

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 25; No 10 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



November 2017



Music & Friendship Group

25 to 50 years old



"Discover Your Voice & Make Connections"

Join our 7 week Music and Friendship program with Judy Moase, Registered Music Therapist with AMTA.
Week 1 starting Wednesday, 1st of November from 1pm – 2.30pm.

Cost: NDIS participant \$25 per session - Community participant \$15 per session

Where: 10 Langford Drive Kariong

- Bring your own instrument or song idea
- Perform and Create songs and lyrics in a group environment
- Make connections socially and musically
- No previous musical experience needed
- Strengthening social relationships while making connections
- Sessions may include playing instruments, singing, movement and musical improvisation



Book in ASAP and pay on the day. Email: admin@knc.net.au or phone 4340 1724

Women's Circle of Security

A FUN, CARING, FRIENDLY and SUPPORTIVE
Women's Network Group

Let us care
for your
children



While you
concentrate
on you

- Guest speakers about topics of interest
- Develop friendships and reduce feelings of isolation
 - Write poetry & share stories
- Embrace & connect with your creativity through the arts

Morning Tea is provided
\$10 per head

Specialised childcare is available for all children 1-3 years old with trained Child Educators @ \$10 per child or Little Big School 3-5 yrs.

Ring centre manager if you need to apply for a discount or any questions

Time: 9.30am -11.30am

Place: Kariong Neighbourhood Centre

Starts: 5th February every Monday (school terms only)

To book in phone: 4340 1724

Any questions please call the Facilitator, Judy, on 0403 338 433

THE
**CHRISTMAS
FAIR**

SUNDAY 3 DEC MT PENANG GARDENS 9AM-2PM

Celebrating 10 Years!

**150+ STALLS
LIVE MUSIC**

CHRISTMAS FOOD,
SIX STRING BREWERY BAR,
JULIE GOODWIN BOOK SIGNING,
FACEPAINTING, KIDS CHILLOUT ZONE
& MUCH MORE!

**FREE PARKING
+
GOLD COIN ENTRY**

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FIREPLAY



Only 5 minutes off the M1

OOSH UPDATE

Our October Vacation care was filled with fun, excitement and learning opportunities for the children to enjoy, the highlight was definitely Tobruk Farm where the children got to see all the animals and make damper. The movies and Transcend Fitness



day were very popular and lots of fun. So much to see and learn at Mt Penang, lots to cook in our junior chef day and learning new skills in photography with click and create. If



families have any inspired ideas for our future Vacation Care Programs, please let Brandi or Nerida know.

Our focus on SAFETY at Kariong OOSH has our junior group now wearing visibility safety vests whilst walking to and from school and these have been such a

success that we are looking to purchase a new colour for our senior group. We will be doing chocolate fundraising to raise some money for new vests, and OOSH resources, these are available from the OOSH office and can be paid on collection.

With Christmas sneaking up on us, we are asking families and community to **donate items** for our annual Christmas raffle; these can be given to the staff in the OOSH office. We will be running our raffle at the end of November through to the last week of school.

We are also now taking 2018 bookings to book your children in for BASC for 2018, you must complete an update form or a new enrolment form with bookings required, these can be collected from the office or emailed to you by request. New families can enrol online at kariongoosh.hubworks.com.au Please feel free to drop in and check out what we can offer for your children at our great centre.

FAREWELL LYN THOMSEN

We are heartbroken to farewell Lyn who has decided to retire after 17 years of providing wonderful nurturing and creative experiences for so many of the children in our community through OOSH, and 26 years supporting Kariong Neighbourhood Centre.



She will be missed terribly within the service as a skilled and dedicated team member who has been such a calming presence for children and families and has provided a wealth of knowledge to everyone.

We hope she will continue to volunteer some time with us and wish her all the best in her retirement.

Brandi and Nerida — Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561

ACTIVE PLAYGROUP



Wednesdays during school term
10.30am - 12.30pm for 0 - 6 year olds

Our playgroup continues to offer a stimulating and educational range of activities, everyone has been enjoying the social gathering, and there has been lots of involvement with children participating in turn-taking games, art, craft and messy play experiences as well as structured music and story times together. The variety of activities we offer helps the children to develop skills important for school readiness along with promoting their self-esteem and self confidence in social situations. We offer plenty of fun activities that promote group work helping with social skills, working together and working alongside each other sharing materials.

It is great to see dads, grandparents and people from so many different cultures coming together. All welcome.

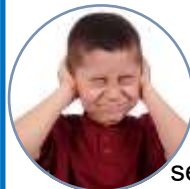
Cost: \$4 Members - \$4.50 non members
\$1 each additional child

Morning tea provided

Enquiries: Nerida 43404561

Sensory Kidzspace

Our portable "Sensory Kidzspace" Kits are available to any community organisations or agencies working on the Central Coast to use at their next indoor or Outdoor event!



