

CAMDEN HAVEN

complimentary

LOCAL

LAURIETON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL **news** BONNY HILLS | LAKE CATHIE | JULY 2026

historicals

winter woolies

tennis passion

festival wrap

volunteering

writing habits

granny grommets

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

Happenings on the home front.

Out with the old. In with the view.

by Alison Stewart

Residents of Dunbogan and the wider Camden Haven community are celebrating a win with the informal reopening of the Gogley's Inlet Track, affectionately known by locals as the nature track. So enthusiastic about the result, B2B Shared Pathway Group posted the news immediately (well done!). The trail follows the Gogley's Lagoon foreshore between Scarborough Way and Seaview Avenue, offering an alternative scenic route to the roadside walkway.

Of course, this positive outcome didn't happen overnight. It's the result of five years of persistence by concerned neighbours who were determined to see a solution to what had become an all-too-familiar problem.

For over fifty years a wharf, shed, large shipping container and variety of miscellaneous infrastructure, have existed and been expanding on the southern shore of Gogley's lagoon. Resident Mandy Thorpe tells me "they were used by the original owners of the nearby oyster leases". Mandy can only assume "this was considered accepted practice at the time, and later, unofficially grandfathered throughout the years." The setup was so ambitious, an electricity line and water pipe had been run from a nearby house to the shed and wharf - much to the surprise



The derelict shacks cleared from the B2B walk

of a subsequent homeowner. Unfortunately though, whilst in working order it had been easily overlooked, the floods of 2021 saw the structures severely damaged, demanding immediate repairs.

One wall of the shed was washed away and the wharf suffered significantly, with electrical wire falling into the water. This location quickly became even more dangerous as time and weather took their additional toll, deteriorating the structures beyond repair.

Eventually, that section of the nature track was fenced off with signs warning 'DANGER ASBESTOS' and a gate barred the 'emergency only vehicle access', effectively closing it while

a solution was found.

After copious correspondence, discussion, frustration and patience between interested parties, Crown Land stepped in to resolve the issue. The unapproved structures have now been removed, along with the assorted detritus that had accumulated over the years. The area has been levelled and awaits revegetation, to restore it back to its original beauty. This is a great example of what can be achieved when a community works constructively with authorities. The result is a safer, more attractive waterfront and the return of a much-loved pathway for everyone to enjoy.



The power of pink saddles up.

by Alison Stewart

Mark your calendars for Sunday 26th July, 8am - 2pm, the Power of Pink is back! This grand equestrian event in support of the Breast Cancer Foundation is run by Hastings Valley Dressage Club, now based at Kendall's Camden Haven Show Ground. The club is hosting its second annual event locally, involving a sea of tulle, sparkle, and glitter - transforming the area into all-things-pink.

This unusual mix of frivolity, combined with the highly complex discipline of

dressage, adds so much to the excitement of the day. Admission is FREE to all spectators, with plenty of opportunity to contribute with pink cupcakes, BBQ and raffles with all money raised going directly to the charity. A particular highlight on the day will commence at lunchtime with the best dressed competitions, horses and all!

So don your pink and prepare to enjoy a wonderful family day out of dressage, fun and community for a cause which has touched us all. All inquiries should be directed to the Hastings Valley Dressage Club's Facebook page.

IDEAL
FINANCIAL GROUP

BUSINESS | HOME | VEHICLE FINANCE

0422 202 475

jason@idealfg.com.au
idealfinancialgroup.com.au

CAMDEN HAVEN LOCAL NEWS
Cover: The festival is coming. Be there or be square.

Issue 22 | July 2026 Publisher: Terence Mulligan
Produced in Laurieton, Camden Haven, New South Wales.
Camden Haven Local News is an independent newsletter / magazine publication, published by Websites on Wheels ABN 76 714 314 099. Printed by CMYKOnline. Distributed via 60+ outlets in the Camden Haven region. Editorial and advertising enquiries should be directed to editor@camdenhavenlocalnews.com.au or 0459 472 882. Views expressed by the editor, authors and contributors are not necessarily those of the publisher. The publisher cannot accept responsibility for errors in articles or advertisements. All images if not credited are supplied in faith as being copyright-free or are from Freepik, the publisher's copyright-free library, or created by the publisher's artists.

www.camdenhavenlocalnews.com.au



Left to right Keira McCarthy, Georgia and Bronte Hayes.

Community Chit Chat.

Born to boogie.

by Alison Stewart

How lucky are we that Annie Milne has washed up on our shores. Annie and her husband Neal will be trading life in Warners Bay for a new chapter in North Haven. While plenty of newcomers settle in Camden Haven, few have created a ripple quite as quickly as Annie has.

The couple brings with them a passion for the ocean. Neal arrives with a lifetime of Surf Life Saving experience and will soon be spotted patrolling North Haven Beach. But it was Annie who caught my attention.

Although she's yet to arrive, she's ridden in on a wave of enthusiasm, creating North Haven Granny Grommets - a group of like-minded women sharing a passion for boogie boarding. What began as a simple Facebook post, to test the waters, has grown into a full-blown swell of community interest.

Within a week, more than 100 women had responded, with membership growing faster than an incoming tide. Clearly, Annie has tapped into something special.

Although she's always been a water lover, Annie's first passion was open water swimming - regularly competing in the Across The Lake challenge at Lake Macquarie. It wasn't until three years ago that she joined the Newcastle Granny Grommets. One dip was all it took - she was hooked. "Just one more is a constant



Annie Milne, the tsunami behind North Haven Granny Grommets

cry, as we race back into the sea - foamies with FOMO", Annie laughs.

She discovered boogie boarding was about much more than catching waves. It was about friendship, fitness, laughter and the

thought of saying goodbye to her beloved Granny Grommets.

Rather than drift aimlessly, Annie paddled straight into the rip. Suddenly, North Haven and Camden Haven have a Granny Grommets group of their very own.

While Annie is still transitioning, fellow enthusiast Vanessa Blanch has stepped up to help get the group into the water. At time of writing, Vanessa advised they plan to meet Mondays at 7:30am at the southern end of North Haven Beach. If the early response is anything to go by, Granny Grommets will be flooding our shores. After all, you're never

too old (or young) to catch a wave, make new friends or answer the call of the ocean.

For more information, visit the North Haven Granny Grommets Facebook page. You go girls!



simple joy of the ocean.

When plans were made to move to North Haven, Annie found herself facing a huge challenge. Starting over at 70 was daunting. Equally heartbreaking was the

Chamber chatter.

The Camden Haven Chamber of Commerce continues to support local businesses and strengthen community connections across the region.

At its May meeting, the Chamber noted a number of positive initiatives, including a Pickled Pear Media information session to be held soon at LUSC. The session will give local businesses the chance to hear from media representatives and take part in a question-and-answer discussion. The Chamber was also represented at the Ageing Well Expo, where visitors found out more about local business involvement, share ideas through a suggestion box and express interest in joining future subcommittees.

Other encouraging plans include a proposed corporate golf day at Kew Country Club, and ongoing support for Neighbourhood Watch through various activities. The Chamber also welcomed strong feedback from its recent Business Breakfast and continues to work on accessibility awareness and business engagement.

Become the welcoming face of the region.

The iKew Information Centre is often the first friendly face visitors meet as they arrive in the beautiful Camden Haven, and right now the centre is looking for new volunteers to join its 'welcoming' team.

Volunteering at iKew is a simple but rewarding way to give back to the local community while meeting travellers from across Australia and around the world.

Whether visitors are looking for scenic walks, places to eat, local attractions, events, maps or a friendly chat, the Information Centre helps point them in the right direction.

Camden Haven is proud to be part of a region known for its strong volunteering spirit, and iKew is a great place to become involved. Volunteers enjoy a social,

supportive environment, learn more about their own backyard, and play an important role in promoting local businesses, attractions and community groups.

If you enjoy people, local knowledge and community connection, iKew would love to hear from you. No experience necessary, as full training provided. Centrelink recipients are welcome. Just 15 hours per week.

Call into the Centre or contact: ikewgeoff@outlook.com



Community Chit Chat.

Over 100 years of tennis action.

by Alison Stewart

Tennis has a long history in our town. For well over 100 years, locals have been playing social and competition matches. Still today, Laurieton Tennis Club (LTC) has 165 members and continues to compete in local and regional events.

Past president and oldest actively playing member, 92½-year-old Milton Job, has been digging and unearthing some fascinating history. Most of it, he tells me, was sourced from the State Library - well done navigating that digital rabbit warren.

Much of the following newspaper text has been paraphrased.

In 1904, The Wingham Chronicle and Manning River Observer reported on a match between John's River Tennis Club and Laurieton Tennis Club. "John's River tennis players journeyed to Laurieton to meet a team of Laurieton players on the latter's court."

As was, and still is, customary, the visitors were entertained at afternoon tea. The report noted that "the tables in the School of Arts were laid out in the inimitable style characteristic of the Laurieton ladies", while the food was described as being "of a most recherché character." For those not fluent in Edwardian language, recherché means sophisticated and choice.

