

# THE KARIONG CONNECTION

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY  
and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 24; No 3

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



April 2015

## April 2015 Vacation Care Program

Week 1	Tuesday 7.4.15  Rockpools at OOSH \$60	Wednesday 8.4.15 Barbeque Party \$55	Thursday 9.4.15  Fish &Chips Picnic \$55	Friday 10.4.15  Movies & Umina \$60	
Week 2	Monday 13.4.15  Amy Cash Fitness \$60	Tuesday 14.4.15  Kids On Congas \$60	Wednesday 15.4.15  Niagara Park Sports \$60	Thursday 16.4.15  Mingara Play Centre \$60	
Week 3	Monday 20.4.15 Fire Safety Day \$50	<i>If for some reason e.g. The weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>			
Child Care Rebates and Child Care Benefits Available					

### Kariong Community Forum Anzac Special "The Unknown soldier"



Date: Wednesday 22<sup>nd</sup> April  
7.00pm – 8.00pm

This special presentation is delivered by Linda Brown of T.J Andrews Funeral Services Hornsby which has contributed to Australian history in a way that is little known amongst the community. The Unknown Australian Soldier was returned to Australian soil by Robert Allison, a family member of TJ Andrews Funeral Services, who was instrumental in officiating at the Ceremonies held in France and Belgium in 1993, and assisting in the return of The Unknown Australian Soldier to the Australian War Memorial in Canberra later that year.

Linda will show a 30 minute presentation and will finish by playing The Last Post, The Ode and The Reveille, or by reading The Ode.

Bookings are essential, please call Kariong Neighbourhood Centre on 4340 1724 during business hours to register or email [admin@knc.net.au](mailto:admin@knc.net.au). To be held at Kariong Neighbourhood Centre 10 Langford Drive Kariong

ALL WELCOME

Light Refreshments will be served.

## VACATION CARE

Our Vacation Care Program for the April school holidays is jam-packed with educationally stimulating and exciting activities to cater to all age groups.

Our program is not just for working parents needing care for their children but also for those parents who simply want to send their children along to our special events to add variety and social opportunities for their children during the school break.

Our qualified and enthusiastic staff will ensure your children are settled and happy as they experience new adventures and make new friends.

Safety at all times is of course our priority during our excursions and centre-based activities and we focus on developing the children's sense of belonging as part of our group during their time with us. We offer care for your children from 6.30am to 6.30pm and hope to see your children have some memorable and enjoyable holiday experiences with us. Be quick to book in to secure positions for your children.

**ACTIVE PLAYGROUP**

Our Wednesday Playgroup just keeps getting bigger and better each week!!

It is so fabulous for everybody involved to have new locals come and join in with our busy, friendly and welcoming group. The various structured activities offer the children valuable learning experiences that promote early literacy and numeracy skills and the children also benefit from lots of social play opportunities in our beautiful outdoor environment.

Our attending parents, grandparents and carers are a fantastic support to each other, offering their own practical suggestions and experiences to assist each other with the challenges and tribulations of child rearing and we often have toy-swaps and children's clothes swaps to help each other too.

A big warm welcome is extended to our community to come along with children aged 0-6 yrs and enjoy an active and really pleasant weekly social time together.

Inquiries: Nerida 43404561

**OOSH UPDATE**

Our OOSH children have been benefitting from a wide variety of educational and stimulating activities this first term. Our weekly classes have been very successful in promoting group participation, development of important skills and also a great deal of enjoyment.

The Tuesday afternoon Tai Chi classes in particular have been really successful in teaching the children valuable relaxation techniques. The children have been actively seeking to join in with these classes and it has been wonderful to see their interest and ability grow. Also our Thursday afternoon Assertiveness classes have strengthened the children's conflict resolution skills and empowered them to deal more effectively with challenges they meet in social situations.

We look forward to the April Vacation Care Program delivering exciting and memorable experiences to the children.

**Brandi and Nerida**

**10 Langford Drive Kariong Phone 4340 4561**

## **HOMEWORK HELP or TUTORING**

### **Available at the Neighbourhood Centre**



For children 9-14 years and 5-9 years

- \* University trained teachers.
- \* Computers available.
- \* Bookings essential
- \* Cost \$20.00 per child for 2 hours
- \* Minimum 4 children per session.

Week days from 4.00pm - 6.00pm

Bring your own lap top, or we have computers available

Children will be placed in age appropriate classes

**Bookings essential call Fiona 43401724**

## **Monday**

## **PlayGroup**

### **Play and learn**

### **Parent and Child**

### **SUPPORT GROUP**



A new playgroup has started on Mondays as a result of numerous requests from local parents. It is in addition to our very popular Wednesday group.