Help to create an inclusive and comfortable space for children who may be experiencing sensory needs. The kit includes a pop up tent, soft blankets, ear defenders, toys, books and more!

For more information on how to book the "Sensory Kidzspace" kit please phone Bronwyn, at Toukley Neighbourhood Centre on 4396 1555 or



Fiona at Kariong Neighbourhood Centre on 43401724



The **XChange**
Seventh-day Adventist Church



Hello friends and neighbours.

We are at it again. Having fun, cooking, playing games.

We would love to see you there.

We meet at the Kariong Primary School Hall. Entrance via Truscott Avenue.

On the first Saturday of each month there is a Community BBQ. This is a free event, and everyone is invited. No strings attached. We would just like to get to know you. Love to see you. Starts at 12:30. Come on out and have a snag or two, some yummy sweets and some great company.

This term, we have a Family Christmas Program, a Christmas baking day and a Christmas crafts day. We are going to have so much fun. So if you are between 4-14 years of age and looking for a fun program on Saturdays, Please come and join us.

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities– this is the place for them. Free morning tea provided.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Come visit us at a Barney's House Church - Saturday 11:30am - 12:30pm. Stay for a bit of lunch from 12:30 - 1:30pm.

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7 pm - 8:15pm.

To keep informed check our face book page and you can find out what is happening at: https://www.facebook.com/Kariong-Local-Community-NSW-741202519274379/?hc_ref=ARSZGCZ8k292QPG393atA0FH4eA4eEdzLcDb6sml_q8jobBs9mkeHxMGNgBmU-Pg

Little Big School

Our endeavor is to support each child's successful pathway to school
Leave your child in our care

We provide fun activities that promote learning and development in a small pre-school like setting.

- Group experiences are included to foster working with others.
- Activities that encourage problem solving, investigative skills and exploration are devised and planned for.

FACILITATED BY AN EARLY CHILDHOOD TEACHER
& CHILDHOOD EDUCATOR



little big
3 to 5 year olds

Mondays — School Terms Only From 9.30am - 11.30am

Kariong Neighbourhood Centre 10 Langford Drive, Kariong

Cost \$10 per child per session Bookings essential

Inquire with us to see if you are eligible for concession or discount consideration

Call or Email for more information 4340 1724 or admin@knc.net.au





Central Coast Community Women's Health Centre have a number of groups coming up with spaces still available, as follows:

From Surviving to Thriving Domestic Violence group, six weeks from Thursday 2 November at Wyoming Centre, call 43242533 and Choose Option 2 to book. Limited childcare available.

Stand Together Parenting After DV group, six weeks from Wednesday 25 October at Wyoming Centre, call 43401585 to book. Limited childcare available.

Self Esteem six week group from Thursday 2 November at Wyong Centre, call 43511152 to book. No childcare available.

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?
- A DESIRE TO HELP OTHERS?

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability.

In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

**Please ring KNC on 4340 1724
or email admin@knc.net.au**

DO YOU HAVE A COPY OF OUR 'WHAT'S ON' BOOKLET ?

Pop into the Centre today and collect your copy of our handy booklet listing all the activities and workshops scheduled for Term 4. There's lots of opportunities to connect socially with members of your Community, have some fun, and meet your neighbours. We would love to see you. Call in between 9.00am and 4.00pm.



You are Invited

Join us to celebrate Christmas

Friday 15th December

11.00am - 2.00pm

Cost: \$5 per head

Delicious 2 course smorgasbord lunch,
entertainment by

"Almost Vintage" Choir

& Garry Carmichael's Ukulele Group.

Santa will be joining us too.

Bookings are limited to 50 guests,
Booking and payment are essential
prior to event .

Book at Centre or online

at www.knc.net.au/room-booking-system

Phone 4340 1724 for more information



Central Coast White Ribbon Walk

FREE Community events for everyone to raise awareness and demonstrate support for No Violence Against Women. To participate, we request that you wear a white T-shirt.



Friday 24 November at The Entrance, 10am-1pm
Walk starts at The Entrance Police Station at 9.45am down to Memorial park.

Sunday 26 November at Terrigal, 10am-1pm
Walk starts at 10am from Terrigal Surf Club, up to the Skillion and back.

For further event information please contact Danielle Habib on **0416 851 015** or email dhabib@uniting.org

The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive Kariong
Phone: 4304 7039



Monday

Gecko Sports Multi Sports Program

4.45pm to 5.45 pm 5 to 13 years

Enquire 0412688070 / natlee@geckosports.com.au

Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Tuesday

Alive dance academy - 3.30pm to 8.30pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

Martial Arts - 3.15pm to 4.15pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

Fitness 6.40 pm Boxing 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Thursday

Alive Dance Academy - 3.30pm to 6.00pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Beginner Guitar Lessons 3.30pm – 6.00pm

Learn to play guitar Ages 10 to 17 Cost: Free

Bookings required

Phone: 4304 7039

Friday

Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

Elevate Youth Church

5.30 - 8.30pm

10th and 17th November and 8th December

Youth workers are available for referral and support, by appointment. The hall is also available for hire.

