

# 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 8 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au

Find us on:  
**facebook.**

September 2019



### OOSH UPDATE

Only 5 minutes off the M1



### Kariong OOSH has a MEETING NQS Rating

Kariong Out of School Hours Care was assessed in August 2019. We have now received our rating. We have achieved an overall rating of Meeting National Quality Standards (NQS)! The service has been acknowledged for its achievements in meeting the NQS and striving for quality outcomes for children. In particular, an educational program that responds to children's interests and scaffolds their learning and the effective leadership and management of the service demonstrates the commitment to quality by the approved provider, educators and staff.

The NQS: is informed by research about best practice; is designed to encourage ongoing quality improvement; includes assessment and rating of services in seven key areas, including the education program, health and safety, physical environment, staffing, relationships with children, families and communities, and the management of the service. For families this means greater individual care for children, and better support for children's learning and development.

We would like to thank the wonderful team of educators for all their hard work, The Kariong Neighbourhood Centre Board for their support and the families and children of the service for their continued support. Without all of these wonderful people the service wouldn't be what is.

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



## SEP & OCT 2019 VACATION CARE PROGRAM

Monday 30<sup>th</sup> Sept

INCURSION

DJ Rumble Disco-  
"Flower Power & Spring"



\$65

Tuesday 1<sup>st</sup> Oct

INHOUSE

Mini Masterchef –  
International Cooking  
Day



\$65

Wednesday 2<sup>nd</sup> Oct

EXCURSION

Gosford Ten Pin  
Bowling  
& Elizabeth Ross Park

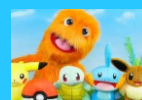


\$75

Thursday 3<sup>rd</sup> Oct

INHOUSE

Pokemon & Puppets  
Day



\$65

Friday 4<sup>th</sup> Oct

EXCURSION

Sports  
Team Day



\$65

Monday 7<sup>th</sup> Oct

Public Holiday

PUBLIC  
HOLIDAY

Tuesday 8<sup>th</sup> Oct

EXCURSION

Cinema Paradiso &  
Peninsula Recreation  
Precinct Park Umina

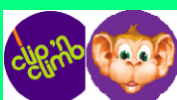


\$75

Wednesday 9<sup>th</sup> Oct

EXCURSION

ClipnClimb &  
Monkey Mania



\$75

Thursday 10<sup>th</sup> Oct

INCURSION

"Kym the Reptile  
Man"



\$65

Friday 11<sup>th</sup> Oct

INCURSION

JD & Friends – "Magic  
Workshop"



\$65



All bookings to be received prior to **September 20th** to allow time to sufficiently roster staff. Bookings will not be accepted over the phone. Please book via Book Me, which is accessed via your Hubworks account.

**Bookings will not be accepted if you are currently in arrears.**

Any extra days requested need to be paid for at time of booking as per fee policy.

