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Happenings on the home front.

Adaptive paragliding. The sky's the limit. by *Alison Stewart*

Wow! "Better you than I, Gunga Din"! Those were my editor's exact words when I announced I'd be paragliding off North Brother. As it turned out, I flew metres from his very roof - and, BTW, the gutters need cleaning!

After last month's article on acrobatic paramotor pilot Jeanine Glasson, I was so inspired by her journey, I took my own small step. Now, I can't empathise enough, this was nothing short of confronting a lifelong fear. I could never have imagined willingly paragliding - NEVER - and you know the rest...

Earlier, I met Dave Wainwright from High Adventure Paragliding in Laurieton. As owner and Chief Instructor of the accredited training school, Dave specialises in paragliding and paramotoring, and also offers tandem flights. He was eager to share a recent development that has opened up the sport to everyone. Really - everyone? In collaboration with the Mid North Coast Flyers and the NSWHPA (our state hang gliding and paragliding association), High Adventure now offers an Adaptive Chair - an innovation that allows people to fly securely in a carriage-style harness in tandem with the pilot.

Previous attempts by Dave and others to design and build prototypes had fallen short. But the introduction of the Adaptive Chair has been a genuine game-changer. Its acquisition was driven - or flown - by Lloyd Godson as part of his club's, the Mid North Coast Flyers, Adaptive Paragliding Initiative. Lloyd successfully secured funding for the AUD\$8,000 chair (imported from France), from the NSWHPA - what a fantastic outcome!

The results speak for themselves. One young wheelchair user, Jimmy Jan, has already completed training through High Adventure using the chair and is now a qualified paraglider pilot - an extraordinary achievement. Jimmy's journey is featured



in the link embedded in the digital version of this article. The chair makes tandem paragliding accessible to people with a wide range of physical abilities - and it doesn't discriminate, it's not limited to wheelchair users. Now, how often do you hear that? My first thought was that people needed to know about this. My second was that I should try it myself.

Tandem flights, like all paragliding, depend on the weather. While High Adventure has access to several launch sites depending on wind direction, I had my heart set on North Brother, an altitude of 476 metres. I was prepared to wait - and wait I did. Four weeks, in fact. But if conditions aren't right, it simply doesn't happen, and I can honestly say, it was well worth the wait.

Using the Adaptive Chair proved to be something of a double-edged sword. On the one hand, it offers a high level of safety, reducing the risk of stumbling during take-off and, more importantly, landing. Securely strapped in, my feet never touched the ground. The landing itself was a little bumpy, like travelling over a rough road. On the other hand though, I was so comfortable that I suspect I may have missed some of the raw thrill.

So, was it worth it? Absolutely!

For under \$300, I'll be dining out on this story for decades (meals not included). To see my birds-eye view, check out the link in the digital version of this article. And if I've piqued your interest - or you're searching for a truly memorable gift - High Adventure on 1300-610-145 may well have the answer. Just be mindful that the weather has the final say, and alternative launch sites, like Lake Cathie and Grants Headland, may come into play.

I would recommend this experience to anyone who has ever wondered whether something like this might still be within their reach - physically or mentally (fear). I certainly thought I was well past it. Now, I'm already eyeing my next adventure, though we're still talking baby steps...

Talking accessibility.

Rachael Thorpe (wheelchair bound) knows about accessibility, and there are a lot of options in our area. Her physio Bec Dalzell is a physio who owns Diverging Pathway and was the driving force behind the mobi matting at Town Beach. Bec has purchased an SUP with a seat on it for her clients to use, she also partners with a local who owns a para golfer and that is also loaned out. Bec and Rachel are also in the early days of a project to get funding and storage for sport wheelchairs. This is so users can play things like pickleball.

Nick Reginato owns Onyx Rehab Services. Nick a local OT, is refurbishing 2nd hand NDIS wheelchairs and selling them at very low cost to people who need one but don't have funding.

Rachael is setting up a chapter of The Chair Syndicate in Port Macquarie. This is a social group for wheelchair users.

The Enable Advisory Group that she is in is lobbying Council to make North Haven River Baths accessible.

Rachael would love to set up a dance troupe for wheelchair users, but that is a bit of a pipe dream at the moment. There's also an organisation that does Disabled Surfing in Port during the Summer months.

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CAMDEN HAVEN LOCAL NEWS

Cover: The kookaburra babies are growing up.

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Community Chit Chat.

Dragonboaters and an exciting purchase. by *Alvena Ferguson*

On Friday 20 March Camden Haven Dragonboaters gathered behind Laurieton United Services Club to take delivery of an exciting purchase – a brand new 20-seater Championship dragonboat!

This is the first purchase of a new boat the Club has enjoyed for many years. President Anni Yaringa said "Our Club has been fortunate to have two 20-seater boats and a 10-seater, but one of our bigger boats is very old and the other one has had several repairs. This was an expensive purchase for our Club at just under \$20,000, but our growing paddler numbers and 7 days a week training program meant we couldn't delay the purchase any longer."

Savings from conducting three months



of Sunday raffles at LUSC along with two successful annual regattas have meant Camden Haven Dragonboat Club has been squirrelling its funds away knowing this big expenditure

was looming sometime in the future. The new boat is yet to be named and a competition will be held among Club members to find the most popular and suitable name for "her".



Winter market in the Vale. by *Sharon Bain*

As autumn fades into winter, the Hannam Vale community gears up for the Annual Winter Market on Sunday, 31st May from 9:00am to 2:00pm. The event takes place at the Hannam Vale Reserve, conveniently located between Taree and Port Macquarie, only 10km off the highway on a sealed road.

Enjoy a festive atmosphere featuring over 80 market stalls, a wide selection of tasty foods – dumplings, spuds, the smokey aroma

of the sizzling BBQ, a selection of savoury foods, ice cream, and homemade cakes – barista made coffee and milkshakes. Kids can have fun with face painting, and everyone can enjoy live music throughout the day. There's also a raffle offering exciting prizes.

This market serves as more than just a day out; it's an essential fundraiser supporting the upkeep and improvement of the Hannam Vale Reserve and Pavillion, both treasured community spaces open to all. Whether you're

from the area or visiting, join us to celebrate and help this wonderful community initiative thrive.

Located at 1155 Hannam Vale Rd, Hannam Vale. Pets are welcome but please keep them leashed.

See you at the Hannam Vale Winter Market!



MBF AOK.

