

# 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 4

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



May 2017

## Exciting announcement made at kariong Neighbourhood Centre!!



Pru Goward MP, Minister for Family and Community Services visited the Neighbourhood Centre on Friday 31st March to announce a \$6.9 million commitment to support the roll out of the Premier's Youth Initiative across the Central Coast and Hunter. Up to 130 young people across the Central Coast and Hunter who are at risk or experiencing homelessness will be better supported as part of the Initiative. Pru also announced that the Kariong Neighbourhood Centre, an invaluable support network for locals, will receive more than \$250 000 in funding over the next three years as part of the Community Builders Program.



## WE HAVE MOVED

YOU CAN FIND US AT 3/3 MITCHELL DRIVE KARIONG

We are still offering great Sales and Rental Services to Kariong  
and surrounding suburbs

Contact us on 4340 0777 or 0430 929 034

[bianca@foreman1properties.com.au](mailto:bianca@foreman1properties.com.au)

We now offer JP Service on Tuesday and Thursday between 9.00am and 11.00am

## 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.*

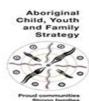
**Cost:** \$10 per child per session.

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)*



## KARIONG MEDICAL CENTRE

*"caring for Kariong"*

As we settle into Autumn Flu Vaccine clinics are well underway. We are still taking bookings please phone the surgery.

**Hot Doc SMS reminders:** These are intended as a courtesy reminder. You are not required to respond if you don't wish to. Your appointment will not be cancelled if you do not reply. You can however confirm or cancel by replying yes or no should you wish to do so.

The repairs on our roof are now complete, thank you for your patience with all the noise! The rest of the complex will be attended to next.



## OOSH UPDATE

Our April Vacation Care Program offered so many fun and educational experiences for our OOSH children, highlights being our visit from "James, the Science Guy" with his range of fascinating experiments, as well as a puppet show incursion, and a wonderful visit from Kym, the reptile man.



Our learning during first term about the Aboriginal culture with a local Bara Barang lady taught the children how to tell stories through a range of symbols as well as participate in some dancing and craftwork. Our special visit in Vacation care also from Bara Barang, (a local Aboriginal Australian Cultural Education Centre) helped the children learn about important traditions, beliefs and ways of life and reinforced to the children the importance of respecting and learning from our indigenous locals.

We look forward to providing lots of educational as well as fun and interesting activities for the children again during Before and After School Care for term two and we welcome new families to drop in and see our fabulous centre. (We do have a waiting list for some days).

**Before and After School Care** -We look forward to providing lots of educational as well as fun and interesting activities for the children again this term and we welcome new families to drop in and see our fabulous centre. Some days are booked out with waiting lists—book in soon.

**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*

What a fantastic first term we have had at our Wednesday gathering! Many new friendships have been forged and the children have been enjoying a wide range of structured activities as well as lots of free play choices in our wonderful outdoor area. We focus on exploring early literacy and numeracy concepts along with lots of listening, sharing and turn-taking opportunities to help the children develop school readiness skills. Self-esteem and social confidence are also promoted through participation in our games and activities. Arts, crafts, messy play, music and story times ensure the children are kept busy and stimulated. We have many families from various cultural backgrounds attend our weekly group. Please come along and join us for a shared morning tea and discover new local friendships! All welcome

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

**Enquiries: Nerida 43404561**

# 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  
 Enquiries 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 Ph: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 4pm** - 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 – 6pm**  
 Learn to play guitar Ages 10 to 17 Cost: Free

## Friday

**Free 10 years and over from 4pm to 8pm**  
 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.



## Selective Class

### Applications for Year 7 2018 open until June 2<sup>nd</sup>

Did you know that your local school has an established selective class that caters for students who are capable, motivated and 'ready to fly' in a challenging, but supportive learning environment?

Although our school has a focus on biosciences and STEM related subjects, the selective stream caters for students with strengths across the breadth of the curriculum. This focus, however, enables students to be accelerated in science and commence Year 11 (Preliminary) studies in a science course in Year 10. To date, 100% of students in this class have successfully completed this Preliminary course of study and hence are well placed to better manage their HSC program of learning.

As a new school, continually keeping up to date with research into improving student learning outcomes, we have incorporated a more structured program of project based learning across Years 7-10, but particularly so, in the selective stream. This type of learning is more authentic and hones collaborative and creative thinking skills.

