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LOCAL

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OUR OWN FESTIVAL

festival program
pull-out

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

Happenings on the home front.

Local seniors recognised And a special one too. by Dianne Solomon Westerhuis



When I first arrived in the Camden Haven in 2013, I found the Camden Haven Historical Society at the local Museum. Interested in local history, I could not resist going on one of their walks down Laurie Street and around the Laurieton Public School. The walk was conducted by Mike Dodkin, who I found to be a wealth of knowledge regarding local history. That walk was the beginning of a firm friendship with a very special local. Fast forward to 2026. On 22nd April I had great pleasure in attending an awards ceremony at our local member Rob Dwyer's office, to acknowledge Mike as one of six locals recognised this year as part of the NSW Local Seniors of the Year Awards. In an earlier speech in parliament Rob had recognised the Camden Haven communities of Laurieton, North Haven, Lakewood, Dunbogan, Kew and surrounding localities for their strong culture of volunteering, where locals consistently give their time to support sporting clubs, service organisations, community halls and emergency services that underpin daily life. At this ceremony Rob recognised six Seniors of the Year, who are:

- Theo Hazelgrove for his contributions with Community@3, helping those in need,
- Valerie Peacock, as key catering coordinator at Douglas Vale historic homestead,
- Betty Lambert for her 30 years with Port Macquarie Dog Club and night rescue with the Koala Hospital,
- Merrilyn Foy for her work at St Thomas Soup Kitchen and Hope Charity and local nursing home,
- Pauline Chapman for working with the Wauchope business community including Heart Health and the Not for Profit Board,
- and of course, Michael Dodkin. Mike was recognised for his many contributions to community history and the environment, with the Camden Haven Historical Society, Beach to Beach and Landcare.

However there are many more of Mike's local contributions to community and council networks and committees. These activities began when he retired from his work with

NSW National Parks, where he had over the years undertaken ecological surveys and conducted rehabilitation work after sandmining operations, undertaking restoration projects in national parks, rainforest and coastal dunes. There was a marine mammal rescue and a bush

regeneration project which Mike speaks of with pride. Mike also received a Public Service medal for his 17 years of work with the Tidy Towns program in the Queen's Birthdays Honours List in 2010. He also tells me he found his time volunteering with Mid North Coast Health as a palliative care support worker very rewarding. He continued in this role for seven years until Covid got in the way.

Since then Mike has continued to represent the Camden Haven Historical Society and Beach to Beach, and he is an active member of many other local committees. Mike often works with council as a community representative, encouraging others in lots of good deeds, and making a significant contribution in many ways to the community. I have worked, and continue to work with Mike on projects such as a planned heritage precinct in Laurieton, saving endangered species (particularly a rare Acacia species), recording history of the local area, and community input to council activities.

He advises me on botany and local history. Our conversations can range from family histories in North Haven, Laurieton and Deauville, to the building of the breakwall, to my enduring interest, the Camden Haven River.

His knowledge of history, of plants and animals, and of the natural environment makes Mike a very valuable friend and a terrifically inspiring Senior of this year and for many years to come.



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CAMDEN HAVEN LOCAL NEWS

Cover: The festival is coming. Be there or be square.

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Community Chit Chat.

Camden Haven's pony express. by Alison Stewart

Pony clubs have long held a special place in country life, and Camden Haven Pony Club stands among the best. As the largest club in the area, it continues to play an important role in the local community, bringing together young riders and their families in a shared passion for horses.

Based at the Kendall Showground, the club welcomes members, and their ponies, from as young as three years old through to young adults. These young riders take part in a range of activities including gymkhanas, country shows, and regular working bees to maintain the club's facilities, forging decades-long friendships. Along the way, members develop not only their equestrian skills but also confidence, discipline and responsibility.

I first met members of the club at this year's Wauchope Show, where cousins Keira and Elle McCarthy were competing in several events. Both girls have been part of the pony club for over a decade, a testament to the strong community ties and lifelong connections the club encourages. They were just three years old at their first Wauchope Show, as Camden Haven Pony Club members, and have competed ever since.

Just a fortnight later, I encountered the club again, this time providing their traditional honour guard for the Kendall ANZAC Day ceremony. Lead by president Donna Baker, wearing her father-in-law's medals, seven



Keira McCarthy, 13, riding Sarge
Photo by Terry Parr



Anzac Day 2026 Kendall

members rode proudly on their beautifully presented horses, with members also walking alongside. Adorned in uniforms, white ropes and boots, the horses and riders created a distinguished and dignified presence. The horses dutifully stood at attention, while four young riders dismounted to lay their wreath.



3 year old cousins, Elle and Keira McCarthy (right) at their first Wauchope Show 2016

After remounting, the equestrians ultimately lead the procession towards the Kendall Citizens and Services Club.

It really is moments like these that highlight the enduring value of pony clubs in country communities - where tradition, respect and community spirit continue to thrive.

More playspace. Market mayhem.

Construction has started on a new play space at Bruce Porter Reserve in Short Street, Laurieton, creating a welcoming and accessible destination for families along the Camden Haven River.

Proudly funded by a \$302,250 grant from the NSW Government's Local Small Commitments Allocation Program with additional funding from Council, the project will deliver a nature-inspired play space designed to encourage outdoor activity, connection, and inclusive play for children of all ages and abilities.

Work on the new play space commenced last month. Weather permitting, it will be open by July.

Despite the monthly Laurieton Riverwalk Markets being disrupted for the construction phase and beyond, the Chamber of

Commerce, owner of the markets, has adapted new layouts for stall holder sites to keep the event going. But the playspace gives everyone an extra reason to visit the markets (once built).

Mayor Adam Roberts said "The new play space reflects the natural beauty of the area while providing fun and inclusive opportunities for children of all ages and abilities. Set against the backdrop of the Camden Haven River, this play space will be a welcoming place for families to gather and connect."



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Community Chit Chat.

Round and round the forest loop. by Alison Stewart

Better By Bicycle Port Macquarie has been out and about enjoying the autumn weather. Two recent rides through the Camden Haven, featured here, were the Bulls Ground State Forest loop via Kew/Logans Crossing/Kendall and Lake Cathie area.

From the Bulls Ground State Forest Loop they set off from the Royal Hotel Kew, with 12 riders taking on the 40-kilometre course. It quickly lived up to its reputation as a challenging ride, with rough gravel roads and several steep climbs testing riders' stamina and determination. However, the effort was rewarded with beautiful scenery throughout forest sections and rural countryside.

