

# 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 4 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



May 2019



### OOSH UPDATE

Only 5 minutes off the M1

We've had a fantastic Term One at Kariong Out Of School Hours Care.

This term has seen us acquire a woodwork bench to extend the children's creative interests, to support those budding woodworkers. We have been doing lots of collaborating with our group to ensure our activities are varied and interesting. Loose parts play and open ended resources encourage the children to use those imaginations and steer their own learning journeys, resulting in the creation of dinosaurs, dragons, race cars, and robots!

We have been doing some fundraising at the centre and we are looking forward to buying some new resources for the children with a focus on skill building and exploration.

We held an Easter raffle with donations from the community and would like to extend our sincere thanks for the support given to us by the families who use our service and the wider community. We appreciate it very much.

Yours in Education.

*Kariong OOSH*

May 2019

Phone: 4340 4561 | Email: [oosh@knc.net.au](mailto:oosh@knc.net.au)



## NEW FREE PROGRAM *BOOK NOW*

### FREE Creative Communities Art & Craft Workshops

Discover a variety of art and craft mediums in these **FREE** workshops for adults.

The program runs for 6 sessions (materials included).

Friday 24 & 31 May; 7, 14, 21 & 28 June  
9.30am to 12 noon.

Free childcare (1-5 yrs) available for children of workshop participants.

A great way to connect with others through art, learn a new skill and get creative.

All abilities and experience levels welcome. Limited places available.  
**Bookings essential.**

**Reserve your spot now.**

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



10 Langford Drive, Kariong

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON	<b>NECK &amp; BACK PROGRAM*</b> starting May 2019 9:45am to 11:15am. Please contact 1300 103 418		<b>Pilates for Seniors*</b> 12pm to 1pm Phone 0425 265 609 or email <a href="mailto:sarah@yourtemple.com.au">sarah@yourtemple.com.au</a> \$10.00 each class.	
TUES	<b>Immunisation Clinic for children - NSCC Area Health</b> Free service, no booking required. The 2nd and last Tues each month. For more detail call Gosford Gateway Clinic - 4328 7900.	<b>Indoor Bowls*</b> 9.15am sharp to 12noon Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs. Cost \$4 for members, \$4.50 for non-members.	<b>Early Childhood Clinic - NSCC Area Health - FREE</b> Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900.	<b>Yoga with Corina*</b> 7pm - 8pm Contact Corina on 0409 242 153.
WED	<b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900	<b>Tai Chi for Health &amp; Relaxation*</b> 9:00am — 10:00am For information contact Helen on 0435 121 520. \$12 per lesson  <b>Provide First Aid Course—HLTAID003</b> Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or <a href="http://www.firstaid.net.au">www.firstaid.net.au</a>	<b>Active Playgroup for 0 to 6 year olds*</b> 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome. Cost: \$5 per child plus \$1.00 each additional child.	<b>FREE Creative Communities Aboriginal Art Workshops*</b> 6.30pm to 9.30pm Evenings - 22nd, 29th May & 5th June, Materials included. Bookings, ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a>
THURS		<b>The Over Fifty Friendship (TOFF's) group*</b> 12:15pm to 2.00pm Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4 members, \$4.50 for non-members.	<b>Kariong Craft &amp; Chat Group*</b> 9.30am to 12 noon A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.	<b>Grace Church*</b> 9.15am to 11.45am
FRI	<b>FREE Creative Communities Aboriginal Art Workshops (for adults)*</b> 9:30am to 12noon 3rd, 10th & 17th May. Materials included. FREE childcare for kids of participants (1-5 year olds). Bookings ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a>	<b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> 9:30am - 12noon 24th May - 8th June. All materials included. FREE childcare for kids of participants (1-5 year olds, Fridays only). Bookings ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a>	<b>Little Big School*</b> 9.30am—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, ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a>	
SAT	<b>Pilates</b> 8.15am - 9.15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or <a href="mailto:sarah@yourtemple.com.au">sarah@yourtemple.com.au</a>	<b>Ukulele Group Lessons</b> 9.00am — 11.00am Don't own a Ukulele—no problems we supply what you need to start. \$10.00 per lesson. Contact Garry on 0419 217 006	<b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthday.  Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724.	
SUN	<b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthday. Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724.			

