

THE KARIONG CONNECTION

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

KARIONG VACATION CARE XMAS 2015



December 2015

It's that time of year again when parents need to start thinking about getting organized for the Christmas Break. Rather than pay for a **full** family outing to provide entertainment for your child in the holidays, send your child along to our service (rated **EXCEEDING** by the Department Of Education) for **affordable** and social activities. Our fabulous team of educators offer children a wide range of exciting activities that cater to all ages. During all excursions and incursions, **safety is our number one priority**. Feel free to drop into Kariong Neighbourhood Centre, 10 Langford Drive, Kariong, to meet our staff, check out our fantastic play area and book your child into some exciting activities to help create special holiday memories. Phone now 4340 4561.



Week 1 December	<i>If for some reason e.g. the weather forces us to make a change to the Program, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>			Thurs Dec 17 Christmas Craft \$55	Friday Dec 18 Christmas Party \$55
Week 2 January '16	Monday Jan 4 Bricks 4 Kids \$60	Tuesday Jan 5 Aboriginal Heritage Day \$50	Wednesday Jan 6 Water Sports \$55	Thursday Jan 7 Kids HQ \$60	Friday Jan 8 Kariong Park \$55
Week 3 January '16	Monday Jan 11 Movies \$60	Tuesday Jan 12 Lake Macquarie Park \$60	Wednesday Jan 13 Video Game Theatre \$60	Thursday Jan 14 Kindifarm \$60	Friday Jan 15 Pyjama Day \$55
Week 4 January '16	Monday Jan 18 Art Barn \$60	Tuesday Jan 19 Intencity \$60	Wednesday Jan 20 Mexican Day \$55	Thursday Jan 21 Reptile Day \$60	Friday Jan 22 Fork 'n' Knife Day \$60

DREAMING ABOUT A WHITE CHRISTMAS?



ONLY
\$690

GIFT VOUCHERS AVAILABLE

Save \$60 off our already reduced rate of \$750 when you book for your Philips Zoom whitening in November and December.

No time to come in before the end of the year? No problemo! Just make an appointment now at this extra special reduced rate and come in any time - there's no expiry date on this offer.

Our new dentist Dr AJ, or our senior dentist Dr Elizabeth Kerr, will brighten your smile at our Kariong clinic or come and see us at our East Gosford clinic.

Our clinics are open 7 days a week, offering a full range of dental services to care for your teeth today and keep them in the best possible shape for the future. Make the 2015 holiday season whiter and brighter by going to www.vcdental.com.au to find out more.





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

ACTIVE PLAYGROUP

Our last term at Active Playgroup has been governed by the rainy weather of late!!!

Even though we have had to spend a lot of time indoors, the children have all been enjoying a range of art and craft activities and fun socialising together nonetheless!!

Hopefully the upcoming weeks will have lots of sunny weather to enable us all to make the most of our stimulating outdoor area with extra physical fun together.

Our focus on our school readiness language and music group times has been helping to prepare the children transitioning to school by promoting their cooperative skills and confidence in front of a group.

We will miss the children as we farewell them off to the big schoolyard and wish them the very best in the next exciting phase of their lives. We look forward to celebrating the festive season together as a group with a variety of Christmas activities and we welcome new faces to come along, share a weekly friendly gathering and morning tea together whilst the children explore and make new friends.

Enquiries: Nerida 43404561



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.

We will be hosting an open mic night at the Centre on Friday 11th December coinciding with our Christmas party. All young people and their families are welcome to attend. We are looking for young people who are interested in performing, if you sing, play an instrument or have formed a band contact us to register your interest.

The Centre will close for Christmas on Friday 18th December at 4pm and reopen on Tuesday 12th January at 12pm for our school holiday program.

Kariong Youth Centre staff would like to thank the community for their support in 2015. We wish you a safe and happy Christmas and all the very best for the coming year.



