

the Camden Haven Chronicle

Your Community Newspaper - Free & Independent

Distributed throughout the Camden Haven including Kendall, Kew, Lakewood, West Haven, Laurieton, North Haven & Dunbogan

Published by Kendall Community Centre - Volume 01: Issue 01: January 2024

New Publication in the Camden Haven!

Due to the demise of the Camden Haven Courier and the success of the Kendall Chronicle, the Trust members of the Kendall Community Centre (publishers of the Kendall Chronicle) have been liaising with a few major businesses and organisations in the area and have decided to create a new publication ...
... the CAMDEN HAVEN CHRONICLE.

It is anticipated that the future issues will be in colour and that advertising will need to cover all the expenses of publication and distribution.

Circulation areas shall be Kendall, Kew, Lakewood, West Haven, Laurieton, North Haven and Dunbogan with distribution similar to the previous Courier outlets.

Electronic copies will also be available by emailing through your email address.

Advertising opportunities will be increased and contact initially through email - camdenhavenchronicle@outlook.com

More initiatives to be included in the new publication:

- Contributions, such as sporting news are encouraged;
- Business Directory has been created;
- Classifieds, such as public notices, funeral notices, and garage sales are invited; and
- Writers Corner is back! **AND more pages as it grows!**

As was the Kendall Chronicle, the Camden Haven Chronicle is to be a community publication of the Camden Haven, made possible due to support of its advertisers, contributors, volunteer staff and distributors. Editorial responsibility is held by the editor under delegation from the Kendall

Community Centre Reserve Land Manager, ie, the Trust.

The Camden Haven Chronicle reserves the right to accept, amend or refuse the placement of any item, including advertising. The opinions of contributors do not necessarily reflect those of the Trust, the editor or the Chronicle team.

Photo below: (back) Rob Dwyer (CEO Laurieton United Services Club), Staffan Andler (Proprietor of Kew Corner Store), Theo Hazelgrove (Chair of Camden Haven Community at 3); (front) Alison Haylett, (former Manager of Kendall Community Centre) and Jenny Taylor (current Manager of Kendall Community Centre). **All supporters of the new Camden Haven Chronicle!**



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: kendalltc@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

- **Coastline Credit Union** - open 5 days!
- **BOOKENDS** - 2nd hand books for sale - CHEAP!
- Centrelink Access Point - totally free service!
- **TrainLink tickets** - no booking fee!
- Photocopy, scan and email your documents
- Computer assistance - on Tuesdays with Michael
- **Justice of the Peace services** - Thursday 9:00-1:00
- Hall and meeting room hire
- **Wi-Fi Facilities - Kendall Hub**
 - ◆ Access to printer/photocopier
 - ◆ Access to shared facilities including meeting room, quiet space & kitchen

There's no excuse for domestic violence.

Call the NSW Domestic Violence Line on

1800 65 64 63

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**

Every blood donation can help save three lives!



Australian Red Cross
Lifeblood

Phone - 13 14 95 to make an appointment

Join the email list to receive the Kendall Chronicle in colour!!
Please email kendalltc@bigpond.com to join.

The Camden Haven Chronicle

Contributions welcome. Email/send editorial, interesting articles and enquiries for advertising to:-

camdenhavenchronicle@outlook.com or P.O. Box 14, Kendall 2439

Deadline - 15th of every month. Printing and distribution at the end of every month.

Please note that copy may be edited for reasons of space or clarity.

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Kendall Community Op Shop News

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

Christmas/New Year closed dates are:

Monday 1st January & Australia Day Friday 26th January

The past year has included many interesting events!

The 2023 NSW Volunteer of the Year Awards in August saw some of the thousands of volunteers in NSW recognised for their tireless commitment to the community despite unprecedented challenges in recent years. Kendall Community Op Shop was a nominee, and won the **NSW Volunteer Team Of The Year** for the Mid-North Coast Region.

On 7th December, three Op Shop volunteers also attended the final NSW Gala Ceremony which was held in Sydney. This ceremony announced State winners for Volunteer Of The Year Awards. About 4.5 million people state wide contribute their time and effort to the causes that matter most to them. It is important that we celebrate the invaluable contributions they make all year round. Although the Op Shop did not win this State Award, all volunteers and members should be very proud for being nominated and being involved in such a prestigious Award Ceremony.

On 8th December the Op Shop Kendall Volunteers' Annual Christmas lunch was held at LUSC Laurieton with 82 of 91 volunteers in attendance.

A new tradition was begun at this year's luncheon, where Certificates of Achievement were presented to long standing members. Recognised were Ray O'Neill, Barry Barr, Jenny Higgins, Doug Pope and Roger McCosker.

Years of Volunteering Certificates were also presented, to volunteers together with new name badges which display the number of years at the shop. This tradition both acknowl-



Congratulations to the 25+ Years Volunteers: from left Joan Barr, Pam McLeod, Nita Dunn, and Jan Manfield with President Sheila Ayshford.



Congratulations to the 20 Years Volunteers: from left Wendy Isaac and Tin Hta Nu with President Sheila Ayshford.

edges and thanks volunteers and members for their long term effort and work undertaken at the Op Shop.

