

the Kendall Chronicle

Your Community Newspaper



Published by Kendall Community Centre

FREE & Independent

Volume 22: Issue 11 November 2025

Camden Haven Show... 74th Annual Event

By Alison Haylett

The Camden Haven PAH&I Society Inc. is pleased to announce the success of the 74th Camden Haven Show, held last weekend on 25th and 26th October. The event met with great excitement, outstanding attendance, and delightful weather, all of which point to growing community support for our local Show.

Visitors enjoyed a wide variety of entertainment and activities over the two-day event. The Demolition Derby held on Sunday evening (Thank you Isabella Hockey! - check it out on Facebook), Harrington's Circus Show with three shows each day, Pig Races, Chainsaw Racing, and the Woodchop State Championships were particular crowd favourites. Families flocked to the Billabong Zoo, marveled at Troppo Bob's Magic, listened to the live music, and cheered on the Port Macquarie Dog Club Agility Show. Alongside these, all the traditional Show competitions—including horse, cattle, dogs, arts and crafts, poultry, fruit and vegetables, flowers and plants, photography, and cooking—were strongly supported by participants and the community.

The Grand Parade was held on Saturday and our hard-working President Ron Porter welcomed our local politicians, MP Alison Penfold and MP Robert Dwyer and also celebrated our long-standing life member, steward, and all-round great helper Pam McLeod who officially opened the Show.

The youngest competitor in the Poultry section, Delilah Fussell won the Grand Champion Bird of the Show with her outstanding rooster. See photo on right. With over 200 birds entered into the competition, the stewards were very happy with the support.

The horse events on Saturday and Sunday were great to watch, especially the show jumping and the sporting events where some super-duper juniors won places ahead of

the adults in the open sections. Go the Juniors!

Traditional Devonshire Teas with red and white tablecloths, flowers, fancy crockery and mouth-watering scones with jam and fresh cream were enjoyed by customers in the Tea Rooms, along with food offered by the Canteen, the Steak Hut (Thank you to the Kendall Blues volunteers) and all the regular Show food, eg. Dagwood Dogs!

The Chainsaw Racing competition was hot and fast and noisy but also a crowd pleaser with some great fence posts created by the end.

The Woodchop competition co-ordinated by the North Coast Axemen's Association was a crowd pleaser, especially when a young woman outclassed five blokes at woodchopping!

A really big THANK YOU to all our sponsors, all our committee and members, all the volunteers and most of all, all the people who came and supported our community show and see you all next year!!



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EAT LOCAL.
SPEND LOCAL.**

- Kendall Chronicle -

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

Contributions welcome. Send editorials,

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Published by Kendall Community Centre

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www.kendall.org.au

Kendall Community Op Shop News

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

By Helena Kuster

Welcome to the News from the Op Shop...

It's WORLD OP SHOP DAY on

Saturday 18th October!

This is a new Australian initiative marking 100 years of use of the term "Op Shop", celebrating Op Shops' impact on the community and environment. Visit us on this day to shop for treasures!

The term "Op Shop" (short for Opportunity Shop) was reportedly created in 1925 by a former Melbourne showgirl Millie Tallis, who wanted to give charity stores a more positive and respectful label.

Times are challenging, cost of living is rising...we can help you make ends meet and also to keep to your budget, so shop at the Op Shop Kendall – it's great therapy for the soul too.

There is always a (popup) sale, come in and have a browse in the various sections, there might be even a range of reduced-priced collectables, so come in and browse for those special offers.

Our summer range of clothing is out on the racks... The Op Shop provides a great way to avoid 'FAST FASHION' – When too many new items are purchased for every new fashion-season. Check your wardrobe and be honest: how many have you never worn? Many 'FAST FASHION' clothes are no longer of long-lasting quality nor made out of skin-friendly or natural material. Buying second-hand (but often brand new and never worn) helps to counteract this trend of 'FAST FASHION'. Wear your clothes for two seasons, shop at the Op Shop and you help reduce the CO2-emissions by up to 24 %. De-clutter your closet's space which means share with someone out there who shops at the Op Shop.

