

CAMDEN HAVEN

FREE

LOCAL



LAURIE TON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL **NEWS** BONNY HILLS | LAKE CATHIE **APRIL 2026**

easter feaster

gigs and special events

not fool's gold

festive season

long lunches

space for play

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

Happenings on the home front.

More space to play at the region's biggest market. by Luke Hadfield, Chamber President

Port Macquarie Hastings Council are excited to be building a vibrant new play space in Short Street, Laurieton thanks to a grant from the NSW Government's Local Small Commitments Allocation Grant Program.

Set against the stunning backdrop of the Camden Haven River, it will be a welcoming and accessible family-friendly destination that encourages outdoor activity, connection and inclusive play for all.

Construction starts on 1 April 2026, and the goal is to deliver an inclusive leisure precinct for locals and visitors alike, which builds on community support for nature-inspired themes and play equipment that caters for a range of ages and abilities.

Council is committed to delivering an inclusive recreational hub that reflects community feedback during consultation in 2025, including nature-inspired themes and play equipment.

The family-friendly place space will be the perfect blend of active elements like flying foxes, triple-bay swings and wobbly rope challenges balanced with sensory, nature-rich components like a log obstacle course, gum leaf cubby and shaded seating to complement the beautiful Camden Haven River surrounds.

At last month's Council meeting, councillors considered a modification to the Camden Haven Chamber's Development Application for the Laurieton Riverwalk



Markets. The original approval dates back more than 20 years, so several administrative updates were required. The most notable change was the inclusion of additional market dates for some months that have five Sundays. We are pleased to report that Council supported the modification unanimously.

With the upcoming development of the Regional Play Space in the market precinct, there will be further changes and considerations around how the markets operate into the future. As these discussions continue, we also want to address some of the feedback and misconceptions that occasionally arise around the markets.

The Laurieton Riverwalk Markets generate the majority of the Chamber's funding.

The markets remain essential to ensuring the Chamber can continue supporting local businesses and delivering initiatives across the community. Recent changes to permit requirements and cost increases associated with holding these events, means the layout, infrastructure and managing of the markets is undergoing a rethink. Although we assume there may be teething issues, we are doing everything we can to make the transition as smooth as possible.

So next time you visit Laurieton Riverwalk Markets, the layout will be quite different, so keep an eye out for where your favourite stall may have been relocated to.

A real nugget. A fool for gold.

by Engineer Nala Rolyat

I was taking a young visiting structural engineer up the North Brother Mountain Road to show him the view. The road was closed as ACG (Alliance Construction Group) were repairing the landslip caused by the earlier flooding rain. I know ACG, rang the office and got consent to visit. We had our PPE.

Anyway, when we arrived at the site of the embankment repair there was all sorts of excitement. They had uncovered a monstrous gold nugget (pictured). It was washed before the photo. This was a year or more ago, but since then, the following has occurred.

As they didn't have a mining licence and the land is NPWS, they handed it over to NPWS. NPWS sent it to Adelaide where an assay company examined the minerology and advised the nugget (gold) came from the Nundle area (an area to the west of here, up in the hills, nearer Tamworth than us. All gold's source or origin can be evaluated by its particular minerology. Amazing.

How did it get here? It turns out that in the early days, 1890's, the Bloyd family (a well known logging/axe family from Wauchope and Heron's Creek) had a logging transport run from Walcha to the coast. The red cedar

and hardwood logs were brought down to Laurieton Wharf to be shipped to Newcastle and Sydney. From the timber jinker they were placed on a tramway at Lorne for the rail to the wharf. (The Longworth Tramway). Around 1890 the subject nugget was loaded with logs, and a few passengers and the trip began. But, they were robbed between Lorne and the wharf! Just the gold was taken, no casualties. Bloyd's weren't on the tram but they knew the story, but not the perpetrators.

Because the subject nugget was originally obtained without a permit, not a big fuss was made of the loss. Gold being plentiful at the time. Fools!

After contacting the NSW Police it seems ACG can claim the nugget as rightful owner in 3 months (some 18 months after the discovery). But, if someone knows something, a counter-claim could be made!

The nugget's gross weight is 53.3 kg, nett weight 47.8 kg making it the 5th largest nugget (officially) in the world.



CAMDEN HAVEN LOCAL NEWS

Cover: The cross is an old anchor near Marie Rescue.

Issue 19 | April 2026 Publisher: Terence Mulligan
Produced in Laurieton, Camden Haven, New South Wales.
Camden Haven Local News is an independent newsletter/magazine publication, published by Websites on Wheels ABN 76 714 314 099. Printed by CMYKOnline. Distributed via 50+ outlets in the Camden Haven region. Editorial and advertising enquiries should be directed to editor@camdenhavenlocalnews.com.au or 0459 472 882. Views expressed by the editor, authors and contributors are not necessarily those of the publisher. The publisher cannot accept responsibility for errors in articles or advertisements. All images if not credited are supplied in faith as being copyright-free or are from Freepik, the publisher's copyright-free library, or created by the publisher's artists.

www.camdenhavenlocalnews.com.au

Community Chit Chat.

Words & Music Festival update *by Olwen Williams*

As part of the inaugural Camden Haven Words & Music Festival's ethos, the committee has curated a program showcasing many varied music genres – a "something for everyone" approach.

This month we focus on the Chamber Music offering where we feature TRIO NOVALIS, instrumentation and performers being: Dr Goetz Richter AM – Violin, Minah Choe - Cello, Dr Jeanell Carrigan AM – Piano

This group of incredibly talented musicians offer a level of professionalism and expertise rarely seen in a regional setting. The cohesion and cooperation between these players is paramount to the delivery of such a challenging repertoire truly representative of the Chamber Music period.

Their music will include works by Joseph Haydn, Antonin Dvorak and Frank Hutchens.

The setting for this delightful matinee is the historic Kendall School of Arts Hall which, in the opinion of this author, has one of the best acoustics for non-amplified music that I have ever heard. Worthy of mentioning is the stunning sound and timbre of the resident K. Kawai grand piano played with finesse and flourish by Dr Carrigan.

"Meet the Musicians" and refreshments will follow this afternoon of salon music delights. Post-show dedicated VIP dining is available at local restaurant "Fat Alberts" at 11 Comboyne Street Kendall.

Trio Novalis – Saturday June 6, at 2.30pm. Kendall School of Arts Hall.



For the full festival program and information and ticketing, visit www.camdenhavenwordsandmusicfestival.com.au or call Olwen Williams 0419 363 363.

What an amazing woman. *by Alison Stewart*

Here's one for the trivia enthusiasts:

- 1: Name the first woman to gain her pilot's license in Australia?
- 2: What major maritime event played a critical role in her legacy?
- 3: What is her direct association with the Camden Haven?

Spoiler alert: answers...

1) Millicent Bryant: In 1927 Millicent earned her pilot's license, making her the first woman in Australia and the Commonwealth (outside Britain) to have done so.

2) Greycliffe Ferry Disaster: That very same year, Millicent boarded the 4:15 ferry from Circular Quay to Watsons Bay. The Greycliffe, known as the school boat, was rammed by R.M.S. Tahiti, a passenger liner headed to New Zealand. Forty lives were lost that day, and



Millicent Bryant was among them. Regrettably, this tragic event has all but erased her great achievements and legacy.

3) Millicent (Milly) Jones: Milly, a longtime resident of Kendall, is Millicent Bryant's granddaughter. At 92 years old, she's still an active poet, photographer, painter, wordsmith, gardener, and dedicated community advocate.

She recently marked her 90th birthday by bestowing her entire collection of paintings, which were exhibited and sold at Kendall Community Hall. All proceeds raised were donated to Community at 3, a non-denominational Christian organisation, dedicated to ensuring that no resident faces life's challenges alone.

Surely Milly is the very definition of a living treasure.



Bryant's great-grandson, James (author)



Presenting award-winning singer, songwriter and producer Richard Marx's **After Hours Tour**. The most enduring artist with # 1 singles in 4 different decades, penning 14 chart topping hits across multiple genres and collaborating with everyone from **Hugh Jackman to Luther Vandross and NYSYNC to Ringo Starr**. The tour features new releases and features world-renowned trumpeter Chris Botti.

For full Itinerary*, Inclusions, Ticket tiers, and Conditions* contact us or visit the website.

Wednesday 22nd April
Depart 2.30 for dinner at Sunnyside Tavern before arriving Civic Theatre Newcastle for 7.30 show. Return home after.

A Berve \$438
B Reserve \$392

02 6583 3330
admin@portbus.com.au
<https://www.portbus.com.au>

PORT BUS
charters, tours & rentals

Community Chit Chat.

by Olwen Williams

When masterful classical music can also get “out there and whacky”

The most recent in the PhiloMusica Series of concerts saw the winner of the 2023 Kendall National Violin Competition, Beatrice Colombis, grace the stage of The Kendall School of Arts Hall for a recital which was originally planned for 2025 however was re-scheduled to March 8 this year, due to last year’s local flooding.

Currently residing in Berlin, Beatrice shared with the audience that she was most happy to be back in the venue where she won the prestigious competition three years ago.

Her program opened with a lively solo violin performance of Sonata in A minor BWV 1003 Grave and Fuga by JS Bach. This was something to behold. The agility and confidence which this young performer exuded left the audience in no doubt that they were in for an afternoon of greatness!

Continuing with the soaring sounds of Beatrice’s “Perry” violin, she performed another solo piece, Paganini’s Caprice No 23 which amply exhibited the excellent acoustics of The Kendall School of Arts Hall, due mainly to the quality hardwood used in its’ construction for floor, walls and ceiling.

For her third musical offering, again as a soloist, Beatrice chose a piece, Solo Sonata No. 2 from a lesser-known female Polish / Lithuanian composer, Grazyna Bacewicz which was written as recently as 1958.



