

# 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 27; No 5 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)

Find us on:  
**facebook.**

June 2019



### OOSH UPDATE

Only 5 minutes off the M1

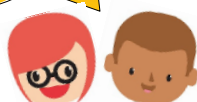
What a fun and exciting Easter holiday we had at Kariong Out of School Hours Care.

We visited Maitland Gaol and Blackbutt Reserve, went 10 pin bowling, learnt about dinosaurs, went to the movies, jumped till we couldn't jump anymore at inflatable world, and had a colour run. It was a short holiday period but we packed a lot in.

April also saw a change in the management structure of the Out of School Hours Care team. Mrs Jacqui Pearson was elevated to be solely responsible for all children's activities run by the centre. This sees Jacqui at the centre on a fulltime basis and working with all administrative and operational matters pertaining to the children's programs, including OOSH, Play Group and Little Big School. Jacqui is excited to be working with all the families that utilise our services. Please pop your head into the OOSH office and say hi.

OOSH are currently running a jelly bean guessing competition to raise funds for new resources for the children. The competition is open to all members of the community. Guesses are \$1 each and the person who guesses the correct number of jelly beans will win the jar. Pop on into the centre to have a guess.

It is Earn and Learn time again. In the foyer near the OOSH office is our purple Earn and Learn collection box. If you shop at Woolworths please collect the stickers and pop into the box in the foyer. These stickers will then give us credit to acquire resources for the children.



*Kariong OOSH*

May 2019

Phone: 4340 4561 | Email: [oosh@knc.net.au](mailto:oosh@knc.net.au)



# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON	<p><b>Kariong Community Choir,</b> Monday 7-8.30pm. <b><i>Taking expressions of interest.</i></b> Bookings essential, by July 5th. Contact Charmain on ph: 0416 019 844 or email: charmainsmusic@icloud.com</p>		<p><b>Pilates for Seniors*</b> 12pm to 1pm Phone 0425 265 609 or email <a href="mailto:sarah@yourtemple.com.au">sarah@yourtemple.com.au</a> \$10.00 each class.</p>	
TUES	<p><b>Immunisation Clinic for children - NSCC Area Health</b> Free service, no booking required. The 2nd and last Tues each month. For more detail call Gosford Gateway Clinic - 4328 7900.</p>	<p><b>Indoor Bowls*</b> 9.15am sharp to 12noon Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs. Cost \$4 for members, \$4.50 for non-members.</p>	<p><b>Early Childhood Clinic - NSCC Area Health - FREE</b> Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900.</p>	<p><b>Yoga with Corina*</b> 7pm - 8pm <b><i>Taking expressions of interest,</i></b> please contact Corina on 0409 242 153.</p>
WED	<p><b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic -4328 7900</p>	<p><b>Tai Chi for Health &amp; Relaxation*</b> 9:00am — 10:00am For information contact Helen on 0435 121 520. \$12 per lesson</p>	<p><b>Active Playgroup for 0 to 6 year olds*</b> 10:30am to 12:30pm Music, dance, exercise, toys, craft &amp; school readiness. All welcome. Cost: \$5 per child plus \$1.00 each additional child.</p>	<p><b>Provide First Aid Course—HLTAID003</b> Nationally accredited First Aid, CPR &amp; HLTAID004 courses. To enrol contact Directions Health 9486 3120 or</p>
THURS		<p><b>The Over Fifty Friendship (TOFF's) group*</b> 12:15pm to 2.00pm Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4 members, \$4.50 for non-members.</p>	<p><b>Kariong Craft &amp; Chat Group*</b> 9.30am to 12 noon A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.</p>	<p><b>Grace Church*</b> 9.15am to 11.45am</p>
FRI	<p><b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> 9:30am - 12noon 31st May - 8th June. All materials included. FREE childcare for kids of participants (1-5 year olds). Bookings ph: 4340 1724 or email admin@knc.net.au</p>		<p><b>Little Big School*</b> 9.30am—11.30am Preparing 3-5 year olds for big school. Includes art, music, stories, games &amp; group time. \$12 per child per session + \$12 enrolment fee. Bookings essential, ph: 4340 1724 or email admin@knc.net.au</p>	
SAT	<p><b>Pilates</b> 8.15am - 9.15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or <a href="mailto:sarah@yourtemple.com.au">sarah@yourtemple.com.au</a></p>	<p><b>Ukulele Group Lessons</b> 9.00am — 11.00am Don't own a Ukulele—no problems we supply what you need to start. \$10.00 per lesson. Contact Garry on 0419 217 006</p>	<p><b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthday. Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724.</p>	
SUN	<p><b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthday. Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724.</p>			

