

# the Kendall Chronicle

Your Community Newspaper



**FREE & Independent**  
Volume 22: Issue 4 April 2025

## 23rd Finals of the Kendall National Violin Competition Results

The 23rd Kendall National Violin Competition was held on Saturday and Sunday March 1<sup>st</sup> and 2<sup>nd</sup> in the Kendall School of Arts Hall, which was the perfect setting for this important and national competition. The violinists in Category B were supported by either Dono Ng or Alexander Yau, both brilliant pianists, who played the difficult programs with ease. The Category A competitors were accompanied by the Kendall String Academy, a twelve-piece chamber orchestra for their chosen concertos by Bach concerti and local Camden Haven resident Jeanell Carrigan AM played harpsichord continuo and accompanied their chosen virtuosic works.



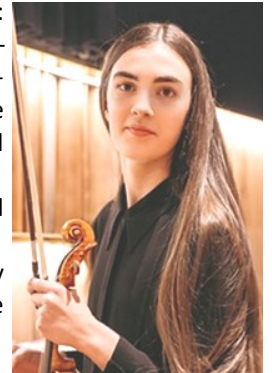
Benjamin Lam

**Winners and prizes of Category B:**  
(Born after 1999 & before 2006) were Benjamin Lam – 1st Prize, Signe Elizabeth Bohn Award – \$10,000;  
Fiona Qiu – 1st Prize, The Joan Levy Award - \$10,000 & Audience Choice - \$1,000;  
Phoebe Fan – 3rd Prize, Peter Lee Award \$3,000;  
Beverly Kwan – 4th Prize, The Carl Pini Award \$2,000  
(no 2nd prize was awarded)



Fiona Qiu

Winners and prizes of Category A: (born after 2006) were Audrey Jarvis – 1st Prize, a concert violin by John Simmers to the value of \$30,000 (The Graham Caldersmith OAM memorial award);  
Connie Liu – 2nd Prize – The Richard Pollett Award \$3,000;  
Lily Song – 3rd Prize, The Joan Levy Award \$2,000 & Audience Prize \$1,000 (supported by Gil Appleton).



Audrey Jarvis

### Have an egg-cellent Easter!



### Liberal Robert Dwyer claims victory in Port Macquarie by-election

Mr Dwyer said that he's honoured to have been elected as the next member for Port Macquarie.

"I'd like to thank our community for their support and for their trust in allowing me to continue Leslie Williams' hard work for our region," Mr Dwyer said.

"I'm joining the NSW Liberals, a team that fights for, and represents all of NSW. I'm determined to get straight to work and deliver funding to upgrade Wrights Road roundabout, improve local healthcare, tackle crime in our community and preserve and enhance our environment."



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Thursday	10:00am - 1:30pm
Friday	10:00am - 2:00pm

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- **BOOKENDS** - 2nd hand books for sale - \$2
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- Photocopy, scan and email your documents
- **Computer assistance** - on Tuesdays with Michael \$20 for one hour.
- Justice of the Peace services - Thursday 9:00-1:00
- **Hall hire**
- Wi-Fi Facilities - Kendall Hub

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KENDALL CHRONICLE  
AT THESE BUSINESSES:**

- |                                     |  |
|-------------------------------------|--|
| ◆ Bookends @ Kendall                | ◆ Kendall S & C Club                   |
| ◆ Camden Haven Neighbourhood Centre | ◆ Kendall Shop                         |
| ◆ Camden Haven Auto Parts           | ◆ Kew Corner Store                     |
| ◆ Camden Haven Tyre and Auto        | ◆ Kew Country Club                     |
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| ◆ Kendall Community Centre          | ◆ Laurieton Library                    |
| ◆ Kendall Craft Shop                | ◆ LUSC                                 |
| ◆ Kendall Op Shop                   | ◆ Miss Nellie's Café                   |
| ◆ Kendall Post Office               | ◆ Monterey Retirement Village, Kendall |
|                                     | ◆ The Meeting Place Café               |

**SHOP LOCAL.  
EAT LOCAL.  
SPEND LOCAL.**

## - Kendall Chronicle -

*Distributed throughout the Camden Haven including Kendall, Kew, and via email.*

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

**[kendallchronicle@outlook.com](mailto:kendallchronicle@outlook.com)** or

**PO Box 14, Kendall 2439**

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# Kendall Community Op Shop News

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

By Helena Kuster

## Make a Note: The 17<sup>th</sup> Grants Presentation Ceremony is to be held on 1<sup>st</sup> May at 6pm at the Kendall Services and Citizens Club.

Daylight saving comes to an end beginning of April and the school holidays are coming up in April too.

**The Op Shop will be closed for  
the Easter weekend, Fri, 18 April – Mon, 21 April inclusive,  
and also for Anzac Day on Friday 25 April.**

**Note that local school uniform clothing items are available  
for FREE at the shop and are displayed with a white FREE tag  
(shoes & hats are excluded).**

**There is usually a display theme at the shop – come in and  
browse or look it up on the Facebook page.**

Planning ahead, save on cost of living, make your dollars go further: there is always some specials or bargains available at the shop. The changeover to the winter clothes is coming up and summer clothes and shoes were on sale at 50 %.

Turn your “not quite right” gifts into someone else’s perfect treasure. Sometimes the gifts we receive aren’t quite right for us or maybe doubled up on something we already have or similar, pass it on. Don’t let unwanted presents gather dust—turn them into someone else’s treasure! Declutter and make space for the things you really want. Regifting isn’t taboo—it’s sustainable! One person’s “hmmm” is another’s must-have!

Do you know the meaning of ‘second Hand’ originated in the middle of the 15<sup>th</sup> century, it came about as an expression of something which came from one hand to another (second) hand and so recycling was created, way back then!

Volunteers can advise you how to donate to assist in the elimination for unnecessary costs such as for removal and transport for unsaleable items which are dirty, stained, ripped, torn etc.

Please, donate what you would pass on to a friend as a gift. There is also a list published of items and goods which can’t be accepted due to health and safety regulations. This list is on the front door of the shop.

