Would you be okay if your

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neighbour did the same and got away with it?

What would you teach your children is the right outcome? You wouldn't tell your children: "If you break the rules, just say sorry and ask to keep what you got." You'd teach them: "Doing the wrong thing has consequences - and it's not fair to reward rule-breaking."

So, what should Council do? Reject the BIC - because it makes an unethical act "legal" after the fact; Enforce the original consent - just like the Stop Work Order intended; Restore trust in the planning system, especially for residents who follow the rules and rely on you to uphold them.

This isn't just a planning issue, it's a values test. The whole community is watching. Please teach the right lesson. Kind regards,

**Concerned Newport Resident**

#### **Welcome home**

Hi Liam. I was disappointed and worried when the June edition did not appear, but don't apologise as your piece in the July TFM on the OS trip was worth the wait. For ancients like me, your little mag leaves the others way, way, way in the background. Cheers,

**Tony Hyde**

#### **Re: I Luv Manly**

Dear Tawno, I hate to disappoint Dale from Narrabeen and divert attention away from affairs of national importance, but Jens from Manly has raised the sort of issue this letters page was made for!

While a temporary installation like the giant Manly lettering to support an event is OK (just), why would anybody want to add more clutter to the gun barrel beachfront aspect at the end of the Corso?

Those ridiculous aluminium

flag poles are already lined up like some remnant of 80s Darling Harbour design thinking, spoiling a literal million-dollar view that tourists (and the rest of us) travel to by plane, train, automobile, ferry and fat wheeled e-bike (had to squeeze that one in, it's letters page gold).

Rip the poles out or at least move them over the other side of the road if Council really can't live without poorly designed polyester pennants that probably have a \$100k annual line item in our "under pressure" budget.

Living over the hill, I'm not the right person to start the revolution but I'm sure there's plenty of motivated Manly retirees with some time on their hands after the B&B swim who could get stuck into it. Go hard!

**Mr Robotz, Freshwater**

#### **Re: Collaroy Cinema**

The lack of care for treasured cinemas is not only happening at Collaroy, but also the Dendy at the Quay. It is a disgrace that both these theatres, which have been such a source of pleasure over the decades, have been allowed to fall into such a state of abandonment and disrepair.

**Helena Perry, Narrabeen**

#### **Re: Collaroy (& Avalon) Cinema**

It's such a shame these picture theatres are not being properly maintained, and have both become complete eyesores. Collaroy is heritage listed, so what would happen were it to be sold?

**Regards, PG Callaghan**

#### **Hasta la vista, Cinema**

In response to Jan Armstrong's letter in the July Tawny Frogmouth regarding the state of Collaroy Cinema, I think it is worth pointing out that Cinema itself, as an art form, is in

decline.

Last week I attended the opening day of the latest Jurassic Park movie at Hoyts at the Mall and the cinema was less than a third full. I recently read that the movie industry now runs third to computer games and the music business.

As for Collaroy Cinema, it is not just the building in decline. All cinemas now seem to be run by skeleton staffs. Projection is computerised. Recently I saw a movie where the side masks were not properly set so that the edge of the screen was fuzzy.

Also, I suspect, though I do not know for certain, that with digital projection, the projectors are run in economy mode to save money, making the image substandard.

Let me be the one to call it. Cinema, as we used to know it, is dead.

Rest in peace.

**Lindsay Mulligan, Manly**

#### **Re: Potholes and Bruces**

In response to Bruce of Collaroy (August 2025), who was writing in support of Bruce of Bilgola (July 2025), please note our company **Potholes Sydney** ([www.potholesydney.com.au](http://www.potholesydney.com.au)) has tried to engage with NBC and RMS to fix potholes in our area (which can usually be fixed within 24hrs of reporting), but unfortunately due to current contractor arrangements our services cannot be used.

We did not participate in the last tender as we were not in existence here at the time. We are specially geared up to fix potholes and do smaller asphalt repairs and would love the opportunity to support the NBC and RMS if they need additional resources. We have also been active in reporting potholes in the NBC area using the NBC website, which is not difficult



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Ruth commenced her legal career as a criminal barrister in Ireland, practicing primarily in Dublin. On a quest for sunshine, Ruth immigrated to Australia with the intention of holidaying for 12 months. After six months, she had enrolled at Sydney University and was on the path to admission as a practitioner in New South Wales.

Ruth gained an interest in family law in a boutique family law practice where she worked while acquiring her Australian qualifications. She joined Reid Family Lawyers in 2017 as an Associate, where she quickly established her reputation as an astute lawyer and fierce advocate for her clients. Ruth was appointed as a Director in 2023.

Ruth is committed to helping families embroiled in family law disputes resolve their issues as amicably and swiftly as possible with the clear knowledge that the families whose lives we touch must co-exist long after our role has concluded. Although Ruth puts a strong focus on dispute resolution, and resolving matters without the need for litigation, one of Ruth's strengths is advocacy and she is passionate about representing her clients' best interests should they find themselves involved in family law litigation.



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*Ruth Hennigan is a Director of Reid Family Lawyers, a boutique specialist law firm with offices in Brookvale and Surry Hills. She has practiced exclusively in family law since her admission in Australia in 2016. She undertakes all sorts of matters including but not limited to property, spouse maintenance, child support, international child abduction and complex parenting cases. Ruth is committed to providing the best service to her clients and catering for their individual needs.*

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**John Portelli, Client Manager**  
at **Potholes Sydney**

#### **Stick it where the sun does shine**

Dear Ed, in July Tawny's Mal's Wild Side, I described the fact that our "hood" was home to the world's longest stick insect. Apty named "Goliath" it can grow to 200mm in length.

Now, would you believe it, those mongrels in North Queensland have just found a new stick insect species that's totally blown us out of the water.

Measuring 400mm, it was discovered in the high altitudes of the Atherton Tablelands and they're calling it the wimpy name, "Acrophylla alta."

It's one thing those banana benders beating us at Origin but stealing our wildlife records is just not cricket. So, I'm encouraging each and every one of you to get out into the wilder areas of say Cromer or Beacon Hill and have a proper "Northern Beaches look".

Apparently up to 70% of Australia's insect species are currently undescribed - so you never know what you might find. Peninsula pride is at stake.  
**Mal Fisher, Manly Vale**

#### **The Garrulous Garru**

Australian magpies are highly intelligent birds that happily interact with people. They live in social groups called tribes and they venture no further than 10kms from where they were hatched.

Here on the Northern Beaches their song is a wake-up call. They are very curious animals and, it's said, they never forget a face. They are uniquely Australian like kangaroos and koalas so why then are they named after the Eurasian magpie?

The first British settlers named the Australian magpie after the Eurasian magpie which, apart from having some black and white feathers, is nothing like the Australian magpie which is a far bigger bird with its own distinctive song.

Magpie is a combination of the name Margaret and pie which, in Latin, implies pointedness as in the Eurasian bird's beak and longish tail. It is thought that someone called Margaret was a chatterbox who sounded like the Eurasian bird, hence the word magpie. Confusing? You bet.

Our magnificent bird deserves to have its own name like our uniquely named currawong to which it is closely related. The Aborigines called the Australian magpie many names, but I like the name garru from the Wiradjuri language.  
**Jens Ward, Manly**

#### **Letter praise**

Dear Tawny, I always look forward to reading the Letters to The Tawny. For me, they are insightful and thoughtful contributions from concerned members of our community,

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

(not whinging), providing arguments to both sides of the range of subjects, good and bad, that can affect this wonderful place where we live. Keep up the good work.

Thanks and regards,  
**Cameron Bott, Bilgola Plateau**

#### **Hospital stay at NBH**

Hi Tawny, I recently had a procedure at Northern Beaches Hospital. On my arrival at about 6am I was greeted with a smile. The admin person smiled too. The medical and nursing staff that looked after me were second to none, fantastically professional and smiling too.

I was going to be discharged the next day, but the procedure went so well that I was discharged that evening. While waiting to be taken home by my spouse I was treated to a dinner of sweet & sour pork with perfectly cooked vegetables (not the usual over cooked hospital "vegie mash").

Not that I would like to return soon, who does, but please keep up the good work and keep smiling. It sure does relieve stress being in a hospital and makes the hospital experience so much better.

I would like to congratulate NBH's management and thank the hospital staff for doing a terrific job! THANK YOU.

**Tom Klein, Manly**

#### **Life in the slow lane**

Frogman, I was heartily amused by the recent community furore in response to NSW state government's decision to lower speed limits to 50 clicks north of Newport. What's the rush people? Just relax. Wanna break the 50 barrier? Get an e-bike!

