

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 7

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



August 2015



TRIVIA NIGHT



**\$15 per person 8 people to a table
10 tables**

**Book your table and you'll be
allocated a colour, to decorate
yourselves and your table.**

Saturday 12th September 2015

6pm – 9pm

Kariong Neighbourhood Centre

**Come along to a fun and social night
and support your local community**

**Prize's for best table, best dressed,
lucky door and 1st place.**

BYO Nibbles & Drinks

**Tea, Coffee, Cakes and biscuits
will be provided
Adults only event**

**For more information or to book
Please Phone OOSH on 4340 4561
Or email oosh@knc.net.au**

**It's here!!, the much anticipated
2nd KARIONG DISCO-ABILITY
Be quick!! last one SOLD OUT**



**CHILDREN 5—13 YEARS OF AGE
are invited to attend**

**THE THEME is "What do you want to be when
you grow up?" PRIZE FOR BEST DRESSED!!**

**You must register your child and purchase
tickets before 21st August
Cost: \$10.00 per child**

- ♦ This includes: entry, 2 hours of fun,
slushies, a hotdog and glow sticks!

**The night will have a DJ, Disco lights,
photos, lots of FUN Games and
Prizes to be won!!**

**5 Qualified childcare workers and
6 volunteers on site.**

**All children must be signed in an out
by an adult**

**Date: Friday 28th August 2015
Time: 7.00pm 'til 9.00pm
10 Langford Drive, Kariong
Phone 4340 1724**

ACTIVE PLAYGROUP



Our Wednesday playgroup continues to offer parents and carers of children aged 0-6 years a stimulating and educational range of activities. The free play choices include our fabulous outdoor climbing equipment and slippery dips, with its new installation of monkey bars. As well as our large sandpit. In addition, many arts and crafts, building activities and imaginative/dramatic play opportunities.

Our structured group times are geared towards promoting school readiness skills for the children and explore numeracy and literacy concepts through music, dance and storytelling.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea together. New faces are always welcome!

Wednesday mornings from **10.30am-12.30pm**
at **Kariong Neighbourhood Centre**
10 Langford drive Kariong

Cost: \$4.00 members \$4.50 non members

- \$1 each additional child.
- **Enquiries: Nerida 4340 4561**

Monday Parent run PlayGroup



...a fun place to
play and learn!

There will be some small changes to how the Monday playgroup will operate in the future. The group will now be operated by parents, and not a child educator. You will still be able to enjoy all of the facilities at the Centre, but parents will be asked to participate and be more involved in the group by:

- Bringing one piece of fruit to share for morning tea
- Assist with setting up and packing away

Come along to Kariong Neighbourhood Centre

Mondays 10.30—12.30 during school term

Cost: Gold coin donation towards resources

Enquiries: contact the Centre on 4340 1724



OOSH UPDATE

Many unforgettable and educational experiences were gained through our July Vacation Care Program with our eye opening trip to Maitland Gaol for an historical tour. Plus our unfettered energetic exploration of the joys of Mingara Activity Centre and Intensity at Erina Fair as our stand out favourites. Our trips to the West Gosford Plaster Barn and also down to Ettalong's Cinema Paradiso were as popular as ever and our staff are extremely proud of the way the children represented our Centre with their beautiful behaviour through out these excursions. We have had our Vacation Care spot check from the Department of Education resulting in the satisfying knowledge that we are continuing to exceed in our service provision for our children and families.

The children enjoyed our in-house days also, making tie-dye garments, cooking up delicious treats and making imaginative dramatic movies with their friends on our new ipads.

Our new "Seniors Room" has developed a really lovely home-like atmosphere for the older children, enabling them to select activities and games to play at their leisure in their own specially designated space. We look forward to providing our usual high quality care in the third term with our popular cooking classes held on Mondays and table tennis classes on Wednesday afternoons.

We welcome families to drop in and see our Centre and have a look at our program of activities if they are in need of before and after school care for their children.

