

FREE

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LOCAL



NEWS

LAURIE TON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL BONNY HILLS | LAKE CATHIE | FEBRUARY 2026

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summer**

koala lady

marine to the rescue

**going to da zoo
you can come too**

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Happenings on the home front.

Koala rescuer tells her story. *by Alison Stewart*



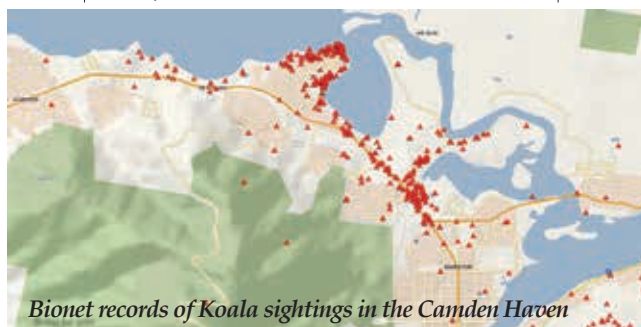
Deanne Castle firmly believes in – and lives by – her mantra, “No koala left behind.” Consequently, she’s become a familiar sight along Ocean Drive and surrounding tracks. Always with an elaborate camera in hand, she makes her daily rounds documenting the local population, aptly earning her nickname “the Koala Lady.” She’s quick to say, “The camera is not simply for taking pretty pictures. It is vital for koala identification, as I’m able to differentiate them by the distinctive markings on their noses and bottoms. The camera has also proven a valuable diagnostic tool, sometimes revealing obscure injuries or illnesses, such as ocular chlamydia.”

Having lived in the area since 2000, Deanne (also known as De) did not encounter her first koala until 2022 at Queens Lake. Shortly thereafter, she had her second sighting, and as luck would have it, she met Scott from the Koala Hospital. He’d been called out to rescue a koala following a dog attack. Little did she know, they’d meet again, when he trained her as a koala rescuer. Next she heard dreadful news, a motor vehicle had hit two koalas in Laurieton, resulting in the death of the joey and the mother running off, probably injured. Two days later, her daughter called her to help with a koala seen limping in the same area, presumed to be the injured mother. In fact, this proved to be a male – a third koala in that specific area! After several amateur rescue attempts and numerous phone calls, while desperately hoping the koala would not run off, a qualified rescuer arrived. The koala was promptly confined in a crate and transported to Hospital.

This darker side of living alongside koalas was the catalyst for De’s mantra and set her on this path. Her first step was to inform local council about the koala population and suggest the need for warning signs. After all, she hadn’t even been aware that she lived amid a koala habitat – and had been so for over two decades! Initially, the council advised (I summarise here), very few koala sightings had been reported; however, if she was willing to monitor and record their activities, the

council would be very receptive. De stepped up immediately, and the rest, as they say, is history.

Up to 2022, there was only a handful of recorded sightings, but now Deanne’s map is full. Her rounds (around 10k) take her along Queens Lake track, through Henry Kendall Reserve, Laurieton Cemetery, and both sides of Ocean Drive. This is a daily VOLUNTEER commitment of 4 to 5 hours! In this regard, every set of eyes help. She encourages the public to report ALL sightings using the Port Macquarie Koala Hospital website (details below).



Bionet records of Koala sightings in the Camden Haven

De’s often called upon to rescue sick or injured koalas. The greatest danger in our area is cars, particularly on Ocean Drive. This busy road not only intersects their habitat, requiring koalas to cross regularly, but some koalas traverse to and from the mountain, particularly during mating season (August–February).

Working closely with Council, De has been instrumental in the interactive signage and speed lights, now installed adjacent to Laurieton Cemetery. Although many drivers feel genuine pleasure in earning the smiling green koala symbol (and this writer is one), there are still those that don’t. Just recently, a 4WD ran over a koala, somehow missing it with its wheels. Luckily, the koala did not appear physically injured (though I do wonder, do they have nightmares). These signage measures only cover a small portion of koala hotspots associated with Ocean Drive. Koalas regularly cross the road from Laurieton to Lakewood, with a mother and joey recently sighted near Fairwinds Estate. One lucky witness, Lyn Groves, said, “The traffic stopped in both directions and allowed them to cross safely. It

was such a wonderful sight to see. I only pray they’ll be as lucky next time.” We all do, Lyn!

After cars (and again, totally preventable), the most dangerous threat is unleashed dogs. Most dog owners follow the rules – established for a reason – especially in known koala zones. De explains, “There is specific signage in Port Macquarie Koala Habitat areas, noting unleashed dogs are prohibited. I would love to see these signs installed in the Camden Haven. No one wants to see a koala needlessly injured. Education has got to be the key, which is the very purpose of detailed signage.”

De’s passion was ignited by her first rescue. While continuing her volunteer position, she has completed studies in Certificate II in Animal Care and Certificate III in Wildlife and Exhibited Animal Care, broadening her knowledge and qualifications. Throughout her journey, she has remained dedicated to advocacy, education and her mantra, “No koala left behind!” Everyone can do their part.

Please slow down and keep your dog on a leash. Report an injury to 6584-1522 (Koala Hospital). Report a sighting on the website Koalaconservationaustralia.org.au

Passing on the good word - *Alison Stewart*

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Community Chit Chat.

Marine Rescue a family attraction. *by Alison Stewart*

On the third Sunday of every month, Camden Haven enjoys the culmination of our many markets, with Laurieton's Riverwalk Markets. Next time you visit, whether armed with your veggie list or just checking out the sights, be sure to stop by Marine Rescue ("MR"). Just follow your nose and it will lead you directly to their BBQ fundraiser. But now, beyond their signature sausage sandwich, MR offers an engaging activity for the entire family.

Recently, MR began displaying one of their two rescue boats, for anyone interested in an inspection. Moored beside their headquarters is the Camden Haven 20, MR's impressive 10-meter Naiad vessel. Their other, smaller vessel, is a RHIB, rigid-hauled inflatable boat. It's used for most river rescues, as the larger vessel can't pass under the local bridges. You'll hear this and many more anecdotes from the MR volunteers, who enjoy entertaining their visitors.

Often, an interested local realises MR is precisely what they're looking for, as a future volunteer themselves. "The varied responsibilities extend well beyond boating duties", says Marie Roberts. She's been a radio operator for 11 years, as well as serving both as Fundraising and Uniform Officer.