**Frank Slowey**

#### **Meet Your Councillors**

### **Rowie Dillon, Pittwater Ward**

**What's your earliest memory of the Beaches?** Fishing with my three sisters off our neighbour's wharf in Pittwater. Mum and Dad got us all fishing rods with floaties for Christmas. I am not sure if Dad expected to see his little girls take to fishing like ducks to water, regardless of the mayhem that came with baiting our lines and dealing with the squeals when we caught something.

**Who inspires you?** I draw my inspiration from trailblazing women in business and leadership, from the champions who roll up their sleeves to serve their communities, and from creative innovators who dare to think differently. For me, it all comes down to independence, creativity,

resilience, and a deep love for community. **What do you do in the real world?** I'm a cookbook author, caterer, event operator, cake baker, creative entrepreneur and founder of "Rowie's by the Sea" - a community dining experience that brings people together over lunch on Sundays at Newport SLSC.

**When did you decide to run for Council?** Back in January 2024, I decided to put my hand up. I believe our community deserves a stronger voice. In July 2024, I was proud to be selected as an independent candidate, ready to stand up for the values that matter most to us, with my own style, flair, and passionate commitment.

**What have been the biggest challenges?** Balancing multiple



roles, navigating community expectations and managing my time and energy.

**Greatest triumphs?** My greatest triumph so far as Councillor is simple, getting things done!

**What words of wisdom do you live by?** Be present.

**It's Sunday, 10am, where's Rowie?** Newport Surf Club, creating beautiful food and watching my weekly changing menu come together like a flavour symphony.



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E-bikes are always a major talking point with the community

### Federal Politics

## E-bikes are here to stay

It's up to us polities to make them safe for everyone

E-bikes have rapidly become part of daily life for our Northern Beaches community, offering young people independence, cutting traffic congestion, and supporting a shift to cleaner, more active transport. But alongside the benefits, we're also seeing real concerns about safety for both riders and pedestrians, shared spaces, and gaps in regulation.

I believe we can strike the right balance: protecting the freedom and sustainability benefits e-bikes bring, while making sure pedestrians feel safe, parents have confidence their kids are protected, and riders are better supported.

It's safe to say these bikes are everywhere on the Beaches, lining the entrance of Avalon Woollies, whizzing around the bends of Narrabeen Lake and stacked with kids heading home along the Dee Why foreshore.

The numbers back this up:

in 2017, just 9,000 e-bikes were imported into Australia; in 2023-24, there were more than 260,000. Locally, a Narrabeen bike shop reported that he sells four fat-tyre bikes for every standard commuter bike, mostly to teenagers.

I know this is an important issue to just about everyone as I hear people talking about it everywhere, in queues at the supermarket, at local cafés, at my recent retirement village meet up, even the school kids I meet with. Politicians of all stripes agree that greater regulation is needed. The Northern Beaches has one of the highest concentrations of e-bikes in NSW, so we have an opportunity to take a lead on the required reforms, just as we have for vaping regulations and rooftop solar uptake.

There are simple changes that can be made at both the state and federal levels of government. That's why I've

teamed up with Jacqui Scruby, the state Member for Pit-twater, to ensure that we can achieve effective regulatory changes. At the federal level it means tightening up the types of bikes that can be imported into Australia, and at the state level, it means better regulation and policing of e-bikes.

In 2021, under the Morrison Government, e-bikes were re-classified as bicycles, opening the door for the importation of e-bikes that can be easily modified to exceed legal speed limits. So, my priority, from the federal perspective, will be to push for stronger safety standards and import regulations to make sure the bikes our kids are riding don't exceed speed and power limits, due to relaxed import regulations.

At the state level, changes can be made to introduce footpath speed limits, ensuring adherence to road rules and the wearing of helmets, and the possible rollout of a student bicycle licencing programme in local schools.

E-bikes are a wonderful form of transport if used safely, but it's up to governments to make sure the laws and regulations keep up with this new form of transport to ensure the safety of riders, pedestrians and drivers. It also means investing in more infrastructure to support cyclists to be able to commute safely, separated from both pedestrians and cars.

I'll be taking this issue forward both in Parliament and locally. As always, I love to hear your thoughts. Email me at [sophie.scamps.mp@aph.gov.au](mailto:sophie.scamps.mp@aph.gov.au) or send me a DM on Instagram [@drsophie4mackellar](https://www.instagram.com/drsophie4mackellar)

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



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Tommy Bombie Myers' Easter Friday beast



Wes Thomas, supreme multi-talent

*Bergo's Sport Report*

## Around the grounds (and the bombies)

### Tommy Myers eyeing off global Big Wave Glory

Firefighter, builder, Freshwater Boardriders President, father of two with third on the way, and proud owner of the nation's best bowl cut, Tommy "Bombie" Myers is heading to California. The local big wave Jedi - who's never more at home than when knifing into Queenscliff Bombora monsters before blasting through B-line bus sized barrels - is in serious contention to win 2024/2025 Big Wave Challenge WAVE OF THE YEAR! He's in the top 3, and will find out 13 September in Cali if he's victorious! Go get 'em Tommy! The wave in question, his Easter Friday beast - as written up in July Tawny's BSR and for which Caroline Faye won Pic of the month.

### Shute Shield MVP also plays League on a Sunday!

Warringah Rats hooker Wes Thomas has claimed the 2025 Ken Catchpole Medal as the Shute Shield's best player. The

dynamic forward has had a stellar season for the Rats and is a key figure in their premiership charge. Thomas has all the hallmarks of a true professional and should be on the radar of Super Rugby and European scouts this off season. What makes this even more remarkable is Thomas regularly backs up his games for the Rats on a Saturday by playing Rugby League for Mona Vale on a Sunday!

### It's a big month for the Warringah Rats

The Warringah Rats enter this year's Shute Shield finals series as one of the genuine title contenders. They finished the regular season in 2nd place on the premiership ladder, and, along with Eastern Suburbs, have been the most consistent side in the competition. The Rats are a very well-balanced outfit with a number of outstanding players across the park, dynamic ball carriers upfront, astute playmakers and

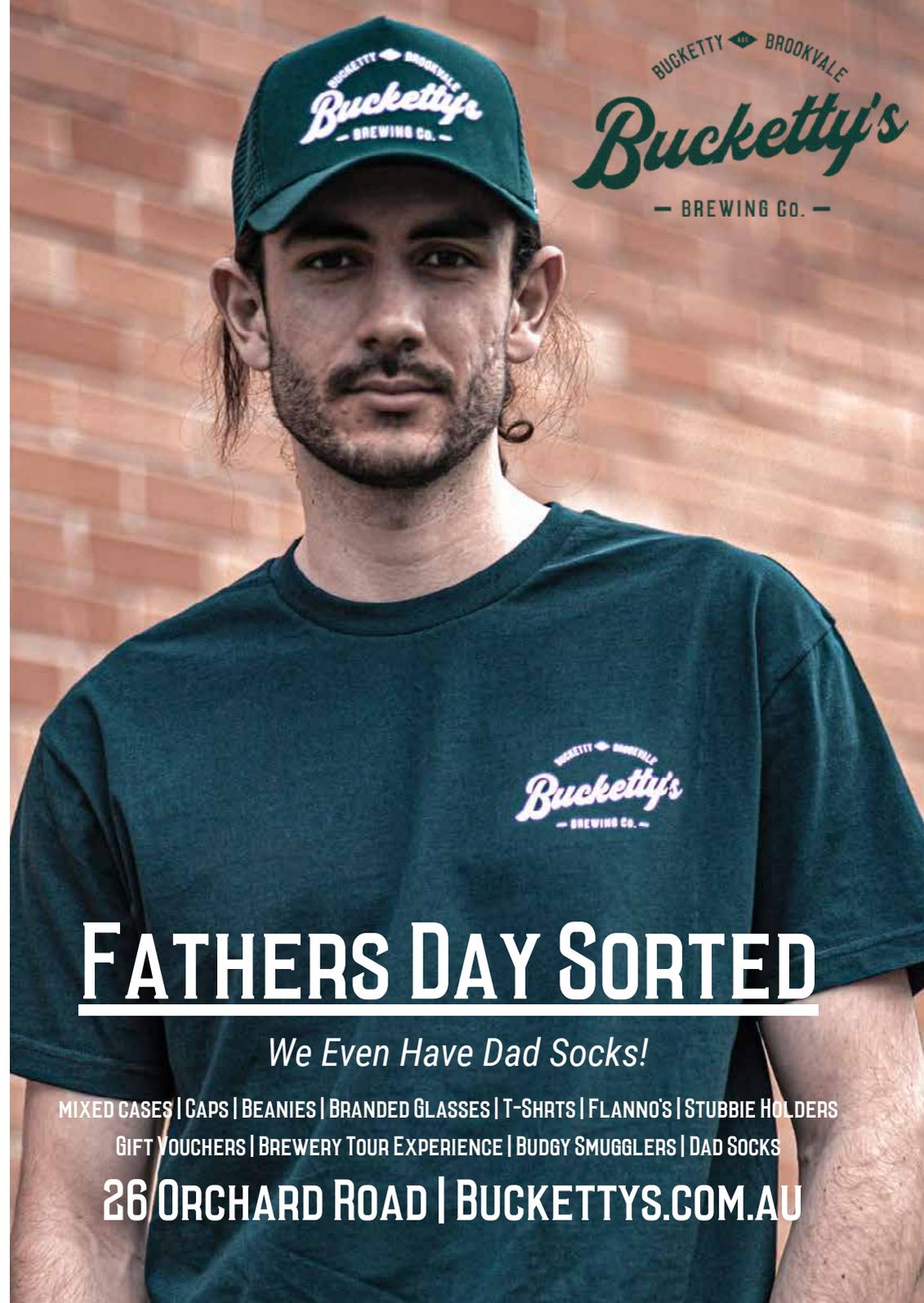
a dangerous backline. Head Coach Josh Holmes was a key part of the Rats last premiership success on the field and that may prove invaluable in the mental preparation of his team. Further south and it's back to the drawing board for the Manly Marlins who had a disappointing year in 10th place but will be lifted by the strong performances of their lower grades running out minor premiers in 2nd, 3rd & 4th grade, a mighty feat.