Brandi and Nerida

Kariong Neighbourhood Centre

10 Langford Drive Kariong Phone 4340 4561





There are only a few weeks left in the regular season, and we've got some great results as we head into the finals!



Our Women's teams are leading the charge, with all but one filling 1st & 2nd spot in their respective competitions, along with the MAA3 who are sitting in 2nd spot. Good luck to all of our teams as we approach the finals, and hope to see a few more sitting in the top 4 by the last round.

Division 1 will be playing their last home match of the season on Sunday 23rd August and to celebrate the season we'll be holding a Family Day! We would like to invite everyone to come down and watch the team take on Terrigal. Our Cougar Cubs (the U3 & U4) will be running the team out, there will be a free spit and more!

We have also locked in the dates for our Junior & Senior presentations, so get out your diaries and save the date:

Junior Presentation – Saturday 19th September at The Hill

Senior Presentation – Friday 9th October at The Entertainment Grounds, Gosford

More details will be announced soon on all the above events, so keep an eye on the website!

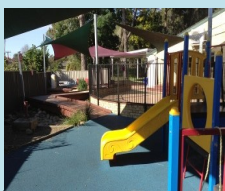
Website: www.kariongunited.com.au

Facebook: www.facebook.com/KariongUnitedFC

Enquiries: secretary@kariongunited.com.au

CHILDRENS PARTY HIRE

Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus a fantastic playground for the little ones to enjoy. We also have an all weather covered area outside. You can have all this for just \$29 per hour for members! To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email **admin@knc.net.au**



Kariong Library Action Group

The Library is constantly adding to their book stock and among the new selections are:

- **On the Front Line** by Michael Hambrook. This is a book of real life stories of spying, escaping and surviving war.
- **Red Man Down.** This fifth book in the Sara Burke detective series is written by American Elizabeth Gunn.
- **KP The Autobiography.** The South African-born, outspoken English batting legend, Kevin Pietersen, shares his views.

The anniversary of the battle for Lone Pine is on 15th August. A perfect book for reading and discussion is the children's book **Lone Pine**, written by Susie Brown and Margaret Warner. It tells the story of a soldier named Benjamin Smith, who fought at the battle of Lone Pine. This book, was presented to Prince William and Catherine, the Duchess of Cambridge, on Anzac Day 2014 and is now available at Kariong.

Tuesdays at 10.30 for Storytime. This programme is for children 3- 5 years, their parents, grandparents and carers. Storytime aims to introduce children to the pleasure of literature and language and to the joy of creative work. They also enjoy learning a simple craft. If you aren't yet a member of the Library, please speak to the Librarian then the children can borrow toys and books.

Kariong Library Book Club is on Friday 28th August at 10 am. If you enjoy reading and good company please come along and hear reviews of two books and stay for morning tea. **The Hare with Amber Eyes: A Hidden Inheritance** by Edmund de Waal and **The Musicians Daughter** by Susanne Emily Dunlap are the August selections.

The Hare with Amber Eyes (2010) is a family memoir by Edmund de Waal. He tells the story of his family, the Ephrussi, once a very wealthy European Jewish banking dynasty who lost almost everything in 1938.

The Musicians Daughter is a historical adventure set in eighteenth century Vienna. Theresa seeks a way to help her mother and brother financially while investigating the murder of her father, a renowned violinist of Haydn's orchestra.

Many thanks to the Gosford City Library Services for their help in the successful showing of the children's movie Turbo during the recent school holidays.



UnitingCare
Mental Health
UCMH Counselling Services

Free Gambling & Financial Counselling

Phone: 0408 679 351
Email: umch.cs@ucmh.org.au
Web: www.problemgambling.net.au

Gambling can have severe impacts on an individual. The financial impact alone can be devastating with the loss of assets, the pressure of mounting bills, and possible bankruptcy. The psychological impacts are also considerable--the person who gambles can feel out of control, worried about their future, guilty about their behaviour, and stressed, trapped, and depressed.

