

# 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 1

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



February 2015

A fun Place Where kids get  
to meet other kids and  
develop Better social skills



All Parents are entitled to  
some time out! Let us  
teach your kids new skills..

I love the  
games  
and  
crafts...

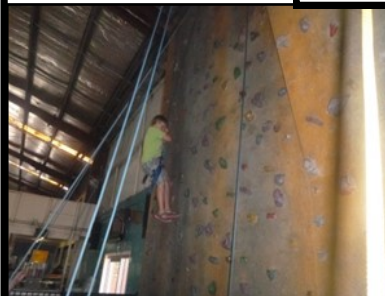
I have met  
lots of new  
friend...



I loved going  
to.....  
Dizzy land &  
Intencity!

I enjoy all  
the sports  
we do like  
soccer & golf

Our Christmas celebrations in 2014 . We shared a Christmas feast together,  
made cards, crafts, made jewellery, decorated the Christmas tree, played  
games and Santa gave out presents to all.....



Indoor rock climbing



Sharing great food together

## Why choose us -

- Recently rated Exceeding all required categories by the Department of Education
- Child focused program following My Time Our Place, great excursions and
- Open from 6.30am and close at 6.30pm
- We provide breakfast and afternoon tea
- A fantastic outdoor play area with slides/sandpit
- Clean and air-conditioned indoor spaces
- Qualified Childcare staff
- We provide quality and affordable Childcare
- We are registered for both CCB and CCR which means less for families to pay !

If you would like to enrol or need more information  
please call us on 4340 4561 or email [oosh@knc.net.au](mailto:oosh@knc.net.au)



A great day at pearl beach



Our wonderful playground

**Our Summer Vacation care program has offered a great variety of activities and the children have had a great time exploring, learning, and socialising. Our program caters for all school aged children 4yrs – 14yrs.**

## Active Learning PlayGroup



Our Wednesday playgroup continues to offer a wide and stimulating variety of activities to local children as well as providing support and information for parenting. This term we have been focusing on special group time musical performances for the children, giving them opportunities to develop self-confidence and self-esteem through simple numerical songs and role-plays. This type of experience is invaluable to the children's social development, assisting them in preparing for school readiness. We look forward to welcoming and getting to know any new families so come along and join in the educational fun and games!!

**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.

Due to the growing numbers we will be starting

***A new Monday playgroup coming soon!***

## Watch this space!!

**coming soon**

## Play and learn Parent and Child SUPPORT GROUP



Are you interested in joining a new family friendly playgroup in your local area? We are currently registering interested parties for a new playgroup to be held on Mondays in Term 1 2015 at the Kariong Neighbourhood Centre.

Run by qualified staff, we will be including:

- \* School readiness program
- \* Age appropriate games, craft, stories, music and play equipment
- \* Guest speakers
- \* Morning tea provided

A great opportunity to meet new families and form friendships whilst interacting with your children in a fun, safe and educational environment. Ages from newborn to 6 years are welcome.

Cost: \$4 members - \$4.50 non members

\$1 for each additional child

**To register your interest, please contact the Centre on 4340 1724 or email on [admin@knc.net.au](mailto:admin@knc.net.au)**

## BROADBAND FOR SENIORS

funded by the Australian Government

### *Come and Join the Online Community*

- ⇒ One on One or small group learning
- ⇒ The Internet explained, easy friendly teaching at your pace .
- ⇒ Beginners or those with some experience.
- ⇒ Connect to the world ; Talk to Family & Friends, Share experiences.
- ⇒ Learn how to set up :
  - ⇒ Your internet browser and email.
  - ⇒ Social Media — Skype, Facebook.
  - ⇒ Go online Shopping, E-bay, Store accounts.
  - ⇒ Avoid Scams—simple but effective ways to keep you safe.
- ⇒ \* *Ask about our additional specialised services:*
- ⇒ Tablet, Apple iPad , Integrated Digital Media, Windows 7 / 8 Power user, (Affordable charges apply for this additional service).



