

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

Find us on:
facebook.

November 2019



KARIONG COMMUNITY SURVEY

How can we help YOU?

*Complete the survey on Page 3
to have your say!*

**YOUR
CHANCE TO HAVE
YOUR SAY!**

Kariong Neighbourhood Centre is YOUR Community hub, our programs and services are all about YOU. But we need your help. Fill in the survey and let us know how we can best help you, your family and your community.

See Page 3 of this edition for full details!

Creative Communities Art Exhibition

Join us for an exhibition celebrating the art
created by our Creative Communities
Workshop participants

Meet the artists, enjoy their artwork & share a free
afternoon tea with your community

Phone 4340 1724 or visit
[@KariongNeighbourhoodCentre](https://www.facebook.com/KariongNeighbourhoodCentre)
on Facebook for Event Details!



Proudly
Supported by

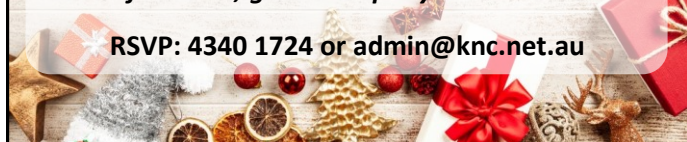


Kariong Neighbourhood Centre inc. COMMUNITY CHRISTMAS PARTY *You're invited!*

11am - 2pm | Tues 10th Dec 2019 | \$5 pp.

Join us for lunch, great company & entertainment!

RSVP: 4340 1724 or admin@knc.net.au



THE CHRISTMAS FAIR

SUNDAY 1 DEC MT PENANG GARDENS 9AM-2PM

Celebrating 12 Years!

150+ STALLS LIVE MUSIC

CHRISTMAS FOOD,
SIX STRING BREWERY BAR,
FACEPAINTING,
KIDS CHILLOUT ZONE
& MUCH MORE!

FREE PARKING
+
GOLD COIN ENTRY

Proudly brought to you by

FIXEVEN.COM.AU



KNC ACTIVITIES

What's Happening at Kariong Neighbourhood Centre

MON	Wonderful Women's Group* 9:30 to 11:30am A fun social & creative group for all women. FREE CHILDCARE (1-5 yrs). Bookings essential, contact 4340 1724 or admin@knc.net.au Cost: \$5		Pilates for Seniors* 12pm to 1pm Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class	
TUES	Immunisation Clinic for children - NSCC Area Health Free service, no booking required. The 2nd and last Tues each month For more detail call Gosford Gateway Clinic - 4328 7900	Indoor Bowls* 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	Early Childhood Clinic - NSCC Area Health Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	Yoga with Corina* 7pm to 8pm Please contact Corina on 0409 242 153
WED	Tai Chi for Health & Relaxation* 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson Early Childhood Clinic - NSCC Area Health Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900		Active Playgroup for 0 to 6 year olds* 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome Cost: \$5 per child plus \$1.00 each additional child	Provide First Aid Course - HLTAID003 Nationally accredited First Aid, CPR & HLTAID004 courses To enrol contact Directions Health 9486 3120 or www.firstaid.net.au
THURS	Grace Church* 9.15am to 11.45am	Kariong Craft & Chat Group* 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	The Over Fifty Friendship (TOFF's) group* 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	FREE Creative Communities Art & Craft Workshops (for adults)* <i>Christmas Craft</i> - 9:30am to 12noon Fridays - 8, 15 & 22 November. All materials included. FREE childcare for kids of participants (1-5 year olds) Bookings essential, 4340 1724 or admin@knc.net.au		Little Big School* 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	Pilates 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	Ukulele Group Lessons 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	Available for PARTY hire! The Centre is available for hire for events and children's birthdays Book online at www.knc.net.au or ph: 4340 1724	
SUN	Available for PARTY hire! Book online at www.knc.net.au or ph: 4340 1724			

*During school term only

KARIONG COMMUNITY SURVEY

How can we help YOU?