### Manly Juniors - State Championship Run 2025

The future of rugby on the Northern Beaches is looking bright after a stellar showing from the Manly Juniors at this year's State Championships. The young Marlins showcased impressive skill, teamwork, and resilience against the best junior squads from across the state. The 10s went through undefeated, the 11s won five from six and while the 12s had a more challenging weekend they hung tough & learnt many valuable lessons. Plenty of future Marlins in the making on the peninsula for sure.

Words: **Anthony Bergelin**

Photo 1: Caroline Faye, IG @itscaroline\_art



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## Trump exodus

Travellers of all kinds are avoiding the US and going elsewhere.

Australian visitors to the US in June were down 11% on the previous year, following a collapse in visitors from other countries of nearly 12% in March. Business travel alone fell by 9% globally in April as companies and workers grappled with economic uncertainty and anger over Trump's tariffs, immigration and border policies.

Donald Trump has risked chasing away even more corporate and academic visitors by slapping on a US \$250 visa integrity fee. "(The fee does) nothing but discourage visitation at a time when foreign travellers are already concerned about the welcome experience and high prices", an exasperated US Travel Association president, Geoff Freeman, said.

Academic visitors can also find themselves in strife over politics. Certain kinds of research are now in the Trump crosshairs. And like everyone, students or scholars are now subject to arbitrary searches of digital devices and the threat of deportation.

### Draconian border enforcement

The plunge in visitors is hardly surprising, given the recent, North Korea-like shift in US border enforcement. For example, the US coast guard recently crossed a maritime border before kidnapping and briefly detaining a Quebec man fishing in Canadian waters, while nightmare tales from American airports and punitive retribution for anything critical of the new administration are now common knowledge.

### Travelling elsewhere

Where are the tourists going? Standout destinations in May included Indonesia up 16%, Japan 32%, Vietnam 26% and China 27%. "Asia continues as the preferred playground for Australian travellers, with Bali, Tokyo and Ho Chi Minh City topping itineraries," Australian Travel Industry Association's Nina Hedges said. South America has also picked up the slack, trips to Peru up 59%, flights to Ecuador up 48%.

"People from Europe, the UK and Australia really don't want to go to the States, given what's happening there," says Flight Centre's Graham Turner.



\$250USD for a US visa integrity fee? Classic Trump

### What's next?

According to one forecast, the US could lose up to US\$10B in international travel spending in 2025 alone. Oxford Economics estimates America won't see a full recovery until after Trump leaves office in 2029.

"Policies and pronouncements from the Trump administration have contributed to a growing wave of negative sentiment toward the US among potential international travellers," the Oxford Economics research briefing read. "Combined with a strong US dollar, it's creating additional barriers for those considering travel to the US."

It seems Australians, and others, were blindsided by the returning US president determined to defy norms around commerce, higher learning, freedom of speech and treatment of minorities. Economists say Trump's brinkmanship has generated huge uncertainty for consumers and businesses. JP Morgan sees a 40% likelihood of recession this year. Returns on intellectual investments, via study and research at Ivy League institutions like Harvard or Cornell, are looking just as shaky. Trump's targets have been colleges, law firms and the free press, all seen as guardrails protecting democracy.

"If Trump can control the media (and bully the Professors) he will be free to enact whichever policies he wants - without anyone to hold him accountable for the harm they may do", wrote the Huffington Post's Nathalie Baptiste.

It's not like Trump ever pretended he was someone else. So here we are, watching a slow-motion car crash (with global ramifications) from a distance of 12,000 km.

Words: **Andrew Gardiner**, Michael West Media

Photo: dhs.gov



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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

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### 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**

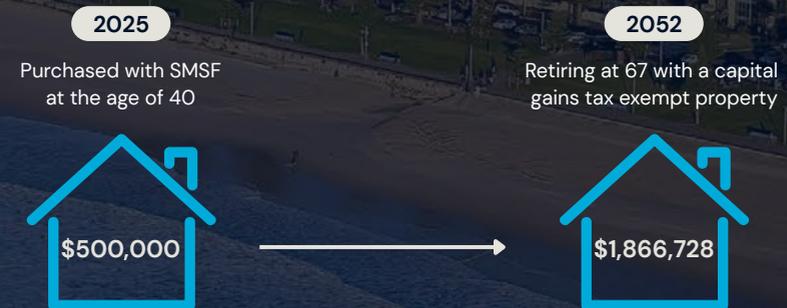
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## Cover Artist

# Frankie Morgan

### What's your favourite beach and why?

The south end of Manly Beach. I'm originally from Dubbo and didn't grow up with waves, and most days I can ignore the JAWS soundtrack and enjoy snorkelling around the point.

### Favourite place to eat, drink, hang out?

The Listening Station! Live music with like-minded peeps in my studio ArtBau is hard to beat.

### The best thing about the Beaches?

Brookvale!  
**What inspired your cover?** Finding a dead Weedy Sea Dragon on Manly Beach. I "drew" the series of Weedies with scissors, cut out of a printed newspaper tv guide - perhaps a similarly endangered material.

**What inspires your work in general?** I have a varied arts practice, but it all comes down to my love of nature, which is also how I replenish my creative spirit. With my current Weedies series, I'm playing around with the genre of landscapes. I also paint portraits and read tarot cards, so I am painting the 78 archetypes and archetypal journeys of the Tarot. I occasionally shake up my practice by taking on commissions, especially for people who really miss their beloved pet.

### What is your favourite part of the process?

Well, it's love-hate some days, but problem-solving is really exciting, both composition and fine-tuning colour combinations.

**Did you study art?** After years of a self-directed arts practice - where I tried lots of different mediums - I studied at The National Art School 2009-11. The intensity of this atelier-based course led me to excavate who I was as an artist by experimenting with large and small-scale oil paintings of earthmovers on canvas. I discovered a love of printmaking and created an enduring drawing practice using ink and shellac and more recently newspaper cut outs. I graduated with the Paris studio prize, then lived in Berlin, where I got to know the great European art collections.

### Which artists or other inspiring people, dead or alive, would you most like to have dinner with?

I really admire Matisse. He is a favourite painter of mine. I particularly love that he was able to transfer all that skill for painting and drawing into a completely fresh direction when he got sick. He let go of mastery and picked up a huge pair of scissors and began cutting out shapes from hand painted sheets of paper. Trusting his



Frankie gets camouflage tips from the weedies

fresh creative direction.

### What are you currently working on?

I'm creating Art Bau - my studio and gallery is an extension of my artistic practice. It's all about opening up my studio to the community as a kind of creative clubhouse, centred around a conversation about creativity. My annual Artist's Way 12-week workshop starts in January. The Listening Station is a collaboration with Hamish Stuart, a monthly improvised music night which includes an interview with the musicians. I also rent out my space to fellow artists.

**What's your favourite thing about what you do?** Having the freedom to be creatively self-expressed by deepening the mystery of being in the world.

**What would you like to see in the future of the Beaches art scene?** I would love to bring painting into everyone's everyday life - instead of an elite intimidating space. My studio gallery is more like a home away from home and seeks to encourage everyone to use their creativity.

**What advice do you have for young or aspiring artists?** There's a place for you within the arts, but you need to carve it out for yourself.

Follow Frankie on Insta @artbau\_by\_frankie and visit [www.artbau.com.au](http://www.artbau.com.au) for all news on events and workshops.

