

# 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 1

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



February 2016

**CEDRIC BURNSIDE PROJECT (USA) · THE BACKSLIDERS  
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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.

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- Free 12 months CTP
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- Excludes Dealer Delivery

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**ENDS NOVEMBER 30**

Worthington BMW Cnr. Central Coast Hwy & Kangoo Rd, Kariong, Gosford. Ph 1300 179 754. [worthingtonbmw.com.au](http://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.



## **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**



## **OOSH UPDATE**

### **Vacation Care news**

The standout favourites of our Dec/Jan Vacation Care program were our adventures up at Lake Macquarie Park with all the fabulous water features and climbing challenges, our exploration of Kids HQ at Wyong and also our visit to Intensity and the Dragon's Door Chinese Restaurant at Erina. Other activities at our centre included cooking lessons from the Fork and Knife Deli, meeting Kindifarm animals and wet and wild play on our enormous water slide and jumping castle.

An **enormous** thank you to the Arts and Crafts group that meets each Thursday at the Neighbourhood Centre for their exceedingly generous donation of \$500 to enable us to purchase a new washing machine!!

Feel free to drop in to our centre to meet the staff and check out our program of activities.

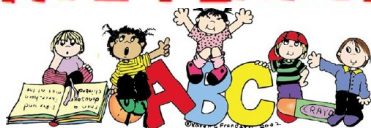
### **VACANCIES FOR 2016 AVAILABLE**

**Brandi and Nerida**

**Kariong Neighbourhood Centre**

**10 Langford Drive Kariong Phone 4340 4561**

## **ACTIVE PLAYGROUP**



**Our very popular playgroup resumes on Wednesday 3rd February**

**10.30am - 12.30pm**

**at the 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: Nerida 43404561**



**HURRY!**  
Places fill quickly  
due to popularity

## **NUNGARA Children's Culturally inspired Dance Group**

**Term 1 bookings now open!**

**Boys and Girls all abilities welcome  
Male & Female teachers. \$8 per class**

**Mondays 6.45pm – 7.45pm**

**Kariong Neighbourhood Centre Phone 43401724**



## A FREE! Presentation on ICE and Helping Families Cope

*This presentation is designed to provide information to families, relatives, partners and carers of those with addictions to ice and other drugs.*

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

This presentation will be followed up by a confidential weekly support group facilitated by a qualified group leader. Resources will be provided.



### 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 2<sup>nd</sup> month  
 (11th July, 12th September, 14th November)

**TIME:** 9.30am – 10.30am

The aim of this group is to acknowledge that drugs and alcohol are affecting our community. We need to look at ways that may assist people to be more in control of their lives. We need to support families and community members in these challenges. We are open to new ideas and approaches.

ICE is a major issue in our community and we have 2 activities organised for the beginning of the year:

- **A presentation on ICE and drug addictions.**  
*\*See ad above*
- **A 6 week support group for family and friends of ICE users - with a trained facilitator.**

**Please call Fiona on 4340 1724**

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

## Exploring End of Life Group (A new group for the Community)

We are offering those in our community who are directly or indirectly affected by issues relating to "end of life", a gentle space to gather and connect to share openly and honestly about their experiences and thoughts about death and dying.

Talking about death and dying, whilst challenging for some people, can bring about heart and mind-opening changes within us. Sometimes by exploring end of life, we even learn to love and live more fully. Almost anything is possible when we sit with and explore our own and our loved one's mortality. There will be no set agenda, but a safe space will be provided.

**When:** Tuesdays - 1st, 8th, 15th and 29th March 2016

**Time:** 11.30am-2pm

**Where:** Kariong Neighbourhood Centre

**Cost:** \$40 for 4 weeks or \$10 per session

*"Just as talking about sex won't make you pregnant, talking about death won't make you dead."*

Gypsy Artemis is a local Death Doula/Midwife, warrior for social change around death and dying, Death Cafe facilitator, Central Coast End of Life Collective Founder, artist and mother!



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

### First Aid Full Course - March 14 & 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

### 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

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

**Kariong Neighbourhood Centre**

**10 Langford Drive, Kariong NSW 2250**

# 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.

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

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

To enquire about our booking rates please e-mail [kariongyouthbookings@gosford.nsw.gov.au](mailto:kariongyouthbookings@gosford.nsw.gov.au) or phone 4304 7039.

