



Coming Together in Community Spirit...



Kendall Community preschool adorned the Cenotaph with handmade poppies

What an amazing effort from so many different members of the community to mark the 100th year of ANZAC commemorations. The Kendall Community Preschool spent many hours making gorgeous poppies that were placed around the cenotaph. Weather conditions were perfect as hundreds of people, (as well as some four-legged friends), came along to show respect and remembrance.



Amazing effort from volunteers completing the bricks of remembrance.

Kendall's memorial park represents the heart of Kendall. Not just because of its location but due to the many hearts who have used and connected with this community space over the decades. We would like to acknowledge the many volunteers past and present in maintaining this park. With the most recent volunteers adding a border of remembrance bricks. To read further about the brilliant efforts of the volunteers on this project please see page 2. If ANZAC day stirred some memories for you then consider writing about it and possibly winning some prize money...see pages 3 and 9 for further details on this...

Friday 1st May 2015
Volume 12, Issue 5

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Well Done on the Kendall Memorial Park



Kendall Memorial Park Volunteers have done an outstanding job of landscaping the park and creating the new bricks of remembrance retaining wall. As shown from left to right... Peter Baron, Max Turner, John Haldane, Kevin Lyle, Annie Haldane (project Manager) Peter Oxenbridge (Local Bricklayer who donated his time). Other helpers not shown here are Karl Schirmer, Terry Duff and Bob Simms.

Snippets from Over the Bridge

By Annie Haldane

The Kendall community park, is becoming well used by the community, and the ladies of the Kendall men's shed, Annie, Pat, Melody, Naomi and Lucille, have coerced male labourers into the re-vamping of the too long ignored gardens. There has been an incredible amount of community support for the gardens, Ron and Margy Foster, Kew Nursery, and the support for the laying of the memorial bricks, has also been outstanding. The ladies wish to thank Port Council for their support and assistance. The roses have been taken to hospital as they were not surviving under the gum trees, the ladies are liaising with council on the new garden bed.

The KENDALL Men's Shed, are as busy as a one armed brick layer in Beirut. The men have made and delivered and installed seven picnic tables for the North Haven Bowling club, and they have orders for five more! The men were especially pleased to see the Anzac crosses go up in Laurieton, and the associated television coverage. The shed was approached to make these crosses by Ms Joy Ward, as other quotes were cost prohibitive. The men from Kendall unanimously decided, we should provide the timber, manufacture the 250 crosses, two coats of paint, make and mark the ANZAC stencil, fit the rosettes and deliver the crosses to the LUSC, which we did at no cost to Joy's organisation. The work took a couple of weeks, but the results speak for themselves. So when you see those crosses know that they are a gift to the servicemen who marched from LAURIETON in 1915, from the men of Kendall Men's shed.

****Regarding Bricks of Remembrance Please Note...**The RSL and its committee members are not associated with the selling of the Bricks of Remembrance. Therefore please do not approach the RSL or its members in regards to purchasing these. Thank you.

Kew War Memorial

By Sandra Haswell

The Kew War Memorial which is situated on the Pacific Highway at Kew, is currently undergoing restoration. For some time it looked neglected and very much overgrown by bushes. The Mens Shed at Kendall is assisting with the new flagpole, which it has been found is actually a ships mast. The landscaping around the Memorial has been cleaned of annoying "prickly" shrubbery, and new gravel will soon be laid. Edsteins and Sons of Taree erected the stone for the War Memorial, and the Inscription on it reads, For God and Empire, Erected by the residents of Kew in honour of the men of the town who served in the Great War, 1914 - 1918.

A member of the Men's Shed wanted to acknowledge the following...

"Massively impressive is TERRY DUFF for his selflessness of time given to Kendall's Mens Shed and its members"

Thank You Terry Duff!!

"Up in Annie's Room"

...Capture the romance and allure of a by-gone era with their sparkling original songs, wandering serenades and stylish renditions of traditional Romany swing, tango and klezmer.....