For further details email

michelle.tilden@centralcoast.nsw.gov.au



CENTRAL COAST



FAMILY SUPPORT SERVICES

Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children.

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence
- Parenting

All of our programs aim to strengthen family relationships and increase the safety and wellbeing of children and young people.

Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.

We also provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

Parenting Groups

Triple P 2-8 years Group Program

FREE Triple P Group Program for parents with children 2-8 years. Come along and learn from the program and each other

Triple P Seminar Series

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns

Circle of Security

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

Domestic Violence group - Stand Together

A group for Women who have survived family domestic violence.

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com

Website: www.ccfss.org.au

*for groups in other locations please see www.ccfss.org.au

Kariong Progress Association

kariongpa@gmail.com



Email address

If you have something to say about anything regarding Kariong let us have your opinion on our gmail address.

If you don't have email there is a book at the Kariong Neighbourhood Centre where you can register any comments.

STOP PRESS - Community Hall

News that the Central Coast Council will not ask a local Community group to manage the Hall comes out of the blue!!

The Council is going to use the old Wyong Council model of the Council managing the Hall itself. Any individual or group wanting to hire the Hall would do so via the Council direct, and of course the money collected would go straight into the Council coffers.

Langford Drive and Woy Woy Road intersection

As you now can see, activity is under way with the preparatory work at the intersection, with the major work scheduled for January.

Visit by the Mayor, together with some demonstrations on the fate of the trees at the intersection. No community consultation, but the Mayors visit has led to a request of a change of plan to protect as many of the trees as possible.

NBN for Kariong

The February 2018 start-up seems to have been put back to June 2018!

Mt Penang Parklands Development Application

Nothing further on this at present.

Kariong crime stats for September 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
4	1	4	0	4	0

The next meeting date has not yet been scheduled, but will be posted on the Kariong Local Community NSW website

Free Tax Help Appointments



Please note that Tax Help appointments have now finished

Kariong Community Hall

Central Coast council has advised the Kariong Neighbourhood Centre that, originally it was planned to undertake an Expression of Interest for ongoing management of Kariong Community Hall, however it was decided to maintain the bookings in house under Council's booking system for community facilities in line with the management of community facilities in the former-Wyong Shire area.

The fees and charges will be the same for the northern community facilities and are levied on a simple hourly rate basis making them easy to understand and administer. Not-for-profit groups receive a substantial discount on the fees.

The hall fees are determined by hall size. Council's booking officer will be reviewing the hall soon and will be able to confirm the pricing structure shortly after. If the hall is assessed as the largest size, the fees would be as follows:

Casual hire \$35/hour

Permanent booking hire \$28/hour

Not-for-profit hire \$10/hour

Council will open the hall up for both casual and permanent bookings and looks forward to working with the community to ensure this asset is maintained and available for a wide variety of community groups and private users. Council is inviting groups interested in making long-term bookings to register their interest by emailing Council at ask@centralcoast.nsw.gov.au so they can notify them when Council is ready to commence taking bookings.

It is anticipated the hall will open again shortly.

FREE IMMUNISATION CLINIC

Central Coast Local Health District nurses conduct Free Immunisation Clinics "Drop in clinics" for 2 month to 4 year old children.

Every second and last Tuesday of each month between 12.00pm and 1.00pm

The 1st session for 2018 is on Tuesday 9 January 2018

No appointments required just call in to Kariong Neighbourhood Centre from 12.00pm

For more information ring Child & Family Health Service (02) 4328 7900
Timetable available at the Centre





TODAY YOU CAN BET ANYWHERE, ANYTIME, on just about anything. With opportunities to gamble increasing, and advertising enticing us to gamble more frequently, spreading the word about how to gamble without harm is becoming more important than ever.

Smartphones and the apps that go with them have transformed the way we gamble. Access to gambling has increased—it doesn't matter where you are or what time it is, all you need is a smart phone and an online account and you can gamble anywhere in the world at any time.

The amount of advertising for sports betting is increasing also on TV, Radio, at matches, on social media and websites and email, so these days the temptation and the ability to gamble is with you 24/7. The pace and scale of all this change is unprecedented and more and more people are at risk of gambling to excess and running into problems.

The Gambling Help counsellors on the Central Coast of NSW have made a series of videos to increase community awareness about the risks of gambling and the help available to those with a gambling problem. You can check out our videos at www.problemgambling.net.au

If you are experiencing gambling problems please contact Uniting Recovery on 0408 679 351 or check us out at www.problemgambling.net.au/unitingrecoverycounselling

A big Thank you

to our wonderful community members:

***Shane Fletcher** for collecting and loading mulch for Kariong Neighbour Centre. Our gardens are so much better, a massive job.