And looking to the future, as we are not a large school, students are able to study highly academic subjects such as Extension Maths and Physics, for example, with small class sizes. That is, a student to teacher ratio that gives your child more teacher support time.

The selective class test is held on June 16<sup>th</sup> at the school. Please contact the office if you have any inquiries or would like to book a place for the test. If your child is in one of our partner primary schools then this can be organised through your primary school.

We are currently running the VET course "Music Industry" in Stage 6 and as part of their learning our students set up and manage live performances. Come along to the Waterfall Café, every 2<sup>nd</sup> Tuesday from about 12.30pm to enjoy dining and a 'show'. Our young performers appreciate the community support (and they are very talented!).

Anne Vine  
 Principal



## Kariong Progress Association



### Central Coast Council meet and greet program

On Friday 26 May 2017, from 10.00am to 12 noon, the Council CEO Rob Noble and Administrator Ian Reynolds will be having a 'pop-up' stall at the Langford Drive / Mitchell Drive Shopping Centre. They will be there as part of an overall program across the Coast to have local residents let staff know of any concerns.

We cannot let these two top Council officers visit without letting them know just what actions local residents would like to see Council address on their behalf. We appreciate that many of you will be at work, or otherwise engaged on that day, so the Progress Association has set up a gmail address where you can address any questions, and members of the Association will address those questions on your behalf.

**The email address is — [kariongpa@gmail.com](mailto:kariongpa@gmail.com)**

If you do not have internet access you can drop in any questions you have to the Neighbourhood Centre, next door to the Caltex Service Station.

### 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.

### Trail Bikes again!

Reports of unregistered and unlicensed bikes have surfaced again near the Youth Centre, and travelling through the underpass into the Mt. Penang Parklands. Police are aware, and will monitor the situation, but they need to be kept up to date on the activity if you see it actually happening. (Police Assistance Line on 131444)

### Kariong crime stats March 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
5	2	3	0	2	1

**The next meeting is scheduled for  
Wednesday 10 May 2017 at 7.30pm  
at the Kariong Neighbourhood Centre.**



**KICK OFF!** The season is underway!

We are off to one of our best years yet, with almost 50 teams signed up with Kariong United for 2017.

**Keen to play football this year?** We still have limited positions in our U5-U9 teams – please contact Wayne Richards on 0418 412 361 or

[noncompjuniors@kariongunited.com.au](mailto:noncompjuniors@kariongunited.com.au) for more information.

A big thank you goes out to our sponsors – without their support we would be unable to run as a club, and we appreciate all they do for Kariong United and the Kariong community. We would like to thank the following:

**Major Partner** – George Brand Real Estate

**Gold Sponsor** – Foodworks Kariong

**Silver Sponsor** – The Times Café, Amy Cash Fitness, The Supreme Pizza Kariong, Kariong Quality Meats, Kariong Automotive, The Entertainment Grounds and Aquarius Water Tanks

**Club Supporter** – Uke4Fun, SIGNrite, Tag Mate NSW, Alive Dance Academy, Boost Juice Erina, McDonalds

**SAVE THE DATE** – Please mark the following dates in your diary for this season:

3<sup>rd</sup> June 2017 – Kariong Cougars Trivia Night

25<sup>th</sup> June 2017 – Kariong U12 Gala Day

13<sup>th</sup> October 2017 – Senior Presentation Night (*Note: Junior Presentation Date TBA*)

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/kariongunitdfc](http://www.facebook.com/kariongunitdfc)

**Twitter:** @kariongunitdfc

**Instagram:** @kariongunitdfc

**See you all at The Hill in 2017 - GO COUGARS!**

### 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

### HAVING AN EVENT?

Consider VENUE HIRE

AT KARIONG NEIGHBOURHOOD CENTRE

Now available all day Sundays!



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ON THE CENTRAL COAST**

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

Call Peter Lyall: 0411 805 283  
For more information

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## Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on Saturday **13<sup>th</sup> May, 2017 at 1.30pm for a 2.00pm start.** Admission \$2 and visitors welcome.

The following week Saturday 20<sup>th</sup> May the Central Coast Group will host the State AGM and Quarterly Gathering at Phillip House. Admission \$5 which goes to the State body and includes a lucky door ticket.