7.30pm Saturday 16 May at



KENDALL SCHOOL OF ARTS HALL
Comboyne Street

Bookings Essential \$25 includes soup & rolls

Bring your own nibbles and drinks

Presented by Kendall Community Centre

Bookings Alvena 0401 608 240

Camden Haven Landcare

By Jim Lewin

Camden Haven Landcare Inc have been active this month in weed eradication in three sites around Kendall. The area in front of the Kendall Club's car park has had a number of weeds removed and work will continue here to enhance the view of the river. The work here is ongoing and it is hoped to get some labels onto the trees.

The group also worked during the school holidays at the Kendall Public School's Rain forest. Again weed eradication and path maintenance was undertaken. Christine and Richard Cullen with the assistance of Leon Mackiewicz attached labels to a number of the trees. Leon who currently teaches at the Camden Haven High School was instrumental in establishing the rain forest in an unused area of the school grounds. He was impressed by the growth and cover of the originally planted trees. Gail and Michel Albertoni continue to look after a number of baby Casaurinas trying to flourish.



Christine Cullen, Leon Mackiewicz, Jodie Paterson (Kendall Public School Principal) and Richard Cullen in the Rainforest

You will have noticed that both sides of the bridge at Kendall are now looking weed free and this is principally due to one of our members - Robert Meixner, who has put in a number of hours removing the weeds and encouraging the growth of native vegetation. The Camden Haven Landcare group was lucky enough to receive a grant from the Kendall Op-Shop to purchase a brushcutter and chainsaw with appropriate safety equipment....



The equipment has already been put to good use by the group.

New volunteers are always welcome

The group can be contacted at camdenhaven-landcare@hotmail.com or join us at our monthly meeting on the 4th Monday at 7:30pm in the Kendall War Memorial Rooms.

Bendigo Banks New Hours

Kendall Community Centre Announcement

Do you have your accounts with Bendigo Bank yet? The simple process of changing your accounts to Kendall's own community bank is another way of supporting your community. Re-investing profits for local projects and sustainable investments. Just an Update the Bendigo Bank is closed on Tuesdays now....

Opening Hours

Monday	10am-12pm
Tuesday	Closed
Wednesday	10am-12pm
Thursday	10am-1pm
Friday	10am-4pm

Writing Competition and Anthology Prize Money \$150/\$75

Wanted your Stories, Articles, Poems or Photos about life in the Camden-Haven area.

Further details on Page 8, or
www.portwriters.com.au

Philomusica 2015

From Keri Levy

Commencing May 17th

The very popular 2015 PhiloMusica concert and philosophy series will begin with a wonderfully rich program featuring a star performer.

One of Australia's most accomplished cellists will feature in a concert on May 17 at 2 pm at the Kendall School of Arts. Born in Korea and growing up in Australia, Minah Choe's talent as a musical performer was recognised at an early age. She received enthusiastic support and generous scholarships to enable her to study in Sydney, Melbourne and at Indiana University in the US. Her career includes performances as a soloist, recitalist and chamber musician. World renowned cellist, Janos Starker, has described

Minah as a "cellist of rare talent with a personality and musicianship to match it."

Minah Choe features as part of the Kendall PhiloMusica series which includes a pre-concert talk exploring the relationship between music and philosophy. The event on May 17 explores the many possibilities of music and features a varied program of works from three centuries. Goetz Richter, founder and presenter of Kendall PhiloMusica outlines the topic: "Music has such rich possibilities, there is such a diversity of music and such a diversity of ways to enjoy and listen to music. How do the people who write and make music develop this richness? I think we are always fascinated by the way creativity works - music is no exception and we are looking forward to bringing thoughts and



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Morning/Afternoon
tea

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9am - 4pm

*Closed Wednesday
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KENDALL

Philomusica 2015 (cont)

From Keri Levy

sounds to the Kendall audience that will enrich our understanding of how music affects our lives and why it is such an important art."

Tickets \$30 for the performance on May 17 at 2 pm at the Kendall School of Arts

(including complimentary attendance at the pre-concert talk at 11.30 am). Profits from the Kendall PhiloMusica series will benefit the Kendall National Violin Competition. Afternoon tea is provided after the concert and an opportunity to talk with the musicians - contributions toward the catering would be greatly appreciated.

Tickets from info@pentimento-northhaven.com or phone Mavis Barnes 02-6559 4339, PO Box 86, Kendall NSW 2439.

The Kendall Community

are doing the...

