

the Kendall Chronicle

Your Community Newspaper



FREE & Independent
Volume 22: Issue 5 June 2025

Kendall Op Shop Grants Presentation Night Over \$366,000 distributed to the Community

Kendall Community Op Shop held its 17th Annual Grants Presentation at 6pm on Thursday, 1st of May 2025 at the Kendall Services and Citizens Club.

Around 140 people attended to see the distribution of over \$366,000 to the region to 50 different community groups, charities and schools. What a result!

2025 also marks an extraordinary milestone for the Op Shop, and there were special celebrations to acknowledge that total contributions to the community have surpassed two million dollars! The auditorium was decorated with balloons with a large, beautiful sign to put everyone in a celebratory mood. Everyone enjoyed beautiful piano music thanks to volunteer Sheriden Summerley, and also to a picture display of the Op Shop and its history thanks to Jim and Janet Lewin (volunteers)

After welcoming everyone to the presentation, Phillip Higgins, Chairperson of the Op Shop Grants Sub Committee, introduced Robert Dwyer, Member for Port Macquarie.

ORIGINS OF THE OP SHOP

Robert Dwyer described the history of the Kendall Swimming Pool (originally constructed in the Camden Haven River, near the bridge) and the creation of the Kendall Op Shop formed to raise money to build a land based swimming pool in Kendall.

The shop opened in 1995 as a simple stall run by local community members.. it then moved onto the old ANZ building and was run under the name of The Kendall Pool Committee for the purpose of raising funds towards the construction of the Kendall Community Pool and in 2004 - 2020, the shop contributed \$ 400,000 towards the

construction costs of the pool plus \$ 410,000 towards other improvements including PA system, pool heating, lane ropes, shade shelters, wheelchair access and an inflatable aqua pontoon. In 2008, the shop became known as the Kendall Community Op Shop, and the constitution was amended to allow
cont. Page 3....

Some of the Op Shop Volunteers that help make the grants possible.



For more information about Coastline Bank & its services, please visit
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EAT LOCAL.
SPEND LOCAL.**

- Kendall Chronicle -

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**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

.... Continued from page 1

the shop to apply funds to projects in the areas of Sport and recreation and Arts and Culture, and to assist with the funding of major community projects. As well the shop was able to distribute funds to local Charities, to a total of 5% of its annual net profits. In 2023, this amount had been increased to 15%.

PRESENTATIONS.

Phillip Higgins introduced guest presenter and MC for the evening Cameron Marshall, Breakfast Presenter at ABC's Mid North Coast Radio.

Schools Programme:

Grants Sub Committee (Schools Programme Co-ordinator) Diane Pope explained that this is an initiative of the Op Shop and started in 2023 where 10 local schools (Camden Haven HS, Herons Creek PS, North Haven PS, Hannam Vale PS, Laurieton PS, Moorlands PS, Comboyne PS, Lake Cathie PS, Kendall PS, St Josephs PS) have been allocated \$4,000 each for the year, to be used to assist students who may otherwise not be able to join in on extra activities offered or involved in by their school or assistance with uniforms or programmes due to financial constraints. These funds are to be made available on a needs basis, throughout the year. The programme to date has been very well received. Total of Schools programme 2025 assistance \$40,000

Previous recipients

2024 Grant Recipients Grants Sub Committee member Laureen Bate introduced 5 recipients of 2024 Grants who described how the grant money was spent on chosen projects to reach a successful conclusion. For example, Matt Bell, President of Hastings Orienteering Group, gave a description of what they were able to achieve to promote the sport of orienteering and creating a new basemap for Kendall which was attended by 40 entrants at its first event.

Sponsorship Awards 2025

Cameron Marshall presented the Sponsorship Awards, assisted by Operations Co-ordinator Gerda Ashford

The Sponsorship programme was introduced to cater for organisations that have needs that do not fit within the criteria required by the Grants system.

Did you know?

Hot water will turn into ice faster than cold water.



Kendall National Violin Competition Inc	\$10,000
Riding for the Disabled – Kendall	\$ 3,000
Burma Education Fund	\$ 2,750
Hannam Vale Playgroup	\$ 510
Kendall Welfare Group	\$ 350
Sponsorship AWARDS Total	\$16,610

Charity Grants 2025

Cameron Marshall presented the Charity Grants, assisted by Grants Sub Committee member Joan Aiken

Up to 15 % of the net profit of the Op Shop can be applied towards charitable purposes. The charities receiving these grants have been nominated by the Op Shop volunteers.