The **family and loved ones of gamblers** can also experience significant distress as a result of gambling. Trust is eroded when family members find out that money has been lost, secrets have been kept or promises have been broken. Conflict can arise and family and friends can be bewildered about how to help, and may feel powerless in the face of gambling.

UCMH Counselling Services are here to help you to understand the problem and gradually master it so that you can lead a more fulfilling lifestyle, feel better about yourself, share better relationships, and enjoy financial stability. We offer a friendly, professional service that supports clients to choose and develop their own unique recovery journey, based on strength, hope and holistic wellbeing

We provide **free Gambling Help counselling** for **anyone** affected by problem gambling at various locations across Gosford. We also counsel at Kincumber Neighbourhood Centre on Saturday mornings from 9.00 -1.00.

For more information or to book an appointment please contact Caroline on 0408 679 351 or email caroline.mcnally@ucmh.org.au

Internet and computer use available
at Kariong Neighbourhood Centre
During office hours 9am - 3pm
For information ring 4340 1724

Good Neighbour Story

"After finding my way back to reasonable health from a bout of chemotherapy last year, and taking it very easy from then on, I was rewarded with generosity of my neighbours, when they cleaned our driveway with a big water blaster. They had a leaky down pipe that was crushed and broken by a tree root that in turn let water and soil run onto our drive that turned into mud.

After fixing the pipe and removing the offending root, the lady had told my wife she was going to clean our driveway for us. I didn't think it was necessary for them to do that, but they went ahead anyway".

"Extraordinary people indeed. It makes one keep faith in humanity".

John and Pauline Dixon



NEW APP FOR EMERGENCY



'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia.

The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smart phone. 'Emergency+' also includes SES and Police Assistance Line numbers as options, so non-emergency calls are made to the most appropriate number.

Where to find the app

For iOS and Android Devices:

iOS: App store – 'Emergency Plus'

Android: Google Play Store – 'Emergency Plus'

Kariong Progress Association



Mt. Penang Parklands and the walking of dogs in that area seems to have become a concern in recent times with owners letting their dogs run free. In New South Wales it is a requirement that all dogs outside their owners homes should be walked with a lead. Local Councils have the authority to designate particular areas that will allow dogs to roam free, but Mt. Penang Parklands is not one of those areas. Recently, on one occasion, two free running dogs have attacked a couple who were walking their dogs with leads. Council Rangers have been advised of these concerns, and in future will be contacted if any free running dogs are seen in the area.

Mt Penang Parklands development:
no further information at this stage.

Langford Drive / Woy Woy Road intersection:
issue still with Council for further consideration

Kariong School Underpass: all graffiti has been removed from the Underpass. This follows on from last month's report that we had secured an agreement with RMS that they will now be undertaking regular reviews of the Underpass.

CCTV cameras for Kariong:
the installations will begin in the next few weeks.

Additional 'No Stopping' signs will be added to Curringa Road soon, which should improve the traffic flow in Sansom Street and Arunta Avenue.

Local Issues: in a book held at the Kariong Neighbourhood Centre, on behalf of Neighbourhood Watch, any local resident can document any particular issue that concerns them in relation to Kariong. That way the Progress Association can take up the matter with the relevant people, and hopefully resolve problems before they become major concerns within the community.

Kariong Crime stats for June

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
1	2	3	0	2	0

The above figures are again seen as reducing, as a result of the increased Police patrols of the Kariong Estate when Highway Patrol cars and bikes are on their way to and from their M1 duties.

Kariong Progress Association cont.

And speaking of illegal activity:

Parking of cars for sale: after last month's reminder that it is illegal to park cars, and advertise them for sale, on the grass verge opposite the Progress Hall, the number of cars has reduced from that area. This is at a dangerous intersection, and people have been pulling over to view cars causing safety issues for other motorists. Rangers are targeting this group, so in the end it could cost more than it's worth.

Progress Hall: You can book the Hall for parties, functions and ongoing activities.

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

The Progress Hall will have brighter new look shortly, as the outside is about to be painted.