Following the meal, speeches were exchanged and the visitors "expressed the hope that the Laurieton players would enjoy the return match as much as they had enjoyed the day". In response, the Laurieton captain replied that "his team would try hard to win back the ashes at the return match." Some of the players mentioned included members of the Longworth, Thompson, Bell and Harper families.

By 1916, a match between Taree and Laurieton was noted. In 1930, The Sun painted an idyllic picture of the district: "One of the loveliest little nooks on the North Coast is Laurieton, snuggling at the foot of North Brother Mountain." The article assured tourists that "no matter what your favourite

recreation is, tennis, swimming or fishing, we have it all."

A decade later, the Dungog Tennis Club and Laurieton Tennis Club "met to decide which should go to the semi-finals, and Laurieton won by one game." In 1947, visitors from Coopernook were said to enjoy "playing on the beautiful concrete court at Laurieton, it has a shade of green on the top surface that was easy on the eyes." By 1953, local player John Jackson was among the tennis teams selected from Taree for Country Week.

As far as Milton can ascertain, Laurieton's first tennis court was a concrete court beside the School of Arts. Today, that site is occupied by the council car park adjacent to the library. By 1963, council representatives were meeting with LTC to discuss future needs. The result was relocation to its present site at Bruce Porter Reserve, where council provided five gravel (clay) courts and construction commenced in 1964.

Unfortunately, many club records were later lost in a fire at the home of the treasurer in 1970.

Reflecting on this history, I asked Milton for an anecdote from his years with the club.

By 1982, LTC consisted of three clay courts and two bitumen courts. (In fact, that bitumen remains underneath two of today's synthetic grass courts, which probably explains why they bounce differently and hold so much water after rain.)

By 1985, the Laurieton Open had become a well-known country tournament attracting competitors from across NSW. Around this time, the decision was made to resurface two courts with what was then an innovative product - synthetic grass.

Unable to afford new material, the club purchased a second-hand surface from Manly Tennis Club. The plan seemed simple enough: remove the surface in Sydney, transport it to Laurieton, and lay it on the courts.



A few of the Laurieton Tennis players.
Date photo taken, around 1910, the players unknown.

When the load arrived it was dumped in a giant heap roughly where the skate park stands today. The entire contingent of club members was shocked. The synthetic grass had not been rolled up neatly as expected. Instead, it appeared to have been ripped out in a variety of shapes and sizes.

Milton recalls that Manly had hired a local football team - possibly the Manly Sea Eagles - to remove it. Whether they were unsupervised or simply enthusiastic remains unknown, but the result looked more like a giant jigsaw puzzle than a tennis court.

Not to be defeated, LTC volunteers painstakingly laid out the pieces and somehow reconstructed two complete courts. Please remember the white lines had to match up as well.

Those courts remain in use today, although the surface has since been upgraded. While council continues to own the clubhouse and courts, LTC members provide much of the labour, maintenance and ongoing care.

Lastly, Milton advises that no history of local tennis would be complete without mentioning the Ostler family, who generously donated two clay courts in North Haven to the community. Originally these courts were placed under the LTC umbrella, but due to the logistics and maintenance required, they eventually fell into disrepair. Council has now retained custodianship.

More than a century after the first printed mention of Laurieton tennis, the club continues to thrive. That can only occur through the enthusiasm and passion of a dedicated committee supported by countless volunteers. Milton, incidentally, is currently responsible for three generations of them.



The Ladies play on the Laurieton Courts, 1906. The Anglican Church in the background the court was concrete, situated where the present day Council Car Park is.

Rotary Book Fair.

Book lovers, bargain hunters and families are invited to explore the Rotary Club of Laurieton's Winter Book Sale, running from 4 to 12 July 2026, daily from 10:00am to 4:00pm at Laurieton United Services Club, Seymour Street, Laurieton.

A special Accessibility Day and Quiet Hours session will be held on Friday 3 July, 10:00am to 4:00pm, giving people with injury, illness or disability the opportunity to browse and buy before the crowds arrive.

Best of all, every purchase supports a great cause, with all proceeds going back into the community through Rotary's local projects and initiatives.

A new kind of dental clean.

Why today's clean is gentler, more comfortable—and more important than ever

If you're an older Australian, there's a good chance your memories of the dentist aren't exactly pleasant. For many people, dental visits used to mean discomfort, noise, and a "just get through it" mentality.

But here's the truth: dentistry today is a completely different experience.

Dentistry Has Changed – For the Better

The biggest shift is simple:

We don't wait for problems anymore – we prevent them.

In the past, dental care often meant fillings, extractions, and fixing issues once they had already caused pain. Today, the focus is on keeping your mouth healthy so those problems don't happen in the first place.

The good news?

When managed early, most treatment is Preventable.

A More Comfortable Clean: Guided Biofilm Therapy (GBT)

One of the biggest advancements in modern dentistry is Guided Biofilm Therapy (GBT) – a gentle, patient-friendly way to clean your teeth.

Instead of the old scraping you may remember, GBT works like this:

- A safe dye highlights exactly where bacteria are sitting
- Warm water, air, and a fine powder gently lift it away
- Hard instruments are used only if truly needed

Many patients – especially those who have avoided the dentist for years – are surprised by how **comfortable and calm** the experience feels.

It's not about "putting up with it" anymore. It's about feeling at ease while



taking care of your health.

Your Mouth and Your Overall Health

What's happening in your mouth doesn't stay there.

We now understand strong links between gum health and broader conditions such as:

- Cardiovascular disease
- Type 2 diabetes
- Alzheimer's disease and cancer

Keeping your gums healthy helps reduce inflammation in the body – and supports your general wellbeing as you age.

So a simple clean isn't "just a clean.." It's part of looking after your whole body!!!

You'll Notice The Difference

If it's been a while, here's what you can expect today:

- **A slower, more respectful pace** – you're always in control
- **Clear communication** – everything is explained before it happens
- **Comfort-first techniques** – designed to minimise sensitivity
- **A supportive approach** – no judgement, just help moving forward

Whether it's been five years or fifty, you'll be met with understanding.

At Sundial we have a team of experienced Oral Health Therapists; they are trained to look after your teeth, spending time to make sure you're comfortable, tailor the treatment to your needs and emphasize PREVENTION.

Their training is also for the treatment of children to achieve the best outcomes for your family.

It's Never Too Late to Start Again

Many Australians put off dental visits because of old experiences. That's completely understandable. But the reality today is encouraging:

Modern dentistry is built around prevention, comfort, and partnership.

A simple visit can:

- Freshen your Smile and help your teeth stay white and you feel confident about your breath
- Help you keep your natural teeth longer
- Reduce the need for more complex treatments later
- Support your overall health and **confidence**

A Positive Step Forward

Coming in for a clean today isn't about revisiting the past—it's about moving forward with better care, better technology, and a better experience.

You may even find yourself thinking something you never expected:
"That was easier than I thought."

Call today to book your clean at Sundial Dental 6559 9276 or 6551 1005.

Alternatively stop by to visit your local rooms or visit our recently updated website to read about our services and our team...

www.sundialdental.com.au

Sundial Your Smile

MEET THE CARING TEAM



**NEW
PATIENTS
WELCOME**

LAURIETON
16-18 Laurie St
☎ 6559 9276



SUNDIAL DENTAL

For Gentle Dental Care

5 FRIENDLY LOCATIONS

www.sundialdental.com.au

Food for thought.

What makes winter food so cosy?



There is something quietly wonderful about winter food on the Mid North Coast. We may not have snow at the front door, but when those cool Camden Haven mornings arrive and the southerly moves through, the kitchen suddenly becomes the warmest room in the house.

Winter is the season for slow food. Think rich beef casseroles bubbling away in the oven, chicken and vegetable soup packed with herbs, or a lamb shank so tender it falls away from the bone. These are the meals that make the house smell inviting long before anyone sits down at the table.

Local produce also comes into its own at this time of year. Pumpkins, sweet potatoes, leeks, carrots and leafy greens are perfect for roasting, simmering or turning into thick, nourishing soups. A tray of roasted winter vegetables with olive oil, garlic and rosemary can be as comforting as any main meal, especially served with crusty bread from a local bakery.

For easy weeknight comfort, it is hard to beat a good shepherd's pie, tuna mornay, baked pasta or a golden vegetable gratin. These dishes are simple, generous and often even better the next day. Winter food does not need to be fancy; it just needs to be warming, filling and made with a little care.

Of course, winter eating is not only about dinner. Breakfast feels better when there is porridge on the stove, topped with banana, honey, cinnamon or stewed apple. A toasted sandwich at lunch can feel like a small luxury, especially with a mug of soup on the side.

Even the humble baked potato can become a winter favourite with cheese, coleslaw, sour cream, beans or leftover casserole spooned over the top.

This is also the season for bringing back the old family recipes. Every household seems to have one: Nan's pumpkin soup, Mum's corned beef, Dad's curried sausages, or a neighbour's famous scones served warm from the oven. These recipes carry stories as much as flavour, and winter is the perfect time to share them again.

