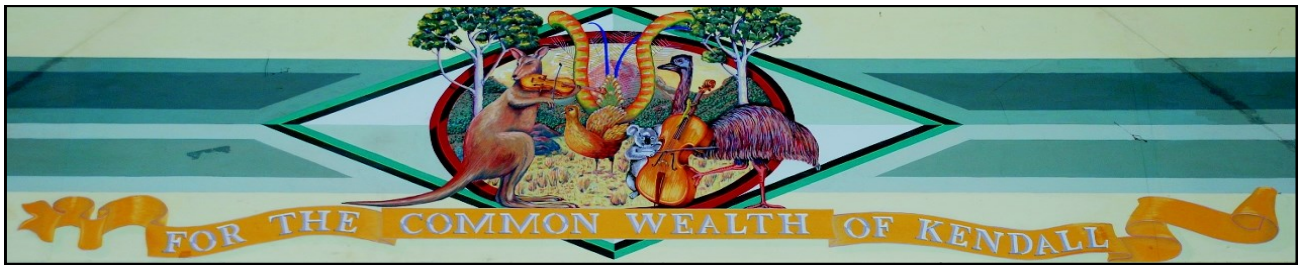


The Kendall Chronicle



~ 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 07: July 2023

Coastline Credit Union opens a new branch at Kendall

Coastline Credit Union is pleased to announce the opening of a new Branch at Kendall Community Centre, further extending its reach and commitment to providing exceptional financial services to the local community. The branch will officially commence operations on Monday, 3rd July 2023.

The decision to establish a branch at Kendall Community Centre reflects Coastline's dedication to meeting the evolving needs of its members. This strategic expansion aims to offer convenient access to a wide range of financial solutions for the residents of Kendall and the surrounding area.

Coastline is renowned for its member-focused approach, offering personalised banking experiences tailored to individuals, families, and businesses.

The new branch at Kendall Community Centre will provide an array of services, including savings accounts, loans, mortgages, insurance, and investment options. With a team of knowledgeable and friendly professionals, the branch is committed to delivering exceptional customer service and ensuring members receive expert guidance and support in achieving their financial goals.

"We are thrilled to open our new branch at Kendall Community Centre to fill the void left following the withdrawal of Bendigo Bank," said Peter Townsend, General Manager of Coastline. "We believe Coastline's expansion into the area will not only enhance convenience for our members but also enable us to foster stronger relationships within the Kendall community. We are committed to serving our members with the utmost care, professionalism, and dedication."

Coastline invites both existing members and new customers to visit the Kendall Community Centre branch for their banking needs. The Coastline team is excited to extend their support and expertise to help individuals and businesses achieve financial success.

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

**Come along on Thursday 6th July to
celebrate the GRAND OPENING!!**

**There will also be a very special
PRESENTATION to Dr Goetz Richter AM,
of the Kendall National Violin
Competition and a SURPRISE
for all new Coastline customers!**



Kendall Branch Opening Hours

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

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



KENDALL COMMUNITY CENTRE



... the hub of Kendall ...

19 Comboyne Street, Kendall

Phone: 02 6559 0055

Email: kendallctc@bigpond.com

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

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

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



Australian Government
Services Australia

- **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** - every day
- Hall and meeting room hire
- **Wi-Fi Facilities**
 - ◆ 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 kendallctc@bigpond.com to join.

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

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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.

News from the Kendall National Violin Competition

Kendall's School of Arts was a buzz with music in June.

On June 4, the Kendall National Violin Competition presented its PhiloMusica concert, featuring the brilliant violinist David Carreon and students from the Sydney Conservatorium. Twice a finalist in the National Violin Competition, David is well known and much loved by Kendall audiences. He was joined in his performance by two emerging artists from the Sydney Conservatorium, Justin Chen (viola) and Joanne Hwang (cello).

Supported wonderfully by pianist Jeanell Carrigan, these stellar young musicians, delighted a substantial and enthusiastic audience. Goetz Richter joined the three young musicians for a performance of Schubert's quartet in a Minor D 804.

Sunday, June 25 featured the inaugural Australian Strings Association (AUSTA) mid North Coast performance Festival at the Kendall School of Arts. Around twenty young string players from the Camden Haven and Hastings area came together to perform for peers, family and Kendall National Violin Competition Artistic Director and Sydney Conservatorium Professor Goetz Richter.

