

The Kendall Chronicle

YOUR COMMUNITY NEWSPAPER - Free & Independent!
~ Circulation to over 2,000 residents monthly ~

Friday 6 June, 2014,
Volume 11 Issue 6



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Ph: 6559 0055 Fax: 6559 0025 Website: kendall.org.au

CAMDEN HAVEN BUSINESS AWARDS

Our local Kendall businesses provide a great service to the community and all with a friendly smile so we warmly congratulate two of our locals - our fantastic 'Posties' Kylie and Steve at Kendall Post Office and Janelle and Natalie at the famous 'Miss Nellie's Cafe' who received a 'Highly Commended' Award. We are so lucky to have them and very proud too.

The Post Office staff did not start the week off well as thieves broke into their building and stole the donation boxes for the Riding for Disabled and the Kendall Men's Shed (how sad is that?) but their disappointment changed to smiles when they heard the good news that they had received a Highly Commended Award. Kylie has asked me to add the following statement:

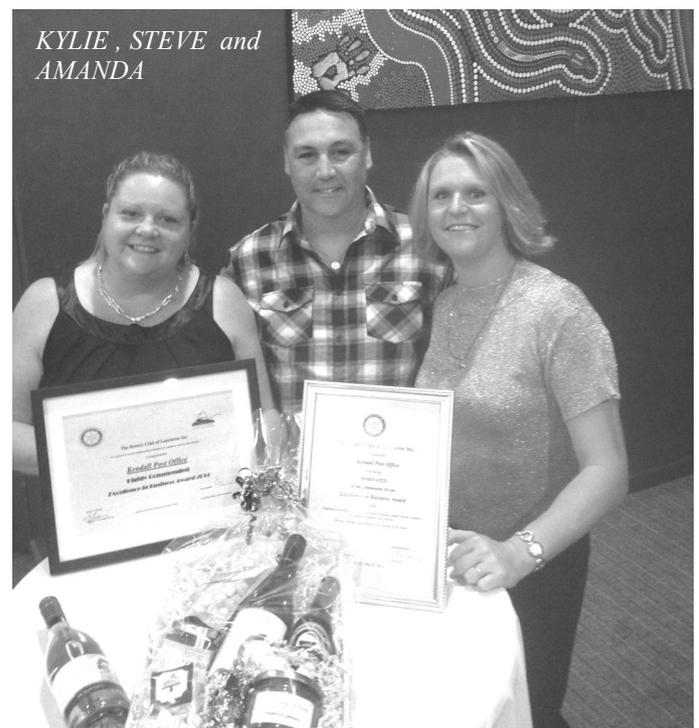
"On Saturday night the Kendall Post Office was nominated in the Rotary/Camden Haven business awards in the five employees or less category. With over 50 nominations in this category we were up against the best small businesses in the Camden Haven district.

From all the staff and management at Kendall Post Office we would like to thank everyone that has supported, encouraged and even nominated us. We have come a long way over the past 2 years and we look forward to providing you with excellent customer service and advice for many more to come. A special mention must go to Amanda Calicetto, who without her friendly smile, crazy laugh and addiction to pine-o-clean we would not be where we are. Thank you Amanda, we couldn't do it without you. Another special mention and thanks go to newcomer, Therese Kettle.

Don't forget we have all your postage, stationery, gifts and books needs available in store. Post office boxes are also available for rent on a yearly basis, with your mail and parcels safely secured. More information and prices in



L to R: Janelle (Miss Nellies), Steve (Kendall Post Office), representative from Caramels Cafe, Lake Cathie, and vet Gavin Rippon (Camden Haven Veterinary Practice) Laurieton



KENDALL COMMUNITY - "TAKE A BOW"

Below are some excerpts from Leslie's speech and it's great to hear how she has given us all a 'thumbs up'. So read on to hear her very complimentary words.



Our local MP, Leslie Williams has highlighted the village of Kendall during a speech in Parliament on 27th May. Mrs Williams said the picturesque and delightful village of Kendall was one of the wonderful communities in the Port Macquarie electorate.

"Kendall is one of 7 villages that make up the Camden Haven and the local initiatives that have been developed in this vibrant, enthusiastic and dynamic community never cease to amaze me.

