

# 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 3 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



April 2019



### APRIL 2019 VACATION CARE PROGRAM

<b>Monday 15th</b> <b>INCURSION</b>  <b>SUPER COLOUR COMBAT</b>  <b>\$60</b>	<b>Tuesday 16th</b> <b>INCURSION</b>  <b>FOSSIL FUN RULES OF BEING A DINOSAUR</b> <b>MAKING A FOSSIL</b>  <b>\$60</b>	<b>Wednesday 17th</b> <b>EXCURSION</b>  <b>THE LEGO MOVIE</b> <b>CINEMA PARADISO</b>  <b>\$70</b>	<b>Thursday 18th</b> <b>EXCURSION</b>  <b>MAITLAND GAOL</b> <b>VISIT BLACKBUTT RESERVE</b>  <b>\$70</b>	<b>GOOD FRIDAY</b>   <b>CENTRE CLOSED</b>
<b>EASTER MONDAY</b>   <b>CENTRE CLOSED</b>	<b>Tuesday 23rd</b> <b>EXCURSION</b>  <b>PCYC UMINA GYMNASTICS BOXING</b>  <b>\$60</b>	<b>Wednesday 24th</b> <b>EXCURSION</b>  <b>GOSFORD CITY BOWLING</b>  <b>\$60</b>	<b>ANZAC DAY</b>   <b>CENTRE CLOSED</b>	<b>Friday 26th</b> <b>EXCURSION</b>  <b>SLOT CAR RACING/ INFLATABLE WORLD</b> <b>CHARMHAVEN</b>  <b>\$70</b>
<b>Monday 29th</b> <b>INCURSION</b>  <b>MOBILE 9D CINEMA</b>  <b>\$60</b>	<p>All bookings to be received prior to <b>April 12th</b> to allow time to sufficiently roster staff. Bookings will not be accepted over the phone. Please fill in the booking form and return to the centre to secure your space.</p> <p><b>Bookings will not be accepted if you are currently in arrears.</b></p> <p>If you require an extra day for your child please speak to Marina or Jacqui to arrange a space (if available). Any extra days requested need to be paid for at time of booking as per fee policy.</p>			

Kariong Out Of School Hours Care | 10 Langford Drive Kariong | oosh@knc.net.au | 4340 4561

### 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](mailto: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

# COMMUNITY CALENDAR

## What's On Locally! | April 2019

<b>Mon 1</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon, Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 2</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Fri 5</b>	<b><u>Grandparents Raising Grandchildren Northern Support Group</u></b> , 10am-12pm. Contact Kristina, ph: 4340 1585 <b>Young Parent CHAT group</b> , 10am-12pm Contact Kristy, ph: 4340 1585
<b>Sat 6</b>	<b><u>Kariong United FC Season kicks off</u></b> Visit the KUFC Facebook page: <a href="https://www.facebook.com/KariongUnitedFC">https://www.facebook.com/KariongUnitedFC</a>
<b>Tues 9</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 10</b>	<b>Kariong Progress Association Meeting</b> , 6.45pm for a 7pm start, Kariong Progress Hall
<b>Fri 12</b>	<b>Grandparents Raising Grandchildren Southern Support Group</b> , 10am-12pm. Contact Kristina, ph: 4340 1585 <b>Young Parent CHAT group</b> , 10am-12pm Contact Kristy, ph: 4340 1585
<b>Sat 13</b>	<b>Central Coast Group of the Australian Plants Society Meeting</b> , 1.30pm for a 2.00pm start, Phillip House, ph: 0408 653140
<b>Sun 14</b>	<b><u>Boomerang Bags Making-Bee</u></b> 9.30am-12.30pm. Kariong Progress Hall, ph: 0429 431 889
<b>Mon 15</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 16</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library <b>Kariong Probos Club</b> , Gosford Golf Club. Ph: 4344 6867
<b>Mon 22</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889

<b>Tues 23</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Fri 26</b>	<b>Book Club</b> 10am, Kariong Library. Ph: 43258155
<b>Sun 28</b>	<b><u>Kariong Bushcare</u></b> , Oakes Drive Kariong, 9.30am-11.30am. Ask for Council Bushcare Officer on ph: 4325 8222.
<b>Mon 29</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 30</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>NEXT MONTH! 11 May</b>	<b>Alison Homestead Museum Heritage Festival Celebrations</b> , including Devonshire tea & Convict Footprints Theatre performance, 10am-12pm. Bookings essential, Ph: 4352 1886 or Email: <a href="mailto:info@alisonhomestead.com.au">info@alisonhomestead.com.au</a>



**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, Christmas Day and Good Friday)  
**10am -3pm**  
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)



## Survivors of Domestic Violence Group



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

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

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

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

**You are a hero to come this far,  
take another good step forward!**

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre!