You're also invited to Frankie's Weedy Sea Dragon Exhibition at the Art Bau Gallery in September: 1/1 Mitchell Rd, Brookvale

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# BROOKVALE ARTS DISTRICT



## Make Your Mark

So where is the next generation of amazing Northern Beaches artists going to come from? Well, one of the generators of future talent is Make Your Mark, at Orchard Road, Brookvale.

Sarah Johnson is a Wildlife Pencil Artist, who after finishing her Bachelor of Fine Art at National Art School, stepped into an educational role, quickly realising the joy in teaching and helping others discover their own creativity. She saw a real need for drawing classes and started Make Your Mark. She says "it began with just a few students in a tiny community centre room in Cromer in 2016. I always had the dream of one day creating a vibrant, welcoming studio filled with hundreds of passionate local students, and somehow here we are today."

Quickly outgrowing the Cromer space, Make Your Mark moved to its Brookvale location in 2018. Brookvale is the ideal location for convenient accessibility for students and their families, and it offered the right studio space, providing the room both physically and creatively to help bring the Make Your Mark vision to life.

On offer are After School Term Art Classes and School Holiday Workshops for Primary and High School aged students. They get to build strong foundational skills in drawing while developing their own creative style and confidence. Classes are designed to nurture each student's individual growth, teaching them essential techniques in a supportive and inspiring environment. Beyond improving artistic abilities, students also learn patience, focus, and problem-solving skills, all while expressing themselves through art. It is also a great place for students to connect and make important friendships.

Of particular pride to Sarah, is the growth of many students who start as young primary school kids and continue their drawing journey all the way through to the end of high school. Talents are recognised, with students winning prizes in exhibitions like The Young Archie's, Mosman Youth Art Prize and ArtExpress. Also of note, is that most of the team of 12 teachers at the studio began their art journey as students at Make Your Mark. For Sarah: "it is very special to see them come full circle, growing their skills with us and now inspiring the next generation of young artists."

Each year there is an annual student exhibition of artworks, turning the studio into an art gallery for family and friends. Next year will be the 10th anniversary of Make Your Mark, so plans are in place for a big exhibition and celebration.

makeyourmarkart.com  
@make\_your\_mark\_classes



Words: Doug Clark  
Photographs: Make Your Mark

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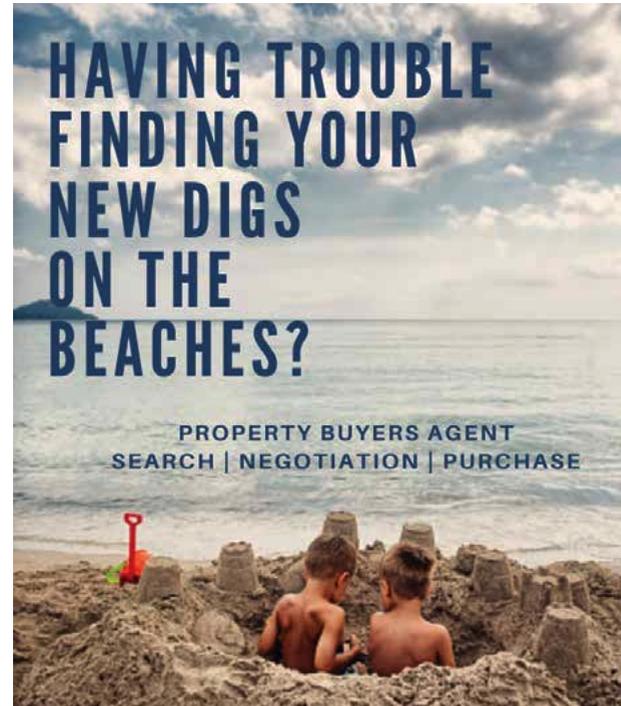
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**Contact**

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

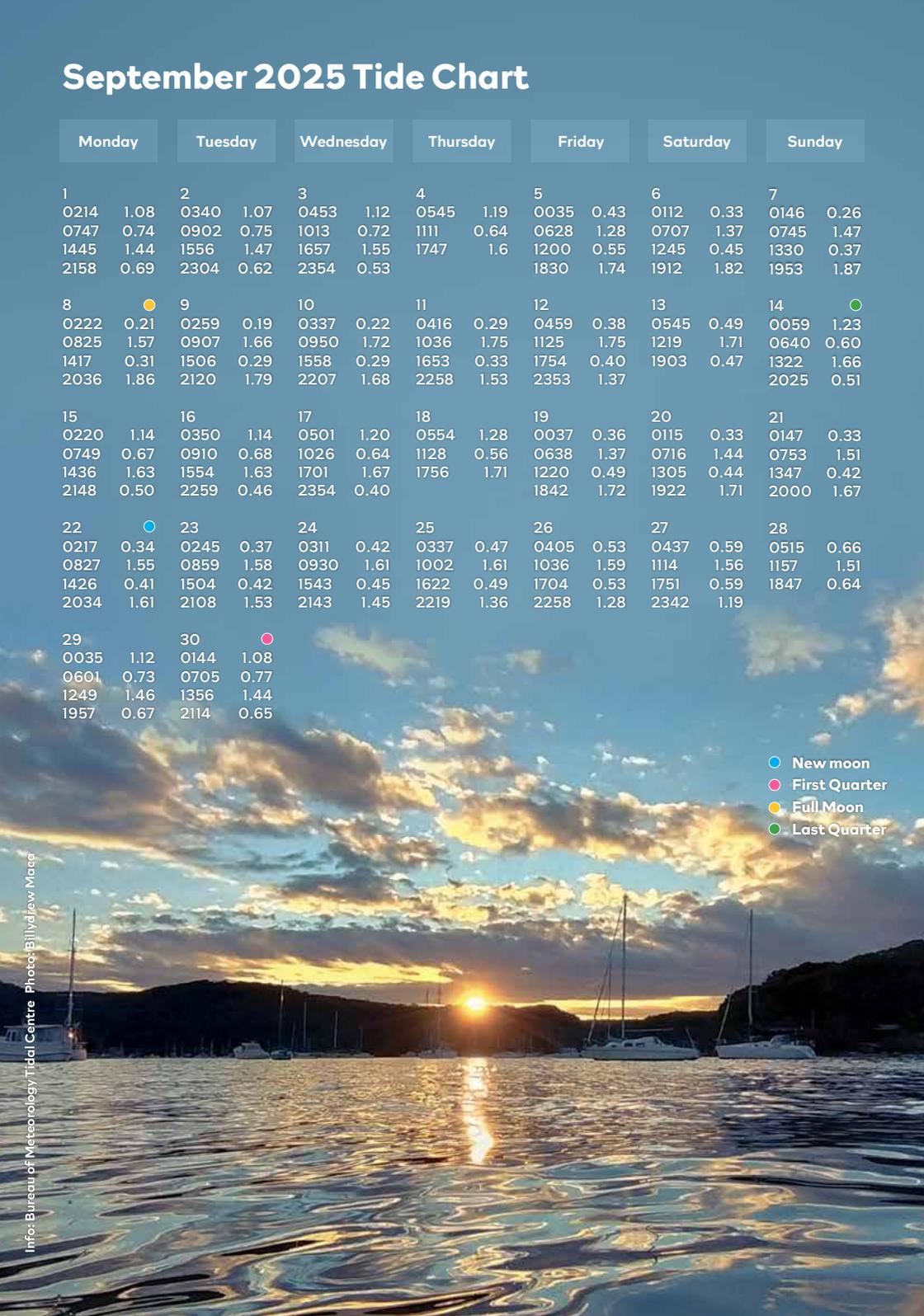
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**September 2025 Tide Chart**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 0214 1.08 0747 0.74 1445 1.44 2158 0.69	2 0340 1.07 0902 0.75 1556 1.47 2304 0.62	3 0453 1.12 1013 0.72 1657 1.55 2354 0.53	4 0545 1.19 1111 0.64 1747 1.6	5 0035 0.43 0628 1.28 1200 0.55 1830 1.74	6 0112 0.33 0707 1.37 1245 0.45 1912 1.82	7 0146 0.26 0745 1.47 1330 0.37 1953 1.87
8 0222 0.21 0825 1.57 1417 0.31 2036 1.86	9 0259 0.19 0907 1.66 1506 0.29 2120 1.79	10 0337 0.22 0950 1.72 1558 0.29 2207 1.68	11 0416 0.29 1036 1.75 1653 0.33 2258 1.53	12 0459 0.38 1125 1.75 1754 0.40 2353 1.37	13 0545 0.49 1219 1.71 1903 0.47	14 0059 1.23 0640 0.60 1322 1.66 2025 0.51
15 0220 1.14 0749 0.67 1436 1.63 2148 0.50	16 0350 1.14 0910 0.68 1554 1.63 2259 0.46	17 0501 1.20 1026 0.64 1701 1.67 2354 0.40	18 0554 1.28 1128 0.56 1756 1.71	19 0037 0.36 0638 1.37 1220 0.49 1842 1.72	20 0115 0.33 0716 1.44 1305 0.44 1922 1.71	21 0147 0.33 0753 1.51 1347 0.42 2000 1.67
22 0217 0.34 0827 1.55 1426 0.41 2034 1.61	23 0245 0.37 0859 1.58 1504 0.42 2108 1.53	24 0311 0.42 0930 1.61 1543 0.45 2143 1.45	25 0337 0.47 1002 1.61 1622 0.49 2219 1.36	26 0405 0.53 1036 1.59 1704 0.53 2258 1.28	27 0437 0.59 1114 1.56 1751 0.59 2342 1.19	28 0515 0.66 1157 1.51 1847 0.64
29 0035 1.12 0601 0.73 1249 1.46 1957 0.67	30 0144 1.08 0705 0.77 1356 1.44 2114 0.65					