Run by qualified staff, and includes:

- School readiness program
- Age appropriate games, craft, stories, music and play equipment
- Guest speakers
- Morning tea provided

Now you have two great opportunities each week to meet new families and form friendships whilst interacting with your children in a fun, safe and educational environment. Ages from newborn to 6 years are welcome.

**Come along to Kariong Neighbourhood Centre**

**Mondays 10.30—12.30 during school term**

Cost: \$4 members - \$4.50 non members



## KARIONG MOUNTAINS HIGH SCHOOL – Your School

It is the time of year when parents are making decisions about which high school to send their child. This is an important decision and I welcome the opportunity to speak with any parent about the programs, curriculum and support we offer at Kariong Mountains High School. From its beginning in 2010 our school has developed a learning culture and built capacity to deliver on high expectations as formulated in its motto – unity knowledge and respect. We have consistently provided broad opportunities for students in subject choice, student voice and extra curricula options. Our success in our first HSC (in particular, first in the State in Mathematics), is testament to the skills and effort that the staff put in to challenge students to achieve their personal best. ("I would not have done so well at any other school" – 2014 Dux). Great schools, great teachers know their students and know how they learn. They adapt their programs and teaching styles to meet the needs of their students. They listen to students and work with them, not at them. Kariong Mountains is a great school. Please call us on 43400246 to have any questions answered, or to see the school and then make your decision.

I heard a radio promo where a school was advertising 4 hours in the classroom and 2 hours sport/day. What do Years 7-10 public high school students, like those attending KMHS experience on average/day:

4.5 hours classroom learning – classrooms and specialist rooms, with specialist teachers

0.7 hours sport/physical activity – a range of sports and skills to allow for flexibility of choice

1.0 hour break time - in which students can access activities such as sporting competitions, free play, library, music and choral groups, extra help from staff

PLUS – involvement in interschool competitions across a range of sports, debating, chess to name a few

Choice of electives in Years 9 and 10 and broad subject choice in Years 11 and 12

Careers and vocational opportunities through TVET, SBAT and VET in schools programs – catering for students whose career aspirations are varied.

**Public Schools – worth the choice!**

**Jackie Ayres**

**Business & Administration Manager**

**Kariong Mountains High School**

**Phone: 02 4340 0246**

## KARIONG RURAL FIRE BRIGADE

Hello from the desk of the

# Standpipe



Our call outs from 19<sup>th</sup> February 2015 to 18<sup>th</sup> March 2015 are as follows: We had a total of 17 Calls – False Alarms x 3, Fire & Explosions x 3, Good Intent x 1, Hazardous Conditions x 1, MVA/Rescue/EMS x 7 and Service Calls x 2

Well our summer fire season has been and gone and thanks to Mother Nature, Kariong had a great one. A few little bits and pieces here and there but overall it was a quiet time. That doesn't mean that we have to get complacent and let a few safety principals slide. We still need to practice our Bush Survival Plan regularly and do our maintenance around our homes.

Now onto Autumn and Winter home checks. First off – Smoke Alarms. Be sure to change the battery in all your smoke alarms in your home. A great idea is to replace the battery on the 1<sup>st</sup> April every year. Another reminder now that the evenings are getting a tad cooler is to check and clean your heaters, electric blankets or anything else that you use to keep warm in the months ahead. If you have air conditioning don't forget to clean the filters. All those cords, double adapters and power boards could do with a check as well. Only takes a short while to do but could mean saving life and property.

The Brigade would like to congratulate one of the Members, Allen Buckley on their marriage to Fiona. May you both have a lifetime of happiness together. Allen and Fiona were married on March 21 and remaining in Kariong. Allen is currently a Deputy Captain of the Brigade.

We train every Wednesday night from 1930 to 2100 and every Saturday morning from 0800 at the Station in Dandaloo Street. The Brigade is always in need of new Members, if you are interested pop in to the station to see what we do and to have a chat with the men and women of our Brigade or phone 4340 2911.

Until next month Stay Safe and Firewise.

### FOR SALE - 2 Desks

1 Near new timber table cherry colour , measuring 1800cm L x 750 cm W 720cm H — (dismantled)  
\$100 negotiable

1 x desk cherry colour, used, good order  
Measuring 150L x 75W x 71H - \$30 negotiable

*All items can be viewed at the Neighbourhood Centre*

***All items are collection only.***

**For more information ring Fiona on 4340 1724**



Cnr Dandaloo Street and Woy Woy Road  
Kariong NSW 250  
Phone: 0417 686 694.  
Email: [kariongecgarden@gmail.com](mailto:kariongecgarden@gmail.com)  
Website: [www.kariongecgarden.org.au](http://www.kariongecgarden.org.au)

**Monday 13 April, 10.00am — 12.00pm.** Learn about Worms. Family workshop sponsored by Gosford City Council. Numbers STRICTLY Limited. Bookings Essential. Ring Kariong Neighbourhood Centre 43401724. ( KNC)

**Monday 20<sup>th</sup> April. 10am.** Want to be part of a new Bushcare group in Kariong? Michael Smith, from Gosford City Council will come and talk to us about Bushcare, and how we can make a difference.

