free

camden haven LOCAL news

LAURIETON | NORTH HAVEN | DUNBOGAN | KENDALL | KEW | BONNY HILLS | LAKE CATHIE | NOV 2026



SHOP LOCAL

FACE TO FACE

WATER CHAT

ART AND CARS

THRU THE LENS

FAB SES

GARDENING RECIPE MUSIC STARGAZING PEOPLE TRAVEL
REVIEWS WHAT'S ON PETS COMMUNITY CHAT HAPPENINGS

Happenings on the home front.

Support local and help keep the shops open and our town alive.

by *The Editor*

This Christmas, every dollar spent locally helps support the people, families, jobs and community organisations that make our town what it is.

Christmas shopping season is almost here, and while it is easy to head online or drive to the bigger centres, this year there is an especially good reason to look closer to home.

Shopping locally is about much more than buying a present. It is about supporting community.

Behind our local shopfronts are people we know – families, neighbours, employers, volunteers and business owners who contribute far beyond the doors of their stores. They sponsor sporting clubs, donate prizes to fundraisers, support schools and community events, advertise locally and regularly put their hands up when the community needs help.

But small businesses need something in return. Customers.

Several local shopfronts have already disappeared, and we know of other businesses – including one providing an important local service – that are facing a very uncertain future.

Tourism certainly helps, particularly through summer, but visitors alone cannot sustain a healthy local shopping centre throughout the year. Local businesses ultimately depend on local people choosing to support them.

The upcoming Christmas period provides the perfect opportunity. Before clicking "buy now" or automatically heading out of town, take a wander through our local shops. You may be surprised by the range of gifts, clothing, books, food, homewares, vouchers and services available right here.



Typical shopping in Bold St

A locally purchased Christmas present does more than fill a space beneath the tree. It helps pay a local wage, supports a local family and keeps money circulating within our own community.

Nobody is suggesting we can buy everything locally. But when there is a local option, giving it a chance can make a genuine difference.

A strong community needs strong local businesses. If we want our local businesses to be here tomorrow, we need to support them today. And this Christmas, perhaps one of the best gifts we can give our town is simply to shop local.

Art in its various styles on display at LUSC.

The Hastings Valley Fine Art Association, Laurieton Group enjoyed another successful annual exhibition at the Laurieton United Services Club over the October long weekend.

The exhibition attracted well over 500 visitors, with 41 artworks sold for almost $8,000 – a strong result for the group and the local artists represented.

A broad range of work was on display, including pen drawings, watercolours, oils and acrylics, with everything from contemporary pieces to familiar Camden Haven scenes.

All works were by local artists, including several award-winning members of the association, with both framed and unframed pieces available.



The Hastings Valley Fine Art Association has supported artists across the region since 1983, with the Laurieton Group continuing to play an important role in encouraging local creativity and providing opportunities for artists to exhibit their work.

People's choice winner was Kylie Johnson, Runner up, Kerry Jones and raffle was won by Laura Cox. *Pictured: (from left) Jacqui MacNamee, Kerry Jones and Shirley Wade. Above: The exhibition at LUSC.*



NOVEMBER MARKETS

Nov 1st 9-1pm
Kendall Showground Markets

Nov 8th 8-1pm
Comboyne Museum Markets

Nov 15th 8 - 1pm
Laurieton Riverwalk Markets

CAMDEN HAVEN LOCAL NEWS

Cover: Real Aussies support local traders and businesses.

Issue 26 | November 2026

Publisher/Editor: Terence Mulligan. Produced in Laurieton, Camden Haven, NSW. Camden Haven Local News is an independent newsletter/magazine publication, published locally. Printed by CMYKOnline. Distributed via 60+ outlets in the Camden Haven region. Editorial and advertising enquiries should be directed to editor@camdenhavenlocalnews.com.au or 0459 472 882. Views expressed by the editor, authors, contributors and advertisers are not necessarily those of the publisher. The publisher cannot accept responsibility for errors in articles or advertisements. All images if not credited are supplied in faith as copyright-free or are from the publisher's copyright-free library, or created by the publisher's artists. Online also.

www.camdenhavenlocalnews.com.au

Community Chit Chat.

This really was community chit chat with a face to face forum.

by *The Editor*

There was a noticeably different tone when Port Macquarie-Hastings Council met with the Camden Haven community recently – less about simply presenting Council's activities and more about explaining the processes involved and where the community fits in.

The strong representation was notable. Councillors Nic Lipovac, Hamish Tupperman, Mark Hornshaw and Danielle Maltman joined Mayor Adam Roberts, General Manager Rob Fish and other senior staff, giving residents direct access to those responsible for Council decisions and their implementation.

Discussion covered pathways, parking, housing, boat ramps, infrastructure and maintenance, demonstrating the complexities behind seemingly straightforward community requests.

Council explained that identifying a problem is only the beginning. Solutions often require site investigations, usage data, environmental and legislative considerations, detailed designs, community consultation and, importantly, funding.

Parking issues provided a practical example, with Council committing to gathering utilisation data during the busy summer period before considering changes.

Major pathway projects, including Schools to Schools and Beach to Beach, illustrated how advance planning and completed designs can position projects for funding opportunities. Council also explained how infrastructure works can sometimes be coordinated to achieve multiple improvements.

The meeting recognised the valuable contribution of community groups and volunteers, with discussion about making it easier for residents to participate in suitable local projects.

Residents were encouraged to keep raising concerns rather than assuming Council was already aware of them. Questions were recorded, technical matters taken on notice, and representatives remained available for further discussion.


Public forum. Photo: PMHC

Most encouraging was Council's willingness to maintain an open dialogue. The meeting offered a valuable glimpse behind the scenes, demonstrating that effective local government involves balancing community needs, evidence, funding and regulations while keeping residents involved in decisions affecting their future.

Show and shine in all its glory.

The 2026 LVMC Show and Shine proved a popular outing, attracting a strong crowd and an impressive collection of vehicles for enthusiasts and families to enjoy.

There was plenty to catch the eye, from beautifully polished Holdens and Chevs to motorcycles, vintage and classic cars. Among the more unusual exhibits was an old Land Rover, while a Dodge Challenger wearing distressed, rusty-style paintwork provided a striking contrast to the rows of cars with gleaming shiny chrome.

The variety gave visitors plenty to inspect, photograph and reminisce over, with vehicles representing many eras and styles of motoring. More importantly, the event also had a strong community purpose, with proceeds from the Show and Shine going to Dementia Australia. This year's event was another successful gathering for the Laurieton community at LUSC.









Community Chit Chat.

SES. How a childhood act of kindness led to a lifetime of service.

by *Alison Stewart*



Caz Dobson at the helm of the 'bow lowering' rescue boat

How a childhood act of kindness helped shape a lifetime of giving back. I first came face-to-face with the SES during the 2019 bushfires. Members arrived at my door asking whether anyone in the household would stay behind to help fight the fire threatening our street. I assured them that my husband was in Sydney and, therefore, no, there wouldn't be.

"What about you?" they promptly asked.

"Me? I'll be down at the LUSC before they recite the ode!" And I was!

I'm not particularly proud of that response, but at the time I honestly believed SES volunteers were a different breed altogether – certainly not people like me. Little did I appreciate what ordinary people, given the right training and a strong sense of community, could achieve.

Today, our local Camden Haven SES unit has 56 members, aged from 17 to 79. They come from all walks of life, united by a willingness to step forward when others need help.

For Unit Commander Caz Dobson, that willingness can be traced back to a childhood experience she has never forgotten. Born and bred in Laurieton, Caz was the youngest of seven children. When she started school, she was the only child without shoes. The community rallied around her, providing a pair that left a lasting impression.

Caz knew then that one day she would give something back.

Decades later, after returning to her hometown, she began fulfilling that promise by joining Marine Rescue, where she remains a member. However, working in the radio room left her wanting a greater challenge. She wanted to do more, and the SES proved the perfect fit. Drawing on her leadership experience and commitment to the community, Caz became Camden Haven's first female Unit Commander. She has held the position for six years, apart from a period as Local Commander overseeing Lord Howe Island, Port Macquarie, Wauchope and Camden Haven.

Leadership means more than managing people and equipment; it means ensuring volunteers are prepared for emergencies that can strike without warning.

During COVID, Caz focused on strengthening the unit's capabilities. One of her first initiatives was to qualify experienced members to train others, building the skills and confidence needed to respond safely and effectively.

