

# THE KARIONG CONNECTION

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

Vol 25; No 5

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



June 2017



## Save the Date



### ***Central Coast Conservatorium of Music***

*invite you to join us for a special event*

## **SWING DANCE NIGHT**

Featuring THE CON LITTLE BIG BAND With Dorian Mode

and Ashley Turner, Toby Hall, Bob Henderson, Jason Morphett and Ed Wilson

***FRIDAY 1ST SEPTEMBER—7.30—9.30 pm***

***TICKETS \$15 per head— Limited number available***

***Tickets sold at the Kariong Neighbourhood Centre***



#### **BYO Drinks**

*Bring nibbles for the share table.  
There will be no table allocations*



### **KARIONG CONNECTION - PAPER EDITION or DIGITAL EDITION?? WE WANT YOUR OPINION**

We deliver the Connection each month to every home in Kariong, plus multiple copies to a large group of local businesses. It has been suggested to us by some computer savvy people that we could save all that effort of delivery by having an online edition only.

We would like your opinion about this and there a number of options:

1. Continue as now with the paper edition, plus being sent to a number of recipients by email
2. Discontinue the paper edition delivery and gather details of those who would like it sent by email
3. Put it on the Kariong Neighbourhood Centre website only
4. Put it on the website and email to the list of people who would like it sent by email to them
5. As per option 4, and continue to provide multiple copies to local businesses for people to pick up

Our concern is that not all people in Kariong have computers, and we may end up missing some of our elderly or home-bound readers.

We know from feedback, that the Connection is widely read, and that our advertisers feel that they are well supported by the local community who are keen to use local businesses. We would not like to jeopardize that relationship.

**Contact us on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au) or pop into the centre and use our Community conversations book**

## Transition to School Program



**Mondays - During School Term**

**Time:** 9.30am – 11.30am - Leave your child in our care

*This program has been developed in consultation with other educational service providers and strives to equip children with skills and practices to support them in the best possible way to be ready for School.*

### Activities include:

**Cognitive Skills:** cutting, drawing, pasting

**Stories:** to build literacy & listening skills

**Games:** to develop sharing & turn taking skills

**Group Experiences:** to learn to work with others and develop problem solving and investigative skills.

*Each child will develop a portfolio of their work, 2 fully qualified educators giving children individualized care and attention, teaching your child social skills, to become more ready for school, to build confidence.*

**Bring along a hat, drink and morning tea**

**Cost:** \$10 per child per session.

A discount of 10% is available, if you pay in full for the Term and in advance.

**Bookings are essential**

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

*Come in or ring for a Welcome Pack (with Enrolment Form)*



## OOSH UPDATE

We have been very lucky this term to provide our OOSH children with lots of exciting fitness and health learning from a local trainer, (Transcend Personal and Group Training), who has been running weekly classes at our Centre. The children have benefitted from being taught the importance of physical activity and healthy life choices and have really engaged well with the various activities taught to them that have helped to build their stamina, confidence and fitness.

Our outdoor stage area has had a pergola cover installed which means our play area in wet weather is increased as well as our children are now provided with a special performance area!!

We are looking forward to having some extra learning with some educational sessions run by Vision Australia to help our children learn about the challenges faced by those with vision impairment.

**Be sure to book in early to secure places** for your children for our July school holiday program to ensure there is no missing out on our fabulous activities ... (Maitland Gaol, Kids HQ, and Intensity)

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

## ACTIVE PLAYGROUP



**Wednesdays during school term 10.30am - 12.30pm**  
**for 0 - 6 year olds**

Our Wednesday morning playgroup offers such a supportive, welcoming and social atmosphere for parents, grandparents and children, lots of them from other cultures. It is great for everybody to get together, have a chat and let the children learn to make friends and play alongside and with each other.