\*During school term only

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# COMMUNITY CALENDAR

## What's On Locally | June 2019

<b>Mon 3</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 4</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 5</b>	<b><u>WORLD ENVIRONMENT DAY</u></b>
<b>Sat 8</b>	<b>Central Coast Group of the Australian Plants Society Meeting</b> , 1.30pm for a 2.00pm start, Phillip House, ph: 0408 653 140
<b>Mon 10</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 11</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 12</b>	<b>Kariong Progress Association Meeting</b> , 6.45-8pm. Kariong Progress Hall.
<b>Sun 16</b>	<b><u>Boomerang Bags Making-Bee</u></b> 1:30am-4.30pm. Kariong Progress Hall, ph: 0429 431 889
<b>Mon 17</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 18</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library

<b>Sat 22</b>	<b>EBACC Solstice Art Exhibition Official Opening</b> 3pm, at The Community Gallery, Gosford Arts Centre, 36 Webb Street, East Gosford
<b>Mon 24</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 25</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Fri 28</b>	<b>Book Club</b> 10am, Kariong Library. Ph: 4325 8155 <b><u>Seed Saving &amp; Plant Propagation Workshop</u></b> 10-11:30am. Kariong Eco Garden. Ph: 0429 431 889
<b>Sat 29 &amp; Sun 30</b>	<b>FREE Event: Mingara Orchid Club Annual Fair &amp; Show</b> 9am-4pm Sat, 9am-3pm Sun. Mingara Recreation Club, Tumbi Umbi
<b>NEXT MONTH 22 Jul</b>	<b>Kariong Community Choir</b> , Monday 7-8.30pm. Kariong Neighbourhood Centre. Bookings essential, by July 5th. Contact Charmain ph: 0416 019 844 or email: charmainmusic@icloud.com

### Like to publish in the Connection?

**ADVERTISING CLOSING DATE**  
*for NEXT ISSUE*

**Tuesday 18th June 2019**

Please email [admin@knc.net.au](mailto:admin@knc.net.au) or phone 4340 1724

**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. 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.






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 4340 1724

@ [admin@knc.net.au](mailto:admin@knc.net.au)

# Recipe of the month



Try this delicious recipe at home, and invite a friend or neighbour around to share cake and a cuppa!

## Moist banana cake

### Ingredients

250g butter  
1 cup caster sugar  
2 tablespoons golden syrup  
3 eggs, beaten  
3 ripe bananas, mashed  
2 cups self-raising flour  
2 teaspoons ground ginger  
¾ cup chopped pecan nuts  
lemon icing (optional)

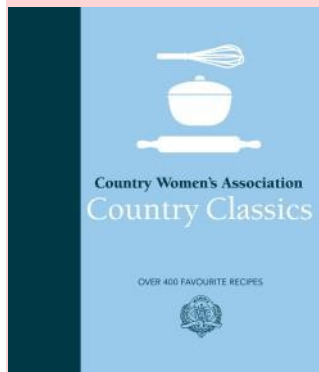
### Method

Preheat oven to 180°C. Grease and line a cake tin.

Cream butter, sugar and golden syrup, add eggs and mashed banana. Add sifted flour, ginger and pecans.

Bake for 40 to 45 minutes. When cold, ice with lemon icing.

For more great recipes like this one, see the *Country Women's Association Country Classics* cookbook, published by Viking, 2018.



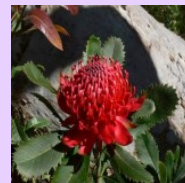
## Little LIBRARY



Open the door to KNC's tiny little library and you will find a range of children's picture books, novels and magazines.

Feel free to take one to read and enjoy, then return it when you are finished for others to enjoy!

**Where is the Little Library?** Look for the red & yellow library box in the front carpark of the Centre!



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 8<sup>th</sup> June at 1.30pm for a 2.00pm start.

There is a \$2 admission charge at the door which includes a Lucky Door Ticket.

