

# 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 6 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



July 2016

## FOREMAN1 P R O P E R T I E S

**We are now your local  
Justice of the Peace !**

Your local Real Estate Agent is  
now offering a JP service to  
the local Kariong community.

Please call our office on **4340 0777**  
to make an appointment or call in to our  
office in the Kariong Shopping Centre.

Shop 7/4 Mitchell Drive  
Kariong NSW 2250



Foreman 1 Properties



## MAKING CHILD CARE MORE AFFORDABLE



***“Labor’s child care plan will take  
pressure off the family budget”***

Senator Deborah O’Neill



**Anne Charlton**  
Labor’s Candidate  
for Robertson will  
deliver a fairer deal,  
sooner for families





## Community Matters Forum

Q & A Session — What do you want?

*A forum for our community to talk about Use, Abuse, Violence prevention, Education, Assistance and Protection*



This Forum is an open-to-the-public meeting to hear and understand from our local community about the issues being faced locally by Drugs & Alcohol and Domestic Violence. We are looking to provide education, greater understanding and support for our young people, parents, residents and local businesses

We hope to see Community Members wanting and needing to facilitate change in our local community and at home. We will have guest speakers from Drugs & Alcohol, Area Health, Domestic Violence Services, Community Services, Police, Legal Services and Rehabilitation centers. There will be an extended time for Q & A at the end to ask the panel any questions.

**When: Wednesday 20th July - 7.00pm to 9.00pm**

**Where: Kariang Neighbourhood Centre, 10 Langford Drive Kariang**

**Cost: Gold coin donation on the night**

**Refreshments will be available**

Following the Forum, a new service called Evolve will be opened in our Neighbourhood Centre on Monday 25th July from 3pm-6pm. This will operate as an intervention and referral program facilitated by Lisa Isaako for Drug, Alcohol and Violence issues



## EVOLVE is a one on one Intervention and Referral Service.

Is someone you care about in trouble?

Or maybe it is you ...

Do drugs, alcohol or violence live with or around you?

If the answer is yes, then 'EVOLVE' may be able to help you.

At "EVOLVE" we are able to provide you with the support and direction, so that could make a difference in your life. We have confidential meeting times and places to talk over the things you would like to change, and a referral system to get you or the people you care about, back on track.

**Where:** 10 Langford Drive Kariang

**When:** Starting every Monday from July 25th from 3pm-6pm

*For a short time!!  
Make the most of this opportunity*

**Bookings are essential phone 43401724**  
You can make a difference with just one call

## Information Booklets

On services available to you on the Central Coast  
Available at Kariang Neighbourhood Centre

**We are here to support you !!**

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact details and a brief overview of services provided.

At just \$5 each, these directories are a very valuable item to have. Drop into the Centre to pick up your copy



10 Langford Drive, Kariang



# ACTIVE PLAYGROUP



Our weekly playgroup has been so busy and social for parents and children as everybody has been out and about making the most of our great outdoor play environment in the fabulous winter sunshine lately.

Our activities focusing on early writing, reading and numeracy learning have been successful in engaging lots of participation from the children along with their exploration of our art and craft experiences.

A massive thank you to Jasmine Tarantula for her beautiful and very generous baking of treats to feed our playgroup most weeks; everybody clamours for more and Jasmine has been kind enough to share her delicious recipes too!!

Group times continue to stimulate development of concentration skills and lots of enjoyment with our songs and stories. We extend a very warm welcome to any new faces wanting to come along and join in with our fun.

**Enquiries: Nerida 4340 4561**

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



## OOSH UPDATE

The OOSH children have been enjoying a range of special sensory and relaxation activities during this last term.

A special thanks is extended to Jasmine Tarantula for her very generous donation of a varied collection of sensory resources to be used for relaxation purposes in our centre with our many children's needs. Everybody has greatly enjoyed the water jelly beads, bubble wands, and moulding "goo" to name just a few of the fun activities of late.

Our weekly Yoga classes have taught some valuable life skills to our children and our special focus on teaching socially cooperative skills and kindness to others has helped our children develop their awareness of empathy towards their peers.

We look forward to our exciting July Vacation Care Program with some really great excursions lined up to Charmhaven Laserblast and Inflatable World so be sure to book in quickly to secure positions for your children.

