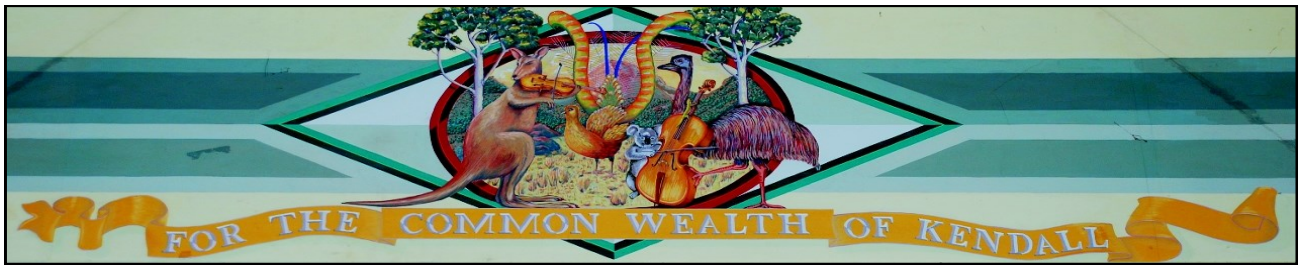


The Kendall Chronicle



~ 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 02: February 2023

Congratulations to Tin - Kendall's Living Treasure !



Tin Hta Nu, a political refugee who fled Myanmar (Burma) in 1990 after her commitments to human rights during her university days meant her life was in danger, was awarded the Living Treasure Award (formerly Senior Citizen of the Year) at the recent Australia Day Awards.

"Australia saved my life, given me a place to stay, so I would like to give back knowledge and services in appreciation".

Living to this promise, some of Tin's achievements include: she established the Kendall-Kadaw friendship School project.; a volunteer at the Kendall Community Op Shop, Kendall CWA, and Kendall Garden Club; a Founding member of Kendall Community Centre's The Meeting Place Cafe, and initiating the Kendall Global Food Community Garden at the Centre. For many years she taught Burmese language, Asian and Middle East cooking at the Community Colleges.

In 2010 she initiated the Mid North Coast Refugee Support Group (MNCRSRG).

The values she developed in Burma of going out of your way to help someone else and the importance of community

has guided Tin to encourage people to work together for the greater good of others.

The 2023 Port Macquarie-Hastings Australia Day Award recipients were announced, on Thursday 26th January at the event at The Glasshouse, recognising dedicated people in the community for their efforts in cultural, environmental and social progress.

Mayor Peta Pinson congratulated the recipients, saying their contributions exemplify Australian values – and the spirit of the Port Macquarie Hastings region.

"This year we received some outstanding nominations in the five award categories: the Environment Award, Community Organisation of the Year, Young Leader of the Year, Living Treasure and Citizen of the Year.

"I want to take this opportunity to commend all of our nominees and congratulate all of the winners who have shone so brightly during 2022.

"It is through your compassion and determination that you make our community a better place to live, work and play."

CONGRATULATIONS, TIN!

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19 Comboyne Street, Kendall or phone 6559 4155.**

* **Monday:** 10.00am - 12.00pm
* **Tuesday:** 10:00am - 12:00pm
* **Wednesday:** 10:00am - 12.00pm
* **Thursday:** 10.00am - 12.30pm
* **Friday:** 10.00am - 2.00pm



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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

- Bendigo Bank - 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** - every day
- Hall and meeting room hire
- **Wi-Fi Facilities**
 - ◆ Access to printer/photocopier
 - ◆ Access to shared facilities including meeting room, quiet space & kitchen

Port Macquarie COVID-19 Screening Clinic

The COVID-19 testing drive-through clinic is located at the Port Macquarie Community Health Campus on Morton Street.

Opening hours - 11am to 4pm weekdays only.

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**

The Kendall Chronicle

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

kendallctc@bigpond.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. The views expressed in *The Kendall Chronicle* are not necessarily those of the Publisher - Kendall Community Centre.

Disclaimer: Kendall Community Centre, editors and volunteers of this Newspaper have published articles herein in good faith and bear no responsibility in respect to the accuracy of the information contained in such articles. Any person or persons publishing material in this newspaper do so in the knowledge that they shall personally accept any responsibility for the accuracy and correctness of such articles and also accept full responsibility for the legal consequences if it be found that the article contains any inaccuracies in the content of any such articles.

