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LOCAL NEWS

LAURIETON | NORTH HAVEN | DUNBOGEN | KEW | KENDALL | BONNY HILLS | LAKE CATHIE | COMBOYNE **FREE** | JULY 2024

The unlikely friendship of Duncan and Duck Duck.

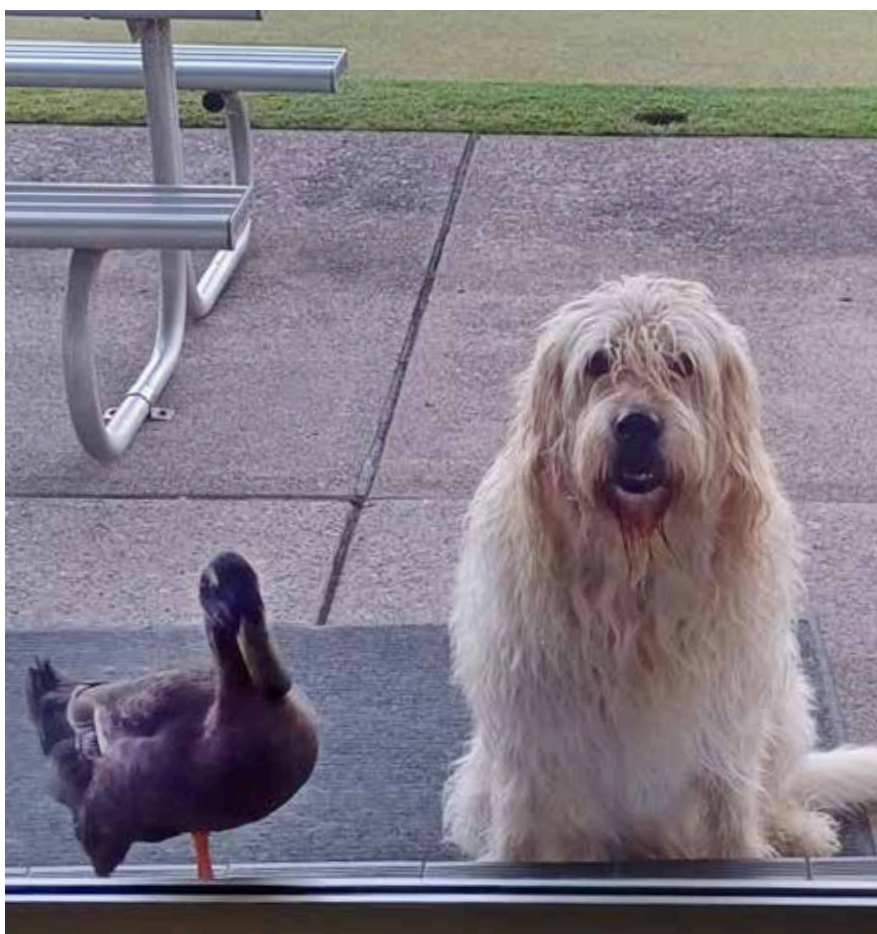
In the heart of Club Lake Cathie, an extraordinary friendship has blossomed between two unlikely companions - Duncan, the long-haired Labrador dog, and Duck Duck, the tame duck. These two unique creatures have captured the hearts of club members and visitors alike with their charming bond that transcends species barriers.

Owned by Wilfred, a dedicated member of Club Lake Cathie, Duncan and Duck Duck have become certified card-holding members of the club, solidifying their place in the community. Despite their differences in appearance and species, the duo can often be found waddling around the club grounds or patiently waiting and staring in through the glass door trying to catch a glimpse of Wilfred. They spread joy and laughter wherever they go.

The pair are honorary mascots, welcomed with open arms during their frequent visits to the club. Their presence adds a touch of whimsy and warmth to the atmosphere, creating a sense of unity and camaraderie among all who witness their bond.

The friendship between Duncan and Duck Duck serves as a reminder that true connections can be found in the most unexpected places, transcending boundaries and enriching the lives of all involved.

In a world filled with chaos and uncertainty, the friendship between Duncan and Duck Duck stands as a beacon of hope and positivity, reminding us of the power of love and companionship. At Club Lake Cathie, their bond is celebrated and cherished, serving as a testament to the beauty of friendship in all its forms.



GO TO PAGE 20 FOR MOVIES

Welcome to Issue 1.

We are your new 'local news' monthly magazine. In a full colour, 24 page, hybrid style as a 'newsletter magazine'. Brought to you by locals. For locals. Available at select pick up points.

There is also a full FREE interactive online page-turning version (no subscription needed). With links to venues, events and advertisers.

Welcome to Camden Haven Local News, your trusted companion in exploring, experiencing, and embracing all that makes the Camden Haven community extraordinary.

If your club or group wants to feature, or you wish to advertise, call 0459 472 882.

www.camdenhavenlocalnews.com.au



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What's news.

Helping others in need is what makes our community so strong.

Camden Haven Community at 3 has launched their "Winter Appeal 2024 and expects more than 100 families will need support during the 3 months of winter.

Their appeal "100 for 100 families" will assist the Charity in meeting the target of support required. All financial donations over \$2 dollars are tax deductible. Direct deposit at Regional Australia Bank <https://communityat3.org.au/donate/> or direct deposit BSB 932-000 Acc/No 500187503. Advise email address if receipt required for tax purposes. Or alternatively, leave at Kew Corner Store or Camden Haven Osteopathic Clinic. Feel free to leave donations of non-perishable food at Kew Corner Store. All enquiries to Theo on 0419 370 076.



World class a'capella guru coming.

A rare opportunity for Camden Haven singers and anyone who enjoys singing! Internationally acclaimed vocalist and tutor, Tony Backhouse, is holding a vocal workshop

on Monday, July 1, 2024, at the CWA Hall in Port Macquarie. This will be a world-class interactive musical experience.

Even if you can't read music, just take along a curious mind, a set of ears at the ready and a voice ready to sing.

Tony Backhouse is a renowned expert in the field of gospel choir music. His life has been deeply embedded in music, and from the 1980s, he began immersing himself in the black gospel tradition, a soulful genre that swings. His passion for music was ignited at a young age after hearing Elvis Presley. Among his many achievements, Tony founded the Café at the Gate of Salvation Choir, which remains one of Australia's leading gospel choirs after three decades.

Renowned actor Sam Neill recently stated on ABC Compass, "People are singing with open hearts and with joy all over Australia and New Zealand because Tony Backhouse has been there and opened people's hearts".

Tony's deep love and knowledge of the genre, combined with his sense of soul, funk, and blues, are evident in his music and lyrics, which draw inspiration from far and wide.

A highlight of the workshop will be Tony singing some of his own compositions.

Don't miss this chance to learn from a master of gospel choir singing! For more information contact Jann Hing at jann@sortedbyjann.com or bookings at <https://tix.yt/SQS> or telephone 0419 363 363

Some real movement on the Beach to Beach Shared Pathway

In July the next section of the Beach-to-beach Pathway - D3, located opposite the Tip Rd and up to the running girl sculpture will be open. D3 has a boardwalk over the mangroves and is lit up at night.

The land was gifted to the B2b Pathway by The Southon and deGraaf families. D3 was funded by the NSW State Government and construction completed by Eire and managed by Port Macquarie Hastings Council.

This new section provides safe off street access for pedestrians and bike riders.

The official opening of the newly finished section will be on July 1st. <https://www.facebook.com/b2briverwalk>
Instagram: Beach to Beach Shared Pathway



Dying to Know Day

25 July 2024

Dying to Know Day is a national campaign, aiming to personalise final arrangements and break down the awkwardness and stigma associated with death, dying and grief. Simplicity Funerals is holding a Mini Expo to do just this... the event aims to encourage conversations and engagement around death, dying, and bereavement.