On the Mid North Coast, the Micro Business Forum is quietly becoming one of the region's most valuable meeting places for small operators with big ideas. Bringing together business owners from Port Macquarie, Camden Haven and surrounding communities, the forum creates space for connection, collaboration and practical support. From home-based creatives and market stallholders to consultants, tradies and wellness providers, members share stories, challenges and real-world advice. It is less about glossy speeches and more about genuine local networking, encouragement and growth. In a region where relationships matter, the forum helps people build confidence, find referrals and feel less alone in business. With its grassroots spirit and community focus, the Micro Business Forum reflects the energy, resilience and entrepreneurial heart through connection.

May's events are; Coffee Connect Thursday 14 May, 10am, at Blooms Cafe, Port Macquarie, and Forum Meeting Wednesday 20 May 5.30-7.30pm - Techy Tips, Charles Sturt Uni. Contact Glenda on 0428 858 292.

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Community Chit Chat.

by Dianne Solomon Westerhuis

Beach to beach. And back again. Nature and history.

As usual I have been exploring our very special little part of the world called Camden Haven, looking for nature walks of local interest, especially for painting and writing.

Before attending a meeting at Laurieton United Services Club on 31st March, I explored the newly opened section of the Beach to Beach project at Dunbogan. The section includes a walkway out over the mangroves, looking across the water. It is a terrific place to spend time in nature, which is good for the mind and beneficial for your health. You can look down into the crystal clear water, where the mangroves support a wonderful array of creatures, a thriving nursery for many species. When I visited, kids were fishing, the swans were gliding around a short way off, I could see a stingray in the shallow water next to seagrass, and fish were abundant. The walkway is just one of the highlights of the extended walk around the inlet, which links the North Haven breakwall around to Laurieton and across the bridge to Dunbogan (so far). The aim of this community-driven project is to complete the continuous pathway for walkers and cyclists, and of course wheelchair users, to extend the walkway as far as it can go to Pilot Beach.

The committee has been instrumental in completing eight sections through Dunbogan with only three left to link the whole walkway,

to complete the 11km length.

The meeting at LUSC was an attempt to raise interest, awareness and funding for the completion of the project. It was very well attended, depicting the level of interest since work on the pathways began. After brief introductions from everyone, and an overview of the project, questions were taken by representatives of Council including the Mayor, our local member Rob Dwyer and others, moderated by the Beach to Beach Committee President Penny Small. Other committee members were there, including Vice President Murray Rutledge, Treasurer Mary Laing and members Dave Napper, Peter Laing, Marg Howard and Phil King.

I had a chat to Mary Laing, who filled me in on some of the background to the project. The committee was originally formed in 2014 by Andrew and Nette McCoubrie from Dunbogan boatshed. Since that time eight sections have been completed, with many willing volunteers working on the project and raising funds to continue the works. However the history goes back even further.

I also spoke to one of the older locals who could be said to have initiated the whole idea.

When I first met Wayne Twomey I already knew his name from reading local history. The Twomey family were local pioneers, the large family settling on a property called 'Humbug' on Watson Taylor Lake. You can read about Humbug in a book 'Life at Humbug' by Jan and Kevin Mitchell found at



The new section getting lots of use

the Camden Haven Museum. The many Twomey children of the family took up various occupations across Camden Haven as fisherman, boat builders, tradies and puntsman (before Dunbogan bridge was built in the 1960s). Wayne was a tradie who started a tour company, and he travelled a lot. He was particularly impressed by the walkways around Darwin, which he visited in 1986. When he returned to Camden Haven he proposed a walkway from the newly constructed marina to Henry Kendall Reserve, which gained support from local Rotary, Lions and Apex clubs, and the Laurieton School, who wanted bikeways for the schoolchildren. The construction of that pathway was begun in 1990. The initial pour was done by volunteers using cement donated by Wayne. When I asked Wayne about the mission he was on to get the pathway built, he told me: 'It's wonderful to leave a legacy for people to enjoy'. I am sure that all those volunteers working so hard for our Beach to Beach would agree.

Note: after the 2021 floods, Nette McCoubrie would go on to win a NSW Premier's Award and Rob Dwyer, then Manager of LUSC and supporter of the Beach to Beach, was awarded the NSW Community Service Award, for their work in a time of crisis.



The official opening of the most recent section

Bike safety and bicycle education program.

by Alison Stewart

Better By Bicycle Port Macquarie (BBBPM) continues to play an active role in our community. Not only did they attend the recent B2B meeting in Laurieton but I found this informative post on their FB page, children's safe cycling practices. Now, I fully embrace the idea of kids cycling, particularly to and from school. Not only is it excellent exercise but it builds independence and a sense of responsibility. I would like to think it remains a right of passage, but that passage has to be a safe one. Therefore, BBBPM promoting this information is beneficial to us all. There is a new free Bicycle NSW Bike Education Program.

It's a free online program designed to help

students learn safe cycling skills. Students can complete the program on their own, in partnership with a parent/guardian or in a group classroom setting.

The program covers important aspects and also provides practical tips and information to improve rider experience and safety. It is designed for all bicycle riders (including e-bikes) and there is a simplified version available for primary-aged students. Any questions, please reach out to the Bicycle NSW team info@bicyclensw.org.au or 02 9704 0800.

Parents of kids that ride – don't be afraid to let your child's school know about this program. Schools getting on board will make our kids safer on the road.



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Community Chatter.

A star to perform here at the Words & Music Festival.

by Olwen Williams



A major highlight of the Camden Haven Words & Music Festival will be a presentation by composer **George Palmer AM** on Sunday, June 7 at 11.30am in Laurieton Hall.

This memorable event will feature **George Palmer AM** in person, introducing his own compositions, performed live by acclaimed singers **Narelle Yeo** and **Rob McDougall**. The performance of poetry and art songs will be directed by pianist **Dr Jeanell Carrigan AM**. Audiences can look forward to works inspired by Australian poet **Judith Wright**, an original composition drawn from **Ned Kelly's letters**, and poetry by **Gerard Manley-Hopkins**.

Songs will be taken from *The Stubborn Heart* (for soprano and piano) using six poems by Judith Wright. The work traces a journey through life, touching on youthful curiosity and rebellion, motherhood, connection to the Australian landscape, and the acceptance of old age.

Letters from a Black Snake, is drawn from actual letters of Ned Kelly. This piece was commissioned by Ernst & Young for a Sidney Nolan perspective. The work explores Ned Kelly's life from age 15 to his final hours,

revealing his intelligence, poetic nature and rage.

Morning's Minion is composed to poems by English poet Gerard Manley-Hopkins.

George Palmer graduated in Arts and Law from Sydney University in 1970 and went on to a distinguished legal career, later serving as a Judge of the Supreme Court of New South Wales from 2001 to 2011. At the same time, he continued to develop his remarkable gift for composition.

His music came to wider public attention in 2003, leading to an *Australian Story* feature, an ABC FM live broadcast, and the release by ABC Classics of his CD, *Attraction of Opposites*. Since then, he has received many major commissions, including the Papal Mass for World Youth Day 2008 in Sydney.

