

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF COMMUNITIES & JUSTICE AND SUPPORTED BY CENTRAL COAST COUNCIL

Vol 28; Issue 2

10 Langford Drive, Kariong | 4340 1724 | admin@knc.net.au | www.knc.net.au

March 2020

A NOTE FROM OUR GENERAL MANAGER

Hi All Kariong Community Members,

How crazy is our weather at present! Hope everyone stays safe and well.

Kariong Neighbourhood Centre is always available to call or pop into if you need any information or assistance. We are happy to help out wherever we can.

We are looking at commencing some *English conversation workshops* and are *looking for any volunteers* who might be able to assist us for two hours on a Monday.

We need more volunteers to help us with our work. Each volunteer at our Centre will be a piece of the big picture and without their amazing hearts, generous souls and skills, we will not be able to grow and build on the work at the Centre. Volunteers also have the opportunity to contribute to the Centre by offering their own insight, ideas and suggestions to help solve problems and produce results.

Some of the areas where we need volunteers includes;

- drivers, who could pick up of food at West Gosford on a morning
- IT skills
- marketing skills
- food preparation skills
- community development skills
- event skills
- admin / telephone skills
- organisational skills
- tax help



I am looking at a number of different programs and workshops into the near future, so anyone that has a couple of hours to spare WE NEED YOU!

Shayne Silvers JP.
General Manager, KNC



COMMUNITY EVENTS IN MARCH 2020



Clean up Australia Day encourages all Australians to take to their local park, beach, bushland or streets and help collect rubbish. Individuals and local groups can either organise a Clean Up Site or volunteer to join an existing Site.



International Women's Day is held on March 8. This year's theme is 'An Equal World is an Enabled World'. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. There are a number of events happening across the Central Coast from March 1-22 to celebrate women. To find out more about events, google Festival of Women Central Coast.



Harmony Day 21 March is a day of cultural respect for everyone who calls Australia home - from the traditional owners of this land to those who have come from many countries around the world. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it.

CENTRE NEWS

Stay Informed!

OOSH UPDATE

Welcome to Term 1.

Welcome to all our new Kindergarten Students and new families that are joining us in 2020.

We have begun the year with lots of fun activities that both challenge and intrigue the minds of young learners. Over the past few weeks we have been focusing on science, creative arts and physical activity.

We have been using our construction skills to create marshmallow catapults and straw rockets. These activities are an extension of the learning we had during our Mad Scientist Day during the holidays.

February has seen Valentines Day come a go. We have been very creative creating hearts, cards and heart friends for that special someone in our lives. I'm sure lots of mums and dads were spoilt with these crafts from the heart.

Summer is cricket season, and with the Big Bash has come lots of games of cricket in our outdoor space.



Only 5 minutes off the M1



Jacqui & the Team at Kariong OOSH!

Phone: 4340 4561

Email: oosh@knc.net.au



HEALTH & WELL-BEING

Keep Updated !

Home isolation guidance for close contacts and recently returned travellers from mainland China



If you have been in contact with a person with confirmed novel coronavirus infection while they were infectious, you must isolate yourself for 14 days after your last contact with that person.

If you have recently returned from travel to Hubei Province, you must isolate yourself for 14 days after you left Hubei Province.

If you have been in, or transited through, mainland China (excluding Hong Kong, Macau and Taiwan) on or after 1 February you must isolate yourself at home for 14 days after you left China.

More information can be found at <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/hubei-contacts-and-travellers.aspx>

Measles is about!
Outbreaks in the Pacific

Families visiting **Tonga, Samoa or New Zealand**, or receiving visitors from these countries may get exposed to measles.

Measles is a serious illness.

Measles vaccination is the best way to protect your whole family

- The measles shot is free! Everyone born after 1965 should have two doses unless they have already had measles
- Two doses protects you for life
- It's safe to have another measles shot if you're not sure if you have had two doses
- Babies can have the measles shot from 6 months old if they are travelling, especially to Tonga, Samoa or New Zealand.

Visit your **doctor** to make sure you and your family are protected.