***Steven D'Rozario** for giving us free mulch.

Fiona Simpson
Manager

Kariong Neighbourhood Centre



More Music Opportunities at Kariong Mountains High School

Our school was designed to provide learning opportunities in the areas of bioscience and technology (ahead of its time in catering for learning in STEM), but we have always adhered to the premise of 21st century learners needing expertise in STEAM (Science, Technology, Engineering, the Arts and Mathematics).

I am excited to share with you another step forward in our capacity to deliver outstanding programs at Kariong Mountains High School. At the time of writing, we are the only school on the coast able to deliver the Music Industry Certificate III course - in fact, we are writing the course on behalf of the RTO (another example of the calibre of teacher at our school). This course is for students who want to work behind the scenes, in sound and mixing production. It's also a great course for students who want to be on stage as they have a greater capacity to manage much of the production side of performing, themselves.

Yet, there is still more. We have begun a partnership with 'The Grove Music Studio' and hence a pathway for students to further their studies in sound production, mixing and recording. Our students will have access to the studio to produce an end of course professional EP. What an opportunity and when considered with the in-school tutoring by tutors from 'Creative Rush', busking and performing experiences in which our students regularly engage, it all adds up to authentic, relevant learning at its best.

Limited places are available for students wishing to join Year 11 courses and take their music in a new direction. Contact the school for more information. 43 400 246.

Anne Vine
BSc Dip Ed MEd MSc MACEL
Principal

Origins 2017 - Visual Arts Exhibition

Showcasing the works of artists from **Ettalong Beach Arts & Crafts Centre Inc.**

10th – 19th November 2017 Open daily 10am to 4pm

Venue: Gosford Regional Gallery Webb St East Gosford

Official opening: 2.30pm, Saturday 11th November 2017

Enquiries: Sandy Robinson 0419 215 617

Kariong Eco Garden Incorporated



2 Dandaloo Street, Kariong NSW 2250
(next to Tennis court 2)

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Facebook: www.facebook.com/kariongecogarden/

Our KEG office hours are: Monday & Friday 10.00am to 12.30pm. Our office is upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year). Open Garden every 2nd Sunday of the month: Sunday 12/11/17, 10am - 12noon

FREE MULCH FOR MEMBERS (while stocks last!!)"

Kariong Eco Garden and Kariong Progress Association representatives met with Jane Smith, the new Mayor of Central Coast Council (on Sunday 8/10/17) to show her the plan for removal of many mature trees in the process of lining up Dandaloo Street with Langford Drive, for the new roundabout in Woy Woy Road.



We are not opposed to the roundabout, as long as we get a pedestrian crossing with lights (like Brisbane Water Drive, Point Clare) on busy Woy Woy Road, but we question why the planners didn't consider how they could minimize tree loss in the design.

We are seeking support from council staff and councillors to modify the angle of the 'new' Dandaloo Street, a minor road compared to Woy Woy Road, but important to the residents, Kariong Rural Fire Service, Great Beginnings Childcare Centre, Kariong Hall*, Arts Barn and the Eco Garden volunteers and visitors.

We believe that the 'new' Dandaloo Street can be built wholly on the northern side of the large angophora, and the two old scribbly gums, on the edge of the car park, leaving them to provide shade and habitat. These trees could be as old as the Hall, which was built in 1957 - 60 years ago.

A group of supporters gathered under these trees on Monday 9/10/17 to call on the new Central Coast Council to value urban trees for their shade, habitat, oxygen-making and the way they create cool green spaces,

helping counter the effects of climate change. Federal Member Lucy Wicks gave her apologies that she could not meet the group on site at that time, as did Deputy Mayor Chris Holstein, Councillors Louise Greenaway and Jilly Pillon. Talks with Council are continuing and there is hope that the second council meeting (23/10/17) will have Trees on the Agenda.



These trees are just some of many facing threats across, not only our local government area, but across the state of NSW. Communities are having to protect green spaces in many places. Mt Penang Parklands is another case in point. The scribbly gum community, many with amazing nesting hollows, are heritage listed. Our community will need to remain vigilant to make sure they are not lost to inappropriate development. Kariong Eco Garden, along with other locals, lodged a submission on the DA on 25 September. (Copies available on request)

Contact Council about Langford Drive/ Woy Woy Road roundabout here:

<http://www.yourvoiceourcoast.com/langford-drive>

Contact Councillors: <https://www.wyong.nsw.gov.au/about-council/councillors>

4 Seasons NATURE NIGHT

**Kariong Eco Garden Dandaloo Street, Kariong
Saturday 18 NOVEMBER 6-9PM**

Music, food, bush treasure hunt and pedal-powered films!

