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CAMDEN HAVEN

LOCAL

LAURIEON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL **NEWS** BONNY HILLS | LAKE CATHIE | AUGUST 2026



plaza proud

a triiilogy of curtains

ai vs the pen

a la karts

lark in the park

gumnuttty

Gardening Recipe Music Stargazing People Travel
Reviews What's On Pets Community Chat Happenings

Happenings on the home front.

Not just a run in the park. An amazing weekly event.

by Alison Stewart

The Henry Kendall Reserve Parkrun is free fun for everyone. The parkrun movement first launched in Australia in 2011 and has since grown to 554 locations, with events held every Saturday morning.

I'd always been aware there was a local parkrun, but I'd never appreciated just how much it impacts and supports the community.

Arriving for the 8am start, I was fully expecting to find half a dozen elite athletes working through their stretching routines. Instead, I was greeted by a group of about 100 people, their breath creating a cloud in the crisp morning air. It was later confirmed there were 70 participants, 12 volunteers and the remainder were supporters, many of them busy looking after young children.

Parkrun is a worldwide movement, with events held across 22 countries. The program encourages participants to set goals through a range of milestones, not only for the number of runs completed, but also for volunteering, achieving Personal Bests and travelling to participate in events across different states, countries and continents. Many people even plan their holidays around ticking off new parkrun locations. On this particular morning there were visitors from several interstate locations, along with one participant from



Volunteers on the day with participant, Nate Castelli, centre.

Mongolia.

Peter Nash was the driving force behind the Henry Kendall Reserve Parkrun. After several years as president of the successful Creek to Creek Project, which created a safe, continuous pathway from Henry Kendall Reserve to Lakewood along Queens Lake, Peter was keen to see the pathway become an even greater community asset. He not only managed to kick start the parkrun event, but he's a regular participant and volunteer.

Although there was plenty of enthusiasm from the very start, the project faced several setbacks, particularly the devastating floods of 2021 and the disruptions caused by Covid. Despite these challenges, volunteers and council staff worked tirelessly to restore enough pathway for the event to proceed, and on 5 February 2022 the Henry

Kendall Reserve Parkrun was officially launched. More than 200 runners took part in that inaugural event.



Even during the cooler winter months, more than 50 people regularly attend each week, supported by 10 or more dedicated volunteers. The event is proudly inclusive, welcoming a sight-impaired runner with a guide, a teenager using a mobility jogger, runners and walkers, families with prams, participants with their dogs, and people of all ages. Some of the regular volunteers have never actually completed the course

themselves, preferring instead to enjoy the camaraderie while knowing their contribution is an essential part of making each event possible. It is a wonderful social occasion where everyone is made to feel welcome and valued.

Since that inaugural event in 2022, Henry Kendall Reserve Parkrun has hosted 227 events, attracting 12,000 participants, supported by 280 volunteers and recording 1,931 Personal Bests. Today, members continue to enjoy being part of this remarkable community event, proving that parkrun is about far more than simply traversing five kilometres each Saturday morning.

I went as an observer and now plan to participate whenever I can.

For more information please visit their website - Henry Kendall Reserve Parkrun, or facebook page.



17 year old Nate using his mobility jogger is a regular participant.

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Cover: Parallel lives for creatives spawned at the Plaza.

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Community Chit Chat.

Chamber for beneficial community commitment.

by *The Editor*

The Camden Haven Chamber of Commerce continues to demonstrate that supporting local business goes hand in hand with building a stronger, more connected community.

One of its most enduring contributions is its involvement with the iKew Visitor Information Centre, which has welcomed travellers to the Camden Haven for decades. The centre has also operated as a Driver Reviver location for 35 years and is believed to be the only centre between Sydney and Coffs Harbour open every day during the school holidays. Volunteers provide weary motorists with a friendly welcome, travel information and an opportunity to stop, refresh and continue their journey safely. And more volunteers are always needed.

Another positive development has been the Council's opening of the new Bruce Porter Reserve PlaySpace. The facility has quickly become a huge hit with local families, giving children an exciting place to play while encouraging residents and visitors to spend more time around the Laurieton foreshore.

Construction and changes surrounding

the reserve have presented some challenges for the Chamber's Laurieton Riverwalk Markets. However, the reshaping of stall sites may ultimately deliver a more attractive and functional market layout. Hopefully creating fresh opportunities for stallholders to strengthen the market's position as a popular community gathering place.

The Chamber is also launching its Community Connection Day at the Laurieton United Services Club, Tuesday, August 4, from 10.30am to noon. The free event will bring together community groups, charities, service clubs, hobby organisations and volunteer networks.

Residents can meet local representatives, discover activities and learn how they can become more involved in community life.

Together, the iKew Centre and Driver Reviver, the Bruce Porter Reserve development and Community Connection Day represent three positive examples of the Chamber's continuing work. Creating opportunities for people to connect, participate and contribute to an even stronger Camden Haven community.



Olive and Vance Ross give the Play Space the thumbs up.



These travellers, Tyler, Becky and Claudia, were on their way from Newcastle to Byron Bay and stopped for a FREE coffee.



"Luke was a pleasure to work with throughout the whole process of selling. He is calm & confident in his work ethic & attentive to detail. Nothing was too much trouble for him in listing our place to market. I thoroughly recommended Luke for a smooth selling or purchasing process."

- Vendor, Laurieton

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Community Chit Chat.

Where creative pathways collide in a collective curtain call.

by the editor

The curtains part on a shared beginning and a story decades in the making.

One boy, Baz Luhrmann, discovered the magic of film in the Plaza Theatre, where his father threaded the projector and stories danced across the screen.

Another, David McGowan, as a teen, built a theatre beneath his family home in Brisbane, creating his own stage long before he ever stepped onto a public one. That early passion would lead him into a three-decade career in television production, where he helped give many young creatives their start in film and television. A world he still misses today.

Though their careers would follow different paths, they shared the same first love: the wonder of theatre, the power of stories, and the inspiration found behind the red velvet curtains. Now, beneath the Plaza's magnificent red curtains, their parallel stories meet.

There are some places that are more than buildings. They hold stories in their walls, memories in their seats and a little bit of magic behind the curtain. Laurieton's Plaza Theatre is one of those rare places.

With its glowing lights, rich red curtains and old-world cinema charm, the Plaza has long been a destination in its own right. For locals, it is part of the rhythm of town life. For visitors, it is a wonderful surprise: a classic country picture theatre still doing what it was built to do – bringing people together for the shared joy of the movies.

Much of that atmosphere comes from current owner David McGowan, whose passion for cinema history has helped shape the theatre's wonderful art deco character. Since taking on the Plaza, David has gathered and preserved a remarkable collection of pieces from Australian theatres and international locations, giving the building the feeling of a living museum.



From theatre fittings and vintage projection equipment to posters, lobby cards, show bills and film memorabilia, the Plaza is full of treasures that celebrate the golden age of movie-going. It is the sort of place where the experience begins well before the lights dim.

David's own story is now attracting attention in its own right. Two AFI award-winning producers and directors, known for their acclaimed documentary on legendary Australian film editor Jill Bilcock, have approached him about producing a documentary on his life's cinema journey and his 30 years in television – a project already partly filmed.

