

CAMDEN HAVEN

FREE

LOCAL



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

cooling down
for autumn

Gigs and special events

laps for life

festival news

funday markets

historic kendall
boatshed

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Health What's On Pets Community Chat Happenings

Happenings on the home front.

When it comes to kayaks, not much beats 'Strip built'.

by Alison Stewart



Neil and Denise Cox had been travelling over 3 years when they drove into the Mid North Coast. Having previously lived in Victoria and W.A., Neil describes finding Camden Haven as his "place of contentment", with West Haven proving the perfect place to settle for their retirement.

It wasn't long before Neil considered joining Kendall Boat Shed, but needed a kayak first. As he explored his options, he came across Nick Schade, a specialist in strip-built kayaks. Neil says, "This is where I gained my appreciation for this style of build and Nick is the gold standard in timber vessels, and has the awards to prove it." Following Schade's methods – best described in his books and YouTube videos – Neil started from scratch, creating the design himself. That first kayak, a double no less (look out, Denise), took eight months from go to woe and cost \$600 in materials (double today).

With the double kayak on its maiden voyage, and naturally drawing a crowd, it capsized, dumping both Neil and Denise into Lake Cathie. Although the incident was not due to design flaw, but user error, it marked the end of Denise's water adventures, while Neil decided a new single would be in order and went back to the drawing board - literally!

However, as luck would have it, good friend Tony Floor had caught the bug, and through a series of random introductions, one man's accidental passion saw an unlikely alliance formed. With skill sets reminiscent of The Village People (a copper, soldier, cowboy, grease monkey, teacher, dirt doctor and Jack of all trades), they set out to design, construct, and paddle strip-built kayaks. Denise, who speaks on behalf of the Woody Water Widows, says, "It has given the guys a chance to step out from their normal routine, learn new skills and have fun at the same time."

Now these seven guys don't just order a prefab kit – which is not only cheating, it'll set you back \$10,000+, and you still provide the labour! The group follows Neil's path, first designing a unique, bespoke kayak with

CAD software. From there, they source the wood – 5 to 6 meters long – preferring Western Red Cedar, Paulownia, or Meranti planks, depending on availability (though just about any timber will do). Although, the choice of wood will dictate the kayak's weight, as does the colour, the darker the heavier (who knew?). The finished product will usually weigh between 12 - 20 kilos. Remarkably, only one plank measuring 6,000 x 200 x 50mm is required for each build. The next step is to mill the plank into strips, 6,000 x 20 x 4mm – a job greatly enhanced with a bench saw. Amazingly, when asked which tool Neil valued most, he answered a shoulder plane, about the size of a bottle opener!

The complete build is far too involved to cover here, but suffice it to say, it's a labour of love – thoroughly rewarding and, obviously, rather addictive. The group has now built 14 kayaks, with the 15th in the early stages. Neil has naturally become the designated leader (having more boats under his belt), with his garage, aptly named OMC ('Old Man's Crèche') becoming the hub.

These striking paddlers are regularly seen on Tuesdays and Thursdays, setting off near Marine Rescue (hmm?), affectionately known by locals as "woody dudes" or even "plywood paddlers" (inaccurate, as no plywood is used). Interestingly, the group is just as renowned on the road as on the water, creating quite a spectacle each time they travel in convoy.

When asked to reflect on his journey, Neil replied, "What I've realised from this collaboration is that having retired and moving across the country, the natural thoughts are what next? So, having something that nourishes you both physically and mentally and finding new friends is essential during this transition. To be able to develop friendships and share skills doing a very meaningful endeavour has been very fulfilling and



Left to Right, Tony Noakes, Graeme Dick, Mark Canterbury, Stewart Rogan, Neil Cox*, Tony Floor and Brian Burton. *Neil is holding his treasured shoulder plane.

satisfying." Well said!

Now, one final comment from Nick Schade of Guillemot Kayaks, who you'll recall was the inspiration behind Neil's journey. Nick, who wrote from his base in the USA, says, "One of the great joys I have as a boat designer is seeing the results of what folks around the world do with my designs. The fact that I can have such an impact on a group of people on the other side of the world is really meaningful to me. It is really special to see that I was a small part of a great project for a group of friends."

Finally, I'd like to conclude by saying that no kayak or builder was injured during this interview; however, I'm afraid that's not the case. That said, since they also say 'a good reporter doesn't stop digging until they draw blood', I must be earning my stripes. I won't elaborate further – what happens in the OMC stays in the OMC!

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Community Chit Chat.

Quiet arena, busy mornings ahead for RDA. by Kerrie Dyer (RDA Kendall Publicity)

On a riding morning at Riding for the Disabled Kendall, the day begins long before a rider swings into the saddle. Volunteers arrive; horses are fed extra early, groomed and saddled. Riders are welcomed, helmets are fitted, safety vests put on, boots checked, horses led into position, and volunteers quietly take their places. When riding resumes in March, that familiar rhythm will return – after a summer break that was quieter, but far from idle.

Although riding paused over the warmer months, the Kendall Centre did not stop. Horses were still fed and exercised, training continued where conditions allowed, and volunteers turned their attention to the steady work that keeps the centre running.

The past year brought its share of challenges. Wet weather and flooding disrupted riding days, sometimes isolating the centre. When access was cut, neighbouring property owners stepped in to help feed the horses – a reminder of the community support for RDA Kendall. Time away from the arena was used for volunteer and horse training, to build confidence, skills, and trust for riding sessions.

It was also a year of change. Ari and Robbie left the program, while Bobbie,

Princess, and Jay joined the centre. Our current team consisting of (From left top) Katie, Jay, Ruby Comet, Princess, Bobbie and Honey.

Alongside these transitions, key fundraising events – including the Ian "Bato" Barbato Memorial Golf Day – continued to play an essential role.