The Thorpe family and MR crew at Laurieton Riverwalk Markets

(I must say, the uniforms do look very smart - check out the photo). The displayed vessel acts as a magnet for children. Who amongst us wouldn't be thrilled to sit in the captain's chair and steer (in our mind's eye).

When I met the Thorpe family, featured here, they were in the area visiting three generations of resident family. Actually, this was the culmination of a 12 month 'doing the lap' (complete with distance education!).

On this particular day, the Thorpe's had ventured to the wharf to waive to Grandy Mandy who was passing by on the Dragon Boat - her regular Sunday run. It was then that they saw the MR vessel and the rest, as they say, is history captured in print. Just another newspaper clipping for Great Nana Beryl, a nonagenarian and local resident since the 80's, and souvenir from their family's grand tour of the lap.

Robots in the Haven.

by John Saunders

The Laurieton Rotary Club has supported Camden Haven High School since 2014, when it funded the introduction of Robotics as a subject to the school. Since then, the program has grown rapidly, with high school students now helping local primary schools learn about robotics.

Recognising robotics as a key future science in mechanics and manufacturing – and now part of university science degrees – Rotary has continued its support. Camden Haven High's robotics team has achieved strong results at high school, state, and interstate levels, with several students going on to complete University science degrees.

To further develop the program, the Laurieton Rotary Club has secured a grant to purchase new high-performance laptops dedicated to the robotics program in 2026 and beyond. We look forward to their continued success.

Join them roaring.

by Aloena Ferguson

Ever thought you'd like to give dragonboat paddling a try? As members of Camden Haven Dragonboat Club like to say "it's the most fun you can have sitting down".

On Saturdays 7, 14 and 21 February the Club invites you to "Learn to Paddle" With no cost, experienced coaches and sweeps, friendly paddlers and all equipment provided, what's not to like about the opportunity?

If your first paddling experience gets you in you will be given a Dragon Pass which entitles you to paddle for 28 days free of charge on Sunday training days - then if you're hooked you can join the Club as a member.

Camden Haven Dragonboat Club started in 2008 and has training runs 7 days a week. Coaches will help you with technique and will assess when you're ready to progress



Dragonboat at Laurieton Riverwalk Markets

from Sunday runs to the more rigorous training and regatta preparation runs.

If you'd like to join one of the Learn to Paddle outings contact Maureen on 0421 610 321 or Kath on 4023 297 790. They will give you details about time to arrive, when to meet, what to wear and what to bring etc.

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Community Chit Chat.

To da zoo, zoo, zoo!

by Alison Stewart

Although I've seen the ads and know the jingle, I've always felt reluctant to visit Billabong Zoo. Having been a member of Sydney's Taronga Zoo for over a decade, I just couldn't imagine how its country cousin would measure up? Well, break out the condiments – I'm about to eat my words (do words have carbs?).

I ventured there last month with my visiting daughter and nine-month-old grandson and was blown away! Just 17 minutes up the highway, I arrived at the main entrance. (At Taronga, it took me longer to find a parking place – in the pre-designated, prepaid, parking lot!) This time I walked straight in, not even a queue to break my stride, and was promptly welcomed by staff who detailed the day's activities.

The stars of Billabong Zoo are the animals, aptly known as their Ambassadors. Once again, my old-city-self would have scorned a zoo without giraffes and elephants, and once again, I was wowed! The animals are so close you feel you can



touch them, and in fact, signs warn you not to be tempted. The absolute standout for me was the lions – big, healthy, and active. We were thoroughly entertained with tricks as they interacted with the keeper. I'm going back just to see the lions again – seriously!

We attended five animal talks, although there were many more on offer. These events far exceed their label as mere 'talks'. Lasting about 20 minutes, they were entertaining, interactive, and fascinating experiences.

Beyond the above events, included with your entrance fee, you can opt for personalised encounters. These do require an additional charge and advance booking, but I highly recommend their consideration to anyone wishing to share a special experience with your child or grandchildren. This is the stuff their memories are made of – and yours too for that matter.

On that note, while writing this article I decided to adopt a koala, Berry, choosing her from photos. My sponsorship made a wonderful Christmas gift for my grandson (who seems to lack for nothing). My hope is that we'll visit Berry, seeing her progress and her future joeys. I do hope my grandson learns to appreciate these special presents, as he's likely to have a koala, goat and water well, before he reaches school.

Finally, I would be remiss not mention their restaurant, The Meeting Point Cafe. Once again, it was well planned, offering a menu of reasonably priced, delicious meals which would stand up to any similar venue on Port's main stretch.

Along with its fascinating history, the website (Billabongzoo.com.au) accurately describes itself as a 'Top city zoo combined with a local community-minded attitude and friendly staff to help' – and I couldn't agree more! See you at the Lions' enclosure, Daily Talks at 10:00am.

Postscript: I do want to add, this is an unsolicited review. Just spreading the good word – Alison Stewart



Family fun with interactive animal talks.

Fieries at the ready.

We are proud to have a very organised local fire service including the outlying rural squads. Apart from keeping us safe from flames, the smiles they bring to little faces on the annual lolly run and special Santa appearances were appreciated by the locals and visitors alike. Well done crews!



New "Markets" page.

We are introducing a new Laurieton Riverwalk Markets page where you can find easy access to your favourite stall holders. There are contact details in their ads and in our online page turning version of the magazine you directly click through to their social or web page. Go to page 11 and check it out.

Chequer Toast.

Developed by Olwen Williams

1 loaf wholemeal sourdough sliced (from Scott's Bakery next to Coles Laurieton)
Spread each toast slice with lashings of butter (Real Butter – not margarine)

TOPPING #1

4 x eggs (from Mid Coast Egg Farm)
3 x Tbsp English Style Salad Cream
1 x green shallot finely chopped
Cracked Black Pepper
6 x tsp black lumpfish roe
Soft boil eggs for 6 mins. When cool peel and place in a medium bowl with salad cream, shallot and black pepper.
Placed egg mixture onto toast then top with lumpfish roe.

TOPPING #2

6 x slices of Norwegian Smoked Salmon (from Port Seafood)
1/2 x cup Philadelphia Cream Cheese
1 x tsp wasabi paste
Juice of half a lemon
1 x tsp of baby capers
6 x tsp of Salmon Pearls (from Port Seafood)
Mix all ingredients (except Salmon Pearls) well and apply liberally then top with Salmon Pearls.