## Open Mic Night



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

## National Youth Week



is being held from 8<sup>th</sup> - 17<sup>th</sup> April and to celebrate we will be holding the annual *Kariong Sessions Skate Scooter and BMX* - comp on Saturday 9<sup>th</sup> 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 1<sup>st</sup> May. If you would like to volunteer on the day please call Kariong Youth Centre.



Welcome to 2016!

We are excited to announce that online registrations are open for the upcoming season! Plus, register before Friday 12<sup>th</sup> February to receive 10% off your fee\*. We have teams for boys and girls, from Under 5 (born in 2011) to the Over 45s available – no experience necessary!

**You can register and pay online now by visiting**  
[www.myfootballclub.com.au](http://www.myfootballclub.com.au)

If you prefer to have a chat to some of the committee and ask some questions, head along to one of our Registration Days held at 'The Hill', at Kariong Youth Centre on Mitchell Drive. If you are registering for the first time, you'll need to attend one of these days with your proof of age.

Saturday 30<sup>th</sup> January – 11am – 2pm

Saturday 6<sup>th</sup> February – 11am – 2pm

Want to get the whole family on the pitch? Kariong United offers a 5% discount\* for families with 3 or more registered players.

What will it cost? Check out below for the pricing – this year, all referee fees are included in your registration cost. This means no last minute rush trying to find coins each week!

## 2016 Registration Fees (Inclusive of Referee Fees)

Age/Team	Early Bird*	Normal
U5 – U9	\$149.50	\$165
U10 – U11	\$154.40	\$170
U12	\$159.50	\$175
U13 – U16	\$191.50	\$210
U17 – U18	\$202.50	\$221
All Age/ O35	\$302.50	\$332
Womens Division 1	\$345.50	\$375
Mens Division 1	\$355.50	\$385

Players registering for the first time will receive a free pair of club socks and personal payments can be made by cash, cheque, money order, eftpos or credit card (Visa & Mastercard only).

## Want to find out more?

Web: [www.kariongunited.com.au](http://www.kariongunited.com.au)

Facebook: [www.facebook.com/KariongUnitedFC](http://www.facebook.com/KariongUnitedFC)

Email: [secretary@kariongunited.com.au](mailto:secretary@kariongunited.com.au)

\*note - all discounts exclude referee fees & merchandise.

**See you all at The Hill in 2016 - GO COUGARS!**

This is a special event organised by



## Special 'one off' event for Kariong locals only!



*Kariong is a VERY significant place due to its rich Aboriginal heritage. This is an excellent and rare opportunity for local people to understand the Aboriginal heritage of the Kariong area.*

**April 2nd 9.30am - 3pm**

**HURRY! Spaces limited.  
\$30.00 per head (normally \$65)**

**Meet at KNC 10 Langford Drive Kariong @ 9.30 to meet the bus. Day includes:**

- |                        |                                  |
|------------------------|----------------------------------|
| <b>10 to 10.30am</b>   | Smoking Ceremony and morning tea |
| <b>10.30 to 1.30pm</b> | Guided Tour around Kariong       |
| <b>1.30 to 2.30pm</b>  | Bush Tucker lunch at Bara Barang |

**Please note** No children under 13 years of age.

**ONLY 30 seats available - you must pay to ensure your place.**

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



### **Morning tea includes:**

Wattle seed scones, tea and coffee

### **Lunch Menu includes:**

Kangaroo Meatballs

Salad

Lemon myrtle Chicken Kebab

Lemonade

**\*Please remember:** hat, sunscreen, water and appropriate foot wear, general level of fitness required



# NSW POLICE FORCE

## Brisbane Water Local Area Command

9 -11 Mann Street  
GosfordNSW 2250.

Tel: 02 4323 5599  
Facsimile 02 4323 5409

December 2015

Dear Resident,

It has come to our attention that many people within our community are unaware of the correct telephone number to contact when reporting incidents to Police.

We encourage you to report all matters to the Police, no matter how insignificant you may feel they are. Reporting matters to Police allows us to track trends and allocate our resources accordingly.

As our resources are intelligence driven, it is important you contact the correct telephone numbers.