**No Cost\***  
**Bookings Essential**



**Pick up the  and call, Kariong Neighbourhood Centre 4340 1724**  
**To book in a free computer lesson**



## Need to Get Back on top of your finances?

**Come along to our Financial  
Information Day and learn how to  
access the help you need to get  
back on track in 2015**

### Need some FREE financial advice?

Need to know where & how to access some  
assistance or IMPROVE your knowledge  
about financial services available to YOU?

### We will have representatives from:

- **NILS** - No Interest Loans
- **St Vincent de Paul Society**
  - Financial Literacy Counsellor
- **Legal Aid**
  - Troubles paying your mortgage?  
We can help!
- **Transport for NSW**
  - Information on Gold Senior &  
Pensioner Opal Cards

## EVERYONE IS WELCOME!!

**Where:** Kariong Neighbourhood Centre  
10 Langford Drive Kariong

**When:** 17 March 2015  
10.00am to 2.00pm

**RSVP before March 10th**

**For more information  
or to book please call 4340 1724**

*Light refreshments will be served  
Childcare available \$10.00 per child  
Bookings essential*



St Vincent de Paul Society  
good works



## Are you having trouble paying your mortgage?



### Free legal advice for people experiencing mortgage hardship on the Central Coast

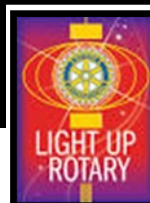
Legal Aid NSW is offering free legal  
advice to people on the Central Coast who are  
experiencing financial hardship. If you, or  
someone you know, is finding it hard to make  
mortgage repayments, you can call the Gosford  
Legal Aid office on **(02) 4324 5611**.

"It is never too early or too late to seek assistance  
and to get advice on your mortgage" says Mr  
Timothy Passfield, a solicitor with the Mortgage  
Hardship Service at Legal Aid NSW. Advice  
sessions are held fortnightly on Wednesdays from  
10.00am to 1.00pm at the Gosford Legal Aid  
office (92-100 Donnison St, Gosford) and  
fortnightly on Fridays at Interrelate (Family  
Relationship Centre) in Erina (213 The Entrance  
Rd, Erina).

You can book an appointment at either location  
by calling the Gosford Legal Aid office on  
**(02) 4324 5611**.

Advice on urgent mortgage matters may also be  
provided outside of these appointment times if  
required.

## ROTARY CLUB OF KARIONG/SOMERSBY



### LOST ROTARIAN

The local Rotary Club of Kariong/  
Somersby regrets to report that one of its  
Charter Members has passed away following  
illness and residency at Legacy Aged Care  
Facility at Wyoming.

Allan Francis Parsons, a Rotarian for over  
forty years, gave much to his Kariong  
community and Rotary International. Together  
with his wife Pam many hours were devoted  
to the local NSW Volunteer Bush Fire Brigade  
and Service.

Having lived on the Central Coast all his life  
Allan was well known in Cricket, Rugby  
League and Golf fraternities. He Managed the  
Gosford Golf Club for a number of years.

Kariong/Somersby Rotary Club members and  
friends value Allan as a wise counsellor,  
Treasurer and friend.

**VALE ALLAN**



Cnr Dandaloo Street and Woy Woy Road  
Kariong NSW 250  
Phone: 0417 686 694.  
Email: [kariongecgaren@gmail.com](mailto:kariongecgaren@gmail.com)  
Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)

### EVENTS FEBRUARY/ MARCH 2015

**Saturday. 21<sup>st</sup> February 2015;** "Summer"

**4 Seasons Art and Film Night** – 5.30pm to 9pm, at corner of Dandaloo St and Woy Woy Road, Kariong. FREE EVENT, Food will be available to buy from 5.30pm. Welcome to Country by Gavi Duncan, local Aboriginal Elder at 6pm, followed by Central Coast Conservatorium students playing classical and popular music, Central Coast Ukulele Group performance, a talk titled "Living Landscapes under Threat" by Dr Leigh Martin and local art and short films about our own special place, Bambara. Contact us if you would like to contribute artworks or photographs about Bambara and local bush land or have an information table in the hall. Final Program on website from 7/2/15.