\*During school term only

# COMMUNITY CALENDAR

## What's On Locally | May 2019

<b>Fri 3</b>	<b><u>Grandparents Raising Grandchildren Northern Support Group</u></b> , 10am-12pm. Contact Kristina, ph: 4340 1585 <b><u>Young Parent CHAT group</u></b> , 10am-12pm. Contact Kristy, ph: 4340 1585
<b>Mon 6</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 7</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 8</b>	<b>Kariong Progress Association Meeting</b> , 6.45-8pm. Kariong Progress Hall. <b><u>Triple P Group</u></b> , 9-11am (4 Wednesday's starting May 8). Wyoming. Contact Emily, ph: 4340 1585
<b>Fri 10</b>	<b><u>Grandparents Raising Grandchildren Southern Support Group</u></b> , 10am-12pm. Contact Kristina, ph: 4340 1585 <b><u>Turning into Kids for Dads</u></b> , 10am-12pm (6 Friday's starting May 10). Kariong, contact Emily, ph: 4340 1585
<b>Sat 11</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: info@alisonhomestead.com.au <b><u>Boomerang Bags Making-Bee</u></b> 1:30am-4.30pm. Kariong Progress Hall, ph: 0429 431 889 <b><u>Mother Earth Market Day</u></b> 2-5pm. ECO-ARTS precinct in Dandaloo Street (if wet in Kariong Progress Hall). BEE TALK AT 2.30PM. <b>Central Coast Group of the Australian Plants Society Meeting</b> , 1.30pm for a 2.00pm start, Phillip House, ph: 0408 653 140
<b>Mon 13</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 14</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Sat 18</b>	<b>Road to Cooranbean History Walk</b> 10am-12pm, Point Clare. Bookings essential, contact Henry Kendall Cottage, ph: 4325 2270

<b>Mon 20</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 21</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library <b>Kariong Probosc Club</b> , Everglades Country Club. Ph: 4344 6867
<b>Mon 27</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 28</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Fri 31</b>	<b>Book Club</b> 10am, Kariong Library. Ph: 4325 8155 <b><u>Grandparents Raising Grandchildren Southern Support Group</u></b> , 10am-12pm. Contact Kristina, ph: 4340 1585
<b>NEXT MONTH 29-30 June</b>	<b>FREE Event: Mingara Orchid Club Annual Fair &amp; Show</b> 9am-4pm Sat, 9am-3pm Sun. Mingara Recreation Club, Tumby Umbi

### Like to publish in the Connection?

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

**Tuesday 14th May 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. 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.

### 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**



## 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

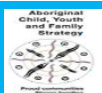
**Fridays — School Term Only | From 9.30am - 11.30am**

**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)

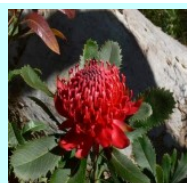
## ACTIVE PLAYGROUP



**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**



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 11<sup>th</sup> May at 1.30pm for a 2.00pm start.

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

Visitors are always welcome at our meetings.

Our activity on the night will be an interactive discussion on Grevilleas and how they perform in members' gardens.

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

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

**Enquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au)  
or phone 0408 653 140**



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)

**GARDEN NEWS** – We have been eating bananas grown in the garden, making compost, planting seedlings, watering, cleaning up the ponds and talking about the climate crisis and things we can do.

**BOOMERANG BAGS** – due to Mothers' Day, a day early on Saturday 11/5/19, 1.30pm – 4.30pm in Kariong Hall, making shopping bags from donated fabric.

**Special Event: Mother Earth Market Day** in Dandaloo St, Kariong SATURDAY 11 MAY, 2-5PM

Home-made items, cards, succulent fairy gardens, local crafts, soy candles, sauces, jams, chutneys, honey, locally baked sourdough bread. Ten minute \$10 massage. 10 stalls – get your Mothers' Day gifts here or a treat for yourself!

BEE TALK AT 2.30PM

**BUSHCARE** – is taking a break. Please phone the Council Bushcare Officer 4325 8222 if you are keen to be a volunteer bush regenerator.

*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)**



**KARIONG MOUNTAINS  
HIGH SCHOOL**

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

When a parent is asked about what makes them most proud of their children, the answer often includes reference to positive qualities as much, or more, than career successes. Similarly, whilst a principal is proud of the career successes of their students, the kind of adults that they grow up to be is just as important.

Recently, a number of our students participated in citizenship and social consciousness education with the 'High Resolves' organisation and the feedback from the presenters was very positive. They spoke about their intuitiveness, capacity to think 'big picture' and make resolves that show they are thoughtful, global thinking, young adults.

It is great to work in schools with our youth. It is particularly a privilege to work at Kariong Mountains with local students and catch a glimpse of what positive change makers they have the potential to become.

