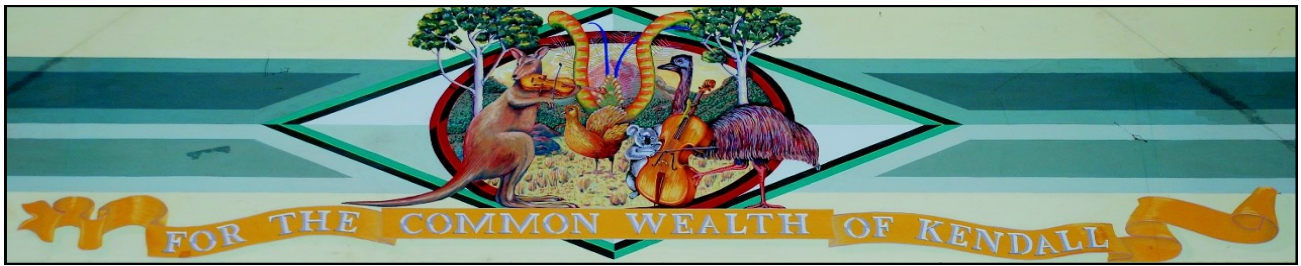


The Kendall Chronicle



~ Your Community Newspaper ~

Free & Independent

Published by Kendall Community Centre

delivered to over 1,650 households monthly

& emailed to over 300 recipients

Volume 20: Issue 09: September 2023

The Kendall Boys Are Happy!!



Bain Cup Winners!!

The Hastings League Grand Final played at Kendall Showground on Saturday 26th August in front of a HUGE crowd, was a great day, with fine weather and plenty of action starting with the 100-metre sprint in which Owen Blair from the Marlins won at a trot.

The goal kicking went to a tiebreak between Erin Gunton and Isaac Gaskin. The little lady in blue, Erin won the day. She also took out the "throw the gum boot".

The boys from the 1998 Grand Final (Kendall) also had a great day.

**** Minor Premiers Winners 2023 – Kendall Blues!!**

(Bun Hayward Cup)

The big one kicked off at 2:30pm and the game was a genuine arm wrestle with the score six all, then 10 all, but midway through the second 40, the form team of the year, the Blues,

kicked into gear and secured the win, scoring six tries to two.

The Shammies' Harry Hanley, one of the best on the paddock again scored one, Ryan Maggs got one and Nathan Nicholls kicked one goal.

The Blues' Taylor Eggins and Luke White, both had blinders, scored two each, Kaine Café always dangerous out wide, crossed for one, Kade Rousell took a beautiful cross field bomb to score in the corner, and Alex Pearce on fire, kicked five out of six.

**** Player of the Grand Final – Alex Pearce (Kendall Blues)**
(Catherine Mary/Nifty Nev Dornan Memorial – presented by Ben Dornan)

by Geoff Connor

GO THE BLUES!!



Kendall Branch Opening Hours

Monday	10:00am - 1:30pm
Tuesday	10:00am - 1:30pm
Wednesday	10:00am - 1:30pm
Thursday	10:00am - 1:30pm
Friday	10:00am - 2:00pm

For more information about Coastline Credit Union and its services, please visit www.coastline.com.au or contact 1300 361 066.



KENDALL COMMUNITY CENTRE



... the hub of Kendall ...

19 Comboyne Street, Kendall

Phone: 02 6559 0055

Email: kendallctc@bigpond.com

Open: 9:00am to 1:00pm - Monday to Friday

Come into the Kendall Community Centre office and see what services are on offer:

- ✓ A local service providing access to Centrelink, Medicare and other government programs and services.
- ✓ Kendall Community Centre is an Australian Government Services Australia Access Point.
- ✓ Using their computers, you can log in to your myGov account and do your business on the spot.
- ✓ There are phones for you to access phone self-service or speak to a department service officer.
- ✓ If you'd rather use your mobile phone or tablet, they've got free Wi-Fi available 24/7.
- ✓ You don't need a password so you can get online straightaway.
- ✓ You can also use the Wi-Fi to download and install the Express Plus mobile apps.
- ✓ The staff can even certify your identity documents for you.
- ✓ So next time you need to do some government business, drop into Kendall Community Centre.
- ✓ They're open Monday to Friday from 9:00am to 1:00pm.



Australian Government
Services Australia

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- **BOOKENDS** - 2nd hand books for sale - CHEAP!
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- Hall and meeting room hire
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 - ◆ Access to printer/photocopier
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There's no excuse for domestic violence.

