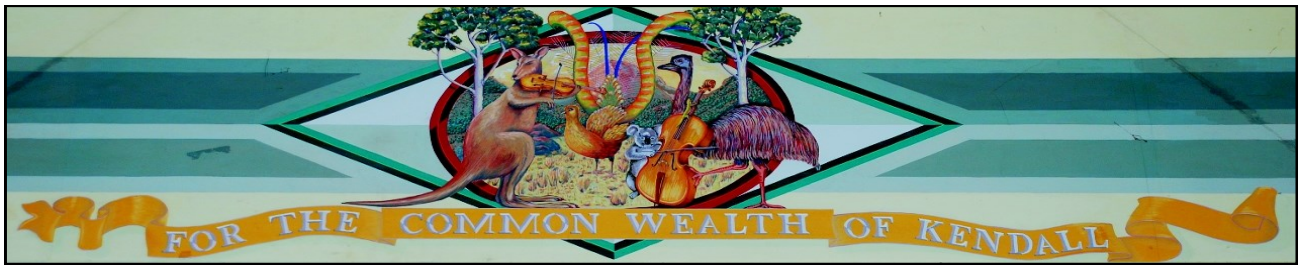


# The Kendall Chronicle



~ 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 08: August 2023

## Coastline supports Kendall National Violin Competition

The Coastline Community Foundation is overjoyed to be Principal Partner of the Kendall National Violin Competition Inc. This elite competition has grown entirely through a community and volunteer effort, and with Coastline's recent branch expansion into Kendall, they have recognised a great opportunity to further invest in the local community.

Goetz Richter, President and Artistic Director of the Kendall National Violin Competition (KNVC) and Associate Professor at the University of Sydney's Conservatorium of Music, was most enthusiastic about welcoming the Coastline Community Foundation as Principal Partner. "This shows visionary support of the community by Coastline and makes a real difference to cultural life and education. A musical culture that is alive and connects people is the lifeblood of our society. We are so grateful for this generous support."

The competition's goal is to expand the way in which their winners are positioned internationally. In 2023, the competition is expanding its performance program in schools, and later in the year will be presenting its annual String Festival in Kendall, which will include masterclasses and performances by international artists as well as performances of the Philo-Musica series.



Left to right: Members of KNVC Committee - Mavis Barnes, Douglas Head, Irene Choo (Coastline staff), Ensi Payne, Jeanell Carrigan, Goetz Richter, Rosemarie Piontek.

To support the competition in its next phase of growth, the Coastline Community Foundation has provided the organisation with \$20,000, to go towards their goal of expansion and to aid in the purchase of the category A prize for the winner of the 23rd violin competition in 2025 - a violin created by Peter Erben, a distinguished violin maker based in Munich.

"We're proud to be supporting this nationally recognised competition and strengthening our ties in the Kendall community," said Peter Townsend, General Manager of Coastline. "We are looking forward to following the journey of our nation's most gifted musicians and rising stars."



### 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](http://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](mailto: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!
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- **Justice of the Peace services** - every day
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  - ◆ 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

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- ◆ **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](http://au.reachout.com)
- ◆ **Headspace** on 1800 650 890
- ◆ **Care Leavers Australasia Network**

**Every blood donation can help save three lives!**



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**Phone - 13 14 95 to make an appointment**

Join the email list to receive the Kendall Chronicle in colour!!  
Please email [kendallctc@bigpond.com](mailto:kendallctc@bigpond.com) to join.

### **The Kendall Chronicle**

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

[kendallctc@bigpond.com](mailto: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

Promote our great Op Shop... tell your family, neighbours, friends, acquaintances of its quality, service and range of items available to the residents and longstanding members of the community. Let's welcome those who are new to Kendall's friendliness by having a chat here or there – it gives a lift and makes everybody feel better.

**Why are Op shops so important? Simple reasons** - A large number of the community programs are funded by the income from Op Shops. They can help people to find low priced items and save money to help them to buy essentials. Buying goods at one's local Op Shop rather than buying new is the best way to reduce human impact on the environment and assist the planet for the future of our children – how good is that!

