

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 7 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au

Find us on:
facebook.

August 2019

We need your help to
vote for us!!!

Voting will close on 15 August 2019.

to obtain a bus for helping both youth and
the elderly in our community.

“Joint Community Services Bus - for connecting communities”

- Kariong Out of School Hours Care children will be transported to and from school avoiding walking, especially in bad weather.
- The bus would be available to the Kariong Community for socialization outings.
- It would allow extension of services to other geographic area of Somersby and Peats Ridge.
- Meals on Wheels Central Coast would use the bus to transport clients to and from their community restaurants, for shopping and excursions.

If you are aged 16 years or over and have a valid Medicare card, you can vote for projects in your NSW state electorate. To vote, you will need to log in to a MyServiceNSW Account – if you do not have an account, sign up on the Service NSW website <https://www.service.nsw.gov.au/>, call 13 77 88 or visit your nearest Service NSW Centre.



KARIONG MOUNTAINS HIGH P&C

Proudly presents

Op-Shop Formal

TRIVIA NIGHT

Saturday September 14, 2019

KARIONG MOUNTAINS HIGH SCHOOL HALL
Doors open 6:30 for 7pm START

COST: \$20pp 8-10 per table

BRING: Nibbles, drinks &
a wrapped \$2 present for
gift exchange game

BOOKINGS: Sharon: 0407 401 916
sharon.partridge@det.nsw.edu.au

**SPONSORED
BY
SUPREME PIZZA
KARIONG**

1st PRIZE: \$200
plus games, raffles
and auctions

**JOIN US
in celebrating
our P&C's
10 YEAR
Anniversary**

BOOKINGS ESSENTIAL - BOOK NOW, PAY AT THE DOOR

KNC ACTIVITIES

What's Happening at Kariong Neighbourhood Centre

MON	<p>NEW Wonderful Women's Group*</p> <p>9:30 to 11:30am Cost: \$5</p> <p>Starting Monday 12th August</p> <p>A welcoming social and creative group with free childcare (1-5yr)</p> <p>Bookings essential: 4340 1724</p>	<p>Pilates for Seniors*</p> <p>12pm to 1pm</p> <p>Phone 0425 265 609 or email sarah@yourtemple.com.au</p> <p>\$10.00 each class</p>		
TUES	<p>Immunisation Clinic for children - NSCC Area Health</p> <p>Free service, no booking required. The 2nd and last Tues each month</p> <p>For more detail call Gosford Gateway Clinic - 4328 7900</p>	<p>Indoor Bowls*</p> <p>9.15am sharp to 11:45am</p> <p>Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs</p> <p>Cost \$4 for members, \$4.50 for non-members</p>	<p>Early Childhood Clinic - NSCC Area Health</p> <p>Child Health appointments with Helen from Area Health</p> <p>For appointments call Gosford Gateway Clinic - 4328 7900</p>	<p>Yoga with Corina*</p> <p>7pm to 8pm</p> <p>Taking expressions of interest, please contact Corina on 0409 242 153</p>
WED	<p>Early Childhood Clinic - NSCC Area Health</p> <p>Child Health appointments with Helen from Area Health</p> <p>For appointments call Gosford Gateway Clinic - 4328 7900</p> <p>14th August 2019 - FREE Computer Info Session & Morning Tea for Seniors</p> <p>Call 4340 1724 or email admin@knc.net.au to book</p>	<p>Tai Chi for Health & Relaxation*</p> <p>9:00am to 10:00am</p> <p>For information contact Helen on 0435 121 520. \$12 per lesson</p> <p>Provide First Aid Course - HLTAID003</p> <p>Nationally accredited First Aid, CPR & HLTAID004 courses</p> <p>To enrol contact Directions Health 9486 3120 or www.firstaid.net.au</p>	<p>Active Playgroup for 0 to 6 year olds*</p> <p>10:30am to 12:30pm</p> <p>Music, dance, exercise, toys, craft & school readiness. All welcome</p> <p>Cost: \$5 per child plus \$1.00 each additional child</p>	<p>FREE Creative Communities Art & Craft Workshops (for adults)*</p> <p>6:30pm to 9:30pm</p> <p>Wednesdays. All materials included.</p> <p>Bookings & rsvp ph: 4340 1724 or email admin@knc.net.au</p>
THURS	<p>Grace Church*</p> <p>9.15am to 11.45am</p>	<p>Kariong Craft & Chat Group*</p> <p>9.30am to 12 noon</p> <p>A social group for people who enjoy doing arts and crafts</p> <p>Bring your own project or learn new skills. Morning Tea provided</p> <p>Cost: \$4 for members, \$4.50 for non-members</p>	<p>The Over Fifty Friendship (TOFF's) group*</p> <p>12:15pm to 2.00pm</p> <p>Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month.</p> <p>Cost: \$4 members, \$4.50 for non-members</p>	
FRI	<p>FREE Creative Communities Art & Craft Workshops (for adults)*</p> <p>9:30am to 12noon</p> <p>Fridays - please contact us for dates and to rsvp. All materials included. FREE childcare for kids of participants (1-5 year olds)</p> <p>Bookings ph: 4340 1724 or email admin@knc.net.au</p>		<p>Little Big School*</p> <p>9.30am to 11.30am</p> <p>Preparing 3-5 year olds for big school. Includes art, music, stories, games & group time</p> <p>\$12 per child per session + \$12 enrolment fee. Bookings essential, ph: 4340 1724 or email admin@knc.net.au</p>	
SAT	<p>Pilates</p> <p>8.15am to 9.15am</p> <p>A great way to get your body back into shape. Book with Sarah on 0425 265 609 or sarah@yourtemple.com.au</p>	<p>Ukulele Group Lessons</p> <p>9.00am to 11.00am</p> <p>Don't own a Ukulele - no problems we supply what you need to start</p> <p>\$10.00 per lesson. Contact Garry on 0419 217 006</p>	<p>Available for PARTY hire!</p> <p>The Centre is available for hire for events and children's birthday</p> <p>Book online at www.knc.net.au or ph: 4340 1724</p>	
SUN	<p>Available for PARTY hire! Book online at www.knc.net.au or ph: 4340 1724</p>			

