

FREE

CAMDEN HAVEN

LOCAL

LAURIETON | NORTH HAVEN | DUNBOGAN | KEW | KENDALL **NEWS** BONNY HILLS | LAKE CATHIE | COMBOYNE | MAY 2025

kermit's canniptions

species on
the brink
more than just
pretty pix
may day. may day

health wealth
and wisdom

cultural
ceremonies

Garden Food / Recipe Stargazing Critiques / Reviews People
History Legals Health What's On Pets Community Happenings

Happenings on the home front.

Rain affected happenings: the very traditional to the fairly recent.

Ceremonial smoke.

Recently, at Brigadoon Holiday Park in North Haven, several members of the Birpai held a weekend for their youth. Uncle Bill and several Elders led the weekend's activities as a cultural teaching session for the youngsters. Despite the rain pouring down.

The smoking ceremony is an ancient and contemporary custom among Aboriginal Australians that involves smouldering native plants to produce smoke. This herbal smoke is believed to have both spiritual and physical cleansing properties, as well as the ability to ward off bad spirits.

Smoking ceremonies are done at key milestones throughout one's life, depending on the traditions of each Indigenous nation. Smoke may also be created by lighting a fire of paperbark, then smouldering green leaves atop the flame. The fire may be created in a pit in the ground, in the area itself or in a bucket.

Plants used in smoking ceremonies have various biological properties which, when fumigated, can be beneficial for community members. The chemical components of plants used in smoking ceremonies mean that the ceremonies are not solely spiritual but serve medicinal and physical purposes too.

The weekend was very wet but that didn't dampen the spirits of the attendees. A very successful gathering by all accounts.



Photo: Erin Lee Hart, Brigadoon



Photo: Editor's letterbox on McLennan St. Laurieton.

The ups and downs of flood prone homes.

Port Macquarie-Hastings residents are being invited to provide their views on the Voluntary House Raising Scheme (VHRS), a NSW Government initiative aimed at helping homeowners protect their properties from flooding. The scheme offers funding to raise homes above the minimum flood level or relocate them within their current property to safer ground, significantly reducing flood risks.

If the council participates, homeowners would benefit from government grants covering two-thirds of eligible costs, with the remaining third paid by homeowners. It's important to note that funding availability depends on state-wide demand, which could lead to delays in receiving financial support.

Currently, Port Macquarie-Hastings

Council does not participate in VHRS, primarily because earlier community feedback in 2006 showed limited support. However, the council is reconsidering participation due to increased flood risks and community impacts, particularly in the Hastings and Camden Haven River catchments.

Residents can review detailed VHRS information online and share their feedback by completing an online survey, emailing council@pmhc.nsw.gov.au, or mailing submissions to the Chief Executive Officer at PO Box 84, Port Macquarie NSW 2444. All submissions must be received by 9am, Thursday 15 May 2025, providing the council valuable insights into community preferences regarding this important flood management initiative.

Please note: there will NOT be a June edition.
The next edition will be JULY. Staff need a well earned break.

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CAMDEN HAVEN LOCAL NEWS

Issue 10 | May 2025

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Book lovers and aspiring wordsmiths mark your calendars!!

A stellar lineup for a literary buzz. The Sydney Writers' Festival has announced its exciting 2025 Live & Local Program, set to unfold at Port Macquarie's Glasshouse Studio May 22nd to 25th. Starting with Markus Zusak, of *The Book Thief* fame (and *Bridge of Clay*, see our review on page 18), and over a remarkable selection of 21 live-streamed sessions, the festival promises insightful conversations featuring celebrated authors, leading journalists, and thought-provoking social commentators.

Audiences will not only gain fascinating insights into today's literary and social issues, but also engage directly with speakers in interactive Q&A sessions. Tickets for individual events and day passes are now available. For avid festival-goers, VIP Festival Passes offer exceptional value: just \$126 grants entry to all sessions - working out to an impressive \$6 per session - including

bonus exclusive discussions, plus a stylish VIP lanyard for seamless entry. Mid North Coast Library Members have additional perks, enjoying Glasshouse Member prices simply by presenting their physical or digital library cards.

In between captivating sessions, attendees can unwind, mingle, and exchange literary impressions at the relaxed

Sydney Writers' Festival Lounge.

Here, visitors can savour light refreshments or beverages, including alcoholic options, while networking with fellow literature enthusiasts.

Festival-goers can also indulge their literary appetites further: present your festival ticket or VIP Pass at Book Face in Port Central or Collins Booksellers Port Macquarie between May 22-25, and receive an exclusive 10% discount on books by authors featured in the program.

Coast Library Members have additional perks, enjoying Glasshouse Member prices simply by presenting their physical or digital library cards.

Prepare for a memorable celebration of ideas, storytelling, and literary discovery at this must-attend event.



Cable car crashes.

Editor's comment.

After some interesting comment in regards to the Cable Car story last April 1st, it was decided to end the April Fool Joke early.

It was actually greeted with some positive feedback as well as the dissenters becoming robustly vocal, so as a teaser and April Fool joke, it has raised the question as to what, if anything, will happen to enhance Laurieton as a "destination". It seems the camp is split in two, with the long-term locals wanting the Camden Haven to remain its desirable sleepy-hollow self, and the opposing viewpoint wanting a reason for tourists to come in droves and benefit local retail business. Towns can survive by growing or fail through economic change. With arguments on both sides, let's hope civil discussion occurs about any proposed changes to the locality and that we all, as locals, can have a laugh and friendly banter about subjects concerning our home space and how we perceive its future.



Kendall PhiloMusica

Classical Music for Strings

A string ensemble from the Sydney Conservatorium of Music, directed by Goetz Richter, performs music to warm the soul.

1pm, May 25th at Kendall School of Arts. \$35

For tickets: contact Mavis Barnes 6559 4339 or mavis.barnes@bigpond.com or <https://events.humanitix.com/kendall-philomusica-may-25>

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Oxley's Parish Map.

Was North Haven an endangered species?

