

THE KARIONG CONNECTION

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

Vol 24; No 11 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



December 2016

FM 107.7 2GO PRESENTS

Christmas Lights in the Gardens

9-13 December 2016 6pm-9:30pm

Come along to the themed interactive lights display!

- Outdoor movie at 8pm *'Christmas With The Kranks'* featuring Tim Allen
- Take your photo with Santa from 6pm nightly
- Meet Elsa from Frozen and other fun characters
- Support the Ronald McDonald Family Room with a scavenger hunt and BBQ
- Plus jumping castles, food vendors, carols and more!

\$25 PER FAMILY (2 adults and up to 3 children aged 16 or less). \$10 per adult. \$5 for additional children. Children 3 and under are free.

Buy your tickets on trybooking.com
(Christmas Lights in the Gardens)
or at the gate: Parklands Rd, Mt Penang Parklands, Kariong.

Follow us on Facebook for updates:
Facebook/Mt-Penang-Gardens-Event-Park

WITH SPECIAL GUEST
Santa

Supported by

CAROLS BY SUNSET

Kariong Public School, Langford Drive, Kariong
Friday, 9 December, 2016
Christmas Fair - 5.30 - 7.30, Carols - 7.30pm

Live nativity scene | jumping castle | facepainting and craft | food stalls | and more
Great night of family fun
Entry by gold coin donation - all proceeds go to Kariong Public School

EST 1987
KARIONG COMMUNITY
BAPTIST CHURCH

An alcohol and smoke free event





OOSH UPDATE

Lots of learning and fun at OOSH this term with our weekly eco garden classes with Marta, teaching us about sustainability within our garden and kitchen, as well as our Friday visits from a local artist Libby, who is working with the children painting some beautiful signs with positive thoughts to add to our outdoor area.

Our service farewelled Rebecca Fitch in September and we all wish her the best in her new endeavours.

We look forward to much excitement and holiday fun with our December/January Vacation Care program especially the excursions to Taronga Zoo and to the Wannabee Family Playground. Families will need to be quick to secure places for their children for these special days. Give yourselves a break and let us take great care of your children. Feel free to pop in to our centre and talk with our fantastic staff if you have any questions or need any further information.



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 playgroup has welcomed so many new faces this year. It has been really lovely to meet the new families and help them settle into our group to make new friends – children and parents both!

The children have been enjoying some messy play experiences as well as exploring our big climbing equipment, slippery dips and sandpit. We are all looking forward to celebrating the festive season with lots of Christmas activities and songs. We will be holding our Christmas Party on our last gathering for the year on the 14th December 2016. We invite you to come along and bring a party plate to share with everybody and we are also expecting a special red-coated visitor to pop in too!!

We would like to give a very big thank you to our fantastic volunteers – Lyn, Matthew and Ciarne for all their hard work throughout the year. Again much thanks to Jasmine Tarantula for her never-ending supply of DELICIOUS home baked goodies! We are always happy to see new faces!!!

Cost: \$4.00 for members \$4.50 for non members
Morning tea provided

Enquiries: Nerida 43404561



Vacation Care Program

All welcome

Time: 6.30am – 6.30pm

	Monday 19.12.16	Tuesday 20.12.16	Wednesday 21.12.16	Thursday 22.12.16	Friday 23.12.16
	OOSH Beach Day \$55	Xmas Craft \$55	Intencity \$60	Sculptures Day \$60	Christmas Party \$60
Week 2	Monday 9.1.17 Aboriginal Tour \$60	Tuesday 10.1.17 Mingara Centre \$60	Wednesday 11.1.17 Rockpools \$55	Thursday 12.1.17 Inflatable World \$60	Friday 13.1.17 Plaster Day \$60
Week 3	Monday 16.1.17 Taronga Zoo \$60	Tuesday 17.1.17 Eco Park \$60	Wednesday 18.1.17 Wannabees Centre \$60	Thursday 19.1.17 Creative Clothing \$60	Friday 20.1.17 Hunter Valley Gardens \$60
Week 4	Monday 23.1.17 Motorised Lego \$60	Tuesday 24.1.17 Science Day \$55	Wednesday 25.1.17 Disco and Circus \$55	<i>If the weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre asap Phone: 4340 4561</i>	