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

# JULY Vacation Care Program



<u>Week 1</u>	<u>Monday 4.7.16</u> <u>Naidoc Day</u> <u>\$55</u>	<u>Tuesday 5.7.16</u> <u>Australian Reptile Park</u> <u>\$60</u>	<u>Wednesday 6.7.16</u> <u>Cooking Frenzy Day</u> <u>\$55</u>	<u>Thursday 7.7.16</u> <u>Laserblast</u> <u>\$60</u>	<u>Friday 8.7.16</u> <u>Plaster and Pizza</u> <u>\$60</u>
<u>Week 2</u>	<u>Monday 11.7.16</u> <u>Superhero Day</u> <u>\$55</u>	<u>Tuesday 12.7.16</u> <u>Inflatable World</u> <u>\$60</u>	<u>Wednesday 13.7.16</u> <u>Science Day</u> <u>\$55</u>	<u>Thursday 14.7.16</u> <u>Disco Day</u> <u>\$55</u>	<u>Friday 15.7.16</u> <u>Intencity</u> <u>\$60</u>
<u>Week 3</u>	<u>Monday 18.7.16</u> <u>Movies At Ettalong</u> <u>\$60</u>	<i>If for some reason e.g. The weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>			



## 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



**Open Tuesday to Thursday from 3pm to 6pm and Friday from 4pm to 8pm.**

At the centre, you can get access to sporting equipment, a cafe, and free Wi-Fi. Youth Workers are available for referral and support 10am - 2pm by appointment. We can also offer school-based programs, including high school transition, and are available to run programs addressing specific issues with targeted groups.

### OPEN MIC NIGHT

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

### EOI for Activity Leaders

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

We will offer a reduced rate for businesses that provide a scholarship for a disadvantaged young person.

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

If you are interested in running an activity please contact Michelle on 4304 7039 or e-mail [michelle.tilden@gosford.nsw.gov.au](mailto:michelle.tilden@gosford.nsw.gov.au)

Please contact us to find out more.

### 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



The Kariong Mountains Learning Community is composed of all the partner primary schools who send their students to Kariong Mountains High School.

Our community of schools work closely together to create a continuum of learning experiences that are aimed to better transition students through each phase of learning. Just as importantly, we will be using this connection to survey primary school students about their career aspirations and knowledge, to refine our existing Stage 4 program to better prepare students for a world of employment that may be quite different to how work looks now.

Sometimes, we might think that this is 'science fiction', but have a look at the latest development in robots and then think of the type of jobs that they could do. In some respect this is the change in work practice that must have affected factory workers when plants went to automatic production lines.

Rather than be unprepared, it is important to educate students into understanding that change is inevitable. At Kariong Mountains High School, we continually strive to bridge the importance of future focussed learning with the reality of present day needs. This is why we should be the school of choice for students in our community, ready for this challenge.

Anne Vine

Principal

## HAVING AN EVENT? Consider EQUIPMENT HIRE AT KARIONG NEIGHBOURHOOD CENTRE

*Did you know that here at the Centre we have equipment for hire at very reasonable rates?*

They include items such as;

- Tressle tables - \$4 per day
- Chairs - \$2 each per day
- Table cloths — \$5 each per day
- Pressure cleaner - \$30 per day
- Sound system— \$80 per day
- Data Multimedia Projector - \$20 per day
- 3 x 3 Awning - \$20 per day
- And more !! - Enquire about our full list

**For a full list of items for hire and prices, contact the Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)**

*Please note: The prices quoted above are Member rates, non member prices are slightly higher. **Pick up only** applies to all items. It is very easy to become a member of Kariong Neighbourhood Centre*

## Kariong Progress Association



### PROBABLE CLOSURE OF KARIONG TENNIS COURTS

As discussed in last months column we received an ultimatum from Council to sign a new lease agreement by 16 June. It is (amongst other unacceptable matters) a demand for half the income from the tennis courts, which would mean an increased fee structure.

At the Progress meeting in June it was agreed to write back to Council indicating that we are not willing to sign the Agreement in its present form, and requesting a meeting with the appropriate Council officer to discuss the whole process. The response to that from Council was to provide a further extension to sign by 30 June 2016.

