

CAMPEN SHAVEN LOCALNEUS



LAURIETON | NORTH HAVEN | DUNBOGEN | KEW | KENDALL | BONNY HILLS | LAKE CATHIE | COMBOYNE

FREE | SEPTEMBER 2024

Come hear the Dragon roar.

The Camden Haven Dragon Boat Club is thrilled to announce an upcoming September regatta. Mark your calendars for an exciting weekend of competition on September 7th and 8th at Telegraph Point.

In the past, challenging Camden Haven River currents have posed difficulties for multiple boat races. Camden Haven Dragonboaters are now a formidable presence at regional club regattas and are poised to host their own spectacular event.

The awarding of significant grants in support of their much-anticipated regatta, by the NSW Government of \$2,900 and the Port Macquarie Hastings Council Major Event Grant of \$4,000 have been enthusiastically welcomed by the Regatta Steering Committee, comprised of Anni Yaringa, Fiona Thorn and Alvena Ferguson.

Club treasurer, Alvena, expressed her excitement, "The support of the NSW Government and another grant from the Council is beyond our expectations. We are also very appreciative of support from Laurieton United Services Club with a \$,2000 grant towards feeding and watering our team of volunteers over the two days. We have put in a lot of work and our members have stepped up to form an organising group with each committee member taking responsibility for a specific aspect of the event."

Invitations have been extended to clubs from Grafton to the Hawkesbury and the

response has been overwhelmingly positive. Dragon boat clubs eligible to compete are buzzing with excitement and anticipation. The owners of Stoney Aqua Park at Telegraph Point are equally enthusiastic about hosting the event, and the Port Macquarie Ski Club has graciously agreed to vacate the waterway to ensure the regatta's success.

Join the paddlers for a weekend of thrilling races and community spirit as the Camden Haven Dragon Boat Club makes history with a different kind of regatta challenge!



Camden Haven Dragon Boat Regatta Steering Committee from left: Alvena Ferguson, Anni Yaringa, Fiona Thorn.



Join us as we travel to the Jacaranda Festival.

Wed 30 Oct - Sat 02 Nov

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Kew gets the axe. The Big Axe.

Why is Kew that holds the world record, not known as the Big Axe?

Ballina the big prawn, in fact Australia has lot of claims to bigger than life things. Here's the rub. Our own piece of paradise has a real biggy. The big axe.

Kew should be known nationwide as the home of the "biggest axe in the world". A world record in fact.

With a 27ft (8.23m) handle and a 6ft (1.83m) blade, the axe is mounted at the entrance to the Kew Tourist Information Centre, now known as iKew. It represents historical timber industry connections to the region.

The Information Centre was first mooted by the Australian National Travel Association team that visited the area in 1970. One of their other recommendations was Wauchope's "Timberland."

It took many years for the Kew Information Centre to be established, with cooperation from the Shire Councils and with efforts from Rotary.

The original concept was conceived as a museum type of organisation connected to an information centre by Kendall's Rufus McCarthy. He had been collecting items and recording information about the pioneering timber industry down the years. However, as all plans change as time moves forward, all we have to remind us of the timber days, are information snippets at iKew, the Laurieton Historical Society (museum) and even in the suburb name of Dunbogan - after Dunn and





Bogan's timber mill.

The timber heritage of the Camden Haven is a fading memory, sometimes only refreshed by out of town visitors marvelling at the Big Axe. The biggest in the World!

The steel head was manufactured to the scale of a 'plumb' axe by Gibson Engineering at Kendall, the handle first being roughed out by chain saw by Ray O'Neill and finally shaped by Terry McGeary. Other valuable assistance came from Ted Mitchell and Harold

According to Rufus, the pioneers made their axe handles out of spotted gum so the 27ft handle was made from the same from a tree brought from Kippara Forest.

The axe is authentic and if a giant was to wield it, the result would be a working wood chopping implement. In his younger days, there is little doubt Rufus's brother

Timber transport on

Mannie standing 6ft 3in (1.9m) and 16.5 stone (103kg) would have given it a go. Mannie won his first woodchop at 17 years old and was still competing at the age of 78. Mannie McCarthy's exploits earned him a place in the N.S.W Hall of Fame alongside other great athletes.

Thanks to this region's timber pioneers efforts and vision, we have an enduring icon that recognises their achievements. Big things to remember big men by. Source: iKew Information Centre

A message from the Editor.

Dear Camden Haveners,

Here we are again with our third edition. One of the biggest things I am learning about, apart from the Kew Axe, is where I live. What started as a publication to entertain and inform our Haven folk about the comings and goings of the area, has become an exercise in education for myself.

It seems a bit odd that I use my own magazine to reference what's happening around the traps. The good folk at iKew and at the Historical Society and museum, volunteers all, have gone above and beyond in helping our team come to grips with Camden Haven's past and development over the years (the story above, for example). We thought we knew our region well, but are discovering

stories that mostly live in the oral tradition, being told to friends and family, and visitors. as a matter of small talk. If you have a story, please share it with us, so we can share it on.

My wife holidayed here in her chidhood as her grandfather, Len Daley, was a prominent businessman in Laurieton in years gone by. We now live in the home he built. That sure keeps the tradition going. And on arrival six years ago - yes we are relative newbies - we attended a lecture on Oxley and the discovery of the Camden Haven, thinking we would become masters of the history. Ha. Who knew there was much more find out.

Hopefully the learning will continue through stories we unearth for this magazine! Thanks again, Terry and the team

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Upcoming events.

Community coming-togethers

Show and Shine Event.

aurieton Vintage Motor Club is gearing up for one of its most anticipated events of the year – the Laurieton Vintage Motor Club's Show and Shine. This annual event is a must-visit for car enthusiasts and families alike, offering a dazzling display of automobiles.

The Show and Shine brings together a stunning collection of vintage, classic and custom cars. From pristine restorations to meticulously maintained originals, the event showcases the rich history and craftsmanship of automobiles from yesteryears.

Visitors to the Show and Shine can expect a vibrant atmosphere filled with automotive beauty and history. Highlights of the event include:

Exhibition of Vintage Cars: A diverse range of vehicles, including rare and iconic models, each with its own unique story and charm.

Competitions and Awards: Owners compete in various categories, vying for coveted titles such as Shannon's Choice, People's Choice and various categories.

Family-Friendly Activities: The event is designed to be fun for all ages, with activities such as face painting, food stalls, and live music to entertain the whole family.

Meet the Enthusiasts: Attendees have the chance to meet and talk with car owners and restorers, learning about the passion and dedication that goes into maintaining these classic machines.

The Laurieton Vintage Motor Club's Show and Shine is not just about cars; it's also about community. Proceeds from the event often go towards local charities and community projects, making it a day of fun that also supports a good cause.

Whether you're a die-hard car enthusiast or simply looking for a delightful way to spend a day, the Laurieton Vintage Motor Club's Show and Shine offers something for everyone





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Mark your calendars and get ready to experience a celebration of automotive history in a beautiful setting right on the water. Venue is LUSC (Laurieton United Services

Club) on Sunday September 1st, 10am to 2pm. Free entry for the public but a gold coin donation for voting. Cars arrive early... open to the public from 10am to 2pm.