The event supports local talent and teachers and seeks to develop music in the area. Pianist Lydia Wills helped to make all performances a great success and Port Macquarie Violin teachers Natasha Ivanovic (Committee member, Austa NSW) and Lesley Priest (Committee member, Kendall National Violin Competition) were there to support the young musicians and help with organisation. It was a wonderful and inspiring day for the young musicians and their families.



KENDALL NATIONAL VIOLIN COMPETITION

7 Rules of Life

1. Make peace with your past so it won't disturb your present.
2. What other people think of you is none of your business.
3. Time heals almost everything – give it time.
4. No one is in charge of your happiness, except you.
5. Don't compare your life to others and don't judge them – you have no idea what their journey is all about.
6. Stop thinking too much. It's alright not to know the answers.
7. Smile. You don't own all the problems in the world.



Photo above: excited young string players from the Junior section with performance reports and trophies, Natasha Ivanovic (left) and Goetz Richter (right).

Photo below: Senior section with performance reports and trophies, Natasha Ivanovic (left), Lesley Priest (right).



The next Kendall National Violin Competition PhiloMusica Concert is on August 6. Further details available very soon on the competition's website. (www.kendallviolin.org.au)

KENDALL COMMUNITY OP - SHOP

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





TAX HELP COMING TO KENDALL COMMUNITY CENTRE

What is the Tax Help program?

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

Tax Help is a community of volunteers who provide expertise and advice for those trying to complete their tax returns themselves.

The volunteers don't actually work for the ATO, but are given full training and support.

Tax Help is designed especially to help people on low incomes (less than \$60,000 for the year) or people who would describe themselves as:

- ✓ Seniors
- ✓ Students
- ✓ People from non-English speaking backgrounds
- ✓ People with a disability
- ✓ Aboriginal people and Torres Strait Islanders

Tax Help starts at Kendall Community Centre from Monday 24th July 2023 from 9:30am until the end of October

Appointments must be made so please phone Kendall Community Centre on 6559 0055 Monday to Friday 9:00am to 1:00pm to make an appointment.

A little girl was watching her mother doing the washing up when she suddenly realised her mum had several strands of white hair. "Mum, why has some of your hair gone white?" "Well, see, every time you are naughty a bit more of my hair turns white".

There was a short pause, as the little girl thought this one through. Then she said... "OK, How come all of Grandma's hair is all white?"

KENDALL-KEW COMMUNITY NETWORK



Items discussed at the recent meeting held on Thursday 15th June at Kendall S&C Club:

- ◆ **Rubbish removal** – Correspondence with Council June 9 not responded to. No rubbish removed, now largely overgrown.
 - ◆ **Miss Nellies drain** – A proposed quote to attend to the problem of \$10,000 rejected by council. A local engineer will inspect and report to the next meeting.
 - ◆ **Skate Park** – still in the PMH Council hands re community feedback.
 - ◆ **Logans Crossing Bridge** – Work has commenced. Pilings may be finished. Hoping for completion in October.
 - ◆ **Kew/Kendall pathway** – A meeting I scheduled to work with PMH Council re confirmation of Draft Budget including the design. Community consultation to be pursued by Chair Theo. There is recognition for the engineering problems associated with this project.
 - ◆ **CCAT Meetings** - Chair Theo has had no call back from Hayley for his request. The CCAT Zoom meeting scheduled for last night was cancelled. Next meeting June 28th.
 - ◆ **Kendall Heritage Society** - Betty Boyd reported on the demise of the Society.
 - ◆ **Mountain Bike Trail** - Jason and Chris will give a report at the next meeting on the project to have a Mountain Bike Trail in the local forest.
 - ◆ **Kew upgrade works** – Chair Theo has a proposal for a celebration around the completion of Kew roundabout renovations. He called for volunteers to co-ordinate this.
 - ◆ **Kew Roundabout off the M1** - The danger of the south highway exit roundabout was discussed. A proposal for an assembly of locals with a television station exposure of the problem was aired. Barry Barr believes a slower exit speed is needed and a longer approach for the layby itself. The next accident will be the trigger for this community action.
 - ◆ **Delegates representing KKCEN** - Three people are required to become the official delegates from this committee to take specific issues to the council. A letterhead for this committee has been designed.
 - ◆ **Local Brochure** - The next agenda will discuss a brochure to publicise this group. The website was discussed, knowing the importance of social media for communication.
- The next meeting will be held in Kendall Servicemen and Citizen's Club Thursday 10th August at 5.30pm.**