**BIGGEST
MORNING TEA!
10am Mon-
day, 25th May**



Kendall Services Club Graham St
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Entertainment Provided by

Bells of the Haven

Craft Stall, Raffle and Lucky door prize.

All proceeds go to Cancer research.

Enquiries Please contact Sue Ward on 65590046
or email sue.sjw@gmail.com

Computer Classes for Beginners Held at the Kendall Community Centre



 Starts 22nd June 2015

 Every Monday for 5 weeks

 Cost is \$10 per lesson

Kendall Music Exchange

By Alison

Friday 1st May,

The main guest artists will be Kendall's very own home made "STRAWBERRY JAM"! Gaye and Colin from STRAWBERRY JAM have also asked two young talented musicians Tommy Kennedy and Tahlia Rose from Kundabung to accompany them on 1st May. *At only 15 and 13 these young two have just taken first place trophies winning a sound recording award just recently!*



Local musicians are always encouraged to bring their instrument along and share a couple of songs. And, of course you are most welcome to just come and listen to some beautiful music at the Kendall Community Hall.

Doors open at 6.30pm for a 7pm start, entry is by donation.

Friday 5th of June

Mike and Wendy are looking forward to playing at Kendall Community Hall on Friday 5 June, and it will be a special concert because Ali Dhu will be joining them with her magic flute. Mike has been playing guitar for 30 years and plays various styles to accompany Wendy. The couple have a mixed play list of jazz, blues, 70s pop and some contemporary country. The duo are equally happy playing at restaurants, clubs, private functions, markets and their style is enjoyed by young and old.

Doors open at 6.30pm for a 7pm start, entry is by donation. Info contact Alison on 0431682 357.



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Up in Annie's Room

By Alvena Ferguson

We Hope to See you "UP IN ANNIE'S ROOM".....

.....where you will be seduced by the mesmerising music of this talented and diverse band. Formed about 10 years ago by almost-locals from Elands, the original members PETER MULLANY, HELEN KNIGHT and HUGH COWLEY (guitar, double bass, accordion, violin and mandolin) have added some Sydney friends to their line-up with JIM ROURKE and MARC VASSILIOU (saxophone, clarinet and amazing drumming) joining up to indulge their love of jazz, Parisian musette, tango and swing.

Each brings a wealth of experience in the music and entertainment industries, and the chemistry amongst the five has created a remarkable musical collaboration. Together, they capture the romance and allure of a bygone era with their sparkling original songs, wandering serenades and stylish renditions of traditional Romany swing, tango and klezmer...**cont pg.6**

Up in Annie's Room (cont)

By Alvena Ferguson

Kendall Community Centre has pleasure in hosting a dinner dance at the School of Arts Hall on ...

Saturday 16 May starting at 7.30pm

for you to enjoy the wonderful music and atmosphere of this exceptional band.



Tickets are \$25 each and must be booked ahead by calling Alvena Ferguson on 0401 608 240.

Included in the ticket price will be yummy home-made soup and fresh rolls - you can bring your own drinks and nibbles. Seating will be at tables with room to dance so make up a party

and plan on a very fun night.

This event has been supported by a grant from the NSW Regional Arts "Country Arts Support Program"

Doggie Escapades...

This Casanova of the neighbourhood appears to be living it up large every morning...possibly



while the owners are still sound asleep. He is an inquisitive fellow who delights in visiting everybody's yard just to show off to other dogs that he is free. "Bahaaha" he says, "look at me free and happy to do my morning ablutions in your front yard while you can't get out...take that". But now dear Casanova we have a picture of you. Maybe your owners might find out about your early morning life as a rascal Casanova. If not, and his shenanigans continue on, it may lead to jail time. Thus, If this is your handsome fellow can you please sort your fencing out?

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I Kew Update

By Annette Jepp

iKew Information Centre has had a busy time over Easter and School Holidays with lots of visitors calling into the Camden Haven Area, progress is well underway with the Cenotaph being restored with the help of the Kendall Men's Shed assisting, progress has been made with the toilet facilities and the security system.

