

THE KARIONG CONNECTION

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

Vol 23; No 11

10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



December 2014





Mt Penang Gardens presents
Christmas Lights in the Gardens

12-16 December 2014
6:30 to 10pm - Lights turn on at 8pm

Entry: \$10 Family Pass (2 adults + up to 3 children)
\$5 additional/single ticket
For event updates go to
Facebook/Mt-Penang-Gardens-Event-Park

Come along with your family and friends to see a stunning Christmas lights display on the Central Coast.
There will be twilight Segway rides, food vendors, roving entertainers and much more!
Mt Penang Gardens, home of the 2014 Central Coast Carols. Parklands Road, Mt Penang Parklands, Kariong (2 min from the Gosford exit M1)



Central Coast
Carols

HOSTED BY CRAIG & MANDY

Sunday 14th December, 4pm - 9:30pm
Mt Penang Gardens





PAULINI JASON OWEN GREG GOULD



Tickets at the gate or pre-purchase from Cancer Council, Erina Fair.
\$20 per family (2 adults, 3 children)
\$10 per person over 12 years
For more info ph: Cancer Council 4336 4500



VACATION CARE HOLIDAY PROGRAM

As our next Vacation Care quickly approaches we extend a warm invitation to ALL families to peruse our planned activities and feel free to pop in to see Brandi or Nerida to book in for these, Take some time out over Chrissy and let us take care of the kids. Phone: 4340 4561

Week 1	<i>If for some reason e.g. The weather forces us to make a change to the Programme, the day's alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>				<u>Thursday 18th Dec</u> Christmas Craft \$50	<u>Friday 19th Dec</u> Christmas Party \$55
Week 2	<u>Monday 5th Jan</u> Ettalong Cinema \$60	<u>Tuesday 6th Jan</u> Waterplay Day \$50	<u>Wednesday 7th Jan</u> D.I.Y Day \$55	<u>Thursday 8th Jan</u> Exploring Asia \$55	<u>Friday 9th Jan</u> Indoor Rock Climb \$60	
Week 3	<u>Monday 12th Jan</u> Paint Ball/Tie Die \$50	<u>Tuesday 13th Jan</u> Olympics Day \$50	<u>Wednesday 14th Jan</u> Toboggan Hill \$60	<u>Thursday 15th Jan</u> Science Day \$50	<u>Friday 16th Jan</u> Intensity \$60	
Week 4	<u>Monday 19th Jan</u> Group Games \$50	<u>Tuesday 20th Jan</u> Cooking Day \$55	<u>Wednesday 21st Jan</u> Reptile Man \$60	<u>Thursday 22nd Jan</u> Lake Macquarie Park \$60	<u>Friday 23rd Jan</u> Australia Day Party \$55	



Kariong Community Forum All welcome!

The Kariong Neighbourhood Centre hosted our final community forum for 2014 on Friday the 21st November with members of the Kariong community and local service providers in attendance.

Our Guest speaker **Michelle Tilden from The Hill Youth Centre** spoke to us about the summer program that the centre will be running for local youth with the support of Gosford Police and the Youth Mental Health Team.

This is a very exciting time not only for Michelle and her team at the Hill Youth Centre, but also for the Kariong Youth Support Group who will be joining in with these activities. This includes:

5th December - 7:00pm - 8:30pm with Kariong Youth Centre and surrounding areas

Sports, BBQ, snakes and ladders, Know Your standard Drinks, 'Altered State' and Beer Goggle Obstacle Course at Youth Centre. We will also be participating in the Y.E.S Pledge - a Large beach ball to be covered in first name of young people, Community and businesses, pledging to help make their places fun and safe for everyone. This is a conversation engagement tool which we hope to fill up throughout the season as we engage with people throughout the central coast.

12th December - Christmas Party at Kariong Youth Centre, 4pm — 8pm with young people from the Youth Centre and Kariong Neighbourhood Youth Group and surrounding areas.

We are currently taking bookings for Guest Speakers at our 2015 Kariong Community Forums. If you wish to be a guest speaker on behalf of your service/company please call the Neighbourhood Centre on 43401724 or email events@knc.net.au. If you have a community issue you wish to have addressed please let us know and we will do our best to accommodate your request.

Active Learning PlayGroup



What a splendidly busy time we have been having lately in our enormous weekly gathering on Wednesday mornings!!! So many new faces have been joining us and valuable friendships have been abounding!!

