

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 6

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



July 2015



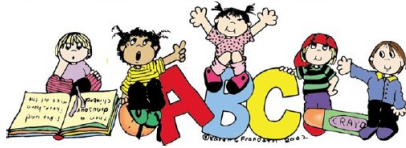
These beautiful murals have been erected in our playground area at KNC. They were funded through the Community Builders Grant, and created by Wendy Brigden and the Children from Kariong OOSH. Three of the murals have been dedicated to past staff members, Mandy Scott and Margaret Hay and Board member, Bernard Stivala

Kariong OOSH is not only for working parents needing child care but also for parents looking to provide their children with extra opportunities for social activities during the school term and holiday entertainment in the school breaks. Safety is of course our priority at all times and our caring, qualified staff will help your child to settle in quickly and make new friends!!

The June/July Vacation Care program offers a wide range of fun, stimulating and educational activities so be sure to book in quickly to secure places for your child. Child Care Benefit and Child Care Rebate available

<u>Week 1</u>	<u>Monday 29.6.15</u>	<u>Tuesday 30.6.15</u>	<u>Wednesday 1.7.15</u>	<u>Thursday 2.7.15</u>	<u>Friday 3.7.15</u>
	<u>Art Barn</u> \$60	<u>Crazy Tie –Die Day</u> \$60	<u>Balloons & Bubbles</u> \$55	<u>Movies & Park</u> \$60	<u>Movie-making & Sausage Sizzle</u> \$55
<u>Week 2</u>	<u>Monday 6.7.15</u> <u>Maitland Gaol</u> \$60	<u>Tuesday 7.7.15</u> <u>Trash Percussion</u> \$60	<u>Wednesday 8.7.15</u> <u>Mingara Activity Centre</u> \$60	<u>Thursday 9.7.15</u> <u>Intencity</u> \$60	<u>Friday 10.7.15</u> <u>OOSH Kitchen Rules</u> \$55
<u>Week 3</u>	<u>Monday 13.7.15</u> <u>Laserblast</u> \$60	<i>If for some reason e.g. The weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>			

ACTIVE PLAYGROUP



Our weekly Active Playgroup held each Wednesday morning continues to be really successful in welcoming new families into our Kariong community and helping establish valuable new friendships for both the parents and children.

Visiting support services such as Early Links Early Intervention and speech therapists have helped raise awareness of extra help available in our community and the children have been enjoying a wide range of constructive/manipulative play options as well as art and craft activities.

Come along and join in with a fun social gathering and enjoy a shared morning tea together. We are always happy to see new faces!!!

Wednesday mornings from **10.30-12.30**
at **Kariong Neighbourhood Centre**
10 Langford drive Kariong

Cost: \$4.00 members \$4.50 non members

- \$1 each additional child.
- **Enquiries: Nerida 43404561**

MONDAY PlayGROUP

Play and learn Parent and Child SUPPORT GROUP

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



...a fun place to
play and learn!

Now you have two great opportunities each week 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.

Come along to Kariong Neighbourhood Centre

Mondays 10.30—12.30 during school term

Cost: \$4 members - \$4.50 non members
\$1 for each additional child

Enquiries: contact the Centre on 4340 1724



OOSH UPDATE

Changes abound at OOSH!

We asked our attending children exactly what they would like to have in their new "Senior's Room" at our centre and they responded with lots of inspired ideas! As a result, the newly renovated room for the older children now boasts ipads with educational and fun games, a new television for wii and x-box games and movies etc. of the children's choice as well as relaxed and inviting group "chill-out" areas for the children to kick back together after a hard day's work in the classroom. The aim of the "Senior's Room" is to give the children a sense of empowerment and of feeling valued within our Centre and has proved an enormous success.

Our science focus has provided experiences for the children to experiment with the wonders of magnetic forces, observe the effects of varying temperatures through art activities and also investigate some chemical reactions ... exciting stuff! Our weekly cooking classes have ignited great enthusiasm and teamwork in our kitchen and everybody has loved sharing the results for afternoon tea.