With Mothers day just around the corner we have obtained some new and beautiful items suitable for Mum's of all ages, we have hand knitted colourful socks to keep mums toes warm, scarves both knitted, and to dress that special outfit, scarves with pendants, light weight beanies, or makeup snap bags and jewellery many beads and broaches, glass case holders, and mobile phone holders, all in beautiful colours.

For the Kids with their pocket money there are pin cushions and needle holders to give to mum, and don't forget the lovely array of Mothers day & Birthday Cards all crafted on Paper Tole a must to see.

We have all the local papers available free both from Camden Haven and Port Macquarie plus The Seniors paper. Why not pick up that map at the Centre before you start out on your journey all are free and get your much needed cup of coffee. Come on down to the I Kew or phone us re any enquiries on 65594400.

QUILTING EXHIBITION AT IKEW INFORMATION CENTRE

From Thursday 30th of April onwards there will be a Quilting exhibition on display at the Ikw centre. Everyone is welcome to visit the Centre and have a look at the talented works on display!

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Our experience covers 35 years in the hospitality industry, having owned three take-aways and also provided catering services for functions of various sizes. We would be happy to help you plan a menu. So why not call in and see us at 10 Comboyne Street.

PHONE ORDERS 6559 0234

NEW Trading Hours

Monday:	CLOSED
Tuesday:	7.30am to 4.00pm
Wednesday:	7.30am to 5.00pm.
Thursday:	7.30am to 7.00pm.
(This extended time is for a month trial only)	
Friday:	7.30am to 7.30pm.
Saturday:	8.30am to 7.30pm.
Sunday:	8.30am to 7.30pm.

Kendall Kettles

By Elizabeth Watson

We are busy planning our Biggest Morning tea And are asking those who attend to bring a plate or two of yummy food. Raffle Prizes are also needed. Also needed are items to display that our members have made recently - quilts, knitted items, embroidery etc. We will also be having a display of the items that we have been making for Lakeside Nursing home (sensory mats and dolls cloths), knitted blankets for Wrap with Love Display and some trauma teddies to show what we also make for the Red Cross. Don't forget to tell your friends and you are welcome to print off the invitation for display in shops etc. Sue Ward (6559 0046) is coordinating this event so please talk to her or pass on your raffle prizes to her please. We will also be holding a stall of craft items to sell to our visitors so anything crafty that you have made should be bought along to our next meeting so they can be priced beforehand. We are also planning on selling some jams etc . Please indicate on the jars the variety, ingredients and date made. Also on display will be knitted and crocheted items for the misplaced people in Syria to help them survive the cold winters there. (More information can be found from www.wauchopearts.org.au)

Thank you to those who have been making or contributing to the sensory mats that we have been making for the dementia patients at Lakeside Nursing Home. Thanks also to those who have made dolls clothes or purchased baby clothes for the dolls. I spoke to the Activity director at Lakeside this morning and she was thrilled to hear that we had made the mats and also that we will be purchasing another 2 baby born dolls. (I am hoping to buy them or at least price them tomorrow at Big W).

NEED SPACE? HOLDING A FUNCTION?

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accompanying adult**

Last Months Results

This issue's SUDOKU is a medium one!

1	2	3	4	8	7	5	6	9		7			6		2	
9	5	8	1	3	6	2	7	4	3	8						
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Writers Make History

By Michelle Lopert

Help make our anthology a roaring success. The Port Writers group is inviting you to contribute to their 200-page book on the social and cultural history of this area.

The anthology is called: Beyond the Three Brothers; Camden Haven and Port Macquarie - Stories from Henry Kendall Country and is sponsored by the Kendall Op Shop grant.

We need variety - funny tales, mishaps, quirky characters or any interesting stories. We're interested in work that commemorates people, places or history from Comboyne to Laurieton, and the Hastings region from Mount Seaview to Oxley Beach.

It takes people like you to record social history. It doesn't matter who you are, if you or your family have lived in the area, you'll have stories to tell. Or photos and sketches to show.

Your contribution can be in the form of an article, anecdotes, poems or illustrations. Or maybe you'd prefer to tell us your story and we can write it up for you.

All your stories and pictures contribute to our social and historical heritage. We want to preserve and share this knowledge for future generations.

Send your contributions to us, or you might prefer to enter the Port Writers Inc Literary Competition and win some prize money. All winners, and any good entries, will be included in the book. So here's your chance to see your name in print and become part of history.