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

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON	<b>Wonderful Women's Group*</b> 9:30 to 11:30am A welcoming social and creative group with free childcare (1-5 year olds, conditions apply) Cost: \$5 per person Bookings essential: 4340 1724		<b>Pilates for Seniors*</b> 12pm to 1pm Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class	
TUES	<b>Immunisation Clinic for children - NSCC Area Health</b> Free service, no booking required. The 2nd and last Tues each month For more detail call Gosford Gateway Clinic - 4328 7900	<b>Indoor Bowls*</b> 9.15am sharp to 11:45am Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs Cost \$4 for members, \$4.50 for non-members	<b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	<b>Yoga with Corina*</b> 7pm to 8pm <i>Taking expressions of interest</i> , please contact Corina on 0409 242 153
WED	<b>Tai Chi for Health &amp; Relaxation*</b> 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson <b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	<b>Active Playgroup for 0 to 6 year olds*</b> 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome Cost: \$5 per child plus \$1.00 each additional child	<b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> 6:30pm to 9:30pm Wednesdays. All materials included. Bookings essential, 4340 1724 or admin@knc.net.au	<b>Provide First Aid Course - HLTAID003</b> Nationally accredited First Aid, CPR & HLTAID004 courses To enrol contact Directions Health 9486 3120 or www.firstaid.net.au
THURS	<b>Grace Church*</b> 9.15am to 11.45am	<b>Kariong Craft &amp; Chat Group*</b> 9.30am to 12 noon A social group for people who enjoy doing arts and crafts Bring your own project or learn new skills. Morning Tea provided Cost: \$4 for members, \$4.50 for non-members	<b>The Over Fifty Friendship (TOFF's) group*</b> 12:15pm to 2.00pm Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4 members, \$4.50 for non-members	
FRI	<b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b> 9:30am to 12noon Fridays - please contact us for dates and to rsvp. All materials included. FREE childcare for kids of participants (1-5 year olds) Bookings: 4340 1724 or admin@knc.net.au		<b>Little Big School*</b> 9.30am to 11.30am Preparing 3-5 year olds for big school. Includes art, music, stories, games & group time \$12 per child per session + \$12 enrolment fee. Bookings essential: 4340 1724 or admin@knc.net.au	
SAT	<b>Pilates</b> 8.15am to 9.15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or sarah@yourtemple.com.au	<b>Ukulele Group Lessons</b> 9.00am to 11.00am Don't own a Ukulele - no problems we supply what you need to start \$10.00 per lesson. Contact Garry on 0419 217 006	<b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthdays Book online at www.knc.net.au or ph: 4340 1724	
SUN	<b>Available for PARTY hire!</b> Book online at www.knc.net.au or ph: 4340 1724			

\*During school term only


# COMMUNITY CALENDAR

## What's On Locally | September 2019

Sun 1	<b>FATHER'S DAY</b>	Mon 16	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Mon 2	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889	Tues 17	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library <b>Grandparents Raising Grandchildren support group</b> 10am-12pm (during school term). Peninsula. Ph: 4340 1585
Tues 3	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library	Wed 18	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevard, Woy Woy
Wed 4	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevard, Woy Woy	Fri 20	<b>Triple P in Practice – Playtime program for parents and children 5yrs and under with additional needs</b> 12:30-2:30pm. Ph: 4340 1585
Fri 6	<b>Triple P in Practice – Playtime program for parents and children 5yrs and under with additional needs</b> 12:30-2:30pm. Ph: 4340 1585	Mon 23	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Sat 7	<b>History Week Open Day</b> 11am. Henry Kendall Cottage and Historical Museum. Ph: 4325 2270 <b>Comedy for a Cause</b> , supporting Parklands Preschool. Tickets \$35, book now: <a href="http://comedyforacause.net/PCP">comedyforacause.net/PCP</a>	Tues 24	<b>EWON Bring Your Bills Day &amp; Community Expo</b> 9am-3pm. Coast Community Connections, Peninsula Community Centre, 93 McMasters Road, Woy Woy. See <a href="http://www.ewon.com.au/events">www.ewon.com.au/events</a> for info <b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library <b>Kariong Probuss Club</b> 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867
Sun 8	<b>Boomerang Bags Making-Bee</b> 10am-1pm. Kariong Progress Hall. Ph: 0429 431 889	Wed 25	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevard, Woy Woy
Mon 9	<b>SOIL TALK &amp; Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889	Fri 27	<b>Book Club</b> 10am, Kariong Library. Ph: 4325 8155 <b>Grandparents Raising Grandchildren support group</b> 10am-12pm (during school term). Erina. Ph: 4340 1585 <b>Triple P in Practice – Playtime program for parents and children 5yrs and under with additional needs</b> 12:30-2:30pm. Ph: 4340 1585
Tues 10	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library	Sat 28 & Sun 29	<b>Plant Lovers Fair</b> at Kariong NSW <a href="https://www.plantloversfair.com.au/">https://www.plantloversfair.com.au/</a>
Wed 11	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevard, Woy Woy <b>Kariong Progress Association Meeting</b> , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong	Mon 30	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Fri 13	<b>NATIVE PLANTS TALK</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889 <b>Grandparents Raising Grandchildren support group</b> 10am-12pm (during school term). Erina. Ph: 4340 1585 <b>Triple P in Practice – Playtime program for parents and children 5yrs and under with additional needs</b> 12:30-2:30pm. Ph: 4340 1585		
Sat 14	<b>Wyong Spring Orchid Show 14 &amp; 15 September 2019</b> Saturday 9-3, Sunday 9-2pm. Visit: <a href="http://www.gotoorchids.com">www.gotoorchids.com</a> <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>Kariong Mountains High School 10<sup>th</sup> ANNIVERSARY P&amp;C TRIVIA NIGHT</b>		