Kariong Neighbourhood Centre is YOUR Community hub. The programs we run and services we provide are all about YOU.

But we need your help. Fill in this survey and let us know how we can best help you, your family and your community.

Your feedback is invaluable and will help guide us in providing programs, activities and services that meet your needs.

**YOUR
CHANCE TO HAVE
YOUR SAY!!**

RETURN YOUR COMPLETED SURVEY: Snap a photo and email to admin@knc.net.au OR drop into our letter box at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong.

TELL US A LITTLE ABOUT YOURSELF... (Please tick multiple boxes if applicable)

- | | | | | | |
|------------|--|-----------------|----------------------------------|--------------------------|---|
| Age | <input type="checkbox"/> 17 or younger | Identity | <input type="checkbox"/> Female | Cultural heritage | <input type="checkbox"/> Aboriginal or Torres Straight Islander |
| | <input type="checkbox"/> 17-25 years | | <input type="checkbox"/> Male | | <input type="checkbox"/> Culturally & Linguistically Diverse |
| | <input type="checkbox"/> 25-40 years | | <input type="checkbox"/> LGBTQI+ | | <input type="checkbox"/> Other |
| | <input type="checkbox"/> 40 and over | | <input type="checkbox"/> Other | | |

WHAT ACTIVITIES, GROUPS OR AWARENESS PROGRAMS WOULD BE MOST HELPFUL TO YOU?

- | | | | |
|-------------|-----------------------------------|---|--|
| Type | <input type="checkbox"/> Activity | <input type="checkbox"/> Education Program or Group | <input type="checkbox"/> Awareness Session |
|-------------|-----------------------------------|---|--|
-
- | | | | |
|----------------|---|--|--|
| Content | <input type="checkbox"/> Drugs & Alcohol | <input type="checkbox"/> Financial programs | <input type="checkbox"/> Domestic & Family Violence |
| | <input type="checkbox"/> Mental Health | <input type="checkbox"/> Subsidised Meals | <input type="checkbox"/> Youth Programs |
| | <input type="checkbox"/> Counselling | <input type="checkbox"/> Cultural Programs | <input type="checkbox"/> Parenting Courses |
| | <input type="checkbox"/> Social Connection | <input type="checkbox"/> Building Community | <input type="checkbox"/> Playgroups |
| | <input type="checkbox"/> Building Friendships | <input type="checkbox"/> Creative Activities | <input type="checkbox"/> Transition to School Groups |
| | <input type="checkbox"/> Fitness programs | <input type="checkbox"/> Employment Skills | <input type="checkbox"/> Transition to Work Programs |
| | <input type="checkbox"/> Other (please detail)..... | | |

WHAT DAYS & TIMES BEST SUIT YOU TO ATTEND PROGRAMS & ACTIVITIES?

- | | |
|-------------------------|--|
| Days & Times | <input type="checkbox"/> Daytime - Mon-Fri (8:30am-2:30pm) |
| | <input type="checkbox"/> Evening - Mon-Fri (6:30-8:30pm) |
| | <input type="checkbox"/> Weekend morning - Sat (10am-12noon) |
| | <input type="checkbox"/> Weekend afternoon - Sat (2-4pm) |

HOW WOULD YOU LIKE TO HEAR FROM US?

- | | |
|---------------------|---|
| Print Media | <input type="checkbox"/> Kariong Connection Newsletter - delivered to homes monthly |
| Social Media | <input type="checkbox"/> Facebook - events, posts and photos |
| | <input type="checkbox"/> Instagram - photos and program updates |
| | <input type="checkbox"/> Kariong Connection Newsletter - delivered electronically |

HOW CAN WE HELP YOU GIVE BACK TO YOUR COMMUNITY?

- | | | |
|---|--|---|
| <input type="checkbox"/> Volunteering opportunities | <input type="checkbox"/> Mentoring opportunities | <input type="checkbox"/> Local working-bees |
|---|--|---|

GENERAL COMMENTS - PLEASE NOTE ANY OTHER SUGGESTIONS BELOW:

.....