Palmer also composed the acclaimed opera, *Cloudstreet*, by Tim Winton, and is currently receiving critical praise for his Australian opera *The Drover's Wife* scheduled for presentation by the Australian Opera at Sydney Opera House on August 7-15.

The committee of the Camden Haven Words & Music Festival is delighted that George Palmer will appear in person at this auspicious inaugural festival.

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Pets and more in paradise.

Where the wild things are. And the not so wild.

On our Mid North Coast, birdlife through autumn and into winter stays active, especially around towns, farms and suburban backyards where native birds have adapted well to people. Kookaburras, lorikeets, cockatoos and galahs are all familiar sights, and human feeding has played a part in changing their habits.

Kookaburras are often seen around homes, fences and picnic areas, especially where people offer them mince or scraps. While many enjoy the close contact, this is not ideal for the birds, as hand-feeding can make them dependent and gives them food that does not meet their nutritional needs. Even so, they remain bold and opportunistic, taking insects, worms, small reptiles and sometimes food left out by people.

Rainbow lorikeets are particularly noticeable at this time of year, moving through flowering trees and gathering in noisy numbers around gardens and parks. In our region they are common visitors to our yards, especially where householders put out seed or sugary mixtures. This feeding encourages large flocks and can increase competition with other native birds.

Sulphur-crested cockatoos are intelligent,



noisy and highly adaptable. They are often drawn to human settlements by easy food sources, from bird feeders to fruit trees, open bins and hand feeding. Galahs also benefit from cleared land and grassed areas, eating seeds on roadside verges, paddocks and parks.

Autumn and winter are good seasons to observe these birds closely, but they also show how strongly bird behaviour is shaped by human activity. In the Camden Haven, the relationship between people and birdlife is now part of our story.



The great heist.

A kookaburra named Kev lived high where branches sway, and every single morning he laughed the dawn away.

He sounded so conceited, so pleased with every sound, the magpies rolled their eyes at him and fluttered off around.

One day he spied a picnic beneath his lofty seat a rug, a plate, a sausage roll, and many things to eat.

"To think," said Kev, "these humans have laid this out for me. Such kindness is uncommon, but lovely still to see."

He swooped down like a rascal, all feathers, beak and brag, and in a flash he pinched himself a juicy, sizzling snag.

The children squealed with laughter, the dog began to bark, while Kev flew to a high gum branch and vanished from the park.

So when a kookaburra starts cackling in a tree, don't think it's just the sunrise he's mocking you, with glee.

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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



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Health check.

Food allergies. It's not just being fussy. Always ask. Always tell.

by Stacey Carol

Food Allergy Week, 24-30 May, shines a spotlight on the growing number of Australians living with food allergies. More than 1.5 million Australians are affected and hospital admissions for anaphylaxis have increased significantly over the past decade (Allergy & Anaphylaxis Australia; National Allergy Council).

This year's theme, "When eating out: Always Ask, Always Tell" encourages open communication between diners and food service staff. Whether you're ordering a takeaway in Kendall, enjoying a meal at (my favourite café) Piece of Mind in North Haven, or grabbing a snack at Laurieton market, asking about ingredients and cross-contamination can prevent serious reactions. For those with allergies, speaking up is essential and for businesses, having clear processes in place helps everyone feel safe and included. I am sending out a special plea to all food businesses to be patient and courteous to those patrons with food allergies. It is not something people choose and they are not just



being fussy - so please be aware, or teach your staff, that even just a hint of one ingredient can be life-threatening.

I asked Amy, from Piece of Mind Café, what importance they place on teaching their staff to be allergy aware. She said: "We place utmost importance on allergy training because the safety and trust of our customers is non-negotiable, and even small mistakes can have serious consequences. Every team member is thoroughly trained to understand allergens, prevent cross-contamination, and communicate clearly, ensuring every customer feels safe, respected, and cared for which is what we are about."

Allergy week is a great time for parents to inform themselves, and teach their kids, how to recognise symptoms such as hives, swelling or breathing difficulty and adults can check that their adrenaline pens are in date. Even small steps, like reading labels carefully or wiping down surfaces before preparing food, help create a safer community for all of us.

I always recommend attending regular First Aid Training - every 3 years - to know

what to do in an anaphylaxis emergency. At the very least you can learn about anaphylaxis management online for free: <https://allergyfacts.org.au/resources/downloads/videos/>

What would you do if you saw someone having a major food reaction? Firstly try and keep calm. The person having the reaction may be well versed in giving themselves adrenaline, so ask them. It is very important not to let the person stand up.

That's my safety advice for this month. Is there a safety topic you would like addressed? Write to the Editor for any requests and I will do my best to address them in future articles.

Hands on health.

Phoebe Stubbs, a first-year nursing student, and Sophie Cheers, a third-year physiotherapy student, both from Charles Sturt University, are gaining valuable practical experience while contributing to patient care in the clinical setting of Coastline Chiropractic Centre where this next generation of health professionals are being supported.

This initiative highlights the centre's commitment to mentoring emerging professionals through hands-on learning, leadership, and community connection. Clinic director Darren Gray said supporting local students helps bridge the gap between study and practice while building confidence and clinical insight.

Sophie Cheers said the experience has strengthened her understanding of patient care and professional practice as she prepares to enter professional physiotherapy.

First steps for someone experiencing anaphylaxis

1. **Recognise anaphylaxis symptoms**, it may be just one of these:
 - Difficult or noisy breathing
 - Swelling of the tongue
 - Swelling/tightness in the throat
 - Wheeze or persistent cough
 - Difficulty talking/hoarse voice
 - Dizziness, collapse, or becoming pale and floppy (in children)
2. **Call 000 for an ambulance.** Say "Anaphylaxis reaction"
3. **Do NOT let them stand up**
4. **Use an adrenaline auto-injector** (EpiPen/Anapen etc.)

More information:

- Allergy & Anaphylaxis Australia (official Food Allergy Week site): <https://allergyfacts.org.au/faw>
- National Allergy Council: <https://foodallergyaware.org.au>

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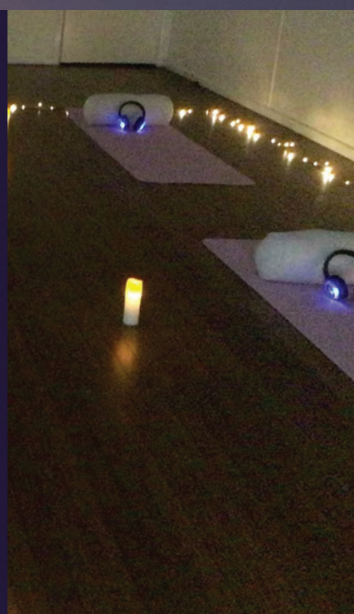
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Our journeys are aimed to let you relax and feel relief over your emotions through a guided session.

