

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



April 2016

FOREMAN1 P R O P E R T I E S



Feature Listing!!!! 16 Hayter Close. Kariong

Tucked away at the end of a quiet cul de sac location and backing on to National park this thoughtfully designed home represents an outstanding lifestyle opportunity. Multiple living areas that capture an abundance of natural light all on a level 1059sqm parcel of land make this an ideal family retreat.

Call Bianca on 0430 929 034 or come in to the office at 7/4 Mitchell Drive, Kariong to find out more about this wonderful property.

APRIL 2016 VACATION CARE

Week 1	Monday 11.4.16 Kariong Tennis Courts \$60	Tuesday 12.4.16 Barbeque Party \$55	Wednesday 13.4.16 Balloon Show \$60	Thursday 14.4.16 OOSH Fitness Day \$55	Friday 15.4.16 Niagara Park Sports Centre \$60
Week 2	Monday 18.4.16 Star Wars Bricks For Kids \$60	Tuesday 19.4.16 Powerhouse Museum \$60	Wednesday 20.4.16 Aboriginal Cultural Tour \$60	Thursday 21.4.16 Mingara Play Centre \$60	Friday 22.4.16 Inflatable World \$60
Week 3	Tuesday 26.4.16 Movies At Ettalong \$60	<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>			

**NSW
SENIORS
FESTIVAL**

**1st – 10th April 2016
Find an Event - Be Involved**

www.nswseniorsfestival.com.au



Family & Community Services



Kariong Out of School Hours Care OOSH UPDATE

What a great first term we've had with the Kariong OOSH children.

We have been focusing lately on emphasising the importance of fire safety with the children, practising lots of fire drills and having large group discussions about vital safety procedures.

Special activities that focus on friendship, sharing and teamwork have helped reinforce to the children their sense of belonging and sense of being valued at our centre. Skills in sewing and weaving have been taught as well as some relaxation activities such as our kinetic sand and meditation experiences.

Another exciting activity has been our drama mornings where we explore stories through art and songs together.

The children have also been building up the anticipation for Easter with a big variety of art and craft projects together.

We look forward to welcoming our children to join us on many adventures during our Vacation Care Program so be sure to book in early to secure places.



Brandi and Nerida
Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561

ACTIVE PLAYGROUP



Wednesdays

10.30am - 12.30pm

**at Kariong Neighbourhood Centre,
10 Langford Drive, Kariong.**

**We deliver an educational program
developing social skills and school readiness
in a safe, happy and stimulating environment.**

come along and have some fun.

meet new families, share ideas

**Cost: \$4 members and \$4.50 non members
+ \$1 additional child**

Morning tea is provided Enquiries: 4340 1724

Jammin' Juniors !!

Friday's at 10.30



The first sessions of our weekly music hour have been a fabulous success with so many children, toddlers and babies joining in together with our songs, finger plays, dances and games.

It has been really wonderful to see the children's self-confidence grow as part of a big group and to see the smiles of enjoyment as they share the excitement with our enormous colourful parachute.

The Easter songs and dances have been fun to prepare us for this special time of year and we have also been learning the beginnings of number identification and basic subtraction and addition concepts through music too.

We hope to see many new faces come along to make new friends in their local area and join in with our musical fun and games.

All ages up to 6 years are welcome.

EACH FRIDAY 10.30 — 11.30am

Kariong Neighbourhood Centre

10 Langford Drive, Kariong

\$4.00 for first child, \$1.00 per additional child.

Inquiries: Nerida 0415906033



Parklands Community Preschool

is now taking enrolments for 2016

Parklands Community Preschool provides education and care for children aged 2-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation which is partially funded by the NSW Department of Education. We have been rated as EXCEEDING the National Quality Standards.

*Parklands Community Preschool - a great choice for you
and your child prior to starting school.*

Building 34 Mt Penang Parklands, Kariong

Ph. 43401342 Fax 43405742

email: parklandspreschool@bigpond.com.au



KARIONG COMMUNITY DRUG ACTION TEAM

Are you passionate about your Community and want to make a difference?

We are working together to educate and support people and families to minimise the effects of drugs and alcohol in our community.

We need YOU! ALL welcome!