**FREE ENTRY - WITH LUCKY DOOR PRIZE
for \$5 donations/new members**

YOU can enter a short film (maximum 5 minutes) by uploading it to the internet e.g. Google Drive, Dropbox or One Drive and sending us the link to kariongecogarden@gmail.com by 5pm on Friday 10 NOVEMBER 2017.

We will choose up to 15 short films to show in the second half of the evening. There will be a People's Choice Award on the night so come along and bring your friends - we will need volunteer peddlers to run the pedal-powered films or you can cheer on the peddlers!

Prize: \$50 FoodWorks Kariong voucher.



WHAT'S ON ...AT KARIONG LIBRARY

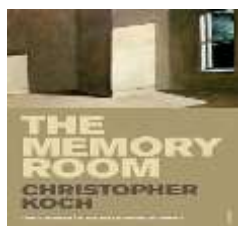
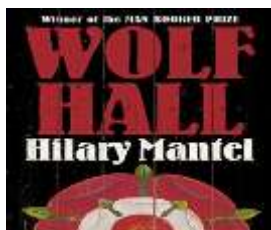
System upgrades have been carried out over the past few weeks giving us one of the largest catalogues in the State; twice as much stock available and access with one library card across the Central Coast.



Spend a fun, creative morning with your pre-school children. **Storytime** is held every Tuesday morning at 10.30am and is an exciting programme to encourage a love of reading.

Kariong Library Book Club

Have you ever considered joining a book club? Book clubs are great social forums for meeting new people and forming new friendships. Kariong Book Club meets on the last Friday of every month (except December) at 10 am and we have a choice of two books for you to select from each month – read one or the other or read them both. We discuss the books and sometimes this leads to other conversation points and chatting about current news or something entirely different.



Wolf Hall (2009) by English author Hilary Mantel and **Memory Room** (2007) by the late Australian author Christopher Koch are the November 24th's selection. **Wolf Hall** is set in the period from 1500 to 1535 and is a fictionalized biography of Thomas Cromwell in the court of Henry VIII. **Memory Room** is an Australian novel about ASIO in the late 70's. It begins in Hobart, goes to China and comes back to Canberra.

These books are available to borrow from Kariong library – just pop on in and make a selection and then come to our book club – you will be among friends and we will look forward to meeting you. Sharing morning tea together after the book discussions is a wonderful (and delicious) way to round off the morning.

Standpipe

G'Day all.



I'm back with some more news from Kariong Rural Fire Brigade.

October saw some welcome rain to the district with some falls that one could say, "settled the dust" but not enough to declare that we're out of the woods in terms of fire danger. If you follow the weather people, even they're struggling to get a handle on the situation so the message is folks, don't let your guard down and keep vigilant.

During the end of September and into October saw brigades including Kariong going up into the Hunter, Lake Macquarie and surrounding districts assisting in firefighting duties there. Great efforts by all teams saw fires contained and extinguished. Another two fires closer to home saw crews attending around the back of The Tip down Woy Woy as well as Koolewong escarpment. Again, crews did a wonderful job in difficult conditions getting these ones sorted as they had the potential to be real problems.

Folks, I want to talk to you about joining the New South Wales Rural Fire Service. Kariong is always looking for new members who are keen on doing their bit in helping to protect people, properties and the environment. The training is self-paced and free. Uniforms and personal protective gear is provided. Once you pass your basic course you can branch out into different areas such as Village & Advanced firefighting, Breathing Apparatus, Heavy Vehicle driving, Remote Area Firefighting Teams, Communications, Air Base Operations and list goes on. Have a think about it and if you think this is for you then come up to the Dandaloo Street fire station any Wednesday night after 7.30pm or Saturday morning after 8am and have a chat with us.

Another matter that I want to raise is that Kariong is doing some refurb work in the station. We need to resurface our training room floor with a resilient material because our old lino is slowly crumbling. Just putting it out there to anyone who reads this column if they know of a supplier or who is a supplier of flooring material who may be able to help us getting this project sorted, then give us a call. Call 0450 169948 any time if you can give us a hand.

Lastly, from all the Brigade have a safe and wonderful Christmas & New Year.

That's it for now folks. As always, stay safe and be Firewise.

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 10th November, 2017** at 7.00pm for a 7.30pm start.

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

On Sunday morning 12th November members will be doing a bushwalk looking at and identifying plants. There is a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens. Our speaker for November is Greg Bourke and Greg will be speaking about 'Trigger Plants'.

This will be our last meeting for the year. Our next meeting will be on Friday 9th February 2018.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at damael@hotmail.com.au or telephone 43655 049



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home, we would love for you to come and check us out, and discover the difference at KCBC.

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.

JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 6, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10.00am – 12.00pm

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

Friends Group

Open to all - Meets regularly for meals, and interesting and fun outings.

Other

We also have various men's, women's and family events throughout the year.