In the last few months, Kendall has been a hive of activity and it has been great to have the opportunity to join the community in a number of exciting events. I have no doubt that, at the conclusion of my statement, members will know that community spirit is alive and well in Kend-

all.

On Thursday 10th April I joined a packed auditorium at the Kendall Services and Citizens Club for the presentation of the Kendall Community Op Shop Grants for 2014. The Op Shop fronts the Kendall Pool and is a popular shopping destination for people from across the Hastings and afar. The contribution the shop makes to the community is outstanding. Its fundraising efforts are amazing. I was privileged to have the role of presenting almost \$115,000 in grants to community organisations which, in turn, enables those organisation to continue their great work.

The team of young boxers from the Camden Haven Boxing Team were particularly excited about their grant and demonstrated their gratitude to their training to jog over to the Club to collect their cheque. The team has only been formed in recent years and is strongly supported by the local community. I look forward to the opening of their new training facility-a project that I was pleased to support through a Community Building Partnership Grant of over \$25,000.

On Sunday 13 April, at the commencement of Heritage Week, the day began with the Poet's Breakfast at the Kendall Services and Citizens Club organised by the Good Life in Kendall. The event celebrates the town's namesake, Henry Kendall and was a showcase of readings and recitals of classic Australian poems and original pieces by local residents and visitors." Leslie then described the unveiling of the bullock sculptures on the Kendall Town Green and the applause from the crowds who greeted the XPT at the Kendall Railway Station celebrating 100 years since the first passenger train arrived in Kendall on 6 April, 1914.

"I congratulate all of those involved in the organisation of the day and in particular Warren Parkinson and Betty and Bill Boyd for their ongoing contribution to the Kendall Community."

Her attendance on Anzac Day in Kendall was also mentioned and she also described Lance Gainey's gift of carrots to the well behaved Pony Club horses!

"On Sunday 4 May I attended the Kendall Global Food Garden at the Community Centre for a garden party to celebrate the second anniversary of the establishment of the garden. The centre was a hive of activity. I was fortunate to be one of only a dozen people who had the pleasure of enjoying the sumptuous delights prepared by local resident Tin Hta Nu. Tin is a keen volunteer in the garden and clearly enjoys the opportunity to share her culinary expertise with others. There was an array of local produce to swap or purchase, live music, raffles and face painting for the children.

On 10 May I attended the school fete at Kendall Public School and I am sure the principal, Jodie Paterson, would have been very pleased with this inaugural event. The crowds of people and the many stalls and activities on offer were a clear indication that the fete was going to be an outstanding success. I congratulate the school's Parents and Citizens Association and thank the local businesses and organisations that supported the event."

In conclusion Leslie said. "This is just a brief overview of local events in Kendall in the past few months but it gives an insight into the wonderful community of Kendall - one that I am extremely proud to represent in this Parliament".



Enjoy a delicious lunch or indulge in an homemade cake or dessert

OPEN 6 DAYS*
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***BIGGEST
MORNING
TEA***



The Kendall Kettles Craft Group would like to sincerely thank all who attended and supported our fundraiser for the Cancer Council's Biggest Morning Tea held on Monday 26th May, 2014.

The morning was a great success thanks to all involved. We were entertained by the wonderful CHUMS, a local ukulele group who has us all singing along with them.

We raised \$1,418.05 and are so pleased with such an effort from such a small community.

Thank you again to everyone who attended and also a huge thank you to all that helped organise such a great morning. It is so lovely to belong to such a friendly supportive community.

NEED ANY TYPING/PHOTOCOPYING DONE?

*Kendall Community Centre offers
a word processing (typing) service
And photocopying
at very reasonable charges
Phone: 6559 0055*

BUDGET CUTS!!!

This was obviously written by someone with far too much times on their hands!

The AMA has weighed in on Joe Hockey's proposed changes to Australian National Health Services—

The Allergists voted to scratch them, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had a sort of gut feeling about it, and

The Neurologists thought he had a lot of nerve.

The Obstetricians felt he was labouring under a Misconception.

Ophthalmologists considered the ideas rather short sighted.

Pathologists yelled 'Over my dead body!' while the Paedatricians said 'Oh, grow up!'