Breaking: Att: Market goers.

Laurieton Riverwalk Markets are doubling up in September. There has always been a misstep in markets when it comes to the rare fifth Sunday in a month.

LRM is happy to announce that there will be an extra market in September. The dates ar September 15th and extra one on September 29th. There has been great feedback from stall holders knowing it's school holidays, and the public will get another morning out.



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September 15 & 29 SUNDAY 8am-1pm

laurietonriverwalkmarkets.com.au





Camden Haven Local News

Camden Haven Local News

Happenings on the home front.

Things the community are doing around the traps.

Woman of the Year Awards.

From Leslie Williams MP.

Nominations close on 15 September for NSW Women of the Year Awards for 2025. Calling for nominations of community leaders in innovation, social reform, local heroes and volunteers that help inspire us all in the work they achieve each and every day. Categories are: 1. Premier's NSW Woman of Excellence. 2. NSW Aboriginal Woman of the Year. 3. NSW Community Hero. 4. NSW Regional Woman of the Year. 5. NSW Young Woman of the Year and 6. The Ones to Watch.

Local Boaties Licence Fees.

From Leslie Williams MP.

As of 1 July, boat licence fees increased up to 30% and PWC licence fees jumped up to 88%, impacting users who simply wish to enjoy our local waterways with their family and friends. See more at

https://www.lesliewilliams.com.au

Micro Business Forum.

Our local business networking group, MBF have two events in September. Coffee Connect, takes place around the Hastings region. Never the same place twice, is a friendly informal gathering of like-minded small business owners. The September 12th Connect is at Vibes Café in Wauchope at 10am.

An MBF presentation is being held on September 18th, 5.20pm, at the Innovation Hub CSU on "Why self care leads to business success. Presented by Alejandro Lopez.





Nominate a Legend.

Love a local business who goes above and beyond? Do you know a quiet achiever who volunteers supporting the community?

Share their story by nominating them for the Camden Haven Excellence Awards. An inaugural event from the Camden Haven Chamber of Commerce to celebrate Excellence in Business and Volunteering.

Entries are open so nominate now! https://visitcamdenhaven.com.au/ excellence-awards/

Local Council gives go ahead.

Councillors green light Integrated Transport Plan. Port Macquarie Hastings Councillors have set in motion a plan to improve the road and transport network across the local government area.

Council adopted the Integrated Transport Plan (ITP) which sets about providing priority actions and investment targets to improve the transport network over the next 10 years and beyond.

It follows a period of community consultation on the ITP which showed a desire for improvements to active transport and micro-mobility connections through the development of cycleways and footpaths that create safe and accessible routes for cyclists and pedestrians.

Let us know about your group Contact us on 0459 472 882







Polling/Election Where to Vote. Citizens Decide. PRE POLLING ONLY

North Haven Community Hall 595 Ocean Drive

NORTH HAVEN 2443 Open: Saturday September 7, 2024

Friday September 13, 2024 Mon – Wed: 8.30am – 5.30pm Thu: 8.30am – 8.00pm

Fri: 8.30am – 6.00pm Sat: 9.00am – 6.00pm

ELECTION DAY

Saturday September 14, 2024

Sat: 8.00am – 6.00pm

Bonny Hills Community Hall Graham Street

BONNY HILLS 2445

Camden Haven High School Valley View Road

KEW 2439

Comboyne Public School 11 Hill Street

COMBOYNE 2429 Dunbogan Jubilee Hall

The Boulevarde
DUNBOGAN 2443

Kendall Community Centre 19 Combonye Street

KENDALL 2439 Lake Cathie Community Hall

Mullaway Road LAKE CATHIE 2445

LAKE CATHIE 2445

Laurieton School of Arts Hall 58 Bold Street

LAURIETON 2443

Lorne Recreation Centre

941 Stewards River Road LORNE 2439

North Haven Public School 670 Ocean Drive NORTH HAVEN 2443

St Peter The Fisherman Church Hall 421 Ocean Drive WEST HAVEN 2443

CAMDEN HAVEN LOCAL NEWS

Issue 3 | September 2024 Editor: Terence Mulligan

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Featured property.

Ticks all the boxes!

If you're searching for a spacious family home, in a central location where everything has been updated to a very high standard, this home ticks all the boxes ... and more! At the front of the home you will find the luxurious guest suite, which is 'a sanctuary', featuring its own living area and a chic walk-in-robe that promises

ample storage and style, finished with white plantation shutters and matching custom made doors - this is a space that your guests will never want to leave!

17 Bounty Avenue Price Guide \$1,150,000-\$1,180,000

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The rewards.

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Community Chit Chat.

Just a drop in the ocean for local dipping group.



Why are these ladies wearing funny yellow hats, you may ask?

This local team braved the waves for Cancer Council's Daffodil Day. On Wednesday, 14 August, the golden sands of Pilot Beach were alive with a sea of yellow as 14 enthusiastic members of the local community, supported by friends and family, took part in the Cancer Council's Daffodil Day Dip. Sporting bright yellow caps, the team from Alicia Maree Fitness (AMF) have joined thousands of Australians across the country in the plunge, uniting in the fight against cancer.

The Daffodil Day Dip, part of the larger Daffodil Day Appeal, invites participants to take a dip in the ocean - whether every day or on a specific day - to raise vital funds for cancer research, prevention, and support

services. This year, the AMF team has raised an impressive \$2,152, contributing to the nationwide effort to provide hope and suppor for those affected by cancer.

"We've all been touched by cancer in some way, whether personally or through loved ones," said a team spokesperson. "Participating in the Daffodil Day Dip is our way of showing support, raising awareness, and helping to fund the crucial work of the Cancer Council."

The morning at Pilot Beach was filled with camaraderie, laughter, and a shared sense of purpose and in support of one of our own. The group of dippers, each donning their symbolic yellow caps, bravely took the

plunge in the cool waters, drawing cheers and applause from onlookers. After the dip, the team and their supporters enjoyed a welldeserved coffee, cake and toasties from the Dunbogan Boatshed, rounding off a morning of fun, reflection, and community spirit. "Thank you Kristy and Malcolm, we were a raucous bunch!!"

With donations still being accepted until 2 September, the team encourages others to contribute to this worthy cause. Funds raised by Daffodil Day Dippers across the country will help the Cancer Council continue its vital work in cancer research, prevention programs, and patient support services, bringing hope to thousands of Australians facing a cancer diagnosis.

The team extends its heartfelt thanks to everyone who has donated and supported their fundraising efforts so far. For those still wishing to contribute, there is still time to make a difference.

For more information on the Daffodil Day Appeal or to make a donation, visit the Cancer Council's official website.

https://www.cancer.org.au



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What's on and gig guide.

Where to find live music.