**SAVE THE DATE – SEPTEMBER 14<sup>th</sup>  
10<sup>th</sup> ANNIVERSARY P&C TRIVIA NIGHT**



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](mailto:ccfss@ccfss.com.au)

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



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

## TERM 2 CLASSES WILL COMMENCE ON MONDAY 29th APRIL - FRIDAY 28th JUNE

### Our classes include:

- Patchwork and quilting
- Pottery
- Silvercraft
- Drawing and painting
- Watercolour painting
- Jewellery design and techniques

**For more information on these classes go to:**  
[www.ebacc.com.au](http://www.ebacc.com.au) or phone 0412 155 391

### ALSO YOU COULD JOIN THE SOCIAL STITCHERY GROUP ON THURSDAY

This group helps the Cancer patients at Gosford Hospital by making support items for use after surgery.

## Standpipe



Hi All,

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

The fire season has now come to an end and we are heading into the colder months. The brigade would like to use this issue to provide landowners some information on burning off and conducting open burning.

Pile burns or bon fires are prohibited by Central Coast Council at any time of the year. Agricultural property owners and primary producers can contact Central Coast council to apply for permits or check if your land is classified as agricultural zoning.

For more information on pile burning, bonfires or agricultural burns please visit: <https://www.yourvoiceourcoast.com/draftopenpileburnpolicy/faqs>

*Be Safe and Stay Firewise*



proudly supported by



### Youth Frontiers – A rewarding opportunity!

Youth Frontiers is a NSW Government funded youth mentoring program being delivered on the Central Coast by YWCA Australia. Youth Frontiers offers 12 – 16 year olds the opportunity to make a positive contribution to the community through a small project while being supported by a volunteer mentor.

Last year Youth Frontiers was delivered to three schools and one youth centre in the Central Coast region. 35 young people participated in the program with up to 18 community activities identified and enacted.

Our most integral part of the Youth Frontiers program are our volunteer mentors.

This year the YWCA are delivering the program again to the Central Coast region. The YWCA are currently looking for volunteers who have a passion for supporting the next generation.

If you think you would like to become a mentor please contact the Youth Frontiers Coordinator for the Central Coast, Rhiannon Anderson, at [rhiannon.anderson@ywca.org.au](mailto:rhiannon.anderson@ywca.org.au) or 0498 394 852.

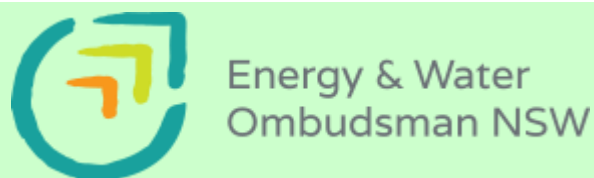


Not all gambling is a problem, but to stay safe please remember these golden rules of gambling:

- Don't risk what you can't afford to lose — never gamble with money you need for other things. Gamble within your weekly entertainment budget, not with your phone bill, grocery or rent budget
- Gambling is not an easy way of making money — in the long run the house always wins. Any gambling activity should be viewed as entertainment. Consider your losses as a cost of that entertainment
- Don't gamble when you're depressed or upset — Decision-making can be more difficult when you're stressed or emotionally upset. Make sure you only gamble when you're feeling clear headed and never gamble to escape your problems

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/pmcounselling.html](http://www.problemgambling.net.au/pmcounselling.html)



## Saving energy and water at home

**By making small changes in the kitchen you can reduce your energy and water use, save money on your next bill and be kind to the environment.**

- Save \$300 a year by turning off the second fridge and freezer when you're not using them.
- Keep seals around the fridge doors clean and defrost freezers at least twice a year.
- Run your dishwasher with a full load on an economy cycle and clean filters regularly.
- Don't pour money down the drain - instead of washing dishes under a running tap, turn it off and use a plug.
- Boil water in your kettle first then transfer it into a pot for cooking.
- Wash vegetables in a bucket or bowl and then recycle the water by using it on your plants.

See [ewon.com.au/factsheets](http://ewon.com.au/factsheets) for more information

## Kariong Progress Association

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

FACEBOOK: Kariong Progress Association



**A BIG THANK YOU TO EVERYONE who wrote a submission in the Save Somersby appeal**, letting NSW Government know we are concerned about the proposed development on the border of Kariong involving industrial waste and concrete crushing. We had around 1200 paper submissions, plus online submissions. We await an update.

**THANKS CENTRAL COAST COUNCIL for a grant to install solar panels on Kariong Hall.** This will reduce our carbon emissions and may even generate us some income when we sell surplus power to the grid!