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

Info: Bureau of Meteorology Tidal Centre Photo: Billidrew Macag





Eskimo Joe's Kav Temperley won't stop thinking about tomorrow



Local superstars Lime Cordiale

Music & Entertainment

## Yesterday's Gone

This September, the Fremantle rocker and Eskimo Joe front man Kav Temperley takes centre Night at the Barracks stage alongside the prodigious singing talents of Fanny Lumsden, Charlie Collins, and Karen Lee Andrews - backed by a bevy of Australia's finest musicians - paying homage to the Fleetwood Mac phenomenon, and performing all the incredible hits including Dreams, Landslide, Don't Stop, Rhiannon, Go Your Own Way, Everywhere, Songbird, Gypsy, Little Lies, The Chain and more!

"Fleetwood Mac are amazing for so many reasons," says Kav. "They have this Beatles-esque thing going on with individual band members who are incredible songwriters in their own right, and have each written super hits, which is very rare. Their songs are so iconic, they actually play a part in all of our subconscious. We've all grown up with those songs, even if we're not aware of it."

This is not Kav's first trip to the North Head, great outdoors, live music arena, having performed in 2023 in the debut of the Yesterday's

Gone: Fleetwood Mac Legacy concept.

"From an artist's perspective, doing these shows, being given the opportunity to inhabit these songs that I didn't write but love so much, it's liberating," says Kav. "With Eskimo Joe, each performance can carry a weight of expectation and a feeling as though every song and every note is putting your reputation on the line."

"Whereas jumping on stage with a group of sh\*t hot singers to perform some of the greatest songs of all time, it's almost like a holiday. And for the audience, we've done this show a whole heap of times now, so for everyone who's coming along, we have a well-oiled machine ready for you."

If the 2023 performance is anything to go by, Kav can safely report that Beaches' Fleetwood Mac fans make for a dream audience, "From what I could see, we had an audience of diehard fans standing up on their seats, glass of white wine in hand, singing at the top of their lungs to every word. Fantastic."

## Night at the Barracks 2025 Line-up

Night at the Barracks kicks off any minute, so get your tickets now and race up the hill at Manly's Darley Rd to see: **Cut Copy** deliver their indie electronic grooves Friday 12 Sep; Iconic powerhouse **Kate Ceberano** launches her Australian Made Tour Sunday 14 Sep; Local superstars **Lime Cordiale** light up Saturday 20 Sep with their indie retro flair; Experience a multi-Platinum **Amy Shark** attack Sunday 21 Sep; **Ian Moss & Mark Seymour** rock it out Friday 26 Sep; **Furnace and the Fundamentals** mash it up Saturday 27 Sep; **James Johnston**'s on a Wingham prayer with his two-time Golden Guitar Friday 3 Oct; **Grinspoon** celebrate their 30th Birthday Bonanza with special guests **Bad//Dreems** and **Purple Disturbance** Saturday 4 Oct.

Secure your tickets and visit [nightatthebarracks.com.au](http://nightatthebarracks.com.au) now to see the finest live music talent in Australia, in Manly from 12 September to 5 October, as well as 5 to 14 September in Brisbane.

Words: **Liam Carroll**

# Night at THE BARRACKS

NORTH HEAD, MANLY

PRESENTED BY TOYOTA

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**CUT COPY**

SOLD OUT  
SAT 13 SEP  
**ICEHOUSE**

SUN 14 SEP  
**KATE CEBERANO**  
AUSTRALIAN MADE

SOLD OUT  
FRI 19 SEP  
**HOODOO GURUS**

SAT 20 SEP  
**LIME CORDIALE**

SUN 21 SEP  
**AMY SHARK**  
SONGS & STORIES

FRI 26 SEP  
**IAN MOSS & MARK SEYMOUR**

SAT 27 SEP  
**FURNACE AND THE FUNDAMENTALS**

SUN 28 SEP  
**YESTERDAY'S GONE**  
THE FLEETWOOD MAC LEGACY

FRI 3 OCT  
**JAMES JOHNSTON**

SAT 4 OCT  
**GRINSPOON**

SOLD OUT  
SUN 5 OCT  
**MISSY HIGGINS**



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## Be Centre's top 5 parenting tips

Be Centre has one mission; to provide hope and healing, empowering children who are experiencing emotional, social or behavioural difficulties, or who have been impacted by trauma. We want to help as many children as we possibly can, be the best they can be.

We work predominantly with 3-12 year-olds, offering age-appropriate mental health support, through the modality of Play Therapy. Our experienced Play Therapists provide specialised programs to help children make sense of situations and events, explore and express their feelings, restore trust and build self-confidence, life skills and resilience.

This month, Be Centre's Play Therapists have put together their top 5 parenting tips for you!

### 1. Why is my child melting down after school?

**What's happening:** They've held it together all day - now they're overwhelmed. This is called *After-School Restraint Collapse*.

**What you'll see:** Tears, tantrums, "You're the worst!" or "I'm bad at everything!"

**Try this:** Instead of trying to fix it, meet the feeling: "That was a big day. It feels like too much right now."

**Why it works:** Letting kids feel their feelings and being there for them when that's happening, builds emotional muscle. It may seem counterintuitive but - **Not rushing to fix it is actually 'the fix'**.

### 2. When your child isn't acting their age

**Why:** Regression (like asking for help they don't need e.g. tying shoelaces) signals emotional overwhelm.

**What you'll see:** Whining, demands - "You do it!"

**Try this:** "Shoelaces feel like too much right now? Want some help?"

**Why it works:** They need support for the younger part of them. **Meet them where they are emotionally.**

### 3. Why fixing it doesn't always help

**Why:** Your child's upset, and quick solutions don't help - they want connection, not fixes.

**What you'll see:** Worry, anger, sadness, meltdowns.

**Try this:** "This feels so big. You don't know what to do. I'm here with you."

**Why it works:** Kids don't need the problem



fixed right away. They need to know you get it and that you have got them. Validation & Connection first. Logic & Solutions come later. The only way out is through. **Stay With the Feeling.**

### 4. When you're both upset

**Why:** Big emotions are contagious - you're both overwhelmed.

**What you'll see:** Yelling, shutting down, running off.

**Try this:** Pause. Breathe. Tell yourself, "I'm having a hard time, and that's okay." Then tell your child, "You're having a hard time. I'm here."

**Why it works:** When you feel settled, your child's nervous system senses this, too. Co-regulation is like lending them your nervous system to help them settle their chaos.

**Co-regulation is the real superpower.**

### 5. When you need to say sorry

**Why:** You snapped. They shut down. Now it feels messy.

**What you'll see** (and feel): Guilt, shame, distance.

**Try this:** "I got it wrong earlier, and I saw how much it upset you. I was frustrated, but it is not okay for me to act that way. I am here for you now."

**Why it works:** Mess-ups are part of life. You're showing your child that relationships bend, but don't break. It is in the repair that growth takes place. **The gold is in the repair.**

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Words: **Be Centre Clinical Team**



Cubby Building



Painting in Class 2

## Education

# Kamaroi Steiner School Turns 35

This term, as we once again tilt toward the warmth and renewal of Spring, we enter a time of celebration, not only of the 35 years that have passed, but of all that is still unfolding. Our upcoming Spring Festival in September will mark this milestone, a moment to honour those who have built and shaped Kamaroi and to look with hope and intention toward the future.

From humble beginnings in 1990 as the Peninsula Rudolf Steiner School in Newport with just 13 students, the school took a significant step forward in 1991, relocating to its current home amidst the tranquil bushland of Belrose. Embraced by nature, the school flourished, doubling its enrolments to 43 students by the end of its first year and soon evolved into a vibrant, full primary school.

At Kamaroi, our approach to education nurtures the whole human being, from Early Childhood through to Class 6. We draw on the principles of body, soul and spirit - head, heart and hands - bringing balance to learning through intellectual, artistic and practical experiences.