Next meeting of the Association will be held in the Progress Hall on Wednesday 5 August at 7.30pm.
AND the first Wednesday of each month.

Australian Plant society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 8th August, 2015** at **1.30pm for a 2.00pm start**.

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On **Saturday morning 8th August** 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 as well as a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their 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 a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at damael@hotmail.com.au or telephone 43655 049



Corner Dandaloo Street
and Woy Woy Road
Kariong NSW 2250
Phone: 0417 686 694.
Email: kariongecgaren@gmail.com
Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759

Events in August 2015

Volunteers and visitors welcome every Monday
10am-12noon.

Monday 10 August at 10am

AMNESTEA – morning tea to raise money for the good work of Amnesty International – bring something yummy to share and some \$\$ for this good cause.

Planting: The following vegetables/herbs can be planted in **August:** Amaranth, Artichoke, Asparagus, Basil, Beans, Beetroot, Cabbage, Capsicum, Carrots, Celery, Chilli Peppers, Chives, Coriander, Cucumber, Dill, Fennel, Jerusalem Artichokes, Kohlrabi, Leeks, Lettuce, Marrow, Mint, Mustard Greens, Okra, Onion, Oregano, Parsnip, Potato, Pumpkin, Radish, Rocket, Rockmelon, Sage, Silverbeet, Spring Onions, Squash, Sweet Corn, Tomato, Turnip, Watermelon, Zucchini. Refer www.gardenate.com for full list. Refer www.gardenate.com for full list.

Kariong Eco Garden is available for events, tours & workshops; Membership is \$5.00 pa, download a membership form from the website.

Join local qualified male & female dance teachers for our exciting new Children's Culturally Inspired Contemporary Dance Group



Bring the kids along for fun evenings filled with different dance styles (contemporary, hip hop, ballet and cultural)

Boys and Girls of all abilities welcome!

When: Monday evenings 6.45pm—7.45pm

Who: Children 5 -12 years , \$8 per child per class.

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Classes will run to an 8 week term with a mini-performance for families and friends at the duration of each term.

Please phone 4340 1724 or email
admin@knc.net.au to register your attendance.

TLK Community College

Central Coast NSW
Suite 16, 1 Reliance Drive, Tuggerah T: (02) 43530017 F: (02) 43535960
Email: info@tlkcc.com.au Web:
www.tlkcc.com.au National RTO No: 90381

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs



Business Skills
Community Services
Children's Services



The delivery mode creates a relaxed, flexible environment for students and caters to people who have not studied or worked for a long time, people with a disability or people who may struggle with literacy and numeracy.

Study Locally in School Hours

Eligibility

If you answer "YES" to all four questions below then you are encouraged to apply:

- Are you 15 years old or over
- Living or working in NSW
- Have barriers to access assessment eg. financial hardship, disability, struggle with literacy and numeracy, at risk of not making a successful transition from school to higher education, training or work.
- An Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizen?

Course Fee

\$0.00 if eligible for Fee Exemption

\$80 if eligible for Concession

Fees are applied in accordance with Smart and Skilled and The Department of Education and Communities. The College will confirm fees on application.

Training Venue

Kariong Neighbourhood Centre, Tuggerah, and others.

Further Information

Contact the College on 02 4353 0017 or email info@tlkcc.com.au

***Childcare care is available onsite at some training venues.**

BOARD MEMBER REQUIRED

Kariong Neighbourhood Centre has a position available for a Board Member. If you have 2 hours every second month that you could contribute your time, expertise, leadership and management skills we would love to hear from you.

Please contact Fiona on 4340 1724 f
or more information

The XChange

Seventh-day Adventist Church



Barney's let down it hair – so to speak for the school holidays and we enjoyed Christian board games one week and a bible trivia day the next. We also held a working bee around the scout hall followed by a BBQ. Now we are back to our bible sleuthing – finding Jesus throughout the bible. Saturday night 1st August we have a family fun night planned – good old fashioned sock hop. Would love for you to join us. We are experiencing another AGAPE 14th & 15th August. Why don't you come? Find us on Facebook for more details.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you.