Call the NSW Domestic Violence Line on

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If you or anyone you know needs help:

- ◆ **CAMDEN HAVEN COMMUNITY** at 3 - call 0419 370 076
- ◆ **Lifeline** on 13 11 14
- ◆ **QLife** on 1800 184 527
- ◆ **Kids Helpline** on 1800 551 800
- ◆ **MensLine Australia** on 1300 789 978
- ◆ **Suicide Call Back Service** on 1300 659 467
- ◆ **Beyond Blue** on 1300 224 636
- ◆ **ReachOut** at au.reachout.com
- ◆ **Headspace** on 1800 650 890
- ◆ **Care Leavers Australasia Network**

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The Kendall Chronicle

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Kendall Community Op Shop News

... From the Community ... For the Community
... To the Community

OPENING HOURS: Monday – Friday, 9am – 4pm

Saturday, 9am – 12.30pm

First Sunday of each month, 9am-12.30pm

Please deliver your donations during these hours only, so that volunteers can receive them properly.

Op Shop closed on Monday 2nd October - Labor Day.

A warm Op Shop welcome to new volunteer Debbie Dudgeon.

GREAT NEWS!

OUR OP SHOP HAS BEEN AWARDED 'NSW VOLUNTEER OF THE YEAR, Mid North Coast Volunteer Team'!

The Centre for Volunteering Australia recently held their Regional Ceremony at The Westport Club, Port Macquarie on Friday 25th August and the Op Shop was awarded the 'Mid North Coast Volunteer Team' Award. **CONGRATULATIONS!!**

Several committee members and volunteers attended the ceremony to receive the award. *See photo on right.*

The Kendall Community Op Shop is proud to receive this outstanding recognition and wishes to express its gratitude to all volunteers and supporting family members and friends to assist in achieving such a great award – the community of Kendall can be very proud.

This award belongs to very single volunteer who contributes time, energy, knowledge and skills to the shop on a daily basis.

The Op Shop also offers its sincere thanks and appreciation to Kendall Services Club for nominating the Op Shop for this award.

The Mayor of Nambucca Valley, Rhonda Hoban, quoted the following of Martin Luther King, Jr: 'Everybody can be great. Because anybody can serve. You don't have to have a university degree to serve. **You only need a heart full of grace and a soul full of love.**

Spring is in the air – cleaning out these cupboards, closets and renew and recycle as all shoppers and donations are welcome, the more the merrier. If the daily donation-container is full, ask a volunteer to assist you. **THANK YOU!**

The Op Shop always has a **big demand for**

♦ **Bath/kitchen towels, bedlinen, blankets etc due to the ongoing cold weather.**

♦ **Jumpers and sweaters for men are in high demand too and donations would be appreciated.**

Watch out for **the end of the season sales – 50 % off WINTER CLOTHING and winter SHOES from the 1st of September** - heaps to choose from before spring arrives. So come in and browse during the sale or just score a bargain, always a huge

Congratulations!



range of items on display or ask for assistance, it could be kept in the back storage section.

Also, plenty of CDs and DVDs came in lately and await new owners. All these are carefully checked by two dedicated volunteers to ensure they are in excellent working order.

Our shop has volunteers in charge of each area of the shop who look after each area with great affection and endless hours of donated time and effort.

Superb volunteers, besides the ones mentioned above, look after:

- * bed linen, throws, pillows, decorative items, towels
- * collectables, antiques and beautiful English high-tea china
- * clothes for children, ladies, men including night/sports/underwear
- * decorative, collectable items, pictures and frames
- * electric appliances, glassware, kitchenware
- * fabrics galore for all those sewing needs for necessity or hobby
- * gift wrapping, cards for all kind of occasions, office supplies
- * pet rugs and useful items on a trolley, mostly for free
- * puzzles, jigsaws for all ages
- * rags (sorted, cut up, packed in bags) at \$15 – a bargain for a 5kg bag
- * school uniforms and shoes
- * shoes for men, women, children, sports
- * toys

Browse www.kendallcommunityopshop.com.au

Find our Facebook page www.facebook.com/kendallcommunityopshop

Make the volunteers proud for donating their effort and time for a good cause. Everyone can pass by at the Op Shop.

Selling 2nd hand isn't new, but what the planet needs is more buyers!



Kendall welcomes forgotten music and a cherished friend

Singaporean stellar musician, cellist Leslie Tan will make his third visit to Kendall to join pianist Jeanell Carrigan and violinist Goetz Richter in resurrecting magical chamber music from the early part of the twentieth century at the Kendall School of Arts on Sunday 10th September.

Few piano trios were written by Australian composers prior to the 1930s and those that were, ordinarily received one performance only.