.....

.....

COMMUNITY CALENDAR

What's On Locally | November 2019

THROUGH THE MONTH

Sat 2 & Sun 3	Ettalong Beach Arts & Crafts Centre ANNUAL EXHIBITION & SALE , 2nd & 3rd Nov, Peninsula Community Centre. Ph: 0412 155 391
Fri 8	CC Australian Plants Society Meeting 7:30pm Phillip House. Ph: 0458 300922 or visit www.austplants.com.au/central-coast Grandparents Raising Grandchildren support group – Erina 10am-12pm, 2 nd and last Fri of the month during school term. Ph: 4340 1585
Wed 13	Kariong Progress Association Meeting , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong. Meet long time locals, new neighbours, and discuss local issues of concern.
Sun 17	Boomerang Bags & Repair Café 10am – 1pm. Kariong Progress Hall, Dandaloo St. Ph: 0429 431 889
Tues 19	Kariong Probus Club 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867 Grandparents Raising Grandchildren support group – Umina 11am-1pm, 3 rd Tues each month during school term. Ph: 4340 1585
Wed 20	Youth Mental Health Forum - Headspace 7-8pm at Kariong Neighbourhood Centre. Ph: 4340 1724 or email: admin@knc.net.au
Fri 22	Grandparents Raising Grandchildren support group – Erina 10am-12pm, 2 nd and last Fri of the month during school term. Ph: 4340 1585
Fri 29	Book Club 10am, Kariong Library. Ph: 4325 8155 Herb Spiral workshop 10am – 12noon. Kariong Eco Garden, Dandaloo St. Ph: Lisa 0429 431 889
Next Month DEC	Wicking Beds & Soil Workshop with Peter Rutherford 10am-2pm, Fri 6th Dec. Kariong Eco Garden. Ph: 0429 431 889

WEEKLY / REGULAR

MON	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
TUES	Babytime 9:45am & Storytime 10.30am. Kariong Library
WED	CWA Woy Woy Craft & Chat 9am. 30 The Boulevard, Woy Woy 123 Magic & Emotion Coaching for Women Only 10am-12pm, Wednesdays Nov 6 – 20 (3 weeks). Ph: 4340 1585
THURS	Circle of Security for Women Only 9:30-11:30am, Thursday's Oct 31 – Dec 5 (6 weeks) Ph: 4340 1585
FRI	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889 Pea Pods Program in Green Point 12:30-2:30pm, Wednesdays Nov 1-22 (4 weeks) – a program for parents and children 5yrs and under with additional needs. Ph: 4340 1585

Expressions of Interest WALK ON COUNTRY

Walk in the footsteps of Australia's first people, hear timeless stories, connect with and learn about this beautiful country.

Date TBA (mid-January) 2020 | 9-11am

Register your interest

Contact Ph: 4340 1724 or Email admin@knc.net.au



FAMILY HELP SERVICE

We all have moments when the going gets tough.

Our Family Worker can assist your family with housing, Centrelink, food, childcare and more.

Contact us for a referral today
4340 1724 | admin@knc.net.au



Like to publish in the Connection?


ADVERTISING CLOSING DATE
for NEXT ISSUE

Tuesday 19th November 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 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/

One-pot Mexican beef mince

INGREDIENTS

500g lean beef mince
250g packet of par boiled rice (white or brown)
1 tablespoon vegetable oil or similar
1 red or brown onion diced
1 red capsicum diced
1 green capsicum diced
2 garlic cloves finely chopped
1 tablespoon paprika
1 tablespoon dried oregano
2 tsp ground cumin
125g tomato paste
1 cup beef stock, either water with 1 heaped teaspoon beef stock powder or ready made liquid stock
1/2 cup extra water
Salt and pepper to season

To Serve:

1 chopped avocado
Sliced fresh chilli
Lime wedges
Sour cream
Fresh coriander



METHOD

In a large frypan or saucepan heat the oil over a medium heat. Add the onions and capsicums and cook stirring occasionally for about 7 minutes or until just starting to brown. Add the garlic, paprika, oregano and cumin. Cook for a further 2 mins. Add the mince and cook breaking up the mince with a wooden spoon, for about 8 minutes or until cooked.