There were 44 Years of Volunteering presentations made for 25 years, 20 years, 15 years and 10 years at the shop. This number is almost half of our total volunteers who have been at the shop for more than 10 years, a fact for which we are very proud.

25+ Years of Volunteering:

Joan Barr, Nita Dunn, Jan Manfield, Pam McLeod.

20 Years of Volunteering:

Wendy Isaac, Tin Hta Nu

15+ Years of Volunteering:

Wendy Hearne, Margaret James, Anne Mathieson, Phil Higgins, Bill Jones. Daphne Jones, Dawn Newell, Diane Pope, Patricia Lakke, Joycelyn Stevens, Lyn Groves, Diann Butlin

10+ Years of Volunteering:

Joan Aiken, Sheila Ayshford, Joy Brislane, Janet Lewin, Jackie O'Donoghue, Sue Parkinson, Allan Phelps, Margaret Phelps, Charles Smith, Maureen Bradshaw, Gretel Moring, Kevin O'Donoghue, Gerda Ashford, Helen Brown, John Brown, Maureen James, Denise McCosker, Sandra Richards, Ros Hadrick, Judy Taylor, Denise Barr, Merrilyn Cahill, Wanda Lennox, Jenny McGregor, Joy Rodwell, Barbara Skinner.

We honour them for their long term dedication and commitment.

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**



Kew Corner Store

Camden Haven PAH&I Society at Kendall Showground

BECOME A MEMBER and join in the fun!

(www.camdenhavenshow.org.au)

Photo from the archives ... Sadly she wasn't competing at the Camden Haven Show, however Mrs Esther Stace from Yarrawitch is showing us how she achieved a World Record, riding side-saddle and clearing 1.98 metres (6 foot 6 inches) at the Sydney Royal Show in 1915. She was riding T E Judd's horse, 'Emu Plains'.

The men are looking on in amazement!

Image courtesy of the Walcha and District Historical Society.



CAMPING AT KENDALL SHOWGROUND (Camden Haven PAH&I Society)

Short-term Camping (Overnight to 4 nights maximum)

- ◆ \$25 per couple per night (\$5 each extra person)
- ◆ \$15 per single per night
- ◆ \$ 5 Water Levy for Van & Car washing
- ◆ Put correct cash into the completed envelopes located at the Secretary's Office and put into "Camping Money" box outside office.

Enjoy your stay and travel safely.

- 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

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

Bookends@Kendall

Opening Hours

Monday	10:00am to 1:00pm
Tuesday	10:00am to 1:00pm
Wednesday	10:00am to 1:00pm
Thursday	9:00am to 1:00pm
Friday	10:00am to 1:00pm
Saturday	10:00am to 12:00pm



Your community second-hand bookshop!
Find us at Kendall Community Centre

MORE BOOKS NEEDED!

Please drop your donations into Bookends during opening hours (as above). Thank You!

MID COAST GARAGES & SHEDS



Daniel and Beth Williamson
Builder Lic: 90407C
 North Branch Road, Lorne 0419 013 216
 Office & Display 29 Uralla Road, PMQ - 6581 2566
 Email: office@mccgarages.com.au Web: www.mccgarages.com.au

Established 1990

QUALITY STEEL BUILDINGS

Kendall District Garden Club News

(Patrons: Christine and Richard Cullen)

by Jim Lewin

CHRISTMAS PARTY - John welcomed everyone including newcomers and visitors. He thanked all those who contribute and participate in the club. A revised membership list will be drawn up early next year. People were handed a ticket for the lucky door prizes.

Doug thanked people for suggesting speakers and more would be welcome. In January the speaker will be talking about trees native to our area. In February there will be a talk about fertilizers. In April we will have an excursion to Wayne's Garden and in May the talk will be about creating gardens in small spaces.

Di then invited various people to talk about their gardens. She spoke about using a garbage can with the bottom removed to hold weeds near where she is weeding. After a while the soil below is quite good. Dave announced that they are leaving the area and gave instructions on how to make Davidson Plum jam. John showed how he is starting off beans and zucchinis in a seedling pot with base removed. It is easy to transplant without disturbing the roots.

Richard distributed Casuarina branches showing the tiny red flowers.

Jim spoke about growing a forest pansy from seed. Faith mentioned the lack of Christmas Beetles and how a spider caught one. Faith has some calendars and canvasses of her beautiful photos for sale. Rosie spoke about growing a passionfruit that took over her vegetable garden and has now been removed. Mandy mentioned she had received an orchid cactus from Collette and is now addicted to them. Cathy discussed her experience of putting half eggshells scattered around the garden to deter the cabbage moth. Di showed us some Jabitocaba fruit and explained how to eat (not the skin). John had some PVC stormwater pipe he sticks into the ground near his plants to contain water and to get under the top layer.

We had a fantastic morning tea and numerous lucky door prizes were collected.

Next meeting will be held on Monday 15th January 2024.



Some of the lucky door prizes!!