Visitors are always welcome at our meetings.

The speaker on the day is not confirmed at this stage.

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

A monthly newsletter which gives an account of our meeting and activities held during the month and future events is distributed to members by email.

**Enquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or phone 0408 653140.**



Kariong Eco Garden Incorporated  
2 Dandaloo Street, Kariong NSW 2250  
Phone: 0429 431 889  
Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)  
Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)

**GARDEN NEWS** – Steve has installed wonderful metal sculptures and we have a resident artist painting the life cycle of four animals - come and have a look! Mandarins are in season.

**WORLD ENVIRONMENT DAY ON 5 JUNE** is also the deadline to take part in a short online survey about waste in the Central Coast: [www.yourvoiceourcoast.com/our-coast-our-waste](http://www.yourvoiceourcoast.com/our-coast-our-waste) We will be calling for food waste collection and large scale composting and a Tip Shop or two!

**BOOMERANG BAGS** – Due to the long weekend we will move Boomerang Bags back a week to Sunday 16/6/19, 9.30am – 12.30pm in Kariong Hall. Help make shopping bags from donated fabric.

**Seed Saving & Plant Propagation workshop** on Friday 28/6/19, 10am – 11am. Free for KEG members or \$5 (includes KEG membership!)

**Thank you everyone who helped with our Mother Earth Market on 11/5/19!**

Find us behind the Kariong Progress Hall, in Dandaloo St. Find out more on our facebook page or website:

[www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)



## ETTALONG BEACH Arts & Crafts Centre Inc.

Located in Kitchener Park, Ettalong Beach  
Cnr. Picnic Parade & Maitland Bay Drive



### **SOLSTICE 2019**

The annual exhibition By Ettalong Beach Arts & Crafts  
Potters and Artists

**21st to 30th June 2019**  
**10am until 4pm daily**

*Join us for the Official Opening at  
The Community Gallery, Gosford Arts Centre,  
36 Webb Street, East Gosford*

**SATURDAY 22nd JUNE 2019**  
**at 3.00pm**

### **Exhibitors**

Sue Sullivan, Sandy Robinson, Annis Seymour, Annette Poole, Judy Barrett, Annette Heindrich, Thel Browne, Jenny Knibb, Judith Hoste, Helen Robinson, Murray Lowe & John Chapman



## KARIONG MOUNTAINS HIGH SCHOOL

4340 0246 | kariongmtn-h.school@det.nsw.edu.au

Term 2 is always a busy time for schools, with preparation for semester reports and parent teacher evenings. With the substantive changes in the assessment process in Stage 6 due to new NSW Education Standards Authority (NESA) regulations, Kariong Mountains High School has used this as an opportunity to advance the existing 'Visible Learning' focus on effective feedback with research and action in the area of formative assessment. Through our participation in a 'High Impact' strategy, we will work with a university academic to ensure that cutting edge, best practice strategies continue to be adopted in our school.

### **Subject Selection Evening – June 12<sup>th</sup>**

Have you a child starting Year 9 or Year 11 in 2020? Our subject selection evening showcases the range of subjects we offer, supporting students' journey to the HSC and beyond. All are welcome to attend and see the calibre and choice available at this quality high school. Applications for enrolment in these years are available.

**SAVE THE DATE – SEPTEMBER 14<sup>th</sup>**  
**10<sup>th</sup> ANNIVERSARY P&C TRIVIA NIGHT**

## Kariong Medical Centre



Joining our wonderful and friendly staff are Laura, Sofia and RN Hannah.

Kariong is a training surgery for new GP registrars. Dr Alicia Stellar works Monday to Thursday; she started here in February and will be here until February 2020. We also have Dr Lily foster starting with us in August 2019; she will be consulting 4 days a week and our registrar's bulk bill all patients (excluding Saturday).

RN Jenny left us to experience a new way of nursing for a three month stint on Christmas Island. She is loving life, location and enjoying what the local culture has to offer.

It is with sadness that we announce Dr Dionne Bolla is no longer working at KMC. Dionne will be practicing closer to home, making her available for her beautiful children. We wish her well in this new chapter and she will be missed.

## Standpipe



*Hi All,*

It is time for this month's news from Kariong Rural Fire Brigade.