Meiso Tora Martial Arts

0468 511 619

**CLASSES HELD AT
KARIONG MOUNTAINS HIGH**

KIDS - BEGINNERS - INTERMEDIATE - ADVANCED - ADULTS



Christmas Disco-Ability

All children aged between 5—13 years are invited to attend

THE DRESS UP THEME is "Christmas in the tropics"

The best dressed wins a prize

"You must register and purchase your tickets by the 27th November"

LIMITED TICKETS AVAILABLE! Tickets sold out last disco

**Where: 10 Langford Drive Kariong,
When: Friday 11th December 2015
Time: 7.00pm till 9.00pm**

**Cost : \$10.00 per child
this includes slushies and a hotdog**

**An awesome night with D.J Magoos, prizes,
disco lights, dress ups and a photo booth.**

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



BOOKINGS ESSENTIAL



CENTRAL COAST
2015
CHRISTMAS FAIR
SUNDAY DEC 6th
Mt Penang Gardens Kariong

150+ stalls - xmas food - Santa kids zone - live music - ponies magician - circus show
free facepainting - Big Yellow Bus Six String Brewery bar
Julie Goodwin book signing
9D Cinema Experience
Ronald McDonald House Show & MUCH MORE!!

9am-2pm
FREE ENTRY & FREE PARKING

fixevents.com.au

proudly presented by

A CHRISTMAS FESTIVAL

Carols BY SUNSET

ON

Saturday 5th December 2015
Kariong Public School

Market Stalls, Demonstrations, Amusements and Food
Gates Open at 3:00pm Carols 5:00pm to 6:30pm

Entrance by gold coin donation.
Proudly brought to you by

2015 Central Coast Annual Christmas Tree Sales

Supporting Grandparents Raising Grand-children & other Rotary Projects

DECEMBER 5th & 6th
Also 12th & 13th
7am—until SOLD OUT

7 Sales Locations:

- Bateau Bay Golf Range—The Entrance Road Bateau Bay
- WOY WOY—Commuter Car Park
- Fagans Park—Point Clare
- Ourimbah—Walmsley Rd, Pacific Hwy
- Rotary Park—Terrigal Drive
- Gosford Race Club—Cnr. Central Coast Hwy & Race Course Road
- Wyong Leagues Club—Kanwal

Beautiful thick Christmas Trees

Rotary Clubs—
Erina, Kariong-Somersby
Northlakes Toukley
Woy Woy

Rotary

Phone: 0499 042 864
www.centralcoastxmastrees.com.au

Kariong Progress Association



NOTE FOR YOUR DIARY —

WEDNESDAY 2 DECEMBER 2015

Kathy Smith, local State government MP will be our guest at the December meeting.

Everyone is welcome to come along and discuss either your local or State issues

Mt Penang Highway Precinct and the Langford Drive / Woy Woy Road intersection: no action on these two matters at present, but we will revisit these in the New Year.

Unchained Dogs (again!) in some editions of last months newsletter we mentioned that there is nowhere in Kariong designated for dogs to roam free when out being walked with their owners.

In fact there are two places in Kariong that provide off-leash exercise areas for dogs.

One is the south side of Peppermint Park (that's the right hand side of the Park as you come up Langford Drive heading towards Woy Woy Road.)

The other is a smaller recreation area on Currunga Road (beside the Scout Hall.)

On or off leash dogs must always be under the effective control of the individual out walking them.

The original concern a couple of months ago of dogs running loose was in the Mt Penang Parklands, but now it has extended all over Peppermint Park, and the bushland running at the side of Truscott Avenue, particularly early morning. So please keep your dog(s) on their leads.

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
3	0	4	0	1	0

Still low in comparison with this time last year, which is a continuing pleasing trend.

Police patrols of the Kariong Estate continue with Highway Patrol cars and bikes are on their way to and from their M1 duties.

Police advise that they are currently targeting Brisbane Water Drive, which seems to have had an increasing number of speeding incidents recently.

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.

Next meeting:

There will be no meeting in January, but back again on Wednesday 3 February 2016 at 7.30pm.

The Progress Association wishes all Kariong residents a safe and happy Christmas and holiday period.

A Free ICE Presentation and stepping forward session for the Community.

"Family Drug Support has helped thousands of families survive this ordeal. Whatever happens, you will be glad you came along".

Topics covered will include:

- What is 'ICE' and how it affects us?
- Coping skills for families impacted by someone's drug use

WHEN: 7pm to 9pm 23rd March, 2016

WHERE: KNC 10 Langford Drive Kariong

Bookings are essential R.S.V.P by March 3rd

Ph.4340 1724 or email: admin@knc.net.au

This presentation will be followed up by a confidential weekly support group. Facilitated by a qualified group leader, many resources will be provided.