The Op Shop’s greatest weekly and annual expense is the cost of the collection of waste disposal bins used for donated goods which can’t be sold. Recently the Op Shop was obliged to change its waste disposal bin to a bigger size to cope with an increase in donation of unsaleable goods.

If you are interested in volunteering and being part of giving back to the community: get an “Expression of Interest” form from the Op Shop at 1a Comboyne St, Kendall NSW 2439 or tel. 6559 0084.

For more information browse  
[www.kendallcommunityopshop.com.au](http://www.kendallcommunityopshop.com.au) and/or visit  
[www.facebook.com/kendallcommunityopshop](https://www.facebook.com/kendallcommunityopshop).

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

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**Kew Corner Store**

# Music in the Garden at Kendall Community Preschool



Please contact Kendall Community Preschool (65594555) or view our website [www.kendallpreschool.org.au](http://www.kendallpreschool.org.au) if you are Interested in enrolling your 3-5 year old child for 2025/2026 in our 'Exceeding' service which offers high quality early education closely connected with nature and the local community.



The talented Young Chamber Orchestra visited Kendall Community Preschool on the 3<sup>rd</sup> March, after competing Individually in the National Violin Competition over the week-end prior. A small group of preschool children and educators thoroughly appreciated the sounds and sights of live classical music in the garden. The orchestra played cellos, violins, violas and a keyboard, instruments new to the 3-5yr old children. The preschoolers enjoyed familiar songs, an interesting musical story about a pet hamster, dancing and watching the speed of fingers on the stringed instruments and keys. A keyboard has since been introduced to the music space for children to explore, after several showed interest in this instrument during the visit.

We look forward to seeing the orchestra return next year, with the plan to host a larger event to promote the appreciation of this style of music in our community by young minds and may-be inspire a few to be musicians themselves.

## A Helping Hand When You Need It Most

Financial difficulties can arise for countless reasons, whether it's an unpaid electricity or phone bill, a small business facing closure, or other unexpected life events. Whatever the cause, financial counsellors approach every situation with understanding and without judgment.



Mid North Coast Financial Counselling are available at **Kendall Community Centre** and **Laurieton Library**, adjacent to the Community Arts Hall.

Best of all, this service is completely **FREE**. If you're feeling the strain of financial challenges, don't hesitate to reach out. Call **1300 662 540**

to make an appointment today. Help is just a phone call away.



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# Kendall Global Community Garden

By Locky Lamondo

## Doom and Gloom and Bloodless Moon Can't Overshadow a Dragons' Bloom

The past month has seen rare astronomical and meteorological phenomena impacting the Global Food Garden. We had a blood moon which actually wasn't very red on the night and some heavy rain for about a week with a wee cyclone to the north bringing the good stuff. It was pleasing that the garden did not suffer significant storm damage and was indeed well watered. Summer may have kept a sting in the tail, which could lengthen our growing season, but may also mean we hold off on planting cooler weather seedlings until the most intense heat passes.

Whilst our friends at the Royal Botanic Garden Sydney may have had a very impressive bloom on display recently, we were equally delighted to see the Global Food Garden's dragonfruit plant blooming in spectacular fashion. Although they were not quite as big, there were no fewer than seven large, white flowers all on display simultaneously at our working bee in late February. It has also been conjectured that our flowers may have smelled much nicer with eau de neutrale being preferable in most commenters' estimation than the smell of rotting flesh. Our dragon flowers were similarly short-lived, with around a 3 day window to enjoy the display.



If you would like to learn more about gardening or are keen to join in the fun, we meet every Thursday morning at around 9am. If you would like to purchase some fresh, organic produce, you might find some seasonal goodies, including dragonfruit, on offer at the community cafe/ market which operates at the same time.

## AN ODE TO THE MEETING PLACE VOLUNTEERS

Thursday dawns at Kendall, there's excitement all around,  
For the market and the meeting place today  
Volunteers with cakes and pastries, for the kitchen are all bound,  
Your masterpieces ready to display.  
All your tried and tested recipes are placed into the car,  
By tired and testy chefs who've cooked all night!  
Heroes of our little township, that's what you people are,  
And your reward is in your customers' delight!

Be it crumble, or the cheesecake, cherry pie, a pav or scone  
Lumberjack, or that sweet vanilla slice  
There'll always be a second choice when our first one is gone,  
And it's no surprise we'll find it just as nice!  
Aprons donned and pencils readied, the coffee's on the brew  
Orders taken and delivered with a smile  
You know, you couldn't ever better this amazing Kendall crew  
Hospitality, best by a country mile!

Then a cry rings through the kitchen, "Get a move on all you slackers!"  
And the volunteers are shaken to the core.  
"That gang's in off the river, (the ones that call themselves kayakers)  
They're here to test your patience, that's for sure!"  
So you come with trepidation, because you know we'll stuff it up  
As we all tramp through the hall to grab a seat  
Then it's .. "Could that one be my coffee? Did I have a mug or cup?"  
And, "I can't remember what I said I'd eat."

But you smile and you deliver, with no hint of frustration,  
And we'll come back again, without a doubt.  
So we thought that we would tell you of our deep appreciation  
For looking after us week in and out.  
For your hard work and your friendship and the coffee and the cake  
You're a bunch of bloody beauties, that is true,  
So for everything you do for us (not the least of which is bake!)  
Thank you from the Kendall Boatshed Crew.

From the Kendall Boatshed Kayakers



## WANTED a home for a quiet Mare.

She would be an ideal companion horse. We are in our 90's and are unable to care for her as we now live in a Retirement Village in Laurieton.

If interested please contact Shirley.  
Phone no. 02 6559 6137 evenings

## Did you know?

You Can't Hum While Holding Your Nose....

# MID COAST GARAGES & SHEDS



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## QUALITY STEEL BUILDINGS

# Kendall District Gardeners Club News

(Patrons Christine & Richard Cullen)

By Doug Pope

## Cowarra Dam Visit

22 people braved the cool and windy southerly that blew up on Monday 17<sup>th</sup> March. However, a very pleasant and informative presentation was given by Julia Cutajar, Port Macquarie Hastings Council's Education Officer for Liveable Communities.

