

# 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 9 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)

Find us on:  
**facebook.**

October 2019

**SOMERSBY**  
ANIMAL HOSPITAL

**2019 ASAV**  
PRACTITIONER OF  
THE YEAR AWARD  
**DR. ROBIN CRISMAN**

## Somersby Vet awarded “Practitioner of the Year”

Somersby Veterinarian Dr Robin Crisman’s affection for animals as a child was always going to land her in veterinary medicine.

This month, the Australian Small Animal Veterinarians Association (ASAV) recognised Dr Crisman as the 2019 National Practitioner of the Year. According to ASAV, The Practitioner of the Year “has rendered outstanding service to the profession and the public in terms of academic qualifications, standard of practice, professional profile, altruism or all of these components”.

But it is not only her peers who admire Dr Crisman’s work, fellow Somersby Animal Hospital Director, Gabriela Dahmen, says her customers absolutely love her too.

Gabriela Dahmen nominated Dr Crisman in secret, so the award was a complete surprise. Although proud, Dr Crisman remains incredibly humble, saying that to receive the award was special, but that at the heart of it she just loves her work.

Dr Crisman’s work includes veterinary care of wildlife, providing assistance to animals at the Australian Reptile Park, Walk-about Wildlife Park, and at Blackbutt Reserve, as well as mentoring up to 30 students per year. After 27 years work as a Vet, Dr Crisman is as passionate as ever to continue her work with animals.

**Come and visit the friendly team at Somersby Animal Hospital!**

Ph: 4372 1799 | 79-b Howes Road, Somersby NSW | Facebook: SomersbyAnimalHospital



## FREE Creative Communities Jewellery Making Workshops

Discover the art of Jewellery Making in this **FREE** workshop series (materials included).

Learn techniques to craft a unique upcycled necklace, bracelet, brooch or earrings using repurposed material including beads, metal, glass, plastic or fibre.

Bring along a special piece of jewellery to transform, or use the materials provided. Great for gifting or for yourself. Men & women both welcome.

**Friday 18 & 25 October and 1 November**  
**(3 weeks) - 9:30am - 12noon**  
**FREE Childcare (1-5 year olds)**

Bookings essential. Reserve your spot now.  
**4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)**

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

[www.knc.net.au](http://www.knc.net.au)



## Wonderful Womens Group

For all women | Make great friends | Be empowered

**9.30 - 11.30am**  
**Mondays\***

Cost: \$5

**FREE Childcare**  
**(1-5 years)**  
**Bookings**  
**essential**



Contact: 4340 1724 | [admin@knc.net.au](mailto:admin@knc.net.au)



\*(during school term)



## Craft & Chat Group

A social group for people who enjoy doing art & craft activities and would like to have some company.

All welcome. Morning tea provided.

**\$4 members or \$4.50 non-members**  
**Thursdays 9:30am - 12noon**

Contact: 4340 1724 | [admin@knc.net.au](mailto:admin@knc.net.au)

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON			<b>Pilates for Seniors*</b> 12pm to 1pm Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class	
TUES	<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	<b>Indoor Bowls*</b> 9.15am sharp to 11:45am Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs Cost \$4 for members, \$4.50 for non-members	<b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	<b>Yoga with Corina*</b> 7pm to 8pm <i>Taking expressions of interest</i> , please contact Corina on 0409 242 153
WED	<b>Tai Chi for Health &amp; Relaxation*</b> 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson <b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	<b>Active Playgroup for 0 to 6 year olds*</b> 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome Cost: \$5 per child plus \$1.00 each additional child	<b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> <i>Aboriginal Art Painting</i> - 6:30pm to 9pm Wednesday evenings - 16, 23 & 30 October. All materials included. Bookings essential, 4340 1724 or admin@knc.net.au	<b>Provide First Aid Course - HLTAID003</b> Nationally accredited First Aid, CPR & HLTAID004 courses To enrol contact Directions Health 9486 3120 or www.firstaid.net.au
THURS	<b>Grace Church*</b> 9.15am to 11.45am	<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	<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	
FRI	<b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> <i>Jewellery Making</i> - 9:30am to 12noon Fridays - 18 & 25 October, and 1 November. All materials included. FREE childcare for kids of participants (1-5 year olds) Bookings essential, 4340 1724 or admin@knc.net.au		<b>Little Big School*</b> 9.30am to 11.30am Preparing 3-5 year olds for big school. Includes art, music, stories, games & group time \$12 per child per session + \$12 enrolment fee. Bookings essential: 4340 1724 or admin@knc.net.au	
SAT	<b>Pilates</b> 8.15am to 9.15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or sarah@yourtemple.com.au	<b>Ukulele Group Lessons</b> 9.00am to 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	<b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthdays Book online at www.knc.net.au or ph: 4340 1724	
SUN	<b>Available for PARTY hire!</b> Book online at www.knc.net.au or ph: 4340 1724			