And then there are the puddings. Apple crumble, sticky date pudding, rice pudding or a simple bread and butter pudding can turn an ordinary evening into something special.

Add custard, cream or a scoop of vanilla ice cream and you have the sort of dessert that brings people back for seconds.

Winter in Camden Haven is a time to slow down, cook properly, and enjoy the comfort of food shared with family, friends and neighbours.

Recipe Column

by Olwen Williams



Boeuf Bourguignon

A rich French beef casserole, perfect for a winter evening. Slow cooking turns simple ingredients into a deep, comforting dish full of flavour.

Ingredients

1kg beef chuck steak, cut into large cubes
2 tablespoons plain flour
2 tablespoons olive oil
150g bacon, chopped
1 large onion, diced
2 carrots, sliced
3 cloves garlic, crushed
2 cups red wine
1 cup beef stock
2 tablespoons tomato paste
1 bay leaf
2 sprigs thyme, or 1 teaspoon dried thyme
200g button mushrooms, halved
12 small pickling onions or shallots, peeled
Salt and cracked pepper
Fresh parsley, to serve

Method

Toss the beef pieces in flour, salt and pepper. Heat oil in a large heavy-based pot and brown the beef in batches, then remove and set aside.

Add the bacon, onion and carrots to the same pot and cook until lightly golden. Stir in the garlic and tomato paste, cooking for another minute to bring out the flavour.

Return the beef to the pot. Pour in the red wine and beef stock, scraping the bottom to lift all the rich browned bits. Add the bay leaf and thyme. Bring to a gentle simmer, then cover and cook on low heat for about 2½ to 3 hours, stirring occasionally, until the beef is tender.

In a separate pan, sauté the mushrooms and small onions until golden, then add them to the pot for the final 30 minutes of cooking.

Taste and adjust seasoning. The sauce should be thick, glossy and deeply flavoured.

Serve with creamy mashed potato, crusty bread, or buttered noodles, and finish with a sprinkle of fresh parsley. Even better the next day.

Christmas in July Lunch
at The Farmer's Wife Distillery

★ WEDNESDAY 29TH JULY 2026 ★

Inclusions:
Port Bus Christmas in July Welcome Pack + H2O
Port Bus Morning Tea
Christmas Feast at The Farmer's Wife Distillery

Country Hospitality
Delicious Food
Beautiful Locations
Wonderful Memories

WELCOME TO CHRISTMAS
PUDDING with custard & hot cream

Sit back, relax and enjoy the journey!

Port Bus
charters, tours & rentals

Wednesday 29 July

Gather your friends, bring your appetite and celebrate the magic of our Christmas in July lunch

\$149pp

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

02 6583 3330

admin@portbus.com.au

<https://www.portbus.com.au>

PORT BUS
charters, tours & rentals

Critiques and Reviews.

Nothing like a good zombie apocalypse or a fancy festival.

A dialogue with zombies...

For centuries, the rich and powerful could see the resources of the planet being consumed at an unsustainable rate, and realised even their almost infinite wealth would not save them, if there was nothing left. Some called them the Illuminati or The New World Order, and they had tried many times to bring about a controlled reduction in the population of humanity.

36 Interlinked stories

Not many people knew the cause of the zombie apocalypse and the collapse of society, and even fewer cared. There were far more important things to worry about. Things like finding enough food, avoiding disease and raiders, as well coping with the ongoing shortage of toilet paper.

The fall of civilisation brought out the very best in some people, but it had also brought out the very worst in others – violence, theft, slavery, even cannibalism wasn't unknown amongst the more desperate or less civilised survivors.

Oh yes, and there were zombies.

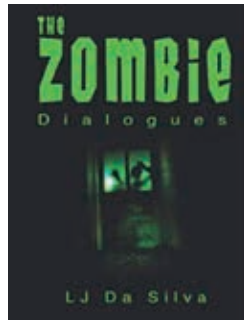
The *Zombie Dialogues* can be read cover to cover as a novel, or as a series of short

'stand-alone' stories.

The *Zombie Dialogues* follows a bunch of ragtag-survivors from Flints Outpost, one of

a few safe havens for the remnants of humanity, with the word 'safe' being somewhat subjective. Stories feature love, loss, a touch of horror and a decent smattering of humour. Search for the title at:

<https://www.amazon.uk.co>



unified by the first flowers of spring. It was a joy to be amongst such an engaged and enthusiastic audience, who were delighted and inspired by brilliant poets, writers, composers and musicians.

The number in attendance, at this inaugural event, spoke volumes.

To Olwen Williams, Terence Mulligan, Jeanell Carrigan, Goetz Richter, Di Westerhuis, all the volunteers, all the presenters and all the performers... Thank You so much!!! I hope you are

calling this inaugural festival a resounding success, as it certainly seems like one, to this member of the audience.

Congratulations again - and thank you for all of your massive and meticulous efforts in holding this fabulous festival!

Warmest regards, *Ingrid Weissmann.*

Wow, WOW, WOW!!! WaM was amazing. What a wonderful weekend we have just enjoyed.

Thanks so much, so many wonderful performances, quite impossible to select a favourite as they were all mesmerizing.

Joan & Ian Opbroek

Fantastic festival feedback...

Huge congratulations and immense gratitude to the organisers of the inaugural Camden Haven Words & Music Festival, held over the long weekend in June!

It has been many years since previous festivals graced our community. This one was a wonderful and welcome addition of cultural entertainment, education and community involvement! With a lovely structure and plenty of variety, it clearly attracted many non-locals as well as locals.

The atmosphere was buzzing, like bees

When 30 years of landscaping experience is at the ready to advise and supply the choicest products.

Quality Soils • Sands • Gravels • Road base • Mulches
Assorted sizes and colours of decorative rocks
Pavers & bricks • Potting mixes • Bagged products
Cement • Turf • Firewood • You name it!

If we don't have it we'll get it for you.

All bulk products supplied loose or bagged on site
to your requirements

Our soil range includes premium garden mix for healthy garden beds, turf underlay to support strong lawn establishment and top dress to improve existing soil and lawn surfaces. All bulk soil products are bagged on site, making it easier to get fresh, consistent material in quantities that suit your project. For advice on which fill is best for your space or to check availability, call **0408 346 304** and speak with the team today.

New management is raising the bar on quality products and service
Call today on 0408 346 304 or visit us at 173 Ocean Dr, Kew
www.laurietonlandscapesupplies.com.au



Words and music.

What a creation of a festival. Cultural cravings. Satisfied.

by *Olwen Williams*

A proposal by Dr Jeanell Carrigan AM, was put to me to create a new hybrid festival combining both "words" and "music" reflecting on previous music and literature festivals held here over 10 years ago.

"It will be fun!" she said. "It will be great!" she said. "I would love to have you come on board and help me organise it" she said. Turns out she was right on all counts. The inaugural Camden Haven Words & Music Festival which premiered over the June Long Weekend from Friday June 5 – Monday June 8 WAS fun. It WAS great. And yes, it required a lot of organising.

Nine months down the track we were ready to present. Thanks go to Port Macquarie Hastings Council for seed funding. Stone Real Estate for being the Naming Rights Sponsor. The Camden Haven Chamber of Commerce along with The Laurieton Rotary Club for donations plus pages of advertising and editorial space donated by The Camden Haven Local News.

The 1930s themed Curtain Raiser 'soiree' at the iconic Plaza Theatre in Laurieton was well attended, even though the movie shown on 35mm film on a reel projector was kept a secret until the 11th hour. We also appreciated the intro by theatre owner David McGowan who was joined on stage by Festival President, Jeanell Carrigan and Rob Dwyer MP, who announced and kindly donated the best-dressed prizes. The movie *Top Hat* with Ginger Rodgers and Fred Astaire proved to be the perfect choice for the audience. Thanks David.

Saturday morning saw audience and visiting artists gather in the Laurieton School of Arts Hall where The Mayor, Adam Roberts officially declared the festival open by ceremoniously striking a large gong, (thanks Laurieton Concert Band).

Our first literary speaker was Mark Tredinnick OAM who is one of Australia's finest poets. He delivered a captivating speech which had the audience so enthralled that his delivery ran an hour overtime with the audience still hungry for more!

Saturday afternoon and evening's presentations were held over in the Kendall School of Arts Hall, primarily due to the fact that, one of our region's finest grand pianos is housed there. And the acoustics excel. Experienced Trio Novalis performed



a delightful set of Chamber Music featuring works by Dvorak, Hutcheson and Haydn.

An exciting addition saw a singing troupe consisting of nine vocalists plus their two mentors, Narelle Yeo & Rob McDougall travel from Sydney to deliver a popular program of music theatre classics. Their voices transported you to a wonderful place, without amplification (due to the amazing acoustics) their songs made the hall come alive.

Thanks to Pearl from Fat Alberts who offered a sublime early theatre dinner between the two shows. The Boeuf Bourguignon receiving rave reviews, not only from locals, but visiting Sydney aristocracy also!

Sunday morning was back to Laurieton Hall where Di Westerhuis introduced visiting nature writer and awarded author, Inga Simpson. Inga elaborated on the environments that inspired her writings as well as drawing from her own prose.