**Watch out for promotions.**

**There will be a Father's Day, 3rd September, display to celebrate your dad, grand-dad.** Come and browse for a present at low costs.

As **the winter season ends soon**, there might be a sale popping up as well and bargains to be picked up again in the winter clothing or shoes departments, often up to 50 %.

Awaiting customers, there is always a huge selection of **babywear, children's clothes and shoes. Kitchenware** (plastic ware, baking ware/utensils, crockery, cutlery, containers/jugs, mugs/cups, dinner sets, and bowls) might be of assistance when at home trying new recipes to pamper family and friends – it is a satisfying task to be creative, cheer yourself and others up – and as we know, sharing lifts one's spirits.

If you are in need of **wrapping papers for gifts**, a large choice of **stationery items** are on offer to assist you in your home office tasks and in creating beautifully presented gifts.

If you are interested in **games and puzzles** to enjoy time with your friends or family, the Op Shop has plenty to keep you busy during a chilly night.

**Thinking about reorganising your bed linen?** There is plenty of stock in the Manchester section of the shop to help you with this task - throw in a few decorative pillows to give you a new look ready for spring - always a good range available to choose from!

## Volunteers

- ✓ Work as a team in a supportive environment
- ✓ Are accepted for their contribution of talents, skills, efforts, time, experience
- ✓ Assist and support is offered on all tasks at hand

- ✓ Do their best offering their life/work experience
- ✓ Advice is always at hand from the team

## Customers

- ✓ Can enjoy it all as a customer service to the community
- ✓ Support the spirit of the community and feel good - happy shopping!



**Kendall Op Shop has also assisted funding the education of**

**orphaned girls in Myanmar (Burma) since 2016.** There are about 50 girls (all from rural areas) and about 10 older nuns who look after them. The academic year starts in June so the funding from the Op Shop is being used for purchasing stationery and uniforms and food. See photos above.

**The Op Shop supports a new project to get the library repaired and functioning.** The library is around 65km east of Yangon and countless villages in its neighbourhood plan to make good use of it. Locals and retired academics support the project in many ways, trades people give their talents and are repairing the building including supplying shelves. Donations contribute many books that children, youth and the elderly can borrow and read - a path to keeping informed and literate.

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

[www.kendallcommunityopshop.com.au](http://www.kendallcommunityopshop.com.au) or

[www.facebook.com/kendallcommunityopshop](https://www.facebook.com/kendallcommunityopshop)

## 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](http://www.kendallcommunityopshop.com.au)**
- ✓ **Open first Sunday of every month - 9:00am -12:30pm**



## KENDALL MUSIC EXCHANGE

**4 August 2023**



### BLOKES NOTES

*returns to Kendall Music Exchange*

#### LOOK WHO'S BACK!!

Next at Kendall Music Exchange Friday 4<sup>th</sup> August

**Doors open at 6.30pm - Show starts at 7.00pm**

Our regular open mic will be split into 2 parts for the night to accommodate Blokes Notes being able to perform 2 sets of entertainment for you all.

**Feel free to bring a share plate of cold finger food for our very popular supper at half time.**

**Still only a weeny \$5.00 entry**

**Come along and support live music and entertainment in your community. See you all there!**

*Blokes Notes male ensemble and illustrious choir maestro Leanne, are a charitable organisation donating regularly to local Charity Liberty Services women's refuge.*



## TACTILE ARTS GROUP at KENDALL

The members of the Tactile Arts Group are very excited after being successful in applying for an FRRR (Foundation for Rural and Regional Renewal) "Strengthening Regional Communities" grant.

The grant will contribute to the purchase and delivery of a new electric ceramics/pottery kiln. The new kiln will replace our existing kiln which is 21 years old, fragile and inefficient. It will be larger and more fit for our purpose. The kiln should be installed and operating before the end of the year and we'll be looking forward to seeing more amazing and creative clay articles from our members in the future.