The Hill Youth Centre

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



Monday

Fitness - 6.40 pm Boxing - 7.45 pm
\$10 per class, first class is free

Tuesday

Alive dance academy - 3.30pm to 7.15pm
email: info@alivedanceacademy.com.au
Phone: 0407 259 001

Wednesday

All programs are FREE from 3.00pm to 6.00pm
Ages 10 years and over. No bookings required.
Health and Wellbeing 10 week Challenge
Set some goals for the next 10 weeks and get active and healthy through sports and nutrition
3.00pm to 3.30pm Mixed sports
3.30pm to 4.30pm Bootcamp
4.30pm to 6.00pm Nutrition Program - Learn how to make some tasty and healthy meals.
Fitness 6.40 pm Boxing 7.45 pm
\$10 per class, first class is free

Thursday

Alive Dance Academy - 3.30pm to 7.15pm
email: info@alivedanceacademy.com.au
Phone: 0407 259 001
DIY Day - 3.30pm to 5.30pm Free
Ages 10 years and over No bookings required
Learn some new skills with this exciting new building, maintenance and repair program.

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.
Open mic night 1st Friday of the month
Elevate Youth 2nd Friday of the month
Christmas party Friday 16th December.

Youth workers are available for referral and support from 10.00am to 2.00pm, by appointment.

The Community thanks Yvonne & Doug Hart



Yvonne and Doug Hart who are well known in the local community, have generously served the Kariong Community for 46 years managing the Progress Hall and Tennis courts.



You may have noticed the great banners that were erected to say **THANK YOU** to Doug and Yvonne on Woy Woy Road recently.

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



Kariong Progress Association



The Association met at its new venue, Kariong Neighbourhood Centre, for the November meeting, and discussed various local issues.

There has been no progress on the Langford Drive / Woy Woy Road intersection matter, and Lucy Wicks is attempting to find out why the Council is not taking advantage of the Federal funds made available, almost 2 years ago now.

Similarly, the Mt Penang Precinct still appears to be in limbo.

Police now have an additional method of reporting some crime matters on the Internet. Where no emergency exists and immediate investigation by a Police officer is not necessary, you can register to report on line matters such as lost property, intentional damage, theft and graffiti. Website: www.police.nsw.gov.au/community_portal

As well, the Police remind everyone now that the warmer weather is arriving to be very aware not to leave windows, doors, cars unlocked. They have to spend inordinate amounts of time with thefts that are preventable because people leave so much of their homes and cars open over the summer months.

Kariong crime stats for October are not available at the time of printing.

Updated stats in the February newsletter.

Reminder Future meetings of the Association will be held on the **second** Wednesday each month.

There will be no meeting of the Association in December or January.

The next meeting is scheduled for Wednesday 8 February 2017 at 7.30pm at the Kariong Neighbourhood Centre.

The primary purpose of that meeting will be the future direction of the Kariong Progress Association,

so we invite you to come along that night and give us your thoughts on just what the Association should be doing in Kariong in the future.

Kariong Neighbourhood Centre would like to thank all those who have made donations and contributions to the Centre over the year. We value your support and look forward to another successful year ahead.



Kariong Eco Garden Incorporated

Corner Dandaloo Street & Woy Woy Road
Kariong NSW 2250 (next to Tennis court 2)
Postal address: c/o KNC 10 Langford Drive,
Kariong NSW 2250 Phone: 0417 686 694
Email: kariongecogarden@gmail.com ABN: 13 852 216 759
Website: www.kariongecogarden.org.au



Kariong Eco Garden has had another very full and busy year this year and lots of fun along the way. Below is an assortment of pics to show the many and varied ways we have worked in and for the Kariong Community



Mt Penang Parklands

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



NEWS & EVENTS

Central Coast Christmas Fair 4 December
 Christmas Lights in the Gardens 9-13 December
 Mountain Sounds Festival 18 February
 GIRRAKOOL Blues Festival 4 & 5 March

For more information on these events or to find out what's happening at Mt Penang, visit our calendar of events at mtpenangeventpark.com.au

Did you know?