School holidays are fast approaching and our June/July Vacation Care program offers a wide range of fun, stimulating and educational activities so be sure to book in quickly to secure places for your child.

Brandi and Nerida

CHILDRENS 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 a fantastic
- playground for the little ones to enjoy. We also have
- an all weather covered area outside. You can have all
- this for just \$29 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**





On Sunday 14th June, Kariong United was excited to once again host the Cougars Cup Gala Day for Under 11 & 12 football players on the Central Coast. Teams were entered from local clubs, and the day was a huge success – the day even finished up with an exciting penalty shoot out!

We'd like to say a huge thank you to everyone who made the day possible - all of our volunteers who were there in the early hours of the morning, cooking the BBQ, our fantastic referees & cadet referees, helpers in the canteen, setting up marquees and fields and so much more – Thank you so much.



A big thank you also goes out to all the players, coaches, managers and parents who helped make it a great day – bring on Cougars Cup 2016!

For our Seniors, we have now set the date for our Presentation Evening – mark Saturday 10th October in your diary for a night of celebrations and fun at The Entertainment Grounds. Please keep an eye on www.kariongunited.com.au or our Facebook page (www.facebook.com/KariongUnitedFC) for more information closer to the date.



We'd love to see the people of Kariong head down to Kariong Oval in the coming weekends and cheer on your local team – Go Cougars!

Carly Carmichael

KUFC Publicity Officer

Kariong Library Action Group

The Library is constantly adding to their stock and among the new selections are;

- Kurt Fearnley's inspirational and highly entertaining book **Pushing the Limits**. Kurt is the winner of 3 paralympic gold medals and 2009 NSW Young Australian of the Year.
- **The Drawing of Three** which is the second book in The Dark Tower series of novels written by Stephen King, and
- **Clive – The Clive Palmer Story** – a biography by Sean Parnell.

Ask the Librarian for more 2015 book suggestions, you will be surprised how many there are.

Tuesdays at 10.30 for Storytime. This programme is for children 3- 5 years, their parents, grandparents and carers. Story time aims to introduce children to the pleasure of literature and language and to the joy of creative work. They learn a simple craft, which they all enjoy. If you aren't yet a member of the Library, please speak to the Librarian then the children can borrow toys and books.



Kariong Library Book Club is on Friday 31st July at 10 am. If you enjoy reading and good company please come along and hear reviews of two books and stay for morning tea. The first is by Hannah Kent, a contemporary Australian writer and her debut novel **Burial Rites** revisits the true story of the last person to be executed in Iceland. The second book is **The Unknown Terrorist**. This is the fourth novel by Tasmanian author Richard Flanagan and set in Sydney.

Our guest for June book club, Ms Anne Hooper, a Kariong resident, was fascinating and all book club members have asked that Anne return in July, so please come along on July 31.

Movie at the Library. The winter school holidays are upon us and Friday July 3rd is the date for our children's movie titled **'Turbo'** at the Library. The event starts at 7 pm and details can be obtained from the Library.



Corner Dandaloo Street and Woy Woy Road
 Kariong NSW 250
 Phone: 0417 686 694.
 Email: kariongecgaren@gmail.com
 Website: www.kariongecogarden.org.au
 ABN: 13 852 216 759

Events. Eco Garden July 2015.

Saturday 25th July 4 Seasons Art and Film Night. “ Winter” 5pm to 8pm. Featuring the Central Coast Conservatorium Jazz group, documentary film, Music, an eco café, an Arts Exhibition and the New EQ- Eco Quiz- get your team together. A Camp Fire, Yummy Hot food - including soup, camp pizzas and BBQ

28th June 11am to 2pm Eco Garden Anniversary lunch Bring a plate. Bush Care Group meeting.

Saturday 7th November 6pm to 9pm 4 Seasons Art and Film Night. “Spring.”