**Our studio at the Kendall Show grounds is open on the first Sunday morning of the month.** If you are visiting the Kendall Show Ground markets, we invite you to call into our studio for a chat and see our facilities and some of the creative works in progress.

**New members are always welcome** and membership offers the opportunity to learn and be part of a diverse variety of art-making techniques and activities.

Some of the upcoming members-only activities include a pit-firing of pottery at a member's local property, making a cement chook workshop in August and a hyper tufa garden pot class in September. Other workshops that will be open to community involvement are being planned so keep an eye open for further news.

You can keep up to date with TAG members' activity and crafty pursuits on our new Instagram account at [#tactileartsgroup](https://www.instagram.com/tactileartsgroup).

**FOR FURTHER INFORMATION ABOUT TAG - Phone: Carol 0427 625 751 or Email [tagatkendall@gmail.com](mailto:tagatkendall@gmail.com)**

*A Texan farmer goes to Australia for a vacation. There he meets a farmer and gets talking. The Aussie shows off his big wheat paddock and the Texan says: "Oh! We have wheat fields that are at least twice as large."  
Then they walk around the farm a little and the Aussie shows off his mob of cattle. The Texan immediately says: "We have long-horns that are at least twice as large as your cows."  
The conversation has, meanwhile, almost died when the Texan sees a mob of kangaroos bounding through the paddock. He asks: "And what are those?"  
The Aussie, fed up with the bragging, asks with an incredulous look: "Don't you have any grasshoppers in Texas?"*

# MID COAST GARAGES & SHEDS

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## QUALITY STEEL BUILDINGS



# Kendall District Garden Club News

by Jim Leewin

(Patrons: Christine and Richard Cullen)

What a great turnout we had for our 19th birthday party. A rough estimate of 40 to 50 people attended.

John welcomed everyone and summarised the meetings that we have had in the past year including two excursions to the tee tree plantation and SOHIP market gardeners.

As this was our AGM, members were invited to apply for the various executive positions. Elizabeth Versluis was welcomed as our new morning tea co-ordinator while the remaining positions were retained by the current incumbents.

Some garden issues were discussed with Doug asking about the yellowing of leaves on a rose and a couple of gum trees. How do agaves flower was also asked. They have to be about 10 years old to flower.

A short talk on crop rotation was given by Don McLachlan, an agricultural teacher at the Camden Haven High School. He explained how the students use about five different garden plots to rotate through the various crops. Seasons and plants are limited to those that will grow and mature during the school year. More students are taking an interest in growing plants and handling animals at the school farm. Numerous questions were asked showing a keen interest in how the process operated. John thanked Don for his interesting talk.

**We then had a huge morning tea to celebrate our 19th birthday.** See photo on right. Thanks to all those who brought along some treats and to Elisabeth for arranging such a tempting table. A large selection of lucky door prizes was also available.

Next month Brian Roach will be speaking on natives that grow in our area. Doug will arrange for a catalogue of plants to be forwarded prior to the meeting.

**Next meeting will be on 21st August 2023.**

**Comedian Carl Barron** says: "I reckon the Australian language is a nationally smart-a\*\* language. You ask someone how they are in Australia, they don't tell you how they are, they tell you how they're not, and you gotta guess the rest."

G'day mate, how are ya goin'? ... Not bad.

What have you been up to? ... Not much.

How much was that? ... Oh, wasn't cheap.

Where is this place? ... Oh it's not far.

When are we going? ... Not long now.



Guest Speaker Don McLachlan, an agricultural teacher at the Camden Haven High School.



You can come and see

## Peggy Landon

at the

### Camden Haven Osteopathic Centre

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# Kendall Community Boat Shed

The Kendall Community Boatshed paddlers kept their monthly paddle very local for July, choosing to explore Mirror Bay, and its surrounds, at Queens Lake near Laurieton.

Thirteen paddlers launched from a very muddy bank on Saturday 15th under clear and sunny skies – some almost needing a change of clothes before we got underway. As our paddle leaders for the day had been “volunteered” rather late in proceedings, the route was determined “on the go” with various maps (both digital and paper) being consulted.