The forthcoming performance on 10th September revives music that has languished in archives since the early twentieth century. The trio by the Adelaide-born Gladys Bruer was written in 1918 and performed in January 1919 in the Adelaide Town Hall. A one movement *Fantasie* Trio by Dulcie Holland won the prestigious Cobbett Chamber Music award in England in 1938 but was not published and recorded until 2020. The three movement *Trio Lamorna* by Frank Hutchens was performed at the NSW Conservatorium in 1933 by Cyril Monk, Osric Fyfe and the composer. Rediscovered and made accessible for performance through scholarly investigation and editing by pianist Jeanell Carrigan forgotten musical treasures will come to life in a PhiloMusica concert at the Kendall School of Arts on September 10.

The performance of these intriguing works commences at 2 pm. It is introduced through philosophical reflection on *Music: memory and obscurity* by Goetz Richter at 1 pm in the Kendall School of Arts.

Attendance at the pre-concert talk is free with a concert ticket (\$30) and listeners are invited to simply enjoy a wonderful afternoon of music from 2 pm.

Tickets can be booked online: <https://events.humanitix.com/kendall-philomusica-klj11uep>

For more detailed information or bookings phone Mavis Barnes (02) 6559 4339 or mavis.barnes@bigpond.com



Singaporean stellar musician, cellist Leslie Tan who will be performing at Kendall School of Arts on 10th September.

KENDALL COMMUNITY OP - SHOP

- ✓ **Monday to Friday: 9.00am – 4.00pm**
- ✓ **Saturday: 9.00am – 12.30pm**
- ✓ **Open first Sunday of every month - 9:00am -12:30pm**
- ✓ **Phone: 6559 0084**
- ✓ **1a Comboyne Street KENDALL**
- ✓ **www.kendallcommunityopshop.com.au**

I may not be my mum's favourite child but I was the first one she thought of when the police turned up.

We all know mirrors don't lie ... I'm just grateful that they don't laugh.

Banks should do a better job of keeping their ATMs filled. This is the fifth one I've been to that says 'Insufficient Funds'.

If you are interested in volunteering at Kendall Op Shop, pick up an "Expression of Interest" form from the Op Shop at 1a Comboyne St, Kendall NSW 2439 or phone 6559 0084.

www.kendallcommunityopshop.com.au or

www.facebook.com/kendallcommunityopshop

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QUALITY STEEL BUILDINGS

Kendall District Garden Club News

by Don Selway
(Patrons: Christine and Richard Cullen)

The meeting opened at 10.00 a.m. with the President, John Carter, welcoming the fifty attendees, two new members and the guest speaker, retired magistrate and Grevillea expert, Brian Roach.

Prior to Brian addressing the group, John drew attention to a number of matters **the most important of which was the entry of flowers, fruit and vegetables for judging at the upcoming Camden Haven Show to be held on 14th and 15th October at the Kendall Showground.** Exhibits are to be at the Showground no later than 2.30 p.m. Friday, 13th October. Details and entry forms can be obtained online by entering Camden Haven Show Schedules via a search engine.

Brian Roach's address to the group was titled: Aussie Plants-The Pick of the Crop for Kendall Gardens. Brian emphasised the importance of correct soil preparation for the survival and healthy growth of Australian native plants particularly when trying to get them established in clay soils. Preparing a small hole with no drainage will quickly drown the seedling, therefore, a good sized area with gypsum added and extra soil brought in will give the seedling a better chance to flourish.

Before planting always check out those species that are NOT successful. Many native species from Western Australia are not suitable for this area due to differing rainfall patterns and soil acidity or alkalinity. Some of the most difficult species to grow are those that are endemic to a region where the home gardener is trying to establish them. This is due to the difference between the native plant seedling establishing a strong tap root in its bush environment and the formation of adventitious shallow surface roots that develop in propagated potted plants. Some of the most difficult native species in this category are Boronias, Waratahs and Pink Wax Flowers. In trying to establish these three species it is vital to keep the

water up to them. The Western Australian Pink Wreath Flower, the Holy Grail of Australian native plants, simply cannot be grown on the east coast. **One variety of Western Australian Kangaroo Paw that CAN be grown successfully over here is titled Rampaging Roy Slaven.**

Brian then exhibited a photo of his home garden which features over four hundred different species of native plants one of which is the Gymea Lily. The propagation of this plant from seed is complicated and involves the use of pebbles, the production of ethylene and carbon monoxide by the specimen itself. Members of the Garden Club attested to the success of this technique. Nelson Bay was cited as an excellent area to see Gymea Lilies flourishing.