Gravel, mountain, and e-bikes were definitely the order of the day, along with a solid dose of cycling fitness. This is where an e-bike is the great equaliser. After completing the strenuous loop, members enjoyed a well-earned coffee and social debrief at Kew Corner Store.

The latter ride, throughout Lake Cathie, saw 20 riders exploring new developments, established foreshore and rural properties on the western outskirts. The ride included a

variety of surfaces and settings, from shared pathways and residential streets to a leafy trail, which proved to be a highlight for most riders.

This ride concluded with coffee and conversation at Sunshine's, Lake Cathie.

On a final note, BBBPM congratulates five members who recently completed the Bicycle NSW Ride Leader Level 1 Training, with two leaders being from Camden Haven. Their accreditation brings the club's total number of qualified ride leaders to eight. With additional trained leaders now available, the club is planning to recommence Sunday rides in the near future. Information on upcoming rides can be found on their FB page. <https://www.facebook.com/p/Better-By-Bicycle-Port-Macquarie-61569763600096/>



Never take the Kendall Op Shop for granted.

The 17th Kendall Op Shop Grants Night was a success. The culmination of another year's hard work by more than 90 dedicated volunteers was celebrated recently at the 17th Kendall Op Shop Grants Night. Hosted at the Kendall Services & Citizens Club, with catering support from the Kendall Welfare Group, the event attracted more than 130 attendees, including special guests State MP Robert Dwyer and ABC radio personality Cameron Marshall.

The Kendall Op Shop definitely has a winning formula, operating as a not-for-profit organisation, with all funds raised returned

to the community. The benefits are felt not only in Kendall, but across the wider Camden Haven region and beyond.

Although the Op Shop has a unique history, its efforts are now focused on four key areas: school wellness, sponsorship awards, charities, and community grants. This year alone, \$264,535 was distributed, bringing the total contribution from this ongoing volunteer initiative to an impressive \$2,467,732 returned to the community.

For a full list of funding recipients and shop history, visit Kendall Community Op Shop online.



Winter 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.

This much-loved community event offers a wide selection of books across all genres, including fiction, non-fiction, children's books and more, along with games, puzzles and DVDs. Whether you are searching for your next holiday read, building a home library, entertaining the kids, or simply enjoying the thrill of discovering a hidden gem, the sale promises something for everyone.

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.

Recent research is strengthening the link between oral bacteria and overall health.

Studies from Johns Hopkins and other leading institutions have identified bacteria associated with gum disease – such as *Porphyromonas gingivalis* – in breast cancer tissue, arterial plaque in heart disease, and even in the brains of patients with Alzheimer's disease.

These findings are significant because they suggest more than a coincidence. Oral bacteria are capable of entering the bloodstream through inflamed gum tissue, travelling to distant parts of the body, and contributing to chronic inflammation – one of the key drivers of many serious diseases.

In cardiovascular disease, these bacteria have been found within arterial plaques, where they may contribute to plaque formation and instability, increasing the risk of heart attack and stroke.

In Alzheimer's disease, gum disease bacteria and their toxins have been detected in brain tissue, where they are thought to play a role in neuroinflammation and the progression of cognitive decline.

In breast cancer research, the presence of oral bacteria within tumour environments is raising new questions about how the microbiome may influence cancer development and immune response.

While research is ongoing, the consistency of these findings across multiple body systems is shifting how we understand gum disease – from a local oral condition to a potential contributor to systemic health issues.

Biofilm and Your Health: Why Dental Plaque Matters More Than Ever

Most people have heard of dental plaque, but fewer realise it belongs to a much larger and more complex group called biofilms.

Dental plaque is a type of biofilm – a soft, sticky film that builds up on the teeth and beneath the gumline.

A biofilm forms when bacteria attach to a surface in a moist environment. Once attached, they produce a sticky, protective layer that helps them cling and multiply. These structures can form on teeth, medical devices, and even living tissues. The mouth, being warm and constantly exposed to bacteria, is an ideal environment for biofilm to thrive.

Dental plaque: the biofilm of the mouth

Dental plaque is one of the most familiar biofilms. It forms daily on teeth and below the gumline, housing large communities of bacteria. If not removed regularly, these bacteria can irritate the gums and trigger inflammation. Over time, this can lead to:

- Tooth decay (cavities)
- Gingivitis (early gum disease)
- Periodontitis (advanced gum disease)

In more severe cases, gum disease can damage the bone and tissues supporting the teeth, potentially leading to tooth loss.

Why oral health affects the whole body

We now understand that oral health is closely linked to overall health. When gum disease is present, bacteria and inflammatory byproducts can enter the bloodstream and travel throughout the body.

In addition, poor oral health has been associated with:

- Cardiovascular disease
- Stroke
- Alzheimer's disease
- Diabetes
- Pregnancy complications

While these conditions are influenced by many factors, maintaining a healthy mouth

plays an important role in reducing overall health risks.

How to control harmful biofilm

The good news is that dental plaque is manageable with consistent daily care. Think of it as a simple but powerful way to protect both your oral and general health.

Key steps include:

- Brushing twice daily for at least two minutes
- Flossing daily to clean between teeth and along the gumline
- Cleaning dentures, retainers, and appliances regularly
- Attending regular dental visits (typically every 6 months) for professional cleaning and early detection

Professional cleans are especially important, as they remove hardened plaque (calculus) that cannot be eliminated at home. Many practices now use Guided Biofilm Therapy (GBT), such as the EMS system. This approach uses warm water, air, and a fine powder to gently remove biofilm and stains. It's effective, minimally invasive, and often more comfortable than traditional methods – while also improving clinical outcomes.

Protecting your health starts with your mouth

As research continues to uncover the connection between oral bacteria and systemic disease, maintaining good oral hygiene is no longer just about your teeth – it's about your overall wellbeing.

If it's been a while since your last clean, now is a great time to get back on track.

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Pets and others in paradise.

The bossy side of our local duck ducks.

Spend a little time near the water around Laurieton – down by the river, around the lake edges, or anywhere with a quiet patch of grass – and you'll often spot them. A pair of ducks waddling about like they own the place. And in their minds, they probably do.

Ducks may look relaxed, but during breeding season many pairs become surprisingly territorial. That peaceful couple gliding across the water or foraging on the fields can quickly turn into a pair of feathered security guards if another duck gets too close. There can be head-bobbing, chasing, wing-flapping, loud quacking and the occasional dramatic splash. It can look a bit over the top, but there is usually a good reason behind it.