Then for a true combination of Words and Music presentation, visiting composer, George Palmer AM, gave the introduction to his compositions, where he has written music to famous prose including the poems of Judith Wright, the actual letters of Ned Kelly and words by English Poet Gerard Manley-Hopkins. These words came to life via the amazing operatic talents of Narelle Yeo & Rob McDougall brilliantly curated and accompanied by Jeanell Carrigan on keyboard.

What is a Sunday afternoon without a great jazz concert? Jazz piano great, Kevin Hunt accompanied sultry Sydney songstress Nikki Crayson on many toe-tapping favourites and well-known torch songs as well as introducing local Birapai singer Troy Russell who shared his cultural tongue. Kevin just wowed us with

the musical prowess he is so famous for.

Our final festival day, Monday opened with a Poetry Salon starring Luke Fishcer who was ably accompanied by Jeanell Carrigan on piano and Goetz Richter on violin. After a philosophical opening by Luke and Goetz the performance saw a call and answer approach to prose and music.

To conclude the day, Dr Richter presented a very ambitious program featuring 12 final year string students from The Sydney Conservatorium of Music. The ensemble raised the roof with their stunning musicianship and soaring melodies.

As the audience called out for encores, the Festival closed with drinks followed by the ceremonial ringing of the gong!

Volunteers to thank are: Mary O'Brien-Wells, Jenny Peters, John Saunders, Lesley Priest and Angela Atkins for all giving their time. 2Way FM and ABC Radio Mid Coast must also be thanked for their promotion and coverage of the festival events.

I hope that the next time that you visit one of the iconic venues that we used, namely, The Plaza Theatre, Laurieton School of Arts Hall or Kendall School of Arts Hall, that you can still hear the faint sound of applause reverberating and that you can feel we have added to the fabric of the venue in some historical way.

If you were able to join us and experience these fine offerings first-hand at our inaugural event, then maybe you may feel a little proud of yourself for supporting such a beautiful festival. If you were unable to attend in person this year, then perhaps we have piqued your interest for another time when world-class music and literature offerings are brought to your region.

It may just surprise you?

Historically speaking.

The halls are alive with the sound of music.

by Diane Solomon Westerhuis

In Camden Haven we are fortunate to have at least two very good venues for community events, particularly those musical soirees we have grown to love in our community. Both Laurieton and Kendall School of Arts Halls were built in the early 19th Century, and have been a centre of community activities since then. For example in our recent very successful Words & Music Festival. They have both become Community Halls, managed by Council, which can be used for any community function. As I will explain, the bonus is that at both Kendall and Laurieton, the acoustics are good and the architecture historically significant. Both are heritage listed buildings of considerable interest, which I have previously researched, so I would like to share a little of their history with you.

When our two halls were built by community groups of the time, the School of Arts movement was firmly established in Australia, and gaining popularity. Also known as literary, railway or workingmen's institutes, these organisations were the forerunners of the public library, the community or neighbourhood centre, and the beginnings of adult and technical education. They were also called Mechanics Institutes, because their precursors in Scotland were designed to teach mechanics the engineering skills and theories needed in the new industrial era.

The first to be established in Australia was The Sydney Mechanics' School of Arts, created in 1833 with the aim of 'the diffusion of Scientific and other useful knowledge as extensively as possible throughout the Colony.'¹

It was a trendsetter, so popular that Schools of Art appeared in many Australian towns and villages during the later 1800s and early 1900s, including the villages of Kendall and Laurieton.

When Elaine van Kempen wrote the heritage description for Kendall hall, she noted that the site chosen on Comboyne Street was appropriate given that the former Camping Reserve was a rest area for the bullock teams which brought timber from the forests to the Kendall timber mills. The Kendall School of Arts opened in 1910, with the aim to offer 'lectures, classes and libraries



Laurieton School of Arts 1930

for the useful knowledge and mental and moral improvement of the working class'.² The hall is known now not only for its lovely timber building, but also for its marvellous acoustic attributes. This is tested regularly by the musicians who attend regular violin and other musical events held here. This Kendall building is the oldest existing version of our two halls.

At Laurieton the School of Arts sits on the corner



Proscenium at Laurieton School of Arts

of Bold Street and Laurie Street. The first building here was the Mechanics Institute, built in 1894. The trustees of that Institute have names locals are familiar with: Messrs. George de Fraine, John Longworth, Robert Longworth, William McKay and William

Rodgers. However that building was destroyed in a gale in May 1898, so another was built. In 1908 the Manning River Times reported that the latest School of Arts had burnt down. The third and current building was opened as the School of Arts in 1911.

Today the Bold Street frontage is currently tenanted by the Camden Haven Community Centre and The Camden Haven Historical Museum, under the auspices of the Camden Haven Historical Society. The main hall with its entrance in Laurie Street is used for functions and community groups meetings, for example the recent Words & Music Festival.

To conclude I would like to note that it was during this festival at our Laurieton musical meeting hall that we were able to see the wonderful proscenium, which frames



Laurieton School of Arts 2018

the stage, functioning as it should, framed by lights while a musical performance was undertaken. This proscenium is a unique feature which adds substantially to the heritage significance of the Laurieton building.

1. Freyne, Catherine, The School of Arts movement, Dictionary of Sydney, 2010, https://dictionaryofsydney.org/entry/the_school_of_arts_movement, viewed 12 Jun 2026
2. Heritage NSW, <https://apps.environment.nsw.gov.au/dpcheritageapp/ViewHeritageItemDetails.aspx?ID=5045048>

Photographs courtesy Mid North Coast Library, Mid North Coast Cooperative Library Service and Di Westerhuis.

Kendall School of Arts 1910



Writers corner.

Habitual writing. When habits are a good thing.

by LJ Da Silva

then it was published. Then I sat down and wrote my next book and the one after that."

But for we mere mortals, writing can sometimes be an uphill battle. Those words that once flowed like the effects of a bad dose of 'Deli Belly'; suddenly become cramped in mental constipation.

Or worse, you can't be bothered to write. It seems too much effort. You'll do some writing tomorrow maybe, or after the weekend.

Sometimes I pretend I have 'writers block' because it sounds much cooler than admitting I'm lazy and I'm finding writing really hard work.

Re-programme your brain.

So, can't you just make writing an essential daily habit like any other in your life, like eating, showering, or exercising?

Yes, you can.

You can reprogram your brain just like a computer and install new habits.

Habits lurk in a part of the brain called the basal ganglia (I may have made that up), and they consist of three parts: a trigger, a routine, and a reward.

The trigger is the event that initiates the habit, like the alarm waking you up at the same time each morning or finishing dinner.

The routine is the 'core' of the habit, and describes what you do when you wake up: like make a cup of coffee or check your emails (that manuscript acceptance is bound to arrive today).

And the reward is the "what you get out of it" part. I find finishing a chapter deeply rewarding.

But how do you do that when there are so many competing priorities, so many distractions that are constantly vying for your

attention and keeping you away from your writing space?

First make a list of your biggest distractions.

Do you like to binge watch a TV series on Netflix? Is social media eating up your time? Is there a cat presently sitting on your keyboard? (Why do they do that?)

I find that enjoying a pint at my local under the highly suspect motive of 'gathering some local colour' a common distraction.

How to break bad habits for good ones.

Write for 10 minutes when you wake up.

Set your alarm 15 minutes earlier than normal. When you wake up write for 10 minutes. Repeat this every day, and if you like the process, increase the time you write. Other times of day are acceptable too, as long as you stick with it.

You're sitting at your desk. The beast gazing balefully at you with its single accusing eye. You're trying to find the motivation to write for an hour or two.

So, don't write for an hour.

Write just 20 words instead.

If you can write twenty words, you can write fifty. If you write fifty, you can write a hundred. If you write... well, you get the idea.

If you tell yourself you'll be at your desk in an hour, you're briefing your subconscious to start preparing material.

Writing badly can be good (goodly?)

If writers block is staring you in the face, then describe its shape, colour and texture. I think writers block is when my imaginary friends are sulking and won't talk to me.

So, write something anyway.

Sometimes writing badly can eventually lead to something better; not writing leads to nothing at all.

I call writing badly 'working out a framework' or 'alternative literature', it's a little lie I tell myself so I can feel good about my bad writing.

Remember, a professional writer is just an amateur writer who didn't give up.

So, you've decided to write a book? That's great. But your decision to become a writer has created a monster... a beast if you will.

As you begin the journey of writing, the beast will awaken, its gaping maw hungering for words, phrases, sentences, paragraphs... even entire chapters.

Back in the day, writers were stalked by an ancient terror, the typewriter. Yet it was ponderous and slow, digesting single sheets of cellulose ripped from the living tissue of trees.

But it evolved into something swifter and all but insatiable, this time consuming pixels and the writer's very life force at a formidable pace. It became the computer.

Feeding the beast can be all consuming, so writing needs to become a habit.

When you're trying to pen your first great novel or short story during those rare, in-between moments of your busy life; you need to develop a consistent writing habit.