MID COAST GARAGES & SHEDS

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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 especially newcomers to the club. John proposed that the club's account at the Bendigo bank be closed, and the funds be transferred to the new Coastline Credit Union account. The motion was seconded by Richard Cullen. A vote was taken, and it was unanimously agreed.

Some giveaway seedlings were available – silver beet and leeks. John showed us a hoyia cutting that had been planted upside down causing the new growth to grow out of the bottom of the pot. The use of copper bands on plants to protect them was discussed.

This month Elke Knebel spoke to us about soil health. Elke was involved in setting up the Kendall Community Garden and she studied horticulture. Elke explained about the composition of the soil and how it needs both water and air as well as nutrients for plants to survive.

The type of soil has to be suitable for the plant e.g., sandy, loam or clay. Generally, both sandy and clay soils need an abundance of organic matter added to them. Need to avoid compaction and mulch, mulch, mulch! Check what pH your soil is.

Most Aussie soils are acidic and may need the addition of chemicals to adjust it. However, some plants prefer an acidic soil, so check what you want to grow. Manure and cover crops are good ways of adding nutrients and microbial matter to the soil. A number of questions were asked and answered.

John thanked Elke for her presentation and presented her with a certificate. The raffle was drawn, and five lucky winners claimed their prizes.

Our next meeting is our 19th Birthday Party and there will be a short talk on the benefits of crop rotation. Please bring along some tasty treats to share and there will be some lucky door prizes. **Next meeting will be on 17th July 2023.**



Guest Speaker Elke Knebel explaining about the need to ensure air and water can get to the roots of your plants.

IKEW VISITOR INFORMATION CENTRE

VOLUNTEERS required for the Driver Reviver during the School Holidays

9:30am to 12:30pm

or 12:30pm to 3:30pm

7 days a week

Call in at the Centre and collect a Volunteer Form.



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).
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0439 182 349



Kendall Community Boat Shed

On 23rd May seventeen paddlers arrived at the picturesque Reflections Caravan Park in Red Rock, just north of Coffs Harbour, for a three day "away" paddle.

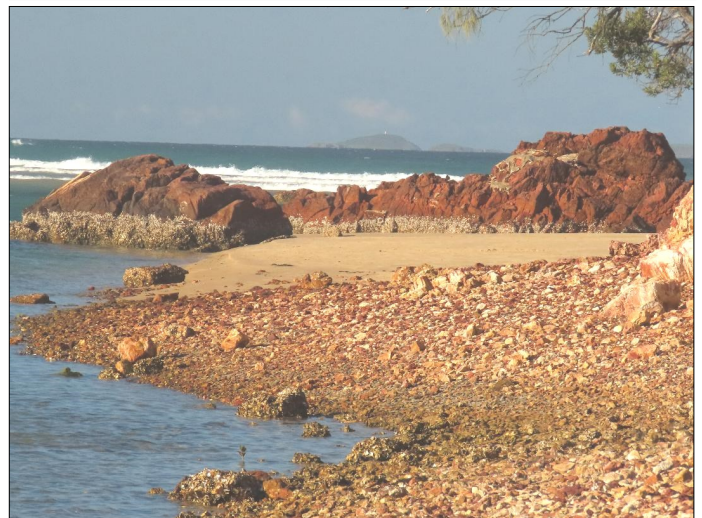
After setting up tents and caravans that day the paddlers gathered for dinner in the camp kitchen for a fun first night.

The following morning, we set off from the Park and went up Salt Creek with the tide. Dodging jumping fish and in perfect sunny, windless conditions it made for a very pretty paddle. All up we paddled 5 or 6 kms each way, with a stop for morning tea on the water. The sights included colourful sand banks, kingfishers and osprey, along with a good variety of vegetation. An afternoon walk let us explore the area a little further and stretch out the legs!