When riding restarts, Tuesday and Wednesday mornings will once again be full of movement. Each rider is supported by a team – a coach, a horse leader, and one or two side-walkers. A single session can involve six to eight volunteers, all focused on one goal: helping riders feel safe, confident, and proud of what they achieve. The arena may have been quiet over summer, but the preparation has never stopped. And as March is upon us, RDA Kendall is ready to welcome riders back – with volunteers at the heart of every step.



Volunteers, Riders and Horses Jay, Ruby Comet and Honey

Art in the Vale. Community. Creativity. Spirit.

After more than two decades of nurturing creativity in our region, Art in the Vale will once again transform Hannam Vale into a vibrant hub of artistic expression on Saturday 21 and Sunday 22 March at the historic Hannam Vale Community Hall.

First established in 2002 and relaunched following a COVID hiatus, the much-loved exhibition continues to showcase the depth of artistic talent within the local community. The event will feature works from established, emerging and first-time artists across a wide range of styles and mediums. A special display by local primary school students will also highlight the next generation of creative talent.

This year's exhibition includes a tribute through the renaming of the popular Packers Prize in honour of founding member Di Studdert, whose passion and encouragement helped shape the event from its earliest days.

The exhibition will be open 10.00am–



Above: Last year's winning works

4.00pm both days, with \$2 admission, which includes voting for the People's Choice Award.

Proudly supported by local sponsors and the ongoing support of Camden Haven Local News, Art in the Vale promises a welcoming and inspiring weekend celebrating creativity, community and connection in the heart of Hannam Vale.

Event Details:
Art in the Vale. 21–22 March 2026
Hannam Vale Community Hall
1205 Hannam Vale Road, Hannam Vale NSW
Enquiries: hvh1927@gmail.com

Local roads rehab.

Port Macquarie Hastings Council will undertake a wide-ranging program of road rehabilitation works from mid-February through to June 2026, weather permitting, as part of its ongoing commitment to improving road safety, resilience and long-term performance.

Local roads include: Lorne Road, Kendall – from 50 metres west of Logans Crossing Road to approximately 200 metres west. And Comboyne Street, Kendall – between numbers 21 and 55.



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Community Chit Chat.

Lapping up life.



Laps for Life is a Community Fundraising Swim Event.

On Sunday March 22, at the Kendall Community Swimming Pool, there will be a fundraising event from 10am to 1pm for the Reach Out "Laps for Life" initiative that occurs throughout March. Reach Out is an online platform that provides resources for youth mental health support services. This year is the 8th year of the Laps for Life campaign, which aims to raise awareness of youth mental health issues including youth suicide and to raise funds for various support services. Access the Laps for Life link (right) to find out more about the campaign.

Kendall local Pete Roberts is spearheading a swim team, the "Camden Haven Happy Lappers". Pete has set individual goals for the month to swim 30km and raise \$1000. The team goals are to swim 50.65km, being 2026 laps of a 25m pool and to raise a combined \$2026.

People can register as individuals for the month long campaign by following the Laps for Life Info link (right), then select "Join Now" from the homepage menu. People can donate to the "Happy Lappers" team cause by accessing the Team Fundraising

Page link (right) or scanning the QR code: choose your donation amount and then receive a tax receipt by email, for donations greater than \$2.

On the day of the event, the team will be aiming to swim a combined total 20.26km, being 811 laps of the 25m pool. Pete Roberts aims to swim 226 laps (5.65km), leaving 585 laps remaining. Community members can donate to the team and the cause at anytime from now until the end of March.

Community members are also invited to swim laps on the day from 10am to 1pm, to help the team smash past their distance goal. The YMCA, who manage the pool, have kindly donated 3 lanes for the event. Emailing an EOI to Pete, to swim on the day, is preferred, to help organise use of the hired lanes in the pool.

A sausage sizzle will also be available from midday, plus raffle prizes, with all proceeds going to the fundraising initiative.

If any local business are interested in sponsoring the event with some form of donation and/or offer of any goods as raffle prizes, time to help with the event etc. plus if any community members would like to support the event as a volunteer, contact event organiser Pete Roberts by email:

pmfroberts@yahoo.com.au

Laps for Life Info

<https://share.google/2DKSxqNgwkCcDp0tE>

Team Fundraising Page

<https://www.lapsforlife.com.au/fundraiser/camdenhavenhappyappers>



The Great Australia Day Float Regatta at Dunbogan.

What was once a casual get-together of some locals floating down Gogley's Lagoon as become somewhat of an Australia Day tradition. This year, over 100 participants turned up to join in the fun. Carrying blow ups from unicorns to giraffes, paddle boards, surf boards, blow up party pools, to unusual craft defying description.

Some of the surfboard riders played 'traffic wardens' helping steer some puncturable craft away from the oyster leases, while some gave up the ride and swam.

Pleasure craft enjoyed the spectacle spraying the passers by with water cannon. A great time was held by all while careful monitoring by professionals was in place.



Floatable craft of every variety were present



Willem, Johannes & Rachel

Laps for Life REACHOUT

Camden Haven Happy Lappers are diving in this March to prevent youth suicide

Please show your support by donating to our swim today!

More than 1 in 3 young people are currently experiencing a mental health difficulty. Your support will make sure young people have the mental health support they urgently need through ReachOut's services.

Donate or join our team using this QR code to help save lives!

Donate Now!



ADVERTISING FEATURE

Are you living with ongoing jaw pain? It could be TMJ.

Have you been putting up with jaw pain, headaches, or clicking when you chew or yawn? If so, you might be living with **TMJ**, and the good news is – you don't have to just "put up with it".

TMJ refers to the temporomandibular joint, the hinge-like joint on either side of your jaw that allows you to open, close, and move your mouth side to side. These joints work hard every day, helping you chew, talk, laugh, and SMILE. You can even feel them by placing your fingers just in front of your ears and opening your mouth.