The Psychiatrists thought the ideas were madness, while the Radiologists could see right through them.

The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing.

The ENT specialists didn't swallow it and just wouldn't hear of it

The Pharmacists thought it was a bitter pill to swallow, and the

Plastic Surgeons said 'This puts a whole new face on the matter'.

The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

The anaesthetists thought the ideas were a gas, but the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out leaving the entire decision up to the ar&h*les in Parliament..*

So there!



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30pk Cans
\$39.99
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10am—7pm
Friday & Saturday
10am-8pm

GLOBAL FOOD GARDEN PARTY

On behalf of our Kendall Hall and Global Food Garden of the Meeting Place Cafe I would like to thank all the visitors who came to support our Garden Party on Sunday 4th May. We raised \$1,031.60 for our hall and garden.

First and foremost a big thankyou to all the volunteers from the Global Garden and the Meeting Place Cafe who worked tirelessly to make the event successful.

The Kendall Community Op Shop initially funded our garden for the need of a food resource for the Meeting Place Cafe, added to by funding from the Council for raised beds and labels for the fruit trees.



We have reached the opening of our garden for the 2nd year and so decided to celebrate. Various organisations from Kendall came forward for our celebration. Thanks to Kendall Op Shop members for contributing food, plants and crafts to sell and raffle, Kendall Mens Shed for contributing the operating cost, Kendall CWA for making food to sell, Kendall Kettles, Laurieton and Kendall Garden Club members for helping in selling activities and Kendall Land Care for support. We also thank Bunnings Warehouse for seedlings and garden tools, Woolworths for gift voucher for food, Gail and Michel Albertoni for native beehives, Camden Haven Adult Education College for one free attendance in my Asian and Middle East cooking class as a raffle.

I also would like to express our appreciation to our local singers Clem Collier, Rose Wilson and Betty Boyd for their wonderful singing together with our famous pianist, Adam Bishop and all plant sellers for making the event lively. Despite the traffic blockage due to The Iron Man race, appreciation goes to those who made the effort to get to Kendall, especially our local State MP Leslie Williams to come and support our celebration and cooking demonstration using our garden's produce. Thanks also The Camden Haven Courier and One Agency Real Estate to come on our special occasion to award a \$200 cheque for the orphanage in one of the slums in Rangoon. This will keep the food cost (rice, the main food) of the orphanage for two months.



I always aspire for our Camden Haven region to have grass roots level social cohesion, economic independence and environmental resilience. The Garden Party has proved this. In honour to all who contrib-

uted and supported us on the day, I sang Louis Armstrong's "What a Wonderful World" together with Rose accompanied by Adam on the piano.

If I can compose and sing, I would like to modify a similar version of this song into "What a Wonderful Region".

*Tin Hta Nu
Global Food Garden, Kendall.*





PUBLIC ANNOUNCEMENT

ATTENTION ALL RATEPAYERS!

Would you like to know how your rates are being spent in our area? Port Macquarie Hastings Council are holding an "Engaging and Communicating with our Community program" (ECWOC) at Kew Country Club, Kew on the 8th of October 2014. The purpose of this meeting is to engage and communicate with residents in rural areas. Any questions for the Council on the evening will only be accepted if they have been lodged before **1 October 2014**. All questions/issues **MUST** be lodged on a "Question for Engaging and Communicating with our Community" form or they will **NOT** be addressed. These forms are available for all residents at KENDALL Post Office (Mon - Fri 9am to 5pm).

If you have a question, request or just want to have your say then **PLEASE** fill in a form and have it lodged before the 1st October 2014. The staff at Kendall Post Office will fax your forms to the Council **free of charge!!!**.

PROFESSIONAL ROOMS FOR RENT

Well appointed, air conditioned, consulting rooms available in the Kendall Rural Transaction Centre (RTC) on a casual basis. Suit professional health worker.

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**Phone: Kendall Community Centre
9am-4pm Mon-Fri on 6559 0055**

KENDALL COMMUNITY OP-SHOP REPORT

The Kendall Op-Shop committee would like to express its disappointment at the decision made by council regarding the contract for pool management. Council awarded the contract to Swimwell Pty Ltd, not to Brad Holt of Hastings Aquatics. We have had a long, productive association with Brad and his team for many years and wonder how this decision will affect our commitment to the pool.