TOPPING #3

6 x slices of Smoked Cheese (I use home-made cold-smoked cheese)
Roasted Capsicums in Olive Oil, Truffle Balsamic, Truffle Oil & Garlic (I always roast my own)
Place slices of smoke cheese onto toast. Place generous piles of Roasted Capsicums on top.

TOPPING #4

6 x tbsp of Home Made Pate (or store bought liverwurst is also nice)
1 x slice red salad onion separated into rings
6 x cherry tomatoes
12 x rocket leaves.
Spread toast liberally with pate & top with tomatoes, red onion & rocket.



Garden hints and helping growth.

February's garden.

As we approach the final month of summer, February can be the most challenging month.

With the recent dry weather conditions, our gardens are looking a bit tired. Add mulch to the garden beds, and deep watering to encourage healthy, strong growth. Check potted plants to ensure water is being absorbed. A wetting agent applied to the surface will ensure effective watering. Heat-stressed gardens will also respond to a liquid Seaweed such as Maxicrop or Powerfeed. This can be applied monthly during the growing season.

There's nothing nicer than the welcome shade from trees during the hot weather. With gardens becoming a lot smaller, there are still plenty of options to choose from to help us create that shaded space for summer.

The local garden centres will be able to assist with ones that are suitable for our local conditions.

Now is a suitable time to prepare for planting in autumn. Veggies and Herbs. Add plenty of well-rotted manure and compost to the garden and let the soil rest for a few weeks before planting.

Azaleas and Camellias will respond to a good prune and tidy before Autumn. Apply a small handful of Azalea & Camellia fertiliser to the drip zone. I like to add some compost around the base in addition to feeding.

Summer flowering perennials and Hydrangeas can be given a prune and tidied up now as well.

Roses are looking a bit sad, give them one-third prune and a good feed of high Potash fertilisers, and they will flush again for Autumn.

Lawn grubs are highly active now and can destroy a good lawn within days. >>



>> Fortunately, there are a lot safer options to use now to control the grubs before the damage occurs.

Citrus trees are also being damaged by Citrus Leaf Miner. Yates Success or Eco oils can be used to regain control.

*Happy Growing,
Malcolm McKinlay
Garden Clubs of Australia
MNC Zone Coordinator*

MALS Plant of the month Barleria Obtusa Purple Gem

- Showy tropical foliage shrub.
- Grows in full sun or part shade.
- Grows to approximately 1m high.
- Well-drained soils.
- Featuring variegated foliage in shades of green, cream, and purple.
- Purple flowers from late spring through to late summer.

Linky Littlies get a hand up. Book the tour.

Preschool and childcare managers are invited to book a 20-minute **Linky Littlies** Bus Tour visit on 17-18 February. This walkthrough gives an exclusive first look at the new early-education transport service from Linked Community Services. It features Australian Standards approved booster seats, child-centred modifications and the welcoming support of Linky the Koala. See the safety features, explore the learning-focused environment

and discover how Linky Littlies can support families in your community. Spots are limited, so secure your Bus Tour booking today by emailing linky@linked.org.au.



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Camden Haven's wordsmiths.

Poets Corner

Welcome to Poets Corner.
by Diane Solomon Westerhuis

Our esteemed editor tells me that he has received some interesting submissions of poetry recently, but that he just doesn't have enough room for lengthy poems. So we will begin the New Year with this little corner for our poets, in which we can consider different forms of poetry with examples of differing forms.

The first poem I personally offer (below) is a ballad, an old form which employs quatrains with a rhymed second and fourth line. This ballad describes the journey of our beautiful Camden Haven River, from its beginnings high up in the Comboyne escarpment, to the completion of its journey through the estuary and into the ocean.

This edition celebrates a lively mix of poetry styles, from classic ballad and playful limerick to reflective free verse. Each form brings its own rhythm and character, showing how structure can shape both meaning and mood. *Transience: the Camden Haven River* unfolds in ballad form, tracing the journey of water from mountain mist to open ocean. Its steady cadence mirrors the river's movement, evoking change, renewal, and the quiet persistence of life along its banks. Darren Swatton's free verse pieces, *30 Pubs* and *Goon*, create vivid word pictures

through simple, honest observation. These poems resonate with anyone who has backpacked around Ireland or wandered through the country, discovering warmth, generosity, and friendship in unexpected places. They remind us that often it's not the destination that matters, but the moments shared along the way.

Anon's limerick, *Laurieton*, adds a bright, joyful note, with the line "a breeze full of glee" standing out as a terrific metaphoric illusion.

Next edition, we might explore more poetic forms for readers to try.

Transience: the Camden Haven River
d.s. westerhuis January 2026

From the mist of mighty mountains,
from the rill of trickling rain,
down the face of an escarpment
water flows, and flows again

life builds on watery offerings
it finds a new abode
a riverine environment
a new riparian mode

first inklings arrive unheralded,
from wrigglers in a pond,
from little tiny flutters
like a fairy's magic wand

they strengthen, build and multiply,
proliferate and quicken
they form a lively habitat
with plants which grow and thicken

they soon build homely offerings
for small and large alike,
for insects, frogs and fingerlings
regardless of their size

moss, bracken, ferns and algae
rebuild habitat anew
transient braided pathways
the many into few

towards the coast unhindered
its winding route not straight
through farmland, mostly planted
through forestry estate

once around the mount, around the lookout,
assembled streams re-form a lake,
collectives meet-where pelicans bout
with ducks and swans, and arrogant drake

the final flow, the barrier breached
a final push, the estuary reached
now salty brine, the inlet open
no river now, just mighty ocean.

30 Pubs Darren Swatton

Closest to the backpackers in Belfast
Sits Robinsons Pub.
The frontbar is strewn
With shelves of classic books.
Downstairs is a nightclub.

First night in town
We went to the backbar,
Where it was all happening.

Later Thomas played 'Streets of
London' there.
The only two spare seats
Were at a table for four.
Thomas and Michelle,
A couple of locals
Said we could sit down.

A couple of beers
And a spirited chat
Turned into a place to stay
For me and an Aussie friend.

Three, four, five Pubs every night with
Thomas.
Another Guinness, Cheers.
Fiddlers playing in the corner.
Ten days of Michelles cooked breakfasts.
A trip along the North Coast.

'That's what Surfing is Thomas.'
A Guinness shirt, A gift from them.
I did like the drop.