# Recipe of the month



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

## GOLDEN SYRUP DUMPLINGS

### Dumplings

1 cup SR flour

1 beaten egg

Milk-enough to make ½ cup with the egg

Mix to a light scone dough with a broad blade knife.

Quickly and lightly knead and make into a 3cm diameter sausage shape.

Cut into 8 pieces and roll into loose rounds

### Syrup

1 ¼ cups water

1 large tablespoon golden syrup

1 tablespoon butter

Combine in a saucepan and bring to a gentle boil. Turn down and simmer.

Gently place the dough pieces into the simmering syrup and cook with the lid on for 15 minutes.

Serve with yoghurt, cream, ice cream or custard



## EARLY SCHOOL LEAVERS PROGRAM

**Fun | Qualified teachers | Free**

**Community Engagement  
Work Placements  
Boxing  
Art**

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

## ETTALONG BEACH Arts & Crafts Centre Inc.

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

### EXCITING WORKSHOP OPPORTUNITY!!

## ETTALONG BEACH ARTS & CRAFTS CENTRE Are holding a CALLIGRAPHY WORKSHOP

On SATURDAY 7<sup>TH</sup> & SUNDAY 8<sup>TH</sup> SEPTEMBER

"CALLIGRAPHY FOR SMALL PROJECTS"

Including ... CARDS, LETTERS, POEMS, INITIALS

With TUTOR....MEG McDONALD

Running from 10am to 4pm each day

COST: \$100 plus \$20 MEMBERSHIP

If not already a member of

Ettalong Beach Arts & Crafts Centre

**To Register phone: 0412 155 391**



## Mingara Orchid Club

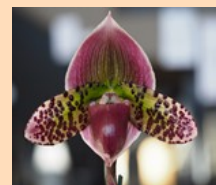
### WYONG SPRING ORCHID SHOW

Come along to the **2019 Wyong Spring Orchid Show** hosted by **Australasian Native Orchid Soc. Central Coast Group, Gosford Orchid Soc, Central Coast-Hunter Region Cymbidium Soc, Mingara Orchid Club** on Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> September at Wyong Race Course, Wyong.

There will a variety of vendors, including orchid nurseries, orchid accessories, life style groups, and many more, Members plants for sale.

Light snacks and refreshments available.

Entry \$3.00



**Mark it in your diary: Saturday 14<sup>th</sup> September 9am - 3pm Sunday 15<sup>th</sup> 9am- 2pm**



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)

**BOOMERANG BAGS** – Sunday 8/9/19, 10am – 1pm in Kariong Hall. Join locals tackling plastic pollution at its source.

**COMMUNITY GARDEN WEEK two of many events** supported by Central Coast Council

**Monday 9/9/19** - 10am Talk about Soil + 11am Worm farming demo & Composting Activities for all ages (Find out about A.D.A.M. – Aliveness, Diversity, Air and Moisture)

**Friday 13/9/19** - 10am Talk about Growing Native Plants by Graeme Ingall (Australian Plant Society), local plants, growing conditions and habitat provided.

**SOLAR POWER INFO DAY** – Joint event with Kariong Progress Association – SUNDAY 22/9/19, 10am – 2pm, more info on KEG facebook.

Gold coin donation welcome at all events.