For more information feel free to contact us:

The Kariong XChange

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, experiments and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. You could even stay for a bit of lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

The Sling Shot - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm Ring for location. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.

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:

Tuesday – Thursdy 3-6pm Friday 4-8pm.



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. Access to free wifi 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.

Free BBQ Friday 28th August 5-7pm for all parents of young people in the area.

Come down and meet the youth workers and clinic staff. Get to know more about your local youth centre

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

NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH



**Youth GP Clinic DROP-IN,
NO APPOINTMENT NECESSARY**

The Hill Youth Centre is working in partnership with Youth Health to run a FREE clinic between 3pm and 6pm on Fridays for young people up to the age of 24.

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

Call Shirley at Youth Health for more information – 43569333

Are you looking for a venue for sports training, workshops or community activities?

The Hill Youth Centre has venue hire available for community groups, sporting clubs and education providers at reasonable rates. All rooms are air conditioned and have access to free wi-fi and kitchen facilities.

To enquire about our booking rates please e-mail

kariongyouthbookings@gosford.nsw.gov.au

or phone 4304 7039.



The Standpipe

Hi to All from your Brigade,

KARIONG RURAL FIRE BRIGADE



Hi to All from your Brigade,

Our call outs from May 19 2015 to July 15 2015 were a total of 39 Calls – False Alarms x 3, Fire & Explosions x 15, Good Intent x 2, Hazardous Conditions x 2, MVA/Rescue/EMS x 16 and Service Calls x 1.

Gee that cold snap has hit with a vengeance!!! Brrr. In winter, we tend to close up everything in our houses to keep the cold out and then put heaters, air conditioners on, connect our electric blankets and rug up. From year to year we store our heaters until we get cold and connect them to keep warm without conducting a little maintenance which could prevent a disaster. Please dust and maintain your heating appliances, check all electrical cords and gas fittings. Even your air conditioners need their filters cleaned from time to time and it only takes a few minutes.

Keep the Date free!!! Saturday September 12

We are opening the Station in the morning from 0900. Please come and join us for our **Get Ready Day**. There will be a demonstrations, watch the Members go through some training and do some maintenance on the trucks and breathing apparatus equipment in preparation for the coming fire season. Coffee and tea will be served.

We are in for a dry spring/summer (Fire Season – October 1 to March 31) The Bureau of Meteorology has advised that we are in a El Nino and it will remain until at least the end of the year. Above average daytime temperatures in the southern half of the country and below average rainfall over the eastern part of Australia are predicted.

Just a reminder of our informal program that we are offering. Come and join us for a light hearted low key workshop. The contents of the workshop include basic fire awareness around your home, demonstrations and a small amount of hands on activities. Please contact us on 4340 1694 or email kariongrfb@bigpond.com The Brigade is always in need of new Members. If you are interested to become a Member, pop in to the station to see what we do and have a chat with the men and women of our Brigade or phone 4340 1694 or 43402911. 2We train every Wednesday night from 1930 to 2100 and every Saturday morning from 0800 at the Station in Dandaloo Street.

Until next month stay Safe and Firewise.



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,
Corner Woy Woy & Milyerra Roads, Kariong**

Playtime – Tuesdays @ 10.00am – 12.00pm

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 - 2nd & 4th Wednesdays of the month
at 7.00pm – 9.00pm

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 7.30pm – 8.30pm

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 – 1.00pm

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

Other

Friends Group

Open to all - 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

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

The Federal Government has estimated that up to 75% of the areas with the fastest growing jobs will require STEM (Science Technology Engineering Maths) skills (The Educator, July 10 2015).



Kariong Mountains High School was designed with a focus on the Sciences in mind and is the State's only Bioscience specialist school. We are already set up to take advantage of this growth area. Students at KMHS have additional grounding in the sciences during Stage 4, helping to further develop their critical and creative thinking skills and in Stages 5 and 6, a range of options are available for those with an interest in pursuing these subject areas. Please contact the school if you would like more details.