Our many activities promote learning and development in all areas for the children with an emphasis on early literacy and numeracy activities to help foster school readiness skills. The opportunity to engage in lots of creative, messy and explorative play experiences always ensures the children thoroughly enjoy their two hours play time in our fantastic outdoor area. We all especially love our music and story times and our shared morning tea continues to be so very kindly sponsored by Jasmine Shipp's irresistible baked treats!!!

Please feel free to come along, join in and make new friendships in your community.

**Cost: \$4 Members - \$4.50 non members**  
**+ \$1 each additional child**  
**Enquiries: Nerida 43404561**

## We need some help!

**Do you have a Ute or similar vehicle and a little time that you could offer to the Neighbourhood Centre?**

**We need some items taken to the tip, as we are not eligible for Kerbside Collection.**



**ALL EXPENSES WILL BE PAID INCLUDING A FULL TANK OF PETROL**

**Please ring 4340 1724**  
**or email [admin@knc.net.au](mailto:admin@knc.net.au)**  
**if you think you can help**

# The Hill Youth Centre

**The Hill Youth Centre**  
**98 Mitchell Drive Kariong**  
**Phone: 4304 7039**



## Monday

### Gecko Sports Multi Sports Program

3.30pm to 4.15pm ages 5 to 8 years

4.30pm to 5.15pm 9 to 13 years

Enquire 0412688070 / [natlee@geckosports.com.au](mailto:natlee@geckosports.com.au)

### Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

## Tuesday

### Alive dance academy - 3.30pm to 8.15pm

email: [info@alivedanceacademy.com.au](mailto:info@alivedanceacademy.com.au)

**Phone: 0407 259 001**

## Wednesday

### Martial Arts - 3.15pm to 4.00pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

### Yoyful Youth Yoga 4.00pm to 5.00 pm

Ages 11 to 14 Cost \$10 per class or \$80 per term

Phone: 0402 792 013 e [diana@yoyful.com](mailto:diana@yoyful.com)

### Fitness 6.40 pm Boxing 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

## Thursday

### Alive Dance Academy - 3.30pm to 6pm

email: [info@alivedanceacademy.com.au](mailto:info@alivedanceacademy.com.au)

**Phone: 0407 259 001**

### Beginner Guitar Lessons 3.30pm – 6.00pm

Learn to play guitar Ages 10 to 17 Cost: Free

## Friday

### Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

Elevate Youth 2<sup>nd</sup> Friday of the month

For further details go to <http://www.gosford.nsw.gov.au/community/services/youth-services>

Youth workers are available for referral and support, by appointment. The hall is also available for hire.



## Innovation and Creativity vs NAPLAN

We have just recently finished NAPLAN testing and although this diagnostic tool provides useful information about literacy and numeracy, at a moment in time, it is far down the scale of the skill set that is recognised as being important for the success of our future business acumen, on a global stage. Regardless, with the focus on this one test, it would be easy to teach to this and forget about really making an impact and helping students to gain skills in innovative and creative thinking.

Developing these skills takes time and structuring the curriculum to nurture them. What does this mean? Well, it means engaging students in different types of learning, encouraging them to take risks and providing authentic ways to make learning relevant. These experiences may not be traditional, but to move forward you have to break with tradition.

Does your child's learning experiences look exactly like yours, apart from using computers rather than pen and paper? If yes, that should not make you feel comfortable, but instead it is worrying if our schools operate like this. The world today is different from 30-40 years ago. Then, our advice would have included "learn typing - it is a useful skill and would always get you a job"; today, is that the same advice you would give your child? No, of course not. So today, education should also look different. Foundation skills, yes, but a focus on facts? When you can learn to do most things from a YouTube clip, isn't learning how to interpret information a far more valuable skill to have?

So, back to NAPLAN and our traditional learning patterns, yes they have a place, but leading with an innovation and creativity agenda is more about lifelong learning and this, more than NAPLAN should be what we value. At Kariong Mountains High School, we are paying attention to this agenda. We are in the early stages of this journey, but I am proud of my staff for their passion and commitment to furthering their own learning in these areas, to better prepare our students for life.