When this joint or the surrounding muscles become irritated or strained, it's known as **temporomandibular disorder (TMD)** – a common condition that affects millions of people worldwide.

What Causes TMJ Problems?

TMJ issues don't usually have just one cause. They're often linked to a combination of everyday factors, including:

- **Teeth grinding or clenching**, especially during sleep or times of stress
- **Arthritis**, which can affect the jaw joint just like other joints in the body
- **Jaw injuries** from accidents, falls, or past trauma or malalignment

Stress and tension can also play a big role, increasing muscle tightness and making symptoms worse over time.

Signs You Might Have TMJ.

TMJ can show up in a few different ways, such as:

- Ongoing jaw pain or tenderness
- Clicking, popping, or grinding sounds when opening or closing your mouth
- Difficulty opening wide or a jaw that feels "stuck"
- Regular headaches, earaches, or facial pain

The Good News: TMJ Can Be Treated.

If this sounds familiar to you or a loved one, help is available.

A dentist can assess your symptoms,

examine your jaw and muscles, and determine whether TMJ is the cause. In some cases, imaging such as X-rays, MRI, or CT scans may be recommended.

Best of all, **conservative treatments are effective for 50-90% of people.**

Treatment may include:

- **Simple self-care strategies**, such as heat or cold therapy, stress reduction, and habit awareness
- **Medications** to reduce inflammation, muscle tension, and pain

- **Physical therapy** to improve jaw movement and reduce discomfort

- **Botox injections**, which can be helpful in certain muscle-related cases

- **Surgery**, only when absolutely necessary and as a last resort

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Diamonds are our best friend.



Rotary Laurieton celebrates a diamond anniversary. 60 years strong.

There was a warm sense of pride, friendship and shared purpose in the room as the Rotary Club of Laurieton marked its 60th anniversary – six decades of quiet, determined service that has shaped the Camden Haven community since its beginnings in 1966.

The milestone celebration recognised not just the passing of time, but the countless people who have rolled up their sleeves to make a difference. As one speaker reflected, sixty years represents “six decades of service, six decades of friendship, six decades of quietly rolling up sleeves and getting stuff done for the community.”

A rousing acapella rendition of the National Anthem was performed by Olwen Williams however, when the microphone failed halfway through, the guests instantly joined in and help complete the acapella to a resounding finish.

The club was formed during a time when colour television was just emerging and petrol was still inexpensive, the club’s foundation reflected a growing community determined to build connections and support local needs. Over the years, those early ideals have remained constant. Friendship, integrity and the guiding principle of “Service Above Self”



Olwen Williams, Vocalist

continue to define the organisation’s work. Since its charter, Laurieton Rotarians have contributed thousands of volunteer hours and raised significant funds through service activities, supporting everything from local community projects to national and international initiatives. Their impact has been felt across generations – through scholarships, youth development opportunities, community infrastructure and hands-on support for families doing it tough. Much of that work happens quietly. As highlighted during the anniversary speech by 9660 District Governor, Evan Burrell, some of Rotary’s greatest achievements occur in small, often unseen moments – a scholarship that changes a young person’s future or practical help when it’s needed most. The club’s reach extends well beyond the Camden Haven. Members have supported humanitarian programs including youth leadership development, disaster relief efforts, and international projects delivering medical aid, sanitation, and education support in places such as Vanuatu, Fiji and the Philippines.

These initiatives reflect Rotary’s broader mission of strengthening communities locally and globally.

At its heart, however, the Rotary Club of Laurieton has always been about people – ordinary individuals working together to achieve extraordinary outcomes. Rotary, as one address noted, isn’t built on meeting

minutes or even the famous book Fairs – it is built on members who see a need and step forward to help. The anniversary also served as a moment to acknowledge those who laid the foundations. Past members and leaders were recognised for creating an organisation that has endured for generations – something few volunteer groups achieve. Today’s members now carry that legacy forward, continuing to strengthen community connections in an era where volunteering faces new challenges. Looking ahead, the message was clear: while sixty years is an extraordinary achievement, the story is far from over. The next generation is ready to be welcomed, mentored and inspired to continue the tradition of service.



Alison Penfold MP, and Chamber of Commerce, Terence Mulligan VP and Luke Hadfield President

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After all, as the evening concluded, the celebration was not only of the past – but of the present, and a future where good people, working together, will keep making a difference.

The hundred guests included President and VP of the Camden Haven Chamber of Commerce, The Hon Alison Penfold MP, PMHC Cr Danielle Maltman and past, present and surrounding Rotary Club groups.



Rotarian Jennifer Peters

Rejuvenating festivals in the Haven.

Back to the days of literary musters and musical happenings.

by Diane Solomon Westerhuis

The exciting news of our inaugural Camden Haven Words & Music Festival to be held in June this year inspired me to reflect upon the history of such events in the Camden Haven. Events for this festival will be located in Camden Haven’s historic School of Arts/Community Halls at Laurieton and Kendall. We know Kendall as the home of not only the famous poet, thus poetry, but also music. The Kendall Community Hall is where you will find the monthly Kendall Music Exchange, and the *Philomusica* concerts with Dr Goetz Richter and Dr Jeanel Carrigan (both at Sydney Conservatorium, University of Sydney). Dr Richter also directs the Kendall National Violin Competition which began in the 1990s and continues to grow annually.