- » With its diverse environment, aquatic gardens and dams, Mt Penang Parklands is the perfect place to watch migratory, nomadic and resident birds species. Which birds have you seen lately?
- » Dog owners and professional walkers are asked to be considerate of other park visitors. Please make sure your dog is on leash at all times and always pick up after your dog(s).



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

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

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre

on 4340 1724 for an appointment

30 Years Experience in:

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

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



WHAT'S ON ...AT KARIONG LIBRARY

**The Kariong Library will be closed over the Christmas holiday from Saturday 24th December 2016 and will re-open on Tuesday 3rd January 2017.
 Telephone number: 4325 8155**

"Libraries are keeping up with advances in technology and the changing needs of our members by providing a number of free services, including: online tutoring, resume reviews, learning a language, and a huge range of eBooks, newspapers, magazines and movies – all for free through our online portals."

If these areas are of interest to you please come along to **Book Club on Friday 27th January at 10.00am**. A staff member of Library Services will be in attendance at 11 am to advise on navigating the library web site and to answer all your questions on the many other library services. We will also be discussing the books **Cull** (2014) written by Stafford Ray and **The Bourne Identity** (1980) written by Robert Ludlum.

Cull is an international political thriller of intrigue and conspiracy and **The Bourne Identity** is a spy fiction thriller. **Storytime** the Tuesday morning programme for children 3 – 5 years will return in February 2017. Check with the librarian for details of any January school holiday programme.

Two library holiday events (with a Heroes and Villains theme) are planned for January 2017. On Friday 20th January the Hills Youth Centre will be making a hero/villain mask followed by competing in an obstacle course. The following **Friday 27th January will be a movie at Kariong library**. The movie is the animated **Megamind**, and will start at 7 pm.

Bring a pillow or cushion. Free popcorn and poppers will be available at the interval. Bookings are essential, ring the librarian on 4325 8155
 Or book on-line at



www.qosford.nsw.gov.au/libraries/what's-on

Contact Library Action Group at: ktag2013@yahoo.com.au

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1.00pm – 2.00pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12.00 noon.) Telephone: 4325 8155

CENTRAL COAST



FAMILY SUPPORT SERVICES

CCFSS Kariong Groups

Central Coast Family Support Services Inc. facilitates a variety of courses, seminars, workshops and family events open to families living across the Central Coast region. Groups are delivered in a variety of locations and all courses are currently free. Some group work programs provide child care facilities and often a gold coin donation for this service is requested.

To view flyers for our current groups, you can visit our website: www.ccfss.org.au If you would like to register your interest in any of our programs please call our office on 43401585 or email us on ccfss@ccfss.com.au and we will phone you back.

**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, 23 February, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong

Grandparents Raising Grandchildren Support Group Christmas Party

The GRG Support group Christmas party will be held on **Thursday 8 December** from 9.30am at Central Coast Family Support offices.

To Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.au

Website: www.ccfss.org.au

*for groups in other locations please see www.ccfss.org.au

Standpipe

G'day folks.

Back again with some more news from Kariong Rural Fire Brigade.

Well, as I mentioned previously, you just can't pick the weather and as we saw at the start of November, bushfires west and north of Sydney around Penrith and Port Stephens. These fires can have a devastating effect in both emotional, physical and material terms when they impact on communities. Thankfully the message is getting through to the public about the NSWRFs programs on Prepare Act Survive and to be prepared if the worst happens. As you may have seen that fires can happen anywhere so it pays to be ready.

Kariong sent crews to Cessnock as well as Karuah as part of Gosford strike teams to assist the crew up there in their effort to contain and control those fires. I'm happy to report that Kariong carried themselves at the highest level of commitment, professionalism and attitude toward getting the job done and it was a great effort by all members who attended not only these fires but those who stayed home to work on local jobs as well. What needs to be remembered folks is that most of the guys have their work as well as family commitments to keep in mind however, when the chips are down these guys stood out.