For ducks, a good patch of territory means access to food, shelter and a safe place to nest. Around the Camden Haven, with its waterways, reeds, muddy banks and quiet corners, and people feeding them, there are plenty of attractive spots. But also plenty of competition. Once a pair finds a place that suits them, they are keen to keep rivals away.

The male, or drake, often plays the role of protector. He chases off other males, not just to defend the nesting area, but also to guard his mate. Female ducks invest a lot of energy in laying eggs and raising ducklings, so having a

safe space nearby can make a big difference.

This behaviour is especially noticeable when ducks are pairing up, nesting, or raising young. Which can be as early as June as well as the Spring. A pair that seemed harmless one week may suddenly become quite assertive the next. They are not being nasty; they are simply following instinct.

So next time you see a duck couple in the area acting like the riverbank is private property, give them a little space and enjoy the show. Behind all that bossy waddling is a simple mission: protect the patch, protect the partner, and raise the next generation.



Duck for cover and stop your quacking.

Down by the Camden Haven tide, where morning slips in soft and wide, a pair of ducks patrol the green, the fiercest love you've ever seen.

He waddles first with chest held high, she gives the passing mob the eye, and any drake who drifts too near is told quite plainly, "Not round here."

They own the bank, the reeds, the track, the muddy edge, the picnic crack, the shady patch beside the tree, and half the river, legally.

They grumble past the fishing boats, with ripples round their glossy coats, then circle back in perfect pairs, Camden Haven River's theirs.

In Laurieton's gentle light, their little world is worth a fight. For love, it seems, with feathered pride, needs room to paddle side by side.

So let them chase and flap and fuss, their bossy ways - no sense to us for every pair, beneath the blue, needs one small patch to paddle through.

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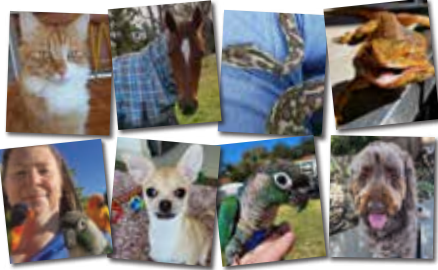


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Second Saturday of the month
Johns River Country Markets
Johns River Rd 8am - 12.30pm

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

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

Health matters.

For centuries ‘breathing’ has been a health and wellbeing secret.

by The Editor

Breathwork is gaining popularity as a simple, accessible way to support everyday wellbeing. At its heart, it is the practice of using conscious breathing patterns to calm the body, settle the mind and reconnect with how we feel. Techniques can range from slow belly breathing and box breathing to more immersive guided sessions.

9D Breathwork takes this idea a step further, combining breathing techniques with layered sound, music, guided visualisation and somatic awareness to create a deeply focused experience. It is often thought of as a way to release stress, process emotion and reset the nervous system. While some claims around breathwork should be treated carefully, notional research does suggest that slow, controlled breathing may help reduce stress, support relaxation, improve heart-rate variability and assist with blood pressure management.

For many people, the appeal is its simplicity. No special fitness level is required, and even a few minutes of mindful breathing can create a sense of pause in a busy day.

Having practised several versions myself, I can highly recommend any style, and 9D Breathwork won't let you down.



Daily Reminder

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Keeping them healthy.

The need for speed. The zoom zoom debate.

by Stacey Carol

Safety Stacey Says... All about E-Bikes, E-Scooters and the Great Zoom-Zoom Debate.

Once upon a time, if kids wanted speed, they strapped a cricket bat to a billy cart and hoped for the best. These days? We've got e-bikes and e-scooters zipping around faster than a seagull chasing hot chips at Laurieton.

Now don't get me wrong, electric bikes and scooters can be fantastic. They help people get around cheaply, reduce traffic and get more people outdoors. But as your friendly former road safety officer, I also know that when technology moves fast, safety rules sometimes struggle to keep up.

And right now, both the NSW Government and Australian authorities are trying hard to catch up.

The NSW Government has announced tougher laws targeting illegal high-powered e-bikes that behave more like motorbikes than bicycles. Police are being given powers to seize dangerous modified bikes and new safety standards are being introduced for batteries and chargers. NSW is also moving toward stricter European-style safety standards, including limits on speed and motor power.

Why? Because injuries, risky riding and battery fires are increasing. Fire and Rescue NSW has already responded to dozens of lithium-ion battery fires linked to e-mobility devices.

Now, before everyone panics and throws their e-scooter into the Hastings River...let's be sensible. Most riders are doing the right thing. Community discussions online also point out that many serious issues involve illegally modified or high-powered bikes, not standard legal e-bikes.



So what can we do as a community?

Safety Stacey's Top 5 Tips for Safe Riding

1. Wear your helmet. Every ride. Every time.

Yes, even "just down the street." Your hairstyle is not more important than your brain.

2. Buy legal, certified devices.

Cheap online bargains can become expensive very quickly if the battery catches fire in your garage.

3. Never charge batteries while sleeping.

Lithium battery fires spread frighteningly fast. Charge in open, ventilated areas away from exits and bedrooms.

4. Slow down near people and pooches.

Footpaths are for sharing, not auditioning for the MotoGP.

5. Parents - know what your kids are riding.

Some devices being sold online are illegal for public roads in NSW, even if they look harmless.

The reality is this: e-bikes and e-scooters are most likely here to stay. Like cars, bicycles and skateboards before them, they can be used safely or dangerously. The difference usually comes down to common sense, courtesy and following the rules.

And if all else fails, just remember the golden road safety rule from Safety Stacey: "Arrive alive".

Recipe Column

by Sharon Higgins



Home-made Tomato Relish

Ingredients

3 kg diced tomato
1 kg diced onion
5 tbsp salt

Cover with water and soak overnight. Drain, rinse and drain.

1 litre white vinegar
1 kg sugar
1 tbsp turmeric
2 tbsp mustard seeds
1 tsp allspice
1/4 tsp cayenne
1 tsp salt
4-5 tbsp plain flour (or cornflour if gluten free)

Method

Cook approx. 1 hour — bring to boil and then simmer with vinegar and sugar.

When thickened, add spices for 10 mins, then add flour diluted with some of the tomato mixture and add quickly off the heat. Cook for another 10 minutes. Ladle into sterilised jars and seal. Leave to cool at room temperature.