Dinner that night at the Amble Inn Hotel in Corindi (free shuttle bus both ways) provided not only delicious fresh Jewfish on the menu, but also a trivia night with hearty competition between our two teams. A fun night.

The next day we paddled up Corindi Creek noting (for future paddles), an unexpectedly inviting spot on the banks for morning tea, about 40 minutes into the paddle. That afternoon, we walked round the headland, finding the red rocks for which the area is named, on pretty little beaches and spectacular river formations. Dinner that night was just a stroll away at the bowling club.

The verdict was a good "away" paddle, enjoyed by all.



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

- VOLUNTEERS WANTED -

Volunteers are needed for **REGULAR** work at **The Meeting Place Café on Thursdays.**



Please ring 6559 0055 or drop into the Kendall Community Centre

on Thursdays to meet the Café crew.

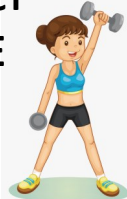
Come on ... It's lots of fun!

Need a Justice of the Peace?

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

LOW IMPACT EXERCISE

Combining strength & balance



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

Contact Sue on 0458 601 616

LINEDANCING

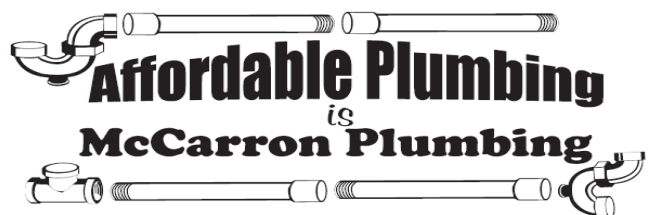
Classes are on **MONDAYS ***

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.**

Kendall Music Exchange



**TWO FABULOUS ACTS IN ONE NIGHT!
THE FABULOUS ' AT LAST'
&
GUITARIST HARMONICA SINGER
LINDSAY JORDON**



WHEN: FRIDAY 7th July 2023

WHERE: KENDALL COMMUNITY HALL, Comboyne Street, Kendall

DOORS OPEN AT 6.30 pm - SHOW STARTS AT 7.00pm

with our ever popular Open Mic, so come along and strut your stuff in this friendly safe, community event.
Entry \$5.00 - Light supper supplied, but feel free to show off your culinary skills & bring a share plate of cold finger food.

WHAT'S ON IN LORNE ...

AGM for Lorne Recreation Centre

at 941 Stewarts River Road

The Annual General Meeting will be held at the hall
on Thursday 27th July at 6pm.

Community input is welcome so bring all your ideas & get
involved in our lovely Lorne Valley lifestyle.

Everyone is welcome.

*How come "You're a peach" is a compliment ...
but "You're bananas" is an insult?
Why are we allowing fruit discrimination to tear society apart?*

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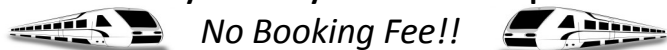


**KENDALL CRAFT
CO-OPERATIVE LTD**
Railway Street, Kendall
Open every day - 10am to 3pm
Find us on FACEBOOK
Telephone: 6559 4644

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



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*

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**Please keep them coming - we always have
space for them!**

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- ☞ Closed Wed & Thurs
- ☞ Phone 6559 0085



RIDING FOR THE DISABLED KENDALL

Riding for the Disabled at Kendall has had an extremely busy couple of terms!

All our Riders have settled in and totally enjoying themselves, the school children certainly keep us on our toes, but they are an absolute joy to watch in the Arena while they are having their lesson on their favourite horse.

Now with the School Holidays upon us, we will resume riding on the Tuesday 18th and Wednesday 19th July, goodness how this year is flying.

All our horses still go through their training with our coach and some qualified volunteers on our break time just to keep the horses in condition.

We will be holding a Winter Warmers Raffle outside Coles at Laurieton on July 3rd.

Fundraising: If anyone in the Community would like to assist us, Essential Energy have Community Choices opening on the 3rd July and closing on the 17th July.

You just need to go into the website, choose Zone 19 and vote for the Riding for the Disabled. Voting can be done every hour, the more votes the more funding RDA will receive!