Check out our website: www.portwriters.com.au

Bookends@Kendall

Your community book exchange

Monday	10am - 2pm
Tuesday	10am - 2pm
Wednesday	10am - 2pm
Thursday	9am - 2pm
Friday	10am - 2pm
Saturday	10am - 12noon



Bookclub @Bookends @Kendall
1st Wednesday each month @
7.00pm
Get reading, come along & join in
the discussions
Bring some nibbles to share - All
Welcome -

Battle at Eureka Stockade

By Sandra Haswell

It is over 160 years since this battle took place in Ballarat Victoria. It was a defining part of Australia's history and its importance cannot be underestimated. At the time it was a bloody and confronting event which saw the authority maintained by law enforcement troopers brought into question, and had at its beginnings, a murder, unlawful detention, harassment of miners and behaviour by all concerned worrying and unruly. It perhaps started with the death of a Scottish miner in early Oct. 1854,

and following the trial of those accused of his murder, an open verdict was handed down. The verdict fuelled rebellion that was to follow. License checks on "diggings" were twice weekly and arrests followed, and discontent grew. So serious was the situation that 450 troopers were dispatched to maintain order. In December 1854 the battle at the Eureka Stockade took place. The rest is history. The Eureka Flag flew over the battleground, and for 100 years it was kept in the Ballarat Gallery. The flag is now regarded as an Australian icon. It has earned its place in our history to hang now in the Ballarat Fine Arts Gallery alongside watercolours depicting the battle.

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Kendall District Gardeners Club

From Jim Lewin

The April meeting was held at Benwerrin Bamboo Nursery courtesy of Sandra Lefeuvre.. John Carter welcomed those that could attend especially a couple of new faces. While John talked tea and coffee was handed around and various munchies. The speaker for the May meeting will be an arborist who will speak about looking after your trees. In June there will be a talk on camellias. The July meeting is the club's 11th birthday. It was agreed that those who wished to participate could bring a small present for exchange by ticket draw. On Saturday 25 July the club will hold its horticultural speaker's day and volunteers to assist are requested. The award for the most successful member exhibiter at the Kendall show went to Doug Pope. The fertilizers available from the garden club will be from a more expensive source providing better quality. If you take any fertilizer be sure to pay the appropriate amount as very little profit is made and forgetting to pay costs the club. It was agreed that the Kendall Gardeners Club will contribute an amount to the School of Arts Hall to assist in building a boardwalk over the roots of the tree at the entrance. It was decided to plan a meeting which would be of the workshop format where about 4 ½ hour workshops would take place and members would circulate from workshop to workshop. Thoughts of holding more of the excursion type meetings were discussed.

Sandra welcomed everyone to her place and explained the history of getting started with bamboo. The initial plantings required bucketing water to the young plants. The nursery has 60 to 70 different varieties of bamboo. The bamboo is grown for timber, shoots, landscaping, privacy and even security with the

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thorny variety. The tea and coffee was served in disposable cups made from bamboo. Not all bamboos are edible.

There are 40-50 different varieties of bamboo used for timber which can grow up to 90ft. China and the Bamboo Society are investigating setting up a bamboo mill in Taree. Some of the timber is stronger than steel. Propagation is done by taking cuttings of mature stems with laterals and potted out. Some bamboos are difficult to propagate. The young plants need looking after in the first year of summer and winter. Fertiliser high in nitrogen helps boost their growth. The roots are not deep but the larger the bamboo the deeper it will grow. All of the bamboo at the nursery is of the clumping variety. The clump size is determined by the type of bamboo. The cuttings are not taken until the plant is at least three years old. If the cutting is taken any earlier the newly cloned plant will have a short lifespan (about 3 years). Normal lifespan can be up to 100years old. Raising bamboos from seeds is possible but takes years longer to get the plant to its full potential.

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- ◆ Delivery in local area \$5 on Tuesdays

If there are supplies you need which we perhaps do not have, talk to us, we will arrange to stock the product.

Biodiversity Farm Walk

By Hastings Landcare

As part of the 'Greater Hastings – building resilience through riparian landscape links project', funded by the Australian Government Biodiversity Fund, Hastings Landcare will showcase the restoration and conservation of significant vegetation on Mortons Creek on **Sunday 3rd May**.