NSW GOVERNMENT

www.health.nsw.gov.au/measles

© NSW Ministry of Health 2019. 51494 (d) (P) NSW 100/009

FREE IMMUNISATION CLINIC - "drop in clinics" -

no appointment needed at Kariang Neighbourhood Centre.

Remember to get your child/children vaccinated.

2nd & last Tuesdays each month

12noon to 1pm

Dates for March 2020

10 March & 31 March



Nutritious Lunch Box Idea

TUNA AND RICE SALAD BOWL

INGREDIENTS

- 250g pkt microwavable brown rice
- 1/4 avocado, peeled, thinly sliced
- 1 tsp lemon juice
- 1/2 Lebanese cucumber, cut into thin batons
- 1/2 carrot, peeled, cut into long matchsticks
- 95g can tuna chunks in spring water, drained
- 1 tbs Coles Japanese Style Miso & Sesame Salad Dressing
- Sesame seeds, toasted, to serve

METHOD

Step 1: Heat the rice following packet directions. Set aside to cool. Transfer the rice to an airtight container or serving bowl. Brush the avocado with lemon juice.

Step 2: Arrange the avocado over the rice in the container or bowl with the cucumber, carrot and tuna. Drizzle with the dressing and sprinkle with sesame seeds.



Recipe and image from www.taste.com.au



COMMUNITY NEWS

Know What's Happening In Your Community

NEWS FROM YOUR LOCAL HIGH SCHOOL

02 4340 0246

kariongmtn-h.school@det.nsw.edu.au



kariongmountains-high.com.au



There is a book titled "It Takes Ten Years to Become an Overnight Success" and how wonderfully that captures the spirit of our first decade. One day you stop, take stock and realise that ten years have gone by and in that time, we have made great strides.

We continue to focus on STEM and STEAM (formerly the biosciences), offering subjects unique to our school, including zoology and forensics. We continue to perform highly in maths, building on from first in the State on the merit roll with our inaugural HSC. Technology and future-focused learning are priorities, reinforced by careers education from Stage 4. Students are supported in achieving their goals, such that we have had an Olympian, National and International champions in a range of sports as well as successful performing and recording artists.

The next decade is looking very exciting and we are very proud of our great school.



Energy & Water
Ombudsman NSW

WOY WOY ENERGY SUPPORT DAYS ARE BACK!

On the last Tuesday of each month, staff from the NSW Energy & Water Ombudsman will be in Woy Woy to help you with your energy bills.

If you're having issues with your electricity or gas provider or difficulty paying a bill, bring along your bills for on-the-spot, free help. Telephone interpreters will be available.

Where: Coast Community Connections, Peninsula Community Centre, 93 McMasters Road, Woy Woy

When: Last Tuesday of each month, beginning 25 February 2020 (more dates below).

Time: 9.00am – 3.00pm

What to bring:

- Current and past gas and electricity bills.
- Any letters from electricity and gas providers.
- Your pensioner or concession cards.

Booking are essential for this free event. Call Coast Community Connections on 02 4341 9333 and select option 3.

Dates for 2020:	25 February	31 March	28 April	26 May	30 June
	28 July	25 August	29 September	27 October	24 November



@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!

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	

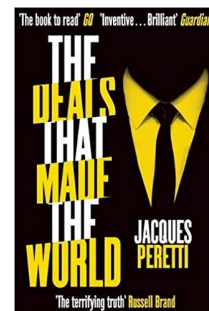
WHAT'S ON AT KARIONG LIBRARY?

*The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm)
Tel: 43258155.*

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.

Kariong Library Book Club 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 March is **"The deals that made the**

world" by Jacques Peretti, which looks at the secret "behind the scenes" deals changing the world, and revolutionizing everything we do: money, food, medicine, everything we buy. Please grab your copy at the library and then come join us.



CENTRAL COAST FAMILY SUPPORT SERVICES - FOCUS ON BETTER OUTCOMES FOR KIDS



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



HAPPY BELATED NEW YEAR FROM KARIONG MEDICAL CENTRE

A BIG warm welcome to our new GP Registrars - Dr Derek Fleming and Dr Alana Jacobson.