It provides a platform for individuals, communities, and organisations to explore topics related to end-of-life care, advance care planning, grief, and loss. You will be able to meet and learn at the mini expo as there will be various experts from our local region including legal, real estate, aged care and more.

Bears of Hope

26 July 2024

Bears of Hope is a not-for-profit national organisation providing support for pregnancy and loss support for women and families who have lost a baby. Michelle from Simplicity Funerals and Chantell Ansell are volunteers bringing Bears of Hope to the Camden Haven, holding a Bears of Hope information night.

Further to the Bears of Hope information night, you are invited to the 'Choosing Hope' Walk, the first here on the mid-north coast, and one right here in the Camden Haven. Save the date and join the walk along the Camden Haven River, and support this worthy cause. Contact Michelle, Simplicity Funerals.

More Events

Michelle has been busy organising sound healing sessions, and special annual events such as the upcoming Father's Day Memorial and Christmas. Memorial events. To find out more contact Michelle at Simplicity Funerals.

Upcoming events.

Community Notices and Coming-togethers

Kendall Music Exchange

Kendall hosts a monthly event at the beautifully restored Kendall Hall. This month is featuring Blokes Notes as the feature act. July 5th, doors at 6.30pm, open mic at 7pm, followed by some great tunes and top hits from these gentlemen. Light supper supplied. Entry \$5 at the door.

Bluhyp Swing Band

BluHyp is the region's local big band known for their lively and entertaining performances, often featured in local events around the region. They have built a reputation for delivering captivating music that gets people dancing and enjoying the moment. If you want some great live music at your event: <https://www.facebook.com/bluhyp/>

Micro Business Forum Connect

MBF Coffee Connect is a monthly get together in a friendly business network where small businesses can collaborate with other small business owners. These informal gatherings are at different cafés around the region. For more information call 0407 779 828 or go to <https://www.microbusinessforum.org.au>

Let us know about your event
Contact us on 0459 472 882

Rotary Book Sale

The well regarded Rotary Book Club Sale is back again at Laurieton United Services Club. Running from July 4th to the 14th. 10am to 4pm each day.

Laurieton Historical Museum

The Camden Haven Historical Society operates the Museum as a tourist centre at the top of Bold Street. Whilst manning the museum they are also invested in all things historical including the Pilot Station. Which has recently gone through ownership/management changes and is in a grey area for its care and future. The Society is abreast of all manner of issues that affect the region. The museum is open from 10am-2pm each day. Visit <https://www.camdenhavenhistoricalsociety.com.au>

Music in the Region

Camden Haven Community Band is always developing talent through membership of this varied ensemble. From marching in Anzac parades to performing at special events they are great for a pleasant musical outing. Or there are the Ukelele clubs. Very popular. Camden Haven Ukelele Society meets Fridays 10.30am at LUSC. HUGS Ukelele meet at Club North Haven Tuesdays from 1.30pm.



NAIDOC Week is coming.

NAIDOC runs from the first Sunday of July 7 to Sunday July 14. The theme for this year is "Keep the Fire Burning! Blak, Loud and Proud". Several celebrations will be happening in our region. For more information go to <https://www.naidoc.org.au/>

Glass House Port Macquarie

Some of July's events include: Archibald Prize Gala Opening on July 5th and the exhibition from 6th to 18th. Young Archie Port Macquarie Exhibition from July 6th to 18th. Grandparents Club, a comedy musical July 7th. Beach Boys Experience 13th. Agatha Christie's Moustrap 17th. Queen Forever: A Night at the Theatre, 20th. The Australian Eagles, Life in the fas lane 27th. And at Players Theatre Legally Blonde starting on the 19th July. More info on the glasshouse website.

Letters to the Editor.

Dear Editor,

Great to hear about this new magazine coming. This new venture seems an endeavour to capture the spirit of the Camden Haven, celebrating our unique culture, events, and stories that make our community so special. After seeing the mock up online, I believe it will provide a fresh platform for local voices, ensuring that every corner of our diverse population is represented and heard.

I hope the publication will cover a wide range of topics, including local news, community events, sports, arts and culture, and human-interest stories that highlight the remarkable people who call Camden Haven home.

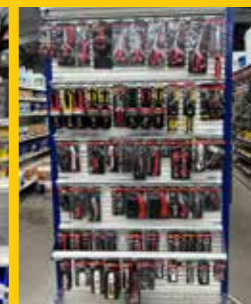
And has a commitment to supporting local businesses and fostering a sense of unity among residents. By providing a space for local advertisers and featuring stories about local enterprises, it should boost our local economy and encourage community collaboration. All in a positive vein.

I encourage everyone to support this exciting new initiative by subscribing (free of course), contributing stories, and engaging with the content. Together, we can make this publication a shining beacon of our community's spirit and vitality.

Looking forward to seeing the first printed issue hit the streets and the digital on my ipad!
Greg Mullens

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Happenings on the home front.

This month screams of festivities, markets and group get togethers.

Laurieton. A lot to sing about.

Laurieton Voices is the community choir part of the Camden Haven Concert Band. Laurieton Voices meets at 2pm every Friday during the school term at the Laurieton School of Arts Hall. The choir sings a variety of songs for fun and friendship, and they hold concerts where the proceeds are donated to local charities. Iain Pole serves as the conductor, and Patricia Frank is the accompanist. There are no auditions required, and fees are in place to cover costs. Men and women of all ages are welcome to join and experience the joy of singing together. If you're interested, feel free to come and try it out! Meet every Friday at School of Arts Hall. Cnr Bold and Laurie Sts.



upstream on the Wilsons River. The cool autumn air, with a little cloud cover, made for perfect paddling conditions - with no need for the usual groans about wind, tides or rain!

The river meanders its way up past farmland and some beautiful riverside houses and after around 4 kms, we stopped on the riverbank for a quiet morning tea break.

Excitement is building for the next 3-day "away" paddle at lovely Stuarts Point. Not long now! There is always room for more members

Local Markets

Laurieton Riverwalk Markets one of the biggest and arguably the best in the region is on the third Sunday every month. July 21st this month. It's Xmas in July time.

Kendall Markets, at the Showgrounds, attract many visitors and offer farm fresh produce and a great selection of giftware, fashion and more. They are on the first Sunday, July 7th.



CAMDEN HAVEN LOCAL NEWS

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Kendall Community Boatshed Update - Kendall Kayaking Club

On Saturday 25th of May 2024, 13 paddlers set off from the Log Wharf Reserve at Telegraph Point for a relatively easy and incident free entry to the water!

As they left the boat ramp, they paddled



EXPLORE THE MID NORTH COAST IN A SIDE CAR

Heff and Beth Williams launched Epic Rides & Tours to combine a personal passion of exploring Australia's east coast via motorcycle and to bring new opportunities to others to experience the beauty of the Mid North Coast.



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The rewards.

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The people.



Keith Cramp
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 Licensed Real Estate Agent
 and Auctioneer

"My motto is: Everyone should be treated the way you would expect to be treated yourself".

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keith@lcbhre.com.au



Debbi Phillips
 Licensed Real Estate Agent,
 Auctioneer & Business Broker

An award winning agent, having won Agent of the Year in both Lake Cathie and Camden Haven.

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Laurieton Riverwalk Markets

Tunis St & Short St | Laurieton
Camden Haven

July 21st
SUNDAY 8am-1pm



Stall holder and public enquiries visit
laurietonriverwalkmarkets.com.au



Pets in paradise.

The perks of pet ownership are something to behold

How furry friends make life better

Ever thought about getting a pet? Whether you're a dog person, cat lover, or even into more exotic animals like birds or reptiles, pets can bring a host of benefits into your life. Let's dive into the wonderful ways pets make our lives happier and healthier.