***If the Progress Association does not accept the Agreement by that date the current tenancy will be terminated, and the facility will be advertised for Expressions of Interest.***

The Progress Association has written to the Council Administrator and the Community Growth Manager expressing its concern about the proposed Agreement. It is doubtful that the matter will be resolved by 30 June, and so the Courts will not be able to be booked, or used, via the Progress Association after that date. Further update on all this in next months 'Connection'.

### LANGFORD DRIVE / WOY WOY ROAD INTERSECTION

As you may have read by now in the local media there has been considerable political activity on this matter leading to the election.

Anne Charlton, local Labor candidate for Robertson has pledged \$1.1 million dollars for an upgrade.

Lucy Wicks, local Member for Robertson has had \$675 thousand already pledged, and has advised the Progress Association that she has had confirmed to her, by the Central Coast Council Administrator, that he has allocated the balance of funds to have work commence on the intersection.

*The Progress Association has obtained a copy of the proposed work, and this will be discussed at the next meeting. If you would like to hear the details of the proposal please join us at the July meeting.*

### Kariong Crime stats for June 2016

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

**Next meeting: Wednesday 6 July 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 Drive,  
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



Our **KEG office hours** are:

Monday & Friday 10am to 12.30pm.

Our office is upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year).

### From Little Things Big Things Grow

Collect a label from the KEG office or the Kariong Neighbourhood Centre to attach to a rinsed 2L milk bottle to collect silver coins for our winter fundraiser. Help the garden grow!

**SAVE THE DATE:** Saturday 20 August 2016 is our fundraising **Family Trivia Night** – Lots of fun and prizes to be won. Tickets will be on sale soon – check website and facebook.

### Bush Kids Kindy

Nature play for 2-5 year olds with a grown up. For info and bookings:

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

### Bush Care & Brunch

Our regular Bush Care day is the 4<sup>th</sup> Sunday of each month 9.30 – 11.30am. Come and join in. Please phone Lisa if you would like to join us on Sunday 26/6/16 as we are at a new site.

### What to plant in JULY?

Beans, Cabbage, Garlic, Chives, Kale, Lettuce, Mustard Greens, Onion, Peas, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Strawberries plants/ seeds. Refer [www.gardenate.com](http://www.gardenate.com) for more details.

### Putting out the Welcome Mat for Wildlife

These events have been a lovely way to learn about birds, bats, invertebrates, frogs and reptiles. These events were funded by Greater Sydney Local Land Services. Thanks to all!

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

**All welcome.**

# Mt Penang Parklands

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



## NEWS & EVENTS

- Central Coast Cars & Coffee.....24 July  
 The Food & Wine Show.....11-11 September  
 Zombie Dash .....15 October  
 The Wedding Festival.....13 November

For more information on these events or to find out what's happening at Mt Penang, visit our calendar of events at [mtpenangeventpark.com.au](http://mtpenangeventpark.com.au)

### Find your kind of fun in the Parklands!

- » Book a **Wondabyne Sculpture group tour** and discover the remarkable and whimsical sandstone work of international sculptors. Call 4340 1002.
- » Join the **Northern Mariners Club** and race boats on the dam. <https://northernmariners.wordpress.com>
- » Attend **Bestfit Personal Trainer's Bootcamp** in the tranquil Mt Penang Gardens. Facebook/Bestfit-Personal-Trainer.



## Parklands Community Preschool

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](mailto:parklandspreschool@bigpond.com.au)**



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

### What's on at KCBC?

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

Sunday worship service @ 9.30am  
 Join us for great music, relevant messages and to meet a great bunch of people doing life together.

### Kid's Club @ 11.30am – 1.00pm

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

### Other

#### Playtime – Tuesdays @ 10.00am – 12.00pm

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

#### Girls Club – 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month

@ 6.30pm – 8.00pm. Girls Club is for girls in Kinder to 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 @ 7.00pm

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 the month

@ 7.00pm – 9.00pm. A night out for women to get together for craft or, if you are not "crafty", for a coffee and get together.

**Lounge Lessons** – Thursdays @ 9.00am – 10.00am and 7.30pm – 8.30pm. This Bible study/Life Group is the first point of call for those looking for a small group to "do life" with. Life groups are also held on other nights at various homes, please phone Pastor Jeff for more information.

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

**Bloke's Business & Women's Coffee:** Meeting bi-monthly on Saturday mornings (alternate months).

For more information phone Pastor Jeff on 0448 814 511.

