

the Kendall Chronicle

Your Community Newspaper

Published by Kendall Community Centre



FREE & Independent

Volume 22: Issue 12 December 2025

Schools to Schools... Kendall & Kew to Laurieton Pathway Design

Port Macquarie Hastings Council project has reached another milestone with the completion of a design linking Kendall and Kew to Laurieton.

This phase focuses on the remaining stretches for the Kew to Kendall path and the Laurieton to Lakewood sections, completing the key missing links in the 14km vision for improved walking and cycling connections in the Camden Haven.

Construction is not yet funded but the intention is to

deliver the pathway in line with water and wastewater upgrades that share sections of alignment with the new pathway, allowing Port Macquarie Hastings Council to reduce disruption and construction costs by delivering them together (these projects are in the detailed design phase).

You can find out more and stay up to date through the project webpage:

<https://www.pmhc.nsw.gov.au/Your-Council/About-us/Our-projects/Schools-to-Schools-Shared-Pathway>



From the Kendall Community Centre, we wish everyone a safe and happy holiday season. Thank you for supporting the Kendall Chronicle in 2025



For more information about Coastline Bank & its services, please visit
www.coastline.com.au
or contact 1300 36 1066.

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

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KENDALL COMMUNITY CENTRE



... the hub of Kendall ...

19 Comboyne Street, Kendall

Phone: 02 6559 0055

Email: kendallctc@bigpond.com

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

Kendall Community Centre office will be closed for the Christmas break from Wednesday 24th December 2025 until Friday 2nd January 2026

Re opening in Monday 5th January

The office will close early at 12 noon on Thursday 4th December.

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

- Coastline Bank - open 5 days!
- **BOOKENDS** - 2nd hand books for sale - \$2
- **Centrelink Access Point** - totally free service!
- **TrainLink tickets** - only \$5.00 fee per booking.
- Photocopy, laminate, scan and email your documents
- **Computer assistance** - on Tuesdays with Michael or Cheryl \$20 for one hour. Ph. 6559 0055 for appointment.
- **Kendall Hall hire**
- **Wi-Fi Facilities** - Kendall Hub

PICK UP YOUR FREE COPY OF THE KENDALL CHRONICLE AT THESE BUSINESSES:

- | | |
|-------------------------------------|----------------------------|
| ◆ Aussie Battlers | ◆ Kendall S & C Club |
| ◆ Bookends @ Kendall | ◆ Kendall General |
| ◆ Camden Haven Neighbourhood Centre | ◆ Kendall Takeaway |
| ◆ Camden Haven Auto Parts | ◆ Kew Corner Store |
| ◆ Camden Haven Tyre and Auto | ◆ Kew Country Club |
| ◆ Camden Haven Community College | ◆ Lakewood Chemist |
| ◆ iKew Information Centre | ◆ Lakewood Family Practice |
| ◆ Kendall Bottle Shop | ◆ Laurieton Newsagency |
| ◆ Kendall Community Centre | ◆ Laurieton Plaza Theatre |
| ◆ Kendall Craft Shop | ◆ Laurieton Library |
| ◆ Kendall Op Shop | ◆ LUSC |
| ◆ Kendall Post Office | ◆ Miss Nellie's Café |
| | ◆ Monterey, Kendall |
| | ◆ The Meeting Place Café |

- Kendall Chronicle -

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

Contributions welcome. Send editorials,

Interesting articles and enquiries for advertising to:-

kendallchronicle@outlook.com or

PO Box 14, Kendall 2439

Deadline - 15th of previous month.

Printing and distribution before the end of every month.

Join the email list to receive the Kendall Chronicle in colour!! Email kendallchronicle@outlook.com

Published by Kendall Community Centre

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The Kendall Chronicle reserves the right to accept, amend or refuse the placement of any item, including advertising.

The opinions of contributors do not necessarily reflect those of the Trust, the editor or the Chronicle team.

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

On-line version of The Kendall Chronicle and Advertising rates available at:
www.kendall.org.au

Kendall Community Op Shop News

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

By Helena Kuster

Make a note: Sunday, 7th December – Op Shop is open until 12.30pm There will be a ½ price sale of all items in the ‘Valuables’ display cabinet for this one (1) day only!

The Op Shop welcomes a new volunteer.... Bev Baines.

The Op Shop will be closed on Thursday, 11 December 2025 due to the Volunteers’ Christmas Party.

2025 ANNUAL GENERAL MEETING will be held in February next year, more details later!

Closed over the Christmas / New Year period, as follows:

CHRISTMAS EVE 24th December (Wednesday) closed from 12.30pm

CHRISTMAS DAY 25th December (Thursday) closed

BOXING DAY 26th December (Friday) closed

NEW YEARS EVE 31st December (Wednesday) closed from 12.30pm

NEW YEARS DAY 1st January (Thursday) closed

74TH CAMDEN HAVEN SHOW.

The Show was held on 25th-26th October at the Kendall Showgrounds. To prove how versatile, talented and committed our Op Shop volunteers are, there are a number who won prizes and ribbons at the Show!

CONGRATULATIONS TO EVERYONE!

Elayne Mogor: first prize for Mosaic piece

Dianne Alyward: many prize winning entries in embroidery, patchwork and crafts, 6 first prizes, 4 second prizes and a highly commended.

Naomi Golding: embroidery and needlework: 2 second prizes and 1 first prize. CHAMPION RIBBON, best in needlework

Allan Phelps Cut flowers and roses 3 first prizes and 1 second prize for roses CHAMPION RIBBON, Cut Flower (Hippeastrum)

Tin Oxenford Second prize for pickles 3 first prizes and 2 second prizes for cut flowers CHAMPION RIBBON, Rose

Diane Pope Most successful exhibitor in vegetables

Let’s enjoy and share in the Australian spirit the festive season – Browse at the Op Shop for affordable gifts, Christmas decorations, but hurry, shoppers who plan can benefit and prepare for their festive season and decorations etc. at a fraction of normal costs. There are many beautiful dinner sets, China or glass/crystal ware available at very low prices which could compliment your festive season colour schemes or you are expecting family and friends – to create a festive ambience!