This piece required technical finesse and showcased the experimental and creativeness of Bacewicz which in Beatrice’s own words appeared somewhat “Whacky & Out There”! Many different techniques were utilised during this performance including double stopping, plucking as well as creating mournful minor long bowed passages. The second movement conjured up visual images of very busy bees – flying, soaring and swarming overhead. All this from one performer and a solo violin!

After the first three pieces Beatrice had commanded the respect and complete awe of the audience resulting in the most appreciative applause I have ever heard at this venue.

To conclude this ambitious program, Beatrice was joined on stage by Sydney pianist Laura McDonald who equally deserved the stage. It was revealed that Laura incidentally happens to be Beatrice’s mother! They both embarked upon a musical journey playing a heartfelt rendition of Italian composer, Ferruccio Busoni’s Sonata for Violin & Piano Op 29 BV234. This three-movement work covered over 15 tempo markings with Laura McDonald accompanying her daughter with a sensitivity allowing Beatrice to really shine.

From my vantage point at the rear of the hall the wonderful piano sound of the K. Kawai grand piano resonated through to my bones, reminding me of how lucky our community is by having these world class performances brought to our region.

The PhiloMusica Series of concerts is proudly presented by the hard-working committee of The Kendall National Violin Competition, led by acclaimed violinist Dr Goetz Richter AM who dedicates countless voluntary hours to enhance our local musical experiences.

All proceeds from this series benefit The Kendall National Violin Competition Inc.

For further information and to ensure you don’t miss the next musical offering, visit www.kendallviolin.org.au

Music matters!

Women of compassion are a girl’s best friend.

International Womens’ Day was celebrated in style by 50 lovely ladies at the recently refurbished Jetty Café situated river-side downstairs at Laurieton United Services Club, Seymour St Laurieton.

Local ukelele and vocal ensemble “The Jetty Set” set the tone with their upbeat tunes singing and playing a most “happy” repertoire to welcome guests at 8.00am on a grey Sunday March 8, 2026. Their brightly coloured shirts



Camden Haven High School Captains and Vice Captains



The Jetty Set

matched their celebratory mood.

School & Vice Captains from Camden Haven High School assisted with ceremonies, including the official welcome and “Acknowledgement of Country” all the while looking splendid in their formal uniforms.

Local vocalist, Olwen Williams, performed a heartfelt rendition of our National Anthem to kick off proceedings.

The LUSC hospitality staff provided an excellent breakfast selection with a choice of Smoked Salmon Eggs Benedict or Fluffy Pancakes with Seasonal Fruits and Blackberry Compote alongside barista brewed coffee.

All attendees agreed that we were most lucky to have Registered Nurse, Brittani Michelle as the guest speaker for the occasion. She works locally here in Port Base Hospital.

Her history of performing charitable work, in collaboration with Rotary, in South Africa, India and her “second home” Nepal was the focus of her talk and informative power-point. She recalled setting up her “Calcutta Chicken Project” where coups were erected and chickens distributed to the community whereby providing eggs and a means to earn money for families. After the commencement of this project, within 12 months there was a notable rise in school attendance in the



Guest speaker Brittani Michelle with Rotarian Jenny Peters

vicinity as a direct result of these benefits being added to the community.

Brittani enlarged on her passion of helping pave the way for the rights of girls to access nursing training in remote and regional areas overseas, especially in Nepal where to this day they still hold the highest number of child marriages where families sell their children off to be married to receive monetary reward.

Brittani’s bravery and trail-blazing attitude is to be applauded. Donations to her continuing great work can be made to Laurieton Rotary Club by calling Jenny Peters on 0427 599 048.

The “Ladies of Laurieton” wish to thank Jenny Peters for her continued community work which has spanned decades, and for her excellent skills in presenting such a great event on behalf of Rotary.

Bad Breath: The topic no one likes to talk about.

Many people experience bad breath from time to time, and it's far more common than you might think or admit. The good news is that in most cases it can be improved with a few simple steps and good daily habits.

Bad breath usually starts in the mouth. Natural bacteria break down tiny food particles left around the teeth, gums and tongue. During this process they produce

small sulphur gases that can cause unpleasant odours. While that may sound a bit technical, the solution is often quite simple – keeping your mouth clean and healthy.

Simple Habits for Fresher Breath

Looking after your mouth each day can make a big difference. A healthy routine includes:

- Brushing your teeth twice a day
- Cleaning between your teeth with floss or interdental brushes
- Gently brushing or cleaning your tongue
- Visiting your dental professional for regular check-ups and cleans

Cleaning the tongue is something many people overlook, but it can help remove bacteria that contribute to bad breath.

Healthy Gums Matter

Your dental check-up is also an



opportunity to make sure your gums are healthy. Conditions such as gingivitis and more advanced gum disease can allow bacteria to build up around the teeth and gums, which may affect both breath and overall oral health.

The encouraging news is that regular professional cleans and early care can help keep gums healthy and prevent these problems from progressing.

Everyday Choices Can Help

A few everyday habits can also influence the freshness of your breath.

Drinking plenty of water throughout the day helps keep the mouth moist and supports the natural cleaning action of saliva. A balanced diet is also important.

Certain foods can temporarily affect breath. Spicy foods, onions and garlic can leave strong

odours in the mouth for some time after eating. Tobacco use is another common cause of bad breath, as it dries the mouth and allows odour-causing bacteria to build up more easily.

Some medications or health conditions can also lead to a dry mouth. Because saliva naturally helps control bacteria, staying well hydrated is especially helpful.

Extra Support When You Need It

Mouthwashes and sugar-free chewing gum can help freshen breath

by reducing bacteria and encouraging saliva flow. These can be useful additions, but they work best alongside good brushing, flossing and regular dental care.

Take the First Step

If you'd like to feel more confident about your breath and oral health, a professional clean is a great place to start. A clean with our Oral Health Therapist is a great way to get your smile back on track. At that appointment our dental professionals will talk to you about your oral health and how to achieve the best outcomes.

Good dental health is a team effort, and we're always happy to be part of your team.

For more information or to make an appointment, visit:

www.sundialdental.com.au or call our caring team at Sundial Dental on 6559 9276.

Sundial Your Smile Today



SUNDIALDENTAL

For Gentle Dental Care

**NEW
PATIENTS
WELCOME**

LAURIETON
16-18 Laurie St
☎ 6559 9276

5 FRIENDLY LOCATIONS

www.sundialdental.com.au



A literary and musical feast.

On words and poetry at Camden Haven.

by Diane Solomon Westerhuis



Mark Tredinnick OAM

This year is emerging as one in which we will have lots of fabulous words and music in Camden Haven. Although not a musician, I can appreciate the terrific line-up of musicians for the Camden Haven Words & Music Festival, and I can't wait to listen to (and read) the words of some of our most interesting and original authors. And the works they will be presenting at the festival will include many new works, published (or about to be) at the time of the festival. New works include Inga Simpson's book 'Once We Were Wildlife' (see the book review on page 9 by our esteemed Editor) as well as Mark Tredinnick's 'Chain of Ponds: New & Selected Poems' (5 Islands Press), which comes out in June/July. Chain of Ponds will include Mark's most recent work, following his book of poems 'A Beginner's Guide' was published in 2022. Mark tells me that this new work "feels like a real statement, a milestone" for him. In fact Mark has a very impressive and long bibliography of publications, which reveal his development as a writer and poet over his career.

I first read Mark's poetry when I was studying a Creative Writing course some years ago, in which one unit attempted to teach us to write poetry. Like many others, I had written (very poor) poetry when I was young, but had not attempted, or even read much poetry since. Judith Wright had always been a favourite poet, probably because of her writings about two of my enduring interests, birds and the environment. However that unit inspired in me and other students a longing to be able to write good poetry, just like Mark does, with warmth and feeling and love for the landscape around me. This is Mark's forte, polished in his earlier nature writing and flowering in his poetry.

Mark's nature writing began with his study of American writers, from Walt

Whitman to Barry Lopez and many others, in his PhD thesis, 'Writing the Wild: Place, Prose and the Ecological Imagination' (2003). Out of this came his major nature writing work of the Blue Mountains: 'The Blue Plateau: A Landscape Memoir' (2009), which was followed by 'Australia's Wild Weather', (2011). You can listen to Mark reading from this on ABC's Ockham's Razor of December 2012, titled 'A poet's guide to climate change'. The title signals his attention to both environmental and poetical issues.

Mark's writing reached maturity after his first visit to Camden Haven and his residency at the Pilot Station

By this time Mark was focusing on poetry and teaching, and winning many awards for his work. In 2020 Mark received an Order of Australia (OAM) for service to literature, and to education. One example of his service to education and teaching was when Mark wrote one of my favourite poems, specifically for workshops at the Australian Botanical Gardens in 2021. This poem is also significant for our local timber history, praising the wonderful Red Cedar. You will find it and others on the delightful Red Room Poetry site, a great resource, see <https://redroompoetry.org/>

I do believe that Mark's writing reached maturity after his first visit to Camden Haven and his residency at the Pilot Station, which may have inspired his love of Cedar. It was at the inaugural Watermark Festival, which I have written about previously. No doubt he and Inga Simpson, another Watermark participant, will have a good time catching up on their careers since then. And what

an auspicious year 2026 will be, because in October the Australian Government will announce our first Poet Laureate. For Australia this is a first – yet it follows a long tradition in many other countries, where poets do their country lots of good deeds while holding that office. I am sure you would agree that Mark would be a worthy candidate.