It is on again, the giant ½ marked price book and record sale! Starting June 2nd until Saturday June 14th - select from our large range of top quality books, audio tapes and records and receive a free magazine of your choice with every purchase.

Winter has been a little slow in arriving but there is no doubt the weather will change. The shop has a good supply of sleepwear – pyjamas, nighties and dressing gowns for babies, children and adults. Check out the range of warm jackets, cardigans and jumpers, slacks and skirts. The shoe section is well stocked with casual and dress shoes, slippers and boots.

Men's work apparel is located on shelves and racks near the back wall. High visibility gear, hard wearing long pants, shorts, shirts and jackets in a selection of sizes.

Perhaps your pet needs new bedding, a coat or just a blanket to snuggle under, you will find these items at the back right hand side of the shop.

There is a selection of high quality crockery available and a couple of excellent microscopes.

The mystery item displayed at the front counter has been identified – it is an ice bucket, minus the attachments.

A warm welcome to new volunteers Trish Campbell and Belinda Moores. During May we said farewell to Siri Hiltunen who has moved interstate. Siri was a volunteer for 13 years and will be missed by customers and fellow volunteers.

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Stalls available at very reasonable prices. Please enquire in the **Centre office (6559 0055)**

STOP PRESS!!! You can also **pick 'n pay vegies** & herbs from the large variety growing in the Global Community Garden behind the hall

KENDALL COMMUNITY OP-SHOP

Trading hours:

Monday to Friday: 9.00am – 4.00pm

Saturday: 9.00am – 12.30pm

First Sunday each month: 9.00am – 1.30pm

**** Gift Vouchers available!! ****

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PH. 6559 0055

Monday to Friday

9.00am to 4.00pm

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Letters to the Editor ...

Dear Editor,

It was with disappointment and disbelief to read that the contract to manage Kendall, Laurieton and Wauchope pools had not been awarded to Brad Holt of Hastings Aquatics. Brad and his team have been exemplary managers of all three pools. As a regular lap swimmer at Kendall pool I cannot speak highly enough of the team for their dedication to make pool activities a positive experience for the general public. Their willingness to accommodate lap swimmers, swim classes and squad training along with general pool users is a credit to their understanding of the many different community needs. Their efforts made swimming an enjoyable activity.

As president of Kendall Community Op shop I am particularly disappointed as Kendall Pool is the major recipient of Op-shop funds. For the last 10 years we have had a positive and productive relationship with Brad and his team as major improvements such as pool heating, hot showers, shade shelters, picnic tables, barbecues, starting blocks, handball courts and basket ball areas have been added using Op-Shop funds. The Kendall community is justly proud and appreciative of the effort Brad has put into making the pool what it is today – a magnificent pool in picturesque yet functional grounds.

It is regrettable that pool users and supporters were not consulted as part of Council's decision-making process.

*Diane Pope
Kendall*

COMPUTER COURSE

Cost is only \$10/lesson and is held in the Kendall Community Centre each Monday for 5 wks
NEXT COURSE BEGINS 16 June, 2014
Call 6559 0055 to register

WHERE WILL ALL THE POSTIES GO?

Yesterday I received a post card from a friend travelling in the Bahamas. What a pleasure it was to receive some nice real mail. It took me back to the days when we all waited for the postie's whistle and could race each other to the letter box. Such a simple delight.



Of course my parents always gave him a Christmas 'gift' - likewise the garbo. Everybody would leave an envelope for him on the garbage bin collected before Christmas. Can you believe it was never stolen? Seems impossible doesn't it? No wonder we oldies go on about the good old days!

Milly Jones

TEDDY BEARS BIG DAY OUT

The annual Teddy Bears Picnic was held again at Kendall Public School and proved to be another fantastic day. Students in Kindergarten and Stage One brought their teddy



Connor Sharpley reads to his group

bears to school last week for an action packed day. Teddy bears and their owners were treated to a special reading session in the sun with Year Five students and some fun colouring in activities. After lunch the fun and games continued with a teddy bear disco and parachute games. Another fun-filled day at Kendall Public School. Thanks to Ms Osbourne



Deagan Wallace, Thomas Boyd, Angus Grieve & Teddies

This issue's SUDOKU is a medium one!