We would love to welcome anyone interested in volunteering and assisting with our classes, please phone:

Jenny McGregor - President - 0450 798 874.



A couple of our Riders are quite independent and can ride with the support of a side walker.

CLOWN WANTED for fun & silly games for both children & adults

At Kendall Community Hall, 5-6:30pm in October.

Please call Maggie for more info on 0420 314 837.



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



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PRINCIPAL Glen Stevens B.Ec LLB

Consultations by appointment
Kendall Community Centre

0497 281 403

admin@pmqlaw.com.au

www.pmqlaw.com.au

- 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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Phone : 02 6559 0201

Open 7 Days



'Duo Blockstix' Bring World Premiere Work to Kendall ...



Alicia Crossley and Joshua Hill of Duo Blockstix.

Following a successful 2022 tour with Andrew Blanch and Emily Granger, Music in the Regions will return to the Mid-North Coast as part of their Winter Tours, featuring the vibrant Duo Blockstix.

Comprising of Alicia Crossley on recorder and Joshua Hill on percussion, Duo Blockstix will perform the world premiere of a new work by Anne Boyd as part of their *Sylvan Soundscapes* program. Exploring themes of love, reflection, magic, and even pencils, audiences will be captivated by this duo's unique pairing.

Music in the Regions General Manager and Producer, Ian Whitney, said: "Alicia has made me think of the recorder in new and exciting ways, and this duo with Joshua is such a unique exploration of these instruments. It's great to be coming back to the Mid-North. I'm looking forward to seeing our audiences again; and also meeting new community presenter partners and returning to

some familiar faces."

Alicia Crossley of Duo Blockstix said: "Recorders and percussion instruments are some of the most familiar instruments to audiences, with many people having had their first music education experiences with these instruments. However, audiences rarely get to see these instruments performing together on the concert hall stage. Our concerts will present virtuosic works for recorder and percussion from across the ages, from 12th Century minstrel music to a freshly composed work by Australian composer Anne Boyd, so new, the ink is still drying on the score. We look forward to meeting all the classical music lovers on this tour and sharing this wonderful repertoire with audiences."

Forming in 2014 Duo Blockstix share a love for contemporary music and have performed in concerts and festivals around Australia. The duo perform repertoire spanning 800 years, presenting innovative new works and captivating

soundscapes alongside traditional masterpieces.

Duo Blockstix are also passionate supporters of Australian music and strive to collaborate with Australian composers to encourage the creation of inspired, conceptual, and virtuosic new compositions.

Duo Blockstix will perform *Sylvan Soundscapes* at: KENDALL: 7pm, Thursday, 3 August at Kendall Community Centre.

For more information and to book tickets please visit www.musicintheregions.com Tickets are FREE for under 18s.

Local Kew Resident launches his new book - "Life After Death - Answers and New Insights"

Book signing at Kendall by author 29th July 2023

Miss Nellies Café at Kendall will host internationally published author Dr Stephen Treloar for his newly released non-fiction book "Life After Death - Answers and New Insight" on **Saturday, 29th July 2023, from 10 am to 12 noon.**

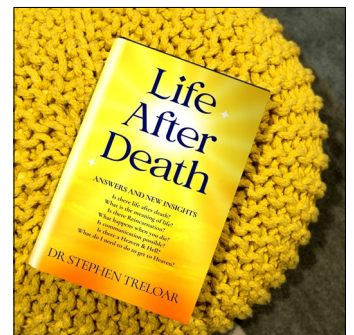
He will sign copies of his book and answer questions on this fascinating subject area. Join us for a cup of coffee and a leisurely chat.

The book contains 10 chapters, including Life After Death, the Meaning of Life, Reincarnation, Near Death Experiences, Grief & Grieving, What Happens when you die, Communication with the Afterlife, and Heaven & Hell. The author is independent and objective in his writing and is not associated with faith or religion.

About Dr Stephen Treloar:

The author, a semi-retired academic, has devoted the past fifty years to researching, exploring, and questioning these issues. He now wishes to objectively share his research findings in this book with those seeking answers to these questions.

Part of every dollar received in sales is donated to the International Red Cross as part of their relief programs.



Not the same since Covid?