Toona Ciliata

*They gave themselves away, flaming in rain-
Forests, rising stark through open canopies,
A goauche of green and grey. They wrangled
Them, these mahoganies, used furniture in
Waiting, architraves and finials and chairs;
They spotted them and downed them, these
Unritting Colonial fittings hiding out
In geologic time; they rounded them up
From mountainsides, the future perfect
Immanent in their past continuous selves;
They drove them from gullies and flooded them
Downstream; they slipped them from these
Former worlds to new cities on the plains.
Too good to leave standing in a land
Of recalcitrant trees; too much like profit
And good timber to let be.*

*The forests that
Lost them lose them still; their grieving never
Ends; they miss the cedars' lyric trick of dying
Again, more beautifully, each new season
Than the last; they ring, the widowed forests,
As if waiting for their pasts.*

*And beneath
This one, spared the saw and islanded here,
Survivor of a genocide of limbs, I feel lonely
For the forests the tree never knew, for parts
Of me, and all of us, felled before we grew.*



For program, performers and bookings go to: camdenhavenwordsandmusicfestival.com.au

Up. Up. Dancing in the sky.

by Alison Stewart

I dropped everything when Jeanine Glasson said she was grounded. As an acrobatic pilot, she personified paragliding and paramotoring, making her the perfect inspirational subject. I was so excited to meet this adrenaline-seeking, tragic, and I did - but I didn't expect a Baby Boomer, like me!

How do you find your baby-boomer-self on the path to paramotoring? Well Jeanine's journey is a wild one, starting as a professional Latin-American dancer; and has the international hardware to prove it.

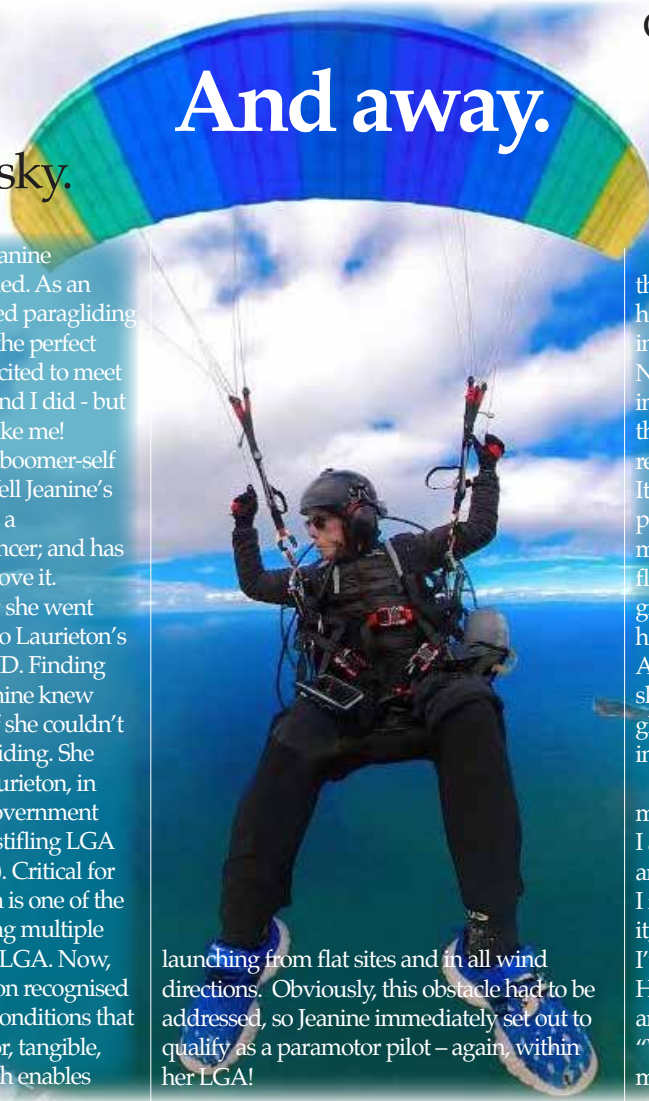
I was fascinated to learn how she went from the world's Marley floors to Laurieton's southern sky. The answer, COVID. Finding herself based in Melbourne, Jeanine knew she'd never survive lockdown if she couldn't pursue her raison d'être: paragliding. She immediately set out towards Laurieton, in incremental steps - one Local Government Area at a time. (You'll recall the stifling LGA restrictions imposed by COVID). Critical for paragliding, the Camden Haven is one of the few locations in Australia offering multiple launch sites, all within that vital LGA. Now, wanting to fly every day, she soon recognised that paramotors were flying in conditions that grounded paragliders. The major, tangible, difference being the motor, which enables

And away.

launching from flat sites and in all wind directions. Obviously, this obstacle had to be addressed, so Jeanine immediately set out to qualify as a paramotor pilot - again, within her LGA!

There are many differences between these two extreme sports. Paramotoring has allowed Jeanine's passion to evolve into acrobatics and she's often seen above North Haven Beach. Keep a lookout; it's an incredible sight! This writer's always startled, thinking the pilot's in trouble, but then I realise there's a dance going on up there. It's choreographed - that's the incredible part! On the other hand, paragliding (no motor) is arguably, considered silent, 'pure flight'. Jeanine considers gliding, "One of my greatest challenges, as every flight is different, harnessing the fickle elements of nature. Again, it's like dancing - about refining your skills to create beauty. There's something truly glorious, continuing that dance with a glider in the sky and throughout your life."

Now, as I reflect on this article, I find myself 'comparing the pair'. Jeanine and I are almost exactly the same age, height, and weight (although very different BMIs). I found myself asking, "Can I do this?" or is it, "I CAN do this!" Yes, I'm taking the leap. I've booked a tandem paragliding flight with High Adventures in Laurieton. I'm excited and apprehensive but just keep thinking - "When they say 'weather permitting' they mean 'whether I'll do it' - right?"



Duty of care that feels considered, personal and appropriate.

GAP FREE

Checkup, XRays, Clean & Flouride

For all private health fund holders

SAME DAY

Emergency Appointments

EARLY and LATE Appointments

10% Discount for Seniors & Pensioners



Mid North Coast Dental Centres

Shop 8, 1613 Ocean Drive, Lake Cathie. T 6584 8111 (6 days)

38 Clifton Drive, Port Macquarie. T 6581 4025 (7 days)

Online bookings: www.midnorthcoastdental.com.au



NEW NAME, SAME FAMILIAR FACES

YOUR LOCAL EXPERTS IN:

- Wills
- Estates
- Testamentary Trusts
- Probate
- Estate Litigation
- Property law
- Business law



Richard Morris is the Mid North Coast's only solicitor accredited globally with the Society of Trust & Estate Practitioners (STEP)



**Morris
Succession
Lawyers**

Incorporating Searson Shannon & Co

www.mslaw.com.au

1/75 Bold Street, Laurieton - (02) 6559 9800

Safe as houses.

Autumn safety check. Is your home ready?

by Stacey Carol

Hello neighbours. As the days grow shorter and the evenings cooler, April is the perfect time to give your home a little safety tune-up. With the change of season – and the end of daylight saving on Sunday, April 5 – it's not just the clocks that need adjusting. A few simple checks now can help keep your family safe and cosy all autumn and winter long.

1. Smoke Alarms. Test. Replace. Repeat.

When you wind your clocks back, make it a habit to test your smoke alarms. Press the test button to ensure they're working and replace batteries if needed. If more than 10 years old it's time for a full replacement.

2. Heater Safety. Warmth without worry.

Before you plug in that heater, check cords for frays and dust off vents. Keep heaters at least one metre away from curtains, bedding,

and furniture. Never leave them running unattended; especially overnight.

3. Electrical Load. Don't overdo it.

Cooler weather often means more appliances in use. Avoid overloading power boards and use only those with inbuilt safety switches.

4. Slips, Trips and Autumn leaves.

Fallen leaves can be slippery when wet. Keep paths, driveways, and decks clear to prevent falls. I recommend using a broom, both for that extra exercise and for my sanity, as leaf blowers are possibly one of my least favourite things to listen to. If you're cleaning your own drive it may be

Safety Stacey's Autumn Safety Checklist to cut out and stick on the fridge.

- Test smoke alarms and replace batteries
- Service or check heaters before use
- Keep heaters one metre from flammable items
- Avoid overloading power boards
- Clear leaves from paths and driveways
- Adjust clocks for daylight saving change

nice to also clean that of your neighbour too - especially if they are less able to do it themselves.

A few minutes spent on these checks now can save you a lot of trouble later. So, when you turn your clocks back this April, take the time to turn up your home's safety too. Stay safe and snug, Safety Stacey.

Water attraction at Laurieton markets.

by Alison Stewart



Rachael King with Pandee, Lee and Barry Crispe, Wanita and Marcia Millner, Malcolm at the helm with Lloyd and Lukas on watch.

With community service at heart, Malcom Bell has been operating his water taxi between Laurieton Markets & Dunbogan Boatshed and Marina Cafe, which he owns with his wife, Kristy. This complimentary service, offering a 10 minute boat trip in each direction, allows anyone to enjoy the water. The taxi runs continuously during market mornings and allows the perfect amount of time to partake a coffee, ice cream or cake at the cafe before rejoining the taxi for the return voyage.

KENDALL CHRONICLE community newspaper.

Pick up your free copy from select locations at the beginning of each month.

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

FREE LISTING.

editor@camdenhavenlocalnews.com.au

Easter Church Services.

Catholic Parish of Camden Haven

THU APR 2
6.00pm Holy Thursday Laurieton
FRI APR 3
3.00pm Good Friday Laurieton
SAT APR 4
6.00pm Easter Vigil Laurieton
SUN APR 5
7.30am Easter Sunday Laurieton
9.00am Easter Sunday Kendall

North Haven Baptist Church

FRI APR 3
9.00am Good Friday
SUN APR 5
9.30am Easter Sunday

Salt Community Church

FRI APR 3
10.30am Good Friday
SUN APR 5
4.00pm Easter Sunday

Camden Haven Anglican Church

FRI APR 3
8.00am Good Friday Laurieton
9.30am Good Friday Bonny Hills
10.00am Good Friday Laurieton
SUN APR 5
5.45am Dawn Service North Haven Beach
6.00am Dawn Service Lake Cathie foreshore
8.00am Easter Day Laurieton
9.30am Easter Day Bonny Hills
10.00am Easter Day Laurieton

If not listed here, ask your own church for days and times of services.