I was once fortunate enough to meet one of my all-time favorite authors, Terry Pratchett.

Ever the gentleman, he took the time to talk to me about writing, but then he said something really annoying.

"I find writing really easy" said Sir Terry "I wrote my first novel, sent it to an agent and



Mid North Coast Holiday

Your Local Holiday Rental Specialists

midnorthcoastholiday.com.au

6559 5411



Gardening.

Plants in the July cold.

As we enter the middle month of winter, there are some important jobs to be completed in the garden.

Roses

July is the perfect time to plant new season's roses. They should be planted in a sunny location with well-draining soil. The addition of well-rotted manure into the planting hole will give them the best start. If planting into containers, I recommend using a premium Rose planting mix.

July is also the perfect time to prune Roses,

- 1/3 -2/3 of the existing growth
- Feed with poultry manure and a small handful of Rose food.
- Spray with Lime sulphur.

Hydrangeas

- Hard prune to promote summer flowering.
- Prune to a pair of shoots.
- Feed well with compost and Organic Life pellets.
- Alter the soil pH if you want to change the colour of the flowers for summer.

Tomato Season

Time to prepare veggie beds for the upcoming Tomato season.

- Dig in well-rotted manure and compost.
- Add some Garden Lime to increase soil pH and add calcium to the soil.
- Leave the soil rest until early August.



Indoor plant care

- Reduce watering.
- Increase humidity by misting foliage regularly; this is important in heated rooms.
- Only feed with slow-release fertiliser until spring.
- Avoid re-potting until mid-Spring.

*Happy Growing,
Malcolm McKinlay*

Garden Clubs of Australia Zone Coordinator

Mal's Plant of the month

Michelia Coco

- A beautiful evergreen shrub with fragrant creamy-white flowers mid-winter into spring.
- makes a perfect hedge, or screening plant can also be grown in large pots.
- Suited for full sun or partial shade.
- Best planted in a well-drained soil
- Attracts pollinators.
- Grows to approximately 3m high.

Duty of care for whole family.

**GAP
FREE**

**Checkup,
XRays, Clean
& Flouride**

For all private health
fund holders

**SAME
DAY**

**Emergency
Appointments**

**EARLY
and LATE
Appointments**

Mid North Coast Dental Centres

10%

**Discount
for Seniors &
Pensioners**



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

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

Online bookings: **www.midnorthcoastdental.com.au**

WHAT'S ON

Seymour St Ph 6559 9110 laurietonclub.com.au



CAMDEN HAVEN SNAPPER CLASSIC

REGISTER NOW - SCAN THE QR CODE

\$375 PER TEAM
* Maximum 3 Fishermen Per Team

OVER \$20,000 IN CASH & PRIZES!

Location: Laurieton, NSW
Dates: 16th - 19th July
Mandatory Briefing: Evening 16th July
Competition Days: Friday 17th - Saturday 18th July
Backup Day if Required: 19th July

Prize \$3,000
Prize \$1,500
Prize \$750

PRD LUSC Mid Coast MARINE

HOT TACKLE LOWRANCE

BORN * J * VI

A tribute to Bon Jovi

BORN * J * VI

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

SATURDAY 18TH JULY 2026
DOORS: 7PM START: 7:30PM
Tickets: \$31.00 (U18 PERMITTED WITH ADULT)

KCCm
kew country club

Kendall Rd Kew Ph 6559 4203

Members HAPPY HOUR

MONDAY-FRIDAY 11AM-12PM
MONDAY-SUNDAY 4PM-6PM

KIDS SCHOOL HOLIDAYS REPTILE SHOW

Join us at the Club this School Holidays for an interactive show with Reptile Solutions!

SAT 11TH JUL 2026
FROM 4:30PM (1 HOUR INTERACTIVE SHOW)

SUN 19TH JUL 2026
FROM 4:30PM (1 HOUR INTERACTIVE SHOW)

LEARN ALL ABOUT THESE INCREDIBLE CREATURES. TOUCH A REAL-LIFE REPTILE. AND SNAP A PICTURE OF THE KIDS TO REMEMBER THE EXPERIENCE!

ALL TICKET HOLDERS WILL RECEIVE A SPECIAL OFFER OF BUY ONE MAIN MEAL AND RECEIVE 50% OFF A KIDS MEAL AT BOARDWALK BISTRO. VALID ON DAY OF THE EVENT ONLY

FREE EVENT
VALID EVENT TICKET REQUIRED FOR ENTRY. TO REGISTER CONTACT THE CLUB OR VISIT OUR WEBSITE

BOARDWALK BISTRO OPEN FROM 5:30PM. TO RESERVE A TABLE, PLEASE CONTACT RECEPTION ON 02 6559 9110.

THE ULTIMATE K-POP DJ SHOW

LIVE DJ • K-POP HITS • NONSTOP EXPERIENCE

THE KPOP EXPERIENCE

SUNDAY 12TH JULY 2026
DOORS: 4:00PM START: 4:30PM
Tickets: INDIVIDUAL: \$15 | FAMILY (4): \$50

FRIDAY NIGHTS AT KEW COUNTRY CLUB

KIDS COLOURING COMPETITION
FREE TO ENTER
\$20 GIFT CARD WON ON THE NIGHT

MEAT RAFFLES
30 Meat & Vegetable Trays
ON SALE FROM 5:30pm | DRAWN FROM 6:30pm

FAIRWAYS BISTRO
\$24 Members Dinner Specials (\$27 Non-Members)
OPEN FROM 5:30PM
KIDS EAT FREE WITH PURCHASE OF MAIN MEAL

TOSS THE BOSS
DRAWN FROM 7PM

MUSIC BINGO
WIN DRINK VOUCHERS & CLUB MONEY
After Toss the Boss

MINI GOLF & KIDS PLAYGROUND
AVAILABLE UNTIL 9PM!
SIMPLY VISIT THE BAR TO COLLECT PUTTERS & BALLS!

Christmas in July Seniors Luncheon

FRIDAY 10TH JULY 2026
DOORS & LIVE MUSIC FROM 12PM / LUNCHEON FROM 12:30PM

Join us at The Jetty Café & Bar for a festive afternoon featuring a delicious two-course meal, live entertainment, Christmas games, and the perfect opportunity to relax, socialise, and celebrate the season with friends!

Main
Traditional mixed roast served with seasonal vegetables and rich gravy

Dessert
Traditional pavlova topped with mixed fruit and fresh whipped cream
OR
Classic Christmas plum pudding served with brandied custard and vanilla bean ice cream (alternate drop dessert)

\$30PP

LUSC Kids Eat FREE FRIDAYS

Purchase one main meal & receive a kids meal FREE!

AVAILABLE FOR DINNER SERVICE EVERY FRIDAY

Terms and conditions apply

LUSC Ladies Social Golf Club JOIN THE FUN!

LOOKING FOR A FUN, SOCIAL WAY TO STAY ACTIVE AND MEET NEW PEOPLE? Our LUSC Ladies Social Golf Club - is ideal for ladies with some golfing experience who are looking to return to the game or enjoy playing in a relaxed, social environment.

SOCIAL LADIES GOLF
TUESDAYS | 9 HOLES | 8AM START
Simply be a member of LUSC to play

With our community continuing to grow, we'd love to welcome more ladies to join us and enjoy the social side of golf

NEW LADIES ALWAYS WELCOME - COME ALONG AND GIVE IT A GO!

Contact the LUSC Ladies Social Golf Club Secretary: luscldadiesocialgolf25@gmail.com
Or contact Operations Manager of Kew Country Club, Dean Noble on 02.6559.4203

What's on and gig guide.

Live music, gigs and holiday shows!

THU JULY 2 6.30pm – 9.30pm
Peter Ball (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JULY 3 6.00pm
Brad Lockwood (Live Music)
Friday Nights at The Jetty
 \$1 oysters. Beer & Cocktail Specials. \$20 Antipasto
 LUSC - laurietonclub.com.au

FRI JULY 3 6.30pm
The Doctor's Wife Duo (Live Music)
 Featuring Peter Allsop & Nicola Ross
 Kendall Music Exchange
 School of Arts - Comboyne Rd
 Tix: \$5
kendallmusicexchange123@gmail.com

FRI JULY 3 6.30pm – 9.30pm
Midnight Fever (Live Music)
 Club Lake Cathie
 1609 Ocean Rd, Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JULY 4 8.00pm – 11.00pm
Luke Cousins (DJ)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN JULY 5 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 JULY 5 1.00pm – 4.00pm
Sebastian Jones (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

SUN JULY 5 1.00pm – 4.00pm
Craig Stewart (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

THU JULY 9 6.30pm – 9.30pm
Charlie O'Derry (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

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

FRI JULY 10 6.00pm
Craig Stewart (Live Music)
Friday Nights at The Jetty
 \$1 oysters. Beer & Cocktail Specials. \$20 Antipasto
 LUSC - laurietonclub.com.au

FRI JULY 10 6.00pm
Kristina Olsen (Soloist)
 Wauchope Senior Citizens Centre
www.wauchopearts.com.au