Kendall Community Op Shop News

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

SPECIAL DATES for your diary:

- ◆ 2023 GRANTS APPLICATIONS opened on 3rd January 2023 and will close at 4pm Friday 3rd February 2023.
- ◆ Op Shop GRANTS PRESENTATION NIGHT Thursday 23rd March 2023 6pm at the Kendall Services Club.
- ◆ ALL WELCOME!

The objectives of the Op Shop are to assist in the provision of community development projects in the area of community services, sport and recreation, arts and culture and also participate with the funding and implementation of community projects for the enhancement and wellbeing of the residents of Kendall and District. Support for one-off projects and sponsorships which benefit the community within non-profit local community groups or individuals or for charitable purposes.

From 2023, payments to selected charities has been increased to 15 % of the total annual net profit of the Op Shop. Volunteers nominate Charities they would like supported by this funding.

The all important and wonderful Presentation night is only possible because of around 90 volunteers' endless efforts, time supporting the Op Shop's aim to raise and distribute money for the community. The presentation of the Grants will be at the Kendall Services Club. Information about the grants awarded will be published on the Op Shop's website www.kendallcommunityshop.com.au and it will make the volunteers proud for being part of the Op Shop's Kendall team!

A big 'pink/red' display for Valentine's day 14th February 2023 and a 'green' display leading up to St Patricks' Day which is on Friday, 17th March 2023.

Watch out for those specials in the various departments, where there is plenty of stock available, some sales might be on the cards. Save on school items such as uniforms, shoes, hats, students' equipment/writing tools etc. Keep an eye on our Facebook page, which will advertise these sales. The games, puzzle sections are always well stocked and the CDs, DVDs are a treasure hunter's delight. The electrical appliances could also be of interest.

Note that rags sold in large bags for \$15 or small bags for \$8 and are always a good source for 'keeping hands clean'.

Food for thought: One-way plastic statistic per head/year: Singapore 76kg, Australia 59kg, Oman 56kg, Netherlands/Belgium/Israel/Hong Kong 55kg each, Switzerland 53kg, USA 53kg, Emirates 52kg.

CONGRATULATIONS goes to one of our Volunteers, **Tin Hta Nu (Oxenford)** who has been awarded the **2023 Living Treasure Award in the Australia Day Awards in Port Macquarie.** See front page. Tin has been an Op Shop member since 2003, and is one of our longest serving volunteers.



Tin, you are indeed, also a "Treasure" at the Op Shop!

Make the volunteers proud for donating their effort and time for a good cause. Why not plan a weekly shopping visit and browse at the Op Shop Kendall (check the opening times), as there are constantly changing and interesting things at true bargain prices. Selling 2nd hand isn't new, but what the planet needs is more buyers!

News from Kendall Community Pool ... (the original reason for the inception of the Kendall Community Op Shop in 2004): The pool plant room is in a makeover, upgrading mode and all are working on implementing the full operating hours. Heating pumps will be operating into the cooler season and provide warm, 'nice' water temperatures. Double-check operating hours either by calling the pool or by checking the ymca website. www.ymcansw.org.au, under fitness and aquatics, search for Kendall Community Pool.

If you are interested in volunteering and being part of giving back to the community: get an "Expression of interest" from the Op Shop at 1a Comboyne St, Kendall NSW 2439 or tel. 6559 0084. For more information browse www.kendallcommunityopshop.com.au and/or visit www.facebook.com/kendallcommunityopshop





Kendall School of Arts set for final showdown of the 22nd Kendall National Violin Competition

Kendall School of Arts will be the venue to showcase seven brilliant young Australian violinists on the weekend of 4th and 5th March. Following a hotly contested semi-final round at the Sydney Conservatorium shortly before Christmas last year, the competition now moves to its final stage in Kendall where prizes and winners are going to be determined.

The Kendall National Violin Competition, a unique national event of its kind, will award a concert violin made by master luthier Michal Prokop to one of its winners. With all finalists guaranteed to receive sizeable prizes, the winner of the senior section of the violin competition receives a prize of \$ 8,500 and for the first time in 2023, will be invited to participate and perform in the prestigious Erben Music Festival in Munich, Germany following their success.