This image (front cover) is actually a part of a shipwreck - an old anchor - that sits in the shallows on the Camden Haven River near Marine Rescue Laurieton.

WHOLE HEALTH STORE
LAKE CATHIE

We are your local store for...
Sustainable, regenerative locally farmed meat, eggs, milk, honey and other seasonal produce
Kombucha, ferments and sourdough
Healthy whole foods
Quality supplements - Vitamins and Herbs
Protein and collagen supplements
Natural skin care ranges
Essential Oils and Giftware
Healthy snacks
Healthy drinks
Local herbal teas and coffee
Pick-up point for So-Hip Organic Veggies

Our priorities are local, organic and ethical products wherever possible.

HOURS: MON 12PM - 4PM, TUE - FRI 9AM - 5PM, SAT 10AM - 2PM.
Opposite the lake: Ocean Drive, Lake Cathie
Mob: 0478 649 444
wholehealthstore.com.au

Yoga Rebel
YOGA • MEDITATION • NATUROPATHY

LIVE WELL - LOVE LIFE

Yoga Classes for All
17 Classes per Week
4 Teachers

YOGA - MEDITATION - BREATHWORK WORKSHOPS - SPECIAL EVENTS - CHAIR YOGA

Have you always wanted to practice yoga?
Do you want to learn about the philosophy and varied practices of yoga?
Now is the right time.
Rebel, Kristie, Jasmine and Doonie are your local yoga teachers here in Bonny Hills, and we are here to guide you.

Plus...Naturopathy, Herbal Medicine, Iridology, Reiki, Reflexology, Shiatsu, Homoeopathy, Bush Flower Essences

STUDIO 5, 10 JUNGARRA CRES, BONNY HILLS
MOB: 0413 110 339
www.yogarebel.com.au

Take a deep dive into the power of 9D breathwork.

Daily Reminder

BREATHE DEEP

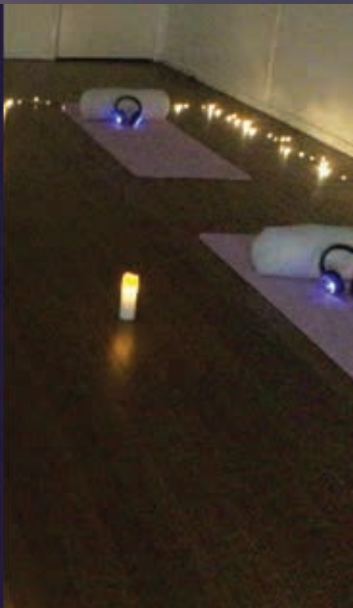
FIND YOUR CALM

Us and 9D Breathwork

Whether you want to improve your mental fitness or take a step back to relax and let it all out, we can provide the resources to do so in a healing and friendly environment.

Our journeys are aimed to let you relax and feel relief over your emotions through a guided session.

We love working with members of the community from all walks of life who all share the common goal of enhancing their mind, body, and soul.



Awaken Your Inner Self.
 Bali was the birthplace of 9D Breathwork. A transformative experience that shows how raw, open, and life-changing conscious breathing can be. Whether you're new to breathwork or rediscovering yourself, your breath is your guide – from your first inhale to your last exhale. It's never too late to reconnect.

Why Breathwork?
 Your breath is always there for you – energising, supporting, and sustaining. By consciously changing how we breathe, we can reset the nervous system, release emotional blockages, reclaim peace and presence, and reignite our vitality. Life brings challenges, but the breath helps us shift from fight or flight to rest and digest. It's not about age or experience – it's about showing up and breathing deeply.

The 9D Experience
 Slip on your headset and enter a multi-dimensional soundscape of binaural beats, immersive frequencies, and guided somatic exploration. Each journey is uniquely yours –no forms, no expectations, just presence. Let go, feel, release, and emerge lighter, clearer, and profoundly connected.

Integration & Renewal
 After the deep dive comes the calm – gratitude, stillness, and awareness. You'll notice the quiet: no mental chatter, no heaviness – just you, fully reclaimed.

Experience the Magic of Breath
 If you're searching for yourself... Stop chasing. Start breathing.

For dedicated session times and locations, see the next column, or go to our website, www.silverbackbreathwork.com.au

Your breath is always there for you – energising, supporting, and sustaining.

- By consciously changing how we breathe, we can:
- Reset the nervous system
 - Release emotional blockages
 - Reclaim peace and presence
 - Reignite our vitality
 - Achieve mental and emotional balance

All through guided breathwork coaching offering over 50 journeys to choose from. Suitable for beginners.

Take the dive into one or more of self discovery journeys...
 Please visit our website for full descriptions of our many journeys.

Sessions and Locations:

Jubilee Hall, Dubogang

Every Month - Every Full Moon

WEDNESDAY	1st APRIL	6-8pm
FRIDAY	1st MAY	6-8pm
SUNDAY	31st MAY	4-6pm
MONDAY	29th JUNE	6-8pm
WEDNESDAY	29th July	6-8pm
THURSDAY	27th AUG	6-8pm
SATURDAY	26th SEPT	4-6pm
SUNDAY	25th OCT	4-6pm
TUESDAY	24th NOV	6-8pm
WEDNESDAY	23rd DEC	6-8pm

St. John's Hall, Taree

Saturdays 9-11am

18th APRIL	12th SEPTEMBER
9th MAY	10th OCTOBER
20th JUNE	21st NOVEMBER
11th JULY	12th DECEMBER
15th AUGUST	

The Hemporium, Newcastle

thehemporium.com.au

87 Young St, Carrington, Newcastle

SATURDAY	11th APRIL	8am
SATURDAY	6th JUNE	8am



To book a Journey:
0422 468 925



For more info visit:
silverbackbreathwork.com.au



Laurieton Riverwalk Markets *feature*

Get your goods all month long.
Tunis and Short Sts, Laurieton. 8-1pm
Every 3rd Sunday of the month

These advertisers are regular stall holders but you can make purchases by calling, emailing, or from their website/ facebook page

Magnesium products for better health.
Restless legs, cramps, arthritis
sports gels and sprays
MSM and other excellent treatments

HUNTER VALLEY MAGNESIUM

0421 771 128
magnesiumhuntervalley@gmail.com
www.huntervalleymagnesium.com

Grandmother's Spirit



BAAGI MILAYGIIN
KANGAROO ISLAND

Crafted from traditional knowledge, **Baagi Milaygiin** provides a range of therapeutic bush beauty products made using Australian Native Bush Botanicals & natural plant-based ingredients.

0417 224 267
www.baagimilaygiin.com.au

Brenda's Comboyne Hass Avocados

*Free from all pesticides
extra creamy
picked fresh*

Call Brenda on
0457 263 946



LOCALLY HANDMADE CUSTOM ORDERS WELCOME
VEGAN FRIENDLY SOY WAX. CERTIFIED AUSTRALIAN MADE

www.indiansuncandles.com.au



Organic Alternatives

All products are handmade locally and chemical free
Pain relief gels • Insect repellents
Healing balms • Deodorants
Organic alternatives

0413 506 205
organicalternatives65@gmail.com
https://www.facebook.com/

Hundreds of Top Quality Jigsaws

DANIEL WOOD'S PUZZLES

Tel 0402 291 228
kakarot558@hotmail.com

Inspired by our coastal lifestyle, our garments are cool, comfortable, versatile, stylish and most of all original.

Designed for comfort and style from the petite to the plus size woman.

MOJO Beach AUSTRALIA

0409 661 002
mojobeach.com.au

MARIA RIVER DISTILLERY

truly unique Australian small batch distillery



HAND CRAFTED

- Limocello
- Mandarincello
- Ginello
- Gin / Dry Gin
- Arancello Rosso
- Special Releases



1576 Maria River Road, Crescent Head, NSW, Australia, 2440
1300 752 175 | cheers@mariariverdistillery.com | mariariverdistillery.com.au
And at local markets

WHAT'S ON



Seymour St, Laurieton
Ph 6559 9110
www.laurietonclub.com.au

SUNDAY ROAST

LUSO

Available Every Sunday Night!

SUNDAY ROAST

SERVED WITH ROASTED VEGETABLES AND RICH GRAVY

\$15 MEMBERS

Want to upsize your meal? Members pay just \$3!

SUNDAYS SPENT THE RIGHT WAY!

LaurietonClub.com.au

\$2000 FRIDAY FORTUNE RAFFLE EVERY FRIDAY

WIN

- Local Meat Tray
- Local Seafood Tray
- Fresh & Vegetable Tray
- Luxury Hospitality
- Wine Packs
- Club & Spa Cash
- Party Vouchers
- More!

+ PLUS JACKPOT PRIZES & SPIN THE WHEEL!

RAFFLE ON SALE FROM 3:30PM DRAWN FROM 6:30PM

KIDS EAT FREE FRIDAYS!

KIDS EAT FREE Fridays!

PURCHASE ONE MAIN MEAL & RECEIVE A KIDS MEAL FREE!