The shop has a wonderful range of once worn (probably) formal and evening wear. Ask to see, the gowns are stored in the sorting room. Plenty of suits and jackets also.

Please donate wisely:

About 30 % of electrical items left at the shop are unsaleable and have to be put in the shop's landfill bin: CD players that don't spin, radios that won't tune, food mixers with parts missing, missing power cords etc.. the Op Shop's biggest expense each month is the disposal cost for unsaleable donations which can't be recycled in some way.

Hastings Education Fund.

The Op Shop Kendall has made a decision to provide funds from 2026 to the Hastings Education Fund on an annual basis, for the purpose of establishing a Scholarship which will be available to a Camden Haven High School student for continuing education post High School.

Dates for your diary:

- * Saturday 18th October: WORLD OP SHOP DAY!
- * Friday, 31 October 2025 is Halloween - a display of everything Halloween will be in the shop from 14th October. So buy your "scary" things cheaply from the Op Shop!
- * Our famous Christmas display starts on Monday 3rd November 2025 – make some time and come in and browse to shop at affordable prices for the festive season for the family and friends.

A small team of Volunteers gets together throughout the year but especially from October onwards to sort all the Christmas wares - it is a major task to prepare them for selling at the Op Shop from November until Christmas Eve. Donations often come in bundles, so everything has to be sorted by category, put themed items or by colours together and neatly packed into bags, or boxed in order to be presented in an attractive way to assist all those Santa's helpers.

Christmas goodies will include...

Angels, bauble packs, bon bons, candles, candle holders, cards, caps/clothes, hats, decorations for display at work/office, schools and/or at home, figurines, garlands and wreaths, gift cards, glassware, kitchen items, lights, napkins, ornaments, wrapping paper, reindeers, ribbons, Santa items, soft toys, solar lights, table top decorations, tea towels, tinsels, tree decorations, tree stands... Just come in and browse, to create a festive mood by spending only a few dollars.

All volunteers are contributing their time and efforts to sales at the Op Shop to the next Grants Award night in May 2026. They are supporting the community. Around 90 volunteers give their time for many tasks at hand and try to give every customer what they are looking for as they assist to accommodate their requests. With their compassion – vision – sustainability they are not only volunteering at the Op Shop, many are completing more duties and contributing endless hours to sorting and labelling donations for selling. It's a great community within the community of Kendall.

For more information, annual report and event: browse www.kendallcommunityopshop.com.au and/or look www.facebook.com/kendallcommunityopshop up.

Make the volunteers proud for donating their effort and time for a good cause. Everyone can pass by the Op Shop Kendall (check the opening times). Selling 2nd hand isn't new, but what the planet needs is more buyers for recycled items – stop buying new every year, do it only every 2nd year!





CWA NEWS

Kendall Branch

OCTOBER 2025

OCTOBER SOCIAL DAY

This month we shared friendship over a cuppa and lunch.

We had a "Show and Tell" and some of the ladies brought along some special items that had a lot of meaning to each of them.



Left to right –

Di Davis brought along her amazing glove collection
Linda Shreeve showed us the beautiful wooden owls
her husband made.

Elizabeth Watson brought along her beautiful hexagon
crochet blanket she made.

Nan Bowman showed us a treasure she inherited from
her mother.

Tin showed us her statues given to her by her mother
in law and a beautiful Burmese rice bowl which
once belonged to her grandmother.

Joanne Thorpe showed us the first cross stitch she did
which won 1st prize at the Show.

XMAS RAFFLE 2025

Yes, it is time again. We are putting together another
Xmas basket and will have a beautiful quilt for our 1st prize.

All proceeds go to one of our many community chari-
ties.

The Kendall CWA ladies will be out and about selling
our Xmas raffle tickets during November and early December.
Look out for them and buy a ticket to help in this worthy
event.

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

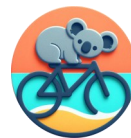
KENDALL BRANCH

Phone NAN BOWMAN – 0400 265 056



*Photo on left:
Better by Bicycle at
Dunbogan Boatshed &
Marina.*

Better By Bicycle Port Macquarie



This month's Tuesday Trails featured Kew
to Dunbogan, via North Haven Beach.