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

Facebook: Kariong Community Baptist Church

Office: Corner Woy Woy & Milyerra Roads,  
 Kariong NSW 2250





## WHAT'S ON ...AT KARIONG LIBRARY

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.)  
Tele: 4325 8155

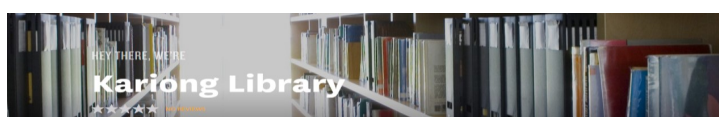
**Storytime Tuesdays at 10.30 am** The purpose of Storytime is to encourage a love of reading. This great programme is for children 3- 5 years, their parents, grandparents and carers – all are welcome. Singing and craft are important features of the programme. Join the **Kariong Library Book Club** and discuss a wide range of books. The group meets on the last Friday of the month at 10am. Morning Tea is provided and new members are always welcome.

**Friday 29<sup>th</sup> July** The books for review in July are **Bend it like Beckham** by Narinda Dhami and **The Hobbit** by J R R Tolkein. Both these books are old favourites but are well worth reading again. The first, written by Narinda Dhami, is **Bend it like Beckham** (2002). She has written a delightful story of an Indian teenager growing up in multi-cultural England. The second is **The Hobbit** by JRR Tolkein who was born 1892 in South Africa. His novel was first published in 1937 and set in the years 2941 to 2942 of the Third Age before the events of The Lord of the Rings.

**Databases:** Many databases are available from home by using your library card number to log in. **Novelist** is a database of books and authors. You can search for new books to read based on your preferences or find an author similar to your favourites. Try **Ancient and Medieval History Online:** This covers prehistory through to the 1500s. Use these databases in the library or from home. Log in with your library card number.

**School Holiday Special:** The children's movie will be held on Friday 15<sup>th</sup> July at 7pm. The movie is appropriate for primary aged children and is titled 'Home'. Thanks to Gosford City Library for the free movie, free popper and free popcorn.

For enquiries and bookings please call 4325 8155.



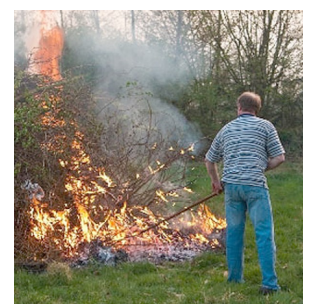
## Standpipe



G'Day folks.

Well...as I mentioned last issue, the days are getting much cooler and I'm quite confident that Kariong will get quite a few colder days judging from experience so as mentioned in other issues, please do your housekeeping on your heating appliances and that includes fire places. Their flues are notorious for catching fire if they're not cleaned properly. Don't leave it to chance with the old standby of..."she'll be right"

One other thing I wanted to mention was back yard burning. A fire fighter who's been around a while will probably tell you with a little glint in his or her eye that they can tell what's burning just by smelling it and to some degree that's not just a yarn. Lately I've been smelling the acrid smell of rubbish burning and it does have a distinctive odour. Please don't be tempted to burn off your rubbish in the old brick barbie or 44 gallon drum. If you're detected you could end up in a pickle.



Also, if you've got some property be careful on what you burn. Only bona fide agricultural matter can be burnt and if you're going to do that, make sure you let the District Office know about it as well as your neighbours. There's nothing more annoying to a fire crew than turning up to a burning heap with building materials & plastics thrown in. That one will cost you for sure.

Lastly, now that we're in the cooler months, it's a great time to evaluate your family & property in terms of bush fire safety and survival. The NSW RFS has developed a new online "tool" to help home owners who maybe in a bush fire prone area to better assess their bush fire risk. Just go to [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) and have a look.

Ok folks, that's it for now. Remember stay safe and be Firewise.



## Central Coast Community College

### Enrolments are now open for semester two!

Have you been toying with the idea of furthering your education? Don't put it off any longer!

The Central Coast Community College provides training in leadership and management, aged care, beauty, information technology, and work, health and safety, as well as general interest courses such as photography and modern foreign languages.

This semester we also have a number of courses available under the Smart and Skilled funding program. To find out more about these courses, please visit [www.cccc.nsw.edu.au](http://www.cccc.nsw.edu.au) or give us a call on 02 4348 4300.