Additionally, research is showing that involvement of girls in STEM subjects and hence, access to careers in this growing field, can be aided by having design projects available that exist outside the classroom curriculum. Makerspaces have the capacity to achieve just this.

A makerspace is a physical location where people gather to share resources and knowledge, work on projects, network and build. Kariong Mountains High School has joined the makerspace revolution and students will be able to work on projects in the library that help them to collaborate, connect and create.

Interested in seeing what this is about? Come to our next P&C meeting on 10th August at 7pm for a demonstration.

call out to the community from KARIONG OOSH



Do you have a washing machine that you don't want that is still in working order? We are looking to set up a small laundry to enable us to launder the children's hats, tee shirts etc. on a regular basis here at the Centre. We are also in need of a stainless steel sink, and a community minded plumber who would love to offer their services to help with this project. If you can assist with any of these items please contact Fiona on 4340 1724 or email us at admin@knc.net.au



KARIONG MEDICAL CENTRE

"Caring for Kariong"

New Doctor

We welcome Dr. Quang Le to the Kariong Medical Centre. Dr. Le is a full time Doctor working 8.00am – 6.00pm Monday to Friday. He had consulted at Central Coast Medical Practice in Gosford for 19 years and due to the closure of that Practice has relocated to Kariong. Doctors special interests include obstetric and gynaecology, minor procedures and skin conditions. Doctor Le currently bulk bills all patients.

Welcome back Dr. Dionne Bolla who has returned from overseas. Dr. Bolla is consulting on a casual basis. The staff will be able to advise you of the days she will be working.

Allied Health

Kariong Medical Centre offers the following health service providers by calling 43404444 to book an appointment.

Psychologist: Nigel Hudson. Nigel consults Monday, Tuesday and Wednesday. Please ask your Doctor for a referral if you feel the need to see him.

Podiatrist: Seleisa Duddy. Seleisa consults on Monday and Wednesday.

Dietitian: Rachael Peters. Rachael consults on the first Monday of the month.

For those new to the area

Kariong Medical Centre was established almost 30 years ago, and offers the local people of Kariong a professional and caring service. Bookings can be made by phoning 43404444 or online visit www.kariong.ipn.com.au or download the free GP4Me app on your smartphone.

Due to changes to the Medicare rebate Doctors do not routinely bulk bill. Children under 16 years are bulk billed. If you have a Centrelink pension card, health care card or are a student in higher education please discuss your fee arrangement with your Doctor.

Consultation fees are as follows:

Private Fees:

Consultation Level A: \$45.00 (Medicare rebate \$16.95)

Saturday: \$50.00

Consultation Level B: \$65.00 (Medicare rebate \$37.05)

Saturday: \$70.00

Consultation Level C: \$95.00 (Medicare rebate \$71.70)

Saturday: \$100.00

Consultation Level D: \$125.00 (Medicare rebate \$105.55)

Saturday \$130.00

Payment is to be made at the time of the consultation. We are able to submit your Medicare claim for the rebate online, and the rebate will be deposited into your account within 2 working days following the consultation.

Appointments

If you have multiple issues to discuss with your Doctor, please be sure to ask the receptionist to make a longer appointment for you.

Appointments must be made for each person attending a consultation. This will help Doctors to keep on time.

Etalong Beach Arts & Craft Centre Inc.