Commencing at 8:00am, 16 cyclists set forth from
the Royal Hotel Kew carpark on the 36 kms, Grade 2 route.
The relatively flat route follows shared pathways, broken up in
various places with a few hundred metres of road.

Unfortunately, they encountered their first obstacle
quite early on. Upon entering the western end of Queens Lake
track, they found it in very poor condition, almost inaccessible
from Sirius Drive to the Sailing Club. Although the group
persevered on the way in, later in the day, the return leg saw
the decision to tackle the traffic instead. "That's a busy stretch
of main road and we had to use it because of the poor
condition of a purpose built track", lamented one rider. To
further exacerbate the situation, there is only a shoulder on
one side of the road, so they had to head into oncoming
traffic. Thankfully, with skill and cautious road sense the group
safely navigated the challenges. (Should 'challenges' really be
potentially life-threatening?). Hopefully, this will be addressed
by Council soon.

Luckily, that was the worst of it, as the rest of the
journey was magnificent. They meandered along the
picturesque lakeside boardwalk, which reached the border of
Laurieton. One rider commented that she was seeing parts of
the area she hadn't known existed. Arriving again on the main
road, they had to travel a short distance before accessing the
shared pathway over North Haven bridge, riding through the
mangroves and ultimately following the Camden Haven
foreshore towards the breakwall. Again, the decision was
taken to ride the quiet back roads instead of the shared
pathway, as the breakwall is far too dangerous at busy times.
Retracing their steps back over the bridge, they hugged the
waterline through Laurieton, and crossed the Laurieton bridge
towards Dunbogan. Again, the bridge presented another
danger spot, with a narrow pathway perched too close to
traffic.

The group ultimately disembarked at the Dunbogan
Boatshed & Marina where they were welcomed as regulars
(this being their third visit in recent months). Sean & Sabine
Coenraad manage the cafe Tuesdays/Wednesdays and quickly
accommodated the 16 brightly dressed patrons. Sean said, "of
course we know the locals, but now we're recognising the
cycling groups as well. The B2B has opened up Dunbogan to
everyone who wants to walk or cycle. We see entire families
in hi-vis and helmets".

To follow the exact route taken, please see the Strava
App <https://strava.app.link/xbd0x3PThXb>

This particular group, 'Tuesday Trails with Stephanie', is
the inspiration of Stephanie Todd. She said, "a local social bike
group was needed for our demographic, say 45 to 85yrs old. I
see people are isolated once they retire and they love this sort
of social get together, which is active, fills them with

endorphins and they have a
coffee with a bunch of new
friends..."

Upcoming rides are
listed on their FB page,
Better By Bicycle Port
Macquarie, or email
info@bbbpmq.net.au.



Camden Haven Dragon Boat Club Inc



By Alvena Ferguson

ANOTHER GREAT REGATTA



On 13 and 14 September Camden Haven Dragonboaters held their second major regatta at Telegraph Point's Stoney Aqua Park. Over 300 paddlers from clubs as far afield as Bathurst and Sydney participated over two full days in 200m races for 10 and 20 paddlers, a Round-the-Island turn race and an All Cancer Survivors race. Everyone agreed it was fun, competitive and full on!

With the official opening by Robert Dwyer MP and prizes presented by Deputy Mayor Lauren Edwards, first aid and safety by Wauchope Bonny Hills Surf Life Saving Club, food for volunteers and paddlers by Port Macquarie Marine Rescue and Port Macquarie CWA plus great coffee by The Dashing Bean it was a true community event.

The weather was perfect and in the words of Club President Anni Yaringa "I am so proud of our members who pulled out all stops to ensure our visitors had a wonderful time and we are already being pressured to announce dates for 2026".

Anyone who would like to try dragonboat paddling can come along any Sunday morning at 8.15am behind the Laurieton United Services Club. Enquiries to Club secretary Maureen on 0421 610 321 or Kath on 0423 297 790.