### **Other events:**

**Saturday 11<sup>th</sup> April.** "Ecoburbia" at the Narara Valley High School. Promoting sustainable communities. Visit Eco Garden stall.

**Saturday 23<sup>rd</sup> May.** 4 Seasons Art and Film Night. "Autumn ". 5pm to 8pm. Music, films, eco café, and the inaugural EQ- Eco Quiz- get your team together.

### **Planting Guide for April**

The following vegetables/herbs can be planted in April: Amaranth, Beans, Beetroot, Broccoli, Burdock, Cabbage, Carrot, Cape Gooseberry, Cauliflower, Celery Chilli, Chicory, Chives, Coriander, Dill, Endive, Horseradish, Kale, Leeks, Lettuce, Mustard Greens, Onion, Oregano, Parsley, Peas, Radish, Rocket, Rosella, Shallot, Silverbeet, Snow Peas, Spring Onions, Strawberries, Sunflower and Turnip. Contact John on 43231843 for more information.

**The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead.**

\*The Eco Garden welcomes new volunteers to help with jobs around the garden and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

**We need you!** 10 years ago the Kariong Community generously sponsored our fence. This year we are seeking sponsors of \$100 to add 12 Wine Barrel Vege Gardens ( using wicking bed design). If you would like to help, please **cut out** voucher below, and return to Kariong Neighbourhood Centre.

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***Yes I would love to sponsor a wicking bed wine barrel!!***

Name: \_\_\_\_\_

Contact details \_\_\_\_\_

## *Kariong Library Action Group*

*The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon).*

Thanks to all you wonderful people who supported the recent Seniors Week activities at the Library. We had a great time with the Kariong Primary School Choir and the Central Coast Lavender Blue ladies. A special thanks to the Kariong Mountain High School students and teachers for the sumptuous morning teas served in a professional manner.

Come along on Tuesdays at 10.30 for Storytime. This programme is for children 3- 5 years, their parents, grandparents and carers. It is always fun with stories, music and a themed craft activity. Regulars and new families are invited to join in the action.

The **Book Club** is on Friday 24<sup>th</sup> April 10 am. Our growing Book Club review two books and the authors this month are ever popular Sydney born Kate Grenville and Welsh Gaynor Arnold. Kate Grenville's book **The Idea of Perfection** (1999) is a humorous story about two city-bred people, newcomers who meet in a small country town in NSW. Gaynor Arnold has taken on one of the best known and loved figures: Charles Dickens. (He and his wife, Catherine, are renamed Alfred and Dorothea Gibson in this novel). Her debut novel **Girl in a Blue Dress** was published in 2008.

Why not pay the library a visit and check out what's new. New additions include Bernard Cornwall's Sharpes' Enemy; JD Robb's Festive in Death and A Waltz Between Wars by John Barclay. Also the latest editions of magazines such as Country Style and Better Homes and Gardens can be borrowed for 7 days.

*The Kariong Library Action Group would like to hear from you so please contact us at: [klaq2013@yahoo.com.au](mailto:klaq2013@yahoo.com.au).*





### Kariong Progress Association

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
5	2	1	0	2	0

Warning from Police: at a recent meeting with the Gosford Community Policing Unit the officers indicated that an increase in theft from cars at Service Stations was concerning them. They felt that most people after filling up on petrol, proceeded into the Service Station to pay leaving their cars unlocked, which has allowed this particular type of theft to become an increasing problem. The Police are recommending that as a matter of habit you should lock the car as soon as you get out.

Overall, in the Gosford Police Command most areas of crime have been reduced, and certainly the figures for Kariong reflect that, especially in the past 12 months. This has been helped by the fact that regular visits to Kariong are being carried out by the Highway Patrol, which now has Kariong as one of their patrolled areas on each daily shift.

Langford Drive / Woy Woy Road intersection: after a further meeting with Council staff regarding this matter, the Progress Association has written to the Council reaffirming the community resolve for the preferred solution to be a set of traffic lights at this intersection. Following submission of several petitions to the local State Member for Gosford, Mr. Chris Holstein, plus subsequent meetings of residents, the preferred solution is for the complete package costing, as advised, of approximately \$7.7 million. This would serve the obvious traffic flow increase which will be created by Peninsular demographics, the Kariong/West Gosford and Mt Penang Parklands commercial expansions. The lesser acceptable solution of pedestrian-controlled traffic lights would need to be located between Langford Drive and Milyerra Road to allow physical connection between our communities. This has been the minimum premise of this matter since it was raised, being a need of safe pedestrian connection for young families and seniors. We await further response from the Council.