After failing to locate a certain passage through a large

island and instead finding ourselves in shallow waters, we headed for the safer channel of the local sailing club and pulled up there for morning tea.

On the way, it was good to see quite a large group of black swans as well as much evidence of stingrays having sun baked in the shallows.

After morning tea, we followed the shoreline for a gentle paddle back to the launch point. The muddy bank was even more challenging on our return due to the out-going tide, with some paddlers opting to exit directly from their craft onto a small jetty – with quite a bit of help from their friends! The rest of us and our craft were spattered, to varying degrees, in sulphurous river mud.

We enjoyed lunch out in the sun at the Royal Pub at Kew where we were able to say farewell to Noni and Graham King who plan to hang up their kayak paddles but hopefully will stay as social members.



## Koalas Workshop

### Calling All Private Landholders

Come and join Hastings Landcare on Saturday 5<sup>th</sup> August 2023 at Lorne for a Koala Workshop. The day will include discussion on how traditional ecological knowledge informs conservation, identifying koala on your property, drone monitoring techniques and on-ground works that can improve koala habitat. The day will be hosted by Hastings Landcare, Guulagu Koala Custodians, Koala Conservation Australia, and Trackz Drones. This project received grant funding from the Australian Government.

The day will include:

- **Traditional Ecological Knowledge**- how listening to the sounds and language on country can give insight into conservation
- **Are koala using your property?**- Learn techniques you can use on you own property to detect koala activity.
- **Property Management**- Examples of how landholders improve their land to better support both wildlife and stock.
- **Drone Monitoring** - Learn about the latest drone monitoring technology including hyperspectral imaging.

**Date:** Saturday 5<sup>th</sup> August 2023

**Time:** 8:30am to 1pm

**Venue:** Lorne Recreation Centre

**Catering:** Morning tea and lunch provided. Gluten free and vegetarian option available

**Register** - <https://www.eventbrite.com.au/e/koala-workshop-tickets-674932339797?aff=oddttdcreator>

## - 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!**

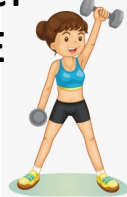


## Need a Justice of the Peace?

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

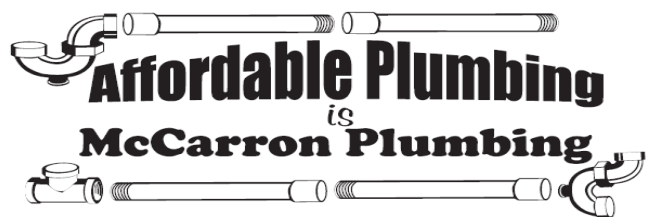
Classes are on MONDAYS \*

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

Contact Di Andrews 0418 636 278  
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[www.didenim.com](http://www.didenim.com)

\* not 3rd Mon of month



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# News from the Kendall National Violin Competition

On Sunday 6th August 6 at 2:00pm at the School of Arts Hall, Kendall welcomes back the beautiful young violinist Jessica Ma, prize-winner of the Kendall National Violin competition in March 2023.

Jessica has already been successful in a number of national and international violin competitions and will visit Kendall to perform together with pianist Jeanell Carrigan and her teacher, violinist Goetz Richter. Their program will include works by Bach, Brahms, Kreisler and Shostakovitch.

As part of the Kendall National Violin Competition's Philo-Musica series, the theme for the concert, Music and Dialogue, is introduced in a philosophical pre-concert talk at 1:00pm by Goetz Richter. Dialogue is important for our life and society. Music can show us on many levels how dialogue is genuinely constituted and progressed. The talk explores music and dialogue through a discussion of listening, independent and harmonious voice, search and affirmation and individuality and community.

The concert program at 2:00pm searches for an intuitive manifestation of these abstract ideas. Attendance at the pre-concert talk is free with a concert ticket and listeners are invited to simply enjoy a wonderful afternoon of music if they wish.