Hastings Education Funds	\$10,000
Australian Lions Hearing Dogs	\$3,000
Little Wings	\$3,000
Make A Wish Port Macquarie Branch	\$3,000
Starlight Children's Foundation	\$3,000
Charity Grants Total	\$22,000

Continued on Page 4....



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Community Grants 2025

Cameron Marshall introduced Elaine Browning, Volunteer Co-ordinator, to present 30 Community Grants

The Community Grants are the major part of our fund distribution. Organisations apply for funds through an application process which requires them to show that they are community based, that their project is sustainable and will be of benefit to the Community. Quotes and financial statements are required. Applications have an upper limit of \$30,000 and recipients are required to submit an Evaluation and Acquittal at the completion of their project.

Douglas Vale Conversation Group Inc	\$24,635
Kendall Men's Shed Inc	\$23,144
Camden Haven Little Athletics	\$22,823
Camden Haven Rural Fire Brigade	\$17,982
Hastings Home Hospice Inc	\$17,310
Comboyne Community Association Inc	\$17,890
Kendall Tennis Club Inc	\$17,000
Camden Haven PAH & I Society	\$16,745
Amateur Beekeepers Assoc. Hastings Valley Inc	\$13,860
Camden Haven Landcare Inc	\$12,136
Camden Haven Seascouts	\$11,290
Port Macquarie Historical Society Inc	\$10,990
Camden Haven Boxing Team	\$10,000
Camden Haven Pony Club	\$10,000
Laurieton Tennis Club Inc	\$ 8,325
Lorne Rural Fire Brigade	\$ 7,450
Tactile Arts Group at Kendall Inc	\$ 6,450
Kendall Community Centre	\$ 5,527

Endeavour Mental Health Recovery	\$ 5,170
Hastings Orienteering Group Inc	\$ 5,000
Camden Haven Community@3 Inc	\$ 4,485
Beach to Beach Inc	\$ 4,195
Laurieton Hotel Stingrays RLFC	\$ 3,000
Self-Seen Inc	\$ 2,699
Camden Haven Eagles	\$ 2,500
Camden Haven Girl Guides	\$ 1,950
Kendall Community Pre-school Inc	\$ 1,800
Camden Haven Historical Society Inc	\$ 1,225
Camden Haven Dragonboats Inc	\$ 1,000
Wauchope-Bonny Hills Surf Life Savings Club Inc	\$ 1,000
Community Grants Total	\$287,581

A complete list of grants amounts awarded in every year from 2009-2025 and brief descriptions of projects can be found on the Kendall Community Op Shop's website:

www.kendallcommunityopshop.com.au (Click on Op Shop Grants)

This all important and wonderful event is only possible because of all the 90 volunteers' dedication, enthusiasm, hard work, motivation endless efforts to use their talents in many different areas, their time and committed support of the Op Shop's aim to raise and distribute money to the community. It makes the volunteers proud for being part of the Kendall Op Shop's team!

Guest Presenter Cameron Marshall expressed his thanks and pleasure at being invited to be the Presenter at the Grants Evening, exclaiming how astounded he was at the achievements of the Op Shop, calling it the most incredible Op Shop achieving such results.

Continued on page 6



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Established 1990

QUALITY STEEL BUILDINGS

Kendall Global Community Garden

By Locky Lamondo

Thanks to New Heads for Putting in Hours in Showers, as we Populate Beds with Veggies and Flowers

The Global Food Garden has been delighted to see some new members join in the gardening fun recently. We extend a warm welcome to John, Sabina, Carol and another chap named John. We will refrain here from attempting ill-advised toilet puns regarding the addition of two new Johns as we are grateful for their efforts. New and old members alike have been keenly engaged in our winter planting efforts with onions, cabbages, broad beans, cauliflower and beetroot now calling our raised beds home. Mother nature has also been turning up for duty, watering in our new additions with gusto.

A new flower bed, inspired by the Kendall Op Shop's magnificent entrance, has been created in front of the water

tank. Veteran gardener, Tin, stated that the rationale is to have year-round colour in this patch, which will bring pollinators to our vegetables, and joy to our hearts. Flowers that are featured include: begonia, snow drops, coleus, geranium, and penta. If you would like to take part in community gardening, or would like to pick up some fresh, seasonal produce, please come on down on Thursday mornings from around 9.30. There's coffee, cake, and markets on in the hall too, so you would be mad not to!



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 lovely lunch together followed by a short business meeting and then we have 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 Life Program.

A new business in Kendall Kendall Hair Club



Welcome Jess Huntley to Kendall. Jess opened the Kendall Hair Club after an opportunity came for her to lease the building in the Kendall main street. She has done a lot of work getting the salon set up and it looks amazing.