Cowarra Dam at King Creek near Wauchope is an off-creek storage dam and, holding 10 billion litres of water, it is four times the size of Port Macquarie Dam. Building of Cowarra Dam began in 2001 and was opened in 2005. It was built to protect environmental flows of the Hastings River.

A new water treatment plant is to be built as well as a Clear Water Reservoir which will serve as a filtered water storage tank for the whole water supply system. It will be built 1.5 km south of Cowarra Dam and is expected to be completed by 2027. Port Macquarie's water supply system currently supports a population of 86,000 and the new water supply program is being built to support a projected population of 115,000 by 2046.

Some interesting points noted:-

- Because water settles in layers, water quality is improved by Agitation and Aeration. This helps break up and mix the layers of water.
- Cowarra Dam moves about 2mm per year
- By 2028, all water in the Port Macquarie LGA will have filtered water.
- There is one major Pump station located in Port Macquarie and additional pump stations located in the outer areas of the LGA.
- To recognise the engagement with the local Aboriginal community, seven Aboriginal Birpai totems, made of steel cutouts illustrate local Aboriginal totems, along with local artist Peter Allison's steel sculpture "The Drip".

Photo on  
Right—Julie  
Cutajar  
PMHC  
giving  
presentation



The Kendall Chronicle

# A success story of educational support from the Camden Haven

By Tin Hta Nu

In 2005 my husband Ian Oxenford and I built a high school at Kadaw village in Sagiang state, Burma. With the help of our friends in Camden Haven Region, the school completed in 2007. In 2009, there are 5 students from Kadaw and nearby villages who graduated the high school. They got the marks to attend Medical University. Khaing Tun (daughter of peanut and vegetable grower) is one of them. All of them were supported by Camden Haven residents and organisations (Kendall Op shop, Kendall CWA and fundraisings at Kendall Hall and LUSC) throughout their degrees on medicine in Burma. Khaing became a dentist in 2015 and was working in Mandalay General Hospital. When we went to visit Burma in early 2017, she expressed that she is aiming to apply for a scholarship in the Netherlands.

Again, our friends, the residents of Camden Haven also supported financially on her preparation for doing her post graduate degree in Netherlands. She received her scholarship from The Netherlands in late 2017 and graduated her Masters's degree in 2021. Since then, she worked as a dentist in Leiden, a town near Amsterdam. During her spare time from dental work, she contributed teaching Dutch language to the migrants and serving food to the homeless in Leiden.

As most young adventurous people, Khaing likes to travel, joining the team in 2024, working as Dentists without Borders, based in Netherlands. She sometimes worked as a team leader of the dentists and treated many patients in South America, Africa, Asia and the Pacific region, covering 19 countries.

When she was in Indonesia, we invited her to come and visit and meet my friends who helped her through her education. With much excitement, Khaing came to Australia and stayed in Kendall from 2nd to 12th March. She met most of her benefactors in Camden Haven, leaving Australia on 15<sup>th</sup> March to attend a conference in Japan before returning to Amsterdam.

Understanding the importance of having good education and knowledge, Khaing has now built a library in her village. With that intention she has requested me to help the school children's need of drinking water and teaching aids. For that need, we have raised funds on the 11th January at our Kendall Hall. I have reported about the successful fund-raising in the February 2025 edition of the Kendall Chronicle.

Khaing expressed she is extremely grateful to all from Camden Haven for helping her and later her village school. We, in Camden Haven have indirectly contributed the welfare of the humanity by funding the education of a village girl who has a strong motivation to study and serve dental health. I would also like to thank all friends and organisations who supported my projects in every way, especially Kendall Op shop initiating the Burma Education Fund, fulfilling the needs of the rural disadvantaged children in Burma



# Riding for the Disable (RDA) — Kendall

By Kerrie Dyer, Publicity Officer, RDA Kendall

## HONEYS NEW SHOES

Most people recognise that horses wear horseshoes but for many, it is symbolising good luck. However, a horseshoe is much more than just a lucky charm for those who work with horses.



It serves as an important tool that protects the horse's hooves and offers additional benefits such as preventing hoof damage and reducing injury risk, improving grip and assisting movement. Support by distributing weight and cushion hooves. Corrective shoeing can fix hoof wear and conformation issues and for therapeutic purposes such as special shoes for specific conditions.

A horse's hoof is a complex structure consisting of an outer hoof capsule and an inner part made of soft tissues and bone. The hoof is made of keratin, similar to your fingernails. The frog is a crucial part of a horse's hoof, located on the underside and designed to make contact with the ground. It plays an essential role in shock absorption, traction, blood circulation, and overall hoof health.

Caring for a horse's hooves is vital since they bear the horse's weight. As the saying goes, "No foot, no horse." Poor hoof health can cause pain and lameness, making regular farrier maintenance essential for preventing injuries and ensuring the horse's overall well-being.

A farrier shoes horses, which involves making and fitting horseshoes, checking hoof health, and trimming excess growth. They ensure proper shoe fit for balance and might work with vets for corrective shoeing. Farriers require skill, strength, and extensive training. In NSW, they must be registered with the Master Farriers Association of NSW.



Even barefoot horses need regular hoof trimming because their hooves continue to grow. Unlike wild horses that naturally wear down their hooves, domesticated horses require maintenance for proper hoof shape.

Horses usually need re-shoeing every 4-6 weeks and trimming every 6-8 weeks. The horses at RDA Kendall typically go without shoes but they still need a hoof trim every 6 -8 weeks.



Honey has been experiencing sore feet, so to relieve pressure on her front feet, she was recently fitted with special shoes that had a hoof cushioning compound.



The cost of Honey's shoes this time was \$145, that will likely need replacing in six weeks, depending on the growth rate. Although trimming is quicker than shoeing, it still incurs a cost per horse.