Stress Busters and Mood Boosters

Had a rough day? Just a few minutes with a pet can do wonders. Studies show that playing with your pet increases levels of serotonin and dopamine, which calm and relax you. Simply petting a dog or cat can lower your blood pressure and reduce anxiety. Pets are great listeners, too - ever noticed how they seem to know when you need a cuddle?

Fitness Friends

Looking to get more active? Dogs are the perfect exercise buddies. Regular walks, playtime in the park, and even a game of fetch can help keep you both fit. And it's not just about physical health. The routine of caring for a pet can improve your mental well-being by adding structure to your day.

Social Connectors

Pets are natural icebreakers. Walking your dog can lead to friendly chats with neighbors or fellow dog owners. Pet parks and pet-related events can expand your social circle, making it easier to meet new people. Even online, pet communities are thriving, offering support and camaraderie.

Mental Health Boost

Pets can be especially beneficial for those dealing with mental health issues. They provide a sense of purpose, reduce feelings of loneliness, and offer unconditional love.

For children, pets can teach empathy and responsibility. For seniors, the presence of a pet can combat feelings of isolation and even improve cognitive function.

Family Harmony

Pets can bring families closer together.



Whether it's a shared walk, a game of fetch, or simply cuddling on the couch, pets create opportunities for bonding. They teach kids about care and compassion and add an element of fun and spontaneity to daily life.

Routine and Responsibility

Pets need regular feeding, grooming, and exercise, which helps create a routine. This can be especially helpful for those who thrive on structure or need help managing time. Caring for a pet instills a sense of responsibility and can be a comforting constant in a hectic world.

The Bottom Line

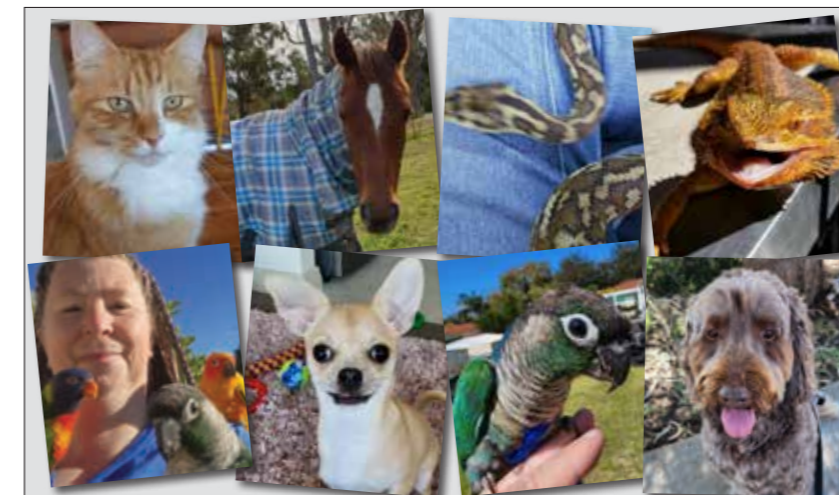
From boosting your mood to keeping you active and helping you connect with others, pets offer an array of benefits. Thinking about getting a pet? Go for it! The joy and companionship they bring can truly enhance your life in countless ways. So, open your home and heart to a furry (or feathery, or scaly) friend and enjoy the myriad benefits they bring.

KENDALL MUSIC EXCHANGE
5 JULY

BLOKES NOTES

Mens acapella group Blokes Notes have been inflicting their vocal prowess on audiences willing and unwilling, throughout the wide Port Macquarie and beyond since 2009. The Kendall MusicExchange has been a favourite annual pilgrimage for the Blokes since 2016 sharing their nostalgia, whimsical, inspirational, furious, embarrassed & bewildered song repertoire. If you enjoy acapella singing in the bass clef, have a secret thing for beards, or simply revel in the spectacle of a bunch of blokes all trying to march with the same foot first, then come along and see them perform on 5 July

Blokes return with some of their Bloke top hits, including four songs they will take to the international stage the following week competing in the World Choir Games in Auckland, along with over 250 choirs from all over the globe, with their illustrious, talented Musical Director (not a bloke) Leanne Johnson.



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What's on and gig guide.

Music, shows, meetups, community groups, more.

WEEKLY TRIVIA

- Every Monday **Lake Cathie Tavern** 7pm
 - Every Wednesday **Lake Cathie Bowls** 7pm
- Check venues website and Facebook pages for additional information.

LIVE MUSIC & GIGS

MON JULY 1 Tony Backhouse
Vocal Workshop - CWA Port Macquarie
7.00pm - 9.00pm \$32.50. Bookings:
jann@sortedbyjann.com or 0419 363 363

THU JULY 4 Reggie Sinclair (Live Music)
Club North Haven
6.30pm - 9.30pm
www.clubnorthhaven.com.au

FRI JULY 5 Blokes Notes Mens' Chorale
Kendall Music Exchange
7.00pm Comboyne St Kendall.
\$5.00 Entry at the Door.

FRI JULY 5 Nikki & Andy's Retro Show
(Live Music) Bonny Hills Beach Hotel
8.00pm - 11.00pm
www.bonnyhillsbeachhotel.com

SAT JULY 6 Craig Stewart (Live Music)
Lake Cathie Tavern
6.30pm - 9.30pm
45 Evans Street, Lake Cathie
www.lakecathietavern.com.au

SUN JULY 7 Ruby Blunt (Live Music)
Bonny Hills Beach Hotel
4.00pm - 7.00pm
www.bonnyhillsbeachhotel.com

THU JULY 11 Kyle Moore (Live Music)
Club North Haven
6.30pm - 9.30pm
www.clubnorthhaven.com.au

FRI JULY 12 DJ Jimmy Laing
Bonny Hills Beach Hotel
4.00pm - 7.00pm
www.bonnyhillsbeachhotel.com

SAT JULY 13 Anthony Staines (Live Music)
Lake Cathie Tavern
6.30pm - 9.30pm
45 Evans Street, Lake Cathie
www.lakecathietavern.com.au

SAT JULY 13 Never Ending 80s presents
The Battle of the Decades 80s V 90s
Laurieton United Services Club
7.30pm - 10.30pm
2 Seymour St. www.laurietonclub.com.au

SUN JULY 14 Craig Stewart (Live Music)
Bonny Hills Beach Hotel
4.00pm - 7.00pm
www.bonnyhillsbeachhotel.com

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

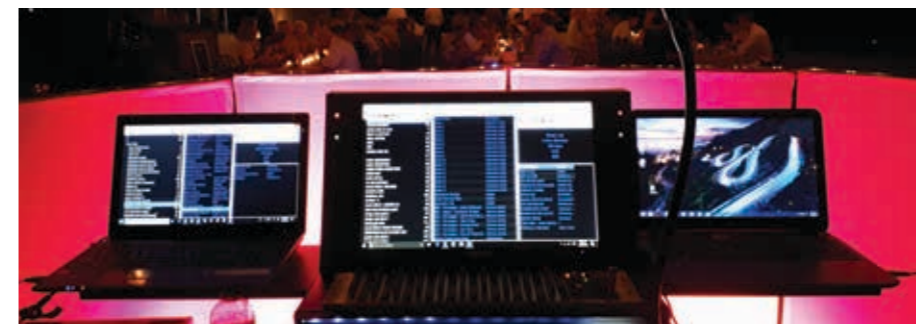
FRI JULY 19 Humpdaze (Live Music)
Bonny Hills Beach Hotel
8.00pm - 11.00pm
1045 Ocean Dr, Bonny Hills
www.bonnyhillsbeachhotel.com

SAT JULY 20 Kyle Moore (Live Music)
Lake Cathie Tavern
6.30pm - 9.30pm
45 Evans Street,
www.lakecathietavern.com.au