It is so rewarding to see newcomers to our Kariong community become familiar with our special group of mothers, fathers, grandparents and children as we support each other and enjoy our arts, crafts, circle games and songs and school readiness activities.

Kariong Neighbourhood Centre has been conducting surveys to gather information on our local community needs for children's services and for general social connection. We need our locals to give their input in order for us to best plan for meeting these needs. If you have time, please come in and fill out a quick survey whilst at our playgroup or at your convenience.

We are planning a special Christmas morning tea for Wednesday 17th December to farewell those children who are off to school next year and to celebrate the festive season together.

Please feel free to venture in and explore our beautiful playground and activities...our door is always open to you.

**ALL WELCOME! 0-6 YEARS
at The Neighbourhood Centre
10 Langford Drive, Kariong
Inquiries Phone Nerida on 4340 4561**

Cost: \$4.00 first child/\$1per extra child for members.
\$4.50 first child/\$1per extra child for non-members.

Kariong Community Baptist Church

Christmas Carols Service

9.30am - Sunday, 21 December

Christmas Day Service

9:00am – Thursday, 25 December

Meeting at the Kariong Public School Hall
Truscott Avenue entrance



EST 1987
KARIONG COMMUNITY
 BAPTIST CHURCH

Meeting at the
 Kariong Public School Hall
 Sundays – 9.30am
 Truscott Avenue entrance



Pastor Jeff O'Derry and his family

This year we had the unexpected news that the Central Coast Carols event will be moving to Mt Penang Gardens and will be held on 14 December - the day after the Combined Churches Carols were to be held, on 13 December. After consultation with various community members we felt it best, due to the events set to occur on the same weekend, to cancel the Combined Churches Carols for this year and will reassess a new date for 2015.

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 be observed, without giving much thought to what it is 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 this Christmas at Kariong Community Baptist Church. We meet Sunday mornings at 9.30am in the Kariong Public School Hall.

Christmas Carols Service: 9.30am - Sunday, 21 Dec

Christmas Day Service: 9:00am - Thursday, 25 Dec

CENTRAL COAST
 2014
CHRISTMAS FAIR
SUNDAY DEC 7th
@MT PENANG GARDENS
KARIONG

150 + Stalls - xmas food - santa
 interactive kids zone - live music
 ponies - magician - circus show
 xmas trees - free facepainting
 Julie Goodwin book signing
 & MUCH MORE!!

9am - 2pm
FREE ENTRY & FREE PARKING

www.fixxevents.com.au

Central Coast Council, Kariong Community Baptist Church, Central Coast Holden, Bendigo Bank, FAIRPLAY, sea

Kariong Community Xmas Market

At Kariong progress hall & children's playground
 cnr Dandaloo St & Woy Woy Rd
 (beside the tennis courts)

Sat 13th Dec - 10am to 3pm

Over 30 stalls
 Something for everyone.
 Bring the family &
 grab a sausage sizzle lunch

Find us on Facebook
 facebook.com.au/kariongmarkets

KARIONG YOUTH SUPPORT GROUP

JOIN US IN KARIONG FOR OUR
MENTORING PROGRAM SCHOOL
HOLIDAY WORKSHOPS.
December 2014/January 2015



The Kariong Youth Support group will be hosting a series of workshops/activities for youth, ages 12 years – 22 years over the Christmas school holiday period. These will include Primary school year 6 students as part of our mentoring program for those going into High School in 2015.

If you would like your child to attend any of the following workshops please call Natalie on 43401724 or email events@knc.net.au

Girls Only – Baking Day

Girls Only – Pamper Day

Boys Only – Fitness Day

Mixed – Movie and Pizza Night

Mixed – Trivia and BBQ lunch

All workshops will be \$10 per child.

Where: Kariong Neighbourhood Centre

When: Friday 7.00 pm – 10.00 pm

Who: Youths aged 12 – 18 years

Contact: Natalie on 0478 122 599
or email events@knc.net.au

For information on the youth support group please see our website

www.knc.net.au/youth-support-group or follow us on facebook www.facebook.com/kariong.youth

The Hill Youth Centre



Tuesday

- > Dance Class (Jazz/Hip Hop)
3:40 to 4:20pm – young people in years 1-4,
4:30 to 5:10pm – young people Year 4 and above

- > Homework help

Wednesday

- > Fitness circuit and nutrition program
Get fit and healthy for summer.
Set some fitness goals and learn to make some tasty and healthy meals
- > Free youth health clinic on

Thursday

- > Soccer competition
- > Homework help
- > Career assistance

Friday

- > Dinner, games, events

Youth have access to sporting equipment, our youth friendly cafe, career guidance, tutoring & Wi-Fi accessible on our computers or your device.