### **000 - EMERGENCY**

In the case of an emergency or when reporting a crime in progress  
(the offender is still there)

### **131 444 – PAL (Police Assistance Line)**

To report non urgent incidents and minor crimes that do not require follow up, such as malicious damage or Break and Enters where the offender is not known.

### **1800 333 000 - CRIME STOPPERS**

With information about a crime, criminal activity or traffic matter.  
These calls are anonymous.

It is hoped the community will report **all** incidents of malicious damage, drugs, traffic, break and enter and anti social behaviour matters to the police. By promptly reporting matters to police it helps us task our resources accordingly.

Police must prioritise their jobs and sometimes there may be delays.

Thank you.

Vivienne Crawford  
Crime Coordinator  
Brisbane Water Local Area Command



## Kariong Progress Association



### POLICE CONCERN

You will see on the previous page notice from Gosford Police.

At a recent meeting with the Crime Prevention Unit at Gosford Police Station, members of the Progress Association discussed the amount of information being provided by Kariong residents to local Police.

Their view was that they receive a smaller number of calls regarding incidents from Kariong than from many other Gosford suburbs. For example, as the result of regular calls from the Peninsula area they have placed a greater number of resources into that area, having been able to build up an intelligence sketch of who, and where, the problems are.

They do this across the Gosford Police Area Command, but stress that Kariong figures low on their radar, as there are fewer calls from here. Looking at stats for the past 12 months does show that the rate of incidents in Kariong has certainly decreased. But Police, and the Progress Association, are concerned that there may be things happening in Kariong that residents are just putting up with because they are not sure how to report. Or more importantly felt that maybe nothing happens anyway when they do report!

The Police stress that all reports are recorded, and over a period they can build up a profile of events, or concerns, that they can act on. Which is how the Peninsula is currently getting their attention.

So please read the Police page in this edition, and let the Police know of anything that concerns you.

Or just ring them and have a chat as to what you, or they, can do about something that concerns you.

Don't forget that there is a book at the Neighbourhood Centre that you can also express your concerns.

And you can use that book to let us know of the results of your Police contact.

Mt Penang Highway Precinct and the Langford Drive / Woy Woy Road intersection: no action on these two matters over the holidays, but we will revisit these in the next Connection.

### Kariong Crime Stats for November 2015

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
5	1	7	0	2	1

### Kariong Crime Stats for December 2015

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

**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:

Wednesday 3 February 2016 at 7.30pm  
and the first Wednesday of each month

Kariong Eco Garden Incorporated  
Cnr Dandaloo Street and Woy Woy Road  
Kariong NSW 2250 (next to Tennis court 2)  
Postal address: c/o KNC 10 Langford Dr  
Kariong NSW 2250  
Phone: 0417 686 694  
Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)  
Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)  
ABN: 13 852 216 759



### News for 2016:

Our new **office hours** are

Monday, Wednesday & Friday 9am to 12.30.

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

**Garden Volunteers** are always welcome on Monday mornings 9 – 12.30. If you have a particular gardening talent or just like to potter please come and share with us. We have lovely new **raised garden beds**, thanks to Bunnings for donating garden material and plants and a big thank you to Geoff and Norm for constructing the beds!

**Bush Kids Kindy** Fridays 9.30-11.00am

Bookings on Eventbrite via our website.

**Bush Care** will recommence on the 28<sup>th</sup> February - our regular Bush Care day is the 4<sup>th</sup> Sunday of each month 9.30 – 11.30am.

### Clean Up Australia Day

Sunday 6<sup>th</sup> March 9.00-11.00am

### 4 Seasons Art & Film nights

**Summer:** Saturday 20<sup>th</sup> February

**Autumn:** Saturday 21<sup>st</sup> May

**Winter:** Saturday 20<sup>th</sup> August

**Spring:** Saturday 19<sup>th</sup> November

**Planting:** The following vegetables/herbs can be planted in **February**:

Amaranth, Asparagus, Basil, Beans, Beetroot, Burdock  
Cape gooseberry, Capsicum, Chilli, Onions  
Oregano, Parsley, Pumpkin, Radish, Rosella,  
Silverbeet, Squash, Sunflower, Sweetcorn,  
Turnip, Zucchini

Refer. [www.gardenate.com](http://www.gardenate.com) for more details.