SUN JULY 21 Nikki Rudge (Live Music)
Bonny Hills Beach Hotel
4.00pm - 7.00pm
www.bonnyhillsbeachhotel.com

THU JULY 25 Brodie Ireland (Live Music)
Club North Haven
6.30pm - 9.30pm
www.clubnorthhaven.com.au

FRI JULY 26 The Wisemen & Cheryl Hall
(Live Music)
Bonny Hills Beach Hotel
8.00pm - 11.00pm
www.bonnyhillsbeachhotel.com



SUN JULY 28 Brody Ireland (Live Music)
Bonny Hills Beach Hotel
4.00pm - 7.00pm
www.bonnyhillsbeachhotel.com

PUBS AND CLUBS

Bonny Hills Beach Hotel
2445/1045 Ocean Dr, Bonny Hills
www.bonnyhillsbeachhotel.com

Club Lake Cathie -
Every Friday Night Music from 6.00pm
45 Evans Street, Lake Cathie
www.lakecathiebowlingclub.com.au

Club North Haven
1 Woodford Road, North Haven
Friday night Live music
www.clubnorthhaven.com.au

Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

Laurieton Hotel
80 Bold Street Laurieton
Ph: 02 6559 9004
www.laurietonhotel.com.au

Laurieton United Services Club
2 Seymour Street, Laurieton
Ph: 02 6559 9110 'Weekly Raffles'.
Music Bingo each Tuesday
www.laurietonclub.com.au

MARKETS & MEET UPS

First Saturday of the month
Byabarra Food Hall
Cnr Bull Creek Rd & Comboyne Rd
7am - 1pm

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

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

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

Every Thursday
Kendall Bazaar and The Meeting Place
Kendall Community Centre
9am - 12pm

List your live music
or performances here to keep
our readers informed.
Call 0459 742 882

LAURIETON LIBRARY

JULY SCHOOL HOLIDAYS PROGRAM.

JULY 9. DIY Photo Frames Craft.
Take inspiration from nature to decorate photo frames to hold your special memories. Make one for yourself, or maybe as a gift to a friend or family member!
Ages: 5 years and up.
Bookings essential. Please register at: mnclibrary.org.au

JULY 18. Nature Lanterns Craft.
Come along and decorate your very own little lantern with colourful adornments from nature. Take your creation home and bring light with you wherever you go.
Ages: 5 years and up.
Bookings essential. Please register at: mnclibrary.org.au

JULY 4 and 18. Mobile Library Van @ Lake Cathie (Lake Cathie Community Centre Lot 3 Mulloway Drive) 10.00am - 12.00pm - Port Macquarie Library mnclibrary.org.au / van



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This little piggy...

The charm of the Laurieton Riverwalk Markets

Nestled in the picturesque town of Laurieton, New South Wales, the Laurieton Riverwalk Markets offer a delightful experience for locals and visitors alike. Held on the third Sunday of every month, these markets are a vibrant hub of activity, set against the serene backdrop of the Camden Haven River.

As you stroll through the markets, you'll find a diverse array of stalls showcasing the best that the region has to offer. From fresh, locally grown produce to handmade crafts and unique artisan goods, there's something for everyone. The friendly stallholders are always eager to share the stories behind their products, adding a personal touch to your shopping experience.

Food lovers will be in heaven with the delicious array of culinary delights on offer. Whether you're in the mood for a gourmet coffee, a freshly baked treat, or a hearty meal, the food stalls at the Laurieton Riverwalk Markets have you covered. Many vendors use locally sourced ingredients, ensuring that every bite is a taste of the region's rich agricultural heritage.

The markets are more than just a shopping destination. They are a community gathering

place. Families can enjoy a leisurely day out, with entertainment options to keep the little ones happy. Live music fills the air, creating a festive atmosphere that makes every visit special. The beautiful riverside setting also provides the perfect spot for a relaxing picnic or a scenic walk. One of the standout features of the Laurieton Riverwalk Markets is the emphasis on supporting local businesses and artisans from the Camden Haven and further afield. By shopping here, you are contributing to the local economy and helping to sustain the livelihoods of small-scale producers and craftspeople. It's a win-win situation: you get to take home unique, high-quality products, and the community thrives.

If you're planning a visit to Laurieton, be sure to mark your calendar for the next



Market. Whether you're a seasoned market-goer or a first-time visitor, you're sure to be enchanted by the friendly atmosphere, the stunning location, and the incredible range of goods on offer. The Markets are a true gem of the Mid North Coast, offering a perfect blend of shopping, dining, and community spirit.

So, come along and experience the magic and charm of the Haven's biggest market with 150 to 180 stalls. It's a wonderful way to spend a Sunday, surrounded by the beauty of nature and the warmth of the local community. We look forward to seeing you there!

Wine and dine.

Tantalise those tastebuds.

Laurieton United Services Club

Sitting at the Seymour St wharf, LUSC as the locals call it has recently renovated its eateries. Offering everything from Sunday roasts and bistro meals in the Boardwalk Bistro, to coffee and cake in the Deck Coffee Lounge.

Club North Haven

This is the local bowls club which has a Bistro offering a great selection of fare in Seagulls Restaurant with weekly specials on meat dishes, pastas, Australian seafood, salads, gluten-free dishes, burgers and other snacks.

Club Lake Cathie

The friendly club and home to the 'Big Bowl'. Open for lunch and dinner Tuesday to Sunday, it's the perfect destination to savour delectable dishes with family and friends.



Laurieton Hotel

Sitting in heart of Bold Street, the 'Laurie' has an indoor and sheltered outdoor dining area where you can enjoy large portions of delicious classic pub meals made with fresh and locally sourced produce. The usual suspects are always available with mains that surprise. Or just enjoy bar snacks while taking in weekend entertainment or sports events on the big screen.

Moo and Bean

Moo and Bean Kitchen and Bar overlooks the pristine waters of Camden Haven where you can sit at the open windows and take in the views. The quality of food and selection of wines are second to none. One dollar oysters on a Sunday are a hit with live music playing in the secluded outside dining area.



The Royal Hotel Kew

Established 1891 and recently renovated, the Royal Hotel Kew is a casual family friendly hotel offering something for everyone. Good times, great food and excellence in hospitality. The 'Royal' has been a staple to the Kew community and has been restored to create a warm, family friendly space for everyone to enjoy.

Delizioso

This modern authentic Italian restaurant offers absolutely divine meals encompassing authentic wood-fired pizza, risotto and pasta. From veal to chicken, seafood and pork. There is an intimate bar for before or after dinner drinks and a gelato centre also.

Blue Buffalo Café

The Blue Buffalo provides a fresh new taste to the Camden Haven with its Vietnamese street food flavours. There's a unique juice bar offering the full range of fresh fruit and vegetables alongside freshly made sugar-cane juice and drinking coconuts - a real taste of south-east Asia.



Nellz Flipz n Chipz

Bold Street's traditional takeaway with good quality food and good quality service! Come on in and treat yourself to a fresh chip butty or good old fashioned fish and chips. And finish off with a delicious ice cream.

Curry Heaven Indian Restaurant

Enjoy a unique take away or dining in experience with delicious food from a full menu of authentic Indian dishes. Relax with BYO in the quaint India-themed décor. Best naan and curries in the area. Home delivery options too.

Golden Inn Chinese Restaurant

Fully licensed and BYO in the Golden Inn - a stalwart of Laurieton dining. Traditional Chinese food in a relaxed environment. Classic styling and food choices make the experience memorable of good old fashioned Chinese restaurants from the 90s, but with a modern twist.



Kendall Take Away

Fast food takeaway all freshly made to order. From coffee and cake to burgers, wraps, sandwiches, fish and chips, parmi, schnitties, lasagna and other meals.