Jess has over 8 years experience in hairdressing and is very passionate about looking after your hair. Jess says she loves doing foils as well as Ladies, Men's and children's haircuts. Books are open so new clients welcome. Phone 0460 428 839
2/4 Comboyne Street, Kendall



Jess and her mum Jodie

Liz Neville
Aspire Counselling NSW
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Consultations available in Port Macquarie & Laurieton
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LOOKING FOR A WARM, CALM AND EMPATHETIC COUNSELLING APPROACH?

At Aspire Counselling NSW, Liz aims to support clients in addressing their concerns and empowering them to discover their inner strength, with practical, non-judgmental guidance and effective strategies within a compassionate and caring environment.

Liz has a wealth of life experience and effective counselling skills to work across a broad range of issues, supporting clients of all ages; adolescents to older adults with:

- managing anxiety and/or depression
- adjustment to loss or life transitions
- stress management
- relationship issues
- adolescent issues

Liz has 10 years of experience, specifically working with Years 11 & 12 students, providing counselling and support for stress management, effective study skills, exam preparation and post school vocation guidance.

If you are needing some extra support with practical strategies, without judgement, please give Liz a call on 0408697153 or email her at aspirecounsellingnsw@gmail.com

....Continued from page 4

Op Shop President Robert Rule concluded the Grants Night

Robert thanked everyone involved and offered his congratulations to all recipients of the Awards in the different categories. He also thanked the 2024 Grants recipients for sharing how their individual projects were brought to fruition by the grants received last year. He thanked Cameron Marshall for being a guest presenter and Phillip Higgins for Chairing the Grants Sub-Committee as well as the presenters for their assistance of the different awards & grants categories.

Robert invited all the volunteers to come forward for a photo – over a third of the volunteers of the shop attended the evening and were included in the photo. (see photo on front page) Everyone was then invited to a light supper, including tea and coffee.

Our sincere thanks to all and everyone, including all the wonderful community members who support, provide donated goods, shop at the Op Shop that helps achieve a brilliant outcome.

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

For more information browse

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

Remembering



John Haldane

**Come and remember John
with others and share stories
at Kendall Community Hall**

**Tuesday 17th June 2025
at 10:00am**

*Please bring a plate to share
for morning tea*

John's Memorial Service is on
Sunday, 1st June, at 1.30 pm, at Living Waters Church,
4/8 Stockyard Place, West Gosford, NSW.

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**

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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The Local's Local

461 Ocean Drv, Laurieton 6559 9567

Kendall District Gardeners Club News

(Patrons Christine & Richard Cullen)

By Jim Lewin

A minute's silence was held for the passing of Marie Arthur. John had some more books on organic gardening for sale donated by Christine Cullen. The meeting in July will be our AGM and anyone interested in taking on an official role with club are welcome to apply. Roles include – President, Treasurer, Sales, Secretary, Morning tea organiser, Speaker organiser. Some more Potassium sulphate has been purchased but it is in pellet form rather than powder. It can be dissolved in water and spread on the soil. It is good for fruit and flower production.

There were some sweet potato plants for the taking. John gave out the name badges to members who had previously ordered them. People were asked to bring in morning tea and indicate what they were supplying for the next meeting.

The speakers were Jan Mitchell and Wendy Isaac. They showed pictures of various buildings around Kendall and explained what they were originally used for and who built them. There were several timber mills in the area for the cedar getters. Several buildings were hospitals at one time or another. Oxley County Council had its offices in Kendall where the bottleo now is. The takeaway was where one of the banks was and the post office was built in the 1920's.



Photo above: John thanked Jan and Wendy for their presentation and gave them a couple of gifts.

John advised the next meeting will be about soil health.

Next meeting will be on 13 June 2025.

RIDING FOR THE DISABLE—KENDALL CENTRE RESULTS—MOTHERS DAY RAFFLE 10/05/25

- 1st Prize 5322 (Ann)
- 2nd Prize 5665 (Di)
- 3rd Prize 5387 (Judy)
- 4th Prize 5597 (Jackie)
- 5th Prize 5789 (Annette)

All Prizes claimed and delivered.

Many thanks to all who donated, supported us and the dedicated sellers especially on the day which was windy, wet and cold.

Our next raffle will be the WINTER WARMER RAFFLE in July



CWA NEWS KENDALL

MAY 2025

RAFFLE

The ladies of the Kendall branch have been very busy over the last month with our sale of Mother's Day Raffle tickets and Election Day stall.

