

FREE

CAMDEN HAVEN

# LOCAL



LAURIE TON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL **news** BONNY HILLS | LAKE CATHIE | NOVEMBER 2025

## gateway to summer

snapshot  
of a local pro

Och now, hark  
the bagpipes

classic tunes

christmas  
is calling

how to stop  
a nation

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



# Happenings on the home front.

Footy finals are over & no more shows. So it's summer prep time.

November in Camden Haven is prepping time for a Sun-Soaked Summer. There's something about November in the Camden Haven. The days are stretching out, the air is warming up, and you can almost taste the salty breeze of summer just around the corner. It's that golden month where anticipation builds, and locals quietly (or sometimes not so quietly!) start ticking off their summer prep list.

For many, it begins with a bit of retail therapy. November is the month for sneaking into shops before the Christmas rush hits in full swing. Picking up gifts early not only saves stress but leaves more time to actually enjoy December's festivities. Clever locals already have their wrapping paper ready to go!

Of course, summer on the Mid North Coast means the beach, and that calls for a wardrobe refresh. Swimwear, sunhats, and those all-important rashies get pulled from the back of cupboards – some ready to go, others needing a little upgrade. Kids suddenly seem to have grown two sizes since last summer, and it's a race to make sure everyone's set for long days at Pilot Beach, North Haven or Bonny Hills.

November is also boat season. Our



waterways are some of the most beautiful in the state, and as summer looms, boats get dusted off, serviced, and polished up for weekends on the river or off shore. Whether it's fishing, paddling, or simply cruising to soak in the views, the water is calling.

Camping gear also makes its annual appearance. Tents are checked, gas bottles filled, and eskies scrubbed in readiness for coastal escapes or hinterland hideaways. Families swap stories about favourite spots – Diamond Head, Kyles, or maybe a tucked-away corner only the locals know about.

But it's not just about "things." November is about the dreaming. Long balmy evenings with friends, backyard BBQs, and markets bustling with holidaymakers are all just weeks away. The Camden Haven comes alive in summer – and November is when we quietly plot out the picnics, book in visitors, and imagine the adventures waiting around the corner.

So if you find yourself lingering a little longer in the swimwear aisle – you're not alone. November is Camden Haven's gentle reminder: summer is coming – and it's going to be glorious.

## The pipes. The pipes. Are calling. Get your tartan out for some fun.

Wauchope is set to come alive on November 8th with its much-anticipated Highland Festival, a joyous celebration of Scottish heritage, music, and community spirit. The event, hosted at the picturesque Wauchope Showground, promises a full day of Celtic charm - from stirring bagpipes and lively pipe bands to traditional Highland dancing and athletic games steeped in folklore.

Visitors can look forward to watching competitors test their strength and skill in classic Highland Games events such as the toss of the caber, hammer throw, and tug-of-war. The sound of pipes under open skies will be paired



with tartans, clan gatherings, and a parade of dancers in kilts, offering a rich visual and auditory spectacle.

Beyond the competitive displays, the Festival will feature stalls brimming with Scottish collectibles, local crafts, and food

offerings including hearty fare like haggis, shortbread, and whisky tastings for those so inclined. It's an event designed for families, history buffs, and anyone keen to experience the warmth of community culture. Mark your calendars now. This family-friendly event is for everyone, not just the Scots, and is designed to celebrate local heritage while offering plenty of entertainment and community spirit.

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### Laurieton Library Events

**BABY BOUNCE**  
Thursday November 6, 13, 20, 27. 10am - 11am  
Fun songs, rhymes, finger play, and music for infants from birth to 1 year.

**STORY TIME.**  
Tuesday November 4, 11, 18, 25. 10am - 11am  
Some wonderful stories and great fun.  
Suitable for ages 3-5 years, w. parent/carer.

**MOBILE LIBRARY Van @ Lake Cathie**  
Thursday November 6, 20. 10am - 12pm  
Lake Cathie Community Centre  
Lot 3 Mulloway Drive mnclibrary.org.au



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## A bridge too far? Not any more. B2B new section opened.

If you've been out and about along the Camden Haven foreshore lately, you might have noticed something new – and it's worth getting excited about. Section D5 of the much-loved Beach-to-Beach Shared Pathway has officially opened, and it's the missing piece locals have been waiting for.

This brand-new 230-metre boardwalk now links The Boulevard near the cyclist sculpture straight through to the Dunbogan Boatshed. No more detours or backtracking – just a smooth, scenic stroll (or ride!) with the river glistening at your side.

The pathway itself is a bit of a showpiece. Built with fibre-reinforced plastic (translation: tough enough to last 50 years), polished stainless-steel handrails, and solar lighting, it's as practical as it is pretty. Evening walkers will love the gentle glow, and cyclists can enjoy a safer, easier ride.

At the official opening, Mayor Adam Roberts, State MP Rob Dwyer and Federal



MP Alison Penfold celebrated the safety and the natural beauty of our coastline, whilst congratulating the efforts of the locals.

Long-time B2B advocate, Penny Small also honoured the previous guard of local council (Peta Pinson), State Member (Leslie Williams) and Federal Member (Dr David Gillespie), for believing in the project and sourcing

its seed funding. With over 8 kilometres of the 11.2km Beach-to-Beach Pathway now complete, Camden Haven is well on its way to delivering one of the most stunning coastal walks in NSW.

Standing on the boardwalk, it's hard not to take a deep breath and soak in the view. Lace up your shoes – the path is calling!

## Are you a Sinfonia concert convert yet?

Sinfonia MNC's upcoming Concert will be held 2pm Sunday 16th November, at Camden Haven Anglican Church, Laurieton.

The Orchestra will be playing under the capable direction of Iain Pole, well known to many in the area.

The programme selected by Iain includes beautiful compositions inspired by the Bard, William Shakespeare. As the audience listens to these they will hear Sinfonia's string section

at its very best. James Weber, Leader of the Second Violins says "My favourite from this programme is The Merry Wives of Windsor Overture, composed by Otto Nicolai. This piece is absolutely delightful to play and to listen to. Also in the programme are Selections from Romeo and Juliet by Sergei Prokofiev. For the string section, I would say that this more modern composition presents its challenges, with a lot of shifting themes and unexpected progression. It is



certainly wonderful, romantic ballet music." More information will be available regarding ticket sales, and for more information about Sinfonia and the upcoming Concert, please call Jennie Wright, Publicity, on 0418 205 971.

## When the barriers fly open, so do the champagne corks, with a thunder of hooves.

As we all know, the Melbourne Cup isn't just a horse race – it's a whole mood. That first Tuesday in November has a way of sneaking into our calendars whether we like it or not. Even if you're not trackside at Flemington, draped in silk and sequins, you'll find yourself caught up in it.

The office stops, the pub erupts, the backyard barbecue crowd leans in just as the barriers fly open. For a few minutes, the nation beats to the same rhythm.

The Cup's history runs deep – right back to 1861 when Archer took out the very first race, sparking a tradition that's only grown in legend. Phar Lap carried us through the Depression with his giant stride, and Makybe Diva gave us goosebumps with three wins in a row. Those stories still echo every time the field charges down the home straight.

But let's be honest, the race is only part of the fun. Fashion on the field is its own spectacle. Hats defy gravity, fascinators double as artwork, and there's always someone

pushing the boundaries with a splash of colour that makes the cameras zoom. The men sharpen up too – sleek suits, pocket squares, polished shoes – everyone wants their moment in the spring sunshine.

It's indulgent, unapologetically so. Bubbles flow, long lunches stretch lazily, sweeps are drawn from coffee mugs and champagne buckets alike. And as the nation hushes for that heartbeat before the gates open, you feel the electricity. Win or lose, the moment is pure magic.

The Melbourne Cup isn't something you watch from the sidelines – it sweeps you up, dresses you in style, fills your glass, and leaves you giddy with the memory. It's our collective holiday in glitter and thunder, and honestly, it never gets old.

There are quite a few formalish options to select from, around the Camden Haven, or just get that barbie cranked and enjoy – that's if you are not working the arvo – surely the boss will stop for 5 minutes?





# Community Chit Chat.

## Declutter your life or grab a bargain at the annual Garage Sale Trail.

Port Macquarie Hastings Council is hosting the Garage Sale Trail again in 2025! From November 8-9 & 15-16. No cost just get involved.