*During school term only

COMMUNITY CALENDAR

What's On Locally | August 2019

Fri 2	Circle of Security – Young Parents , 10am-12noon, 4 Fridays starting 2/8/19. <i>Please contact Emily on ph: 4340 1585</i>
Mon 5	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Tues 6	Babytime 9:45am & Storytime 10.30am. Kariong Library
Wed 7	CWA Woy Woy Craft & Chat 9am. 30 The Boulevard, Woy Woy Circle of Security (Women only) , 9:30-11:30am, 6 Wednesdays starting 7/8/19 Triple P Group in Green Point , 1-3pm, 4 Wednesdays starting 7/8/19 <i>For the above 2 groups, please contact Emily on ph: 4340 1585</i>
Sat 10	Central Coast Group of the Australian Plants Society Meeting , 1.30pm for a 2.00pm start. Phillip House. Ph: 0408 653 140
Sun 11	Boomerang Bags Making-Bee 9:30am-12.30pm. Kariong Progress Hall. Ph: 0429 431 889
Mon 12	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Tues 13	Babytime 9:45am & Storytime 10.30am. Kariong Library
Wed 14	CWA Woy Woy Craft & Chat 9am. 30 The Boulevard, Woy Woy Kariong Progress Association Meeting , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong
Sat 17	Trivia Night supporting Kariong Eco Garden 6-9pm. Kariong Community Hall, Dandaloo St. Tables of 6-8 @ \$10/person
Mon 19	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Tues 20	Babytime 9:45am & Storytime 10.30am. Kariong Library Kariong Probos Club 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867
Wed 21	CWA Woy Woy Craft & Chat 9am. 30 The Boulevard, Woy Woy
Mon 26	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889

Tues 27	Babytime 9:45am & Storytime 10.30am. Kariong Library Bring Your Bills Day & Community Expo 9.00pm-3.00pm. St Vincent de Paul, 41 The Boulevard, Woy Woy
Wed 28	CWA Woy Woy Craft & Chat 9am. 30 The Boulevard, Woy Woy
Fri 30	Book Club 10am, Kariong Library. Ph: 4325 8155
NEXT MONTH Sept.	7th Sept - Comedy for a Cause , supporting Parklands Preschool. Tickets \$35, book now: comedyforacause.net/PCP
	14th Sept - Kariong Mountains High School 10th ANNIVERSARY P&C TRIVIA NIGHT
	24th Sept - Bring Your Bills Day & Community Expo 9.00pm-3.00pm, at St Vincent de Paul 41 The Boulevard, Woy Woy

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



Like to publish in the Connection?


ADVERTISING CLOSING DATE
for NEXT ISSUE

Tuesday 20th August 2019

Please email 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.