Mt. Penang Development Plan: expressions of interest were called for this site, and applications closed on 12 March. We understand that there have been some submissions, but at this point they have not been disclosed. We are hopeful that the Central Coast Regional Development group will engage in a local community consultation, details of which we would bring you in our next bulletin.

Continued ..

*Kariong Progress Association continued ..*

CCTV cameras for Kariong: the Progress Association has been invited to attend an on-site meeting with Council officers to discuss the project and specific camera locations. The proposed locations for the cameras are the Skate Park, and the shopping centres at Mitchell Drive and at Arunta Avenue. The results of that meeting will be reported in our next bulletin, but it is hoped that the installations will occur late April/ early May

Tennis Courts: both Courts are now fully functional. To make a booking you can contact Yvonne on 4340 1068, between 8.30am and 6.30pm.

Next meeting of the Association will be held in the Progress Hall on Wednesday 1 April, at 7.30pm. AND the first Wednesday of every month.

## Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 10th April, 2015 at 7.00pm for a 7.30pm start.**



There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On **Sunday morning 12<sup>th</sup> April** members will be enjoying a bushwalk looking at and identifying plants.

Our monthly meetings include a Speaker, Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

In April our speaker will be entomologist Stephen Goodwin and Stephen will talk about Pest Management in Native Plants.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members. A monthly newsletter which gives a graphic account of our meeting and our activities held during the month is distributed to members either by email or post.

**Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049**

## ETTALONG BEACH ARTS & CRAFT CENTRE Inc.

**Amanda Falvey**  
Brings a new and innovative approach to arts & crafts

Classes start Friday 24th April 2015  
Running from 7pm to 9pm

**Donna Jones**

Fantastic new class  
Starting 23<sup>RD</sup> APRIL  
7pm - 9 pm

Be the first among your friends to create amazing unique hues on fabrics for garments or gifts, the choice is yours.

**COSTING: \$15 Annual membership.  
\$110 Per 9 week term**

**ENQUIRIES: Ph: 43418344**  
Find us on facebook or our web site  
[www.ebacc.com.au](http://www.ebacc.com.au)

**LOCATION:** Kitchener Park on the Corner of  
Picnic Parade and Maitland Bay drive  
Ettalong Beach

### Term 2 - 20th April – 19th June

#### MONDAYS

10 – 12noon Adult Pottery  
10 – 12noon Patchwork & Quilting  
4 – 5.30pm Pottery for Children  
6 – 9.00pm Silver Craft

#### TUESDAYS

6 – 9.00pm Silver Craft  
7 – 9.00pm Adult Pottery

#### WEDNESDAYS

9 – 11.00am Oils & Acrylics  
11.30-1.30pm Pastels & Drawing

#### THURSDAYS

9 – 12noon Silver Craft  
12.30-3.00pm Social Stitchery  
4 – 5.30pm Children's Art  
7 – 9.00pm Fabric Colouring Techniques

#### FRIDAYS

9.30-11.30am Watercolour Painting  
12 – 2.00pm Watercolour Painting  
7 – 9.00pm Unleash Your Creativity

**For enrolments & enquiries please phone:**

## The Hill Youth Centre

**What's Happening at The Hill Youth Centre this month?**

**The Hill Youth Centre - 98 Mitchell Dr Kariong**

**Ph: 4304 7039 Hours Open: Tue – Thursday 3-6pm,  
Friday 4-8pm.**

**No Cost Health Clinics for Young People (14 – 24 years)**

**Youth GP Clinic**

**(DROP-IN, NO APPOINTMENT NECESSARY)**

From Friday 27<sup>th</sup> February we will be working in partnership with youth health to run a FREE clinic between 3.00pm and 6.00pm on Fridays for young people up to the age of 24.

The clinic will see young people about medical issues but specialize in – sexual health, drug and alcohol and mental illness e.g. self harm, depression, anxiety, eating disorders nutrition.

Call Shirley at Youth Health for more information on 43569333

The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights, youth health clinic and other programs. Information, advocacy, referral, career guidance and homework help is also available. Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community issues. The centre is a community facility available for hire.

**National Youth Week** is being held from 10<sup>th</sup> – 19<sup>th</sup> April and to celebrate we will be holding the annual *Kariong Sessions Skate Scooter and BMX* - comp on Saturday 11<sup>th</sup> April. There a 4 age division and a sponsored riders category for each event. The winners of each division will be invited to compete at the Central Coast Series grand finale at South Kincumber on the 18<sup>th</sup> April. If you would like to volunteer on the day please call Kariong Youth Centre.

Participant registration forms are available from

<http://www.gosford.nsw.gov.au/about-council/general-information-rates/events/event-details/2015/04/10/gosford-calendar/central-coast-series---kariong-sessions>





Meiso Tora  
Martial Arts



Empower your children and yourself  
through Martial Arts.