Here at the College, we can be your stepping stone to a higher education or the beginning of a new career. Whether you are looking to improve on your current skills or are ready to try a completely different vocation, our trainers are experts in their field and can help you be who you want to be!

Want to know more? Come along to the College Open Day at our Ourimbah Campus on Friday 8 July from 10.00am to 1.00pm! Enjoy an express manicure or mini massage, a free BBQ lunch and talk with staff from the College about our various courses.

We look forward to meeting you!

### Have you heard about our fabulous facilities that are available for Party Hire?

Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus a fantastic playground for the little ones to enjoy. We also have an all weather covered area outside. You can have all this for just \$29 per hour for members!

To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email [admin@knc.net.au](mailto:admin@knc.net.au)

## The XChange

Seventh-day Adventist Church



June came with a bang! KidzXChange was looking at the life of John the Baptist and the temptations of Jesus in the wilderness.

Kids – get ready for KidzXChange got talent on July 2! In Barney's Valerie has come to talk to us from Erina Baptist church. We had a beautiful Agape and of Course Pr Neil was with us as well. We are looking forward to holiday Barney's where we will enjoy and board games day and a bible trivia day. Our community lunch was yummy and we enjoyed catching up with some of you too! Coming up July 23 is another family fun night. Our Alice in Wonderland mystery dinner. Love to have you there

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 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 pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

### DO YOU HAVE ANY SMALL BIKES

FOR ONE TO FOUR YEAR OLDS

THAT YOU ARE NOT USING?

WE ARE LOOKING FOR

DONATIONS FOR OUR PLAYGROUPS.



If you can help, please call the Centre on **4340 1724** or email [admin@knc.net.au](mailto:admin@knc.net.au)





The Season is well underway now, and our teams have been getting some great results and really enjoying their football!

We are proud to have begun our **2016 Cougar Cubs Kick Off Program**, for future football stars aged U3 & U4 – This program is the perfect start for local kids looking for an introduction to the sport. To find out more about future programs, or register your interest please contact the club by emailing [footballdevelopment@kariongunited.com.au](mailto:footballdevelopment@kariongunited.com.au) or send us a message on our Facebook page!

Our senior players are encouraged to mark **Friday 14<sup>th</sup> October 2016** in their diary for our Senior Presentation Night. This is to be held at The Entertainment Grounds in Gosford – a proud sponsor of the Kariong United Cougars this year!

The club would also like to thank all of the volunteers who gave up their time to assist with the **2016 Cougar Cup U12 Gala Day** on Sunday 26<sup>th</sup> June at Kariong Oval. It was great to see so many young footballers taking part on the day, and the event could not have gone ahead without the support of our sponsors, hard working committee members and wonderful volunteers!

Finally, we are excited to announce that thanks to Central Coast Football, The Michael Hughes Foundation and Men of Football we now have a **defibrillator** on site at Kariong Oval, along with all other Central Coast Football clubs. All of our committee members have been trained in using the equipment and the equipment is very easy to use – please remember that defibrillation within 3 minutes increases the chances of survival to over 70%.

Each minute is critical to determining survival and the extent of permanent damage to your brain and body – should a medical emergency happen at the Oval, please immediately call 000 and contact the committee member at The Hill to get access to the required equipment (This can be found in the storeroom).

For more information on the Michael Hughes Foundation, please see: <http://www.mhf.life/>

To make sure you don't miss out on any of our events or news, you can follow us online:

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

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

**Twitter:** @kariongunitedfc

**Instagram:** @kariongunitedfc

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



## **CCFSS Groups Term 3 2016**

### **CIRCLE OF SECURITY – Expressions of Interest**

#### **A Relationship Based Parenting Program for Caregivers**

Topics Include: Exploring Your Children's Needs, Understanding How to Help Build a Solid Emotional Foundation With Your Child, How to Create a Secure Attachment With Your Child, How To Be a 'Bigger, Stronger, Wiser and Kind' Caregiver.

Phillip House, 21 Old Mt Penang Road Kariong. Course starting early term 3.

Please call for enquires and dates



### **Grandparents Raising Grandchildren Support Group**

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group Gosford group, July 28, August 25, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong



### **Grand Matters Forum for Grandparents Raising Grandchildren**

Our keynote speaker at the forum will be Dr John Irvine Consultant Child and Family Psychologist.