If you were able to purchase a raffle ticket we would like to "Thank you". Your contribution has helped to make this year's raffle another big success.

We would like to congratulate our winners.

- * Tina Dowling from King Creet won 1st prize – our beautiful quilt.
- * Barbara Barlyn from Kendall won 2nd prize – a lovely basket of items for Mum and a \$50.00 gift voucher for Squeaky Gate in Kew.
- * Nellie Chapman won 3rd prize – A lovely quilted bag with gift and \$10.00 gift voucher for Miss Nellies Café in Kendall.



*1st Prize Mothers
Day Raffle*

We would like to give an invitation to any ladies who would like to come along to see what we are about.

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

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LAURIETON ROTARY CLUB NEEDS YOUR HELP

We have 2 projects coming up and would love you to come along to help us earn much needed funds to assist with our humanitarian projects both close to home and overseas. The 1st is a Meat Testing afternoon organised by New England University, on **Thursday June 12** - there are 3 sessions 1-2pm, 2-3pm, 3-4pm. This will be held at Laurieton Uniting Church Hall, Bold St., next to the school. We need 20 people per session – 60 in all prepared to taste test 7 small samples approx. 1 inch square of Aussie beef. For this the uni pays us \$1200.00 all we need to do is come up with 60 people.

The 2nd is a great movie night on **Thurs. June 19** and the movie is the old surfing classic **MORNING OF THE EARTH** 6.30pm for 7pm start. Laurieton Plaza Theatre – cost \$25.00 pp. So please rally all the surfers in your family, this should be a great night of reminiscing and please dress accordingly. Please phone **Jenny Peters 0427599048** for more info or to register.

Rotary Club of Laurieton Fundraiser \$1,200 in 1 hour

Taste-testing grilled Aussie Beef for market research

All we do is turn up & taste

No cost to us, UNE does it all

Time and venue

60 participants, split across 3 sittings of 1 hour each. No set up, no clean up! All we have to do is show up on time & taste-test 7 small samples of Australian Beef.

For 60 people for 1 hour, UNE (the University of New England) donates **\$1,200.** **We just turn up and taste!**

Date: Thursday June 12th 2025
Venue: Laurieton Uniting Church, 51 Bold St.
Sitting times:
1pm - 2pm
2pm - 3pm
3pm - 4pm

Please check-in 10 mins prior.

60 of us + 1 hour + taste-test 7 samples of Aussie beef = \$1,200 donated straight to our group!

To claim your 1 hour session time please contact: Jenny Peters
p: 0427 599 048 e: jennychtravel@gmail.com

CRITICAL: If you can't make it on the day, you **MUST** provide a SUB. to take your place, or we can't run

Social-distancing and fundraising

Advertise your business or service
- contact us for more information
kendallchronicle@outlook.com

FUNKY FACE FRY PAN WORKSHOP



WHEN: Saturday 28th June 2025

WHERE: The Tactile Arts Studio
Kendall Showground

COST: \$50 non members
\$30 Tag members

REGISTER: by emailing
lori-ryan@bigpond.com

****limited to 10 applicants****

2nd workshop available if sufficient interest

This workshop is being offered by the Tactile Arts Group at Kendall starting at 9.30am and finishing in the afternoon around 2pm.

You will be guided by Lori & Wendy two experienced mosaic/sculptural artists from our TAG members.

No experience necessary, all you need is a bit of imagination and a sense of fun, it is an opportunity to be creative using all sorts of materials such as crockery, marbles, jewellery, beads, tiles, ornaments shells etc. It is a cross between mosaics and sculpture, some parts may need to be grouted which can be done by arrangement at a later date.

We have a variety of crockery at the studio for your use but you are most welcome to bring some along. We will have some frying pans, If bringing your own frying pan it must be clean and free of grime and grease, you may need to sand the bottom.

Our idea is to have a bit of fun and laughter at your whacky creations which you can hang proudly on your wall or fence.

Please bring an apron and lunch. Tea and coffee provided.



TACTILE ARTS GROUP (TAG) at KENDALL MAY 2025 NEWS

The TAG members are always busy during the week in our studio. Lots of laughter and chatter while we work on our individual creations.

The wind chime workshop in March was very successful. A number of our members have continued to be creative and turning out amazing wind chimes.

KENDALL OP SHOP GRANT:

Early this year TAG was successful in their application for a grant to build a more easy access for disabled members. We would like to give a big "Thank You" to the Op Shop Committee.

WORKSHOPS:

We have a great workshop coming up Saturday 28th June 25. See flyer above for information about the workshop. We would like to invite members of the community to come along and see what we are about.