The importance of that preparation became painfully clear in March 2021, when devastating floods struck the Camden Haven.

Rising waters cut roads, isolated residents and transformed familiar places into hazardous waterways. Among the team's most demanding tasks was rescuing more than 80 people stranded at Brigadoon Caravan Park, many elderly or with limited mobility, walkers or wheelchairs.

Evacuation was physically demanding. Residents had to be lifted over the bow of the rescue boat and then lifted out again at the LUSC evacuation centre. Each person required careful handling, patience and teamwork.

People weren't the only ones needing rescue. Cats, dogs and birds were transported to safety, while livestock was moved to higher ground on another occasion.

For volunteers, the floods meant long hours in difficult conditions, balancing the urgency of each rescue with the safety of everyone involved. For those evacuated, it meant leaving homes and possessions behind, often uncertain what they would return to.

The disaster devastated communities and left residents facing a long recovery. It also reinforced the importance of learning from every emergency.

Following the floods, Caz and her team arranged for a rescue boat with a lowering bow. Instead of being lifted over the side, people can now walk or be wheeled aboard. The design also makes loading livestock easier when necessary.

This practical improvement, born from hard experience, proved its worth when the Camden Haven unit was called to assist Taree during the 2025 floods. It is a powerful example of how lessons learned in one emergency can improve the next response.

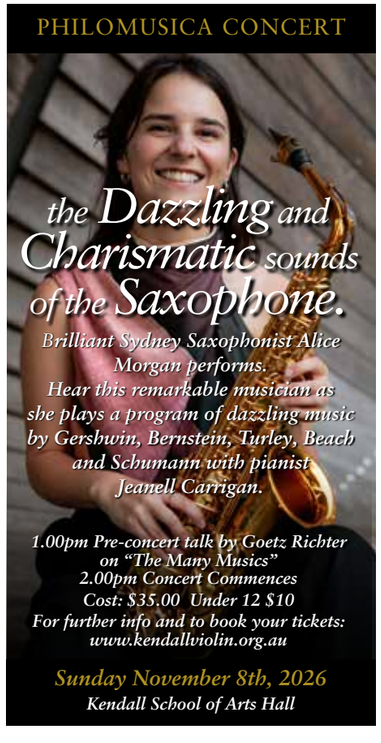
Yet the work of emergency services extends beyond the rescues themselves. Volunteers have families, jobs and commitments of their own, but still give their time to training, preparation and helping their neighbours rebuild after disaster strikes.

For Caz, the journey began with a pair of shoes and a community that cared enough to help a little girl. Much of her adult life has been spent returning that kindness.

I think back to my response during the 2019 bushfires and smile at how little I understood about the people standing at my door.

I saw them as a different breed, when perhaps the difference was simply that they had found a way to turn concern for others into action.





ADVERTISING FEATURE

Local smile. Local team. 20 years.

This year Sundial Dental celebrates 20 years. But in many ways, our story goes back much further.

When Dr Peter Elfar took over Sundial Dental in 2006, his vision was quite simple: build a dental practice where people could receive excellent, modern dentistry close to home, while still feeling like they were being cared for by a local team who knew them.

Twenty years later, that philosophy remains at the heart of Sundial.

Over the past year in Focus, we've talked about how much dentistry has changed – from digital scanning and same-day crowns to dental implants, advanced treatment for gum disease and rebuilding worn, broken or missing teeth.

Peter has spent much of those 20 years travelling, studying and investing in new techniques and technology, with one consistent goal: to make more of that dentistry available here on the Mid North Coast.

But technology is only part of the story.

A LONG LOCAL HISTORY.

Sundial may be celebrating 20 years, but some of the practices we are fortunate to continue have been caring for local families for generations.

- ***Our Wauchope practice has a dental history stretching back more than 70 years.***
- ***In Port Macquarie, our Gordon Street practice has been caring for the community for more than 50 years,***
- ***While Laurieton has more than 40 years of local dental history.***
- ***And at the other end of the timeline, Kempsey is turning one.***

Opening in Kempsey last year was an important step for us. It meant bringing another local team, modern technology and a broad range of dental care to the Macleay Valley – while giving our existing patients another place to see the Sundial team closer to home.



Today Sundial has five locations across Wauchope, Port Macquarie, Laurieton, Taree and Kempsey – but we have never wanted to become a big, faceless dental group.

Quite the opposite.

We believe local healthcare matters.

There is something special about caring for the child whose parents you already see. About recognising someone when they walk through the door. About seeing generations of the same family. And about having team members who live, work, raise families and contribute to the same communities as our patients.

20 YEARS, AND STILL LOOKING FORWARD.

Dentistry will continue to change.

It will become more digital, more preventative, more precise and, importantly, more focused on making treatment comfortable and understandable for patients.

We're excited about that future.

But after 20 years, there are some things we hope never change: taking the time to listen, treating people with kindness, continuing to learn and making excellent dentistry available locally.

To our patients, our team and the communities that have supported Sundial over the past two decades – thank you for allowing us to be part of your lives and your smiles.

HERE'S TO THE NEXT CHAPTER.

Local smiles. Local team. 20 years!

Call 6559 9276 or 6551 1005 to book your family today or visit our recently updated website www.sundialdental.com.au to see our full list of treatments and our team.



A life lived on the edge of history.

Natural light. Handheld camera. Capture the action.

by ***Alison Stewart***



Rafael Ben Ari captures the life of Hoi An city in central Vietnam. Photo: Claire Ben Ari.

If those words in the heading ignite your passion, meet Rafael Ben-Ari. Rafael has made a significant impact on Camden Haven's photographic community through a series of photography courses hosted by the community college. He is proof that the more an educator is personally invested in the contents of their course, the better their teaching. One year after the commencement of his Photographer's Eye course, recent graduates are producing professional-quality images and, perhaps more importantly, discovering that their journey as photographers has only just begun.

Now Rafael is turning his attention to a much wider audience with the release of his latest book, ***See & Capture: Any Subject, Anywhere.***

This is not a photography book designed for the coffee table. There are no glossy images intended to be copied. Instead, Rafael believes photographers need to develop their own creativity and, above all, their own eye.

His 281-page compact guide is a user manual, with text, diagrams, tables and illustrations to explore both the mechanics and mindset of photography. It is about understanding light, composition, technique and timing, but also about developing the ability to recognise an image before pressing the shutter. The source material came from the very notebook Rafael carried with him throughout his career.

That philosophy lies at the heart of Rafael's approach to photography.

It is about seeing and sometimes, it is about learning to see the world differently.

What is extraordinary about Rafael Ben-Ari's story is not simply the exceptional events that have shaped his life, but the remarkable twists and turns that have continued to redirect it.

Born in Jerusalem in 1971, Rafael grew up in a city where history was not something confined to the past - it was something you lived and breathed. From a young age, he found himself witnessing moments that placed him on the edge of history.

But it was a very different experience at the age of 17 that would fundamentally alter the course of his life.

Rafael collapsed and had a near-death experience (NDE) one he remembers vividly. Being diagnosed with a terminal brain tumour and following extensive surgery, he spent seven months in isolation and emerged with a profoundly changed perception of the world.

During his hospitalisation, he asked his father if he could use his camera to document whatever remained of his life. The NDE profoundly influenced his outlook and awakened what he describes as Acquired Savant Syndrome.

Throughout his life, Rafael has credited several people whose words of advice helped guide his choices. Their wisdom became his compass.

He travelled to New York to study photojournalism, but became fascinated by architecture. Back in Israel, he attended one of the country's leading art academies, where he was given the rare opportunity to study both architecture and photography.

Choosing between the two was one of the most difficult decisions he faced.

Architecture offered structure and security. Photography offered uncertainty, vulnerability and risk.

Then came another piece of advice that helped determine his future:

"You have the potential to become one of Israel's leading documentary photographers."

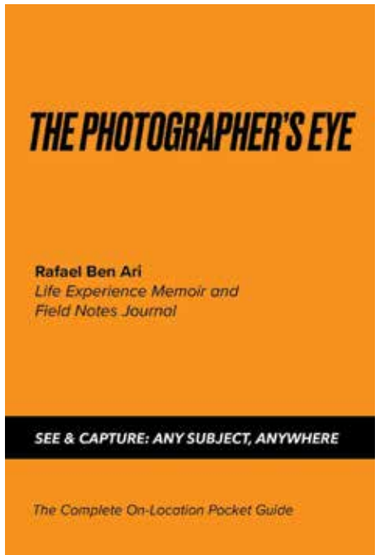
Rafael chose to trust that judgement.