Jill Bilcock herself remains one of Australia's great creative forces, even if her name is not as widely known outside the industry as the directors she has worked with. An internationally respected editor, she has collaborated with major filmmaking names including Baz Luhrmann, Sam Mendes and Fred Schepisi. Her career, from early award-winning work in Australia to success in the American market, reflects the kind of behind-the-scenes brilliance that helps shape cinema history.

That connection feels especially fitting at the Plaza, where so much of the story is about the people behind the screen as much as the stars upon it: the projectionists, editors, collectors, producers, dreamers and quiet custodians who keep film culture alive.

The theatre also carries a remarkable connection to one of Australia's best-known filmmakers. Baz Luhrmann's father was the projectionist at the Laurieton Plaza Theatre in the early 1970s, and the theatre itself notes this as the time when Baz was first "bitten by the motion picture industry bug."

It is not hard to imagine how a young mind could be captured by such a place: the hush before the picture begins, the beam of light from the projection room, the rise of music, the red velvet, the glow of the screen and an audience waiting to be transported.

Luhrmann would later become famous for his bold, theatrical and highly visual style, including the celebrated Red Curtain Trilogy of *Strictly Ballroom*, *Romeo & Juliet* and

Moulin Rouge! While inspiration is always a complex thing, Laurieton can proudly wonder whether some of that red-curtain magic began right here.

Today, the Plaza Theatre remains a living piece of cinema history. Not just a place to see a film, but a destination, a memory-maker and one of Laurieton's most treasured cultural landmarks. It is proof that in a small town, a great theatre can still hold a very big story.

And then there is David's "secret" project. A remarkable private collection he is quietly nurturing behind the scenes.

Among its treasures is a line-up of heritage film projectors that, at first glance, could almost pass for miniature Star Wars AT-AT walkers: imposing, mechanical and more than a little intimidating. These impressive machines form the entry point to a much larger collection of cinema equipment, along with original 35mm reels of well-known and extremely rare films spanning nearly 100 years of movie history.

David is now meticulously working through thousands of reels, assessing what can be preserved and saved before age and deterioration take their toll. It is a huge task, but not one that seems to daunt him. His love for cinema history, and his determination to protect it, clearly outweigh the scale of the job.

This private museum may be available for tours by request, although visitors should expect a welcome into a work very much in progress. There is still a long way to go, but that is part of its charm: it feels like stepping into a living archive as it is being carefully brought back to life.

Among the collection are rare film series and titles so sought-after that even some very famous movie directors have reportedly tried to persuade David to release them – much to their disappointment.

In this publisher's opinion, the Plaza Theatre is Laurieton's most profound and stunning destination. A place where history, creativity and community still gather beneath the glow of the screen. It deserves to be celebrated loudly, proudly and often. Not just as a much-loved local cinema, but as a cultural treasure with a story worthy of being lauded from the treetops.

Healthier smiles start with trust.

In a regional town, trust is not something you build overnight. It is earned through conversations, consistency, community involvement, and simply being there when people need you.

For generations in the Port Macquarie greater area, dentistry has been part of that story.

Long before modern technology, digital scanners, CBCT imaging and same-day crowns, local families placed their trust in respected clinicians who helped establish the foundations of dental care in our community. Practitioners such as Dr Vispi Davar and Dr Huxley Phoulman played important roles in caring for local families and helping shape the culture of community-focused dentistry in our area.

At Sundial Dental, we are proud to carry that legacy forward.

Twenty years ago, Dr Peter Elfar and the Sundial team committed themselves to building a practice centred around modern dentistry, genuine relationships, and long-term patient care. While dentistry continues to evolve, the values that matter most remain unchanged.

Healthy smiles start with trust.

- Trust means taking the time to listen.
- Trust means explaining treatment options clearly and honestly.
- Trust means helping nervous patients feel comfortable.
- Trust means treating every patient as an individual, not a number.

Over the past two decades, Sundial Dental has had the privilege of caring for multiple generations of local families. We have celebrated milestones, watched children grow into adults, and welcomed new families into the region. Many patients who first sat in our



chairs years ago now bring their own children and grandchildren to see us.

That continuity is something we are incredibly proud of.

Dentistry today is about far more than teeth alone. Oral health is closely connected to overall health, wellbeing, confidence and quality of life. Modern preventive dentistry allows us to focus on keeping people healthy rather than simply treating problems when they arise.

But no technology, no matter how advanced, can replace the importance of trust between a patient and their healthcare provider.

As Sundial Dental celebrates 20 years of caring for the communities of Port Macquarie, Wauchope, Laurieton, Taree and Kempsey we

remain grateful for every patient who has entrusted us with their care or the care of their family.

We are proud of where we have come from, respectful of the clinicians who helped build dentistry in our region before us, and excited about the future of patient care in our community.

Because after all these years, one thing remains true: Healthy smiles start with trust.

To Celebrate 20 years of being part of the communities we live in, we are offering monthly give aways, information and events. To join in the fun follow us on Face Book and Instagram or check out our newly updated website www.sundialdental.com.au or just drop by and visit your local practice. To book an appointment, ring 6559 9276 or 6551 1005.

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Caramels. Sweet.

Tucked away near Woolies. Perfect.



For many locals and regular visitors, Caramels at Cathie has become one of those familiar Lake Cathie places that feels part of the rhythm of everyday life. Set in the heart of town, it is the kind of café people drift into for a morning coffee, a catch-up with friends, a relaxed breakfast, or something easy and satisfying to take away.

There is a simple reason places like Caramels become popular.

They are reliable, welcoming and comfortably local. In a coastal village where people know each other by name and conversations often stretch a little longer than planned, a good café becomes more than somewhere to buy coffee.

It becomes a meeting point, a pause in the day, and sometimes the first stop before school, work, the beach or a drive into Port Macquarie.

Caramels has built its following around good coffee, friendly service and a menu that suits the way people actually live. There are options for those who want to sit down and enjoy a proper meal, as well as quick takeaway choices on Sundays. Whether it is breakfast after a walk, lunch with a friend, or a coffee picked up on the run, the café fits easily

into the flow of Lake Cathie life.

Its popularity also reflects the changing nature of the town itself. Lake Cathie has grown over the years, but it has kept much of its relaxed coastal character. Locals still value places where they feel recognised, where service is personal, and where the food is familiar without being boring. Caramels seems to sit neatly in that space: casual enough for sandy feet and takeaway cups, but comfortable enough for a proper café catch-up.

For visitors, it offers a taste of the community. For residents, it is one of those dependable local businesses that helps give a town its everyday personality. A café like this does not need to be flashy to matter. Its value is in the small things: the early starts, the regular faces, the warm greetings, the steady stream of coffees, and the sense that people are genuinely welcome.

In many ways, Caramels at Cathie represents what locals love about the town itself: relaxed, friendly, unpretentious and full of quiet charm. It is a place where life slows down just enough to enjoy a coffee, a conversation and a little slice of coastal community.

August's Recipe

by Caramels



Breakfast Bruschetta

It's one of Caramels Lake Cathie classic crowd favourites and has been on the menu for years!

Ingredients

- 2 tbsp basil pesto
- 2 thin slices of grilled halloumi, roughly chopped
- 1 slice of thick-cut sourdough toast
- 4 cherry tomatoes, halved
- 1/4 red onion, sliced
- 6 strips roasted red capsicum
- 4 basil leaves
- 1 small handful of rocket
- 1 tbsp olive oil
- 1 tsp balsamic glaze
- A dash of salt and pepper
- 1 poached egg

Method

Mix all ingredients (apart from the sourdough, egg & 1 tablespoon basil pesto) together in a bowl with the olive oil, salt, pepper and a dash of balsamic glaze. Spread 1 tablespoon basil pesto over the sourdough toast, then top with the tomato mixture. Finish with a freshly poached egg and a drizzle of balsamic glaze. Enjoy!