PHILOMUSICA CONCERT

Presented by Kendall National Violin Competition

Sunday November 2nd, 2025

Kendall welcomes back pianist Dono Ng to the School of Arts for a stellar performance of Maurice Ravel's solo piano music including a dazzling solo piano version of "La Valse".

The program also includes chamber music for piano and strings with musicians from the Sydney Conservatorium.

For further details and online bookings go to www.kendallviolin.org.au

Kendall School of Arts

1.00pm Pre-Concert Talk / 2.00pm Concert Commences
Cost: \$35.00 / Children (12 and under) \$15
Ticketing: Olwen Williams 0419 363 363



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QUALITY STEEL BUILDINGS

Kendall District Gardeners Club News

(Patrons Christine & Richard Cullen)

By Jim Lewin

This month we were invited to Fiona and Wayne's place to view the gardens. We met at about 10am and John welcomed everyone including visitors. He reminded us about the Kendall Ag Show and encouraged us to enter as many entries as we can. John had a packet of celery seeds containing 1000 seeds and suggested people take a few for their needs. He proposed that we might share seeds when there are too many in the packet for our own use. John spoke about the December meeting encouraging members to bring along finger food for our Christmas feast and some lucky door prizes of good quality.

Wayne greeted us and explained a little of the history of his house and gardens and mentioned his future plans. He suggested people wander around the gardens or come with him on a guided tour.



We then proceeded to have morning tea with several goodies on offer.

Wayne showed us around his garden. Much had changed since our last visit. We certainly admired the amount of work that has gone into producing such a beautiful place.



John thanked Fiona and Wayne for inviting the club to their place and presented them with a bale of mulch.

Next month we'll have someone talking about a lighthouse keeper's life.

Next meeting will be on 17th November 2025.

REMEMBRANCE DAY SERVICE

A Commemorative Service will be held by the Kendall RSL sub-branch on Tuesday 11th November, from 10:45am, at the Kendall Memorial Park. The actual service will commence at 11am.

The public are invited to join the RSL for this service. There will be guest speakers from Kendall Public School for the service. We will also have Bugler Derick Maule, and some of his brass band with us for the service.

If it is bad weather the service will be held at Kendall Services & Citizens Club. For more information please contact Lance Gainey on 0402 477 390 or 6559 4478

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

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✓ 1a Comboyne Street KENDALL

✓ www.kendallcommunityopshop.com.au



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The Local's Local

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Kendall Global Community Garden

A Festive Tea Party for Rather Mad Hatterers, Welcomes Old Clod Hoppers and Young Pitter Patterers

It was delightful to welcome some visiting families over the school holidays to the Mad Hatter's Tea Party during our October 9th working bee. A wide selection of tea was enjoyed by gardeners and visitors alike, with lemongrass, lemon myrtle, lemon balm, curry leaf, rosemary, basil and green tea with jasmine on the menu. A variety of expertly home-baked goodies were also on offer. The day was perfect for a garden party; warm but not terribly hot or humid, and not a drop of rain. Only one scandal was observed as someone (probably Tatty Bogle) ordered a coffee.

The Global Food Garden has been abuzz lately, with busy pollinators and gardeners alike tending to spring crops. Some rogue chickens have been observed entering the garden too, although they have not had training at any working bees yet and may have accidentally dug up our zucchini seedlings. Sporadic rain, with some particularly warm October days betwixt, has kept the raised beds and fruit trees growing strong. Needless to say that the grass and weeds have also seen stellar growth, but are being kept in check through the valiant efforts of our gardening crew. Community minded individuals are welcome to join and organic seasonal produce can be acquired at the Thursday morning markets at very reasonable rates.



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

Kendall Music Exchange

Join us at our next Kendall Music Exchange
at the Kendall Community Hall.

A feast for your ears with LeeMarie Abbott on keyboard and vocals. joining BKBlue's Ken MacArthur, on vocals and guitar, Peter Harries on percussion and vocal harmonies and also new to Bkblue, Dave Smith playing bass.