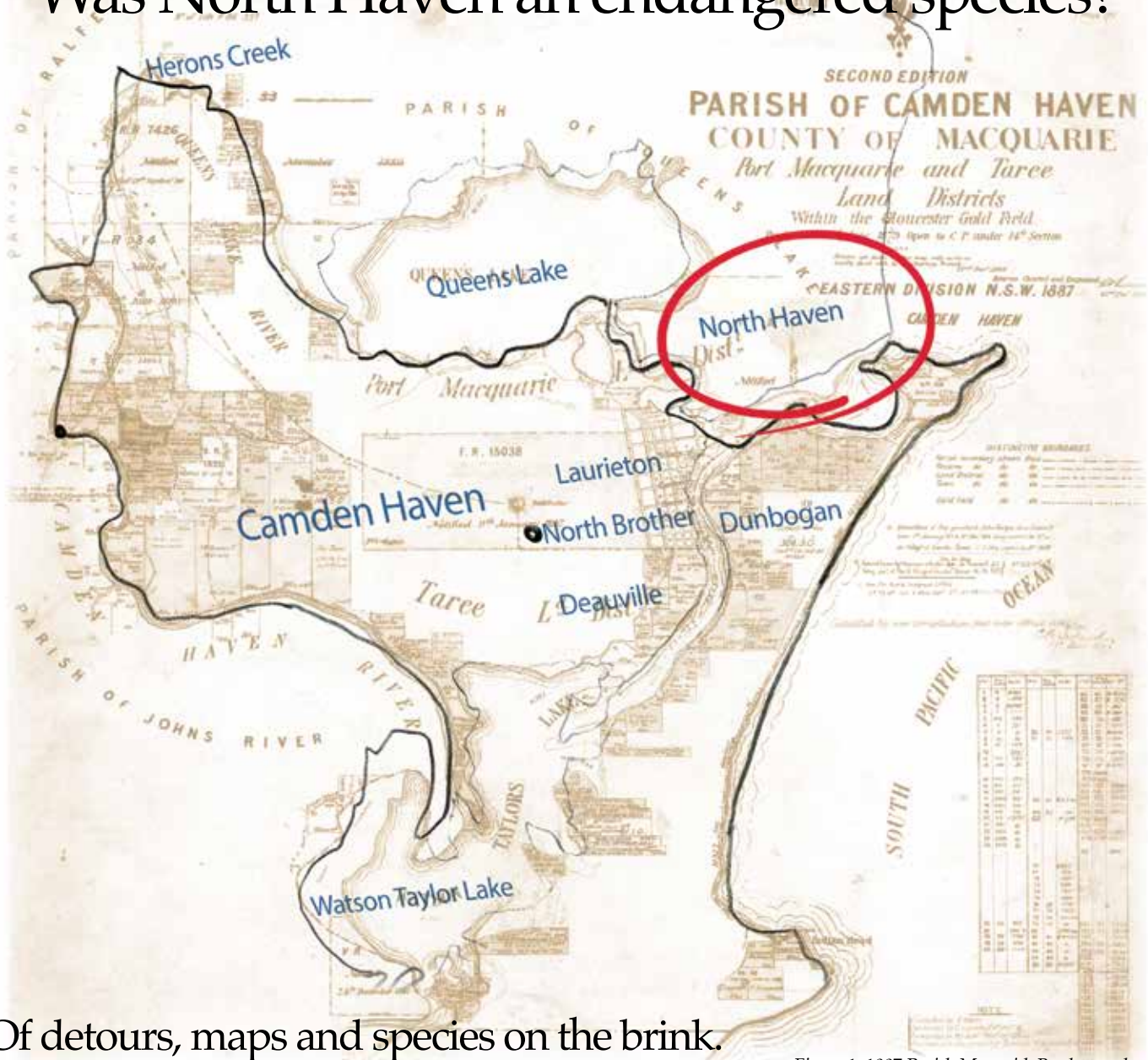


Figure 1. 1887 Parish Map with Border overlay

Of detours, maps and species on the brink.

by Diane Solomon Westerhuis

In previous stories, we followed John Oxley's 1818 travels, when he named 'the haven after Lord Camden'.¹ At the time Oxley had trouble crossing the inlet on his southerly route back to Sydney. At the time Oxley did not have a good map of the area, and so took an unnecessary detour from the coast around Queens Lake and North Brother, then back again. If he had attempted it today, he would have a choice of maps, including parish maps which depict historical events and contain lots of other interesting information. Parish maps were introduced to the colony in 'The King's Instructions of 1825', to aid in the division of the colony into counties and (civil) parishes for administration purposes.² The village which eventuated at the foot of North Brother became known as Camden Haven (later Laurieton). Following the established procedure for naming, the

parish was named after the village, thus we have Camden Haven Parish. To the north of Camden Haven Parish we find Queens Lake Parish.

When creating the first parish maps of the area, the surveyors were required to plot the boundaries of the parish, if they could, on the creeks, ranges and other natural features. In our case the Camden Haven Parish boundary begins at the coast, on the southern side of the Camden Haven inlet, follows around the inner edge of Gogleys Lagoon, proceeds west as far as Stingray Creek, then follows the creek up to Queens Lake, following around the southern edge of the lake, north to Herons Creek, then south to Kendall. From Kendall the boundary follows Camden Haven River down to Watson Taylor Lake, goes around the southern edge of the lake then across to the coast, heading back up the coast to the boundary at the inlet. You may find it

of interest that Gogleys Lagoon, and North Haven, are in Queens Lake parish, which adjoins Camden Haven Parish (see figure 1).

The older maps are not only interesting for their early naming practices, we can also use them to detect changes in the environment. An example appears when the very straight training walls were built at North Haven at the mouth of the inlet in the early 1900s. Changes had to be made to the contemporary parish map to show the straightened walls on the entrance to the inlet.

Oxley's detour, around what was to become Queens Lake and circling the western foot of North Brother, follows what was to become parish map boundaries in some places (but not others). In his journal, the explorer noted features of the landscape, and some species they sighted which were of interest to him - and probably to the botanist on the expedition, Charles Fraser

(later to head the Royal Botanical Garden at Sydney). These included the plants and animals which Oxley described as: 'chiefly black buttled gum, stringy bark, turpentine tree, and forest oak. The stones are chiefly a hard sandstone. On the lake were great numbers of black swans, ducks, etc.'³ The tree species he is describing are probably blackbutt (*Eucalyptus pilularis*), 'stringy bark' could be one or more of a variety of Eucalyptus, and turpentine tree would be *Syncarpia glomulifera*. The reference to forest oak is likely to be *Allocasuarina torulosa*. Today the black swans' (*Cygnus atratus*) descendants can be seen on Queens Lake, in the inlet and on Watson Taylor Lake. Some duck species may have disappeared, or are on the way to becoming extinct, due to changes in their habitat or our hunting practices. For example, Oxley may have been describing the Wandering Whistling Duck (*Dendrocygna arcuata*), the Freckled Duck (*Stictonetta naevosa*), or the Blue-billed Duck (*Oxyura australis*). Once numerous, the latter two are now vulnerable in NSW.

The parish maps can be used to find where these endangered or vulnerable species could be found in the past, as they include information about national parks, forestry areas, or protected bird and animal sanctuaries. These locations can also be noted on other maps, for example maps of NSW National Parks or NSW Forestry Corporation. NSW Forestry Harvest Plans are particularly useful to locate endangered species locations, as they specify areas where certain species' habitats (or trees) are protected from logging, including those for koalas, gliders, or the

Green and Golden Bell Frog (*Litoria aurea*). Once common, this endearing frog is now one of our most threatened frogs.⁴ (Front cover).

No doubt Oxley and his men at their various campsites around the lake would have been serenaded to sleep at night by the croaking of these or other frogs, and they would have been woken in the morning by many beautiful bird calls, just as we are today at Camden Haven and Queens Lake. We can use the parish maps to find areas historically set aside for these or other birds and animals, although the sanctuaries or protected areas have changed over time. For example the Animal and Bird Sanctuary declared in 1936 is depicted on the 6th edition of the Queens Lake parish map. This evolution of our understanding of animal and bird protection is clear in the legislation. In the 1860s legislation was created to protect introduced


game, it then changed to the protection of some native birds, and eventually by 1936, and the creation of our sanctuary in Queens Lake Parish, to the protection of other fauna.⁵ The legislation was designed to protect species which were at the time considered to be in need of protection, or they specified which species could be killed or hunted. For example the earlier *Birds and Animals Protection Act, 1918* (NSW) listed animals and birds which may be taken or killed within the designated area. Birds listed under this Act, and which therefore could be killed, included sparrows, silver eyes, cormorants, shags, crows, ravens, starlings and bulbuls. Today cormorants, shags and other wading birds are protected. Animals listed under the 1918 Act which were allowed to be hunted included rabbits,



hares, dingoes, foxes, fruit bats and flying foxes. The grey headed and the spectacled flying fox (*Pteropus poliocephalus* and *Pteropus conspicillatus* respectively) are both listed as vulnerable under the EPBC legislation today. The status of the top predator, the dingo (*Canis familiaris*), is less clear, and depends on what state or territory you are in. Their status ranges between wild and domesticated, feral or native, and are disputed throughout Australia. Today they are not listed under the EPBC Act nor protected in NSW. In Victoria *Canis lupus dingo* are listed as Vulnerable (*Flora and Fauna Guarantee Act 1988*), and also listed as Vulnerable on the 2008 IUCN Red List. In Queensland the dingo is considered native wildlife under the *Nature Conservation Act 1992*, and are protected in national parks. On K'gari (Fraser Island) they are managed, but dingoes are also considered a restricted invasive animal under the *Biosecurity Act 2014* (QLD). Debate about the future of this beautiful animal continues.