**ENGLISH CONVERSATION GROUP
COFFEE MORNINGS**



Is English your second language?

If you would like to become more confident with everyday English why don't you join our

'Just Talk' English Conversation

Coffee mornings / Classes

Build your vocabulary and speaking confidence and make new friends.

Practise English in a relaxed and friendly environment.

When: Starts February 2016

Time: Every Friday, 10.00am—11.30am

Where: Kariong Neighbourhood Centre
10 Langford Drive Kariong

Cost: \$5.00 - Morning tea provided

For more information email : kariong@hotmail.com or admin@knc.net.au or ring the Centre on 4340 1724



"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: 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



When we think of the message of Christmas, there is always one verse that comes to mind.

John 3:16 has often been called "the heart of the Bible" and "the gospel in miniature." It especially expresses the true meaning of Christmas – the reason Jesus came into this world. Consider these simple, powerful words: *"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have everlasting life."* John 3:16

This Christmas, why don't you make a decision to receive the greatest gift there is – a personal relationship with Jesus Christ. He will give you forgiveness of sins, joy beyond measure, and eternal life with God in Heaven. To receive the greatest Gift, simply confess that "Jesus is Lord," and believe in your heart that God raised Him from the dead, and you will be saved (Romans 10:9).

Kariong Baptist Church would like to wish everyone a wonderful Christmas and a joyful holiday season. We would also like to invite you to our Christmas Day Service on December 25th at 9:00am. We meet at the Kariong Public School Hall (Truscott Avenue entrance). Why not find yourself in church this Christmas?

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.

For more information phone Pastor Jeff on 0448 814 511, or visit our website: www.kariongchurch.org.au

Saturday Morning Workshop



Ukulele Beginner's Workshop

Suit people that have never played before. Don't own a Ukulele – No Problems, Ukulele and training material supplied.

Learn the history of the Ukulele, what are the parts on a Ukulele and the notes that the strings tune to. Learn how to tune a ukulele, what strings to play and what fingers to use – Most importantly, learn up to 8 basic chords and to play songs in this 2 hour workshop. This is an ideal beginner's workshop for new players before progressing to our learners program which is set at a slower pace over 8 weeks and commences in February 2016.

Suit Ages 8- 99 Children should be accompanied by an adult.

Where: Kariong Neighbourhood Centre
10 Langford Drive Kariong

When: Saturday 9.30 am – 11.30am 12th December 2015

Cost: \$25.00. For a 2 Hour Workshop
(handouts and song sheets provided)

Bookings required: Phone (02) **4340 1311**
(after hours **0419 217 006**)

or email **debi29@bigpond.com**

Call or email NOW to reserve your booking, Places filling fast

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

- * Central Coast Mental Health Service 4320 3170
- * Central Coast Community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * Family Referral Service 1300 006 480
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919

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.

Kariong Library Action Group

The Library will close from Wednesday 23rd December until Tuesday 5th January 2016.

2015 has seen a real growth in membership of the Kariong Library Book Club and the Kariong Library Action Group wish all readers peace and joy at Christmas and thank you for your loyal support throughout the year. If you enjoy reading and good company please join us. The first meeting next year will be held on Friday 29th January 2016 at 10 am and will be followed by morning tea.

The January books are;


Bamboo and Blood is written by American **James Church**, and is the third volume in an intriguing detective mystery series set in North Korea. James Church is a former western intelligence officer who has wandered through Korea for years.

Cutting for Stone a first novel by Abraham Verghese, an Ethiopian-born doctor, who sets the beginning of this story in Addis Ababa.

May you have many hours of happy reading in the New Year.

Children's School Holiday Movies. These have always been popular and Friday 22nd January is the date for the first 2016 event. The movie **The Croods** is a 2013 funny American animated adventure film. A fabulous family living in the caveman/Flintstones era. Thanks to Gosford City Library for a free movie, free popper and popcorn. 7pm start. For enquiries and bookings please call 43258155.

Storytime returns in January 2016 on Tuesdays at 10.30. On Tuesday 19th January there will be a **special science storytime on volcanoes** for children aged 5 – 10 years. Time 10.30 until 11.30 and its free.



HURRY!
Classes fill quickly due to popularity.