FOR FURTHER INFORMATION ABOUT TAG

PHONE: Sue 0407656768
tagatkendall@gmail.com

KENDALL MUSIC EXCHANGE

6 June 2025



Two fabulous duo's

Moira & Wayne will transport you on a Celtic journey with their beautiful harp & tin whistle tunes

**Peter & Nicky
Singer songwriters from
Newcastle, will intrigue you
with songs derived from life's
journeys & experiences.**

DOORS OPEN AT 6.30 PM, SHOW STARTS AT 7.00 WITH OUR OPEN MIC

A Local Orchid

Liparis reflexa

By Colin Campbell

This is a common orchid of New South Wales, ranging from the Clyde River to the Hastings. However, it is also found in parts of Southeast Asia and Queensland. In Queensland, it goes by the common name of Tom Cat Orchid, whereas in New South Wales, it carries a less charitable name to do with urinating felines. Kindly, some people also refer to this pretty little orchid as the Onion Orchid.

Produced on an inflorescence from 10cm to 30cm long, its small flowers can be greenish, cream or yellow in colour. Now, there is a third form of *Liparis reflexa*, as yet undescribed, which has been found along the Hastings Forest Way. *Liparis* species grow well in scoria, as their usual habitat is rocky ground, with either a full-sun or semi-shade outlook. Clearly, as inhabitants of our locale, they like water, but with good drainage and air movement.

If you would like to learn how to cultivate native orchids, come along and talk to us at the **June Show of the Camden Haven Orchid Society**, which will take place at the **Laurieton United Services Club** on

Saturday 7th June and Sunday 8th June. Doors will open on both days at 10am.



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!
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FRIDAY NIGHTS
\$19.50 MEMBERS DINNER SPECIALS

KEW COUNTRY CLUB

*Friday
Nights*

Meat Raffle



30 PRIZES

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Mini Golf Pricing

Family Pass 2 Adults + 2 Kids	\$40
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Kids (u16)	\$10

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



KCCm
kew country club

SOCIAL PLAY
7 DAYS A WEEK — AFTER 12PM

GOLF

9 HOLES + CART

\$73
FOR YOU & A MATE

CONTACT THE PRO SHOP
TO BOOK: 02 6559 4203

LUSC

**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 \$10	CASH PRIZES EVERY WEEK!
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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.

KCCm
kew country club

DRIVING RANGE
7 DAYS A WEEK — 6AM-5PM

FAMILY FRIENDLY

\$15
70 BALLS

CONTACT THE PROSHOP
TO BOOK: 02 6559 4506

Sinfonia MNC - Announcing "Destinations" Camden Haven Concert Sunday 29th June 2pm

Sinfonia MNC, our local Symphony Orchestra, is proud to announce its return to performing at Camden Haven Anglican Church, Lakewood, on Sunday, 29th June at 2pm.

Elizabeth Berry, leader of the Board of Sinfonia says "Sinfonia was formed in 1999 aiming to broaden community cultural life and we are delighted to be returning to regional halls, to Churches and their audiences."

"Sinfonia is all about live music and in this June programme, we bring our Camden Haven and Kendall audience a magic carpet ride around the world." "Our Conductor, Iain Pole, who is local to the area, is bringing us a selection of music starting in the USA, travelling to Central Europe with a Mozart Piano Concerto, and Johann Strauss waltzes."

"We have the much loved Fantasia on Greensleeves by England's Ralph Vaughan Williams." "Then we have the mysteries of Arabia's Scheherazade from Rimsky Korsakov and the magnificent Finlandia hymn from Jean Sibelius. This will be familiar to our classical music audience."

"By contrast, Iain has chosen a recent work to perform "The Odyssey of Dharmakara" by Jordan Grigg. This was composed during the last 10 years and bring us ancient Eastern influences, from Tibet, Japan and China." Iain says of the piece "Let's go to Tibet, let's hear the piece shimmering from the Heavens."

Kali McLaughlin plays the Bassoon in the concert and has been with Sinfonia 3 years. Kali says of The Odyssey of Dharmakara "It is really fun to play and the bassoon has a major role in it. There are some powerful chords in the Bass, and I needed to learn 3 extra notes for the performance, which has added to my range and extended my playing technically." "Greensleeves also has some complex lower notes for me to play, and I know that the audience will love this very familiar work."

Penny Orchard plays the Cello in the concert and says "this programme of destinations and travel brings the wonderful Greensleeves to the audience, and has its Cello moments." "One interesting addition to the programme is The Big Country, a work composed by Jerome Moross, which has a melody section played by the Cellos." Penny has been playing with Sinfonia for 13 years.