Hospitality, Belfast, Northern Ireland.

Laurieton Anon

There once was a town, Laurieton
by the sea,
With pelicans bold and a breeze
full of glee.
From river to shore,
You'll ask for no more
Bird's paradise, plain as can be!

Goon Darren Swatton

Coffee mugs bought from a second hand shop.
Goon. (Cask wine) bought from fruitpickers wages.
A tent-site on the other side of the railway tracks.
It's Winter
A fire
Idle chat, five of us, passing the goon-sac.
It's all you need.

Words and music festival cometh.

Revitalising the festival scene in the Camden Haven.

by *Olwen Williams*

The inaugural **Camden Haven Words & Music Festival** is being planned right here in North Haven, Kendall and Laurieton for the June Long Weekend 2026.

This event will feature an art competition and exhibition, poetry reading and competition, author presentations and book signings plus six major and varied concerts covering a wide variety of musical genres and ensemble configurations.

Namely, this four-day event will kick off with local jazz ensemble "Dinner With Milton" as the festival opener on Friday June 5th in the newly refurbished Club North Haven auditorium.

The current program has Saturday as the Official Festival Opening at the Laurieton School of Arts hall with addresses from Dr Jeanell Carrigan AM and visiting poet Mark Tredinnick OAM. The art installation will be open over three days in-situ at Laurieton Hall.

Saturday afternoon sees fine musical performances at the Kendall School of Arts hall with professional chamber music group Trio Novalis. This trio is made up of Dr Jeanell Carrigan AM, piano, Dr Goetz Richter AM, violin and visiting Sydney cellist, Dr. Minah Choe. Repertoire will include favourite trios by Schubert and Dvořák.

We stay in Kendall for Saturday evening's showcase of Musical Theatre Favourites, programmed and led by Narelle Yeo from The Sydney Conservatorium's Musical Theatre

Program. She is bringing with her Sydney's newest and brightest upcoming stars!

Sunday morning will be one of the highlights! A very unique presentation and performance by composer, George Palmer OAM as he discusses his song writing to texts by Australian author Tim Winton & Australian poets Judith Wright, Bruce Dawes and Kenneth Slessor. This will be curated by Jeanell Carrigan with performances by Narelle Yeo and Douglas Ross.

What is a Sunday afternoon without a good jazz concert? Well kick back and enjoy the tinkling of the ivories by Sydney jazz great, Dr Kevin Hunt. Kevin will be joined by sultry jazz vocalist Nikki Crayson. New horizons will be explored when Kevin introduces a new collaboration with himself and mid-coast indigenous artist, Maanyung.

Monday morning is the culmination



concert and official closing of the weekend where we present the 15-piece Verbrugghen String Orchestra – also from The Sydney Conservatorium of Music, masterfully led by Dr Goetz Richter AM.

The committee of The Camden Haven Words & Music Festival hope to present to the local residents of The Camden Haven and surrounding areas, a first-class musical and literary event which offers something for everyone. We acknowledge PMHC Community Grants fund for their contribution to this not for profit community event.

Current sponsors are Camden Haven Chamber of Commerce, Camden Haven Local News and Club North Haven. Anyone wishing to also offer sponsorship, would be welcomed. Contact Olwen on 0419 363 363.

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So much music and art coming up.

Opportunities to display your talents. Whether strings or brushes.

Next month is shaping up to be a celebration of creativity across the Mid North Coast, with two major community events inviting locals to take part – not just as spectators, but as active participants.

First on the calendar is the Kendall Community String Festival, presented by the Kendall National Violin Competition. Led by internationally respected violinist, educator and Sydney Conservatorium Professor Dr Goetz Richter AM, the Festival of Strings will take place at the Kendall School of Arts on Saturday 7th and Sunday 8th March.

Designed for bowed instrument players of all ages and abilities, the workshops are hands-on and practical, encouraging musicians to bring their instruments and experience immediate improvement. Saturday's session focuses on the foundations of playing, exploring how good technique can unlock ease, confidence and beauty in sound. On Sunday, the focus shifts to effective practice, showing players how learning can be faster, more enjoyable and far less frustrating.

Each workshop forms a collaborative ensemble, concluding with a short performance that reflects on what participants have learned. The weekend culminates in



a special recital by 2023 Kendall National Violin Competition winner Beatrice Colombis, accompanied by pianist Laura McDonald, offering audiences the chance to enjoy world-class talent right here in the community. More information/tickets call Lesley Priest on 0428 545 834 or at <https://events.humanitix.com/kendall-string-festival>.

Later in the month, visual artists and art lovers will gather for the return of Art in the Vale, held on Saturday 21st and Sunday 22nd March at the Hannam Vale Community Hall. First established in 2002, this much-loved exhibition has become a cornerstone



of the region's creative calendar, showcasing the depth of talent found throughout the valley.

The exhibition will feature works from established, emerging and first-time artists across a wide range of styles and mediums. A special display by local primary school students will once again highlight the next generation of creatives, reinforcing the event's strong community focus.

This year's exhibition also honours the legacy of Di Studdert, a founding member whose passion and encouragement helped shape

Art in the Vale from its earliest days. The renamed Packers Prize will commemorate her enduring contribution to local arts.

Artists wishing to exhibit are encouraged to register before entries close on 23rd February 2026. Visitors can attend from 10am to 4pm both days, with a \$2 entry allowing them to vote in the popular Peoples Choice Award. More information at: hvh1927@gmail.com. Together, these two events celebrate creativity in all its forms – from music and playing to paint and photography – offering locals the chance to learn, share, perform, exhibit and simply be inspired.

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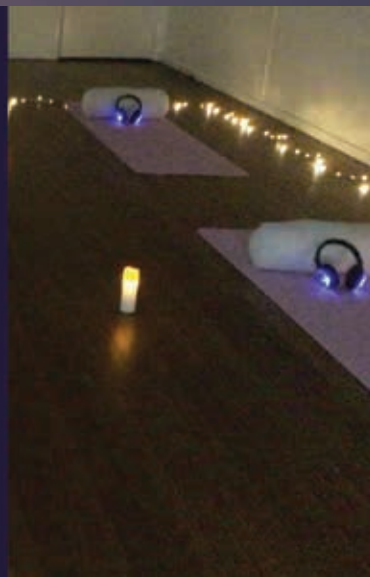
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Us and 9D Breathwork

Whether you want to improve your mental fitness or take a step back to relax and let it all out, we can provide the resources to do so in a healing and friendly environment.