Don't forget the open mic, where you can come along and be part of the entertainment. Sing, dance, recite a poem, tell us some family friendly jokes or short yarns. If its entertaining we would love to see it. A safe friendly space to come along and strut your stuff.

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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.

KENDALL MUSIC EXCHANGE

**7 november
2025**



BK Blue are looking forward to entertaining you with songs that just might be familiar to you and a treasure box of musical experience. All members of BKBlue are experienced music professionals, some of which just might be familiar to you.

This will be LeeMarees first time at Kendall Music Exchange, on keyboard and vocal harmony, with Ken MacArthur, on guitar and vocals, Dave Smith on bass and Peter Harries on percussion and vocal harmony.

Its going to be a fabulous night of music folks, so come along and support live music at Kendall Music Exchange, Comboyne Street Kendall, in the community hall.

Light supper at half time included, but feel free to contribute with a small plate of cold finger food. NO NUTS PLEASE, we are nutty enough.

DOORS OPEN AT 6.30PM,

STILL ONLY A TINY \$5.00 COVER CHARGE

Come along and support live music and friendship in your community

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



Kendall Community Boatshed Update

By Alison Stewart

Our September paddle saw 13 members of the Kendall Boat Shed headed north to the beautiful coastal village of Hat Head. The tide, aligned with our departure, provided a leisurely paddle upstream. The ocean water was crystal clear, pushing us gently into the estuary. We passed numerous groups, fishing and picnicking along the pristine waterway, also making the most of the day.

The tidal push ended 2 kms in, where the water colour changed to tannin, common with these small coastal creeks. Further along, we found ourselves shaded by mangrove trees, which presented a perfect place for morning tea. After our break, we travelled upstream, eventually halted by the Korogoro Creek Bridge/Flood gates. This coincided in the tide turning, making for a nice, easy return trip to the boat ramp. The water was so pleasant several people had a swim, albeit, not all intentionally. This is a great 8 km paddle, particularly when the tides and weather comply. We couldn't have asked for a better day.

The group then called into the Hat Head Bowling Club for lunch before heading home to Camden Haven.

Next month's paddle will take the club to the Manning River at Taree.

If you have enquiries, please text 0414-826-652.



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www.laurietonclub.com

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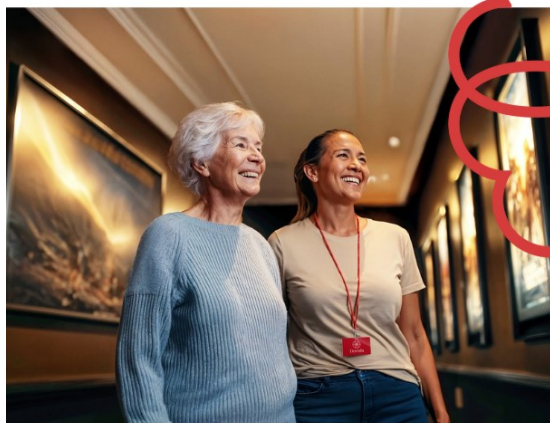
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Join the LUSC Mixed Bowls Club for a fun game of bowls every Thursday at Kew Country Club!
EVERY THURSDAY 5PM
ENTRY \$10
CASH PRIZES EVERY WEEK
Indicates and new bowlers welcome! Bring up the nomination sheet at Thursday Mixed Bowls Club to register each week!
For more information contact the Clubhouse on 02 6559 4203

KCCm
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7 DAYS A WEEK 6AM-5PM
\$15 FOR 20 BALLS
FAMILY FRIENDLY
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Support @ Home Changes Community Info Sessions



Join us for an engaging and informative session where we'll unpack the changes to the Support at Home program and what they mean for older Australians, carers, and service providers. Coffee and Cake provided from 1030am

Time: 11am
Date: Wednesday 5th November
Location: 19 Comboyne St @ Kendall Community Centre
Speakers: Dovida Client and Care Managers

dovida.com.au



BUSH DANCE Featuring



**Saturday 15th November from
6pm**

Dancing at 7pm.