If Oxley were to revisit his detour around Queens Lake and North Brother, he might have sighted *Canis lupus*, and no doubt he would again find some species to note in his journal. The botanist may have contributed more species to the current collection at our herbariums. But that's another story. If only Oxley had the parish map...

1. Oxley, J. (1818). Journals of two expeditions into the interior of New South Wales, undertaken by order of the British government in the years 1817-18. Project Gutenberg, <https://gutenberg.net.au/ebooks/e00037.html>
2. Marshall, I. H. (2006). The Parish Map. (Unpublished). Parish maps and village maps may be viewed in the database of the NSW Lands Registry Services, (HLRV) at <https://hlrv.nswlrs.com.au/>
3. Oxley, J. (1818).
4. Department of Environment and Climate Change NSW, 2008, Protecting and restoring green and golden bell frog habitat, DECC 2008/468, available at <https://threatenedspecies.bionet.nsw.gov.au/profileData?id=10483&cmaName=NSW+North+Coast>
5. Stubbs, B.J. 2001. 'From 'Useless Brutes' to National Treasures: A Century of Evolving Attitudes towards Native Fauna in New South Wales, 1860s to 1960s' *Environment and History* 7, no. 1: 23-56, <https://www.environmentandsociety.org/mml/useless-brutes-national-treasures-century-evolving-attitudes-towards-native-fauna-new-south>



Laurieton Family DENTAL

Tip of the Month



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Dental X-rays are crucial for managing oral health by providing detailed views of teeth, bones, and tissues. Key benefits include:

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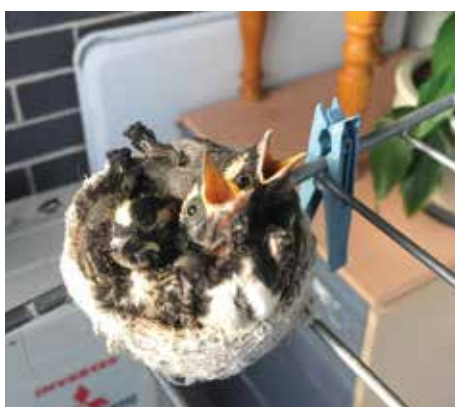
Community Chit Chat.

It's a bird's life. And sometimes not, that's where the College helps.

In keeping with our birdwatching theme, here's a local story. When Bob Ruming of Bold Street, just opposite the Service Station in Laurieton, returned from a week away, he didn't expect squatters. Feathered squatters in fact. Right outside his kitchen window, on his clothes rack no less, a bold family of peewees had set up home, with nest and a smug sense of entitlement. Bob, now an entranced bird landlord, watched as they hatched their fluffy tenants one by one while his undies hung in dignified silence nearby.

Not to be outdone, a pair of doves decided to gentrify the neighbourhood, moving onto a shelf Bob had placed under his eaves for "just in case nesting." Turns out, "just in case" meant a full-blown dove duplex.

Bob documented both avian soap operas like a true wildlife correspondent, occasionally yelling "Cut!" when a peewee pooped on his jeans. Move over, David Attenborough - Bob's backyard has wings, drama, and absolutely no vacancies.



Tree down. Paddles up. Varwibi Creek.

by Barbara Martin



On Sunday 16th March, 13 members of the Kendall Community Boatshed headed south to the Manning River for a day's outing (and breaking new ground!) on Varwibi Creek.

On arriving at Bohnock, on Manning Point Road, we launched our craft from the boat ramp adjacent to the Neville Weiley Bridge. This historic bridge, which was opened in 1958, was the first to link the Islands of the Manning delta - to the great benefit of the community and local economy.

Setting off from the boat ramp we paddled about 600m upstream on the Manning River South Channel, before turning into the smaller Varwibi Creek. While the water was still a little murky from the recent heavy rains, the river was calm and the sky clear - making

for a great day to be out on the water. As the creek narrowed upstream, we passed some beautiful riverside properties and our progress was closely observed by Spoonbills and Ospreys along the way.

At the 4km mark we were stopped by a large fallen tree trunk across the creek - this was the signal to turn around and meander

The Camden Haven Chamber recently held a get together for members and interested parties which was held at the Camden Haven Community College.



After some casual chit-chat and an inspiring welcome by Luke Hadfield (president), nibbles with a beverage were enjoyed, and the group were given a walk through of the facilities. The highlight being the comprehensively fitted-out Aged Care room where students acquire the training and knowledge desperately needed in an industry sorely lacking in enough qualified carers.

The College provides quality training at various levels and even facilitates on-site work experience. A service important for our town.

Laurieton Library Events

BABY BOUNCE

Thursday May 1, 8, 15, 22, 29. 10am - 11am
Fun songs, rhymes, finger play, and music for infants from birth to 1 year.

STORY TIME.

Tuesday May 6, 13, 20, 27. 10am-11am
Some wonderful stories and great fun. Suitable for ages 3-5 years, w. parent/carer.

MOBILE LIBRARY Van @ Lake Cathie

Thursday May 8, 22. 10am-12pm
(Lake Cathie Community Centre Lot 3 Mulloway Drive) mnclibrary.org.au

back to the boat ramp; after stopping for morning tea at a hospitable spot on the creek bank.

With kayaks and wet gear stowed, we made for Old Bar Tavern where lunch and cold refreshments rounded off a leisurely morning exploring a small corner of the Mighty Manning!

MOBILE DOG WASH

Keep your pet Allergen free, maintain a great coat, smelling fresh with our environmentally and pet friendly washes.

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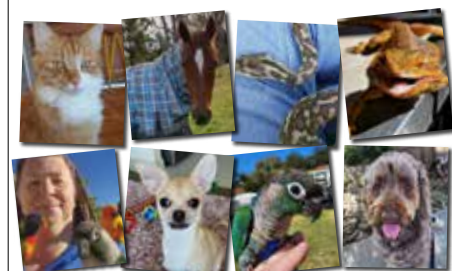
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by The Editor.



Our pets are cherished family members, and keeping them healthy is a top priority. Across Australia, several preventable diseases pose serious risks to our four-legged companions. Awareness and timely care can make all the difference.

Fleas and ticks are more than just irritants. They can lead to serious infections and, in the case of ticks, even life-threatening conditions. Symptoms such as intense scratching, hair loss, or wobbliness may signal an infestation requiring immediate veterinary attention.

Leptospirosis, a bacterial infection linked to contaminated water, is both zoonotic and fast-moving. Symptoms like jaundice, vomiting, and lethargy can quickly escalate to organ damage. Vaccination and avoiding stagnant water are key preventive measures.

Heartworm disease, spread by mosquitoes, develops silently until pets show signs like coughing or fatigue. Regular preventatives and annual testing offer reliable protection.

Parvovirus, especially dangerous for puppies, spreads rapidly and can be fatal. Symptoms include vomiting and severe diarrhea.

Regular use of preventatives, daily checks, and early vet care are crucial for your pets. By staying informed, we give them the best chance at long, happy lives filled with wagging tails and warm cuddles.