Visit

www.caramels.com.au

<https://www.facebook.com/caramelsatcathie/>

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The search for an unsigned painting.

The mystery painting that vanished. Twice.

by the editor

In brief: Tom Roberts is one of Australia's historically renowned painters. His famed pieces include *Shearing the Rams*, and his massive artwork of the opening of Parliament which measures 3m x 5m wide where he meticulously rendered every detail of each attendees face over a long period of time. But this article is about a small landscape 22 x 12.5 cm that he painted – which mysteriously is nowhere to be found.

My wife, Ollie, and I had, through interesting circumstances, (but that's another story with links to Frank Sinatra, Peter Allen and *The Ultimate Event* by Mike Gore of Sanctuary Cove), come into temporary possession of a small painting that was unsigned, but on the rear was "Attributed to Tom Roberts". It was allegedly *Murray Gums*, 1926. An exquisite landscape second to none – in our humble opinions.

Regardless of who the artist was, the work was a masterpiece in representing gum trees with the way they reflect the Australian light. It was a pleasure to wake up to every morning.

I had read a book called *A Small Unsigned Painting* by Stephen Scheduling. It's about a lost artist, an obsessed collector, a true-life detective story set in the Australian art world,



Detail of the Tar Boy from *Shearing the Rams*

Tall tales of the Tar Boy.

The "Tar Boy" was actually a young local girl. Her name was Susan Bourne, and she was about 9 years old at the time. Roberts famously paid Susan and her sister a sixpence each to kick up dust in the shed so he could capture the atmospheric haze of the sunlight breaking through the timber slats. An NVG study confirmed that paint, found on some saved timber from the shed, (a palette?) precisely matched the paint used in the painting. Using this as strong evidence that much of the work was done on location.

We heard a slightly different story from the granddaughter of Susan. Apparently the girls used up Roberts paints on the shed and had to go town to get more and then pose for the painting as punishment. Who knows the actual truth?



Murray Gums (photo of the original)

involving another famous painter, Lloyd Rees. I spoke with Stephen about our similar search for provenance of a Tom Roberts painting (pictured), and his response was, with words to the effect of "Hope you have the time. Good luck, you are going to need it."

Enough said. We were in. Regardless.

We made it our mission to authenticate this wonderful work of art.

So the quest began. By chance we were to attend a wedding in Melbourne of a friend's daughter. So we enhanced the trip into a bit of "National Treasure" type adventure. A quest to prove provenance of the artwork.

Well, what an eye opener. An absolute rollercoaster ride. From surreptitious hotel room meetings with an art expert, that was like something out of a Bogart movie, to entry to University of Melbourne archives. To the secure bowels of the National Gallery of Victoria, (prior paint testing and X rays at Art Gallery of NSW). Then arriving in Corowa and finding historical articles on Microfiche (on a machine I had to repair) that proved some of Roberts Corowa travels that had never been documented. Especially in 1926. Having tea with the owner's descendant

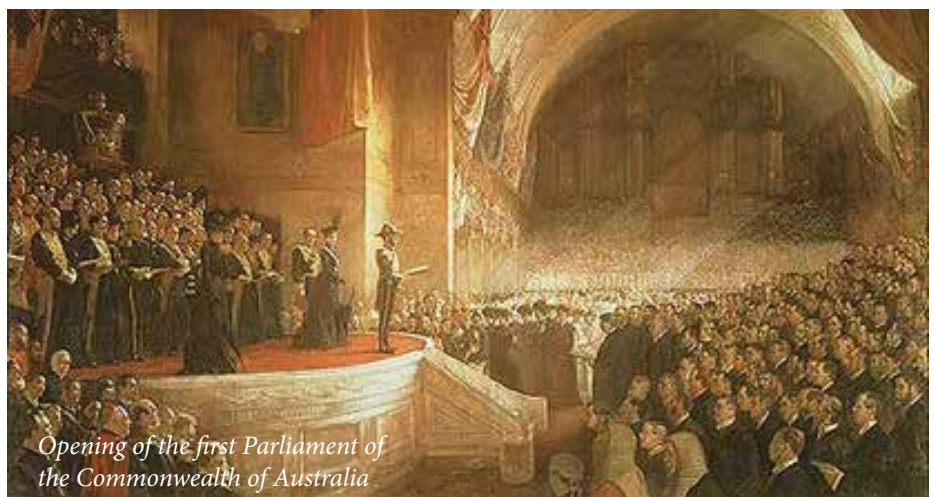
at Brockelsby Homestead, talking to the tar boy's granddaughter and getting the real story, to scouring the Victorian National Library archives for past telephone directories for leads on a potential theft. To amazing coincidental meetings and occasions that led us on a path that proved to us we were really onto something.

Who would guess that out of the hundreds of thousands of gum trees on the Murray we would find the exact location of the artwork and exactly where Roberts sat painting it? Unbelievable but true. In our mind the evidence was overwhelmingly sufficient for provenance, albeit circumstantial.

The piece is valued at approximately \$20,000, but it isn't the monetary value. It's the fact that this missing treasure was within our grasp and about to be brought into the light of day for all to appreciate.

But alas, since then, the painting has disappeared into the ether yet again, (part of that other story). Seems it is destined for obscurity and only appears as a listing in a catalogue in 1928. And in our hearts.

For the full story of the quest you will have to wait for the documentary. LOL.



Opening of the first Parliament of the Commonwealth of Australia

Gumnut babies and Laurieton.

May Gibbs spent many a holiday in the Camden Haven.

by Diane Solomon Westerhuis

Doesn't everyone love a puzzle? I was handed one by our esteemed editor this month, who asked me to tackle a mystery which appeared at first very perplexing. He gave me an old newspaper article without references, called *Australia's mother of gumnuts and the Laurieton connection*.

The undated article describes a relationship between Laurieton and the wonderful 'Mother of the Gumnut Babies', May Gibbs. The article was a request for information which posed the question, what was May Gibbs' relationship with Laurieton? I am aware that the Camden Haven Historical Museum at Laurieton has some gumnut memorabilia in a display case. However I also know that *Nutcote* on Sydney's North Shore, now a museum dedicated to the author/artist, was May Gibbs' home, not Laurieton. So what or who is the connection between May Gibbs and Laurieton?

May Gibbs (1877- 1969) began sketching and drawing as a child in Western Australia, encouraged by her artistic parents. May found work as an illustrator, first in Perth in 1905, and then on one of her visits to England in 1911, where she had gone to study art. This was London at the height of the suffragette movement, where May gained work producing newspaper illustrations, particularly for *The Common Cause*, a suffragette magazine. May covered events in London including suffragette marches and other events, for example a famous debate between suffragette Miss Cicely Hamilton and G.K. Chesterton, author of *Father Brown* and a staunch traditionalist. During this period in her life May formed many lasting friendships, including one with a young member of the National Women's Suffrage Society who lodged at the same rooming house in London. This was Rene (Irene) Heames, who was to become a dear friend and the subject of many of May's lively portraits. Other members of the Suffrage Society in London at the time were more famous, including Australians Ruby Lind (sister of Norman Lindsay) and Dora Meeson Coates, a well-known suffragette and artist. Dora was the first female elected to be a member of the Royal Institute of

Oil Painters in London.