Founded in 1999 by visionary Australian violin maker Graham Caldersmith and the competition's artistic director, Goetz Richter, the Kendall National Violin Competition has brought exceptional musical talent and ideas to Kendall for over two decades and has promoted the village of Kendall around the world. Winners and finalists of the competition have successful international careers.

In addition to presenting a major musical competition every second year in Kendall, the Kendall Violin Competition also presents a regular series of four PhiloMusica concerts throughout the year at the School of Arts, exploring the synergy between ideas of music and philosophy in Kendall and reaches out to local schools for educational visits and musical performances supported by the Kendall Op Shop. The international reach of the Kendall Violin Competition will be extended following the finals in 2023 with a project to acquire a violin from a major European maker as a prize instrument.

The weekend of performances feature finalists in category B (musicians born after 1st January 1997 and before 1st January 2005) on Saturday 4th March commencing at 3pm. Violinists David Carreon, Beatrice Colombis, Jimmy Park and Andrew Wang will be supported by pianists Jeanell Carrigan and Alexander Yau for their final performances. On Sunday,



Young Finalists in KNVC

5th March, violinists Hannah Kim, Jessica Ma and Ein Na will perform concertos with a string ensemble and virtuosic works to determine the prizes in category A (violinists born after 1st January 2004) at 11 am at the Kendall School of Arts. The performance on Saturday 4th March will also feature a new composition by young Australian Composer Tim Doubinski, winner of the Kendall National Violin Competition's Watermark Prize. The weekend of performances by finalists will conclude with performance by all violinists in a celebration concert on Sunday, 5th March at 2.30 pm. On Monday, 6th March, musicians of the Festival Final will present performances for local schools.

Further information about the Kendall National Violin Competition can be obtained on the competition's website (www.kendallviolin.org.au). Tickets for the events can be booked here <https://events.humanitix.com/22nd-kendall-national-violin-competition-final-weekend> or by phoning Mavis Barnes 02-6559 4339, PO Box 86, Kendall NSW 2439.

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Established 1990

QUALITY STEEL BUILDINGS

Kendall District Garden Club News

by Jim Leewin
(Patrons: Christine and Richard Cullen)

John welcomed everyone and reminded people to sign in and wear their badges. He thanked all those who contributed food and lucky door prizes for the Christmas Party last month. There is a range of items for this month's prizes. There were some give aways – cucumbers, strawberry runners, dwarf butterbean seeds, and laminated leaves to use as bookmarks.

John circulated one of the world's smallest orchids for people to view. It had tiny flowers and is sensitive to humidity. There was a box of magazines for members to take. The price of fertilizers was discussed, and it was agreed to keep the bigger bags at \$3 a bag.

A question was asked about why cucumbers were not producing fruit even though there were lots of flowers. It can happen the male and female flowers may appear at different time and therefore not fertilizing. It was suggested the male flowers be cut off and kept in the fridge and used to pollinate the female flowers if the sequence was right. It was also suggested to keep plenty of water up to the plants.

The speakers at this meeting were Peter and Elizabeth Versluis who advised about health and safety in the garden. Peter showed us how and when to use a defibrillator, that is when the person is unconscious, not breathing and no pulse. He demonstrated the recovery position, advised us how to treat snake and spider bites and various aquatic stings.

Lacerations are common in the garden requiring pressure to be put on the wounds. Ensure that your tetanus shot is up to date. A booster is required every 10 years.

Wear a mask when using potting mix to prevent bacteria getting into your lungs possibly causing legionnaires disease.