The Camden Haven area, nestled on New South Wales' Mid North Coast, is a haven for birdwatching enthusiasts. With its rich tapestry of coastal heaths, sub-tropical rainforests, estuaries, and wetlands, the region supports over 200 recorded species.

Kattang Nature Reserve stands out

as a premier birdwatching destination.

Located at Camden Head, this reserve offers diverse habitats where birders can observe pelagic species such as albatrosses from Perpendicular Point, as well as heathland and rainforest birds like the Noisy Pitta, various fruit doves, and the striking Regent Bowerbird. Notably, the vulnerable Glossy Black-Cockatoo is a frequent visitor here.

For those interested in waterbirds and migratory waders, the Camden Haven River, along with Gogley's Lagoon and Queens Lake, provides excellent

viewing opportunities. Species such as the Black-necked Stork, Beach Stone-curlew, nesting Ospreys, and White-bellied Sea-Eagles are commonly sighted. Additionally, six tern species and oystercatchers contribute to the area's avian diversity.

Dooragan National Park, encompassing the iconic North Brother Mountain, is another noteworthy spot. The park's wet forests

are home to species like the Red-browed Treecreeper and Wonga Pigeon.

For a comprehensive exploration, the Camden Head Nature Walk is highly recommended. This trail provides opportunities to spot waterbirds and migratory waders, including the Black-necked Stork and Beach Stone-curlew. Conveniently, there's a bus stop near the trailhead, facilitating easy access.

The region's significance is further underscored by its inclusion in the Hastings-Macleay Important Bird Area (IBA). This 1,148 km² tract stretches along the Mid North Coast and is recognised for supporting endangered species such as the Swift Parrot, Regent

Honeyeater, and Australasian Bittern.

For those keen on structured birdwatching activities, local organisations can help.

In summary, Camden Haven's



diverse ecosystems and dedicated conservation efforts make it a premier destination for birdwatchers seeking both variety and the opportunity to observe rare and endangered species in their natural habitats whilst enjoying the local scenery and bush walks.

Birdwatchers offer resources and guides to enhance the experience. And there is a local group who gather fortnightly to partake in birding, contactable through the Camden Haven Community College on 6559 6699.

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Skin care is so important

Human or Animal

Music through the artist's lens.

A classical look at photography.

Port Macquarie Panthers Photographic Club is an active group of people with an interest in photography. They aim to support, encourage and inspire the individual creative growth of members. A program provides a variety of experiences for members to enjoy.

Recently Barbara Sheppard (signed images) and Lorraine Garland (unsigned) were invited to interpret the finalists, during practice, at the Kendall National Violin Awards. The montage on this spread are some of their artistic results.

During May the Club is hosting a three-day convention of photographic clubs from the North West Region of NSW.

The group meets every 2nd and 4th Tuesday night of each month at Port Panthers at 7pm and new members are warmly welcomed.

Looking ahead to August from 6th to the 17th, three photographers will be having a joint exhibition at the Macleay Valley Gallery in Gladstone. Not quite in our area but a lot of artists in our local area exhibit there, and have done so over the past four years. The general theme is 'nature' but all photographers shoot differently so there are a variety of nature interpretations.

For further information about the Club, email: secretary@portmacquariephotographyclub.org

There is also a Northern Zone Photographic Convention from 23-25 May. Details available at villagetelepointwoodworker@gmail.com



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WHAT'S ON

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In Association With:

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Sunday 4th May 2025

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DOORS 7PM | SHOW 7:30PM

18+

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Australia's Number ONE Beach Boys Experience!

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KEW COUNTRY CLUB - 02 6559 4203

What's on and gig guide.

May Day. May Day. Lots of music and action this month.

May 2025

THU MAY 1

Tiarmon (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

6.30pm – 9.30pm

FRI MAY 2

Nikolina River – Jazz Singer & Guitarist

Spiral Time Duo – Susan Ashton & Tom McIlveny – songs poetically (Live Music)

Kendall Music Exchange

Kendall Community Hall - Comboyne St Kendall.

\$5.00 Entry at the Door.

6.30pm Doors

FRI MAY 2

Rockabillys (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

6.30pm – 9.30pm

SAT MAY 3

"A Musical Montage"

Camden Haven Concert Band & Laurieton Voices – conducted by Iain Pole

FREE LIVE EVENT

www.LUSC.com.au

2.00pm

SAT MAY 3

Koala Hospital Port Macquarie Open Day

Cnr Roto Place & Lord St, Port Macquarie

FREE ENTRY – Bookings Required

https://koala-hospital-port-macquarie-farewell-open-day.raiselysite.com/

9.00am – 3.00pm

SAT MAY 3

Martin Becker (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

6.30pm – 10.30pm

SUN MAY 4

(Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

6.23am – 4.30pm

SUN MAY 4

UKG IRONMAN Australia – Port Macquarie

Transition area is Westport Park. Finish line is Town Green.

https://www.ironman.com/races/im-australia

6.23am – 4.30pm

THU MAY 8

"Besty" (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

6.30pm – 9.30pm

THU MAY 8

Australian Chamber Orchestra Quartet

The Glasshouse

Cnr Clarence & Hay Street Port Macquarie

Tix: Adult \$50, Member \$40, Concession \$45

www.glasshouse.org.au

11.00am

FRI MAY 9

Shane Peters (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

6.30pm – 9.30pm

SAT MAY 10

Brad Lockwood (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

6.30pm – 9.30pm

SUN MAY 11

Mother's Day (Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

1.00pm – 4.00pm

THU MAY 15

Shane Peters Duo (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

6.30pm – 9.30pm

FRI MAY 16

Craig Stewart (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

6.30pm – 9.30pm

SAT MAY 17

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www.LUSC.com.au

7.00pm Doors 7.30pm

SAT MAY 17

"Besty" (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

6.30pm – 10.30pm

SAT MAY 17

Ladies Long Lunch

Long Point Vineyard & Art Gallery

Tix: www.eventbrite.com.au

12.00pm – 4.00pm

SUN MAY 18

Sunday Session – Gary King (Live Music)

FREE LIVE EVENT

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LUSC – Seymour St Laurieton

www.LUSC.com.au

3.00pm – 6.00pm

SUN MAY 18

(Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

1.00pm – 4.00pm

THU MAY 22

Brock Colley (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

6.30pm – 9.30pm

THU MAY 22 – SUN MAY 25

Sydney Writers' Festival

Live & Local Program (Live-streamed)

The Glasshouse Studio

30-42 Clarence St Port Macquarie

Tix: https://www.glasshouse.org.au/Whats-on/Sydney-Writers-Festival-Live-Local-May-2025

FRI MAY 23

Stevie B (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

6.30pm – 9.30pm

SAT MAY 24

Doors 7.30pm/Show 8.00pm

The Australian Beach Boys Show

LUSC – Seymour Street Laurieton

https://lusc.sales.ticketsearch.com/sales/salesevent/146145

SAT MAY 24

Sebastian Jones (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

6.30pm – 10.30pm

SUN MAY 25

1.00pm Pre-concert talk.

2.00pm Concert

PhiloMusic Concert – featuring Goetz Richter

Kendall School of Arts Hall, Comboyne Rd Kendall

Tix: \$35.00

Contact Mavis Barnes on 6559 4339

mavis.barnes@bigpond.com

SUN MAY 25

(Live Music)

Moo & Bean Kitchen & Bar

613 Ocean Dr North Haven

1.00pm – 4.00pm

SUN MAY 25

Trails & Tails Port Macquarie

Cairncross State Forest Telegraph Point

https://www.trailsandtails.com.au/

THU MAY 29

Reggie Sinclair (Live Music)

Club North Haven

1 Woodford Rd North Haven

www.clubnorthhaven.com.au

6.30pm – 9.30pm

FRI MAY 30

Gary King (Live Music)

Club Lake Cathie

45 Evans Rd Lake Cathie

www.lakecathiebowlingclub.com.au

6.30pm – 9.30pm

SAT MAY 31

Rhys Callinan (Live Music)

Lake Cathie Tavern

1609 Ocean Dr Lake Cathie

www.lakecathietavern.com.au

6.30pm – 10.30pm

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



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What came first? Chicken or the egg?