If you want the relish already made, Sharon can be found every 3rd Sunday at Laurieton Riverwalk Markets in the Short Street precinct.

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Laurieton looks to its future.

Consultation in planning is what matters most. Really!

More than 80 residents and business owners filled the Mountainview Room at Laurieton United Services Club on Tuesday night for a community forum on the Draft Laurieton Town Centre Management Master Plan.

Hosted by the Camden Haven Chamber of Commerce, the open forum gave locals a chance to discuss the future of the Laurieton CBD, from parking and access to beautification, infrastructure and long-term investment in the town centre.

While two Port Macquarie-Hastings Council staff members had been scheduled to attend, Chamber President Luke Hadfield said their attendance was cancelled on the day. Many in the room expressed disappointment, saying the meeting had offered a valuable opportunity for Council staff to hear directly from residents, businesses and community groups in an open and constructive setting.

The draft plan, now on public exhibition, sets out a proposed direction for the Laurieton town centre. Among the strongest concerns raised on the night were proposed changes to parking, including reduced spaces, timed parking and accessibility issues.

As a vision for the future, the plan had several contradictions and outdated concepts within it and the general opinion was that it was ill conceived by and lacked consultation about some geographical realities in connection with land ownership and about cost and budgetary issues, which were not a component of the draft.

Locals also spoke about the need for basic maintenance, including footpaths, streetscape improvements and regular cleaning, saying these should be treated as urgent priorities.

In response, Mr Hadfield announced the Chamber would establish a volunteer beautification task force to undertake small but meaningful projects around the town. However, he noted there were still obstacles in working with Council that would need to be resolved.



One local business owner said Laurieton remained a fantastic town, with a wide main street and a stunning mountain backdrop, but said there had been little development in the area over the past 15 years. He said beautification would be widely supported, provided Council offered clear timelines and budgets for proposed projects.

The Chamber will prepare a collective submission to Council, while also

encouraging residents and business owners to lodge their own responses through the Have Your Say website.

Mr Hadfield said consistent themes were emerging from the consultation process and that the Chamber hoped Council would genuinely listen to the concerns and ideas being put forward.

Submissions on the draft plan close at 5pm on 5 June.



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FESTIVAL

STONE
REAL ESTATE

CONCERTS: JAZZ | CHAMBER MUSIC
MUSICAL THEATRE | STRING ORCHESTRA
& A SPECIAL FILM EVENT

PERFORMANCES & PRESENTATIONS
BY LEADING AUSTRALIAN
POETS | WRITERS | COMPOSERS | PERFORMERS

JUNE 5|6|7|8 2026
LONG WEEKEND | LAURIETON | KENDALL
wordsandmusicfestival.com.au 0419 363 363



FRIDAY 5 JUNE

CURTAIN RAISER

Start the soir /film evening with nibbles and bubbly. This will follow a distinctly 1930s theme in line with the decor. The effervescent David McGowan introduces how words and music have shaped the world of movies. Highlights include a Movietone news reel, and a "surprise" rare original 35mm print movie on original projection equipment.



6.30pm

\$25pp

PLAZA THEATRE
BOLD STREET,
LAURIETON

SATURDAY 6 JUNE

OPENING & MARK TREDINNICK

Port Macquarie Hastings Mayor, Adam Roberts, with other VIP guests will officially open the festival. Followed by a **writers presentation** by Mark Tredinnick OAM. Mark... "Poetry," I once wrote, "overhears the music inside the intelligence of things."



10.00/10.30am

\$10pp

SCHOOL OF ARTS HALL
CNR BOLD & LAURIE
STREETS, LAURIETON

TRIO NOVALIS

Chamber music at its best featuring Jeanell Carrigan, Goetz Richter and Minah Choe. Program includes, Haydn Piano Trio in G major (all'Ongarese) (1795); Frank Hutchens, Trio in f#minor (1914). Antonin Dvorak, Trio e minor op 90 (1891)



2.30pm

\$30pp

SCHOOL OF ARTS HALL
COMBOYNE ROAD,
KENDALL

VIP DINNER

Dine at Fat Alberts Artisan **Dining** with some of the featured artists between the Chamber Music concert and the Musical Theatre show. Seating is limited - so first in basis. BYO.



5.00pm

\$35pp

FAT ALBERTS
ARTISAN DINING
COMBOYNE ROAD,
KENDALL

MUSICAL THEATRE

Starring theatrical singers, Narelle Yeo and Rob McDougall plus a 9 piece troupe from the Sydney conservatorium **Music Theatre** program. A selection of classic **musical hits**, with vibrant performances and possibly some surprise dancing.
Children under 16 free if with an adult.



7.00pm

\$30pp

SCHOOL OF ARTS HALL
COMBOYNE ROAD,
KENDALL

SUNDAY 7 JUNE

INGA SIMPSON

Presentation, book signing and intriguing insights into the **nature writer's world**. Inga is one of Australia's most prolific and highly regarded authors. Inga will present notations on her latest work "Once we were wildlife" which is something very special.



10.00am

\$10pp

SCHOOL OF ARTS HALL
BOLD / LAURIE STREETS,
LAURIETON

GEORGE PALMER

Former judge and now **Composer** of original works, George Palmer AM will present **words and music** accompanied by Narelle Yeo (soprano), Rob McDougall (baritone), and Jeanell Carrigan (piano). Featured songs include letters of Ned Kelly, words from Judith Wright's Stubborn Heart, and Mornings Minions - Gerald Manley Hopkins.



11.30am

\$30pp

SCHOOL OF ARTS HALL
CNR BOLD & LAURIE
STREETS, LAURIETON

KEVIN HUNT

An amazing **Jazz Collaboration** between Kevin and first nation singer Troy Russell (Biripi) and renowned vocalist Nikki Crayson. A lyric led accompaniment demonstration on selected jazz standards and selected Biripi music of the region. With discussion on semiosos and research into the concept.