**Kariong Eco Garden is available for booking and is open from 9am to 12.30pm on Mondays for volunteers and visitors. Children welcome with a grown up!**





"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](http://www.littleangels.com.au)**

**We would love to meet you and your family!**

**Taking enrolments now for 2016**

### UKULELE LESSONS

**For: Beginners - When:** Saturday Mornings  
Commencing 13<sup>th</sup> February 2016 -9.15am -  
10.15am. **Cost** \$10.00 per lesson.

Don't own a Ukulele? - No problems - Never  
played before? - No worries - 8 Week program  
- Suit Ages **15 - 99**. We will supply you a  
Ukulele for **free** to use for the first 3 lessons.

All song sheets and lesson handouts provided.  
Have fun learning and playing in a group.  
Meet new friends.

**For: Intermediate Players - When:** Thursday  
Nights Commencing 11<sup>th</sup> February 2016 -7.00pm  
- 8.00pm. **Cost** \$7.00 per lesson.

**Where:** Kariong Neighbourhood Centre  
10 Langford Drive Kariong.

**Limited numbers per class.**

**Bookings required:** Phone (02) **4340 1311**  
(After hours **0419 217 006**) or  
email [debi29@bigpond.com](mailto:debi29@bigpond.com)  
**Call (or email) NOW to reserve your  
booking**



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

### What's on at KCBC?

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

Playtime – Tuesdays 10am – 12pm

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

Girls Club – 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of month 6.30pm – 8pm

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

Thrive – 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of the month 7pm

Thrive combines our youth and young adults ministries. Both groups meet fortnightly for bible study and activities

Heart 'n' Home - 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of month 7pm – 9pm

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

Lounge Lessons – Thurs 9 – 10.30am & 7.30 – 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.

**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 – 1pm

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

### Other

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

Men's Business

Meeting bi-monthly on Saturday mornings.

Women's Coffee

Meeting bi-monthly on Saturday mornings for coffee.

**For more information phone Pastor Jeff on 0448 81411  
or visit our website: [www.kariongchurch.org.au](http://www.kariongchurch.org.au)**





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, an RTO 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

Phone: 4340 3100 Email: [s.gosson@naisda.com.au](mailto:s.gosson@naisda.com.au)



**2/11 Brooks Ave Wyoming, 4324 4555**

Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

Lifeline Shop in Brooks Avenue, Wyoming is a fun, safe place to shop. Our friendly and welcoming volunteers offer great customer service and we are open Monday to Friday 9am to 5pm, and also on Saturday from 9am to 12pm (closed public holidays).

Our large warehouse and shop offer a huge range of quality second hand furniture, bric-a-brac, quality second hand books, as well as clothing for all ages and genders, toys and a fancy dress selection. We also displays theme around Halloween, St Patrick's Day and of course our favourite, Christmas.

Every dollar spent in local Lifeline stores goes towards supporting local crisis and suicide prevention programs which save local lives. It is our mission to support Australians in times of crisis and equip individuals and communities to be resilient and suicide safe. Our retail stores are a vital part of this life saving work, as they provide us with over 80% of our funding towards these community services.

Our emphasis is on making the experience for our customers as enjoyable as we can. On Tuesdays and Wednesday mornings from 10am to 12pm we host craft mornings. When you donate \$2, you get a cup of tea and 2 hours of chat and craft. Everything you need will be provided, and all creations are sold in the shop. In our Tuesday group we have just started making poppies for the ANZAC Memorial Poppy Field display for 2016. On Wednesdays, we concentrate on crocheting, for beginners to experts.

### Spoil your Valentine

with one of our special Valentines Gift Vouchers

Pamper Package \$190 (20% off)

Shampoo, Strength building Treatment, Cut & Blow wave.

Hydrating facial & 45minute massage  
(including eyelash tint & brow shaping)

**Ultimate Pamper Package**

All that's included in above Package plus ¼ head foils all for only \$260 (Normally \$305)

**Men's Pamper Package \$55**

Haircut, head Massage & 30min back massage

**Golden Tips Hair and beauty @ Kariong 43404194**

**Meiso Tora Martial Arts**

0468 511 619

CLASSES HELD AT  
KARIONG MOUNTAINS HIGH

KIDS - BEGINNERS - INTERMEDIATE - ADVANCED - ADULTS

# 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).*

A warm welcome to Kariong Library in 2016.