Other Events:

Sunday 5th July 9.30am to 3.30pm. Whale Dreamers Festival at Norah Head Lighthouse

Planting: The following vegetables/herbs can be planted in **July:** Beetroot, Carrots, Cape Gooseberry, Chives, Endive, Garlic, Kale, Kohlrabi, Lettuce, Mustard Greens, Parsnip, Peas, Radish, Rocket, Shallot, Silverbeet, Snow Peas, Spinach, Spring Onions, Thyme Refer. www.gardenate.com for more details.

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

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



Pictured: Norm Harris building our compost bays

WE NEED YOU! 10 years ago the Kariong Community generously sponsored our fence. This year we are seeking sponsors of \$100 to add 12 Wine Barrel Vege Gardens(using wicking bed design). if you would like to help, please **complete** voucher below, and return to Kariong Neighbourhood Centre, 10 Langford Drive, Kariong.

Yes I would love to sponsor a wicking bed wine barrel!!
 At Kariong Eco Garden.

Name:

Contact details :

MANAGING DIFFICULT BEHAVIOUR IN CHILDREN aged 3 to 12 years

The 3 CHOICES PROGRAMME
incorporating 1-2-3 MAGIC

A well researched programme to enable parents to learn effective ways to better manage obnoxious & challenging behaviour.

The 3 CHOICES PROGRAMME is completed in 3 sessions and is run over 3 consecutive weeks.



Session 1 – Friday 17th of July
Session 2 – Friday 24th of July
Session 3 – Friday 31st of July

Sessions will be held in the Kariong Neighbourhood Centre 10 Langford Drive Kariong from 10am to 12.30pm.

The programme is designed to assist **YOU** (parents & caregivers): to increase your knowledge about what works in managing difficult behaviour to lessen your feelings of frustration and stress to get better results with less effort when dealing with troublesome behaviours

The three sessions will be conducted by Annie Hooper & Claire Hoffmann

Prizes and give-aways if you **BRING SOMEONE WITH YOU** – your partner / friend / family member / next door neighbour (but not the dog!)

Course notes & morning tea will be provided. Numbers are limited so please **RSVP** by Friday 10th July to Kariong Neighbourhood Centre on 43401724 Or email on admin@knc.net.au

Costs: Child care will be provided by child educators at a cost of \$5.00 or the first child and \$2.00 for each additional child.
 The course will cost \$13.00 per session this includes all handouts and your workbook. You do not need to live in the Kariong area to attend.

*Payments can be made in cash to KNC admin,
 or by Direct Credit to Kariong Neighbourhood Centre Inc.
 BSB: 062 544 Account No: 1011 2021*

To secure your place, payment must be made by Monday 13th July

NEW APP FOR EMERGENCY



‘Emergency +’ is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia.

The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smart phone. ‘Emergency+’ also includes SES and Police Assistance Line numbers as options, so non-emergency calls are made to the most appropriate number.

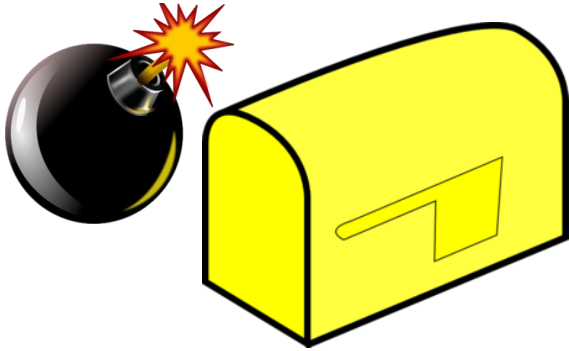
[Where to find the app](#)

For iOS and Android Devices:

iOS: App store – ‘Emergency Plus’

Android: Google Play Store – ‘Emergency Plus’

Blowing up peoples letterboxes may have seemed like a joke! But not for this family.....



Are you aware?

Casper was sleeping next to our letter box , as he often did. A makeshift bomb was put in our letterbox and was so loud when it exploded that it gave him a heart attack and killed him!

Casper was our companion cat for my sister who has Tourette Syndrome. She has lost her best friend and we have lost a family member!



I want these people to really think about what they have done and realize this is not a joke!!! Imagine if this had have been someone's child .