Australia's Biggest Secondhand Treasure Hunt is Back! Garage Sale Trail is returning to Port Macquarie and the Hastings region this month, bringing two weekends of bargain hunting, community fun, and epic secondhand finds!

Looking to declutter? It's garage sales made easy with a free sale listing, expert tips, and ready-made promotional resources – so you can focus on turning pre-loved items into cash.

Bargain hunting? Create your own treasure map and uncover unique finds, vintage gems, and unbeatable bargains while connecting with your local community.

Whether you're selling or shopping, Garage Sale Trail makes it easy, fun, and rewarding.

In 2024, nationally, we kept 418 tonnes of stuff in use, saving it from landfill. An sellers made over \$3.9 million for themselves or local community groups and charities. Register today at <https://www.garagesaletrail.com.au/>



## Another great regatta. by Alvena Ferguson

On 13th and 14th September Camden Haven Dragonboaters held their second major regatta at Telegraph Point's Stoney Aqua Park. Over 300 paddlers from clubs as far afield as Bathurst and Sydney participated over two full days in 200m races for 10 and 20 paddlers, a Round-the-Island turn race and an All Cancer Survivors race. Everyone agreed it was fun, competitive and full on!

With the official opening by Robert Dwyer MP and prizes presented by Deputy Mayor Lauren Edwards, first aid and safety by Wauchope Bonny Hills Surf Life Saving Club, food for volunteers and paddlers by Port Macquarie Marine Rescue and Port Macquarie CWA plus great coffee by The



Dashing Bean it was a true community event.

The weather was perfect and in the words of Club President Anni Yaringa, "I am so proud of our members who pulled out all stops to ensure our visitors had a wonderful time and we are already being pressured to announce dates for 2026".

Anyone who would like to try dragonboat paddling can come along any Sunday morning at 8.15 behind the Laurieton United Services Club.

Enquiries to Camden Haven Dragon Boat Club secretary Maureen on 0421 610 321 or Kath on 0423 297 790.

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# Start your Summer with a brilliant smile. Whiten UP!

Tooth whitening is one of the most popular ways to rejuvenate your smile and restore confidence quickly and inexpensively. If your teeth have become dull or yellowed from years of staining, why not consider professional Tooth Whitening with your dental team at Sundial Dental?

A bright smile – whether naturally radiant or professionally enhanced – can do wonders for your self-esteem. In contrast, discoloured or stained teeth may leave you feeling self-conscious, reluctant to smile, and less confident in social settings.

## How it Works

Tooth whitening works by removing internal stains through a process called oxidation. Unlike simple cleaning or polishing, whitening targets both surface and deeper stains caused by coffee, tea, red wine, and other daily habits. The most common whitening agents are peroxide-based gels. The strategy at Sundial is to combine peroxide-base gel with LED light to enhance results.

## At-Home Whitening with Professional Results

At Sundial Dental, we offer a professional take-home whitening kit that delivers clinic-quality results in the comfort of your own home. Our system combines peroxide gel and an LED light to gently and safely return your teeth to their natural whitest shade. The kit is rechargeable, easy to use, and effective – typically requiring just 10 to 20 minutes of wear per day for up to 5 days.

Only one initial appointment is needed to assess your suitability for the treatment. This is a quick easy affair and for a limited time is included in our special limited offer of \$199.



After that, you're free to start whitening at home immediately. (\*Note: Patients with crowns or advanced restorations may require an alternative treatment option.)

## Benefits... You're in Control

The benefit of the take-home system is you're in control and it's flexible – you choose the shade that feels right for you and can easily top up your results over time, with refill gel available for just \$25-\$30. Unlike in-chair whitening that requires booking and a full hour in the dental chair, every time you want to top up your smile; the take-home kit fits your schedule and lets you whiten at your own pace.

## What to Expect

You can expect your smile to become three to eight shades lighter – taking years off your appearance in as little as 3 to 5 days. The system also allows you to target specific teeth

that may be more stubborn or deeply stained. If you experience any sensitivity, simply pause for a day and continue when comfortable – any side effects are usually minor and temporary.

## Step into your Summer Smile with a Take Home Whitening Appointment

If you're ready to feel brighter and more confident, now's the perfect time to get started.

Call our caring team and book a Whitening Consultation, this is quick and easy and for a limited time, Sundial Dental is offering the consultation and the Take-Home Whitening Kit for just \$199.

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# Community Chit Chat.

Bouncing balls. Boats. And bikes. *by Alison Stewart*

## Laurieton's rising stars.

Laurieton Tennis Club's ('LTC') implementation of Tennis Australia's Hot Shots Program is proving a huge success. The program, run by Evoke Tennis, is a modified learning pathway, with three graduating stages of development - Red Ball, Orange Ball and Green Ball. Children progress along the pathway using low-compression balls, a lower net and smaller court. The scoring system is also simplified.

One young local in particular is making a name for himself. Nine-year-old Sam Ritchie, who commenced the Hot Shots pathway 20 months ago, is now competing for a place at the state level. Sam has progressed to the final stage (Green Ball), using a full size net and tennis court, with proper scoring and rules. The only difference at this final stage is the low-compression balls. It's wonderful to witness such a young boy rise as a real contender.

Sam's love of competition was honed by the Evoke Tour, a series of 5 annual tournaments, designed specifically for 4 - 12 year olds. LTC's head coach and tournament organiser Quinn Sylow explains, "the Evoke Tour is an introduction to tournaments, breaking down the usual fear barrier to competition". Obviously, that's exactly what happened with Sam. He plays regular tournaments, heading next to Inverell with the aim to qualify for the NSW Champion of Champions. Sam must finish in the top 8 to

progress to the final in late November.

LTC continues to promote junior tennis, with Evoke's latest tournament run in September. The event attracted 34 players, primarily from Laurieton and Kempsey, all progressing through the Hot Shots pathway. This was the first tournament for many of the young competitors and the event was an overwhelming success. The perfect weather and back drop of the Riverside markets, added to the festive atmosphere.

The final tournament in the 2025 Evoke Tour series will be played 7th December at Kempsey Tennis Club.

All inquiries to [info@evoketennis.com.au](mailto:info@evoketennis.com.au)



From Left: Zane McMurray (R/U) and Jonathan Hopkins (Winner) Orange Ball Division. Right: Sam Ritchie competing to qualify at State level.



Hat Head a great outing.

The September paddle saw 13 members of the Kendall Boat Shed headed north to the beautiful coastal village of Hat Head. The tide, aligned with departure, and provided a leisurely paddle upstream. The ocean water was crystal clear, pushing the kayakers gently into the estuary. They passed numerous groups, fishing and picnicking along the pristine waterway, also making the most of the day.

The tidal push ended 2 kms in, where the water colour changed to tannin, common with these small coastal creeks. Further along, they found themselves shaded by mangrove

trees, which presented a perfect place for morning tea. After the break, they travelled upstream, eventually halted by the Korogoro Creek Bridge/Flood gates. This coincided in the tide turning, making for a nice, easy return trip to the boat ramp. The water was so pleasant several people had a swim, albeit, not all intentionally. This is a great 8 km paddle, particularly when the tides and weather comply. The group then called into the Hat Head Bowling Club for lunch before heading home to Camden Haven.

Next month's paddle will be the Manning River at Taree. Enquiries, text 0414-826-652.

Next month we cover a social biking group that regularly rides trails in the Camden Haven including our new Beach to Beach pathway.



A recipe you won't go crazy making!

Serves 2 hungry people

- 4 x Free Range Eggs (I like to purchase mine fresh from Mid Coast Eggs just off the freeway North of Kew)
- 2 x TBsp of natural Greek Yoghurt
- 1 x TBsp of Heinz English Salad Cream
- 1 x jar of Black Lumpfish Caviar (or the caviar of choice for your taste & budget!)
- 1 x bouquet of organic salad greens from Hand n Hoe Organics (Available at Site #36 Tunis St at Laurieton Markets on the 3rd Sunday of each month. Alternatively pick your own fresh from your garden or source the freshest organic greens that you can!)
- ½ x red salad onion
- 1 x very healthy slurp of the finest olive oil that you can afford. (I prefer Greek olive oil – in particular from the Island of Lesbos).
- Salt & Pepper to taste

### Method:

Bring a medium pot of water to the boil and when at a rolling simmer, gently add the four eggs from a tablespoon slowly, ensuring a soft landing into the water.