Our ability to provide care for our horses' feet and overall well-being relies heavily on the unwavering support from our local community and businesses. Thank you for your support and being a vital part of this mission!



## United Hospital Auxiliaries of N.S.W Inc.

UHA Laurieton craft group is extending an invitation to all residents of Laurieton and surrounding areas with an interest in joining our craft group for a relaxing morning whilst enjoying creating craft items at The United Hospital Auxiliaries (UHA) on **Monday mornings** 9am—12 at Health One, HACC Building, 66 Norman Street, **Laurieton**.

Come and enjoy morning tea and good companionship, whilst creating items which are used to raise funds to purchase equipment for our local public health care facilities. Please come along and meet us and you are sure to make friends and have an enjoyable morning.

Please contact Bronwyne 0401 528 692

## TRAVEL with TRACY

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**21 Day Cambodia & Vietnam including 8 Day River Cruise**  
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- Fully Escorted by Tracy\*\*
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- 2 Nights Siem Reap including breakfast daily & Angkor Wat
- 7 Nights Mekong River Cruise aboard RV Apsara including all meals/touring, ensuite cabins with Balconies \*Cambodia to Vietnam - Limited Cabins\*



- 2 Nights Saigon including breakfast daily & 1/2 Day sightseeing tour
- One way airfares to Saigon/ Danang/Hanoi including taxes/fees
- 3 Nights Hoi Ann including breakfast daily & 1/2 Day Sightseeing
- 1 Night pre & 2 nights post accommodation Hanoi including breakfast daily & 1/2 Day Sightseeing
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## NEXT AT KENDALL MUSIC EXCHANGE

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Want to be part of the entertainment,  
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Sing a song, recite a poem, tap dance, tell a  
story. If its entertaining, we would love you  
to share it in our safe haven with our  
appreciative audience.

**Entry \$5.00**

**Doors open at 6.30pm.**

*Entry free for Companion card holders  
supporting on the night*

## KENDALL MUSIC EXCHANGE

**4 April 2025**

Kendall Community Hall -  
Doors open at 6.30pm



**Peter Roberts** delivers a blend of acoustic indie  
rock/folk/blues/roots, playing his self-bu  
acoustic guitars. He generates flavour using a stomp box, foot  
tambourine, beatboxing,  
percussive guitar playing and looping. Pete's original songs  
have taken audiences in NSW on  
unpredictable and intimate musical journeys with warm, soulful,  
husky vocal tones. Alternate 50 words  
Pete delivers a blend of acoustic indie rock/folk/blues/roots,  
playing his self-built  
acoustic guitars. He generates flavour using a stomp box, foot  
tambourine, beatboxing,

### Fridge Magnets are:-

**Jeff Browne** on vocals, guitar, keyboard & harmonica  
**Tim & Fretten** on vocals, keyboards and  
percussion. **Tim and Jeff** perform original songs about the  
ups and downs of life, people and places, and also perform  
songs you might be familiar with from other artists  
from the sixties to contemporary, from laid-back to more  
up-beat tunes.

Their harmonies and repertoire make for an enjoyable  
evening of song.

**Kendall Community Hall - Doors open at 6.30pm**  
**Entry \$5.00**

**Be part of the entertainment with our walk up open mic, light supper  
supplied then the main feature ALL WELCOME**

### TrainLink—train service

Please be advised, from the end of April the 9.05am train  
from Kendall to Sydney and the 11.44am from Sydney  
(Central) to Kendall is no longer running for approximately a  
year. I have been informed by TrainLink that they will  
eventually be replacing this service with Coaches but  
nothing has been organised at this stage.

## Art in the Vale

### Art Exhibition, Sales & Awards

**Saturday 5 April**

**Sunday 6 April**

**10am to 4pm**

**entry by Gold Coin donation**

**Vote for Peoples Choice Award**

**voting ends 12pm Sunday 6 April**

**\$900 in prizes to be won**

Thank you to our supporters  
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**Enquiries please contact hvh1927@gmail.com**

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- ✓ Fixing our roads. Improving community infrastructure. More affordable housing.
- ✓ Improving access to GP services, quality health and aged care.
- ✓ Fixing mobile and internet connections.

**ALISON**   
**PENFOLD**

**THE NATIONALS**  
 for *Lyne*

Authorised by David Gillespie,  
 Cnr Cameron St and Oxley Hwy,  
 Wauchope NSW 2446



changing lanes or turning left.

Be aware that bicycle riders can:

- overtake on the left of vehicles
  - ride to the left of the line that marks the edge of the road
  - ride in bus lanes, tram lanes, transit lanes and truck lanes (but not in bus-only lanes or tramways)
- ride on motorways and freeways, unless a sign says they must not. Sometimes bicycle riders can ride as fast as, or faster than a car, particularly in slow traffic. Never underestimate their speed.

### **Allow riders a full lane**

Bicycle riders must use [bicycle lanes](#) (part of the road dedicated to bicycles) where there's one. If there's not, or it's not practical to use, they have the right to ride on the road. This includes riding in the middle of a lane.

Sometimes they may need the full lane because of rough road edges or gravel. Be prepared to slow down and give them room to ride away from the kerb.

Bicycle riders can ride two abreast (side by side) as long as they're within 1.5m of each other. Another bicycle rider can overtake them.

### **Minimum passing distance - 1 metre rule**

When [overtaking bicycles](#), you must allow a distance of at least 1m between you and the rider when the speed limit is 60km/h or less, or 1.5m if it's more than 60km/h.

If other drivers beep their horns to pressure you to pass a bicycle, stay calm. Only pass when you're sure it's safe.

## Sharing the road with bicycle riders

### **Keep a lookout for bicycles**

Bicycle riders have a right to use the road and have the same responsibilities as other road users.

They generally follow the same road rules as drivers. They have additional rules they must follow, such as wearing an approved bicycle helmet.