Wishing every one of you a very nice, festive season, a really Merry Christmas and a Happy New Year from all of the Op Shop volunteers. Happy holiday to all volunteers and their families!

Monday, 22 December – Tuesday, 23 December Wednesday 24th December (until 12.30pm) all Christmas items will be half price – mark the dates in your calendar!

If you have Christmas-items/decorations etc. available and wish to donate – all is welcome during Op Shop’s opening hours.

For the festive season there are a great range of formal dresses and suits available including matching shoes, hand-bags, accessories i.e. ties/hats – ask at the shop for assistance.

Browse www.kendallcommunityopshop.com.au and/or look www.facebook.com/kendallcommunityopshop up.

Volunteers are dedicated to making a visit to the Op Shop a pleasant event: they carefully present items throughout the shop for sale in beautiful displays. Everyone can pass by the Op Shop Kendall (check the opening times). Selling 2nd hand isn’t new, we all can contribute to the planet’s survival!

There will be popup sales once the festive season is behind us and the summer school holidays are on – come in and browse or check it out on Facebook.

Reminder: all the volunteers are contributing their time and efforts to achieve funds to distribute for 2026 Grants. **Grants applications will be available in February 2026.** More details in the January Chronicle

Dear readers, volunteers and this is from the writer of the monthly article and my belief:

Enthusiasm is the greatest asset in the world. It beats money and power and influence.

Happy festive times





CWA NEWS Kendall Branch NOVEMBER 2025



This month we have been busy planning for our Xmas raffle. The members have been very generous again with their donations to fill up our Xmas raffle baskets.

Be on the look out for our Kendall CWA ladies selling raffle tickets. We will be at the Kendall Community Centre Meeting Place Thursday mornings and the Kendall Markets early December. Great prizes to win.

We have been able to run a couple of successful raffles over the last twelve months and this helps the Kendall CWA to donate funds to a number of groups. This year we were able to donate to the Blaze-Aid who were staying at the Show Grounds, Kendall Public School Breakfast Club and Community @ 3.

REMEMBRANCE DAY 11.11.25

Some of the ladies attended the Remembrance Day held at the Cenotaph in Kendall. It was an honour to attend the service and share the special time remembering those who have gone before us helping to make Australia a safe place to make our home.



Photo is of some members who attended the Remembrance Day. Left to right – President Nan Bowman, Di Davis, Linda Shreeve and Sue Carter.

Social Day: 1st Tuesday of the month at 11am.

Monthly Meeting: 3rd Tuesday of the month at 10.00am.

Kendall War Memorial Trust Hall

Graham Street, Kendall (next to the Services Club)

FOR MORE INFORMATION ABOUT THE CWA

KENDALL BRANCH

Phone NAN BOWMAN – 0400 265 056



Madison, Lachlan and Jasmine Barker



CAMDEN HAVEN SHOW 2025 COOKING SECTION

We had another successful year at the Show this year. Lexie and I would like to Thank all of you who entered into the Cooking Section of the Show.

Not as many entries in the cooking section but the standard was high.

The judges were very impressed again with the standard of entries.

We would like to say a big thankyou to our sponsors this year.

CWA Bonny Hills Branch, CWA Lake Cathie/Hastings Branch, CWA Kendall Branch and CWA Port Macquarie.

Miss Nellies sponsor for Cake Decorating

Kendall Men's Shed sponsor for the Men's Chocolate Cake Challenge

CONGRATULATIONS

Lexie Burton

Jasmine Barker

Gloria Glogan

Lachlan Barker

OVER ALL WINNER FOR OPEN CLASS

MOST SUCCESSFUL JUNIOR EXHIBITOR

MOST OUTSTANDING CAKE DECORATING EXHIBIT

MENS CHOCOLATE CAKE CHALLENGE WINNER



Cake Decorating

A big thank you to the Barker children's mum Katie Barker who worked hard behind the scene supervising the kitchen while her children created their cooking delights. Well done Madison, Lachlan and Jasmine for your entries. Jasmine taking out the ribbon for MOST SUCCESSFUL JUNIOR EXHIBITOR.



You can't be too young to cook up a winner. Congratulations to Lachlan who is only 7 years old who won the Men's Chocolate Cake Challenge. There were only three entries this year but the Judges were very impressed with the standard of the winning entry.

Lachlan cooked the chocolate cake all on his own with no assistance. He told his Mum he wanted to win the \$25.00.

Thanking you all again and will be looking forward to meeting you all again next year with your entries.

Carol and Lexie – Cooking Stewarts 2025



PhiloMusica presents The SPIRIT of CHRISTMAS

THE VERBRUGGEN STRING ENSEMBLE
from Sydney Directed by Dr Goetz Richter AM
and THE OCCASIONAL CHOIR - Robyn Ryan OAM
BACH, RESPHIGI, CORELLI & VIVALDI!

Concert starts 2pm SUNDAY DECEMBER 7

Kendall School of Arts Hall 19 Comboyne St Kendall

Tickets: \$35 adults / \$15 children under 12 years

<https://events.humanitix.com/the-spirit-of-christmas-kj9wx42s/tickets>
Or call Maxene on 0416 197 585

The audience is invited to join for refreshments after the performance.

Further information visit www.kendallviolin.org.au

PhiloMusica Series presented by The Kendall National Violin Competition.



TACTILE ARTS
GROUP
@ KENDALL

NOVEMBER 2025

Our TAG group have had an enjoyable month working on their special projects at the Studio.

On the **Thursday 30th October** we enjoyed a fun fundraising activity. High Tea at Lori's beautiful home. A delicious variety of food was provided by members and lots of laughter and friendship shared. The members were asked to bring along a precious tea cup and each of us shared why the cup was so special.