Folks, as I sit & write this column, fire fighters are still hard at work all over NSW trying to keep their communities safe from the threat of fire. The message is clear that you need to do your part as well and what you can do if you haven't already done so is get a Bushfire Survival Plan and fill it out. Go to any fire station or Fire Control Centre and ask for one, get the family together and get it done. In Kariong, nip up to the Emergency Operations Centre on Woy Woy Road during business hours and they'll point you in the right direction.

Remember folks, we live on the edge of some of the prettiest bushland on the Central Coast but it comes at a cost and that is being prepared and being aware. Do your part in keeping aware and have your plan ready.

Until next time, stay safe and be Firewise.



Kariong Christmas Carols

When: Friday, 9 December, from 5.30pm

Venue: Kariong Public School

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

The Greatest Gift of All

What do you think of the Christmas season? Do you look forward to it with the eager anticipation of a child? Do you count down the days in excitement or anxiety? Are you thinking about the gifts you want, or the gifts you need to buy? Are you busy planning Christmas lunch for the extended family? Are you wondering where you are going to find the time to do the shopping you need to do, while working right up until Christmas Eve? Are you secretly dreading the Christmas season, and all of its associated busyness?

For many, Christmas has become just another event on the calendar of life – an event to be celebrated, a day to observe, without giving much thought to what it's actually all about. Ask the average person what makes Christmas special, and the response is likely to be "Santa".

This Christmas I urge you to rediscover the true reason for the season – the birth of Jesus Christ, the son of God. The Bible tells us, in the book of John: *"For God so loved the world that **He gave** His only begotten Son, that whoever believes in Him should not perish but have everlasting life"*. Jesus was the gift that God gave to us, the first - and greatest - Christmas gift! A gift that assures us of a place in Heaven one day. But, like any gift, it has to be accepted – received - in order that it becomes ours. Have you received Jesus?

Please join us at KCBC. We meet Sunday mornings at 9.30am in the Kariong Public School Hall.

Christmas Day Service – 9.00am - Sunday, 25 December



What a busy November we have had.

In KidzXChange our teen leaders have prepared and taken the program for the younger children. WOW! What an awesome job they did! Lots of work went into their programming to make it full of learning and fun! I am so very proud of our teen leaders.

I feel confident that when the time comes for me to hand over to them – our kids will be in creatively safe hands! If you couldn't make it to Barney's – you have missed some great speakers. We would really love you to drop in – you would be hooked!

Coming up in December we are preparing for Christmas. KidzXChange is doing lots of Christmas games, crafts, super quiz and everything Christmas. We have our Christmas family church on December 10 – Lots and lots of learning and fun for the whole family and 24th we will be enjoying Christmas carols.

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

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9.30am – 11.00am for kids aged 4–13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11.30am - 12.45pm. You could even stay for lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7.00 pm - 8:15pm and Wednesday mornings 10.00am – 11:15am. Various locations.

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

Safer Celebrating Tips For This Busy Holiday Season

Remember that Alcohol and other drugs affect everyone differently and that there are many things that can impact how they may affect you.

If you choose to drink alcohol or use licit or illicit drugs

- Give your body a break – enjoy some drug and alcohol free days every week.
- Binge use of drugs and alcohol can be as harmful as or even more harmful than daily or regular use.
- Make sure you eat and sleep well and regularly.
- When you use make sure you are with people you trust and who will look after you if things go wrong
- Don't drink or use drugs and drive. Don't rely on someone who is drinking or using drugs to drive you home
- If you use drugs or alcohol in a public place, like a park or beach, you could be fined or arrested
- Have a plan to call 000 if you or someone else becomes ill when using alcohol or drugs
- Mixing legal or illegal drugs and alcohol can cause an overdose. The strength of the drugs or alcohol can increase when used together
- Alcohol use on its own can cause overdose

If someone becomes unconscious – place them in the recovery position and

call an ambulance – the ambulance officers will need to know exactly what the person has used so they can help them.



Remember- Police do NOT attend ambulance call outs unless there is violence happening. Ambulance officers are there to help and not report and cannot press charges.