We love working with members of the community from all walks of life who all share the common goal of enhancing their mind, body, and soul.



Awaken Your Inner Self.

Bali was the birthplace of 9D Breathwork. A transformative experience that shows how raw, open, and life-changing conscious breathing can be. Whether you're new to breathwork or rediscovering yourself, your breath is your guide – from your first inhale to your last exhale. It's never too late to reconnect.

Why Breathwork?

Your breath is always there for you – energising, supporting, and sustaining. By consciously changing how we breathe, we can reset the nervous system, release emotional blockages, reclaim peace and presence, and reignite our vitality. Life brings challenges, but the breath helps us shift from fight or flight to rest and digest. It's not about age or experience – it's about showing up and breathing deeply.

The 9D Experience

Slip on your headset and enter a multi-dimensional soundscape of binaural beats, immersive frequencies, and guided somatic exploration. Each journey is uniquely yours – no forms, no expectations, just presence. Let go, feel, release, and emerge lighter, clearer, and profoundly connected.

Integration & Renewal

After the deep dive comes the calm – gratitude, stillness, and awareness. You'll notice the quiet: no mental chatter, no heaviness – just you, fully reclaimed.

Experience the Magic of Breath

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

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

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

By consciously changing how we breathe, we can:

- Reset the nervous system
- Release emotional blockages
- Reclaim peace and presence
- Reignite our vitality
- Achieve mental and emotional balance

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

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

Sessions and Locations:

Jubilee Hall, Dunbogan

Every Month - Every Full Moon

FRIDAY	1st MAY	6-8pm
SUNDAY	31st MAY	4-6pm
MONDAY	29th JUNE	6-8pm
WEDNESDAY	29th July	6-8pm
THURSDAY	27th AUG	6-8pm
SATURDAY	26th SEPT	4-6pm
SUNDAY	25th OCT	4-6pm
TUESDAY	24th NOV	6-8pm
WEDNESDAY	23rd DEC	6-8pm

St.John's Hall, Taree

Saturdays 9-11am

9th MAY	12th SEPTEMBER
20th JUNE	10th OCTOBER
11th JULY	21st NOVEMBER
15th AUGUST	12th DECEMBER

The Hemporium, Newcastle

thehemporium.com.au

87 Young St, Carrington, Newcastle

SATURDAY	2nd MAY	8am
SATURDAY	6th JUNE	8am
SATURDAY	4th JULY	8am

"Having experienced this technique, I can highly recommend giving it a try. A real eye opener!"

The Editor



To book a Journey:
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For more info visit:
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served with crispy bacon, poached egg, grilled sausage,
grilled tomato served with house made hollandaise sauce
and a leafy salad

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Croissant pressed and toasted topped with smashed
avocado, poached egg, arugula salad finished with freshly
grated grana Padano cheese

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eggs topped with zaatar, persian fetta and a side of toasted
sourdough

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ON



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MAY 2026

What's on and gig guide.

Live music, gigs and special events!

FRI MAY 1 6.30pm
Andrew Levers (Live Music)
 Kendall Music Exchange
 School of Arts - Comboyne Rd
 Tix: \$5 kendallmusicexchange123@gmail.com

FRI MAY 1 6.30pm – 9.30pm
Cotton Sax & Strings (Live Music)
 Club Lake Cathie
 1609 Ocean Rd, Lake Cathie
 www.lakecathiebowlingclub.com.au

SAT MAY 2 7.00pm
 (Live Music)
 Lake Cathie Tavern
 1609 Ocean Dr, Lake Cathie
 www.lakecathietavern.com.au

SAT MAY 2 5.00 - 8.00pm
Chill Factor (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
 www.riverviewoncamden.com

SUN MAY 3 2.00pm Concert
Philomusica Concert
Beauty and Power of the Cello
 Kendall School of Arts Cost \$35
 Ticketing: Olwen Williams M 0419 363 363
 www.kendallviolin.org.au

SUN MAY 3 Open 3.00pm
Craig Stewart (Live Music) 4.00pm
Sunday Sessions
 The Jetty (downstairs) at LUSC
 \$1.50 oysters. Beer & Cocktail Specials
 laurietonclub.com.au

SUN MAY 3 1.00pm - 5.00pm
Sunday Sessions
DJ Nathan Healey & Mark Spence
 Haven Ridge - 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
 www.havenridge.com.au

SUN MAY 3 1.00pm – 4.00pm
Sebastian Jones (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU MAY 7 6.30pm – 9.30pm
Charlie O'Derry (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
 www.clubnorthhaven.com.au

FRI MAY 8 6.30pm – 9.30pm
The Possum Scratchers (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
 www.lakecathiebowlingclub.com.au

SAT MAY 9 7.00pm
Besty & Andy Duo (Live Music)
 Lake Cathie Tavern
 1609 Ocean Dr, Lake Cathie
 www.lakecathietavern.com.au

SAT MAY 9 5.00 - 8.00pm
Anthony Staines (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
 www.riverviewoncamden.com

SUN MAY 10 1.00pm – 5.00pm
Sunday Sessions MOTHERS DAY
Cassie Rose & The Sol Garden (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
 www.havenridge.com.au

SUN MAY 10 1.00pm – 4.00pm
Zoe Rain (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU MAY 14 6.30pm – 9.30pm
Rock N Mash (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
 www.clubnorthhaven.com.au

FRI MAY 15 6.30pm – 9.30pm
Chill Factor (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
 www.lakecathiebowlingclub.com.au

SAT MAY 16 7.00pm
DJ FIX8
 Lake Cathie Tavern
 1609 Ocean Drive Lake Cathie
 www.lakecathietavern.com.au

SAT MAY 16 5.00 - 8.00pm
Amara Paige (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
 www.riverviewoncamden.com

SUN MAY 17 Open 3.00pm
Brad Lockwood (Live Music) 4.00pm
Sunday Sessions
 The Jetty (downstairs) at LUSC
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SUN MAY 17 1.00pm - 5.00pm
Sunday Sessions
Rhys Callinan (Live Music)
 Haven Ridge - 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
 www.havenridge.com.au

SUN MAY 17 1.00pm – 4.00pm
Brody Ireland (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU MAY 21 6.30pm – 9.30pm
Brody Ireland (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
 www.clubnorthhaven.com.au