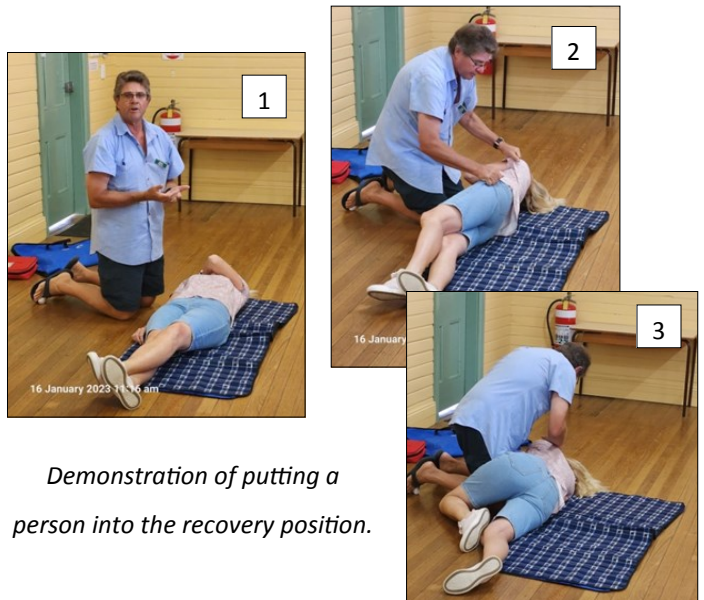
Be aware that you can get dehydrated. If you stop sweating or have a dry mouth you are probably dehydrated.



Peter demonstrating CPR and defibrillator.

John thanked Peter and Elizabeth and the raffle prizes were drawn. Please get your photos to Wayne by 13th February.

Next meeting will be on Monday 20th February 2023.



Demonstration of putting a person into the recovery position.

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
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02 6559 9817

We are a locally owned family practice,
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www.laurietonpodiatry.com



Kendall Community Hall

Monday: 4:30 - 5:30pm

5:40 - 6:40pm

Friday: 9:00 - 10:00am

Ali - 0431 463 461



KENDALL CWA News



Kendall CWA members wish our community a very Happy New Year for 2023. We finished 2022 with a Christmas Luncheon at the Kendall Club.

The lunch was well attended and the Honourable Leslie Williams MP who is one of our members, presented us all with a Seniors Diary for 2023 - see photo on right. Thank you Leslie for the gift and taking the time from your busy schedule to join us. I have already put my diary to good use.

This year is starting up with our monthly Social Day on Tuesday 31st January - a great time to share ideas, hobbies, crafts or a natter over a cuppa.

On Tuesday 7th February CWA Kendall are hosting the Mid North Coast branches Friendship and Cookery Judging Day.

We are all looking forward to coming together at the Kendall Community Centre for a fun day of getting to know other members from the Branches In the Mid North Coast.

On the day our branch will be presenting an overview and history of Kendall CWA.



FOR MORE INFORMATION about the Country Women's Association at Kendall.

Phone: Nan BOWMAN 0400 265 056

**- Working from home?
- Your internet causing you grief?**

PROFESSIONAL ROOM TO LET

**** Well appointed - some furniture**

**** Air-conditioned**

**** Wi-Fi by negotiation**

**** Central position in area**

**** Attractive rates!**

Contact Kendall Community Centre Office
Monday to Friday - 9am to 1pm on 6559 0055

KENDALL COMMUNITY OP - SHOP

✓ Monday to Friday: 9.00am – 4.00pm

✓ Saturday: 9.00am – 12.30pm

✓ Phone: 6559 0084

✓ www.kendallcommunityopshop.com.au

A linguistics professor is lecturing his class. "In English," he says, "a double negative forms a positive. However in some languages, like Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A sarcastic voice from the back of the room replies, "... Yeah, right."



Session Times

Tuesday: Ladies - 9:00am-11:00am

Sunday: 4:00pm-6:00pm

Friday: 8:30am-11:30am

Ring Vee on 0417 208 648 for more information.

Held at Kendall Tennis Club

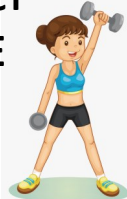


** Kendall Community Pool: Learn to Swim Lessons **

- ◆ Dates for block 1 will be 23rd January - 31st March
- ◆ Call the pool on 6559 0151 for further information or just drop in.

LOW IMPACT EXERCISE

Combining strength & balance



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

Contact Sue on 0458 601 616

LINEDANCING

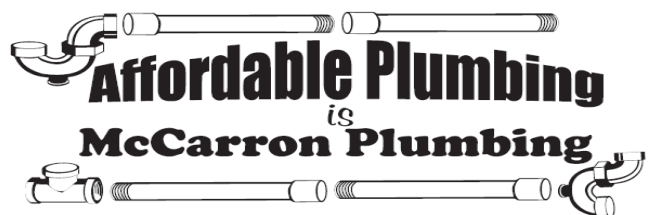
Classes are on MONDAYS *

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



*Contact Jason 0402 970 175 *All General Plumbing
*Your local plumber, employing local people, doing local work.