As the colder months begin, the Rural Fire Service and other agencies begin the annual Hazard Reduction season. Residents can expect to see and smell smoke across the Central Coast as fire fighters take advantage of favourable weather to conduct Hazard reduction burns. Visit the NSW RFS website for more information on upcoming burns, by following the link: <https://www.rfs.nsw.gov.au/fire-information/hazard-reductions>

Hazard reductions are subject to weather and operational requirements and therefore may be cancelled and rescheduled. Residents will be notified of planned burns and/ or cancellations as required.

The brigade would like to remind residents to only call 000 to report smoke or fire if there is no fire truck present. During hazard reductions there is often an increase in false alarm calls.

*That's it for now, Stay Safe and be Firewise*





If you think you are gambling and drinking too much try keeping an accurate record of how much you are drinking and gambling, what venue you go to most, what time of day you go and what mood you are in when you chose to drink and gamble. Next set your limits – limit the amount of time you spend at the venue, limit how much money you take with you and limit the number of alcoholic drinks you consume.

If you feel you can't stick to these limits, consider taking a break from drinking and gambling for 2-6 weeks. If the idea of a break worries you, it may be a sign that you need professional support to develop deeper, more personalised strategies to overcome these habits.

If you are concerned about your gambling please contact Parramatta Mission Counselling Services West Gosford on 0408 679 351 or check us out at

[www.problemgambling.net.au/pm counselling.html](http://www.problemgambling.net.au/pm counselling.html)

## Kariong Community Choir



### Charmain Heaney Music

Charmain is passionate about music being fun and something that everybody should be able to experience, at any age.

### KARIONG COMMUNITY CHOIR

**TERM 3 STARTING MONDAY 22<sup>nd</sup> JULY**

**7 - 8.30pm**

**At Kariong Neighbourhood Centre**

**No experience necessary**

**Bookings essential**

**\$11 per week**

**10 week Term**

**Phone or email before 5<sup>th</sup> July**

**All ages, all types of music**

**Prepare to laugh, sing and be happy!**

Phone Charmain to book in or discuss  
0416 019 844 or [charmainsmusic@icloud.com](mailto:charmainsmusic@icloud.com)



## The XChange

Seventh-day Adventist Church

**Contact: [kariongxchange@me.com](mailto:kariongxchange@me.com)**

Just a reminder that we are continuing with our Barneys House Church in our homes. If you haven't tried us yet, please come and check us out. Terms 2 & 4 are being held at 1 Banks Close from 11am. Terms 1 & 3 are to be held at 4 Casey Crescent. As we have shared previously, we are using a new format that includes using all ages in all areas and it is working very well.

Doors open at 10:40am and hot drinks are available until 10:55am. Church starts at 11:00 am sharp. Lunch is provided following church as always. With the cooler weather we are having more soups, stews and curries.

The XChange is happy to announce that we still provide bread and other baked goods to several families in our area. If you or anyone you know may benefit from a bakery parcel please contact Lesley on the number below.

Women's small group continues to meet on Wednesday mornings at 10:00am and a mens small group has started up on Monday evenings at 6:30 pm. We have started a youth group this year. If you are in high school, this may be something for you. Call Lesley on ph: 0488 709 999 to get the address. Please continue to watch this page further for more current news.

## What's on at Kariong library?



*The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm). **Phone: 4325 8155.***

**Babytime** (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided and new members are welcome. Our book for June is **Memoirs of a Geisha** by Arthur Golden. This historical novel written in the first person, tells the story of a fictional geisha working in Kyoto, Japan, before and after World War II.



## Kariong Progress Association

EMAIL: [kariongpa@gmail.com](mailto:kariongpa@gmail.com)

FACEBOOK: Kariong Progress Association



**Kariong Hall Solar Panels are on!** Thanks Central Coast Council for the grant which paid for this 6KW system. We will be getting a monitor and setting it up for educational use. This will reduce our carbon emissions and may even generate us some income when we sell surplus power to the grid!

**Expressions of Interest sought for Wednesday social activities in the Hall** - games, chess, cards, bridge and investment club are all possibilities. Email us or fill out an EOI at Kariong Neighbourhood Centre.

**You are very welcome at our next meeting:**

Wednesday 12th June 2019

6.45pm – 8pm

KARIONG PROGRESS HALL

Dandaloo St, Kariong

Meet long time locals, new neighbours, and discuss any issues of concern for you in our neighbourhood.