For information call **0417686694** or **43231843**

**Sunday 1st March; from 9am-12noon.**

**"Clean Up Australia Day"**. Meet in the eco garden to register and clean up round the streets and parks of Kariong. Meet back at the garden at 11.30am for morning tea.

**Planting:** The following vegetables/herbs can be planted in **February:** Amaranth, Asparagus, Basil, Beans, Beetroot, Burdock, Cape Gooseberry, Capsicum, Chilli Peppers, Chives, Cucumber, Eggplant, Leeks, Lettuce, Mustard Greens, Okra, Onions, Oregano, Parsley, Pumpkin, Radish, Rosella, Silverbeet, Squash, Sunflower, Sunflower, Sweet Corn, Turnip, Zucchini.

Refer [www.gardenate.com](http://www.gardenate.com) for full list.

**The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead.**

**Membership is \$5.00 pa, download membership form from the website.**

**See also our Kariong Eco Garden [Facebook](#) page.**

**Kariong Eco Garden welcomes new volunteers to help with jobs around the garden and administration: Garden is open from 10am to 12.30pm on: Mondays, and some Fridays. Open to people of all ages and ability.**

## Kariong Library Action Group

On behalf of the Kariong Library Action Group's enthusiastic Committee a warm welcome is extended to all readers to come and join with us. 2015 is going to be an exciting and enjoyable year with an excellent selection of books for Book Club; interesting guest speakers & special events for Seniors Week. Thanks to Gosford Library Service, our ever popular movie fun nights for young children will be continued during each school holiday.

**Storytime** for pre-schoolers recommences on Tuesday 3rd of February 2015 at 10.30.

The **Book Club** is Friday 27<sup>th</sup> February at 10 am. Morning tea will be served. Books for discussion are **Against Medical Advice** by James Patterson and **The Embers** by Hyatt Bass. This is his first non-fiction book & is the dramatic true account of one family's struggle with a tormenting medical mystery. In **The Embers** the first-time author Hyatt Bass introduces readers to a once-charmed family who are forced to confront a tragedy that struck it years ago

Continued.....

## Kariong Library Action Group

### SPECIAL SENIORS WEEK EVENTS

Two special events in Seniors Week will be held on Wednesday March 18<sup>th</sup> when we hope to have a representative from National Parks and Wildlife to bring us up to date with walking trails and places of interest in our local area. The second, on Friday March 20<sup>th</sup> will be the local group of singers "Lavender Blue" who will entertain us from 10.30. Morning Tea will be provided on both days.

### 'Power & Mysteries of Tai Chi'



#### Lifestyle & Prescriptions

Go to a doctor these days and you are increasingly likely to get a prescription that you will fill at the greengrocer or the fitness gym rather than the local chemist.

This move recognises that while prescription drugs have an important role to play, they are fighting an uphill battle if it is our lifestyle that is making us sick in the first place. As most prescription drugs have some sort of side effect (even if it is only a financial one!) it makes sense to only take such remedies when we have to; and since the only side effect of lifestyle prescriptions is good health, the sooner we are on such prescriptions, the better - prevention is better than cure! We must also avoid falling into the trap of thinking that healthy activities like exercise have only specific, targeted benefits like prescription drugs. Instead we need to remember that exercise has a holistic effect. When selecting exercise to keep or maintain ones health, there should therefore be a different focus than in using exercise just to prove one is 'fit'.

Exercises should not exhaust, nor should they put the body systems such as joints and the cardiovascular system at risk. Exercises such as Tai Chi have been shown to be beneficial in helping prevent or alleviate many conditions - arthritis; asthma; depression; osteoporosis; cardiovascular and back problems to name a few.

Tai Chi is also one of the safest exercises to perform. Local student Maree started Tai Chi after sustaining a serious back injury at work which left her unable to stand for periods of more than twenty seconds. "...I learnt for the first 12 months sitting in a chair" she says. "It is very beneficial. A gentle exercise, it also helps with pain management. In this time I have improved a lot and have been able to return to work... and [I] encourage a lot of people to take up Tai Chi". "It is a wonderful hour each week". Not a 'cure-all', but certainly a 'help-all', Tai Chi is an holistic lifestyle prescription that has something to offer all ages and abilities. Plus, it is interesting, social, and fun to do!