\*During school term only



# COMMUNITY CALENDAR

## What's On Locally | October 2019


<b>Tues 1</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library
<b>Wed 2</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevarde, Woy Woy
<b>Fri 4</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Mon 7</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 8</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library
<b>Wed 9</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevarde, Woy Woy <b>Kariong Progress Association Meeting</b> , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong
<b>Fri 11</b>	<b>Volunteer Morning in the Garden and School Holiday ECO Kids - Fabulous Fairies</b> , 10am – 12noon. Kariong Eco Garden. Ph: 0429 431 889 <b>CC Australian Plants Society Meeting - Growing Waratahs and Flannel Flowers</b> , 7:30pm Phillip House. Ph: 0458 300922 or visit <a href="http://www.austplants.com.au/central-coast">www.austplants.com.au/central-coast</a> <b>Grandparents Raising Grandchildren support group – Erina</b> 10am-12pm, 2 <sup>nd</sup> and last Fri of the month during school term. Ph: 4340 1585
<b>Mon 14</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 15</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library <b>Grandparents Raising Grandchildren support group – Peninsula</b> 11am-1pm, 3 <sup>rd</sup> Tues each month during school term. Ph: 4340 1585 <b>Kariong Probus Club</b> 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867
<b>Wed 16</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevarde, Woy Woy
<b>Fri 18</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Sun 20</b>	<b>Boomerang Bags Making-Bee</b> 9:30-11:30am. Rumbalara Environmental Education Centre, Donnison St Gosford. Ph: Lisa 0429 431 889

<b>Mon 21</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 22</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library
<b>Wed 23</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevarde, Woy Woy
<b>Fri 25</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889 <b>Grandparents Raising Grandchildren support group – Erina</b> 10am-12pm, 2 <sup>nd</sup> and last Fri of the month during school term. Ph: 4340 1585 <b>Book Club</b> 10am, Kariong Library. Ph: 4325 8155
<b>Mon 28</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 29</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library
<b>Wed 30</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevarde, Woy Woy
<b>Thurs 31</b>	<b>Circle of Security for Women Only</b> 9:30-11:30am, Thursday's Oct 31 – Dec 5 (6 weeks) Ph: 4340 1585
<b>Next Month NOV</b>	<b>Positive Parenting Practice plus Play (5 P's)</b> 10am-12pm, Fridays Nov 1-22 (4 weeks) – a program for parents and children 5yrs and under with additional needs. Ph: 4340 1585 <b>123 Magic &amp; Emotion Coaching for Women Only</b> 10am-12pm, Wednesdays Nov 6 – 20 (3 weeks). Ph: 4340 1585 <b>Ettalong Beach Arts &amp; Crafts Centre ANNUAL EXHIBITION &amp; SALE</b> , 2nd & 3rd Nov, Peninsula Community Centre. Ph: 0412 155 391



**Photos:** Kariong Progress Association Solar Info Day

# Recipe of the month



This recipe was generously shared by the Country Women's Association Woy Woy branch. CWA Woy Woy welcome new members and visitors. They meet 9am Wednesdays at 30 The Boulevard, Woy Woy or find them on Facebook at [www.facebook.com/CWAWoyWoy/](https://www.facebook.com/CWAWoyWoy/)

## Classic Sultana Cake

375g sultanas  
1 tbsp brandy  
250g butter at room temperature  
1 cup caster sugar  
zest of 1 lemon  
3 eggs  
375g plain flour  
1 1/2 tsp baking powder  
2/3 cup (170ml) buttermilk

Mix the sultanas and brandy in a bowl. Cover and leave overnight.

Preheat the oven to 150 degrees C. Grease a 20cm cake tin and line the base and sides with baking paper.

Beat the butter, caster sugar and lemon zest with an electric mixer until light and creamy, at least 5 minutes.

Add the eggs one at a time, beating after each addition.

Sift the flour and baking powder together. Use 1 tbsp of the flour to dust the sultanas so they don't sink to the bottom of the cake.