NUNGARA
Children's Culturally Inspired Dance Group

Term 4 Bookings now open!
Boys & Girls all abilities welcome.
Male & Female teachers. \$8 per class.
Mondays 6.45 -7.45pm.
Kariong Neighbourhood Centre Phone 4340 1724

Standpipe



G'Day folks. I'm back again with some more news from Kariong Rural Fire Brigade.

The last time I wrote this newsletter we were in the midst of a heat wave. By the time the Connection came out we were in the middle of two weeks of rain. And now, we're about to experience another blast of heat so, as I said before folks, you just can't pick the weather.

Never the less, I want to raise another issue with you all which is straight out of the Bushfire Survival Plan, which is being prepared. Here's another question for you..." What's it mean to be prepared?" The BSP covers all that however, you need to understand what it means and to what level you're prepared to go to. A lot of times, folk say that they would rather "stay & defend" and that's a BIG call to make and unless you're ready for what's coming at you and what you need to do prior, then having a well-defined plan for you and your family is vital. Even if you decide that you'd rather leave early, that still comes with another level of preparedness that you need to be aware of because in a time of crisis, decision making is a lot harder than when it's quiet. I can tell you, working out a BSP will make all the difference because when the "proverbial" hits the fan at least you'll have an idea of what to do. Bushfire Survival Plans are available from your nearest fire station or the Emergency Operations Centre on Woy Woy Road or call 43402911 to make an enquiry.

During November, the brigade attended the Central Coast Kids Day Out held at Kariong Mountains High School. It was a great event for everyone and being a warm day, we were popular when it came to hose drill. Just about everyone had a turn at using the fire hose (and giving the grass a bit of water as well) and going through the trucks. There was lots to be seen both from the RFS and Fire Rescue NSW and I'm sure a lot of people came away better informed.

Lastly folks, on behalf of Kariong Rural Fire Brigade and indeed all the firefighting fraternity, have a safe, enjoyable and prosperous Christmas & New Year. Remember....Stay safe and be Firewise.



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. So if you are looking to improve your skills or change career, why not consider us?

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!

Jonathan Davis, Executive Director of the College is excited about the college's future. Our vision is to:

Raise aspiration

Achieve potential

Enjoy success

"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.

Start planning for the new year, and a new you!

Visit www.cccc.nsw.edu.au and start planning for the new year, a new you!

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** - (Tuesday PM only)

The XChange

Seventh-day Adventist Church



You are going to love what is happening the end of the year at The Xchange

5th December 9:30am

Christmas caroling at Orana Nursing home

19th December 10:30am Family Church – Crafts, games and food

Come and Join in the fun with us. We would love to have you!

For more information feel free to contact us:



The Kariong Xchange

www.kariongxchange.org.au

Ring Lesley on 4340 2872

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.

Do you have any spare red or green wool that you no longer need? Our Out of School Hours Care would love to take it off your hands for the children to use for Christmas Craft. Just drop it into the Centre Monday to Friday between 9.00am and 4.00pm



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



**Australian
Breastfeeding
Association**

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 Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 12th February, 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 14th February** 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 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 4365 5049

Lifesaving courses with



**Kariong
Neighbourhood
Centre**

**Best \$
value on
the coast**



**Hurry!
Spaces Limited
Register now!
Convenient Location**

**All courses include a FREE
Managing Mental Health
session.**

March 14 **First Aid (Incl. CPR & Refresher)** Course provides the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. Note: Possible to do CPR only (2 hrs).
Nationally recognised Statement of Attainment. Valid for 3 years. HLTAID003

May 30
ONLY \$99
May 2 **Manual Handling**
ONLY \$95 Provides participants with the basic knowledge and skills to apply the broad provisions of WHS Act regarding manual handling. It will also familiarise participants with the Manual Handling Code of Practice.

May 2 **Asthma & Anaphylaxis**
ONLY \$85
Asthma: Learn to recognise and respond to a life threatening allergic reaction. Learn to administer either the casualty's own asthma bronchodilator medication or the organisation's asthma first aid equipment. Receive Statement of Attainment 22282VIC upon successful completion.
Anaphylaxis: Learn to recognise a life-threatening allergic reaction and competently administer adrenaline via a preloaded injecting device. Receive a Statement of Attainment (22099VIC) upon successful completion.