My family of five is devastated, particularly my sister. We have lost our best friend.

RIP Casper, we love and miss you; The Barwick Family.

Kariong Progress Association



On Tuesday 16 June a delegation of three members from the Progress Association met with the new State Local Member for Gosford, Kathy Smith. Kathy had been to a Progress meeting prior to the recent election, where she heard from Progress members about local issues. This recent meeting at her office in Woy Woy was to update her on those issues.

Langford Drive / Woy Woy Road intersection: Kathy Smith advised the delegation that she had clarified that Woy Woy Road and Langford Drive were both the responsibility of Gosford Council. This means that the State Government would not allocate any funding towards the intersection upgrading costs. However, it has been established that the previous Federal Government allocation of \$675,000 is still available, and the Council will provide the balance (of the \$1.5m total costing.) This still leaves us with the lesser acceptable solution approved by Council of pedestrian controlled traffic lights, away from the intersection, and new right turn lanes into and out of Langford Drive. We will continue to discuss the matter with the Council.

Mt Penang: No further developments at this stage, but any relevant information will be reported in our future reports.

Kariong School Underpass: recent contact with the RMS, at Newcastle, has secured an agreement that they will now be undertaking regular reviews of the graffiti, noting the tags, and hopefully following up with Police action against the offenders.

Parking of cars for sale: a reminder that it is illegal to park cars, and advertise them for sale, on the grass verge opposite the Progress Hall. Just be warned that Rangers are targeting this group.

CCTV cameras for Kariong: the Progress Association attended a recent on-site meeting with Council officers to discuss the project and specific camera locations. The proposed locations for the cameras are the Skate Park, and the shopping centres at Mitchell Drive and at Arunta Avenue. The equipment has been ordered, and latest estimates are installation should be late June/early August.

Progress Hall: You can book the Hall for parties, functions and ongoing activities.

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

Next meeting of the Association will be held in the Progress Hall on Wednesday 1 July, at 7.30pm.

AND the first Wednesday of every month.

Kariong Crime stats for May

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
2	2	4	0	4	1

HOMEWORK HELP

Available at the Neighbourhood Centre



For children 9-13 years and 5-9 years

- * University trained teachers.
- * Computers available.
- * Bookings essential
- * Cost \$20.00 per child for 2 hours
- * Minimum 4 children per session.

Week days from 4.00pm - 6.00pm

Bring your own lap top, or we have computers available

or

Tutoring one on one for 13—17 year olds will be \$25.00 per hour

Bookings essential call Fiona 43401724



No Interest Loan Scheme

Have you lived in the local Gosford Area for at least 3 months? Are you on a low income? If so you maybe eligible for a No Interest Loan.

The amount you can borrow will vary, depending on your income & your capacity to make repayments. The maximum is \$800 for entertainment items such as TVs/Stereos, & up to \$1,200 for essential items like white goods/furniture. NILS® may also be provided to meet other essential needs like health aids, car registration or education costs. NILS® is not for emergency relief, bond or rent money, living expenses or debt repayment. The limit for people on Newstart/Youth Allowance is between \$600 - \$800, to ensure we don't place anyone in financial hardship. The repayment period is usually around 12 to 18 months. There are no fees, charges or interest. Call 4329 4477 for further information/application pack. NILS® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.



Central Coast NSW
Suite 16, 1 Reliance Drive, Tuggerah T: (02) 43530017 F: (02) 43535960

Email: info@tlkcc.com.au Web:

www.tlkcc.com.au National RTO No: 90381

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs



Business Skills
Community Services
Children's Services



The delivery mode creates a relaxed, flexible environment for students and caters to people who have not studied or worked for a long time, people with a disability or people who may struggle with literacy and numeracy.

Study Locally in School Hours

Eligibility

If you answer "YES" to all four questions below then you are encouraged to apply:

- Are you 15 years old or over
- Living or working in NSW
- Have barriers to access assessment eg. financial hardship, disability, struggle with literacy and numeracy, at risk of not making a successful transition from school to higher education, training or work.
- An Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizen?