SUN SEP 1 9.00am – 2.00pm **SHOW & SHINE**

Laurieton Vintage Car Club LUSC - Seymour St Laurieton Enquiries: Ralph 0401 170 537

SUN SEP 1 8.00am – 12.00pm Kendall Showground Markets 23 Batar Ck Rd Kendall

SUN SEP 1 12.30pm 3.30pm Reuben Carr (Live Music) Lake Cathie Tavern 1609 Ocean Dr Lake Cathie www.lakecathietavern.com.au

SUN SEP 1 1.00pm – 4.00pm **Kyle Moore** (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven

THU SEP 5 6.30pm – 9.30pm Gary King (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au

FRI SEP 6 6.30pm Doors Jetsam Vocal Quartet Kendall Music Exchange Comboyne St Kendall. \$5.00 Entry at the Door.

SAT SEP 7 9.00am **Dragon Boat Racing Regatta** Telegraph Point

SAT SEP 7 Craig Stewart (Live Music) 6.30pm - 9.30pm Lake Cathie Tavern 1609 Ocean Dr Lake Cathie www.lakecathietavern.com.au

SUN SEP 8

Dragon Boat Racing Regatta 9.00am Telegraph Point

SUN SEP 8 1.00pm – 4.00pm Al McLeod (Live Music)

Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven

SUN SEP 8 4.00pm – 7.00pm (Live Music) Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

THU SEP 12 6.30pm – 9.30pm Reggie Sinclair (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au

FRI SEP 13 8.00pm – 11.00pm (Live Music) Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

SAT SEP 14 8.00am – 6.00pm Port Macquarie Hastings Local Elections SEE PAGE 4 for Where to Vote venues

SAT SEP 14 6.30pm – 9.30pm Rhys Callinan (Live Music) Lake Cathie Tavern 1609 Ocean Dr Lake Cathie www.lakecathietavern.com.au

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

SUN SEP 15 4.00pm – 7.00pm (Live Music) Bonny Hills Beach Hotel - 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

THU SEP 19 6.30pm – 9.30pm Kyle Moore (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au

FRI SEP 20 8.00pm - 11.00pm (Live Music)

Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

SAT SEP 21 6.30pm – 9.30pm LAKE CATHIE TAVERN 25TH BIRTHDAY! Alter Ego (Live Music)

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

SUN SEP 22 1.00pm - 4.00pm Peter Roberts (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven

SUN SEP 22 4.00pm - 7.00pm (Live Music) Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

THU SEP 26 6.30pm - 9.30pm Andrew "BESTY" Betts (Live Music) Club North Haven 1 Woodford Rd North Haven www.clubnorthhaven.com.au

FRI SEP 27 8.00pm - 11.00pm (Live Music) Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

SAT SEP 28 6.30pm – 9.30pm Kyle Moore (Live Music) Lake Cathie Tavern 1609 Ocean Dr Lake Cathie www.lakecathietavern.com.au

SUN SEP 29 1.00pm – 4.00pm Max Marvell (Live Music) Moo & Bean Kitchen & Bar 613 Ocean Dr North Haven

SUN SEP 29 4.00pm - 7.00pm (Live Music) Bonny Hills Beach Hotel 1045 Ocean Dr Bonny Hills www.bonnyhillsbeachhotel.com

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Pubs, clubs, markets and more.

PUBS AND CLUBS

Bonny Hills Beach Hotel 2445/1045 Ocean Dr, Bonny Hills www.bonnyhillsbeachhotel.com

Club Lake Cathie

Every Friday Night Music from 6.00pm 45 Evans Street, Lake Cathie www.lakecathiebowlingclub.com.au

Club North Haven

1 Woodford Road, North Haven Friday night Live music www.clubnorthhaven.com.au

Lake Cathie Tavern

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

Laurieton Hotel

80 Bold Street Laurieton Ph: 02 6559 9004 www.laurietonhotel.com.au

Laurieton United Services Club

2 Seymour Street, Laurieton Ph: 02 6559 9110 'Weekly Raffles'. Music Bingo each Tuesday www.laurietonclub.com.au

MARKETS & MEET UPS

First Saturday of the month Byabarra Food Hall Cnr Bull Creek Rd & Comboyne Rd 7am - 1pm

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

Third Sunday of the month An extra market on the fifth Sunday (29th Sept)

Laurieton Riverwalk Markets Tunis St & Short St 8am - 1pm

Every Thursday Kendall Bazaar and The Meeting Place Kendall Community Centre



FIRE INFORMATION **Emergencies 000** Rural Fires 1300 643 262

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Captain 0422 826 138 Permits 0408 216 885

LAURIETON LIBRARY

Thursday Sept 5, 12, 19, 26. 10am - 11am **BABY BOUNCE**

Join us at your local library for fun songs, rhymes, finger play, and music for infants from birth to 1 year....

Tuesday Sept 3, 10, 17, 24. 10am-11am STORY TIME.

Join us at your local library for some wonderful stories and great fun. Suitable for ages 3-5 years, with parent/carer.

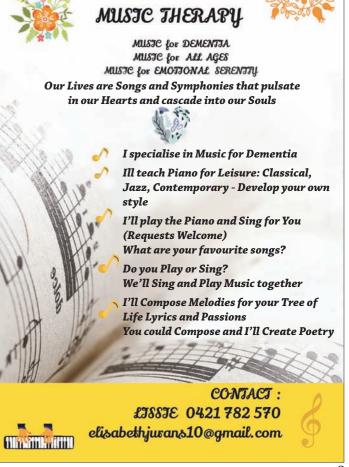
August 12, 26. 10am-12pm Mobile Library Van @ Lake Cathie (Lake Cathie Community Centre Lot 3 Mulloway Drive)

www.mnclibrary.org.au









AMBER SUNSHINE

Pets in paradise.

They may be pretty by are so dangerous for your dog.



ycad palms, also known as Sago palms are a popular ornamental plant found in many of our gardens. They contain a toxin called "cyacin" which is broken down by bacteria in the gastrointestinal tract to methylazoxymethanol (MAM). MAM is responsible for most of the toxic effects.

Many dog owners only find out how toxic these are to their dogs until it's too late. There have also been cases of toxicity in people, sheep and cattle.

During April, the female plants have a large cone full of orange or red seeds. Ingestion of any part of the plant can result in poisoning but the orange seeds are highly toxic. Only a couple of seeds need to be eaten to cause severe poisoning or death.

If you do have a species of Cycad in your garden and own dogs the recommendation is to either contain the plant so it is inaccessible or remove it completely.

Signs:

- Vomiting (develops in minutes)
- Diarrhoea
- Abdominal painDrowsiness
- Weakness
- Seizures
- Liver failure

Leading to coma and death.

Treatment:

There is no antidote for cycad poisoning. Immediate veterinary attention to reduce toxin absorption and supportive therapy such as intravenous fluids, stomach protectants and





anti-seizure medication.

If you know or suspect your dog has ingested the seeds or any other part of the plant, contact your vet as soon as possible.