**Enquiries & Bookings: 4340 1724 or admin@knc.net.au
Kariong Neighbourhood Centre, 10 Langford Drive, Kariong
www.knc.net.au**

**australian
LIFESAVER
training**



It's that time of year again. December has come and with it all the end of year and Christmas festivities. The holiday season brings together family members and friends to catch up, share meals, play games and celebrate together. There's Carols by Candlelight, lights in the garden, gifts under the tree; there's traditional lunches of ham and roast turkey mingled with BBQs, prawns and seafood; and there's the boxing day cricket at the MCG as well as the Sydney to Hobart Yacht Race. Christmas in Australia is a time of shopping, sport, sun and fun.

Christmas is also one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute organising and travelling, and the heightened expectations of family togetherness can all combine to undermine our happiness over the holidays.

During the festive season we can feel under increasing pressure to spend. But great gifts don't need huge budgets. You could offer to babysit, mow someone's lawn, or make a handmade gift. Use your creativity to save your bank balance—you'll be surprised at how people respond to a gift that has taken personal energy rather than personal investment.

While we love our family and accept their foibles and quirks dealing with difficult behaviour can be stressful. If someone is annoying you breathe deeply and rise above it. Be realistic. The holidays don't have to be perfect or exactly like last year. As families change and grow, traditions change as well. For example, if your adult children can't come to your house, find new ways to celebrate together, such as Skyping or making videos. Remember it's your Christmas too so breathe, try to relax and have fun, laugh and be merry.

The staff at UCMH Counselling services wish you a joyous holiday season and a new year that brings you many moments to cherish.

Lifeline shop

Quality second-hand clothing/furniture
books & now craft mornings

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

**FREE
FAMILY LAW CLINIC
With Katie Smith
Commencing in January 2016**

At Kariong Neighbourhood Centre
10 Langford Drive, Kariong NSW 2250



**Appointments Available
Mondays 5-7pm and Thursdays 9-11am
(Availability according to court appearances)
Bookings Essential
Please Phone: 02 4340 1724**

30 Years Experience in:
Family Dispute Resolution/Mediation
Child Welfare
Family Law Divorce, Property & Parenting
Criminal Law
Driving Matters
Wills & Probate
Neighbourhood Issues

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

Central Coast NSW
Suite 16, 1 Reliance Drive, Tuggerah
T: (02) 43530017 F: (02) 43535960

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs

Information Technology - 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 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



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**



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




ALL PAINTING SOLUTIONS
 INTERIOR/EXTERIOR
 DOMESTIC/COMMERCIAL
 ALL REPAIRS & SPECIAL EFFECTS

FREE QUOTATION + WORK GUARANTEED

Call 0408 917774 or 43400420

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



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



KARIONG
 Physiotherapy Centre

PH 4340 1643
 3 Mitchell Drive, Kariong

Better Health Practices



Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
4340 5154
www.betterhealthpractices.com.au

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

Health fund accredited.
Medicare plans accepted

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

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




AUTHORISED
SERVICE



JAMIE BERESFORD

5/401 Manns Road,
West Gosford NSW 2250
(entry via Grieve Close)
Ph: **(02) 4325 7133** Fax: (02) 4325 7166
Email: nationwideauto@bigpond.com



www.nationwideauto.net.au | ABN 93 114 368 106




Questions about Real Estate?
Come and ask Hana at Kariong Neighbourhood Centre

MEET WITH HANA on the first Tuesday of the month
between 10 and 11am at Kariong Neighbourhood Centre,
or call Hana on 0437 401 009

SELECT PROPERTIES Suite 9, 482 Pacific Highway, North Gosford, 2250
P: 4324 8486 F: 4337 6166 E: hvolarik@ccselect.com.au
www.ccselect.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
ALSO AT EAST GOSFORD



Langford Dr
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 ONLY LOCAL AGENTS IN KARIONG!

- Bianca Foreman and her team are all Kariong based and carry a wealth of local knowledge
- We can assist with all your real estate needs – Sales & Rentals
- Conveniently located in Kariong's main shopping centre next to the General store

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



Local Dance School
All Ages
All Dance Styles

where dreams come Alive

Acro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrfol



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

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

Or 43401825



YOUR NEW LOCAL DENTIST



RIVERSIDE dental spa

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



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 Currunga Rd, Kariong.