Recipe of the month

Chicken Pasta Bake

Ingredients:

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar, grated
- 50g grated mozzarella
- ½ small bunch of parsley, finely chopped



- Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.
- Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
- Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

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Delizioso
 Italian restaurant



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Chamber & Council news.

News. Views. What's happened recently.

Latest news from the Camden Haven Chamber

The Camden Haven Chamber has been supporting our local region for more than 40 years, with a foundation to represent the needs of businesses at a local, regional, state, and federal level, advocating on behalf of its members to create a better environment for business.

Camden Haven Chamber of Commerce is not your typical Chamber. Its focus is on finding untapped opportunities where you least expect them, a strategy that keeps our members and the community engaged and, more importantly, growing.

Everyone in our region supports and contributes to our economy, meaning we are all the visitor economy, whether we reside in the region or not.

We have a new website!

The www.visitcamdenhaven.com.au website is live, and the members portal will be open for businesses in early July, 2024.

This means that members and visitors to the region have a dedicated information channel specific to Camden Haven at their fingertips.

Within the portal, members can create their own listing, add events and promotions, access member-only resources, collaborate with the community, and gain exposure across our website, social media, and digital magazine - 'Escape'.

For us, it is a place to share the latest initiatives we are working on, such as providing active grant support and advice to all business and local groups.

To learn more about the Camden Haven Chamber and how we support businesses in the region at <https://visitcamdenhaven.com.au/>

Rod's Round-Up

Each month, we run an informal catch-up at various local cafes.

Join our President Rod Bucton over coffee or a beverage of your choice; the coffee is on us! >

MBF Business Event

Hearing from the best

Micro Business Forum secured a rare opportunity to present a masterclass in business with Mark Wilson (poster right).

Mark told them "nobody wants to be a sales person. Whether you are in retail, B2C or B2B, you will find this session very useful".

If you are getting enquiries and not closing sales, this workshop was a must do. Mark shared 10 important sales techniques you must know to win deals.

If you would like access to opportunities like this or just want to chat with like-minded business people contact MBF and join in their casual coffee meet ups. Enquires 0407 779 828.



> It's for members, guests, business owners and the community interested in hearing more and keeping up to date with all the work the Chamber is undertaking, to ask questions and receive answers in relation to local, state and federal news.

Email hello@visitcamdenhaven.com.au to find out more.

Laurieton Historical Society

The Camden Haven Historical Society operates the Museum, cnr Laurie Street as a tourist centre at the top of Bold Street. Whilst manning the museum they are also invested in all things historical including the Pilot Station. Which has recently gone through ownership/management changes and is in a grey area for its care and future. The Society is abreast of all manner of issues that affect the region. The museum is open from 10am-2pm each day. Visit <https://www.camdenhavenhistoricalsociety.com.au>

Council Chatter

PMHC Agenda is out

In response to requests from the Lake Cathie community, Council has responded by sharing the Port Macquarie Hastings Council Lake Cathie Natural Resource Management - Monthly Update. Council is currently involved in a number of projects in the Lake Cathie and Lake Innes areas and have been listing this agenda item since April 2022.



Leslie Williams media release: Gone Fishing Day Grants

Fishing Clubs, organisations and community groups can now apply for grants to purchase items to coordinate their fishing events such as casting and fishing activities and information sessions, on or around Gone Fishing Day. Grants of up to \$2,000 are now available for eligible recipients.

Gone Fishing Day grants promote and celebrate fishing as a fun, healthy, outdoors activity for the whole family and friends on Gone Fishing Day. Applications close 8th July.

Leslie Williams attends Bonny Hills Rural Fire Brigade shed completion.

"It was a pleasure to recently attend the official opening of the Bonny Hills Rural Fire Brigade shed extensions, only made possible through the former Liberal and Nationals Government Bushfire Local Economic Recovery Package.

The new shed extensions will improve the brigade's ability to respond to natural disasters, including fire, floods, and storms through the provision of a training room, a change room for female members, a safe storage area for flammable or hazardous chemicals, separate area for maintaining vehicles and equipment and additional firefighting appliances.

I congratulate the Bonny Hills RFS on the completion of this vital firefighting infrastructure which will serve the community for years to come. Flexible floorplan and purpose-built catering facilities are ideal for all types of gatherings."

Caring for the natural environment

The mostly unseen achievements of our Landcare people

Dunbogan Landcare Celebrate 25 years of Landcare!

Volunteers of Dunbogan Landcare are celebrating the remarkable milestone of 25 years of Landcare works in the Dunbogan peninsula. This amazing group has worked to achieve incredible environmental outcomes including restoration of littoral rainforest, threatened species habitat restoration and erosion management. It is fantastic to see a community group with such dedication and longevity, committed to caring for the area.

Every week volunteers meet, getting their hands dirty removing noxious weeds to allow the natural regeneration of our beautiful native plants. Volunteer work spanning a quarter of a century has allowed Endangered Ecological Plant Communities such as littoral rainforest to rebound and thrive. Hastings Landcare representative says, "Dunbogan Landcare initiatives play a crucial role in maintaining the biodiversity values of this area".

The coastal wildlife corridor that volunteers have restored is home to many threatened species. Threatened species recorded in the area include Koalas, Spotted-tail Quoll, Glossy Black Cockatoos, Eastern Curlew, Bar-tailed Godwits, Eastern Osprey and White-bellied Sea-Eagles to name a few. Many visitors to the area comment that the environment is one of



the most weed-free they have seen anywhere along the NSW coast.

The work volunteers continue to carry out each week does not go unrecognised. In June 2022 the initiator and volunteer driver of the group Sue Baker was awarded a Medal of the Order of Australia (OAM) for her volunteer conservation efforts spanning decades. Sue says, "Positive impact on the environment and the community comes directly from individuals dedicating time, effort and energy. Our projects have been very successful and are widely known, including at State level".

Like all conservation efforts, when we work together, we can create a bigger impact.

Upcoming Event

Landcare Workshop Day In Laurieton Camden Haven Regenerative Project

A variety of topics will illustrate the threats to the habitats, flora and fauna of the Camden Haven and what we can do to help in our own gardens.

Further information and registration details coming soon through local media or email groups@hastingslandcare.org.au

SAVE THE DATE SATURDAY 13 JULY

Dunbogan Bushcare has developed strong, cooperative partnerships with Port Macquarie Hastings Council, National Parks and Wildlife Services, Crown Lands, and the NSW Environmental Trust that has provided several grants allowing the project to progress in leaps and bounds. These partnerships have ensured that the biodiversity and threatened species are protected and enhanced.

A milestone of 25 years of volunteer habitat restoration provides an excellent opportunity for reflection, appreciation, and renewed commitment to the cause of environmental conservation on the Dunbogan Peninsula.

If you would like to join the important efforts don't hesitate to contact <https://hastingslandcare.org.au/contact/>.