SAT JULY 11 4.30pm
Reptile Solutions Kids Show
 Tickets FREE. Must register on website
 Meal deal: 1 Adult = 50% off a kids meal
 LUSC - laurietonclub.com.au

SAT JULY 11 8.00pm – 11.00pm
Steve Bennett (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN JULY 12 4.00pm
K Pop Experience - Kids Holiday Show
 Tix: \$15 ea / Family of 4 = \$50
<https://lusc.sales.ticketsearch.com/sales/salesevent/165015>
 LUSC - laurietonclub.com.au

SUN JULY 12 1.00pm – 4.00pm
Steve Bennett (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

SUN JULY 12 1.00pm - 5.00pm
Sunday Sessions
John Ryll (Live Music)
 Haven Ridge - 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN JULY 12 12.00pm – 3.00pm
Charlie O'Derry (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

THU JULY 16 6.30pm – 9.30pm
Leigh I'Anson (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JULY 17 6.30pm – 9.30pm
Happy Dave (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JULY 18 Doors 7.30pm Show 8.00pm
Bon Jovi Tribute Show
 Tix: \$31
<https://lusc.sales.ticketsearch.com/sales/salesevent/162124>
 LUSC - laurietonclub.com.au

SAT JULY 18 8.00pm – 11.00pm
As the Flow Cries (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN JULY 19 4.30pm
Reptile Solutions Kids Show
 Tickets FREE. Must register on website
 Meal deal: 1 Adult = 50% off a kids meal
 LUSC - laurietonclub.com.au

SUN JULY 19 1.00pm – 4.00pm
Pete Roberts (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

SUN JULY 19 1.00pm – 5.00pm
Sunday Sessions
Amara Paige (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN JULY 19 1.00pm – 4.00pm
Acoustic Beats (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

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

FRI JULY 24 6.30pm – 9.30pm
Shane Peters (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JULY 25 8.00pm – 11.00pm
Chris Hoffman (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SAT JULY 25 3.00pm – 5.00pm
Sip & Plaster Event (Special event)
 Lots of inclusions: drink on arrival, all materials & tools, 2 hours learning paint & plaster, all ages, \$85pp
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

SUN JULY 26 1.00pm – 4.00pm
Brody Ireland (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven
 Bookings: www.littlemisscherub.com.au

SUN JULY 26 1.00pm – 5.00pm
Sunday Sessions
Sugar Pocket Band (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
www.havenridge.com.au

SUN JULY 26 1.00pm – 4.00pm
Bill Roberts (Live Music)
 Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

THU JULY 30 6.30pm – 9.30pm
Max Marvel (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JULY 31 6.30pm – 9.30pm
Stevie B (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

Health regimes.

Yoga with music. Or music with yoga. Same? Same?

by Jo Kelly

Sharing the art, science and love of yogic chanting. If you've ever done a yoga class, you will notice how relaxed and clear you feel afterwards. Your mind has rid itself of rushing thoughts and your body feels energised, yet rested. This same state happens when you chant and sing mantras, but without the physical effort. All you need do is sit down, close your eyes and make a sound with your voice. Easy!

Mantra is a Sanskrit word that means to 'train the mind'. It's a vocal tool used to shift your focus away from busy thoughts, back to the present moment. It gives your mind a rest from over thinking, helping you to break the stress pattern.

For thousands of years the sages of ancient India have known of the spiritual science of sound, called Nada Yoga, and teachers have passed on this wisdom to us in an unbroken lineage. The repetition of Sanskrit syllables with simple inspired melodies invoke powerful healing vibrations that restore peace, harmony and vitality to your whole being.

I used to suffer from anxiety and depression and found chanting to be the most joyful and easiest way to improve my mental state. I started chanting in 2011 with a group in Byron Bay. Every time I felt out of



sorts, which was almost every day, I would go to a chanting event. I'd walk in stressed and depressed and come out peaceful and happy! "How does it work?" I asked myself. That question led me to India to study classical mantra, music and the science of sound. I discovered that mantra vibrations metabolise into endorphins, which explains why I feel so happy when I chant.

Over the years I have created a unique formula using mantras and hypnotic rhythms paced at the resting heart rate of sixty beats

per minute. This tempo naturally soothes your mind and nervous system without effort, giving you profound rest and rejuvenation. I've recorded ten albums under my brand Cafe Mantra Music and I travel throughout Australia and Asia to festivals and events sharing the yoga of music.

Join us live in Laurieton on the second Saturday of the month. Buy music from Apple iTunes. Visit www.cafemantramusic.com

Next Event: July 11, 2pm-4pm, Laurieton. Bookings: www.cafemantramusic.com

Daily Reminder

BREATHE DEEP

FIND YOUR CALM

Take a deep dive into the power of breathwork.

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

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. 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.

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.

If you're searching for yourself... Stop chasing. Start breathing.

Take the dive into one or more of our self discovery journeys...

Please visit our website for full descriptions of our many journeys.

Sessions and Locations:

Jubilee Hall, Dunbogan

Every Month - Every Full Moon

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

St. John's Hall, Taree

Saturdays 9-11am

11th JULY
15th AUGUST
12th SEPTEMBER
10th OCTOBER
21st NOVEMBER
12th DECEMBER



To book a Journey:
0422 468 925



For more info visit:
silverbackbreathwork.com.au

Health food and supplements.

Two great stores to access your needs.

Healthy living has a strong local heartbeat in the Camden Haven and Lake Cathie, with two much-loved stores helping residents make more thoughtful choices every day.

In Laurieton, **Forgiving Foods** has become a familiar stop for people looking for natural, organic and environmentally friendly products.

Tucked into Haven Plaza on Bold Street, the store has been serving the Camden Haven community for more than 25 years.

It offers a wide range of health foods, supplements, body care, eco-friendly items, gifts, treats, books, local art and a growing selection of self-serve bulk foods.

For many locals, it is more than a shop – it is a friendly place to ask questions, discover new products and feel encouraged on the path to better wellbeing.

Forgiving Foods also supports the community through its wellness clinic, bringing together natural health practitioners and a broader approach to care.

Whether someone is managing food sensitivities, reducing waste, choosing kinder household products or simply looking for nourishing pantry staples, the store offers practical options close to home.



At Lake Cathie, **Whole Health Store** brings a similar sense of care and connection. Family owned and operated by Lake Cathie locals, the store focuses on making healthy choices convenient. Its shelves include whole foods, quality supplements, natural skincare, personal care items, pantry goods, eco gifts and traditional foods such as kombucha, sauerkraut, kvass and naturally preserved products.

A special part of Whole Health Store's appeal is its commitment to local growers, producers and small businesses. By sourcing seasonal produce and supporting sustainable

and regenerative farms, the store helps keep money circulating within the region while giving customers access to fresh, ethical and nourishing food.

Together, Forgiven Foods and Whole Health Store show how small local businesses can do far more than sell products. They build trust, support healthier households and help create communities that care about people, place and planet.

And at both stores you are sure to receive some very helpful advice and recommendations that go beyond just trying to make a sale.

WHOLE HEALTH STORE
 LAKE CATHIE

We are your local store for...

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

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

HOURS: MON 12PM - 4PM, TUE - FRI 9AM - 5PM,
SAT 10AM - 2PM.

Opposite the lake: Ocean Drive, Lake Cathie
Mob: 0478 649 444
wholehealthstore.com.au

Yoga Rebel
 YOGA MEDITATION NATUROPATHY

LIVE WELL - LOVE LIFE

Yoga Classes for All
17 Classes per Week
4 Teachers

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

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

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

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



NEW NAME, SAME FAMILIAR FACES

YOUR LOCAL EXPERTS IN:

Wills
Estates
Testamentary Trusts
Probate
Estate Litigation
Property law
Business law

STEP 

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

 **Morris
Succession
Lawyers**

Incorporating Searson Shannon & Co

www.mslaw.com.au

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

Pets and in paradise.

Cold noses. Warm beds. Pet care in our coldest months.

July in the Camden Haven brings cooler mornings, shorter days and the kind of weather that makes many of us reach for an extra jumper. Our pets feel the change too, even in coastal areas where winter may seem mild compared with inland towns or the mountains.

Older dogs, in particular, can become a little slower at this time of year. Cold, damp mornings may make stiff joints more noticeable, so shorter walks during the warmer part of the day can be a good option. A soft, dry bed away from draughts can also make a big difference, especially for senior pets or short-haired breeds.

Cats are experts at finding warm spots, but that can sometimes put them in danger. In winter they may curl up under cars, in sheds or close to heaters. A quick tap on the bonnet before starting the car is a simple habit that could save a life. Inside the home, make sure pets have a cosy place of their own that is safe and away from direct heat.

Dogs still need regular exercise, even when the weather is less inviting. A beach walk, a gentle stroll around the neighbourhood or a game in the backyard can help keep them healthy and settled. On wet days, indoor enrichment such as treat puzzles, chew toys or simple training games can help burn energy



and prevent boredom.