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.



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

All through guided breathwork coaching offering over 50 journeys to choose from.

Suitable for beginners.

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

- Abundance and prosperity
- Awakening and empowerment
- Self mastery and enoughness
- Inception and rebirth
- Releasing guilt and shame
- Liberation from addiction
- Healing emotional wounds
- Origin and purpose
- Integration and regeneration
- Relaxation and grounding
- Subconscious reprogramming
- Abundance and self trust
- Grief and loss
- Sovereign breath
- Stress and anxiety
- Cellular reconstruction
- Wisdom through sound design
- Reconnect your inner child
- Transcending fear
- Full reset
- Letting go and moving on
- You are enough
- Unleash your power
- Beat procrastinating
- Never give up
- Become unbreakable
- Developing potential
- Conquering fear and failure
- Break the anxiety cycle
- Depression salvation
- Anchor to the present

Please visit our website for full descriptions of these journeys.



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 visit our website:

www.silverbackbreathwork.com.au



To book a Journey:
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For more info visit:
silverbackbreathwork.com.au



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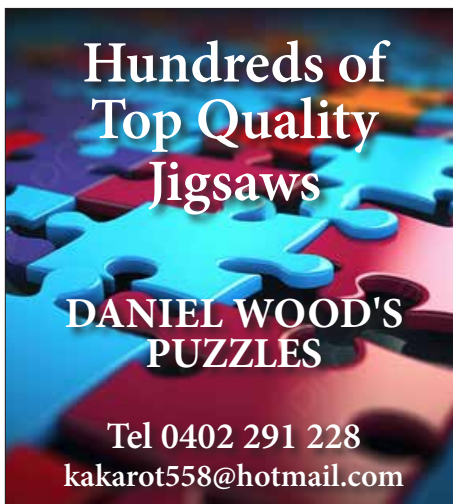
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Kew Country Club

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*AVAILABILITY SUBJECT TO SCHEDULED BOWLS EVENTS

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\$5 BOWL HIRE

*AVAILABILITY SUBJECT TO SCHEDULED BOWLS EVENTS

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30 PRIZES

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Kew Country Club

ON SALE FROM 5:30PM - DRAWN FROM 6:30PM

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KEW COUNTRY CLUB - 02 6559 4203

What's on and gig guide.

Live music, gigs and special concerts!

February 2026

SUN FEB 1 1.00pm - 5.00pm

Sunday Sessions

Brad Lockwood Duo (Live Music)

Haven Ridge
743 Ocean Dr, Grants Beach

Tix: \$10 kids free

www.havenridge.com.au

SUN FEB 1 1.00pm - 4.00pm

Sebastion Jones (Live Music)

Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

THU FEB 5 6.30pm - 9.30pm

Matty Zarb (Live Music)

Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI FEB 6 6.30pm

Jim Pike -guitar & voice with lyrical tales

Kendall Music Exchange
School of Arts - Comboyne Rd

Tix: \$5

kedallmusicexchange123@gmail.com

FRI FEB 6 6.30pm - 9.30pm

Slinshot Duo (Live Music)

Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT FEB 7 6.30pm - 10.30pm

Mat Brooker (Live Music)

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

SUN FEB 8 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 FEB 8 1.00pm - 4.00pm

Steve Bennett (Live Music)

Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

THU FEB 12 6.30pm - 9.30pm

"Besty" (Live Music)

Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI FEB 13 6.30pm - 9.30pm

Shane Peters (Live Music)

Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT FEB 14 6.30pm - 10.30pm

"Besty" (Live Music)

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

SUN FEB 15 1.00pm - 5.00pm

Sunday Sessions

Cassie Rose & Ali McLeod (Live Music)

Haven Ridge
743 Ocean Dr, Grants Beach

Tix: \$10 kids free

www.havenridge.com.au

SUN FEB 15 1.00pm - 4.00pm

Simon Gudgeon (Live Music)

Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

THU FEB 19 6.30pm - 9.30pm

Gary King (Live Music)

Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI FEB 20 6.30pm - 9.30pm

Cotton Sax & Strings (Live Music)

Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT FEB 21 Doors 7.30pm Show 8.00pm

80s to the Disco Max

Laurieton United Services Club
Seymour St, Laurieton

\$40 Tickets at: <https://lusc.sales.ticketsearch.com/sales/salesevent/156472>

U18 Permitted With A Responsible Adult

SAT FEB 21 6.30pm - 10.30pm

Rhys Callinan & Ruben Carr Duo

(Live Music)

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

SUN FEB 22 1.00pm - 5.00pm

Sunday Sessions

Maddy Andrews (Live Music)

Haven Ridge
743 Ocean Dr, Grants Beach

Tix: \$10 kids free

www.havenridge.com.au

SUN FEB 22 1.00pm - 4.00pm

Charlotte Rose (Live Music)

Moo & Bean Kitchen & Bar
613 Ocean Dr North Haven

THU FEB 26 6.30pm - 9.30pm

John Ryll (Live Music)

Club North Haven
1 Woodford Rd North Haven
www.clubnorthhaven.com.au

FRI FEB 27 6.30pm - 9.30pm

Gary King (Live Music)

Club Lake Cathie
45 Evans Rd Lake Cathie
www.lakecathiebowlingclub.com.au

SAT FEB 28 6.30pm - 10.30pm

Ross Ruprecht (Live Music)

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

SAVE THE DATE IN MARCH

SUN MAR 8 2.00pm

PhiloMusica Concert

Recital featuring *Beatrice Columbus* (violin) - Winner of 2023 National Violin Competition, and *Laura McDonald* on piano
Kendall School of Arts Tix: \$35

Ticketing: Olwen Williams 0419 363 363
www.kendallviolincompetition.org.au
<https://events.humanitix.com/kendall-string-festival>

Laurieton Library Events

For actual dates for Baby Bounce and Story Time check on <https://mnclibrary.org.au/events/month/2026-02/>

BABY BOUNCE

Thursdays 10am - 11am

Fun songs, rhymes, finger play, and music for infants from birth to 1 year.

STORY TIME.

Tuesdays 10am - 11am

Some wonderful stories and great fun.
Suitable for ages 3-5 years, w. parent/ carer.