For more bicycle rider rules and safety advice visit the [A handbook for bicycle riders](http://www.nsw.gov.au/sites/default/files/2021-05/bicycle-riders-handbook.pdf) [www.nsw.gov.au/sites/default/files/2021-05/bicycle-riders-handbook.pdf](http://www.nsw.gov.au/sites/default/files/2021-05/bicycle-riders-handbook.pdf)

Bicycle riders are vulnerable users and do not have the same protections as people in vehicles and can be seriously injured or killed in a crash. As a driver, it's your responsibility to help keep bicycle riders safe. Bicycles can be harder to see than other vehicles. Watch out for them at all times, especially at dawn, dusk and night.

Bicycle riders often ride in the far left of the left lane. As a driver, it's your responsibility to check your surroundings. Take extra care and check your blind spots for bicycles when

You can cross [single and double white lines](#) to pass bicycles, but only if you have a clear view of approaching traffic and it's safe to do so.

### **Take care at intersections**

Look out for bicycles before turning at intersections and roundabouts.

Bicycle riders can do [hook turns](#) when turning right at intersections, unless a sign says they must not. This means they use the left lane to turn right. Bicycle riders must give way to vehicles leaving the intersection. As a driver, you must take care to avoid colliding with them.

Some intersections have places for bicycle riders to stop at a traffic light when the traffic lights are red. These are called bicycle storage areas and vehicles must not enter them while the traffic lights are red. .

### **Check before opening doors**

You must not open your door into the path of a bicycle. Before getting out of your vehicle, check your rear view and side mirrors.

# Mental health awareness monthly column



## Boundaries: The Wall, The Pushover and The Sweet Spot

Boundaries are invisible limits we set that define us from another person. Having boundaries protects all aspects of our well-being, physically, mentally, financially, emotionally and even our time. Boundaries shape how we want to be treated and treat others, creating respect and healthy space in relationships.

**Boundaries generally fall into three categories: Hard, Soft & Healthy.**

Let's Break Them Down

### Hard: The Wall

People with hard or uncompromising boundaries can keep others at a distance. They may have strong walls and won't easily let anyone in. Rigid boundaries can lead to isolation and make it hard to form meaningful connections. Being let down by people in the past, through trauma or abuse, or being taught the world is a dangerous place are just some of the reasons for developing hard boundaries.

**This can look like...**

- Not asking for help when you need it
- Avoiding getting close in relationships
- Seeming or feeling detached from others
- Finding it difficult to share things about yourself
- Having only a few close relationships
- A difficulty showing vulnerability or asking for help

### Too Soft: The Pushover

People with weak boundaries struggle to say "No." They can be overly accommodating and often feel taken advantage of, can feel unwell quite a bit and often experience burnout. Self-esteem struggles, fear of conflict and people-pleasing can all contribute to difficulty protecting their time, energy, and emotions. People with soft boundaries may give too much of themselves at the expense of their well-being.

**This can look like...**

- Finding it hard to say "No"
- Oversharing your own or others' personal information & problems
- Allowing yourself to be used, spoken to or treated with disrespect
- Worrying about others' opinions of you and judgement
- Feeling responsible or a heightened sense of how others might feel

### Healthy: The Sweet Spot

Sweet Spot boundaries are about knowing when to say "Yes" and saying "No" when it's the healthier choice. These strike the right balance between being open, and honest and protecting yourself. Setting limits without shutting people out, creates respectful and fulfilling relationships. For most of us, it can take practice and awareness to set healthy boundaries.

**Healthy boundaries look like...**

- Equally valuing your own needs and opinions
- Knowing it's OK to ask for help
- Not compromising your own health or values for others

- Accepting it is OK to say "No"
- And importantly...being able to accept and respect others' boundaries.

### Simply Put

Unhealthy boundaries come down to avoiding our own pain. The pain of things like speaking up, conflict, rejection, being unliked, abandoned, hurt or judged.

Take a moment to think about your own boundaries, could you loosen or tighten a few? Who in your life do you admire with healthy boundaries?

### Here's a few to think on to get you started:

**Time:** Work life, punctuality, how much you give others and yourself, me time

**Physical:** Personal space, your body, food, substance

**Emotional:** Love, opinions, value systems, beliefs, confidentiality

**Financial:** Decisions about money, what to give, what is affordable, how you give

**Verbal:** What you share with others, how you speak and are spoken to

**Material:** What things you can share, give or keep

Boundaries are crucial for your well-being. They help you protect & value yourself, prevent burnout, and create healthier relationships. The best part? You have the power to define them.

If you'd like some confidential help identifying and exploring your boundaries, book a telehealth with us:

WEB: [www.slipstreamtherapy.com.au](http://www.slipstreamtherapy.com.au)

EMAIL: [admin@slipstreamtherapy.com.au](mailto:admin@slipstreamtherapy.com.au)

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**No GP referral needed.**



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## Recipe of the Month ...

### Easy Date and Walnut Loaf

Therese Budd

#### Ingredients

- 1 cup of chopped Dates
- 3/4 cup Sugar
- 60 grams Butter
- 1 cup boiling Water
- 2 cups SR Flour
- 1 tsp Bi Carb
- 1/2 cup chopped Walnuts

#### Method

1. Grease a Loaf pan, line base with paper.
2. In a large bowl mix Dates, Sugar, Butter and Boiling Water until butter is melted.
3. Add beaten egg
4. Mix in sifted Flour and Bi Carb
5. Stir in chopped Walnuts
6. Bake in a moderate oven for 45 minutes. Stand for 5 minutes before turning onto wire rack to cool.



# Greens for a Healthy Environment

Greens candidate for Lyne, Tom Ferrier, considers the protection of the natural environment as one of his highest priorities. He has been an active member of Landcare working groups and committees for many years in Victoria, northern NSW and locally.

Growing up in Brisbane, Tom's initial degree was in Veterinary Science. Most of his career has been as a teacher of Environmental Science and Natural Resource Management at both secondary and tertiary levels. He has also completed a Master of Environmental Management. With partner Jane, he taught for two years in a remote Indigenous community.