The public is welcome to attend from 1pm for lunch and to hear Central Coast horticulturist and landscaper, Olga Blacha's talk on 'Attracting Birds with Native Plants'.

There will be native plants & orchids for sale as well as sausage sandwiches and home-made soup.

The meeting will close at 3.30pm with a sumptuous afternoon tea

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au)  
or telephone 43655 049



EST 1987  
**KARIONG COMMUNITY  
BAPTIST CHURCH**



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.



#### GENTLE EFFECTIVE BODYWORK THERAPY

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counselling@unitingrecovery.org.au 0408 679 351



**SPORTS BETTING ADVERTISING** is plastered on buses and around sporting grounds; it's all over the internet, on websites and social media; and according to the Sydney Morning Herald more than one in every six ads broadcast during AFL matches last year were gambling ads.

A spokesman for betting giant Tabcorp said: "Total marketing spend in the wagering industry has increased almost three-fold from approximately \$119m in the 2011 financial year to approximately \$328 million in 2015."

Professional sportspeople have become outspoken about their concerns about gambling advertising. Western Bulldogs AFL star Easton Wood said "Gambling advertising is out of control and it needs to change."

Senator Xenophon agrees that the saturation of gambling advertising is a major community issue and he is in negotiation with the government to slash gambling ads during sporting broadcasts.

The next time you see a gambling ad, take the opportunity to talk to your kids about the reality and risks of gambling, including how gambling works and how to avoid the harm it causes. And seek help if you need it.

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

## 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)

### 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).

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

Visitors and volunteers welcome, 10am – 12noon.  
April Talk: In conjunction with the 30<sup>th</sup> Anniversary of Wildlife ARC, Ms Jacky Hunt, the deputy head carer of the micropods presented a talk about Australian marsupials and we enjoyed The Easter Bilby story.

May Open Garden is 14<sup>th</sup> May. The garden is holding a special Mothers' Day gathering for mothers on their own. Come and celebrate Mother Earth with us. Enjoy a morning of celebration with music and light food. Every mother will receive a free pot plant.

### 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. Fridays and Wednesdays, 9.30am – 11am. Bookings essential.

### 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 on 28<sup>th</sup> May we will be in Oakes Street, Kariong.

### Boomerang Bags

Fortnightly Mondays 11am – 2pm on 1<sup>st</sup> May, 15<sup>th</sup> May and 29<sup>th</sup> May. 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.

### Love Food Hate Waste Project

LFHW Project has launched on Central Coast. Our first event was at Erina Fair with cooking demonstrations and educational flyers on promoting how to reduce food waste. Eco Garden has also held two workshops introducing families to minimizing food waste and also eating healthy. The next LFHW Workshop will be on 13<sup>th</sup> May and 28<sup>th</sup> May. Please check our Facebook page for event details and bookings on Eventbrite.

### Vandalism

Sadly we have had some visitors who have damaged our roller door. The garden is a community space and we all need to take care of it.

**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.

## BROADBAND FOR SENIORS

funded by the Australian Government

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)



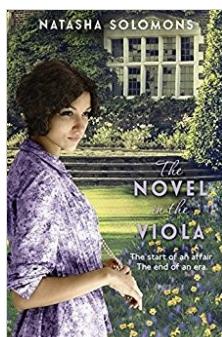
## WHAT'S ON ...AT KARIONG LIBRARY

**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.**

Welcome to Kariong Library. The library catalogue is available online so that you can search for what you need before you visit. The **Virtual Library** provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. Many are available from home, and you can use your library card number to log in from home. [www.gosford.nsw.gov.au/libraries](http://www.gosford.nsw.gov.au/libraries)

Each month **Kariong Library Book Club** members meet on the last Friday of the month at 10 am with morning tea provided. The May meeting will be on Friday 25<sup>th</sup> and both books to be discussed explore the lives of independent strong women and their romantic interests.



**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 matures into a responsible woman is a fascinating read.

**Secrets of Whitewater Creek** is set in rural Australia and introduces Jordan Windcroft, who has been running the family farm on her own since the tragic death of her parents.



**Storytime** is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Come along and enjoy a story, some singing and craft. This great programme to foster development of new skills is for children 3–5 years.

## Standpipe

G'day folks.



I'm back with some more news from the Dandaloo Street fire station.