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

### MONDAYS

**NECK & BACK PROGRAM - starting May 2019**  
9:45am to 11:15am. Please contact 1300 103 418

**Pilates for Seniors - [sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au)**  
12pm to 1pm. **During school term.**

A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class.

### TUESDAYS

**Immunisation Clinic for children - NSCC Area Health**  
Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

### **Indoor Bowls**

From 9.15am sharp to 12.00 noon. **During school term.** Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs.

**Early Childhood Clinic — NSCC Area Health — Free**  
Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900.

### **Yoga with Corina**

7-8pm **During school term.** Corina Jones 0409 242 153.

### WEDNESDAYS

#### **Tai Chi for Health & Relaxation**

9:00am — 10:00am **During school term.** \$12 per lesson  
For information contact Helen on 0435 121 520

#### **Active Playgroup for 0 to 6 year olds**

Music, dance, exercise, toys, craft & school readiness  
10:30am to 12:30pm **During School Term**  
Cost: \$5 per child plus \$1.00 each additional child. Morning tea provided. All welcome

#### **Early Childhood Clinic—NSCC Area Health**

Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic—4328 7900

#### **Provide First Aid Course—HLTAID003**

Nationally accredited First Aid, CPR & HLTAID004 courses.  
To enrol contact Directions Health 9486 3120 or [www.firstaid.net.au](http://www.firstaid.net.au)

### THURSDAYS

#### **EV Church**

Thursdays, 9.15am to 11.45am. **During school term. The Over Fifty Friendship (TOFF's) group**  
This is a wonderful group that meets every Thursday.

### THURSDAYS continued

#### **Kariong Crafts & Chat Group**

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly. **During school term.** Morning Tea provided.

Cost: \$4 for members, \$4.50 for non-members.

**During school term.** Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month.

Cost: \$4.00members, \$4.50 for non members.

12:15pm to 2.00pm.

### FRIDAYS

#### **FREE Creative Communities art workshops**

9:30am to 12noon. Free, materials provided. Free childcare for kids of participants (1-5 year olds). Book now! Ph: 4340 1724.

**Term 2 starts 3rd May - NOW TAKING BOOKINGS!**

**Day & evening sessions available. Term 2 workshops will be hosted by local indigenous artist Chris Moore**

new

#### **Little Big School—Leave your child with us**

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.

9.30am—11.30am **During School Term.**

\$12 per child per session + \$12 enrolment fee. Bookings essential. Ring 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au) to book  
Call into the Centre for an information / registration pack.

### SATURDAYS—Available for PARTY hire!

#### **Pilates 8.15am - 9.15am**

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 [sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au)

**Ukulele Group Lessons** \$10.00 per lesson. 9.00am —11.00am  
Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

### SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724.

### **Like to publish in the Connection?**

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

**Tuesday 16th April 2019**

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

**PLEASE NOTE:** Kariong Neighbourhood Centre Inc. publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, 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.





## OOSH UPDATE

Only 5 minutes off the M1

Our highly anticipated April vacation care program is in the final stages of approval. We can't wait! There is something to suit everyone. Join us for fun filled days in a home-like environment with your favourite group of Educators! Remember you do not have to attend Kariong Public School to attend our Vacation Care programs, everyone is welcome and we look forward to meeting some new friends.

We have been talking recently about how we would like OOSH to be. The agreed upon ideals are; children are at all times respected and respectful of everyone using the service, children would like to have more choices, children would like to be included in the decision making process and children would like to have access to quality resources and a wide range of activities.

As a team we strive to meet these expectations and understand how important it is to communicate ideas and forge ahead in collaboration with our clients. Let's continue to change our culture. In honour of Harmony week, Kariong OOSH says no to bullying and yes to acceptance and team work.

*Marina Bosworth*

**Nominated Supervisor**

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



**The XChange**  
Seventh-day Adventist Church

Hello friends and neighbours it is so exciting. We have been doing Barneys House Church in the homes and it is great fun.