Now retired, Tom has been a resident of Lorne Valley on a rural property for sixteen years. The couple built their current home using recycled materials, and they grow their own fruit and vegetables. They recently upgraded their rooftop solar to power an electric vehicle. As a father of children who are unable to buy their first homes, Tom wants to see affordable housing as a priority for our nation.

Tom is a member of Climate Change Australia, and a founding member of the group No Electricity From Forests that opposes the burning of native hardwood for electricity. With his background in natural resource management, he's participated in citizen science fauna surveys in the local forests.

On their property, Tom and Jane have converted a weed-infested kilometre of river frontage to a healthy riparian zone, thanks in part to Landcare grants. Tom also worked recently as a bush regenerator.

He is excited about the enormous strides renewable energy has made over the last decade.

"People may not know that right now, 40% of Australia's electricity is generated by renewables. With the technology that already exists, we can make it 100%.

"Solar is already the cheapest form of energy, and it's been estimated there are potentially tens of thousands of jobs in the renewable energy sector. Already, there's a thriving solar installation industry in Lyne."

*Photo below – 'Lyne Greens candidate Tom Ferrier with fellow bush care volunteers'*



02 6559 9110  
FB: Kew Country Club  
www.laurietonclub.com

# KEW COUNTRY CLUB

**INDULGE IN NEW \$19.50 DINNER SPECIALS EACH WEEK AT KEW COUNTRY CLUB!**  
**INCLUDES MAIN MEAL AND A SCHOONER OF HOUSE BEER OR WINE!**  
**NON-MEMBERS ONLY PAY \$5 MORE!**  
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**\$19.50 MEMBERS DINNER SPECIALS**  
**KEW COUNTRY CLUB**

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**Meat Raffle**

**30 PRIZES**

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KEW COUNTRY CLUB - 02 6559 4203

7 DAYS A WEEK AFTER 12PM

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TO BOOK: 02 6559 4203

## THURSDAY Mixed Bowls

Join the LUSC Mixed Bowls Club for a fun game of bowls every Thursday at Kew Country Club!

EVERY THURSDAY 9AM	ENTRY <b>\$10</b>	CASH PRIZES EVERY WEEK!
-----------------------	----------------------	----------------------------

Visitors and new bowlers welcome! Simply sign the nomination sheet at Laurieton United Services Club to register each week!  
For more information contact the Clubhouse on 02 6559 4203.

7 DAYS A WEEK 6AM-5PM

## DRIVING RANGE

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20 BALLS

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Big Kids (17+)	.....	\$15
Seniors (60+)	.....	\$13
Kids (u16)	.....	\$10

Putters and balls included.  
Please see full terms and conditions for more information.

# Kendall News A voice from the past

~ 81 years ago ~

By Sandra Haswell

It will be 81 years in August, since a Catalina seaplane made an emergency landing on a sand bar in the Camden Haven River in Laurieton, not far from "Bunny's Corner".

The year was 1944 and on board was American comedian Bob Hope and a troupe of entertainers including Jerry Colonna and dancer Patty Thomas, who were returning from a trip to the Soloman Islands, where they had been entertaining the troops.

While repairs on the plane commenced, the township of Laurieton opened its heart and their hospitality to the Americans, with an impromptu party at the School of Arts.

The forced landing at Laurieton made headlines around the world and the population of the township were left with fond memories of Bob Hope and his entertainers in August of 1944.

Bob Hope often spoke of his "down under" adventure until his death aged 100. Many residents are aware of the excitement that happened so long ago, some were children who taught Bob Hope how to do the "Hokey Pokey". In a time of war it was a wonderful memory.



The pilot James Ferguson standing beside Jerry Colonna (with moustache) with Bob Hope in the background.

You can come and see

## Peggy Landon

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## 6559 4026

## Brain Teasers ...

1. Australian Robert de Castella is a former world champion in which athletic event?
2. What is the name of the adult bulldog in the Tom and Jerry cartoons?
3. Which gemstone takes its name from Turkey, from where it was originally imported into Europe?
4. Black swans are animals native to which country?
5. Which two countries did Titanic visit before it sank?
6. Vientiane, the capital of Laos, lies on which river?
7. Footballer Sam Kerr plays for which FA Women's Super League Club?
8. Where is the Australian Motorcycle Grand Prix held each year?

(Answers on page 14)

## LINEDANCING

Classes are on

MONDAYS \*

at Kendall Community Hall

Beginners 11:00am - 12:00md

Imp/Inter 12:00md - 1:00pm

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

\* not 3rd Mon of month and not school holidays



Kendall Community Hall

Monday: 4:30 - 5:30pm

Friday: 9:00 - 10:00am

Ali - 0431 463 461

## This month's SUDOKU is MEDIUM

(Answers on page 14)

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

# Sports News

## LAURIETON HOTEL FISHING CLUB

By Deanna Minns

Sunday what a beautiful day for a combined Family Day/ Weigh In. Three people fished, fish caught were Bream, Flathead and Snapper. Winner of Deep Sea going to our President Di and Estuary to Cody who also took out our \$50 prize. Social members \$20 prize went to Steven Backhouse.

A huge thank you to Jack and Tiana for organising our drinks and delicious food for the day. Thank you to Wiggly Tail Butchers and Taste Bakehouse Laurieton for our delicious meats and buns. Thank you to Camden Haven Tyre & Brake Service for supplying our category vouchers. A big thank you to Tammie & Brett the Managers of Diamond Waters Caravan Park for letting us have our Family Day on the riverbank of their beautiful Caravan Park. It's an amazing location and we'll definitely be going back. Some of our members didn't turn up that were catered for, you missed a fantastic day.

Friday Night Raffles are going well, we now have a square and can accept card payments. Our Raffle night will change to a Saturday night from 26 April 2025. I will put together a new roster for those of our members who have stepped up and volunteered to help sell tickets. Raffles, membership fees and sales of Club Shirts and Caps etc., are our only means of fundraising for our Club to fund our monthly Weigh Ins, Family Days and Christmas Party.