Pet coats can be useful for small dogs, greyhounds, older pets and those with thin coats, particularly on early morning walks. And while winter may feel like a break from summer pests, flea and tick prevention is still important in our coastal and forest areas.

A little extra winter care goes a long way. With warm bedding, gentle exercise and a watchful eye, our pets can enjoy July just as much as we do.

Ballad of the woolly jumper.

There was once a woolly jumper,
Who bounced across the plain,
He looked a bit like mutton,
But hopped like he's in pain.

He wore a sheepish outfit,
All fluffy, white and neat,
But every time he landed,
He tangled up his feet.

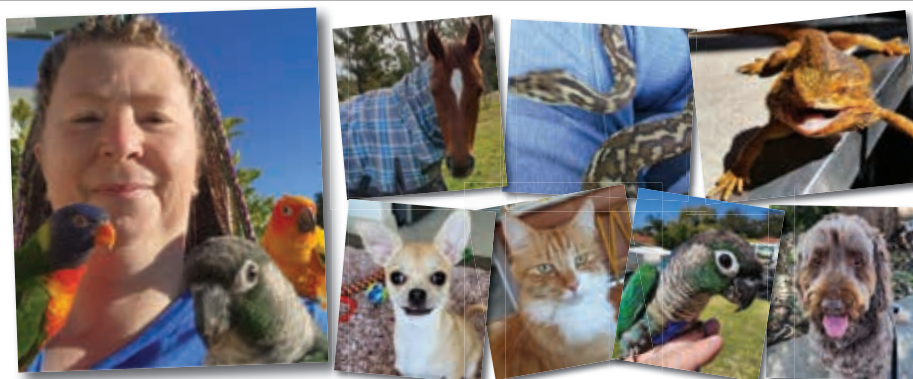
The sheep all stared in wonder,
The roos all stopped to say,
"That lamb has got some talent,
But jumps the strangest way."

He bounded through the paddock,
With wool from ear to toe,
A 'roo in sheeplike clothing,
Putting on a show.

Then came a chilly morning,
The wind began to creep,
The jumper stopped his jumping,
And joined the shivering sheep.

They pulled him off quite gently,
No need for fuss or fear,
And found he was no roo at all,
Just winter woollen wear.

POCO AND THE PRINCESS® CHRISTMAS IN JULY by LJ Da Silva



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

FULLY INSURED & LICENCED

Cute Critters Pet Sitting

0438 044 384

www.cutecritterspetsitting.com.au
Or at the markets

KENDALL CHRONICLE

community newspaper.

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

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

FREE LISTING.

editor@camdenhavenlocalnews.com.au

Shopper's corner.



Accommodation Specials

Stay 4 Pay 3 Midweek

Stay 4 nights. Only pay for 3*

Stay 5 Pay 4

Stay 5 nights. Only pay for 4*

Stay 7 Pay 5

Stay 6 or 7 nights. Only pay for 5*

Longer Stays

Call for pricing*

Haven Waters offers motel rooms & apartments
Twin, Queen, King and King Riverview
9 The Parade North Haven, NSW, 2443

02 6559 9303

reservations@havenwaters.com.au

*Excludes Fri/Sat
Other T&Cs apply

Sip & Plaster
EVENT
@ MOO & BEAN
— KITCHEN & BAR —
SAT 25 JULY ♦ 3PM-5PM

COCKTAIL ON ARRIVAL | ALL MATERIALS INCLUDED | **\$85pp** ALL AGES & ABILITIES WELCOME!

BOOK NOW!
@little.miss.cherub

For the Brightest Colour in Our Lives

Unique & Spectacular Gifts
524 OCEAN DRIVE, NORTH HAVEN • 0401 494 456

THE PROPAGATION STATION

Long Point Health & Fitness

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

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

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

BOWER ON LAKE
PRE-LOVED • UPCYCLED • VINTAGE • NEW
22 Lake Street, LAURIE TON

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

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

FIND US @boweronlake on facebook & instagram

Kookaburra Coastal Retreat
Self Contained Coastal Getaway Units

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

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

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

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

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

Is space a waste of money?

Throwing money at the stars.

Ah, the age-old question: is the space program a colossal waste of money? Do you think the money could be better spent here on planet Earth? You may not be aware of it, but the space program has developed over a thousand spinoffs that directly, or indirectly, benefit humanity. In fact, you probably used a dozen of them today!

Take Teflon, for example. While not directly a result of space research, Teflon became a household name thanks to its use in spacecraft. The same goes for memory foam – the stuff that makes your Tempur-Pedic mattress so irresistibly comfortable was originally designed to cushion astronauts during launch. So, next time you sink into your bed, thank a rocket scientist.

Let's not forget about the tiny gadgets we can't live without – our smartphones. The satellites orbiting Earth, ensuring we can send selfies across the globe in an instant, wouldn't be there without space exploration. GPS? A gift from space technology. Satellite TV? Yup, that too. Basically, every time you use your phone to navigate or stream cat videos, you're reaping the benefits of decades of space research.

And what about the internet itself? The global network we depend on owes a lot to space-based communication advancements. Without NASA's early work in satellite technology, we'd be stuck with dial-up or, even worse, having actual face-to-face conversations. Terrifying, right?

But space exploration isn't just about convenience and comfort. It's about saving lives. Many of the medical technologies we rely on today have their roots in space research. Take the heart pump, for instance. NASA engineers developed a device based on space shuttle fuel pumps saving countless lives. And let's not forget about advanced

David Reneke is a feature writer for major Australian publications and a science correspondent for ABC and commercial radio - heard on over 50 stations weekly across Australia. Get David's free astronomy newsletter at www.davidreneke.com

STARGAZING With Astronomer DAVE RENEKE

imaging technologies like MRI and CAT scans, which have their origins in space-related research.

Then there's the little matter of climate change. Ever heard of Landsat? It's the longest-running enterprise for acquiring satellite images of Earth. Launched by NASA in 1972, this program has been crucial in monitoring deforestation, urban sprawl, and the effects of natural disasters.

And let's not forget about solar power. NASA's research into harnessing the sun's energy for space missions has paved the way for the solar panels now adorning rooftops across the world. So, while you're feeling all eco-friendly, charging your devices with solar power, remember that it's space exploration that made it possible.

Want a better weather forecast? Thank a satellite. Want to order a pizza with your phone? Thank you, satellite. Want to use GPS to find that elusive parking spot? You guessed it, thank a satellite! Hey, remember that scratch-resistant watch you wear? Yep, space tech. The tiny cameras in your phone? Thank NASA, space-derived technology, all the way.

Finally, on the Space Station, NASA has developed technology that converts human urine and grey washing water into safe drinking water. True! The spinoffs for third-

world countries with polluted streams and rivers are enormous!

So, is space a waste of money? Sure, if you consider modern medicine, global communication, environmental monitoring, and technological innovation to be frivolous expenditures. But if you're like most people who enjoy living longer, being more connected—then maybe, just maybe, the space program is worth every penny. Lastly, consider this - for every one dollar spent on the space program, \$7 to \$14 is returned back into the economy. That's not a bad investment!

And today, a brand-new space race is quietly unfolding above our heads. Private companies like SpaceX, Blue Origin and others are transforming space from a government-only adventure into a booming commercial industry. Thousands of satellites are now helping farmers monitor crops, ships navigate oceans, firefighters track bushfires, and rescue crews locate people in distress. Even global banking systems and airline schedules rely heavily on precise satellite timing.

Incredibly, modern warfare, emergency response, climate science, and world trade would struggle to function without space technology. The truth is, space is no longer somewhere "out there." In many ways, modern civilisation now runs on it.

TIP OF THE MONTH

MISSING TEETH? WHY REPLACEMENT IS IMPORTANT

Missing teeth affect more than just your smile. Gaps can impact your bite, chewing ability, and the health of your surrounding teeth.

Replacing missing teeth can help to:

- Prevent nearby teeth from shifting into the gap
- Maintain jawbone strength and support
- Improve chewing and speech
- Reduce strain on remaining teeth
- Restore your smile and confidence

There are a range of options available to replace missing teeth.

Our team can help you find the best solution to maintain your oral health and restore function.

📍 12 Seymour Street, Laurieton 2443 ☎ 6559 8660 🌐 www.laurietonfamilydental.com.au

 Laurieton Family DENTAL



Better business in bulk or bags.

A landscaper's perfect resource.



Laurieton Landscape Supplies has entered an exciting new chapter, with new management bringing more than 30 years of hands-on landscape industry experience to the business. For locals planning a garden refresh, a new lawn, a retaining project or a full outdoor transformation, that depth of knowledge means practical advice, reliable products and a better understanding of what works in Camden Haven conditions.

Located at 173 Ocean Drive, Kew, Laurieton Landscape Supplies supports homeowners, landscapers and builders with a wide range of quality materials, including soils, sands, gravels, road base, mulches, decorative rocks, pavers, bricks, potting mixes, bagged products, cement bags and turf supply. The business also offers bulk bagging on site, helping customers get fresh, consistent materials suited to the job at hand.