WHERE: KNC 10 Langford Drive, Kariong

WHEN: Our first meeting will be May 9th Followed by 2nd Monday of every 2nd month (11th July, 12th September, 14th November)

TIME: 9.30am – 10.30am .

Please call Fiona on 4340 1724

*See more at: <http://adf.org.au>



Lifesaving Courses at Kariong Neighbourhood Centre
Hurry! Spaces Limited. Cheapest on Coast!

Manual Handling - May 2

9.00am - 11.00am - \$95

Provides participants with the basic knowledge & skills to apply the broad provisions of WHS Act regarding manual handling.

Asthma & Anaphylaxis - May 2

11.30am - 2.30pm - \$85

Nationally recognized course. Statements of Attainment (22282VIC) & (22099VIC) upon successful completion

First Aid Full Course May 30

Incl. CPR & Refresher) 1 day - 9.00am - 2.30pm - \$99 Possible to do CPR only (2 hours)

Nationally Recognised Statement of attainment HLTAID003 Provide First Aid (formerly HTLFA311A) Valid for 3 years

Enquiries: 4340 1724 or admin @knc.net.au

Kariong Neighbourhood Centre

10 Langford Drive, Kariong NSW 2250

A SUPPORT GROUP

for families and friends of those who are addicted to ICE

A confidential group for parents, partners and friends of ICE and drug dependent people. A fully qualified psychologist facilitator with years of experience will explain the facts and supports available. How to cope with your emotions, guilt, anger, depression and keeping yourself safe.

When: Commencing 1st April - 6th May

6 Weeks duration

Time: 10.00am — 12.00pm

Where: Kariong Neighbourhood Centre

10 Langford Drive, Kariong

Group Facilitator: Karen Clarke

(BA(Psych) MAPS, M Adolescent Mental Health)

Cost: \$5.00 per person per session

Light Refreshments provided

For more information or to book ring 4340 1724

Or email admin@knc.net.au

Providing Information and Support

BOOKINGS ARE ESSENTIAL FOR THIS GROUP.
CHILDCARE WILL BE AVAILABLE FOR \$5.00 PER CHILD



Mt Penang Parklands

A place for people to meet, celebrate, play and enjoy



NEWS & EVENTS

- Guriwu CCAMG's Cultural Family Camp..... 1-3 April
- Central Coast Cars & Coffee..... 24 April
- Century Challenge Cycle Ride..... 15 May
- Central Coast Ks for Kids..... 26 June

For more information on these events or to find out what's happening at Mt Penang, visit our calendar of events at mtpenangeventpark.com.au

- » **Off-leash Dog Area.** We've listened and we now have a permanent year-round off-leash dog area. Open daily from dawn to dusk (access off Parklands Rd and McCabe Rd).
- » **Sponsorship for the off-leash dog area** is being sought to provide secured fencing, litter bin and bag dispenser, seating, water tap with tub and a sheltered area. Please call us on 4340 1002 or email info@ccrdc.nsw.gov.au.



The Hill Youth Centre

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

The Hill Youth Centre

98 Mitchell Drive Kariong

Phone: 4304 7039 Hours Open:

Tuesday-Thursday 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.

EOI for Activity Leaders

The Hill Youth Centre is seeking Expressions of Interest from local sporting groups and businesses that would like the opportunity to operate classes such as Personal Training, Boxing, Karate, Muay Thai, MMA, and skills development for Football, Union or League at the centre. Public liability insurance for your business is required.

We will offer a reduced rate for operations run in the afternoon after school or for businesses which provide a scholarship for a disadvantaged young person.

We would like to maximise the use of the centre whilst providing quality programs for young people in your local community.

If you are interested in running an activity please contact

Michelle on 4304 7039 or e-mail

michelle.tilden@gosford.nsw.gov.au

We are looking for young people who are interested in performing at our next open mic night held on the 1st Friday of every month. If you sing, play an instrument or have formed a band contact us to register your interest.



National Youth Week is being held from 8th - 17th April and to celebrate we will be holding the annual *Kariong Sessions Skate Scooter and BMX* - comp on Saturday 9th April. There are 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 Umina on the 1st May.

If you would like to volunteer on the day please call Kariong Youth Centre.



It is that 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.