Please bring a plate for supper.

Adults \$10, children free

Lorne Recreation Centre

More info; Jane 0419169193.

TRAVEL with TRACY

For Bookings & Appointments Contact

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Thursday 10th September 2026 to 03rd October 2026**

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Guaranteed Small Group 16 Passengers - No Hidden Extras

The above tour includes:

- Home Pick up*
- Fully Escorted by Tracy**
- Overnight Sydney Airport Hotel
- Return Economy Airfares to/from Sydney into Cape Town and out of Victoria Falls including taxes/fees (Subject to change until paid in full)
- Guide/Driver throughout Africa
- Sightseeing/Game Drives
- 3 to 4 Star Lodge, Chalet & small hotel with ensuite facilities
- Breakfast daily, 14 Dinners, 1 Lunch, Meals in flights
- **Some Highlights include** - Cape Town
- Aggrabies Falls
- Kgalagadi Transfrontier Park
- Fish River Canyon
- Namib Desert
- Swakopmund
- Damaraland
- Etosha National Park
- Kavango area
- Okavango Delta
- Chobe National Park
- Victoria Falls

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\$2199-00 Single Supplement

****Flight Upgrades Available on request****



CONTACT TRACY

0400 755 810

info@laurietonworldtravel.com.au

laurietonworldtravel.com.au



Recipe of the Month ...

Impossible Quiche (no pastry)

Ingredients

- 125g Ham, chopped or 125g tin Salmon drained.
- 1 small onion, finely chopped
- 1 1/2 cups (180g) grated tasty cheese
- 1/3 (50g) self raising flour
- 4 eggs
- 1 1/2 cups (375g) milk

Method

1. Preheat oven to 200°. Grease a 5 cup capacity pie dish
2. Combine ham or salmon, onion, cheese, flour in a medium bowl. Season with salt and pepper. Scatter over base of dish.
3. Whisk eggs and milk together in a large jug and pour over cheese mixture. Cook for about 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold
4. Serve with a garden salad

Quiche can be frozen after baking for up to 2 months. Do not thaw before reheating.



Riding for the Disabled (RDA) — Kendall

Spotlight on James

By Kerrie Dwyer

At RDA Kendall, every person and every horse has a story. Together, these stories weave the fabric of our community — stories of learning, friendship, care, and the joy of being part of something bigger than ourselves. Riders grow in skill and confidence, volunteers give their time and encouragement, and our horses bring patience and heart to every session. One of those stories is James.

James is a familiar face at RDA Kendall — an enthusiastic rider who brings a smile to every session. His love of horse riding is just one part of a busy life. He is a confident and positive rider, always building on his skills.

Away from the arena, James keeps active with indoor soccer, coastal walks, and Hydro Golf. He is a proud Christian and attends camp twice a year, something he always looks forward to.

He also volunteers at the Port Saints soccer club, where he lends a hand in the canteen. And at home, he claims to be a bit of a whiz in the kitchen — something we look forward to testing one day!

James brings a warm and cheerful presence to RDA Kendall and we are proud to have him as part of our community. 🐾



Left photo
James and horse
Bobbie



Below photo
James riding Ari

A voice from the past

The Heidelberg artists

By Sandra Haswell

Frederick McCubbin

(1855-1917)

Tom Roberts

(1856-1931)

Arthur Streeton

(1867-1943)

These three Australian artists are perhaps our better known artists, who formed a group of Impressionists calling themselves the Heidelberg School. In 1891 Arthur Streeton and Walter Withers

(1854-1914) exhibited their paintings in Melbourne, Australia

was fast heading towards nationhood and landscape art in Australia was emerging and was being noticed.

The style of open spaces vivid canvasses of sunlight with exotic fauna and flora had never been shown to European eyes, and it created much interest. The artists captured what they saw, the rough and raw land not romanticised as was the European art at that time.

The artists met and camped in tents, coming together to exchange ideas and philosophise, the result was work depicted as realistic and showed a young country confidently moving forward. So the Australian Impressionist landscape painting was born.