MENS SHED UPDATE

More news from the Mens Shed in Kendall.

We have had a very busy couple of weeks: BBQ for the school fete, apparently did well financially, all profits went to the school. We have built a shed on a slab for the Hannam Vale School.

The Karnivale is going very well - speaking of which, don't forget the Karnivale is held on the first Sunday of each month; marketers will be there and car boots are being filled and emptied into someone else's. Remember, you don't have to book, just be there about 7.30am, and we will start our car sales if we have any starters.

We at the Shed have a disposal system for vehicle batteries, so bring to us for disposal.

We have for sale various furniture pieces, tools, tables, wood makings, and we have developed a picnic and table set that one of members makes and they go like hot cakes so we can take orders, that is, orders for the sets, not orders as such—we don't take those!

Our membership is growing and we are having lotsa fun. So men, come and have a look and see what mischief you can get into on Tuesdays and Thursdays.

John Haldane

FOR SALE

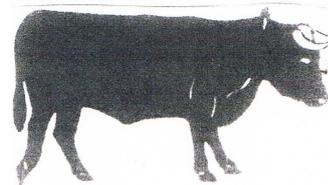
Old Metters Cast Iron Baths

Two available at \$5 each and you pick them up (at least 2 strong men needed), OR \$150 to deliver the pair in Kendall/Lorne area. Please leave details on phone 6556 9677.

THE KENDALL HERITAGE SOCIETY - has bullock replicas of the bullock statues on Kendall Town Green for sale. The artwork is of 6 life size silhouette bullocks chained and straining under a load.

The replicas are identical (laser cut) and dimensions are 25 inches x 13 feet.

That measures from tail to horn and from bullocks back to length of legs. They are lighter steel than the originals.



Price is \$50 each and orders can be made by contacting Ron Haswell on 6559 4083.

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- ◆ Birth Certificate Application forms

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iKEW INFORMATION CENTRE NEWS

This week iKew Information Centre celebrated serving the public for twelve months! Such a lot has been achieved in just a short time and we can thank the support of our local people who were behind us all the way with their crafts, grants and bringing their visitors to see the beautiful array of goods in stock. We know, with the support we are getting, we can supply the travellers with all the happenings in the Camden Haven and encourage them to return to this picturesque part of the country.

Now that winter is coming upon us very fast we have a supply of woollen goods to keep you warm, from beanies, scarves, gloves or you may prefer to knit up something special with our balls of Alpaca Wool.

When calling into the Centre you will notice we now have some beautiful new display cabinets we were able to purchase through the generosity of the Kendall Community Op Shop and can now display hand beaded goods and also hand painted glass dishes.

We thank you all for your support as it means a lot to know we have our local community assisting in so many ways.

BIRD OF THE MONTH EASTERN WHIPBIRD

The Whipbirds' long whip call, one of the most characteristic sounds of the Australian bush, is performed as a duet. The male makes the drawn out whip crack and the female usually follows quickly with a sharp "choo-choo"

Adult Eastern Whipbirds are mostly dark olive-green above, with a long tail, and a grey-white belly. The head and breast are black, with a broad white patch on the side of the face and a black crest. The eye is pale cream and the bill is black. Young whip birds are generally duller, with a smaller crest. The white cheek patch is absent in very young birds, and increases in size as the birds mature. A breeding pair of Eastern Whipbirds occupies a territory, which is defended year round, with the mates staying together for many years. The female makes a cup nest of sticks and bark, which is lined with finer grasses, and placed in dense vegetation near the ground. The female also incubates the eggs. The young birds are fed by both parents. Sometimes two broods are raised in a single season.



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Monday to Wednesday 9.00am to 1.00pm
Thursday & Friday 9.00am to 4.00pm**

A Justice of the Peace is also available at:

- ◆ Kendall General Store
- ◆ Kendall Services Club

Capturing Kendall & Camden Haven Photographic Competition

Entries close on **Friday 13th June**, forms available at Kendall Op Shop, Kendall Community Centre, & iKew Centre, or can be downloaded from our website:

www.goodlifeinkendall.org.au

For further info contact Warren Parkinson on 6559 4189.