Course Fee

\$0.00 if eligible for Fee Exemption

\$80 if eligible for Concession

Fees are applied in accordance with Smart and Skilled and The Department of Education and Communities. The College will confirm fees on application.

Training Venue

Kariong Neighbourhood Centre, Tuggerah, and others.

Further Information

Contact the College on 02 4353 0017 or email info@tlkcc.com.au

*Childcare care is available onsite at some training venues.

BOARD MEMBER REQUIRED

Kariong Neighbourhood Centre has a position available for a Board Member. If you have 2 hours every second month that you could contribute your time, expertise, leadership and management skills we would love to hear from you.

Please contact Fiona on 4340 1724 for more information

The XChange

Seventh-day Adventist Church



Our 2 highlights for this month was our really special AGAPE weekend where we could reenact and celebrate being part of God's family. Also holding a community afternoon tea where we could get to know new friends better over yummy food and a cuppa. If you weren't able to be there, we would love for you to come in the future. July 5 We are spending the morning cleaning up in and around the scout hall before having a BBQ lunch and Saturday night 1st August we have a family fun night – sock hop. Find us on facebook for more details.

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:

The Kariong XChange
www.kariongxchange.org.au
 Ring Lesley on 43401581
 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 Saturday morning into our everyday lives. Craft, games, challenges and more.

The Hill Youth Centre

What's Happening at The Hill Youth Centre this month?

The Hill Youth Centre - 98 Mitchell Drive Kariong

Phone: 4304 7039

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

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 for functions, sports training and other community activities.

No Cost Health Clinics for Young People (14 – 24 years)

Youth GP Clinic DROP-IN, NO APPOINTMENT NECESSARY

The Hill Youth centre is working in partnership with youth health to run a FREE clinic between 3 and 6pm on Fridays for young people up to the age of 24. The clinic will see young people about medical issues but specialize in: sexual health, drug and alcohol and mental illness, e.g. self harm, depression, anxiety, eating disorders nutrition. Call Shirley at Youth Health for more information 43569333



Do you have an idea for social change in the community? Can you share ideas, skills, knowledge?

Gosford City Youth Council (GCYC) is looking for social innovators to bring their ideas and make innovative changes. GCYC connects young people with the local community to spark a passion for social change.

The committee meets monthly for formal meetings at designated locations. Members are also required to attend a meeting bi-monthly a Gosford City Council main office, Mann Street Gosford with other members from all districts.

District meetings held the 1st week of the month

Monday - Kincumber 5pm

Wednesday - Kariong 3:30pm

Wednesday - Gosford 4:30pm

Thursday - Erina 5pm

Bi monthly GCYC meetings Wednesday - Gosford 4:30pm

To register your interest go to:

www.surveymonkey.com/s/ktc9slg





KARIONG MOUNTAINS
HIGH SCHOOL

Selective Class at Kariong Mountains

High achieving students have the opportunity to try out for the Kariong Mountains High School selective class through a competitive applications process. Please contact the school (43400246) if you are interested in your child being placed on the application list or if you would like further details about our school's selective program.

Achievement for Personal Best

For all students, however, what is important is not to be measured against set targets, but against benchmarks that reflect individual growth. Professor Geoff Masters (ACER Chief Executive) speaks of more effective assessments that involve 'stretch challenges - tasks that are neither too easy nor unrealistically difficult'.

He uses the analogy, that elite high jumpers don't begin with the high jump bar set to the Olympic standard, but instead, begin at smaller heights and challenge themselves to go higher on each occasion.

Having an individual benchmark is not about lowering the bar, but recognising that the road to high achievement starts with smaller steps that build on existing knowledge and skills to develop new ones at a higher standard. At Kariong Mountains High School, our focus on knowing students and how they learn sees us aim to apply this principle to all out students in all our classes.

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 11th July, 2015 at 1.30pm for a 2.00pm start**. There is a \$2 admission charge at the door which includes a raffle ticket.

Visitors are always welcome to attend our meetings. On **Saturday morning 11th July** members will be enjoying a bushwalk looking at and identifying plants.