LANDCARE GROUPS AROUND THE CAMDEN HAVEN AREA

LUSC Landcare Laurieton:

Meet Friday mornings - 8.30am - 10.30am
Contact details - Hastings Landcare
0493600895 Email: groups@hastingslandcare.org.au

Camden Haven Landcare (Kendall)

Meet Thursday mornings - 9am - 11am
Contact details - Jim Lewin 0439191945 Email: camdenhavenlandcare@hotmail.com.au

North Haven Landcare:

Tuesday monthly 9am - 11am
Contact details - Hastings Landcare
0493600895 Email: groups@hastingslandcare.org.au

Queens Lake Landcare Laurieton:

Meet Tuesday mornings - 8am - 10.30am
Contact details - Hastings Landcare
0493600895 Email: groups@hastingslandcare.org.au

Dunbogan Bushcare Dunbogan:

Meet Mo day mornings - 8.30 am - 10.30 am
Tuesday Mornings at the Pilot Station - 8.30am-10.30am
Contact details - Hastings Landcare
0493600895 Email: groups@hastingslandcare.org.au

Lake Cathie Landcare:

Meet Wednesday mornings - 8.30am - 11am
Contact details - Hastings Landcare 65864465
Email: groups@hastingslandcare.org.au

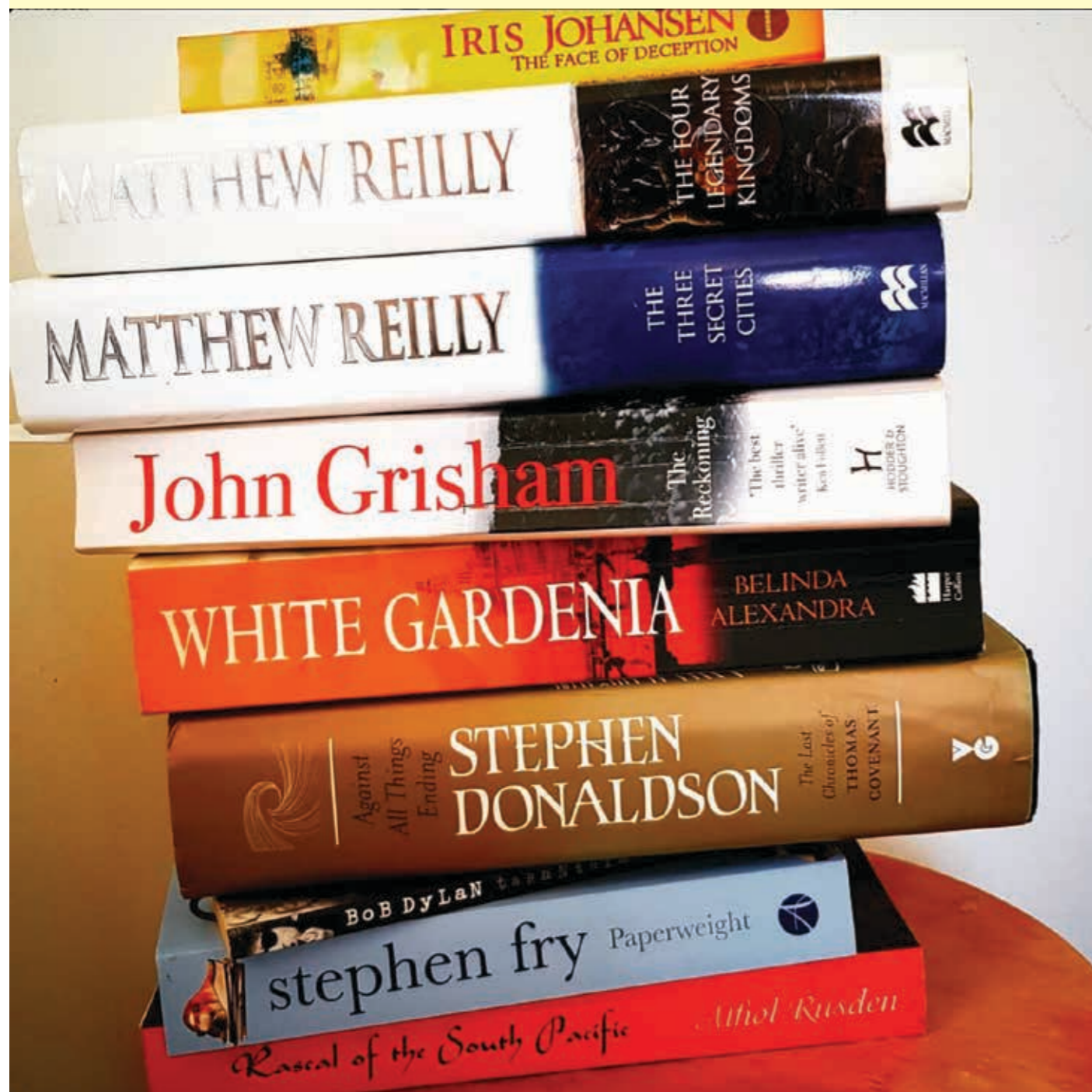
Bonny Hills Landcare:

Meet 3rd Sunday of the month - 8am - 11am
Contact details - Ross Smith 0414185320
Email: groups@hastingslandcare.org.au





Rotary Club of Laurieton BOOK SALE



Laurieton United Services Club (LUSC)
Mountain View Room

4th-14th July • 10am-4pm each day
(3pm close on the 14th)

Most books \$2 plus children book bargains • Quality book donations accepted



Garden hints for greener thumbs.

Winter garden tips. Growing hacks. Seasonal specialties. Naturally.

In this garden segment we will help that garden of yours grow into something spectacular. As we enter the middle month of winter, there are some important jobs to be completed in the garden.

July is the perfect time to plant new season's roses. They should be planted in a sunny location with well-draining soil.

New seasons deciduous fruit and ornamental trees are also now available.

July is 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 soil pH if you want to change the colour of the flowers for summer.

Prepare veggies beds for Tomato season.

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

Indoor plants care for winter.

- 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 McKinley*
Bonny Hills Garden Centre



Bees are the new buzzword.

Words and pictures: *Diane Norris, BeeWild*

How many of us can name 10 types of Australian Native Bees? Can you? You may be surprised to know that there are at least 1,700 species (now thought to be around 2,000) of Australian native bees. Most are solitary, but 11 varieties are social and stingless.

Commercial honey bees (*Apis mellifera*) were introduced from Europe in about 1822 and are not native to Australia. Even so, the European Honeybee plays an important role in honey production and crop pollination but feral nests of this bee are also found in most areas of Australia.

The unmistakable European Bumblebee (*Bombus terrestris*) is not an Australia native bee either. An untamed population of this bee has become established in Tasmania but fortunately it has not spread to the mainland. Australian native bees can be black, yellow, red, metallic green or even black with blue or grey polka dots! They can be big, fat and furry, or small, svelte and shiny.

The smallest native bee is Cape York's minuscule *Quasihesma walkeri* and it is less than 2mm long.

Our largest native bee is the striking Great Carpenter Bee of the tropical north and

northern NSW and it is up to 24-26mm long. This beauty lives in our area – you will hear her approach and cannot help to see her as she visits flowers wearing her golden wisteria or crepe myrtle blooms – although not native plants she loves being involved in their blossoming parade.

GROUP OR SOLO? SOLITARY

Nearly all of Australia's native bee species are solitary – they do not have queens, workers and drones. Instead, in most species, just one female bee mates with a male and then builds an individual nest for her eggs. These can be in burrows in the ground or in tiny hollows in timber. She provides provisions for the larva in each little chamber.

Some distinctive solitary bee species are the personable blue-banded bee, inquisitive teddy bear bee and the magnificent carpenter bee – all live in our Camden Haven region.

SOCIAL

Sometimes referred to as eusocial, social bees live in a colony of around 6,000 to 12,000 individuals. They have a queen bee plus thousands of sterile female worker bees and some (numbers are unknown) male drone bees. The two common species are *Tetragonula carbonaria* and *Tetragonula hockingsi*. These are stingless. *Tetragonula carbonaria* is the only social bee indigenous to our area and can live quite contentedly in man-made OATHs (Original Australian Trigona Hives) sited in schools or private gardens.



BEE-INFORMED

- The ANBA (Australian Native Bee Association) was formed, by Dr Tim Heard and associates, in Queensland for the purpose of amalgamating the interest in our native bees. www.austriannativebee.org.au

Australian Native Bee Association (ANBA) Mid North Coast NSW branch – details www.anba.org.au/about-anba

- An essential read is *The Australian Native Bee Book* by Tim Heard – available online at www.nativebeebook.com.au

- Bee hotels and artificial nesting sites are becoming popular but need to be done properly. You can't go past the instructions from Les and Anne Dollin – see www.aussiebee.com.au

Next Issue

We will take a good look at our stingless native bee species *Tetragonula carbonaria*.