Dr Fleming is available every day except Thursday, 8.30am to 5.30pm by appointments. Dr Jacobson is here Monday to Thursday 8.30am to 5.30pm. Both Doctors bulk bill all patients.



Why do we keep asking who you are?

In order to meet Accreditation standards, we must ask you at every visit to confirm your details.

We are upgrading our current software that means we do need to update your files. ALL patients will need to complete a new form.

Please help us by having your Medicare & any Concession cards ready when you arrive.

\$248.45 was raised for the fire disaster. Details of chosen charity will be available at next edition.



@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!

WHAT'S HAPPENING AT KARIONG ECO GARDEN?



Well we certainly got all the rainwater we needed in our water tanks – and some!

Regular Volunteers, Mondays Only: 10am - 12noon

Jobs this month include: WEEDING, fence and gate repairs, compost bay relocation ...

and **Permaculture on Sunday 15/3/20, 10am - 2pm**, followed by regular **Troubadour's Folk Music 2 - 4pm**.

Bring your broken items or tools for sharpening: new REPAIR CAFÉ & ongoing BOOMERANG BAGS - 3rd Sunday monthly: 15/3/20, 10am - 1pm. Volunteers sewing cloth bags and helping repair broken things!

Clean Up Australia Day Sunday 1/3/20 9 - 12noon followed by thank you lunch supplied by Kariong Progress Association.

Girrakool Blues Festival 6-8 March 2020

Volunteer Zero Waste Heroes wanted to help during the event and enjoy the music.

Phone or text Lisa to volunteer on 0429 431 889.

Please call the POLICE ASSISTANCE LINE: 131 444 if you see anti-social behaviour.

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



KARIONG PROGRESS ASSOCIATION UPDATE



EMAIL: kariongpa@gmail.com

FACEBOOK: Kariong Progress Association

Our next meeting will be Wednesday 11th March 2020, 6.45pm – 8.30pm, KARIONG PROGRESS HALL, Dandaloo St, Kariong. Speaker: Wanda Gomez – Fix It Café and the Right to Repair movement.

Meet long time locals, new neighbours, and discuss local issues of concern.

Big thanks to our local heroes - our hardworking Volunteer Bushfire Brigade and the State Emergency Services too!

WANTED: More KPA members and Hall Booking Officer Please email us if you can join the team. Do you know someone who would be willing to be a guest speaker?

Would you like to help organise a Community Brunch in April and Wine & Cheese night in May?

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 | Have you got your Fire plan? <https://www.myfireplan.com.au/>



@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!

Little Big School



Our endeavour is to support each child's successful pathway to school. We provide fun activities that promote learning and development in a small pre-school like setting

Fridays — School Term Only | From 9.30am - 11.30am

FACILITATED BY AN EARLY CHILDHOOD TEACHER & CHILDHOOD EDUCATOR



3 to 5 year olds

Cost \$12 per child per session, plus \$12 annual booking fee



Bookings essential
Phone 4340 1724 or email
admin@knc.net.au

ACTIVE PLAYGROUP



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

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

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

KNC ACTIVITIES

What's Happening at Kariong Neighbourhood Centre

MON		Be Connected* (Mon & Tues) 1hr sessions between 9am-3pm^ Free tutorials for seniors, learn to use your computer, smart-phone & ipad to stay connected. ^By appointment only, contact 4340 1724 or admin@knc.net.au	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	Basic Preschool Ballet* 10:30-11:30am For 3-5 year olds, learn ballet basics training + more! Contact - 4340 1724	Early Childhood Clinic - NSCC Area Health Child Health appointments with Helen from Area Health Contact - 4328 7900
WED	Tai Chi for Health & Relaxation* 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson Mums & Bubs Groups By invitation from your local Area Health Dept. Nurse. Enquiries - 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 12noon 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 2pm 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			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 9am to 11am 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