Chocolate eggs are last month's news. Now back to the real thing.

Editor's comment

Chicken is one of Australia's most popular and versatile sources of protein. Affordable, widely available, and easy to cook, chicken is a staple in many households and a key ingredient in countless dishes. From barbecues to roasts, curries to stir-fries, it suits almost every cuisine and occasion.

Nutritionally, chicken offers a lean source of protein that helps build and repair muscle, supports immune function, and keeps you feeling full longer. It's also rich in B vitamins such as niacin and B6, which are essential for energy metabolism, as well as minerals like phosphorus and selenium.

In Australian kitchens, chicken is the hero of many beloved meals. Classic dishes include the humble roast chicken with veggies, perfect for Sunday lunch, or chicken schnitzel served with chips and salad – a pub favourite across the country. Chicken parmigiana, topped with Napoli sauce and melted cheese, is another Aussie classic enjoyed from cafes to RSL clubs.

Asian-influenced dishes like chicken satay skewers, Thai green chicken curry, and Chinese-style honey soy chicken are also widely loved, reflecting Australia's multicultural food scene. Meanwhile, chicken wraps, burgers, and Caesar salads remain popular in lunch spots nationwide.

Backyard chickens, increasingly popular due to the egg shortage, offer a sustainable way to access both eggs and meat. For those ethically raising birds, the dual benefit of fresh eggs and homegrown meat aligns with a growing interest in self-sufficiency and low-waste living.

In times of rising grocery prices and food shortages, chicken remains a reliable, nourishing option. Its versatility, flavour, and nutritional profile make it a cornerstone of Australian diets, whether cooked on the barbie, in the slow cooker, or sizzling in a wok.

But the bad news!

Australians have recently been facing

empty shelves in the egg aisle, leaving many wondering what's behind the sudden shortage. While demand for eggs remains high, several factors have contributed to this unexpected supply issue, impacting shoppers and producers alike.

One of the most significant causes is a sharp drop in egg production. Reported biosecurity outbreaks such as avian influenza have led to widespread culling of laying hens. These preventative measures, while necessary to contain the virus, have reduced the national flock size by millions. With fewer hens producing eggs, supply has naturally fallen behind consumer demand.

At the same time, the egg industry is undergoing a major transition. Australia is in the process of phasing out caged egg production in favour of free-range and barn-laid systems. While this shift is widely supported for animal welfare reasons, it comes with growing pains. Farms require time and significant investment to upgrade their facilities, leading to further delays in output.

Transport costs, feed prices, and labour shortages have also added to the pressure. These increased costs make it more expensive to produce and distribute eggs, with some producers reducing operations altogether.

The result has been a rise in egg prices at supermarkets, purchasing limits in some stores, and growing interest in backyard chicken keeping. Sourcing from local suppliers has increased also. People are also exploring egg alternatives in baking and cooking, such as chia or flaxseed mixtures, or using recipes that don't rely on eggs at all.

While egg production is expected to recover in time, full stability may take several months or even years. In the meantime, Australians are adjusting their habits - buying local, supporting small producers, and finding creative ways to cook with fewer eggs. The shortage has also sparked conversations about the benefits of self-sufficiency at home.



Recipe of the month

by Gregson Gastar

Easiest Egg Muffins ever

Perfect for meal prep, lunch boxes, or a quick brekkie on the go. The best part is you can use whatever's in your fridge - just don't forget the eggs! lol.

Here's what I used today

- 10 eggs
- 1 ½ cups chopped spinach
- 3 slices bacon, chopped
- 1 small red onion, finely diced
- ½ cup grated cheddar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp white pepper
- Pinch of salt
- ½ cup grated zucchini (squeeze out excess moisture!)
- 5 cherry tomatoes, chopped & blotted dry

How to make them:

1. Preheat oven to 180°C (350°F)
2. Spray a 12-cup muffin tin with oil
3. Whisk eggs, seasonings, and cheese in a bowl until combined
4. Gently fold in the rest of the ingredients
5. Divide the mixture evenly into the muffin tin
6. Bake for 20 minutes or until set

That's it! Super easy, super interchangeable with ingredients. Swap the bacon for ham, add feta, throw in some mushrooms - whatever you have! Go crazy.

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School Dental Visits.

Protecting School Age Children's teeth through Education.

At Sundial Dental we are proud members of the community of 19 years, and we sponsor many local charities, events and activities but one of our favourites is the School Visits.

We have been offering our School Visits to the greater Port/Wauchope/Taree and Laurieton communities since 2008 and some years we sit with over 2,000 school age children.

Our aim is to put Oral Health back into the classrooms and teach valuable oral health education to an audience that is young enough to make a difference with a lifetime of smiles.

Sadly, tooth decay is one of the number one reasons for Australian children to miss school. The good news is tooth decay is Preventable! The key is early education and while we know our

patients there are a lot of children who do not see a dentist regularly. Furthermore, there are a lot of parents who don't know how to make brushing and flossing fun and interactive or they are time poor because they work.

Our Fun Interactive School Visit is a great way to engage with children and raise awareness about brushing, flossing, healthy lifestyle

choices. Our program is designed by our Oral Health professionals and delivered by our team with years of treating children, it is a great way to engage with children and is fun.

The School Visit includes a Brushing Demo, Flossing Demo, demonstration on the amount of sugar in food and drinks, healthy lifestyle choices and options such as drinking

the time we spent with their children teaching them to brush and floss.

What we love about the School Visits is the FEEDBACK!

So many parents have reached out to us with positive feedback. Parents have said they didn't know children's tooth paste has less fluoride, children's toothbrushes are smaller for their hands, mouth and teeth. Parents report that their kids come home excited about brushing and sharing the information with their family.

And some parents simply report that their kids are enjoy brushing!

We love it all because the earlier we can reach kids and teach them the passion of caring for their teeth the better outcomes and we want our kids to have a lifetime of smiles!

If your school would like to arrange a school age visit ring our Port/Wauchope or Taree rooms on 6583 3533, 6585 2015, or 6551 1005

or if you would like to give us feedback from your children's school age visit call or email us on info@sundialdental.com.au or visit us on Instagram.

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Florence Nightingale's legacy.

Nurses. Their wellbeing affects our wellbeing.

by Stacey Carol.
Where would we be without Nurses? They are often the unsung, and under-appreciated, heroes; who put the health and wellbeing of others before their own.

On the anniversary of Florence Nightingale's birth, being May 12th, it is International Nurses Day. The theme this year, determined by the International Council of Nurses, is the health and wellbeing of nurses. With ever-increasing pressures on nurses to work longer, often in less than favourable conditions, how can we expect top healthcare and thriving communities?

One former nurse that I know made a comment in passing that it was often frowned upon when she took her break, to rest and eat. How can that be OK?

Unfortunately for nurses, we often only interact with them when we are in physical or mental pain and anguish. It can be a challenging and frustrating time and kind behaviour may fall by the wayside.

I urge everyone to make a point in thanking nurses whilst under their care and taking the time to consider their wellness; both mental and physical. Real nutrition and relaxation are key to anyone's health. Maybe consider a fresh organic fruit box to be

delivered to your local nurses' station, rather than the traditional box of chocolates.