Place your timer on for 7 minutes.

Meanwhile wash and pick over your fresh organic greens, ensuring that there are no free-loading critters and dry in a salad spinner before placing in your bowls.

Once your egg timer alerts you to their "doneness", drain eggs and immediately replace the water with cold from your tap, to stop the egg yolks from cooking any longer.

When cool enough to handle, carefully peel, slice in half horizontally and scoop out "just done" yolks and place into a small bowl. Mash yolks and add yoghurt, salad cream and salt and pepper to taste. Remember that the Black Lumpfish Caviar will be quite a salty topping so be scant with the salting at this stage.

Assemble eggs by spooning (or piping if you want to be flash) the yolk mixture into the egg white surrounds.

Top your greens bowl with eggs and a very generous helping of olive oil.

Healthy AND Yummy – ENJOY!  
*by Olwen Williams*

# Food worthy of feasting on.

Special themed evenings make Fat Alberts something special. Olé. *by Olwen Williams*

Andalé. Andalé. Areeba. Areeba. We visited Fat Alberts for the first time on Saturday September 27 for their Mexican-themed dinner. When we entered we were surprised by the spacious nearly "heritage warehouse" funky vibe. The décor made-up of heavy-hewn wood tables with alternate coloured chairs provided a welcoming atmosphere (makes sense I guess as Kendall's history as a timber town!). The tables are actually made from wood from a fallen tree struck by lightning on the owner's property!

The ambient music was matched to the theme with selections from The Gypsy Kings at a pleasant volume, kept our toes tapping. Entertaining but not overwhelming as to interfere with conversations.

The Mexican Menu offered the choice of three Starters, three Mains, a plethora of Sides and two delicious sounding desserts. This diabetic chose to skip the dessert option this time around :)

We started with the Potato and Chipotle Soup which was rustic and hearty served with sour dough toast generously buttered. The Chipotle component ensured a zingy "tang" on the tongue but the heat was not overwhelming. The dish was presented with a crown of edible flowers and sprouts.



Fresh Slaw



Mushroom Quesadilla

Secondly from the Mains Menu we decided on the vegetarian option; the Mushroom Quesadilla with Caramelised Onion and Oozy Cheese – not because we are vegetarians – it just sounded really good and who can pass up oozy cheese?

A side of freshly made Slaw ensured that there was a fresh crunch in the mouth. A great accompaniment for the oozy cheese!

With corkage at only \$2 per bottle for BYO, the night was surprisingly good value.

Fat Albert's Pizza Menu is obviously popular with locals as there was a steady stream of hungry people collecting their take away boxes all evening!

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## 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



# Pollinators. What's the buzz?

Then and now

Carpenter bees (female pictured) are natives and great pollinators. Inset is the male.  
Photos: Di Watkins

## Honeybees and pollination diversity –locally.

by Diane Solomon Westerhuis

The conversation began over dinner one night at the local club, when a neighbour asked had I seen any honeybees in our garden. What followed was a discussion about climate change and its effects on pollinators, particularly the dire situation for the honeybee *Apis mellifera*. They were one of the earliest species to be introduced to the relatively new colony in 1822, the year the Agricultural Society of New South Wales (forerunner to the Royal Agricultural Society) was formed. The aim was to give the early colonisers an accessible source of honey (not necessarily to pollinate all their introduced plants), as Mr Parr explained to the new colony (see box). Today honeybees are big business for apiculturists, as major pollinators of agricultural and horticultural crops in Australia. Their escaped cousins, feral honeybees, have frequented our gardens since the 1800s.

Today honeybees are used to pollinate many of our commercial crops, including apples, canola, cherries, plums, faba beans, lucerne, and almonds. However the honeybees appear to be in trouble. While climate change may cause a problem in the future, the issue for honeybees now is the Varroa mite, aka *Varroa destructor* (don't you just love the Latin?). After the aptly named and uninvited parasite of honeybees found its way to Australia, attempts were made to eradicate the pest. These attempts included the destruction of a large number of commercial hives, and the poisoning of identified areas containing feral honeybee hives. These measures was unsuccessful, so the government response is now to let Varroa have their way, and hope the honeybees

recover or become more resilient. Since that decision was made the parasite problem has combined with floods, hive beetles and other problems. The outcome has had a huge impact on the honey industry in Australia and on beekeepers, both commercial and amateur. Pollination of commercial crops, and our own gardens, by the hardworking *A. mellifera* may be in trouble.

To answer my neighbour's question, I had to stop and think. I knew spring had arrived

MR. PARR has only ONE HIVE of BEES for SALE, having disposed of all the other Hives imported by Captain Wallis, which are the only Hive Bees in New South Wales. – when the above hive was landed the number of Bees reduced to 476, and the quantity of honey to little more than half a pound; but now although the number of bees exceed 6000, and their stock of honey, about eighteen pounds. – Mr Parr will engage that this hive will cast a swarm in July next, and before Christmas three others may be expected.  
Sydney Gazette, 14 June 1822

and I had been enjoying the flower bonus we all experience at this time of year, but I could not remember seeing any bees, introduced or native. In our garden spring flowering begins with the wisteria which turns the man shed into a thing of beauty. This has just finished as I write, it is short lived and followed by jasmine and elderflower, then in succession we have flowering of citrus, mango and avocado fruit trees. We also grow herbs, vegetables and lots of natives. All their flowers are usually covered in buzzing insects during October and November, leading into



the summer and fruiting season. Yet I could not recall this season hearing the buzz which accompanies the flower bursts. In addition I asked, if not honeybees, what then? Which insects, if any, are doing the pollinating this spring? To answer that question I needed to do some research to identify local pollinators. In Australia there are approximately 1600 species of native bees recorded<sup>1</sup>, many of which are identified in the Camden Haven area. The local list of possible pollinating bee species includes the Blue-banded Bee, Carpenter Bee, Great Carpenter bee, Leaf cutter bee, Neon cuckoo bee, Peacock Carpenter bee, Plasterer bee, Reed bee, Yellow-faced bee or Masked bees, Stingless bee and the Sweat bee<sup>2</sup>. So I went looking in our garden and in the Riverview Reserve behind our house for pollinators. ***This is what I found, in the table, on the next page >>>***

**To conclude:** For some time now we have been working with Landcare to attempt to reduce the weeds in the Riverview Reserve at North Haven. One of the main contenders is the pretty Morning Glory which includes one local native species, the Beach Morning Glory (*Ipomoea purpurea*). These introduced plants will climb up other plants to reach the light, in the process often strangling a native. They are hardy plants which needs to be pulled out by the roots and are prolific sprouters, pollinated by many insect species. Roundup or similar nasty poisons are used to eradicate these hardy introduced pests.

Our climate here on the mid-North Coast NSW is predicted to become more tropical, rather than sub-tropical. Plants and their pollinators will react to change. For example, if there is a water deficit, Morning Glory flowers will increase in size but produce less nectar for pollinators, whereas if we become more