The following listed species suitable for the Camden Haven region and highly recommended were then shown on screen and described in detail including facts about growth habits, nutrient requirements and other features. Goodenia ovata; Austromyrtus dulcis, Midgen Berry; Darwinia taxifolia variety Dinkum Devil; Grevillea lanigera the Mount Tamborine form; Chorizema cordatum, the Western Australia Flame Pea; Homoranthus prolixus; Golditops; Rhododendron lochiaie, the only Australian native Rhododendron; Thryptomene saxicola, an unkillable Thryptomene; Chamelaucium X Verticordia hybrid, Geraldton Wax, Paddy's Pink variety; Acacia conferta; Westringia fruticosa, variety Morning Light, excellent for sea-side conditions; Eremophila namibia; Grevillea sericia X speciosa, Little Miss Muffet hybrid; Banksia vincentia. (Never use hormone powder when propagating Banksias from cuttings). Other suitable species for this area include the tropical Grevilleas, Silvia, Honey Gem, Peace and Flamingo. Be very careful with Grevillea banksi which has a skin irritant in its sap. The final recommendation was Dwarf NSW Christmas Bush.

Brian concluded his presentation by encouraging the members of the audience to grow as many native Australian plants as possible to preserve and display our unique flora particularly for overseas visitors.

John thanked Brian for his excellent presentation with the meeting concluding at 12 noon to enthusiastic rounds of applause.

You can come and see

Peggy Landon

at the

Camden Haven Osteopathic Centre

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next to the Kew Corner Store

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RIDING FOR THE DISABLED KENDALL

We have been kept extremely busy with the start of the new term. All the riders are enjoying their time with their special horse.

We have been very fortunate to have two of our horses, Robbie and Honey sponsored by one of our long term riders and her mum. We are very grateful of their support.

The Kendall Community Op Shop also sponsors one of our horses.

Thanks to the grant we received from the Kendall Community Op Shop, our Round Yard (see photo on right) is now finally complete. Our ground crew have done a fabulous job putting it all together as well as spreading the sand. This is certainly going to be very useful for the horse and rider training.

Volunteers – As this is the time when a lot of our volunteers go on holidays, we are still in desperate need of volunteers, each rider needs a leader as well as a side walker. So, if you think you would be able to assist on a Tuesday or Wednesday morning, (full training will be given), you are only doing what you are comfortable with! Please come and see how we operate!

Or maybe you might be interested in assisting on the **Feed Roster**, our horses are fed **AM** and **PM**.



Anyone needing more information, please phone Jenny McGregor - President - 0450 798 874.



School Holidays Crochet Class for Kids - Free!

Crochet lesson for school kids
Friday 29th September

at 1.30pm – 4pm in the CWA rooms

If you would like to learn the basics or have a little knowledge that you would like to expand, please contact me ASAP to book your place as numbers will be limited.

Hooks and yarn supplied.

Parents are welcome to attend.

This class is being run by the Kendall Branch CWA members.

Afternoon tea will be provided.

**Enquires and bookings - Elizabeth Watson
0412 004 816.**

WELCOME GEORGE!

Congratulations to Opel and Dan Southward - their beautiful son George Jasper Southward has arrived!

Born on August 1st at 10.03pm at Port Macquarie Base. George weighed 4.42kg, 55cm long. Opel and baby are both doing really well and the family and community are overjoyed by his arrival.

Thank you for all of the beautiful well wishes and gifts for George at the salon.



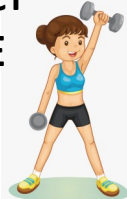
The trick to avoid crying when cutting an onion, is to never form an emotional bond.

Need a Justice of the Peace?

Alison Haylett JP available at Kendall Community Centre office - Monday to Friday 9am to 1pm.

LOW IMPACT EXERCISE

Combining strength & balance



at Kendall Community Hall
Wednesday 9:30 - 10:30am

Contact Sue on 0458 601 616

LINEDANCING

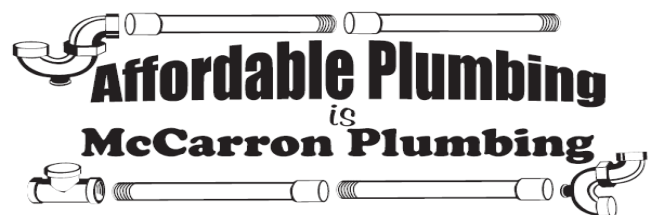
Classes are on MONDAYS *

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Beginners 11:00am - 12:00md
Imp/Inter 12:00md - 1:00pm
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KENDALL-KEW COMMUNITY NETWORK



Extract of MINUTES of Meeting held in Kendall Services & Citizens Club, 10th August 2023

The meeting was opened at 5.30pm by Theo Hazelgrove, who welcomed Councillor Nick Lipovac and outlined the purpose and intent of the meeting, emphasizing the aim to work with Council, particularly the representative of CCAT group who we hope to have attend meetings. (It was noted that the previous representative was no longer at Council)

BUSINESS ARISING:

- ◆ Rubbish Removal – No progress with removal of flood rubbish on River Street.
- ◆ Drain at Miss Nellie's – Greg Watson reported on discussions regarding Miss Nellie's drain, which is constantly full of rubbish and loose gravel. A recommendation has been made to Council about re-designing the drain to improve conditions, particularly including a flood valve. To be pursued.
- ◆ Skate Park: No report.
- ◆ Logans Crossing Bridge - Ian reported that work is due to be finished by October and is progressing well.
- ◆ Kew-Kendall Pathway – Joint submission made to Council – inserted into the 2023/24 Council budget, with \$660,000 allocated for concept design. Part of Schools to Schools Pathway project.
- ◆ Council Delegates – For when it is desirable to make an approach to Council. Appointments to be considered next meeting.

PORTFOLIO REPORTS:

Presentations were made by Kylie (LPO Kendall) and Staffan (Kew Corner Store).

BUSINESS PROPOSAL: Jason Halliday introduced himself, representing the Mountain Bike Club combined with Hastings Valley Bike Club, which operates the original trail in Bago State Forest and has now opened a Mountain Bike Track in Port Macquarie.

Kendall State Forest – off Albert Street and Benaroon Drive, possibly with access from the Pacific Highway. The proposal is to build three trails in Kendall State Forest with increasing degrees of difficulty. He then showed a video which illustrated the project and said that this would now be available on YouTube.

GENERAL BUSINESS:

Celebration on completion of Kew Works: Possibly end-August – Staffan to advise.

Roundabout off Highway: It was agreed that it would be preferable – and safer – to replace the present system with a series of strips across the road similar to the ones on the Highway at Raymond Terrace. It was noted that advice from RMS Grafton was that strips are for non-residential areas and would not be used where there are residences; further, that the roundabout had been installed in anticipation of future development.

Community Centre Parking: Alison reported that the dish drain outside the Community Centre was very dangerous and car parking needs to be clarified. Greg agreed to prepare an engineering recommendations proposal.

Brochure: Mavis described the series of annual brochures which had been published a few years ago to promote the area. At present there is an official Kendall web site which has had various people managing it over the years, with the problem of keeping it up to date. Alternative ideas were discussed and Betty gave the background to the existing community board which carried QR codes for further information. To be discussed at next meeting.

Support for Business & Organisations in the area: Theo raised the aim to ensure that local businesses are OK and to provide support to those who need support.

Norrie Reserve Playground: Concern was expressed that proposed relocation of playground equipment, emphasizing the historical connection of the Norrie Reserve Playground to Kendall, to which the response had been that the decision was made because of flooding potential. It was AGREED that we write to Council with objections to the new changes proposed with the reminder that the river fence still needed to be fixed and that we need to retain riverbank access.

NEXT MEETING: Thursday, 14th September, 5.30pm at Kendall S & C Club.

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Camden Haven Rural Fire Brigade 'Get Ready' Weekend Open Day

Saturday 16th & Sunday 17th September

Every single day members of the RFS engage with their communities. Their goal is to keep communities safe, not just by fighting fires, but by ensuring residents and communities know how to reduce their risk of bush fire.

Every community is different, and some communities are nested within other communities. Some people are more at risk to bush fire than others, some people understand the impact of bush fire better than others. Whatever risk they face, the RFS seeks to ensure that all the people of NSW know how to prepare and take effective action to reduce bush fire risk at an individual and community level.

We wish to see:

- ◆ Increased acceptance and understanding of bush fire risk at community and household levels
- ◆ Increased ownership and responsibility for bush fire safety

Camden Haven Community at 3 "Connect BBQ" Wednesdays at 3pm!

at the rear of Laurieton United Services Club
No charge, all welcome!

Enquiries: Alan - 0419 370 076

or

Theo - 0438 358 057



- FIRE INFORMATION -

EMERGENCY Dial 000
RURAL FIRES - for information 1300 643 262

LORNE BRIGADE:

Captain:	Aaron Sanders	0438 074 828
President:	Graham Nosworthy	0419 702 993
Secretary:	John Carter	6556 9677
Permit Officers:	Graham	0419 702 993
	Mike	6556 9652
	Craig	6559 0245

CAMDEN HAVEN BRIGADE:

Captain:	Tom Patrick	0422 826 138
Secretary:	Allan Hagney	6559 4038
Permit Officers:	Ron	0408 216 885
	Tom	0422 826 138
	Dave	0402 292 550

at community and household levels

- ◆ Households making an informed decision to stay and defend or leave early and proactively planning for a bush fire event
- ◆ Strengthened community networks and partnerships regarding bush fire safety

Improved coordination and understanding of responsibilities between the NSW RFS and the community

The Camden Haven Rural Fire Brigade will have their station open on Saturday 16th September 2023 at 179 Kendall Road Kew from 9am to 3 pm to help with any questions you may have on how to prepare yourself and your property. They will have activities for the children, sausage sizzle and much more. They would love to see you there. They will also be at the Riverwalk Markets, Laurieton, on Sunday 17th if you are unable to make it to the Station.