Rene accompanied May on her return to Australia and they moved to the then very bohemian Sydney. Here they shared a house in Neutral Bay with a new friend Rachel Matthews. This was 1913, the year



May Gibbs created the characters which were to immortalise her in Australian children's literature with her gumnut babies. Rene helped May to produce bookmarks, cards and calendars which supported soldiers and patriotism during World War I. May's first book, *Gumnut Babies*, was published in 1916, quickly followed by *Gum-Blossom Babies*, and both were immediate sellouts. May wrote three more bush baby books, *Boronia Babies*, *Flannel Flowers* and *Other Bush Babies* and finally *Wattle Babies*, published in 1918. *Tales of Snugglepot and Cuddlepie*, also released in 1918, was her most successful book, and is still a popular children's book today. Allied forces at the time became very familiar with May's Gumnut babies.

In 1919 May married James Ossoli (J.O.) Kelly, an Irish mining engineer and a friend of her parents. The new groom then moved in to live with the women in Neutral Bay. Rene's wedding present to the Kellys was a Scottish Terrier. During this time May ran a registered Art works business in her Bridge

Street (Sydney) studio and Rene worked as a telephonist in Sydney. Two years later Rene also married. Her new husband Joe Sullivan was a PMG (post office) employee; the newly married couple moved to Bombala on the south coast where Joe became Postmaster.

In 1924 May Gibbs commissioned her new home to be built at Neutral Bay, where she would live for the rest of her life. She called the home *Nutcote*. Rene came to visit, as reported in *The Sun* newspaper of 2 April, 1924, p13:

'A SOCIAL NOTEBOOK:

MRS. Joe Sullivan, from Bombala, is staying with May Gibbs (Mrs. Kelly), Gumnut artist, at her charming home in Neutral Bay.'

In the same year, Joe Sullivan received a promotion and a transfer to become Laurieton's new postmaster. Rene and Joe moved to Laurieton. Then May and J.O. Kelly acquired a 1914 Dodge Tourer, they called The Dodgem and took frequent camping holidays, when May would sketch plants and animals.

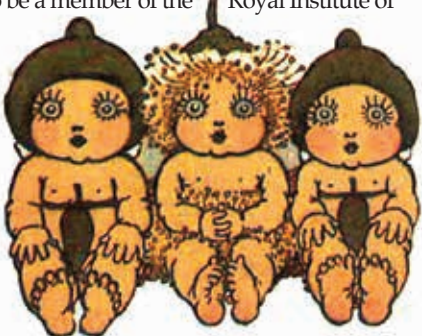
Here we find the connection of May Gibbs with Laurieton. Sometimes on their holidays the Kellys were accompanied by Rene and Joe Sullivan. At other times the Kellys would visit the Sullivans at Laurieton. Apparently their favourite places to visit were Bowral, the Blue Mountains, and Laurieton. During this time the Gibbs' clan of Scottie dogs grew. The dogs would travel in the back seat or if there were other passengers, in travel baskets attached to the running boards of The Dodgem. May produced many sketches of these Scotties over the years, as well as portraits of family and of Rene (below).

Aged only 42, Joe Sullivan died in March 1927. The post office changed the status of Postmaster, downgrading it so that Rene could take over. A notice was duly posted that Mrs. Irene W. Sullivan was the new Laurieton Post Mistress. Later that year the *Coffs Harbour Advocate* (23 Dec 1927, p3) reported her diligence in the role:

December 23. *Recently a fishing launch with two fishermen aboard caught fire at sea*



Rene Heames, Laurieton Post Mistress & JP



off Laurieton. Mrs. Sullivan, post mistress at Laurieton, stood by till about midnight at the office to render what aid she could in receiving and dispatching news.

Rarely for women at the time, Rene was made a Justice of the Peace in 1929. She remained at the Post Office until 1935, after which she rented a cottage in Laurieton. By this time the Great Depression was over, although another World War loomed. Then Rene received a letter from May in 1938, telling her of J.O. Kelly's illness and how May was struggling- May admitted she was 'a bad hand' at cooking. Rene immediately gave up her rented cottage in Laurieton and moved back to Sydney, to live with May at *Nutcote*. J.O. Kelly died in 1939. Rene remained at *Nutcote* until her death in 1947.

I noted at the beginning that there is a collection of Gumnut memorabilia in a showcase at the Historical Museum, where Sam Buckman is credited with creating some of the pieces. Sam (1919- 2000) lived in Laurieton all his life, except for his time as a soldier in World War II. During his childhood Laurieton was a timber town and Sam gained some expertise in carving and working with wood. When May was visiting in the 1920s, Sam was a young boy. Then during World War II Sam would have come across May Gibbs' Gumnut babies on bookmarks,



postcards and books. We do not know if Sam carved the gumnuts when he was a child or when he returned from the war.

During the 1940s all three of the gumnut books were reissued as one volume, *The*

Complete Adventures of Snugglepoot and Cuddlepoot. May continued producing books, and botanical art. She produced her final *Bib and Bub*, published on September 10, 1967. May Gibbs died in Sydney in 1969 at the age of 91.

Note: On 17 January 1992 the *Nutcote* Centre for Literacy, Arts and Environment was launched on what would have been May Gibbs' 115th birthday. The house would undergo restoration in the following year and on following completion of the restoration project, *Nutcote* was officially opened by artist and illustrator, Elizabeth Durack in 1994, as a museum of Gibb's work. *Nutcote* is now heritage listed.



Bad Banksia Man stealing Little Ragged Blossom

Things are developing in the region.

We've all seen the new roundabout just past Lakewood. But what is going on behind the fences?

Here it is straight from the "horses mouth".

It's a new 207-home over-55s lifestyle community from award-winning Clifton Lifestyle. With the first stage of homes to go on sale in September 2026

Located in Kew, Clifton Camden Haven will feature premium, low-maintenance homes designed specifically for over-55s seeking a relaxed, connected and vibrant lifestyle.

Building on the success of Clifton Lifestyle's award-winning communities across Australia, Clifton Camden Haven will continue the company's commitment to delivering exceptional communities that combine quality homes, with all the facilities.

Clifton Camden Haven will feature a comprehensive range of resort-style facilities designed to support health, wellbeing and social connection.

Planned facilities include a state-of-the-art Clubhouse with a sports bar, cinema, arts and craft room, heated outdoor pool and spa, wellness centre with gym and sauna, fire pit, bowling green, pickleball courts, RV parking and more.



Kenny Phillips, Joint Managing Director of Clifton Lifestyle, said Camden Haven was a natural choice for Clifton's next community.

"Camden Haven is a truly special part of the world, and we're incredibly proud to be bringing Clifton's award-winning approach to community living to this beautiful coastal location.

"Our vision is to create a thriving community where over-55s can feel at home, stay connected and enjoy everything this remarkable region has to offer. We're passionate about delivering affordable luxury, giving homeowners access to beautifully designed homes and premium resort-style

facilities in a community they can be proud to call home."

The new community will provide greater housing choice for over-55s while contributing to the continued growth of the Camden Haven region. Stage 1 homes are expected to go on sale in September 2026, with home construction anticipated to commence in early 2027.