Families and friends of nurses are in an even better position to look out for these vital community members.

Perhaps choosing gifts like massage, Reiki, yoga or an experience to share [hot air ballooning, theatre trip, dance lesson] could replace trinkets and 'stuff' that probably won't benefit their wellbeing.

Even more important than gifts is trying our hardest to remember our manners and kindness when we may be at our lowest points and in physical and mental pain. If our tempers run short and harsh words or looks are dished out to a nurse, leaving the ego behind and offering an apology can go a long way to ensuring the longer term wellbeing of someone there to look out for our health.



From the bottom of my heart I thank any and all nurses, and will be sending out Reiki love and light on the 12th May for nurses - past, present and future - around the world.

Bend a little. Yoga, remedies and oils.

In this fast-paced world, even in the Camden Haven, more people are turning to natural methods to support their health and well-being. Among the most popular and effective practices are yoga and the use of essential oils - two powerful tools that, when combined, offer holistic support for the body, mind and spirit.

Yoga, an ancient practice rooted in mindfulness and movement, not only increases flexibility and strength but also helps reduce stress and anxiety. Through poses, breathwork, and meditation, yoga encourages balance and inner peace. Whether you're a beginner or a seasoned yogi, the benefits are both immediate and long-term, ranging from better sleep to improved focus and energy.

Essential oils, extracted from plants and flowers, have long been used for their healing

properties. Lavender, for example, is known for its calming effect, while peppermint can invigorate the senses and ease headaches.

When used during yoga practice, essential oils can deepen relaxation or boost energy, depending on the desired effect.

Diffusing oils in your yoga space or applying diluted blends to pulse points can enhance the experience.

Combining yoga and essential oils creates a ritual of self-care that nurtures body and soul. This natural approach encourages us to tune into our needs and create a gentle, healing environment. Whether you're managing stress, improving flexibility, or simply seeking a moment of peace, yoga and essential oils offer a simple, natural path to wellness.

Start small. Stay consistent. And let nature guide you to balance.

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Kendall Community Hall

Barb Sheppard

Don McLaren

Serious stuff. Not just happy snaps.

Photographic Conference bringing locals together.

by The Club
The Port Macquarie Photographic Club Inc is hosting the NSW Northern Zone Annual Conference commencing Friday 23rd May 2025.

This will be a fully featured event with activities commencing from 2.00 pm Friday 23rd May and concluding after lunch on Sunday 25th May. Port Macquarie Panthers Photographic Club looks forward to hosting all photographic club members and their partners from within the NSW Northern Zone which has a membership of some 350 photographers from nine clubs in country NSW including, Foster, Grafton, Port Macquarie, Armidale & Grafton.

There will be a display of photographs entered into the Northern zone competition which is open to the public free of charge for viewing from 2.00 pm on Friday 23 May 2025. The public will have the opportunity to judge the photo you like best and go into the draw for winning a free family portraiture and you can also register for a free basic photography workshop to be conducted in the near future.

For visitors to the conference who wish to buy, swap & sell, photographic equipment, there will be tables set up for this purpose at the conference. Industry representatives will also be present to share their latest hardware.

There will also be a number of exciting workshops held over the 3 days which are a highlight of the conference. The workshops included in the conference for attendees of the conference feature well known prominent photographers.



Ron Brown



Lorraine Garland



Rob Smith



Julie and Barry Hile



Gary Dawson



Tom Sheppard



Geoff Muscutt



Max Garland



Barb Sheppard



Don McLaren

Rob Smith, A retired corporate photographer and videographer, Rob judges' photography at national and international levels. His social media handle is 'thelensfalcon' (Facebook, Instagram, YouTube). (Shooting Wildlife with a passion) and (East Coast Low).

John Swainston, a former President of the Australian Institute of Professional Photography (AIPP) and the Photo Imaging Council of Australia (PICA). John has spoken to camera clubs around Australia for more than forty years, has judged and has exhibited in Sydney, Melbourne and the Southern Highlands. (Sydney in lockdown during

Covid) and (I will lift up my eyes – Cathedrals in England & Wales)

Tom Sheppard is a practising photographer whose mediums include film and digital. He joined the Camera Club movement in the early 1970's and has been active in photographic circles since that time. He is the incumbent President of the Port Macquarie Panthers Photographic Club.

Special Guest speaker Des Crawley who was formerly Professor and Dean of the Faculty of Arts and Social Sciences at UWS. He taught within the Centre for Digital Media at that University prior to his retirement in 2001. He will talk on "people who have influenced and shaped his life in photography."

There are also 2 workshops which are fee-based conducted by Richard Shaw from Amegilla Studios on the topics of Seascape and Bird Photography. To book your place for these workshops Ring Richard on 0409469813

This event will give great exposure to the greater Port Macquarie/Hastings area with many enthusiastic photographers snapping our many local attractions. Our accommodation and hospitality sector will also benefit from the visitors and their families attending the conference.

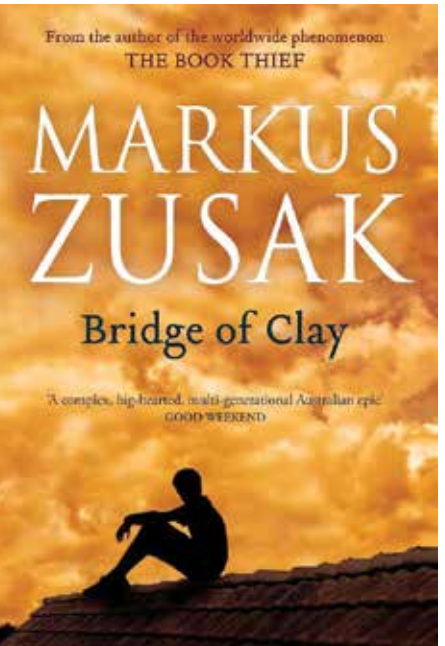
For further information / details on this conference please contact Tom Sheppard on 6585 0044 or 0408610964 or villagetelepointwoodworker@gmail.com

Critiques and Reviews.

Concerning 'residences' of quite a different kind.

by Callan J Mulligan. Youtube: @cal.mulligan

This month the common theme is Residences. Things that happen in them and the differing circumstances. Aspects of the storylines cross over Australia lifestyle and in the case of the series, reflects the addictive nature of birdwatching. (see our Pet page).



Book: **Bridge of Clay** Pan McMillan - Available: at all good book stores and most online sources as audible / kindle formats.

Marcus Zusak is a well known Australian author, probably most famous for his book which subsequently became a highly awarded movie, *The Book Thief*.

He has been writing since quite young with stories drawn from his youth. *The Messenger*, and *Bridge of Clay* being amongst his lauded accomplishments. His latest is *Three Wild Dogs and the Truth*.

However, I want talk about *Bridge of Clay*, a fascinating coming of age story focused on five brothers coming to terms with their father's disappearance among other plot twists. Clay being the builder of the bridge (both physically and metaphorically) of the story. The story is set in two main **residences** and enchants the reader on the psychological dramas that colour the narration. A little gritty and a little flirtatious with time lines, it will bring a tear to your eye more than once.

Marcus is a story teller second to none. I adore his style and his grasp on what is 'real'.

A unique writer from an Australian background most of us can relate to.

Don't miss him when he, and a library of other writers, speak at the Glasshouse's live screenings of the Sydney Writers Festival on May 22-25, 2025. (See in our What's On page).