- Fatigue
- Left-over cough
- Fuzzy head



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Malcolm Fowler - Kendall Herbalist - since 1998



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Phone: (02) 65 594 000



- Amanda Rivers -
0434 908 545

Kendall Community Global Food Garden

Nasturtiums, rosemary and tarragon, featured throughout the Global Food Garden, proliferate on commissioned cakes and degustation plates. Whilst ostensibly providing a feast for the beholder, peppery, floral or anise notes may, respectively, also enhance these dishes on the palette.



Their uses as culinary enhancement notwithstanding, we also have flowers that may improve our health. Certainly, lavender's calming properties have been widely observed, with the tea being touted as having sedative and anti-inflammatory properties. Who knew that feverfew, with a few leaves consumed directly (although bitter) can alleviate migraine pain? Or that tarragon flowers (left) can help aid with excessive flatulence? We are happy to be of service to the good ladies of Kendall and provide some of these whenever they are abundant.

Of course, we must not forget that we are also besotted with our flowers for their beauty and romantic connotations.

The humble violet (right), whilst stunning on the plate and a potential source of inflammation reduction, has a long history as a romantic salve. Heartsease, as violets were known in some parts, were key in both mending a broken heart and as a love charm to capture one. Thanks for the romance violets, we love you right back!



Edible Flowers and their Superpowers

With spring springing relatively soon, it's worth mentioning that impending blooms are all the rage amongst the elite dining set.



Congratulations to these Camden Haven High school students who are also proud junior members of Kendall Tennis Club.

Ashton Holster, Elwood Dollery, Logan Bell, Mitchell Job, Laith Micklesson, Andie Maguire, Juliet Paabo, Hayley Smith, Danielle Noar, Sophie & Ruby Stewart

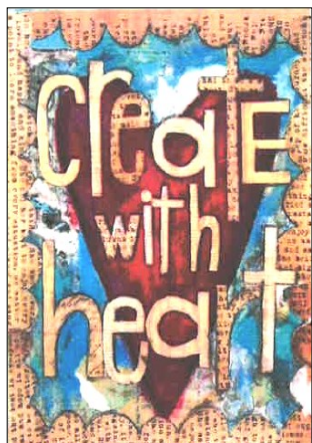


all travelled recently to Grafton to play in the final rounds of the North Coast Stan Jones and Floris Conway tennis team knockouts.

The teams finished 3rd on the North Coast behind two very competitive tennis high schools Toormina and Bonora Point after the boys had a close win over Alstonville High. **Great achievement from such a small town and school.**



ART CAFÉ
2nd Sunday of the month 10am - 12pm
Kendall Community Hall
Next session - 9th July 2023
For more information contact Karina on 0431 772 698



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

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



OPEL TIPPER HAIR

opeltipperhair.com.au

0428 785 588

STYLE COUNTRY HAIRDRESSING

Kerry Tipper

0438 594 459

Find us both at Kendall Community Centre



KENDALL CWA News



KENDALL FRIENDSHIP DAY: The 1st Tuesday of the month is our Friendship Day and this month the ladies brought along and shared some of their favourite books they have enjoyed reading.

The day was very enjoyable and we certainly went home with ideas of a number of books we can add to our reading list.

COMMUNITY STALL: We try and have a stall at the Community Centre on the 4th Thursday of the month. This month in May was another success. We again would like to thank the members of the community who dropped by and visited our stall.

Coming events:

- ✓ Friendship Day 1st Tuesday of Month.
- ✓ CWA Meeting on 3rd Tuesday of Month.

FOR FURTHER INFORMATION RE KENDALL CWA:
Please contact - **NAN BOWMAN – 0400 265 056**

Recipe of the Month ...

Thai Green Curry Meatballs



Ingredients:

- 1 onion, finely chopped
- 750g chicken mince
- 1/2 cup breadcrumbs
- 1 egg
- 1/4 cup coriander leaves, chopped
- 1 & 1/2 tablespoons green curry paste
- 2 tablespoons olive oil

Sauce ingredients:

- 2-3 tablespoons green curry paste
- 1 & 1/2 cups coconut milk
- 4 lime leaves, shredded
- 1 & 1/2 tablespoons fish sauce
- 3 tablespoons sugar
- 1/2 lime, juiced

Method:

Fry the onion in a little oil until soft. Cool then combine with remaining ingredients (except the oil) and roll into balls, around 5cm in circumference. Refrigerate for 20 minutes. Heat more oil in the frying pan and cook meatballs for about 10 minutes.