Prospective homeowners can register their interest and receive project updates via the Clifton Camden Haven website.

For more information or to register your interest, visit: <https://cliftoncamdenhaven.com.au/>

Writers corner.

Independent authors are out there telling their stories.

by Callan J Mulligan

There has never been a better time to become an independent author. In 2026, platforms such as Amazon KDP and IngramSpark have transformed publishing from an industry guarded by gatekeepers into one accessible to anyone with a story to tell and a Wi-Fi connection.

The traditional route of endless submissions, lengthy waiting periods and uncertain outcomes has been replaced with something more potent. Authors can now write, publish and distribute books to readers across the globe within days rather than years. Better yet, independent authors often retain significantly higher royalty percentages than their traditionally published counterparts, allowing creators to build sustainable businesses around their craft.

It's also completely free to publish your own book, with print on demand services. It just takes a little patience and know-how (I can help with that, read to the end). You could spend years sending your manuscript to agents and deal with rejection after rejection, only to eventually receive an advance of no more than a few thousand dollars (which

you pay back out of the first sales) and then royalties of cents on the dollar. Or, you could do what I did and sell a few thousand fiction books by investing in yourself. I do all my own cover art, marketing, and publishing. All I pay for is an editor. I even source beta readers and reviewers for free.

Of course, this doesn't mean becoming an author is suddenly easy. If anything, writing

belles should probably ring.)

This influx of content has created a new reality: discoverability is no longer the biggest challenge. Quality is.

Independent authors must now approach their work with a craftsman's mindset. Strong editing, thoughtful storytelling, professional cover design and authentic human creativity are no longer optional extras, they are essential

ingredients for success. Readers can quickly recognise passion and care, just as they can recognise when a book was assembled faster than a packet of two minute noodles.

It's an ever-balancing scale, and the proof is in the pudding. While publishing itself is now easier and more accessible than at any other point in history, writing has arguably never been more difficult.

In a world saturated with content, only writing of the highest standards and utmost quality can truly rise above the crowd.

Want to learn about how to self-publish? I'm happy to take questions anytime via email - and also, I give you a free book when you sign up to my newsletter. Get in touch!

www.callanjmulligan.com



itself has become more challenging than ever.

The rise of generative AI has flooded online marketplaces with mass-produced, low-effort content. Readers are increasingly confronted with books that feel rushed, repetitive and, occasionally, suspiciously similar to one another. (If a medieval dragon suddenly starts discussing quarterly business objectives, alarm

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Gardening.

August in the garden.

August is one of my favourite months in the garden. While we are still officially in winter, there is a definite feeling that spring is just around the corner. The days are becoming longer, and many plants are responding with new growth and unseasonally early flowering.

> Prepare for Spring

Now is the perfect time to prepare garden beds, incorporate well-rotted manures and compost to improve soil structure. Apply a good layer of mulch to help suppress weeds and retain moisture. I normally recommend mulch to a depth of 50 mm; avoid placing mulch too close to the base of surrounding plants.

> Lawn Care

Weeds are emerging, and now is the time to control them before they seed for spring.

Use a selective herbicide as per the directions on the container and reapply if necessary. I recommend adding a wetting agent to help it adhere to the leaf surface of the weed. Apply during sunny conditions and when it's not windy.

With the weeds under control, we can then commence feeding the lawn in late August. Ideally, a complete lawn food such as Grassmaster lawn food.

Aerate compacted soils. Consider top



Mal's Plant of the month Orange Trumpet Vine *Pyrostegia venusta*

- Evergreen climber
- Spectacular orange flowers throughout winter
- Suitable for full sun or part shade
- Attracts bees and other pollinators.
- Well-drained soil
- Suitable for growing in pots.

dressing in September if the lawn is uneven or worn.

> Camellias

Camellias have certainly produced an impressive display for this winter season.

As they finish flowering, now is a suitable time to give them a gentle feed.

Apply a small handful of Organic Life pellets if growing in the garden, or a slow release for potted specimens.

Having a shallow root system, they also respond to a generous mulch around the surface of the soil.

> Prepare for Summer Vegetables

Add plenty of well-rotted manure and compost to the soil; leave settle for a few weeks before planting.

Asian greens, Lettuce, Peas, Tomato, Silverbeet, Capsicums, Cucumbers, Snow Peas, Rhubarb, Strawberry, Radish, Carrots and Onions are a few of the many that can

now be planted in frost-free gardens.

A regular application of Power Feed or Five in One liquid fertiliser will promote healthy growth.

> Bulbs

Now is the time to plant summer-flowering Bulbs, including Dahlias, Gladioli, and Hippeastrums. Plant into a well-prepared soil or a quality potting mix if growing in containers.

> Prepare now for spring planting.

Healthy soil is the foundation of a successful garden and healthy plants. Prepare soil with aged manure and well-rotted compost. Add gypsum if planting into clay or heavy soils. Build up new gardens with garden soil.

Mulch gardens after planting to help reduce weeds and retain soil moisture.

Happy Growing,

Malcolm McKinlay

Garden Clubs of Australia Zone Coordinator

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WHAT'S
ON



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Kendall Rd Kew Ph 6559 4203



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Tooheys New & Old \$6.20 Schooners (Members Pricing)
\$15 Margis All Night
\$20 Antipasto for Two
Boardwalk Bistro open from 5:30pm

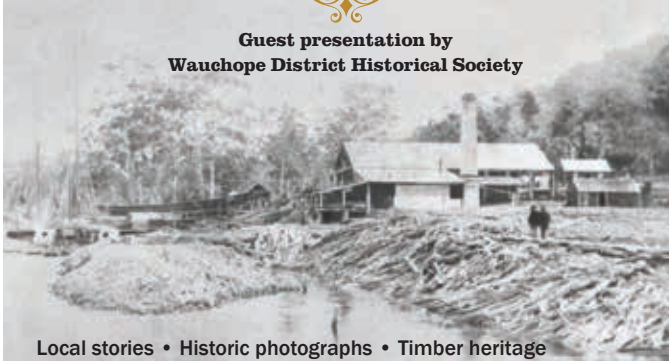
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15TH AUGUST 2026

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(Light refreshments provided)

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MORE INFORMATION: Stephen Ph: 0409 910 945



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Marine Rescue Camden Haven

EXPO DAY

Learn about what we do, meet our members and find out how you can volunteer with us.

Saturday 15 August
10 am - 1 pm
Laurieton United Services Club



THE JETTY & BAR
SUNDAY SESSIONS
SUN 16TH AUGUST 2026 | OPEN FROM 3PM

LIVE ENTERTAINMENT WITH CHARLIE O'DERRY FROM 4PM
Cafe Open for Delicious Coffee & Light Bites
Premium Cocktail Selection
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Tooheys New & Old \$6.20 Schooners (Members Pricing)
\$20 Antipasto for Two
\$15 Members Roast Special - Available in Boardwalk Bistro from 5:30pm

What's on and gig guide.

Live music, gigs and events!