PhiloMusica

Musicians bring Christmas Spirit to Kendall

The Kendall National Violin Competition's PhiloMusica series will bring the spirit of Christmas to the Kendall School of Arts on Sunday, December 7 at 2 pm when the Verbruggen String Ensemble from Sydney, directed by Goetz Richter performs festive music by Bach, Corelli, Vivaldi and Resphigi. The concert will also feature The Occasional Choir from Port Macquarie which is directed by well known music director Robyn Ryan OAM in a performance of John Rutter's Dancing Day, a cycle of traditional carols. Goetz Richter, the Artistic Director of the Kendall National Violin Competition said: "We want to bring the gift of music to our wonderful audience in Kendall who have supported us throughout the year. It is a great joy to do so with the singers from Port Macquarie under the direction of Robyn Ryan OAM."

Tickets (\$ 35, \$ 15 Children 12 and under) for the PhiloMusica Christmas Concert are available on-line at <https://events.humanitix.com/the-spirit-of-christmas-kj9wx42s> or by phone (Maxene, 0416 197 585).

More information at www.kendallviolin.org.au

On Wednesday 5th November we ran a **Members Xmas Decoration Workshop.**

The Xmas Decoration workshop was led by Pippa. Eight members attended and had a lovely time making bells, birds and baubles. There were even fairies and mermaids, clearly for the grandchildren to put on their Xmas Tree.

CONGRATULATIONS


We would like to congratulate the clever members of TAG who exhibited and won a place at the Camden Haven Show on the weekend of 25th and 26th October 25. Well done everyone.



FOR INFORMATION ABOUT THE TACTILE ARTS
GROUP @ KENDALL

Phone: Sue Richards
0407 656 768

MID COAST GARAGES & SHEDS



Established 1990

Daniel and Beth Williamson

Builder Lic: 90407C

North Branch Road, Lorne 0419 013 216

Office & Display 29 Uralla Road, PMQ - 6581

QUALITY STEEL BUILDINGS

Kendall District Gardeners Club News

(Patrons Christine & Richard Cullen)

By Jim Lewin

Unfortunately, the speaker that had been arranged for this meeting was unavailable, maybe next time. The Club was thanked for its sponsorship for the Ag Show. There were about the same number of pot plants entered, however the cut flowers were about half of last year's participation. John thanked Paul for his outstanding efforts in obtaining vouchers and prizes for the various categories. Shirley was the best prize winner in the show this year.

Working bees at the hall to do some weeding will be held on Monday (24th) and Wednesday (26th) from 8:30am. All welcome to help with the weeding.

Tomato plants were available for sale and John explained the best way to plant them in the ground. Linda spoke about some books that were available to keep. Di had some ginger flowers and plants to give away. Tin brought in an orchid to be identified – *Dendrobium thyrsiflorum*.



Collete had some chillis to give away. Wayne is disposing of several clivias if anyone wants to come to his place to get them.

To install a bench seat against the wall outside the doors is expected to cost around \$250 for the materials and made by the Kendall Men's Shed. It was proposed by John

that the Club pay for this. Seconded by Janet. It was unanimously agreed.

Instead of the original speaker we were entertained by Di and Doug. Di asked plant related quiz questions which everyone enjoyed shouting out the answers. Doug then did a talented name that tune segment where he expertly played the mouth organ. Doug then sang a song with the audience singing the chorus with great gusto.



John then presented some plants to Di and Doug for their wonderful entertainment. He then spoke about his collection of dictionaries and asked if anyone was throwing any out that he be given the opportunity to have them.

Next month is our Christmas party. Please bring along good quality lucky door prizes and delectable food to share.

Next meeting will be on 15th December 2025.

KENDALL COMMUNITY OP - SHOP

- ✓ **Monday to Friday: 9.00am – 4.00pm**
- ✓ **Saturday: 9.00am – 12.30pm**
- ✓ **Open first Sunday of every month - 9:00am -12:30pm**
- ✓ **Phone: 6559 0084**
- ✓ **1a Comboyne Street KENDALL**
- ✓ **www.kendallcommunityopshop.com.au**



Camden Haven
AUTO PARTS

**ALL YOUR CAR, BOAT,
CARAVAN & TRAILER NEEDS
IN THE HEART OF LAURIETON**

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

The Local's Local

461 Ocean Drv, Laurieton 6559 9567



Kendall Global Community Garden

Spring Bowerbirds Delight Flower Nerds but a Lump of a Koel Proves a Frightful Troll

An explosion of spring colour in the Global Food Garden has brought smiles to the faces of the community and much needed pollinators to our crops. Some very welcome volunteers for the cause have been the myriad birds that frequent the garden. Several female satin bowerbirds and at least one male have been spotted frolicking in the orchard on multiple occasions. There are also noisy minors, magpies and a large kookaburra regularly on patrol. Not all of our avian attendees are as treasured, however as there has been a Pacific koel staking a claim on this prime wooing territory. This chap has a repetitive, urgent mating call that rises in intensity and can be maddening if in close proximity to human bird fanciers. Despite this minor annoyance, there is great bird watching to be had for the most part and members of the community are invited to make use of the garden for this purpose. It would be remiss if we did not acknowledge the time and care taken by Tin and Trishy over many years developing the perfect habitat, especially the western end of the orchard, for native birds to enjoy.

Keen gardeners, enjoyers of good quality produce and amateur ornithologists alike are encouraged to attend a working bee if they would like to learn more about the garden. The crew meet at around 9am on Thursdays but sometimes start earlier in summer if it is looking like it will be a hot day. The timing marries up nicely with the cafe and market in the hall where we also have spring vegies available for purchase. All ages and abilities are welcome.