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

Youth Workers available for referral and support.
10.00 - 2.00pm by appointment. For more information
Tel: 4304 7039 or michelle.tilden@gosford.nsw.gov.au



Overcoming Challenges at Secondary School



If your child, or somebody you know, is facing learning challenges, bullying, social and other issues at school then this session is for you.

Limited Places
Bookings by
5th December



Who should attend?

Parents/Carers
Students ready to study years 9 & 10.

Session Times

Gosford Region	Wyong Region
Date: Wednesday 10th December	Date: Thursday 11th December
Location: ET Australia Secondary College 123 Donnison Street, Gosford	Location: San Remo Neighbourhood Centre, San Remo
Times: 4-5pm and 5:30-6:30	Times: 4-5pm and 5:30-6:30
Bookings Essential Register by Friday 5th December	Bookings Essential Register by Friday 5th December

Call ET Australia on 4323 1233 to book - limited places

DVD Hire at KNC

It's easy!

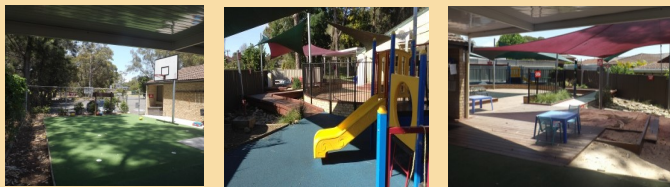
We have a great selection of DVDs for hire. Topics include, Parenting, Health and Wellbeing for families.

Become a member of **Kariong Neighbourhood Centre** and hire a DVD for only \$2 a week.

Just drop into the Centre to browse the library, collect a DVD or make a booking.

Have you heard about our fabulous facilities that are available for

Party Hire?



Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus fantastic playground for the little ones to enjoy.

We also have an all weather covered area Outside.

You can have all this for just \$26 per hour for members!

To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email admin@knc.net.au

*We would like to
wish you all a
Merry Christmas*



As 2014 draws to a close, we would like to take a moment to wish all of the Kariong Community a Merry Christmas. We trust that you will all have a happy and restorative holiday season with family and friends, and be ready for an exciting year ahead. We would also like to thank you for your contributions and participation over the year.

This year has been a very full year, with a number of significant events, not least the **Centre's 25th Anniversary**, which was a great success with many of the original people who's hard work and determination, got the Centre up and running back in 1989 coming from far and wide to join us for the celebrations.

We have seen a number of successful new groups and workshops initiated this year, and the continuation of long standing ones that have become an integral part of our local community's weekly activities, such as Indoor bowls and The Over Fifties Friendship Group which continues to grow in numbers and popularity. Active Playgroup is another very popular weekly event that attracts more and more newcomers each week.

Kariong Neighbourhood Centre has achieved some outstanding results this year. Kariong OOSH received the highest rating that is given by the Department of Education reflecting the staff's hard work and dedication. The statistics for the Annual General Report were also impressive; some of which are listed below -

Individuals we have given information to = 1800
People we have assisted with an outcome = 450
People who utilised services and groups = 16860
Hours the Centre has been booked = 4200
Number of bookings taken = 1320
Kariong Connections delivered = 26400

These statistics may surprise you. Your Centre is a very active and vibrant part of your community, and if you haven't been part of it yet, why not pop in and say hello and see what it has to offer you.

The next Kariong Connection will be delivered to you in January 2015. Until then we wish you a safe and happy Christmas and all the very best for the coming year.



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

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

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends.

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

Meetings are held fortnightly on Fridays at KNC from 10am to 12pm.
Latecomers always welcome.

For more info ring KNC on 43401724 or contact us at kariongabagroup@gmail.com



Thank you!

The Kariong Neighbourhood Centre would like to thank the Kariong Community, Members, Community Groups, Advertisers and Room Hirer's for their ongoing support throughout the year.

*We wish you all a
Merry Christmas,
Happy New Year and
a safe Holiday Season!*

Our Centre will close at 4.00pm on Wednesday 24th December, 2014 and we will re-open at 9.00am Monday 5th January, 2015.