Not only music in the Camden Haven, but also words. In 2003 the first *Watermark Literary Muster* was held over five days. This first festival established use of the Pilot Station at Camden Head as a venue for such events, with some of their events also held at the Kendall Community Hall. This festival focused on nature writing and was celebrated by leading poets and writers of the day. The patron of the festival was the recent resident and great Australian author Eric Rolls, best known for *A Million Wild Acres* (2011). The festival committee included Eric’s wife



Elaine van Kempen, author of *North Brother, Dooragan*, and a group of very capable women described as “The Goddesses”: Mavis Barnes OAM, Lyndal Coote, Andrina Dawson, Maggie Haswell, Maggie O’Sullivan, Pam Perry OAM, and Rosemarie Piontek, (the Kitchen Goddess). The first resident of the Pilot Station cottage was writer / poet Mark Tredinnick. In her review of the first festival, Nonie Sharp explained the relationship between words (poetry) and music: *‘The language of the lyric and the lyrical were pervasive at Watermark. The lyric in history is meant to be sung; in the perfect lyric the keynote is rhythm or metric form, to which the words must adapt themselves.’*

The Watermark Festival continued

biannually for some years, and included The Watermark Fellowship for an emerging nature writer, as well as The Eric Rolls Prize for a piece of prose fiction or nonfiction in the genre of nature writing. Some of these entries for the prizes were collected and can be found in *Nature Writing 2010, The Eric Rolls prize: Collected Essays*, at the Laurieton Library.

With this history of Camden Haven festivals we could say that like our new festival, it’s all about *Words & Music*. The epitome of this mixture and the highlight for me will be the unique combination of lecture and recital by George Palmer OAM, whose operatic works have included Tim Winton’s *Cloud Street* and Henry Lawson’s *The Drover’s Wife*. He will be supported by Dr Jeanel Carrigan, presenting musical renditions of works by well-known Australian writers including Bruce Dawes, Judith Wright and others.

Both the Kendall School of Arts (Community Hall) and the Laurieton School of Arts will host the *Camden Haven Words & Music Festival* in June 2026. The program will include contributors known from Kendall music events and from the Watermark Literary Musters. These will include older well known poetry, writing and music, as well as more recent contributors.

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Community Conscience.

Healthy. Safe. Aware. Connected. That's true community.

Living in our beautiful Camden Haven region means sharing our home with one of Australia's most iconic and vulnerable species.

Koalas are part of what makes our community special, yet they face real and increasing threats, particularly from vehicles. Between January 2020 and December 2025, 218 koalas were reported as hit or impacted by cars and sadly 118 of those did not survive. These are only the reported cases, so the actual number may be higher.

We are at the tail end of the koala breeding season which means they are more mobile, more adventurous and more likely to wander across roads at dawn and dusk. This is exactly when drivers need to be paying attention. Our region now has additional signage and road infrastructure to help raise awareness. While this is making a difference, we must continue to act so that fewer koalas end up in danger.

The Port Macquarie Hastings Council Drive with care, Be Koala Aware campaign encourages our whole community to take the Koala Aware Pledge. It is a simple commitment to slow down in wildlife zones, keep alert, avoid distractions and report any injured koalas to the Koala Hospital on 02 6584 1522. You can make the pledge at



www.connected.pmhc.nsw.gov.au/bloged/drive-with-care-be-koala-aware so please take a moment to add your name. Even Linky, the Linked Community Services mascot, is proudly behind this effort. He may not say much but he certainly approves.

Of course, it is not just koalas we need to look out for, with schools just going back the Australian Road Safety Foundation (ARSF) is calling for us to slow down and pay attention in our 40 km per hour school zones. The ARSF Slow Down Songs project is a clever tool that turns well known songs into reminders to ease off the accelerator. You can explore the campaign at arsf.com.au/slow-down-songs.

While I now work at Linked Community Services, my commitment remains firmly with helping keep our community healthy, safe, aware and connected. If every driver makes small changes, together we create a safer environment for our children, our

neighbours and our wildlife. Let us all drive with care and do our part to keep our koalas and community thriving.

Make a difference in another way.

Volunteer with Linked Community Services. If you're looking for a meaningful way to give back, Linked Community Services is always seeking volunteers. Volunteering is an opportunity to:

- Meet new people and build real connections
- Learn new skills and gain valuable experience
- Make a positive impact in the community and beyond

If you're interested in becoming a volunteer, reach out via: www.linked.org.au/volunteering or call 02 6583 8644 to find out how you can get involved.

by Stacey Oldfield, Programs, Risk Compliance Lead



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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

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

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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

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Marinated Grilled Chicken served with creamy mashed potato, buttered broccolini and rich gravy
OR
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DESSERT
Warm Apple Slice served with vanilla ice cream and custard
OR
Chocolate Truffle Cake served with vanilla ice cream

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ALL FUNDS RAISED WILL SUPPORT A LOCAL CHARITY

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THURSDAY 12TH MARCH 2026

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SOUTH TARCOOLA



Boardwalk Bistro Open from 12pm - Seniors Specials Available
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KEW COUNTRY CLUB - 02 6559 4203

What's on and gig guide.

Live music, gigs and special concerts!