ALISON PENFOLD MP FEDERAL MEMBER for *Lyne*

The Federal Government is responsible for national issues that affect all Australians. As your Federal MP I can assist you with:

- ✓ Centrelink
- ✓ Medicare
- ✓ Aged Care
- ✓ NDIS
- ✓ Post and Telecommunications
- ✓ Banking and Finance
- ✓ Taxation
- ✓ Immigration
- ✓ Foreign Affairs and Trade
- ✓ Defence



WAUCHOPE OFFICE

(02) 6586 4462
Cnr High and Hastings Streets
(PO Box 244), Wauchope NSW 2446

TAREE OFFICE

(02) 6557 8910
144 Victoria Street,
Taree NSW 2430

✉ Alison.Penfold.MP@aph.gov.au
🌐 alisonpenfold.com.au
📘 AlisonPenfoldMPforLyne
📷 alison_penfold_for_lyne

Authorised by Alison Penfold MP, National Party of Australia, 144 Victoria St, Taree NSW 2430.

***It's a Hoedown at Kendall Music Exchange
Come and have fun with the whole family at our fundraiser***

A bit of heel and toe, a bit of singing along, & just good old fashioned fun for all ages. Bring your mum, your dad, your grandma & grandpa, & your neighbours.

Music, and dance calling, by the fabulous *hoedown band*, as well as some Christmas give aways.

Its a wee \$5.00 entry kids under 12 free entry, but must be accompanied by an adult.

Coffee , tea, light snacks via a gold coin donation

The doors open at 6.30 pm Starts at 7.00 pm.

Come along and support us to continue bringing live music, entertainment and community friendship into 2026.

**5 December 2025 - Comboyne Street, Kendall,
In the beautiful Kendall Community Hall**

**PERCIVAL
PROPERTY**

THINKING OF SELLING IN KENDALL?

As an award-winning agent specialising in rural and residential lifestyle properties in Kendall and surrounds, I bring unmatched local expertise and proven results.

Let's chat about your property-
no obligation, no cost, just a conversation.

Call 0429 883 488 for your free appraisal



Martin Newell
Rural & Lifestyle Property

CONTACT
0429 883 488
martin@percival.com.au
percival.com.au

ILLUSIONAIRE

Lost for Words Productions present a magical evening of Cabaret Theatre where you will experience the unique talents of two fabulous performers, both masters of the Illusionist arts of mime and magic.

This largely visual performance is universal in its appeal to the world at large with magic enrapturing people of different cultures around the world and the art of mime speaking half of all languages on earth.

Sam Angelico is greatly respected around the world for his unique approach to the art of Magic bringing him the honour of being awarded the World Champion of Comedy in Madrid in 1985.

Jean-Paul Bell has been described as having a face that can launch a thousand laughs with his unique physical comedy and eccentric characters.

Both he and Sam have been performing since the mid 1970's both solo and together in Australia, starting in the Melbourne Cabaret scene including the early Comedy Festivals as well as internationally in the European Festival Circuits, Clubs, major Theatre and Cabaret venues and the established comedy clubs in the US as well as the College circuit.

Illusionaire is a celebration of comic lives well lived.
Expect the Unexpected.

**FUNDRAISER 2025 FOR
KENDALL MUSIC EXCHANGE
5 December 2025**



Hoedown Band

Family fun dance night

**Bring the family, bring the Grandparents, bring the kids,
bring the neighbours for a good ol' fashioned Hoedown and
dance with the fabulous Hoedown Band.**

**Please join us for this wonderful night of community,
family and friendship with give aways
and good old fashioned fun for the whole family.
Bought to you by Kendall Music Exchange & the Port
Macquarie Hastings Council**



Doors open 6.30pm

**\$5 entry kids under 12 free
@ Kendall Community Hall**

light snacks available via gold coin donation

The Hoedown Band is a dynamic live music group that blends the energy of classic country rock with the infectious fun of bush, barn, and hoedown dances. Known for their boot-stomping performances and easy-to-follow dance calls, they create an inclusive party atmosphere where everyone, from seasoned dancers to complete beginners, can join in the fun.

EXPECT THE UNEXPECTED



**A MAGICAL EVENING OF
CABARET THEATRE**

ILLUSIONAIRE

STARRING SAM ANGELICO & JEAN-PAUL BELL

Kendall Community Hall

Sunday 14th December 2025 5pm

Tickets: \$35, \$30 Concession, \$25 Child,
\$75 Family, carers free. Trybooking.com

The Welfare Ladies.

By Kay Dollery

The welfare ladies were formed approximately 40 years ago by our team leader and local June Swan. We are a group of volunteers that cater for Wakes and Memorial gatherings at the Kendall Services and Citizens Club.

The aim was to service locals in a relaxed and comforting atmosphere hopefully making a wonderful get together to celebrate the life of a loved one. The gatherings are organized in the auditorium.

The events have ranged from small gatherings of 30 to our largest of 300 guests.

We make fresh sandwiches, lovely homemade cakes, scones with jam and cream with coffee and tea available at an economical cost. Drinks are also available from the club bar.



photo left
to right
Kay, June,
Sylvia and
Denise

This continues today with our small team, June, Denise, Sylvia, Kay and (Annette and Catherine if required) Other locals also offer their services if required.

With a HUGE THANKYOU and GRATITUDE to the Kendall Community Op-Shop we have secured several sponsorships and built a beautiful and useful kitchen in the Kendall Services Club as well as a new fridge and freezer, uniforms and new knives which has made our service much easier.

Bookings are essential.

Any future enquiries can be made by calling Kendall Services & Citizens Club. Casie (club manager) 02 6559 4207 or June Swan 0422108609

The Meeting Place Cafe

MARKET PLACE and COMMUNITY GARDEN
OPEN EVERY THURSDAY 9:00am to 12:00 midday

Will be CLOSED for Christmas break

Last Day Thursday 11th December 2025

Returning on Thursday 15th January 2026

The Café is looking for volunteers to bake cakes or slices. If you would like to be part of our team baking even if its only for one day a month or every fortnight. (You will be reimbursed for your ingredients)

Contact the Kendall Community Centre office on 6559 0055



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!
TO BOOK: CALL 02 6559 4203

FRIDAY NIGHTS
\$19.50 MEMBERS DINNER SPECIALS
KEW COUNTRY CLUB

Friday Nights

Meat Raffle

ON SALE FROM 5:30PM - DRAWN FROM 6:30PM

TOSS THE BOSS: JACKPOTS \$50 PER WEEK! DRAWN FROM PREVIOUS WEEKS TICKETS. MUST BE WON AT \$500!