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Kendall Community Boat Shed

The August paddle was an “away” paddle to Woolli and the paddle leaders provided an entertaining and poetic summary as follows (with apologies to C.J. Dennis and his Ant Explorer!):

Once some Kendall kayakers made up their minds to roam
And explore the Woolli River, many miles from home.
They settled in a cabin, or perhaps a van or tent
Ready for adventure; and here’s the way it went.
Sat around a campfire, had a drink or three,
Rose early in the morning, and pedalled to the sea,
Stood upon the break wall and posed for a few pics,
Stopped by the Woolli café, to get their caffeine fix.
Briefly back at campsite, they loaded up their yaks
Lunch and drinks and picnic rugs stuffed into their dry packs.
Paddled up the river, found a pretty picnic spot;
Sheltered under shady trees (‘cause it was pretty hot!)
Back into the kayaks along Woolli waterway
‘Til it was time to turn around (plenty for one day!)
Their aging arms were wobbly, their backs and shoulders sore
But drinks back at the river camp soon fixed them up for sure!
The pub that night was busy, but soon they were all fed
And before long they were home again, tucked up tight in bed!
When morning dawned a different day was waiting there to
greet them,
But the Kendall crew were not deterred ... nothing would de-
feat them!
Though the wind was wild and woolly; whipping waves across
the water
They climbed aboard their kayaks (though perhaps they hadn’t
ought’a).
Some distance down the river, some had had enough
The tide still pulled against them and the weather pretty
rough.
Some brave (or mad) explorers continued what they’d started
(Though this part of the journey was not for the faint hearted!)
Some climbed a mighty sand dune that nearly reached the sky,
Others battled massive waves seven metres high!
Wine o’clock that afternoon was full of lively chatter
Of fun times had and friendships made and many things that
matter.
A weary crew, but cheery crew, resolved once more to roam
When next the Kendall Boatshed gang explore away from
home!

Thank you, Steve!!



Heart-warming News from Camden Haven Community at 3 ...

From Chair Theo Hazelgrove: “We’re truly touched by the incredible generosity of Steve Tisdell from Kendall! He has just gifted us with a caravan (n the photo below) and handed over the rego papers. This act of kindness will make a significant impact in our efforts to support the people in need, in the community.

“A big shout out to Steve for his compassion and thoughtfulness. It’s heart-warming to see such a strong spirit of community support.”

Thank you, Steve!



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- * Gasfitters

GLENN MATHEWS

Mobile: 0412 069 789

applumb@allpurposeplumbing.net.au

TAX HELP at KENDALL COMMUNITY CENTRE

The Tax Help program is a free service provided by the Australian Taxation Office volunteers designed to help people complete their tax return.

Tax Help is available until the end of October 2023



Appointments can be made by phoning Kendall Community Centre on 6559 0055 Monday to Friday 9:00am to 1:00pm



KENDALL POST OFFICE

8 Comboyne Street
Kendall, NSW 2439

Phone: (02) 65 594 000



Stillness in Motion

Fridays - 9:00am to 10:30am

Kendall War Memorial Hall

Contact Carol on 0427 625 751

Kendall Community Global Food Garden is 'Welcoming in Spring' on Thursday 7th September

The volunteers of Global Food Garden appreciate The Meeting Place Café's organising the Welcoming Spring event on the first week of spring, Thursday 7th September.

We will have an open garden, and will be explaining our garden's plants uses as food and medicine. There will be sale of plant seedlings, garden fresh organic produce, snacks and takeaway light lunches prepared, using the garden produce with Asian and Middle East flare. The food will be prepared fresh made by volunteers, and we guarantee it will be delicious.

So please come and buy our produce, taste our food and support The Community Garden.

Welcoming in Spring
Thursday 7 September 2023
The Meeting Place Café

Flower Competition

Single Stem Flower in a container with your name on the bottom.
Entries close 10.30am. Flower Competition is Peoples choice. Gold coin donation to vote for your favourite flower.
Wear a gorgeous Spring Hat with your Spring Dress. Prize for the best hat.
Garden tours conducted by the Community Garden volunteers. Tin will be selling treats \$4.00 per plate.