The Meeting Place Cafe

**** OPEN EVERY THURSDAY ****



9:00am to 12:00midday

* Coffee - Hot drinks

* Yummy Cakes & Sandwiches

Come along to

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Browse & buy interesting goods at the
MARKET STALLS & COMMUNITY GARDEN

Need a Justice of the Peace?

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

Please support your local community centre!

Get your **TRAINLINK** ticket
OR **Country Pensioner Excursion Ticket**
at **Kendall Community Centre**

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



No Booking Fee!!



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'BEACHSAFE' App - worth downloading!!

The weather is warm and beach life is in full swing.

Surf Life Saving Australia "Beachsafe" app will help you make safe choices before you even get to the beach!

You can check the conditions of your local beach or if you are going somewhere new, you can check if the beaches are patrolled and how suitable they are for swimming, surfing and fishing.

Download the free Beachsafe app at:

Google Play: <https://play.google.com/store/apps/details?id=com.sls.beachsafe&hl=en>

App Store:

<https://itunes.apple.com/au/app/beachsafe/id397699623?mt=8>



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at Kendall Community Centre

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

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- ☞ Dine in or Takeaway
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- ☞ 8:00am to 2:00pm
- ☞ Closed Wed & Thurs
- ☞ Phone 6559 0085



RIDING FOR THE DISABLED KENDALL

Early December some of our volunteers enjoyed a special Christmas lunch at Brew Haven, a wonderful enjoyable way to come together before Christmas.

Our Kendall Centre certainly has a bright start for 2023. All our hard work is now paying off and we are ready to start a great New Year at our wonderful Centre. We are finally getting on top of all the Council DA requirements, almost done, we are so close!

We also have a new horse, Ruby Comet, she came to us just before Christmas on trial for six weeks. She is a Chestnut Quarter horse thoroughbred cross, 14.2 hands, and now has the tick of approval. She is a very quiet and gentle mare. We are extremely happy how she is going with the training which will be ongoing for quite a while for all the horses to be ready for the beginning of classes.

We will be having **Volunteer Orientation Days** on **Tuesday 28th February** and **Wednesday 1st March**, we would be happy to welcome any new volunteers who would like to assist on our riding days between 8.30am and 1pm. Training will be given. **Also seeking anyone who would be available to do an AM or PM Feed.**

Our Riders will be returning on **Tuesday 7th** and **Wednesday 8th March.**



Photo on right: some of our RDA volunteers enjoying our Christmas get-together.



Photo on left: our new horse, Ruby Comet, going through the routine.



Photo on right: Training to come into the ramp area.

Anyone seeking more information, please contact: **Jenny McGregor** (President) on **0450 798 874.**

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



Nicknames for workmates in Australia

- Wicket keeper** – puts on gloves and stands back
- Harvey Norman** – 3 years no interest
- Sensor light** – only works if someone walks past
- Noodles** – thinks all jobs take 2 minutes
- Blister** – appears when the hard work is done
- Lantern** – not very bright and has to be carried
- Deck chair** – always folds under pressure
- Perth** – 3 hours behind everyone else
- Bushranger** – holds everyone up
- Wheelbarrow** – only works if he is pushed
- Limo** – carries about 8 people
- Cordless** – charges all night but only works for 2 hours

- 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

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- &
- Much More!



4 Comboyne St Kendall

Phone : 02 6559 0201

Open 7 Days



KENDALL MUSIC EXCHANGE
Feb 3



Next at KME
 What better way to start a new year at Kendall with a new band. Who are they? Good Question.

Vocalist Sue Lee
 keyboard Julie Hamann
 Guitar/vocals Ian Hamann
 Percussion Mike Eddie
 have come together to form a new band. They have been rehearsing hard for minutes and minutes to bring you some familiar songs from th 60's to the 2000's.

KENDALL MUSIC EXCHANGE RETURNS FOR 2023!