Since opening in 2010, we have consistently provided broad opportunities for students in subject choice, student voice and co-curricula options. Additionally, students have access to VET subjects and traineeships in Stage 6.

Our successes in the HSC (in particular, first in the State in Mathematics in 2014), 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). We operate a selective class and students are accelerated in the Sciences. (Details of this program are available by contacting the school).

As a new school we are not restricted by traditions that prevent change. We continually look to refine and develop better ways of nurturing our students and building their resilience in a safe, value driven, high expectation environment. Our new student services space, Nara Nunga, is one such example of a successful strategy for providing students with individual support, both academically and for resolution of any personal issues.

As a Bioscience/Technology focussed high school we are already delivering unique programs such as zoology, forensics and outdoor recreation, as well as programs that support STEM. From 2017 coding and robotics will be included, not just in our co-curricular subjects, but as part of our mainstream classroom experiences.

Sporting opportunities abound and we are renowned for our sportsmanship, whatever the end result.

Kariong Mountains is your great local school and can provide an enriching and positive learning environment for your child. Please call us on 43400246 to have any questions answered, or to visit the school and see for yourself what this looks like in action.

Anne Vine
Principal

DO YOU ENJOY WALKING AND HAVE A COUPLE OF DAYS EACH MONTH TO SPARE? WOULD YOU LIKE TO EARN SOME EXTRA MONEY? WE ARE LOOKING FOR SOMEONE WHO CAN DELIVER OUR NEWSLETTER BETWEEN THE 1ST AND 4TH OF EACH MONTH. IF YOU ARE INTERESTED, CONTACT THE CENTRE ON 4340 1724 OR EMAIL AT admin@knc.net.au

BROADBAND FOR SENIORS

Unlock The Digital World

Be a part of it



Get connected – Stay connected

Why not join one of our **FREE** Broadband for Seniors Courses?

Our courses are wide ranging and easy to attend. Tuesdays and Thursdays between 10.00 - 2.00pm.

Please ring our friendly staff to book a time.

- **Computer Basics**

Computer use, how a computer works, basic tasks, creating a file, printing, downloading digital images, photos, introduction to common Microsoft programs

- **The internet**

How to get online, search for your favorite subject.

Understand the different web browsers and how search engines work

Shopping and banking plus safety in the cyber world

- **Social Media**

You know the names, now learn about - Twitter, youtube, facebook, Instagram and Skype



**Come and learn the easy friendly way with us
At Kariong Neighbourhood Centre
10 Langford Drive, Kariong**

“Coming soon :

Windows 10 basics – stay connected for details”



Phone: 4340 1724 Email: admin@knc.net.au for more information or to book

Learning = Confidence, Enjoyment

Explore & Discover what you like

*A person centred, interactive 4 week workshop
For people with a disability
(carers & support workers welcome)*

18—60 years with a disability

ALL WELCOME

Thursdays — 5th, 12th, 19th & 26th May 2016

12.30pm — 2.30pm

All materials supplied • Refreshments provided

\$40 for the full workshop

Must complete the four weeks

**Clients
Get ready for
the
N.D.I.S**



With a skilled facilitator you will learn how to:

- * Identify what you enjoy doing?
- * What makes you feel good?
- * What is really important to you?
- * What you love, not what you need

Bookings essential before April 22nd



10 Langford Drive, Kariong

**For more information or to book please contact the
Centre on 4340 1724 Or email admin@knc.net.au**

Following this workshop you will have a ‘vision board’
to help you and your carer/support worker
to identify what YOU love doing

THE KARIONG PROGRESS ASSOCIATION



is an active local Progress Association made up of local residents who volunteer their time, knowledge and skills to help our local area in various ways. We have regular monthly meetings and we welcome any new residents or members who would like to get involved. Membership is cheap and easy, it helps our community and it keeps you in the loop of local issues, and activities that affect us all.

NOISE COMPLAINTS......the Police remind us that noise complaints can be made 24 hours a day... they find that some people think that noise complaints can only be made about noise at night....not so, noise issues can be reported at any time.

CONCERN ABOUT THE FUTURE OF THE KARIONG TENNIS COURTS

In last month's Progress Association report we mentioned that the Gosford Council is proposing a new 3-year Community License which would see the Council taking half the hiring income of the tennis courts. This could mean a doubling of the current hiring charges. We have pointed out to Council that all the current hiring fees go to the upkeep of the courts by the Progress Association. The hiring of the courts, and all associated administrative activity is carried out by volunteers, which does not appear to be understood by the Council.