- KENDALL HUB -

OPEN

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

- Bookings essential -

Phone - 6559 0055

Email - kendallctc@bigpond.com



You can come and see

Peggy Landon

at the

Camden Haven Osteopathic Centre

155 Nancy Bird Walton Drive, Kew

next to the Kew Corner Store

"The hands on approach to health care"

- New patients are always welcome
- Doctor's referrals are not required
- Govt. assisted Care Plans (EPC & CDM) are accepted (5 visits per year).
- Eftpos available
- Hicaps: claim your private health fund rebate on the spot and only pay the gap fee.

6559 4026



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Your vehicle, my passion

- ◆ Focus on excellence
 - ◆ Using quality products
 - ◆ Full premium vacuum
 - ◆ Crystal clear windows
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Referred and Preferred

0439 182 349

New play space completed at Kew Playground



The reserve, adjacent to the iKew Information Centre and the Big Axe, offers new pathways, a community playground, accessible amenities and picnic facilities.

Balancing equipment, a wobble log with chain connectors, timber bridge, rubber softfall surfacing and landscaping have all been added to the existing play area, creating a new and vibrant natural play place that blends in with the existing environment.

The Kew Nature Play Space, and upgrades to the existing playground, were made possible via a \$150,000 Open Spaces Places to Play Program courtesy of the NSW Department of Planning, Industry and Environment.

Port Macquarie Hastings Mayor Peta Pinson said this project was another example of our community benefiting from the partnerships between state and local governments.

"With the support of the Open Spaces Places to Play Program, we've been able to deliver yet another project with real, tangible benefits to our community," said Mayor Pinson.

"This new play space and upgrades to the equipment at the existing playground will complement the significant work already delivered via the Kew Town Centre Upgrades, which was delivered through a partnership between Federal, State and Local Governments.

"Thank you to everyone for their contribution to this project and I look forward to seeing this area become a key cen-

tre of attraction for families and visitors for years to come."

Minister for Planning and Public Spaces Paul Scully said the interactive new playground will be a great asset to the Kew community for generations to come.

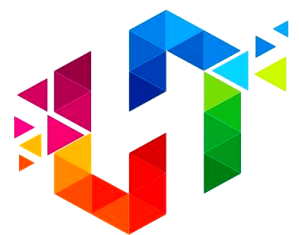
"The NSW Government's \$16.7 million Places to Play program is a commitment to creating places for people to connect with nature, water and adventurous experiences outdoors across NSW," Mr Scully said.

"The park upgrades will be a big hit for people young and old with interactive play equipment and open space areas to rest and relax."



- 🔌 **Having trouble with your Wi-Fi?**
- 🔌 **Can't access the internet?**
- 🖨️ **Need to print and your printer is not working?**
- 💻 **No computer?**
- 👤 **No problem ... come along to the Kendall Hub at Kendall Community Centre and use our facilities!**

- KENDALL HUB -



With a successful grant application, the Centre is now able to offer top technical access to computers and printers with reliable Wi-Fi!

Come into the Centre Monday to Friday from 9:00am to 1:00pm to access these facilities!

Don't close the book when bad things happen in your life. Just turn the page and begin a new chapter.



SUMMER SALE

upto 50% off selected items

Shop 9 Laurieton Mall Bold St, Laurieton

Kendall Community

Op Shop News *(Cont. from page 3)*

Annual General Meeting: On 14th December the Op Shop's Annual General Meeting was held at 6pm at the Kendall Services & Citizens Club.

Sheila Ayshford (President) presented the Op Shop's Annual Report, and Allan Phelps (Treasurer) presented the Op Shop's Financial Report. We thank them for their hard work and commitment during 2023.

Both the President's and the Treasurer's report can be found on the website under Annual Reports. **After the formalities, those present enjoyed a sumptuous supper provided by the Kendall Services & Citizens Club.**

Welcome and congratulations to the 2024 Committee members:

President: Sheila Ayshford

Op Shop Co-ordinator: Gerda Ashford

Vice-President: Robert Rule

Volunteer Co-ordinator: Elaine Browning

Secretary: Philip Higgins

Ordinary Member: Charles Smith

Treasurer: Allan Phelps

A big Thank-you to the Committee 2023 for brilliantly handling many challenging, difficult tasks and for their hard work, motivation and flexibility to integrate and apply all constant changing public guidelines – they deserve medals for 'outstanding awards of endurance'!

Volunteers: The Op Shop Kendall thrives due to the diverse, talented, resilient and multi-skilled group of 91 volunteers. To them we owe a huge thank-you for all their hard work and effort!

There are 61 (sixty-one) or more dedicated additional duties which are attended to by the volunteers as well. They do not only volunteer in the shop to serve customers, but each of them fulfills additional duties which makes the Op Shop tick in such a perfect and friendly way.

2024 OP SHOP COMMUNITY GRANTS

Important – make a note, tell everyone to get a Grant Application form at the Op Shop from Monday 8th January 2024.

The Kendall Community Op Shop recognises a need to assist non-profit community groups and organisations that are interested in, and working towards, the enhancement and wellbeing of the residents of Kendall and surrounds.