Anne Vine  
 BSc Dip Ed MEd MSc MACEL  
 Principal

## Kariong Progress Association

kariongpa@gmail.com



### New email address

If you have something to say about anything regarding Kariong and how it operates (or doesn't!) let us have your opinion on our new email address. We asked for opinions to provide to the Central Coast Council Administrator and Chief Executive Officer when they visited the Kariong Shops on 26 May, but received only a couple of replies. We can't believe that only two people in Kariong, who couldn't make it that day, had a concern about something in the area. Hopefully people actually turned up that day, or you can imagine that the Council advocates will assume that we are all such a happy group up here we don't need any Council assistance.

We will let you know the outcome of that visit in our next newsletter

### Langford Drive and Woy Woy Road intersection

The latest report is that the Council has made a recommendation to Roads and Maritime Services regarding the final design of the intersection. More news when that decision comes to hand.

### Local Information about the Progress Association

The Association is currently checking to see if it can place a Notice Board to highlight local issues in both of the Kariong Shopping Centre. Still in discussion.

### NBN for Kariong

No further word on this matter, although it was thought that Lucy Wicks may convene another public meeting.

### Kariong crime stats April 2017

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

**The next meeting is scheduled for  
Wednesday 14 June 2017 at 7.30pm  
at the Kariong Neighbourhood Centre.**

## PLEASE NOTE

Kariong Neighbourhood Centre would like to advise that our **on line room hire booking system** will be operating as of the new financial year.

This will bring with it some changes, including small changes to rates. We hope that this will simplify the booking process for you, but you will still be able to book through the Centre if unable to do so online.

We would also like to let you know that the Centre is now available for the full day on Sundays.

## The XChange

Seventh-day Adventist Church



We continue to enjoy our time at Kariong Primary School. It is a wonderful place to meet. May was another awesome month. We had a delicious brunch for Mother's Day and another yummy community BBQ.

KidzXChange continues to learn about the Fruits of the Spirit in many creative ways. It is a wonderful time for our teens this year as they take part in creating and leading their own programs.

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

May 27th KidzXChange will be holding a games day. This takes place between 9:45 and 11:15 am. June 7th is our community morning tea. Venue to be announced. Look for your invitation in your letter box.

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. 9:45am – 11:15am 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 Kariong Public School Hall. Entrance via Truscott Avenue.

**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 Kariong Public School Hall Saturday 11:30am - 12:30pm. You could even stay for a bit of lunch from 12:30 - 1:30pm. Entrance via Truscott Avenue.

**Small Group** – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7 pm - 8:15pm.

More to come over the next few weeks. We will keep you informed.

## 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



# Mingara Orchid Club Inc.

presents the 15th

## Mingara Orchid Fair & Show

Saturday 24 & Sunday 25 June 2017

All under one roof, in air conditioned comfort, you'll see a truly amazing array of orchids. Spectacular displays will be featured from various orchid enthusiasts and societies from NSW.

More than 20 vendors from Australia and overseas will be providing an extensive range of orchids including Australian natives, Cattleyas, Cymbidiums, Dendrobiums, Phalaenopsis, slippers and other species, hybrids and accessories.

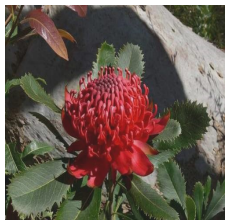
Email: [mingaraorchidclub@gmail.com](mailto:mingaraorchidclub@gmail.com)

Web: <http://www.gotoorchids.com/>

Phone: Steve 0411 149 499



## Australian Plant Society



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

**Saturday 10<sup>th</sup> June, 2017 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 Saturday morning prior to the meeting members will be doing a bushwalk looking at and identifying plants.

Our monthly meetings include a speaker, this month we have APS member Tanya Hoolihan who will be talking about Ludwig Leichhardt's Botanical Legacy. There is 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 is 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 43655 049



*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.*

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

Pastor Jeff O'Derry 0448 814 511

Email: [pastor@kariongchurch.org.au](mailto:pastor@kariongchurch.org.au)

### What's on at KCBC?

#### Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

#### Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.

#### JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 6, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

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

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

#### Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

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

**Other:** We also have various men's, women's and family events throughout the year.

### 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**

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

Foreman One Properties **4340 0777**

*(Tuesdays & Thursdays 9am – 11am)*



**AUSTRALIANS HAVE HAD A WIN.** Gambling advertising is to be banned during live televised sporting events.

Concerns about the negative impacts of gambling advertising have been growing and research shows that adolescents, young men and problem gamblers are especially influenced by gambling marketing.

Many sporting events, teams and stadiums have entered into commercial marketing arrangements with corporate bookmakers. This "gamblification" of sport promotes gambling as harmless fun that, like sport, relies primarily on skill. Advertisements often attempt to elicit emotional responses, such as triggering memories of pleasant or exciting times and emphasising winning. These ads rarely provide harm minimisation information, apart from the 'Gamble Responsibly' slogan.

The good news is that ads will be banned from live sporting events on TV and radio. The ban covers on-screen promotions, sponsorships and live crosses to betting companies for updates on odds during matches until 8.30pm. So you can watch the footy and cricket with your children without being bombarded by gambling ads.

*If you are experiencing gambling problems please contact Uniting Recovery on 0408 679 351 or check us out at [www.problemgambling.net.au/unitingrecoverycounselling](http://www.problemgambling.net.au/unitingrecoverycounselling)*

Kariong Neighbourhood Centre would like to say thank you to **Mike**, for responding to our request for assistance to help out with much needed maintenance work at the Centre.



*Thanks Mike, your assistance has been invaluable and much appreciated!!*



### Kariong Eco Garden Incorporated

2 Dandaloo Street, Kariong NSW 2250  
(next to Tennis court 2)

Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

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

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

#### Our KEG office hours are:

Monday & Friday 10am to 12.30pm.

Our office is upstairs in the Arts Barn building.

#### Open Garden every 2<sup>nd</sup> Sunday of the month

Visitors and volunteers welcome, 10am – 12noon.

Sunday 11<sup>th</sup> June: Boomerang Bags – screen-printing working bee. Drop off your spare cotton fabric.

#### Bush Care & Brunch

4<sup>th</sup> Sunday of each month 9.30 – 11.30am on 25<sup>th</sup> June we will be in Oakes Street, Kariong. Join us

#### Boomerang Bags

Fortnightly Mondays 11.00am – 2.00pm on 12<sup>th</sup> and 26<sup>th</sup> June. Help the Central Coast transition to be Plastic Bag Free. No sewing skills required. Help make up kits for volunteers to sew cloth bags using donated fabric. Collect a kit to sew at home. Donated fabric needed – please drop off to Kariong Neighbourhood Centre.

Our Boomerang Bag box will be located at Kariong Foodworks in time for Plastic Free July. Big thanks to KMHS for helping make bags!

#### Love Food Hate Waste

In May, LFHW Project has held another stall at Erina Fair with cooking demonstrations and educational flyers on promoting how to reduce food waste. We will also be at Harvest Festival Kulnura on Saturday 10th June. Volunteers needed. Please contact through our Facebook page or email for detail.

**What to plant in June?** Beans, Cabbage, Garlic, Kale, Lettuce, Mustard greens, Onion, Peas, Radish, Snow peas, Strawberries, please check [www.gardenate.com](http://www.gardenate.com) for more details.

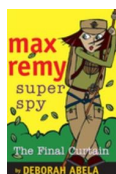
**Garden Volunteers** are always welcome on Monday & Friday mornings 10am – 12pm. If you have a particular gardening talent or just like to potter please come and share with us. **All welcome.**



## 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.) Tel: 4325 8155.

The Premier's Reading Challenge is in its 15<sup>th</sup> year and school children taking part have so many great books to choose from, 344 in total. The Reading Challenge is not a competition but a way to encourage the love of reading in children from Kindergarten to Year 9. The Challenge is open until August 25th. School libraries and Kariong library have the set lists and the books. Examples are **Playing Beatie Bow** by Ruth Park for Years 7 – 9, **Max Remy Super Spy** by Deborah Abela for Year 5-6, **Alice Miranda Shines Bright** by Jacqueline Harvey for Years 3-4 and **Tales from the Waterhole** by Bob Graham for Years K-2.