No one came to the February meeting and we are relaying this information again in case you did not receive the 'Connection' in time. So if you find enjoyment at our tennis courts, and/or if you would just like to assist us in overturning this proposed, please join us at our next meeting.

MT PENANG HIGHWAY PRECINCT; the Progress Association has written to the Development Corporation asking when they intend to have consultations with the public regarding the proposals they have received for this development.

WOY WOY ROAD / LANGFORD DRIVE INTERSECTION; publicity recently from Council that they intend to request that the NSW Department of Roads and Maritime Services commit, with Council, to a 50/50 funding of the shortfall from the Federal Government's already allocated of \$675,00

Due to a computer glitch, the Kariong Crime stats for March 2016 will be held over to the next edition of the Kariong Connection.

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

TENNIS COURTS: You can book the courts for playing 7 days a week.

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

Next meeting: Wednesday 6 April 2016 at 7.30pm, and the first Wednesday of each month

Kariong Eco Garden Incorporated
Corner Dandaloo Street and
Woy Woy Road Kariong NSW 2250
(next to Tennis court 2)

Postal address: c/o KNC 10 Langford Drive,
Kariong NSW 2250 Phone: 0417 686 694

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

ABN: 13 852 216 759

Our **office hours** are:

Monday, Wednesday & Friday 10am to 12.30pm.

We are upstairs in the Arts Barn building. Drop in and become a member or renew your membership (\$5 per year).

Putting out the Welcome Mat for Wildlife

New series of free family friendly workshops about insects, frogs, reptiles, birds and bats. Starts on Easter Monday 10am-12noon. See website for details and dates. Funded by Local Land Services.

Bush Kids Kindy

Nature play for 2-5 year olds with a grown up.

For info and bookings:

<http://www.eventbrite.com.au> and search for Central Coast Bush Kids

Bush Care

Our regular Bush Care day is the 4th Sunday of each month 9.30am – 11.30am. Come and join in.

Toast of the Coast @ the Racecourse

Saturday 2nd April. Local community gardens are sharing a stall – come and say hello! Buy a beautiful Love Food Hate Waste tea towel.

Narara ECOBURBIA Festival

Saturday 16 April 9am – 3pm at Narara Valley High School We are having a stall – visit the worms
"making suburban living more sustainable"

What to plant in April?

Beans, Beetroot, Brussel Sprouts, Burdock, Carrots, Cabbage, Cauliflower, Celery, Chives, Cucumber, Endive, Kale, Leeks, Lettuce, Mustard Greens, Onion, Oregano, Parsley, Radish, Rocket, Silverbeet, Snow Peas, Spinach, Turnip.

Refer. www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday mornings 10am – 12.30pm. If you have a particular gardening talent or just like to potter please come and share with us. **All welcome.**



Clean up Australia day was a great success. A big thank you to all 18 wonderful volunteers. 43 bags of rubbish along with other items were collected on the day



"Leading provider of quality childcare since 1994"

Looking for quality childcare in Kariong?

Our smaller boutique family owned centre is a place where your child will feel safe, secure and supported as they learn and grow in confidence. They will develop long lasting friendships in a nurturing environment with our highly qualified educators.

**Offering education and care for children
6 weeks to 6 years.**

**Please phone Karan or Debbie on 4340 4351
to arrange an orientation visit.**

**1 Milyerra Road, Kariong
(corner Woy Woy Rd)**

www.littleangels.com.au

We would love to meet you and your family!

Taking enrolments now for 2016



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

**Please Phone Kariong Neighbourhood Centre
on 4340 1724 for an appointment**

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare
Family Law Divorce • Property & Parenting • Criminal Law
Driving Matters • Wills & Probate • Neighbourhood Issues

Please note Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.

Website: <http://www.katiesmithsolicitor.com.au/>



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?

**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.

Kid's Club @ 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

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.

**Girls Club – 1st & 3rd Wednesdays of the month
@ 6.30pm – 8.00pm**

Girls Club is for girls in Kinder – Grade 6, and meets fortnightly during school terms for craft and activities.