- There are new publications and old favourites to be found on the shelves. You can borrow up to an incredible 20 items for 3 weeks (DVDs and Magazines for 1 week).
- Check the online catalogue, order on line and your chosen books will be delivered to Kariong for collection. The friendly librarians will help you do this.
- Call in to read the newspapers and magazines, use the computers (wifi available), borrow DVDs, CDs or an audio book.

**Book Review Club** meets at 10.00 am on the last Friday of each month. This is a time of fellowship, discussion and a great morning tea. A special welcome is extended to all new residents to join us on **Friday 26<sup>th</sup> February** and meet the regulars who review two books each month. The books chosen for 2016 cater for all tastes and may challenge you to explore new genres. February selections are **Deep Dark Secret by Kimberla Lawson** **Roby and Holy Cow by Sarah MacDonld.**

**Deep Dark Secret** addresses a very real and serious issue in an inspiring tale of one family's mission to shed light into the darkest corner of their lives. **Holy Cow** written by Australian radio correspondent Sarah Macdonald is a rollicking memoir recounting the two years she spent in India.

The Book Club frequently invites guest speakers and this month we have a delightful, Central Coast Meals on Wheels volunteer, **Pat Wright**. Pat's cheerful disposition will ensure our enjoyment in hearing about her travels in China.

**Tuesdays at 10.30 for Storytime.** This great programme returns on Tuesday 2<sup>nd</sup> February. Children 3- 5 years, their parents, grandparents and carers are all welcome. Storytime aims to introduce children to the pleasure of literature and language and to the joy of creative work as they engage in learning a simple craft.

## Standpipe



G'Day folks,

I'm back with some more news from Kariong Rural Fire Brigade.

First of all, we hope you had a safe and enjoyable festive season and all ready for an exciting new year.

OK, let's talk about some fire related business. First and foremost were the fires across the country in Victoria and Western Australia which were prime examples of what I mentioned previously and that is how unpredictable the weather can be. Blazing heat there and monsoon-like conditions here. Still, the underlying fact is that we all need to be on our toes till the end of March because that's when the "official" fire danger period ends. It only takes about two weeks of dry breezy weather to turn things around and throw in a bit of heat and there you have it; Bushfire problems.

During December, a crew from Kariong in company with a strike team from Gosford, went to Colo Heights in the Hawkesbury district to assist with firefighting operations there. This fire was causing some headaches and needed a fair bit of work done on it so the crews attending had their job cut out for them. Another job Kariong attended was the structure fire at Somersby. Kariong along with other RFS brigades and Fire Rescue NSW attended the job in the pouring rain and it took about five hours to extinguish. Sadly, some irreplaceable property was lost but thankfully no one was injured.

Now, I want to talk to you about joining the NSWRFs. It's not just for the blokes you know and yes Kariong ladies, I'm talking to you. If you're looking for a worthwhile and challenging volunteer job to do why not come up and see us? Being part of a community organisation looking after your own community is a very personally satisfying thing. There are heaps of skills you can be trained in besides firefighting so if you've ever thought about it, stop thinking about it and take the first step. If you feel that you've got some time up your sleeve and you're up for the challenge then pop up and see us. We're in Dandaloo St and we're open Wednesday nights from 7.30 pm or Saturday mornings from 8.00 am. Come on up for a chat about your future with the NSWRFs. That's it for now troops. 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](http://www.cccc.nsw.edu.au), email [info@ccc.nsw.edu.au](mailto: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](http://www.cccc.nsw.edu.au) and start planning for the new year, a new you!

### Is English your second language? (A new group for the Community)

*If you would like to become more confident with everyday English why don't you join our 'Just Talk' English Conversation Coffee mornings. Practise English in a relaxed and friendly environment. Make new friends*

**When:** Starts February 2016

**Time:** Fridays, during school term, 10.00am - 11.30am

**Where:** Kariong Neighbourhood Centre  
10 Langford Drive Kariong

**Cost:** \$5.00 - Morning tea provided



For more information email : [kariong@hotmail.c](mailto:kariong@hotmail.c)  
[admin@knc.net.au](mailto:admin@knc.net.au) or ring the Centre on 4340 1724

## The XChange

Seventh-day Adventist Church



Welcome to 2016! We hope that you have had a refreshing holiday period and have been able to slow down and relax. Here at the XChange we have taken things slowly after a busy end to 2015. Our New Years resolution last year was to be more proactive with keeping our facebook page updated. I am glad to report we have done much better but looking forward to continuing in this light!