SAT AUG 1 8.00pm – 11.00pm

Bill Roberts (Live Music)
Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN AUG 2 1.00pm

Jimmy Laing DJ
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN AUG 2 Open 3.00pm Music 4.00pm
Tezza (Live Music)

Sunday Sessions at The Jetty
\$1 oysters. Beer & Cocktail Specials. \$20 Antipasto
LUSC Seymour St - laurietonclub.com.au

SUN AUG 2 1.00pm – 4.00pm

Hudson Rose (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN AUG 2 11.00am – 4.00pm

Sunday Sessions
DJ Jimmy Laing
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN AUG 2 1.00pm

Bill Roberts (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

THU AUG 6 6.30pm – 9.30pm

Kyle Moore (Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI AUG 7 Open 4.00pm Music 6.00pm

Ann Woodland (Live Music)
Sunday Sessions at The Jetty
\$1 oysters. Beer & Cocktail Specials. \$20 Antipasto
LUSC Seymour St - laurietonclub.com.au

FRI AUG 7 7.00pm

Kendall Music Exchange
Blokes Notes Mens Chorale (Live Music)
School of Arts Hall Comboyne Rd
Tix: \$5
kendallmusicexchange123@gmail.com

FRI AUG 7 6.30pm – 9.30pm

Besty (Live Music)
Club Lake Cathie 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT AUG 8 .00pm

(Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN AUG 9 1.00pm – 4.00pm

Martin Becker (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN AUG 9 11.00pm – 4.00pm

Sunday Sessionsa
Mat Brooker (Live Music)
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN AUG 9 1.00pm

Charlie O'Derry (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN AUG 9 1.00pm Pre-Concert Talk

PhiloMusica Concert 2.00pm Concert
Goetz Richter – Violin & Paul Cheung – Piano
Works by Strauss & Pfitzner
Kendall School of Arts Hall
Tix: Adults \$35 / Children 12 & under \$10
<https://events.humanitix.com/kendall-philomusica-august-9> www.kendallviolin.org.au

THU AUG 13 6.30pm – 9.30pm

Sebastian (Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI AUG 14 6.30pm – 9.30pm

Chill Factor (Live Music)
Club Lake Cathie 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT AUG 15 8.00pm – 11.00pm

One Night Stand - massive night (Live Music)
Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SAT AUG 15 10.00am – 1.00pm

Marine Rescue Expo / Open Day
LUSC Seymour St - laurietonclub.com.au

SAT AUG 15 7.00pm

Love Buzz Band (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN AUG 16 Opens 3.00 pm Music 4.00pm

Charlie O'Derry (Live Music)
Sunday Sessions at The Jetty
\$1 oysters. Beer & Cocktail Specials. \$20 Antipasto
LUSC Seymour St - laurietonclub.com.au

SUN AUG 16 1.00pm – 4.00pm

Sebastian Jones (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN AUG 16 11.00am – 4.00pm

Sunday Sessions
Besty (Live Music)
Haven Ridge
743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

FRI AUG 21 Open 4.00pm Music 6.00pm

Brad Lockwood (Live Music)
Friday Nights at The Jetty
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LUSC Seymour St - laurietonclub.com.au

FRI AUG 21 6.30pm – 9.30pm

Slingshot Duo (Live Music)
Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT AUG 22 7.00pm

80's show with Nikki Rudge
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN AUG 23 1.00pm – 4.00pm

Steve Bennett (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN AUG 23 11.00pm – 4.00pm

Sunday Sessionsa
Hudson Rose (Live Music)
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN AUG 23 1.00pm

Craig Stewart (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SUN 23 AUG 2.00pm

Jeff Lang & Dom Turner
(Roots and Blues - Live Music)
Wauchope Senior Citizens Centre
www.wauchopearts.com.au

THU AUG 27 6.30pm – 9.30pm

Matty Zarb (Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI AUG 28 6.30pm – 9.30pm

Rockabilly's Country Night (Live Music)
Club Lake Cathie 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT AUG 29 1.00pm – 4.00pm

Craig Stewart (Live Music)
Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN AUG 30 1.00pm – 4.00pm

Peter Roberts (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN AUG 30 1.00pm – 5.00pm

Sunday Sessions
Chloe Hicks (Live Music)
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN AUG 30 1.00pm

Sebastian Jones (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

If you have any entertainment
or events happening in our
region please let us know and
we will list them here.

FREE LISTING.

editor@camdenhavenlocalnews.com.au

Giving back. When selling local.

by *Stone Real Estate*

Since opening its doors earlier this year, Stone Real Estate Camden Haven has quickly established itself as more than just a real estate office. Built by a team of dedicated real estate professionals who are also proud locals, and backed by office principals David Geary and Nathan Owen, the office has embraced a strong commitment to supporting the community it calls home.

That commitment has now been strengthened through the launch of the *Sell Local. Give Local.* community giveback program.

For every property sold by Stone Real Estate Camden Haven for the remainder of 2026, the office will donate \$500 to a local charity, community organisation, sporting club or not for profit group nominated by the seller.

The initiative is designed to ensure every successful property sale delivers a lasting benefit beyond the transaction itself, helping to support the volunteers, clubs and organisations that play such an important role across the Camden Haven.

Selling agent Luke Hadfield said the program reflects the values of the entire team.

"We love our community and are committed to making a real difference".



"Real estate is about people, and every day we have the privilege of helping local families through some of life's biggest milestones. This is our way of giving something back and ensuring those milestones also help strengthen the community around us."

From sporting clubs and community groups to charities and volunteer organisations, sellers have the opportunity to direct the donation to a cause that is meaningful to them.

The initiative builds on Stone Real Estate Camden Haven's ongoing involvement in the

local community, with the team supporting local events, organisations and initiatives throughout the region.

As the office continues to grow, the *Sell Local. Give Local.* program reinforces its commitment to keeping local success within the community, ensuring every sale leaves a positive legacy long after settlement.

For anyone considering selling their property in 2026, it's an opportunity to not only achieve a successful sale but also make a meaningful contribution to a local cause that matters most. Call 02 5519 0104.



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TUESDAY	24th NOV	6-8pm
WEDNESDAY	23rd DEC	6-8pm

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15th AUGUST
12th SEPTEMBER
10th OCTOBER
21st NOVEMBER
12th DECEMBER



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For more info visit:
silverbackbreathwork.com.au

Good health is mindful.

A simple way to support better mental health. Indoor plants?

by *David Shorter, The Propagation Station*

In a world where stress, anxiety, and constant screen time have become part of everyday life, many people are searching for simple ways to improve their mental well-being. One surprisingly effective solution can be found right inside our homes: indoor plants. More than just decorative objects, indoor plants create healthier, calmer environments that can positively influence our mood and overall mental health.

One of the greatest benefits of indoor plants is their ability to reduce stress. Some studies have shown that being around greenery helps people feel more relaxed and lowers feelings of anxiety. Caring for plants also encourages mindfulness. Watering, pruning, and watching a plant grow provides a peaceful routine that allows us to slow down and focus on the present moment.

Indoor plants can also improve concentration and productivity. Whether in a home office, classroom, or study area, the presence of plants has been linked to better focus and increased creativity. A pleasant, natural environment can make it easier to complete tasks while reducing mental fatigue.

Another important advantage is the sense of responsibility and achievement that comes from nurturing a living thing. Even a small plant thriving under your care can provide a feeling of purpose and accomplishment, especially during challenging times. For people who live alone, plants can also make a space feel warmer, more welcoming, and less lonely.

Some indoor plants contribute to better air quality by helping remove certain pollutants and increasing humidity. While they are not a replacement for proper ventilation or air purification, cleaner, fresher indoor environments can support overall comfort and well-being.