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Local sport spotting and recreation.

What's on where, when and how.

Tennis

There is a school holiday Tennis Clinic for 6 to 12 year olds at the Laurieton Tennis Club, Tunis Street. Held on Friday 19th July, 9 to 11am. Improve your kid's tennis skills from coach Quinn Sylow of Evoke Tennis. This FREE event is a great way for the kids to make new friends and get some fresh air. To register go to www.facebook.com/events/475048305207295/?ref=newsfeed. There is also the full day Tennis Camp as below. Call 0481 369 250.



Bowls

Club Lake Cathie Bowls had a great turnout for their membership signup and it looks like it's going to be a bumper year for serious competition.

Kew Country Club Bowls have been soldiering on through the latest blustery conditions. Upcoming events include Monday Monthly Pairs on the 1st July and Classic. Every Friday there is Friendly Bowls, 9am. Fours on the 6th and 7th July. The Flag Raising of the State Pennant will be held on the 19th at 11.30am. Add your name, at the Clubhouse, to the event, \$20pp includes lunch. Text Frank on 0417 698 899.

Bocce

One of the oldest lawn games. All ages and skill levels welcome. Tuesday and Friday 9am in front of LUSC. For more information contact Laurieton United Services Club.

Soccer

The Camden Haven Redbacks Club is a family-friendly sports organisation committed to fostering a love for soccer in the community. With a focus on inclusivity, sportsmanship, and community spirit, the club provides a supportive and enjoyable environment for players of all ages and skill levels. They have teams for all ages, from 5 year olds to men and women.

For more information visit <https://www.facebook.com/camden.haven.redbacks>



Netball

Camden Haven Netball Club is hosting their fundraiser BBQ at Bunnings in Port Macquarie. This fundraiser will help our club ensure we get a new gazebo that covers the majority of our 9 teams, that play in the Hastings Valley Netball Association league in Port Macquarie. Unfortunately this season has seen some unusually rainy Saturdays that have left us extremely wet.

We will still have our fast selling Hoodies available. Along with our hats and supporters shirts for sale.

If you can't make it into Port Macquarie, message our social media page on Facebook or Instagram and we can organise it for you in the stunning Camden Haven.

So come and grab a sausage sandwich and drink on Sunday, 28th July and support the Camden Haven Netball Club.

*Jo Dempsey, President
 Camden Haven Netball Club*

Ladies Golf Over 50s

Kew Country Club Tuesday. LUSC Ladies social golf. Wednesdays, Ladies golf 18 and 9 holes. Fridays, Ladies and Vets 18 and 9 holes.

Card Games

LUSC holds various card sessions. Bridge Beginners on Tuesday at 10am. Games on Monday and Thursday from noon. Bolivia and Canasta on Tuesdays from 12.30pm. Euchre Wednesday from 6.30pm and the 1st, 2nd and 4th Sundays.

Let us know about your upcoming club events and recent successes (and news stories) and be featured on this page
Contact us on 0459 472 882

Little Athletics

Camden Haven Little Athletics is a sport for children aged 4-16 years that involves track and field events. If you would like to become involved email chla2443@gmail.com

Swimming

The grand opening of the upgraded Kendall Swimming Pool is expected soon. Keep an eye of their facebook page for developments. <https://www.facebook.com/pages/Kendall%20Swimming%20Pool/168302866549352/>

Rugby League

The Laurieton Hotel Stingrays Rugby League Football Club are a stalwart of the community, drawing large crowds at Home games. The Stingrays are a family friendly, local sporting club. As Laurieton is a small community they class everyone as family. Get behind this fantastic club and become a part of the Stingray family. The new Stadium build is progressing well despite rain delays.



Movie Highlights at the Plaza

The Bikeriders.

Set in the 1960s, this drama follows the rise of the Vandals Motorcycle Club, a fictional Chicago outlaw motorcycle club. Seen through the lives of its members and their families, the club evolves over the course of a decade from a surrogate family for local outcasts into violent organised crime, threatening the original founder's unique vision and way of life. Starring Austin Butler, Jodie Comer and Tom Hardy. The film was inspired by a photobook of the same name by Danny Lyon. Critically acclaimed the consensus is "Fueled by a charismatic cast and the gritty authenticity of writer-director Jeff Nichols' approach, The Bikeriders offers a conventional yet impactful look at motorcycle culture".

Fly Me to the Moon.

During the 1960s Space Race between the United States and the Soviet Union, a relationship develops between the NASA director in charge of the Apollo 11 Launch and the marketing specialist brought in to fix NASA's public image and stage a "back-up" fake moon landing. The film is an American romantic comedy-drama directed by Greg Berlanti and written by Rose Gilroy. The film stars Scarlett Johansson and Channing Tatum.



Twisters - Chase - Ride - Survive

Twisters is an upcoming American disaster film directed by Lee Isaac Chung from a story by Joseph Kosinski. It is a standalone sequel to the 1996 film Twister. The film incorporates climate change in the plot. Daisy Edgar-Jones is the lead and and plays the daughter of the original star, Helen Hunt. With \$200 million spent, there's some realistic disaster action.



What's up in July at the 'Plaza'?

- July 4 The Bikeriders
- July 5 Horizon
- July 6 Inside Out 2
- Despicable Me IF
- July 12 Fly me to the Moon
- July 18 Twisters
- July 26 Deadpool and Wolverine

Public Notices.

Personals, Public Notices, Obituaries, Classifieds, Celebrations

Place your notice here...

We are planning this page to be an informative section where you can keep informed about all the going-ons for the month. Cost is only \$10 per column centimetre (3 lines).

Email us at editor@camdenhavenlocalnews.com.au or call us on 0459 472 882

Celebrations

Personals

Public Notices

Classifieds

Obituaries

Bring on those Dance Hall Days.

A couple of music fans are planning to start a monthly dance and music morning with great songs, such as Running Bear, Hokey Pokey, Bye Bye Blackbird and so many more favourites.

Or we can mix it up with free dancing to the tunes of ABBA's Dancing Queen or The Rivers of Babylon with Boney M.

They are looking for a central hub monthly meeting place. A local hall, services club, or club house etc.

They are looking for expressions of interest from groups such as:

- Retirement Villages
- Over 55's
- The General Public
- Care Facilities. etc.

Planning a time frame from 10 am - midday, and day of the week to be discussed.

Depending on the venue and to avoid clashing with other activities in the community, if they are in a club, some may want to stay a little longer for lunch or have some time using the facilities.

Maybe you are an instructor who would like to share your knowledge or skills with such dances as the Foxtrot, Pride of Erin, Barn Dance, Latin, Waltz, or maybe even Line dancing.



These events will be fortunate to have DJ Sir Rocko leading the sessions. Sir Rocko is well experienced, a unique entertainer who always knows the right music to create the perfect atmosphere. A fun-filled session of music and dance will be guaranteed.

If you are involved in a group or club, get

in touch, organise your bus to commute your folks to and from the event.

Now with Covid behind us it's time to create a new activity, a time to bring the Dance Hall Days back and help bring the community together.

For information contact Lyn on 0439 999 428.

The Kendall Chronicle is back!



Pick up your Kendall Chronical at month's end - Or go to <https://www.kendall.org.au/the-chronicle> Featured is an older copy - Sample Only

Where you can get your Local!