If someone who is using becomes distressed or 'freaks out' – Stay calm. Make the area safe – stay with them – reassure them – encourage them to breathe, and talk about something like their hobbies or interests – keep them warm – don't challenge them – calmly remind them that they are out of it – get help if you are concerned.

If you or someone you know would like to talk about your drug or alcohol use, the following maybe a few helpful numbers:

Central Coast Drug and Alcohol intake line 4394 4880

Youth Health (12-24yrs) – 4356 9333 Headspace 4304 7870

ADIS – Alcohol and Drug info line (24hr Advice and referral)

1800 422 599

Family Drug Support 24 hours 7 days per week 1300 368 186



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 or ring KNC on 43401724.

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\$20/student per session

Limit 3 students per session

Mondays: 3.30 – 4.30pm / 4.40 – 5.40pm

Bookings & enquiries:

Marta.lett@gmail.com / 0423 947 472

Venue: Kariong Neighbourhood Centre
10 Langford Drive, Kariong



So many things in life are judged by their superficial appearance, despite the well-known adage “Don’t Judge a Book by its Cover”. That saying is asking us to look deeper.

Yet, if appearance is the only criterion by which the worth of something is judged then we are missing out on, not only the potential of those who don’t meet the ‘standard’, but also the creative potential of those who hold to a different standard. Public schools promote creativity, diversity and tolerance of all students from all backgrounds and walks of life. Sometimes, this means that not all our students conform to a uniform code, may use different language conventions, or question the reason behind rules and expectations. Sometimes, they revel in expressing their uniqueness. Having everyone look and behave the same is easier, but most definitely not a determinant of character or destination in life. We should not make a judgement about the reputation of a school, or the students themselves, just because they do or don’t conform to our own standards. I am also reminded of the old saying about those who assume when discussing this topic.

On behalf of all students, same and different, don’t judge by ‘the cover’, but take the time to know more about them through their actions, come along to P&C meetings to be more informed about their school’s policies or meet with the Principal to understand more about who they are and the potential they have. Remember back to when, as a teenager, you looked and acted differently to your parents and realise that this is just the same coming of age behaviour being repeated.

Public schools, it is our embracing of diversity that is our strength and what ensures that our students are best prepared for success in the complex, multicultural society that is twenty first century Australia

Anne Vine
Principal

HAVING AN EVENT? Consider VENUE HIRE AT KARIONG NEIGHBOURHOOD CENTRE



We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. From only \$29 per hour for members

Tables and chairs are included with your hire, and we have a BBQ available for hire.

For more information or to make a booking ring 4340 1724 or email admin@knc.net.au



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E-mail: info@aplustax.com.au

Phone: 0413 034 649 (Shinji)



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TERM 3 CLASSES:

Wednesdays 9.00 - 10.00am

At Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520

Suitable for all ages and abilities





CHRISTMAS: It's a beautiful, silly, stressful time of year. Most of us have been guilty of overstretching our budget during the festive season. Our family, friends, partners and children often have huge expectations around the gifts they receive for Christmas, and of course we want to spoil the people we love.

Many people with gambling problems don't have the money to buy the expected presents. This then leads them into more gambling as they try to win money to buy gifts. Or they can go all out on their credit cards which leads to a crippling debt hangover in the New Year, and the temptation to risk everything to try and pay off these debts—which just keeps the gambling cycle going.

For anyone struggling financially this Christmas, remember this: great gifts don't need huge budgets. You could offer to babysit, mow someone's lawn, or make a handmade gift. Use your creativity to save your bank balance—you'll be surprised at how people respond to a gift that has taken personal energy rather than personal investment.

And besides, Christmas is not about how much you spend on gifts, it's about spending time with family and friends, about getting together and celebrating the fact that God gave his one and only son to the world.

The true meaning of Christmas is love. And love is the greatest gift of all.

The staff at Uniting Recovery wish you a joyous holiday season and a new year that brings you much love and many moments to cherish.