The Kariong Library Book Club members meet on the last Friday of the month at 10am with morning tea provided. The June meeting will be on Friday 30th and all are welcome to attend.

Each month **Kariong Library Book Club** discusses two books. The June book selections are as printed in the May edition of the Kariong Connection and are repeated below.

**The Novel in the Viola** by Natasha Solomons is narrated by Elise Landau, a teenage Jewish refugee from Vienna. How Elise copes with life in 1938 Dorset, the onset of war and her maturing into a responsible woman is a fascinating read.

**Secrets of Whitewater Creek** is set in contemporary rural Australia and introduces Jordan Windcroft, who has been running the family farm on next to no money on her own since the tragic death of her parents. A book of secrets and romance.



**Storytime** is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Storytime is an exciting programme to encourage a love of reading and to foster development of new skills. Listening, singing and craft work are all part of a fun morning.

## Standpipe



Hi all, I'm back with more news from the Dandaloo St. Fire Station.

Now that Autumn is with us, you'll be seeing a bit of smoke in the air with hazard reductions being carried out around the area. Some cool dry weather makes ideal conditions for these operations to take place when strategic areas can be safely burned to lower fuel loads before summer and the heat is with us again. However, if you see an unattended fire with no personnel or appliances about then call Triple Zero 000 and report it.

Now, I need to talk to you about a fire fighters best friend. Often overlooked and uncared for. For some an eye sore. It's your humble fire hydrant. Now, I know that this is a delicate subject particularly if you're an avid gardener and like to keep your front lawn in pristine condition but at the end of the day it is an important piece of infrastructure that helps firefighting operations immensely. Kariong brigade members have been out and about lately finding, cleaning & tidying them and I'm hearing some unfavourable reports of hydrants being turfed over, over grown and generally not looked after. If you do have one out front of your place, give it the respect it deserves by keeping it tidy so fire fighters can find them easily. There's nothing more frustrating than playing "Let's Find the Hydrant" at one o'clock in the morning with a hydrant bar, punching holes in the ground listening for that distinctive "ping" of a hydrant lid, buried under some awesome turf while someone's house slowly burns to the ground. Trust me folks, the turf will be dug up anyway so do your humble fireies a favour; be proud of your hydrant.



**Keep it neat. Keep it tidy and keep it visible.**

Lastly, there was a Medal Ceremony held in the Wyong district to acknowledge the volunteers from across the Coast who give up their time to be in the NSW RFS.

Michael Hughes from Kariong Brigade received a 20 year service clasp to his Service Medal. Mick has put in some hard yards with the Rural Fire Service over the years and is a well and worthy recipient of this award.

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





## Social Media and Young People

It is no surprise that young people are being affected now, more than ever, by cyber-bullying.

Due to the instant and frequent access to mobile phones and the internet, cyber-bullying is common and can occur on any of the many social media networks. People can be bullied from someone they know directly and can also be bullied anonymously. The repetitive nature of cyber-bullying can increase the mental health issues among young people and has even resulted in suicide for some young people.

When an individual is being bullied online, they often do not tell others, or are told to not tell others and isolates them in the cyber world.