**Australian Academy of Tai Chi, Call 0435 121 520 for local class times, or visit and 'Like' [facebook.com /learntaichi](https://www.facebook.com/learntaichi)**



Kariong United invites past and future players to register to play soccer with us in 2015 – We have teams for boys and girls ages from Under 5 (born in 2010) to Over 45. Players of all skill levels and experience are welcome to play with the club, and encouraged to have a go (even if you've never played before!).

It's now easier than ever to register, with the new online registration system at [www.myfootballclub.com.au](http://www.myfootballclub.com.au) – if you prefer to register in person, or have questions you can visit us at the following Registrations Days, held at Kariong Youth Centre "The Hill", on Mitchell Drive.

Saturday February 7<sup>th</sup>, 9am – 1pm

Saturday February 14<sup>th</sup>, 9am – 1pm

Monday February 16<sup>th</sup>, 6:30pm – 8:30pm.

Plus, if you register and pay in full before Friday 20<sup>th</sup> February, you'll receive a 10% discount – so what are you waiting for?

For more details, please visit our website at [www.kariongunited.com.au](http://www.kariongunited.com.au) or at our Facebook page - <https://www.facebook.com/KariongUnitedFC>

As we look forward to another great year on the pitch, we'd like to once again thank our sponsors who help us off the pitch – George Brand Real Estate Kariong, Foodworks, Kariong Pizza, Kariong Takeaway, EcoSun Solar Pool Heating, Kids Club and Kariong Quality Meats. If you're interested in discussing sponsorship opportunities, please contact Daniel Clark on 0408415456.

Carly Carmichael  
KUFC Publicity Officer

## 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 15<sup>th</sup> February** members will enjoy a bushwalk looking at and identifying plants.

Our monthly meetings include a Speaker, Plant of the Month and 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](mailto:damael@hotmail.com.au) or telephone 4365 5049**



## Kariong Progress Association

Kariong Crime Stats will resume in the next issue.

Langford Drive / Woy Woy Road intersection: the report prepared by the consultants for Gosford Council has been forwarded to RMS. The final details are not yet known, but in view of the upcoming State Government election in March, we feel it is important that as many people as possible write to the current local Member, Chris Holstein, requesting that he support the plan, and that the Government will provide the appropriate funding.

Considering the amount of publicity over the past few months regarding the flow of funds to the Western Suburbs of Sydney, it needs to be brought home to the Government that the Central Coast needs funds urgently to catch up. This particular intersection has been discussed for a long time now, and we need to have a resolution, and the local Member should indicate clearly that he supports the traffic light proposal, and the State Government will provide the funds. The more contact the local Member has from the public will be an indication to him that we have expectations of him that he will meet.

Mt. Penang Development Plan: the amended Plan has been approved by Gosford Council. Basically it changes little, except to accommodate some concerns expressed by this Association, the Historical Society and other interested parties. The historical areas and the gum trees have been retained, but the type of use (retail/ business) remains unchanged. One concern by this Association, not addressed, is the traffic flow at the intersection of the Central Coast Highway and The Avenue if retail and business are to go ahead. This is an issue for discussion at the February Association meeting.

Mount Penang swimming pool: no further action on this at present, but see the specific Facebook page...Bring Back Mt Penang / Kariong Public Swimming Pool.

Tennis Courts: both Courts are now fully functional, and have enjoyed constant use over the holiday period. To make a booking you can contact Yvonne on 4340 1068, between 8.30am and 6.30pm.

CCTV cameras for Kariong: a detailed report is now in preparation, and will be discussed fully at the Association meeting in March.

Next meeting of the Association will be held in the Progress Hall on Wednesday 4 February, at 8.00pm. AND the first Wednesday of every month.