Ettalong Beach Arts & Craft Centre

are holding their annual

CHRISTMAS EXHIBITION & SALE

at the PENINSULA COMMUNITY CENTRE

*Corner Ocean Beach Road
& McMasters Road Woy Woy*

*On 4th November - 9.00am - 4.00pm
& 5th November - 10.00am - 3.00pm*

*The annual exhibition provides for
members to display their artworks
to the Community.*

*You will see many hidden treasures
including .. PAINTINGS, POTTERY
and JEWELLERY through to
PATCHWORK & QUILTING*

*GET AN EARLY START FOR YOUR
CHRISTMAS GIFTS*

Enquiries on 0412 155 391



Shop at Vintage Fair! Discover the op shop, antiques, second hand book shop, used furniture shed, "RE-CReATE" upcycled wares plus custom made palette furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.

Volunteer! Seeking people from all walks of life to help in our op shop, sorting room, office or maintenance team.

Donate! Drop off your good quality gently used items.

WHAT'S ON:

Point Clare Car Boot Market

Second Saturday of each month. 9am-2pm

Twilight Christmas Fair

Saturday 2 December. 3pm-8pm



209 Brisbane Water Drive, Point Clare. TEL (02) 4349 5500
SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au

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can assist
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you can
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and be part
of your
community

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your existing
support
networks and
create new
networks

Build your
confidence
to achieve
your goals

Set goals
and plan
your
future

ABILITY LINKS
is a FREE
state funded
service linking
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0-64 to their local
communities

Gosford 4905-0749 **Wyong** 4905-0750
www.abilitylinksNSW.org.au

FAIRHAVEN SERVICES
discover | belong | celebrate

**Twilight
CHRISTMAS
FAIR**

**Saturday 2nd December
3pm to 8pm**

MARKET STALLS. FINE FOOD. MUSIC.
RAFFLES. PRIZES. CHRISTMAS CAROLS.
POOCH PARADE (BRING YOUR HOUND).
VINTAGE FAIRGROUND ALLEY. FAMILY FUN.

All proceeds benefit local people who live with disability

Fairhaven, 209 Brisbane Water Drive, Pt Clare

www.fairhavenservices.com.au
enquiries@fairhaven.org.au



**Australian
Breastfeeding
Association**

**Breastfeeding Helpline
1800 mum 2 mum
1800 686 268**

Come along and meet other mums in the area!

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from 10-12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation, which is partially funded by the NSW Department of Education.

We have been rated as EXCEEDING the National Quality Standards.

Our current daily fees are \$25 for 4-5 year olds and \$32 for 3 year olds.

Fee relief is available for ATSI families and families with a Low Income Health Care Card.

Parklands Community Preschool - a great choice for you and your child prior to starting school.

Building 34 Mt Penang Parklands, Kariong
Ph. 43401342 Email: parklandspreschool@bigpond.com

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare

Family Law Divorce • Property & Parenting • Wills & Probate

Please note Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.

Website: <http://www.katiesmithsolicitor.com.au/>



... We refer potential volunteers to organisations and provide ongoing support to volunteers and community involving organisations on the Central Coast.

... Join one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 712

email recruit@volcc.org.au or visit www.volunteeringcentralcoast.org.au

Information Booklets

on services available to you on the Central Coast
available at Kariong Neighbourhood Centre

We are here to support you !!

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact details and a brief overview of services provided.

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



LITTLE LIBRARY



Have you seen our 'little library' box at the front of the parking area at the Centre.

This is your own community library to enjoy and share at any time.

Everyone can borrow a book, enjoy, then return or pass on to a friend.

No opening and closing hours, and no minimum borrow time!

SUPPORT

Central Coast Community**Handy Contacts**

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast Disability Network 4349 3700
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919

Call into the Centre for your copy of the full brochure

AL-ANON

**If someone in your family has a drinking problem,
you can see what it's doing to them. But can you
see what it's doing to you?**

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

**Check the white pages of the directory or go to Web
site <http://www.al-anon.alateen.org>**



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

CLUBS



'Fun - Friendship - Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.**MEETS AT GOSFORD GOLF CLUB**

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on **4344 6867**

VOLUNTEERING

St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

4323 6080 or email

gosford.region@vinnies.org.au

**Volunteers needed****for social inclusion programs**

Visit isolated individuals for social support ie:
chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY



For emergencies or
life threatening situations call

Triple Zero (000)



For non emergencies call the
Police Assistance Line
131 444



To provide crime information
anonymously contact

Crime Stoppers
1800 333 000

www.nsw.crimestoppers.com.au

Alison Downey

B.app.sc MSPA CPSP

Speech Pathologist



Speech Therapy for Children

Do you have a concern about your child's talking, listening, comprehension, eating and drinking?