OOSH Services will close at 6.30pm on Friday 19th December 2014 and will recommence at 6:30am Monday 5th January 2015.

For Enquiries, please contact:

KNC on 4340 1724 or OOSH on 4340 4561

FREE FAMILY LAW ADVICE CLINIC

Kariong Neighbourhood Centre

Advice on all areas of family law including parenting matters/children's issues, grandparent issues, child support problems, financial and property settlement matters and divorce.

Assisting you to find solutions to your family law problems

First Monday of each month, except Public holidays.
Appointments available between 2.00pm-4.00pm.

Bookings essential Phone: 4340 1724



St Vincent De Paul

Volunteers required for Community work.
Make a difference to those in need.

If you need any welfare please call
4323 6080 or email
gosford.region@vinnies.org.au.



4340 2022 - vcdental.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

PLEASE NOTE

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

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**



KYLIE FAWKNER COUNSELLING

AdDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:

Kariong Neighbourhood Centre.

For other venues and more information:

www.kfcounselling.com.au

To make an appointment call or text
Kylie 0435 809 506

Anger Stress
Bereavement
Depression . Fears
RELATIONSHIP ISSUES
Redundancy and work issues
Trauma . Abuse
Change and major life events



Another Milestone for Kariong Mountains High School

2014 is a milestone at your local high school with KMHS having its first Year 12 students completing their HSC. At the time of writing, two of our students have already been selected into early entry for university, another of our students has been able to take their school based traineeship into a permanent career pathway in horticulture and several students already are in employment or have job interviews. By the end of Year 12, the number of students completing the HSC with us exceeded the expected number by 33%. Just recently, we held our formal at Linton Gardens and it was a last opportunity to see the fine young men and women that they had become. Comments from students indicated the cohesiveness of the group and the recognition of the support and quality of teaching experiences that they had access to throughout their school career. We wish them all the best, to this the foundation Year 12 of Kariong Mountains High School.

"...the number of students completing the HSC with us exceeded the expected number by 33%."

As we say goodbye to Year 12, we begin to say hello to our Year 7 students of 2015. They have begun their transition program to high school and we look forward to welcoming them and their families to our school community. Particular congratulations to those students who have gained admission to our selective class – this is a great opportunity to enrich learning and accelerate in the sciences.

I wish our community a great holiday break and look forward to sharing the successes and stories from our school with you in 2015.

Anne Vine
Principal



Naisda needs Homestay Hosts

Next year we need Homestay Hosts for Developing Artists who will need placement in the local community.



The Homestay Program is a supported accommodation program for young Aboriginal and Torres Strait Islander Developing Artists (DAs) (under 18 years of age) who commence their studies at NAISDA Dance College.

Our Developing Artists come from across Australia, the program is a condition of enrolment for young people who do not reside at home locally to NAISDA.

For most DAs this will be their first time living away from home and a safe, comfortable family home helps with their transition to NAISDA and promotes successful outcomes on all levels.

All our Homestay Families in the program are accredited through a process involving site visits, interviews, documentation, referee and Working with Children Checks and become part of the "NAISDA Family".

Next year we have ten (10) DAs who will need a new Homestay placement, please pass this email to your networks to assist us in finding some new homes for our DAs.

If anyone is interested in this unique family and cultural opportunity they can contact Tim, Debra or Sue at NAISDA on 4340 3100.

Cnr Dandaloo Street and Woy
Woy Road Kariong NSW 2250
Phone: 0417 686 694. Email:
kariongecogarden@gmail.com

Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759

Events - Summer 2014

Saturday. 21st February 2015: 4 Seasons Art & Film Night – “Summer”. Includes Central Coast Conservatorium Students, an instrumental group, a film, frog hunt and Art Show.

Planting: The following vegetables/herbs can be planted in **December:** Amaranth, Asparagus, Basil, Beans, Beetroot, Burdock, Cabbage, Cape Gooseberry, Capsicum, Chilli Peppers, Chives, Cucumber, Eggplant, Fennell, Jerusalem Artichokes, Ginger, Horseradish, Jerusalem Artichokes, Kohlrabi, Ginger, Lettuce, Marrow, Okra, Onions, Squash, Sunflower, Sweet Corn, Tomato, Turnip, Watermelon, Zucchini. Refer www.gardenate.com for full list.