**Jessica Ma, prize-winner of the 2023 Kendall National Violin competition.**

To book tickets please use this link <https://events.humanitix.com/kendall-philomusica-august-6-2023> or phone Mavis Barnes (02) 6559 4339 or email [mavis.barnes@bigpond.com](mailto:mavis.barnes@bigpond.com)

**All profits from the performance will benefit the Kendall National Violin Competition.**

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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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nellies*



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## RIDING FOR THE DISABLED KENDALL

Kendall RDA are back for Term 3. All our lessons are running smoothly with the school children gaining more and more confidence each week and thoroughly enjoying their time with the horses. All our riders were extremely excited to get back after the holidays.

If anyone is interested, we do have some vacancies on our Riding days, which are Tuesday and Wednesday mornings.

**We are still looking for volunteers** who would be willing to assist with both horse and our riders, full training will be given, or even if someone is available to do a PM feed for our horses. Please let us know if you think you may be interested!

**Winter Warmers Raffle Results** – 1<sup>st</sup> prize ticket no. 800 Phillip Duncum, 2<sup>nd</sup> prize ticket no. 634 Carol Hayes, 3<sup>rd</sup> prize ticket no. 785 Bruce, 4<sup>th</sup> prize ticket no. 653 Jackie Laing, 5<sup>th</sup> prize ticket no. 318 Ellie Riskey.

Thank you everyone for your support, especially our local community member who supplied the timber for the raffle, we greatly appreciate your support.



**1<sup>st</sup> August is officially Horses Birthday, so Happy Birthday to our wonderful horses** – Robbie 11, Honey 12, Ari 18, Ruby Comet 18 ... they will be getting a special treat!

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

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

Enquiries: Alan - 0419 370 076

or

Theo - 0438 358 057



## - FIRE INFORMATION -

**EMERGENCY** Dial 000  
**RURAL FIRES - for information** 1300 643 262

### LORNE BRIGADE:

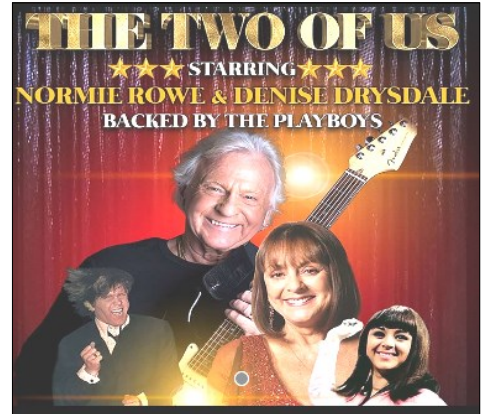
Captain:	Aaron Sanders	0438 074 828
President:	Graham Nosworthy	0419 702 993
Secretary:	John Carter	6556 9677
Permit Officers:	Graham	0419 702 993
	Mike	6556 9652
	Craig	6559 0245

### CAMDEN HAVEN BRIGADE:

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

Our next raffle will be 3<sup>rd</sup> September, for Father's Day, tickets will be available at the Kendall Community Centre or ring Jenny. Prizes supplied by LUSC.

**First Prize** for this will be tickets for 2 to attend "The Two of Us" at the LUSC on 15th September.



**Second Prize** will be dinner for 2 at the Fairways Bistro.

All our raffles are extremely important to continue, especially with the rising costs to keep up with expenses of feeding our horses when there is very little feed on the ground. So, every bit helps us to survive!

If anyone would like some more information, please contact Jenny McGregor (President) on 0450 798 874.

## Laurieton Footwear

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# Understanding LONG COVID

According to information accessed from the government site, Health Direct, "most people with COVID-19 will recover completely within a few weeks. However, some people may keep experiencing symptoms for several weeks or months after their infection."

People who have a longer recovery period can experience:

- ◆ ongoing symptoms in the medium term (from 4 to 12 weeks from first getting COVID-19);
- ◆ longer term symptoms (from 12 weeks or more from first getting COVID-19). This is called 'long COVID' or post COVID-19 condition.

Long COVID can affect nearly all parts of the body with multiple and varied symptoms. These symptoms can be persistent, but come and go over time and have a negative impact on daily life.