- Laurieton**
Laurieton Warehouse
Bold Espresso Bar
Laurieton Museum
Laurieton Newsagents
LUSC
Camvet
LJ Hooker Laurieton
- North Haven**
Club North Haven
Peace of Mind Foods
Sandbar Café
Shell Riverview
Brigadoon
Beach Break Café
Reflections
Haven Waters Motel
Woongarra Motel
Jacaranda Caravan Park
The Propagation Station
- Comboyne**
Larrikans Lockup
Bonny Hills
Bonny Hills Garden Centre
Reflections
Bonny View Shop

- Lake Cathie**
Caramels
LCBH Real Estate (near Woolies)
- Kendall/Kew**
Kendall Takeaway
Kew Corner Store
Miss Nellies
iKew Centre
- Dunbogan/Diamond Head**
Dunbogan Caravan Park
Laurieton Mens Shed
Diamond Waters Resort
Dunbogan Takeaway

If your business would like to become a drop centre for the Camden Haven Local News magazine, let us know.

Call 0459 472 882 or email editor@camdenhavenlocalnews.com.au



Bright eyes how can you close and fail? Obituary.

The local community has been saddened and shocked to hear of the untimely passing of one of our brightest entrepreneurs and businessmen, co-owner of The Propagation Station in North Haven, Shaun Thornton.

Shaun was found unresponsive at his home in Laurieton on the morning of Monday May 27, 2024. Unfortunately, paramedics were unable to revive him.

Shaun is also remembered by staff and residents at Whiddon Aged Resort, where he served as Chef for many years.

Shaun was an ever present, larger than life personality as a market stall holder at Laurieton Riverwalk Markets where he formed many friendships and business collaborations.

Shaun, along with his husband, David, also pioneered very entertaining wine & cheese evenings tutoring customers in the art of propagating plants living in water.

As a former member of the Camden Haven Chamber of Commerce committee, Shaun donated his time and social media prowess for the good of our community.

Family and friends farewelled this unique young man at a most touching ceremony on Wednesday June 5, 2024 in the chapel at Simplicity Funerals in Laurieton.

The staff of Camden Haven Local News offer our condolences to Shaun's grandmother, Merle, who is a Laurieton Resident, along with our heartfelt sadness and offer support to David along with their dogs, Indie & Elle.



Music for the senses

The Camden Haven is chock full of musical talent

A Harmonious Journey

The Camden Haven region, nestled along the picturesque banks of the Camden Haven River, is not only known for its natural beauty but also for its vibrant arts and music scene. Whether you're a beginner looking to start your musical journey or an experienced musician seeking to hone your skills, Camden Haven offers a wealth of opportunities to learn and grow in music.

Music classes

The Kendall School of Arts is home to various musical programs and events, including the renowned Kendall National Violin Competition. They offer violin lessons and workshops, often featuring guest artists and teachers.

The school frequently hosts concerts and recitals, providing students with the opportunity to perform in front of an audience. This helps in developing stage presence and performance skills.

Several choirs and vocal groups operate in the region, offering opportunities for singers to practice and perform. These groups often participate in community events, spreading the joy of music through choral performances.

Throughout the year, various workshops and masterclasses are offered in the Camden Haven. These are often led by visiting musicians and cover a wide range of topics, from instrumental techniques to songwriting and music production.

Tips for aspiring musicians

Practice regularly! Consistent practice is key to improving your musical skills. Set aside dedicated time each day to practice your instrument or vocals.

Join a group. Playing or singing with others can be incredibly rewarding and helps you learn to listen and harmonise.

Attend performances. Watching live performances can be inspiring and educational. Pay attention to the techniques and stage presence of seasoned musicians.

Take advantage of local resources. Make the most of the music lessons, workshops, and community groups available.

Conclusion

Camden Haven is a wonderful place to embark on or continue your musical journey.

With a supportive community, diverse learning opportunities, and a wealth of musical events, you'll find everything you



need to develop your musical talents and enjoy the enriching experience of making music. Whether you aspire to perform professionally or simply want to enjoy music as a hobby, Camden Haven welcomes you with open arms.

Where the spotlight is shining.

Local lad awarded the 2023 Australian Tweenpreneur title.

Local Lake Cathie resident, Patrick Dale, 13 year old, was awarded the 2023 Australian Tweenpreneur at the National Teens in Business Award Winner for his business **Sweet Tooth Marshmallows**. The judges of the National Teens in Business comments "Who doesn't like marshmallows? Very impressive and Patrick is showing the right amounts of business nous, creativity and hustle - which is a great combination".

2023 has been a big year for Patrick and Sweet Tooth Marshmallows, being awarded, a gold medal 2023 for his Chocolate

Marshmallows, at the Sydney Royal Fine Food Awards, and Silver medals for Coffee and Vanilla Bean Lamingtons Marshmallows.

In September, Patrick was one of five Youth Australians given the opportunity to showcase their business to the world at the Global Entrepreneurship Congress in Melbourne, attended by over 4,000 people from over 200 countries. It brings together thousands of voices, from more than 200+ countries to participate in creating one inclusive global ecosystem by networking, learning, and sharing. Attending the event,

gave Patrick the opportunity to collaborate with other entrepreneurs and grow his network.

All attendees made invaluable connections that grow their footprint in entrepreneurship and innovation ecosystems around the world. Patrick started his business with a simple question, why are there no chocolate marshmallows and why do shop-brought marshmallows lack flavour?

Patrick states, "Sweet Tooth Marshmallows started in November 2021 where, with the help of my Mum and after two months of testing, we created a unique recipe for Sweet Tooth Marshmallows not available in shops."

Based on family and friends feedback, Patrick launched his business in January 2022 at local markets on the mid north coast. "We have created over 16 flavours. We have expanded to include a range of associated marshmallow products including rocky road, marshmallow pops, chocolate marshmallow hearts, marshmallow domes and bites of heaven to name a few." Patrick continues, "My business journey has been so much fun, learning about business, meeting my customers, connecting with mentors and creating delicious marshmallow product". To follow Patrick's business journey visit Facebook, <https://www.facebook.com/profile.php?id=100077268708096> or <https://www.sweettoothmarshmallows.com>



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https://www.youtube.com/watch?v=YhJX_Cd7fB8



1 WOODFORD ROAD
NORTH HAVEN



WEDNESDAY - SUNDAY
4PM - LATE



BIG FRIDAY **JUMBO RAFFLES**
OVER \$5,000 IN VALUE
100 Prizes in Total
50 Prizes Online - 50 Prizes In House
Tickets on Sale - 5pm and Drawn from 6pm

OPEN 7 DAYS - 10AM - LATE
6559 9150

\$28
MEMBERS PRICE VISITORS \$32
DINNER DELI

Monday MEAL DEAL
2 MEALS + 2 DRINKS
CHOOSE FROM
SCHOOBER OF TOOHEY'S
ANGOVE WINE
OR SOFT DRINK

Topper Tuesday

\$15 CHICKEN SCHNITZEL *MEMBERS PRICE \$17 VISITORS

+\$5 ADD ANY TOPPER OF YOUR CHOICE

Ribs and Wings

Wednesday
Members - \$23.90
Visitors - \$25.90

With Slaw, Chips and Ranch
+1 X Toohey's Tap Beer, Angove Tap Wine or Soft Drink

LUNCH AND DINNER

\$13.50
MEMBERS SPECIAL VISITOR PRICE \$17.50

Sunday ROAST DINNER

raffles

MONDAY
- Raffles - 20 Trays drawn at 6:30pm

FRIDAY
- Jumbo Raffle - 70 Prizes - valued at over \$3,500 - drawn at 6pm - In house and online
- Last Friday of the Month - Jumbo Raffles - 100 prizes in total, 50 online and 50 in house - \$5,000+ in value

THURSDAY
- Members Superdraw from 6 - 8pm
- Raffles - 30 Trays drawn at 6pm
- Live Entertainment from 6:30pm
- Second Chance \$200 draw at 8:30pm

SUNDAY
- Buy \$10 Raffle tickets for a roast lunch at \$10
- Raffles - 20 Trays drawn at 1pm
- 20 Trays - drawn at 5:30pm