"We will be sharing lessons learnt from our 15 years of practical experience restoring the creekside or riparian vegetation," says Cathy Eggert, who will be guiding the walk around her family's farm where they have reserved more than 20ha of forest in perpetuity.

The Eggerts have received several grants over the years to help with erosion and weed control as well as fencing and off-stream watering: "Thanks to Hastings Landcare and the Foundation for National Parks and Wildlife, we currently have two bush regeneration projects in the riparian areas. Over the next three years we are making a concerted effort to control invasive weeds, flood-proof fences and expand the width of the riparian zone with plants sourced from the property."

"It is quite a commitment but we are proud of what we have achieved and get such a buzz when habitat continually improves and we discover yet another sensitive or threatened species. Of course, we have made mistakes, especially with fencing in the flood zone and we're happy to share lessons we have learnt along the way." Experts in birds and bush regeneration will be on hand to share their knowledge and provide practical demonstrations of bush safety and weed control. If you're thinking of doing some conservation work this will be a great opportunity to find out about funding options and get help with planning and applications.

To book your place, call Hastings Landcare on 65864465.

Poetry for Henry Kendall's Bday

By Sandra Haswell

Once again the Kendall Public School has submitted poetry from their Senior Students, for judging during Heritage Week, and for the first time the Infants are involved. The CWA ladies have judged the entries and have followed guidelines to help them come to a decision. The Kendall Heritage Society are handing out certificates of achievement, as well as prize money, to the winners who will receive these awards when school resumes. The poetry is on display at the Kendall Services Club. Our Heritage Soc. is grateful to the Principal Jody Patterson and her teachers for their enthusiasm in this worthwhile activity.

Jasmine O'Brien won first Prize, Annie Rogers and Tonni Wilkes both came second. Well done to all students who entered and a particular mention must go the Infants children whose amusing poetry makes interesting reading.

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Op Shop Report

From Judy

Autumn is a great season, cooler nights and warm days. Winter clothing is starting to appear on the racks. However, there is still a good range of lighter clothing for all ages. We have good quality work shorts, shirts and long trousers available at a reasonable price. Why pay retail! In the Manchester department you will find blankets, flannelette sheets, cotton sheets and pillowcases, doona covers and bedspreads. Your pet might need a change of bedding coming into winter, these are found in the pet section.

As usual the book corner is overflowing with great reads for everyone. Mysteries, romantic fiction, true crime, biographies, travel, cooking, reference books and much more. The children's book section has everything from the first picture books through to young adult fiction, including fantasy. For those who enjoy making their own music, sheet music is located between the books and electrical section. There is also a large selection of DVD's and CD's to be found towards the front of the shop. The crockery shelves display everything from single pieces to full dinner sets, some great glassware and coffee mugs.

Don't forget Mothers' Day. There is a fine display of jewellery and ornaments to choose from, or you might consider presenting mother with a lovely scarf or hat. We now have a well-stocked shelf for greeting cards, postcards and invitations. There is a premium of jigsaw puzzles, from basic to the more involved, a must for any diehard puzzler. Suitcases for travel or storage, soft-sided bags, backpacks and handbags are plentiful. The shoe section has everything from high fashion to casual and sport shoes.

Many thanks again to the community of Kendall for their support of the Op-Shop over the last twelve months, as volunteers, customers and donors.

Death & Taxes

By Michelle Lopert

The two things that you can't avoid in life are death and taxes. Sure, we can't avoid death, but corporations seem to be avoiding tax. Consequently, countries around the world are running out of revenue.

Most governments are continually looking for new sources of tax revenue that are not politically suicidal. Our government tells us it wants to start a national conversation and to reform the tax system. So let's look at totally new paradigms. The Income Tax system is archaic. It was devised back in the Industrial Revolution. Today, with the advent of computers, there are simpler, better, and more equitable ways to collect revenue. A viable alternative to our current system is to replace all taxes with one tax - the DEBIT TAX (also known as the Tobin Tax, Robin Hood Tax, Financial Transactions Tax). It is the most efficient system of taxation ever devised and Europe is looking at it seriously.