**Big Thank You to all our Trivia night supporters, which raised over \$500, plus a very generous anonymous donor and the Rotary Club of Kariong-Somersby for a new donation.**

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)

## Standpipe



Hi All,

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

This month has been a busy month across the state with major fires in the Kempsey and Port Macquarie areas. Kariong sent a crew as part of the Central Coast strike team to the Kempsey fires. The team spent 5 days strengthening containment lines and relieving local crews.

The outlook for the fire season ahead appears to be a continuation of the dry weather that we have seen this winter. The brigade would like to remind residents that now is the time to prepare your property and decide what you will do in the event of a bushfire. Preparing your property or plan during the fire season or during a fire is too late. For more info on fire plans and property preparation please visit: <https://www.myfireplan.com.au>

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

## Kariong Medical Centre



We welcome Lousia to our admin staff, Louisa is replacing Laura who found work closer to home and family and is not spending her time traveling from the end of the freeway from Newcastle.

Dr Lily Foster has started and is enjoying what Kariong has to offer, Dr Foster works Monday to Thursday and bulk bills all patients.

Dr Thomson has been on leave most of August and will be returning as of Tuesday 3<sup>rd</sup> September.

If you require regular medication, **AVOID** running out by making appointments in advance with your doctor or see another doctor for just a script appointment on the day.

Kariong Medical Centre is a Mixed Billing Practice. Please call ahead if unsure of your Doctors billing status.

**Fundraiser** – Lids 4 Kids – Collect and drop off your milk, soft drinks and water bottle lids for Envision (Vic) to turn into prosthetic limbs for kids - see Tracy for more details.

## Kariong Progress Association

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

FACEBOOK: Kariong Progress Association



Please report anti-social behaviour to the Police using the Police Assistance Line 131 444 (or 000 if an emergency).

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

**Annual General Meeting**

Wednesday 11<sup>th</sup> September 2019

6.45pm – 8pm

KARIONG PROGRESS HALL, Dandaloo St, Kariong

All positions will be declared vacant. Any current financial members wishing to nominate please do so.

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



**SOLAR POWER INFO DAY**

in our solar-powered hall

Sunday 22<sup>nd</sup> September 2019

10am – 2pm

Hear from range of speakers about solar power, all your questions answered about panels, inverters, batteries. Got solar already? Come and share your experience and add your data to the Kariong Kilowatt Counter! Joint event with Kariong Eco Garden.






## GOSFORD OPEN GARDENS

**28th and 29th September**

1. 61 Crystal Ave., Pearl Beach
2. 34 Alexandra St., Umina Beach.
3. 89 Tuggerah Pde., Long Jetty
4. 6 Lady Penrhyn Cl., Terrigal
5. 233 Central Coast Hwy, Kariong
6. 16 Freshwater Dr., Mardi
7. 746 Dog Trap Rd., Ourimbah
8. 6 Bouvardia St., Niagara Park
9. 269 Palmdale Rd., Palmdale **(Tours)**
10. 21 Lavinia St., Forresters Bch. **(Sun)**



Details: [www.gosfordopengardens.org](http://www.gosfordopengardens.org)  
 [gosford district open gardens](https://www.facebook.com/gosforddistrictopengardens)

## Wonderful Womens Group

For all women | Make great friends | Be empowered

**9.30 - 11.30am  
Mondays\***

Cost: \$5

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

**Bookings  
essential**



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

\*(during school term)

## Basic Preschool Ballet 3-5 yr olds



### Expression of Interest

*Class will include:*

Royal Academy of Dance Training,  
Music Appreciation & Performance

**Tuesdays 1-2pm**

Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**Express your interest now!**

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



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:** 24/9/19, 29/10/19, 26/11/19, 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](http://ewon.com.au/events) for more information.

### What's on at Kariong library?

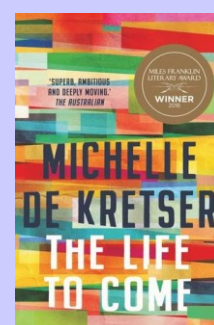


The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) Phone: 4325 8155.

**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 September is **The Life To Come** by Michelle De Kretser and is about stories we tell and don't tell ourselves as individuals, societies, and nations. It explores emigration and ethnic and class conflict. Please grab your copy at the library and join in.