COMMUNITY CALENDAR

What's On Locally | March 2020

THROUGH THE MONTH

Sun 1	Clean Up Australia Day , 9am - 12noon. Followed by thank you lunch supplied by Kariong Progress Association
Fri 6	Girrakool Blues Festival , 6-8 March 2020. 1 Kangoo Rd
Wed 11	Triple P Seminar Series – Endeavour Early Learning Centre , 6:30pm - 8:30pm, March 11, 18 & 25. Ph: Emily - 4340 1585 Kariong Progress Association Meeting , 6.45pm - 8pm. Kariong Progress Hall, Dandaloo St, Kariong
Tues 17	Grandparents Raising Grandchildren Support Group , 11:15am-1pm (during school term). Umina. Ph: Kristina - 4340 1585
Wed 18	10 years Celebration at Kariong Mountains High School , 6:30pm. Ph: 4340 0246

WEEKLY / REGULAR

MON	Volunteer Morning in the Garden , 10am-12noon. Kariong Eco Garden. Ph: Lisa - 0429 431 889
TUE	Woy Woy Energy Support Days , 9am - 3pm. Last Tuesday of each month, beginning 25 February 2020. Coast Community Connections, Peninsula Community Centre, 93 McMasters Road, Woy Woy. Ph: 4341 9333 and select option 3. Kariong Probud Club 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867
FRI	Grandparents Raising Grandchildren Southern Support Group , 10am-12pm, 31 Jan-27 Mar (during school term). Ph: Kristina - 4340 1585 YPG – Young Parent Group , 10am-12pm, 31 Jan-3 Apr. Ph: Kristy - 4340 1585 Book Club , 10am. Last Friday of each month. Kariong Library. Ph: 4325 8155
SUN	Boomerang Bags Making-Bee & New Repair Café , 10am-1pm. 3rd Sunday of each month. Kariong Progress Hall. Ph: Wanda - 0414 832 162 Troubadours Folk Music , 2pm - 4pm. 3rd Sunday of each month. Kariong Eco Garden & Arts Barn, Dandaloo St. Ph: Hugh - 0466 306 206

JUSTICE OF THE PEACE

A Justice of the Peace, Shayne Silvers,
is NOW AVAILABLE at Kariong Neighbourhood Centre
between 9am-4pm Mon-Fri.

Please phone to notify the Centre before dropping by.

Contact: 4340 1724 | admin@knc.net.au



@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!

FREE COMPUTER CLASSES FOR SENIORS

- Keep in touch with others
- Use social media like a pro
- Surf the internet
- Safely shop online
- And much more!



Book now: 4340 1724 admin@knc.net.au

Like to publish in the Connection?

ADVERTISING CLOSING DATE for NEXT ISSUE

Tuesday 17th March 2020

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.

COMMUNITY SERVICES



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre
with Solicitor Katie Smith

Appointments Available Now

Monday evenings

(Availability subject to court appearances)

BOOKINGS ESSENTIAL

4340 1724 | admin@knc.net.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**



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



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
Phone: 4340 1342

Email: parklandspreschool@bigpond.com

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



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



BASIC PRESCHOOL BALLET

3-5 yr olds

Join our Term 1 class!

10:30-11:30am Tuesdays

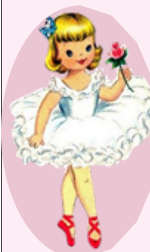
Class will include:

Royal Academy of Dance Training
Music Appreciation & Performance

****Bookings essential****

@Kariong Neighbourhood Centre

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



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



TOWARDS ACHIEVING VOLUNTARY
ASSISTED DYING IN NSW IN 2020
DYING WITH DIGNITY
NSW CENTRAL COAST

Phone: 4369 8053

Email: centralcoast@dwdnsw.org.au

**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

NDIS & HCP Menu Now Available!

Make meals times easy & affordable.