Fold the sultanas into the creamed mixture, then add the flour alternately with the buttermilk.

Spoon into prepared pan and smooth the surface. Tap hard on the bench to settle the mix and remove air bubbles.

Bake on the second shelf from the bottom for 2 - 2 1/2 hours or until golden on top and firm to a gentle touch. Leave to cool in the tin.

Best made at least a day ahead of time, this cake will keep in the fridge for up to a week.



## OOSH UPDATE

Only 5 minutes off the M1

We have had a very busy term 3. This term we have been celebrating SPRING!

The children have been enjoying the creative activities making flowers, butterflies and caterpillars to decorate the craft room. The children have enjoyed spending time in the garden tending to the produce we are growing and showing appreciation and care.

There has been lots of activity in the sandpit over the last few weeks. The children have collaborated and constructed volcanoes and tunnels. It is through activities like this that children develop dispositions such as curiosity, cooperation, confidence and imagination.

September 11<sup>th</sup> was R U OK? Day.

We provided the children opportunity to express their feelings and thoughts through art. Many conversations about feelings were initiated through this art experience. By just asking the simple question R U OK? The children are provided with opportunities to openly express their feelings and to be involved in interactions and conversations with trusted educators.

*Kariong OOSH*

Phone: 4340 4561

Email: [oosh@knc.net.au](mailto:oosh@knc.net.au)







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)

### **Mondays and Fridays 10am – 12noon**

Jobs this month include: labelling our plants, a trip to metal recyclers, planning a fairy garden! Harvesting native raspberries – yum ☺

**BOOMERANG BAGS** – Sunday 20/10/19, 9.30am – 11.30am screen-printing pockets and demonstrating bag-making at the Rumbalara Environmental Education Centre Community Day. Donnison St, Gosford.

### **School Holiday ECO Kids**

Monday 30/9/19, 10am -12noon Fun Frogs  
Friday 11/10/19, 10am – 12noon Fabulous Fairies  
Stories, activities, bring fruit for morning tea.  
Gold coin donation. Children must bring a grown up.

### **Date for your Diary:**

Friday 6/12/12, 10am – 2pm Peter Rutherford will run a workshop on Wicking Beds and Soil.

Community Garden Week events were a great success. We finished our new sand and paving floor. Big thanks to Better Health Practises for their donation of pavers and Disability Options for lending a hand!

**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)



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

### **TERM 4 COMMENCES MONDAY 14<sup>th</sup> OCTOBER 2019**

#### **Classes held in:**

- Pottery
- Patchwork & Quilting
- Silvercraft
- Painting & Drawing
- Jewellery Design
- Watercolour Painting

For more information about our classes visit  
[www.ebacc.com.au](http://www.ebacc.com.au) or phone 0412 155 391

**THE ANNUAL EXHIBITION AND SALE IS  
PLANNED FOR THE WEEKEND OF 2<sup>ND</sup> & 3<sup>RD</sup>  
NOVEMBER 2019 AT THE PENINSULA  
COMMUNITY CENTRE**

**PUT THESE DATES ON YOUR CALENDAR NOT TO BE  
MISSED!!! SEE YOU THERE!**

## Kariong Medical Centre



Kariong Medical Centre is a well-known establishment that has serviced the local community for over 30 years. Our appointment books are always open to newcomers to the area.

Although we are a mixed billing practice, we have bulk billing available most weekdays including with our female registrars.

The majority of our Doctors, Nurses and Reception staff have been at the centre for many years, giving us a real sense of community. This allows us to keep offering the friendly, family orientated service that provides for your growing families.

**Fundraiser** - Lids 4 Kids - thank you for supporting this cause, keep them coming.

**MILK, WATER & SOFT DRINK LIDS ONLY.**

**PLEASE WASH LIDS FIRST & REMOVE INNER SEALS.**

We hope to have a total tally from collecting from June to Mid-September for the next connection.

### **Kariong Progress Association**

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

FACEBOOK: Kariong Progress Association



#### **Our next meeting**

Wednesday 9<sup>th</sup> October 2019

6.45pm – 8pm

KARIONG PROGRESS HALL, Dandaloo St, Kariong  
Meet long time locals, new neighbours, and discuss local issues of concern.

**Our SOLAR POWER INFO DAY** was a great success with 42 people from all over the Central Coast asking questions about solar and becoming wiser about energy.