Thrive – 2nd & 4th Saturdays of the month @ 7.00pm
Thrive combines our youth and young adults ministries. Both groups meet fortnightly for bible study and activities.
**Heart 'n' Home - 2nd & 4th Tuesdays of the month
@ 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 @ 9.00am – 10.00am 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. Life groups are also held on other nights at various homes, please phone Pastor Jeff for more information.

Friends Group

Open to all - Meets regularly for meals, and interesting and fun outings.

Bloke's Business & Women's Coffee

Meeting bi-monthly on Saturday mornings (alternate months).

For more information phone Pastor Jeff on 0448 814 511.

www.kariongchurch.org.au

Facebook: Kariong Community Baptist Church

*Office: Cnr Woy Woy & Milyerra Roads,
Kariong NSW 2250*

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.)

Kariong Library will celebrate Seniors Week with a special event on **Thursday April 7th**.



Mr Andrew Church, who is Gosford's 2016 Citizen of the Year, will be the very special guest. He created the Interactive War Exhibition, which opened to coincide with the 100th anniversary of the Gallipoli landing in 2015. **He is passionate about helping people of all ages to understand the birth of the Anzac spirit.** Come along at 10.30 am on Thursday April 7th to listen and share with him over morning tea. To book please ring the library on 4325.8155.

Friday April 8th: Are you interested in researching your family history? The librarian will guide you through the process with a "How to Do" booklet. Please check the time with the library on 4325.8155.

Book Review Club meets at 10.00 am on the last Friday of each month. The books for review on **Friday April 29** are **After You** the second novel by Julie Buxbaum. Set in London it examines grief and the complicated nature of friendship and **The Lost Symbol** by Dan Brown. This is a thriller set in Washington, after the events of The Da Vinci Code.

Tuesdays at 10.30 for Storytime. The purpose of Storytime is to encourage a love of reading. This great programme is for children 3- 5 years, their parents, grandparents and carers – all are welcome.

Children's School Holiday Movies. These have always been popular and Friday 22nd April is the date for the next 2016 event. The movie will be appropriate for primary aged children and the title will be advertised at the library in the near future.

Thanks to Gosford City Library for the free movie, free popper and free popcorn. 7.00pm start. For enquiries and bookings please call 4325.8155.

Standpipe



G'Day everybody.

Here's some more snippets of news from Kariong Rural Fire Brigade.

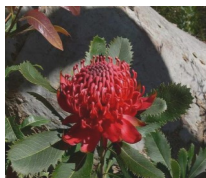
Well, the Bushfire Danger Period has come to an end as of the 31st of March and we now start moving into the cooler months of the year. Around this time of year the NSWRFs begin other programs such as carrying out as much hazard reduction burning as it can and in conjunction with Fire Rescue NSW we'll promote the Winter Home Safety program as well. This year a new campaign will be seen which will centre on your trusty smoke detector. Generally speaking it's been around ten years since the inception of laws requiring the installation of smoke detectors in all buildings. This year the message will centre around "ReAlarming" your home because the average life span of a smoke detector is around ten years and the emphasis will be on installing the newer photoelectric alarms. Don't get me wrong folks, a working smoke detector saves lives but it doesn't hurt to update either.

Now whilst I'm on home fire safety, the other things that you need to do before the cold weather hits is checking your heating appliances. And before anyone says, "This blokes been on about this before," The fact is that not only me but the fire services as a whole have. Look, it's this simple. Check the electric heater for frayed cords & cracked elements. If you have a gas heater make sure all the connections are tight with no leaks. See if your fire place needs the flue cleaned and the fire box tidied. Got an electric blanket? No worries because it only takes five minutes to go over it to check for serviceability, cracked or frayed cords etc. For more info on Winter Home Safety pop into your nearest fire station, log onto the internet or ring Gosford Fire Control on 43402911.

The bushfire season might be over folks but don't start chillaxing over home fire safety because it can be a real and present danger. Do your pre checks now and you'll be safely warm and toasty over winter.

Till next time, Stay Safe and be Firewise.

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 8th April, 2016** 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 10th April** members will be enjoying a bushwalk in Strickland Forest looking at and identifying plants.