FRI MAY 22 Open 4.00pm
Ann Woodland (Live Music) 5.00pm
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FRI MAY 22 6.30pm – 9.30pm
Cant Adult Today (Live Music)
 Club Lake Cathie
 1609 Ocean Rd, Lake Cathie
 www.lakecathiebowlingclub.com.au

SAT MAY 23 7.00pm
Sebastian & Reuben Duo (Live Music)
 Lake Cathie Tavern
 1609 Ocean Drive Lake Cathie
 www.lakecathietavern.com.au

SAT MAY 23 5.00 - 8.00pm
Chill Factor (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
 www.riverviewoncamden.com

SUN MAY 24 1.00pm - 5.00pm
Sunday Sessions
Besty (Live Music)
 Haven Ridge
 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
 www.havenridge.com.au

SUN MAY 24 1.00pm – 4.00pm
Martin Becker (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

THU MAY 28 6.30pm – 9.30pm
Max Marvel (Live Music)
 Club North Haven
 1 Woodford Rd North Haven
 www.clubnorthhaven.com.au

FRI MAY 29 6.30pm – 9.30pm
Stevie B (Live Music)
 Club Lake Cathie
 45 Evans Rd Lake Cathie
 www.lakecathiebowlingclub.com.au

SAT MAY 30 7.00pm
Besty & Andy Duo (Live Music)
 Lake Cathie Tavern
 1609 Ocean Drive Lake Cathie
 www.lakecathietavern.com.au

SAT MAY 30 5.00 - 8.00pm
Sean Mandala (Live Music)
 Riverview on Camden
 1/3 The Parade, North Haven
 www.riverviewoncamden.com

SUN MAY 31 Open 3.00pm
Tommy Memphis (Live Music) 4.00pm
Sunday Sessions
 The Jetty (downstairs) at LUSC
 Beer & Cocktail Specials
 laurietonclub.com.au

SUN MAY 31 1.00pm - 5.00pm
Sunday Sessions
Pure Acoustic (Live Music)
 Haven Ridge - 743 Ocean Dr, Grants Beach
 Tix: \$10 kids free
 www.havenridge.com.au

SUN MAY 31 1.00pm – 4.00pm
Al McLeod (Live Music)
 Moo & Bean Kitchen & Bar
 613 Ocean Dr North Haven

Banging birthday bash.

Celebrating year one's success with pizzazz.

by Olwen Williams

Congratulations to Paul Mansfield and Tamara Grieve for reaching the milestone of the First Birthday of popular local destination, Haven Ridge. Situated between Bonny Hills and North Haven, this unique venue has sweeping rural and ocean views. Once you have visited you are sure to return for the "get-away" feel yet, so close to home!

Saturday March 21 saw "The Ridge" come of age with a private First Birthday Party where Paul and Tamara wanted to say thank you to all of those people who have supported them on this journey. It really is amazing what they have achieved in just one year!

Guests included family who came from near and far, friends, colleagues, contractors and DJ Luke Cousins to keep things lively. Chef Drury had the night off with the food being done by Char Bar serving up smoked chicken canapés, prosciutto rolls, caramelised onion and goats' cheese tartlets and my favourite cheesy arancini balls with a gooey centre!

The Veuve kept flowing through until sundown when guests were invited to proceed up to the main functions room, aptly named, the Barrel Room. Here Paul and Tamara shared all the ups and downs of their first year to the opening of the doors of Haven Ridge. Telling the guests of the adventures



Previous land owner Bob Bucton with Tamara and Mary Anne Crown

it took to becoming an open-to-the-public venue, by sharing a video highlighting achievements and challenges.

The staff of Haven Ridge all spoke of how they are treated like family and it was evident from personal accounts that this unique venue holds a special place in the hearts of all who are lucky enough to work here.



Paul & Tamara

Any big birthday celebration would not be complete without fireworks, so all returned to the Ridge Room and Terrace in anticipation for the big show. No-one was disappointed as I would have to say that the fireworks display was so impressive – loud, light and long, that it was far more spectacular than some New Years' Eve displays that I have seen.

Having been invited to join in this joyous occasion was an absolute pleasure to be included for this writer (and boss) and made us feel very special indeed.

Bravo on creating such a unique destination venue for our region, whether it is for a quick drink, pizza night, sumptuous dinner or a Sunday Session with live music. Take my advice and visit soon – you can always book a cabin to make your stay even more meaningful. Hope to see you there soon!

Recipe Column

by Olwen Williams

Eggplant with your eggplant!

EGGPLANT Fritters with AJVAR

INGREDIENTS

AJVAR

1 x medium eggplant (aubergine)
2 x red capsicums – seeded & halved prior to roasting
¼ cup Extra Virgin Olive Oil (I use Greek)
Generous grind of pink Himalayan salt
2 x cloves of garlic crushed
1 x Tbsp balsamic vinegar

FRITTERS

1 x large eggplant (aubergine)
Generous grind of pink Himalayan salt
½ cup of plain flour - seasoned
2 x eggs lightly whisked
1 cup breadcrumbs (I use wholemeal sourdough whizzed up in the food processor at home to form fine crumbs)
Lemon slices to serve.

METHOD - AJVAR

Place eggplant & capsicums on a baking sheet and bake at 250 degrees until eggplant is collapsing and the capsicums' skin has lightly charred.
Place capsicums in a bowl and cover with plastic wrap for 10 mins. This will make them easier to peel.
Place capsicums in a food processor bowl once cooled and peeled and the scooped out flesh from eggplant. Discard skin as it will make the sauce too bitter.
Add all other ingredients and blitz until a fine paste is formed. Store in sterilised glass jar.

METHOD - FRITTERS

Slice eggplant into 2cm rounds. Place on a large board and sprinkle with salt. Rest for 20 mins.
Pat dry with paper towel and then dip into seasoned flour, then egg, and finally breadcrumbs.
Refrigerate for 30 mins to firm up.
Heat rice bran oil until a cube of bread browns in 10 seconds.
Shallow fry crumbed eggplant discs in batches.
Drain on paper towel and serve immediately with a slice of lemon and chilled Ajvar.

TIP OF THE MONTH

UNDERSTANDING TOOTH SENSITIVITY

Tooth sensitivity is common and can cause discomfort when eating, drinking, or brushing. It happens when the protective layers of the teeth are worn down or when nerves are exposed.

Common causes include:

- **Tooth decay:** Cavities exposing the tooth's inner nerves.
- **Thinning enamel:** from hard brushing, acidic foods, or grinding.
- **Gum disease:** Inflammation or infection heightens tooth reactivity.
- **Gum recession:** Exposed tooth roots that lack protective enamel.
- **Cracked or chipped teeth:** Damage that allows stimuli to reach nerves.



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DENTAL



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Garden hints.

The blooming buds of May.