**In order to stay safe on social media remember to:**

- Manage your privacy settings
- Be selective about your friends, do you really know them?
- TAKE CARE
- Block people if you feel that you are being harassed
- Always think before you post as you can't always take it back

If you or anyone who you know is being harassed or bullied online please contact kidshelpline 1800 55 1800. Another current issue occurring on social media is the sending and receiving of sexual and explicit photos via 'Snapchat', 'Instagram' and 'Facebook'. It is important to remember that **consent** for sharing pictures is essential before any pictures are sent. Many young people can become caught in the vicious cycle of forwarding pictures of somebody else without the consent of the person in the photo, as this behaviour can be viewed as 'normal' by the young people in that group. However young people are not aware of the consequences that result from sharing sexual or explicit images for the person in the picture and the sender. Mental health issues for the victim, suspension and expulsion from school and possibly in the future potential charges of assault and harassment can be the result.



If you or a friend have sent an explicit photo to someone via social media and now regret it:

**Stay calm** - ask them to delete the image or if you have the option to 'untag' yourself if it has been shared on social media, report it and ask trustworthy friends to help 'untag' and report if it has been spread.

**Report it** - to the social media network, teacher or trusting adult

**Don't panic** – don't do anything rash, try to stay calm. If the image has spread, and you know your parents will eventually find it out, telling them may be an option, there is an online resource for parents. If it helps get a relative or sibling to support you when telling your parents.

If police are involved, be honest, who was involved, where it was sent and whether consent given.

**TAKE CARE** – turn your phone off, check your privacy settings, block people who are harassing you, don't follow pages that make you feel unhappy about yourself or your appearance

**Join us for Part 2 of our discussion next month – Your local CDAT team!**

## FOR SALE at the Centre

**BBQ - \$50**



5 burner with cover

**Disco Turntable - \$50**

Almost new.



All items are pick up only  
For more information please ring 4340 1724  
or email [admin@knc.net.au](mailto:admin@knc.net.au)



**10 Langford Drive, Kariong**





## Need help with the NDIS?

Fairhaven is your local NDIS provider, we offer personalised support tailored to meet your specific needs, including:

- ✓ Preparing for your NDIS First Plan
- ✓ Independent living
- ✓ Supported accommodation
- ✓ Community participation
- ✓ Development of daily living and life skills.

Try some of our new weekly activities, designed to help people of all ability get active, develop skill, build friendships and have fun! Classes start from just \$5.

- ✓ Craft Club
- ✓ Perform-ability
- ✓ Slow-calling Bingo
- ✓ Friendship Club
- ✓ Tai Chi
- ✓ Painting/Drawing
- ✓ Drumming
- ✓ Make-up
- ✓ Fishing Club ... and more.

Live your life your way!  
Call (02) 4349 5500.

**FAIRHAVEN SERVICES**  
discover | belong | celebrate

209 Brisbane Water Drive, Point Clare  
OFFICE HOURS Mon-Fri 8am-4pm  
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



# ABILITY LINKS

## NEW SOUTH WALES



Linkers  
can assist  
you to

Look at ways  
you can  
participate in  
and be part  
of your  
community

Develop  
your existing  
support  
networks and  
create new  
networks

Build your  
confidence  
to achieve  
your goals

Set goals  
and plan  
your  
future

**ABILITY LINKS**  
is a FREE  
state funded  
service linking  
people with  
disability aged  
0-64 to their local  
communities

**Gosford** **Wyong**  
**4905-0749** **4905-0750**  
www.abilitylinksNSW.org.au



f VintageFairShoppingVillage

## Have you discovered Vintage Fair at Point Clare?

A flourishing little shopping village, Vintage Fair is the perfect destination for people who love to eat, play and shop local! Discover the **op shop**, amazing **upcycled** store, **Antiques** room, Old School House second hand **book shop**, **used furniture** shed, "RE-CReATE" custom made **palette furniture**, **destash** shed and more... then refuel at Fare Cravin' café!

### WHAT'S ON this Month:

**Kids Story & Craft Time** Thursdays, 10am  
**Central Coast Community Market** Car boot sale.  
Drop in to sell or shop! Sat 10 June, 9am-1pm



209 Brisbane Water Drive, Point Clare. TEL (02) 4349 5500  
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www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



**Australian  
Breastfeeding  
Association**

**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

**Come along and meet other mums in the area!**

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from

10- 12pm. Latecomers always welcome. For more info contact us at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or ring KNC on 43401724.