MOBILE LIBRARY VAN @ Lake Cathie

Thursday February 12 and 26. 10am - 12pm

Lake Cathie Community Centre

Lot 3 Mulloway Drive



If you have any entertainment events happening in our region please let us know and we will list it here.

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whats on february



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8th Besty
15th Cassie Rose & Al McLeod
22nd Maddy Andrews



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When the cows come home.

Moovoooves happening at Moo & Bean.

Review by *Olwen Williams*

For the past four and half years, residents and visitors to North Haven have had the luxury of calling bar, café, restaurant & kitchen, Moo & Bean, their local.

At the helm has been husband and wife team Andrew Saville and Louise St George. Andrew is originally from Coopernook and went to school in Taree, so is no stranger to the area. After travelling as a chef he met his wife Louise whilst working together at The Holiday Inn in Kakadu.



Both Andrew & Louise have "large hotel" experience and have brought that expertise to this slick establishment.

Another tropical meeting for Andrew which proved advantageous was meeting his current Restaurant Manager Jacob Bonham in Cairns (pictured, right). Andrew convinced Jacob to move to the Camden Haven from Cairns where he has trained up a hospitality team providing friendly and professional hospitality to all Moo & Bean guests.

Yearning for "family time" has meant that Andrew & Louise have now made the decision to hand over Moo & Bean to new owners, with the complete hand-over occurring at the end of January 2026. We wish them every success in whichever new venture they embark on.

BRAVO and THANK YOU for providing locals and visitors with a swanky venue with great river views, an expansive Al Fresco Dining Area with dedicated Bar



Owner Andrew Saville & Restaurant Manager Jacob Bonham on their last day of service

and providing toe-tapping live music each Sunday. And who could forget their \$1 Oyster Special over a glass of Mr Riley Savignon Blanc during Sunday Lunch Service?

So Long and thanks for all the Fish (Tacos)!



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Another Bali holiday? Nah! Space!

Space tourism is dawning on the travel industry.

The dream of space travel, once confined to the realms of science fiction, is rapidly becoming a tangible reality. In 2025, the space tourism industry is experiencing unprecedented growth, with companies like Blue Origin leading the charge. The recent Katy Perry all-girl mission has not only captivated the public's imagination but also paved the way for a future where space travel is as commonplace as a plane journey.

This isn't just about billionaires escaping Earth's gravity for a few fleeting minutes. We are at the dawn of a new era – one where space is no longer the exclusive domain of astronauts or scientists but a destination open to curious civilians, adventurers, and even vacationers. What was once the stuff of Star Trek and Asimov novels is quickly becoming part of our everyday lexicon: spaceports, suborbital flights, zero-gravity lounges, and lunar resorts.

The initial phase of space tourism has been largely suborbital flights that shoot passengers just past the boundary of space, letting them float in microgravity and glimpse the curvature of Earth before returning home. Blue Origin's New Shepard and Branson's Virgin Galactic are perfecting this quick-hop model, and demand is already high, with passenger rosters filling up months in advance.

But the next generation of travel is orbital – and beyond. SpaceX, with its Dragon capsule and upcoming Starship, is preparing for longer-duration flights, possibly circling Earth multiple times or ferrying tourists to lunar orbit. Soon, we may board sleek, reusable rockets from dedicated spaceports, jetting off into the stratosphere with the same casual confidence we step onto international flights.

Initially, the destination will be the journey: a few minutes in zero gravity, a view of the Earth no photograph can prepare you for. But that's just the beginning. Next stop? Earth orbit. SpaceX and others are laying the groundwork for private missions to the International Space Station and eventually to other worlds.



STARGAZING With Astronomer **DAVE RENEKE**

Lunar bases are already on the drawing board. NASA's Artemis programme and various commercial partners are planning sustainable Moon habitats, which could be adapted for tourism. Mars is a longer shot, perhaps though just a few decades away!

Space hotels are no longer sci-fi; they're serious business. Orbital Assembly Corporation plans to launch Voyager Station by the end of the decade, a rotating space station that mimics gravity via centrifugal force. Aerospace firms are already designing luxury accommodations for low Earth orbit. These will cater to both short-term tourists and long-term researchers, blending adventure with comfort.

While big price tags remain steep, costs are dropping rapidly thanks to reusability, private competition, and maturing technology. In the same way air travel evolved from an elite luxury to an everyday utility, space tourism is following the same curve.

Analysts expect the market to grow into a multi-billion-dollar industry by the 2030s. It won't be long before travel agencies offer "space vacation packages" and high schools run zero-gravity science camps. It's closer than you think. In 2024 alone, we saw multiple

successful missions with civilian passengers.

By the end of the decade, regular orbital vacations and even lunar flybys could be a reality. By 2040, it's likely that the middle class will have viable options for saving or financing a trip to orbit. The future isn't just coming, it's launching. The final frontier is open for business, and before long, space will be just another dot on the travel map. A little farther than Paris or Tokyo, perhaps, but infinitely more awe-inspiring.

And once that door swings fully open, all bets are off.

Forget postcards, your holiday snaps will include sunrise every 90 minutes, Earth hanging like a fragile Christmas ornament, and the odd moment of panic when your sandwich floats away mid-bite. Space tourism won't just sell tickets; it'll sell bragging rights, cosmic perspective, and the ultimate dinner-party one-upmanship. "Oh, you went to Bali? Lovely. I went to orbit."

There'll be space honeymoons, orbital weddings, and probably at least one reality TV show filmed in zero-G chaos. Space won't replace Earthly travel, but it will redefine adventure. The age of packing sunscreen and a spacesuit has officially begun.

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Summer has our creatives on show.

Exhibitions abound. Bonny Hills Art Prize. Crystalline Pottery.

by the **Editor**

Bonny Hills was buzzing with colour, creativity and community spirit mid January, as two much-loved exhibitions drew visitors from across the region and beyond.

Held at St Agnes Frances Retreat, the 2026 Bonny Hills Art Prize welcomed more than 1,200 visitors over five days, with the majority travelling from the Port Macquarie-Hastings area. The popular annual event showcased 404 artworks, with an impressive 82 pieces sold – including three heading overseas to England.

This year's top honour, Best Work in Exhibition, the ADBRI Award, was awarded to Julie Mills for her evocative piece *Old Track to Uluru*. Judges praised the work for its sense of journey and emotional depth. Other standout winners included Felicity Rabe (*Study – Pomegranates*), Anne Falkner (*Enjoying Roto House*), Leah Gartner (*Salt and Thunder*) and Sarah Spencer (*Tiger*), with categories spanning oils, watercolour, mixed media, pastel and drawing.