May heralds the final month of Autumn, with the days shortening and temperatures dropping, there are still lots to be enjoyed in the garden.

Falling autumn leaves can be collected and used as a great mulch for our gardens. I find that if possible, collecting them and mulching them with the lawnmower helps to break the leaves down, and this is a wonderful soil conditioner.

Camellias are starting their flowering season now; they are perfect for growing as a hedge, or in pots, and give our gardens some colour throughout the winter months. Sasanquas will tolerate full sun or part shade; Japonicas prefer protection from summer sun. If planting into a pot, use Azalea & Camellia potting mix. Having shallow root systems, they respond to a good mulch around their roots. And feed with a slow-release fertiliser.

Lilium bulbs can be planted now; these bulbs love acidic soil and grow best in morning sun and filtered afternoon sun.

New season potatoes can be planted now. Ensure they are planted in a sunny position with well-draining soil. The addition of compost and well-rotted manure will ensure they are off to a great start.

Dahlia bulbs have been stunning

throughout summer and autumn, and now is the perfect time to prune tubers down and lift if needed. Agapanthus, Liriope and Clivias can all be divided now as well.

Winter Vegies can still be planted, these include Broccoli, Beetroot, Brussels sprouts, Cauliflower, Cabbage, Carrots, Peas, Snow Peas, Broad Beans, Lettuce, Onions, Spinach, Swede, and Turnips.

Always ensure the ground is well prepared with well-rotted manure and compost prior to planting.

There's nothing more enjoyable than homegrown citrus. Winter is the ideal time to plant; those with limited space can consider growing Dwarf Varieties. These are perfect for growing in containers too. Grafted varieties will produce fruit in the first season. Always plant into a Fruit and Citrus planting mix if growing in containers. If planting into the garden, ensure well-drained soil with plenty of old compost added to the planting hole.

Roses, the new season normally commences in June. Now is the ideal time to prepare the new rose garden. Choose a sunny location with well-drained soil. Prepare soil with plenty of well-rotted manure and compost. Allow the soil to rest before planting the new season's plants.



Mal's Plant of the month

Mandevillas (pictured)

- Thrives in a full sun position.
- Well-drained soils.
- Perfect for pots and hanging baskets.
- Protect from cold winds during the winter months.
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Happy Growing, **Malcolm McKinlay**

Garden Clubs of Australia Zone Coordinator

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whats on MAY



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BAR & GRILL + TUNES

SUNDAY BRUNCH 10-11.30am

+ BOTTOMLESS MIMOSA'S

SUNDAY SESSIONS 12-5pm

BAR & GRILL + LIVE MUSIC

3rd DJ Nathan Healey & Mark Spence

10th Cassie Rose & The Sol Garden

17th Rhys Callinan

24th Besty

LIVE
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Why is it so?

Questions of space.

What is a Blue Moon?

Look up on a clear night and you're staring into a story that never really ends – just keeps adding chapters. The so-called "Blue Moon" is one of those curious moments. Despite the name, it's usually not blue at all. It simply refers to the second full Moon in a single calendar month, something that happens every few years because the Moon's cycle doesn't neatly match our months. The phrase itself hints at rarity, though on very unusual occasions, airborne dust from volcanic eruptions or bushfires can tint it faint blue.

What is a morning star or an evening star?

Those bright "stars" near sunrise or sunset aren't stars at all, but planets – most often Venus – shining so strongly they outshine the real stars. Sometimes Jupiter or even Mars takes the role. Depending on where they sit in their orbit, they appear either just before sunrise or just after sunset, swapping roles over time like cosmic performers changing costumes as they circle the Sun.

What are meteor showers and shooting stars?

If you've ever seen a "shooting star," you've witnessed something fleeting and dramatic. These streaks of light are tiny bits of space debris – meteoroids – burning up as they slam into Earth's atmosphere at tremendous speed. When Earth passes through a trail of debris left behind by a comet, we get a meteor shower. The streaks appear to radiate from a single point in the sky, giving each shower its name, but in reality, they're parallel tracks lighting up our atmosphere.

Why is there sometimes a ring around the Moon?

That halo you sometimes see isn't magic, it's moonlight bending through ice crystals high in the atmosphere. These thin cirrus clouds act like tiny prisms, focusing light into a glowing ring. Old weather folklore says a ring means rain is coming, and often it's right – those clouds frequently arrive ahead of a change in weather, quietly signalling a shift in the atmosphere.



STARGAZING With Astronomer DAVE RENEKE

Why do we always see the same side of the Moon?

The Moon is locked in a gravitational dance with Earth. It spins at exactly the same rate that it orbits us, meaning one side always faces our direction. This effect, called tidal locking, happened over immense stretches of time as Earth's gravity gradually slowed the Moon's rotation until both motions matched perfectly.

Why does the Moon have phases?

The Moon doesn't change shape – we're simply seeing different portions of its sunlit half as it moves around Earth. As it travels in its orbit, the angle between the Sun, Earth, and Moon shifts, creating the familiar cycle from new Moon to full Moon and back again. It takes about 29.5 days to complete this cycle, slightly longer than its orbital period due to Earth's own motion around the Sun.

Why the Moon looks bigger at the horizon?

That oversized Moon rising near the horizon isn't actually larger. It's your brain playing tricks, comparing the Moon to trees, buildings, and landscapes rather than the empty sky. This "Moon illusion" has puzzled observers for centuries and remains one of the simplest yet most striking examples of how human perception can reshape reality.

Why do stars twinkle?

Stars flicker because their light is distorted as it passes through Earth's restless atmosphere. Tiny shifts in air temperature and movement bend the light slightly, making stars appear to dance and sparkle. Planets, being slightly larger in appearance, don't twinkle as much, often shining with a steadier glow – an easy way to tell them apart.

Who invented the telescope?

The telescope's origins are a bit murky, with several claims from Europe in the early 1600s. But its true impact is crystal clear. When Galileo turned one skyward in 1609, he revealed moons orbiting Jupiter and phases of Venus – observations that challenged long-held beliefs and launched modern astronomy.

How big and old is the universe?

Behind all this lies a universe of staggering scale – about 13.7 billion years old and filled with tens of billions of galaxies. Each galaxy holds billions of stars, many with their own planets. The distances are so vast that the light we see from distant galaxies began its journey long before Earth even existed.

So next time you glance upward, remember: The night sky is full of illusions, patterns, and ancient light – quietly reminding us just how small, and how curious, we really are.



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2.00pm Concert Commences

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THE WORLD SETTLERS, a compilation of Astraeus and Eternum, is a thrilling blend of adventure, murder mystery, and intriguing sci-fi ideas. It is a genuine page-turner, packed with suspense, danger, and big-concept storytelling.