The bushfire danger period has well and truly finished however everyone still needs to be on their toes in terms of home fire safety as well as burning off issues. I mentioned in my last chat with you that making sure your home heating appliances are up to the task and that means your heaters, electric blankets, fire places are all up to scratch because it will get cold. The other matter is burning off. If you are a rural land owner or manager regulations still apply to burning off bona fide agricultural material. But, if you live in Kariong and dumping your household rubbish in the "old 44-gallon drum" in the back yard and lighting it up, that's a definite NO NO. Just lately I've been smelling the classic aroma of fire places being started as well as the acrid smell of someone burning rubbish and, before anyone asks, yes, I can tell the difference. Don't be tempted to burn your household stuff in the back yard or fire place because you will be in hot water if detected. Not only will that irritate your local fireies it may cause a visit from the Council.

Crews from Kariong along with other local brigades were deployed to the Lismore area to assist our cousins up north in flood clean up. From what I've seen and heard it was a messy job and the guys coming back were saying that it was a pitiful sight to see but we all hoped that our efforts went a little way to restoring some sort of "normality" for the locals up there in their efforts to reorganise and rebuild.

Lastly, I wanted to mention to you about joining the NSW RFS. It's an exciting time to join the Service and you'll be kitted and trained to do your part in helping to protect not only your neighbours but further afield as we've discussed. We're in Dandaloo Street Kariong and we're open for training Wednesday nights from 7.30pm and Saturday mornings from 8am. Come up for a chat to see what it's all about; we'd love to see you.

That's it for now folks. Stay safe and be Firewise.



## 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. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

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

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

## Information Booklets

on services available to you on the Central Coast available at Kariong 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.

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



# The XChange

Seventh-day Adventist Church



Kariong Public School is proving to be an excellent venue for us. We have continued to learn about the Fruits of the Spirit. Through stories, craft, and discussion we learned about Peace.

Saturday 1st April we had our Easter family church. We had an amazingly great time. We heard how other countries celebrated Easter. We had crafts and activities to give us an upfront knowledge of how those countries celebrated.

Saturday 8th April we had our Agape, in the school library. The elections were on and the school was kind enough to offer us a substitute venue. Celebrating the Lords Supper is a highlight for everyone who attends.

We shut down for two Sabbaths, 15, & 22 April 2017. During this time many of us will be attending Big Camp at Stuarts Point. Every year many people from across North New South Wales pack their tent and supplies and head up to camp. While at camp we attend great meetings, sing lovely songs and fellowship with others.

We return to KidsXChange and Barneys Church on the 29th of April 2017. We look forward to seeing you when we return.

[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 years. 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.



**FAIRHAVEN SERVICES presents**

# 2017 Autumn Fayre

SATURDAY 6 MAY  
9AM-2PM

A FUNDRAISER IN SUPPORT OF PEOPLE LIVING WITH DISABILITY

**GOLD COIN DONATION ENTRY**

Discover a selection of the traditional, homemade, the unusual and regular favourites at our annual autumn fundraising event in support of a truly local charity!

40+ STALLS	UPCYCLED TREASURES	KIDS ZONE	ANTIQUES & COLLECTABLES
NEW & EXCITING FOOD	BOOK SPILL	RAFFLES, PRIZES	
OP SHOP	MUSIC & ENTERTAINMENT	... AND MORE! <a href="#">f</a>	

209 Brisbane Water Drive, Point Clare  
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TEL (02) 4349 5500 EMAIL [enquiries@fairhaven.org.au](mailto:enquiries@fairhaven.org.au)

**FAIRHAVEN SERVICES**  
*discover | belong | celebrate*

# 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** **4905-0749** **Wyong** **4905-0750**

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



### Have you discovered Vintage Fair at Point Clare?

The flourishing community hub & retail space, Vintage Fair is the perfect destination for people who love to eat, shop, play local! Discover the op shop, amazing upcycled store, Antiques room, Old School House 2nd hand book shop, used furniture shed, "RE-CReATE" palette furniture, destash shed and more... then refuel at Fare Cravin' café!