These symptoms can include:

- ◆ extreme fatigue (tiredness)
- ◆ shortness of breath, heart palpitations, chest pain or tightness
- ◆ cough
- ◆ hoarse voice
- ◆ problems with memory and concentration
- ◆ changes to taste and smell
- ◆ joint and muscle pain
- ◆ problems sleeping
- ◆ numbness or pins and needles
- ◆ changes in mood (anxiety, depression or stress)
- ◆ heart pounding or racing or heart palpitations
- ◆ joint pain
- ◆ muscle pain
- ◆ rash
- ◆ low-grade fever
- ◆ reduced appetite and weight loss
- ◆ difficulty going about everyday activities, such as work or chores

Long COVID can also show up as new chronic conditions, such as heart disease, diabetes, kidney disease and neurological conditions.

**It's important that you discuss any concerns you have with your doctor."**

Long COVID is a new condition and health experts are still learning about it.



For more information have a look at the website ...

[www.healthdirect.gov.au/covid-19/post-covid-symptoms-long-covid#long](http://www.healthdirect.gov.au/covid-19/post-covid-symptoms-long-covid#long)

## TAX HELP at 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.

**Tax Help starts at Kendall Community Centre  
from July 2023 until the end of October 2023**

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

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## 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



- Amanda Rivers -  
0434 908 545

# Kendall Community Global Food Garden

## Winter Veg and Davidson's Pledge

Lady Winter has well and truly arrived at the Community Centre's Global Food Garden.

With morning frosts and mists descended from her frigid bosom, we are at once mournful and hopeful at the sight of Winter's majesty. We lament the loss of so many delicious sun-loving superstars and even the microbes in the compost find themselves in an unproductive fugue. Our optimism, however, remains as we observe good growth in rhubarb, lettuce and allium varieties.



The **coriander** (pictured left) has been prolific throughout the cooler months and a delightful garnish for red curry pumpkin soup- truly a warming bowl.

WHAT HAS FOUR LETTERS, OCCASIONALLY HAS TWELVE LETTERS, ALWAYS HAS SIX LETTERS, BUT NEVER HAS FIVE LETTERS.

The **Davidson's plum** (pictured right) has begun to flower, the blooms bringing with them the promise of future sweetness. This curious native flowers and fruits directly from the trunk and produces a very sour fruit, perfect for jam, sauce or even ice cream.



Please feel free to come and learn more about the wide variety of interesting and tasty produce grown in the Community Centre's **Global**

**Food Garden on Thursday mornings from around 9am.** If you don't mind getting your hands dirty, all the better!

## Are your Medicare details up to date?

**Services Australia boss Hank Jongen has advised Australians to make sure your bank details with Medicare are up to date.** "Right now, there's \$200 million of outstanding Medicare rebates owing to people that we simply can't pay because we don't have their bank account details."

**He says all Australians should check that their bank account details on myGov and in the Medicare app are correct.**

This may seem obvious, but if you haven't told Medicare about your new bank details, they aren't able to pay you the benefits you're owed, Mr Jongen said, adding that the easiest way to update your bank details is online through your Medicare account linked to myGov, or in the Express Plus Medicare app.

**Here's how.** On a computer, go to myGov and sign in. If you're using the app, open it and enter your myGov PIN. Then select 'View' and edit your details. If you need to make changes to your bank details, select 'Edit' next to 'Bank details'. Be sure to sign out to ensure your privacy and security.

"Once you've given your new bank details, any refunds you're owed will be paid to you automatically," Mr Jongen said.