Cameron Waugh has been performing with Sinfonia for 3 years and currently holds Sinfonia's Quaver Foundation Scholarship. In this Concert series, Cameron is playing Mozart's 2nd Piano Concerto on the classical piano as he works towards finalising his University studies in Music.

The Quaver Foundation is a "not for profit" Community Association, which accepts gifts from local businesses and donors to fund scholarships awarded to young musicians aged under 25 years.

Sinfonia MNC will be performing at Camden Haven Anglican Church, Lakewood, on Sunday 29th June at 2pm, as well as the Tuncurry Memorial Hall on Sunday 22nd June at 2pm and at the Manning Uniting Church, Taree on Saturday 28th June at 2pm.

For more information and to book tickets for any of these performances, please visit:

<https://www.trybooking.com/eventlist/sinfoniamnc>

Further information: Jennie Wright – Publicity –
tel 0418205971



Sinfonia

MNC

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Tuncurry Memorial Hall,
Sunday 22nd June 2025 at 2PM

Manning United Church,
Taree, Saturday 28th June at 2PM
(Limited seating available)

Camden Haven Anglican Church,
Laurieton, Sunday 29th June at 2PM

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- 2 Nights Saigon including breakfast daily & Sightseeing.
- 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
- 2 Day Overnight Halong Bay Cruise including Lunch/ Dinner/Breakfast
- All Airport/hotel/ship transfers throughout

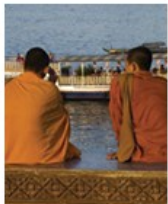


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Riding for the Disabled (RDA) — Kendall

By Kerrie Dyer, Publicity Officer, RDA Kendall

RDA Kendall Rider—Clare

Classes resumed at RDA Kendall on Tuesday 25 March, meaning our regular riders are back in the saddle. One of those riders is Clare, who has been coming to our centre for many years. Clare has ridden numerous horses over the years. Some of those horses were Lulu, Flare Dash, and Jamie.

Clare rode our biggest horse, Ari, Clare's current favourite horse. Despite not having been in the saddle for about 10 weeks, Clare showcased impressive skills and set a strong example for other riders, demonstrating what good riding confidence looks like. Welcome back, Clare!



Pictured is Clare kitted up with protective riding gear and ready to ride.



Volunteer Bob making sure all is ok with rider, Clare



Clare on Ari with Leader Sharon and a volunteer side-walker

Photo of Ari and another one of the horses that, over the years Clare has ridden. The other horses have now left RDA Kendall, usually due to their age. When RDA Kendall horses are retired, they are not cast aside. As it should be for all animals that anyone has the privilege of having in their lives, these horses are placed into loving, caring homes where they are looked after into their twilight years. RDA Kendall continues to support these retired horses.

Lulu

Lulu was with RDA Kendall for only a few years. Her history and age were unknown, but she appeared to be old and was feeling her age. Lulu always had an air of "been there, done that." Despite her age, she continued to work for RDA Kendall for a few years until it became too difficult for her to manage her workload. Upon Lulu's retirement, the centre sought someone to care for her in her twilight years.

Flare

Flare was a 22-year-old thoroughbred and had been with RDA Kendall for eight years. He was the patriarch of the horses. Before he came to us he was rescued from becoming dog

food. He travelled the By-Centennial National Trail and was an experienced pony club horse. Flare was proudly sponsored by one of our long-term riders. This same rider sponsors other horses at the Centre today. <https://www.isaac.qld.gov.au/Tourism/National-Parks-and-State-Forests/The-Bicentennial-National-Trail>

Dash

The beautiful Dash was a full-bred Arab and the Don Juan of the RDA Kendall horses. At the time of the photo, he had been with the Centre for 2 years and was 13 years old. Dash was bred for endurance but suffered a bone chip in his hock as a young horse which deemed him ineligible for endurance. He was a prima donna drama queen and very cheeky he even ate his saddle. During Dash's time with RDA Kendall he was proudly sponsored by the Kendall Op Shop.

Jamie

Jamie was a lovely-natured Arab. Jamie came to RDA Kendall when he was 22 years old. At the time of the photo, he had been with RDA Kendall for 5 years. He was feeling his age then at age 27 and battling cancer. Jamie was a most trusting horse even when subjected to the many injections and invasive treatments that he had to endure. RDA Kendall has to have the funds to pay for vet fees and medicines to keep the horses healthy and sometimes lifetime, ongoing medical treatment required to give them quality of life before the inevitable occurs. This is where your support is crucial to the ongoing funding of the centre.