This integrated, artful approach is inspired by the work of Rudolf Steiner and grounded in a deep understanding of child development.

Our curriculum offers more than knowledge, it supports children in learning the right thing at the right time, helping them to develop in harmony with their stage of growth. Students are not taught what to think, but how to think. As a result, they gain the confidence to move through the world with clarity and purpose.

To become lifelong learners, children need an education that is creative, inspiring and deeply relevant, one that equips them to navigate a changing world with adaptability, courage and purpose. As Kamaroi marks 35 years of nurturing young minds, we also look ahead with optimism, continuing our commitment to guiding future generations with resilience, imagination and heart.

To find out more or to book a place on a school tour visit [Kamaroi.nsw.edu.au](http://Kamaroi.nsw.edu.au) or call **(02) 9450 1651**

[kamaroi.nsw.edu.au](http://kamaroi.nsw.edu.au)

Kamaroi Rudolf Steiner School, 220 Forest Way, Belrose



Community members protest peacefully in Manly CBD in June

## Community

# The Beaches' locals striving for peace in Gaza

In the letters to this month's Tawny, you may have noticed "We deserve better" from Dr Caroline Yarnell, citing that to date there had not been any mention of "Australia's complicity in the ongoing human rights violations in Gaza in your otherwise excellent publication."

Dr Caroline was right. We've steered clear of this issue. But as soon as Tawny received this letter, we encouraged members of Manly's Amnesty International and Northern Beaches for Palestine (IG: @nb4psyd) groups to send in their experiences since the events of 7 October, and the steps they're taking to see peace prevail in Gaza.

In the interim, we've also seen arguably the biggest march in Australian history take place on Sydney's Harbour Bridge - despite pouring rains and bitter cold winds. It's clear. The community is speaking. They're passionate, fired up.

They want action. But what exactly are they saying? And what difference does the Northern Beaches make in the overall scheme of things?

It would appear the most recent lightning rod to bring the crisis in Gaza to the Beaches' shores and more widespread community attention was Frenchs Forest Ward's Greens Councillor Ethan Hrnjak's 17 June proposal for Northern Beaches Council to consider a ceasefire and BDS motion.

Firstly, what on earth is "BDS"? Inspired by the South African anti-apartheid movement, the BDS movement, or "Boycott, Divestment, Sanctions", is a Palestinian-led global movement advocating for freedom, justice, and equality for Palestinians. It aims to pressure Israel to comply with international law through various boycotts, divestments, and sanctions.

"I moved this in response

to the ongoing blockade of humanitarian aid, the incalculable loss of human life and local distress at the genocide occurring in Gaza," said Ethan via social media. "Council has a role to play in advocating for an end to the bloodshed and must confirm that it doesn't do business with organisations known to the UN as being complicit in human rights abuses. This motion will recognise the incredible work and advocacy of Northern Beaches for Palestine and the Gaza Lifesaving Project, while also supporting our local Palestinian community."

Ethan's motion did not pass. Local councillors felt un-informed sufficiently of global affairs to make the best local decision on this front. The reporting at the time of Ethan's actions seemed focused on disparaging his efforts as wasteful in a time of rate rises being passed. To which his Manly Ward Greens colleague

Cr Bonnie Harvey said, "Some may argue this motion is not in the remit of the Council to pick 'sides' in an international conflict. However, we are merely supporting the position adopted by the Australian Government. And all of the actions proposed are able to be implemented by Council, so it is definitely within our remit!"

Bonnie continued, "Some say that with a rate rise on the table, this meeting is the 'wrong time'. I would say it's the perfect time. If the Council decides to increase residents' rates by 25%, we should put our community at ease that their hard-earned cash is not funding human rights abuses."

Putting the community at ease is top of the concerns sent in by local members of Manly's Amnesty International and Northern Beaches for Palestine groups. A local mum who wished to remain anonymous said, "The images of children starving, burning, beheaded, martyred simply for who they are haunt me. I can't imagine my own children ever having to endure such atrocities. I hide from them. In the bathroom. On the toilet. And sob silently."

She continued, "I go through each day feeling like an outlier. Does anyone around me even care? We live lives of extraordinary privilege here on the Northern Beaches, we will never experience even a fraction of what is happening there. But that doesn't mean we shouldn't care. That doesn't mean we should turn away. That doesn't mean we stay silent."

Narrabeen's Cheryl Nunn told the Tawny, "I feel the motion put to Northern Beaches Council was legitimate and important as local



Up to 300,000 Sydneysiders marching for peace on 3 August

government is closest to our daily lives. We live in a global economy and society and when human rights and war are waged on one of us, we should all have a say if those actions erase human decency, human rights and international law."

Cheryl continued, "We are all horrified by the reportage from Palestine, most verbalise their despair, but let's act local and think global!"

There's often a sentiment that our actions here in Australia, particularly on the Northern Beaches, are too small to make a difference in the grand scheme of global conflicts. However, in our interconnected world, where money's movements drive significant change, our consumer choices hold substantial influence. This is where the 'No Thanks' app steps in, as highlighted by Neehal Clements.

The 'No Thanks' app is a free mobile application designed to empower users to make ethical purchasing decisions. It helps

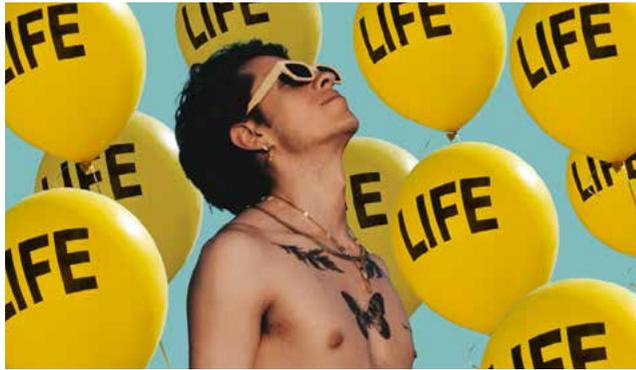
identify products and brands associated with human rights concerns or potential harm. Much like those apps that scan for toxins, sugar, or allergens, the 'No Thanks' app allows you to scan barcodes to check if the product or its parent company is included in the BDS boycott list.

What happens next? No one knows. But the words of Dr Caroline Yarnell's son, Gus, a 28-year-old Northern Beaches local who's studied Politics, Philosophy and Economics at ANU, sum up the feeling of so many:

"I know the world has never been and will never be perfect, but this gaslighting and siding with the genocide perpetrators has made me feel really uncomfortable locally.

"Thank you for being brave enough to write about this - but it shouldn't have taken nearly 2 years, and it shouldn't need to be an act of courage: there should be nothing to fear."

Words: **Liam Carroll**



There's no popping me now

**The Love Scout**

**The states of existence**

Understanding how to improve your overall quality of love and life

A client recently described her life as watching a movie of herself. She has a good marriage, healthy children, stable job - all the markers of "success". Yet she feels like she's experiencing the world from behind glass, going through the motions but not truly present. "I keep thinking, is this it?" she asks. She's not depressed, just flat - living in black and white instead of full color. She doesn't feel like the main character in the movie of her life.

Her experience illustrates what I refer to as the states of existence - different levels of engagement with life itself. Understanding where you sit can be the first step toward creating the quality of life and love you actually want.

**Surviving** feels like being on the edge of a nervous breakdown. Daily life is a struggle - limited resources, overwhelming responsibilities, no time for self-care. You're fighting to support yourself and your family physically and mentally.

The constant refrain: "I can't keep going like this."

**Existing** is where my client finds herself. Life isn't overly hard, but it's muted and flat. You feel dissociated, going through motions without real engagement. There's an existential nagging, a soul-level yearning for something different, more aliveness. A quiet sense of slowly getting ready to die without having truly lived. This can be torturous.

**Living** is where daily life is generally good. You run errands, find joy in simple pleasures - kids' sports on weekends, nice meals, vacations. You feel gratitude for friends and family. By all objective measures, it's a solid life. You're ticking boxes and can honestly say "life is good." There is happiness and contentment.

**Thriving** is when you wake up full of passion and excitement. You live in alignment with your values, feel inspired, dream, and execute. Relationships are deep and meaningful, and you feel a

sense of purpose in direction in your existence. You feel invigorated by life and love, flooded by beauty, joy, and magic. In this state, life feels like the most precious gift.

**The Comfortable Trap**

Here's the challenge: existing and living can become comfortable prisons. They're "good enough" to settle for, but not fulfilling enough to truly satisfy. Fear keeps us bound - fear of the unknown, of rocking the boat, of wanting more when we "should" be grateful. We tell ourselves this is as good as it gets. This philosophy exists not only in romantic relationships, but every facet of our lives from career, parenting, and friendship, to the way we treat ourselves.