3.00pm

\$30pp

SCHOOL OF ARTS HALL
CNR BOLD & LAURIE
STREETS, LAURIETON

MONDAY 8 JUNE

LUKE FISCHER

Acclaimed poet and philosopher **Luke Fischer** presents a **poetry salon** and musical journey invoking Orpheus, - the archetypal poet, musician and magus, from antiquity to the present day. The poetry of Luke's recent work A Gamble for my Daughter inspires a musical response in performances by Jeanell Carrigan (piano) and Goetz Richter (violin)



10.00am

\$10pp

SCHOOL OF ARTS HALL
CNR BOLD & LAURIE
STREETS, LAURIETON

STRING ENSEMBLE

Festival Finale: The Verbrugghen Virtuosi
This String Orchestra (resident in Sydney and directed by Goetz Richter) features some of Australia's most exciting emerging artists. Program features Jan  k's Suite for string (1877), Brophy's Cloud of Unknowing (2014) and a string orchestra version of Schubert's haunting Quartet d minor D 810 (1824) (The Death and the Maiden).



11.30am

\$30pp

SCHOOL OF ARTS HALL
CNR BOLD & LAURIE
STREETS, LAURIETON

About writers.

Writers angst. Sometimes it's not easy.

by LJ Da Silva (pictured)

I'm a little hungover and it's cold, bleak and wet outside. I also injured my finger in my workshop, so it hurts to use the keyboard.

Which I think makes it an opportune time to a scribble a little bit about the darker side of writing.

What do Ernest Hemingway, Anne Sexton, Virginia Woolf, Hunter S. Thompson and so many other authors have in common? The sad answer is that they have all committed suicide. In fact, the list of writers who have taken their own lives reads like a who's who of the literary world.

And for those who have battled severe depression, the list is even longer. Hans Christian Andersen, Mark Twain, Charles Dickens, Edgar Allan Poe, and J.K. Rowling to name but a few.

The question is... "Do you have to suffer for your art?"

Do we need to grapple with hardship, tragedy and inner demons to be able to write stories that reach out and touch the soul? Can we be happy and well-adjusted as well as being successful writers?

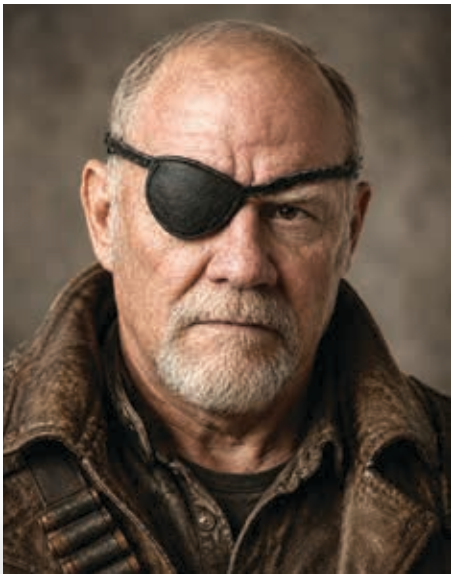
There is an unfortunate tendency to romanticise sadness and perpetuate the stereotype of the melancholy, alcoholic, suicidal writer. But the reality of depression is far less glamorous.

Everyone has been depressed at some point in his or her lives; it's both natural and healthy. But are we, as writers, able to tap unhappiness or tragedy as a resource?

I think it was the talented, yet spectacularly failure-haunted Graham Greene, who said that writers have a splinter of ice in their heart, that compels them to look, when others turn away.

In my case it was after I lost my beloved Jasmine, that I wrote a particularly tragic story of an eight year old boy, starving and filthy, making his way across the ruins of a post-apocalyptic city, while trying to care for his baby sister.

The tragedy of the story is that while



he does everything in his power to protect her; he knows in his heart-of-hearts that ultimately, he cannot save her from the inevitable.

Was this a reflection of my own feelings at the time, or could I have still written it if I had been happy and content with life, the universe and everything?

By comparison, Beethoven wrote the hauntingly beautiful and melancholy 'Für Elise' after the woman he loved had rejected his proposal for marriage and decided to marry another (richer) man.

Was this the reflection of his angst or the source of his inspiration?

If I may quote Hunter S. Thompson ... "I hate to advocate drugs, alcohol, violence and insanity to anyone, but they've always worked for me". Thompson had what many with romantic ideals might consider the perfect resumé to be a writer.

The death of his father when Hunter was young left the family in poverty and, unable to finish high school, he had the classic turbulent youth. He certainly lived his stories, to the extent of spending a year living and

riding with the Hells Angels, experiencing their lives and hearing their stories first hand, coining the phrase 'Gonzo' journalism, where the writer involves themselves in the action so much, that they become central figures in their own stories.

Yet his intake of alcohol and drugs was legendary. Was it to expand his mind, treat his depression or, like Sherlock Holmes, to help ward off the boredom that comes from an overactive mind with no outlet?

But suppose by a cruel twist of fate you're not genetically predisposed to clinical depression or some other cool mental illness (there seems to be a new one to choose from every day). Suppose your parents had torpedoed your chances of a tragic childhood by being kind and nurturing, and even more unreasonably, not dying when you were very young?

Suppose that alcohol and other mind-altering substances held no great attraction? What chance would you have of becoming a successful writer?

Or is it always there? Does the actual act of writing provide us with all the necessary trauma?

Combine erratic hours or social isolation with lack of exercise and natural sunlight, self-doubt, financial worries and the feeling that your success is in someone else's hands, and the typical stresses facing writers every day are enough to turn even the most nauseatingly cheerful Pollyanna, into a chronically bleak Eeyore.

The upside is that you are something many people cannot even dream of becoming... you're a writer. The potential for immortality is yours.

You can deal with the pain when it comes and fight through the tiredness, the sadness and rejection slips.

Then you've set yourself free to embrace the pure joy of writing and come out on the other side with an amazing story to tell.

It's a cruel world.

Editor's note: LJ Da Silva is a writer of both fiction and copy for advertising. As an expat Aussie he would have loved to attend the "Festival" as a presenter, but now living in England made it a bit of a reach. He has kindly penned this piece for us.

Garden hints.

Plants in the June winter.

The first month of winter has arrived with a shift in focus to indoor gardening.

Recent rainfall has been most welcome. Indoor plants can struggle with the heating and lack of humidity in the air. Regular misting of the foliage will help create a more humid environment.

Reduce the watering of indoor plants, ensuring no water remains in saucers.

A small feed with slow-release fertiliser will keep them happy until Spring arrives.

Avoid repotting until mid-spring. **Deciduous trees** can be a wonderful addition to our gardens, providing much-needed sun during the winter months and, of course, valuable shade for summer. The recent foliage colour is always welcome during the later months of Autumn. New season stock normally arrives during mid-June.