Article by Camvet, Laurieton

Tack to the rescue.

ello. My name is Jack and I am seven years old. I am a rescue dog. My Mum found me at the pound in Taree where I picked her to be my new forever Mummy and take me to my new forever home.

This story is not for me to growl at you, it is about raising awareness about dogs and puppies like me who have been mistreated in the past. The good news is I have now been rescue by my wonderful Mum!

When out and about I wear a bright yellow vest. I think I look pretty smart in it, however the main reason for this is to alert other doggie parents that I cannot be approached by other doggies, as well meaning as they might be, as it makes me very scared. This is not my fault, as I was badly treated for five years and I am still learning how to be calm around other pooches and people.

If other doggies are not on a lead then, they can charge up to me to say hello, even though their tail might be wagging, I still get scared. If I get scared and show this, then it looks like I am tough and nasty. This is not the case.

I am often taken for walks on a lead around the Lake Cathie area, so please obey all PMHC

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designated areas of Lake Cathie, kindly provided by Port Macquarie Hastings Council.

If you see me, or any other of my animal friends around in a bright yellow vest, please just wave from afar. Give us a little bit of space to continue our training on how to be the best puppy we can possibly be.

Woof!



Wine and dine. Just Fine.

Reviewing the tastes of our region's fine dining.



Restaurant review

Written by **Olwen Williams**A self-confessed wanna be foodie!

antastic, I exclaimed! I have found a restaurant worthy of being in a capital city right here in North Haven. What a relief to have a worthy destination to take our very 'worldly' guests, visiting us from the Gold Coast.

On this particular occasion, our guest had a serious allergy. Obviously I alerted the chef at Moo & Bean well in advance and they had prepared recommendations of what selections would be acceptable for our diner. Our waiter that evening, double-checked that all of the dishes that we ordered would be safe for our guest.

Being able to order from the Small Plates and Big Plates menu consecutively is such a treat that diners are able to choose flavor combinations to mix and match that also coincides with the size of their appetite.

Stand outs from the Small Plates menu include Salmon Rillettes served with sour dough toast, crème frache with intricately shaved fennel as well as the Moo & Bean twist on the classic Prawn Toast. This is not something that you remember from your local Chinese restaurant from the 1970's - this is a hybrid with the "toast" wafer thin with a generous spread of prawn meat topped with Japanese influenced sauces. My husband, not a big fan of prawns, absolutely loves it.

Deliciously soft Bao Buns stuffed with Asian influenced fillings are on offer along with the ever so popular Fish Taco's served with the most amazing chutney and slaw.

Sunday Sessions are the real game changer here. Make not doubt about it, the place to be seen in the Camden Haven from 1.00pm until 4.00pm on a Sunday is in the garden area behind the main restaurant for Sunday Sessions. Here you will find a hidden gem of a venue that is accessible in all kinds of weather.

Live music features on Sunday Sessions from renowned local artists, a stand out being our own Steve Bennett from Ghost Road fame, who appears at least once a month. Relax with this ambient funky blues - never intrusive yet incredibly good at mood setting. No backing tracks in sight with this seasoned professional!

A popular draw card are the \$1 oysters available from 1.00pm on Sundays. There are many sauces to choose from including Thai, Ginger & Mirin, Ponzu however my favourite is the Miso Emulsion with house-made soy pearls. The fun bit is that you can order plates of oysters at \$1 each with a combination of any of the above sauces so that you can have a sample plate, in essence.

Sunday Sessions also offer Cocktail Jugs starting at \$25 which are a crowd pleaser and a party starter.

Open for breakfast with the region's favourite "Barista Matt" working the espressor machine, you will not be disappointed with their selection of daily window specials as



well as their regular menu offering the usual suspects with healthy and spicy twists.

A huge shout out to venue manager Jacob. He always greets you with a smile and is incredibly talented at remembering your preferred table and choice of beverage.

With a dynamic team, a progressive menu featuring local produce, a picture perfect view of the Camden Haven River coupled with a welcoming vibe, a venue providing opportunities for local talented musicians - Moo & Bean, you have my vote. Guess where you will find me most Sunday lunch sessions? Come and say Hi! Open Wed-Sun 7am-5pm.





Recipe of the month

Prawn Toast [Moo & Bean]

w/ Yuzu mayo & Asian herbs

- 500g raw prawn meat
- 1/2 teaspoon sesame oil
- 1 egg white
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- Salt
- 1 teaspoon finely chopped coriander stalks

Combine all ingredients in food processor and blend till smooth

• Day old bread (crusts removed)

Generously top bread with prawn mousse & press toasts onto bread crumbs

Refrigerate for an hour till set

Deepfry or shallow fry toasts until golden and

Remove and drain on paper

Okinamiyaki topping

- Garnish prawn Toast with
- Tonkatsu sauce
- Kewpie mayo
- Pickled daikonBonito flakes
- Fried onions
- Coriander

A perfect recipe for entertaining or drop in to Moo & Bean to taste test!



Shopper's corner.









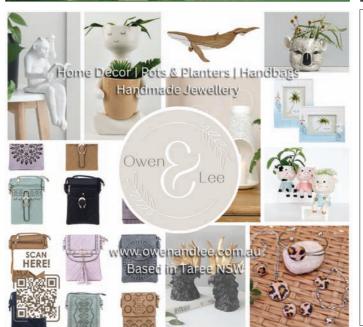




Shopper's corner.













Highlight on Haven property.

A home that redefines indoor and outdoor living.

Tf you're searching for a spacious family home, in a central location where Leverything has been updated to a very high standard, this home ticks all the boxes and more at 17 Bounty Avenue, Lake Cathie!

At the front of the home you will find the luxurious guest suite, which is 'a sanctuary', featuring its own living area and a chic walkin-robe that promises ample storage and style, finished with white plantation shutters and matching custom made doors - this is a space that your guests will never want to leave! Alternatively, this room could also be utilised as an additional living zone with cleverly designed built in storage.

The master bedroom is equally impressive, with an upscale en-suite bathroom, loads of natural light and views of the outside entertaining area and private rear gardens.

The heart of the home is the spacious open-plan kitchen that seamlessly extends to the expansive outdoor alfresco area / outdoor room, complete with Ziptrak blinds and enough space for both dining and outdoor lounge seating areas. The outdoor space is suited to entertaining extra large gatherings of family and friends.





The kitchen is a dream, showcasing an oversized central island bench with stone benchtop, ample storage space, walk-in

pantry, breakfast bar and a new dishwasher.

The family bathroom is modern and substantial in size with a stunning barn door as the central feature, wall hung vanity, a lux freestanding bath tub and plantation shutters to complete the picture!

Additional features include 4 x separate reverse cycle air conditioner units, ceiling fans, solar panels, water tank and pump, external blinds, plantation shutters throughout, solar







not water, plus a convenient garden shed.

A double remote garage with the added

suitable for a caravan, boat or trailer, makes

Rates: \$2900 per annum (approx) and

Rental Return: \$700 - \$730 per week (approx).

this property the complete package.

onus of an additional hard top parking space



Staring at the Stars.