Kariong Eco Garden has a new Education for Sustainability program and is planning school holiday activities for 2015. Contact us if you would like to volunteer for any of the following activities:

Paper-making
Little Green Steps (Early Childhood/ Eco Playgroup)
Kitchen garden cooking
Making fairy gardens
Bike maintenance
Fibre Art
Pottery
Frog friendly gardening

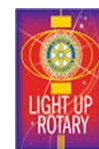
Membership is \$5.00 pa, download a form from the website. Find out more on our Kariong Eco Garden [Facebook](#) page.

Regular Volunteer mornings on Mondays at 10.00am. Contact John on 43231843 or Lisa 0429 431 889.

*Pictured:
Marta with finished
Children's Labyrinth Path
– time to plant it out*



Rotary Club of Kariong/Somersby



Central Coast people can again get
FRESH CHRISTMAS TREES through Rotary
over the first two weekends of December.



The Rotary Club of Kariong/Somersby outlets are at FAGAN Park at POINT CLARE, Pacific Highway at OURIMBAH, and Racecourse Road at WEST GOSFORD. Woy Woy and Northlakes/Toukley Rotary Clubs support this initiative with outlets in their areas. All media outlets have agreed to regularly advise the community of availability details.

Funds raised are directed to many Local Youth Programs, Community Support causes, Music Performance Eisteddfod and Conservatorium, School Citizenship Awards, International Projects e.g. Polio Eradication.

ROTARY GRAFFITI REMOVAL DAY SUCCEEDS

The Local Rotary Club members and supporters obtained materials from Dulux and other suppliers in a state-wide campaign on 26 October to obliterate graffiti in communities. The NSW State Government and Local Councils also heavily supported the campaign and residents are urged to assist by promptly reporting or removing graffiti in our areas.

ROTARY CLUB NEEDS YOU

Why not meet with local Rotarians and see what they get up to? Why should they have more fun, fellowship, friendship than you?

Breakfast meetings are at Phillip House, 21 Old Mount Penang Road, Kariong at 7.15AM Fridays.
Phone Kerry on 43 404 529.

Kariong Library Action Group

2014 has been an exciting and busy year for the Kariong Library Action Group and Kariong Library Book Club. We sincerely thank all our guest speakers for giving their time to entertain our members and keep us up to date with the latest book releases. We all thoroughly enjoyed your visit to the library.

Congratulations to our president Mrs Helen Ross who published her second book **Short Stories** in November. Helen will be our guest in 2015 and we will let you know the date. What a wonderful achievement Helen, you are an inspiration to us all.

Seniors Week 2014 This was a memorable highlight for the Kariong Library. Our special thanks to Kariong Primary School for bringing their junior choir to the library to entertain our visitors. The children are a credit to the school and their teachers. Morning tea was again prepared and served professionally by students from the Kariong Mountains High School. We enjoy bringing our young readers to the Library to interact with the community. Our thanks to Kariong Mountains High School for allowing this to happen.

Children's School Holiday Movies These are always a great success, our thanks to Gosford City Council for providing the movie and refreshments for the interval. We would also like to thank the parents for bringing their children and making the night so enjoyable.

2015 Our Library Book Club has been hugely successful and enjoyable in 2014 and we are planning bigger things for 2015. Please mark January 30 in your 2015 calendar as the first meeting of the year for the Kariong Library Book Club. The books for discussion are **Every Day** by David Levithan and **Heat and Dust** by Ruth Prawer Jhabvala.

The Library will close for the Christmas break on December 22 and will re-open on Tuesday January 6, 2015. We wish you all a very happy Christmas and a safe holiday

The Kariong Library Action Group would like to hear from you so please contact us at:
klag2013@yahoo.com.au.



Crime Statistics for October

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Steal Motor Vehicle
4	0	4	0	2	0

Mount Penang Swimming Pool as a result of the local Kariong Facebook page showing an interest in getting the pool reopened we included it in our Agenda for the November meeting, and invited anyone interested to that meeting. Despite 400 plus interested individuals on the Facebook page only 2 turned up, Jenny Furley and her brother. The end result was that Jenny agreed to lead with this, and form a group to liaise with the Central Coast Regional Development Corporation (CCRDC.) They own the pool and from what we know of the site it would need a major refit to bring it up to today's current standards. Jenny has now set up a specific Facebook page...Bring Back Mt Penang / Kariong Public Swimming Pool.