Short Series: **The Residence** Netflix

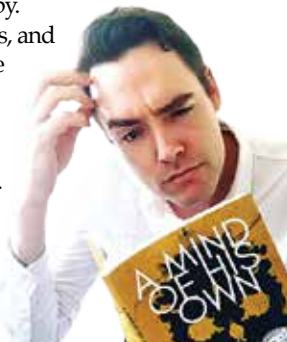
An oddly "Australian obsessed" American mystery comedy drama series about a murder in The White House (The Residence). With a Prime Minister named Roos played by an ex Prime Minister's son, a few Steve Irwin jokes, and Kylie Minogue playing herself only being overshadowed by a tap dancing Hugh Jackman playing himself (but never seeing his face). A litte bit of a bizarre comedic reductive depiction of our culture. So be it.



None of this has much to do with the plot which combines a Cluedo/Sherlock Holmes/Hercule Poirot feel in a twisting and turning whodunnit with a female detective, Cordelia Cupp, who is an avid 'birder' and is whimsical in her delivery.

The show follows a distinctly *Knives Out* style (with one episode being called *Knives Out*), and proceeds unveiling the murderer through an ever changing array of clues, and red herrings, while endeavouring to keep the Australians happy.

Lots of giggles, and if you can handle the repetitive Australian disparages, an 'interesting' yarn. Yet another tangential offering from Shonda Rhimes.





Upcoming Movies

The Great Lillian Hall
F1
Funny Birds
Juliet in Spring
Jurassic World Rebirth
Kangaroo
karate Kid: Legends
Lilo & Stitch
Mission: Impossible
- The final Reckoning
Monsieur Aznavour
Small Things Like These
Superman
The Amateur

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Shell Riverview
Brigadoon
Riverview Café
Reflections
Haven Waters Motel
Woongarra Motel
Jacaranda Caravan Park
The Propagation Station

Bonny Hills
Bonny Hills Garden Centre
Reflections Caravan Park
Bonny View Shop
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A chat about stellar myths.

How the moon is made of cheese and other fanciful flights.



Ah, space. The final frontier, a cosmic playground of swirling galaxies, blazing stars, and... wait, what? Did you just say the Moon's really just a giant balloon? And Pluto's a lonely errant floating asteroid with a grudge against the Sun? Fear not, intrepid space explorers, for we're about to jettison these celestial misconceptions into the void!

Let's kick things off with one of the oldest myths, the classic tale that the Moon is made of cheese. Sorry, Wallace and Gromit, but this one's all holes and no flavor. In reality, the Moon is a rocky wonderland, shaped by billions of years of meteorite bombardment and volcanic activity. Imagine an eerie lunar landscape pocked with craters, not a creamy Brie. While it's true that the Moon reflects sunlight, it's not bouncing off a giant wedge of Camembert. Instead, it's the reflective properties of minerals like plagioclase and basalt doing a cosmic tango with photons. No cheesy goodness up there, folks.

Next up, we've got the myth that space exploration doesn't benefit everyday life. Some folks think that space missions are just expensive joyrides for astronauts and won't have any lasting effects on Earth. But here's a twist you probably didn't see coming: the opposite is true. The technology developed for space exploration has trickled down to improve everything from medical imaging to weather forecasting. Ever heard of GPS? That's right - without satellites, we'd still be using paper maps. And those fancy MRI machines at the hospital? Thank space for those, too. For every dollar spent on space exploration, it returns between \$7 and \$14 to the economy. That's a pretty stellar investment if you ask me!

But wait, there's more! Time to talk about "shooting stars," or as we astronomers like to call them, "meteors." Spoiler alert: they aren't actually stars. They're just tiny bits of debris from comets or asteroids that burn up as they slam into Earth's atmosphere. You might think you're witnessing a faraway star crashing to Earth, but in reality, it's just a cosmic firework show. So, the next time you see one streak across the sky, go ahead and make a wish - but be warned, it might just fizzle out before it even hits the ground, thanks to atmospheric friction. Still, it's a tradition, right?

And speaking of things that don't quite measure up to expectations, let's tackle the Great Wall of China myth. People often claim that you can see it from space. Well, folks, if that were true, astronauts would have a

pretty crummy sense of scale. The Great Wall is incredibly thin and narrow, making it nearly impossible to see from orbit, even with the most advanced telescopes. Buzz Aldrin himself once told me that he couldn't see it from the Moon, and honestly, I think Buzz knows a thing or two about seeing things from space. If you think you can spot it from your living room window, you're probably mistaking it for a piece of string.

Now, let's dispel a myth that's been circulating lately: the idea that space exploration is too expensive.

Sure, space missions come with a hefty price tag, but the idea that they drain countries' budgets is wildly exaggerated. Take NASA, for example, its budget is typically less than 1% of the federal budget. For all the cost, space exploration generates enormous economic and technological benefits. Global research firm IBISWorld estimated that the Australian space sector alone generated a jaw-dropping A\$5.7 billion in 2020 and created around 15,000 jobs. In 2025 and beyond it can only grow more! Not too shabby for a sector that some people think is just about shooting rockets into the sky for fun.

Oh, and here's a bonus myth, one that I can't resist addressing. You know the one about the Earth being flat? Yep, we're going there. Let's just say this one doesn't deserve much of an explanation, but here it goes: if the Earth were flat, wouldn't all countries have daylight at the same time? Hmmm. I'll let that sink in for a second. Besides, if the Earth were flat, don't you think we'd have noticed by now? That's a

question not even the most ardent conspiracy theorists can answer convincingly.

But perhaps the most whimsical of space myths comes from those who claim Pluto is just a sad, lonely asteroid that has a grudge against the Sun. Poor Pluto, constantly being demoted and misunderstood! People think it's just this rogue chunk of rock drifting around without purpose. In truth, Pluto may be tiny, but it's part of a fascinating region called the Kuiper Belt, which is like the wild west of our solar system. It has its own family of icy bodies and mysterious objects that keep astronomers on their toes. And no, it doesn't have a grudge against the Sun - it's just a little further out than the other planets, making it the underdog of the planetary gang.

Finally, let's clear up the confusion about aliens. While some folks are convinced that we're surrounded by extraterrestrial visitors, there's no hard evidence that little green men are zooming around in UFOs. However, the idea that life could exist elsewhere in the universe is still up for debate, and it's one of the most exciting questions in science. So, while we haven't spotted any Martian neighbors just yet, the search continues.

So, there you have it, brave space travellers: a collection of myths and misunderstandings sent spinning into the cosmic abyss. It turns out the universe is a lot more interesting and mysterious than any of these old stories could ever convey. Keep looking up - you never know what new truths might be out there. dave.reneke@skyandspace.com.au



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Having the last word.

When a Will is testimony for the 'final say' about what happens next.

Let's say you've been named as the executor in someone's Will - maybe a family member or a close friend here in the Camden Haven. You sit down, read through their final wishes, and there it is in black and white: "I want to be buried."

But instead, for whatever reason, you organise a cremation.

Did you just commit a crime? Surprisingly, yes, you did.

Here in NSW, it's actually against the law to cremate someone when you know they wanted to be buried, and they put that wish in writing. Under Regulation 102 of the Public Health Regulation, doing so can land you with a fine of up to \$1,100 (10 penalty units, for those fluent in legal-speak).

What's interesting, and a little odd, is that it's not a crime to do the opposite. If someone wants to be cremated and you go ahead with a burial instead, there's no penalty attached.

Over the years, several of these heartbreaking cases have made their way to the NSW Supreme Court, with families torn over funeral choices - sometimes ending up in long, costly, and emotional disputes. And it's no wonder. End-of-life wishes can be deeply personal and incredibly important to those left behind.