Phone: 0400 145835 **Email:**

adow8044@bigpond.net.au



5am Mon-Fri

6am Sat/7am Sundays

We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

Kirsty and Cameron

Orders: 43405427

Shop 4/10 Curringa Rd, Kariong.

By George
Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

Kariong Branch – Labor

Next Meeting

November 14, 2017 - 7:30pm

Kariong Neighbourhood Centre

Visitors and New Members welcome

Enquiries: Alasdair 0418 264115

The No Interest Loan Scheme (NILS) provides interest free loans for individuals or families on low income. It's a community-based program that enables people to access fair, safe and equitable credit for the purchase of goods and services .

For more information **Phone: 4329 4477**

Email: nils@gnnc.com.au



Phone: 1800 509 994 for your nearest NILS provider if you are living outside the local Gosford area

- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

PH 4340 1643

3 Mitchell Drive, Kariong

www.kariongphysio.com.au



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Physiotherapy
Centre



FREE TV RECEPTION TEST

We will Test & Diagnose any problems you are having with your TV Reception for FREE!!

Digital TV Antenna Services TV & Speaker Mounting

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**Clean up in time for summer.
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1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING — OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details



1st KARIONG SCOUT GROUP

Cub News—Our Cubs have enjoyed an awesome 'Pirate' themed District Camp at Camp Kariong Bush Camp, where they met other local Cub Groups. Activities included

Pirate Ship Battle with water canons, walk the Rope Bridge at Pirate Cove over yabby infested waters, raft building at Treasure Island, building our own sailing ships, cooking marshmallows by the campfire and a visit from the local wildlife in the form of a Lace Monitor Goanna. The Cubs got to practise their knot tying and building skills and had an absolute ball!!

If your children would be interested in becoming a Cub Scout and learning new skills, please contact 'Coco'.

Hall Hire — our hall is available for meetings, fundraising events, celebrations or classes. We have a fully functional kitchen, 2 bathrooms and wheelchair access. For more information about our hall hire and very reasonable rates email enquiries@kariongscoutgroup.com.au.

'Coco' - Cub Scout Leader Teresa Read - 0408606154

<http://www.nsw.scouts.com.au/>

Australian Academy of Tai Chi

• Stretching • Coordination • Balance • Strength
• Mindful Meditation • Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



ADVERTISE WITH US

YOU WON'T FIND CHEAPER ADVERTISING ANYWHERE

Our newsletter

- is delivered to over 2500 local community members and local businesses,
- is emailed in full colour to over 600 more within and outside the community.

*For more information on our very reasonable rates
Contact us on 4340 1724 or admin@knc.net.au*



3 Mitchell Drive, Kariong
PH: 4340-4444 or at Kariong Medical Centre
 (Available Monday and Tuesday only)

- Nail Cutting / Corns / Ingrown Nails / Heel pain / Orthotics / Footwear advice
- Retrain to WALK with correct ALIGNMENT / Balance Retraining / Movement Classes
- Enhanced Primary Care (EPC) / NDIS / DVA / Workers Comp



ALL PAINTING SOLUTIONS

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FREE QUOTATION

WORK GUARANTEED

Call 0408 917774 or 43400420

Lic. No. 129863C



A PLUS TAX AID

Registered Tax Agent

will visit you within Kariong for \$110

(Standard Individual Tax Return, includes GST)

Website: www.aplustax.com.au

E-mail: info@aplustax.com.au

Phone: **0413 034 649 (Shinji)**



SHANNON
IS OPENING A
GROOMING SALON
IN KARIONG!

- Professional grooming
- Appointments or stay & play*
- Early & late Drops & Pickup*
- Mobile wash & nails
- Pickup & delivery*
- Loyalty card program*
- Competitive prices
- Dog walking locally*
- Pet supplies & treats
- Open 7 days*

Fetch Grooming is a certified family owned and run business with 18+ years experience.

*Conditions apply

Caring for your fur babies is our priority

8/10 Currunga Road, Kariong
Behind the Shell Service Station
Fetchgrooming.com.au
shannon@fetchgrooming.com.au

0400 403 411

BOVIS ROOF REPAIRS

(Lic. No 10805)

*All Roof Leaks & Repairs

*Re-bed & Point-up Loose Ridge Capping in FlexiPoint

* Pressure clean roof tiles, clean and point (2 coats)

* All Types of metal roofing, flashing and guttering

* Work Guaranteed * Free Quotes

* Worked in Kariong 26 years

No Job Too Big or Small

Phone Grant on 0412437175



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Audio Visual Cabling & Antenna Installations

✓ Digital TV Antennas ✓ Wall Mounted TVs
✓ Additional TV Outlets ✓ Surround Sound