Tennis Courts refurbishment has been completed and both Courts are now fully functional. To make a booking you can contact Yvonne on 4340 1088, anytime between 8.30am and 6.30pm

Graffiti Removal Day Sunday 26 October we appreciate the support of Kariong-Somersby Rotary who organized to remove any graffiti from around Kariong on the day.

CCTV cameras for Kariong at the time of going to press it is expected that final meetings will take place in early December to determine the precise placement of the cameras. As well as the two shopping precincts and the skate park, it is intended that additional coverage will now include the Hill Youth Centre.

Langford Drive / Woy Woy Road intersection still waiting for the final submission to RMS regarding the plan for the traffic lights.

Thanks to the Brisbane Water Police Area Command for the continued great work in policing the Kariong area. As you can see from the above statistics, while we would like those figures to be lower, we have seen a major reduction over the past 12 months, thanks to an intensified Police presence.

Next meeting of the Association will be held in the Progress Hall on Wednesday 3 December, at 8.00pm This month we have 2 guest speakers: Naomi Nelson from the CCRDC, Mt Penang who will talk about upcoming events at Mt Penang Danielle Coleman, who is the Central Coast organizer for the "Coal Seam Gas Free Central Coast" Group.

KARIONG MEDICAL CENTRE NEWS

Douglas Hanly Moir - Change of opening hours:

As at the 1st December 2014, Douglas Hanly Moir our pathology provider has changed the hours they will be open at the Kariong Medical Centre.

The new hours are: Monday – Friday 8.00am – 4.30pm
Saturday 8.00am – 11.00am

COPD (Chronic Obstructive Pulmonary Disease)

Over the next few months some patients of Kariong Medical Centre will receive a letter inviting them in to participate in the screening of COPD. The screening is free and takes approximately 2 minutes.

Christmas/New Year Closing Dates

Friday 12th December closing at 2.00pm (Annual Christmas Party)

Christmas Eve Closing at 5.00PM

Closed: Christmas Day:

Closed: Boxing Day 26th December

Closed: Saturday 27th December

Closed: New Year's Day Thursday 1st January 2015

For **medical emergencies** on these days, please call 43404444 and you will be put through to our after- hours service, or contact Gosford Hospital on 43202111.

For the two weeks over the Christmas/New year period, the majority of our Doctors will be taking leave. Please plan ahead if you can, for repeat prescriptions etc. to avoid disappointment in not being able to be accommodated for an appointment.

Mobile Phone Numbers- Please notify us at the surgery if you have changed your number.

Online bookings

You can now book online, visit www.kariong@ipn.com.au or download the free GP4Me app for your phone. This option for making an appointment has been quite popular, but please follow all the prompts, and make sure you receive the confirmation of the appointment.

Farewell

Kariong Medical Centre would like to advise that Dr. Robyn White will be leaving to take up a position in a surgery closer to her home in Sydney, this will allow her to spend more time with her young family.

Dr. Trevor Day will also be leaving the surgery to semi-retire after 23 years at the surgery.

We thank them both for being part of the Kariong community and wish them the best for the future.

Doctors and Staff of the Kariong Medical Centre would like to wish all their patients a very Merry Christmas and a Happy and safe New Year.

The Standpipe

Merry Christmas from all the volunteer Members of Kariong Rural Fire Brigade.



Ours calls for the past three months 'til 20th November total 69 and are as follows: False Alarms x 5, Fire and Explosions x 26, Good Intent Calls x 1, MVA's x 22, Hazardous Conditions x 5, Other x 10.

As I am typing on the keyboard, the temperature outside is tipping 40 degrees. Our Fire Danger Sign is set at SEVERE Level and there is a TOBAN (Total Fire Ban) in place The weather patterns indicate there are going to be a lot more mid to high 30s with a few 40+ days thrown in. The recent fires have shown how quickly a bushfire can take off.

We along with other agencies spend hours training, maintaining the equipment, community education etc etc. We are on call 24/7 to assist our Community to keep safe. The Brigade applied for a grant from the Rural Fire Service Association and was successful. We were in need of a few pieces of equipment. A huge thank you to the RFS for providing the means for us to purchase the equipment which will make our job safer.