30 PRIZES

KEW COUNTRY CLUB - 02 6559 4203

SOCIAL PLAY
7 DAYS A WEEK AFTER 12PM

GOLF

18 HOLES + CART

\$73
FOR YOU & A GOLF BUD

CONTACT THE PROSHOP
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	ENTRY	CASH PRIZES
5PM - 6PM	\$10	EVERY WEEK

For more information contact the Clubhouse on 02 6559 4203

DRIVING RANGE
7 DAYS A WEEK 6AM-5PM

\$15
20 BALLS

FAMILY FRIENDLY

CONTACT THE PROSHOP
TO BOOK: 02 6559 4203

Mini GOLF
KEW COUNTRY CLUB

Mini Golf Pricing

Family Pass 2 Adults + 2 Kids	\$40
Big Kids (17+)	\$15
Seniors (60+)	\$13
Kids (u16)	\$10

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



Thank you to Kendall Op Shop

Australia is the last continent on the earth that has been invaded by the varroa mite.

There have been a lot of reports in all forms of the media on the devastation that this has affected both commercial & amateur beekeepers. There is no way known with current technology to eradicate this pest or enemy of the *apis mellifera* commonly known as the European Honey Bee. In most cases beekeepers control it by the use of chemicals which not only are detrimental to the bees health but can have residual detrimental effects for other pollinators as well.

The Hastings Valley Amateur Beekeepers Association wish to take this opportunity to thank the Kendall Op Shop for giving us the Grant to purchase 2 Varroa Controllers which break the gestation cycle of the varroa mite inside the bee hive. Breaking the cycle reduces the varroa mite numbers and enables the bees in the colony to survive and thrive.

Basically how the controller works is that up to 20 sealed brood frames are put into the controller and heated to 41.2 degrees Celsius for a period of 2 hours. This process kills the varroa mite but does not injure the bee brood

Members of the Hastings Valley Amateur Beekeepers are able to borrow a controller for a cost of \$50 for 3 separate occasions which compares most favourably with what they'd spend on chemicals. The huge bonus then is that their honey is absolutely "Chemical Free".

Our association meets on the 2nd Wednesday of each month at the Senior Citizens Centre at Wauchope at 6.30pm. Entry is a \$2 gold coin to cover the hire cost. We welcome anyone interested in Bees whether they are the European Honey Bees or Australian Native Bees.

One varroa controller is based at our apiary at Redbank; the other is based at Dunbogan.

Art in the Vale
2026
21 & 22 March
Exhibition and Sales

Local artists are invited to submit expressions of interest in entering their works.

Please email
hvh1927@gmail.com
or ring 0412 831 441
for an entry form

Paintings, sculpture and photography
Entries close 23 February 2026

Hannam Vale Hall
1205 Hannam Vale Road

TRAVEL with TRACY

For Bookings & Appointments Contact

0400 755 810



8 Days - Fully Escorted Norfolk Island Discovery

Discover a hidden gem in the South Pacific offering a unique blend of natural beauty, rich history & warm hospitality. Pristine beaches, UNESCO-Listed Kingston convict site & fresh local cuisine. A perfect Getaway

Departs Wed 21st to Wed 28th October 2026

The above tour includes:

- Home Pick up*
- Return Economy Airfares ex Port Macquarie via Sydney to Norfolk Island including taxes/fees
- Fully Escorted by Jacinta Whitting
- 7 nights at The Paradise Hotel & Resort including breakfast daily ensuite Garden rooms.
- Return Airport Transfers Norfolk Island
- Breakfast & Dinner Daily
- All touring as per Itinerary
- 1/2 day General Island Tour
- Clifftop Island Fish Fry
- Convict Settlement Tour
- Nights as A convict Tour/dinner

NO HIDDEN EXTRAS

- Indulgence Tour wine & cheese
- Ghost Tour & Dinner
- 2 Course Dinner at the Bounty Bar & Grill
- Over the Cattlestops with Morning Tea
- 2 x Museum Tag Along Tour
- Progressive Dinner
- Colleen McCullough Tour
- 2 Course Dinner at Hilli Restaurant
- Sound & Light Show
- \$15 Olive Grove Food/Beverage

Other departure points available

Also Included....

- ✓ Free Courtesy Coach to Shopping Area
- ✓ All inclusive no hidden extra's
- ✓ Small Group / limited singles

SEATS ARE LIMITED SO BOOK EARLY

\$4899-00 per person
Single Supplement \$899-00



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Let our travel experience make your trip extraordinary.

-Gil & Tracy

Recipe of the Month ...

Boiled Pineapple Fruit Cake

Ingredients

- 470g can crushed pineapple.
- 500g mixed fruit
- 125g butter
- 1 cup sugar
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate of soda
- 2 eggs
- 1 cup plain flour
- 1 cup self raising flour

Method

1. Preheat oven to moderately slow 160°. Line a deep 20cm round cake tin with two thicknesses of baking paper, bringing paper 5cm above edges of tin.
2. Combine undrained pineapple, chopped fruit, butter, sugar, spice and soda in pan. Stir over heat until sugar is dissolved, bring to the boil, boil uncovered 3 minutes. Allow to become cold.
3. When cold, add eggs and sifted flours, mix well. Spread into prepared tin. Bake in preheated oven for 1 1/2 to 2 hours.
4. Cover, leave in tin until completely cold. Remove from tin, leave lining paper intact. Refrigerate in airtight container for up to a week.





Kendall Community Boatshed Update

By Alison Stewart

One of the premier offerings from Kendall Boat Shed is the organised Away Paddles ("AP"). The criteria requires loading the kayaks and packing the caravan, with a plan to enjoy 4-7 days away. Our latest journey to Murwillumbah was among the furthest and, consequently, among the longest. However, it proved to be worth the travel with the itinerary featuring a variety of paddles, cycles and social activities. Eighteen keen club members rose to the challenge.