Add the tomato paste, stock and extra water. Bring to a simmer. Stir in the rice and reduce the heat to a low/medium. Cook uncovered for 8 to 10 minutes or until the liquid is absorbed.

Serve topped with sour cream, avocado, chilli, coriander and a fresh lime wedge. Alternatively you could serve in tacos or with corn chips.



OOSH UPDATE

Only 5 minutes off the M1

The beginning of spring came with the end of another school term. This meant it was VACATION CARE time.

What a great Vacation Care we had.

We began with a spring themed day and Disco. The turntables were spinning with DJ Rumble! DJ Rumble kindly donated his time to provide the children with an awesome disco to kick off the October holidays.

What is vacation care without a trip to the movies? These holidays we went to Ettalong Cinemas to see Dora and the Lost City of Gold. This was followed up by a trip to the park for a picnic and play. Kym the Reptile Man brought in some of his reptilian friends for a fun and informative experience.

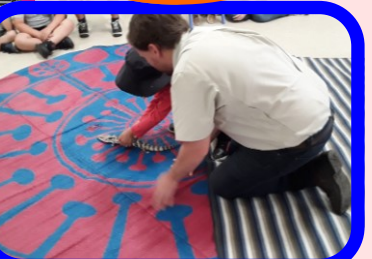
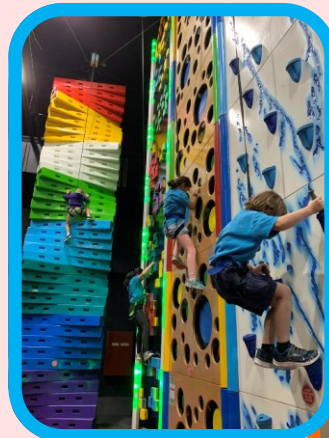
There were lots of tricks to be amazed by with JD & Friends. Our wizards and witches were taught a trick or two to amaze their friends and families.

What a great fun filled holiday and we look forward to a fantastic Term 4 with all our families.

The Team at Kariong OOSH!

Phone: 4340 4561

Email: oosh@knc.net.au





Kariong Eco Garden Incorporated
2 Dandaloo Street, Kariong NSW 2250
Phone: 0429 431 889
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au

Mondays and Fridays 10am – 12noon

Jobs this month include: creating a fairy garden, making a herb spiral & keeping the ponds wet...

BOOMERANG BAGS & REPAIR CAFE – 3rd Sunday each month: 17/11/19, 10am – 1pm. Volunteer repairers sought (small electrical, furniture, bikes and clothes) & YOU can bring your items that need fixing.

WORKHOPS (gold coin donation):

Friday 29/11/19 – 10am – 12noon Kerrie Anderson will guide us in making a herb spiral. Bring a herb to donate.

Friday 6/12/19, 10am – 2pm Peter Rutherford will run a workshop on Wicking Beds and Soil.

ONGOING CHALLENGES – SADLY we have been regularly cleaning up rubbish, finding damage, fires and graffiti in the garden. The garden will be closed outside 9am – 5pm and we hope Council will help us with locking and unlocking new gates.

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



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



2019

EXHIBITION & SALE

Sat Nov 2nd 10am-4pm

Sun Nov 3rd 10am-3pm

Peninsula Community Centre

93 McMasters Rd, Woy Woy



Kariong Medical Centre



SPRING HAS SPRUNG – don't let hay fever get you down, see your Doctor for preventive measures.

It is also that time of the year when your Doctor may take leave, so make sure you get your appointments for scripts and/or referrals with plenty of time to spare.

REMINDER: Why do we keep asking who you are? –

It is important that we ask you to confirm your details at every visit to ensure that we have the correct information for our records. Some identifiers we may use are your name, date of birth, address and best contact phone number. Please remember to inform us of any changes to you and your families' details.