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 with a current
NDIS Plan or those on a Home Care Package



4357 8444

www.ccmow.com.au

BUSINESS DIRECTORY



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

Make your Move
DANCINALITY
Woy Woy - Kariong - Wyoming

RAD Classical Ballet - Jazz - Tap
- Contemporary - Hip Hop -
Drama - Musical Theatre -
Cheer - Burlesque - Acro -
Aerial & Much More

Contact us today
4342 1195
Info@dancinallity.com.au



\$8 classes at the
Kariong
Community Hall
on a Friday
afternoon
PIC-COLLAGE



KARIONG MOUNTAINS
HIGH SCHOOL
UNITY KNOWLEDGE RESPECT

**10 Years Celebration
Wednesday March 18th**

**6:30
pm**

Kariong Mountains High School is
celebrating its first decade. If you
are a past parent, student or just
interested in your hard fought for
school then please come to our
celebration on March 18th,
commencing at 6:30pm.

**We will have performances, film
and our 10 year book launch.**

This event will be catered, so a call or email
to the school to let us know that you will be
attending is much appreciated.

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



BUSINESS DIRECTORY continued



Daniel Tumiotto
www.danielpaintinganddecorating.com.au
dancoLOUR@yahoo.com.au
 0410 468 210
 BRING COLOUR TO YOUR HOME! Lic: 1752120



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](https://www.facebook.com/MyWayFitness) | Facebook/MyWayFitness

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-----



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



Alison Downey - Speech Pathologist
 B.app.sc MSPA CPSP

Speech Therapy for Children

Do you have a concern about your child's talking, listening, or comprehension? Alison is a dedicated, passionate and experienced speech pathologist providing assessment and therapy services in a professional and friendly environment.
PHONE 0400 145 835



open early 7 days
 Quality Coffee * Gourmet Burgers & Wraps
 Breakfast * Shakes * Smoothies
 Shop 4, 10 Curringa 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

Shop 8/10 Curringa Rd Kariong

0400 403 411

Fetch
 DOG GROOMING
 Doggy Day Spa Salon

Sharon and Son's family owned and run service
 facebook, instagram, fetchgrooming.com.au

Building It Right Residential

Phone 0467 204 353 / Email sales@buildingitright.com.au

House renovations - Pergolas, Decks, Kitchens, Bathrooms, Doors, Carpentry works...

Your local builder based in Kariong

HIA - Housing Industry of Australia Member
 Company Builders Licence 325324C - Builder Mark Whitfield
 FREE QUOTES - CONTACT US TODAY!



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



**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
- Audio/Visual (TV/Stereo) Setup & Installation
- NBN Compatible Business Phone Systems



Windows 7 Support has Ended!

**Upgrade and refresh your computer NOW
Upgrade to a Solid State Drive (SSD)**

What do you get with an upgrade and Refresh?

- | | |
|-----------------------------|---|
| • 480GB SSD!! | • Ask about Windows 10 Upgrade Options! |
| • Data Backup & Restore | • Additional Software not included |
| • Windows Reload | |
| • Free Antivirus Installed! | |

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

BOVIS ROOF REPAIRS

(Lic. No. 10805)

**Work
Guaranteed
FREE
Quotes**

- All leaks & repairs
- Gutter cleaning & leaf screening
- Pressure clean roof tiles, seal & paint (2 coats)
- Renewal of all gutters & roofing in colorbond
- All types of metal roofing, flashing, guttering and downpipes
- Re-bed and point-up loose ridge capping in Flexipoint

Worked in Kariong for 30 years

NO JOB TOO BIG OR SMALL

Phone Grant on 0412 437 175

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



**AFFORDABLE, RELIABLE & LOCAL
AIM Handyman & Gardening Services**

Local family business, our services are fast, reliable and most of all affordable and include but are not limited to:

- Lawn & garden maintenance (mowing, edges, weeding, pruning, general tidy)
- Pressure cleaning
- Furniture assembly, demolition
- Offsite waste removal
- Deck restoration
- Gutter cleaning
- Painting
- General home repairs & lots more!

RATES FROM \$40/HOUR! MOWING FROM JUST \$30!!!

OBLIGATION FREE QUOTES! FULLY INSURED!

CALL OR EMAIL NOW

AIMHANDYMAN@LIVE.COM.AU OR 0412 198 122