Rose season is now underway; winter is the perfect time to plant new Roses as well as relocate existing plants. They love a sunny position and will respond to a well-prepared soil with lots of organic compost added before planting.

Pruning of established plants is best conducted during July and early August in colder areas.

Cyclamens

are a welcome addition to the garden and make an excellent choice for indoor colour. Ensure they are situated in a well lit room, they respond to being placed outside at night to enjoy the night air. Avoid overwatering.

Perennials in flower for winter colour include Euphorbia Stardust, Bidens, Angelonias, Kalanchoe Calandiva, Pansy, Violas, Lavenders, and Cyclamen are a few to consider.

Winter Veggies: There is still plenty of time to plant our winter veggies. These include Beetroot, Broccoli, Bok Choy, Broad Beans, Cabbages, Cauliflower, Carrots, Lettuce, Onions, Peas, Snow Peas, and Silverbeet.

Both winter veggies and annuals will respond to regular applications of Powerfeed or Liquid Five in One.

Happy Growing, Malcolm McKinlay
Garden Clubs of Australia Zone Coordinator



Mal's Plant of the month

Gordonia Axillaris

Fried Egg Plant (pictured)

Originating from East and Southeast Asia, this is a beautiful, small evergreen tree or large shrub. With glossy foliage and spectacular white flowers that resemble fried eggs from late Autumn and winter.

- It can grow up to 6m high, also very suitable to grow as a hedge or feature shrub.
- Prefers full sun or part shade.
- Closely related to the Camellia, it enjoys an acidic soil with a good mulch around the base to prevent drying out.
- Feed with Organic life pellets during the spring and summer.
- It will tolerate frost and winds.

SONGS SUNG BY THE SEEKERS



Entry \$5 includes afternoon tea
Fun raffle with lovely prizes. Tickets \$2 or 3 for \$5

Laurieton Voices Choir

Laurieton School of Arts Hall
Friday 12th June at 2pm

Info: Sue 0402 204 782 - All funds raised go to the local SES



CAMDEN HAVEN
WORDS & MUSIC
FESTIVAL

STONE
REAL ESTATE

Program, performers and bookings
www.camdenhavenwordsandmusicfestival.com.au



The Camden Haven Words & Music Festival is a not-for-profit event brought to you by a voluntary committee of literature and music lovers.

Committee members are:
President: Jeanell Carrigan AM
Vice President: Olwen Williams
Treasurer: Goetz Richter AM
Literature Specialist: Diane Soloman Westerhuis
Marketing: Terence Mulligan

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WHAT'S ON

LUSC

laurieton united services club

Seymour St Ph 6559 9110 laurietonclub.com.au

BINGO GO

13TH JUNE

LAURIETON UNITED SERVICES CLUB

DRAG QUEEN BINGO

WITH TIMBERLINA

DOORS 7:00PM

SHOW 7:30PM

\$30PP

TICKETS FROM

LAURIETON UNITED SERVICES CLUB

THE JETTY

& BAR

FRIDAY NIGHTS

FRI 5TH JUNE 2026 | OPEN FROM 4PM

LIVE ENTERTAINMENT WITH CRAIG STEWART FROM 6PM

Cafe Open for Delicious Coffee & Light Bites

\$1 Oysters (Until Sold Out)

\$6.20 Tooheys Old & \$7 Guinness Schooners (Members)

\$15 Margi's Available All Night!

\$20 Antipasto for Two

KCC

kew country club

Kendall Rd Kew Ph 6559 4203

KCC

kew country club

Members

HAPPY HOUR

MONDAY-FRIDAY 11AM-12PM

MONDAY-SUNDAY 4PM-6PM

THE JETTY

& BAR

SUNDAY SESSIONS

SUN 21ST JUNE 2026 | OPEN FROM 3PM

LIVE ENTERTAINMENT WITH CHARLIE O'DERRY FROM 4PM

Cafe Open for Delicious Coffee & Light Bites

Premium Cocktail Selection

\$1 Oysters (Until Sold Out)

\$6.20 Tooheys Old & \$7 Guinness Schooners (Members Pricing)

\$20 Antipasto for Two

\$15 Members Roast Special - Available in Boardwalk Bistro from 5:30pm

LUSC

Members

\$15 ROAST SUNDAYS

AVAILABLE Every Sunday Evening

Traditional Roast Meat of the week served with roasted vegetables and rich gravy

\$15 MEMBERS

Want to upsize? Members pay just \$3 more!

SUNDAYS SPENT THE RIGHT WAY!

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!

WEEKLY

Bingo

MONDAYS 2PM \$5 PER BOOK

THURSDAYS 2PM \$5 PER BOOK

FRIDAYS 10AM \$5 PER BOOK

TUESDAY 7PM \$7 PER BOOK

WEDNESDAY 2PM \$7 PER BOOK

CASH SATURDAYS 2PM \$7 PER BOOK

ON SALE 1 HOUR PRIOR TO THE START TIME DAILY

\$2000

FRIDAY FORTUNE RAFFLE

EVERY FRIDAY

WIN Local Meat Sausages, Ham, Lambchop Steaks, Fresh & Vegetable Trays, Security Services, Wine & Spirits, Club & Tennis Club, Paint Vouchers & More!

RAFFLE ON SALE FROM 5:30PM, DRAWN FROM 6:30PM

+ PLUS JACKPOT PRIZES & SPIN THE WHEEL!

KCC

kew country club

Friday

FRIENDLY BOWLS

FUN FOR JUST \$10

EVERY FRIDAY | 9:00AM

Please contact Kew Country Club and register by 8:30am

FOR ALL ENQUIRIES: KEW COUNTRY CLUB - 6559 4203

Come along, meet new people and enjoy the morning!

What's on and gig guide.

Live music, gigs and festival events!