For almost a decade, Rafael worked as a war photographer, documenting conflicts from the front lines.

"I risked my life countless times to capture the truth - to show the lived experience of people enduring life in a war zone."

Then, during an assignment, his much-loved Nikon camera slipped into the Mediterranean Sea and was destroyed. The loss of this piece of equipment was cathartic. The camera had been his companion through years of danger, carrying thousands of images, experiences and represented the emotional weight he had been carrying.

War photography had left Rafael constantly vigilant, exhausted and braced for what might happen next - even when he was far from a battlefield. Eventually, he was diagnosed with PTSD.







Then life changed again.

When Rafael married and became a father he realised, *"no photograph, no story, was worth losing my life and family."*

Looking back, Rafael sees a journey shaped by extraordinary places, difficult experiences, unexpected opportunities and countless moments that taught him how to see.

That experience is the foundation for his teaching and everything he has written in ***See & Capture: Any Subject, Anywhere.***

His message to photographers is simple, *"never wait for the perfect camera, the perfect lens or the perfect moment. Use the gear you have and make the most of the time available."*

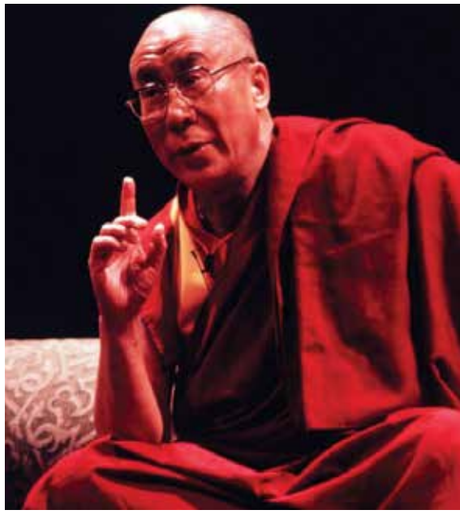
Rafael genuinely believes limitations can actually encourage creativity.

"Some of my best photos were taken with the simplest equipment I had at the time - not because the gear was exceptional, but because I made the most of the moment."

It is a philosophy that reflects a life spent looking closely at the world - and learning that the most important piece of photographic equipment is not necessarily the camera, but the person behind it.

"The greatest journeys aren't measured by the miles we travel, but by how they change the way we see the world."

Rafael Ben-Ari's extraordinary life story, his experiences as a photojournalist and the journey that ultimately led him to ***See & Capture: Any Subject, Anywhere*** will be explored at the book launch at Port Macquarie Library on December 3. Enquiries can be made at: www.mnclibrary.org.au





Natural world in trouble.

On going troppo. Bats. Birds. Bogongs.

by *Diane Solomon Westerhuis*

Troppo = musical direction for 'too much';
Gone Troppo = George Harrison's 1982 album
Going Troppo = going crazy; going tropical

Our Camden Haven, on the Mid North Coast of NSW, has been described for a couple of hundred years as subtropical. This was confirmed when the first colonial sugar canes were planted just north of us at Rollands Plains in 1824, in an attempt to supply the colony with sugar and rum. The plantation was not successful. The colonists could not change the climate, so they changed the location, and migrated their cane farms further north to the tropical warmer climes.

Now our climate on the Mid North Coast is getting warmer. With such change comes some extremes. Being on the coast we are particularly vulnerable, especially to cyclones coming further south, to flooding, and to bushfires caused by extreme heat. Humans, plants and animals will have to adapt to new conditions, including such extremes, or they can relocate, or not survive. Some native plant species have adapted, others have not. In the last decade we have experienced such wildfires as the 2019 Black Summer, and extreme flooding which occurred along the coast during 2021 and 2022. We humans have responded to such floods, and to fire, by moving out of its path, if we could. We were not always successful.

Now we are seeing other animals' responses to such extremes and to our hotter and more tropical weather patterns. One response I find astonishing is that plants can move if their environment or habitat changes. They can migrate slowly to find more suitable habitat, using far-flying birds and bats to spread their seeds to more suitable climates or habitats. Just as for plants, some animals will migrate (albeit more quickly than plants do) to more friendly habitat. For some species this travel will increase the availability of suitable habitat. For others their habitat may decrease. Some species may not be able to respond to this loss of habitat. Some will be left with nowhere to go.

So how does this change appear here at The Camden Haven? During October some of us woke to find a gruesome sight in our backyards. For example our esteemed editor and his neighbours found many Grey Headed Flying Fox (Pteropus poliocephalus) bodies in their yards. In other reports young or even premature baby flying foxes were falling out of the sky. They appeared malnourished and some babies were unable to cling to their mother as they usually would, so they would freefall. These little bats are listed as vulnerable by the International Union for Conservation of Nature (IUCN) and in New South Wales legislation. So why are they falling from the sky? Scientists assure us that 'Flying-fox die-offs associated with extreme heat events occur in most years in the present day under anthropogenic climate change'. They explain that these die-offs were rare occurrences 'prior to this century', so something has changed for the bats in the last 26 years.

While researching the status of bats, I also looked at other endangered or vulnerable species, focussing on species from the Camden Haven. Three local birds topped the list of 'Critically Endangered'. All three are migratory curlews: the Beach Stone Curlew, the Eastern Curlew and the Curlew Sandpiper. These birds travel astonishing distances, from Russia to our shores, each year. They use celestial navigation to migrate annually to intertidal flats, wetlands or shorelines up and down the Eastern Coast. Unfortunately all three species suffer from habitat loss.

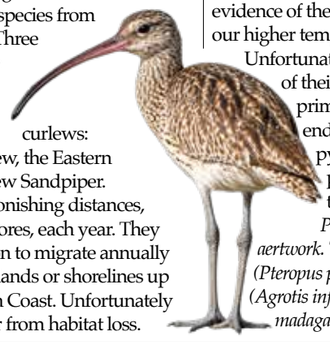




Something has changed. For example the largest of these birds, the Eastern Curlew (Numenius madagascariensis) has had a population decline of 80% over the last 30 years. The time frame of environmental shift is similar for both bat and bird species.

Then there are the bogongs, but this is a positive story. This year in October we had an unusually abundant invasion of bogong moths in the Camden Haven. We found them all over our yard, on our window, in the car and on the footpath. This was surprising, given that the Australian Conservation Foundation tells us that after the bushfires of 2019, Bogong moths (Agrotis infusa) numbers crashed by 99.5%. This new invasion shows that since that time bogongs have had a revival, they have been able to adapt. Like the curlews, the moths use celestial navigation and the earth's magnetic field to migrate from the warm coastal temperatures to the cool of caves in the southeastern Australian Alps. Now that we are more tropical here in the Camden Haven, we should regularly see this evidence of their abundant migration to avoid our higher temperatures.

Unfortunately for the moths at the end of their migration they become a primary source of food for another endangered species: the mountain pygmy-possum (Burramys parvus). Such is life during a time of environmental change.



Pictured: Going Troppo Album aertwork. The Grey Headed Flying Fox (Pteropus poliocephalus). Bogong moths (Agrotis infusa). Eastern Curlew (Numenius madagascariensis).



Turning the taps on.

Water. Water. Everywhere. And not a drop to spare.



The Mayor flicking the switch

A significant step towards greater water security has been taken with Port Macquarie-Hastings Council switching on recycled water supply to connected homes in Lake Cathie/Bonny Hills.

The new system will provide recycled water through a separate network of distinctive purple pipes, allowing households to use drinking-quality water more efficiently while making better use of treated wastewater.

Mayor Adam Roberts described the project as an important investment in the less glamorous but essential infrastructure needed to support a growing region.

Around 850 homes are expected to benefit from the scheme, with recycled water available for flushing toilets, watering gardens, washing cars and other activities that do not require drinking water.

In a lighter moment, the Mayor noted that he had even sampled recycled water himself. "I have had the pleasure of drinking some water that has been recycled," he said. "So I know it's quality enough."

While the recycled supply is not intended for drinking, the comment highlighted the level of treatment and confidence behind the system.

Director Dave Pollard also spoke at the official opening acknowledging the considerable work required to bring the scheme from planning through to operation.

Also attending was Danielle Maltman, with strong representation from local media, Council staff and others involved in the project over many years.