AVAILABLE FOR DINNER SERVICE UNTIL 6:30PM

LaurietonClub.com.au

MEMBERS HAPPY HOUR

Members HAPPY HOUR

MONDAY - FRIDAY
11:00AM - 12:00PM

MONDAY - SUNDAY
4:00PM - 6:00PM

LaurietonClub.com.au

\$2200 SUNDAY ULTIMATE MEAT RAFFLE

WIN

- Local Minced Gull Tray
- Local Pork Tray
- Local Chicken Tray
- Local Seafood Tray
- Local Meat Vouchers
- Spa Cards
- Club Cash

SUNDAYS THE RIGHT WAY

RAFFLE TICKETS ON SALE 10:00AM DRAWN FROM 12PM

BORN JUVI

A tribute to Bon Jovi

BORN JUVI

***** "Only Bon Jovi does it better." *****

SATURDAY 18TH JULY 2026

DOORS: 7PM START: 7:30PM

Tickets: \$31.00 (U18 PERMITTED WITH ADULT)

WHAT'S ON



Kendall Rd Kew
Ph 6559 4203
www.laurietonclub.com.au

SOCIAL PLAY GOLF

7 DAYS A WEEK AFTER 12PM

9 HOLES + CART

\$80 FOR YOU & A MATE

CONTACT THE PRO SHOP TO BOOK: 02 6559 4203

DRIVING RANGE

7 DAYS A WEEK 6AM-5PM

FAMILY FRIENDLY

\$15 70 BALLS

CONTACT THE PRO SHOP TO BOOK: 02 6559 4203

18-hole Mini Golf Course

Open 7 days!

Mini GOLF

Kew Country Club

BAREFOOT BOWLS

EVERY WEEKEND 02 6559 4203

FAMILY FRIENDLY

\$5 BOWLHIRE

*AVAILABILITY SUBJECT TO SCHEDULED BOWLS EVENTS

Friday Nights Meat Raffle

30 PRIZES

KCCm Kew Country Club

ON SALE FROM 5:30PM - DRAWN FROM 6:30PM

TOSS THE BOSS: JACKPOTS \$50 PER WEEK! DRAWN FROM PREVIOUS WEEKS TICKETS. MUST BE WON AT \$500!

Kew Country Club - 02 6559 4203

What's on and gig guide.

Live music, gigs and special events!

THU APR 2 6.30pm – 9.30pm
Coby Wilkinson (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI APR 3 *Good Friday Open* 4.00pm
Charlie O'Derry (Live Music) 5.00pm
 The Jetty (downstairs) at LUSC
 \$1.50 oysters, \$9.50 prawn buckets,
 \$75 seafood platter
 Seymour St, Laurieton
laurietonclub.com.au

FRI APR 3 6.30pm
Good Question (Live Music)
 Sue Lee Vocals, Ian Hamman Drums, Julie
 Hamman Keys, Rob McAlpine Bass, Troy White
 Guitar
 Kendall Music Exchange
 School of Arts - Comboyne Rd
 Tix: \$5 kendallmusicexchange123@gmail.com

FRI APR 3 6.30pm – 9.30pm
Gary King (Live Music)
 Club Lake Cathie
 1609 Ocean Rd, Lake Cathie
www.lakecathiebowlingclub.com.au

SAT APR 4 *Easter Sat Open* 3.00pm
Brad Lockwood (Live Music) 5.00pm
 The Jetty (downstairs) at LUSC
 \$1.50 oysters. \$9.50 prawn buckets, \$75 seafood
 platters
laurietonclub.com.au

SAT APR 4/5 7.00pm
DJ Hayden/Kordery (3 Acts)
 Lake Cathie Tavern
 1609 Ocean Dr, Lake Cathie
www.lakecathietavern.com.au

SAT APR 4 5.00 - 8.00pm
Amara Page (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
www.riverviewoncamden.com

SAT APR 4 6.30pm – 9.30pm
Midnight Fever (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SUN APR 5 1.00pm - 5.00pm
Sunday Sessions *Easter Sunday*
Max Marvell (Live Music)
 Haven Ridge - 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN APR 5 1.00pm – 4.00pm
Peter Roberts (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU APR 9 6.30pm – 9.30pm
Peter Ball (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI APR 10 6.30pm – 9.30pm
Beau Bennett (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT APR 11 (Doors 11.00am) 12.00 noon
Camden Haven Country Music Festival
 Dianne Lindsay, Peter Simpson, Charley Boyter,
 Ken Chainsaw Lindsay, Shaon Salter & The Fair
 Dinkum Country Band
 LUSC - Seymour St, Laurieton
laurietonclub.com.au

SAT APR 11 (Books on sale 6pm) 7.00pm
\$1500 Auxilliary Cash Bingo
\$20 per book
 LUSC - Seymour St, Laurieton
laurietonclub.com.au

SAT APR 11 7.00pm
 (Live Music)
 Lake Cathie Tavern
 1609 Ocean Dr, Lake Cathie
www.lakecathietavern.com.au

SAT APR 11 5.00 - 8.00pm
Anthony Staines (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN APR 12 1.00pm – 5.00pm
Sunday Sessions
The Bootleggers (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN APR 12 1.00pm – 4.00pm
Hudson Rose (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU APR 16 6.30pm – 9.30pm
Brad Lockwood Duo (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI APR 17 6.30pm – 9.30pm
Shane Peters (Live Music)
 Club Lake Cathie
 1609 Ocean Rd, Lake Cathie
www.lakecathiebowlingclub.com.au

SAT APR 18 7.00pm
Besty (Live Music)
 Lake Cathie Tavern
 1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SAT APR 18 5.00 - 8.00pm
Amara Page (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN APR 19 From 7.00pm
Mat Brooker (Live Music)
 The Jetty (downstairs) at LUSC
 Seymour St, Laurieton
laurietonclub.com.au

SUN APR 19 1.00pm - 5.00pm
Sunday Sessions (End of school hols)
Zoe Rain (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN APR 19 1.00pm – 4.00pm
Steve Bennett (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU APR 23 6.30pm – 9.30pm
Gary King (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI APR 24 From 7.00pm
Ann Woodland (Live Music)
 The Jetty (downstairs) at LUSC
 \$1.50 oysters, beer & cocktail specials
 Seymour St, Laurieton
laurietonclub.com.au

FRI APR 24 6.30pm – 9.30pm
Grey Matters (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT APR 24 and 25 (Anzac Day) 7.00pm
Rhys Callinan/DJ Nathan Astbury
 Lake Cathie Tavern
 1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SAT APR 25 (Anzac Day) 5.00 - 8.00pm
Charlotte Rose (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN APR 26 1.00pm – 5.00pm
Sunday Sessions
Ghost Road Legendary! (Live Music)
NOT TO BE MISSED
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN APR 26 1.00pm – 4.00pm
Simon Gudgeon (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU APR 30 6.30pm – 9.30pm
Kyle Moore (Live Music)
 Club North Haven 1- Woodford Rd
www.clubnorthhaven.com.au

Wine. Dine. So fine.

Celebrating the looooooong lunch.

by *Olwen Williams*

Have you ever been caught out feeling peckish in need of some sustenance for the body and the soul – only to find out that you’ve just missed out with the kitchen closing at your chosen eatery?

Well, be hungry and disappointed no longer! Haven Ridge now has you covered. Opening both their indoor and outdoor dining area with their new “Off The Grill” menu from noon all the way through to 8.00pm, Friday and Saturday, this is a service to fit into your schedule not the other way around.

On the last day of February which just happened to be a drizzly and grey Saturday, my husband (the editor) and I took the turn-off at the bright pink sign on Ocean Drive between North Haven & Bonny Hills, and meandered along the very accessible gravel road, even in wet conditions, as we wound our way up the short distance to Haven Ridge. As we drove through gum forests and grassland we passed flocks of galahs, kookaburras and marvelled at a whole mob of kangaroos – you have to give them credit for sheltering from the rain under the solar panels in the neighbouring paddock.

Once we arrived we were welcomed with warm friendly hospitality and once seated we felt that we were miles away from care. There is a certain cosy feeling you get in the countryside on a misty day, watching the ocean’s horizon come and go with each passing cloud.

First-class wines were delivered to our table and then the big decision of what to order from the grill. Did I mention that there is no rush? Arriving during the regular late lunch window would normally mean having to hurry-up on your menu choices prior to the



chef knocking off for the afternoon. Not here! Just take your time and enjoy the scenery, the silence of the bush and soak up the chilled-out yet classy vibe.

O.K. yes after the wind-down, lunch does sound like a good option – oh the choices! When dining out I always like to select something from the menu that I would not regularly make myself at home. We settled on the slow-roasted ribs which came with homemade slaw, amazing pearl cous cous and black-eyed pea salad, extra crunchy seasoned fries along with at least three soft as tortilla flat breads. This meal was meant for one yet satisfied both of us amply.

A chance catch up with owner/operators Paul Mansfield and Tamara Grieve meant some more merriment in the chesterfields around the non-lit fire place – it may have felt wintery but we didn’t need the fire on as it was still Summer. The afternoon could not have gotten any better until we were offered one of Chef Drury’s famous cookies which are baked from a closely guarded recipe handed down from his mother.

Longing for a long lunch? Look no further than Haven Ridge, right here in the heart of the Camden Haven!

Recipe Column

by *Olwen Williams*



Brussels Sprouts Gratin

Even people who are unsure about Brussels sprouts may enjoy this creamy baked gratin. With bacon, cream and melted cheese, it turns a simple vegetable into a rich and comforting side dish.

Serves 6.

Ingredients

- 1 kg Brussels sprouts
- 2 Tbsp butter
- 2 cloves garlic, crushed
- 1 small onion, finely chopped
- 4 rashers of bacon
- 200 ml cream
- 200 ml sour cream
- ½-1 Tsp Dijon mustard
- 100 g cheddar cheese, grated
- 1 Tsp smoked paprika
- 1 Tbsp fresh basil (from garden)

Method

Preheat oven to 170°C (fan-forced). Trim and halve the Brussels sprouts. Melt butter in a frypan and cook the sprouts for about 4 minutes until slightly softened. Add garlic, onion and bacon and cook for 4-6 minutes until the onion softens. Remove from heat and stir in cream, sour cream and Dijon mustard. Season with salt, pepper and a little nutmeg. Simmer gently and mix in half the cheese. Transfer to an ovenproof dish if needed. Sprinkle the remaining cheese on top, sprinkle with paprika and bake for 20-25 minutes until golden and bubbling.