Lift your head to the heavens in the Camden Haven's dark skies.

Tver wished you could leave a permanent d mark on the universe? Sure, you ■can't own a celestial body, but here's something even cooler: naming a star after someone you love! Imagine the look on their face when you announce, "Look up there! That twinkling beauty -just above the Saucepan used to be called Rigel, but now it's named just for you!"

Now, hold on a starry second. The International Astronomical Union (IAU), the official celestial agency, aren't involved with these companies. Think of it like this: you can call your house "Graceland, or anything you want, but on maps, it will still show Elvis' mansion. But hang on, the fun isn't over!

Star-naming companies offer a chance to personalize the night sky. Several reputable companies exist, like the International Star Registry, Star Registry Australia, or Name a Star They provide certificates with the chosen name, constellation details, and sometimes even sky charts to locate "your" star. It's a fun thing, a gift for the person who has 'everything' so to speak.

These certificates are beautiful! Imagine a professionally made frameable certificate adorned with swirling constellations and elegant script, a tangible token of your affection soaring beyond the clouds. Plus, it's a conversation starter for any aspiring astronomer in your life. Picture this: you're at a party, someone mentions the stars, and you casually drop, "Oh yeah, Tania's birthday star is near Orion's belt!" Instant star-power and just watch the expressions!



The best part? It's surprisingly affordable! Packages typically range from \$20 to \$100, depending on the level of customization. It's a unique and personal gift that surpasses the mundane. I've got one. Forget flowers that wilt or chocolates that disappear – this is a celestial connection that lasts a lifetime (or at least as long as the star does!).

Think about the possibilities!

Is it a birthday gift for your star-gazing best friend? A romantic gesture for your soulmate? A way to commemorate a special occasion? Each twinkle becomes a reminder of your love, a beacon in the vast cosmic ocean. Ah, aint love grand!

Here's a bonus tip: some companies offer add-ons like naming a constellation after your loved one (although, again, not officially recognized by the IAU). Imagine their delight - their very own celestial neighbourhood!

Shop around, the certificates and info come beautifully prepared.

Ever dream of owning a piece of the moon? You can, alongside a lot of well-known celebrities! Companies like Lunar Registry sell 1 acre plots for a small price, starting around \$40. It's a fun way to own a piece of space, even if it's not legally recognized. Each plot comes with a certificate to frame, bragging rights to your lunar lordship, and a membership in a million-acre strong community of moon landowners! So, grab your piece of the moon too before it's gone!

So, while the scientific community might not acknowledge your chosen star name, who cares? It's a private language, a shared secret that binds you and your loved one under the vast, twinkling expanse. The next time you gaze at the night sky, remember – you can have your own personal star story, a testament to your love that reaches for infinity. Now, go forth and name your celestial soulmate!

Keep up with what's happening in the world of space and astronomu.

Visit www.davidreneke.com



*Luxury Accommodation, Island Tour, 10th -17th November, 7-Day Car Hire, Lectures, Telescope Viewings etc all included! For more Information contact Dave below.

> BROCHURE /BOOKINGS - ENQUIRIES Phone/Text Dave on 0400 636 363 or email www.davereneke@gmail.com

Grandmother's Spirit



Crafted from traditional knowledge, Baagi Milaygiin provides a range of therapeutic bush beauty products made using Australian Native Bush Botanicals & natural plant-based ingredients.

0417 224 267

www.baagimilaygiin.com.au Or at the markets

When your health is on the line.

Ask R U OK? Any Day because life happens every day.

you know how your neighbor is today? Have you asked lately? September 12th is R U OK Day, and it's been great that so many people are asking others how they are on that designated day. However, life happens every day, so the organisers of R U OK? are calling on everyone to ask R U OK? Any Day.

The reminder comes as 72% of Australians are reporting elevated levels of distress. R U OK? research has found an overwhelming majority (90%) of people who are regularly asked R U OK? feel more supported, connected and cared about1.

Born to the country of the Stiff Upper Lip, I have a knee-jerk reaction to saying "Yes", with a smile, when anyone asks me "R U OK?". This clearly isn't always true, so I welcome the chance to practice voicing my true feelings by being asked R U OK? on any day.

So, what do you do if someone says "no"? It can be daunting if someone tells you they are feeling sad, or suicidal and you may think you're not capable of helping. Just listening is often the most important part. If it seems like someone may harm themself you should refer on to Lifeline or Yarn, so keep their numbers handy.

Asking for help, or admitting that you are not OK can be hard. Practicing saying "no, I'm sad" or "not really" continues a conversation that can get you the help you need. I encourage saying things out loud, so that it may be the natural response to be truthful, and talk about what's going on.

Connection with neighbours and other locals, is especially important in rural areas, where sometimes you don't have any interaction with people for days.

Forming local interest groups around art, dance, gardening, craft, or such, that meet in your local community hall, can be a great way to help people feel connected. Research shows that when people feel connected and have a sense of belonging, it's a protective factor against suicide2.

RUOK?

A conversation could change a life. How you can help: 1. Start a conversation 2. Listen with an open mind 3. Encourage action

Other Useful Contacts

4. Check in

Beyond Blue 1300 224 636 www.beyondblue.org.au

Mensline 1300 789 978

www.mensline.org.au www.ruok.org.au/findhelp



YouGov (2024) Suicide Prevention Australia Community Tracker - June 2024, Australia

Joiner, T.E. (2007) Why People Die by Suicide. Harvard University Press. USA.



Useful contacts



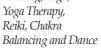
Help is at hand

Lifeline provides free and confidential crisis support at any time of day or night. Call 13 11 14, or text 0477 13 11 14 or chat online at: www.lifeline.org.au.

13YARN is a free 24/7 service offering crisis support for Aboriginal & Torres Strait Islander people. Call 13YARN (13 92 76)

Stacey Carol is Stacey Carol Wellness.

She is a local practitioner and trainer in Personal Training, Yoga, Yoga Therapy, Reiki, Chakra



Instruction. For class times and more information she can be found on 0480 241 833 or visit www.StaceyCarol.com



Garden hints and nature's wonders.

September. Tis the Season when Spring hath Sprung.

s the days start to lengthen, the garden emerges from winter. The garden is starting to burst into flower and new growth. Now is the time to feed the lawn with a complete Lawn Fertiliser, ideally a light application now and a follow-up in 6 weeks.

Summer veggies like Tomatoes, Cucumber, Beans, Zucchini, Capsicum, Squash, Silverbeet, Corn and Snow Peas can all be planted.

Prepare the soil before planting with wellrotted manure and compost, this will ensure a bumper harvest for summer.

Hibiscus are looking very weathered, and now is the time to give them a hard prune.

Stingless native bees.

Words and photos: Diane Norris, BeeWild

he interest in Australian native bees is

and perhaps consider installing a hive in your

garden. Native bees are the key pollinators

shrub species and their re-establishment and

continued protection is paramount. Stingless

native bees Tetragonula carbonaria are a sub-

tropical species endemic to our area and are

happy to live in man-made timber Original

Stingless bees are completely harmless -

Australian Trigona Hive (OATH) hives.