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- ♦ To design a flyer
- ♦ To type up your resume, a letter or an assignment?
- ♦ Assistance with publicity for your group?
- ♦ Important documents copied & laminated?
- ♦ A Justice of the Peace to witness your signature or certify copies of documents
- ♦ Birth Certificate Applications

Come in & see the friendly volunteers at the Kendall Community Centre who will be glad to help you

Hours 9am - 4pm Monday to Friday

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Lake Cathie 2445
6585 5955

KENDALL CALENDAR

MONDAY

Pilates Kendall School of Arts 5.00-6.00pm

2nd & 4th Mon: Kendall Kettles Craft Kendall Services Club
9.am to 1pm: Elizabeth 6559 0258

3rd Mon: Kendall District Gardeners meeting Kendall Community Hall 10am. All welcome.

4th Mon: Camden Haven Landcare meeting Kendall War Memorial Rooms 7.30pm with supper after meeting.

TUESDAY

Yoga Kendall School of Arts 9.30am-11.00am

Ladies Sports Kendall Services Club 10am

Social Darts Kendall Services Club 6.30pm

Kendall Riding for the Disabled, Batar Ck Rd 9.30am-12.30
Elizabeth 6559 8774

Camden Haven St John the Evangelist, Kendall Mass 9.00am
6559 8354

Kendall Mens Shed 8am-4pm

2nd Tues: Lorne Rural Fire Brigade, Fire Station Stewarts
River Rd 7.30pm Kathy 65569668

3rd Tues: Kendall CWA Kendall War Memorial Rooms 10am
Sue Carter 6556 9677

Dragon Boat Mtg. 3rd Tues - starting Feb at Kendall Club.

WEDNESDAY

Kendall Riding for the Disabled, Batar Ck Rd 9.30am-12.30
Elizabeth 6559 8774

Kids Corner Playgroup Kendall War Memorial Rooms 9.30am
Lara 6556 9727

Lorne Rangers Craft Group Lorne Community Hall 10am-2pm
Nicola 6556 9773

Bingo at Kendall Services Club 7pm

1st Wed: Bookclub at Bookends 7pm. Just come along -
all welcome

3rd Wed: Camden Haven Rural Fire Brigade mtg, Kendall
Rd, Kew 7.30pm. Phone Allan 6559 4038 or John 6559 4683

THURSDAY

'The Meeting Place' Kendall Community Centre. Morning teas/
lunches served 9am - 2.00pm - Plus Kendall Veggie Bazaar
at Kendall Community Centre. Phone 6559 0055 for details.
Kendall Mens Shed 8am-12noon

Kayaking: 7.30am for 8am start at Kendall Boat Ramp.
Everyone welcome in all weathers. Ph. Ian 6559 4734

1st Thurs: Kendall Heritage Society Meeting. Kendall Services Club 7.30pm

4th Thurs: Camden Haven PAH&I Society Mtg. Kendall Showground 7.00pm

FRIDAY

Pilates Kendall School of Arts 9-10.am

SUNDAY

St Stephens Uniting Church, Kendall 10.00am. 6559 4037
Camden Haven St John the Evangelist, Kendall Mass 9.00am
6559 8354

Jnr Golf Coaching & Games at Camden Haven Golf Club
9.00am 6559 4596

1st SUNDAY

Kendall Showground Markets at Kendall Showground

FUTURE:

5 June: Quarterly Networking Night, 7.30pm Kendall Services Club.

The Kendall Chronicle is published by the Kendall Community Centre, 19 Comboyne Street, Kendall, NSW.

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Deadline for Advertising and Editorial strictly FRIDAY 9.00am.