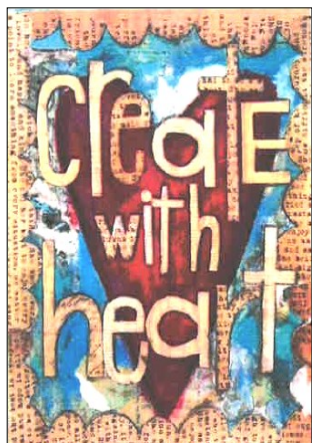


### This month's SUDOKU is for GURUS!!!!

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

## ART CAFÉ

2nd Sunday of the month 10am - 12pm  
Kendall Community Hall  
Next session -  
**13th August 2023**  
For more information  
contact Karina  
on 0431 772 698



## OPEL TIPPER HAIR

[opeltipperhair.com.au](http://opeltipperhair.com.au)

0428 785 588

## STYLE COUNTRY HAIRDRESSING



Kerry Tipper  
0438 594 459



Find us both at Kendall Community Centre





## KENDALL CWA News



On 29<sup>th</sup> June we attended the group CWA Agriculture and Environment Day at Club Forster in Forster. This day was well attended.

### This year the CWA have chosen The Hemp Plant and Native Bees as our subject for study.

We had two guest speakers who spoke on these subjects. **HEMP** – We had a talk on the benefits of the Hemp plant. Hemp has been an important source of food for thousands of years. Hemp seeds can be eaten whole, pressed into edible oil or ground. Body and Hair products are made from this plant. Hemp has antioxidant, regenerative, anti-bacterial and anti-inflammatory properties. The Industrial Hemp fibres are used in manufacturing of clothing and all sorts of products. **NATIVE BEES** – Our second speaker was Graeme Rose. Graeme spoke on the keeping of Native Bees. This was another really knowledgeable and fascinating talk.

**As you can see the CWA is not only about making scones.** The day finished with the last few hours learning some new needle work activities provided by the group Handicraft Officer and her assistants. It was a wonderful day meeting up with many of our fellow members from our other group branches..

### KENDALL CWA SOCIAL DAY:

This month we had the privilege of hearing from a volunteer from Community@3. Tin Hta Nu Oxenford, a volunteer at Community@3, also is a

valued member of our Kendall CWA branch. Tin spoke about the Community@3 and what assistance they have been able to offer the homeless in our Camden Haven Area. Tin also brought along her famous fried rice to share with the members for lunch.

FOR FURTHER INFORMATION ON THE KENDALL CWA BRANCH  
**NAN BOWMAN - 0400 265 056.**



## Tin's Outstanding Achievement!

On Wednesday 12<sup>th</sup> July the NSW Humanitarian Awards Ceremony to celebrate Refugee Week, was held at NSW Government House and Kendall resident and hardworking volunteer, Tin Hta Nu, was awarded the NSW Humanitarian Award 2023 for Outstanding Achievement for Rural and Regional category. The ceremony was hosted by STARTTS (Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) Patron, Her Excellency The Honourable Margaret Beazley AC QC, Governor of New South Wales who presented the Awards.

Tin was nominated by the Mid North Coast Refugee Support Group for her work concerning refugees in our local region. Refugee Week is Australia's peak annual activity to promote greater awareness of refugees, the issues they face and the contributions refugees are making to the Australian community

Every year STARTTS holds the Humanitarian Awards to acknowledge and thank those people who have made an exceptional positive contribution towards refugee issues in NSW. Individuals and organisations in various fields who are doing outstanding work to support refugees are eligible for the Awards. **Congratulations, Tin!**



**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.

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(Centrepoint Laurieton)  
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**02 6559 9817**

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[www.laurietonpodiatry.com](http://www.laurietonpodiatry.com)



**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](mailto: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 2nd August
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.
Coastal Zen Yoga	Monday Wednesday	6:45pm - 7:45pm 4:00-5:00pm	Kendall Community Hall	Amanda Rivers - 0434 908 545
Dru Yoga @ Kendall	every Friday	9:00am - 10:30am	Kendall War Memorial Hall	Contact Carol on 0427 525 751
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 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 S & C Club	Contact Sue Ward on 6559 0046.
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	<a href="mailto:kendallmusicexchange0@gmail.com">kendallmusicexchange0@gmail.com</a>
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 - <a href="https://play.tennis.com.au/kendalltennisclub">https://play.tennis.com.au/kendalltennisclub</a> 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 ...*

*"Action is the foundation to all success."*

**Pablo Picasso.**