THU JUNE 4
(Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JUNE 5
Craig Stewart (Live Music)
Friday Nights at The Jetty
\$1 oysters. Beer Specials. \$20 Antipasto
LUSC - laurietonclub.com.au

FRI JUNE 5
Blu Hype Swing Band (Live Music)
Kendall Music Exchange
School of Arts - Comboyne Rd
Tix: \$5
kendallmusicexchange123@gmail.com

FRI JUNE 5
Reckless Duo (Live Music)
Club Lake Cathie
1609 Ocean Rd, Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JUNE 6
DJ Broox
Lake Cathie Tavern
1609 Ocean Dr, Lake Cathie
www.lakecathietavern.com.au

SAT JUNE 6
Amara Paige (Live Music)
Riverview on Camden
1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN JUNE 7
Sunday Sessions
Santa Ana Rodeo (Live Music)
Haven Ridge - 743 Ocean Dr, Grants Beach
Tix: \$10 kids free
www.havenridge.com.au

SUN JUNE 7
Sebastion Jones (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN JUNE 7
Craig Stewart (Live Music)
Lake Cathie Tavern
1609 Ocean Dr, Lake Cathie
www.lakecathietavern.com.au

THU JUNE 11
(Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JUNE 12
Laurieton Voices Concert (Live Music)
Songs of the Seekers
Laurieton School of Arts Hall
Tix: \$5 includes afternoon tea
Raffles with proceeds to the SES
Info: Sue 0402 204 782

FRI JUNE 12
Rockabillys (Live Music)
Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JUNE 13
Doors 7.00pm Show 7.30pm
Drag Bingo (18+ event)
Tix: \$30 - LUSC
https://lusc.sales.ticketsearch.com/salesevent/162125
laurietonclub.com.au

SAT JUNE 13
Besty (Live Music)
Lake Cathie Tavern
1609 Ocean Dr, Lake Cathie
www.lakecathietavern.com.au

SAT JUNE 13
Mr Wizard (Live Music)
Riverview on Camden
1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN JUNE 14
Sunday Sessions
Charlie O'Derry (Live Music)
Haven Ridge
743 Ocean Dr, Grants Beach
Tix: \$10 kids free
www.havenridge.com.au

SUN JUNE 14
Hudson Rose (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

THU JUNE 18
(Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JUNE 19
Besty (Live Music)
Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JUNE 20
Rhys Callinan (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SAT JUNE 20
Chill Factor (Live Music)
Riverview on Camden
1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN JUNE 21
Charlie O'Derry (Live Music)
Sunday Sessions
The Jetty (downstairs) at LUSC
\$1 oysters. Beer Specials, Antipasto \$20
laurietonclub.com.au

JUNE 2026

SUN JUNE 21
Sunday Sessions
DJ Fix8 and DJ low ends
Haven Ridge - 743 Ocean Dr, Grants Beach
Tix: \$10 kids free
www.havenridge.com.au

SUN JUNE 21
Pete Roberts (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SAT JUNE 21
Reuben Carr (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

THU JUNE 25
Brody Ireland (Live Music)
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI JUNE 26
Brad Lockwood (Live Music)
\$1 oysters. Beer Specials. \$20 Antipasto
LUSC - laurietonclub.com.au

FRI JUNE 26
Beau Bennett (Live Music)
Club Lake Cathie
1609 Ocean Rd, Lake Cathie
www.lakecathiebowlingclub.com.au

SAT JUNE 27
Alter Ego (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

SAT JUNE 27
Amara Paige (Live Music)
Riverview on Camden
1/3 The Parade, North Haven
www.riverviewoncamden.com

SUN JUNE 28
Sunday Sessions
Beau Bennett (Live Music)
Haven Ridge
743 Ocean Dr, Grants Beach
Tix: \$10 kids free
www.havenridge.com.au

SUN JUNE 28
Martin Becker (Live Music)
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN JUNE 28
Sebastian Jones (Live Music)
Lake Cathie Tavern
1609 Ocean Drive Lake Cathie
www.lakecathietavern.com.au

LONG WEEKEND JUNE 5,6,7,8
Camden Haven
Words & Music Festival
For a full guide see page 12 & 13.



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Haven Waters offers motel rooms & apartments
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02 6559 9303
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The LODGE: 2 large bedrooms, 2 bathrooms with A/C, WiFi and full kitchen. Sleeps up to 6.

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1121 Ocean Drive, Bonny Hills, NSW
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Camden Haven Local News

To the stars.

Sooner than we think.

For decades, the idea of humans building a city beyond Earth has lived safely in the world of science fiction, right alongside flying cars, robot butlers, and space hotels with breakfast buffets. It's been the kind of dream people talk about with a grin, as if it's always going to be "someday." But suddenly, that "someday" is starting to feel uncomfortably close.

Elon Musk recently dropped a statement that made space fans sit up straight: SpaceX has shifted focus to building a "self-growing city" on the Moon – and he believes it could happen in less than 10 years. Not a tiny research hut. Not a lonely base with a flag out front. A city. A place that can expand, support human life, and keep growing like the first seed of civilisation planted beyond Earth.

And just like that, the Moon stopped being a distant glowing ornament in our night sky and started looking a lot more like real estate.

For years, Mars has been the dream destination – the big red prize. It's always been portrayed as humanity's "backup planet," the place we might one day escape to if Earth ever becomes too crowded, too damaged, or too dangerous. Musk himself has made Mars his ultimate obsession. So why the Moon?

Because the Moon is close. It's quick. It's the kind of place you can reach without needing a full-blown epic expedition. Mars is the grand overseas adventure. The Moon is the next suburb, still strange, still wild, but close enough to send help if something goes wrong.

That closeness changes everything. It means quicker launches, faster deliveries, and a lot less waiting around. It means problems can be fixed sooner, improvements can happen faster, and progress can build momentum. In other words, the Moon is where humanity can finally stop talking about living in space and actually start doing it.



A City On The Moon

STARGAZING With Astronomer **DAVE RENEKE**

Musk says the overall mission hasn't changed – it's still about extending life beyond Earth. In his view, this isn't just about rockets and headlines. It's about giving humanity a future with options. Earth is stunning, but it's also vulnerable. History has shown that disasters can strike without warning, and the idea of having a second home suddenly doesn't sound like a luxury. It sounds like common sense.

Of course, the Moon isn't exactly welcoming. There's no air, no weather, no oceans, and no cosy little cafés serving flat whites under earthlight. The surface is harsh, silent, and coated in dust that clings to everything. Survival there won't be glamorous. It will be hard, gritty work. But that's also what makes the idea so thrilling.

A Moon city wouldn't just be a bold headline. It would be one of the greatest human "can-do" moments in history. Imagine glowing domes on the lunar surface, people working, sleeping, raising crops, repairing machines, and building a future in a place once thought impossible. Imagine stepping

outside and seeing Earth hanging in the sky like a bright blue marble. Not a photograph. Not a movie scene. Your actual view.