There are several reasons to train;

Self Defense, Confidence, Fitness, Co-ordination,  
Focus, and Discipline.

Classes are held locally at Kariong Mountains High School  
on Tuesdays and Thursdays.

6:00-7:00pm – Mini Toras

6:30-7:30pm – Children and Adults

These classes are held for:

☆ Beginner ☆ Novice ☆ Intermediate ☆ Advanced

**Please Contact Natalie for more information  
on 0468511619**

**or email us on meisotoramartialarts@gmail.com**

**FOREMAN1**  
PROPERTIES



**NEW KARIONG REAL ESTATE OFFICE!!!!**

- \* Bianca Foreman is a local Kariong resident having lived in Kariong for over 8 years.
- \* She has a wealth of local real estate knowledge
- \* Bianca and her team are happy to assist with all your real estate needs.

*Please call in to our office or call to find out about our fantastic service and offers.*

**Shop 7/4 Mitchell Drive, Kariong**  
**Ph: 4340 0777 Mob: 0430 929 034**  
**bianca@foreman1properties.com.au**



**KYLIE FAWKNER  
COUNSELLING**

AdDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:  
**Kariong Neighbourhood Centre.**

**For other venues and more information:**

**www.kfcounselling.com.au**

**To make an appointment call or text**

**Kylie 0435 809 506**

Anger Stress  
Bereavement  
Depression . Fears  
RELATIONSHIP ISSUES  
Redundancy and work issues  
Trauma . Abuse  
Change and major life events

EST 1987  
**KARIONG COMMUNITY**  
BAPTIST CHURCH



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home ... we would love for you to come and check us out, and discover the difference at KCBC.

### **What's on at KCBC?**

At the Church house, Cnr Woy Woy & Milyerra Roads, Kariong ...

#### **Playtime – Tuesdays @ 10am – 12pm**

Playtime is a great way to get to know other mums! Bring a hat, drink bottle and a snack for your child.

#### **Heart 'n' Home -**

#### **2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of the month @ 7pm – 9pm**

A night out for women to get together for craft or, if you are not "crafty", for a coffee and get together.

#### **Lounge Lessons**

#### **Thursdays @ 9am – 10.30am and 8pm – 9pm**

This Bible study/Life Group is the first point of call for those looking for a small group to "do life" with.

*Sundays @ Kariong Public School Hall,  
Truscott Avenue entrance ...*

#### **Sunday worship service @ 9.30am**

Join us for great music, relevant messages and to meet a great bunch of people doing life together.

#### **AWANA @ 11.30am – 1pm**

A fun time for kids in Kindergarten – Grade 6, and High School students to get together and learn from the Bible, as well as participate in fun games and activities.

#### **Other**

##### **Friends Group**

Meets regularly for meals, and interesting and fun outings.

##### **Men's Business**

Meeting bi-monthly on Saturday mornings.

##### **Women's Coffee**

Meeting bi-monthly on Saturday mornings for coffee.

For more information phone Pastor Jeff on 0448 814 511, or visit our website: [www.kariongchurch.org.au](http://www.kariongchurch.org.au)

***Please note that activities break during  
school holidays***



## BROADBAND FOR SENIORS

funded by the Australian Government

### Come and Join the Online Community

One on One or small group learning  
The Internet explained, easy  
friendly teaching at your  
pace . Beginners or those  
with some experience.

Connect to the world ; Talk to  
Family & Friends, Share experiences.

Learn how to set up :

Your internet browser and email

Social Media — Skype and Facebook.

Go online Shopping, E-bay, Store accounts.

Avoid Scams — simple but effective ways to keep  
you safe.

\* **New for April 2015**

Publisher, learn the easy and fun way to make  
invitations, cards, brochures. Simple enhancement  
techniques—great results (Small affordable cost).

No Cost\*  
Bookings Essential.  
Friendly!  
No large groups!

### Bookings Essential

Call Kariong Neighbourhood Centre 4340 1724 now register



RTO ID: 90381

### Do you want a career in Community Services?

Take advantage of this

**Community Services Pathway Program**

**Study Locally During School Hours**

**When?** Course starts in April 2015, Mon and Tue each  
week for 9 weeks.

**Where?** Kariong Neighbourhood Centre (KNC)  
10 Langford Drive, Kariong NSW 2250

**How Much?** This training is subsidised by the NSW  
government, therefore, if eligible for fee exemptions,  
the fee is **\$0.00**, or if eligible for concession, the fee is  
**\$80**.

#### More information?

Call 02 4353 0017, or come to an info session at KNC on  
Mon 20<sup>th</sup> April 2015, 11am.