Thank you for your support



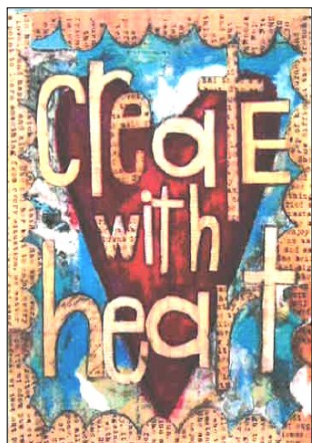
Staying safe online

Look for the padlock symbol on a webpage's address bar.

A secure website is easy to identify. The address bar has a closed padlock to the left of the URL, and the URL begins with 'https' (not 'http'). If you don't see a padlock, or the 's' is missing, the safest thing is to leave it alone.

ART CAFÉ

2nd Sunday of the month 10am - 12pm
Kendall Community Hall
Next session -
10th September 2023
For more information contact Karina on 0431 772 698



FUNDRAISING MORNING TEA

11TH SEPTEMBER at 10am
Kendall Kettles Craft Group is holding a morning tea to raise funds for research into Ovarian Cancer

At the Kendall Services & Citizens Club
Laurieton Voices choral group will be performing!
There will also be stalls with craft items and bric-a-brac available to purchase and a raffle
Entry is \$5 per person and all funds raised will go to Ovarian Cancer research

If you are still hungry after morning tea the Club is open for lunch.

This month's SUDOKU is for GURUS!!!!

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OPEL TIPPER HAIR

opeltipperhair.com.au

0428 785 588

STYLE COUNTRY HAIRDRESSING

Kerry Tipper

0438 594 459

Find us both at Kendall Community Centre



KENDALL CWA News



Our ladies have had another busy month working together. We have decided following our monthly meetings to spend a few hours together sharing our crafts and life experiences. This will be a good time for some of our members to learn new skills in their handicraft.

Social Day – 1st Tuesday of month. This month we had the pleasure of hearing from Senior Constable Tim Preston. See photo on right.

Tim is the Crime Prevention Officer for Mid North Coast Command. He was a wealth of information and spoke to us about the “Scams” on our phones and devices and ways in which to make our homes safe. We had a very enjoyable morning over a delicious morning tea.

CWA AWARENESS WEEK: 3rd to 9th September

The CWA in NSW was formed in 1922 because the women in rural and regional NSW found themselves isolated and had an appalling lack of health facilities. These resourceful women realised they needed to unify together and the Association was formed.

The CWA of NSW has gone from strength to strength and we celebrated its centenary in 2022.

The annual Awareness Week campaign is about dedicating the Association’s resources in that one week to an issue important to members.

Awareness Week in 2023 is focused on increasing awareness around the term neurodiversity (which includes ADHD, Autism, Dyslexia and Tourette syndrome) and the challenges those with neurodivergent conditions face, particularly women and children in rural and regional areas of NSW. ADHD will be a particular focus for this year, especially because of the growing number of adult women who are being diagnosed.

Aims include:

- ◇ More awareness of ADHD in girls and women to ensure early diagnosis, leading to better treatment and support.
- ◇ Increased recruitment, training and retention of , and support for, health care professionals to ensure client access to timely diagnosis.
- ◇ New ways to reduce the cost of diagnosing and treating adult ADHD.
- ◇ Extension of access to all long-acting medication on the PBS for late diagnosis ADHD.
- ◇ More research into long-term outcomes of ADHD in girls and women.

Recipe of the Month ...

Apricot and Pistachio Chicken Patties



Ingredients

- 500g chicken mince
- 3 slices multigrain bread
- 90g pistachio nuts
- 160g dried apricots

Method

In a bowl, combine the mince, grated bread, chopped pistachios and diced apricots, and season with cracked pepper. Roll into four patties and place on a baking paper-lined baking tray.

Chill for 20 minutes, then place into a non-stick grill pan over medium heat. Cook the patties for 4 to 5 minutes on each side or until golden and cooked through.

Or use your air-fryer. EASY PLEASY!!

<https://www.yourlifechoices.com.au>



The Association is partnering with the Australian ADHD Foundation. A not-for-profit organisation committed to providing help and support to people living with or supporting someone with ADHD.

For any further information on the Kendall CWA please contact: **NAN BOWMAN - 0400 265 056**

Laurieton Podiatry
 4, 65 Bold Street
 Laurieton NSW 2443
(Centrepoint Laurieton)
 Level access via the Seymour st entrance opp NRMA
02 6559 9817
 We are a locally owned family practice, committed to quality healthcare.
www.laurietonpodiatry.com

pilates

Kendall Community Hall
Monday: 4:30 - 5:30pm
 5:40 - 6:40pm
Friday: 9:00 - 10:00am
Ali - 0431 463 461

Bookends•Book•
SALE
 \$5.00 per shopping bag

Bookends Kendall

23 September	10am to 2.30pm	Kendall Community Centre Hall
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COMMUNITY NOTICES - Please phone the contact for more information regarding each group.