## KARIONG MEDICAL CENTRE

*"Caring for Kariong"*

**Kariong Medical Centre would like to advise of changes to the cost of a consultation to patients as of the 1<sup>st</sup> March 2015.**

The new co-payment that the government is planning to implement in July has caused the Doctors at Kariong Medical Centre to make the decision to change from a Bulk billing practice to a Mixed billing practice. The change will affect consultations only. Each consultation will be assessed on a case by case basis, therefore, you will need to come prepared to pay for your consultation. Children under 16 years will still be Bulk Billed. Doctors have for two years absorbed the cost of administering the Practice without an increase in the Medicare fee, but are unable to continue to do this.

### Private Fees:

Consultation Level A: \$45.00 (Medicare rebate \$16.95)

Saturday: \$50.00

Consultation Level B: \$65.00 (Medicare rebate \$37.05)

Saturday: \$70.00

Consultation Level C: \$95.00 (Medicare rebate \$71.70)

Saturday: \$100.00

Consultation Level D: \$125.00 (Medicare rebate \$105.55)

Saturday \$130.00

Payment is to be made at the time of the consultation. We are able to submit your Medicare claim for the rebate online, and the rebate will be deposited into your account within 2 working days following the consultation.

### Shortage of Appointments

As a number of you will have experienced recently, getting an appointment to see your Doctor on the day you require one is becoming more difficult. If you have a regular need to see the Doctor (ie. Prescriptions etc), you will need to book ahead to avoid disappointment.

### Appointments

If you have multiple issues to discuss with your Doctor, please be sure to ask the receptionist to make a longer appointment for you. **Appointments must be made for each person attending a consultation.** This will help Doctors to keep on time.

### New GP's

At the beginning of February we will welcome two new registrar Doctors to the Medical Centre, Dr. Sarah Gunn and Dr. Jaydeep Ubeja who will be working here for the next 6 months.

KARIONG MEDICAL CENTRE cont....

### Health Assessments

Did you know that the government encourages GP's to undertake the following health assessments to provide Doctors with the opportunity to identify risk factors and to talk to their patients about **preventative measures to reduce chronic disease**: 4 Year Healthy Kids Check (once only before 5 years of age). Aboriginal and Torres Strait Islander Annual Health Assessment (Aged 0 – 75 years) 45 - 49 Year Health Checks (once only) 75 Year plus Annual Health Assessment (These assessments will be Bulk Billed to Medicare)

*If you believe you are eligible for one of these Health Assessments please speak to your Doctor or phone and speak to our reception staff about booking in for one at your next visit.*

## The Hill Youth Centre

### WHAT ACTIVITIES WOULD YOU LIKE TO SEE AT YOUR LOCAL YOUTH AND COMMUNITY CENTRE?

In 2015 Kariong youth and community sports centre will be approaching local services to provide more programs at the centre.

Do you or your children currently travel outside of Kariong to attend an activity such as sport, arts or music that you would like to see run in your community?

Do you wish to participate in an activity that is currently held in your local community? If so please send an email to michelle.tilden@gosford.nsw.gov.au

### What's Happening at The Hill Youth Centre this Month?

**The Hill Youth Centre - 98 Mitchell Dr Kariong**

**Phone: 4304 7039**

The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights, youth health clinic and other programs. Information, advocacy, referral, career guidance and homework help is also available.

Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community issues. The centre is a community facility available for hire.

**Hours Open:** Tue – Thur 3-6pm Friday 4-8pm.



# The XChange

Seventh-day Adventist Church



Welcome to 2015! We hope that you have had a refreshing holiday period and have been able to slow down a little. Here at the XChange we have taken things slowly after a busy end to 2014. Our New Years resolution is to be more proactive with keeping our website and face book page updated. Maybe you could help keep us accountable by shooting through a message if we seem to be failing in this area!

January has been really fun Barney's has experienced God in many different ways. We have been to Umina beach for worship, swim and a BBQ tea, we have had a progressive lunch and worship, been for a picnic lunch at Morisset hospital, had a praise and prayer afternoon tea and now we are nearly ready to get back into our usual programming.

This year we are turning 8. We are celebrating by having a big birthday bash. It will be a carnival theme and you and your family are most welcome. It will be Saturday February 7 commencing at 4pm and ending at 8pm. Just rock on up to the scout hall – you'll fit right in.