#### **Local Development Update**

Kariong Sand & Soil have adapted their development plans to address community concerns. See their revised proposal fact sheet at KNC. They are happy to answer any questions over the phone - Dr Mark Jackson T: 02 8056 1849 or M: 0411 060 478

We have been advised that Davies Earthmoving has no association with any other businesses.

**HALL BOOKINGS:** PLEASE EMAIL US  
([kariongpa@gmail.com](mailto:kariongpa@gmail.com))

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

**POLICE ASSISTANCE LINE: 131 444**



4340 0246 | kariongmt-n.school@det.nsw.edu.au

## P&C Trivia Night – Thank you

To all businesses and families who donated gifts, goods and time, thank you for making our 10 year Trivia Night a great success.

Sharon Partridge, one of our founding P&C members, was awarded life membership at the Trivia Night in recognition of her dedication to our students and citizenship in the school community.

## HSC - Best of Luck

This time of the year sees another Year 12 cohort preparing for their final HSC exams and then getting ready to take on the world. We wish you the very best and congratulate you on successfully completing 13 years of schooling. To parents and students alike, I would like to remind you that a HSC result, a lifetime destination does not make. It is the start of the journey and it will be the young person's choices throughout their life that determines where they go and what they do.

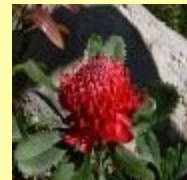
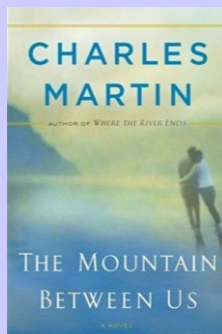
## What's on at Kariong library?



**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 October is *The Mountain Between Us* by Charles Martin. The story focuses on Dr. Ben Payne and writer Ashley Knox as they are stranded in the wilderness after a plane crash. Please grab your copy at the library and join in.



## Interested in Waratahs and Flannel Flowers?

The Central Coast group of the Australian Plants Society will present a demonstration on how to grow **Waratahs and Flannel Flowers** from seed and cuttings at 7.30 pm on Friday 11 October at Phillip House, 21 Old Mt Penang Road, Kariong, as part of its regular monthly meeting.

Guest presenter, Maria Hitchcock, OAM, from APS Armidale group, has over 40 years' experience with native plants, owns the "Cool Climate Natives Nursery" in Armidale, and was responsible for Australia adopting the wattle as its national emblem in 1988, and for the introduction of National Wattle Day in 1992. She has written many books on native plants, and runs the APS Waratah and Flannel Flower Study Group. In 2013 she started a Save Our Flora group, aimed at saving threatened native plants. Maria received her OAM in 2018 for service to conservation and the environment.

The public is welcome to attend Maria's workshop on 11 October. Entrance fee is \$5 for non-members, and includes supper.

**Enquiries to Pat Carlton, 0458 300922,  
or see our website [austplants.com.au/central-coast](http://austplants.com.au/central-coast)**



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.

**Ph: (02) 4340 1585**

**Email: [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)**

**Website: [www.ccfss.org.au](http://www.ccfss.org.au)**

## COMMUNITY SUPPORT SERVICES

## 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*



# 13 11 14

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 &amp; GROUPS

## Beginner Level Social Dance Classes

**Australian Colonial & Bushdance, Contra, Scottish Country, Old Time, Ragtime & Jane Austen (English Country) dance.**

**Kariong Community Hall**  
Cnr. Woy woy Rd. & Dandaloo St.  
**Each Friday Evening 7.30 – 9.30**  
Cost \$8.00

**Enq: 4344 6484**  
[www.ccbdma.org](http://www.ccbdma.org)

## 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**



## • Nutritious Meals • Free Delivery • Social Support

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[admin@ccmow.com.au](mailto:admin@ccmow.com.au)

\*Available to new clients aged 65 and over or those with a current NDIS Plan



**4357 8444**

**[www.ccmow.com.au](http://www.ccmow.com.au)**

## EARLY SCHOOL LEAVERS PROGRAM

**Fun | Qualified teachers | Free**

**Community Engagement  
Work Placements  
Boxing  
Art**

**[schoolheroes.yes.au@gmail.com](mailto:schoolheroes.yes.au@gmail.com)**  
**0455 195 920**

## Basic Preschool Ballet 3-5 yr olds



**Expression of Interest**

*Class will include:*

Royal Academy of Dance Training,  
Music Appreciation & Performance

**Tuesdays 1–2pm**

Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**Express your interest now!**  
**4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)**