Murwillumbah Showground became our base camp, being the only facility for caravans within 20 km. It's well setup with basic amenities but lacks the variety, typically provided by holiday parks. Nevertheless, it must be said, everything was clean, tidy and welcoming, providing an enjoyable stay within walking distance to town.

Our first paddle was at Byangum, embarking from Col Wiley Park on the banks of the Tweed River. We paddled several km along the beautiful Tweed before turning onto the Oxley River. Beyond the stunning views, including a variety of trees, blue quandongs, giant figs and epiphytes, another highlight was passing under the weir at Old Lismore Road. The weather for this journey was overcast with intermittent showers, but warm enough to remain pleasant.

Our second paddle started from Tumbulgum, also on the banks of the Tweed River. The conditions were sunny, but the wind picked up, presenting one of several challenges - and here we expand further. Alarmingly, one of our paddlers, on an inflatable kayak, began to deflate—rapidly! By an amazing stroke of luck, we had stopped at a public wharf for morning tea. But, as we set off again, there was a discernible pop, followed by the unmistakable hiss of deflation. Fortunately, a few people still on the wharf were able to pull the paddler to safety, before getting too wet or sinking! The damage to the inflatable was not external, as initially thought. The tear was in the cockpit, occurring along a seam. It has since been attributed to 'user error', as the owner had misread the inflation instructions and used twice the recommended pressure. Our predicament was ultimately resolved by calling (and getting reception) our land support team, as they've come to be known. At the end of the day, we now have yet another wonderful anecdote, but it could have been a very different story.

Our third and final paddle departed from Crams Farm Reserve with the destination being Clarrie Hall Dam. Following the Doon Doon Creek, we meandered through the waterway around multiple islands, teeming with birdlife. On arrival at the dam's beautiful lake, we found ourselves surrounded by water lilies, with Mount Warning in the distance. Although the day was overcast, with persistent light showers, the paddle was spectacular and a fitting finale to our trip.

Although Base Camp wasn't situated on a waterway—requiring transport for each paddle—on the positive side, the showground is conveniently located near the Northern Rivers Rail Trail. The 50 km round trip is a must-do for cycling enthusiasts. Some club members also took a day to travel to Kingscliff, which featured another wonderful cycleway, offering a 60 km round trip.

Another notable highlight of this, our final AP of the year, was the addition of brief nightly entertainment. Paddlers were tasked with performing drama, poetry, singing, dancing and trivia—to the amusement of all. We can't elaborate further, as what goes on tour stays on tour!

As we wrap up another year filled with paddling, cycling, and socialising, we reflect on our club's many adventures. Along with our weekly local paddles, and monthly Mid-North Coast outings, our quarterly AP took us to Red Rock, Forster Tuncurry, Mooney Beach and Murwillumbah. And although we're still talking about the 'Great Deflate' anecdote and the belly-laugh entertainment, we eagerly await next year's adventures!



If we've whet your appetite and thinking of joining us, please email thorpe.amanda@gmail.com

A voice from the past

The Festive Season

By Sandra Haswell

In Australia on 25th December we celebrate Christmas. It's a time of connecting with friends and family and the exchange of gifts, celebrating the Nativity, attending church and decorating our homes with lights and decorations.



In other lands and long ago, December was a time of feasting dancing and song. Winter was past and the days of Spring and warmth were to come.

Saint Nicholas Day

was celebrated with baskets of toys and sweets. Saint Nicholas was the patron Saint of pawnbrokers, as well as sailors.

Saint Lucia's Day

In northern countries where Winter lasted longer wreaths were hung and candles lit to hurry on the sun.

On 21st December the Day of the Solstice was celebrated with dancing and feasting, ceremonies and magic.

Saint Brigid's Day

Saint Brigid the goddess of youth and fertility celebrated on February 1st. in Scotland and Ireland.

However, the Festive Season is celebrated, children eagerly wait for Santa to leave presents under the tree on Christmas morning, and the magic of December continues to enchant.

Mental health awareness monthly column

Parentification: How Childhood Roles Affect Your Emotional Wellbeing

In families where adults face significant stress, illness, or emotional challenges, children may take on responsibilities that exceed what's healthy or age appropriate. This experience is known as

parentification. It often involves caring for siblings, managing household tasks, or providing emotional support to parents. While this may feel necessary at the time, it can deeply impact how a person relates to themselves and others in adulthood.

Children who experience parentification often develop strengths such as responsibility, empathy, and maturity. These qualities can be valuable, but they may also come with hidden emotional costs. Difficulties with relaxation, setting boundaries, expressing vulnerability, or trusting others to provide support are common challenges.

Signs of Parentification in Adults

If you experienced parentification, you might notice some of these patterns:

- Taking on excessive responsibility for others' feelings or wellbeing
- Finding it hard to ask for or accept help
- Overworking or striving for perfection to feel secure or worthy
- Feeling guilty when you prioritise your own needs
- Feeling uncomfortable with vulnerability or downtime
- Seeking out relationships where you act as the caretaker
- Difficulty recognising your own wants and emotional needs

Healing from Parentification

Healing from the effects of parentification is a journey of self-discovery and emotional growth, not about placing blame. Therapy and counselling can help you understand your unique story and learn how to meet your needs in a healthy way.

It's common to feel resistance, fear, or guilt when focusing on yourself during therapy. These feelings often reflect protective habits formed in childhood. Building trust with a therapist may take time, but this process is essential for lasting healing.

By working through parentification patterns with a counsellor, you can restore balance in your life, improve your relationships, and build a stronger connection with yourself. Therapy offers a safe space to develop healthy boundaries, increase self-awareness, and cultivate authentic emotional wellbeing.