Plant	Pollination
	The Wisteria I have is the introduced Chinese Wisteria ( <i>Wisteria sinensis</i> ). I know this because it climbs the shed in an anti-clockwise direction (the Japanese <i>Wisteria floribunda</i> climbs clockwise). Normally native bees, honeybees, bumblebees, and butterflies are all attracted to Wisteria. No honeybees, but I did find a single blue banded bee ( <i>Amegilla asserta</i> ).
	I planted the Elderflower <i>Sambucca nigra</i> when it was a baby, and now it occupies a good portion of our front yard. It gives me a plentiful supply of flowers and then berries for making Elderflower wine and liquor. Normally in spring the insects are buzzing all over the flowers, but I have not seen any to speak of yet. However we are OK here, the flowers are often pollinated by flowers from the same tree- a little breeze and success- this tree does that all by itself!!
	In another quirk of nature, while nectar of most flowers consists of fructose and glucose, the nectar of the edible Nasturtium ( <i>Tropaeolum</i> ) is remarkably concentrated and consists mostly of sucrose, making it popular with many bee species (and us). The nectar is to be found in the long spur at the back of the flower. If you look closely you will see right in the middle of the flower this tiny native stingless bee, known as the Sugarbag bee, <i>Tetragonula carbonaria</i> , which features in many flowers in our garden. These are one of the few species which are a social bee. They live in nests (much smaller than the honeybee hives). Here they create honeycombs containing edible honey, once considered as bush tucker. I kept finding these tiny bees all over different flowers in our garden, and then realised they are nesting by the steps at our front door. Thank goodness they are a stingless bee.
	Another visitor to the <b>Nasturtium</b> is the ubiquitous small white butterfly, often called the cabbage white ( <i>Pieris rapae</i> ). These lively little butterflies can be seen in our gardens from late winter to the following end of autumn, and they are known as effective pollinators. However their larvae are very hungry and eat lots of leaves. Their food plant is the brassicas, but they appear to be much more interested in mating than in pollinating.
	Our citrus trees are now starting to fruit, after a lovely early spring flower burst. I was so pleased to find this native bee with the pollen on her legs, which confirms that she is not just visiting, but also pollinating citrus.
	The first mango variety to arrive in Australia in 1823 was <i>Mangifera indica</i> from which many cultivars have been created <sup>3</sup> . Researchers have found that native bees and flies, including the hoverflies, the blue blowfly and the black tip fly are better pollinators of mangoes than honeybees. They noted that flies visited mango flowers about 20% more frequently than bees, and that the most common bee visitor was our little girl discussed above, <i>Tetragonula carbonaria</i> <sup>4</sup> . Our mango tree is hosting many visitors, mostly flies and ants. I found the yellow banded hoverfly <i>Eupeodes confrater</i> (that's him with the yellow and black markings) as well as the rather beautiful shiny blowfly <i>Lucilia porphyryna</i> .
	For the second year in a row, our Avocado has flowered bountifully, and has been pollinated. The Avocado <i>Persea americana</i> originates from the Americas, trees in our gardens and commercial crops are cultivars. The theory is that you require two types of Avocado tree in proximity for successful pollination. They are classified as either Type A or B, dependent upon their flower cycle. Type A flowers are receptive to pollen in the morning and the pollen is released in the afternoon <sup>5</sup> . Type B releases pollen in the morning, and her female organs are receptive in the afternoon. Perhaps our neighbour's tree is the alternative type to ours, as we had a good crop last year, and this year looks promising. I caught these little guys all over them, and now we have the first fruit appearing.
	All the plants discussed above are introduced. Yet I am pleased to say that we do have quite a lot of natives in our garden. My favourite, which is now fruiting and delicious, is one of the native raspberries ( <i>Rubus fraxinifolius</i> ). This is originally from North Queensland, now sold as bush tucker- our plant is from a nursery. There are other Rubus species growing locally, for example in the Riverview Reserve, in their natural habitat. The most frequently found in our area is the <i>R. parvifolius</i> . I have seen a few different insects on this plant, including ants and stingless bees, but no honeybees.
	Another native is the Davidson Plum ( <i>Davidsonia jerseyana</i> ) a much loved local to Queensland and North Coast NSW, but threatened. This plant has a peculiar habit of growing its fruit on the main trunk, which botanists call 'cauliflory'. However little is understood about the pollination of these flowers. Most frequently implicated are ants and small flying insects. There were certainly many ants visiting our tree, but that does not assume pollinating. I have also observed frequent small flying insects but was unable to capture them in the process of visiting or pollinating. I make delicious Davidson Plum chutneys and I am planning some wine from the next fruiting season, after this initial flowering.

tropical, as is forecast, well-watered Morning Glory plants will produce an increase in nectar volume<sup>6</sup>. So I am optimistic that our plants and pollinators will find a way to survive and flourish, and our local pollinators will take on the huge task of keeping our plants pollinated. The increasing temperatures will be good for the pollinators, but perhaps not for our

endeavours to rid ourselves of weeds.

1. Australian Faunal Directory at <https://biodiversity.org.au/afd/home>  
2. See The Atlas of Living Australia (ALA) records which also include the feral honeybees, at <https://www.ala.org.au/>  
3. Johnson, G. (2000). Introduction of the Mango to Australia. *Proceedings of the Royal Society of Queensland*, 109, 83-90.

4. Australian Mangoes, <https://www.industry.mangoes.net.au/resources/resources-library/wild-insects-play-important-role-pollinating-mangoes/>  
5. Britannica <https://www.britannica.com/plant/avocado>  
6. García, Y., Dow, B. S., & Parachnowitsch, A. L. (2023). Water deficit changes patterns of selection on floral signals and nectar rewards in the common morning glory. *Annals of Botany PLANTS*, 15(5). <https://doi.org/10.1093/aobpla/plad061>



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

Daily Reminder

# BREATHE DEEP

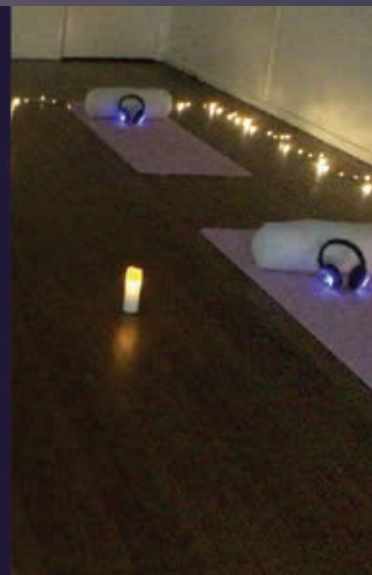
FIND YOUR CALM

## 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.

## Special November Sessions:

Taree. 9am, Sat 8th November

Jubilee Hall Dunbogan. 9am, Sat 15th Nov

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- Reclaim peace and presence
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- Transcending fear
- Full reset
- Letting go and moving on
- You are enough
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- Beat procrastinating
- Never give up
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Please visit our website for full descriptions of these journeys.



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**0422 468 925**

For more info visit:  
**silverbackbreathwork.com.au**



# Holistic health is not a new thing.

Wellbeing can sometimes rely on your state-of-mind.



Holistic health is far from a modern fad – it is a philosophy that has existed for thousands of years, rooted in the belief that true well-being depends on the balance of mind, body, and spirit.

Ancient healing systems such as Traditional Chinese Medicine, Ayurveda from India, and Indigenous healing practices around the world all shared a common understanding: that human health cannot be separated from emotional and spiritual harmony. The ancient Greeks, too, embraced this view – Hippocrates, often regarded as the “father of medicine,” believed in treating the whole person rather than the disease alone, famously stating, “It is more important to know what sort of person has a disease than to know what sort of disease a person has.”

During the industrial and scientific revolutions, Western medicine shifted toward a more mechanistic model of the

human body – viewing it as a set of parts that could be repaired or replaced. While this approach brought great advances in surgery and pharmaceuticals, it often neglected the emotional and environmental dimensions of healing. In response, the 20th century saw a resurgence of interest in holistic approaches, led by movements in natural medicine, psychology, and spiritual wellness.

The 1960s and 1970s, in particular, marked a turning point, as people began to question conventional medicine's limitations and sought alternative pathways to health that aligned with personal values and nature.

Toay, holistic health is embraced by people across the world seeking balance in a fast-paced, often disconnected society. Nutrition remains at the foundation, focusing on whole, unprocessed foods that support vitality. Physical movement is celebrated not merely as exercise but as mindful practice – through

yoga, tai chi, qigong, or even walking in nature – allowing the body and mind to align. Mental and emotional health are given equal importance; practices such as meditation, journaling, and breathwork help release stress and bring awareness to one's inner state.

Complementary therapies like acupuncture, reiki, massage, and aromatherapy have become increasingly mainstream, often working alongside conventional treatments to enhance healing outcomes. The essence of holistic health lies not in rejecting modern medicine but in integrating ancient wisdom with contemporary science. It calls for self-awareness, gratitude, and connection – to oneself, to others, and to the natural world. Ultimately, holistic health is a return to balance – a recognition that true wellness comes not from external cures but from nurturing the harmony that already resides within us.

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# Pets in paradise.

So you're still feeding them under the table at the bbq. Tisk. Tisk.

## Scruffy.

Scruffy was not your average dog. He was a shaggy bundle of fur with the survival instincts of a dingo and the curiosity of a toddler in a candy store. His latest adventure began when he spotted the neighbor's laundry flapping in the breeze. To Scruffy, socks weren't socks - they were treasures.

With a heroic leap, he snagged a polka-dot pair and bolted down the street like a canine outlaw. The neighborhood kids gave chase, turning the street into a scene from a cartoon: Scruffy zig-zagging, kids tripping over bikes, one unlucky dad hopping on one foot trying to retrieve his "lucky sock."