Australian  
Breastfeeding  
Association

Breastfeeding Helpline  
**1800 mum 2 mum**  
**1800 686 268**

## Breastfeeding Support. Come along and join us and meet other mums in the area!

ABA is here to encourage and support mothers to  
breastfeed their babies and to create an  
awareness of the importance of human milk in the  
community. ABA runs group discussions, Breast-  
feeding Education Classes, social events and breast  
pump hire.

We are a family friendly group. All mothers are wel-  
come regardless of how their babies are fed. We  
also welcome other children, partners,  
grandparents, parents to be and friends.

A qualified breastfeeding counsellor is available if  
you require individual support.

Meetings are held fortnightly on Fridays at KNC  
from 10am to 12pm.

Latecomers always welcome.

For more info ring KNC on 43401724 or contact us  
at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com)



### Chiropractic Pilates Massage Physio Acupuncture

We can help with back pain, neck pain,  
headaches, stress, weight loss, pregnancy and  
birth support, exercise programs,  
orthotics, children's health and  
behaviour and more!!

CORNER LANGFORD AND MITCHELL DR KARIONG

Phone: 4340 5154

## Advertise with us

Our newsletter is delivered to over 2500  
community members and local businesses,  
and emailed to many more. Many locals use  
the Kariong Connection and the Community  
Centre, to find local trades and services. For  
more information on our very reasonable  
rates contact us on 4340 1724 or  
[admin@knc.net.au](mailto:admin@knc.net.au)



## Sustainability and Recycling at Kariong Neighbourhood Centre

Our commitment at Kariong Neighbourhood Centre is to work towards creating sustainability and conservation within our centre.

Activities planned for the Kariong OOSH service have a strong focus on educating the children to be

conscious of recycling materials and conserving energy when and where possible to help them become socially responsible and respectful of their environment.

The OOSH children are currently working on developing a "Sustainability Mascot" (made entirely of recycled materials) for our centre to reinforce this learning to them.

Our beautiful vegetable garden has been flourishing over the summer months, providing our OOSH children with fresh produce for their afternoon tea menu as well as educating them about gardening procedures.

We welcome any suggestions or donations relative to sustainability for our centre and hope to impact our community's awareness of the importance of conservation through our practices.





**Vc dental**  
KARIONG  
ALSO AT EAST GOSFORD



11 Mitchell Drive,  
Kariong

**4340 2022 - vcdental.com.au**

**OPEN 7 DAYS  
30 YEARS LOCAL**

- dental implants
- general dentistry
- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
- oral hygiene department
- orthodontics
- sleep dentistry
- ceramic filling
- cosmetic laser technology
- one hour tooth whitening
- HICAPS claims accepted



**Now open until  
8pm Thursdays**

*Medicare Child Dental Benefits Schedule bulk billed*

# MARTIAL ARTS

FOR EVERYONE

**WHERE?**  
Kariong Youth Centre - Hall  
98 Mitchell Drive  
Kariong NSW 2250

**WHEN?**  
Mondays @ 5:15pm - 6:15pm

**AGES 10 + TO ADULT**  
Blend of Shotokan Karate, Mixed Martial Arts and Extreme Martial Arts. Weight loss, Relieves Stress, Self Defense, Improves Fitness, Speed, Reflexes, Agility, Focus, Discipline, Confidence and Determination.

**INSTRUCTOR?**  
Dai Sempai Liam Murray  
1st Degree Black Belt

**CLASSES STARTING**  
**20th April 2015**

facebook.com/pages/Munen-Muso-Martial-Arts-Studio/120334641942

Contact us for more information:  
**0416 719 401**  
[www.munenmuso.com.au](http://www.munenmuso.com.au)



**MUNEN MUSO MARTIAL ARTS**  
330 The Entrance Rd, Erina Ph: 4367 0357  
*To Act Calmly and Naturally in the Face of Danger*







### NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

**SPECIAL for February & March  
Air Conditioning Re-gas - \$159**

**FREE PICKUP AND DROP OFF 7km Radius**

- \*\*Manufacturers' Log Book Servicing
- \*\*Air Conditioning Re-gas, Repairs and Servicing
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- \*\* Batteries \*\* Shocks \*\* EFI Servicing
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**Call Rachael or Belinda 02 4325 7133**  
5/401 Manns Road, **West Gosford**  
(Entry via Grieve Close)

### Central Coast Select Properties

Suite 9, 482 Pacific Highway, North Gosford 2250  
P: 4324 8486 F: 4337 6166 [info@ccselect.com.au](mailto:info@ccselect.com.au)  
[www.ccselect.com.au](http://www.ccselect.com.au)

Buying or selling in the Kariong area?  
SELECT the BEST with Hana Volarik,  
your local area expert. **0437 401 009**



### Ancestry & Family Tree Research

**because your past is who you are today**

Are you interested in having your family tree compiled for you? Would you like to learn how to research your family history yourself? Ancestry & Family Tree Research is a local business, based in Kariong.