The Forum will also cover a range of issues affecting grandparent carers including talks from Family and Community Services (FaCs), Centrelink and Connecting Carers. 29<sup>th</sup> July 2016. 9.30am—2.30pm

### **Grandparents Raising Grandchildren Family Picnic Day – Miniature Steam Trains**

The next Family Fun day will be held at the Miniature Steam Trains, Showground Road (opposite Bellbowrie St), Narara. We will have full use of the steam trains. We also have a BBQ lunch and cupcake decorating planned. Please be aware that all participants riding the trains must have covered in shoes. Please call 4340 1585 to register.

### **STEPPING STONES Triple P Seminar and One to One Programs – Expressions of Interest**

FREE Triple-P Seminar and Free Triple P Parenting program for parents of children with a disability 2-12 years Phillip House, 21 Old Mt Penang Road Kariong Seminar and Programs starting Term 3 Please call for enquires and dates



#### **To Book into a Group**

Call 4340 1585 to book your spot in one of the groups

**Central Coast Family Support Services**

**Email:** [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

**Website:** [www.ccfss.org.au](http://www.ccfss.org.au)

## HOMESTAY PROGRAM

### NAISDA Dance College



is looking for families to participate

in the NAISDA Homestay Program for 2016.

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

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

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

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

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

For more information contact: Sue Gosson

Human Resource Coordinator

(02) 4340 3100

[s.gosson@naisda.com.au](mailto:s.gosson@naisda.com.au)

## PLEASE NOTE:

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

**JPs available within Kariong area:**

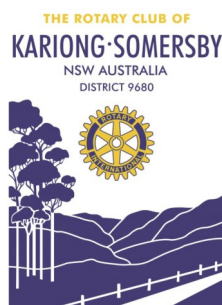
Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Tracie Gosling **0412 486 678**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**



## ROTARY CLUB DOES GOOD AGAIN

The members of the Rotary Club of Kariong/Somersby have done a lot of GOOD this past year.

The Club has facilitated fundraising efforts in various ways to generate around \$71,500 in cash and in-kind support to donate to local and international groups in need. Beneficiaries of the Kariong/Somersby Clubs efforts this past year have been :

Grandparents Raising Grandchildren under the Central Coast Family Support Centre, Kariong Women's Shelter, Royal Institute for the Blind, Kariong Public School and all four Primary Schools of Kulnura, Somersby, Mangrove Mountain and Spencer, Annual Bursary to Kariong Mountains High School, Marine Rescue, Hay delivery to the bush, Eisteddfod on the Mountain annual music competition, Books for Seasons for growth, Carraroo Youth Foundation Macular Disease Foundation, Laura Jean Foundation, Careflight, Riding for the Disabled, Research Type 1 Diabetes, Midwives Ease Timor; Ettalong Beach Arts & Crafts Comfort Bags for Gosford Hospital Cancer patient recovery, Rotary ROMAC medical aid for Kenya and Sierra Leone, The Haven Education Centre, Guide Dogs Australia, Royal Flying Doctor Service, the Rotary International Foundation which includes the Polio Eradication program, Earthquake relief for Nepal including a visit by two of our members, Cyclone relief for Vanuatu and provision of Rotary Shelter boxes in other parts of the world.

The Club seeks more people of all ages to join them in this humanitarian work who will in return experience fun, friendship and unique fellowship. We hold a breakfast club meeting at 7:30am every Friday at 21 Old Mount Penang Road Kariong and one evening per month for a partners night at Kariong and other venues. Contact the Club on 4340 4529 or email Kerry Bayliss at: [kersuebay@philliphouse.com.au](mailto:kersuebay@philliphouse.com.au)

**Rotary**  
District 9685



## Ettalong Beach

### Arts & Craft Centre Inc.

Corner Picnic Parade & Maitland Bay Drive,  
Ettalong Beach.