## CLUBS &amp; GROUPS continued



## Your Temple

Improve strength and flexibility  
with Pilates & Functional Fitness

Fun for all ages



Contact Sarah  
[sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au) | 0425 265 609

**You're Welcome!** **The XChange**  
Seventh-day Adventist Church

We would love to see you at any of our events

**Barney's House Church** every Saturday 11am  
**Monday night small group** @ 7pm  
**Wednesday morning small group** @ 10am

We are just  
the change  
you need

  @kariongxchange  
 [www.kariongexchange.org.au](http://www.kariongexchange.org.au)  
 Lesley 0488709999  
 [kariongexchange@me.com](mailto:kariongexchange@me.com)  
 PO Box 7057, Kariong 2250

## 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](mailto:hallhire@kariongscoutgroup.com.au)

**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



## 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)



### 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](mailto:info@henrykendallcottage.org.au)  
Web [www.henrykendallcottage.org.au](http://www.henrykendallcottage.org.au)

 Find us on facebook.

**JUSTICES OF THE PEACE:**

Justices of the Peace available within Kariong area:

Derek Crawford 4340 1286

Tracie Gosling 0412 486 678

Phillip Harding (weekends only) 0414 757 668

Dianne Joan Parks 0243 400 388

Georgina Greenway 0438 402 714

**BUSINESS DIRECTORY**


## DAKO 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](http://www.warehouseservices.com.au)



## BUSINESS DIRECTORY continued



**FREE TV RECEPTION TEST**  
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**The Times Cafe**  
open early 7 days  
Quality Coffee \* Gourmet Burgers & Wraps  
Breakfast \* Shakes \* Smoothies  
Shop 4, 10 Currunga Rd, Kariong NSW 2250 Tel: 4340 5427



## 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 145 835



**Fetch**  
DOG GROOMING  
Doggy Day Spa Salon  
0400 403 411  
Shannon and Son's family owned and run service  
facebook, instagram, fetchgrooming.com.au  
Quality, loving, no cage, salon  
Shop 8/10 Currunga Rd Kariong



## Learn to Swim!

Small classes x 2 kids  
Get in early for Summer  
All levels from 6 months

Ph: 0455 524 148 | 47 Springwood St. Ettalong

**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

Better Health Practices



20 LANGFORD DRIVE, KARIONG  
4340 5154

[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

## NEW CHIRO &amp; EXTENDED HOURS

- Chiropractic • Massage • Acupuncture
- Naturopathy • Sports Injuries

Health fund & Medicare accredited

Like us on social media for the latest clinic news



## 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



**KARIONG**  
Dental Care

New Patient Offer \$197\*

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 Schedule  
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

[kariongdental.com.au](http://kariongdental.com.au)

## KARIONG NOW HAS A LOCAL TRAVEL AGENT



**I am your Local Travel Agent**

Phone: 0420 536 366

Email: [danielle@thegrandtraveller.com.au](mailto:danielle@thegrandtraveller.com.au)

Website: [www.thegrandtraveller.com.au](http://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)
- Networking, Wifi & NBN
- Phones, Tablets and Wearables Support!
- NBN Compatible Business Phone Systems!



**\$299 Upgrade & Refresh**

**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: 02 4208 0060 • [info@bravetech.com.au](mailto:info@bravetech.com.au)**

[facebook.com/au.bravetech](https://facebook.com/au.bravetech) • [www.bravetech.com.au](http://www.bravetech.com.au)



## BUMP Program

### Seeking Expressions of Interest

Kariong Neighbourhood Centre are seeking experienced local Mums interested in mentoring a young Mum through our BUMP Program. Does this sound like you?

#### Interested Mums will need:

- Some time to spare
- A desire to do something positive to help young Mums in our Community
- Willingness to share your own knowledge & experience



**Training will be provided to successful Mentors.  
All ages and experience levels welcome.**

**Find out more! Contact:**

Phone: 4340 1724 | Email: [admin@knc.net.au](mailto:admin@knc.net.au)

## FREE Creative Communities Aboriginal Art Painting Workshops

Discover the art of Aboriginal Painting in this **FREE** workshop series (materials included).

**Wednesday 16, 23 & 30 October  
6.30pm to 9pm**

Bookings essential. Reserve your spot now.

**4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)**

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

[www.knc.net.au](http://www.knc.net.au)



### Like to publish in the Connection?

**ADVERTISING CLOSING DATE  
for NEXT ISSUE**

**Tuesday 15th October 2019**

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

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