Our monthly meetings include a Speaker, Plant of the Month and Book of the Month Presentation as well as 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 afternoon tea will be served with an opportunity to meet and mix with members.

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

Inquiries contact Elsie at damael@hotmail.com.au or telephone 43655 049



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home ... we would love for you to come and check us out, and discover the difference at KCBC.

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 - 2nd & 4th Wednesdays 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.

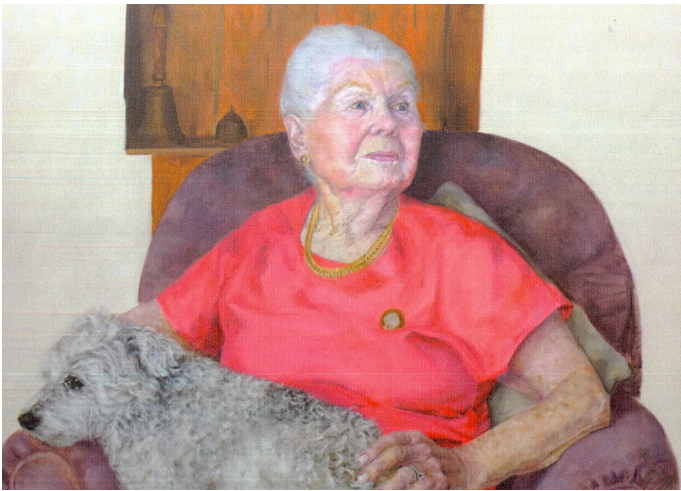
Women's Coffee

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

***** Please note that activities break during school holidays *****

Much loved Kariong local identity receives Rotary Community Service Award



Helen Ross pictured above with her faithful dog and companion Kirsty. Painting by Janelle Thomas

Helen was recently recognized for her extensive community work by Rotary Club of Kariong/ Somersby.

Helen came to Australia from Edinburgh in 1959. She and her husband travelled extensively with his work in the Special Branch of Scotland Yard, which gave her inspiration and material for the books that she would later write.

Helen ran a children's home in Strathfield in Sydney before coming to Kariong in 1989. She is a very well know and loved local identity both for her valued community work, and also for her writing.

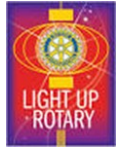
Helen has written two books - *Vaila's Capri*, which was published in 2010, and *Short Stories*, published in 2014. A copy of *Short Stories* is available at the Centre if you would like to borrow it from our library at any time. Helen received an invitation following the launch of *Vaila's Capri* to take part in a promotional video made by various prominent people on the Central Coast. This can be viewed on the internet at 'My Gosford TV', video 41 (mygosford.tv/residents-stories/4-helen-ross)

Helen is still very active in the community, and her much loved companion Kristy, can always be seen at her side.

We would like to congratulate Helen on her award, and thank her on behalf of the Community for her dedicated good works.

Rotary Club of Kariong/Somersby

ROTARY RECOGNISES LOCAL CHAMPIONS



The Rotary Club of Kariong/Somersby has again recognised local unsung heroes. Pride of Workmanship and Community Service Awards were recently given to residents who have made a major contribution to OUR COMMUNITY. In its annual AWARDS NIGHT held at Phillip House Kariong, the President of the Club Reg Barber said that "all Awardees are very deserving and we heartily congratulate them".

Billie Collette: *Rotary Pride of Workmanship Award* Employed by the Australian Reptile Park at Somersby

Helen Ross: *Rotary Community Service Award*
A longstanding Kariong resident for her extensive community committee work. Kariong would not be the same without her.

Gary Kirkby: *Rotary Community Service Award*
Well known Manager of Riding for the Disabled (RDA) at Kariong – a "whip-cracking" wonder

Deidra Groppenbacher: *Rotary Community Service Award*
Nominated by Rotary Inner Wheel Club of North Gosford for her extensive Community Work.