Set in a future where humanity has spread across the Orion Arm of the Milky Way after losing its cradle, the story unfolds in the uneasy peace of the Commonwealth. The giant world-settling starships of old have been brought back into service, and the Astraeus begins its voyage to seek new worlds at the centre of the galaxy.

Before long, the journey takes a dark turn. What follows is a tense race against time as passengers struggle to uncover a killer and save the ship from disaster.

As the mystery deepens, it becomes clear that nothing aboard this World Settler is quite what it seems. Secrets, conspiracies, and unexpected revelations draw The main character and her new companions into

events that could change the galaxy forever.

This story delivers a rollicking science-fiction adventure with strong mystery elements and plenty of twists to keep readers engaged.

A book that will appeal to fans of space opera, suspense, and imaginative futuristic worlds. In the words of a Hugo Award finalist, Sean McMullen, "Mulligan draws you into his future with convincing and technical detail. A compelling read."

Author Callan J.

Mulligan's books are available on Amazon and other major book sites. His other works include *Mind of His Own* and the children's book *Charlotte & the Skyfaller*.

TIME & MOTION is a selection of Julian Croft's poems from the 1970s to the 2020s. Julian Croft was born and educated in Newcastle, NSW, and many of his poems are about that locality and its history. In what is novel for a publication

in Australia, in the back of the book are QR codes which take you to sound files of the poet reading selected poems. His poems were first published by Max Harris and

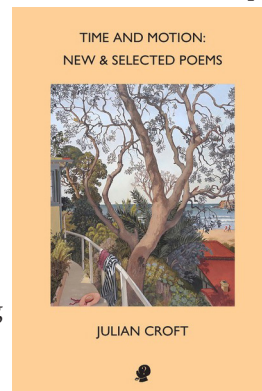
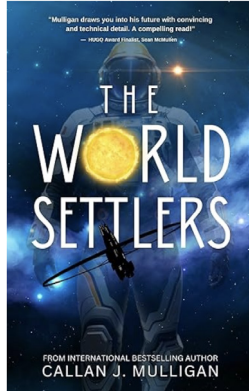
Geoffrey Dutton in *Australian Letters* in 1962, and he has been publishing and writing ever since. His first influences were the Anglo-Welsh poet T H Jones and British poetry of the 1940s and 1950s.

After living in West Africa in the late 1960s, African and contemporary American poetry were also significant influences.

When he returned to Australia in the 1970s his poetry was used in features by the

ABC and in works for the stage. He has had a life-long interest in the empirical philosophy of John Anderson and the nature of physical reality. He has also published two novels, *Their Solitary Way* (Angus and Robertson, 1985, which was long-listed for the Miles Franklin award) and *Out of Print* (Puncher & Wattmann, 2014).

Both authors will have books available at the Words and Musical Festival in Laurieton.



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The world's a circus. Seriously.

No coulrophobics here. by Alison Stewart



Circus Arlo brought colour, excitement and plenty of laughter to Kendall Showground for its grand opening over the Easter weekend. While the circus is newly formed, its family roots in the carni tradition go back five generations.

Featuring a mix of family performers and international acts, the show delivered a classic country circus with something for everyone. Audiences were treated to magic illusions, nail-biting moments during the knife throwing, incredible balance acts and spectacular aerial performances with plenty of clowning around throughout.

Opening on Good Friday, Circus Arlo hosted four performances across the weekend. With seating for more than 200 people, the venue struck a perfect balance - large enough to accommodate their audience, yet intimate enough to make every seat feel close to the action. It's no surprise the shows proved popular with both locals and visitors alike.

A crowd favourite was Clown Micko, whose antics, alongside his four-year-old sidekick Milo, created a genuine connection with the audience. Their interaction definitely brought an extra layer of warmth, humour and intimacy to the show.

Despite the unpredictable Easter weather, which saw lots of rain, the spirit of the circus never wavered. The show went on, brilliantly.

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Paddle talk.

Kendall Boat Shed.

by Alison Stewart

Kendall Boat Shed's recent away trip saw two dozen members head north to Sawtell for three nights of paddling, cycling and good company. After setting up camp, most took to their bikes or headed off for a beach walk while awaiting the official briefing, which conveniently coincided with happy hour. Armed with maps and tide tables, tour director Wayne Sainsbury outlined the upcoming water excursions before everyone adjourned to the camp kitchen for dinner.

The next morning brought an early start to catch the last of the incoming tide. Launching from Bonville Creek boat ramp, 20 paddlers headed downriver through national park scenery. About 3 km along, we encountered some bushwalkers who turned out to be former Kendall residents. How they recognised us – and we them – remains a mystery, but perhaps once you've lived in Kendall, you're marked for life.

After an animated catch-up, we continued on to Bongil picnic area, where the first real challenge was disembarking safely onto the jetty without the usual wet mishap. The next test was re-entering floating kayaks from a wobbling pontoon. Happily, everyone managed it flawlessly – and yes, we did have a first aid kit and EPIRB on hand. The more

adventurous pressed upstream, passing beneath the M1 motorway. At the 6 km mark, most of the flotilla turned back, leaving just three genuine die-hards – otherwise known as those without bicycles waiting for them back at camp. They continued under Pine Creek Way before returning to Sawtell. The afternoon was spent recovering, either riding or relaxing, before the traditional 5 p.m. gathering and a well-earned dinner at Sawtell RSL Club.

Day two also began early to catch the tide, this time launching from Coffs Creek. Before the paddling properly began, one of the land-support team proudly unveiled a new drone. Despite its impressive features and detailed instructions, it promptly landed in a mangrove tree five metres above the water and 200 metres across the creek, in an area with no land access. What followed was a delicate rescue mission requiring teamwork,

balance and skill. The drone was eventually retrieved without ever touching the water, much to the relief, and embarrassment, of its owner.

With only a slight delay, the paddlers set off up Coffs Creek on beautifully clear, at times dark aquamarine water. After passing under Hogbin Drive, we skirted the North Coast Botanical Gardens peninsula and 5 km on found ourselves beneath the Pacific Highway in the centre of Coffs Harbour. That afternoon was again spent at leisure, with some visiting the Botanical Gardens and others somehow finding the energy for a 35 km cycle to the Jetty. After two full days and three nights, another memorable adventure drew to a close. Some travellers continued north to the Lismore Rail Trail, while the majority returned to Kendall with plenty of stories to share. It was a wonderful trip with perfect weather – and remarkably, not even the drone was hurt.



Book and Festival talk.