Email Ruth on [ruth-fuller@bigpond.com](mailto:ruth-fuller@bigpond.com) or call 0412 994 147 for more details.

**[www.yourfamilytreerearch.com](http://www.yourfamilytreerearch.com)**



**PH: 02 4340 0887**

**Open 7 days**



*Monday to Friday 8.00am to 6.30 pm*  
*Saturday 8.00am to 4.00pm*  
*Sunday 9.30am to 4.00pm*  
*10% Seniors Discount on Fridays*

Shop 2 Corner Arunta Avenue Kariong

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We offer family dental through to implants and smile makeovers in a relaxing setting.

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Phone: (02) 4323 4323

Address: Suite 2, 392-398 Manns Road, West Gosford.

Beneath Masters Home Improvement, opposite the GP Super Clinic



**5am Mon-Fri  
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We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

**Kirsty and Cameron**

**Orders: 43405427**

Shop 4/10 Curringa Rd, Kariong.

# Nat's Your Man

## Your Handyman

"Big or Small, he'll fix'em all"



Call Nat Bille

Phone: 4340 1648

Mobile: 0422 919 034 ABN: 70 305 961 574

## Senior Computer Technician

20+ Years Experience

Kariong Based  
Economical

Damien Bailey  
0416 852 545

damien@midknight.com.au



## Australian Academy of Tai Chi

"Health & Relaxation"

TERM 4 CLASSES:

Beginners: Thursday 7:00—8:00pm

Intermediate: Wednesday 9:00—10:00am

at Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520



**DO YOU HAVE GOOD COMPUTER SKILLS? WE NEED YOU!!**

Would you enjoy sharing your computer skills?  
Would you like to help connect your community?

We are looking for people who would enjoy teaching seniors and disabled people basic computer skills. Share your time and skills, you won't regret it.

- Training and manuals are available

If you think that this is something you would enjoy, or would like more information, please contact Fiona on 4340 1724



# ABLEANT

Audio Visual Cabling & Antenna Installations

- ✓ Digital TV Antennas
- ✓ Wall Mounted TVs
- ✓ Additional TV Outlets
- ✓ Surround Sound

**FREE TV RECEPTION TESTS AND QUOTES**  
**Call Peter on 0431 777 447**

**Australian Government  
Approved Antenna Installer**



TREE AND GARDEN  
SERVICES

- Tree Pruning
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- Fully Insured
- Qualified Arborist



**Firewood  
Sales & Delivery**  
Call Will: 0402 418 017  
or 4340 1528

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HOT WATER SERVICES  
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BATHROOM RENOVATIONS  
GENERAL MAINTENANCE

**FULLY INSURED - 10% DISCOUNT ON  
PRESENTATION OF AD**  
**0418 449 801 or 4342 6299 LIC NO. 25262C**

## MATURE HANDYMAN SERVICES

**Your Local Kariong Mr Fixits"**

Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 43401166 / 0410434845 - Keven 0413208450  
-----fully insured-----

## By George

Window Cleaning Services

Professional residential & commercial window cleaning  
Free quotes—reasonable prices  
Give George a call **0410 332354**





**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**



Local owners with over 20 years experience.  
*Thinking of selling or buying?*  
 If you're thinking of selling, buying or renting, or simply would like some advice or a  
 FREE no obligation market appraisal call us today on **4322 7233**.  
**Your Area's Premier Agency**  
**Supporting your Local Community**  
 Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford  
**Ph: 4322 7233** [www.hinterlandre.com.au](http://www.hinterlandre.com.au)



**Dan's Lawns and Gardens**  
 Because there is better things  
 for you to spend your time on.  
 Phone Daniel Smith **0429 729 417**  
 \*20yrs experience \*Local Kariong resident \*Free Quotes

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 (Lic. No. 10805)

- \*All Roof Leaks & Repairs
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- \* Pressure clean roof tiles, clean and point ( 2 coats)
- \* All Types of metal roofing, flashing and guttering
- \* Work Guaranteed \* Free Quotes

**Worked and lived in Kariong 22 years**



No Job Too Big or Small  
 Phone Grant on **0412437175**



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 Lic. No. 129863C

**Frank's Roofing**  
*For all your roofing needs*  
**25 years experience**

Whirly Bird Discounts - Leak Detection  
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- Enhanced Primary Care (EPC)
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- **Late Appointments available**

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 3 Mitchell Drive, Kariong



**KARIONG**  
 Physiotherapy  
 Centre

**FoxyFit BOOTCAMPS**

Karla Mansfield  
**0409 247 833**  
[www.foxyfit.com.au](http://www.foxyfit.com.au)

Get Fit the Fun Way! — Contact Karla for Session Details



**FREE FAMILY LAW ADVICE CLINIC**  
 Kariong Neighbourhood Centre

Advice on all areas of family law  
 including parenting matters/children's  
 issues, grandparent issues, child  
 support problems, financial and  
 property settlement matters and divorce.