For those staff, the opening marked the culmination of extensive planning, construction, testing, commissioning and regulatory work – much of it taking place well before residents ever saw a purple tap.

Wastewater from the Lake Cathie and Bonny Hills area is collected and treated at the Bonny Hills Wastewater Treatment Plant before undergoing additional treatment for recycling. This includes ultraviolet disinfection and further treatment using sodium hypochlorite.

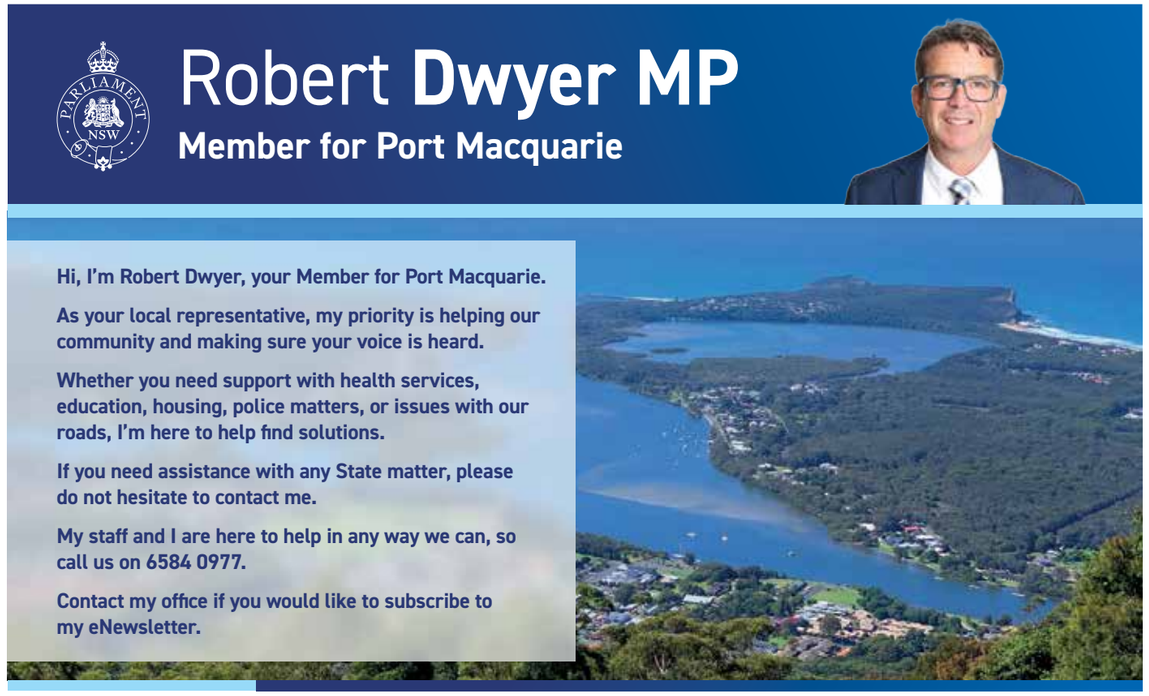
The system is continuously monitored to ensure the recycled and drinking-water networks remain completely separate and meet required standards.

Council's message is simple: drinking water is too valuable to use where a safe alternative is available.

Every litre of recycled water used on a garden, in a toilet or for washing a car represents another litre that does not need to be drawn from the region's drinking-water supplies.

The project also forms part of Council's wider planning for population growth and future water security.





Health stealth. Thriving together.

The numbers tell it.

Sourced from *Mental Health Australia*



Sometimes, the simplest things in life make the biggest difference. A friendly conversation, a wave to a neighbour, a shared laugh over coffee or a phone call to an old friend can all play an important part in our mental wellbeing.

As October markeds Mental Health Month, new research from Mental Health Australia reminds us just how valuable these everyday connections really are.

A national survey has found that almost two-thirds of Australians (64%) believe we are becoming more disconnected from one another, despite recognising how important friendship, belonging and community are to our mental health.

Only 21% of those surveyed said they felt very connected to friends, family, neighbours or their community, while almost one in five reported feeling disconnected from others.

This year's Mental Health Month (October) theme, *Together We Thrive*, encouraged Australians to strengthen relationships, look out for one another and rediscover the benefits of simply being part of a community.

Mental Health Australia CEO Carolyn Nikoloski says the findings highlight a growing gap between our need for connection and how connected we actually feel.

"People understand the importance of connection and community, yet many feel like we're drifting further apart," she said.

With rising living costs, uncertainty and the pressures of everyday life, maintaining meaningful relationships can sometimes slip down the list of priorities. Yet the survey found that 57% of Australians believe feeling included and part of something bigger helps them cope during stressful times.

Here in the Camden Haven, opportunities for connection are all around us. From volunteering and community groups to sporting clubs, local events and neighbourhood gatherings, there are countless ways to feel involved and valued.

Mental Health Month also encouraged open conversations about mental wellbeing, helping reduce stigma and reminding people that seeking support is a positive step.

The message is refreshingly simple. We don't always need grand gestures to make a difference.

Sometimes, checking on a neighbour, inviting someone for coffee or taking a moment to listen is enough to brighten someone's day.

After all, strong communities are built on small acts of kindness, and together, we really can thrive.



THE SCIENCE OF 9D BREATHWORK

9D Breathwork is an immersive guided experience combining conscious breathing, spatial sound, brainwave-focused audio and transformational coaching.

Slow, controlled breathing and therapeutic sound are supported by established research, while additional elements – including binaural beats, nature soundscapes, selected frequencies and NLP-style language – act as supportive layers.

During the approximately one-hour session, rhythmic breathing helps shift the nervous system into a more receptive and restorative state. Immersive audio and gentle coaching then support relaxation, emotional processing and greater self-awareness.

The purpose is simple: to create a safe space where the body can regulate, the mind can process and participants may experience insight, release and integration.

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

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

9D Breathwork Sessions

November

Flow State Yoga Studio Port.

Sat 7th 10.30am Emergence
Sat 14th 10.30am Reconnect inner child
Fri 20th 6.45pm Ancestral lines
Sat 28th 10.30 am Blood memory

December

Sat 5th 10.30am Healing the Mother Wound
Fri 11th 6.45pm Fury to Freedom
Sat 19th 10.30am Let it Go

Jubilee Hall Dunbogan

Full Moon Special

Tue 24th November 6-8pm
Wed 23rd December 6-8pm

Taree

Sat 21st November 9-11am
Sat 12th December 9-11am

SILVERBACK BREATHWORK

To book a Journey: **0422 468 925**

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

Bridging friendship for sharp minds.

Forty years of playing their cards right.

by *The Editor*





Carl thanking Frances for her efforts.



For more than four decades, a dedicated group of Camden Haven residents has been getting together twice a week to enjoy a game that combines strategy, concentration, friendly competition and, perhaps most importantly, good company.

The Camden Haven (LUSC) Bridge Club was established in 1985 when a group of like-minded enthusiasts came together to share their love of the game. Now in its 41st year, the club continues to thrive, with around 50 active members enjoying the challenges and friendships that bridge brings.

Operating as a sub-club of the Laurieton United Services Club, the group has seen membership fluctuate over the years, but its enthusiasm for the game has never diminished.

For those unfamiliar with bridge, it is considerably more than an ordinary card game. Played in partnerships, it requires memory, logical thinking, communication through bidding and the ability to anticipate an opponent's next move. There is no talking during play, making the bidding process a fascinating exercise in understanding and interpreting a partner's hand.

While some members simply enjoy the social interaction and mental challenge, others take their bridge more seriously.

Many clubs are affiliated with the Australian Bridge Federation, which administers a ranking system through the awarding of masterpoints.

Dedicated players can earn points through tournaments and special competitions, gradually working their way through the ranks.

Locally, the club meets every Monday and Thursday afternoon, generally in the Mountain View Room at the LUSC. Occasionally, when the room is unavailable, games move to alternative venues, including the Anzac Room, the Jetty area or Kew Country Club.

Importantly, the club is also keen to encourage newcomers. Free introductory lessons are offered once or twice a year, providing an opportunity for anyone curious about bridge to discover what makes the game so absorbing.

And while bridge certainly provides a healthy workout for the brain, the friendships developed across the card table are equally rewarding.

After 40 years, the Camden Haven Bridge Club has demonstrated that a pack of cards, a little strategy and a welcoming group of people can provide a wonderful recipe for lasting community connections.