#### Term 3 Classes 18th JULY – 16th SEPTEMBER

##### MONDAYS

9.00am - 11.00am	Patchwork and Quilting
11.00am - 1.00pm	Social Patchwork and Quilting
10.00 am - 12 noon	Pottery
4.00pm - 5.30PM	Children's Pottery
6.00pm - 9.00pm	Silvercraft

##### TUESDAYS

9.30am - 11.30am	Patchwork and Quilting
2.00pm - 5.00pm	Silvercraft
7.00pm - 9.00pm	Pottery

##### WEDNESDAYS

9.00am – 11am	Painting and Drawing
11.30am – 1.30pm	Painting and Drawing

##### THURSDAYS

9.00am - 12.00 noon	Silvercraft
12.30 - 3.00pm	Social Stitchery
4.00pm - 5.30pm	Children's Art

##### FRIDAYS

9.30am -11.30pm	Watercolour painting
12.00 NOON – 2.00pm	Watercolour painting

*There is another Adult Pottery Class planned and the Children's Art could be changing days.*

*Check out the website re these classes closer to the start of Term.*

For enrolments or inquiries please phone 4341 8344  
Or visit [www.ebacc.com.au](http://www.ebacc.com.au)

## Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will have a change of venue for the next meeting which will be held at The Community Hall 9 Anzac Road Tuggerah on **Saturday 9<sup>th</sup> July, 2016** arrive at **1.30pm for a 2.00pm start**. There is a \$2 admission charge at the door which includes a Lucky Door ticket. Visitors are always welcome to attend our meetings.

On **Saturday morning 9<sup>th</sup> July** members will be enjoying a bushwalk looking at and identifying plants. Our speaker for July will be Maree McCarthy and the topic 'Designing the Small Native Garden'. There will also be plant sales.

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 afternoon tea will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

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

**or telephone 4365 5049**

## BROADBAND FOR SENIORS

funded by the Australian Government

### DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?

### DO YOU WANT TO HELP OTHERS ?

### Then we need you!!

At Kariang Neighbourhood Centre we offer Broadband for Seniors lessons, and we are looking for volunteers who have a couple of spare hours each week, and would love to share their skills to enable our Senior Citizens and those with a disability to become skilled in using technology and help to keep them Connected with family and friends.

If you think that you might be interested, or would like more information please ring KNC on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)



Quality second-hand clothing/furniture  
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Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm





UCMH provides free Financial Counselling every Monday. The service we provide is different from that of a financial planner who helps you to manage your assets and investments, and we are not a debt management company which charges ongoing fees to manage debt management agreements. Rather, we help people who are in financial difficulty by providing financial literacy education, budgeting assistance and negotiations with creditors.

Robyn is an accredited financial counsellor with the Financial Counsellors Association NSW and she is here to listen to your story, understand your financial position and help you to explore your options. She can help you by:

Creating and maintaining a budget that suits your needs and financial situation.

- Negotiating with creditors on your behalf to create realistic repayment plans and discuss debt reduction or consolidation.
- Providing information on bankruptcy and helping you to decide whether it is the right option for you.
- Putting in place strategies to minimise the risk of further financial problems in the future.

UCMH Counselling Services also provides **free Gambling Help counselling** for **anyone** affected by problem gambling. For more information or to book an appointment please contact us on 0408 679 351 or email [ucmh.cs@ucmh.org.au](mailto:ucmh.cs@ucmh.org.au)

## 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](mailto:admin@knc.net.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?

For further information and to check if you are eligible for a subsidy, contact the College on 02 4353 0017 or email [info@tlkcc.com.au](mailto:info@tlkcc.com.au)

*This training is subsidised by the NSW Government  
www.smartandskilled.nsw.gov.au | 1300 772 104*

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



ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community.

ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire. We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends.

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

Meetings are held 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)



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**Phone: 0414 431 671**



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Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford  
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3 Mitchell Drive, Kariong



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Centre

Better Health Practices



Kariong Chiropractic & Wellness Centre

**20 LANGFORD DRIVE, KARIONG**  
**4340 5154**

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

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*Medicare plans accepted*

**Australian Academy of Tai Chi**  
*"Health & Relaxation"*

**TERM 2 CLASSES:**  
**Wednesdays 9:00—10:00am**  
at Kariong Neighbourhood Centre  
Contact Helen or Daniel on 0435 121 520  
Suitable for all ages and abilities





**YOGA CLASSES**  
with  
**CORINA**

**TUESDAY NIGHTS FROM 7PM TO 8PM**

**STARTING 16 AUGUST 2016 FOR 6 WEEKS**

KARIONG NEIGHBORHOOD CENTRE  
10 LANGFORD DRIVE  
KARIONG NSW 2250

\$10 if paid in Advance \$12 for Casuals  
Yoga Nidra (Meditation) followed by Gentle Stretches (Asana's)  
Bring along Yoga Mat, Blanket & Water Bottle.  
Wear Loose Comfortable Clothing.