I have listed below a few memory joggers for you to keep in mind in the Holiday Season – # Fill in and practice your Bushfire Survival Plan. # Ensure all family members know what to do in the event of a fire. # Tell your extended family your plan and if you plan to leave, let them know how or where to contact you. # Encourage those you love – friends and family to fill out and practice their plan. # Prepare your property. # Know the various advice levels used in relation to fires. # Know where your neighbourhood safe area is located. # Report any suspicious behaviour in or around bushland. (Triple 000). # Report acts of arson immediately. (Triple 000). # If you spot an unattended fire please call triple 000 and where possible provide the nearest cross street or landmark. # Keep an eye on Fires Near Me to ensure you keep up to date with what's happening around you. Download the free app to your phone. # Keep fire hydrants visible at all times. # Please leave extra water out for your pets and wildlife.

You can find out more information at www.rfs.nsw.gov.au.

We hope to see you and your families on Christmas Eve when Santa will be touring the neighbourhood in the Brigade's truck. Our Christmas wishes to our Community are for happiness, health and safety. Merry Christmas and Happy 2015.



Post Christmas BUDGETing



We all know that Christmas is a time for family and friends to come together to celebrate and we understand this can be financially challenging.

Kariong Neighbourhood Centre is here to help. In March 2015, we will be holding an information day about how to get back on track in the New Year. We will explain services that are available to assist you with managing your budget. There will be great ideas for saving money and meeting your commitments.

Look out for dates in our February edition.



Chiropractic Pilates Massage Physio Acupuncture

We can help with back pain, neck pain, headaches, stress, weight loss, pregnancy and birth support, exercise programs, orthotics, children's health and behaviour and more!!

CORNER LANGFORD AND MITCHELL DR KARIONG

Phone: 4340 5154

check out our resource library

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre?

We have some great information on a variety of topics including:

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

All of these resources are FREE, you can drop into the Centre Monday to Friday, between 9am - 4pm and pick up your copies!

Have an idea for a group or workshop?

Is there something you would love to do if only you could find others who would also love to do it?

*If there is a group that you would like us to run at the Centre,
Please contact Fiona Simpson on 4340 1724.*

*You could also check out the activities and groups that we have running.
We might have just the thing you are looking for.*



The XChange

Seventh-day Adventist Church



We are coming into the most exciting time of year. Christmas. I love Christmas. I love seeing our Christmas tree up and decorated. I love singing Christmas carols. I love seeing the shops decked out. I love seeing the Christmas crafts hanging in school classrooms. I love hearing how excited kids get when they talk about Christmas. I love that I have a reason to celebrate Christmas. Have you taken time out from all the preparation and festivities to remember why Christmas is awesome. All the above stuff builds up our excitement, but the best gift we could ever received is someone, the creator of the universe wanting to be our forever friend. I am so glad I have someone who thinks I am that great!

December is an exciting month for The XChange. Here's what we have coming up:

- Saturday Dec 6** KidzXChange Christmas
- Saturday Dec 13** KidzXChange Christmas
Ballooning with Pr. Daron
- Sun – Tues Dec 14-16** Road to Bethlehem
(roadtobethlehem-erina.org)
- Saturday Dec 20** Barney's House Church
Christmas

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. Please Note we do wind some of our programs down over the Christmas break. For more information feel free to contact us:

Ring Lesley on 43401581 www.kariongxchange.org.au
Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. You could even stay for a bit of lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

The Sling Shot - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm Ring for location. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a into our everyday lives. Craft, games, challenges and more.



Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 13th February, 2015 at 7.00pm for a 7.30pm start.**

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

On **Sunday morning 15th February** we will be bushwalking looking at and identifying plants the venue still being planned.

Our monthly meetings include a Speaker, Plant of the Month, Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members.

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

Inquiries contact Elsie at
damael@hotmail.com.au
or telephone 4365 5049

TAX HELP



Australian Government Australian Taxation Office

Unfortunately TAX HELP is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service:

Wyoming Neighbourhood Centre	4323 7483
Gosford Narara Community Centre	4329 4477
Ettalong 50+Leisure & Learning Centre	4341 3222
Green Point Community Centre	4367 7591
Wyong Neighbourhood Centre	4353 1750
Gosford 50+ Leisure & Learning Centre	4324 4749
Kincumber Neighbourhood Centre	4363 1044

SUPPORT

AL-ANON

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

For information and help contact: AL-ANON

**Saturday 2pm Woy Woy Hospital
Group Therapy Room (near kiosk)**

To find locations near you
Phone 49693889

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



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.

COURT HIRE

KARIONG TENNIS COURTS

If you would like to hire the courts please call **Yvonne** on **4340 1088** between 8.30am and 6.30pm.