The artists painted many scenes on cigar box lids 9 by 5 inches and in one exhibition in Melbourne almost all were sold. Not many have survived today. The movement was a pivotal point in our history, critical to our culture and defining what it was to be Australian.



Above photo of lady—painted by Tom Roberts "The flower sellers" C.1899

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

Wanted: Pre loved books in good condition including children's books

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



Mental health awareness monthly column

Shaking Off Old Patterns: Embracing Life Through Menopause

Menopause isn't just a biological milestone — it's a profound life transition.

Many women find themselves standing at the edge of change, not just physically, but emotionally and socially. The roles that once defined you — caregiver, partner, professional, nurturer — may start to feel too tight, like clothes that no longer fit.



The symptoms of menopause can be disorienting, but beneath them lies an invitation: to pause, reflect, and begin again. This is often the first time in years that women have the space to ask, *who am I now?*

This stage can bring shifts in relationships too — with partners, friends, even within your own body. You might find that what once kept the peace, now feels like self-silencing. You may crave deeper honesty or a lighter kind of connection. Counselling during this time can help you explore those changes without judgment, offering tools to understand your needs, communicate them clearly, and rebuild confidence from the inside out. It's not about fixing what's "wrong," but recognising how much you've evolved and what that means for the next chapter of your life.

Menopause can be the beginning of something powerful — a turning point where you let go of old expectations and begin to live more freely and authentically. Therapy can support you in shedding outdated patterns, healing from the past, and embracing your worth with renewed clarity. This can be your time to reconnect with joy, creativity, and self-trust.

Working with a warm, experienced female therapist, with Slipstream Therapy's online telehealth sessions, offers a safe space to do just that — from the comfort of your home, and at your own pace. You've spent years caring for others — now it's time to care deeply for yourself.

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to begin your next chapter today.

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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

The Meeting Place Cafe

THURSDAY 9:00am to 12:00midday

*** Coffee - Hot drinks**

*** Yummy Cakes & Sandwiches**

at Kendall Community Centre

Browse & buy interesting goods at
the **MARKET STALLS &
COMMUNITY GARDEN**

The Kendall community Centre
19 Comboyne St, Kendall

Brain Teasers ...

1. How many species of bat are there in Australia?

2. Which German architect was considered to be the leader of the Bauhaus design movement?

3. Leonardo da Vinci's drawing of a man to reflect art, architecture, anatomy and symmetry is called what?

4. In which country would you find Cadiz, Cordoba and Granada?

4. In golf, winning all four major championships in a calendar year is called what?

4. Who is the Grammy Award winning British singer songwriter known for being front man of the band The Police?

4. What is the last known album recorded by The Beatles before their 1970 split?

8. On which item of cutlery would you find a tine?

(Answers on page 14)

This month's SUDOKU is EASY

(Answers on page 14)

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

Sports News



What a remarkable day it was for our club to host the Regional Finals of the Todd Woodbridge Cup. Over 100 primary school students from Forster in the south to Kempsey in the north battled it out for a place at the State Finals in Sydney in November. St Joseph Primary Laurieton were the Stage 2 winners with Tacking Point Public taking out Stage 3. A great show of sportsmanship and fun. Thank you to Kylie Hunt from Tennis NSW and Club Coach Rhyan Hudson for running the day along with all our canteen volunteers. Well done

St Joseph's Laurieton
Tacking Point Public School
Kendall Public School
South West Rocks Public School
Holy Name Primary Forster
East Kempsey Public School
Old Bar Public School



Photo above: St Joseph Laurieton Stage 2 winners .
Left to right Declan Dollery , Maddie Elliott , Harper Kelly, Billie Vial, Dean Hartog, Aiden Koenig , Flynn Isaac , Summer Randall, Stanley Randall & Sophie Watson.