**Time as Investment**

Our mortality gives this urgency. Time is our most precious resource, and how we invest it defines our lives. When you look back, what quality of life do you want to remember? If you're existing, what would living look like in your relationship? More presence? Deeper conversations? Shared adventures? If you're living comfortably, what would thriving together feel like? These states aren't permanent. They're invitations to examine where you are and consciously choose where you want to be. Your soul knows when there's more available. The question is: will you listen?

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.thelovescout.com](http://www.thelovescout.com)



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# Have you ever swiped a penguin's tucker?

...or half-inched a whale's nosh?

David Attenborough's recent film "Ocean" includes some heartrending footage. In one clip, a colony of Penguins huddle on the side of an iceberg whilst super trawlers plunder Antarctic seas all around them. The ships were scooping up huge amounts of krill...vital food for marine life such as whales, penguins and seals.

Much of that krill is processed into omega-3 rich dietary supplements - destined for western consumers. Visit any Northern Beaches pharmacy and you'll see rows of the stuff on the shelves. Krill is also sold as bait, pet food and (as wild stocks are depleted) farmed fish feed: controversial Tasmanian Salmon being a prime example.

The Commission for the Conservation of Antarctic and Marine Living resources (CCAMLR) exists to regulate the krill industry. But vested interests fund surveys, rules aren't enforced, and no new protected areas are being established. Scientists also question the integrity of brand certification schemes.

The name "krill" comes from a Norwegian word, meaning "small fish". It's a shrimp like crustacean with over 80 species. Antarctic krill, being the one that's commercially targeted.

Krill is a keystone species that provides 96% of calories for seabirds and mammals in the Antarctic Peninsula. Whales - that cruise past our Peninsula in winter - depend on this food source to fatten themselves up for the migration. A single greedy Blue Whale can consume 3.6 million krill in one day! Whale sh\*t contains iron nutrients which, when released into the ocean, promotes growth of the microscopic plants they feed on called "phytoplankton" (a perfect circulatory system!) It's thought that to sustain the pre-whaling whale populations in the early 20th century, krill numbers must have been five times their current size.

There are around 400 million tonnes of Antarctic krill in the Southern Ocean, with shoals so large they can sometimes be seen from space. But krill populations have declined by 80% since 1970, partly due to exploitation but also from climate change impacts as ice-packs melt. Krill conversely play an important role in



Antarctic Krill

stabilising the climate. They convert 0.3 million tonnes of greenhouse gasses daily by eating phytoplankton and sequestering the carbon content in their poo. This removes 23 million tons of carbon annually, equivalent to the emissions of 35 million cars. According to a WWF report, this free "service" is worth \$US15.2 billion (much more than the krill oil industry).

Norway, South Korea, China, Chile and Ukraine all currently fish for krill, catching more than 518 tonnes in 2024 (and rising). Next year, the global market for krill oil is expected to reach \$941 million.

Australia's never been involved in krill fishing but krill oil supplements are manufactured here and we're one of the biggest markets. Both Coles and Woolworths (not Aldi) sell krill oil, as does virtually every health food shop and chemist in the country. Two of the largest companies that produce krill oil supplements are headquartered on the Northern Beaches (PharmaCare and Nature's Care).

The potential cardiovascular benefits of dietary omega-3 fatty acids are well documented, but a healthy diet should provide all you ever need and Flaxseed, Chia seeds, Walnuts, Olive oil and Brussel sprouts are all good sources. If supplements are required, several plant-based alternatives exist.

The beautiful Antarctic and its amazing wild-life are under threat from something we don't even need. It's an easy choice guys...don't buy krill-based products.

For more info and to take action, visit [endkrillfishing.org.au](http://endkrillfishing.org.au)

Words: **Mal Fisher**



Rex Rees with a Harbour Salmon

## Fishing

### What's biting, Clint?

Has anyone noticed all the grommets out there fishing of late? I see them everywhere now, sitting in bus stops and flying around on their bikes with fishing rods and buckets hanging off the sides.

It's great to see and reminds me what it's all about to be a kid chasing down the big one. The value in them combining problem solving, adventure, friendships and connection with the outdoors can't be unvalued in my humble opinion. Let's hope Council continues to support this great release for kids by keeping areas open an accessible for them to fish. Keep it up youngsters!

The kids will need all their enthusiasm to keep turning up at this time of year! The water is colder than the air temperature at times, which is having a detrimental effect on fish activity. That said, Aussie Salmon have turned up in good numbers in Pittwater and the Harbour. If you see them on the surface and they aren't biting, try a smaller offering or even a fly.

On the inshore reefs, Snapper have been patchy, but they are there, move between water depths until you find them. Teragjin have turned up in good numbers and offer a good back up if you can't find that XL Snapper.

Out wider, Kingfish are periodically turning up on the 100m marks, but you may need to move around until you find them. At the time of writing, the Yellow Fin Tuna (YFT) are still hanging around just off the shelf, however these oceanic Pelagic fish move with currents and water temps and could be there one day and gone the next. Technology is your best friend when it comes to the YFT.

Words: **Clint Harwood IG @aussiecavemanclint**

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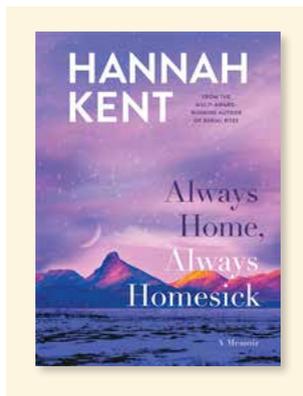
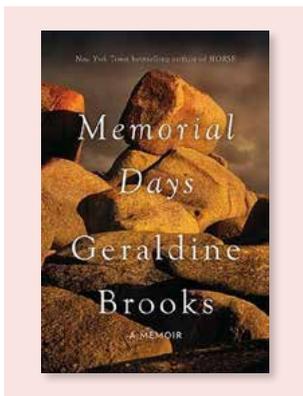
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Two very different and equally brilliant memoirs

Paige Turner Reviews

## Australian memoir writing at its very best

**Memorial Days** by **Geraldine Brooks** and **Always Home, Always Homesick** by **Hannah Kent** are two luminous works that explore the nature of grief, identity, and the quiet, aching process of becoming.

After reading borrowed copies, I immediately bought hard copies of both books because I need them in my life forever. They helped me understand grief and longing for people, landscapes and times that are forever gone.

Brooks and Kent may seem to be travelling different roads. Brooks, the Pulitzer Prize-winning historical novelist, turns to memoir with an intimate meditation on the death of her husband. Kent, known for her haunting fiction, uses the writing process to contemplate homesickness, identity and self-doubt.

In *Memorial Days* Brooks grapples with the process of mourning, and how life and writing continue in the shadow of profound loss. Touching on mortality, memory and

meaning it's a contemplation of how we commemorate the dead, how grief alters in time but has no end date, and of how to live alongside absence.

One of the ways Brooks copes is to escape to Tasmania's Flinders Island some three years after her partner's death. It is in the solitude and hardship of living alone on this rugged island where she finally grieves properly and finds a way to survive her loss.

The book is deeply personal yet never indulgent as it chronicles her partner's sudden death and her attempt to find shape in the aftermath. With lyrical prose she shifts between the past and present, and grief and gratitude. It's a joy to read.

Kent's *Always Home, Always Homesick* is a gentler, more fragmented meditation, but it is no less powerful. Grief permeates Kent's essays as an undercurrent – it's a kind of existential sadness that comes from leaving behind former

selves, former beliefs, and unfulfilled expectations, rather than a single event. Kent explores what it means to grow up Christian and queer, to be a writer and a mother, and to inhabit a body and mind that are always in motion.

Kent's love affair with Iceland, which began with her end-of-school Rotary exchange, is where she feels most at home, reflecting her idea of home being both a place and a feeling.

Her first book *Burial Rights* was the product of her obsession with finding out what really happened to the last woman executed in Iceland, Agnes Magnúsdóttir in 1830. *Always Home, Always Homesick* gives us a bird's eye view into the blood, sweat and tears she put into telling that story in a way that honoured Agnes. It's also an insight into the Icelandic love of literature, storytelling, family and acceptance.

Both books invite us to sit with discomfort. They are stories of resilience told with wisdom. The writing is sublime – there's no other word for it.

Do yourself a favour and read these books but be warned that after reading them you may feel an urgent need to visit Iceland and Flinders Island, both places sound extraordinary. Who wants to join me?

**Where to buy**

Shop local. Berkelouw Books Balgowlah, Harry Hartogs, Warringah Mall and Humphreys Manly, they're Paige Turner's favourites.

Words: **Paige Turner**



The Director's Booth

Art & Culture

## Mauritius Desire

It's been three years since the Sydney Actors' Playhouse transformed Manly's Desire Books into a theatrical hotbed with Aaron Posner's 'Stupid F\*\*\*ing Bird'. A legendary performance which left Beaches bohemians in awe of the fusion of iconic bookstore with top-notch thespianism. Fantastic news, the Playhouse is back, with Theresa Rebeck's 'Mauritius' to light up Manly's Desire from 26 Sep to 10 October.