CLAY JEWELLERY WORKSHOP

SATURDAYS 8TH & 15TH AUGUST 2015

Time: 9.30 – 12.30

at

ETTALONG BEACH ARTS & CRAFT CENTRE
KITCHENER PARK

Corner Picnic Parade & Maitland Bay Drive
ETTALONG BEACH

COST: \$80 Plus Materials (approx. \$25)
To be paid to Tutor

Enquiries: Phone 02 4341 8344

or visit www.ebacc.com.au



facebook.com/EBACCINC



Australian
Breastfeeding
Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

BreastfeedingSupport **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, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome 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 4340 1724 or contact us at kariongabagroup@gmail.com

Australian Academy of Tai Chi

"Health & Relaxation"

TERM 2 CLASSES:

Wednesdays 9:00 – 10:00am

at Kariong Neighbourhood Centre
Contact Helen or Daniel on 0435 121 520
Suitable for all ages and abilities



Volunteers needed **for social inclusion programs**

Visit isolated individuals for social support ie:
chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY

Central Coast Community **Handy Contacts**

Call in to the Neighbourhood Centre to collect a brochure with a comprehensive list of local support services, some of which you will find listed below

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Disaster Recovery Line 1800 018 444
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919
- * Welfare Rights Centre 9211 5389

Above numbers are just a small excerpt from the brochure created by St Vincent De Paul in collaboration with NSW Police Force - Brisbane Water & Tuggerah Lakes Local Area Command.



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
Phone: 4340 0777 Mob: 0430 929 034

Local Dance School
All Ages
All Dance Styles

where dreams come Alive

Acro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lytcal

www.alivedanceacademy.com.au
 Ph 0407 259 001 alivedanceacademy@hotmail.com

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

The Courtyard Market
open every Sunday from 30 August
 9am to 2pm
 at 18a Railway Street, Woy Woy

Stallholder enquiries to
 cafemarketmanager@gmail.com or 0403-643108
 Follow us on Facebook & Instagram

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

Meiso Tora
 Martial Arts

Empower your Children and Yourself through MARTIAL ARTS

TRAIN FOR

- Self Defence
- Confidence
- Fitness
- Coordination
- Focus & Discipline

Classes held locally at
 Kariong Mountains High School
 Tuesdays and Thursdays

Mini Toras 6:00 - 7:00pm | **Kids & Adults** 6:30 - 7:30pm

BEGINNER NOVICE INTERMEDIATE ADVANCED

Please contact Natalie for more info
0468 511 619
meisotoramartialarts@gmail.com

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.

Bookings Essential

To register
Ring Kariong Neighbourhood Centre
on 4340 1724

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



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**



MARK WALKER PLUMBING

HOT WATER SERVICES
GAS FITTING
GUTTERS & DOWNPIPES
STORMWATER & TANKS
BATHROOM RENOVATIONS
GENERAL MAINTENANCE

**FULLY INSURED - 10% DISCOUNT ON
PRESENTATION OF AD**

0418 449 801 or 4342 6299 LIC NO. 25262C

PLEASE NOTE

**Justice of the Peace no longer at Kariong
Neighbourhood Centre**

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**



No Interest Loan Scheme

Have you lived in the local Gosford Area for at least
3 months? Are you on a low income? If so you maybe
eligible for a No Interest Loan.

The amount you can borrow will vary, depending on your income & your capacity to make repayments. The maximum is \$800 for entertainment items such as TVs/Stereos, & up to \$1,200 for essential items like white goods/furniture. NLS® may also be provided to meet other essential needs like health aids, car registration or education costs. NLS® is not for emergency relief, bond or rent money, living expenses or debt repayment. The limit for people on Newstart/Youth Allowance is between \$600 - \$800, to ensure we don't place anyone in financial hardship. The repayment period is usually around 12 to 18 months. There are no fees, charges or interest. Call 4329 4477 for further information/application pack. NLS® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.

CHECK OUT OUR RESOURCE LIBRARY

Have you seen our newly updated resource shelves
at the Kariong Neighbourhood Centre?

We have some great information
on a variety of topics including:

- Families - Seniors - Youth
- Health and Disability
- Mental Health
- Aboriginal & Torres Straight Islander resources.