FREE TV RECEPTION TESTS AND QUOTES
Call Peter on 0431 777 447

**Australian Government
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THURSDAYS**

30 YEARS LOCAL



Emergency dental care
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Teeth whitening
Cosmetic dentistry
Dental implants
Facial cosmetic injections
Sleep dentistry (IV sedation)
Oral surgery
Wisdom teeth removal
Orthodontics and Invisalign
3D CT scanning

www.vcdental.com.au

11 Mitchell Drive, Kariong 2250 | also at East Gosford

NEW Work Bench - Built strong

\$190 phone John 0418 111 461 - Kariong NSW

Top 2205 x 600 x 30mm PLY - 6 legs



Better Health Practices



20 LANGFORD DRIVE, KARIONG

4340 5154

www.betterhealthpractices.com.au

Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

Health fund & Medicare accredited

PLEASE NOTE:

Justice of the Peace service no longer available at Kariong
Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford 4340 1286

John Bain 4340 2860

Diane Merryfull 4309 0229

Pastor Jeff O'Derry 4340 5864 / 0448 814 511

Tracie Gosling 0412 486 678

Foreman One Properties 4340 0777

(Tuesdays & Thursdays 9am – 11am)

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fix it"

Experience in Interior and exterior repairs &
maintenance on those smaller jobs from fixing
doors to mowing your lawns and lots more

Call Bernie 4340 0974 / 0410 434 845

-----fully insured-----

Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **During school term.**

A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences

9.30am—11.30am **During School Term.**

\$10 per child per session. Bookings essential

Ring 4340 1724 or email admin@knc.net.au to book

Call into the Centre for an information / registration pack.

TUESDAYS

Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required.

The 2nd and last Tuesday of each month.

Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.15am sharp to 12.00 noon. **During school term.**

Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

Yoga with Corina—7.00pm-8.00pm

Cost: \$15 if paid in advance, \$17 for casuals

For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 per lesson

For information contact Helen on 0435 121 520

Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness

10:30am to 12:30pm **During School Term**

Cost: \$4 per child, (member) \$4.50 per child (non-members)

\$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm

www.weightwatchers.com.au Phone: 131 997

“Music & Friendship Group 25 to 50 years old” - NDIS participants welcome.

7 week Music Therapy program. Week 1 starting Wednesday 1 November from 1:00pm to 2:30pm

Cost: NDIS participant \$25 per session, community participant \$15 per session

Must RSVP by email: admin@knc.net.au, phone: 0243401724

THURSDAYS

Kariong Crafts & Chat Group

A social group for people who enjoy doing arts and crafts.

Bring your own project or learn new skills. All welcome,

Thursdays, 9.30am to 12 noon weekly. Morning Tea provided.

Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month. Cost:

\$4.00members, \$4.50 for non members. 12:15pm to 2.00pm

During school term

FRIDAYS

Australian Breastfeeding Association Meeting

During school term

All welcome! Fortnightly 10.00am to 12.00pm

Contact kariongabagroup@gmail.com or phone 1800 686 268

Circle of Security from 10:00am to 12:00pm

Date: from 27 Oct to 1 Dec 2017

Morning tea provided; childcare available

To register, please phone 43401585 or email ccfss@ccfss.com.au

SATURDAYS—Available for PARTY hire!

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing.

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am —11.00am

Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724 .

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 15th November 2017

Please submit advertising to admin@knc.net.au

and Community Announcements to

coordinator@knc.net.au or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from

www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.

HENRY KENDALL COTTAGE & HISTORICAL MUSEUM

25-27 Henry Kendall St, West Gosford



Set on 2 beautiful acres Henry Kendall Cottage (c1840) and Historical Museum is a wonderful way to step back into local history.

Open

Wednesday, Saturday, Sunday – 10.00am to 3.00pm

Public Holidays – 10.00am to 3.00pm

(with the exception of Christmas Eve, Christmas Day and Good Friday)

Adult – \$5 Concession – \$4 Child – \$3

Child under 5yrs – Free

Family (2 adults and up to 3 children) – \$10

Schools - Student – \$2

Accompanying Adult – 1 free per 20 students

Please note: Group tours can be booked for any day of the week by pre-booking

For more information please phone 43252270 or go to henrykendallcottage.org.au

KARIONG NOW HAS A LOCAL TRAVEL AGENT



If you are looking for a personal travel manager and would like to discuss your next vacation please give me a call, my name is Danielle Stanton and I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thesmarttraveller.com.au

Website: www.thesmarttraveller.com.au

Room and Equipment Hire At Kariong Neighbourhood Centre

Room Hire booking system is now on line www.knc.net.au/room-booking-system



Cost from \$9 to \$35 per hour

We have equipment for hire:

chairs, trestle tables, projector, portable projector screen, cutlery and crockery, glasses, water jugs, coffee plungers etc.



NEW "I LOVE KARIONG" STICKERS !!!



Size: W27.9cm x H7cm

For your car, your bedroom, your fridge, your school folders.

AVAILABLE SOON at the Centre reception only for \$5 each.