The Grants Program provides funding support to such community groups and organisations in their endeavours to establish, strengthen and/or implement projects, which would benefit residents of Kendall and surrounds.

You must:

- ✓ be a Kendall and surrounds based community group or organisation
- ✓ be not-for-profit,
- ✓ have an ABN; and
- ✓ be incorporated or
- ✓ be auspiced by an organisation that has an ABN and incorporation status.

Categories for which Grants can be used are

- ◆ Sport and recreation
- ◆ Community Services
- ◆ Education
- ◆ Arts and Culture

The Op Shop may also fund Major Community Projects. 08 Jan 2024 – Grants application forms will be available at the Op Shop Kendall and online for printing out from the Op Shop webpage. All applications need to be returned to the shop when completed.

www.kendallcommunityopshop.com.au

More information on the Grants process can be found on the website under "Grants".

Cycled to the bottle shop to buy a bottle of rum, but then I thought, what if I fall off my bike and the bottle gets broken? So cleverly, I drank it all outside the shop. Good thing I did too, I fell off my bike seven times on my way home.

NGAIO RICHARDS

Acupuncturist/Herbalist

Hannam Vale & Laurieton (Forgiving Foods)

Assisting with pain/distress & the prevention of further damage of any long-term conditions.

30yrs clinical experience at your service.

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Railway Street, Kendall

Open every day - 10am to 3pm

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Telephone: 6559 4644

LINEDANCING

Classes are on
MONDAYS *

at Kendall Community Hall
Beginners 11:00am - 12:00md
Imp/Inter 12:00md - 1:00pm
Cost \$10 pp

Contact Di Andrews 0418 636 278

Diamonds 'n Denim Linedancers

www.didenim.com

* not 3rd Mon of month



Kendall Community Hall

Monday: 4:30 - 5:30pm

5:40 - 6:40pm

Friday: 9:00 - 10:00am

Ali - 0431 463 461

PLAZA THEATRE

Home Now Showing Session Times Coming Soon About Us Mailing List

WEBSITE - worth checking out!

www.plazatheatre.com.au

Check out the session times each week or ask to join the mailing list.



Hearing Australia bus will be visiting Kendall Community Centre on Thursday 11th January 2024 at 9:00am.

Come in, have your hearing checked and have a cuppa as a reward!

*Enquires: Lucinda Potter
Community Hearing Advisor - Phone 5525 3100.*



CAMDEN HAVEN DAY VIEW CLUB

Membership is made up of women who meet on a monthly basis - **3rd Monday of each month at Laurieton United Services Club at 11am.**

We enjoy lunch together following a short business meeting & then listen to a Guest Speaker.

Visitors & guests are always welcome!

Enquiries: Helen on 6585 4454

or Email: camdenhavendayview@gmail.com

We also have regular social events & outings to build friendships & raise money for the Smith Family's Learning for Life Program.

The other day I was interviewed for a job as a Handy Man. The Boss asked me, "Are you handy with a paint brush?" "Not really." I answered.

How about tiling, can you lay tiles?" He asked.

"No, I've never laid tiles before."

He went on to ask me, "How are you with garden work?"

Mowing the lawn, weeding, cutting hedges and the like?"

Once again I said "I've never had any interest in gardening so, I would have to be shown what to do," I replied.

Finally he asked, "Well, how are you at working with wood?"

Do you know basic carpentry?"

Guess what I answered - "No, I can honestly say I know nothing about carpentry."

By this time the boss was becoming a little irate so, finally he asked, "What makes you think you are handy then?"

"I only live just round the corner!" I replied.

Camden Haven
AUTO PARTS

Summer Sale

HUGE SAVINGS

55 Bold Street, Laurieton
6559 7383
camdenhavenautoparts@gmail.com



THE LOCAL'S LOCAL



Camden Haven Tyre & Brake is your best bet for quality mechanical servicing for your vehicle. With honest, affordable pricing, our highly experienced and fully licensed mechanics provide a range of mechanical and inspection services, specialising in tyres and brakes. Call our friendly team today to book your car, 4WD or utility vehicle in at our Laurieton service centre.

**461 Ocean Drv, Laurieton
6559 9567**

Like to travel around NSW? Do it the easy way ... BY TRAIN!

A COUNTRY PENSIONER EXCURSION (CPE) ticket is an affordable ticket for eligible pensioners and seniors to travel by train in regional NSW & ACT. Get your ticket at Kendall Community Centre.

LOCAL HISTORY BOOKS

If you are interested in the area's history books relating to:

- ⇒ Kendall
- ⇒ Kew, Ross Glen & Heron's Creek

... these are available for sale at Kendall Community Centre - \$25.00 each.

Tactile Arts Group @ Kendall
at Kendall Showground Watch for coming workshops in 2024
Come & get your hands dirty!
Phone Carol on 0427 625 751

When I was a kid, my parents would always say, "Excuse my French" just after a swear word. I'll never forget my first day of school when my teacher asked if any of us knew any French.

Sports News



Club juniors Elwood Dollery, Elijah Livingston, Logan Bell along with Paige Hudson and Finn McDonagh of Foster are all Ballkid ready for the United Cup which started on Friday 29th December in Sydney. HAVE FUN!!