Young artists also took the spotlight, with Youth and Junior Awards recognising emerging talent including Luke Baker, Olive Zischke and William Sawtell. Adding a unique twist, children attending the

workshops formed their own judging groups, selecting their favourite works – an initiative that organisers say helps nurture confidence and creative thinking.

In total, 94 children took part in hands-on workshops led by experienced local artists, making the event as much about participation as exhibition.

Running nearby the art prize was a special showcase by Bonny Hills-based Crystalline Pottery artist Rod Page, with all proceeds donated to the Mark Hughes Foundation. Raising over \$8,000 for the charity and even



Childrens art Workshops



Front desk, Ian Simpson, Marcia Robinson, Roger Barlow VP.

the kids raised over \$400 on their own.

Rod's luminous porcelain pieces – famous for their signature crystal glazes – have been developed over decades of experimentation, producing stunning, one-of-a-kind works that are both beautiful and functional.

From sculptural vases and platters to birdbaths, designer basins and striking water features, Rod's work continues to attract collectors from around the world, while remaining deeply rooted in the local community. Rod sat at his potters wheel and demonstrated the art involved in turning clay to objects. He also gave technical info about his glazing kiln to a captured and very interested audience.

Together, the two exhibitions highlighted the strength of Bonny Hills' creative culture – a place where art, craftsmanship and generosity go hand in hand.



Crystalline Pottery on display



The kids doing their own fundraising



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Kendall National Violin Competition
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Festival of Strings

Workshop & Recital



Led by acclaimed Violinist & Educator Dr Goetz Richter AM



Workshops: SAT March 7, 2.30pm: SUN March 8, 11.00am
SUN MARCH 8, 2.00pm: Recital by 2023 Kendall National Violin Competition winner, Beatrice Colombis (pictured) with Laura McDonald on piano

Registration for workshop, costs and ticket enquiries
Contact Lesley Priest 0428 545 834

Kendall School of Arts
19 Comboyne Street, Kendall
More info: www.kendallviolin.org.au
Concert Tix: <https://events.humanitix.com/kendall-string-festival>

Critiques and Reviews.

Something special. Old but amazing.

This month's review is on a double volume of a classic piece of literature from 1860. With beautiful detailed etchings in both colour and black and white.

Cassell's Natural History Vol 1 & 2: Mammalia and Vol 3 & 4: Birds, Fishes

In an age before documentaries, field guides, and high-definition wildlife photography, the natural world came alive for readers through books like Cassell's Natural History. Published in the late nineteenth century by Cassell & Company, the series was among the most ambitious popular science projects of its time – designed not for elite scholars, but for the curious public.

The four volumes reviewed here – Volumes I and II devoted to Mammalia, and Volumes III and IV covering Birds and Fishes – are

and the quiet fragility that comes from more than a century of turning pages.

Yet it is precisely this wear that hints at their past life – not as display pieces, but as books that were actively read, consulted, and valued.

Content-wise, Cassell's Natural History remains a compelling read. The text reflects Victorian science at a moment of transition: grounded in careful observation and classification, yet often coloured by period language and interpretation. Modern readers will notice outdated terminology and assumptions, but

these elements add historical depth rather than detract from the work. This is not just a record of animals – it is a record of how people once understood them.

Perhaps the most enduring appeal lies in the illustrations. The finely detailed engravings of mammals, birds, and aquatic life were a revelation to 19th-century audiences, many of whom would never encounter such species

firsthand. Even where foxing or fading has occurred, the images retain their power, offering both scientific detail and artistic craftsmanship. They are reminders of a time when illustration was essential to knowledge.

From a collector's perspective, the poor condition will naturally limit monetary value.

But from a journalistic or cultural standpoint, these volumes are rich artefacts. They speak to an era when education, curiosity, and wonder were bound together in heavy covers and shared across households, schools, and libraries.

In short, these bound volumes of Cassell's Natural

History are not pristine survivors – but they are honest ones. Hugely interesting, historically resonant, and visually engaging, they deserve appreciation not for their condition, but for the story they tell – about animals, about science, and about the readers who once relied on them to understand the wider world.

The editor is offering these 2 large volumes (pictured) for FREE to any avid collector of great books.

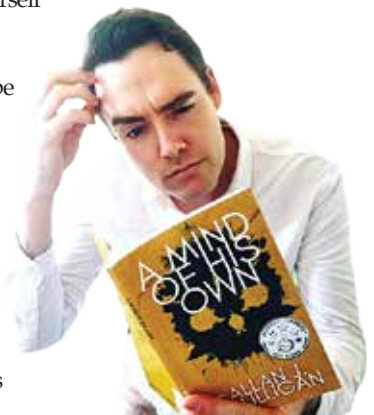
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presented in two bound copies, each combining multiple volumes. Their condition is poor, marked by the unmistakable signs of age and long use: worn bindings, handling marks,



TIP OF THE MONTH

WHY EARLY DENTAL CARE MATTERS

Many people only visit the dentist when something hurts, but by then, small problems can become big ones. For example:

- **Small cavities can develop into painful abscesses, which can lead to tooth loss.**
- **Cracked teeth can go unnoticed until they suddenly break.**
- **Untreated gum disease has been linked to heart disease, diabetes, and stroke.**

These problems are often easily treated or prevented with early intervention. Regular check-ups detect problems early, making treatment easier, more affordable, and less invasive while supporting overall health.

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 Laurieton Family
DENTAL



Small business is no small thing.

Why we support our local business owners.

Here on the Mid North Coast, small businesses are woven into the everyday moments that make up life. They're the places you duck into after a morning swim, the shops where you linger for a chat you didn't plan on having, and the familiar faces that make even the busiest day feel a little slower and friendlier. They're not just somewhere to buy what you need, or to provide you a service, they're part of how our towns breathe and move.

In a region shaped by coastline, hinterland

and close-knit communities, small businesses often become landmarks in their own quiet way. The café where everyone seems to know each other. The bakery that smells like home as soon as you step inside. The café, the surf store, the nursery, the family-run takeaway that somehow knows your order before you've finished saying it. These places don't just exist in our towns; they help define them.