SAFE AND SOUND

for a vast majority of Australian tree and

enormous so the time is right to learn

more about these amazing little insects

Ideally 2/3 of the growth. Feed with cow manure and a good handful of Hibiscus fertiliser around the base of the plant.

Indoor plants can be given a small feed of Slow-release fertiliser and re-pot if they are pot-bound.

As Camellias, Azaleas and Magnolias are finishing their flowering, mulch them well for summer and give a good handful of Organic Life pellets around the drip zone of each plant.

Citrus will also respond to a good feed of well-rotted compost and manure, as well as a good handful of Fruit and Citrus fertiliser.

Happy growing, Malcolm McKinley Bonny Hills Garden Centre



bush.

HIVE NOTES Position

It's best to position the hive facing somewhere in the arc of north through to east as that's the direction from which the least severe weather comes. Ensure that the bees always have a clear flight path. A warm site with morning sun, especially in winter, is ideal - under a deciduous tree is a good spot. Plinth

Hives must be elevated to prevent water inundation. I like my hives at least one metre off the ground on a sturdy pedestal – besser or sandstone blocks are suitable - and ensure these are level.



they have a mild temperament, they do not

have a sting, do not produce any venom and are unable of causing any serious allergies. They are commonly kept on verandahs, in Stingless bees can perish in extreme schools, preschools and gardens without a temperatures. Over 36°C or below 5°C can kill single recorded problem. Native stingless a colony. To emulate their natural habitat of bees provide a wonderful educational inside tree hollows, OATH boxes should be resource for children and adults - bringing sturdy, well-constructed (no gaps) and thick

walled - no less than 35-40mm. The bottom us an awareness of bees, as well as the other of the OATH should be raised on feet, like amazing insects, that live in our gardens and screws or garden pot feet, to keep free of water or debris.

> A wide-brimmed roof is essential to shield the hive from sun and rain.

See www.aussiebee.com.au for a list of expert and reputable native bee hive sellers/installers

> Steve Flavel has one of the most comprehensive sites about hive construction, sales and more www.nativebeehives.com

It's important that your bees are healthy and safe. In a backyard, away from street view, is best. Eliminate the use of pesticides (including herbicides) in your yard – insecticides will kill bees. And a garden full of flowering plants is desirable.

Remember, hives do not have to be split – each brood cell is only used once - or opened. And I do not recommend honey harvesting the bees need their supplies as a food-bank. Last word

Keeping a native stingless bee hive in your garden is rewarding and interesting and the bees will quickly become your pets. Only purchase a colony, in a hive, from recommended native bee keepers who offer a



Camden Haven Local News Camden Haven Local News









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Critiques and reviews.

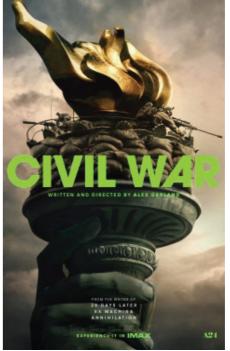
It's all about the hottest movies this month.

hese past few months have been a whirlwind of film releases, and it must be said that choosing which stories to review is always difficult. In light of this, I have chosen to review two films, instead of reviewing any books or television series'. Believe me when I say, both of these films are worth the words, and the only television series worth mentioning lately is House of The Dragon (which is polarising to say the least, and better than the first season to say the best).



The film - Challengers (MGM / Amazon)

This movie about a tennis rivalry, and the love triangle at its centre, is quite literally an editing master-class. From transitions snapping to a 1980's electronica soundtrack, to the final match when the camera takes the point-of-view of the tennis ball itself, this film impressed me time and time again. The story is about the toxicity and inspiration of competitive sports, and a friendship overcoming insurmountable odds. It's sexy, frustrating, thrilling, funny, and compelling.



An occasional shot clung for too long and the script sometimes missed the mark (perhaps a result of the amazon/mgm take over) but this was otherwise an almost perfect original film, which is much needed in the fight against the Disney-fied film industry. 4/5 Stars.

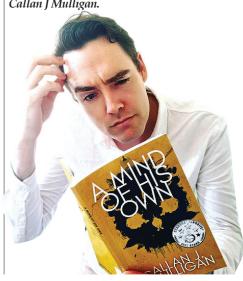
The film - Civil War

Civil War has engulfed the United States, and a jaded war photographer is on a mission to do a first time interview of the third-term authoritarian president. This film was a relatively smooth rollercoaster (the kind you would find in a kid's theme park and you don't mind riding it, even if you're scared of other, larger roller coasters). It's written

and directed by my absolute favourite writer on the planet, Alex Garland. Garland wrote the novel The Beach, and the films 28 Days Later and Ex Machina. So, it's safe to say I was very hyped for this film. Perhaps that's why I was let down, but here's my take: This film should have been released 10 years ago, because it is perhaps now too relevant and so it loses any shock value. It hits well as a drama, and is almost great as a thriller but something holds it back from a perfect score. The writing is impeccable as always, and the performances were good, but lacklustre editing and a lime-green colour grading did not lend to the theme of war whatsoever. Also, the larger story is never explained and this can sometimes take you away from the otherwise nail-biting moments throughout the story. I can't quite put my finger on it, but something was missing from this movie. However, it does feel new and unique in comparison to much of the cinema landscape and has a few shock and awe moments which make it worth

To learn more about storytelling and content creation, follow me on YouTube @cal.creates Callan I Mulligan.

the watch. 3/5 stars.







Camden Haven Local News

Camden Haven Local News

Public Notices.

RSL Honouring service and sacrifice with commemorations.

nzacs have been well honoured this year with several different commemorative ceremonies occurring during the year.

Anzac Day 2024 (April) was marked with solemnity and pride as the community gathered at Laurieton Memorial Park to honor the brave men and women who have served in all conflicts, particularly World War I and World War II. Despite the challenging weather, the spirit of remembrance and respect was undeterred.

The day began with a parade featuring members of the Returned and Services League (RSL) and the Port Macquarie Air Cadets catafalque party. These young cadets performed their duties with precision and reverence, a testament to the continued tradition of service and respect for those who have given so much for their country.

Due to inclement weather, the wreathlaying ceremony was relocated to the Laurieton United Services Club (LUSC).

Among the dignitaries laying wreaths were Laurie Ross, a 91-year-old Korean and Vietnam veteran and esteemed member of the Laurieton RSL Sub Branch, and Joy Smith also 91, a former Vice President of the club.

Their presence and participation underscored the deep respect and gratitude the community holds for its veterans.

The July 11 service honoured The Middle













East Area of Operations, representing the longest war Australia has participated post 9/11. A solemn moment was when the names of the 43 Australians killed in these campaigns were read by Jason Gill, President of the Port Macquarie RSL. Josh Thomas, a current serving member of the Army who served in both Iraq and Afghanistan read the formal address. The reading was a poignant reminder of the ongoing sacrifices made by military personnel.