To make the sauce, simmer curry paste in a pan for one minute. Stir in coconut milk and lime leaves. Cook for four minutes until the sauce boils. Add fish sauce, sugar and meatballs. Cook for six to eight minutes, then add lime juice. Serve with rice, steamed vegetables or a leafy green salad.

A man coughed so violently that his false teeth shot across the room and smashed against the wall.

"Oh, dear," he said, "whatever shall I do? I can't afford a new set."

"Don't worry," said his wife. "I'll get a pair from my friend for you."

The next day his wife came home with the teeth, which fitted perfectly.

"This is wonderful," said the man. "Your friend must be a very good dentist."

"Oh, he's not a dentist," replied the wife, "he's an undertaker."

Kendall Pickleball

- Session Times -

- ✓ **Tuesday: Ladies - 9:00am - 11:00am**
- ✓ **Competition - from 6:00pm**
- ✓ **Friday: 8:30am - 11:30am**
- ✓ **Sunday: 3:00pm - 5:00pm (wintertime)**

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

Kendall Skate Park

Remember to submit your ideas, your children's ideas and register for the planning workshops. Speak up!!



Excerpt from Port Macquarie Hastings Council website
<https://haveyoursay.pmhc.nsw.gov.au/kendall-skate-park>

Laurieton Podiatry

4, 65 Bold Street
Laurieton NSW 2443

(Centrepoint Laurieton)
Level access via the Seymour st entrance opp NRMA

02 6559 9817

We are a locally owned family practice, committed to quality healthcare.

www.laurietonpodiatry.com

pilates

Kendall Community Hall

Monday: 4:30 - 5:30pm
5:40 - 6:40pm

Friday: 9:00 - 10:00am

Ali - 0431 463 461

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.

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 5th July
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 8:30am		Kendall Boat Ramp, Old Bridge Road	Diane 6559 0159.
Kendall CWA	3rd Tuesday	10.00am	War Memorial Rooms	Sue Carter 6556 9677
Kendall Community Op Shop	Monday - Fri day 9am - 4pm; Saturday 9am - 12:30pm			Phone 6559 0084.
Kendall Community Preschool	Monday to Friday	8am to 4pm	19 Railway Street, Kendall	Phone 6559 4555.
Kendall Garden Club	3rd Monday	10.00am	Kendall Community Hall	John Carter - 6556 9677.
Kendall Community Garden	Thursday	10.00am to 12.00md	Kendall Community Centre	Tin Hta Nu - 6559 4834 or 0448 315 169
Kendall Kettles Craft	2nd & 4th Monday	9.00am - 1.00pm	Kendall 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 RSL Sub-Branch	2nd Sunday	10:00am	Kendall S&C Club	Lance Gainey 6559 4478 or 0402 477 390
Kendall Tennis & Pickleball Club	Check out the Club's website for court hire & competition details - https://play.tennis.com.au/kendalltennisclub Phone Wendy on 0419 634 848.			
Line Dancing - Diamonds 'n Denim	every Monday, (not 3rd Monday)	From 11:00am Beginners welcome anytime	Kendall Community Hall	For more information phone Di Andrews 0418 636 278.
Lone Rangers Craft	every Wednesday	10.00am	Lorne Community Hall	Nicole 6556 9773
Lorne Rural Fire Brigade	2nd Monday	7.30pm	Fire Stn Stewarts River Rd	Phone Aaron on 0438 074 828.
Tactile Arts Group at Kendall	Monday to Saturday	9:00am to 3:00pm by arrangement	Kendall Showground	Phone Carol on 0427 625 751
The Meeting Place Café & Market Bazaar	Every Thursday	9.00am - 12.00md	Kendall Community Centre	Phone 6559 0055 for bookings.
Pilates with Ali	Monday Friday	4.30pm - 5.30pm 9.00am - 10.00am	Kendall Community Hall	Ali 0431 463 461

The last word ... "Change is hard at first, messy in the middle, and gorgeous at the end."

Robin Sharma.