Scruffy's journey continued into the bakery, where he proudly dropped his prize in exchange for a muffin that fell off the counter. The baker, laughing too hard to scold him, let him trot out with frosting on his whiskers.

By the time Scruffy returned home, he looked like a pirate who had conquered a pastry ship - sticky, smug, and still dragging one sock. His owner just sighed, "Scruffy, you're supposed to fetch the paper, not start a neighborhood revolt." Scruffy wagged his tail, thinking, "Paper? Boring. Muffins are better."



November in New South Wales means purple jacarandas, long sunny days and plenty of reasons to get outdoors with our pets. But with the shift towards summer, a little extra care goes a long way in keeping our furry friends happy and safe.

The warmer days can catch pets off guard, so think cool water bowls, shady spots and walks at sunrise or sunset. A damp towel on the floor or a few ice cubes in the water dish can work wonders. And while it's tempting to bring pets everywhere - from races to markets to beachside cafés - remember not all events are pet-friendly, and crowded spaces can be stressful.

This is also peak paralysis tick season along the coast and bushland, so daily checks and preventatives are non-negotiable. Fleas, mozzies and even pollen allergies also stir up in November, so a gentle bath and a quick vet

visit now can save dramas later.

As the festive season ramps up, so do the barbecues and parties. That means extra noise, tempting scraps and the risk of an open gate. A safe indoor spot, up-to-date ID tags and a gentle reminder to guests not to share people-food will keep tails wagging and whiskers twitching.

Above all, November is about enjoying the sunshine and making the most of the season with the animals we love. Whether it's a run on the beach, a lazy nap under a jacaranda tree, or just a cuddle on the couch, pets make the start of summer even brighter.

**Snake Season - Be Aware**  
If you need a snake catcher call Reptile Solutions on 0450 430 480

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WHAT'S ON

LUSC

laurieton united services club

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

LUSC

FREE EVENT

9TH NOVEMBER

SUNDAY

SESSIONS

Tommy Memphis

LIVE MUSIC from 3PM-6PM

\$15

CHEESEBOARD FOR 2

THE ULTIMATE SUNDAY SHARE PLATE

\$15

MEMBERS COCKTAILS

CRAFTED JUST FOR YOU

\$15

MEMBERS ROAST

FROM 6PM

WRAP UP THE NIGHT WITH A WARM THEATROUS ROAST

Bring your mates, grab a drink, and make your Sunday sensational at LUSC!

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Guest Star

COSTIMA DE VITO

Guest Star

SIMON BROOK MCLACHLAN

FRIDAY 21ST NOVEMBER 2025

DOORS: 8:00PM START: 8:30PM

Tickets: \$62.45

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Full terms and conditions available at reception. Winners must be members and present at the time of the draw.

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6PM 50,000 POINTS DRAW

6:30PM \$10K MEGA MEMBERS DRAW

7PM KEY DRAW

DRAWN EACH THURSDAY

OCT, NOV & DEC 7PM

12 Keys to be Won! Including two on the final draw night

Simply spend \$10 in one transaction on food or beverages in the Club and swipe your membership card to receive an entry.

MG ZS

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THURS 18 DEC

WHAT'S ON

KCC

kew country club

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Ph 6559 4203  
www.laurietonclub.com.au

KCC

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70 BALLS

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KCC

Open 7 days!

18-hole Mini Golf Course

Mini GOLF

\$5

BOWL HIRE

\*AVAILABILITY SUBJECT TO SCHEDULED BOWLS EVENTS

KCC

EVERY WEEKEND

02 6559 4203

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\$5

BOWL HIRE

\*AVAILABILITY SUBJECT TO SCHEDULED BOWLS EVENTS

Friday Nights

Meat Raffle

30 PRIZES

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, luncheons, special events and things to do!

November 2025

SAT NOV 1

6.30pm – 10.30pm

Brad Lockwood (Live Music)

Lake Cathie Tavern

1609 Ocean Drive Lake Cathie

www.lakecathietavern.com.au

SUN NOV 2

1.00pm Pre Concert talk PhiloMusica

2.00pm Concert commences

Chamber music featuring Dono Ng (piano) and Dr Goetz Richter AM (violin) and Sydney Conservatorium musicians.

Kendall School of Arts

Tix: \$35/ (12 and under) \$15.

Ticketing: Olwen Williams 0419 363 363

SUN NOV 2

1.00pm - 5.00pm

Sunday Sessions - "Besty" (Live Music)

Haven Ridge

743 Ocean Dr, Grants Beach

Tix: \$10 kids free

www.havenridge.com.au

SUN NOV 2

1.00pm – 4.00pm

Steve Bennett (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

TUE NOV 4

12 noon

Melbourne Cup Luncheon

Tix \$45 from Reception

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

TUE NOV 4

12 noon

Melbourne Cup Luncheon

Emcee and Live entertainment

Fashion Parade, Best Dressed, Lucky Door Prize, Sweeps

Tix: \$50 pp - Bookings essential - 6559 9110

LUSC - Seymour St, Laurieton

https://laurietonclub.com.au

TUE NOV 4

11.30am - 3.30pm

Melbourne Cup Lunch - 3 course

Tix: \$70 Mem, \$80 Non-Mem

Gary King (Live Music)

Book at Reception or 6585 5701

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

TUE NOV 4

12 noon

Melbourne Cup Lunch

John Ryll (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

THU NOV 6

6.30pm – 9.30pm

Shane Peters Duo (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

FRI NOV 7

6.30 doors

BK Blue (Live Music) featuring Lee Maree, keys & vocals, Ken MacArthur, guitar, Dave Smith, bass & Peter Harries, percussion & vocals.

Kendall Music Exchange

Kendall Community Hall, Comboyne St, Kendall

\$5 entry at door

FRI NOV 7

6.30pm – 9.30pm

Ukulele Jukebox Jam (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

SAT NOV 8

6.30pm – 9.30pm

DJ Nathan Astbury

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

SUN NOV 9

1.00pm – 5.00pm

Sunday Sessions

Ruby Blunt (Live Music)

Haven Ridge

743 Ocean Dr, Grants Beach

Tix: \$10 kids free

www.havenridge.com.au

SUN NOV 9

1.00pm – 4.00pm

Sebastian Jones (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

THU NOV 13

6.30pm – 9.30pm

Reggie Sinclair (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

FRI NOV 14

1.00pm

Laurieton Voices "Why we Sing"

Laurieton School of Arts Hall

Cnr Bold St and Laurie St

Tix: \$5 at door includes afternoon tea.

Raffles available - funds to SES

Enquiries: Sue 0402 204 782

FRI NOV 14

6.30pm – 9.30pm

Possum Scratchers (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

SAT NOV 15

6.30pm – 9.30pm

DJ Broox

Lake Cathie Tavern

1609 Ocean Drive Lake Cathie

www.lakecathietavern.com.au

SUN NOV 16

1.00pm – 5.00pm

Sunday Sessions

Jazz & Gin - Jordan Jive (Live Music)

Haven Ridge

743 Ocean Dr, Grants Beach

Tix: \$50 Adults only

www.havenridge.com.au

SUN NOV 16

1.00pm – 4.00pm

Hudson Rose (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

THU NOV 20

6.30pm – 9.30pm

Tiarmon (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

FRI NOV 21

6.30pm – 9.30pm

"Besty" (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

SAT NOV 22

6.30pm – 10.30pm

Kyle Moore (Live Music)

Lake Cathie Tavern

1609 Ocean Drive Lake Cathie

www.lakecathietavern.com.au

SUN NOV 23

1.00pm – 5.00pm

Sunday Sessions

Andrew Cousins (Live Music)

Haven Ridge

743 Ocean Dr, Grants Beach

Tix: \$10 Kids Free

www.havenridge.com.au

SUN NOV 23

1.00pm – 4.00pm

Ali McLeod (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

THU NOV 27

6.30pm – 9.30pm

Ali McLeod (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

FRI NOV 28

6.30pm – 9.30pm

Brenden Jensen (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

SAT NOV 29

6.30pm – 10.30pm

Sebastian Jones (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

SUN NOV 30

1.00pm – 5.00pm

Sunday Sessions

Brad Lockwood (Live Music)

Haven Ridge

743 Ocean Dr, Grants Beach

Tix: \$10 Kids Free

www.havenridge.com.au

SUN NOV 30

1.00pm – 4.00pm

Max Marvell (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

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

FREE LISTING.