This year we are turning 9. We are celebrating by having a big birthday bash. It will be a carnival theme and you and your family are most welcome. It will be Saturday February 6 commencing at 4pm and ending at 8pm. Just rock on up to the Scout Hall – you'll fit right in.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

[www.kariongxchange.org.au](http://www.kariongxchange.org.au)

Ring Lesley on 4340 2872

Email: [kariongxchange@me.com](mailto: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, 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.

## PLEASE NOTE:

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

**JPs available within Kariong area:**

Derek Crawford **4340 1286**  
After 3pm only on Tuesdays

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Tracie Gosling **0412 486 678** - (Tuesday PM only)



## Ettalong Beach Arts & Craft Centre Inc.

### ADULT CLASSES - TERM 1 COMMENCES 1st FEBRUARY

<b>MONDAY</b>	10.00am - 12 noon	<b>Pottery</b>
	10am - 12noon	<b>Patchwork &amp; Quilting</b>
	6.00 pm - 9.00pm	<b>Silver Craft</b>
<b>TUESDAY</b>	7.00pm - 9pm	<b>Pottery</b>
<b>WEDNESDAY</b>	9am - 11am	<b>Oils &amp; Acrylics</b>
	11.30am - 1.30pm	<b>Pastels &amp; Drawing</b>
<b>THURSDAY</b>	9am - 12noon	<b>Silver Craft</b>
	12.30pm - 3.00pm	<b>Social Stitchery</b>
<b>FRIDAY</b>	9.30am - 11.30am	<b>Watercolour</b>
	12 noon - 2.00pm	<b>Watercolour</b>

### CHILDREN'S CLASSES

<b>MONDAY</b>	4.00pm - 5.30pm	<b>Pottery</b>
<b>THURSDAY</b>	4.00pm - 5.30pm	<b>Art</b>

**PHONE 4341 8344 FOR ENQUIRIES**

### **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.

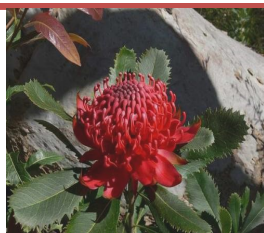
We also welcome other children, partners, grandparents, parents to be and friends.

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](mailto:kariongabagroup@gmail.com)

## Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on

**Friday 12<sup>th</sup> 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 14<sup>th</sup> February** members will be enjoying a bushwalk looking at and identifying plants. Our speaker for this month will be Greg Bourke Curator at the Blue Mountains Botanic Gardens and Greg will be talking about carnivorous plants. 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](mailto:damael@hotmail.com.au)  
or telephone 4365 5049**

## BROADBAND FOR SENIORS

funded by the Australian Government

### Do you get a buzz out of helping others? And like technology ?



Then Join our "Broadband for seniors" team

This is a voluntary role with hours to suit most people's busy life (about 4 hours per week).

You will be teaching basic computer skills to the over 55's or people with disabilities, who have had little or no computer experience.

Teaching experience is not necessary as all support and on the job training will be provided.

The role is not technical and teaching sessions are usually 2 hours or less in duration

So, if you have an easy going manner, some spare time and would like to help people keep up with modern technology, contact the Kariong Neighbourhood Centre on 4340 1724

and talk to one of our friendly staff members for an appointment.





Do you know someone who is affected by problem gambling?

People who gamble heavily are often stigmatised and feel great shame so unfortunately they don't seek help until they reach a crisis. In a recent study, participants referred to problem gamblers as "lower class, uneducated, low-income, lazy individuals who lacked self-control, and were greedy and selfish." But in fact most problem gamblers are young males who are highly educated, well paid, and very hard workers.

Typically, people who gamble to problematic levels feel ashamed and guilty because of the debts they have accumulated, because of the lies they told to partners, friends and family and because they keep going back to gamble. And they worse they feel about themselves the more they will gamble.