The funding for the costs of running RDA Kendall is only achieved by the generosity of the local community, the occasional grants and the hard work of volunteers, particularly the volunteers who are tasked with applying for grants, organising raffles and fundraising activities. Without their support and your support, be that through your donations, gifting items for raffles etc or simply your following the RDA Kendall Facebook and newspaper articles RDA Kendall would perhaps not be able to continue. Thank you for your past and any future generosity in giving to RDA Kendall.

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Mental health awareness monthly column

Depression

When Depression Doesn't Look Like You Think It Does.

We often imagine depression as someone who's always sad, crying, or can't get out of bed. And yes, sometimes it looks like that. But depression can wear a lot of masks. It can show up as irritability, numbness, or a constant sense of being "off" without knowing why. Some people with depression laugh heartily at jokes, hold a job, and even take care of others—all while quietly feeling empty inside. It's not always loud, and it doesn't always look like what we expect.

One of the sneakiest things about depression is how good it is at hiding. You might feel tired all the time, even after sleeping. Or you might lose interest in things you used to love—like music, socialising, or even your favourite foods. Some people notice they're zoning out a lot, feeling disconnected from their lives, or getting frustrated over small things. Depression can also disguise itself as physical symptoms like headaches, body aches, or changes in appetite.

People with "high functioning" depression can appear totally fine from the outside. They show up, get things done, and smile on cue—but inside, they feel flat or overwhelmed. They might constantly feel like they're failing, even when they're succeeding. It's an exhausting way to live, and it's easy to dismiss it because it doesn't seem "serious enough." But if you feel like you're running on empty, it's worth paying attention.



The tough part is that depression can keep you from reaching out for help. It tells you things like, "It's not that bad," "You should be able to handle this," or "No one wants to hear about your problems." That voice can be loud, and it can make getting help feel overwhelming or even pointless. But that's the depression talking—not the truth.

Talking to a therapist can help, even if you don't know where to start or what to say. Sometimes just putting your feelings into words is a huge step. You don't have to wait until you hit rock bottom. If something feels off, that's reason enough to reach out. You'll be met with care and respect. **If you'd like some help to talk through feeling flat or not quite on top of your game, reach out for a telehealth appointment. Confidential and No GP referral needed.**

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DO YOU HAVE TROUBLE FINDING A CAR PARK AT KENDALL OP SHOP?

CAR PARK PETITION

Kendall Op Shop recognises that there is an ongoing issue with insufficient parking at the front of the shop. We would like to extend our car park into the area adjacent to the shop where the old skate park is located.

Hastings Council requires that a community need, be demonstrated before this plan is considered. Advice is that a petition should be submitted containing names of members of the community and visitors to the Op Shop who are in agreement that the car park proposal meets a vital community need.

There has been a petition created and it is available for interested parties to sign. There are copies of this petition at the Op Shop, the Community Centre, Bookends and other willing local businesses. Please add your name so that the op shop is able to move forward in its bid to extend the car park.



Recipe of the Month ...

Vegetable Soup with Bacon

Ingredients

- 1 tbsp olive oil
- 1 brown onion, chopped
- 2 cloves garlic, crushed
- 4 shortcut rindless bacon rashers, chopped
- 1 medium zucchini, chopped
- 1 medium carrot, peeled and chopped
- 3 celery stalks, trimmed and chopped
- 1/2 (600g) cauliflower, cut into florets
- 400g can diced tomatoes
- 1 litre beef stock
- 1 cup dried mini penne pasta
- 1/4 cup chopped fresh basil leaves



Method

1. Heat oil in saucepan over a medium high heat. Add onion, garlic and bacon. Cook stirring for 3 to 5 minutes or until bacon is golden. Add Zucchini, carrot, celery and cauliflower. Cook stirring occasionally for 5 minutes or until vegetables are brown.
2. Add tomato, stock and 2 cups cold water. Cover. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until vegetables are just tender. Add pasta. Season with salt and pepper. Simmer, uncovered, for 10 minutes or until pasta is tender. Stir in basil. Serve

Sports News



Kendall Tennis Club celebrated the completion of its Summer competitions which included the awesome Friday Junior Summer competition and also the fabulous fun Summer Night Tennis and Pickleball Competition.



Camden Haven Dragon Boat Club



Camden Haven Dragon Boat Club member Mikayla Jobson was selected to join the Northern Region NSW State Team at Auschamps on the 28th April at Sydney International Regatta Centre Penrith.