# whats on november

EVERY FRIDAY4-8pm

KITCHEN, BAR + TUNES

EVERY SATURDAY12-3pm

THE RIDGEROOM RESTAURANT

EVERY SUNDAY1-5pm

SUNDAY SESSIONS



new time

## GIN & JAZZ

NOV 16TH 1-5pm SUNDAY SESSION

LOCAL DISTILLERY TASTINGS

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# Garden hints and nature's wonders.

## A November garden.

As we enter the final month of spring, now is the perfect time to prepare for the summer months ahead. Our gardens are a little dry, so now is the ideal opportunity to mulch and apply a wetting agent to the soil.

Mulching helps to conserve moisture and reduce weeds. Mulch the garden to a depth of 20mm. Ensure the mulch is kept away from the base of the plant. In addition to mulching, a wetting agent applied to our potted plants and soils will ensure that water applied will soak evenly through, ensuring efficient use of the water.

Hippeastrums have certainly been a standout in the late spring garden this year. The snails and slugs love their flowers, so ensure a pet-friendly snail bait is applied around the bulbs to protect the flowers.

Dahlias can be planted now in a sunny location; these will provide stunning flowers throughout summer into Autumn.

Summer Vegies and Herbs will be growing well with the warming weather, so apply regular applications of 5-in-1 liquid fertiliser. This will ensure strong, healthy growth and excellent flavour. Water early in the morning and avoid overhead spraying, which helps to reduce the risk for potential fungal problems during summer.



Native plants will respond to a light prune, removing dead growth or spent flowers. A small application of Organic Life Native food will help to maintain healthy growth throughout the summer season.

Our Lawns will respond to a feed of Grassmaster Lawn Feed. Give the lawn a deep, regular soak rather than short, infrequent watering. This ensures strong, healthy growth and makes our lawns more resilient for the upcoming heat of summer.

Looking to add some colour in the garden for the Christmas and the New Year holiday season. Petunias, Vincas, Salvias, Lobelias, Zinnias, and Marigolds can all be planted now and will give months of colour in the garden. Hydrangeas are also starting to bud in preparation for their summer display.

Happy Gardening, Mal McKinlay,  
Garden Clubs of Australia  
MNC Zone Coordinator

## Mal's Plant of the Month *Goodenia ovata* Gold Cover

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# Beam me up Scottie.

From TV to reality.

Imagine a world where smartphones were considered high-tech and everyone dreamed of cruising the galaxy in a flying saucer. Welcome to the wonderful world of early TV space shows! These interstellar gems, like “Star Trek”, “Lost in Space”, and “The Twilight Zone”, didn’t just entertain us; they boldly went where no shows had gone before, and in doing so, they left an indelible mark on our collective thinking. So, let’s embark on a light-hearted journey to explore the impact of these cosmic classics on our minds and hearts.

Beam Me Up, Scotty! Oh, the catchphrases! From Captain Kirk’s legendary “Beam me up, Scotty” to Mr Spock’s iconic raised eyebrow, early TV space shows bequeathed us with a treasure trove of memorable lines. These catchphrases have infiltrated our everyday conversations, turning us all into Trekkies whether we realise it or not. Next time someone says, “I’ve got a bad feeling about this,” you can thank the likes of “Star Trek” for infiltrating modern language with its sci-fi overtones.

One of the most profound impacts of early TV space shows was the way they unleashed our imaginations like a rocket into the cosmos. “Star Trek” in particular dared to dream of a future where humanity worked together to



explore the final frontier. These shows turned us into amateur stargazers, encouraging us to look up at the night sky and wonder what adventures awaited us among the stars. Who hasn’t gazed at the moon and pondered, “What if?”

Remember the colourful menagerie of aliens, robots, and otherworldly creatures that graced our TV screens in these shows? From the affable Wookiee Chewbacca in “Star Wars” to the bizarre but loveable tribbles in “Star Trek”, these shows introduced us to an eclectic cast of characters. They taught us to embrace diversity and celebrate our differences, even if our idea of “different” was a talking carrot-man from “Lost in Space”.

Who wouldn’t want a sleek, high-tech spaceship? Early TV space shows tantalised us with visions of spaceships so advanced that even Elon Musk might be envious. The iconic USS Enterprise, Millennium Falcon, and Jupiter 2 were more than just vehicles; they were symbols of hope, adventure, and exploration. While we may not be zipping around the galaxy in these epic spacecrafts, the dreams they ignited have propelled us to make incredible strides in space travel and exploration.

Diversity and inclusivity weren’t mere buzzwords in early TV space shows; they

were cornerstones of the storytelling. “Star Trek” led the way with its racially diverse cast and was a beacon of hope in a time when societal divisions were still prevalent. These shows inspired us to reach for the stars with our fellow Earthlings, regardless of where we came from or what we looked like. So next time you face a moral quandary, just ask yourself: What would Captain Kirk do?

Remember those outlandish futuristic gadgets from these shows? Communicators in “Star Trek” look suspiciously like our modern smartphones, and “Lost in Space” featured a robot that could speak as clearly as any Alexa or Google gadget you own. Early TV space shows didn’t just predict the future; they helped shape it. It turns out, the possibilities of space travel aren’t as far-fetched as we once thought.

Early TV space shows weren’t just a form of entertainment; they were a cosmic playground for our imaginations, ethics, and dreams. So, the next time you spot a shooting star or gaze up at the moon, remember that early TV space shows had a hand in making that moment a little more magical and a lot more interstellar. To boldly go where no show has gone before – they did it, and they took us along for the ride. See Dave’s website for current Astro-Space News [www.davidreneke.com](http://www.davidreneke.com)

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## Some classy art on display at LUSC showing.

A surprising find. As an artist myself, (your editor), I was surprised by the quality and variety of styles on show mid-October. An eclectic mix of oils, watercolours and mixed media. From landscapes of gums to waterlilies, animals and abstract works. A big leaning toward Australian lifestyle, flora and fauna, linocuts, collages and pencil works. There was a veritable maze of hangings, well laid out and every corner had a surprise. Magnificent large canvases with applied oils impasto-style, and smaller finely sketched pieces. Congratulations to the Hastings Valley Fine Art Association for the effort.

18



Keepers of the Art. Terri, Jan and Kerry

# Travel stories, places, hints and ideas.

Small group touring. Big island wonders.

by Amber Cassidy

Have you ever wished you could just pack your bag, step out your front door, and have everything else taken care of?

That’s exactly the kind of holiday I’ve created with our upcoming Tasmania tour – a fully escorted 10-day small group adventure, departing 27 February 2026. And when I say fully escorted, I mean it. I’ll be there with you from the moment we pick you up at your home to the moment you return, with every detail planned, booked, and looked after.

It’s an experience designed to be relaxed, seamless, and a little bit special.

This tour is part of something new and exciting – I’ve teamed up with fellow local travel agent Karen Bell (from Travel Ys), and together we’ve launched Kazam Travel. It’s a partnership that blends our shared passion for making local group travel seamless, special, and genuinely fun.

Tasmania might already be familiar to some – but this tour isn’t just about ticking off your bucket list. It’s about being looked after the whole way, taking the time to really experience each destination, and sharing the journey with a small group of locals. You’ll travel in comfort with a group of 12, stay in comfortable accommodation, and discover everything from Bruny Island and Cradle Mountain to Bay of Fires, Port Arthur, and those unforgettable Tassie flavours – oysters, cheese, cool-climate wines, and fresh air that just feels different.