Kendall BALLKIDS travel to Sydney!



KENDALL COMMUNITY POOL

Opening Hours (Daylight Savings Time)

Monday - Friday: 6am - 7pm

Saturday: 8am - 6pm

Sunday: 10am - 6pm

Aqua Aerobics

Tuesday 8am & Thursday 8am

LAURIETON WAR MEMORIAL BATHS

Opening Hours (Daylight Savings Time)

Monday: 6am - 6pm

Monday Night Swimming Club from 6pm to 7:30pm

Tuesday - Friday: 6am - 7pm

Saturday: 8am - 6pm

Sunday: 10am - 6pm

Aqua Aerobics - Friday 8am



Kendall Community Boat Shed

On Saturday 11 November 2023, 20 members set off from the Perch Hole, just north of Lake Cathie, up Cathie Creek and into the teeth of a stiff north easterly. After about 2 kms, and passing seven brave stand up paddle boarders heading south, we arrived at Lake Innes. Lake Innes covers an area of around 8 square kilometres, but can double in size when Lake Cathie is closed.

As we pushed into the lake proper, the stiff north easterly had strengthened into a respectable wind of 30 to 40 kph - a pleasant paddle into the Lake it was not! The paddlers considered turning tail on several occasions, but the desire to see the ruins at Lake Innes House was strong.

Seventeen paddlers persevered and covered the last 2 kms to what was the Lake House jetty. At one point, it was not clear who was helping whom to get through the choppy conditions. Some retired opting instead for a nice hot coffee and a cake from the renowned Lake Cathie Bakery.

On arrival at the Lake House jetty, and with pre-approved permission from National Parks and Wildlife, we walked the 500 metres up to the Lake Innes House ruins where we had morning tea.

After walking through the ruins on the elevated walkway (which included interpretive signs), we were met by Ranger Mandy, who provided us with some more insights into the ruins and early life at the house.

Returning to the lake, we headed back to Cathie Creek for a more pleasant paddle with the strong wind at our backs. One paddler who shall remain nameless (but has since been dubbed Mary Poppins), thought it a good idea to put up his umbrella and take advantage of the winds to get him home. The fact that he was last to get back is an indication of his success.

After packing up, we headed to the Lake Cathie Tavern for lunch and a great day was had by all.

Need a Justice of the Peace?

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



- Session Times -

- ✓ Tuesday: Ladies - 9:00am - 11:00am
- ✓ Competition - from 6:00pm
- ✓ Friday: 8:30am - 11:30am
- ✓ Sunday: 4:00pm - 6:00pm

Ring Vee on 0417 208 648 for more information.
Held at Kendall Tennis Club.

Kendall Community Garden

Gettin' Some Free Pectin From Blueberries We Have Been Collectin'

Challenging times in the Kendall Community Global Food Garden have seen intermittent tempests, interspersed with periods of scorching weather over the past month.

Special thanks to the gardeners who have come in to water when the beds are parched between working bees, despite these brief bursts of precipitation.

Winds from the same storms also disturbed the netting around the blueberry bush, and the local birds did not hesitate to avail themselves of the delicious berries which were previously inaccessible. Fortunately, we had already harvested a little ripe fruit and novice efforts at preservation were conducted.

A simple recipe of 700g blueberries to 500g sugar, as well as 2tbsp of freshly squeezed lemon juice, yielded three

small jars of delicious blueberry jam, after it had been simmered gently and frequently stirred for approximately 20 minutes. This jam set nicely after being tested using the 'frozen plate' method but we have it on good authority that, when making jams with stone fruit, a little added pectin from the store might be needed. This is, apparently, because berries contain pectin (setting agent), especially if a few in the mix are slightly under-ripe. If you have a glut of summer fruit, we reckon this recipe is beaut!

The community garden has plenty of room for keen or beginner gardeners who might like to attend Thursdays from around 9am and, if you are in the market for some organically grown delicacies, you might also like to come down at the same time to find an organic treat. It is not unlikely that spinach, zucchinis, cucumbers and various herbs will be on offer.



HOW TO DECLUTTER & ORGANISE YOUR KITCHEN

These 10 decluttering tips will turn your kitchen into the clean, easy-to-navigate space you'd like it to be.

1. Remove everything that doesn't belong in the kitchen

Begin decluttering by going around the kitchen with a box and picking up everything that doesn't belong in the kitchen and distributing it back to its original home. Leave it in the box for now: give your undivided attention to the kitchen now and put these items away after you're done. For more tips on removing clutter, read up on the five tidiness tips you can learn from Marie Kondo.

2. Separate the 'keepers' from the 'throwers'

Ask yourself one question, 'when did I last use this?' If the answer is 'never', throw it. If the answer is 'this year', throw it. If the answer is 'last month' or anything more frequent, keep it to one side for storing in order of usage later on.

If you really can't let go of the tea set your grandmother gave you for your sixteenth birthday that you've never used, put it in a box and store it in the garage. Do the same with any items that you can't bear to part with, but you know you'll never use. All they're doing is taking up room in the kitchen that you need for other items. Too much storage is never enough.