Mikayla was in 3 Categories and has come home with 3 gold medals! To be included in the team Mikayla was required to undergo a very strenuous selection process followed by months of rigorous training to ensure she kept her team place before the competition.

The Northern Region team won every heat by a boat length and were the standout team of the day, as were NSW generally. Anyone thinking they would like to give Dragonboat paddling a try is very welcome to come to the Camden Haven Club on Sunday mornings, when the Club has coaches and members happy to help anyone new.

Call Club secretary Maureen on 0421 610 321 or Kath Branscombe on 0423 297 790 to make arrangements and for more information. You can paddle for 28 days on a free pass before deciding if it's the sport for you.



Nine year old club junior Harper Kelly is having a great start to her first year of playing tournaments. She recently received her trophy for winning the Regional Match Play series at Sawtell in April



Well done to all the Kendall Tennis Club juniors who played in the Regional match play series in Port Macquarie.



Brain Teasers ...

1. What is the only sea not to have a border with land?

2. What type of grain is used to make malt vinegar?

3. Who is the host of game show *Hard Quiz* on the ABC ?

4. In which city are the Spanish Steps?

5. Which chemical element is named after Uranus?

6. In pool, what number is on the black ball?

7. Which sculptural medium is translucent form of gypsum?

8. What are the only two countries to have an X in their names?

(Answers on page 14)

This month's SUDOKU is MEDIUM

(Answers on page 14)

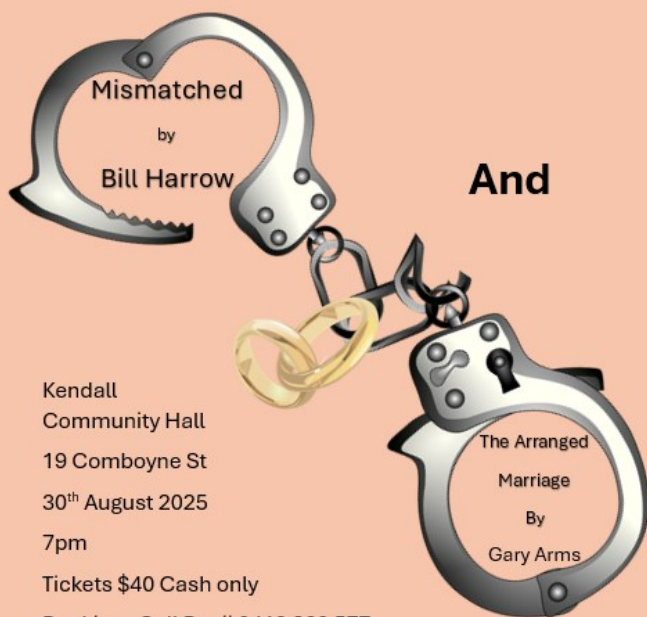
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3	8	5						6
			9	5	8		1	
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6	7			8			4	2
		1	7			6		3
	1		6	2	3			
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5								

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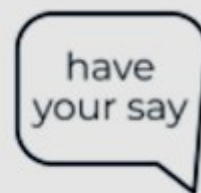
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View current projects at PMHC.

Answers to Brain Teasers on page 13

1. Sargasso Sea 2. Barley 3. Tom Gleeson 4. Rome 5. Uranium
6. Eight 7. Alabaster 8. Luxembourg and Mexico

Answers to SUDOKU on page 13

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



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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 Don 0429 930 022.	
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 McInally 0437 526 232	
CAMDEN HAVEN UNITED HOSPITAL AUXILIARY - meet Mondays 9am -12md - HACC Building, Laurie St, Laurieton. Bronwyne 0401 528 692.	
DANCEFIT — Aerobics / Body Tone / Simple Dance—Wednesday 6pm Kendall Community Hall - Phone Stacey - 0480 241 833	
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 4th June 2025	
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 6559 4163	
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	
LAURIETON LIBRARY	DISCUSSION GROUP - Mondays 10am to 12md - Carolyn 6559 8849 or Anne 6559 4690. SENIORS RIGHTS ADVOCATE - 1st Friday of month in 2024 10am to 11am. - your local advocate Jill McDonnell.
LINE DANCING - DIAMONDS AND DENIM - Mondays (not 3rd Monday) 11am - Beginners welcome - Kendall Community Hall - Di Andrews - 0418 636 278	
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	
YOGA — Hatha General—beginner to advanced—Chair Yoga options—Wednesday 7pm Kendall Community Hall - Phone Stacey - 0480 241 833	

The last word An essential attribute of a good conversationalist is to be an equally good listener - **ERROL WHITE**