And yes – solo travellers are absolutely welcome. In fact, here’s what one of my past travelers Jenny (who’s joining this Tasmania tour too!) had to say:

“I loved travelling with Amber because I didn’t have to worry about a thing. Everything was perfectly planned, and I could relax knowing I’d be well looked after. I made great friends on tour, but also had my own space when I wanted it. I just know this

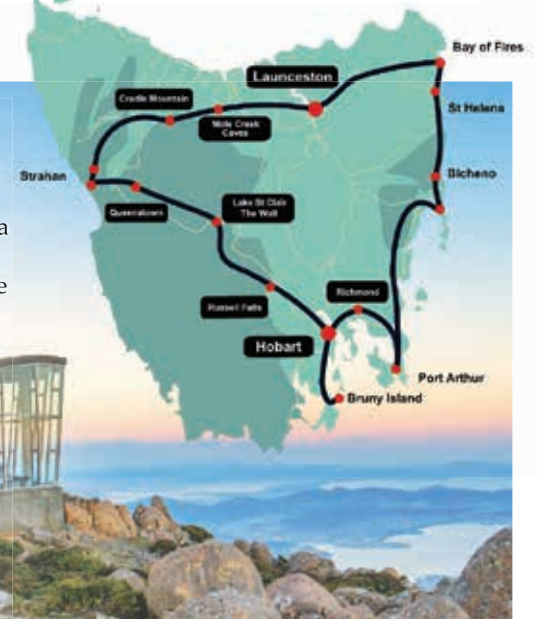
Tassie trip will be just as amazing.”

And the best part? We only have two rooms left. So if you’ve been thinking about it – whether you’re a seasoned traveller, a solo adventurer, or just someone in need of a relaxing, no-stress escape – now’s the time.

With door-to-door service, luxury vehicle touring, expert local guides, all flights, accommodation, most meals, tastings, and entry fees included, all you need to bring is your sense of adventure.

This November we are offering a special Kazam launch price of \$6,300 per person (twin share) and there are only 2 rooms remaining.

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## Critiques and Reviews.

Books by friends. Kids, wombats and flying saucers. by *The editor.*

This month I am personally recommending some literary delights that have been penned by personal friends of moi.

**PAGAN'S VEIL.**  
Matt Eaton. *Amazon.*

I first met Matt when we worked together at a local community newspaper on the Gold Coast. From journo to ABC reporter he has now ventured into science fiction storytelling.

This latest epic tale uses 'facts' gleaned from 'historical' files of the USA intelligence agencies. And having researched the UFO phenomenon myself, this story is more fact than fiction. Historically correct (apart from pseudonyms of some of the actual characters) this story hums along as a mystery being unravelled in the search for truth, from a reporter's perspective. Edge of your seat reading. And if you have an interest , no matter how small, of UFOs (UAP's) and the like, then this is for you.

The plot: A shocking secret. An Earth-shattering government conspiracy.

Washington 1952: When reporter Edna Drake receives an anonymous tip revealing covert presidential-led UFO research, she throws caution to the wind in her bid to expose the cover-up.

Determined to prove herself in the man's world of journalism, the fiery young reporter will risk anything to claim the scoop.

As she makes waves questioning high-

ranking men in the government and military, Drake has no idea of the danger she's provoking.

The story of the century is never one they want you to know. She's onto the secret they'll do anything to hide.

Drake won't allow herself to be intimidated, but as she edges closer to the mind-blowing facts she is in their sights. The truth about UFOs could get her killed.

Can Edna Drake write history's most sensational headline before she's buried in the obituaries?  
<https://www.amazon.com.au/Pagans-Veil-sci-fi-thriller-Foundation-ebook/dp/B08SJ99814>

| WEEMA THE WOMBAT.

LJ Da Silva. *Amazon.*



Years after my association with Matt I worked as creative beside Nigel (Long John) Da Silva, in a Gold Coast advertising agency. He was a copywriter then, but has since written fiction in several genres. 'Zombies' to name but one. But he has now ventured into the challenging world of kids books. Based in the UK where he originally hailed from, the world of Wombats may seem odd, but if a blue dog can go global, why can't a wombat

| be universally accepted?

There are a few “Weema the Wombat” books in the works and will be offered separately or as a set. Although not available just yet they are something special, and being familiar with LJ’s humour and writing skills, I am confident that when released on Amazon, they will be an overnight sensation. How could tales of a wayward wombat not be exciting and uplifting?

We will keep you in the loop as to publication dates.

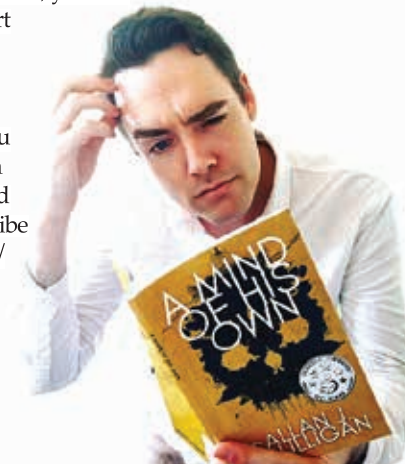
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get regular art and writing tutorials completely for free. If you want to learn some tips and tricks, subscribe here: <https://youtube.com/@callancreates>



## TIP OF THE MONTH

### FLUORIDE - MYTH VS FACT

- Myth: Fluoride is a dangerous chemical**
  - Fact: Fluoride is a naturally occurring mineral found in soil, water, and food. Many water supplies in Australia naturally contain fluoride at levels that help prevent tooth decay.
- Myth: Fluoride only benefits children**
  - Fact: Fluoride works by strengthening tooth enamel and can even reverse early signs of decay in people of any age.
- Myth: Fluoride causes health problems**
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# A new venue in our region.

Announcing a new era for Laurieton at LUSC. Launching The Jetty!

On Thursday, 18th September 2025, Laurieton United Services Club proudly unveiled the stunning new downstairs area, The Jetty Café & Cocktail Bar, with a very special Launch Event.

The afternoon was a celebration of resilience and community, featuring an official ribbon-cutting, speeches, and a showcase of the incredible food and beverages that will soon become favourites with members and guests.

The Club was honoured to welcome Minister David Harris, Mayor Adam Roberts, State M.P Robert Dwyer, Alison Penfold, Federal Member, our dedicated builders and developers, the Board of Directors, and representatives from our much-loved Sub-Clubs to share in this milestone moment.

A special mention must also go to LUSC's new General Manager, Matt Haack, who has done an outstanding job in overseeing the completion of this project and ensuring its success.

This project carries special significance for everyone involved with the Club. The space, once devastated by the 2021 floods, has been reimaged and brought back to life thanks to the talent and dedication of the builders, developers, and architects involved.

Heartfelt thanks go out to them all for their vision and commitment to this project which means so much to our community.

The Jetty is more than just a café and cocktail bar – it's a symbol of renewal, community spirit, and the exciting future of the Club.

And not to mention the kids have a special area also, with an activity playground having been constructed in a nautical theme with a boat in a sandpit and telescope tower.

The staff and management are beyond thrilled to open this beautiful space to the public, and can't wait for you to experience it for yourselves.

Keep an eye on updates for the official opening to the public!



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# Seriously good music on show.

Eclectic, exemplary, educational and enjoyable! It's Sirius.

There was a hall full of very lucky music lovers in attendance on Sunday afternoon, September 21, at the Kendall School of Arts Hall to enjoy the talents of the Sirius Chamber Ensemble.

The ensemble is made up of local music powerhouse couple, Dr Goetz Richter AM (violin) and his equally talented wife, Dr Jeanell Carrigan AM (piano). The woodwind component was Melissa Coleman (Flute) and Ian Sykes (Clarinet) touring from Sydney.

It was evident from Melissa's soaring first notes of Carl Philip Emanuel Bach's Solo Sonata for flute in A minor, that this afternoon's presentation was going to be something very special indeed.

Dr Jeanell Carrigan should be applauded for her pioneering work into bringing to light classical works by female composers who were rarely published around the beginning of the 20th century. She was joined on stage by Ian Skyes as they masterfully delivered Margaret Sutherlands' Sonata for clarinet & piano.

The audience was then treated to a very quirky piece by another lesser-known Australian female composer, Meta Overman. With Jeanell switching to keyboard and Melissa joining her on flute, "Eight Monos for flute and electric keyboard" was an absolute U-turn and masterful choice of music programming within the chamber music setting.

The Khachaturian Trio for clarinet violin & piano brought another timbre of sound and was the much anticipated first appearance of violin virtuoso, Goetz Richter. After interval, Melissa and Jeanell displayed their clear love for Fauré performing his Fantaisie for flute & piano with pizzazz and style.

The tear-jerker for me was when Goetz Richter reappeared with his wife Jeanell and made his violin just "sing" to the sounds of Debussy's Sonata for violin & piano. The synergy between this generous and over-talented couple is palpable.