Here's how it works. Every hour of the day, money is withdrawn from savings accounts, cheque accounts, insurance companies, business and investment organisations, and financial institutions of all kinds. Whenever a person, financial institution, or company withdraws money by cash, cheque or electronically, a 1% tax is automatically debited. That 1% is then electronically transferred to the Australian Federal Treasury. The tax is collected electronically and continuously - not quarterly or annually - and without paperwork of any kind. You don't have to do a thing. Let's say you have an annual salary of \$30,000. With today's system, if you add up all the hidden taxes (GST, payroll tax, property rates, fuel excise, stamp duty, capital gains tax, land tax, company tax and more) you'll be paying about \$15,000, half of your earnings, in tax. Under the Debit Tax system, you would only pay \$300.

On a national level, a 1% Debit Tax would provide Australia with tax revenue of approx \$470 billion annually. The current system only provides approx \$215 billion. It's hard to believe that a tiny 1% national Debit Tax could replace all other taxes at the Federal, State and Local Government levels. Unlike all other tax-

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Death & Taxes (cont)

By Michelle Lopert

ation systems, the Debit Tax does not require anyone to save receipts and fill in Tax Forms. This eliminates potential sources of corruption and tax evasion. Why would a company bother hiding money in tax havens that charge 2 or 3% when the Debit Tax is only 1% and when they can also avoid the 3.75% payroll tax? Imagine, we could eliminate the bureaucratic nightmare known as the Taxation Department, and save billions more in money and angst. The Debit Tax would see the demise of destabilising currency speculation. This tax would eat away the profits of speculators who move massive amounts of money around the globe in a bid to cash in on small currency fluctuations.

The more countries who adopt the tax, the better for everyone. So let's push for proper tax reform and stop fiddling at the edges.

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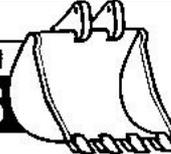
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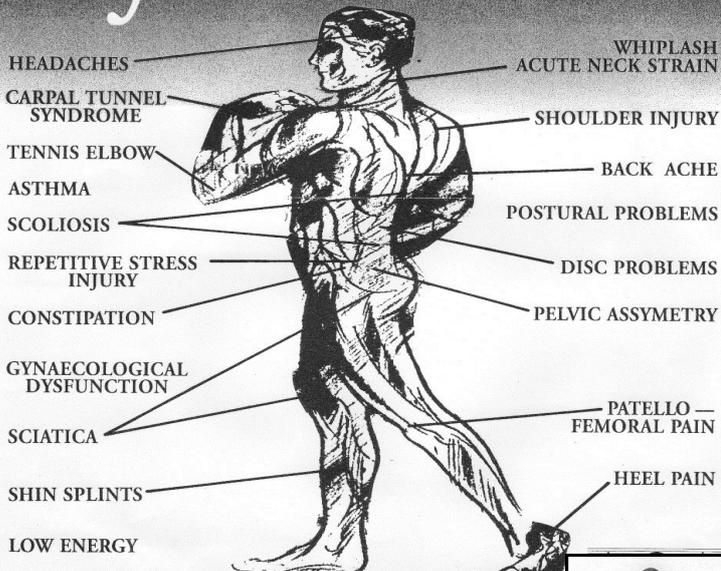
April at Kendall CWA saw a full house, 2 visitors and a lively meeting! Barbara started off proceedings with an amusing ditty she had written about International Day. Kath thanked everyone for their hard work to make our day such a success. Success also for the lamington sales on election day - well done to all the workers. It will make a big difference to the disbursements we make later in the year. In lieu of Tin's ag & environment talk, Kath told the group about her visit to the Coffs butterfly farm (animal of study 2015), where she had a lovely time and great morning tea. Nan has some interesting guest speakers lined up for future meetings. Gael spoke about the successful set up of CWA Kendall facebook page (check us out), and informed members that we were "liked" by a Womens Institute in England as well as another CWA NSW branch. This will make our "page" all the more diverse and interesting. Arrangements were finalised for Anzac Day with flowers and a poem to be laid at the Kendall cenotaph for both the dawn service and main march. Photos from member Karen of her visit to Gallipoli have been posted on our fb page. Lest We Forget

The Paleo Buzz appears to be gaining momentum on social media lately. Some would call it a fad others would say that it is a way of life. There is no doubt with the many life changing stories on facebook that it has helped many to lose weight and gain more energy. Fundamentally it centres around going back to the basics and giving up sugar, grains and dairy. Giving it a go was hard as a lover of everything sweet but after 6 weeks I was 8kgs lighter and was on board! If like me you love sugar here is one little recipe which really helped me when sugar cravings hit. I have shared these rum balls with many people and no-one can believe that, not only were they healthy, but they helped me to lose weight!