Recipe of the month



This warming winter soup recipe was kindly shared by the Country Women's Association Woy Woy branch. CWA Woy Woy welcome new members and visitors, drop by and see them at 9am Wednesdays at 30 The Boulevard, Woy Woy or find them on Facebook at www.facebook.com/CWAWoyWoy/

SWEET POTATO SOUP

- 1 tablespoon vegetable or canola oil
- 1 medium sized brown onion - diced
- 1 kilo or 7.5 cups peeled and diced sweet potato
- 2 cups peeled and diced carrots
- 6 cups pre-made vegetable stock or 6 cups of water and 3 teaspoons vegetable stock powder
- 1 cup fresh basil leaves or 1 teaspoon dried basil
- 1 cup coconut milk, milk or cream (optional)
- Salt and pepper to taste
- 1/4 teaspoon cinnamon (optional)

In a medium to large saucepan add the oil and diced onion and cook over a medium heat until soft. Add the sweet potato, carrot and stock, bring to the boil then reduce the heat to a simmer and cook for 25 minutes or until the carrot is tender.

Remove from the heat and blend with a stick blender or mash until smooth. Add the basil and cinnamon and return to a low heat, add the coconut milk, milk or cream and heat ready to serve, stirring occasionally. Finish with salt and pepper to taste. If too thick add a little more water to your preferred consistency.

Serve with a sprig of fresh basil or parsley and crusty warm bread.



OOSH UPDATE

Only 5 minutes off the M1

Our July Vacation Care program has been jammed packed full of fun. July Vacation Care also saw the service have its Assessment and Rating visit by the Department of Education. We began with our Mexican madness day. We made sombreros and poncho's and dancing the Mexican Hat Dance. A favourite excursion of ours is to visit Cinema Paradiso at Ettalong. These holidays we enjoyed watching Toy Story 4, and we made our own Forky when we returned to the centre. We ventured to Kincumber Mountain and discussed and saw places the indigenous peoples may have sheltered and found water. We enjoyed arts and crafts at the centre and races and games in the grassed reserved, dubbed 'The Bowl' which is just across the road from the centre. Our trip to the Central Coast Marine Discovery Centre was a fantastic adventure where we learnt about our local estuaries and creeks.



Kariong OOSH

Phone: 4340 4561 | Email: oosh@knc.net.au



TRIVIA NIGHT

supporting Kariong ECO Garden

Saturday 17 August 2019, 6-9pm

in Kariong Community Hall,

Dandaloo St (cnr Woy Woy Road), Kariong

Buy Tickets Online:

<https://kariongecogardentrivia2019.eventbrite.com.au>

Or at Kariong Neighbourhood Centre

10 Langford Drive, Kariong (9am - 3.30pm)

Bring your family and friends.
Tables of 6-8 @ \$10/person
(under 12 year olds free with a paying adult)

Silent Auction and Prizes for trivia and participation.

BYO nibbles and non-alcoholic drinks; no disposable items please – plates, cups and cutlery available in kitchen and sink available to wash up. Place your orders for Kariong Pizza on arrival and there will be cakes and slices for sale, as well as tea/coffee and hot chocolate. [Alcohol free Event]

**OUR
WINTER
EVENT**



Kariong ECO Garden

Dandaloo St Kariong (cnr Woy Woy Rd)

02 4323 1843 or 0429 431 889

kariongecogarden@gmail.com



**Kariong
Medical Centre**



Starting in August is our new registrar, Dr Elizabeth Foster. Dr Foster will be working Monday to Thursday and will bulk bill all patients.

We welcome back Dr Ronald Wai who is locuming with us over the year whilst your regular GP may take holidays and will also be covering the occasionally Saturday for us.

We offer a variety of nurse run services that are supported by your Doctor here at Kariong Medical Centre. These include Health Assessment for over 75 years, Weight Loss, Diabetes Health Check, 45-49 year health checks plus they support your doctor with baby checks and immunisations for the whole family.

It's never too late to get your Flu Vaccination as the flu season will be with us up to September/October.

Call 43404444 to make your appointments today.

Standpipe



Hi All,

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

As the final month of winter approaches, it is now the perfect time to prepare for the upcoming fire season. Preparation tasks can include cleaning out gutters and drainage channels, securing flammable items such as firewood away from the house, gathering important documents into an easy to grab area and developing your bushfire survival plan. For information and guidance on developing your survival plan, please visit <https://www.myfireplan.com.au/>.

The brigade would also like to extend an invitation for you to come along to the station at 4 Dandaloo street on Saturdays from 8am to discuss any questions or concerns with our friendly fires.

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

Be Connected

Every Australian online.

SAVE THE DATE!