WHAT'S ON

LUSC laurieton united services club
Seymour St Ph **6559 9110** laurietonclub.com.au

KCC kew country club
Kendall Rd Kew Ph **6559 4203**









What's on and gig guide.

Live music, gigs and events! November 2026

SUN NOV 1 **1.00pm – 4.00pm**
Pete Roberts *(Live Music)*
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN NOV 1 **11.00am – 4.00pm**
Hudson Rose - Sunday Sessions
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN NOV 1 **1.30pm - 4.30pm**
Brau Bennett *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

SUN NOV 1 **1.00pm**
Terri Day *(Live Music)*
Lake Cathie Tavern 1609 Ocean Drive
www.lakecathietavern.com.au

TUE NOV 3 Doors 12.00pm Lunch 12.30pm
Melbourne Cup 2 course luncheon
Entertainment & Big Screen
Tix $55
LUSC Seymour St - laurietonclub.com.au

THU NOV 5 **6.30pm – 9.30pm**
John Ryll *(Live Music)*
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI NOV 6 Open 4.00pm Music 6.00pm
Gary King *(Live Music)*
Friday Nights at The Jetty
$1.50 oysters. Beer Specials. Margis $15. Antipasto $20
LUSC Seymour St - laurietonclub.com.au

FRI NOV 6 Doors 6.30 / Open Mic 7pm / Concert 8pm - Kendall Music Exchange
The Doppleganger Band
featuring Cheryl Hall - vocals *(Live Music)*
School of Arts Hall Comboyne Rd
Tix: $5
kendallmusicexchange123@gmail.com

FRI NOV 6 **6.30pm - 9.30pm**
Shane Peters *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

SAT NOV 7 **8.00pm – 11.00pm**
(Live Music)
Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SAT NOV 7 **7.00pm**
Anthony Staines *(Live Music)*
Lake Cathie Tavern 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 8 **1.00pm Pre-Concert Talk**
2.00pm Concert
PhiloMusica *presents music by:*
Gershwin, Turley, Beach & Schumann
Featuring: - Alice Morgan - Saxophone; Jeanell Carrigan AM - Piano
Kendall School of Music – Comboyne Rd
Tix: $35 at Door
or Via Website www.kendallviolin.org.au
Info: 0419 363 363

SUN NOV 8 **1.00pm – 4.00pm**
Hudson Rose *(Live Music)*
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN NOV 8 **11.00am – 4.00pm**
Mat Brooker *(Live Music)* **Sunday Sessions**
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN NOV 8 **1.00pm**
Charlie O'Derry *(Live Music)*
Lake Cathie Tavern -1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 8 **1.30pm – 4.30pm**
Besty *(Live Music)*
Club Lake Cathie 45 Evans Rd
www.lakecathiebowlingclub.com.au

THU NOV 12 **6.30pm – 9.30pm**
Gary King *(Live Music)*
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI NOV 13 **6.30pm – 9.30pm**
Tezza *(Live Music)*
Club Lake Cathie 45 Evans Rd
www.lakecathiebowlingclub.com.au

SAT NOV 14 **7.00pm**
(Live Music)
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 15 Open 3.00pm Music 4.00pm
Ann Woodland *(Live Music)*
Sunday Sessions at The Jetty
$1,50 oysters. Beer Specials. Antipasto $20
LUSC Seymour St - laurietonclub.com.au

SUN NOV 15 **1.00pm – 4.00pm**
Steve Bennett *(Live Music)*
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN NOV 15 **11.00pm – 4.00pm**
Chloe Neilsen *(Live Muic)* **Sunday Sessions**
Haven Ridge - 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN NOV 15 **1.00pm**
(Live Music)
Laurieton Hotel - Bold St, Laurieton
www.laurietonhotel.com.au

SUN NOV 15 **1.00pm**
Beau Bennett *(Live Music)*
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 15 **1.30pm - 4.30pm**
Pete Ball *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

THU NOV 19 **6.30pm – 9.30pm**
Al McLeod *(Live Music)*
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI NOV 20 Open 4.00pm Music 6.00pm
Charlie O'Derry *(Live Music)*
Friday Nights at The Jetty
$1.50 oysters. Beer Specials. Margis $15. Antipasto $20
LUSC Seymour St - laurietonclub.com.au

FRI NOV 20 **6.30pm – 9.30pm**
Cotton Sax & Strings *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

SAT NOV 21 **7.00pm**
Who's Charlie *(Live Music)*
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 22 **1.00pm – 4.00pm**
Sebastion Jones *(Live Music)*
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN NOV 22 **11.00am – 4.00pm**
Brad Lockwood *(Live Music)*
Sunday Sessions
Haven Ridge - 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN NOV 22 **1.00pm**
Besty *(Live Music)*
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 22 **1.30pm - 4.30pm**
Martin Becker *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

THU NOV 26 **6.30pm – 9.30pm**
Brad Lockwood *(Live Music)*
Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI NOV 27 Open 4.00pm Music 6.00pm
Brad Lockwood *(Live Music)*
Friday Nights at The Jetty
$1.50 oysters. Beer Specials. Margis $15. Antipasto $20
LUSC Seymour St - laurietonclub.com.au

FRI NOV 27 **6.30pm - 9.30pm**
Stevie B *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au

SAT NOV 28 **7.00pm**
Besty & Andy Duo *(Live Music)*
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 29 **1.00pm – 4.00pm**
Brody Ireland *(Live Music)*
Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

SUN NOV 29 **11.00pm – 4.00pm**
Andrew Cousins *(Live Music)* **Sunday Sessions**
Haven Ridge 743 Ocean Dr, Grants Beach
Free entry. Bookings recommended
www.havenridge.com.au

SUN NOV 29 **1.00pm**
Bill Roberts *(Live Music)*
Lake Cathie Tavern - 1609 Ocean Drive
www.lakecathietavern.com.au

SUN NOV 29 **1.30pm – 4.30pm**
Chris Rose *(Live Music)*
Club Lake Cathie - 45 Evans Rd
www.lakecathiebowlingclub.com.au



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Wildlife lives here too.

Road awareness matters for our domestic pets and others.

by *The Editor*



Living only about 100 metres from Laurieton's main street, it is easy to forget just how much wildlife shares this part of town with us.

Our home sits on the edge of Bruce Porter Reserve, with a littoral rainforest creek just across the road. It is a beautiful position, but it also means we regularly see wildlife moving between bushland, gardens, the creek and nearby streets.Even roos in our backyard.

Over the years we have watched water dragons cross the road, rails dart from one side to the other, duck families wander through, and cockatoos, rosellas, galahs, bush parrots and butcher birds make the area their own. More recently, kangaroos have also appeared around local streets and backyards.

Unfortunately, we have also seen the sad side of living so close to nature.

Both speeding vehicles and perfectly normal traffic flow have struck water dragons, ducks and rails crossing the road. The problem is simple: these animals are not road aware. They do not understand speed limits, corners or approaching cars. A bird can suddenly run from roadside vegetation, while a water dragon may simply stop to bask in the middle of the road.

With no wildlife crossing signage in place, the best protection may simply be greater awareness from drivers.

Around Bruce Porter Reserve, creek crossings and other vegetated areas, slowing down slightly and watching the road edges can make a real difference.

We often talk about how fortunate we are to live among so much wildlife. Perhaps part of that privilege is accepting that the road belongs to more than just cars. A few seconds of extra care might be all it takes to ensure our local wildlife makes it safely home too.

Bounders beware.

One sunny morning, bright and fair,
Ruthy Roo came bounding to the square,
A call to Emmy, Emu... "Come along,
Let's shop in town where we belong!"

With shopping bags and purses too,
Off went Emmy and Ruthy Roo,
Down the Street they made their way,
To see what bargains were there that day.

Ruthy stopped outside a store,
"I've hopped past here once before!
But now I've come to have a look,
Perhaps I'll buy a brand-new book."

Emmy Emu, tall and proud,
Peered above the shopping crowd,
"There's cakes, coffee, shoes and more,
And friendly faces in every store!"

They bought some flowers, fruit & bread,
And something warm for Ruthy's bed,
A little gift, a treat or two,
There's so much shopping to do!