Critics may argue that plants require time and maintenance, but many varieties, such as snake plants and pothos, are easy to care for and suitable for beginners. The small effort they require is often outweighed by the emotional and psychological benefits they provide.

As concerns about mental health continue to grow, it is worth embracing simple, affordable ways to create healthier living spaces. Indoor plants offer more than beauty - they encourage relaxation, improve focus, and bring a sense of calm into our daily lives.

Sometimes, a healthier mind begins with something as simple as a pot of green leaves on a windowsill.



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Pets and winter care.

Winter's nearly over but our little friends still care.

August is the last month of winter, which means many of us are counting down to warmer days, and our pets probably are too, even if the cat refuses to admit it.

Cold mornings, damp grass and chilly evenings can be harder on pets than we realise, especially older dogs and cats. If your pet is slower to get up, reluctant to jump, or looking at their walk as if you have personally offended them, stiffness or arthritis may be part of the problem. Gentle daily exercise, warm bedding away from drafts, and a chat with the vet if mobility suddenly changes can all help.

Short-haired, small or elderly dogs may appreciate a winter coat or jumper, provided it fits properly and does not turn them into a disgruntled child. Remove it once the day warms up, and keep all pets a safe distance from heaters, fireplaces and electric blankets. Cats, in particular, have a talent for finding the warmest, most inconvenient place at home.

Winter can also be a time for dry skin, matted coats and mystery lumps hidden under fluff. Regular brushing is a simple way to keep pets comfortable and spot anything unusual early.

August is also a good time to prepare for spring. Fleas, ticks and allergies tend to return as the weather warms, particularly in coastal and bushy areas. Keeping parasite prevention



up to date now can save a lot of scratching, worrying and expensive "why is the dog doing that?" moments later.

And while winter comfort food is tempting, pets do not need rich leftovers, cooked bones or a share of every casserole. Their stomachs are not always as enthusiastic as their eyes.

With a little extra care, our pets can get through this last stretch of winter comfortably – and be ready to leap, sniff, nap and run enthusiastically into spring.



Princess finds a place to purr.

Princess arose at half-past two,
With frost upon the glass,
Searched the house room to room,
With great dramatic class.

She tested out the laundry floor,
Then gave a wounded meow,
As if the tiles had personally
Offended her somehow.

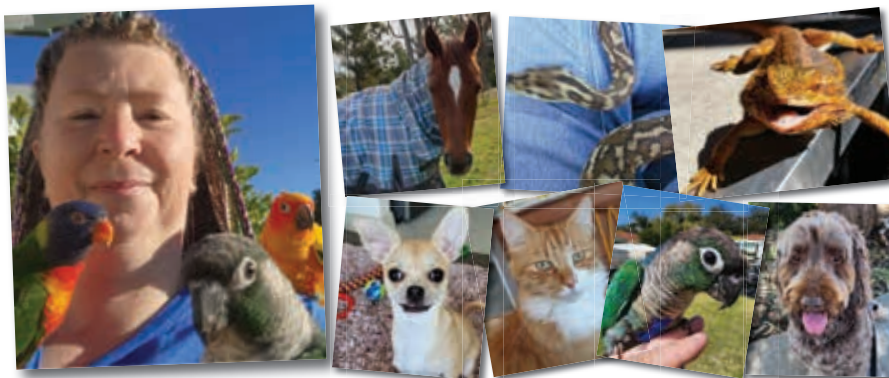
She found the dog's big cosy bed,
And pushed him with one paw,
Then settled in the middle like
She owned the house by law.

The windowsill was full of sun,
A golden little throne,
But when a cloud came drifting by,
She left it with a groan.

She tried the chair, the folded clothes,
The basket, bag and mat,
Then found the laptop, warm and bright
The perfect place for cat.

So if your screen goes blank today,
Or keys begin to beep,
Don't blame the winter power bill
The cat has gone to sleep.

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TIP OF THE MONTH ROOT CANAL - MYTHS VS FACTS

Hearing you need a root canal can be scary, but modern treatment is safe & effective - Let's separate fact from fiction.

- ✗ Myth: Root canals are painful.
- ✓ Fact: Modern treatment is comfortable and similar to having a filling.
- ✗ Myth: It's better to remove the tooth.
- ✓ Fact: Saving your natural tooth is usually always the best option.
- ✗ Myth: If the pain stops, the problem is gone.
- ✓ Fact: The infection can still be there and may worsen without treatment.
- ✗ Myth: Root canal-treated teeth don't last.
- ✓ Fact: With proper care, they can last for many years.

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Redefining hi-rise.

Big concepts. Big dreams.

Suppose someone told you your great-grandchildren might one day live inside a world that humans built themselves – not on Earth, not on the Moon, but floating through space. They could wake beneath blue skies, stroll beside sparkling lakes, picnic in green parks and watch clouds drift overhead. Birds would sing in the trees, crops would grow in fertile fields, and children would ride bicycles to school. Yet everything around them – the sky, the landscape and even the gravity beneath their feet – would be artificial.

It sounds like the setting for a blockbuster science-fiction movie, but this astonishing idea has been taken seriously by scientists for over fifty years. It's called an O'Neill Cylinder, and many space experts believe it represents one of humanity's most realistic long-term plans for living beyond Earth.

The concept was developed in the 1970s by American physicist Gerard O'Neill. Rather than trying to squeeze future populations onto harsh, unforgiving planets, he proposed something far more imaginative – building enormous rotating cylinders in space. Each would stretch for several kilometres, spinning slowly to create artificial gravity. It's the same force that pushes you against the side of a fast-spinning carnival ride. In space, that gentle outward pull could feel remarkably like the gravity we experience every day on Earth.

Inside, these giant cylinders would become complete miniature worlds. Homes, forests, rivers, schools, shopping centres and farmland could all fit comfortably beneath enormous windows that admit reflected sunlight. Clever systems of mirrors would simulate sunrise and sunset, giving residents a natural cycle of day and night. Instead of merely surviving in space, people could actually thrive there.

The remarkable thing is that none of this breaks the laws of physics. Engineers have



STARGAZING With Astronomer **DAVE RENEKE**

studied O'Neill's design in surprising detail, and while the challenges are enormous, the concept itself is scientifically sound.

So why haven't we built one? The answer comes down to one simple word – scale. A single O'Neill Cylinder would require millions of tonnes of construction material. The obvious solution is to use resources already waiting in space, the Moon and asteroids.

Before that can happen, however, humanity must first create an entire space-based industrial economy. We'll need reusable heavy-lift rockets, robotic lunar and asteroid mines, orbiting factories and automated construction systems capable of assembling gigantic habitats piece by piece in the vacuum of space.

That may sound like a distant dream, yet the first building blocks are already appearing. Reusable rockets are dramatically reducing launch costs. Researchers are experimenting with manufacturing in orbit, while engineers continue developing advanced life-support systems that recycle air and water almost indefinitely. These quiet advances rarely make front-page news, but

together they are laying the foundations for humanity's future beyond Earth.

History reminds us how quickly technology can transform the impossible into reality. In 1903 the Wright brothers remained airborne for just 12 seconds. Only sixty-six years later, astronauts walked on the Moon. Progress can accelerate with astonishing speed.

Could we build an O'Neill Cylinder in our lifetime? Perhaps not a full-sized one. Most experts believe the first complete habitat is still fifty to eighty years away. But younger readers alive today may well witness the first rotating space settlements – smaller versions that prove the concept and open the door to much larger communities.