March 2026

<p>SUN MAR 1 Sunday Sessions Pete Ball (Live Music) Haven Ridge 743 Ocean Dr, Grants Beach Tix: \$10 kids free www.havenridge.com.au</p>	<p>THU MAR 12 Seniors Week: Tommy Memphis (Live Music) Free Event Laurieton United Service Club Seymour St, Laurieton laurietonclub.com.au</p>	<p>SUN MAR 22 Sunday Sessions Beau Bennett (Live Music) Haven Ridge 743 Ocean Dr, Grants Beach Tix: \$10 kids free www.havenridge.com.au</p>
<p>SUN MAR 1 Martin Becker (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>	<p>THU MAR 12 Tiarmon (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au</p>	<p>SUN MAR 22 Brody Island (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>
<p>THU MAR 5 Reuben Carr (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au</p>	<p>FRI MAR 13 Rockabillys (Live Music) Club Lake Cathie 45 Evans Rd Lake Cathie www.lakecathiebowlingclub.com.au</p>	<p>THU MAR 26 Max Marvel (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au</p>
<p>FRI MAR 6 The Toasters Pop Up Choir Singing 4 part harmonies Kendall Music Exchange School of Arts - Comboyne Rd Tix: \$5 kedallmusicexchange123@gmail.com</p>	<p>SAT MAR 14 Who's Charlie Duo (Live Music) Lake Cathie Tavern 1609 Ocean Drive Lake Cathie www.lakecathietavern.com.au</p>	<p>FRI MAR 27 Stevie B (Live Music) Club Lake Cathie 45 Evans Rd Lake Cathie www.lakecathiebowlingclub.com.au</p>
<p>FRI MAR 6 Slingshot Duo (Live Music) Club Lake Cathie 45 Evans Rd Lake Cathie www.lakecathiebowlingclub.com.au</p>	<p>SAT MAR 14 Retro Rewind: The Brad Lockwood Band (Live Music) Free Entry 18+ Laurieton United Service Club Seymour St, Laurieton laurietonclub.com.au</p>	<p>SAT MAR 28 Rhys Callinan (Live Music) Lake Cathie Tavern 1609 Ocean Drive Lake Cathie www.lakecathietavern.com.au</p>
<p>SUN MAR 7 One More Time (DJ Set) Lake Cathie Tavern 1609 Ocean Drive Lake Cathie www.lakecathietavern.com.au</p>	<p>SUN MAR 15 Sunday Sessions Cousins Brothers (Live Music) Haven Ridge 743 Ocean Dr, Grants Beach Tix: \$10 kids free www.havenridge.com.au</p>	<p>SUN MAR 29 Sunday Sessions John Ryll (Live Music) Haven Ridge 743 Ocean Dr, Grants Beach Tix: \$10 kids free www.havenridge.com.au</p>
<p>SUN MAR 8 PhiloMusica Concert Recital featuring featuring <i>Beatrice Columbus</i> (violin) - Winner of 2023 National Violin Competition, and <i>Laura McDonald</i> on piano Kendall School of Arts Tix: \$35 Ticketing: Olwen Williams 0419 363 363 www.kendallviolincompetition.org.au https://events.humanitix.com/kendall-string-festival</p>	<p>SUN MAR 15 Sebastian Jones (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>	<p>SUN MAR 29 Charlotte Rose (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>
<p>SUN MAR 8 Sunday Sessions Ruby Blunt (Live Music) Haven Ridge 743 Ocean Dr, Grants Beach Tix: \$10 kids free www.havenridge.com.au</p>	<p>SUN MAR 15 Pete Roberts (Live Music) Bonny Hills Beach Hotel 1045 Ocean Drive, Bonny Hills www.lbonnyhillsbeachhotel.com.au</p>	<p>SUN MAR 29 Charlotte Rose (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>
<p>SUN MAR 8 Peter Roberts (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>	<p>THU MAR 19 Leigh I'Anson (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au</p>	<p>SUN MAR 29 Charlotte Rose (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>
<p>SUN MAR 8 Jordan van der Heide (Live Music) Lake Cathie Tavern 1609 Ocean Drive Lake Cathie www.lakecathietavern.com.au</p>	<p>FRI MAR 20 "Besty" (Live Music) Club Lake Cathie 45 Evans Rd Lake Cathie www.lakecathiebowlingclub.com.au</p>	<p>SUN MAR 29 Charlotte Rose (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven</p>
<p>SAT MAR 21 Brad Lockwood (Live Music) Lake Cathie Tavern 1609 Ocean Drive Lake Cathie www.lakecathietavern.com.au</p>	<p>Laurieton Library Events</p> <p>BABY BOUNCE Thursday March 5, 12, 19, 26. 10am - 11am Fun songs, rhymes, finger play, and music for infants from birth to 1 year.</p> <p>STORY TIME. Tuesday March 3, 10, 17, 24. 10am - 11am Some wonderful stories and great fun. Suitable for ages 3-5 years, w. parent/ carer.</p> <p>MOBILE LIBRARY VAN @ Lake Cathie Thursday March 12 and 26. 10am - 12pm Lake Cathie Community Centre Lot 3 MULLOWAY DRIVE</p>	

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

FREE LISTING.

editor@camdenhavenlocalnews.com.au

From baths to boat shed.

Historical community hub at Kendall.

by Barbara Martin

The Kendall Community Boatshed stands today as a proud symbol of what can be achieved when a town rallies together – but its story began nearly 70 years ago with a much simpler dream.

In 1958, locals identified the need for a safe swimming area for families on the Camden Haven River. Progress, however, was slow. At a public meeting that year, Progress Association president A. Flynn acknowledged the project had already “met with many frustrations over the past eight years or so,” including floods that destroyed donated materials.

Despite these setbacks, optimism prevailed. By 1961, the Kendall Baths were completed through voluntary labour, celebrated in the Camden Haven Courier as “a splendid voluntary effort.” Located beside the river bridge, the baths quickly became a summer haven, providing “a refuge from the heat and a place for fun and games in the long summer holidays” Residents planned further improvements, including lawns, parking and lighting, with organisers proudly “co-opting every willing and available worker in Kendall to help with the project.” The Kendall RSL once again played a vital role, offering strong ongoing support. Three decades later, changing river conditions and structural deterioration brought difficult decisions. In 1991, a packed community meeting agreed the baths should be removed, with concerns raised about children swimming near the busy boat ramp – described as “an accident waiting to happen”.

But Kendall wasn't finished with its riverside facility.

In 2011, a renewed vision emerged to save



the unused amenities building and repurpose it for water sports and community recreation. Spearheaded by the Kendall Dragon Boat Club and a rejuvenated committee, the project gained momentum through grants, working bees and widespread local support. Committee member Mavis Barnes told the Courier she was confident they were “onto something that will grow”.

Even floods in 2013 failed to dampen spirits, as volunteers returned again and again to restore the clubhouse. That determination was rewarded with the official opening of the Kendall Community Boatshed later that year. Declaring it open, Mayor Peter Besseling summed it up perfectly: “This is about community involvement... together, you make things happen”.