KT's Bistro

Under New Management

AT KARIONG TAVERN

Classic Pub Menu
\$10 Tuesdays - Selected menu items
Sunday - all children's menu half price
Take Away available

Open Lunch Tues to Sunday
Dinner 7 nights a week

Phone: 0466 363 466



"Always Fresh" KARIONG QUALITY FRUIT "Always Fresh"

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



KARIONG QUALITY MEATS

Prize winning sausages & burgers available in Kariong
Take something special home for dinner today

- NSW STATE WINNER Poultry & Australian Lamb sausages
- Delicious ready made meals



Shop 1/Arunta Ave, Kariong Phone: 4340 1064

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-----



ABN: 71 634 673 252

- * Lawns *Gardens *Hedges
- *Rubbish Removals *Pressure Cleaning
- *Fertilising *Turfig *Weed Control
- *Ride On Mowing

- *Fully Insured
- *Servicing Kariang & Surrounds
- * Local Kariang Residents with over 15yrs experience
- *SAME Day Quote

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

Don't let yourself run "Out of Time" call us for reliable, fast service.

Are you looking for a new Dog Groomer???

Fetch Grooming has expanded, now with two fully equip trailers still with the perfection respectable reputation Shannon has always maintained now has more appointments - call today

0400 403 411

www.fetchgrooming.com.au

WAREHOUSE TO SHARE

Well set-up warehouse in Kangoo Road, Somersby with excess space in warehouse & office . Fully palletised clean environment with forklift. Looking for similar business to share with.
Call Rob 0403 25 11 55.



Spiltink Creations



Expressions of Interest...

Girl's Journaling Club.

Are you concerned about the future impact Social Media will have on your daughter/s?

I am a Mum in this predicament, and have chosen to dedicate my time and creativity into helping young girls to maintain or begin their love of pen & paper. Feelings and thoughts are sometimes better written than spoken or shared. The journals are a fun way of teaching this.

My current class has been running for almost a year, and the girls have grown so much and just love the small class sizes. The classes are run in Kariang.

Every Monday & Tuesday fortnight from 4-6pm.

\$15 per class with an initial set up cost of \$45 for journal and accessories.

Age groups are 8-10 years & 10-12 years

Limited places of 5 per class so get in fast and secure your spot.

Phone Kathy on 0432 221 276

Fully Insured

BROADBAND FOR SENIORS

funded by the Australian Government

Come and Join the Online Community

8 Free Lessons

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 Kariang Neighbourhood Centre
on 4340 1724**

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

CLUBS



'Fun - Friendship – Fellowship' in your Community?
 Work, Leisure & Travel ?
 Then join your local Rotary Club
 contact Kerry Bayliss on 43 404 529

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

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

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>

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 **Teresa 0408 606 154** for details

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



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.



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

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

Nungara—Children's Culturally Inspired Contemporary Dance Group 6.45pm—7.45pm

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

E: admin@knc.net.au 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.

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.weighwatchers.com.au Phone: 131 997

THURSDAYS

Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.

Bring your own project or learn new skills. All welcome,

Thursdays, 9.30am to 12 noon weekly. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, Specifically for those that are needing some company.

The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings 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 20th January 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.

MORE X, LESS WHY.

FREE ON-ROADS* ACROSS A SELECT RANGE OF BMW X VEHICLES AT WORTHINGTON BMW.

Worthington BMW

Sales
Finance
Service
Parts



The Ultimate Driving Machine



During the BMW X Drive, you can take advantage of free on-roads* across the BMW X Range. Showcasing the power of the latest generation of BMW TwinPower Turbo engines, the innovations of BMW ConnectedDrive, as well as a striking presence both on and off road, now is the time to start living with more X and less why.

Visit Worthington BMW and arrange a test-drive before November 30.

FREE ON-ROADS*

- Free 12 months Registration
 - Free 12 months CTP
 - Free Stamp Duty
- Excludes Dealer Delivery

THE BMW X DRIVE
ENDS NOVEMBER 30

Worthington BMW Cnr. Central Coast Hwy & Kangoo Rd, Kariong, Gosford. Ph 1300 179 754. worthingtonbmw.com.au DL 16016

*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.

FOODWORKS

Another win for Kariong...

Foodworks
National Small
Store of the
Year Award
2015

and to celebrate
we are offering
large Slushies
for only \$1
on **BRAIN
FREEZE
FRIDAYS**
during
the Xmas
School Holidays!



4/5 Mitchell Drive, Kariong
Phone: 4340 0957

Our friendly award winning Kariong team