Laurieton Tennis

By Alison Stewart

Laurieton's rising Hot Shots

Laurieton Tennis Club's ('LTC') implementation of Tennis Australia's Hot Shots Program is proving a huge success. The program, run by Evoke Tennis, is a modified learning pathway, with three graduating stages of development - Red Ball, Orange Ball and Green Ball. Children progress along the pathway using low-compression balls, a lower net and smaller court. The scoring system is also simplified. The primary aim is to allow more time between shots, enabling the young players to develop their strokes. The result is five or six year-olds with top spin forehands, two-handed backhands and complete service action.

In addition, LTC, in conjunction with Kempsey Tennis Club, is running the Evoke Tour, a series of 5 annual tournaments. These are specifically designed for 4 - 12 year olds, in the Hot Shots program. LTC's head coach and tournament organiser Quinn Sylow explains, "the Evoke Tour is an introduction to tournaments, breaking down the usual fear barrier". Evoke's latest tournament ran in September and attracted 34 players, primarily from Laurieton and Kempsey. This was the first tournament for many of the young competitors with the event being an overwhelming success. The perfect weather and back drop of the Riverside Markets, added to the festive atmosphere.

Tournament results for each division were:

Red Ball (ages 4-7)

Winner Saxon Picker age 7

R/U Bo Corrigan age 5

Orange Ball (ages 7-9)

Winner Jonathan Hopkins age 8

R/U Zane McMurray age 7

Green Ball (ages 9-11)

Girls

Winner Mali Osborne age 11

R/U Sierra-Leone Osborne age 11

Boys

Winner Will Ritchie age 11

R/U Ted Oates age 11

The final tournament in the 2025 Evoke Tour series will be played 7th December at Kempsey Tennis Club.

All inquiries to info@evoketennis.com.au.



Did you know?

More than 80 per cent of our bodies are made of just two elements, oxygen and carbon.



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Contact us on 6559 4400 or

Visit us at 133 Nancy Bird Walton Dr, Kew

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.



**Lonely or Homeless
you're invited to a
free barbeque**

Wednesdays at 2.30 pm

at Kew Country Club

Fun, Food and Takeaways

Enquiries: - Community at 3, 0419 370 076

PUBLIC NOTICE

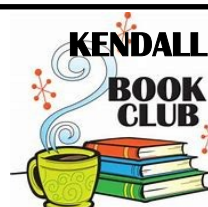
AGM Meeting Camden Haven PAH & I Society Inc.

Thursday 27th November 2025, 7pm

Tea Rooms at the Kendall Showground

AGM Nominations form for Committee Members, to be in by
20th November 2025. Contact office (02) 6559 4463 (Wed 9-
12) or email kendallshowground@bigpond.com

We encourage you to nominate yourself as a Committee
Member to help bring new ideas to the Committee.



1st Wednesday of the month
at 2pm this month on
Wednesday 5th November at
Bookends, Kendall
Contact Bernard 02 6559 4066

You can come and see

Peggy Landon

at the

Camden Haven Osteopathic Centre

155 Nancy Bird Walton Drive, Kew

next to the Kew Corner Store

"The hands on approach to health care"

- New patients are always welcome
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- Eftpos available
- Hicaps: claim your private health fund rebate on the spot and only pay the gap fee.

6559 4026

Answers to Brain Teasers on page 12

1. 90 2. Walter Gropius 3. Vitruvian Man 4. Spain
5. The Grand Slam 6. Sting 7. Abbey Road 8. A fork

Answers to SUDOKU on page 12

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

The last word

Be happy while you are living, for you're a long time dead..... *Scottish Proverb*



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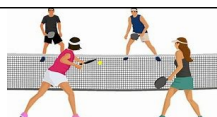
For further details contact **Erinn on 0438 639 250**



Kendall

Pickleball

Session Times



- ✓ **Tuesday: Ladies Social = 9am—11am**
contact Colleen on 0414 553 185 or 02 6559 4582 or colleensydenham@gmail.com
- ✓ **Tuesday: Competition - from 6:30pm**
- ✓ **Friday: Mixed Social - 8:00am - 10:00am**
- ✓ **Sunday: Mixed Social - 4.00pm - 6.00pm**
Ring Vee on 0417 208 648 for more information.



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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 5th November 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 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	
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
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	