Terms 2 & 4 are being held at 1 Banks Close from 11am. Terms 1 & 3 are to be held at 4 Casey Crescent. We are using the new format that included using all ages in all areas and it is working very well. Doors open at 10:40am and hot drinks are available until 10:55am. Church starts at 11:00 am sharp. Lunch is still provided following church as always. Women's small group continues to meet on Wednesday mornings at 10:00am and a men's small group has started up on Monday evenings at 6:30 pm. We have started a youth group this year. If you are in high school, this may be something for you. Call Lesley on the number below to get the address. Please continue to watch this page further for more current news.

To get the addresses of the above new meetings please contact Lesley on 0488 709 999 or email:

[kariongxchange@me.com](mailto:kariongxchange@me.com) for information or questions.



**KARIONG MOUNTAINS**  
HIGH SCHOOL

4340 0246 | [kariongmtn-h.school@det.nsw.edu.au](mailto:kariongmtn-h.school@det.nsw.edu.au)

## Knowing about your Local School

Recently, we made the decision to do a letter drop in Kariong to share with you our updated information about the school and what it has to offer. It is hard to believe that we will soon be celebrating our 10 years anniversary due to the efforts of a strong community group, who made the dream of a local high school a reality and set in place the values of 'Unity Knowledge Respect'.

I live local and hear much. I am proud of our students and ask that you take the time to read our brochures, check out our website and come for a visit or chat, before forming opinions about the best school for your child. We have many success stories, both individual and at the school level to share. I don't think you will be disappointed with the facts!

**SAVE THE DATE – SEPTEMBER 14<sup>th</sup>**  
**10<sup>th</sup> ANNIVERSARY P&C TRIVIA NIGHT**  
[www.kariongmountains-high.com.au](http://www.kariongmountains-high.com.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)

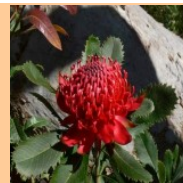
Thank you to all our volunteers who helped at Girrakool Blues Festival. We raised \$510.90 from 10c refunds on bottles and cans!

Don't forget you can take bulk beverage containers to Envirobank for refunds, Mon – Fri 9am – 3pm and Saturday 8am – 4pm, Unit 6, 18 Nells Road, West Gosford. For details, visit: <https://envirobank.com.au/gosford-depot/>

**BUSHCARE** – We are looking for a new volunteer to co-ordinate Bushcare and more willing workers. Council provides a supervisor, on the job training and tools. Gentle weeding or if you have lots of energy we have some lantana with your name on it!

**GARDEN NEWS** – We are very sad that one of our long time volunteers, Rob, is retiring. Welcome Steve and Caroline.

Stay tuned for **Mother Earth Market Day** in May!  
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)



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 13<sup>th</sup> April at 1.30pm for a 2.00pm start.

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

The speaker on the night will be Chris George and the topic will be Aboriginal Cultural Burns.

Visitors are always welcome at our meetings.

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

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

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

## Standpipe



Hi all,

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

As summer draws to a close, we near the end of the Fire Season in March. Despite some very hot weather, the Central Coast experienced a quiet season. Across the state and country a number of large fires occurred. Kariong was involved in the fire fighting effort across a number of these fires providing both vehicles and fire fighters.

As Autumn brings the chilly weather, the brigade would like to remind residents to be safe and check heating and electrical appliances. Faulty appliances such as heated blankets often lead to a spike in house fires during winter. As the clocks move back in April, it is also important to ensure your smoke alarms are functioning properly and to change the batteries.

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



Sports and sports betting is a major way that men socialise and connect with each other. For some, betting is a way to have fun and compete. It is thrilling to take a risk and possibly win money. Huge wins and losses are possible in a single day and the rush can be tremendous. But the financial damage can also be tremendous.

It is impossible to sustain a constant winning streak over a long period of time--in the end, every frequent sports bettor will lose. Heavy losses can make a person desperate to create money through borrowing, pawning items of value and taking out loans. The obsessive checking of scores is another sign of trouble and can eat into family and work time and can cause relationship breakdowns.

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

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



## Kariong United Football Club

### THE HILL VERANDAH PROJECT

A new awning and verandah has been constructed at the 'Hill Community Centre', Kariong Oval.

Funded from the NSW State Government's 'Community Building Partnership Program' and project managed by Kariong United Football Club, the awning was



opened on Saturday 23 February 2019 by Ms Liesl Tesch, (Member for Gosford) and Councillor Richard Mehrrens, Central Coast Council. Special thanks to all our partners and supporters for your sustained ongoing support for this project: Kariong Wanderers Rugby Club, Brisbane Waters Cricket Club, Kariong Progress Association, NSW State Government and Central Coast Council.