Only \$2 a week per DVD for members, \$3 for non-members. Just drop into the Centre Monday to Friday, between 9am - 4pm to browse the library, collect a DVD or make a booking



NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

FREE PICKUP AND DROP OFF 7km Radius

- **Manufacturers' Log Book Servicing
- **Air Conditioning Re-gas, Repairs and Servicing
- **Tune ups ** Brake & Clutch repairs
- ** Batteries ** Shocks ** EFI Servicing
- ** Cylinder head and Engine rebuilding/ repairs
- **Diesel servicing and Repairs

Call Rachael or Belinda 02 4325 7133

5/401 Manns Road, **West Gosford**

(Entry via Grieve Close)

YOUR NEW LOCAL DENTIST



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

- HCF preferred provider.
- Child Dental Benefits Scheme, bulk billed.
- HICAPS claiming.

Phone: (02) 4323 4323

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

Beneath Masters Home Improvement, opposite the GP Super Clinic



CENTRAL COAST
SELECT
PROPERTIES

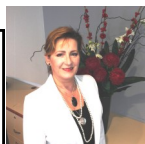


Do you have questions about Real Estate? Need answers?

Ask Hana 0437 401 009

You'll appreciate the difference

Suite 9, 482 Pacific Highway, Nth Gosford 2250
P: 4324 8486 F: 4337 6166
hvolarik@ccselect.com.au www.ccselect.com.au



"Always Fresh" **KARIONG** "Always Fresh"
QUALITY FRUIT

Telephone: 0400 292 220

We are longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday

Email us at kariongfruit2u@gmail.com



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-----



**5am Mon-Fri
6am Sat/7am Sundays**

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.



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

By George

Window Cleaning Services

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

BOVIS ROOF REPAIRS

(Lic. No. 10805)

- * All Roof Leaks & Repairs
- * Re-bed & Point-up Loose Ridge Capping in FlexiPoint
- * 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**



ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR
 DOMESTIC/COMMERCIAL
 ALL REPAIRS & SPECIAL
 EFFECTS

**FREE QUOTATION + WORK
 GUARANTEED**

Call 0408 917774 or 43400420
 Lic. No. 129863C

Frank's Roofing

For all your roofing needs
25 years experience

Whirly Bird Discounts - Leak Detection
 Downpipes & Gutters - Guard & Clean
 Skylights - Bed & Pointing

Free Quotes & Pensioner Discounts

LIC NO. 250241C
Phone: 0414 431 671

Hinterland REAL ESTATE

Ramsey Group

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

- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

PH 4340 1643

3 Mitchell Drive, Kariong



KARIONG
 Physiotherapy
 Centre

FoxyFit BOOTCAMPS

Karla Mansfield

0409 247 833

www.foxyfit.com.au



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



Better Health Practices



20 LANGFORD DRIVE, KARIONG
4340 5154

www.betterhealthpractices.com.au

- Chiropractic • Massage • Acupuncture
- Pilates/PT • Calmbirth Classes

Health fund accredited.

TAX HELP



Australian Government
Australian Taxation Office

WE WILL BE OFFERING TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE THIS YEAR FROM 3rd AUGUST. APPOINTMENT TIMES WILL BE MONDAYS AND WEDNESDAYS BETWEEN 10AM AND 12PM BY APPOINTMENT. PLEASE RING THE CENTRE TO REGISTER YOUR DETAILS. 4340 1724

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

**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/oMeet 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**



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

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

9.30am to 10.30am **During school term.** A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Parent Run Playgroup

Music, dance, exercise, toys, and craft All welcome.

10:30am to 12:30pm **During School Term**

Cost: Gold coin donation. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

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. **During school term.**

Beginners welcome

Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

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

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 Term**

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

Weight Watchers from 6.30pm to 8:00pm

www.weightwatchers.com.au Phone: 131 997

If you are interested in running a group or workshop at the Kariong Neighbourhood Centre please contact Fiona Simpson on 4340 1724 or email coordinator@knc.net.au

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 on the last Thursday of the month.

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

12:15pm to 2.00pm **During school term**

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome! Fortnightly 10.00am to 12 noon

During school term Contact kariongabagroup@gmail.com or phone 1800 686 268

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 19th August 2015

Please submit advertising to admin@knc.net.au

and Community Announcements to

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

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.