As an incentive to our members who kindly volunteer their time to sell Raffle Tickets this month all names went into a hat and the winner won a \$50 Laurieton Hotel Motel voucher. Today's winner was Dee who has decided to share it with Di as they are both there every Friday night sharing the role of overseeing our Raffles. Congrats girls and job well done.

Anyone wishing to join our Fishing Club please come along to our next Weigh In every 3rd Sunday of the month 1pm out front of the Pub and we'll sign you up. Singles \$25 and Families \$50 (2 Adults & kids), memberships run from June to June each year and are up for renewal. Club Shirts \$40, Club Caps and Buckets Hats \$25, Black Winter Hoodies \$50 are available to order. We must have an order of 10 to place order and orders must be paid for at time of ordering.

All new members will receive a starter pack containing items to get you started and our Constitution which sets out the Rules & Regulations of our Club, Fishing areas & times and our species list which can also be found on the back of your membership cards.

If you need any bag, size & limit Brochures, Boat Stickers, Saltwater Fishing Guidebooks, Boating Handbooks, Crab/ Lobster measurers, Boat Capacity Stickers see Dee. Before going out on the water please check that you have all safety gear required for either an Estuary or Outside Boats, life jackets for everyone on board and your fishing license if you are required to carry one and please be mindful of those fish size and bag limits.

Fish Smart App and Shark Smart Apps are available to download to your phones for Bag, Size & Limits, Bar information, Shark Sightings etc., just go to your App Store or

Google Play to download. You can also visit Service NSW and the DPI, Department of Primary Industry websites for more information.

Next Weigh In is Easter Sunday 20 April 2025 at Laurie-ton Pub 1pm out the front, Committee Meeting to follow all members welcome to attend.

We'd like to take this opportunity to wish all of our members, families and friends a very happy and safe Easter.

As always tight line, relax, enjoy and have fun.

## Kendall Community Boatshed Update

By Barbara Martin

On Sunday 16<sup>th</sup> March, 13 members of the Kendall Community Boatshed headed south to the Manning River for a day's outing (and breaking new ground!) on Varwibi Creek.

On arriving at Bohnock, on Manning Point Road, we launched our craft from the boat ramp adjacent to the Neville Weiley Bridge. This historic bridge, which was opened in 1958, was the first to link the Islands of the Manning delta - to the great benefit of the community and local economy.

Setting off from the boat ramp we paddled about 600m upstream on the Manning River South Channel, before turning into the smaller Varwibi Creek. While the water was still a little murky from the recent heavy rains, the river was calm and the sky clear – making for a great day to be out on the water. As the creek narrowed upstream, we passed some beautiful riverside properties and our progress was closely observed by Spoonbills and Ospreys along the way.

At the 4km mark we were stopped by a large fallen tree trunk across the creek – this was the signal to turn around and meander back to the boat ramp; after stopping for morning tea at a hospitable spot on the creek bank.

With kayaks and wet gear stowed, we made for Old Bar Tavern where lunch and cold refreshments rounded off a leisurely morning exploring a small corner of the Mighty Manning!



Photo above: Morning Tea, Photo below: The Fallen Tree



## WORTH CHECKING OUT

### CAMDEN HAVEN LOCAL NEWS

A new local news monthly magazine!  
There is also a full FREE online page-  
turning version check it out at:  
[www.camdenhavenlocalnews.com.au](http://www.camdenhavenlocalnews.com.au)

## Comboyne Museum Markets

Sunday 13th April

8am to 1pm

Lots of wonderful stalls, something for everyone,  
BBQ, Food, Music and lots more,  
Come, relax and enjoy Comboyne Plateau  
on the Museum Grounds. Comboyne Rd.  
All enquiries please call Brenda on 0457263946  
or email [comboynemarket@gmail.com](mailto:comboynemarket@gmail.com)



#### Answers to Brain Teasers on page 12

1. Marathon, 2. Spike 3. Turquoise 4. Australia 5. France and Ireland  
6. Mekong 7. Chelsea 8. Phillip Island in Victoria

## COMMUNITY MEETINGS

### KENDALL-KEW COMMUNITY NETWORK



A new group The Kendall Kew Business and  
Community Network will be meeting quarterly this year  
to showcase Businesses and Community groups.

The last meeting was held in February 2025  
All community groups, businesses and services  
in the Kendall area are all welcome!

The next meeting will be Thursday 8th May 2025

6.00pm at Kendall Services & Citizens Club

Please add the date in your diary.

### Meditation and Sound Bath Workshops E.L.F Healing Therapies



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#### Answers to SUDOKU on page 12

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



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# What's on in and around the Camden Haven