Think *Succession* meets *Raiders of the Lost Ark*, *Mauritius* is a high-stakes psychological thriller disguised as a character comedy.

"Our intimate site-specific production creates a unique theatrical experience where the audience becomes part of the shop and part of the drama," says director Mike Booth. "It's an invitation to theatergoers to witness 'pin-drop theatre' - where a shift in body weight causes a gasp from the audience. The 30-seat capacity amplifies the tension, and the visceral closeness heightens every moment. This is live performance at its most electric."

What's the plot? After their mother's death, two estranged half-sisters discover a book of rare stamps that may include the crown jewel for collectors, but it turns out stamp collecting is far more risky than you think. A story of desperation, obsession and betrayal, *Mauritius* follows the transformation of a young woman from lamb to lioness as she discovers how fragile loyalty can really be.

"I believe great storytelling doesn't need grandeur. It needs truth, talent, and the right room," says Mike. "Mauritius has all three."

Words: **Billy Shakespeare**

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# HAVE YOU SEEN JENNY?



**Subject** The Ringtail Landcare Ambassador  
**Photographer** Malcolm Fisher



**Subject** Wind in my face, Narrabeen Pool  
**Photographer** Mike Fitzgerald



**Subject** Darter with lunch, Shelly Beach  
**Photographer** Suzanne Lawson



**Subject** Wentworth sunrise  
**Photographer** Ronan Herlihy



**Subject** Seagully's got im yess  
**Photographer** Paige Turner



**Subject** Rogue trader  
**Photographer** Andrew Murray Brickwood



**Subject** Catch for dinner  
**Photographer** Leicia Peterson



**Subject** Calabria Club thirsty bird  
**Photographer** Michael Atkinson



**Subject** Standing in line on the Corso  
**Photographer** Jens Ward



**Subject** Morning reflections  
**Photographer:** Charmaine Mills

RAZZLE DAZZLE  
**Trivia**

1. If the classic Manly Ferry colours are Green and Yellow, what 3 colours are the Manly Fast Ferry?
2. What is the name of the road that runs from the Sydney Road intersection at Seaforth/ Balgowlah down to the Spit Bridge?
3. A statue of Hawaiian surfing legend Duke Kahanamoku overlooks which Northern Beaches beach?
4. The Dee Why Lions play which football code?
5. In which Northern Beaches suburb is the northernmost Commonwealth Bank branch?
6. Which country is known for its traditional art of paper folding called Origami?
7. Cobra Kai is a TV show spun off from which movie franchise?
8. In Australia, which sport has the nickname "The Sport of Kings"?
9. Which 2 fingers are separated in the Star Trek "Vulcan Salute"?
10. Tom Hank's character in Cast Away, Chuck Nolan, has a companion named Wilson. What type of ball is Wilson?
11. The letters "ER" are added to which number between 1-10 by Pilots & Air Traffic Controllers?
12. In the movie "27 Dresses", starring Katherine Heigl, how does her character obtain 27 dresses?
13. Does the Tropic of Cancer or Capricorn run through Australia?
14. Which hit comedy from 1996 just released its long-awaited sequel on Netflix in July?
15. Yes or No - Has Australia won a medal of any colour in a track event since Cathy Freeman won Gold in the 400m Sydney Olympics?
16. What does "Fitz" mean at the beginning of a surname?
17. Which European country has 2 main cultural groups of people called Flemings & Walloons? Belgium, Ireland, or Hungary?
18. What common female name is a palindrome consisting of 6 letters?
19. Which service station chain is associated with the Coles supermarkets?
20. The word "Zorro" is Spanish for which animal?

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**Sudoku** Medium difficulty

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

**RUMOUR HAS IT**

The Manly Boatshed's lease will expire soon and the Corso's iconic late night stairway to pumping tunes, world class dancing and bountiful refreshments will be no more.

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**Across**

2. Decoration for colourful rubber shoes (7)
4. Riding the waves (7)
6. Find this in sushi and at the beach (7)
7. Keeps you warm in the water (7)
9. Sweet treat that comes in a cone (8)
10. Pinchy rockpool creature (4)

**Down**

1. Yum! Fish and? (5)
3. Bus to city (5)
4. Good for building castles (4)
5. Boat to the city (5)
6. Recent movie, Lilo and? (6)
8. Season after winter (6)

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## Star Signs by Krystal Bowl

### Virgo Aug 23 - Sep 23

Alphabetise your spice rack, nice, but only after a thorough spring clean of your friends has taken place.

### Libra Sep 24 - Oct 23

It's been a dark, lonely winter but spring won't start great either, all that pollen in the air makes you seem too sneezy.

### Scorpio Oct 24 - Nov 22

Your newfound coffee addiction is working wonders for barista coffers but ease those rumbling guts with some tea asap.

### Sagittarius Nov 23 - Dec 21

Your dream of being a Russian spy is Vladmirable, but could you Putin sock in it with the horrific accent?

### Capricorn Dec 22 - Jan 20

Purging habits you've outgrown is important at your age but you're still loving them so stay young and enjoy.

### Aquarius Jan 21 - Feb 19

Keeping a journal helps you realise how boring your life is. Get radical! And give us something juicy to read about!

### Pisces Feb 20 - Mar 20

Your dreams of wealth, fame, status and eternity will all come true if you continue reading the Tawny.

### Aries Mar 21 - Apr 19

Perfection is your constant goal but maybe time for a rethink or you risk remaining perfectly alone.

### Taurus Apr 20 - May 21

You've grown emotionally attached to an inanimate object. Smart. Animate objects are highly overrated.

### Gemini May 22 - Jun 21

What is it that you really, really want? Answer that question and I'll tell you what, you're still no closer to getting it.

### Cancer Jun 22 - Jul 22

Your risk-taking is growing out of control, putting conditioner on before shampoo! What's next?! Honesty with in-laws?

### Leo Jul 23 - Aug 22

A warm breeze whispers poetry into your ear, a couplet of wanton gust, and you're gone with the wind.



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**Crossword Answers**  
ACROSS: 2. Jibbitz 4. Surfing 6. Seaweed  
7. Wetsuit 9. Ice cream 10. Crab DOWN: 1. Chips  
3. Bline 4. Sand 5. Ferry 6. Stitch 8. Spring

**Trivia Answers**  
1. Blue, Yellow, White 2. Manly Road 3. Freshwater  
4. Rugby Union 5. Avalon 6. Japan 7. Karate Kid  
8. Horse Racing 9. Middle & ring 10. Volleyball  
11. Nine 12. Being a bridesmaid 13. Tropic of  
Capricorn 14. Thelma Houston 15. Yes (Sally  
Pearson & Jessica Hill 16. Son of 17. Belgium  
18. Hannah 19. Shell 20. Fox

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

Sudoku Solution



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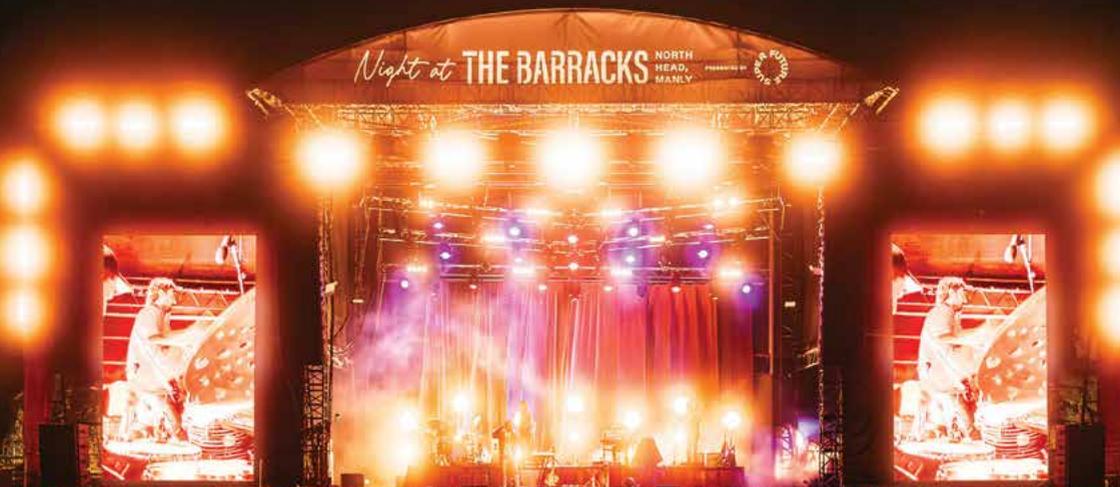
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