3. Box and store unnecessary kitchen items.

4. Re-set storage spaces in your kitchen

If you notice that something keeps ending up in the wrong place, change where it's kept. You can even keep a list on the inside of your pantry door or label shelves in cupboards so that you don't forget the item's new home and so others can adhere to it.

5. Pick somewhere to start

There's no better way to start than to jump right in. Pick a fairly easy starting point and clear it from old items and give it a clean. The satisfaction will be all the fuel you need to keep going.

6. Organise kitchen items by use

If you always tend to use one particular set of plates, keep them in the most easy-to-reach place in the cupboard. Those that you don't use often can be placed at the back of the storage space.

7. Condense, condense, condense!

If you're one of those people that stack up 10 tea boxes alongside your kettle so that you always have easy access to all of them, you're unnecessarily cluttering your space. Keep a small amount of the tea you use regularly in stylish storage canisters and store the boxes in the pantry. The same goes for oils, spices and cooking utensils. It's best to keep these stored away to prevent your benchtop from feeling messy and cluttered.

8. Use your wall space wisely in your kitchen

If there's not a lot of bench space in your kitchen, make use of your walls! You can hang anything from a spice rack, to your aprons and even pantry items that you find yourself reaching for often. Wall hooks work wonders for adding extra storage to the kitchen, as do a couple of floating shelves on a bare wall.

9. Hang pans and other bulky items

Homewares stores provide so many options for hanging storage which makes it easy to get your big items out of your draws and on show in your kitchen. Need more tips for kitchen storage? Keep your small kitchen clutter-free with these top tips.

10. Choose see-through storage solutions

Opting for see-through storage means that your items won't be left and forgotten about. If you can see things clearly, it means that you're more likely to clean out your storage bins more regularly.

ART CAFÉ

2nd Sunday of the month

10am - 12pm

Kendall Community Hall

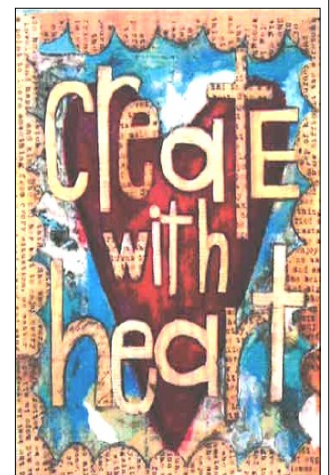
Next session -

14th January 2024

For more information

contact Karina

on 0431 772 698



Recipe of the Month Corn & Ham Fritters

If you still have leftover ham, try these Corn and Ham Fritters. The saltiness of ham clashing with the sweetness of corn is what makes these crispy Corn and Ham Fritters so delicious – and they're versatile, too!

Serves: 2 Time: 10 minutes

Ingredients

2 medium eggs
4 tablespoons milk
100g plain flour
1/4 teaspoon baking soda
200g can corn, drained
85g ham, finely chopped
olive oil, for frying



Method

In a bowl, add the eggs, milk, flour and baking soda with a little salt and whisk until smooth. Then stir in the corn and the ham. Pour the oil into a deep heavy-based frying pan until it reaches 5mm high. Heat the oil until ready to deep fry. Into the oil, drop large spoonfuls of the fritter mixture. Cook for two minutes each side, until fritters are crisp and golden, and cooked through. Serve with salad, or as a side dish to a main meal.



Swim between the flags!

BEACH SAFETY

Not all beaches are patrolled by lifeguards in Australia.

Staying safe on beaches relies on understanding beach safety protocols and not taking risks by swimming at unpatrolled beaches.

Everyone loves a day at the beach with family and friends, but it is important that everyone knows how to stay safe when visiting Australia's beaches. Every year many people lose their lives when swimming, surfing, snorkelling or playing in the water.

The Red and Yellow Flags on a beach show safe places to swim, and where lifeguards or lifesavers watch people to keep them safe. This is called a patrolled area, and the lifeguards are there to help if you or a family member/friend need help in the water. Not every beach in Australia is patrolled by lifeguards/lifesavers; check the Beach-safe website or app to find the closest patrolled beach.

If there are no flags on the beach, this means there are no lifeguards/lifesavers on duty and swimming at the beach is not recommended, especially if you are unfamiliar with the area and have limited swimming ability or experience.

Dangers at the beach include rip currents, big waves, shallow sandbanks and marine animals.

THUMBS UP! & THUMBS DOWN!



to the Kendall Community Centre team who have taken on the task of creating and publishing the Camden Haven Chronicle!



To the local businesses, services, organisations and community members who promise to support this new creation!



None at this stage!