Creatives that wear more than just one hat (each).

by Olwen Williams

Local musician and author Dr Jeanell Carrigan AM has recently published a new book entitled *Women of the Keys*. Dr Carrigan took a creative year off from her usual busy teaching and performance schedule to research and pen this book acknowledging Australian women pianists, often overlooked, from an era over 100 years ago. She highlights how these amazing women helped shape Australia's musical landscape with their commitment to composing, performing and teaching. This book was reviewed in last month's edition of Camden Haven Local News.

One incredibly clever addition to this book is the inclusion of QR codes whereby you can hear piano performances played by the actual women that you are reading about. Talk about time-travel! It is almost like meeting these maestros face to face!

Collaborating with the graphic artist from local production house, Creative Reimagination, Terence Mulligan, (who just happens to be publisher of this mag) ensured that an eye catching and quirky book cover now envelopes these amazing factual stories captured between the pages.

It is pleasing to realise and acknowledge

what great talent we have in our region.

Should you wish to purchase a copy of this unique read, go to <https://www.australiancomposers.com.au/collections/books?page=2>.

If you need some creative graphics designed, contact Terence on 0412 123 627.

The upcoming inaugural **Camden Haven Words & Music Festival** has cemented a "Naming Rights" sponsorship deal with local real estate establishment, Stone. This coincides perfectly with the opening of Stone's first office in the Camden Haven situated in the heart of Bold St, Laurieton.

Stone Real Estate has recognised the value of aligning their business with this quality festival event scheduled for the long weekend in June. Festival President, Dr Jeanell Carrigan expressed her pleasure and gratitude for having the festival recognised as an anticipated addition to the local community culture. "To receive actual monetary support speaks volumes, and highlights the vision that Stone Real Estate brings to the area" she said recently at the unveiling of the new festival poster and logo in the sponsor's new display centre.

Stone's agent and representative, Luke Hadfield on belf of Stone says "We are just proud to be aligned with an event of the highest calibre".

The complete program is viewable at: www.camdenhavenwordsandmusicfestival.com.au



Artwalk. Craftcrawl.

Coming events and everyday strolls.

by The Editor

As Port Macquarie Hastings Council launches the 10th year of ARTWALK, excitement is already building for what has become one of the Mid North Coast's signature cultural celebrations. Set for Friday, June 5, 2026, ARTWALK will once again transform the Port Macquarie CBD into a vibrant after-dark canvas of colour, creativity and connection.

More than an arts event, ARTWALK has grown into a cultural ritual for the region – a night where streets, laneways, churches, cafés and shopfronts come alive with imagination. Since its beginnings in 2016, it has invited tens of thousands of residents and visitors to experience Port Macquarie in a different light, where public space becomes a place for storytelling, performance and discovery.

Mayor Adam Roberts described ARTWALK as a celebration of “our people, our place and the creativity that continues to shape and reflect our Port Macquarie Hastings community” – and that spirit is exactly what makes the event so special. It is a showcase not only of artistic talent, but of



the rich and evolving cultural identity of the Mid North Coast. This year's program promises another dynamic mix of experiences, from Curious Legends' theatrical puppetry to Leah Doeland's returning community yarn bombing project, along with new murals by Lucy Juhnke and Brad Collins, lighting sculpture by Chalk River Labs, and installations activating Clarence Street and Phillips Lane. St Thomas Church will also offer projections, live music and food, adding to the festival atmosphere.

In every sense, ARTWALK reflects the lifestyle of the Mid North Coast: creative, connected, welcoming and full of heart. It is where culture spills onto the streets, and where community comes together to celebrate the artists and ideas that make this region shine.

The Camden Haven gets involved also. Coinciding is the Words & Music Festival as a satellite event, visitors in excess of 30,000 can spend the rest of the weekend in Laurieton and Kendal gaining their cultural fill, so art, music and literature is totally covered.

A CRAFTCRAWL from Kendall to Laurieton is a delightful way to spend a day discovering the region's creative heart. Start at Kendall Train Station, where the charming setting is brought to life with handmade arts and crafts, home-baked goodness, preserves and thoughtful treasures created with care by local makers. It is the perfect first stop, with every table offering something unique and personal. Head over to iKew Info Centre for a great selection of goodies and souvenirs. From there, head to



Petal and Plate in Bold Street, Laurieton, where handmade artworks and elegant decorative pieces tempt browsers looking for something special for the home or a meaningful gift. The shop has a lovely sense of style, blending beauty and craftsmanship in every corner.

Next, wander into the Laurieton Art and Craft Gallery in Laurieton Mall. This is a treasure trove of cute handcrafted items, crocheted pets and charming gifts, all at surprisingly affordable prices. It is the kind of place where you always seem to find one more thing to take home.

A stroll along Bold Street should also include Pearl Bay Framing and Trophies, where a wonderful display of giftware adds even more inspiration. And other shops on the street have little collections of gifts.

Then tootle over the North Haven bridge to the Propagation Station for an awesome selection of gifts, knick-knacks and garden-inspired finds.

Keeping community radio balanced.

Profiling the people and presenters of 2WAYFM. Christine!



From community service to community radio, one local broadcaster has found a natural home behind the microphone. Since joining the station in 2011, Christine Woolnough has become a familiar and warmly engaging voice, bringing local stories, music and conversation to listeners through programs including Monday Morning Access and Friday's What's On. Her journey into radio began unexpectedly when she was interviewed by Rod Worthing for a Friday segment about Lions Club International, following her year of service as a District Governor. Watching the program unfold, she remembers thinking, this looks like something I could do.

That moment led to a role in the Breakfast program, then Homeward Bound, and eventually to the shows she now enjoys so

much. For someone with a lifelong love of music and people, 2WAYFM was a perfect fit.

Over the years, she has interviewed an impressive mix of guests, from representatives of local organisations to high-profile artists including singer-songwriter Toni Childs, as well as Australian rapper 360. His recent appearance stood out as a particularly uplifting conversation, as he spoke openly about turning his life around after addiction – drawing on real-life experiences in his music.

She also regularly speaks with Port Macquarie-Hastings Mayor Adam Roberts after council meetings, helping keep listeners connected to local issues.

A long-time volunteer with Cancer Council and Lions Clubs since 1995, she says volunteering at 2WAY FM combines her love of music with community connection.

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

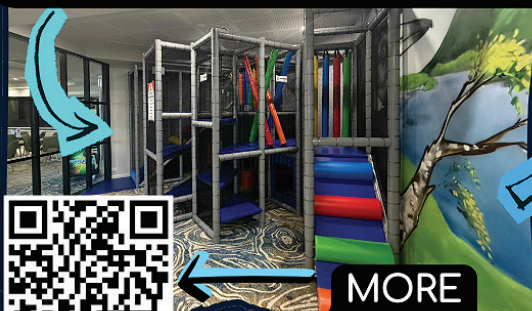
FRIDAY

- **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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