If you're interested in talking to someone in confidence, our telehealth therapy offers a private, flexible first step. No GP referral. Just contact and book!

admin@slipstreamtherapy.com.au
www.slipstreamtherapy.com.au



Playgroup at Kendall Community Centre

Little Hands Club

Every Tuesday 9:30-11am

Free beverages

\$5 per child

Last Tuesday of every month is arts and crafts starting November. \$10 per child.

For more information search

Little Hands Club on Facebook

Brain Teasers ...

1. What is the only bird known to fly backwards?
2. What is the name of the shallow sea between the Gulf of Carpentaria and the south coast of New Guinea.
3. In the *Harry Potter* series, what is the name of Harry's pet owl?
4. Which American music duo released the studio album *Sounds of Silence* in 1966?
5. Which gland in the human body regulates metabolism?
6. The first Olympic games were held in 1896 in which city?
7. Referring to data storage, what do the initials SSD stand for?
8. Russia has how many time zones?

(Answers on page 14)

This month's SUDOKU is MEDIUM

(Answers on page 14)

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

Sports News



Club juniors Charlise & Elwood Dollery volunteered their time at the NSW Tennis Open at Sydney Tennis Centre for a few days in November. Both juniors are members of the NSW Ballsquad with Charlise as a Ball kid and Elwood as a Supervisor. Well done



Massive congratulations to these little champions. They made the final (Top 2) of the Todd Woodbridge



Cup (Stage 2) State Finals in Sydney on 10th November. 21 regional school winners came together from all over NSW to compete. Congrats to Kangaroo Valley Public School who won the final against St Joseph Laurieton. So proud of these club juniors who represented our club and school with pride. Thanks to our coaching staff Rhyen Hudson and a special mention to assistant coach Elwood Dollery for making the trip to Sydney with the kids. Well done.

Riding for the Disabled (RDA)—Kendall CHRISTMAS RAFFLE RESULTS

Drawn outside Coles at Laurieton
On Saturday 22nd November 2025 at 3:15pm
PRIZES—1st 1821 (Crissy), 2nd 1549 (Corbin),
3rd 1490 (Big Kerry), 4th 1651 (Yvonne), 5th 1603 (Jenny C)
ALL prizes have been claimed and collected.

Thank you to volunteers, everyone in the community who donated, purchased or sold tickets for this special raffle. A BIG thank you to all who supported us during the year. We wish you a Happy Joyful Christmas and a Safe New Year.

Take care of each other and stay safe.

Fund Raising Committee.



Better By Bicycle

By Alison Stewart

Since expanding their routes to include the Camden Haven, Better By Bicycle Port Macquarie ("BBB") has doubled its membership. Known as Tuesday Trails, the weekly routes alternate between the Camden Haven and Port Macquarie areas and regularly attract between 15 and 20 cyclists. Last month, the local rides featured Lake Innes through Kendall and Logans Crossing, Johns River to Crowdy Bay, and most recently, from the Royal Hotel Kew to Pilot Beach.

Club members and Laurieton residents Terry and Doreen Standing love being part of the group. Originally from London and Rhodesia, respectively, they have cycled the world. And, on that note, Terry says, "France's Mont Ventoux route is a cyclist's must-do." He adds, "I got into cycling after giving up soccer and decided it's something we can do together that keeps us fit."

Obviously, many others in my area agree. All you need is a roadworthy bike, water bottle, and helmet.

Ride details can be found on their FB page (Better By Bicycle Port Macquarie) or email info@bbbpm.net.au.



Doreen and Terry Standing

Bookends@Kendall



Come and visit Bookends at the Kendall Community Centre. Run by volunteers

Lots of books - Fiction, Non Fiction and Children's books. \$2.00 each. We also have CD's

Bookends will be closed for Christmas break from Monday 22nd December 2025 to Saturday 3rd January 2026

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



Did you know?

Cows produce more milk when they listen to music they like.

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

Camden Haven Day View Club

Voice, Interests, Education of Women

Membership is made up of women who meet on the third Monday of each month at Laurieton United Services Club at 10.30am for 11.00am start.

We have a short business meeting, followed by a lovely lunch and a Guest Speaker.

Visitors and guests most welcome, cost is \$25 (which includes lunch and dessert).

Enquiries phone Helen on 6585.4454 or email camdenhavendayview@gmail.com

We also have regular social events and outings to build friendships and raise money for the **Smith Family Learning for Life Programme**.

Operation Christmas Experience

Community at 3 desire to give a Christmas experience to as many homeless and lonely people as possible.

How Can You Assist?

- * Make a Cash donation at the Counter at Kew Corner Store
- * Place a gift under the "Giving Tree" from December 1st at Kew Corner Store.
- * Purchase a bauble from the "Giving Tree"
- * Place non perishable food in the container just inside the door at Kew Corner Store.
- * Enjoy a Christmas Day Lunch at the Anglican Church. (Bookings essential)
- * Or Telephone Theo on 0419370076 for further information.

Help
Community
at 3 give a
Christmas
experience
to those
people who
are lonely,
homeless
and without
families.



Christmas Giving Tree
Donations of cash and gifts accepted at Kew Corner Store.

Enquiries: Camden Haven Community at 3 Inc | 0419 370 076
www.communityat3.org.au | communityat3pm@gmail.com

Supported by Kew Corner Store

LORNE RECREATION CENTRE CHRISTMAS CAROLS

Saturday 20th December, from 5pm

The Camden Haven Community band will be playing so we can all sing along.

Meals & soft drinks will be available or BYO.

There will be games for the children.

Many raffles to be won & of course Santa will arrive some time.

Everyone is welcome.