#### WHAT'S ON this Month:

**Kids Story & Craft Time** Thursdays, from 10am  
**Central Coast Community Market** Car boot sale.  
Drop in to sell or shop! Sat 13 May : 9am-1pm



209 Brisbane Water Drive, Point Clare. TEL (02) 4323 3566  
SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.  
[www.fairhavenservices.com.au](http://www.fairhavenservices.com.au) EMAIL [enquiries@fairhaven.org.au](mailto: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 [kariogabagroup@gmail.com](mailto:kariogabagroup@gmail.com) or ring KNC on 43401724.

## CENTRAL COAST



### FAMILY SUPPORT SERVICES

#### CCFSS Kariong Groups May

##### Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also**. The next meeting, Gosford group, Tuesday 9 & Thursday 25 May 2017, 9.30am to 11.30am Erina Centre, Meeting Space 2, Erina Fair Shopping Centre

##### Triple P 2-8 years Seminar Series

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

**Venue:** Central Coast Family Support Services  
21 Old Mt Penang Road, Kariong

**Dates:** 3 Saturday sessions; 6, 13, 20 May 2017  
10.00am to 12.00pm

**Sorry No childcare. Bookings essential**

##### Stand Together

A group for women who have survived domestic family violence

**Venue:**  
Peninsular Women's Health Centre  
20A McMasters Road, Woy Woy

**Dates:** Tuesday's 16, 23, 30 May, 6, 13 and 20 June 2017

**Limited Childcare available; bookings essential**

Participants will need to complete a pre-group interview

##### 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)

\*for groups in other locations please see [www.ccfss.org.au](http://www.ccfss.org.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**

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

Foreman One Properties **4340 0777**

## 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  
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/>

## Ettalong Beach

### Arts & Craft Centre Inc

#### Term 2 on 1st May 2017 for 9 weeks

<b>MONDAY</b>	9.00am – 11.00am	Patchwork & Quilting
	11.00am – 1.00pm	Social Patchwork & Quilting
	10.00am – 12.00pm	Pottery
	6.00pm – 9.00pm	Silvercraft
<b>TUESDAY</b>	9.30am – 11.30am	Patchwork & Quilting
	2.00pm - 5pm	Silvercraft
	7.00pm - 9.00pm	Pottery
<b>WEDNESDAY</b>	9.00am - 11.00am	Painting & Drawing
	11.30am – 1.30pm	Painting & Drawing
<b>THURSDAY</b>	9.00am – 12 pm	Silvercraft
	12.30pm – 3pm	Social Stitchery
<b>FRIDAY</b>	9.30am - 11.30am	Watercolour Painting
	12 .00 – 2.00pm	Watercolour Painting

All details are at [www.ebacc.com.au](http://www.ebacc.com.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

## CLUBS

## Rotary



'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

### KARIONG PROBUS CLUB Inc.

#### MEETS AT GOSFORD GOLF CLUB

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

## VOLUNTEERING

### St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

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

**4323 6080** or email

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



## 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>

## 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)



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.



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?

**Phone:** 0400 145835 **Email:** [adow8044@bigpond.net.au](mailto:adow8044@bigpond.net.au)



5am Mon-Fri

6am Sat/7am Sundays

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

**Kirsty and Cameron**

**Orders: 43405427**

Shop 4/10 Curringa Rd, Kariong.

## By George

Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

## MATURE TECHNO GUY

*with over 30 years' experience*

### The one stop shop for all your technical needs

Computer & Software Issues

Need help with a website for that new business

Emails not working

Need to setup a domain

Networking or Wi-Fi Issues

Internet Problems

Can't get that new sound system to work

Call Greg on **0408 968 599**

**Mates Rates** Phone **0432 050 644**  
**Lawn Mowing & Maintenance**

**Mowing | General Home Maintenance | Rubbish Removal**



- Expert Care with timely, friendly, service
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- Hand Therapy
- Late Appointments available

**PH 4340 1643**

3 Mitchell Drive, Kariong

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



## FREE TV RECEPTION TEST

We will Test & Diagnose any problems you are having with your TV Reception for FREE!!

Digital TV Antenna Services TV & Speaker Mounting

**0419 409 180**

## Kariong Bootcamp Classes

**Location:** Kariong High School

**Time:** Tuesday and Thursday at 6am

Every 2<sup>nd</sup> Saturday at 7am

For only **\$15** per week you have access to all these boot camp classes **plus** our classes in Umina and Woy Woy.

\*Classes coming soon to Point Clare\*

Call now to book in your free trial session!!!!