From all of us at Kendall Music Exchange, Happy New Year to you all, and we hope to see you supporting live music throughout the year.

WHEN:- Friday 3rd February 2023

WHERE:- Kendall Community Hall, Comboyne Street, Kendall.

DOORS OPEN: at 630 PM

SHOW STARTS: with our popular OPEN MIC at 7.00PM

Supper, then on with the show. Woo Hoo!

Feel free to bring a cold share plate.

\$5.00 entry, assists with hall rental and supper

This is a community event, so please come along and support or local up and coming artists as well as some old favourites.

Please spread the news and forward this to friends and family.

Recipe of the Month ... Salmon with Mango Chutney

With a good dose of healthy omega-3 fats, Salmon with Mango Chutney will ensure that your health and your taste-buds are in for a treat. Serves 2.

Ingredients

- 1/3 cup orange juice
- 1 tablespoon finely minced ginger
- 2 teaspoon olive oil
- 2 teaspoon soy sauce
- 2 salmon fillets
- 2 tablespoons hot mango chutney
- 1 tablespoon orange juice

Method

In shallow bowl, mix 1/3 cup orange juice, ginger, oil and soy sauce, and then completely coat the salmon fillets with mixture. Leave in refrigerator to marinate for four hours.



In a small saucepan over low heat, add the chutney and one tablespoon of orange juice, and heat until the chutney dissolves.

Preheat oven to 190°C and lightly grease a baking sheet with olive oil. Place salmon fillets on the baking sheet and brush with the chutney mixture. Bake for 10 minutes until the fillets are cooked. Serve with a fresh side salad.

Not the same since Covid?

- Fatigue
- Left-over cough
- Fuzzy head



Ph: (02) 6559 4855

Malcolm Fowler - Kendall Herbalist - since 1998



KENDALL POST OFFICE

8 Comboyne Street
 Kendall, NSW 2439

Phone: (02) 65 594 000



Coastal Zen Yoga

- Amanda Rivers -
 0434 908 545

Brain Teasers ...

1. What is always in front of you but can't be seen?
2. What can you break, even if you never pick it up or touch it?
3. I have branches, but no fruit, trunk or leaves. What am I?
4. What can you catch, but not throw?
5. What has to be broken before you can use it?
6. I'm tall when I'm young, and I'm short when I'm old. What am I?
7. What goes up but never comes down?
8. The more of this there is, the less you see. What is it?
9. What can travel all around the world without leaving its corner?
10. What question can you never answer yes to?
11. What is so fragile that saying its name breaks it?
12. What has 13 hearts, but no other organs?
13. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
14. What can fill a room but takes up no space?
15. What has one eye, but can't see?
16. If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?
17. The more you take, the more you leave behind. What are they?
18. What breaks yet never falls, and what falls yet never breaks?
23. What has a head, a tail, is brown, and has no legs?
32. What runs around the whole yard without moving?

HAVE YOU APPLIED FOR THIS YEAR'S REGIONAL SENIORS TRAVEL CARD?

The Regional Seniors Travel Card provides eligible seniors in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel.



You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW TrainLink regional trains and coaches.

You can apply for a card online, by phone or at a Service NSW Centre.

<https://www.service.nsw.gov.au/regionalseNIORstravel>

So, I'm not having much luck with jobs lately...

- * I couldn't concentrate in the orange juice factory ...
- * I wasn't suited to be a tailor...
- * The muffler factory was just exhausting ...
- * Couldn't cut it as barber...
- * Didn't have the patience to be a doctor...
- * Didn't fit in the shoe factory ...
- * Pool maintenance was too draining ...
- * and I just couldn't see any future as a historian.