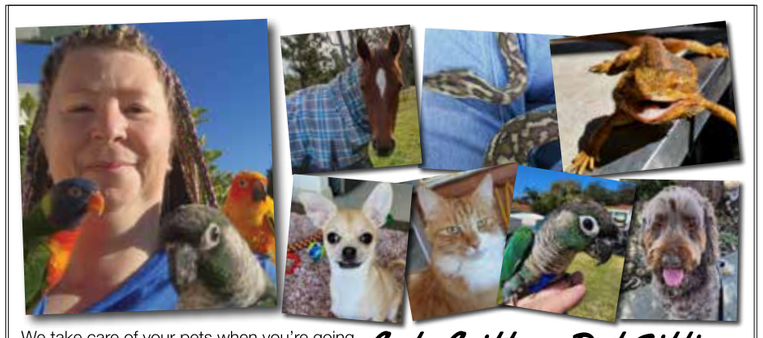
Then Ruthy said, "I know a place,
A garden with some lovely space,
Just off Bold Street, down the side,
A perfect spot for us to hide!"

Two great roos had visited there,
And found a backyard full of care,
They'd wandered in without a sound,
Then settled down to look around.

Said Emmy, "Ruthy, don't you see,
This town's for creatures like you and me,
The shops, the people, streets and trees,
All make a town where life's a breeze!"

So shop in Laurieton, spend nearby,
Give local traders a reason to thrive,
For every dollar spent in town,
Helps keep our shops from closing down.

And should you see a roo one day,
Bounding down Bold Street on its way,
Don't be surprised, it's nothing new,
Probably shopping with Emmy Emu!



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POCO AND THE PRINCESS© by LJ Da Silva



Community concert.

Full house for free concert. Riding the wave.

by ***Olwen Williams***



The Camden Haven Concert Band and Laurieton Voices Choir performed a concert together entitled *Poseidon's Playlist – Songs About Water*. However ,there was nothing "fishy" going on here! On Sunday September 27 at the Laurieton United Services Club, these two popular community ensembles presented a free afternoon concert which saw the main auditorium packed to capacity with an enthusiastic audience.

The concert band with a complement of over 50 players ranging in ages from 10 – 90s years young, opened the program with aptly named toe tapping tunes including "*Splashdown*" "*Surfin' USA*" and the very recognisable theme from the TV series "*Hawaii-Five O*".

Continuing on with the aquatic theme, The Laurieton Voices then sang favourites including "*Calypso*" and "*Octopus's Garden*" and would later in the program perform a rousing version of "*Raindrops*" and "*April Showers*".

Cleverly leading both ensembles was much loved local conductor and music educator, Iain Pole who swapped from one ensemble to the other with panache and ease. If you were very observant, you may have noticed that whilst conducting the concert band, the maestro used a baton to keep time, whilst conducting the choir, he used the traditional choral conducting method of using both hands therefore giving cut off indicators to ensure correct diction and had everyone finishing notes together.

The afternoon continued with more favourites including a great drum solo on "*Wipeout*" by Kurtis Lavender. The concert concluded with "*Songs from Showboat*" and the theme from "*The Man From Snowy River*".

It was most evident that all performers involved were having a whale of a time.

There is a lot to be said about contributing and being part of something which is bigger than oneself, similar to being part of a sporting team I guess. By performing your best and having a go, regardless of your level of learning of ability, ensures that all can come together as one united musical group (tutti).

The result was evident in the rousing response from the most appreciative audience members.

Laurieton Voices rehearse each Friday at 1.00pm in the Laurieton School of Arts Hall. If you want to join in and raise your voice, contact Sue on 0402 204 782. Camden Haven Concert Band rehearses in the old Trinity Church chapel (across the road from the Laurieton Hall) on Monday evenings and Thursday evenings. Should you wish to try your hand at an instrument, please contact Cherie on 0408 470 018.

Don't be frightened about learning to read music. Here is your first lesson. Count up 5 lines. This is called a "Stave". Then the next step is to recognise if the note (circle – coloured in or minus the middle, with or without a stem) is sitting on a line or is it sitting in the space between the lines. Recognising this difference is the first step in learning to read music – see it 's easy and fun! For a fuller explanation contact the author at editor@camdenhavenlocalnews.com.au.

Both ensembles wish to thank LUSC for providing the fabulous venue for this free event. And of course it was by the water.

November's Recipe



Agedashi Tofu

Don't be scared... it's gorgeous!

Serves 4

Fresh, savoury and wonderfully comforting, Agedashi Tofu is a classic Japanese dish of crisp tofu served in a light, flavourful dashi broth. It makes a lovely starter, light lunch or side dish.

Ingredients

- 400g firm tofu
- 3 tablespoons cornflour or potato starch
- Vegetable oil, for shallow frying
- 200ml dashi stock
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 1 teaspoon sugar
- 1 teaspoon grated fresh ginger
- 2 spring onions, finely sliced
- 1 tablespoon grated daikon, optional
- Bonito flakes, optional
- Shredded nori, to serve

Method

Wrap the tofu in paper towel and place a light weight on top for 15–20 minutes to remove excess moisture.

Cut tofu into large cubes and gently coat each piece in rice flour, cornflour or potato starch.

Heat a shallow layer of vegetable oil in a frying pan over medium-high heat. Fry tofu in batches for 2–3 minutes on each side, until crisp and lightly golden. Drain on paper towel.

Meanwhile, place dashi stock, soy sauce, mirin and sugar in a small saucepan. Bring gently to a simmer and stir until the sugar has dissolved.

Divide the hot tofu between serving bowls and spoon the warm broth around it.

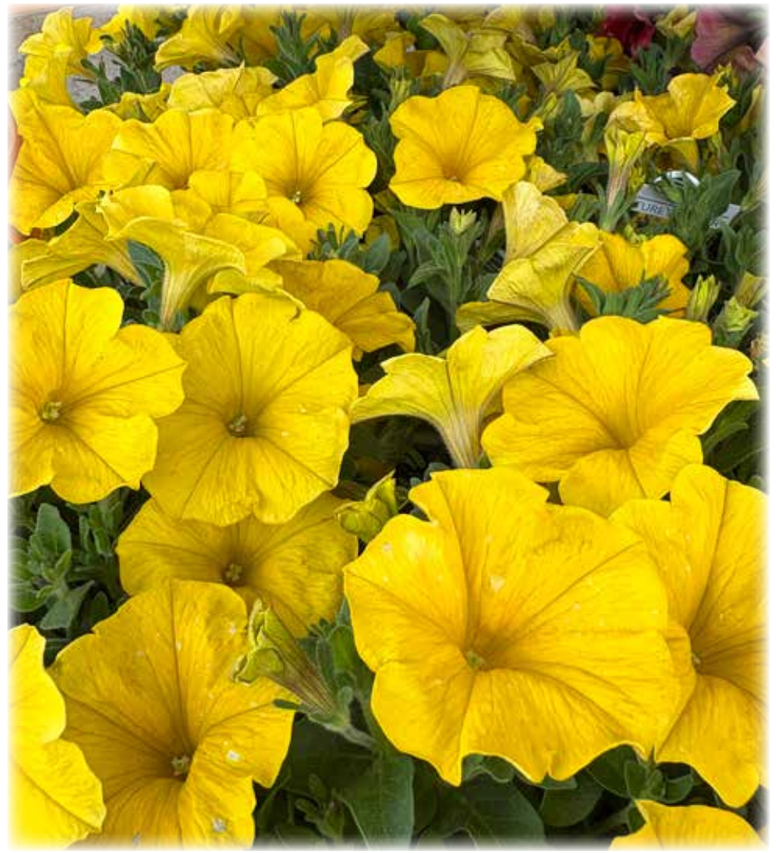
Top with grated ginger, sliced spring onions and daikon if using. Finish with bonito flakes or shredded nori.

Serve immediately while the tofu is crisp on the outside and soft inside. Serving suggestion: Pair with steamed rice, edamame or a simple cucumber salad.



From hot to cold and back again.

November's garden.



As we enter the final month of spring, the recent showers have given the garden a welcome refresh.

Now is the time to mulch our gardens in preparation for the summer months ahead.

Mulching helps to conserve moisture and reduces weeds. Mulch the garden to a depth of 20-40mm. Ensure the mulch is kept away from the base of the plant.

HIPPEASTRUMS have certainly been a standout in the late spring garden this year. They enjoy a position in full sun and well-drained soils. Feed with a high potassium fertiliser after flowering has finished. The snails and slugs love their flowers, so ensure a pet-friendly snail bait is applied around the bulbs to protect the flowers.

DAHLIAS have had a resurgence in popularity in recent years. They can be planted now. Choose a sunny location, with a fast array of sizes and colours now available. They are certain to reward you for many months ahead.