**Assisting you to find solutions to your family law problems**

Third Monday of each month, excluding Public holidays.  
 Appointments available between 2.00pm-4.00pm.  
**Bookings essential Phone: 4340 1724**





## TAX HELP



**Australian Government**  
**Australian Taxation Office**

**WE ARE HOPING TO BE ABLE TO OFFER TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE THIS YEAR. PLEASE WATCH THIS SPACE FOR DETAILS.**

**ONCE WE HAVE CONFIRMATION FROM THE TAXATION OFFICE, YOU WILL BE INVITED TO REGISTER FOR AN APPOINTMENT TIME.**

## SUPPORT

**AL-ANON**

**If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?**

**For information and help contact: AL-ANON**

**Saturday 2pm Woy Woy Hospital  
Group Therapy Room (near kiosk)**

**To find locations near you  
Phone 49693889**

**Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>**



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

## COURT HIRE

**KARIONG TENNIS COURTS**

If you would like to hire the courts please call **Yvonne** on **4340 1068** between 8.30am and 6.30pm.

## CLUBS

**Rotary**



**'Fun - Friendship – Fellowship' in your Community?**

Work, Leisure & Travel ?

Then join your local Rotary Club  
contact Kerry Bayliss on 43 404 529

or [kersuebay@philliphouse.com.au](mailto:kersuebay@philliphouse.com.au)



**KARIONG PROBUS CLUB Inc.  
MEETS AT GOSFORD 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**

## SCOUTS

**KARIONG SCOUTS**

**LOOKING FOR SOME OUTDOOR ACTIVITIES  
TRY SCOUTING OPEN TO BOYS AND GIRLS**

Joeys..... 6 to 7 y/o.....Meet Monday 4:00pm to 5:00pm  
Cubs.....8 to 10 y/o ..... Meet Tuesday 6.30pm to 8pm  
Scouts.....11 to 14 y/o .....Meet Monday 7:00pm to 8.45pm

*Also looking for Adults to assist as Leaders*

Contact **Bruce 0419 734 002** for details  
Hall hire available

## VOLUNTEERING

**St Vincent De Paul**

Volunteers required for Community work.  
Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

**4323 6080 or email  
[gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au)**



For emergencies or life threatening situations call  
**Triple Zero (000)**



For non emergencies call the  
**Police Assistance Line  
131 444**



To provide crime information anonymously contact  
**Crime Stoppers  
1800 333 000**  
[www.nsw.crimestoppers.com.au](http://www.nsw.crimestoppers.com.au)

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

### **Pilates for Seniors** - [sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au)

9.30am to 10.30pm 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

### **Play & Learn Playgroup**

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms  
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. All welcome

## TUESDAYS

### **Immunisation Clinic for children - NSCCAH**

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. 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.

### **ZUMBA fitness**

7.30pm to 8.30pm. \$10 p/class.  
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722  
[zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

## WEDNESDAYS

**Tai Chi** with Helen from the Australian Academy of Tai Chi  
9.00am- 10.00am All welcome. Cost \$10 per session For bookings please 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 Terms  
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$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)

**Weight Watchers** from 6.30pm to 8:00pm  
[www.weighwatchers.com.au](http://www.weighwatchers.com.au) Phone: 131 997

**Weight Watchers** from 6.30pm to 8:00pm  
[www.weighwatchers.com.au](http://www.weighwatchers.com.au) Phone: 131 997

## THURSDAYS

### **Kariong Arts and Crafts 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. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

### **The Over Fifty Friendship (TOFF's) group**

This is a wonderful group that meets every Thursday, 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  
Cost: \$4.00members, \$4.50 for non members.  
12:15pm to 2.00pm

### **Tai Chi - Australian Academy of Tai Chi**

7:00pm - 8:00pm. Beginners welcome. For enquiries please contact Daniel on 0435 121 520.

## FRIDAYS

### **Australian Breastfeeding Association Meeting**

All welcome!  
Fortnightly 10.00am to 12 noon Contact  
[kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

### **Youth Support Group**

For teenagers 12-18 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm —10:00pm  
All children must be transported to and from venue.  
**Contact Natalie on 0478 122 599 for more information.**  
Follow us on Facebook [www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)

## SATURDAYS

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

## SUNDAYS

**River Christian Church** - From 9:00am, to 2.00pm  
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

## ADVERTISING CLOSING DATE for NEXT ISSUE

**Wednesday 15th April 2015**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au) and  
Community Announcements to [coordinator@knc.net.au](mailto:coordinator@knc.net.au)  
or Phone: 4340 1724

**Sorry—No Late Entries will be accepted**  
Applications for Advertising can be downloaded from  
[www.knc.net.au](http://www.knc.net.au)

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.