July 27 brought a special commemoration dedicated to the Korean War, the service was held indoors at LUSC. Laurie Ross, with his firsthand experience from the Korean and Vietnam wars, highlighted the importance of remembering those who served and sacrificed in lesser-known conflicts. Also covered were preparations for Remembrance Day on November 11.

The Vietnam commemoration on August

18 had good attendance. All of these events continue to play a crucial role in ensuring that the sacrifices of past and present servicemen and women are never forgotten.

The RSL is a charitable organisation dedicated to supporting ex-service and currently serving defense personnel and their families and remains a pillar of the community. They provide vital services, including weekly gatherings every Thursday from 10-12 for tea, coffee, and camaraderie at LUSC, and monthly meetings on the fourth Sunday at 10am. These gatherings foster a sense of community and support among veterans and their families.

All of these ceremonies this year are a powerful reminder of the courage, sacrifice, and enduring legacy of all those who have served. The community's commitment to honoring their memory ensures that their sacrifices will never be forgotten.

Place your public notice here...

Apart from relevant stories, we are planning this page to be a section where you can keep informed about all the going-ons for the month and any public notices (right).

Cost is only \$10 per column centimetre (3 lines).

Email us at editor@camdenhavenlocalnews.com.au or call us on 0459 472 882

Celebrations

Personals

Public Notices

Classifieds

Obituaries (FREE)

All happening on the sport scene.

Some serious sport and some fun springtime activities.



Rugby League and an invasion of little footy players

Their was an explosion of fanatical footy players early August when 56 teams of little people attended a Mini Gala Day at the Laurieton sports grounds. The wasn't an inch to spare as a multitude of mini playing fields were whipped into action.

Great fun was had by the minions, but it was a 'serious' tournament. Your publisher even witnessed a send-off when a temperamental outburst occurred mid-game.

However, the day was a resounding success with fund-raising food supplies getting perilously low very early in the day.

A genuine picnic atmosphere ensued with gazebos and blankets strewn all around the mini footy fields.

Hosted by the Camden Haven Eagles, the untiring efforts of Jarryd Gaskin and his team of volunteers made sure everything ran smoothly. Not an easy task when the grounds were inundated with vigorous and enthusiastic munchkins. An estimate of numbers had it between one and two thousand attendees and spectators. The weather was perfect and the popularity of this sport is something to not be underestimated.

Time to go Kayaking

The Kendall Community Boatshed
Kayaking Club offers storage for kayaks to
members at the Boatshed on the Camden
Haven River at Kendall. Members kayak
as a group, weekly, on the local river and
monthly go to nearby locations such as
Piper's Creek. Three times a year the monthly
paddle becomes a 3 day paddle somewhere
in the region, within 3-4 hours drive. Family
and friends are also welcome to picnic at
the facilities. See story below. For more
information contact Barbara Martin on
0498 564 617 or email
barbaramartin243@yahoo.com.au.

Bowls

If you would like to join North Haven Women's Bowling Club ring Elaine Pender 0402 095 496 and she will organise your paperwork. They have Championships and Competitions and run Bowls Carnivals.

The Riverview Carnival has been held for many years and it is on the 12th October until 19th October. There are Mens Fours, Mixed Fours, Ladies Fours on various days so if you would like to come and join us in these events send and email to:

andy@clubnorthhaven.com.au or phone Club North Haven and speak to the Carnival Director (02) 6559 9150.

Kew Bowls have Club Triples coming up. Opens September 6, Closes September 15 and First Round September 29. For more information go to their new website at www.kew.bowls.com.au

Bocce

One of the oldest lawn games. All ages and skill levels welcome. Tuesday and Friday 9am in front of LUSC. For more information contact Laurieton United Services Club.

Soccer

The Camden Haven Redbacks Club is a family-friendly sports organisation committed to fostering a love for soccer in the community. For more information visit https://www.facebook.com/camden.haven.redbacks

Ladies Golf Over 50s

Kew Country Club Tuesday. LUSC Ladies social golf. Wednesdays, Ladies golf 18 and 9 holes. Fridays, Ladies and Vets 18 and 9 holes.

Card Games

LUSC holds various card sessions. Bridge Beginners on Tuesday at 10am. Games on Monday and Thursday from noon. Bolivia and Canasta on Tuesdays from 12.30pm. Euchre Wednesday from 6.30pm and the 1st, 2nd and 4th Sundays.

Little Athletics

Camden Haven Little Athletics is a sport for children aged 4-16 years that involves track and field events. If you would like to become involved email chla2443@gmail.com

Kendall Boatshed's latest 'away' paddle in glorious weather Barbara Martin reports

On Tuesday 23 of July 2024, 14 Kendall Community Boatshed paddlers headed north on the Pacific Highway for our latest "away" paddle at lovely Stuarts Point in glorious winter weather. On arrival, the remainder of the day was spent setting up camp (caravans, tents etc.) and then gathering around a few blazing fires for snacks and a barbeque dinner - to discuss the adventures of the next few days.

On Wednesday, they paddled south, towards the river entrance at South West Rocks. After exploring around a couple of islands, they found a spot to enjoy morning tea (after a successful search and rescue mission for a missing bag was made!), and then made their way back to their accommodation at the caravan park. That evening they enjoyed dinner at the local club to fuel up for the morrow!

Thursday morning saw a few of the group leaving early, but six paddlers took to the water to head north, up to the old (now closed) river entrance. It was a beautiful morning, the birdlife was in abundance, and they found a warm sunny beach to stop for morning tea.



A few more paddlers left after that but those remaining enjoyed the afternoon exploring the area, including a drive up to the stunning Yarrahapinni Lookout.

It was a great couple of days, with excellent conditions for paddling and the usual great companionship.

Let us know about your upcoming club events and recent successes (and news stories) and be featured on this page

Contact us on 0459 472 882

Music with swing.

Timeless big band music and modern classics by local band.

ort Macquarie region and the Camden Haven, renowned for its lively arts scene, is home to a musical ensemble that has been captivating audiences with their irresistible energy and timeless sound - the Blu Hyp Big Band. This vibrant group has made a significant mark on the local music scene, bringing the exhilarating swing era to life with a modern and innovative twist.

The Blu Hyp Big Band was born out of a shared passion among its members for the big band sounds of the 1930s, 40s and up to the 90s. The musicians blend classic influences with their own contemporary style and more modern interpretations. The result is a refreshing yet nostalgic sound that resonates with audiences across generations, making 'band' music accessible and exciting for all.

In the Hastings and south region, Blu Hyp Big Band has become a fixture at local events, festivals, and live music venues. Their performances are known for their infectious rhythms, dynamic brass sections and smooth, captivating vocals.

Each show is a lively celebration of music. with an energy that's both uplifting and engaging. Whether they're performing at a bustling local club, an open-air festival, or a private event, Blu Hyp's shows are

FROM A PROFESSIONAL PERFORMER

IN A DEDICATED STUDIO

ALL AGES & LEVELS WELCOME



guaranteed to get people dancing and leave them wanting more.