And perhaps most exciting of all, the Moon could be the ultimate rehearsal for something even bigger. Musk isn't abandoning Mars. He still believes SpaceX could begin building on the Red Planet within five to seven years. But the Moon offers the quicker stepping stone – a place to test systems, learn the hard lessons, and gain confidence before taking the bigger leap. It's like building your first ship for calm waters before sailing across an ocean.

The truly mind-blowing part is this. Once the first Moon city exists, everything changes. Humanity stops being a one-planet species. We become something new – a civilisation that can stretch beyond Earth and keep going.

So, the next time you look up at the Moon, don't just see a quiet silver circle. Picture it with lights. With movement. With life. Because if this vision becomes reality, the Moon won't just be something we admire from afar. It will be somewhere we live.

Want more? Visit: www.davereneke.com

TIP OF THE MONTH

PREVENTING TOOTH DECAY

Tooth decay is one of the most common dental problems, but it's preventable with these good habits:

- Brush twice a day with fluoride toothpaste to strengthen enamel.
- Floss daily to remove plaque and food particles between teeth.
- Limit sugary and acidic foods and drinks, as they erode enamel.
- Rinse with water after meals to help wash away debris.
- Visit your dentist regularly for check-ups and professional cleanings.

Small daily habits can make a big difference—protect your teeth and enjoy a healthier, brighter smile for life!

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



Laurieton Family DENTAL



Serious business doing a challenge.

Pushing upward for healing.
by Alan Taylor



The Push-Up Challenge is Australia’s largest mental health and fitness event. Mental health touches every part of our community. It affects people of all ages, from all walks of life, often in ways that are not immediately visible. A neighbour, friend, workmate, family member – or even someone who always seems to be coping – may be carrying more than we realise. That is why conversations, awareness and practical support matter.

I am taking part in The Push-Up Challenge from 3 to 25 June 2026, completing 3,307 push-ups to raise awareness and funds for mental health. The number is a sobering reminder that 3,307 people died by suicide in Australia in 2024, the most recent statistics available. As the challenge continues, my arms may get very sore, but every push-up carries a message of hope, connection and action.

The Push-Up Challenge is an efficient fundraising group doing great work, with more than 90% of funds going to the elected charities. Money raised helps support much-needed mental health services and initiatives across Australia.

Please help me reach my fundraising target and support this important cause. Donations can be made at thepushupchallenge.com.au/fundraisers/alan.taylor260051/the-push-up-challenge. To learn more or take part, visit thepushupchallenge.com.au.

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Sound Check.

Power of the cello prevails. *by Olwen Williams*

Over 100 keen concertgoers were rewarded with a rich and challenging program at Kendall School of Arts Hall on the first Sunday in May, last month, witnessing over 14 musical offerings of eclectic musical genres. The audience was thrilled and delighted at the high standard of technique and musicianship on offer.

Curated by Dr Goetz Richter AM, who is head of the violin program of the Sydney Conservatorium of Music, the program was exclusively for cello quartet. Such an interesting instrumentation, one not often seen or heard. The music was masterfully delivered by four Bachelor of Music (Instrumental) students currently in their final year at the Con. These talented young ladies held the audience spellbound for the entire afternoon – evident when the

repertoire.

As well as well-known classical music offerings the group performed music from two movies, Mancini's Pink Panther theme and John Williams' theme from Schindler's List." Popular French Classic La vie en rose was arranged by cellist Rachel Jeong herself. The most challenging piece was left until last, Polonaise de concert by David Popper who is a cello specialist, ensured that all four musicians, and their instruments were showcased to their absolute best!

The Philomusica Concert Series provides a performance platform for emerging talent, often from the Sydney Conservatorium of Music and is managed and promoted by the committee

of the Kendall National Violin Competition. These concerts help raise the prize money and costs for the violin first prize at the bi-annual National competition which occurs right here in Kendall! Cheers

audience stamped their feet and demanded an encore!

The cellists were Cadence Ing, Chae Park, Rachel Jeong and Charlotte He. They were joined on stage by Dr Jeanell Carrigan AM who offered a tasteful piano accompaniment for four of the pieces from this entertaining

for Cello Quartet for the performance.

If you are curious about finding out more about musical offerings in our region; visit www.camdenhavenwordsmusicfestival.com.au for the latest showcase of first class prose and music, scheduled for the June long weekend 2026.



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For the love of country.

No malpractice here. 2WAYFM's Mal Salter.

Mal is a proud member of the Camden Haven Country Music Association. You can hear them on Thursdays with Walk A Country Mile from midday, and again on the second and fourth Saturday of the month at midday.

Mal is also a member of the Management Committee. He has provided a few details about himself...

In the workforce he started at the bottom as a security guard in patrols and cash movement for 12 years, studied at TAFE to become an electronic engineer, ending up staying with security to become an alarm technician for over 18 years. Overall he had 30

years in the security industry and moved on to be a satellite technician.

Mal has been involved with Country Music for a number of years and has been active with Camden Haven Country Music for 16 Years and managing CHCM for the last 6 years, raising money for charities such as Westpac Helicopter, Ladies Aux, Men's Shed, Aussie Battlers and 2WAYFM just to name a few.

He thoroughly enjoys playing music with his band.

At 2WAYFM Mal brings new ideas and works hard for the organisation to move forward for the better.

And that is a good thing.



Paddle skedaddle.

The Kendall Boat Shed's May outing took the club on an enjoyable journey from Lakewood to Herons Creek, under clear skies with a light southerly breeze. There were two paddle options this month, giving members the choice between a shorter social outing or a longer challenge. The first wave of 13 kayakers hurried off at 8am from Lakewood boat ramp and in a northwesterly direction. The first kilometre of open water across Queens Lake, was covered without too much difficulty from the wind. Once

within the shelter of Herons Creek, the group travelled upstream under the watchful eyes of various white bellied sea eagles. At the 7km mark, the creek dwindled significantly, with a potent unpleasant odour. At this point, the group headed back, eventually finding a pleasant area for a good stretch and morning tea. Meanwhile, the second wave, consisting of 6 paddlers, followed at 9 am. They took

the same route with a short trip up Walkers Creek. At the 5km mark, both groups met for the return voyaged. Crossing the lake at midday was quite a bit more challenging, with the wind and swell. After a head count and loading up kayaks, the group swelled to 25 for a very pleasant lunch at Kew Country Club. Full marks to the catering staff. Next outing is Stewarts River for the first time!



by Alison Stewart

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MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SUNDAY

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

New Kids Room!



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