When that day finally arrives, humanity will have reached a remarkable milestone. We won't simply be exploring other worlds – we'll be creating entirely new ones.

David Reneke is a feature writer for major Australian publications and a science correspondent for ABC and commercial radio - heard on over 50 stations weekly across Australia. Visit David: www.davidreneke.com

Aussie roots & blues.

For the first time ever, two icons of the Australian roots scene are joining forces to create brand new music live on stage as part of an extraordinary national tour. Blending raw blues energy, masterful musicianship, and fearless improvisation, this unique collaboration brings together two of Australia's most respected and influential artists in an unforgettable live experience.

A must-see for fans of roots, blues, virtuosic guitar playing, and exquisite songwriting, these performances will showcase the spontaneity and magic that can only happen when world-class musicians share the stage.

Jeff Lang (32 albums, 3 ARIAs) and Dom Turner (founder of the Backsliders) perform at Wauchope Senior Citizens Centre, Sunday 23 August, 2.00pm. <https://jefflang.com.au/shows/jeff-lang-dom-turner-wauchope/>

Home grown. Hand made. Market morning.



The Hannam Vale Home Grown Home Made Market will be held at the volunteer-run Hannam Vale Community Hall on Sunday 30th August.

Enjoy some barbecue goodies and a hearty morning tea while you soak up the village atmosphere.

Browse fresh produce, baked goods, preserves, skincare, candles, crafts, jewellery, art and much more whilst supporting local artists, makers, growers and creatives.

A highlight is the local school's produce from their Stephanie Alexander Kitchen Garden.

There are also distilled yummys, sewn items and much much more.

Monies raised support the maintenance of the Hannam Vale Hall which is 99 years of age and has long been the hub of the community.

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Puzzle page.

by Jared Atkins

Answers available on our website
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Sound and speed. Local passions.

Putting the kart before the course. Bush track. Big heart.

Tucked away on a kart track in the bush just past Herons Creek, where rabbits, snakes and even the odd kangaroo can become part of race-day folklore, Sportsman Endurance Karting NSW is proving that motorsport does not have to be all cheque books and ego.

Club president Julie Pauling, known to everyone as Jules, describes SEK NSW as a travelling endurance karting club. With no permanent home track, the club rolls from venue to venue with its own safety lights, timing equipment, scales, fuel bay and gear, all packed into trailers before moving on to the next event.

This season has already taken competitors to Orange, Canberra and Newcastle, with future rounds including Coffs Harbour, Taree, Dubbo and Lithgow. The Taree round is a 14-hour race running into the night under lights, while Dubbo hosts a 700-lap challenge.

At the recent weekend event, up to 38 karts took part in a 12-hour format, racing clockwise one day and anticlockwise the next. Drivers can only stay in the kart for up to an hour before taking a compulsory break, making teamwork as important as speed.

The club uses sealed Honda GX200 engines, originally water pump engines, with standardised clutches, sprockets, exhausts and



tyres to keep costs down and racing fair. As Jules explains, it means success comes down to kart setup, preparation, driver skill and keeping the kart on track until the end.

That spirit carries through the paddock. Families race together, mates form teams, and competitors regularly help rivals back onto the circuit. There are fathers racing with sons and daughters, two all-female teams, younger drivers learning racecraft, and even older

competitors still enjoying the challenge.

For around \$830 entry including tyres, and second-hand karts starting from roughly \$5,000 to \$7,000, it offers an accessible way into motorsport. But more than that, SEK NSW has created a community on wheels – one that brings people together for long days, hard racing, shared tools, tall stories, and the simple joy of putting on a helmet and chasing the next lap.

Always ready to 'rock on' with Clemo.



Andrew Clements is a broadcaster, music enthusiast, audio engineer, IT support contractor, and firefighter. He joined 2WAY FM in 2012. His program "Rock On" has been running for 10 years. He has also presented "Remember This" (80s and 90s), "Party Hard" (dance, EDM and house) and "Smooth Sounds" (easy listening). So you can't deny he has an eclectic taste, crossing several genres.

He is a dapt hand at things electronic so looks after the station's IT systems, sponsorship schedules and production needs.

Along with Steve Shields he also dons his

hat at news reading about all things local. He particularly enjoys sharing his favourite tracks on air. And loves to hear the combination of great songs, produced elements and great voice overs all mixed so as to create a program. His aim is to continue to assist other presenters with becoming confident and to present polished content, while not losing the personal touch, yet sounding genuine and unique. As a local Wauchope resident for over 25 years he currently works in IT Support and Administration.

"Rock On" airs on Saturdays from 4pm to 8pm.



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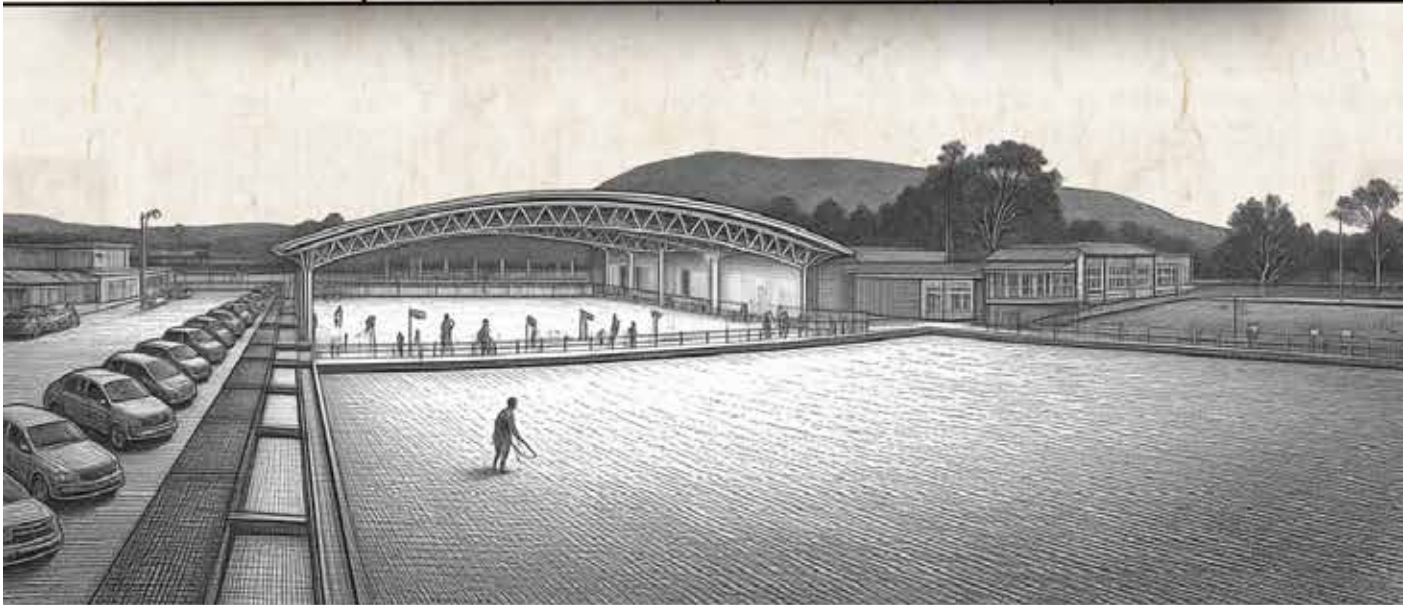
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