## CENTRAL COAST

**FAMILY SUPPORT SERVICES**

Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children.

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence

Parenting

All of our programs aim to strengthen family relationships and increase the safety and wellbeing of children and young people.

Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.

We also provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

Some of our Parenting programs:

**Triple P 2-8 years Group Program**

FREE Triple P Group Program for parents with children 2-8 years. Come along and learn from the program and each other

**Triple P Seminar Series**

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns

**Circle of Security**

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

**For Support or to Book into a Group**

**Call: 4340 1585, text 0434 426 709**

**Or email: [ccfss@ccfss.com](mailto:ccfss@ccfss.com).**

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

**Ettalong Beach****Arts & Craft Centre Inc.**

are offering on **SATURDAY 10th JUNE**

**'INTRODUCTION TO DESIGN' Workshop**

with Tutor MEG McDONALD

at the below address from 9.00am – 1.00pm

Workshop fee \$60 + \$20 if not already a member

There are some basic principles of design that apply,

no matter what medium you work with

e.g. Paint – Pottery – Fabric – Silver – Home Furnishings

You will work in two dimensions, using pencil & paper to learn about these basic principles.

Tutor to supply at cost of \$5.00 p.p. Paper & Cardboard

Students provide: Glue Stick, Scissors, Pencil, Ruler.

Fine &/or Medium Black Marker, and Coloured Pencils if you have them.

Corner Picnic Parade & Maitland Bay Drive,  
Ettalong Beach in Kitchener Park

Phone: 02 4341 8344 Web page: [www.ebacc.com.au](http://www.ebacc.com.au)

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**DO YOU HAVE ..**

- **A COUPLE OF SPARE HOURS EACH WEEK?**
- **COMPUTER SKILLS ?**
- **A DESIRE TO HELP OTHERS?**

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability.

In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

*Please ring KNC on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)*

## SUPPORT

## Central Coast Community Handy Contacts

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

## AL-ANON

If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?

For information and help contact: AL-ANON

**Saturday 2pm Woy Woy Hospital**

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

## CLUBS



**'Fun - Friendship – Fellowship'** in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

### KARIONG PROBUS CLUB Inc.

#### MEETS AT GOSFORD GOLF CLUB

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

## VOLUNTEERING

### St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

**4323 6080** or email

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



## 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)



**Alison Downey**

B.app.sc MSPA CPSP

**Speech Pathologist****Speech Therapy for Children**

Do you have a concern about your child's talking, listening, comprehension, eating and drinking?

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[adow8044@bigpond.net.au](mailto:adow8044@bigpond.net.au)

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**Kirsty and Cameron****Orders: 43405427**

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Sales Executive / licence Agent

James Roberts—0404 447 551

James Roberts

[jamesr@hinterlandre.com.au](mailto:jamesr@hinterlandre.com.au)



## Registered Tax Agent

will visit you within Kariong for \$110

(Standard Individual Tax Return, includes GST)

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

E-mail: [info@aplustax.com.au](mailto:info@aplustax.com.au)

Phone: 0413 034 649 (Shinji)



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## Australian Academy of Tai Chi

- Stretching • Coordination • Balance • Strength
- Mindful Meditation • Mixed All-Ability Class

**Kariong Neighbourhood Centre**  
Wednesdays 9:00am



Certified Instructor Helen  
0435 121 520



## 1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING — OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

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



## Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 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.**

Our current daily fees are \$30 for 4-5 year olds  
and \$32 for 3 year olds.

Fee relief is available for ATSI families and families  
with a Low Income Health Care Card.