The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 14<sup>th</sup> September 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.

The activity for this meeting will be a members' interactive discussion on screening shrubs, trees, climbers, for use on lattice and balconies.

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

Visit us at the Plant Lovers Fair at Kariong on Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> September.

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 653140.**



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

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

## CLUBS & GROUPS

### 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**



Celebrating History Week 2019

**Brisbane Water Historical Society**  
presents

### "Broad Axes and Bullock Bells"

View a marvellous display of Timber Industry images, from Central Coast Library Service's photographic collection.  
(exhibition September 1 to November 30)



**History Week Open Day - Saturday 7th September,**

11am special guest speaker,

Emeritus Professor Richard Waterhouse, FAHA FASSA,

School of Philosophical and Historical Inquiry,  
University of Sydney.

light lunch and refreshments to follow - gold coin donation

**Henry Kendall Cottage and Historical Museum**

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

Open: Wed / Sat / Sun 10am - 3pm / groups at other times by appointment

\$5 adult \$4 concession \$3 children \$10 family

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



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

Call 4357 8444 or email [admin@ccmow.com.au](mailto:admin@ccmow.com.au)

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



**Free Meal**



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**4357 8444**

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



## CLUBS &amp; GROUPS continued



## Your Temple

Improve strength and flexibility  
with Pilates & Functional Fitness

Fun for all ages



Contact Sarah  
sarah@yourtemple.com.au | 0425 265 609

## 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


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



## 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

## 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



## FiBERN

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- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

 [reception@fibern.com.au](mailto:reception@fibern.com.au)  <https://www.fibern.com.au>

 02 4340 0800 or 0405 189 042



## KARIONG Dental Care

**New Patient Offer \$197\***  
Normally over \$560  
Full examination, clean, polish & fluoride  
Up to 4 intraoral x-rays & 1 full mouth OPG x-ray  
\*No gap for patients with private health cover

**Medicare Child Dental Benefit Schedule**  
Bulk Billed for eligible children

**Local Resident Discount\***  
Receive 5% discount on all treatments  
\*Not valid with any other special

    Fast claims... on the spot

**OPEN LATE EVENINGS & SATURDAYS**  
4340 2022  
11 Mitchell Dr Kariong  
[kariongdental.com.au](http://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
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No Job Too Big or Small

Phone Grant on 0412437175





## BUSINESS DIRECTORY continued

**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

**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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**FREE TV RECEPTION TEST**  
We will Test & Diagnose any problems you are having with your TV Reception for FREE!!

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For all professional business services including company secretarial (ASX and private companies), Investor Relations, PA, book keeping, event management, diary management, social media (small business) and administration needs

Contact Sandra McIntosh, phone: 0450 253 059

**The Times Cafe**

open early 7 days

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

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

**We R Electrical**  
For all your electrical needs

**Ben Stephenson**  
Director

Mobile: 0417 047 235  
Email: werelectrical@aapt.net.au

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Better Health Practices  
Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG  
4340 5154  
[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

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- Naturopathy • Sports Injuries

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Shannon and Son's family owned and run service

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**Fetch**  
DOG GROOMING

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**Doggy Day Spa Salon**

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**I am your Local Travel Agent**

Phone: 0420 536 366

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

Website: [www.thegrandtraveller.com.au](http://www.thegrandtraveller.com.au)



**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
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**\$299 Upgrade & Refresh**

**Slow Computer?**

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**What do you get with an upgrade and Refresh?**

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

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## BUMP Program

### Seeking Interested Mums

Are you an experienced mum who has some time and would like to mentor a young mum in our Bump Program?

- Share your knowledge & experience
- Training Provided



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

## FREE Creative Communities Aboriginal Art Painting Workshops

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

**Wednesday 4, 11 & 18 September  
6.30pm to 9.30pm**

Bookings essential. Reserve your spot now.

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

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

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



## 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**

## Like to publish in the Connection?

**ADVERTISING CLOSING DATE  
for NEXT ISSUE**

**Tuesday 17th September 2019**

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

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