<b>BOWLS ON THURSDAY</b> - 9.00am at Kew Country Club. LUSC mixed triples - Warren 0497 808 230	
<b>CAMDEN HAVEN DAY VIEW CLUB</b> - 3rd Monday of month at LUSC at 11am - Helen on 6585 4454 or email <a href="mailto:camdenhavendayview@gmail.com">camdenhavendayview@gmail.com</a>	
<b>CAMDEN HAVEN DRAGON BOATS</b> - Mon, Tue, Wed, Thu, Sat & Sun - am & pm runs - back of LUSC - contact Maureen Phinn 0421 610 321	
<b>CAMDEN HAVEN GIRL GUIDES</b> - Thursdays - Junior - 4:30-6:00pm; Guides & Seniors - 6:30-8:30pm - Laurieton Sea Scout Hall, Tunis St, Laurieton - Kim Woodhouse - 0427 645 145 every Thursday	
<b>CAMDEN HAVEN PAH&amp;I SOCIETY</b> - Office open Wednesday - 9am-12pm - Kendall Showground phone 6559 4463 - President Ron Porter	
<b>CAMDEN HAVEN RURAL FIRE BRIGADE</b> - 3rd Wednesday - 7:00pm - 179 Kendall Road, Kew - Captain David Handley 0402 295 550	
<b>CAMDEN HAVEN LANDCARE</b> - 4th Monday - 7:30pm - Kendall War Memorial Hall - Jim 6559 4352	
<b>CAMDEN HAVEN ORCHID SOCIETY</b> - 3rd Tuesday - 2:30pm - 5:00pm - LUSC - Phone Don 0429 930 022.	
<b>CAMDEN HAVEN COMBINED PROBUS CLUB</b> - meet LUSC - 2nd Wednesday at 10am. Contact Sue Moore 0448 999 339 or Wilma Boyd 0427 859 581.	
<b>CAMDEN HAVEN SEA SCOUTS</b> - Mondays 6.15pm-8.15pm for Venturers ages 14-18years, Tuesdays 6-8pm for Scouts 11-14 years and Wednesdays 6-7.30pm for Cubs 8- 11 years - Scout Hall Tunis St Laurieton - Joy McNally 0437 526 232	
<b>CAMDEN HAVEN UNITED HOSPITAL AUXILIARY</b> - meet Mondays 9am -12md - HACC Building, Laurie St, Laurieton. Bronwyne 0401 528 692.	
<b>DANCEFIT</b> — Aerobics / Body Tone / Simple Dance—Wednesday 6pm Kendall Community Hall - Phone Stacey - 0480 241 833	
<b>EXERCISE CLASS</b> - Low Impact - over 50's - Wednesday 9.30am - 10.30am - Kendall Community Hall - Phone Lynne - 0427 115934	
<b>GOLF COACHING</b> - Sundays - 9am - Kew Country Club - Luke Garel 6559 4596	
<b>HEART HEALTH WALKING GROUP</b> - Mondays - behind the LUSC at 9am - coffee and chat at 10am in the club - Reg 0400 143 182	
<b>KENDALL BOAT SHED</b> - Kayaking on the river - Tuesday & Thursday 9am - Kendall Boat Ramp - Diane 6559 0159	
<b>KENDALL BOOK CLUB</b> - 1st Wednesday - 2pm - at 'Bookends' - next meeting - Wed 2nd April 2025	
<b>KENDALL COMMUNITY PLAYGROUP</b> - 2nd Wednesday (term time) - 9am-10:30am - Kendall Public School - 6559 0040	
<b>KENDALL CWA</b> - 3rd Tuesday - 10am - Kendall War Memorial Hall - Nan Bowman - 0400 265 056	
<b>KENDALL DISTRICT GARDENERS</b> - 3rd Monday - 10am - Kendall Community Hall - John Carter - 6556 9677	
<b>KENDALL GLOBAL COMMUNITY GARDEN</b> - Thursday - 10am-12pm - Kendall Community Centre - Tin Hta Nu - 6559 4834 / 0448 315 169	
<b>KENDALL KETTLES CRAFT GROUP</b> - 2nd & 4th Monday - 9am-1pm - Kendall S&C Club - Sue Ward 0474 873 835	
<b>KENDALL SHOWGROUND MARKETS</b> - 1st Sunday - 8am-12pm - Kendall Showground - Louise Hudson 6559 4163	
<b>KENDALL MEN'S SHED</b> - Tuesday & Thursday - 8am-4pm & 8am-12pm - Kendall Showground - John White 0427 562 800	
<b>KENDALL RIDING FOR THE DISABLED</b> - Tuesday & Wednesday - 8:30am-1:30pm - 29 The Old Coach Road Kendall - 0450 798 874	
<b>KENDALL RSL SUB-BRANCH</b> - 2nd Sunday - 10am Kendall Services & Citizens Club - Lance 6559 4478 / 0402 477 390	
<b>KENDALL TENNIS &amp; PICKLEBALL CLUB</b> - 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.	
<b>KEW MEN'S BOWLS</b> - Wednesday & Alternate Fri/Sat - 9am & 12:30pm - Kew Country Club - Phone Chicka Thompson 0423 787 325 Or text Frank 0417 698 899	
<b>LAURIETON LIBRARY</b>	<b>DISCUSSION GROUP</b> - Mondays 10am to 12md - Carolyn 6559 8849 or Anne 6559 4690. <b>SENIORS RIGHTS ADVOCATE</b> - 1st Friday of month in 2024 10am to 11am. - your local advocate Jill McDonnell.
<b>LINE DANCING - DIAMONDS AND DENIM</b> - Mondays (not 3rd Monday) 11am - Beginners welcome - Kendall Community Hall - Di Andrews - 0418 636 278	
<b>LONE RANGERS CRAFT</b> - Wednesdays - 10am - Lorne Community Hall - Phone Nicole - 6559 9773	
<b>LORNE RURAL FIRE BRIGADE</b> - 2nd Monday - 7:30pm - Fire Station Stewarts River Road - Aaron 0438 074 828	
<b>MEDITATION, SPIRITUAL DEVELOPMENT, BREATHWORK AND SOUND BATH WORKSHOPS</b> - Twice monthly - Kendall Community Hall - Phone Erinn - 0438 639 250	
<b>NORTH HAVEN PHYSICAL CULTURE CLUB</b> - Tuesdays - Ladies classes - 10am - North Haven Community Hall & at Laurieton School of Arts hall for little ones, juniors, teenagers & ladies from 4pm - Narelle 0402 329 500 or <a href="mailto:northhavenphysie@gmail.com">northhavenphysie@gmail.com</a>	
<b>PILATES WITH ALI</b> - Monday 4.30 - 5.30pm and Friday 9am - 10am - Kendall Community Hall - Phone Ali - 0431 463 461	
<b>TACTILE ARTS GROUP @ KENDALL</b> - Monday to Saturday - 9am-3pm by arrangement - Kendall Showground - Phone Sue Richards 0407 656 768	
<b>THE MEETING PLACE CAFE &amp; MARKET BAZAAR</b> - Every Thursday - 9am - 12md - Kendall Community Centre - Phone 6559 0055 for bookings	
<b>YOGA</b> — Hatha General—beginner to advanced—Chair Yoga options—Wednesday 7pm Kendall Community Hall - Phone Stacey - 0480 241 833	

*The last word*

You can tell more about a person by what he says about others than you can  
by what others say about him. *Audrey Hepburn*