Today, with kayak storage, meeting spaces and regular social paddles, the Boatshed continues to bring people together. From river baths built by hand to a thriving community hub, Kendall's Boatshed remains a powerful reminder of local resilience – and the enduring impact of people power.

If you'd like to be part of Kendall's next chapter, consider joining a paddle, lending a hand at a working bee, or supporting through membership or sponsorship locally.

Recipe



Lime-leaf fish cakes

Ingredients:

- 300gm raw Flake (from Laurieton Seafoods) cut into 1cm cubes
- 1 x small red onion
- 6 x fresh keffir lime leaves – spine removed (from Growers Market) or pickled in a jar
- 1 x small knob of fresh ginger – peeled
- Grated lime zest of 1 lime
- 2 x medium eggs
- 1 x quarter of a bunch of coriander leaves & stems
- 3 x tablespoons of rice flour
- 1 x teaspoon of sea salt or “Mingle Chilli & Lime seasoned salt”
- Rice Bran Oil for shallow frying

Method:

In a small food processor whiz together onion, keffir lime leaves, ginger, lime zest & coriander.

Transfer to larger bowl. Add diced Flake, eggs, rice flour & salt.

Mix well. Heat oil in an electric frypan until a cube of bread sizzles as a tester.

Place tablespoon portions into hot oil and flip after 2 – 3 mins. Continue cooking another 1 min then drain on absorbent paper. Keep warm.

Serve with store bought or home-made tartare sauce (spiked with some wasabi) and lime wedges.

Garden hints for the autumn.

March in the garden.

March heralds the beginning of Autumn, often considered Nature's time to plant. With the recent heat and the humidity, gardeners welcome the seasonal change ahead.

Tibouchinas are beginning to put on an impressive display. With their purple, pink, and white flowering varieties. I often think of these as a sign of Autumn is on its way. Often referred to as Lasiandras, there are many new compact cultivars to choose from. Thriving in full sun or part shade. New cultivars can be grown happily in pots.

Spring-flowering bulbs will start to become available; April and May are ideal months to plant. Prepare your garden beds now with plenty of well-rotted manure or compost.

Autumn veggies to start planting now include Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Peas, Broad Beans, Snow Peas, and Silverbeet. Always prepare gardens with well-rotted manure and let it settle for a few weeks before planting. If growing in containers, always use a premium potting mix.

Annuals to plant now include. Pansy, Violas, Primulas, Poppy, Stocks, Cineraria, Marigolds and of course, Sweet Peas.



Sweet Peas have traditionally been planted on St. Patrick's Day – 17th March.

Time to prune and tidy.

Fuchsias, Geraniums, Roses, and summer flowering perennials can all be given a tidy, remove spent flowers and prune growth by 1/3. Liquid feed with Sudden Impact or Five in One.

Camellia Japonicas are starting to produce flower buds in preparation for winter flowering. Now is a good time to disbud them, ideally removing about one-third of the buds. This ensures remaining flowers can mature. And hopefully, reward us with stunning winter colours. Mulch well during the current dry season with well-rotted manure or sugar cane.

Lawns will respond to a gentle feed now and again in late Autumn. Grassmaster is a great idea as it is organic-based and will

ensure the lawn is strengthened before the cooler weather.

An application of a wetting agent will also ensure that water is absorbed evenly throughout the soil. This can be repeated in six months.

Mal's Plant of the month

Pentas (pictured)

- Perennial thriving in Full Sun/ Part Shade
- Growing to approximately 70cm high
- Flowering Late-spring -Autumn
- Best in a well-drained soil
- Shades of White, Pink, Lilac, Red and mauve
- Perfect for pots
- Liquid feed monthly to ensure repeat flowering.
- Remove spent flowers.

Happy Growing, Malcolm McKinlay

TIP OF THE MONTH

WHAT YOUR GUMS ARE TELLING YOU

Healthy gums are key to overall health. Unhealthy gums can signal infections that can have an impact on your entire body.

Here is what your gums are telling you:

- **Bleeding Gums:** are the #1 sign of inflammation.
- **Red or Swollen Gums:** indicate inflammation and infection.
- **Receding Gums:** Bacteria buildup pushes the gums away from the teeth
- **Bad Breath:** Caused by bacteria and improper oral hygiene
- **Loose Teeth:** signify irreversible bone loss.

Gingivitis is reversible when caught early, and gum disease can be managed to prevent further damage.

If you are experiencing any of these symptoms, see a dentist for early treatment.

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The man behind the telescope.

Mixing with the stars.

Meet David Reneke better known to stars and sky lovers up and down the coast as *Astro Dave*. For half a century he's pointed telescopes, told stories of the cosmos and carried the night sky into living rooms on more than 50 radio stations each week. Based out of Wauchope on the Mid North Coast, Dave runs the community-facing program Mid North Coast Astronomy, bringing the heavens within reach of anyone who cares to look up.

For many locals, an evening with Dave is not a lecture but a two-hour adventure. He brings a portable observatory to your driveway, backyard or park and leads an easy, exciting journey across the sky: bright, cratered views of the Moon, the glowing sweep of the Milky Way, distant galaxies like smudged jewels and the pinpoint brilliance of planets. Families and clubs book him for birthdays, school groups, community nights and special events – kids swarm to the eyepiece, shriek with delight at Saturn's rings, and line up to hold a real meteorite or a sliver of Moon rock in their palms.

His story is one of longevity and curiosity. Dave's 50 years in astronomy have covered a remarkable shift – from schoolyard star shows and newspaper columns to global travel as an astronomy tour guide for major tour companies and cruise lines. He's led groups under clear skies in remote deserts and tropical islands, narrating the same constellations to people from dozens of countries and turning strangers into stargazers. That global experience feeds his home-based shows, he knows where to find the best views, how to read a sky at a glance and how to turn technical detail into a grin-inducing anecdote.