The good news? These situations can often be avoided by having a clear, legally valid Will. In that case, the executor (the person named in the Will) becomes the one with the final say. No guesswork. No family feuds. Just clarity, compassion, and respect for the person's last requests.

Here in the Camden Haven, where

community and family ties run strong, it's something worth thinking about.

Unfortunately where a person has no Will there may be multiple parties trying to make the decisions, with no clear guidance on what the deceased would have preferred.

Richard Morris of Morris Succession Lawyers has the knowledge to advise.

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Garden hints and nature's wonders.

May heralds the final month of Autumn.

With the days shortening and temperatures dropping there are still lots of things to be enjoyed in the garden.

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

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

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

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



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

There is still plenty of time to consider planting winter veggies, including Peas and Snow Peas.

There's nothing for enjoyable than homegrown citrus. Winter is the ideal time to plant, those with limited space can consider growing Dwarf Varieties. These are perfect for growing in containers as well. Grafted varieties will produce fruit in the first season. Always plant into a Fruit and Citrus planting

mix if growing in containers. If planting into the garden, ensure well-drained soil with plenty of old compost added to the planting hole.

*Happy Growing, Malcolm McKinley
Bonny Hills Garden Centre*

MAL'S Plant of the month. (above)
Kalanchoe Calandiva

- Thrives in a full sun position.
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Concerts just keep coming.

Announcing Camden Haven Concert 29th June. "Destinations".

by Jennie Wright.

Sinfonia MNC, our local Symphony Orchestra, is proud to announce its return to performing at Camden Haven Anglican Church, Lakewood, on Sunday, 29th June at 2pm. Elizabeth Berry, leader of the Board of Sinfonia says "Sinfonia was formed in 1999 aiming to broaden community cultural life and we are delighted to be returning to regional halls, to Churches and their audiences."

"Sinfonia is all about live music and in this June programme, we bring our Camden Haven audience a magic carpet ride around the world. Our Conductor, Iain Pole, who is local to the area, is bringing us a selection of music starting in the USA with Aaron Copland, travelling to Central Europe with a Mozart Piano Concerto, and Johann Strauss waltzes."

"We have the much loved Fantasia on Greensleeves by England's Ralph Vaughan Williams. Then we have the mysteries of Arabia's Scheherazade from Rimsky Korsakov and the magnificent Finlandia hymn from Jean Sibelius. This will be familiar to our classical music audience."

"By contrast, Iain has chosen us a recent work to perform 'The Odyssey of Dharmakara' by Jordan Grigg. This was composed during the last 10 years and bring us ancient Eastern influences, from Tibet, Japan and China." Iain says of the piece, "Let's go to Tibet, let's hear the piece shimmering from the Heavens."

Kali McLaughlin (pictured) plays the Bassoon in the concert and has been with Sinfonia 3 years. Kali says of The Odyssey of Dharmakara "It is really fun to play and the bassoon has a major role in it. There are some powerful chords in the Bass, and I needed to learn 3 extra notes for the performance, which has added to my range and extended my playing technically."

"Greensleeves also has some complex lower notes for me to play, and I know that the audience will love this very familiar work."

Penny Orchard plays the Cello in the concert and says "this programme of destinations and travel brings the wonderful Greensleeves to the audience, and has its Cello moments. One interesting addition to the programme is The Big Country a work composed by Jerome Moross, which has a melody section played by the Cellos." Penny has been playing with Sinfonia for 13 years.

Cameron Waugh has been performing with Sinfonia for 3 years and currently holds Sinfonia's Quaver Foundation Scholarship. In this Concert series, Cameron is playing Mozart's 2nd Piano Concerto on the classical piano as he works towards finalising his University studies in Music.

The Quaver Foundation is a 'not for profit' Community Association, which accepts gifts from local businesses and donors to fund scholarships awarded to young musicians aged under 25.

For more information and to book tickets for any of these performances, please visit:

<https://www.trybooking.com/eventlist/sinfoniamnc>

Further information: Jennie Wright – Publicity – Tel 0418 205 971.



Kali McLaughlin playing her Bassoon.

Sinfonia MNC

A local community orchestra

Presents: "Destinations"

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Another storyteller in our Haven.

A late blossoming academic career led to six degrees of education.

by The Editor.

This month we bring you the author of our great historical articles on the Camden Haven.

When my wife, Ollie, and I first arrived in Laurieton over 7 years ago, we attended a lecture on Oxley and the discovery of the Camden Haven. This was our first time meeting Diane Solomon Westerhuis. Her prowess at research was obvious immediately.

In her own telling, she was a little wild in her teens and twenties. Diane hitchhiked around Australia with a mate, went to New Zealand by boat and lived there for awhile, then returned to live in Balmain, Sydney. She worked in offices and pubs, and it wasn't until in her thirties, in the late 80s that she began her studies as a 'mature-age student'.

In 1988, while on a holiday, she met her husband Jacob on the Gold Coast. They were married at Longnose Point, Balmain in 1990. It was this time, she did archaeology. First in NSW as a student, then Solomon Islands and NZ as a postgraduate, and Thailand while teaching archaeology at JCU Townsville - furthering her interest in bygone days.

Since the 90s Diane has worked at different times as a teacher, academic, researcher and artist. She has obtained six degrees; in archaeology, education, medicinal herbs, sociology, history and environmental science (in that order). When Diane and Jacob lived in Townsville, she worked at James Cook University, then moved to Bathurst, working at Charles Sturt University. The couple again travelled around Australia, and finally moved to North Haven in 2013 where Diane had an art gallery for two years having openings and supporting local artists.



Since that time Diane has been active in the local historical society, and with Landcare, particularly in the Riverview Reserve at North Haven. This was where she undertook a herbarium collection as a botanical project for her degree in Environmental Science. She has been researching and writing about local history, including how Camden Haven got its name and a heritage study of Laurie Street, which had been the main street of Laurieton.

Of interest to readers may be her paper, 'Naming Camden Haven' in Placenames Australia, (March, 2022). Diane draws and paints, mostly botanical watercolours or paintings and drawings of species related subjects, which are displayed in the Propagation Shop and Piece of Mind Café (where her old gallery was) at North Haven.

Her current projects include research, writing and painting aspects of the Camden Haven River and its species.

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Storytelling through pencil and paint. Unveiled in the Vale.

The Hannam Vale Hall Society would like to thank all the artists for supporting this annual exhibition and acknowledging that surrounding area artists are welcome to attend next year's competition.

Thanks go the sponsors Camden Haven Local News, Manning Valley Race Club, Kylies Art Studio and Supplies Laurieton and Camden Haven Counselling Lakewood.

Also, all supporters who generously promoted the event TellEverybody, Max FM 107.3 and Kendall Chronicle. Packer's prize was awarded to Catherine Cloran for her work "Nature Study 1" (A) one of three photographs in her Nature Study collection.

The People's Choice Awards was a very closely run competition with the final winner being Candice Watts for her work "Kookaburra" (B) which sold at the exhibition. Candice is a Moorland local.

2nd prize went to Bernice Daher for her light filled work "Grommet Surfers" (C).

3rd prize was won by Sue Brook for her work titled "You Watching Me" (D).

The quality of entries was extremely high with a full exhibition and packed Opening night..



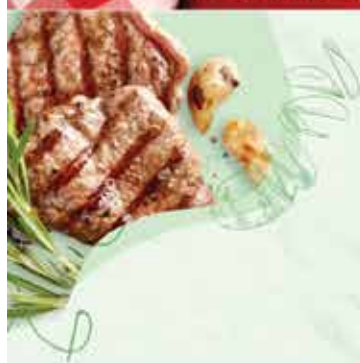


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