Fundraiser Information

Approximate tally from the Kariong Community and friends for Lids 4 Kids

JUST UNDER 18,000... Well done

Kariong Progress Association

EMAIL: kariongpa@gmail.com

FACEBOOK: [Kariong Progress Association](https://www.facebook.com/KariongProgressAssociation)



Some of our Hall bookings include:

Taekwondo – Wednesdays, 5.30-6.30pm
Call Amanda 0403 175 983

Boot Camp in Kariong Tennis Court (Hall is wet weather option), Monday – Thursday.
Call Erin 0401 783 887

Bush Dancing - Fridays at 7.30pm

PUBLIC MEETING organized by Davis Earthmoving about Kariong Sand & Soil Project

Wednesday 6/11/19 @ 6.30pm

See their letter to us on KPA's facebook page. More info:
Dr Mark Jackson T: 02 8056 1849 or M: 0411 060 478.

HALL BOOKINGS: PLEASE EMAIL US
(kariongpa@gmail.com)

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

POLICE ASSISTANCE LINE: 131 444



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.

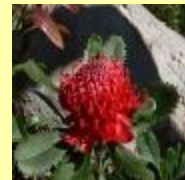
We provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

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

Phone: (02) 4340 1585

Email: ccfss@ccfss.com.au

Website: www.ccfss.org.au



THE RIGHT TREES FOR URBAN STREETS?

The Central Coast branch of the Australian Plants Society invites you to attend its next meeting, at 7.30 pm on Friday 8 November.

Guest speaker will be from the **Grow Urban Shade Trees** group.

Central Coast residents are allowed to plant trees on nature strips, and it's important that the right tree species are selected.

Come and learn how we can all help reduce heat from our built environments.

All welcome. Admission \$2, which includes supper.

**Enquiries to Pat Carlton, President APS
Central Coast, Ph: 0458 300922**

What's on at Kariong library?

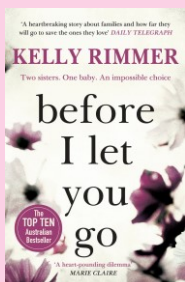


The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) **Ph: 4325 8155**.

Babytime (9:45am for 6 to 24 months) and then **Storytime** (10:30am for preschoolers) 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 November (and final for this year) is **Before I Let You Go** by Kelly Rimmer and is a deeply emotional and thought-provoking story of the unbreakable bond of sisters and the sometimes dark choices they face. Please grab your copy at the library and join in.



Standpipe



Hi All,

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

We are now well into the fire season and the weather is starting to warm up. As summer approaches the fire danger level will increase in the local area.

This month the brigade would like to talk to you about an application known as 'Fires Near Me'. Fires near me is an application developed by the RFS and provides updates and information on fires in the local area. The app can be downloaded from your device's app store and will send alerts when a fire starts or escalates in your area. The app also provides information on the fire danger rating in your local area. We would highly recommend that you download and become familiar with this app.

As always we would like to remind you to be vigilant and call 000 if you see a fire without a fire truck in attendance.

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



Energy & Water
Ombudsman NSW

Bring Your Bills Day & Community Expo

Coast Community Connections and the Energy & Water Ombudsman NSW (EWON) invite Central Coast residents 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: Coast Community Connections, Peninsula Community Centre, 93 McMasters Road, Woy Woy

When: Tuesday 26 November 2019, 9am - 3pm

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.



Kariong
Neighbourhood
centre inc.

YOUTH MENTAL HEALTH TALK

Dear Kariong Community Members,

You are invited and welcome to attend a free evening Youth Mental Health talk, presented by Headspace.

*The venue will be our Kariong Community Centre,
10 Langford Drive, Kariong.*

Time: 7-8pm

Date: Wed 20th November 2019

RSVP: 4340 1724 or admin@knc.net.au



Headspace is a free service for young people aged 12-25 who are going through a tough time.