Tip: Sour cream or crème fraîche works well



Laurieton Family DENTAL

Tip of the Month

6 monthly checkups - How often, and why are they so important?

Regular dental checkups offer several important benefits for your overall oral health. Here are some of the key advantages:

- **Prevention of Tooth Decay and Cavities:** Dentists can spot the early signs of tooth decay before they become serious issues. Catching cavities early allows for less invasive treatments, like fillings, rather than more costly procedures like root canals or crowns.
- **Gum Health:** Gum disease is common but often goes undetected in its early stages. Regular check-ups help identify gum issues, such as gingivitis or periodontitis, before they worsen, reducing the risk of tooth loss and infection.
- **Early Detection of Oral Cancer:** A dentist will examine your tongue, throat, and throat for signs of oral cancer, which may not be immediately obvious to you. Early detection can significantly improve treatment outcomes.
- **Improved Overall Health:** Oral health is closely linked to your overall health. Regular check-ups may help detect signs of systemic health issues, such as diabetes, heart disease, or even vitamin deficiencies, based on what the dentist sees in your mouth.
- **Stronger Teeth:** Regular visits allow your dentist to monitor the strength and structure of your teeth, recommending treatments like fluoride applications or sealants to help protect them.

In general, keeping up with dental appointments is an investment in your long-term health, comfort, and confidence in your smile!



Contact Us

12 Seymour Street, Laurieton, NSW, 2443
02 6559 8660
info@laurietonfamilydental.com.au



Scan the QR code to find us on Facebook.

Garden hints.

April in the garden.

As we progress into April, deciduous trees are starting to colour and provide beautiful seasonal change to the garden. Fallen leaves are nature's compost for our gardens. Now is the perfect time to plant and establish new gardens.

Cyclamens are starting to become available for the season. These bulbs are a wonderful, long-flowering plant and make a great gift. Avoid overwatering and position them in a well-lit room. They will respond to being placed outside for an evening to enjoy the night air. Heating and air conditioning can damage Cyclamen quickly.

Spring bulbs can now be planted; Tulips and Hyacinths will respond to a chill in the fridge for a few weeks before planting (especially in coastal warmer areas). Always plant new bulbs into a well-prepared garden, or if growing in containers, use a premium potting mix or a specialty Bulb planting mix.

Indoor plants benefit from regular misting. This provides humidity, which helps when we have heating or air conditioning on. A final feed before winter with a slow-release fertiliser and a weak solution of Powerfeed or Sudden Impact Liquid fertiliser.

Rosemary is traditionally planted for Anzac Day; these do best in full sun and a

very well-drained soil. There are both larger and prostrate forms available. A small application of Garden lime before planting helps to increase soil pH. Regular tip pruning maintains a great shape.

Citrus trees can also be planted now. If space is limited, consider a dwarf growing variety. These are also perfect for growing in containers. Ensure a premium Fruit and Citrus potting mix is used for pots and choose a position in full sun and protection from strong winds for best results.

Time to prune and tidy.

- Lightly prune shrubs that have finished summer flowering.
- Cut back untidy perennials.
- Lightly prune roses.
- Divide Agapanthus.



Mal's Plant of the month

Tibouchina (pictured)

Also known as the lasiandra these are putting on an impressive display for Autumn.

- They love full sun or part shade.
- A well-drained soil.
- In shades of white, pink, and mauve.
- Many low growing varieties now available.
- Height from under 1m to large shrubs 5m.
- Small varieties are perfect for growing in pots.

Happy Growing, **Malcolm McKinlay**
Garden Clubs of Australia Zone Coordinator

CARAMELS
AT CATHIE

Your go-to cafe in the heart of
Lake Cathie

Coffee worth stopping for!

Grab your morning brew and a fresh bite on the go! Sweets, treats and healthy eats, always at Caramels.

www.caramels.com.au



Caramels at Cathie | Cafe & Catering
Woolworths Complex, Shop 8/1601 Ocean Drive, Lake Cathie
PH: 65855963 | Enquire online about our catering

OPEN 7 DAYS • TAKEAWAY ONLY ON SUNDAYS



Live long and prosper.

Trekkies will love this.

Imagine a galaxy far, far away where pointy-eared aliens roam. For fans of "Star Trek," that world is none other than Spock's legendary home, Vulcan. But did you know that a touch of cosmic coincidence has brought us tantalisingly close to Spock's fictional home?

Gene Roddenberry, the visionary behind "Star Trek," once speculated that Vulcan might orbit a star named 40 Eridani A. Fast forward to today, and his hunch has proven almost eerily accurate! Using the Hubble Space Telescope, astronomers have discovered a planet orbiting that same star, which is a mere 10.5 light-years away. To put that in perspective, it's roughly 100 trillion kilometres – a vast distance, but surprisingly close in cosmic terms.

Epsilon Eridani, a youngish star, sits in the middle of a swirling disc of cosmic debris. This disc shows us how planets, including our own, come to be. They form by millions of small bits fusing together to form a much larger round world, just like ours. It's a bit like seeing a snapshot of our Solar System's early days!

Here's where it gets thrilling: if Epsilon Eridani's planet has conditions similar to Earth, including the potential for liquid water, it could be a prime candidate for life! The notion that beings on a planet just a stone's throw away might resemble us, albeit with a more intriguing ear structure, is nothing short of exhilarating.

Astronomers stumbled upon this fabled world 'Vulcan' using the 50-inch telescope atop Mount Lemmon in southern Arizona. They detected the planet by observing the subtle 'wobble' in the planet as it revolved around its parent Sun. Hey, next time you gaze at the night sky and spot 40 Eridani, imagine this, you could be looking at Spock's home!

But the "Star Trek" magic doesn't end there. In a beautifully poetic twist, the ashes of the show's creator, Gene Roddenberry, his wife, and other beloved cast members, including James Doohan (Scotty), DeForest



Kelley (Bones), and Leonard Nimoy (Spock), were sent on an extraordinary final voyage. They formed part of a space burial flight by a company called Celestis, aptly named the "Enterprise Flight," which last year sent their ashes on a cosmic journey to orbit the Sun – a final tribute 330 million kilometres from Earth.

And, how about this! In a real "beam me up" moment, these remains launched into space aboard a rocket named 'Vulcan.' True! Trekkie fans worldwide requested this homage to their beloved characters, and even Nichelle Nichols, who played the pioneering Lt. Uhura joined her Starfleet comrades for this celestial send-off. Nichols, who passed away in July 2022, broke barriers as the first Black woman in a leading TV role in the groundbreaking series that first aired in 1966.

The idea of space burials is not entirely new. In 1999, the ashes of renowned geologist Dr. Eugene Shoemaker were sent to the Moon aboard the Lunar Prospector, a tribute to his immense contributions to planetary science. This special tribute allowed his spirit to rest on the lunar surface he had devoted his life to studying. Now, his remains quietly watches over the Moon, a touching symbol of his enduring legacy and humanity's heartfelt connection to the stars.

As we've also now honoured our "Star Trek" heroes in a similar fashion, it's a poignant reminder of how science fiction and reality can intertwine in the most unexpected and wondrous ways.

So next time you look up at the stars, remember that the adventure of "Star Trek" is not just confined to our screens. The legacy of Gene Roddenberry and his iconic characters will soon be etched in the cosmic tapestry, reminding us all to boldly go where no one has gone before – both in imagination and in reality. Visit www.davidreneke.com

Looking to the future.

by Alison Stewart

Laurieton Tennis Club is one step closer to their vision, as a result of grants totalling \$30,500.

Club President Blair Maxwell, along with his dedicated committee, was joined by our State MP, Rob Dwyer to acknowledge the goals achieved through these specific initiatives. Blair sincerely thanked Rob and the State Government Community Building Partnership program, Australian Tennis Foundation and Kendall Community Op Shop for their generosity and faith in the club's future.



Mid North Coast Holiday

Your Local Holiday Rental Specialists

midnorthcoastholiday.com.au

6559 5411



Pets in paradise.

Keeping our furry friends safe at Easter time.

Easter is a wonderful time of year in the Camden Haven. Families gather, children hunt for chocolate eggs, and homes are often filled with sweet treats and colourful decorations. While it's a joyful celebration for people, Easter can present a few hidden dangers for our beloved pets.

Many pet owners may not realise that some traditional Easter foods are harmful to animals. Chocolate, one of the biggest stars of the season, contains theobromine and caffeine – both of which are toxic to dogs and cats. Even small amounts can cause symptoms such as vomiting, restlessness, rapid heart rate, or worse. Dark chocolate and baking chocolate are particularly dangerous because they contain higher concentrations.

Hot cross buns are another Easter favourite, but they often contain raisins or sultanas. Grapes and dried fruits can be extremely toxic to dogs and may cause kidney failure, even in small quantities. If your dog manages to sneak a bun from the table or counter, it's best to contact your veterinarian straight away.

Easter decorations can also pose risks. Foil wrappers from chocolate eggs may seem harmless, but pets, especially curious puppies, can swallow them. These shiny wrappers can cause choking or intestinal blockages. Plastic grass used in Easter baskets is another item that can become tangled in a pet's digestive system if eaten.



Lilies, a popular flower at Easter time, are highly toxic to cats. Even a small amount of pollen ingested during grooming can cause severe kidney damage. If you have cats at home, it's safest to avoid lilies altogether or keep them well out of reach.