One standout chapter in his career unfolded in the United States while Dave was on assignment as News Editor for Australia's largest and most popular space magazine, *Sky & Space*. During that trip he was invited to spend an entire day with Apollo 11 astronaut Buzz Aldrin at his home in California – an



experience that later became the basis for Dave's e-book *Apollo 11: The Untold Story*. Remarkably, the same week also took him to New York, where he was invited to a private meeting with Richard Branson at the unveiling of Virgin Galactic's revolutionary SpaceShipOne. Dave didn't just watch history being made – he climbed aboard the astronaut training simulator and experienced it firsthand.

There's been an upsurge of public interest in space in recent years – new missions, private rockets, dramatic images from telescopes and a steady stream of space stories on the news. Dave says that surge has helped demystify astronomy. People want to be part of it rather than watch it from afar. That's exactly the niche he fills. His approach is personal, practical and packed with wonder: he brings big-sky experiences down to "backyard scale" so families can make memories under the real night sky.

Bookings are simple. Dave brings the gear – quality telescopes, star charts and his unmistakable enthusiasm – to homes and venues across the Hastings and surrounding Mid North Coast. Sessions are designed to

excite every age and interest and typically run for around two hours, with plenty of flexibility for kids and slow-lookers. At just \$25 per person, it's affordable, unforgettable and genuinely hands-on: viewers don't just look, they touch a meteorite, hold lunar material and learn how to spot satellites and planets themselves.

When he's not running private sessions, Dave can be heard every week on more than 50 radio stations, translating the universe into conversational, compelling short segments that fit perfectly into breakfast and drive-time programming. His website, <https://www.davidreneke.com> carries weekly sky updates, observing tips and booking details. For enquiries and bookings, call 0400 636 363.

If you live on the Mid North Coast and have ever wondered what the night holds beyond the streetlight glow, *Astro Dave* offers more than a view. He offers a story, an experience and a connection to a cosmos that still manages to astonish us after all these years. Book a backyard night under his guidance and you may be surprised how close the Universe suddenly feels. Visit Dave's website: www.davidreneke.com



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Into the Heartland.

Reset. Restore. Reconnect. And come home to yourself.

by the Editor

Set among open skies and rolling greenery at 481 King Creek Road, Heartland of King Creek has become the home base for facilitators Phill McKewin and Tracey Mullen. The couple have established the space specifically to host workshops built around their uniquely distinct and complementary methodologies.

Phill McKewin has spent more than three decades working in human development and transformational facilitation. A mentor, speaker and group leader, he has guided men, couples and young people through rites of passage programs, relationship intensives and deep process work. Drawing on studies in Taoism and Chi Gong, Vedic philosophy, NLP, hypnotherapy, Time Line therapy, Gestalt and leadership development, Phill's approach calls participants beyond surface-level change and into genuine self-awareness and emotional responsibility.

His flagship workshop, *Loving Fiercely*, will be held at Heartland this month on March 14. This one-day immersion focuses on self-relationship, recognising patterns and beliefs that drive reactions, and building intimacy grounded in honesty, respect and vulnerability. Participants leave with

practical frameworks and tools they can apply immediately in everyday life.

Working alongside him, Tracey Mullen brings over 35 years' experience across body-based therapies and personal development disciplines. With qualifications in Herbal Medicine, Medical Science



and Remedial Massage, alongside extensive training in Bowen Therapy, Emotional Release techniques, Gestalt and NLP, Tracey integrates grounded wisdom with practical application.

Heartland itself provides the ideal setting for this work. The 100-acre property includes a flourishing food forest, open gathering spaces and quiet corners designed for

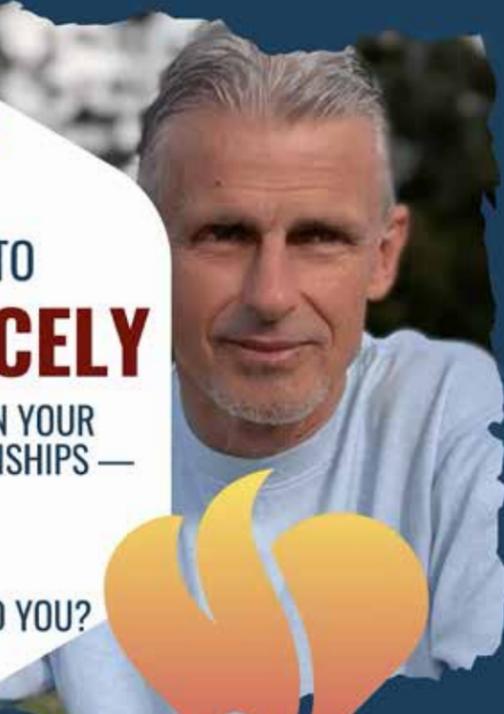


Heartland's food forest

reflection and meaningful conversation. Farm animals and natural surroundings create an atmosphere that feels both expansive and welcoming.

Heartland of King Creek is ultimately about one thing: creating space for people to reset, restore, reconnect – and come home to themselves.

For bookings and enquiries: call 0413 401 533 or email philmckewin@proton.me



PHIL MCKEWIN
PRESENTS
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This is not about fixing yourself – it's about seeing more clearly and choosing how you show up.

SATURDAY 14th March
9.30am - 4.00pm
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\$120 per person

With more than 30 years in personal growth and relational work, Phil is known for his grounded, no-fluff approach. This is a rare chance to experience his work locally, in an intimate setting.



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Registration for workshop, costs and ticket enquiries
Contact Lesley Priest 0428 545 834

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Critiques and Reviews.

Some movies are well worth the watch and sometimes not.

This month's reviews are on expectations. The editor and wife actually went to the movies. Shock. Horror. Saw Song Sung Blue without expecting much. Who wants to see a movie about an impersonator? But friends recommended it. Was I surprised!