We are also getting another overseeing minster this year. Pr Neil Watts will be with us and we are excited to meet him. We will tell you all about him next newsletter!

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

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

Ring Lesley on 43401581

Email: [kariongxchange@me.com](mailto:kariongxchange@me.com)

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

**Barney's House** – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. You could even stay for 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 Saturday morning into our everyday lives. Craft, games, challenges and more.

## 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.

### What's on at KCBC?

#### At the Church house,

#### Cnr Woy Woy & Milyerra Roads, Kariong ...

#### Playtime – Tuesdays @ 10am – 12pm

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

#### Heart 'n' Home - 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month @ 7pm – 9pm

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

#### Lounge Lessons – Thursdays @ 9am – 10.30am and 8pm – 9pm

This Bible study/Life Group is the first point of call for those looking for a small group to "do life" with.

#### Sundays @ Kariong Public School Hall, Truscott Avenue entrance ...

#### Sunday worship service @ 9.30am

Join us for great music, relevant messages and to meet a great bunch of people doing life together.

#### AWANA @ 11.30am – 1pm

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

#### Other

#### Friends Group

Meets regularly for meals, and interesting and fun outings.

#### Men's Business

Meeting bi-monthly on Saturday mornings.

#### Women's Coffee

Meeting bi-monthly on Saturday mornings for coffee.

For more information phone Pastor Jeff on 0448 814 511, or visit our website: [www.kariongchurch.org.au](http://www.kariongchurch.org.au)

ALL WELCOME.....



**Alive**  
DANCE ACADEMY

Be yourself. Be free! What better way for your child to express themselves, than through the joys of dance. It is our goal to provide a welcoming environment where every student, regardless of ability or skill level, can learn, be confident and above all, have fun, while nurturing a love and respect for the art of dance. We offer classes in all dance techniques in our non-competitive studio. We teach tiny tots to teens, with adult classes for fitness and fun. Book your spot today.

**where dreams come Alive**

cro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrical

www.alivedanceacademy.com.au  
Ph 0407 259 001 alivedanceacademy@hotmail.com



**Vc dental**  
KARIONG  
ALSO AT EAST GOSFORD

Mitchell Dr  
Langford Dr  
11 Mitchell Drive,  
Kariong

**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**

**50 YEARS** Australian Breastfeeding Association  
1964-2014

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

## 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](mailto:kariongabagroup@gmail.com)

Better Health Practices



Kariong Chiropractic & Wellness Centre

**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**

**Advertise with us**

Our newsletter is delivered to over 2500 community 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](mailto:admin@knc.net.au)



**KYLIE FAWKNER  
COUNSELLING**

AddDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:  
Kariong Neighbourhood Centre.

For other venues and more information:  
[www.kfbcounselling.com.au](http://www.kfbcounselling.com.au)

To make an appointment call or text  
Kylie 0435 809 506





## ET TALONG BEACH ARTS & CRAFT CENTRE Inc

CLASSES FOR 2015  
COMMENCE TUESDAY 27<sup>th</sup> JANUARY



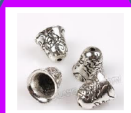
WATER COLOUR, OILS &  
ACRYLICS, PASTELS, DRAWING  
for ADULTS & CHILDREN



PATCHWORK,  
QUILTING & SOCIAL  
STITCHERY GROUP



POTTERY FOR ADULTS &  
CHILDREN



SILVER CRAFT

### EXCITING NEW CLASSES FOR 2015

Unleash your creativity" class with Art  
Therapist Amanda Falvey

"Fabric colouring techniques" class with  
local textile artist Donna Jones

For information on classes and  
workshops check our FACEBOOK, page  
or web site [www.ebacc.com.au](http://www.ebacc.com.au)  
or PH: 43418344



## Ancestry & Family Tree Research

because your past is who you are today

Are you interested in having your family tree  
compiled for you? Would you like to learn how to  
research your family history yourself?

Ancestry & Family Tree Research is a local business,  
based in Kariong.