FOR MORE INFORMATION CONTACT:  
CORINA JONES @ 0409242153



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Daniel Smith 0429 729 417 or 0406 482 146  
[enquiry@outoftimeservices.com.au](mailto:enquiry@outoftimeservices.com.au)

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Qualified, professional teachers, teaching Musical Theatre Hip Hop, Lyrical, Jazz, Acro, Tap and Little ones Ballet at **THE HILL YOUTH CENTRE, MITCHEL DRIVE, KARIONG**



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[www.alivedanceacademy.com.au](http://www.alivedanceacademy.com.au)



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No Job Too Big or Small

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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 Curringa Rd, Kariong.

## ONE AGENCY KYLEE JONES PROPERTIES

Proud to be supporting the Kariong community with property sales and rentals. With over 38 years combined sales experience and a passion for real estate, we can get you sold and moving in the quickest amount of time.



Call Jenny today for your confidential discussion.

- A. Shop 6/470 Pacific Hwy Wyoming 2250
- M. 0428 497 160
- E. jenny.vile@oneagency.com.au
- F. jennyvileoneagency

## 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

## Bizzar Pet Grooming

Caring for your pets at Kariong NSW 2250

Qualified vet nurse / Groomer / Boxer breeder  
Spruce up your pet! Call our salon today

\* Bathing all size dogs \$25



All dog grooming starts from \$50

**Grooming includes**

- \* Clip nails
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Please call Michelle Smith for an appointment  
0401 509 498

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"Always Fresh"

QUALITY FRUIT

Telephone: 0400 292 220

We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



## 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

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## CLUBS

**CHECK OUT OUR RESOURCE LIBRARY**

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre? We have some great information on a variety of topics including:

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

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

**Rotary**

'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

**KARIONG PROBUS CLUB Inc.**

**MEETS AT GOSFORD GOLF CLUB**

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on **4344 6867**

## 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>

## 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.**

## PROGRESS HALL &amp; COURT HIRE

**PROGRESS HALL:** Available for bookings 7 days a week for parties, functions and ongoing activities.

**TENNIS COURTS:** Available for bookings up to, and including, 30 June 2016

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

**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](http://www.redcross.org.au)



**Australian Red Cross**  
THE POWER OF HUMANITY



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

### 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

### TUESDAYS

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

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. 12.00pm —1.00pm

Full list of dates available at our Centre. For more information call

Gosford Gateway Clinic on 4328 7900.

#### **Indoor Bowls**

From 9.15am sharp to 12.00 noon. **During school term.**

Cost \$4 for members, \$4.50 for non-members. Morning tea included.

Join us for a fun morning with lots of laughs. Beginners welcome

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

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

### WEDNESDAYS

**Tai Chi** with Helen from the Australian Academy of Tai Chi 9.00am-10.00am All welcome. Cost \$10 per session For bookings please contact Helen on 0435 121 520.

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

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

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

Cost: \$4 per child, (member) \$4.50 per child (non-members ) \$1.00 each additional child. Morning tea provided. All welcome

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

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

#### **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.weightwatchers.com.au](http://www.weightwatchers.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

### SATURDAYS

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

For bookings please Phone the Centre 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 20th July 2016**

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

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.





### FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



**Appointments Available now**

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

*(Availability subject to court appearances)*

**Bookings Essential**

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

**30 Years Experience in:**

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

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

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

## APOLOGY

In the June edition of Kariong Connection, Bill Shorten and I announced Labor's \$1.1 million commitment to fully fund the Kariong Langford drive intersection fix to keep our community safe.

Secretary of the Kariong Progress Association, Murray Scott was misquoted in this article.

I offer my sincerest apologies to Murray. I take full responsibility for the oversight and hope that you understand it was in no way an intentional act.

Murray is a fantastic advocate for our community as Secretary of the Kariong Progress Association and I hope to work closely with him and the wider Kariong community to fight for a better deal for the Central Coast.

**Anne Charlton**  
Labor Candidate for Robertson

# LABOR WILL ALWAYS FIGHT TO PROTECT

# medicare



**Deborah O'Neill**  
Senator for  
New South Wales



**Anne Charlton**  
Candidate for Robertson