Then I stumbled across the new Jurassic World movie. Love them all. Again total opposite. I know this was reviewed a few months ago, but I need to revisit it from a different perspective.

Song Sung Blue.

(Focus Features)

I quite like Neil Diamond. And usually am not impressed by tribute bands or impersonators. This time it was wrong. So wrong.

Based on a documentary of the same name, Hugh Jackman played the lead with Kate Hudson. as his devoted love interest (Mike and Claire Sardina - the real people). Both actors sang all the music. Pitch perfect. And being based on a true story their heartfelt performances made the emotional



and the musical side very believable. And it's a great family-friendly tribute production to boot. Jim Belushi also makes an appearance. The real life couple formed a band called Lightning and Thunder and became quite famous in their own right. Even opening for Pearl Jam (Eddie Vedder). Emotions run high, sometimes the melodrama is a bit over the top, dialogue cheesy and the timeline has been played with for dramatic purposes, but still a very entertaining and tear jerking, at times, movie.

Well worth a watch. Especially if you are a Neil Diamond music fan. Hudson garnered nominations for The Golden Globe Award, Actor Award, BAFTA Award and Academy Award for Best Actress. That says alot about her performance.

Jurassic World Rebirth.

(Universal Pictures) (Netflix)

Scarlett Johansson is the star of this action

packed version featuring stunning visuals, impressive but faulty CGI and a plot that brings back the darker elements of the original.

However if you have high hopes for something outstanding, think again.

If you like the previous dino movies you should probably see this one, as it still works as a decent popcorn flick but don't expect too much.

Johansson doesn't have much to work with. There is a lack of humour that made the previous films enjoyable. The horror and suspense is severely lacking so it falls flat. The story line is a mess, leaving one wondering why characters weren't developed more so we could become invested, the storyline made more believable (I know they are dinosaurs), and the overall tone lacks nearly everything that could have made this movie work. It misses the mark in every way, and I am sure Scarlett will be putting it well behind her. If you are going to watch it, keep your expectations low.




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No business like show business.

Meet the musicians after this thrilling jazz concert.

In last month's edition of The Camden Haven Local News we introduced the inaugural *Camden Haven Words & Music Festival* scheduled for the June long weekend here in Laurieton & Kendall.

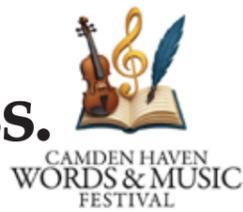
The Festival Program is being fine-tuned by our hard working committee to ensure a first-rate program which will be enjoyable to all! This month we profile the performers

of our jazz concert which is scheduled for Sunday June 7, 2026 at 3.00pm in The Laurieton School of Arts Hall.

We are proud to announce that Dr Kevin Hunt is the curator and musical director of our jazz concert. His guests will be jazz vocalist Nikky Crayson and First Nations performer Troy Russell. Kevin is exploring a relatively new musical method called

"lyric led accompaniment" which requires an incredibly high level of cooperation and coordination between musicians. This concert will be special on many levels and one which any music lover will appreciate.

There will be a "Meet the Musician" session and refreshments at the conclusion of this concert - all included in the ticket price. Enquiries: Olwen Williams 0419 363 363.



Kevin Hunt



Nikky Crayson



Troy Russell

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Pets in paradise.

Dog heaven is here as the heat departs.

In March, as autumn settles across the Mid North Coast, the cooler mornings and milder days bring welcome relief from summer heat – but pet owners still need to stay alert.

While temperatures begin to drop, warm days can still cause dehydration. Always provide fresh, clean water and shaded rest areas, especially for active dogs. Autumn is also peak paralysis tick season along many coastal areas of NSW. Check your pets daily – particularly around the head, neck, ears and between toes – and ensure they are up to date with vet-recommended tick prevention.

As leaves fall, gardens can hide hazards.

Compost piles, mouldy leaves and certain autumn plants can cause stomach upsets if eaten. Keep yards tidy and supervise curious pets. Rodent activity may increase in cooler months, so avoid using toxic baits that could harm pets. And with daylight hours gradually shortening, visibility during early morning or evening walks decreases. Use reflective collars, harnesses or leads.

Autumn is also a great time for gentle exercise and outdoor adventures. With a little awareness and preparation, March can be one of the safest and most enjoyable seasons for pets and their families.

Have fun with them.



Autumnal surprises.

Every Australian autumn, when the air turns crisp and the gum leaves drift down like occasional lazy confetti, as they do all year round, little muttly Poco decides he is a wildlife conservation officer when he spies a new leaf variety.

The first cool morning of autumn, he prances into the backyard, nose twitching like he's sniffing out national secrets. A single dead leaf falls from a prized oak tree. Poco freezes. The leaf lands. He leaps three feet in the air as if it personally insulted him.

For the rest of autumn, he patrols the yard at dawn. Every falling leaf is clearly suspicious. He chases them across the grass, skids through piles of crunchy leaves, and occasionally tries to "rescue" one mid-air-only to discover it has vanished. This leads to a full forensic investigation involving intense sniffing and a dramatic sigh.

Meanwhile, Princess, the house cat watches from the verandah, smug and unbothered, as if to say, "It's autumn, mate. The trees are just undressing."

Poco, however, remains vigilant. Australia may have many wonders – but those rogue autumn leaves won't get past him.

Lucky there's only one native tree that truly undresses, but that's in Tasmania.



POCO AND THE PRINCESS© by LJ Da Silva, Breedon on the Hill, Derbyshire, UK



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Welcome to the 18th edition of Camden Haven Local News

We hope you are enjoying our good-news magazine. We are always morphing into something more readable and even more community aware. Covering local news, art, music and more. As one media commentator said "so professional looking it's more like an upper-class magazine than a newsletter."
 Our profile is increasing and we are always on the lookout for advertisers that acknowledge our content and readership.

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