*UCMH Counselling Services has officially changed its name to **Uniting Recovery Counselling**. If you are experiencing gambling problems please contact us on 0408 679 351 or check out www.problemgambling.net.au.*

KARIONG MEDICAL CENTRE

"Caring for Kariong"

Wishing all our patients and their families

A SAFE AND HAPPY CHRISTMAS



from all the Doctors and Staff Kariong Medical Centre



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, 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:

Carols At Twilight Fri 9 Dec, 6pm-8pm
Antiques & Collectables Sale Til Wed 20 Dec
Christmas Cave Til Wed 20 Dec



209 Brisbane Water Drive, Point Clare. TEL (02) 4323 3566
 SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



Do you need help with the NDIS?

Fairhaven Services is a not-for-profit org that has been working with people, families and carers living with disability on the Central Coast since 1962. We provide supports and services to help you achieve your goals and aspirations, to enable you to live as independently as possible.

As an approved NDIS provider we can help you with the NDIS process: preparing for your First Plan, providing coordination of supports, getting person centred assistance tailored to meet your individual needs and the supports funded in your NDIS plan.

Fairhaven can help you live your life your way!

Call (02) 4323 3566

FAIRHAVEN SERVICES
 discover | belong | celebrate

209 Brisbane Water Drive, Point Clare
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www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au





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- Delicious ready made meals



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- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available



KARIONG
 Physiotherapy Centre

PH 4340 1643
 3 Mitchell Drive, Kariong

Better Health Practices



Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
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at Kariong NSW 2250

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Spruce up your pet! Call our salon today

* Bathing all size dogs \$25



All dog grooming starts from \$50

Grooming includes

- * Clip nails
- * Clean ears
- * Bath
- * Blow dry
- * Clip in your style

Please call Michelle Smith
for an appointment
0401 509 498



4340 2022 - vc-dental.com.au

OPEN 7 DAYS
30 YEARS LOCAL

- dental implants
- general dentistry
- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
- oral hygiene department
- orthodontics
- sleep dentistry
- ceramic filling
- cosmetic laser technology
- one hour tooth whitening
- HICAPS claims accepted

Now open until
8pm Thursdays

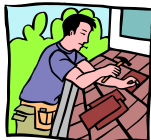
Medicare Child Dental Benefits Schedule bulk billed

BOVIS ROOF REPAIRS

(Lic. No 10805)

- * All Roof Leaks & Repairs
- * Re-bed & Point-up Loose Ridge Capping in Flexipoint
- * Pressure clean roof tiles, apply sealer & 2coats paint
 - * Gutter cleaning and screening
- * All types of Metal Roofing, Flashing & Guttering
 - * Work Guaranteed
 - * Free Quotes
 - * Worked in Kariong 30 Years

No Job Too Big or Small
Phone Grant on 0412437175



Telephone: 0400 292 220

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

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



JAMIE BERESFORD

5/401 Manns Road,
West Gosford NSW 2250

(entry via Grieve Close)

Ph: (02) 4325 7133 Fax: (02) 4325 7166

Email: nationwideauto@bigpond.com



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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

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with over 30 years' experience

The one stop shop for all your technical needs

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 Need help with a website for that new business
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 Need to setup a domain
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Call Greg on 0408 968 599



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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.

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fixits"

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

Call Bernie 43401166 / 0410434845 - Keven 0413208450

-----fully insured-----



FREE Ukulele Workshop



Learn the basics of music and how to play the Ukulele

No experience required – All instruments provided

Group workshop – Ages 15 -99 welcomed

Bookings required: Phone: (0419 217 006) (4340 1311)

Email debi29@bigpond.com



Parklands Community Preschool

Now taking enrolments for 2017

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


Happy Valentine's Day

11th of February 2017 at 6pm

Come and enjoy a night to remember with the rhythm of salsa.

Experience the beauty of tango dancers accompanied with Latin Wave Girls band and DJ.

Tickets: Adults \$30 ea Children 6yrs+ \$10
 Purchase tickets at RSL
 Contact RSL on 43232311 or 0404343094
 At: Gosford RSL 26 Central Coast Highway
 West Gosford, NSW, 2250
 Opposite Bunnings

SUPPORT



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.