**FREE COMPUTER INFO SESSION
& MORNING TEA FOR SENIORS**

August 14th 2019



Register

☎ 4340 1724

Now:

@ admin@knc.net.au



FAMILY MEMBERS AND FRIENDS of people who gamble are often caught between a rock and a hard place, concerned about enabling the person who gambles, while also feeling anguished about standing back and seeing them go without. Seeing someone you love struggling with an addiction can be heartbreaking, at times you can feel helpless, frustrated, and angry and you simply can't trust the word of the person you care about.

If you are lying awake at night worrying, if you are bankrupting yourself financially to help a person who gambles, or if you are sacrificing your own health and wellbeing, seek support from a counsellor who can help you to assert your boundaries and look after yourself. We provide free counselling to the family and friends of problem gamblers so please contact PM Counselling on 0408 679 351 or check us out at

www.problemgambling.net.au/pm counselling.html.



Energy & Water
Ombudsman NSW

Bring Your Bills Day & Community Expo now at St Vincent de Paul – Woy Woy

Central Coast residents are invited to a **FREE** community event.

Attendees can get help with energy, tenancy, financial and legal issues, outstanding fines, free hearing tests, disability services and more.

Where: St Vincent de Paul, 41 The Boulevard, Woy Woy

When: 27/8, 24/9 and 29/10 2019, 9.00pm - 3.00pm

Bring your bills and EWON can:

- review and explain billing and talk to your retailers about outstanding issues
- check your rebate eligibility and help establish payment plans, links to special support programs and more.

See ewon.com.au/events for more information.

Wonderful Womens Group

For all women | Make great friends |
Be empowered



9.30am - 11.30am Mondays*

Cost: \$5. FREE Childcare (1-5 years)

Morning Tea provided

Booking essential

Contact: 4340 1724 |

admin@knc.net.au

(*during school term)



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 August is A Secret Kept by Tatiana De Rosnay, a novel that explores the depths of complex relationships within a French family and the crushing cost of keeping secrets which can change the present. Please grab your copy at the library and join in.



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 10th August 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 will be Linda Groom and Linda's subject will be about Saving Kosciusko species.

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 or phone 0408 653140.

FREE Creative Communities Aboriginal Art Painting Workshops

Discover the art of Aboriginal Painting in these **FREE** workshops.

Each program runs for 3 sessions (materials included).

**Wednesday 31 July, 7 & 14 August
6.30pm to 9.30pm**

OR

**Wednesday 4, 11 & 18 September
6.30pm to 9.30pm**

Bookings essential.

Reserve your spot now.

4340 1724 or admin@knc.net.au

This program is proudly supported by Central Coast Council, Connecting Communities through Creative Industries.

www.knc.net.au



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

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

We also provide support groups for Grandparents Raising Grandchildren, and Young Parents.

T: (02) 4340 1585

E: ccfss@ccfss.com.au

W: www.ccfss.org.au

CLUBS & GROUPS

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,
take another good step forward!**

CLUBS & GROUPS continued



Pre-prepared meals delivered
to your door

- Free delivery Coast wide
 - NO contracts or referrals
 - NO minimum order
- Order online or call
0427 056 577
coastcuisine.com.au



f i
@coastcuisine
Proudly
supporting
Meals on Wheels
Central Coast

Hall for Hire

1st KARIONG SCOUT GROUP

\$25 p/h

We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Classes or Celebrations. Very flexible availability, located just off the M1. We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please contact:

Sandra McIntosh — Secretary

0490 128 259 | hallhire@kariongscoutgroup.com.au



Too busy to clean ?

Get back your weekends doing what you love

- Residential & Commercial Cleaning
- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

reception@fibern.com.au <https://www.fibern.com.au>

02 4340 0800 or 0405 189 042

BOVIS ROOF REPAIRS

(Lic. No 10805)

- * All roof leaks & repairs
- * Re-bed & point-up loose ridge capping in Flexipoint
- * Pressure clean roof tiles, clean & paint (2coats)
 - * Gutter cleaning and screening
- * All types of metal roofing, flashing & guttering
 - * Work guaranteed
 - * Free quotes
 - * Worked in Kariong 30 Years

No Job Too Big or Small

Phone Grant on **0412437175**



BUSINESS DIRECTORY



HENRY KENDALL COTTAGE & MUSEUM

25-27 Henry Kendall St West Gosford
On 2 beautiful acres, the Cottage c1839
is a way to step back into local history.

OPEN Wed / Sat / Sun and Public Hols (except Christmas Eve,
10am -3pm Christmas Day and Good Friday)

Adult \$5, Concess \$4, Child \$3, Family \$10 (2 adults, 3 child)

Groups can be booked on any day of the week for \$4 pp.