Harm can be far-reaching, causing significant damage to individuals, families and communities. Some of the effects of problem gambling include financial loss or bankruptcy, relationship breakdowns, or health problems such as depression, anxiety, ulcers, high blood pressure, or even suicidal thoughts.

We all need to look out for colleagues and family members and friends who may be impacted by problem gambling—it can happen to anyone.

If you think someone may be struggling with gambling, either directly or as the result of their relationship with a problem gambler, take them aside for a cuppa and let them know that help is available

By looking out for people and addressing problems before they reach crisis point, you can make a real difference in their life and help reduce the shame and stigma of problem gambling.

UCMH Counselling Services provides **free Gambling Help counselling** for **anyone** affected by problem gambling. We are at Kariong Neighbourhood Centre on Wednesday evenings from 4.00pm-8.00pm and Saturday mornings from 9.00am-1.00pm.

For more information or to book an appointment please contact Caroline on 0408 679 351 or email [ucmh.cs@ucmh.org.au](mailto:ucmh.cs@ucmh.org.au)



## FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre  
With Katie Smith



**Appointments Available now**

**Mondays: 5pm - 7pm and Thursdays: 9am - 11am**  
(Availability according 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/>



**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](mailto:info@tlkcc.com.au)



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 3 Mitchell Drive, Kariong



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**4340 5154**  
[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

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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](http://www.redcross.org.au)  **Australian Red Cross**  
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### 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

### Advertise with us

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to many more.

Many locals use the Kariong Connection and the Community Centre,

to find local trades and services.

For more information on our very reasonable rates

Contact us on 4340 1724 or admin@knc.net.au



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- Bianca Foreman and her team are all Kariong based and carry a wealth of local knowledge
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for 3 - 18 years of age

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5am Mon-Fri

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We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

Kirsty and Cameron

Orders: 43405427

Shop 4/10 Currunga Rd, Kariong.

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Still with the perfection, respectable care and love.  
Shannon and her team will always deliver the best.  
Call or email today and ask about our walk  
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Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



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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

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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 Strait 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



'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

## 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

Joys..... 6 to 7 y/o.....Meet Monday 4:00pm to 5:00pm

Cubs.....8 to 10 y/o ..... Meet Tuesday 6.30pm to 8pm

Scouts.....11 to 14 y/o .....Meet Monday 7:00pm to 8.45pm

*Also looking for Adults to assist as Leaders*

Contact **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**

**[gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au)**



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](http://www.nsw.crimestoppers.com.au)



Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre.

## MONDAYS

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

**Cost:** \$4.00 per family. Bring along a plate to share for morning tea  
For information ring 4340 1724 All welcome.

### Nungara—Children's Culturally Inspired Contemporary Dance Group

6.45pm—7.45pm

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

E: [nungara2250@gmail.com](mailto: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.

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

### Exploring End Of Life Group

From 11.30am—2.00pm beginning on the 1st March 2016.

\$10 per person per session

### Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.

The Latin-inspired, easy-to-follow, calorie-burning,

dance fitness-party™. Kim: 0409759722 [zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

## WEDNESDAYS

**Tai Chi** with Helen from the Australian Academy of Tai Chi 9.00am-

10.00am All welcome. **Cost** \$10 per session For bookings please contact Helen on 0435 121 520.

### Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness

10:30am to 12:30pm **During School 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](http://www.firstaid.net.au)

### Weight Watchers from 6.30pm to 8:00pm

[www.weighwatchers.com.au](http://www.weighwatchers.com.au) Phone: 131 997

## 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](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

### English Conversation & Coffee Group

From 10.00am—11.30am during the school terms. Starting February

2016. Please phone 4340 1724 to register your interest

\$5.00 per person—Morning Tea provided

### ICE Support Group for Families and Friends

**Time:** 10.00am — 12.00pm, Fridays starting from the 1st April 2016. 6

week support group. \$5.00 per person per session. Light Refreshments provided. Bookings essential, please phone 4340 1724

## SATURDAYS

Rooms are available for hire for events and children's birthday parties on Saturdays.

For bookings please Phone KNC on 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 17th February 2016**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au)

and Community Announcements to

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

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from

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

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