AL-ANON

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

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

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

Scouts



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?
TRY SCOUTING – OPEN TO BOYS AND GIRLS

Joey's 6 to 7 y/o - Meet Monday 4:00pm to 5:00pm
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

OPEN ACCESS

Internet and computer use available

At Kariong Neighbourhood Centre

During office hours 9am - 4pm

For information ring 4340 1724

From \$1.50 per half hour

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 and 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



Volunteers needed

for social inclusion programs

Visit isolated individuals for social support ie: chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY



For emergencies or life threatening situations call

Triple Zero (000)



For non emergencies call the

Police Assistance Line

131 444



To provide crime information anonymously contact

Crime Stoppers

1800 333 000

www.nsw.crimestoppers.com.au

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any 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

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

School Readiness Program - for 3 to 5 year olds

The program is designed for children who are preparing for school to extend their basic skills and gain practice and understanding of what is expected in the first year of school. \$15.00 per session

9.30am - 11.00am Bookings essential phone 4340 1724

Jellyfish Art - Art & Craft Workshop for all ages and abilities.

12.00pm - 2.00pm Bookings essential ring 4340 1724

\$10 per session All materials supplied

TUESDAYS

Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required.

The 2nd and last Tuesday of each month. 12.00pm — 1.00pm

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

Indoor Bowls

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

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

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

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

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 with Helen from the Australian Academy of Tai Chi

9.00am- 10.00am All welcome. Cost \$10 per session

For bookings please contact Helen on 0435 121 520.

Active Playgroup for 0 to 6 year olds.

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

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

Cost: \$4 per child, (member) \$4.50 per child (non-members)

\$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses.

To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm

www.weightwatchers.com.au Phone: 131 997

THURSDAYS

Kariong Arts and Crafts Group 9.30am to 12 noon weekly.

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, 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. Bring a plate to share. Monthly outings on the last Thursday of the month. The group leader is caring & eager to show you all a great time! 12:15pm to 2.00pm **During school term**

Cost: \$4.00members, \$4.50 for non members.

Ukulele Lessons

Ukulele Group Lessons \$10.00 per lesson 7.00pm.

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome! **Fortnightly** 10.00am to 12 noon **During school term**

Contact kariongabagroup@gmail.com or phone 1800 686 268

Multiple Birth Playgroup 9.30am - 11.30am **Fortnightly during school term**

\$4.00 per family. Bring along a plate to share for morning tea. All welcome

SATURDAYS

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

For bookings please Phone the Centre on 4340 1724

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates 9.15am - 10.15am

Boxing. A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Lessons

Ukulele Group Lessons \$10.00 per lesson 9.30am

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

SUNDAYS

River Christian Church - From 9:00am, to 2.00pm

Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 18th January 2017

Please submit advertising to admin@knc.net.au

and Community Announcements to

coordinator@knc.net.au or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from
www.knc.net.au

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



**Kariong
Neighbourhood
Centre**

A message from the Centre Manager

Our vision for our Community is ...

A caring, connected, inclusive community. We work hard as a team to work towards this. This year we have achieved;

- * We have provided services for 27, 637 people
- * 2500 people access our groups and workshops every month
- * On average **65 children** attended our After School Hours Care a day, and **35 attended** our Before Hours School care

The Centre will be closed from 4.00pm Friday 23rd December and OOSH Services will close 6.30pm Friday 23rd December. Both services will reopen on Monday 9th January. We hope you all have a wonderful break, and take time out to care for those in our community who are alone. Christmas can be a very hard time of year from some. Be inclusive and caring.

We are here for all of our community and would love to hear any of your ideas for 2017.

We still need skilled locals to assist with our Broadband for Seniors program and would love to hear from you if you have a little spare time. Donations to our playgroups and OOSH Services are always welcome

Fiona Simpson
Manager

Children with murals in playground

Local Community Seminar

SOMERSBY ANIMAL HOSPITAL

79 – b Howes Road, Somersby

Call us on: 4372 1799

Opening hours:

Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

After hours available

Luxury Cat Boarding

Taking bookings for the Christmas Holidays

Please phone to arrange a tour of our facilities

www.sahvet.com.au