GROUP	DAY/S	TIME	LOCATION	CONTACT
Art Café - Create with Heart	2nd Sunday of month	10.00am to 12.00pm	Kendall Community Hall	Karina 0431 772 698
Book Club Meeting	1st Wednesday	2:00pm	Bookends	Next meeting - Wednesday 6th September
Camden Haven Girl Guides	every Thursday	Junior - 4:30-6:00pm; Guides & Seniors - 6:30-8:30pm	Laurieton Sea Scout Hall, Tunis St, Laurieton	Kim Woodhouse - 0427 645 145
Camden Haven PAH&I Show Society	Office open: Wednesday	9:00 am -12:00 md	Kendall Showground	President Ron Porter - Kendall Showground phone - 6559 4463
Camden Haven Rural Fire Brigade	3rd Wednesday	7.30pm	179 Kendall Road, Kew.	Captain Tom Patrick on 0422 826 138
Camden Haven Landcare	4th Monday	7.30pm	Kendall War Memorial Hall	Contact Jim on 6559 4352
Community Playgroup	2nd Wednesday	9am to 10:30am (term time)	Kendall Public School	Phone school 6559 0040 for updates.
Dru Yoga @ Kendall	every Friday	9:00am - 10:30am	Kendall War Memorial Hall	Contact Carol on 0427 625 751
Exercise Class - low impact	every Wednesday	9:30 am - 10:30 am	Kendall Community Hall	Sue 0458 601 616.
Golf Coaching/games	every Sunday	9.00am	Kew Country Club	Luke Garel 6559 4596
Kendall Boat Shed - Kayaking on the River	Paddles - Tuesday - 9:00am & Thursday 8:30am		Kendall Boat Ramp, Old Bridge Road	Diane 6559 0159.
Kendall CWA	3rd Tuesday	10.00am	War Memorial Rooms	Sue Carter 6556 9677
Kendall Community Op Shop	Monday - Fri day 9am - 4pm; Saturday 9am - 12:30pm			Phone 6559 0084.
Kendall Community Preschool	Monday to Friday	8am to 4pm	19 Railway Street, Kendall	Phone 6559 4555.
Kendall Garden Club	3rd Monday	10.00am	Kendall Community Hall	John Carter - 6556 9677.
Kendall Community Garden	Thursday	10.00am to 12.00md	Kendall Community Centre	Tin Hta Nu - 6559 4834 or 0448 315 169
Kendall Kettles Craft	2nd & 4th Monday	9.00am - 1.00pm	Kendall S & C Club	Contact Sue Ward on 0474 873 835.
Kendall Markets	1st Sunday	8am to 12noon	Kendall Showground	Contact Louise Hudson 6559 4163.
Kendall Men's Shed	Tuesday Thursday	8.00am - 4.00pm 8.00am - 12.00pm	Kendall Showground	Contact John White on 0427 562 800.
Kendall Music Exchange	1st Friday of month	Doors open at 6:30pm	Kendall Community Hall	kendallmusicexchange0@gmail.com
Kendall Riding for the Disabled	Tuesday Wednesday	8:30am - 1:30pm	29 The Old Coach Road, Kendall	Phone 0450 798 874.
Kendall RSL Sub-Branch	2nd Sunday	10:00am	Kendall S&C Club	Lance Gainey 6559 4478 or 0402 477 390
Kendall Tennis & Pickleball Club	Check out the Club's website for court hire & competition details - https://play.tennis.com.au/kendalltennisclub Phone Wendy on 0419 634 848.			
Line Dancing - Diamonds 'n Denim	every Monday, (not 3rd Monday)	From 11:00am Beginners welcome anytime	Kendall Community Hall	For more information phone Di Andrews 0418 636 278.
Lone Rangers Craft	every Wednesday	10.00am	Lorne Community Hall	Nicole 6556 9773
Lorne Rural Fire Brigade	2nd Monday	7.30pm	Fire Stn Stewarts River Rd	Phone Aaron on 0438 074 828.
Tactile Arts Group at Kendall	Monday to Saturday	9:00am to 3:00pm by arrangement	Kendall Showground	Phone Carol on 0427 625 751
The Meeting Place Café & Market Bazaar	Every Thursday	9.00am - 12.00md	Kendall Community Centre	Phone 6559 0055 for bookings.
Pilates with Ali	Monday Friday	4.30pm - 5.30pm 9.00am - 10.00am	Kendall Community Hall	Ali 0431 463 461

The last word ... "Kindness is a language which the deaf can hear and the blind can see."

Mark Twain.