The Meeting Place Cafe

**** OPEN EVERY THURSDAY ****

Re-opening 11th January 2024



9:00am to 12:00midday

*** Coffee - Hot drinks**

*** Yummy Cakes & Sandwiches**

Come along to

Kendall Community Centre



Browse & buy interesting goods at the

MARKET STALLS & COMMUNITY GARDEN

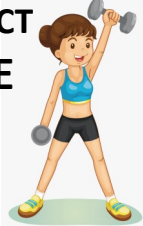
HOW TO STAY SAFE

- ◆ Swim at a patrolled beach, and between the red and yellow flags
- ◆ Look for and read the safety signs
- ◆ Recognise hazards and dangers
- ◆ Avoid swimming or recreating alone, as no one will be able to assist or call for help in an emergency.
- ◆ Never swim at an unpatrolled beach
- ◆ Avoid swimming at night
- ◆ Always actively supervise children and keep them within arms' reach
- ◆ Ask the lifeguards/lifesavers for advice about beach conditions
- ◆ Do not swim after consuming alcohol and/or drugs
- ◆ Do not enter the water if there are doubts about swimming ability
- ◆ Protect yourself from sun and stay hydrated by drinking plenty of water

Brain Teasers ...

1. What 5-letter word becomes shorter when you add two letters to it?
2. Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.
3. A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?
4. What letter comes next in the following sequence? D R M F S L T _
5. How many times can you subtract the number two from the number fifty?
6. In British Columbia, you cannot take a picture of a man with a wooden leg. Why not?
7. Can you think of a common word that contains double C, double S and double L? Can you think of a second one?
8. What number comes next in the following sequence? 2 4 8 10 20 _
9. Without it, I am dead. If I am not, then then I am behind. What am I?
10. If you wrote all of the numbers from 300 to 400 on a piece of paper, how many times would you have written the number 3?
11. You are in a place called Jack's World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?
12. I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?
13. What is black when you get it, red when you use it, and white when you are all through with it?
14. It goes in dry, it comes out wet, the longer it is in, the stronger it gets. What is it?
15. I have no eyes, no legs, or ears, and I help move the earth. What am I?
16. A truck is stuck under a bridge and the driver cannot get it out. A man walks by and stops to help. He easily gets the truck unstuck. How did he do it?
17. How much dirt is there in a hole that is 3 feet deep, and 6 inches in diameter?
18. What makes more as you take them?
19. When can you add two to eleven and get one as the correct answer?
20. A man went into a party and drank some of the punch. He then left early. Everyone at the party who drank the punch subsequently died of poisoning. Why did the man not die?

LOW IMPACT EXERCISE



Combining strength & balance

at Kendall Community Hall
Wednesday 9:30 - 10:30am
Contact Sue on 0458 601 616

dru YOGA

Stillness in Motion

Fridays - 9:00am to 10:30am
Logans Crossing Road
Contact Carol on 0427 625 751

Life Rules for 2024

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
4. I remember being able to get up without making sound effects.
5. I had my patience tested. I'm negative.
6. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
7. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
8. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
9. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
10. When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?
11. I don't mean to interrupt people. I just randomly remember things and get really excited.
12. When I ask for directions, please don't use words like "east."
13. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
14. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
15. My luck is like a bald guy who just won a comb.

KENDALL-KEW COMMUNITY NETWORK 

Meetings are held at Kendall Services & Citizens Club at 5:30pm.

Next meeting on Thursday 8th February 2024.
All community groups, business and services in the Kendall-Kew area are all welcome!

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

	5	6				4	1	
9		1		4		2		5
	2	5	1		6	7	4	
			3		9			
	6	9	4		7	8	3	
4		2		3		9		6
	7	3				1	2	

~ Writer's Corner ~

... Dancing With Angels ...

Strolling through her kitchen checking all was ready for morning-tea, Val knew it would be enjoyed by her special guest. But now it's time to inspect her gardens; this was of greater importance, as Val hopes to bring Ariel's garden-memories back.

It was Spring; honeyeaters and bees lingered at Val's red bottle brush and dainty butterflies couldn't sit still as red and blue dragonflies darted among them. Val sat to wait, thinking back; not to the last time Ariel was here, but the first time. Then a sweet, almost four-year-old, her granddaughter delighted Val with her continual asking for more Granny-stories, about the adage *fairies at the bottom of the garden*; about how Val's fairies hovered out of sight, fluttering their wings as they watched September bringing its happiness. Each Spring Ariel enjoyed morning tea-parties with her granny, the fairies visiting early Granny said, to sprinkle multi-coloured hundreds and thousands across tiny sandwiches. Turning nine, Ariel requested heart-shaped biscuits; she was too old now for fairy bread.

'And Gran, I want to call them Angels now, 'cause Angels look after people everywhere, not only in the garden. Is that okay?' she implored. Val smiled her agreement. However, it was to be their last happy Spring for quite a while.

**

Reaching the garden, Val heard Ariel's shouting, 'Gran, I'm here, where are you? I'm a bit early.'

'Oh, my darling girl I can't believe I'm seeing you.' Pulling her granddaughter into her arms, Val cried the tears she'd been keeping at-bay.

'I know Gran, I've so missed you too. Mum and Dad will be back soon. They said you and I should enjoy our own morning-tea first.'