Fortunately, a few simple precautions can help ensure Easter remains a happy and safe time for everyone. Keep chocolate and baked treats stored securely away from pets, supervise children who may unknowingly share sweets, and dispose of wrappers promptly. When decorating your home, choose pet-safe options and keep an eye on

curious animals.

For those who want their pets to join in the fun, there are plenty of safe alternatives available. Pet stores often stock dog-friendly "Easter treats" made with ingredients suitable for animals. You could even organise a small treat hunt in the backyard using pet-safe snacks.

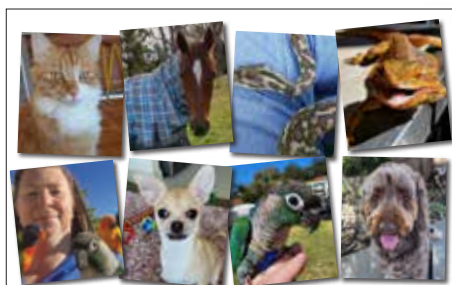
Easter is about spending time with the people, and pets, we love most. With a little awareness and preparation, Camden Haven pet owners can ensure the long weekend remains full of happy tails, wagging dogs, and contented cats.

POCO AND THE PRINCESS[®] by LJ Da Silva, Breedon on the Hill, Derbyshire, UK



MOBILE DOG WASH
 Keep your pet Allergen free, maintain a great coat, smelling fresh with our environmentally and pet friendly washes.
 A clean Dog is a happy dog

Bookings 0477 800 150
 apmcamdenhaven@gmail.com
 Or at the markets



We take care of your pets when you're going away on holidays or to work. We offer home visits, dog walks, transport to appointments and in-home overnight stays in your home.

FULLY INSURED & LICENCED

Cute Critters Pet Sitting

0438 044 384

www.cutecritterspetsitting.com.au

Or at the markets

PET BOARDING
 The perfect place for your pet's stay

0413 451 932
 aapetboarding@alwaysable.net
 Or at the markets

LOCAL MARKETS

First Sunday of the month
Kendall Community Markets
 Kendall Showground 9am - 1pm

Second Saturday of the month
Johns River Country Markets
 Johns River Rd 8am - 12.30pm

Second Sunday of the month
Comboyne Museum Markets
 Comboyne Museum 8am - 1pm

Third Sunday of the month
Laurieton Riverwalk Markets
 Tunis St & Short St 8am - 1pm

Shopper's corner.



Accommodation Specials

Stay 4 Pay 3 Midweek

Stay 4 nights. Only pay for 3*

Stay 5 Pay 4

Stay 5 nights. Only pay for 4*

Stay 7 Pay 5

Stay 6 or 7 nights. Only pay for 5*

Longer Stays

Call for pricing*

Haven Waters offers motel rooms & apartments
Twin, Queen, King and King Riverview
9 The Parade North Haven, NSW, 2443
02 6559 9303
reservations@havenwaters.com.au

*Excludes Fri/Sat
Other T&Cs apply

5 star Gourmet Dining
Coffee | Beverages | Bar
Indoor | Outdoor | Live Music Sundays

Book on 6559 6918
613 Ocean Dr North Haven
Wednesday to Sunday

MOO & BEAN
KITCHEN & BAR

UNIQUE
&
SPECTACULAR

THE PROPAGATION STATION

524 Ocean Drive, North Haven • 0401 494 456

We offer small group training Reformer Pilates, Yoga and HIIT Cardio and Strength classes for locals and visitors. Each session is crafted to deliver intensity, balance, and strength, ensuring you leave feeling charged and refreshed amidst the lush forest surroundings. Catering to all ages and all levels of fitness.

We also focus on recovery offering infrared sauna and ice bath experiences. The benefits of both are endless. Head to our website for more details and book your session today. Located on Long Point Drive, Lake Cathie.

Call Alison on 0412 829 057 | www.lphf.com.au

BOWER ON LAKE
PRE-LOVED • UPCYCLED • VINTAGE • NEW

22 Lake Street, LAURIE TON

an eclectic mix of vintage, new, handmade & pre-loved

OPEN THURSDAY & FRIDAY
10AM - 2PM
OPEN SATURDAY
9AM - 1PM

FIND US
@boweronlake
on facebook & instagram

Kookaburra Coastal Retreat
Self Contained Coastal Getaway Units

The LODGE: 2 large bedrooms, 2 bathrooms with A/C, WiFi and full kitchen. Sleeps up to 6.

The STUDIO: 1 Bedroom, kitchen, A/C, double carport. Sleeps up to 4.

2-acre farm-style accommodation with under cover parking. Fully self-contained units, both with great outdoor areas and BBQ's. Only 2 kms from the beach & short walk to Bonny Pub.

Pantry & fridge stocked with essentials, linen, towels provided and even eggs from our chooks. Perfect for a weekend getaway, family holiday or tradie accommodation.

Your hosts: Nadine 0429 393 144 & Scott 0404 298 670
1121 Ocean Drive, Bonny Hills, NSW
www.kookaburra.coastalretreat.com

Critiques and Reviews.

Here's something new. Just released. Two outstanding authors!

This month's reviews are from two different directions. From two very different women. One book is a thoroughly researched and fascinating history written by a local, about Australia's mostly forgotten female pianists/composers. The other is the latest release from one of Australia's highly-awarded writers.

Women of the Keys.

Jeanell Carrigan (*Wirripang*)

Australian pianist and musicologist Dr Jeanell Carrigan AM shines a long-overdue spotlight on the women who helped shape Australia's piano tradition. Drawing on extensive research, Carrigan traces the stories of pioneering female pianists from the late 19th century through to the modern era, revealing their influence as performers, teachers and cultural leaders.

The book blends historical insight with engaging storytelling, uncovering musicians whose contributions were often overlooked in traditional music histories. Through personal stories, concert histories and musical



connections passed from teacher to student, Carrigan shows how these women built a rich and enduring piano culture in Australia.

Accessible to both musicians and general

readers, it is more than a history book, it's a celebration of talent, perseverance and artistic legacy. Carrigan's passion for rediscovering these remarkable figures makes this a fascinating and inspiring read for anyone interested in music, history or the arts. Unique! Because you scan

QR codes and hear the music while reading, in real time.

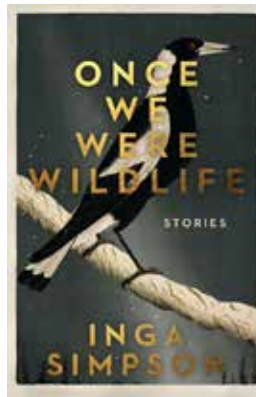
Once we were Wildlife.

Inga Simpson (*Hatchett Australia*)

Inga Simpson is an Australian novelist and nature writer. Her latest novel is 'Once We Were Wildlife'. A tender, luminous collection of interconnected tales that explore love, longing and the wilderness - both within and

around us. In this compulsive compilation of eleven stories and one poem - set against scorched landscapes, wild oceans, and rocky terrain - Simpson follows people on the

edge of desire, heartbreak and change. Simpson's literary prowess keeps us riveted by the power of nature to shape human relationships and worlds. Melancholic and joyful, masterful and inspiring, this is contemporary fiction at its finest by Australia's foremost writer of the natural world. Simpson began her career as a professional writer for government before gaining a PhD in creative writing. She took part in the Queensland



Writers Centre Manuscript Development Program and, as a result, her first novel, was published. 'Nest', Inga's second novel, was longlisted for the Miles Franklin Literary Award and the Stella Prize and shortlisted for the ALS Gold Medal. Her next novel, 'The Thinning' was longlisted for the 2025 Stella Prize and others. Meet her on 7th June at Camden Haven Words & Music Festival.

Bower on Lake. A nest full of beautiful collectables and gifts.

by *Olwen Williams*

In the heart of Laurieton, Bower on Lake is the kind of place that turns a quick browse into a lingering visit. This destination boutique gift and homewares store is a treasure trove owned and curated by the caring and stylish couple, Amy and Dan. Step through the door and you immediately sense the care behind every display. Each item thoughtfully chosen and beautifully presented.

Many locals will attest that Amy and Dan have rescued them from more than a few last-minute "gift emergencies." Whether you're searching for a thoughtful present or a special piece for your own home, what is on the

shelves at Bower on Lake is a treat.

Inside you'll find an eclectic mix of collectables and useables: gourmet treats, cosy manchester, elegant homewares, crystals, and sparkling glassware. Some pieces are brand spanking new, while others carry a sense of character and history. The result is a shop that feels both curated and welcoming. A place where discovery is part of the charm.

But, perhaps the most memorable part of a visit is the warm welcome. Amy's friendly smile greets customers as if they're old friends dropping by, making every visit feel personal. Much like that smile, Bower on Lake always leaves you glad you came.



Before

After

Cosmetic tattoo specialising in Eyebrow Design, using a Nano Hair Stroke technique. Very low impact. No trauma. No bleeding. \$450 full set of Nano Brows. \$260 pensioners special price. (Both include free touch-up if required)

Bonny Hills Studio. Call Sally on 0405 925 193.

BEAUTIFUL BROWS
Sally Ann Law

Swan lakes all around us.

This sight captures our "Haven".



There's nothing quite like seeing black swans drifting across still water at first light. Graceful, striking and unmistakably Australian, they are among the most treasured symbols of Camden Haven's rich birdlife.

Along the calm reaches of the Camden Haven River and the reflective waters of Queens Lake and Watson Taylors Lake, black swans are a familiar and welcome sight. With sweeping necks, dark feathers and flashes of white in flight, they bring a sense of serenity to the region's waterways. Whether gliding in pairs or gathering in groups, they seem perfectly suited to the lakes and estuaries that shape our landscape.

In late summer, they can often be seen feeding quietly in the shallows, while attentive parents guard cygnets close to nests

built near the water's edge. For families walking along the foreshore, these moments are among the simple pleasures of the season.