CLUBS

Rotary



Do you enjoy the three F's?
'Fun - Friendship - Fellowship' in your Community?
Work, Leisure & Travel ?
Then join your local Rotary Club –
contact Kerry Bayliss on 43 404 529
or kersuebay@philliphouse.com.au



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**

SCOUTS



KARIONG SCOUTS

LOOKING FOR SOME OUTDOOR ACTIVITIES
TRY SCOUTING OPEN TO BOYS AND GIRLS

Joeys..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm
Cubs.....8 to 10 y/o Meet Thursday 6.30pm to 8pm
Scouts.....11 to 14 y/oMeet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders
Contact **Bruce 0419 734 002** for details
Hall hire available

VOLUNTEERING

St Vincent De Paul

Kariong—Kulnura Conference



Volunteers required for Community work.
Make a difference to those in need.

If you need any welfare please call
4323 6080 or email
gosford.region@vinnies.org.au.



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

Volunteer Wanted

The Kariong Neighbourhood Centre is seeking a volunteer to assist us on Fridays for a few hours in our administration office.

Volunteer duties will include:

- Data Entry
- Maintaining our resource folders and shelves
- Updating contact lists
- General office duties

If you'd like to volunteer some time in our friendly, community focused Centre please call us on 4340 1724 or email admin@knc.net.au

St Vincent De Paul

Help make a difference this Christmas



Each year St Vincent De Paul prepares food hampers for those less fortunate at Christmas. If you would like to help, there is a collection box at the Neighbourhood Centre for donations of non perishable food items. Just drop them off at the Centre. All donations welcome

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Individual Tax Returns start from \$100
Can assist in the following tax returns -
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No tax return is too big!

Contact Toni Baines 0417 794 137

Registered Tax Agent

www.blueorchidaccounting.com



Australian Academy of Tai Chi

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TERM 4 CLASSES:

Beginners: Thursday 7:00 – 8:00pm
Intermediate: Wednesday 9:00 – 10:00am
at Kariong Neighbourhood Centre
Contact Helen or Daniel on 0435 121 520



5am Mon-Fri
6am Sat/7am Sundays

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PH: 02 4340 0887



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members and local businesses, and emailed to
many more. Many locals use the Kariong
Connection and the Community Centre, to find local
trades and services. For more information on our
very reasonable rates.

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

*Your best friend will be cared for
and loved in my home while you're
enjoying your holiday*

I look after small dogs in my home at Kariong.
Taking in up to 3 dogs at a time, your dog will be
comfortable in a loving environment and will live
inside with access to a large courtyard and garden
to run around in. A Meet & Greet is organised to
introduce your dog to my Jack Russell Terrier and
to show you around my home. I post updates of
your dog's stay on Facebook or via email during
their stay.

**Dog Minding Central Coast
(at Kariong NSW)**
**Phone Maxine on
0403-643108**

Follow us on Facebook at
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KARIONG
Physiotherapy
Centre

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.

We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating .

Please note: All daytime groups operate only during school term

MONDAYS

Family Law Advice Clinic — FREE

Assisting you to find solutions to your family law queries.
First Monday of each month 2:00pm – 4:00pm
Bookings essential phone: KNC:4340 1724

Pilates for Seniors - www.transcendfit.com.au

10.30am to 11.30pm Contact Sarah to make a booking
0425 265 609 \$10.00 each class

Sahaja Yoga Meditation — FREE

Weekly classes 7.00 pm — 8.30 pm
Contact Jayu or Malcolm on 4340 0118

TUESDAYS

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

Early Childhood Clinic—NSCC Area Health

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

ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722
zumbawithkim@live.com.au

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 1 to 5 year olds.

Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm During School Terms
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic on 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

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.
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.
Cost: \$4.00members, \$4.50 for non members.
12:15pm to 2.00pm

Tai Chi - Australian Academy of Tai Chi

7:00pm - 8:00pm. All welcome. For enquiries please contact Daniel on 0435 121 520.

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome!
Fortnightly 10.00am to 12 noon Contact kariongabagroup@gmail.com or phone 1800 686 268

Youth Support Group

For teenagers 12-18 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm — 10:00pm
All children must be transported to and from venue.

Contact Natalie on 0478 122 599 for more information.
Follow us on Facebook www.facebook.com/kariong.youth

SATURDAYS

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

SUNDAYS

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

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 21st January 2015

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.