SUMMER VEGETABLES

There is still plenty of time to consider planting summer vegetables, From beans, corn, capsicums, cucumbers, eggplant, lettuce, chilli, zucchini, squash, watermelon and silver beet. Plant in soil that has been well prepared with well-rotted compost. iIf growing in containers, plant into a Herb and Vegetable potting mix. Feed fortnightly with Sudden Impact. This will ensure strong and healthy yields throughout the summer season.

PRUNE !!

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

ROSES remove spent flowers and diseased branches from bushes. Tidy Camellia and Azaleas by removing spent flowers and pruning to shape if needed.

SUMMER PERENNIALS will respond to a light trim, ensuring repeat flowering throughout the summer months.

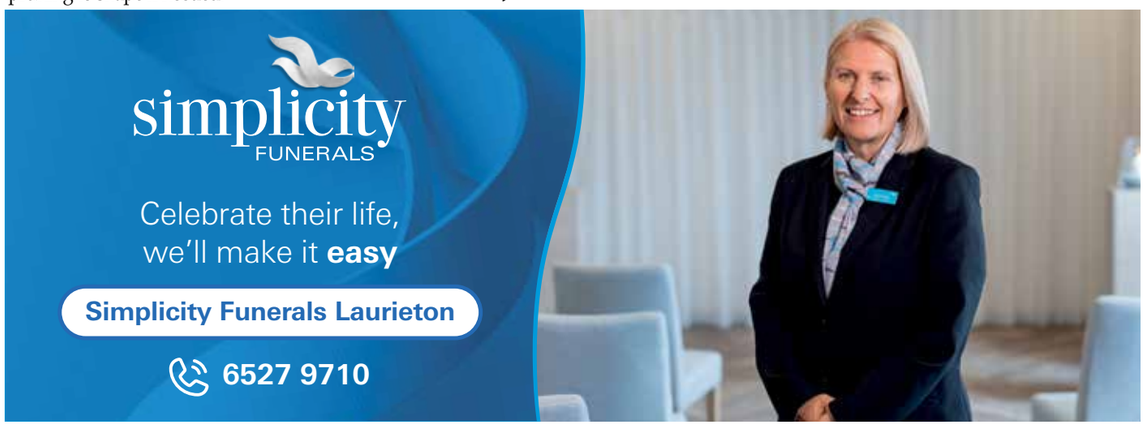
Looking to add some colour in the garden for Christmas and the New Year holiday season. Petunias *(pictured)*, Vincas, Salvias, Lobelias, Zinnias, and Marigolds can all be planted now and will give months of colour in the garden.

Happy Growing,
Malcolm McKinlay
Garden Clubs of Australia Zone Coordinator

Mal's plant of the month

Super Cal Petunias

- Perennial Petunias providing long-lasting flowers for many months of the year.
- Best grown in full sun
- Perfect for growing in pots and hanging baskets.
- In a broad range of colours
- Strong, rain-resistant flowers.
- Feed with Power Feed to maintain a healthy plant.



Shopper's corner.











Come watch the stars come alive.

An opportunity to see totally awesome skies like nowhere else.

Imagine escaping to a tiny island in the South Pacific, far from the glow of Australia's cities, where the Milky Way stretches overhead in astonishing detail and the night sky becomes the main attraction. Now imagine experiencing that extraordinary sky with an astronomer who can make the universe come alive.

That is the appeal of the Norfolk Island Stargazing Tour with astronomer Dave Reneke – an experience combining spectacular astronomy, fascinating island history, natural beauty and plenty of time to simply enjoy being somewhere very special.



A SKY LIKE NO OTHER

There is a very good reason Norfolk Island has become such a drawcard for stargazers. The island is recognised as a ***Gold Level Dark Sky*** destination, reflecting the quality of its night skies and the importance of protecting them from artificial light. Far from the light pollution that washes out the stars over Australia's cities, Norfolk offers remarkably dark conditions for observing the heavens.

When darkness arrives, the difference can be astonishing. The Milky Way becomes a brilliant band of light across the sky, the Southern Cross stands out dramatically and familiar constellations, star clusters and the Magellanic Clouds emerge with a clarity that many visitors have never experienced before.

It is astronomy without the city glow – the sort of sky our ancestors knew before artificial light transformed the night.

MORE THAN JUST STARGAZING

The tour has been deliberately designed as an immersive astronomy experience, rather than a succession of lectures. Participants enjoy guided telescope sessions, naked-eye sky tours and entertaining astronomy presentations with Dave, who has spent decades communicating astronomy through radio, writing, teaching and public events.

There are opportunities to examine genuine meteorites, handle lunar material and learn how to photograph the Moon through a telescope. Astrophotography sessions introduce newcomers to techniques used to capture the spectacular night sky, while telescope viewing provides the chance to see distant celestial objects that most people have previously encountered only in photographs.

And you don't have to be an astronomer. The tour is designed for beginners as much as experienced sky-watchers. Dave's trademark is explaining complicated ideas in straightforward language – turning distant planets, galaxies and cosmic mysteries into stories everyone can understand.

A PROVEN SUCCESS

This isn't a new experiment. Dave's Norfolk Island astronomy tours have already generated considerable interest, with previous tours attracting enthusiastic participants and producing glowing reports. The combination of astronomy, presentations, telescope viewing and island exploration has proved a powerful attraction.

Participants have described the experience as humbling, emotional and unforgettable, while others have spoken enthusiastically about the way it changed their appreciation of the night sky. That response has helped build continuing interest in future tours and demonstrated that Norfolk Island offers something genuinely different from the conventional holiday experience.

THE ISLAND IS PART OF THE EXPERIENCE

Of course, there is far more to Norfolk Island than its magnificent night sky. During the tour, participants have time to discover the island's remarkable landscapes and extraordinary history. An Island Discovery Tour provides an introduction to the character of Norfolk, while there is also plenty of opportunity to explore independently.

Among the highlights are spectacular Norfolk Island National Park, Mount Pitt and beautiful Emily Bay.

The historic Kingston precinct is another major attraction. Its convict-era buildings, ruins and cemetery form part of the Kingston and Arthur's Vale Historic Area, one of Australia's UNESCO World Heritage-listed convict sites.

Norfolk's story stretches much further than its convict past. The island's history encompasses its earlier Polynesian settlement, European exploration and, famously, the descendants of the Bounty mutineers who eventually made Norfolk Island their home. Add spectacular coastal scenery, forests, beaches, wildlife, museums and a distinctive island culture, and there is plenty to discover between the stargazing sessions.

THEN NIGHT FALLS

As daylight fades, the focus turns skyward. The island grows darker and the artificial lights become fewer. Then the stars begin to appear – first by the dozens, then by the hundreds and thousands.

The Milky Way gradually reveals its enormous sweep across the heavens. Dave begins pointing out constellations and explaining the stories and science behind them. Telescopes reveal distant worlds, clusters and nebulae, while questions inevitably begin flowing from the group.

It is at moments like these that the uniqueness of the experience becomes clear. People who arrived as holidaymakers suddenly find themselves exploring the universe together.

A WEEK TO REMEMBER

The tour combines astronomy activities with island sightseeing, welcome and farewell functions, telescope viewing, safe solar observation and free time to enjoy Norfolk at your own pace. It is an unusual combination: a South Pacific island escape, a history adventure and a genuine astronomical experience – all rolled into one.

For anyone who has ever looked up at a star-filled sky and wondered, "What am I actually looking at?", Norfolk Island offers the perfect setting to find out. Under a ***Gold Level Dark Sky***, with the Milky Way blazing overhead and an experienced astronomer beside you, it will be an experience you never forget.

Norfolk Island Stargazing with Dave Reneke – come for the island, stay for the stars, and go home seeing the universe differently.

Want more details or info?
Visit: https://norfolkislandtravel.co/stargazing-with-dave/
Or call or text Dave on 0400 636 363.