Whether it's a weekend backyard project or a larger trade order, the team's focus is on making landscaping easier, from choosing the right soil mix to selecting mulch, gravel or turf. With friendly local service, practical know-how and a strong product range, Laurieton Landscape Supplies is well placed to help the community create outdoor spaces that are attractive, functional and built to last.

Visit: www.laurietonlandscapesupplies.com.au

Hey Business Owners!



RUNNING THE JOBS IS THE EASY PART



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

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

I CAN HELP!

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



Trades plus Services Directory

Specialists in Cars • 4x4s
Caravans • RVs



Ray's

Mercedes Benz Hire

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

0499 651 053
rsaric1959@gmail.com



**Roof Repairs
& Maintenance**

30+ YEARS EXPERIENCE
FULLY LICENSED FULLY INSURED

CALL NOW 0413 844 913

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

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

License No: 30377190

Tim Larkin
YOUR Local PLUMBER

- * Electric Res
- * LPG Gas Fitting
- * All Hot Water System Solar & Gas
- * All Taps & Toilets, Blocked Drains
- * Drainage, Excavation & Tipper Hire

0418 652 695 Lic 10626

tim.larkin@hotmail.com



WINDOW CLEANING + Painting Specialists

Moore People Property Care

Call Rick 0419 975 584
peoplepropertycare@gmail.com

TRUSTED SERVICE. SAFE ORGANIC PRODUCTS

AC1 Electrical

Friendly
Reliable
Quality Service

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



SPARKMASTER
ELECTRICAL CONTRACTORS

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

0417 525 767
nathan@sparkmasterelectrical.net.au



Coastside Gardens
Keeping your garden happy!

Call Jake Thrash Today
Trusted and Local

0429 578 891

Find us on Facebook



SUNNY ELECTRICAL
Camden Haven

Affordable | Reliable | Ethical

Servicing the Camden Haven,
Port Macquarie and Mid North Coast

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



ESPIE ARB
TREE SERVICES

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

0423 329 111
espiearb@hotmail.com



A.M. REYNOLDS
Bathroom Renovations
Carpentry & Tiling

Affordable & Reliable service

Antony
0414 590 478
6559 8794
amrbathrooms99@hotmail.com
Lic. No. 225278C



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

AR EXCAVATIONS

0406 760 180
www.jarexexcavation.com.au



PP
PERRY PEREZ, PAINTER

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

0424 552 776
perryperezpainter@outlook.com
@perryperezpainter
Laurieton, Mid North Coast, NSW

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



RELIABLE LOCAL ELECTRICIAN
Residential & Commercial
Licensed & Insured

Quality Work | Affordable Rates | Fast Service

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

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



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

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

MNC Trees
0409 983 054
jeff@mnctrees.com.au



The Digestible Flummery

BY JARED ATKINS

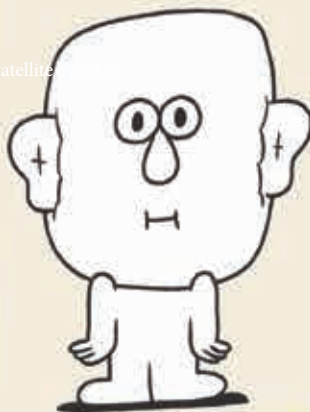
EXACTLY IDENTICAL PICTURES
~ EXCEPT FOR, LIKE, 14 THINGS ~



J	T	N	C	Y	E	L	G	G	O	W	D	R	D	R
O	X	E	V	H	I	Z	N	E	B	B	E	N	V	I
A	Q	P	L	D	L	O	I	O	A	G	K	Q	M	A
M	U	J	S	L	G	M	R	N	D	T	W	B	X	F
B	Z	B	J	Y	U	K	N	O	O	E	K	U	C	T
S	S	N	B	I	U	M	W	F	M	G	B	I	Z	U
L	O	B	F	L	O	R	P	I	M	F	R	L	L	O
D	O	C	A	Z	E	L	F	S	O	S	C	O	L	N
W	D	T	K	K	M	L	H	H	V	N	O	E	G	S
X	O	Y	C	L	A	P	E	G	A	L	A	H	B	S
R	V	O	R	T	V	B	R	U	I	W	F	Z	R	C
M	U	F	H	X	V	I	X	T	A	K	B	D	G	F
Q	U	E	S	U	R	U	A	S	A	K	N	O	G	Y
N	A	E	L	D	E	R	B	E	R	R	I	E	S	J
D	T	D	S	U	P	M	A	W	Y	T	T	A	C	X

sock	cattywampus	elderberries
fishguts	flathead	florp
galah	gonkasaurus	woggle
mullet	quockerwodger	snoutfair
borkulator	wobbogong	gorgonize

Enjoy a totally relaxing bushwalk



DO NOT DRAW
ON THIS PERSON

- NO silly moustaches
- NO ridiculous hairstyles
- NO gonky clothes

There's music in the airwaves.

2WAYFM. Where entertainment keeps happening.

Robin Van Loggerenberg has been a presenter with 2WAYFM for around 10 years with occasional breaks to go cruising. Of course!

You can listen to her program 'Morning Tea Break' on Tuesday mornings at 10.30am. She likes to play easy listening plus a little rock'n'roll included. And also has brackets of great Aussie music after the 11am news to 11.30am.

She is on the Management Committee, responsible for Events/Promotions/Fund Raising. And participates in BBQ's and the annual Radiothon each June to raise money for this community radio station. In her early

days she worked in Sydney at Greater Union Theatres as a cashier then over to head office to do large group bookings for the theatres. She has also worked as receptionist/assistant to the Chief Engineer of theatres in NSW. After leaving Sydney, with her husband Laurie and family, to the warmer climate of Queensland, she then moved to paradise here on the Mid North Coast.

She has helped organise a theatre group called 'Night for Murder'. They write murder plays and act in them at different venues, to entertain the locals. She has continued her career in entertaining people – now over the airwaves at 2WAYFM: 103.9.



Keys to creative kindness. The piano passion.

by Olwen Williams

When a piano is no longer required by an organisation or individuals this sometimes poses somewhat of a dilemma. No-one likes to see a once beloved instrument taken to the tip when it is taking up room or out of tune when it perhaps has not had its "ivories" tinkled in some time.

This is how the story began in this particular instance. I was having dinner with Laurieton local, Jenny Peters in Ho Chi Minh City, of all places, when she asked me if I was aware that the Camden Haven Anglican Church was looking for a new home for their baby grand piano.

Now, I had often wondered before, whilst sitting in the congregation, as to who performed on this baby grand piano and when it was used.

Maybe for Fellowship I thought or some other performances I mused. Turns out that this piano has been used for many music events including 'Songs of Praise', funerals

and Spring Fairs.

The piano was previously owned by the Principal of St Columba Anglican School in Port Macquarie, Chris Pitt and his wife Gaye. Upon returning to Sydney they did not have room for it in their home so they donated it to the church here in Camden Haven.



Donna Austin & Olwen Williams at Camden Haven Anglican Church.

Donna Austin from Parish Admin says that "Sadly, it hasn't been used frequently and it is time to find a new home where it will be loved and cherished".

Linden Removals from Port Macquarie, who specialise in piano moves, were called in to take the

piano to its new home in Laurieton in the studio of Piano & Voice Lessons where it will be used and enjoyed by many local students, young and old, in the future.

Firstly though, an objective appraisal of the instrument was undertaken by Sydney specialist piano tuner, Curtis Wilkensen,



Harley Bishop enjoying his piano lesson on the piano.

who deemed the piano worthy of a complete overhaul to bring it back to its former glory.

Hence the entire action (keys and hammers) have been removed and taken to Sydney where each key will be re-leaded. This has not been a frivolous decision, however it is one, I believe worthy of the kind gesture by the church to gift me the piano at no charge, so the least I can do is treat it with the respect it deserves and equip the instrument for its next round of musical service as a much loved teaching tool.

Thanks go to Donna Austin, Travis Baxter and Rev. Canon Captain Nathan Killick for entrusting me with this amazing gift.



Sell with Stone Real Estate Camden Haven and support a local cause. For every property sold for the remainder of 2026, we will donate \$500 to a charity, community group or organisation of the seller's choice.

Luke Hadfield

Licensed Sales Agent
0408 461 038
lukehadfield@stonerealestate.com.au
Shop 4, 75 bold Street, Laurieton NSW 2443





Bistro Opening Hours:

Lunch

Monday - Sunday:
12pm - 2pm

Dinner

Monday: 5pm - 8pm
Tuesday - Sunday:
5.30pm - 8pm

Ph: 6559 9150 | 1 Woodford Road North Haven | www.clubnorthhaven.com.au

JULY GIG GUIDE

PETE BALL

6.30PM - 9.30PM

THURSDAY 02/07



CHARLIE O'DERRY

6.30PM - 9.30PM

THURSDAY 09/07



LEIGH I'ANSON

6.30PM - 9.30PM

THURSDAY 16/07



GARY KING

6.30PM - 9.30PM

THURSDAY 23/07



MAX MARVEL

6.30PM - 9.30PM

THURSDAY 30/07