Email Ruth on [ruth-fuller@bigpond.com](mailto:ruth-fuller@bigpond.com) or call  
0412 994 147 for more details.

Appointments also available at the Kariong  
Neighbourhood Centre.

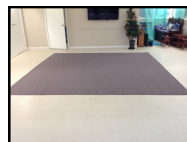
[www.yourfamilytreesearch.com](http://www.yourfamilytreesearch.com)

## FOR SALE

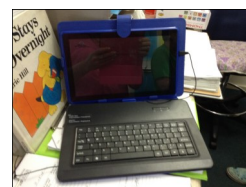


### Kariong neighbourHOOD centre has some items for sale!

- Two rugs measuring 3m x 3.6m  
\$200 for both



- 2 x small tablets Thomsen 6 gb  
no charger \$40 each
- 1 x large tablet Thomsen 16 gb  
no charger \$100



If you are interested in any of these items,  
please ring the Centre on 4340 1724  
or email at [admin@knc.net.au](mailto:admin@knc.net.au)

## Do you like working with children?

We are looking for volunteers to help with our  
up-coming new playgroup and our regular out of  
school and vacation care programs.

Kariong OOSH has recently been assessed as  
exceeding the National Quality Standard, so this  
is a great opportunity for you if you are thinking  
about a career in childcare to see if it's a good fit  
for you, or if you just love working with kids and  
have some spare time on your hands.

No experience necessary, however you will need  
a working with children check.

For more information or to register your interest,  
please ring Fiona on **4340 1724** or email  
**[coordinator@knc.net.au](mailto:coordinator@knc.net.au)**



### NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

### SPECIAL for February & March Air Conditioning Re-gas - \$159

### FREE PICKUP AND DROP OFF 7km Radius

- \*\*Manufacturers' Log Book Servicing
- \*\*Air Conditioning Re-gas, Repairs and Servicing
- \*\*Tune ups \*\* Brake & Clutch repairs
- \*\* Batteries \*\* Shocks \*\* EFI Servicing
- \*\* Cylinder head and Engine rebuilding/ repairs
- \*\*Diesel servicing and Repairs

**Call Rachael or Belinda 02 4325 7133**

5/401 Manns Road, **West Gosford**  
(Entry via Grieve Close)

## Central Coast Select Properties

Suite 9, 482 Pacific Highway, North Gosford 2250  
P: 4324 8486 F: 4337 6166 [info@ccselect.com.au](mailto:info@ccselect.com.au)  
[www.ccselect.com.au](http://www.ccselect.com.au)

Buying or selling in the Kariong area?  
SELECT the BEST with Hana Volarik,  
your local area expert. **0437 401 009**



**PH: 02 4340 0887**

### Open 7 days



*Monday to Friday 8.00am to 6.30 pm*

*Saturday 8.00am to 4.00pm*

*Sunday 9.30am to 4.00pm*

*10% Seniors Discount on Fridays*

Shop 2 Corner Arunta Avenue Kariong

### YOUR NEW LOCAL DENTIST



We offer family dental through to implants  
and smile makeovers in a relaxing setting.

- HCF preferred provider.
- Child Dental Benefits Scheme, bulk billed.
- HICAPS claiming.

Phone: (02) 4323 4323

Address: Suite 2, 392-398 Manns Road,  
West Gosford.

Beneath Masters Home Improvement, opposite the GP Super Clinic



### HOMEWORK HELP for children 9-14 years and 5-9 years

- \* Qualified childcare educators.
- \* Computers available.
- \* Bookings essential
- \* Cost \$20.00 per child for 2 hours
- \* Minimum 4 children per session.