**Phone: 0466682026**

**Email: [transcendtraining@hotmail.com](mailto:transcendtraining@hotmail.com)**

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



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with great rates & great service.  
Working across the Northern Beaches, North Shore and Central Coast

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Get your servicing and repairs done  
during the months of winter for a 10%  
discount on labour.

\*Discount does not include price of parts  
\*Valid for June July August

**New Boat?**

Book in for a run through of how to use  
and maintain your new boat to keep it  
running smoothly.  
Looking at a new boat? Ring for a pre-  
purchase inspection so you know what  
you're buying.

**Kariong Branch - Labor**

Next meeting  
May 16, 2017 7.30pm  
Kariong Neighbourhood Centre  
Visitors and New Members welcome  
Enquiries: Alasdair 0418 264 115

  
**A PLUS TAX AID**

  
Tax agent  
24734508

**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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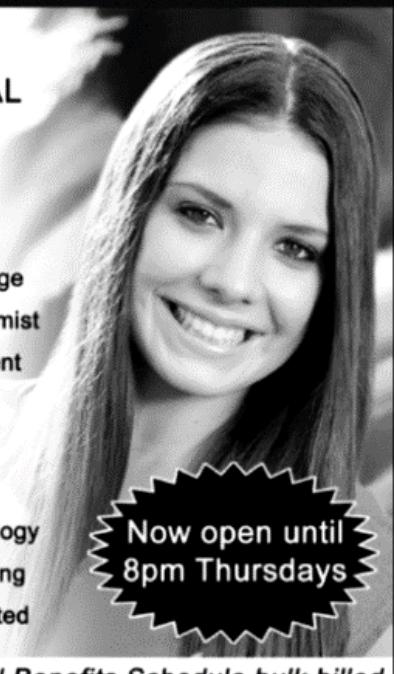
**1st KARIONG SCOUT GROUP**  
LOOKING FOR OUTDOOR ACTIVITIES?  
TRY SCOUTING – OPEN TO BOYS AND GIRLS  
Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm  
Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm  
*Also looking for Adults to assist as Leaders  
Contact Teresa 0408 606 154 for details*

  
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**30 YEARS LOCAL**

- dental implants
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- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
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- orthodontics
- sleep dentistry
- ceramic filling
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- HICAPS claims accepted



**Now open until 8pm Thursdays**

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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



  
Ramsey Group

Whether you're planning to sell now or in the future we can assist you in preparing for all of your real estate needs and ensure a maximum return.

Call me to find out the value of your property, with a **NO OBLIGATION**

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Sales Executive / licence Agent  
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[jamesr@hinterlandre.com.au](mailto:jamesr@hinterlandre.com.au)

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(Lic. No 10805)

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- \* Re-bed & Point-up Loose Ridge Capping in FlexiPoint
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- \* All Types of metal roofing, flashing and guttering
- \* Work Guaranteed \* Free Quotes
- \* Worked in Kariong 26 years

No Job Too Big or Small

Phone Grant on 0412437175



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- ✓ Digital TV Antennas    ✓ Wall Mounted TVs
- ✓ Additional TV Outlets    ✓ Surround Sound

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Approved Antenna Installer**



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**Phone: 0414 431 671**



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

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- Chiropractic • Massage • Acupuncture

- Pilates/PT • Calmbirth Classes

*Health fund accredited*

*Medicare plans accepted*

## Bizzar Pet Grooming

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at Kariong NSW 2250

*Qualified vet nurse / Groomer / Boxer breeder*

**Spruce up your pet! Call our salon today**

- \* Bathing all size dogs \$25



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

### **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.

## TUESDAYS

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

Free service provided by Area Health. No bookings required.  
The 2nd and last Tuesday of each month.  
Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

### **Indoor Bowls**

From 9.15am sharp to 12.00 noon. **During school term.**  
Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

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

Child Health appointments with Helen from Area Health.  
For appointments call Gosford Gateway Clinic - 4328 7900.

### **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 Greg 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 May 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.



### **Local Kariong Family Needing Your Help!!**

We have a staff member from a local family experiencing a lot of difficulty after an accident and are seeking support from our community. If you would like to contribute please see GoFundMe.com and go to "help Jozza and his family" or go to our Facebook page and follow the link.

<https://www.facebook.com/KariongNeighbourhoodCentre>



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