**HALL BOOKINGS: PLEASE EMAIL US**

(kariongpa@gmail.com)

Prices vary for permanent and casual bookings, for private hire and not for profit organisations.



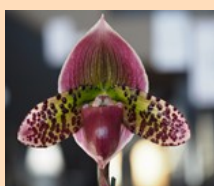
## Mingara Orchid Club

**Mingara Orchid Club** will host their 17th Orchid Fair & Show at Mingara Recreation Club, on Saturday 29th (9am-4pm) and Sunday 30th June (9am-3pm).

Twenty One vendors from all over Australia will be attending. The many colourful displays will include floor and table tops, Floral Art, Bromeliad, Bonsai and Art. Discussion sessions throughout the weekend will include a variety of Orchid genera, their potting & culture requirements, and Bromeliad & Bonsai information.

A large range of Succulents will also be for sale.

There is plenty of food, refreshments and car and bus parking available.



**Entry FREE**

**Mark it in your diary: Saturday 29<sup>th</sup> June 9am - 4pm Sunday 30th 9am – 3pm**

## CLUBS & GROUPS



### HENRY KENDALL COTTAGE & MUSEUM

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Schools \$2 per student with 1 teacher free per 20 students.

**Phone 43252270**

Email [info@henrykendallcottage.org.au](mailto:info@henrykendallcottage.org.au)

Web [www.henrykendallcottage.org.au](http://www.henrykendallcottage.org.au)



## Australian Academy of Tai Chi

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**Kariong Neighbourhood Centre**  
**Wednesdays 9:00am**



Certified Instructor Helen

**0435 121 520**



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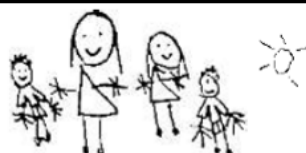
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## Parklands Community Preschool

- \* Education & care for children 3-6 years old
- \* Commitment to quality early-years education, rated EXCEEDING with the National Quality Standards
- \* Embracing sustainable practices & play based learning in a natural environment

**Building 34, Mt Penang Parklands, Kariong NSW**

**Ph: 4340 1342 | Email: [parklandspreschool@bigpond.com](mailto:parklandspreschool@bigpond.com)**

## CLUBS &amp; GROUPS continued

**KARIONG PROBUS CLUB Inc.****MEETS AT EVERGLADES COUNTRY 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 Everglades Country 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**

**Survivors of Domestic Violence Group**

Are you interested in joining a support group for survivors of domestic violence?

Join us for a cuppa and a round table discussion (which will be helpful for all).

No need to take part in the discussion, just listen, and down the track perhaps we can help others who are going through domestic violence.

Phone: **4340 1724** or **0423 357 096**

**You are a hero to come this far,**

**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

**FREE FAMILY LAW CLINIC**

at Kariong Neighbourhood Centre With Katie Smith

**Appointments Available**

**Mondays: 5.30pm - 7pm**

(Availability subject to court appearances)

**Bookings Essential**

Please Phone Kariong Neighbourhood Centre  
on **4340 1724** for an appointment

**Annual fair and show  
29-30th June 2019**

**FREE EVENT  
for the community**

Providing a fabulous festival of exotic and native Australian Orchid displays!

**Where:** Mingara Recreation Club Tumby Umbi

**Times:** 9am-4pm Sat 29th June

& 9am-3pm Sun 30th June

A SUB CLUB OF MINGARA RECREATION CLUB LTD.

PO BOX 8028, TUMBY UMBI, NSW 2261. ABN 96 189 570 048.

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## BUSINESS DIRECTORY continued

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Do you have a concern about your child's talking, listening, or comprehension? Please contact Alison if you would like to talk about your concerns for your child.

ALISON DOWNEY, Speech Pathologist.

Phone 0400 145835

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facebook, instagram fetchgrooming.com.au

*Doggy Day Spa Salon*

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Bring your little ones along to help develop social skills while having fun in a safe and interesting play space. Let them enjoy play equipment, sand pit and stimulating activities while you meet other local families and also get to socialise.

**Enquiries: 4340 1724 | Coordinated by Miss Lyn**  
**Cost: \$5 plus \$1 each additional child**

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