What makes small businesses here so special is how deeply personal they are. Many are built on long-held dreams, passed down

through families or started by people who simply wanted to live and work in a place they loved. Owners are often behind the counter themselves, juggling stock deliveries, social media posts, school pick-ups, and the everyday surprises that come with running a

business. It's not uncommon for them to open early, close late, and still find time to support the local footy club, donate to a charity raffle, or sponsor a school event.

Of course, running a small business in a regional area comes with its own challenges. Customer numbers fluctuate with the seasons. Quiet winters can be tough, while holiday periods can be wonderfully busy and completely exhausting all at once. Costs rise, competition increases, and there's always the pressure of keeping up with trends while staying true to what makes the business special in the first place. Local business owners show up with resilience, creativity, and a genuine love for what they do. And of course there is the added stress of wearing several hats. Bookwork, taxes, invoicing, marketing, and behind the scenes activities to ensure success. Imagine our towns without small businesses and you quickly realise how much they matter.

Small business is no small thing. It's a heartbeat, a gathering place, and a reminder that behind every business name there is a person who chose to build something!

Hey Business Owners!

RUNNING THE JOBS IS THE EASY PART



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

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

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Pets in paradise.

Lifestyle guide for pets at the end of summer.



As the long days soften and the heat begins to loosen its grip, late summer in Australia brings a welcome shift – for us and for our pets. While the beaches are quieter and the cicadas start to fade, this seasonal transition is the perfect moment to reset routines, refresh grooming habits, and prepare our furry companions for the cooler months ahead.

From shedding coats to tired paws, here's how to keep pets comfortable, healthy, and happy as summer winds down.

Late summer is peak shedding season for many pets. Dogs and cats are naturally adjusting their coats after months of heat, sunshine, and swimming.

Grooming essentials:

- Brush daily for double-coated breeds to remove loose undercoat
- Short-haired pets still benefit from weekly brushing
- Consider a professional groom to reset coat health
- Avoid shaving unless advised by a vet – fur helps regulate temperature

A good groom not only reduces fur around the house, but also improves airflow to the skin and helps prevent irritation lingering from summer humidity.

Skin, Paws & After-Summer Care

Hot pavements, sand, and saltwater can take a toll that often goes unnoticed until the weather cools.

What to check now:

- Dry or cracked paw pads
- Sunburn on noses, ears, and light-coloured fur
- Minor abrasions from beaches or bush walks

Use pet-safe balms for paws and noses, and keep an eye out for persistent redness or flaking. If your pet spent a lot of time outdoors this summer, a post-season vet check can be a smart move.

Hydration & Nutrition Reset

As activity levels naturally drop, late summer is the ideal time to reassess feeding routines.

Smart seasonal adjustments:

- Gradually reduce portion sizes if exercise decreases
- Continue prioritising hydration—warm days still linger
- Add omega-rich foods or supplements to support coat recovery
- Avoid sudden diet changes; transition slowly

Fresh water should always be accessible, especially during those lingering hot afternoons that Australia does so well.

Parasite Protection Still Matters

Fleas, ticks, and mosquitoes don't disappear just because summer is ending. In many parts of Australia, they thrive well into autumn.

Don't ease off yet:

- Maintain monthly flea and tick prevention
- Check fur regularly, especially after bush or coastal walks
- Keep bedding clean and sun-dried where possible

Late summer is often when infestations spike, so consistency is key.

Gentle Routine Shifts

Pets feel seasonal changes too. As daylight shortens and temperatures dip, energy levels and sleep patterns may subtly shift.

Helpful transitions:

- Move walks to warmer parts of the day
- Introduce cosy sleeping spots indoors
- Keep mental stimulation high with toys and training
- Maintain routine to reduce anxiety during seasonal change

Cats, in particular, may start seeking warmer, quieter spaces – an early hint that cooler months are coming.

Preparing for Autumn, Gently

The end of summer isn't about rushing the next season – it's about easing into it. A refreshed coat, healthy skin, balanced nutrition, and calm routines set the tone for a comfortable autumn.

Because when the heat fades and the evenings cool, there's nothing better than a content pet curled up nearby.

Ready for whatever the next season brings.

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LOCAL MARKETS

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

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

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

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

People who have built our region.

Thomo. Who built his reputation out of wood.

Paul Thompson builds with heart, history and handcrafted soul. Born and raised in Wauchope and lifetime resident of Bonny Hills, Paul grew up with sawdust in his veins and a deep respect for honest craftsmanship. From an early age, he was inspired by his father, Max Thompson – one of the Mid North Coast's most respected builders – and today, that proud family tradition continues with Paul's own son now continuing the work.

"I think we're the oldest established building family in the area," Paul says with his wide quiet smile.

As the current President of the Oxley Division of the Master Builder's Association (Taree to Nambucca) and having a career spanning decades, Paul has seen the industry change, but his love for building and the skills he's developed stand alone.

He's passionate about passing on traditional building skills that will be valued by the next generation, believing that good construction starts with solid foundations, patience, and pride in your work.

One of Paul's most meaningful projects in recent years has been the rebuilding of Kylie's Hut, a much-loved local icon. More than just a structure, the rebuild was a labour of love – restoring not only hut, but also reconstructing

the old style concrete chimney and piers in its original form. Every detail was approached with care, respect, and an understanding of the hut's cultural and emotional significance.

Complementing this work is Paul's involvement with Guulabaa - Place of Koala, where traditional skills, natural materials, and thoughtful design come together beautifully. The handcrafted timber elements showcase a deep respect for the land and for woodworking as an art form – something Paul values immensely. For him, these aren't just builds; they're stories told through timber, texture, and time.

Paul completed his apprenticeship and training in Wauchope before becoming a fully licensed builder in 1984. Since then, he's worked on a wide range of projects across the region, always guided by the same principles: quality workmanship, clear communication, and genuine care for his clients.

Ask Paul what success means to him, and he won't talk about awards or accolades. Instead, he'll tell you it's about building beautiful spaces that bring enjoyment to people – places that feel good, function well, and stand the test of time.

Because for Paul Thompson, building has never just been about structures – it's about community, craftsmanship, and creating



Paul Thompson crafting the woodwork and timber at Guulabaa - Place of Koala.

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WEDNESDAY - SUNDAY
4PM - LATE

Weekly What's On

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*

WEDNESDAY

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

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's Dinner Specials

TUESDAY

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

THURSDAY

- **Members Superdraw** Draw 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

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)