Life can throw a lot at you, at Headspace we are here to help.

For more information about Headspace phone **4340 7870** or visit www.headspace.org.au

RSVP to save your seat! Contact:

Phone: 4340 1724 | **Email:** admin@knc.net.au

CLUBS & GROUPS



Your Temple

Improve strength and flexibility
with Pilates & Functional Fitness

Fun for all ages



Contact Sarah

sarah@yourtemple.com.au | 0425 265 609



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



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

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**

CLUBS & GROUPS continued

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



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

EARLY SCHOOL LEAVERS PROGRAM

Fun | Qualified teachers | Free

**Community Engagement
 Work Placements
 Boxing
 Art**

schoolheroes.yes.au@gmail.com
0455 195 920

• Nutritious Meals • Free Delivery • Social Support

Contact us for a free copy of our
 extensive menu and claim your
 FREE meal!*

Call 4357 8444 or email
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



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.kariongxchange.org.au



Lesley 0488709999



kariongxchange@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



Parklands Community Preschool

- * Education & care for children 3-6 years old
- * Commitment to quality early-years education, rated MEETING 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

BUSINESS DIRECTORY continued

0400 403 411

Shop 8/10 Carringa Rd Kariong

Shannon and Son's family owned and run service

Quality, loving, no cage Salon

facebook, instagram fetchgrooming.com.au

Fetch
 DOG GROOMING

Doggy Day Spa Salon

BUSINESS DIRECTORY continued

Formal time is here again

LET'S GET ALL GLAMED UP FOR THE SPECIAL OCCASION

Make an appointment call 4340 4194 to reserve the time and date that you want as we are filling up fast

GOLDEN TIPS HAIR AND BEAUTY



Formal style,
make-up, toe and
finger nails painted

ONLY \$175.00

**CURRENTLY HIRING! 2ND YEAR APPRENTICE
HAIRDRESSER. Phone Lyn on 0417 655 940**



2 FOR 1 NEW CLIENT SPECIAL

(Buy 1 session to receive 1 FREE)

TRAINING OUT OF IMPACT GYM ERINA (Crèche available Mon-Sat)
OR YOUR HOME (Kariong Area)

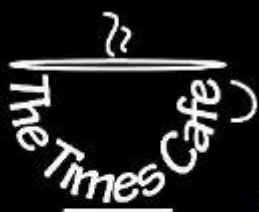
**CALL OR TXT
TODAY!!!!**

ZUZANA GILES. Personal trainer

Phone #: 0425 30 88 44

www.myway.fitness | zuza@myway.fitness

@zuzamywayfitness | Facebook/MyWayFitness



open early 7 days

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

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

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 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



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



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

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-----



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



**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

BULK BILLING FOR ELIGIBLE CHILDREN

children receive up to \$1000 every 2 years when eligible for the Medicare Child Dental Benefit Scheme

Senior/Pensioner Discount
Receive 10% 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

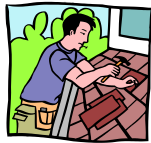
BOVIS ROOF REPAIRS

(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



Better Health Practices



**20 LANGFORD DRIVE, KARIONG
4340 5154**

www.betterhealthpractices.com.au

NEW SERVICES AVAILABLE

- Chiropractic • Massage • Acupuncture
- Nutritionist • Counsellor

Health fund & Medicare accredited

Like us on social media for the latest clinic news



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)
- 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

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

Best Practice Recycling Project Proposed for the Central Coast – Kariong Sand and Soil Supplies



Good things are happening on the Central Coast with the proposed development of a state-of-the-art facility to turn sand, soil and surplus building materials into 100% recycled landscaping supplies.

The Kariong Sand and Soil Supplies development is proposed for 90 Gindurra Rd, Somersby. The site is located on the eastern side of the Somersby Industrial Estate and was approved in 1992 as a sand and soil recycling facility.