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WITH COMPLIMENTS FROM LORNE RURAL FIRE BRIGADE EMERGENCY: DIAL 000

Fire Control, Wauchope:	6588 9000
Captain: Bruce Barlin	6556 9656
President: Kathy Mangan	6556 9668
Secretary: John Carter	6556 9677

Permit officers -

Graham Nosworthy	- 6556 9773
Mike Hodges	- 6556 9652

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 nibblies to share - All Welcome -

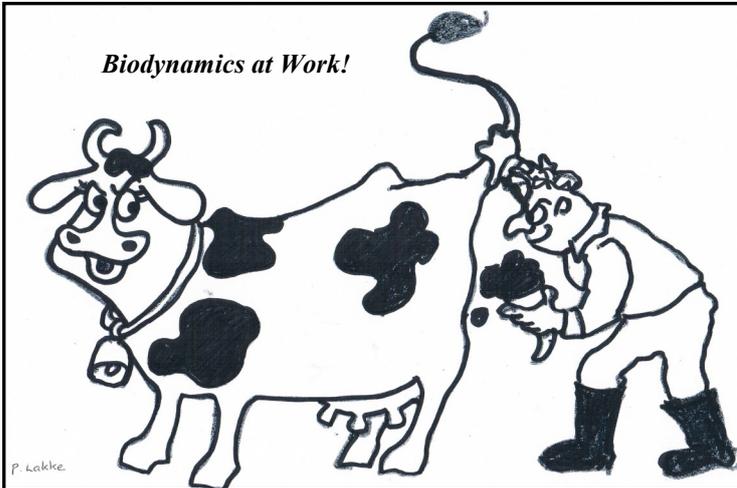
REPORT CRIME!

Don't let culprits get away with stealing
or damaging property!
Ring the Police Assistance Line (PAL) **on 131 444**

SOLUTION TO LAST MONTH'S SUDOKU

KENDALL DISTRICT GARDENERS CLUB

Doug Pope, standing in for John Carter welcomed everyone including visitors to the meeting. The July meeting will be the club's 9th Anniversary. Milly will be showing some slides from her visit to the Hunter Valley Open Gardens. Our Open Gardens raised \$1424 which could be used to help pay for a keynote speaker at the next Horticulture Speakers Day. The Global Gardens Open day had a fantastic turnout. Thanks to Tin and friends. Michel has set up a native beehive in the gardens. Some of our members attended the Camden Haven gardener's outing on the Camden Haven River cruise. The cruise went from the LUSC jetty to the heads where the boat turned around and headed upstream through Watson Taylor lake to the Camden Haven River entry which is silted up and therefore we could go no further upstream. Morning tea was served during the trip. After 2 hours the boat returned to the jetty and we then lunched at the LUSC. Many thanks to the Camden Haven Garden Club for the invite. During Show and Tell there was a discussion on various weeds such as crumbweed and fireweed.



The guest speaker was Alan Johnstone from Biodynamic Agriculture Australia Ltd. Biodynamic compost preparation is made by collecting fresh manure from lactating cows. This is then placed in a cow horn which is buried in the ground for 6 months over the winter period. About 15,000 horns are placed into the well prepared good quality alluvial soil. Activity in the soil during winter transforms the manure into a colloidal preparation filled with microbes. A golf ball size amount of the preparation will mix with 35 litres of water and will then be spread over 1 hectare. When the preparation is added to the water, rhythmical stirring must be used. The sample available is enough for a 1/4 acre block. One half of the 15gm sample can be mixed with 7 litres of water, stirred in one direction, creating a vortex, for 20 minutes then the other direction. It should be sprinkled out in the afternoon about 3pm or later. Everyone is welcome to

visit the biodynamics site in Bellingen (25 Noble Lane). Further info is available at www.biodynamic.net.au. Alan was asked a number of questions by members. Doug then thanked Alan, Alby and Ruth for attending and also thanked all those who helped with meeting. Bud thanked Doug for leading the meeting. **Next meeting will be on June 16.**

osteopaths treat more than you think

- headaches
- whiplash
- asthma
- tennis elbow
- repetitive strain injury
- postural problems
- back pain
- carpal tunnel syndrome
- digestive problems
- sciatica
- knee pain
- shin splints
- heel/foot pain





Contact your local Osteopath: PEGGY LANDON
Phone: 6559 4026 158 Batar Creek Road, Kendall

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Therapy that helps relieve aches
And pains and restore better
Body function

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22 years clinical experience

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- ◆ *Doctor 's referral not required*
- ◆ *Govt. assisted Chronic Disease*
- ◆ *Management programs available*
- ◆ *(5 visits per year)*
- ◆ *Hicaps: Claim your Private Health Fund rebate on the spot and only pay the gap fee*
- ◆ *Eftpos available.*