Our speaker for this month will be Peter Olde, and his subject 'Grevilleas – Australia's Great Native Plant'. Peter is a Life Member of APS and co-author of the 3-book Grevillea Volumes. Our monthly meetings also include a 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 specimens brought in by members from their gardens. 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 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

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, 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 on the first and third Friday of each month, except public and school holidays at KNC from 10am to 12pm. Latecomers always welcome.

For more info ring KNC on 4340 1724 or contact us at kariongabagroup@gmail.com

HOMESTAY PROGRAM



NAISDA Dance College is looking for families to participate in the NAISDA Homestay Program for 2016.

NAISDA Dance College is a national Aboriginal and Torres Strait Islander dance college, a Registered Training Organisation, and a member of the Commonwealth Roundtable for Excellence in Arts Training; providing ground-breaking delivery in a Careers in Dance curriculum to Diploma level.

NAISDA students are known as 'Developing Artists' and they come from Communities throughout Australia.

We currently seek families to accommodate some of our Under 18 year old Developing Artists during their study here at NAISDA Dance College.

We want to be able to offer our Developing Artists family support in a safe and comfortable home, which promotes successful outcomes for our DAs as they study towards a career in Dance.

- Cultural and lifestyle exchange
- Provide a room / board in a safe home environment
- Working with Children Check undertaken
- Financial assistance provided

For more information contact: Sue Gosson
Human Resource Coordinator
(02) 4340 3100
s.gosson@naisda.com.au

BE WHO YOU WANT TO BE



The Central Coast Community College offers a wide range of qualifications in Accounting and Finance, Aged Care and Disability, Beauty and Massage, Leadership and Management, Health, Foundation Skills, Health and Safety, Information Technology and Training and Assessment, varying from Certificate II to Advanced Diploma. As well as offering the above, we still provide a number of Lifestyle and Leisure courses, including Languages, Cake Decorating, Origami, Ukulele, Acoustic Guitar, Creative Writing, Cooking, Photography and Website Design. We have recently invested in a new beauty and nail salon as well as upgrading our IT facilities to provide training in modern, state of the art facilities.

We are changing and so can you!

"To help our students achieve their potential we have different options for people to study with us, whether it be full time, part time, distance or online," said Mr Davis.

To find out more visit our website www.cccc.nsw.edu.au, email info@ccc.nsw.edu.au or phone us on 02 4348 4310.

Our vision is your vision and our mission is to help you be who you want to be in 2016. visit www.cccc.nsw.edu.au a and start planning for the new year, a new you!



Mondays 6.30pm – 8.30pm Gosford

Support for anyone affected by problem gambling

If you are experiencing negative consequences as a result of your gambling, or the gambling of someone close to you, this group is for you. **The Central Coast Gambling Support Group** provides a safe place for people to come together to support each other, develop friendships, share thoughts and ideas, obtain practical information from qualified Gambling Help counsellors, and learn coping skills to overcome the impacts of problem gambling.

The group will provide you with information to help you to understand gambling behaviour and the tools you need for recovery. Group members share their personal experiences; listen to short presentations; participate in learning activities, role plays, and discussions; and complete in-session exercises which they can practice at home.

The weekly group will commence on Monday March 7th from 6.30pm to 8.30pm at Gosford Bowling Club, 20 Dane Drive, Gosford. It is **free** to attend, but **bookings are essential**. Please contact Louise from Gambling Solutions on 43447 992 or Caroline from UCMH Counselling Services on 0408 679 351 for more information.

UCMH Counselling Services provide free Gambling Help counselling for anyone affected by problem gambling at various locations across Gosford. We also counsel at Kincumber Neighbourhood Centre on Wednesday evenings from 4.00pm to 8.00pm and on Saturday mornings from 9.00am to 1.00pm.

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

Lifeline shop

Quality second-hand clothing/furniture
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2/11 Brooks Ave Wyoming, 4324 4555
Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

TLK Community College
Central Coast NSW
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Information Technology - **Children's Services**

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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 e.g. 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

Further Information Contact the College

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

NUNGARA
Children's Culturally Inspired Dance Group

Boys and Girls of all abilities welcome

Male and Female teachers
Mondays 6.45pm—7.45pm
at Kariong Neighbourhood Centre
10 Langford Drive, Kariong
Children 5 -12 years , \$8 per child per class.
For information or to book contact 4340 1724

**Kurt's Lawn Maintenance
and Pest / Feral Animal Control**

Do you need help with any of the following?