The Davis Family purchased the site in 2017 with a vision to turn the old, run-down recycling facility into an advanced facility for recycling left over materials from civil construction and building projects for the Central Coast. Mr Eric Davis, CEO of Davis Earthmoving & Quarrying said "The facility will accept and recycle sand/soil, timber, metals, concrete, bricks, tiles, asphalt, stumps and rootballs. No asbestos, smelly or hazardous wastes will be accepted."

"The development will include the clean-up and enhancement of the front 6 hectares of the site, into a professional landscape supplies business supplying local builders, landscapers and trades with quality aggregates, soil and mulches for building projects" Mr Davis said.

The rear 4 hectares of the site will be retained as bushland, to preserve important vegetation and fauna which have been identified as important for the area. "The whole site has been designed with environmental best practice and sustainability in mind" said Mr Davis. "This includes keeping all recycling operations indoors, with strict control of dust and noise. All areas will have a hardstand to protect soils and water quality.

Noise barriers are in place to avoid sound impacting neighbours. An advanced water capture and recycling system has been designed to treat and reuse precious water received on the site for operations and dust controls."

"We expect 75% of the materials we recycle to come from the Central Coast and close to 100% of recycled landscaping supplies will be used in the region", said Mr Davis.

"The population of the Central Coast is forecast to grow by up to 20% by 2036, resulting in a 26% increase in residential development, and this facility will help recycle materials from all this building work."

Following feedback earlier this year the facility's design has been amended to take into account community concerns and recycling will increase in stages following independent testing that the facility is performing to the highest environmental standards.

These commitments were discussed in a meeting with executive of the Kariong Progress Association on Monday 16th September. The meeting was attended by Mr Eric Davis, Davis Earthmoving & Quarrying, and Dr Mark Jackson of Jackson Environment and Planning, who has been leading the planning application for the development.

The NSW Government has set ambitious targets to reduce the amount of building waste going to landfill with recycling targets of 80% by 2021. The Somersby facility will also provide competitive options for local companies who currently have limited access to recycling facilities and has potential to reduce illegal roadside dumping in the area.

"We look forward to discussing the project with residents at the following information sessions and I thank the Kariong Progress Association for this opportunity to reach the local community," said Eric Davis.

Further information and opportunity for feedback are available at www.kariongsandandsoil.com.au.

Information sessions:

- Wednesday 6th November 6.30-7.30pm Kariong Hall, Corner of Woy Woy Rd & Dandaloo St, Kariong
- Saturday 16th November 11am-12pm, followed by sausage sizzle, 90 Gindurra Road, Somersby

To attend, please RSVP by emailing

admin@jacksonenvironment.com.au or calling 02 8056 1849.

Members and friends of the Kariong Progress Association are invited to attend information sessions on the proposed development of a state-of-the-art facility to turn sand, soil and surplus building materials into 100% recycled landscaping supplies. The Kariong Sand and Soil Supplies development is proposed for 90 Gindurra Rd, Somersby.

Some quick facts:

- The proposed development will enable a clean-up of the presently degraded site currently overrun with noxious weeds.
- An estimated contribution of \$407 Million to the Central Coast economy over the next 25 years and employing 20 staff at full operation.
- There will be no hazardous materials such as asbestos, no smelly household rubbish or biodegradable waste on site at any time.
- Independent studies show that the facility will not impact air quality (including silica dust) and will meet the EPA's strictest requirements.
- Low noise ensuring negligible impacts on neighbours and the environment. Regular working hours of 7am-6pm Monday to Saturday.
- Vehicles to the site will only travel through the Somersby Industrial Park via Wisemans Ferry and Gindurra roads.

Wednesday 6th November 6.30-7.30pm

Kariong Hall, Corner of Woy Woy Rd & Dandaloo St, Kariong

Saturday 16th November 11am-12pm

90 Gindurra Road, Somersby (followed by sausage sizzle)



To attend, please RSVP by emailing admin@jacksonenvironment.com.au or calling 02 8056 1849. Further information and opportunity for feedback are available at www.kariongsandandsoil.com.au.