**You are very welcome at our next meeting:**

**Wednesday 8th May 2019**

6.45pm – 8pm

KARIONG PROGRESS HALL

Dandaloo St, Kariong

Meet long time locals, new neighbours, and discuss any issues of concern for you in our neighbourhood.

**HALL BOOKINGS - PLEASE EMAIL US**

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

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

## What's on at Kariong library?



The Kariong Library is open 9:30am to 5pm Tuesday to Friday (closed 1 to 2pm). Phone: 4325 8155.

**Babytime** (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided and new members are welcome. Our book for May is **Never Greener** by actress *Ruth Jones* – a warm, wise and witty story of life's second chances and the dangers in taking them, so please grab your copy at the library and join in.





## CLUBS &amp; GROUPS

2019 Central Coast

# Volunteer expos



**Interested in volunteering?**  
Come to the expo and speak with over 50 community organisations to...

- ✓ Learn new skills and meet people
- ✓ Improve your health and wellbeing
- ✓ Get on-the-job experience
- ✓ Find a new purpose in life
- ✓ Give back to your local community

**Wednesday 15 May 10am - 1pm**  
Erina Centre, Erina Fair, Erina

**Friday 31 May 10am - 2pm**  
Wyon Art House, Wyong

For more information contact  
Volunteering Central Coast on  
4329 7122 or [support@volcc.org.au](mailto:support@volcc.org.au)



Find us on Facebook and Instagram

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Supported by



Over 30 years of supporting volunteers - Helping people and changing lives.

Acknowledging National Trust Australian Heritage Festival 2019  
theme 'Connecting People and Places'

Brisbane Water Historical Society

*Celebrating the 180th Anniversary of Henry Kendall Cottage*  
proudly present

the "Fagan's Run" exhibition March 1 to May 30  
and

"The Road to Cooranbean History Walk"

Saturday 18th May - 10am until 12pm

Discover the far reaching connections of the Fagan family



The tour will commence at 10am Goodaywang Reserve, Kurrawa Ave, Point Clare, continue along the waterside of Fagan's Park, through Bungaree Reserve, concluding at Henry Kendall Cottage (once known as 'Cooranbean') at midday.

BBQ lunch and light refreshments to follow.

Passenger shuttle return to Goodaywang Reserve available after tour or lunch.

Children under 16 free - \$7 Adults (includes tour and lunch)

comfortable footwear recommended - easy walk / flat surface - convenient parking

**Henry Kendall Cottage and Historical Museum**

25 Henry Kendall Street, West Gosford N.S.W. 2250

Enquiries: (02) 4325 2270 [www.henrykendallcottage.org.au](http://www.henrykendallcottage.org.au)

## Be Connected

Every Australian online.

## FREE COMPUTER CLASSES FOR SENIORS

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### EASILY LEARN TO:



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Keep in touch with others



Use Social Media like a pro



Safely shop online



And much more!



ASUS

**Book Now:**

☎ 4340 1724

@ [admin@knc.net.au](mailto:admin@knc.net.au)

## 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



## CLUBS &amp; GROUPS continued

## 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!**



Pre-prepared meals delivered to your door

- Free delivery Coast wide
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- NO minimum order

Order online or call

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



@coastcuisine  
Proudly supporting



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

**FREE EVENT  
for the community**

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

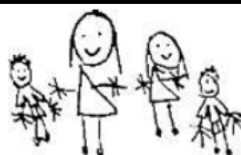
**Where:** Mingara Recreation Club Tumbi Umbi

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

& 9am-3pm Sun 30th June

A SUB CLUB OF MINGARA RECREATION CLUB LTD.

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



## 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)

## 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

## BUSINESS DIRECTORY



### Speech Therapy for Children

Do you have a concern about your child's talking, listening, or comprehension? Please contact Alison if you would like to talk about your concerns for your child.

ALISON DOWNEY, Speech Pathologist.

Phone 0400 145835



### 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



### ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR

DOMESTIC/COMMERCIAL

ALL REPAIRS & SPECIAL EFFECTS

**FREE QUOTATION**

**WORK GUARANTEED**

Call 0408 917 774

Lic. No. 129863C



## BUSINESS DIRECTORY continued

**"If you can talk you can sing"**

Learn the best techniques to develop and preserve your special gift. Internationally trained and performance savvy. Teacher with over 30 years experience. Beginners welcome.

1/2 hour for \$40, 1 hour (very generous) for \$60

Contact: crazydiva41@gmail.com

**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
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