- Mowing, whipper snipping, weed and pest spraying
- The control of foxes, rabbits, pigs, and wild dogs in accordance with National Parks standards. Chemical accreditation number: 3939228

Contact Kurt on 0429988441 - Prices start from \$25 per hour

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- M. 0428 497 160
- E. jenny.vile@oneagency.com.au
- F. jennyvileoneagency

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Daniel Smith 0429 729 417 or 0406 482 146
enquiry@outoftimeservices.com.au

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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**.

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

Health fund accredited
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Volunteers needed
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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
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CLASSES HELD AT KARIONG MOUNTAINS HIGH

KIDS - BEGINNERS - INTERMEDIATE - ADVANCED - ADULTS



Telephone: 0400 292 220

We are no 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



PLEASE NOTE:

Justice of the Peace service no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford 4340 1286

John Bain 4340 2860

Diane Merryfull 4309 0229

Tracie Gosling 0412 486 678

Pastor Jeff O'Derry 4340 5864 / 0448 814 511

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CLUBS

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

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.

Calls to this number from mobiles are free.

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.

Rotary

'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

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**

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



POLICE CONTACT NUMBERS



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

OPEN ACCESS

Internet and computer use available

at Kariong Neighbourhood Centre

During office hours 9am - 3pm

For information ring 4340 1724

From \$1.50 per half hour

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

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

Multiple Birth Playgroup

10:30am to 12:30pm **During School Term.** If you are a parent of twins, triplets or more, you might like to join this playgroup and get to know some more local families with multiples.

Cost: \$4 per family. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

Nungara—Children's Culturally Inspired Contemporary Dance Group

6.45pm—7.30pm

Cost: \$8 per child—**term and family discounts available**

E: nungara2250@gmail.com for more information

TUESDAYS

Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required.

The 2nd and last Tuesday of each month. 12.00pm — 1.00pm

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.

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

Directions Health 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.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. **During school term.**

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

Jammin' Juniors 10.30am - 11.30am each Friday **during school term**

New weekly music group for toddlers and young children.

Cost: \$4.00 for first child, \$1.00 per additional child

Enquiries: Nerida 0415 906 033

Australian Breastfeeding Association Meeting

All welcome! 1st and 3rd Friday of each month 10.00am to 12 noon

During school term . Contact kariongabagroup@gmail.com

or phone 1800 686 268

English Conversation & Coffee Group

10.00am - 11.30am **during school term.** Come along and meet new friends.

Practise your English in a friendly and relaxed environment

\$5.00 per person. Morning tea provided

SATURDAYS

Centre available for hire for events & children's birthday parties.

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 16th April 2016

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.

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*Free on-roads applies to new BMW X Range vehicles (excluding the all new BMW X1) ordered and delivered between 01/10/2015 and 30/11/2015 and includes 12 months registration and CTP and stamp duty but excludes dealer delivery which varies between dealers. While stocks last. Cannot be combined with any other offer. Excludes fleet, government and rental buyers.

How to catch out a scammer

Information provided by the ATO

The most common scam reported to us is where people are told they owe money to the ATO and it must be paid immediately. They can be threatened with arrest or court proceedings. In many cases, the caller can become hostile.

In the last quarter of 2015 there were nearly 10,000 phone scams reported to the ATO with approximately 450 people giving scammers their personal information and around 70 had been tricked into paying money.

When we're talking about these phone scams, the first thing to remember is while we do make thousands of calls to taxpayers each week, we would never call someone about debt in such a threatening manner. We would send an SMS or letter to remind you that a payment was due. If we didn't get a response from this, we would then call you to discuss the letter or an SMS about making a payment.

For more information on how to protect yourself from scams go to ato.gov.au/identitycrime.

If you or someone you know thinks they may have been victim to an ATO phone scam, contact us on **13 28 61**. If you do not speak English well and want to talk to a tax officer, phone the Translating and Interpreting Service (TIS) on **13 14 50** for help with your call.

For more information on general tax information in up to 25 languages visit: ato.gov.au/otherlanguages