Ariel seemed much more than her fourteen years as she told of the latest news from her doctor. Torment and unanswered questions had haunted the family and doctors alike for far too long, when Ariel first became ill, until a new paediatric specialist recommended a new regime and treatment that he felt sure would eventually cure her; the illness having

reduced Ariel to a mere scrap of a child; a girl remaining alert and positive though, repeatedly telling nurses and doctors that garden angels will look-after her. A further year brought some improvement where morning-teas among flying creatures and angel-stories were had. But for the past year Ariel had been overseas, receiving what became her life-saving surgery. Val watched her, as she walked through the gardens, soaking up every bit of her granddaughter. It was October and the jacaranda blooms were magnificent, matched only by the wisteria that had frolicked the full course of the new trellis, while Ariel was away. With hands clasped beneath her chin, a tearful Ariel spoke softly.

'Gran, it's even more beautiful here. I couldn't have done this without you, without your Granny-stories. During my unpleasant treatments I called-on my angels. Dancing with them carried me back home. I so thank you for giving me our wonderful stories. But now Gran? Please let's enjoy fairy-bread and heart-shaped biscuits.'

© Kaye Christensen

Answers to Brain Teasers from page 12.

1. Short
2. $45 (1/5 \text{ of } 45 = 9, 9 + 45 = 54)$
3. The ball costs 5 cents. One dollar more than 5 cents is \$1.05, the sum of which is \$1.10.
4. D – each letter represents one note in the diatonic musical scale: Do, Re, Mi, Fa, Sol, La, Ti, Do
5. After that you would be subtracting from 48.
6. You cannot take a picture with a wooden leg; you need a camera.
7. Unsuccessfully.
8. 22 (the sequence alternates +2, x2)
9. Ahead
10. 120 (100 threes in the hundreds place + 10 threes in the tens place + 10 threes in the ones place)
11. Everything (each word) in Jack's World must contain double letters.
12. A jigsaw puzzle piece
13. Charcoal
14. A tea-bag
15. An earthworm
16. He let the air out of the tires.
17. None, because a hole and contains no dirt!
18. Footsteps
19. When you add two hours to eleven o'clock, you get one o'clock.
20. The poison from the punch came from the ice cubes. When the man drank the punch, the ice was fully frozen. Gradually, as the ice cubes melted, the poison was released into the punch.



Are you an aspiring or accomplished writer?

Port Writers Inc. offers support and encouragement to you on your writing journey. We offer workshops on poetry, fiction, memoir, and self-publishing. Guest speakers cover a wide range of subjects.

If you like to come along to meet like-minded people to discuss all things in writing, you would be very welcome.

We meet on the 4th Saturday of the month from 1:00pm to 4:00pm at the Rotary Centre, Hastings River Drive, Port Macquarie. Follow us on Facebook (www.facebook.com/portwriters) or contact us by email for more information at portwritersinc@gmail.com

WANTED - Contributors to the Camden Haven Chronicle!

Budding writer? Movie reviewer?
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EAT LOCAL.
SPEND LOCAL.**

What's on in and around the Camden Haven

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 3rd January
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	Logan's Crossing Road, Kendall	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 & Thursday 8:00am (Daylight Saving Time)		Kendall Boat Ramp, Old Bridge Road	Diane 6559 0159.
Kendall CWA	3rd Tuesday	10.00am	War Memorial Rooms	Sue Carter 6556 9677
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
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.
Pilates with Ali	Monday Friday	4.30pm - 5.30pm 9.00am - 10.00am	Kendall Community Hall	Ali 0431 463 461
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.

Please email your community notices to camdenhavenchronicle@outlook.com for inclusion on this page.

The last word ... "When you are feeling overwhelmed, remember: a little at a time is how it gets done; one thing, one task, one moment at a time." *Author unknown.*

What's on at LUSC!

LIVE PRO WRESTLING

SUMMER 2024 MELTDOWN TOUR

TICKETS NOW

WED 3 JAN - CLUB LEMON TREE
 THU 4 JAN - LAURIETON UNITED SERVICES CLUB
 FRI 5 JAN - TUNCURRY BEACH HOWLING CLUB
 SAT 6 JAN - SAWTELL RSL
 SUN 7 JAN - BALLINA RSL

*CARD SUBJECT TO CHANGE. PROMOTER RESERVES THE RIGHT TO SUBSTITUTE

THURSDAY 4TH JANUARY 2024
 DOORS: 7.30PM START: 8.00PM
 Tickets: VIP: \$30.50 / GA ADULT: \$24.50 / GA CHILD: \$20.50

LAURIETON SATURDAY 6 JAN

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WWW.LAURIETONCLUB.COM.AU

SATURDAY 6TH JANUARY 2024
 DOORS: 7.30PM START: 8.00PM
 Pre-Sale: \$39.50

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THURSDAY 18TH JANUARY 2024
 DOORS: 10.30AM START: 11AM
 Tickets: \$5 PER CHILD (UNDER 3 FREE)

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THURSDAY 18TH JANUARY 2024
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 Tickets: General Admission \$45

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- Sun 14th Jan Brad Lockwood & Russell Dick from 3pm
- Fri 19th Jan Goody Two Shoes from 7:30pm
- Sun 21st Jan Mat Brooker from 3pm

CLUB CONTACT - 02 6559 9110

CONTACT THE CLUB ON 02 6559 9110 FOR MORE INFORMATION