Blu Hyp is not just about entertainment; they are deeply involved in the local community. They frequently partner with local schools and community organisations, offering workshops and performances that introduce younger generations to the joys of swing music. This educational outreach helps to preserve and promote music locally with many of their recruits being budding musos.

Blu Hyp is a vital part of our region's cultural fabric. Through their dedication to big band music and their electrifying performances, they have revitalised a timeless genre and brought it to the forefront of the local music scene.

Whether you're a long-time big band enthusiast or new to the style, experiencing a live performance by Blu Hyp is an unforgettable experience that showcases the best of our region's vibrant musical talent.

Band Camp Groove.

Cooper Drury, Junior Reporter Lake Cathie Public School, Year 4

and Camp was held at The Francis Retreat in Bonny Hills. Most of the time, we were playing in whole band practices, but other times, we played in sectionals with our tutors. The best part was meeting new friends and playing as a group.



From the 24th to the 26th of July 2024, students from Lake Cathie Public School, Laurieton Public School, Port Macquarie Public School, North Haven Public School and Camden Haven High School attended Senior Band Camp on a 3-day opportunity to extend their musical skills.

There were delicious meals, kind teachers, beautiful cabins and satisfying nature. We played four songs in a concert at the end of it: "The Groovemeister"; "Scorpion"; "Proud Mary" and "Attack of The Cyborgs".

Where the spotlight is shining.

Musical talent combines with a commitment to community.

Trank Reugers is a local musician and music educator in our midst at West Haven. He is known to many past and present students for his work in music education both here in the Camden Haven and in Port Macquarie.

Frank's inspiration to dedicate his career to one of music came to him when he was in Year 9 when The Australian Navy Band visited his home town of Gunnedah and performed in a street march. Frank knew then and there exactly what he wanted to do with

This decision was cemented a year later whilst in Year 10 he attended a performance by The Sydney Symphony Orchestra in Tamworth as part of its' outreach program. So whilst still in his teens he just loved seeing and hearing a full symphony orchestra live for the

After school Frank joined the Australian Army at the age of 16 years as an Apprentice Musician playing in the brass section with his initial instrument being the Euphonium, (this is a smaller version of a tuba).

After graduating two years later he embarked upon his further study and gained a Diploma of Music Theory. He achieved the highest standard possible by gaining his AMUSA. This was achieved by developing an unconventional practice routine, which he still uses for his methods to this day.

One of his early career highlights was, as part of a combined "Service Band", was to play on the Concert Hall of The Sydney Opera House prior to it's opening in 1973. This proved invaluable to the audio technicians and engineers of the day in ensuring that the acoustics were in tune in time for the official opening by Queen Elizabeth II. His talents were noticed by the army brass and this set him up for a full time career in the forces.

After becoming an Officer in 1975 Frank embarked upon learning a new instrument from the woodwind family, the oboe. These days there is not a woodwind or brass



instrument that Frank does not teach or play.

As a full time musician, Frank's passion turned to conducting where he received tuition from Professor John Hopkins who was Dean of The Victoria College of the Arts at the time. He then went on to be mentored by world renowned conductor Jerry Nowak and they forged a wonderful friendship and professional relationship for the next 20 years.

Students will surprise you with their untapped hidden talents when in a nurturing environment.

He reached the rank of Major in 1989 where he conducted the 2nd Military District Band in Sydney as their full time Musical

After developing his own musical teaching regime and style, and after holding many roles as Musical Director of high ranking Sydney schools, Frank decided to move to The Camden Haven to collaborate with fellow music educator Ann Hamilton. Under the banner of Blue Gum 2 Music they have mentored and inspired local musicians and have created many performance opportunities for young performers including starting

The Port Macquarie Young Guns in 2008 and then ran the local youth band from 2018 for 11 years including tours to The Gold Coast, Sydney, Hong Kong, L.A. and Japan.

In 2018 Frank took over the baton of local adult community big band Blu Hup. This is a not-for-profit ensemble which often plays at events in The Camden Haven and greater Port Macquarie region. This marvelous ensemble also doubles as a training ground for exceptional students showing promise with their chosen instrument.

Frank has been responsible for many of our local students embarking upon a career in professional music either in the Services or as a teaching career.

Frank is also the Musical Director of local Dixie band Dinner With Milton. Both Blu Hyp and Dinner With Milton are available for community or private events and can be contacted via the editor of this magazine.

Frank's motto and belief is that students should be encouraged and not discouraged and that they will always surprise you with their untapped hidden talents when given the opportunity in a nurturing environment. We say BRAVO to a wonderful career of playing exceptional music to make people happy and leading our youth into a life of music!

The Chronicle is your up-to-the-minute go-to, about what's happening in Kendall and surrounds!

Pick up your Kendall Chronicle at month's end. https://www.kendall.org.au/the-chronicle Featured is an older copy - Sample Only

Where you can get your Local!

Anglican Op Shop Laurieton Library Laurieton Warehouse Bold Espresso Bar Laurieton Museum Neighbourhood Centre Laurieton Newsagents LUSC Camvet LJ Hooker Laurieton North Haven Club North Haven Piece of Mind Foods Sandbar Café Shell Riverview

Brigadoon Riverview Café Reflections Haven Waters Motel Woongarra Motel Jacaranda Caravan Park Kendall Takeaway The Propagation Station The Kendall Shop Comboyne Larrikan's Lockup **Bonny Hills** Bonny Hills Garden Centre Reflections Bonny View Shop Lake Cathie Caramels

LCBH Real Estate (near Woolies) Kendall/Kew Kew Corner Store Kendall Beer & Wine Miss Nellies iKew Centre Dunbogan/Diamond Head Dunbogan Caravan Park Dunbogan Takeaway The Dunbogan Boatshed Moorland Post Office

Call 0419 363 363 olwen@pianoandvoicelessons.com.au www.pianoandvoicelessons.com.au

Studio in Laurieton



IVE MUSIC SEPTEMBER



GARY KING THURSDAY 05.09.24 6:30PM



THURSDAY 12.09.24 6:30PM



KYLE MOORE THURSDAY 19.09.24 6:30PM



BESTY
THURSDAY
26.09.24
6:30 PM

MONDAY

- Raffles - 20 Trays drawn at 6:30pm

FRIDAY

- Jumbo Raffle 70 Prizes valued at over \$3,500 - drawn at 6pm - In house and online
- Last Friday of the Month Jumbo Raffles - 100 prizes in total, 50 online and 50 in house - \$5,000+ in value

THURSDAY

- Members Superdraw from 6 8pm
- Raffles 30 Trays drawn at 6pm
- Live Entertainment from 6:30pm
- Second Chance \$200 draw at 8:30pm

SUNDAY

- Buy \$10 Raffle tickets for a roast lunch at \$10
- Raffles 20 Trays drawn at 1pm
- 20 Trays drawn at 5:30pm