Similarly, during the finale, it was just amazing to watch the woodwind team Melissa Coleman and Ian Sykes appear to be "breathing as one" during excerpts from Bizet's famous opera Carmen. Here is where Carrigan shone brightly, coupling her masterful continuo yet coming to the fore for the sforzando dynamic for the piano solo passages with her signature wrist flourish!

Whilst the program featured all musicians in various trio configurations, my only regret is that there was not one musical offering which featured all four of these masterful musicians on stage together. Perhaps we should champion for a commission



of a new piece for this very instrumentation?

This series of PhiloMusica Concerts provides a rare opportunity for residents and visitors to the Camden Haven to experience world

class musical presentations. All PhiloMusica concerts are managed by the committee of the Kendall National Violin Competition, and they all feature an informative and interesting Pre-Concert Talk by Dr Goetz Richter AM.

Usually only available in capital cities, here in the most wonderful acoustic of the Kendall School of Arts Hall, you can enjoy music at only a fraction of the cost that you would

pay in the big smoke! All monies raised go towards the prize money for the Kendall

National Violin Competition, which is held here every two years.

The next PhiloMusica Concert is scheduled for Sunday November 2. The soloist will be pianist Dono Ng who is no stranger to those who attended the National Violin Competition earlier this year, where he was one of the main accompanists.

This time he takes centre stage as piano soloist on the marvellous concert grand piano. Dr Richter will also lead his Sydney Conservatorium String Orchestra for a musical presentation not to be missed. Ticket Enquiries: Olwen Williams on 0419 363 363.

## PHILOMUSICA

### CONCERT

Presented by Kendall National Violin Competition

**Sunday November 2nd, 2025**

Kendall welcomes back pianist Dono Ng to the School of Arts for a stellar performance of Maurice Ravel's solo piano music including a dazzling solo piano version of "La Valse". The program also includes chamber music for piano and strings with musicians from the Sydney Conservatorium.

For further details and online bookings go to [www.kendallviolin.org.au](http://www.kendallviolin.org.au)

**Kendall School of Arts**

1.00pm Pre-Concert Talk / 2.00pm Concert Commences

Cost: \$35.00 / Children (12 and under) \$15

Ticketing: Olwen Williams 0419 363 363





# Hoedown Heaven at Haven Ridge.

A lot of “yee haws” and “howdy pardners” at this special event.

You would have been forgiven if you had visited Haven Ridge on October Long Weekend Sunday and thought that you had been tele-ported to Nashville such was the amount of cowboy hats, boots and checked shirts on display by customers and staff alike.

You would have been seen at The Haven Ridge Hoe Down – Yee Haw!

Sunday Sessions, held every week for lunch are becoming so popular that this special Family Fun Day sold out and it is no wonder why!

With ample space to picnic, enjoy the view and tap your toes to live music, the variety of hot food by Chef Drury is a treat for your taste buds. Wine, beer and mixed drinks are available from the friendly bar staff. Management have streamlined the ordering process by operating a slick QR Code system so that your lunch is ready for collection in a specific time slot. There is no waiting in line at this venue!

For the first time ever nearly 30 market stalls set up on the Seaview Lawn to add colourful shopping (and ice cream) options for patrons.

Horse rides for little to big kids was a hit and enhanced the Hoe Down theme.

The Hoe Down Band came up from Newcastle to ensure that there was plenty of action on the dance floor complete with the lead singing calling out the Line Dancing moves. It was great to see Mums & Dads, Kids and Bubbas all enjoying the beautiful vista, grooving to the music, sipping and supping with a wonderful feel of community, especially with so many people joining in by dressing to the Hoe Down theme.

Keep an eye out for their next themed event – the team at Haven Ridge is creative!



Tamera and Jacqui



Erin, Sally and Kellie



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I am passionate local professional photographer who dedicated to share my knowledge with people who love photography.

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My sessions provide practical advice, personalised feedback, and inspiring stories to help you grow or to refine your skills and gain new insights into the art of photography. During our lessons, you will learn how to properly use your camera and its settings including ISO, F Stops and shutter speeds.

We will also cover concepts such as lighting, exposure, and composition to help you take photos in almost any situation.



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Rafael Ben Ari

info@rafaelbenari.com www.rafaelbenari.com

# The people who live here.

One of the world’s best photographers lives right here!

Lake Cathie’s, Rafael Ben Ari has spent his life proving that there is no place too far. With his camera as constant companion, he has documented the world in all its contrasts – its beauty, its fragility, and its humanity.

In 2019, his tireless dedication to visual storytelling earned him recognition as one of the Top 10 Best Photographers in the World by Pouted Magazine. It was a title that reflected not only his mastery of the craft, but also his rare gift for empathy: the ability to step into another’s experience and render it visible for the rest of us.

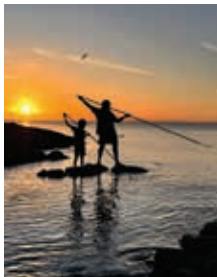
His story began with a moment of profound transformation. At just seventeen years old, after a near-death experience and months in intensive care, he borrowed his father’s old Konica film camera. Determined to document what he called “the first day of the rest of his life,” Rafael discovered a new language in photography – one that allowed him to capture the fleeting and fragile beauty of existence. What began as survival soon became purpose, and from that moment his life’s course was set.

## Capturing life’s moments for more than three decades.

Rafael’s path has carried him across six continents, into major cities and remote communities alike. Fluent in Hebrew and English, with conversational Arabic and Spanish, he has been able to connect deeply with people wherever he goes. Photography has always been more than technique for him; it is about empathy, about seeing the world as others see it, and about offering viewers a glimpse of that perspective.

His versatility has made him equally at home documenting wildlife, landscapes, city streets and underwater worlds. From war zones to coral reefs, from ancient temples to bustling marketplaces, his photographs strike a balance between immediacy and timelessness. His commercial work is also outstanding.

His images have appeared in National Geographic, The New York Times, Lonely Planet, and Travel + Leisure, among countless others, reaching audiences around the world. Exhibitions in Israel, France, Mexico, Italy, Australia, and New Zealand have showcased his work to thousands, with critics praising his ability to translate lived experience into visual poetry. What sets him apart, however, is not simply his technical mastery, but the subjects who have stood before his lens. Rafael has photographed history-makers such as Pope John Paul II, Queen Elizabeth II, King Charles III, 14th Dalai Lama, GeorgeW. Bush, Barack Obama, Tony Blair, Shimon Peres and Benjamin Netanyahu. These portraits capture not only public figures but also private



humanity, offering rare glimpses of leaders at once powerful and vulnerable.

Even as recognition has grown, Rafael has remained committed to the simple act of documenting life. His guiding philosophy is “to photograph the mysteries of life on the

## From Nelson Mandela to the Dalai Lama, his lens has documented history in the making.

land, in the sky, and underwater in a driven passion to find the connection between reality and imagination.” It is a principle that has carried him from the deserts of Africa to the streets of Jerusalem, from Pacific islands to the peaks of mountains, and it continues to shape his work today.

Now based in Australia, in fact right here in Lake Cathie, Rafael is still as restless and passionate as the teenager who first picked up a borrowed camera. Before settling, he embarked on a three year journey across our country, determined to capture its contrasts and textures. From the ochre deserts of the outback to lush coastal rainforests, from kaleidoscopic coral reefs to the cultural

vibrancy of its modern cities, he has pieced together a portrait of Australia in all its diversity. This project was as ambitious as it was intimate, a reminder that landscapes and people alike carry stories worth preserving.

After more than three decades behind the camera, Rafael remains a tireless explorer, still chasing light, still seeking out stories, still finding beauty in places both near and far. For him, the world is an open invitation, and his camera is the key to understanding it. Through his eyes, viewers are able to feel as though they have stood in distant streets, walked along wild coastlines, or shared in the quiet dignity of a face caught unguarded.

His work captures not only what the world looks like, but what it feels like, turning moments into memories that endure.

Rafael Ben Ari is not just a photographer; he is a documenter of life, a witness to history, and a storyteller who invites us to see the world anew. His motto, “there is no place too far,” rings true in every frame, reminding us that every journey matters, every story deserves to be told, and every fleeting instant has the power to last forever.



# Christmas **TOY** Raffle



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5<sup>TH</sup> DECEMBER  
12<sup>TH</sup> DECEMBER  
19<sup>TH</sup> DECEMBER**



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