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

Phone 43252270

Email info@henrykendallcottage.org.au

Web www.henrykendallcottage.org.au



**KARIONG
Dental Care**

New Patient Offer \$179*

Normally over \$560

Full examination, clean, polish & fluoride
Up to 4 intraoral x-rays & 1 full mouth OPG x-ray
*No gap for patients with private health cover

Medicare Child Dental Benefit Scheme
Bulk billed for eligible children

Local Resident Discount*

Receive 5% discount on all treatments

*Not valid with any other special



**OPEN LATE
EVENINGS &
SATURDAYS**

4340 2022

11 Mitchell Dr Kariong
www.kariongdental.com.au
info@kariongdental.com.au



1300 88 3256

Warehouse space in West Gosford

Boutique / security complex
Pallet spaces from \$10.00 per week
Archive Boxes **from \$5.00 per week**
Billed monthly in advance / no lock-in contracts

www.warehouseservices.com.au



ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR
DOMESTIC/COMMERCIAL
ALL REPAIRS & SPECIAL EFFECTS

FREE QUOTATION

WORK GUARANTEED

Call 0408 917 774

Lic. No. 129863C

BUSINESS DIRECTORY continued

**Speech Therapy for Children**

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

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-----

Shop 8/10 Curringa Rd Kariong

0400 403 411

Shannon and Son's family owned and run service

Quality, loving, no cage Salon

Fetch
DOG GROOMING

facebook, instagram, fetchgrooming.com.au

Doggy Day Spa Salon

Book early to avoid disappointment!
(Theatre style seating is limited).

Comedy for a Cause

SATURDAY 7 SEPTEMBER 2019

Doors: 7pm / Show: 8pm / 18+

Silent Auctions! Food & beverages available for purchase. No BYO.

Featuring comedians from
**Sydney & Melbourne
International
Comedy Festivals**

comedyforacause.net/PCP

Kariong Public School
Entrance via Truscott Ave
Kariong



In Support of:



Parklands
Community
Preschool

For further info:
Natasha Sinclair
0424555888



20 LANGFORD DRIVE, KARIONG

4340 5154

www.betterhealthpractices.com.au

NEW CHIRO & EXTENDED HOURS

- Chiropractic • Massage • Acupuncture
- Naturopathy • Sports Injuries

Health fund & Medicare accredited

Like us on social media for the latest clinic news



APEX
INSTALLATIONS

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

0419 409 180

The Times Cafe

open early 7 days

Quality Coffee * Gourmet Burgers & Wraps
Breakfast * Shakes * Smoothies

Shop 4, 10 Curringa Rd, Kariong NSW 2250 Tel: 4340 5427

**Bamboo Professional Business Services**

For all professional business services including company secretarial (ASX and private companies), Investor Relations, PA, book keeping, event management, diary management, social media (small business) and administration needs

Contact Sandra McIntosh, phone: 0450 253 059

We R Electrical
For all your electrical needs

Ben Stephenson
Director

Mobile: 0417 047 235

Email: werelectrical@aapt.net.au

ABN: 72 147 825 910

Licence No: 233442C

FREE Creative Communities Mosaics Workshop

Create a beautiful mosaic using tiles and mixed media in this
FREE workshop for adults.

Friday 26 July, 2, 9, 16, 23 & 30 August, 9.30am to 12 noon.
Free childcare (1-5 yrs) available for children of workshop participants.
Materials Included.

Bookings essential. Reserve your spot now.

4340 1724 or admin@knc.net.au

www.knc.net.au



**Kariong
Neighbourhood
centre inc.**

KARIONG NOW HAS A LOCAL TRAVEL AGENT



I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thegrandtraveller.com.au

Website: www.thegrandtraveller.com.au

BRAVE TECH
MAKING TECHNOLOGY WORK



**Local Computer Support
that comes to you!**

Based in Kariong - Supporting the Central Coast!

- Computer Repairs, Upgrades & Sales
- Data Backups, Recovery and Storage (NAS)
(What would you do if you lost EVERYTHING?)
- Networking, Wifi & NBN
- Phones, Tablets and Wearables Support!



\$299 Upgrade & Refresh Special

Slow Computer?

Upgrade to a Solid State Drive (SSD)

What do you get with an upgrade and Refresh?

- 256GB SSD (480GB +\$55)
- Data Backup & Restore
- Windows Reload
- Free Antivirus Installed!
- Ask about Windows 10 Upgrade Options!
- Additional Software not included

Call Brock: 0401 887 172 • info@bravetech.com.au

facebook.com/au.bravetech • www.bravetech.com.au