**Bookings essential call Fiona 43401724**



**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.

# Nat's Your Man

## Your Handyman

"Big or Small, he'll fix'em all"



Call Nat Bille

Phone: 4340 1648

Mobile: 0422 919 034 ABN: 70 305 961 574



# ABLEANT

Audio Visual Cabling & Antenna Installations

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

## FREE TV RECEPTION TESTS AND QUOTES

### Call Peter on 0431 777 447

**Australian Government  
Approved Antenna Installer**



**T&G TREE AND GARDEN  
SERVICES**

- Tree Pruning
- Tree Removal
- Fully Insured
- Qualified Arborist



**Firewood  
Sales & Delivery**  
Call Will: 0402 418 017  
or 4340 1528

## VERO WEB STUDIO

**Website Design & Development**

- Professional and custom design
- Get quality website at lowest price
- Website Redesign
- Ecommerce / Shopping Cart
- Branding / Banner / Logo design
- Search Engine Optimisation( SEO )



**Small Business Special Website  
Package Starting From \$1250**

(Includes FREE 1 Year Hosting + FREE Domain)

Contact Details: Phone: Jag on 0433 197 699

Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au)

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

## MARK WALKER PLUMBING

HOT WATER SERVICES  
GAS FITTING  
GUTTERS & DOWNPIPES  
STORMWATER & TANKS  
BATHROOM RENOVATIONS  
GENERAL MAINTENANCE

**FULLY INSURED - 10% DISCOUNT ON  
PRESENTATION OF AD**  
**0418 449 801 or 4342 6299 LIC NO. 25262C**

## 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 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**

Third Monday of each month, excluding Public holidays.  
Appointments available between 2.00pm-4.00pm.

**Bookings essential Phone: 4340 1724**



## By George

Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**





**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**



**GML LAWNMOWING**  
 Residential - Commercial - Acreage  
 Covering the Central Coast - Fully Insured  
[www.gmlawnmowing.com.au](http://www.gmlawnmowing.com.au) Phone: 0401 333 950  
**\*\*DISCOUNT FOR KARIONG CONNECTION READERS\*\***

## BOVIS ROOF REPAIRS

(Lic. No. 10805)

- \* All Roof Leaks & Repairs
- \* Re-bed & Point-up Loose Ridge Capping in FlexiPoint
- \* Pressure clean roof tiles, clean and point (2 coats)
- \* All Types of metal roofing, flashing and guttering
- \* Work Guaranteed \* Free Quotes

**Worked and lived in  
 Kariong 22 years**



No Job Too Big or Small  
 Phone Grant on **0412437175**



**Local owners with over 20 years experience.**  
**Thinking of selling or buying?**  
 If you're thinking of selling, buying or renting, or simply would like some advice or a  
 FREE no obligation market appraisal call us today on **4322 7233.**  
**Your Area's Premier Agency**  
**Supporting your Local Community**  
 Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford  
**Ph: 4322 7233** [www.hinterlandre.com.au](http://www.hinterlandre.com.au)

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

**PH 4340 1643**  
 3 Mitchell Drive, Kariong




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 ALL REPAIRS & SPECIAL EFFECTS  
**FREE QUOTATION + WORK GUARANTEED**  
**Call 0408 917774 or 43400420**  
 Lic. No. 129863C



**Karla Mansfield**  
**0409 247 833**  
[www.foxyfit.com.au](http://www.foxyfit.com.au)  
 NEW to Kariong!  
 Get Fit the Fun Way! — Contact Karla for Session Details  
**BOOTCAMP alliance**   

**Frank's Roofing**  
 For all your roofing needs  
**25 years experience**  
 Whirly Bird Discounts - Leak Detection  
 Downpipes & Gutters - Guard & Clean  
 Skylights - Bed & Pointing  
 Free Quotes & Pensioner Discounts  
 LIC NO. 250241C  
**Phone: 0414 431 671**

**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**

## 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 1068** 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](mailto: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/o .....Meet 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

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](mailto: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](http://www.nsw.crimestoppers.com.au)

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any 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.  
Third Monday of each month 2:00pm – 4:00pm  
Bookings essential phone: KNC:4340 1724

### Pilates for Seniors - [sarah@yourtemple.com.au](mailto:sarah@yourtemple.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](mailto: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 0 to 6 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](http://www.firstaid.net.au)

**Weight Watchers** from 6.30pm to 8:00pm  
[www.weightwatchers.com.au](http://www.weightwatchers.com.au) Phone: 131 997

## THURSDAYS

### Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly.  
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  
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](mailto: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](http://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 18th February 2015**

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.