Comboyne Museum Markets

Sunday 14 December

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

Answers to Brain Teasers on page 12

1. The hummingbird 2. Arafura Sea 3. Hedwig 4. Simon and Garfunkel 5. Thyroid 6. Athens 7. Solid State Drive 8. Eleven

Answers to SUDOKU on page 12

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



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Email: espiearb@hotmail.com

What's on in and around the Camden Haven

BOWLS ON THURSDAY - 9.00am at Kew Country Club. LUSC mixed triples - Warren 0497 808 230	
CAMDEN HAVEN DAY VIEW CLUB - 3rd Monday of month at LUSC at 11am - Helen on 6585 4454 or email camdenhavendayview@gmail.com	
CAMDEN HAVEN DRAGON BOATS - Mon, Tue, Wed, Thu, Sat & Sun - am & pm runs - back of LUSC - contact Maureen Phinn 0421 610 321	
CAMDEN HAVEN GIRL GUIDES - 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	
CAMDEN HAVEN PAH&I SOCIETY - Office open Wednesday - 9am-12pm - Kendall Showground phone 6559 4463 - President Ron Porter	
CAMDEN HAVEN RURAL FIRE BRIGADE - 3rd Wednesday - 7:00pm - 179 Kendall Road, Kew - Captain David Handley 0402 292 550	
CAMDEN HAVEN LANDCARE - 4th Monday - 7:30pm - Kendall War Memorial Hall - Jim 0439 191 945	
CAMDEN HAVEN ORCHID SOCIETY - 3rd Tuesday - 2:30pm - 5:00pm - LUSC - Phone David Everingham 0432 718 556.	
CAMDEN HAVEN COMBINED PROBUS CLUB - meet LUSC - 2nd Wednesday at 10am. Contact Sue Moore 0448 999 339 or Wilma Boyd 0427 859 581.	
CAMDEN HAVEN LADIES PROBUS CLUB - meet LUSC - 4th Tuesday at 10.30am. Contact Lynda Torr 0490 021 687 or Anne Burton 0421 967 710	
CAMDEN HAVEN SEA SCOUTS - 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	
CAMDEN HAVEN UNITED HOSPITAL AUXILIARY - meet Mondays 9am -12md - HACC Building, Laurie St, Laurieton. Bronwyne 0401 528 692.	
CAMDEN HAVEN BRIDGE CLUB —meet LUSC—Monday 12pm and Thursday 12pm— Contact Carl Phillips 0410 932 360	
EXERCISE CLASS - Low Impact - over 50's - Wednesday 9.30am - 10.30am - Kendall Community Hall - Phone Lynne - 0427 115934	
GOLF COACHING - Sundays - 9am - Kew Country Club - Luke Garel 6559 4596	
HEART HEALTH WALKING GROUP - Mondays - behind the LUSC at 9am - coffee and chat at 10am in the club - Reg 0400 143 182	
KENDALL BOAT SHED - Kayaking on the river - Tuesday & Thursday 9am - Kendall Boat Ramp - Diane 6559 0159	
KENDALL BOOK CLUB - 1st Wednesday - 2pm - at 'Bookends' - next meeting - Wed 3rd December 2025— Phone: Bernard 02 6559 4066	
KENDALL COMMUNITY PLAYGROUP - 2nd Wednesday (term time) - 9am-10:30am - Kendall Public School - 6559 0040	
KENDALL CWA - 3rd Tuesday - 10am - Kendall War Memorial Hall - Nan Bowman - 0400 265 056	
KENDALL DISTRICT GARDENERS - 3rd Monday - 10am - Kendall Community Hall - John Carter - 6556 9677	
KENDALL GLOBAL COMMUNITY GARDEN - Thursday - 10am-12pm - Kendall Community Centre - Tin Hta Nu - 6559 4834 / 0448 315 169	
KENDALL KETTLES CRAFT GROUP - 2nd & 4th Monday - 9am-1pm - Kendall S&C Club - Sue Ward 0474 873 835	
KENDALL SHOWGROUND MARKETS - 1st Sunday - 8am-12pm - Kendall Showground - Louise Hudson 0413 530 509	
KENDALL MEN'S SHED - Tuesday & Thursday - 8am-4pm & 8am-12pm - Kendall Showground - John White 0427 562 800	
KENDALL RIDING FOR THE DISABLED - Tuesday & Wednesday - 8:30am-1:30pm - 29 The Old Coach Road Kendall - 0450 798 874	
KENDALL RSL SUB-BRANCH - 2nd Sunday - 10am Kendall Services & Citizens Club - Lance 6559 4478 / 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.	
KEW MEN'S BOWLS - Wednesday & Alternate Fri/Sat - 9am & 12:30pm - Kew Country Club - Phone Chicka Thompson 0423 787 325 Or text Frank 0417 698 899	
LANDCARE Phone Sue 6559 7134	- Laurieton United Services Club Landcare works every Friday from 8.30am to weed along the river foreshore - Dunbogan Bushcare Group works every Monday morning from 8.30am
LAURIETON LIBRARY Phone: 6581 8177	Financial Counsellor - Monday afternoon— Fortnightly Navigating My Aged Care - Monday morning 9:30—12:30 Justice of the Peace Service —Wednesday 1:00—3:00pm
LONE RANGERS CRAFT - Wednesdays - 10am - Lorne Community Hall - Phone Nicole - 6559 9773	
LORNE RURAL FIRE BRIGADE - 2nd Monday - 7:30pm - Fire Station Stewarts River Road - Aaron 0438 074 828	
MEDITATION, SPIRITUAL DEVELOPMENT, BREATHWORK AND SOUND BATH WORKSHOPS - Twice monthly - Kendall Community Hall - Phone Erinn - 0438 639 250	
NORTH HAVEN PHYSICAL CULTURE CLUB - 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 northhavenphysie@gmail.com	
PILATES WITH ALI - Monday 4.30 - 5.30pm and Friday 9am - 10am - Kendall Community Hall - Phone Ali - 0431 463 461	
TACTILE ARTS GROUP @ KENDALL - Monday to Saturday - 9am-3pm by arrangement - Kendall Showground - Phone Sue Richards 0407 656 768	
THE MEETING PLACE CAFE & MARKET BAZAAR - Every Thursday - 9am - 12md - Kendall Community Centre - Phone 6559 0055 for bookings	

The last word

We thought, because we had power, we had wisdom..... *Stephen Vincent Benet*