We next look forward to continuing to apply for grants for our next project the, 'Equal Access Path', allowing safe and accessible access from the Hill Community Centre to Kariong Oval.



**COAST CUISINE**

In support of Meals on Wheels Central Coast

The team at Coast Cuisine know that planning meals can be a challenge, and that's why we're here to help!

Supplying a great selection of delicious and convenient meals, we have dinner times covered. Ready within minutes, our meals are the answer to your busy schedule.

Delivered straight to your door Monday to Friday, the Coast Cuisine team are excited to share their wonderful selection of meals with you.

Coast Cuisine proudly supports Meals on Wheels Central Coast, with all profits going back to this iconic Central Coast Company.

Discover Coast Cuisine today. With free delivery and over 60 Menu items to choose from, what's not to love? Visit [coastcuisine.com.au](http://coastcuisine.com.au) or call 0427 056 577 today!

### Kariong Progress Association

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

FACEBOOK: Kariong Progress Association



**GREAT NEWS!** We have regained management of Kariong Hall and are seeking ideas to utilise the facility in proactive, communal activities for all age groups.

All are welcome to our meetings.

**Next meeting is Wed 10th April  
6.45 pm at the Kariong Hall**

Volunteers are desperately needed for our committee. Please don't leave it to just a few to carry the burden of making this place a thriving hub for community activity.

The special public meeting on the proposed waste dumps in Somersby was well attended. Our thanks to the local MPs for participating and promising action if elected.

Hopefully our submissions against the development will be heard. Unfortunately the three West Ward Councillors did not attend.

Our **email address** is: [kariongpa@gmail.com](mailto:kariongpa@gmail.com)

### What's on at Kariong library?



The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) and Saturday 9.30am until 2.30pm (closed 12 to 12.30pm) 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.

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 April is **And the Fire Came Down** by Emma Viskic and is an Australian contemporary crime novel featuring a hearing-impaired private investigator so please grab your copy at the library and join in.





## ETTALONG BEACH Arts & Crafts Centre Inc.

LOCATED AT KITCHENER PARK, CNR. PICNIC PARADE &  
MAITLAND BAY DRIVE, ETTALONG BEACH

### TERM 2 COMMENCES 29th APRIL- 28th JUNE

#### MONDAY

9am – 11am PATCHWORK & QUILTING  
11am – 1pm SOCIAL PATCHWORK & QUILTING  
10am – 1pm POTTERY  
6pm – 9pm SILVERCRAFT

#### TUESDAY

9.30am – 12.30pm SILVERCRAFT  
2pm - 5pm SILVERCRAFT  
7pm – 9pm POTTERY

#### WEDNESDAY

9am – Noon PAINTING & DRAWING  
12.30pm – 3.30 PAINTING & DRAWING  
6.30pm – 9.30 JEWELLERY DESIGN & TECHNIQUES

#### THURSDAY

9am – Noon SILVERCRAFT  
12.30pm – 3pm SOCIAL STITCHERY

#### FRIDAY

9.30am – 11.30am WATERCOLOUR PAINTING  
12 Noon – 2pm WATERCOLOUR PAINTING

Check the website for further details: [www.ebacc.com.au](http://www.ebacc.com.au)  
or phone: 0412 155 391



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)

## CLUBS & GROUPS



## 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)



### 1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING — OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details

## KARIONG PROBUS CLUB Inc.



### MEETS AT EVERGLADES GOLF 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 Gosford Golf 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**



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

**FREE EVENT  
for the community**

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

**Where:** Mingarah Recreation Club Tumby Umbi

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

& 9am-3pm Sun 30th June

A SUB CLUB OF MINGARA RECREATION CLUB LTD.

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

## CLUBS &amp; 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**



### PLEASE NOTE:

JP service no longer operates at the Centre  
 Justices of the Peace available within Kariong area:

Derek Crawford **4340 1286**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Tracie Gosling **0412 486 678**

## BUSINESS DIRECTORY



open early 7 days

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

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

Shop  
 8/10  
 Currunga  
 Rd  
 Kariong

**0400 403 411**

**Fetch**  
 DOG GROOMING

*Doggy Day Spa Salon*

Shannon  
 and Son's  
 family  
 owned and  
 run service

Quality,  
 loving,  
 no cage  
 Salon

facebook,  
 instagram  
 fetchgroom  
 ing.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**

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### Speech Therapy for Children

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