Chocolate Rum Balls Recipe

1 & 1/2 cups of walnuts, 1 cup of dates, 1/2 cup of raw organic cacao powder, 1 tsp vanilla essence & 1-2tbsp of Rum or Tia Maria. Ground up walnuts to fine powder then add the rest of the ingredients. If too dry add a pinch of water. Roll into balls and cover with shredded coconut or cacao powder. Then enjoy!

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The Kendall Calendar - Many ways for you to Join

Mondays (in the process of being updated ***organisations please check your details ***)

Weekly	5-6pm	Pilates	Kendall School of arts	Ali 0431 463461
3rd Mon	10am	Kendall	District Gardeners club	Kendall Community Hall
2nd & 4th	9am-1pm		Kendall Kettles Craft	Kendall Services Club
4th Mon	7.30pm		Camden Haven Landcare	Kendall War memorial rooms supper provided
				Elizabeth 65590258
				Jim Lewin 6556 9736

Tuesdays

Weekly	8am-4pm	Kendall Mens Shed		
Weekly	9.30-12.30pm	Riding for the Disabled	Batar Creek Road	Elizabeth 0423854174/65598774
Weekly	9am	Mass	St John the Evangelist	
Weekly	10am	Ladies Sports	Kendall Services Club	
Weekly	6.30pm	Social Darts	Kendall Services Club	
Weekly	7pm	Kendall Boat Shed mtg	Kendall Services Club	
3rd Tues	10am	Kendall CWA	Kendall War Memorial rooms	Sue Carter 65569677
2nd Tues	7.30pm	Lorne Rural Fire Brigade	Fire Station Stewarts River	John 65569677

Wednesdays

Weekly	10.45am	Tai chi & Qigong for women	Kendall School of Arts	Lucille 0438072219
Weekly	9.30am-12.30pm	Riding for the Disabled	Batar Creek Rd	Elizabeth 0423854174 or 65598774
Weekly	10am-2pm	Lone Rangers Craft Group	Lorne Community Hall	Nicola 65569773
Weekly	6.30pm	BINGO	Kendall Services Club	
1st Wed	7pm	Bookclub meeting	Bookends	
3rd Wed	7.30pm	Camden Haven RFB meeting	Kendall Rd Kew	Terry 65598973 Ron 6585 7112 0408216885

Thursdays

Weekly	9am-12pm	The Meeting Place	Kendall Community Centre	
Weekly	9am- 1pm	Kendall Veggie Bazaar	Kendall Community Centre	6559 0055
Weekly	8am-12pm	Kendall Mens Shed		
Weekly	7.30am	Kayaking on the river	Kendall Boat Ramp	Ian 65596740
1st&3rd	8.30am	Social Paddle	Kendall Boat Shed	Diann 65596740
1st Thurs	7.30pm	Kendall Heritage Society Mtg	Kendall Services Club	
4th Thurs	7pm	Camden Hav PAH&I Society Mtg	Kendall Showground	

Fridays

Weekly	9-10am	Pilates	Kendall School of Arts	Ali 0431463461
Weekly	10.45am	Tai shi & Qigong for Men	Kendall School of Arts	Lucille 0438072219
1st Fri	6.30pm	Kendall Music Exchange	Kendall School of Arts	Alison 0431 682 357

Sundays

Weekly	10am	Mass - St Stephens Uniting Church	Kendall	6559 4037
Weekly	9am	Mass - Camden Haven St John the Evangelist	Kendall	
Weekly	9am	Jnr Golf Coaching & Games	Camden Haven Golf Club	65594596
1st Sun	Morning	Kendall Showground Markets	Kendall Showground	

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