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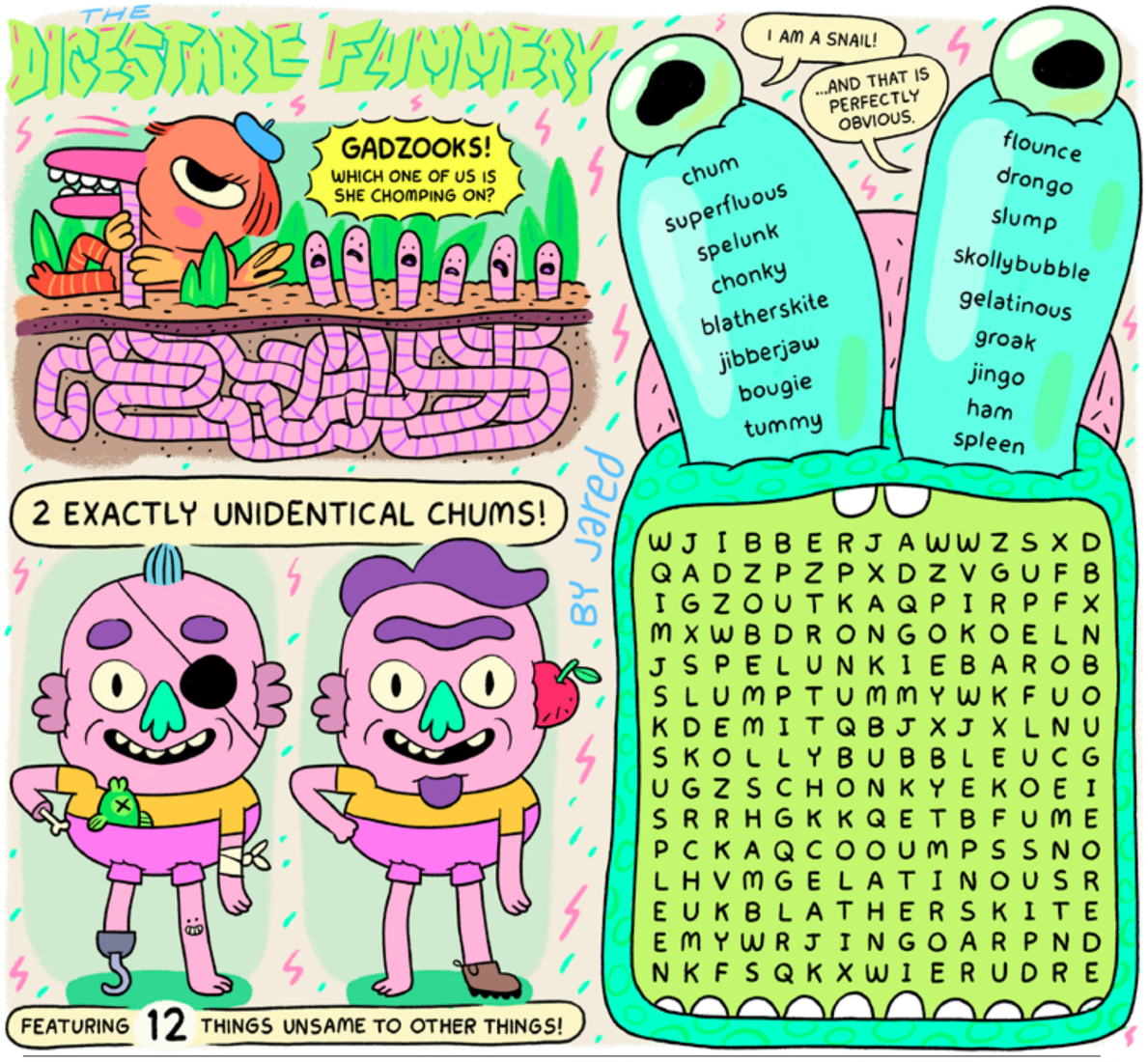
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Hidden in plain sight. Guess who!

From coast to capital and back again.

This is the third of a series about local personalities who have life-stories we are mostly unaware of. We will attempt to tell their stories without naming names. LOL.

Just email who you think it is to: editor@camdenhavenlocalnews.com.au Answer published next month.

Some people seem destined to become involved in their community almost before they are old enough to understand what that responsibility entails. For this month's mystery personality, that interest emerged remarkably early, setting the stage for a life that would eventually bring him back to the district where his story began.

Growing up in a small coastal community, he enjoyed the sort of childhood familiar to many locals, with beaches, waterways and the freedom of a regional upbringing close at hand. His primary school years were spent locally, followed by secondary education in a nearby larger town.

But while most excitable teenagers were contemplating their first car, a job or perhaps their next weekend adventure, this young fellow had rather grander ideas.

At just 18 years of age, he decided to throw his hat into the political ring, standing as an independent candidate in local government elections. It was an unusually ambitious undertaking for someone barely out of school, but one that revealed an early fascination with how communities function and how decisions affecting everyday people are made.

Whether politics was ever intended as a lifelong career remains uncertain, but the experience certainly suggested a willingness to step forward rather than simply watch from the sidelines.

The following year brought a change of scenery when he headed to the nation's capital to pursue university studies. Canberra offered new opportunities, new friendships and the beginnings of a varied working life.

His career took him through hospitality, management and early education before he discovered an aptitude for an industry where communication, negotiation and understanding people are essential ingredients. It was a profession that would eventually see him become a senior representative of a successful, award-winning business.

Yet professional advancement wasn't enough to satisfy his interest in the wider community. He became involved with a prominent suburban community organisation, serving on its executive and later taking on secretarial responsibilities. It was another opportunity to help represent local interests and participate in decisions about the future of a rapidly developing district.

After roughly a decade away, the familiar attractions of his childhood home proved difficult to resist. In 2023, he returned to the Mid North Coast, bringing with him a wealth of experience and a renewed enthusiasm for the area he had always known.

His professional life quickly became established, but it was his enthusiasm for local organisations that increasingly occupied his attention.

History, tourism, business development and community activities have all benefited from his involvement. He has taken on leadership responsibilities, participated in discussions about the future of the region and encouraged greater cooperation between businesses and the people they serve.

Away from meetings and professional commitments, he enjoys fishing, golf, swimming and the occasional barbecue – pursuits considerably less complicated than navigating committee agendas.

And there's another side to this gentleman that might surprise a few people. At a particular time of year, he has been



known to abandon his usual attire in favour of a red suit, white beard and a rather generous helping of Christmas cheer, much to the delight of local children.

A teenager with political ambitions, a decade in Canberra, a career built around people and a return to the community that shaped him. ***Who is he?***

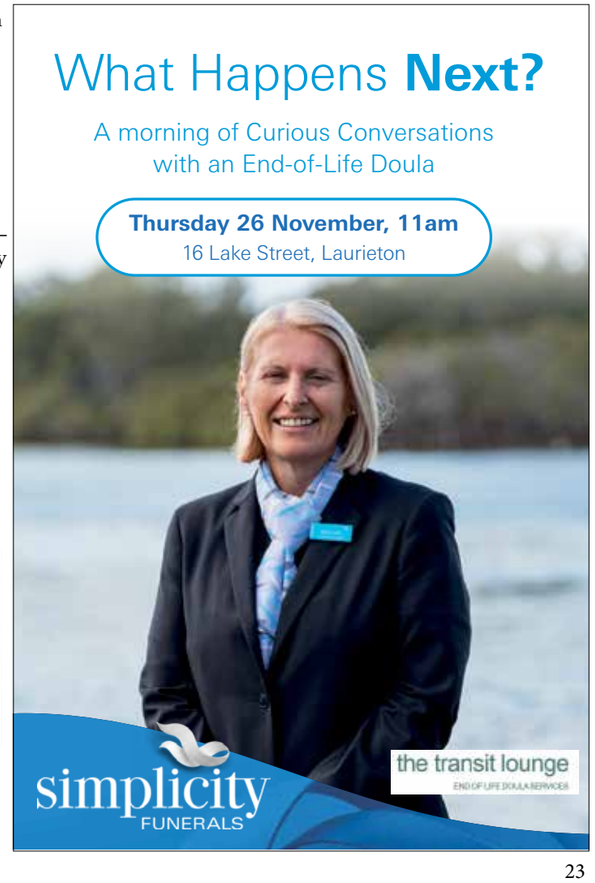
Last month's "guess who": Blair Maxwell



Behind the airwaves.



Office administrator, Jean White, has lived in the district for 33 years after returning from England where she was the accountant for two building companies. Shw started off at Expressway Spares in the office then ran her own bookkeeping business when GST came in the year 2000. She has worked in administration for a local preschool for 12 years before retiring six years ago. She gives back to the community by doing voluntary work at Driver Reviver and as auditor for the Bush Fire Brigade. She now enjoys her time keeping the books straight at 2WayFM.



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