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

**Building 34 Mt Penang Parklands, Kariong**  
Ph. 43401342 Email: [parklandspreschool@bigpond.com](mailto:parklandspreschool@bigpond.com)

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*Fully dressed, no oil, no force or sudden adjustments*

**Call: Frank Heslin 0420 462 598**



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Kariong Chiropractic & Wellness Centre

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4340 5154

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• Pilates/PT • Calmbirth Classes

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*Medicare plans accepted*



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- > dental implants
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- > sleep dentistry sedation
- > digital imaging
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*We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.*

**Home Deliveries & Wholesale**

**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

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Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 4340 0974 / 0410 434 845

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

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

## MONDAYS

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

### Transition to School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences

9.30am—11.30am **During School Term.**

\$10 per child per session. Bookings essential

Ring 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au) to book

Call into the Centre for an information / registration pack.

Parents invited to stay for first Term sessions.

Bring your lunch, a hat and a drink.

## TUESDAYS

### Immunisation Clinic for children - NSCCA

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

Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

### Indoor Bowls

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

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

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

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

### Yoga with Corina—7.00pm-8.00pm

Cost: \$10 if paid in advance, \$12 for casuals

For more information contact Corina Jones 0409 242 153

## WEDNESDAYS

### Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 per lesson

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

## THURSDAYS

### Kariong Crafts & Chat 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

### Pilates & Boxing for Fitness 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing. ***Beginning 13th May 2017***

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 [sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au)

### Ukulele Group Lessons \$10.00 per lesson. 9.00am—11.00am

Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

### SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724 .

## ADVERTISING CLOSING DATE

for NEXT ISSUE

**Wednesday 17th June 2017**

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)

**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.



**79 – b Howes Road, Somersby**

**Call us on: 4372 1799**

**Opening hours:**

Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

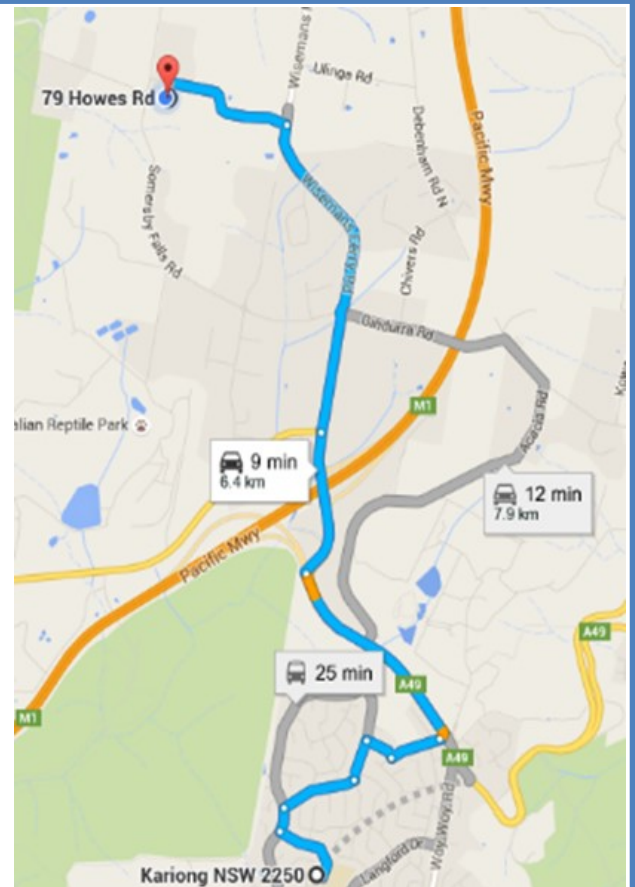
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[www.sahvet.com.au](http://www.sahvet.com.au)



## Get involved! Board members needed!



### Only 2 hours bi monthly

Are you retired and live in the Kariang area?

Did you run your own business or work in Management, H.R., Finances or Marketing?

**We need your expertise and experience** on our board — you will work with 7 other professionals to guide and support the Manager of the Kariang Neighbourhood Centre, to provide a holistic professional service to our community.

**Please contact Fiona on 4340 1724 or email  
[coordinator@knc.net.au](mailto:coordinator@knc.net.au).**