1. The future
2. A promise
3. A bank
4. A cold
5. An egg
6. A candle
7. Your age
8. Darkness
9. A stamp
10. Are you asleep yet?
11. Silence
12. A deck of cards
13. A river
14. Light
15. A needle
16. A mirror
17. Footsteps
18. Day, and night
19. A Penny
20. A fence

Answers to Brain Teasers:

ART CAFÉ

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



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

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



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~ Writer's Corner ~

'Kendall Country'

I can hear the sound of chainsaws,
Hey, the Kendall Show is on.
Only got two days to see it, then for a year, it's gone.
Half the grownups are a-drinking and there's people on the rides.
Everybody's got a Showbag, up to all hours of the night.
Batto used to live there; what a good and dinkum mate.
When it was time to set the Show up, he was first one through the gate.
The Showground sits along the side of old Batar Creek Road.
There's now a few estates there that the wealthy people own.
I used to mow my uncle's lawn for twenty dollars flat.
No sooner did I get it, then I had it spent like that.
The bridge across the river
On the sleepy railway line, when I was on my own,
The whole place felt like it was mine.
There's still the station platform, and it's seen so many years,
One day they'll up and change it.
If I'm around, I'll shed a tear.
A long time after my days, there'll be so much changed and new.
There'll be nothin' left of Kendall and nothin' left of Kew.
My father grew old 'fore his time, and I'd carry home his bag.
He'd buy the Port Macquarie News and read the local rag.
Thank God I had a few with him at good old Kew Hotel.
I'll carry with me to the end, that Tooheys schooner smell.
Phil Ryan sold the papers, Matey Steinmetz was his mate.
The days that Matey saw were days of old at any rate.
John and Faye held Kendall General Store for many working years,
Seven days a week but for the day of Christmas cheer.
My uncle Paul and his sweet Jenny lived near the cemetery.
They had their little house there with a camphor laurel tree.
There's no sign of Gregory Ellis, nor his Hyundai Excel Sprint,
He left a road at 2am, his name in local print.
Our Mark was not much good at maths, but knew all 'bout trucks 'n cows.
One day I'll have a beer with him if destiny allows.
Dutra lived not far from Gibbo's, over from the bottle shop.
He had his V8 Ford truck and liked a good drop.
Ken Moore held Kendall Post Office, long has that building stood.
He did that job in perfect style, like an Aussie postie should.

I went to Kendall Central, for 11 schooling years,
Learnt to write things with a pencil, long before the taste of beer.

Eric Smith lives by the Showground, his drivin' life was long.
Nobody belongs more than him, in a Kendall country song.
I dream of the old Golden Fleece, on Orara's corner,
We used to crawl right underneath for a railway labourers warner.

When the Schafers moved to Kendall, the boxing moved there too.

6'4" young Nev junior would beat a boxing kangaroo,
And his son Caleb's wild as anyone alive, could fight like a grown man when he was five.

Most people in their later years are over the hill,
But you'd never find so lively a spark as Graham Till.

There was me and old Nev Shafer walkin' down Batar Creek Road,
The late night moon was shining and the craters on it showed.

He said to his wife, Jenny, "Jenny, we'll be back here soon".
We both went with no shoes on, road lit by Batar Creek moon.
We went for a walk, because a walk would do no harm,
And by the time we turned around, we were halfway out the farm.

We both lived the freedom, and Nev sang a country tune.
We were high as kites under that big Batar Creek moon.
I'd been drinkin' the whole weekend, and my bourbon brain sure thumped.

I was the world's most drunken man, this side of old black stump.

By Simon Gaudry

- * When one door closes and another door opens, you are probably in prison.
- * To me, "drink responsibly" means don't spill it.
- * Age 60 might be the new 40, but 9:00 pm is the new midnight.
- * It's the start of a brand new day, and I'm off like a herd of turtles.

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Consultations by appointment
Kendall Community Centre

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www.pmqlaw.com.au

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 1st February
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	War Memorial Rooms	Contact Jim on 6559 4352
Community Playgroup	2nd Wednesday	9am to 10:30am (term time)	Kendall Public School	Phone school 6559 0040 for updates.
Coastal Zen Yoga	Monday Wednesday	6:45pm - 7:45pm 4:00-5:00pm	Kendall Community Hall	Amanda Rivers - 0434 908 545
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 Garell 6559 4596
Kendall Boat Shed - Kayaking on the River	Paddles - Tuesday - 9:00am & Thursday 8:00am		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 Heritage Society	1st Thursday	12:00 md	Kendall Services Club	Phone 0428 109 234 for information.
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 Services Club	Contact Sue Ward on 6559 0046.
Kendall Markets	1st Sunday	8am to 12noon	Kendall Showground	For more information 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 Tennis 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.
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 ... "If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely."

Roald Dahl