More than beautiful waterbirds, black swans are also a sign of healthy wetlands. Their presence reminds us of the natural richness around us and the importance of protecting the waterways they call home.

Hey Business Owners!



RUNNING THE JOBS IS THE EASY PART



Do you need a hand keeping the back end of your business running smoothly?

- ** Simplify your systems
- ** Save money and avoid costly mistakes
- ** Get your time back to focus on the work you are great at

I CAN HELP!

Aeron Rook
Small business support for tradies & sole traders
aarstrategies.au @aarstrategies 0405 127 384



Trades plus Services Directory

Specialists in Cars • 4x4s
Caravans • RVs



Ray's

Mercedes Benz Hire

WEDDINGS • FUNCTIONS
SPECIAL OCCASIONS • HIRE CAR
AIRPORT TRANSFERS • AND MORE

0499 651 053
rsaric1959@gmail.com



Roof Repairs
& Maintenance

30+ YEARS EXPERIENCE
FULLY LICENSED FULLY INSURED

CALL NOW 0413 844 913

Email:Darren@darrensroof.repair | www.darrensroof.repair

REPAIR TILE & METAL
REROOFING TILE & METAL
WHIRLY BIRD INSTALLATION
INSURANCE REPAIRS
BEDDING & POINTING
GUTTER CLEANING
SKYLIGHTS
FLASHINGS
VALLEY IRONS
GUTTERING AND DOWNPIPES

License No: 3037190

**Trades plus
Services
Directory**

Support our
community,
local businesses
and tradies

**WINDOW
CLEANING+
Painting
Specialists**

**Moore People
Property Care**

Call Rick 0419 975 584
peoplepropertycare@gmail.com

TRUSTED SERVICE. SAFE ORGANIC PRODUCTS

AC1 Electrical

Friendly
Reliable
Quality Service

0457 524 206
office@ac1electrical.com
Alison Copson
Lic No. 183242C

SPARKMASTER
ELECTRICAL CONTRACTORS

NATHAN BUCKMASTER
Qualified Electrician and Business Owner
LIC. 236415C | ABN. 59184456843
10 Koonwarra Street, West Haven, NSW, 2443

0417 525 767
nathan@sparkmasterelectrical.net.au

**Coastside
Gardens**

Keeping your garden happy!

Call Jake Thrash Today
Trusted and Local

0429 578 891

Find us on Facebook



SUNNY ELECTRICAL
Camden Haven

Affordable | Reliable | Ethical

Servicing the Camden Haven,
Port Macquarie and Mid North Coast

Tommy Bateman
0402 281 562
sunnyelectricalcamdenhaven@gmail.com
Lic No 310848C

**ESPIE ARB
TREE SERVICES**

- Professional arborist
- Tree pruning and removal
- Mulching • Stump grinding

0423 329 111
espiearb@hotmail.com

A.M. REYNOLDS
Bathroom Renovations
Carpentry & Tiling

Affordable & Reliable service

Antony
0414 590 478
6559 8794
ambathrooms99@hotmail.com
Lic. No. 225278C

SPECIALISING IN
TIGHT ACCESS EXCAVATION
RETAINING WALLS | SITE LEVELING
SITE AND SLAB PREPARATION
TRENCHING | POOL DIG OUTS
RURAL DRIVEWAY SERVICES
AND MAINTENANCE



0406 760 180
www.jarexexcavation.com.au

PP
PERRY PEREZ, PAINTER

Expert Residential & Commercial
Insurance & Real Estate
Interior & Exterior Specialist
Camden Haven Local Painter

☎ 0424 552 776
✉ perryperezpainter@outlook.com
f @perryperezpainter
📍 Laurieton, Mid North Coast, NSW

QUALIFIED PAINTER, FULLY INSURED
LICENCE # 461492C ABN 12 393 884 956

**RELIABLE LOCAL
ELECTRICIAN**

Residential & Commercial
Licensed & Insured

Quality Work | Affordable Rates | Fast Service

- Switchboard Upgrades & Repairs
- Safety Inspections & Smoke Alarms
- TV and Data Installations
- New Builds & Renovations



Call Harry | **0490 482 021**
Lic: 382936c

Qualified Arborist
Fully equipped modern fleet able to
handle small or large scale projects

Maintenance & Pruning
Tree Removal
Stump Grinding
Land Clearing
Arborist Reports & Consultancy
Tree Planting & Habitat Creation



0409 983 054
jeff@mnctrees.com.au

Dear Camden Haven,
I'm pleased to introduce our new office.

STONE REAL ESTATE **CAMDEN HAVEN**

SALES | LEASING | COMMERCIAL



Luke Hadfield
0408 461 038
Shop 4/75-77 Bold Street, Laurieton



Stone Real Estate Camden Haven

Unravel for travel.

Middle east is out. Far east is here.

by the *Editor*

As autumn settles across New South Wales, April and May are excellent months to head overseas. The school holiday rush eases, the weather cools at home, and many travellers start looking for sunshine, culture and a change of pace before winter arrives. For local readers planning an international getaway, Asia is a smart choice.

For travellers departing from NSW, Japan, Thailand and Vietnam stand out at this time of year. Each offers something different, from spring beauty and rich tradition to tropical beaches and outstanding food. They are also generally more comfortable in April and May than some parts of the world, where temperatures can already be very hot.



Thailand is vibrant and suits all budgets.

JAPAN is ideal for travellers who enjoy culture, history and natural beauty. April is especially popular, with cherry blossom season still on show in many areas or giving way to fresh spring greenery. Cities such as Tokyo, Kyoto and Osaka are full of atmosphere, while the country's clean cities,

safe environment and excellent public transport make travel easy. By May, the mild weather is perfect for walking tours, day trips and train travel.

THAILAND

remains a favourite for its warmth, colour and wide appeal across all budgets. April can be hot, but it is also one of the most exciting months thanks to Songkran, the Thai New Year celebration. Bangkok offers markets, temples, dining and nightlife, while places such as Phuket, Krabi and Koh Samui provide the tropical beach escape many Australians love. Thai food is another major drawcard, from curries and Pad Thai to fresh seafood and tropical fruit.

VIETNAM

has also become increasingly popular with Australian travellers. April and May are among the best times to visit much of the country, with warm weather, great value and memorable scenery. Hanoi, Ha Long Bay, Hoi An, Da Nang and Ho Chi Minh City each offer a different experience, from historic charm and beaches to fast-paced city life. Vietnam's food culture

is also a highlight, with dishes such as pho, banh mi and rice paper rolls leaving a lasting impression.

For Camden Haven travellers considering an autumn escape, Japan, Thailand and Vietnam each offer memorable experiences within reasonable reach of NSW. Whether you are chasing spring blossoms, tropical beaches or culture-rich adventure, April and May are ideal months to explore.



Vietnam is remarkable value.

True community radio. Our airwaves.

Profiling the region's great local radio. 2WAYFM. Chainsaw!



Local station, 2WAYFM Wauchope has long been a vital part of the local community, providing entertainment, information and a genuine local voice across the region. At the heart of this much-loved station is current president Ken "Chainsaw" Lindsay, a man whose commitment and passion for community radio has helped shape 2WAY FM for more than three decades.

Chainsaw's journey with 2WAYFM began in July 1990, when he presented his very first program during the station's test broadcasts. From those early days, he became a driving force behind the station's growth and success. Over the years, he has taken on an extraordinary range of roles, including Vice President, Program Director, Training Coordinator, Sponsorship Director, Sponsorship Producer and even construction,

always willing to lend his time, talent and energy wherever needed.

In recognition of his remarkable service, Chainsaw was awarded Life Membership in May 2008, an honour that reflects his lasting contribution to 2WAYFM.

Listeners also know him as the presenter of Country Trax, airing fortnightly on Saturdays from 12 noon to 2pm and featuring 100 per cent Australian country music. At home on his five-acre farm at King Creek with his wife Mandy, Chainsaw also enjoys performing as a country singer-songwriter, playing guitar and, naturally, supporting country music in our region.

2WAYFM offers more than just "country", it also features an eclectic mix - easy listening to rock'n'roll, contemporary to more modern tunes. Full program at www.2wayfm.com.au.

MONDAY

- **Raffles** - 20 Trays drawn at 6:30pm
- **Seagulls Meal Deal** - 2 Meals + 2 drinks for \$30 (M) \$35 (V)
- Schooner Draw at 6pm - *Supporting Local Community Groups*

TUESDAY

- **Seagulls Meal Deal** - Topper Tuesday - Schnitzels for just \$15 (M) \$17 (V) + \$5 for a Topper of your choice

WEDNESDAY

- **Seagulls Meal Deal** - Ribs and Wings + Drink Deal for \$23.90 (M) \$25.90 (V)

THURSDAY

- **Members Superdraw Drawn** between 6pm - 8pm - Win up to 55k
- **Raffles** - 30 Trays drawn at 6pm
- **Live Entertainment** from 6:30pm
- Second Chance **\$200 draw** at 8:30pm

FRIDAY

- **Jumbo Raffle** - 70 Prizes valued at over \$3,500 Drawn at 6pm - 40 In-house and 30 online
- **Last Friday of the Month** - BIG FRIDAY - 100 prizes in total, 50 online and 50 in-house Over \$5,000 in value
- **Seagulls Meal Deal** - '\$15 Friday' Dinner Specials

SUNDAY

- **Raffles** - 20 Trays drawn at 1pm
- Buy \$10 Raffle tickets & get a Roast Lunch - For just \$10
- 20 Trays - Drawn at 5:30pm
- **Seagulls Meal Deal** - Sunday Roast Lunch & Dinner \$13.50 (M) \$15.50 (V)

New Kids Room!



MORE INFORMATION

(02) 6559 9150 | 1 Woodford Road North