Pictured L to R: Billie Collette, Gary Kirkby, Helen Ross, Deidra Groppenbacher, Reg Barber (President)

ROTARY "DOING GOOD" AGAIN - LOCAL SCHOOLS SUPPORTED

Kariong Mountains High School has again been provided with a \$1,000 Bursary by the Rotary Club of Kariong/Somersby.

This is the seventh consecutive Annual Bursary and Principal Anne Vine said "the grant has been used for, but not limited to, purchasing book packs, assisting with purchasing school uniforms, subsidising the Year 7 school camp and subsidising school excursions". Principal Anne went on to say that "this grant makes a difference in having a confident start to high school and families are grateful that their child 'does not miss out' due to their financial circumstances".

Local Primary Schools have also been strongly supported by the Club e.g. Citizenship Awards; Mothers' & Fathers' Day BBQs; etc.

Why not join in and help local, Australian and International worthy causes – phone Kerry on 0243-404 529 or kersuebay@PhillipHouse.com.au

Club breakfast meetings – Fridays 7.15am – Phillip House, 21 Old Mount Penang Road, Kariong.



After 15 years providing the Kariong and surrounding Community with local produce, Kariong Quality Fruit is closing it's doors at our retail outlet in Kariong.

"Sabine and I would like to thank all our loyal customers for their patronage and support over the years, and we want you to know that it has been a lot of fun.



We will be operating a home delivery service, so you can still purchase locally grown produce and support our local growers

Please see our advertisement on page 13 for details.

Yours sincerely, Allan & Sabine Perry

Australian Academy of Tai Chi

"Health & Relaxation"

TERM 2 CLASSES:

Wednesdays 9:00 – 10:00am

at Kariong Neighbourhood Centre
Contact Helen or Daniel on 0435 121 520
Suitable for all ages and abilities



Volunteers needed for social inclusion programs

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



50 YEARS
1964-2014
Australian Breastfeeding Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

BreastfeedingSupport 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 4340 1724 or contact us at kariongabagroup@gmail.com

Central Coast Community Handy Contacts

Call in to the Neighbourhood Centre to collect a brochure with a comprehensive list of local support services, some of which you will find listed below

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Disaster Recovery Line 1800 018 444
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919
- * Welfare Rights Centre 9211 5389

Above numbers are just a small excerpt from the brochure created by St Vincent De Paul in collaboration with NSW Police Force - Brisbane Water & Tuggerah Lakes Local Area Command.

FOREMAN1

PROPERTIES



NEW KARIONG REAL ESTATE OFFICE!!!!

- * Bianca Foreman is a local Kariong resident having lived in Kariong for over 8 years.
- * She has a wealth of local real estate knowledge
- * Bianca and her team are happy to assist with all your real estate needs.

Please call in to our office or call to find out about our fantastic service and offers.

Shop 7/4 Mitchell Drive, Kariong
Phone: 4340 0777 Mob: 0430 929 034

vcdental

KARIONG
ALSO AT EAST GOSFORD



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

Local Dance School

All Ages

All Dance Styles

where dreams come Alive

Acro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lytical

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

FOR SALE

Elka EPI Series electric Organ and music Stool



\$300
ONO

Please ring 4340 0552



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

Meiso Tora Martial Arts

Empower your Children and Yourself through **MARTIAL ARTS**



- ### TRAIN FOR
- Self Defence
 - Confidence
 - Fitness
 - Coordination
 - Focus & Discipline

Classes held locally at
Kariong Mountains High School
Tuesdays and Thursdays

Mini Toras
6:00 - 7:00pm

Kids & Adults
6:30 - 7:30pm

BEGINNER
NOVICE
INTERMEDIATE
ADVANCED



Please contact Natalie for more info
0468 511 619
meisotoramartialarts@gmail.com

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 and Facebook.
- Go online Shopping, E-bay, Store accounts.
- Avoid Scams — simple but effective ways to keep you safe.

Bookings Essential

To register
Ring Kariong Neighbourhood Centre
on 4340 1724

No Cost*
Bookings Essential.
Friendly!
No large groups!



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**



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

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

Join local qualified male & female dance teachers
for our exciting new

Children's Culturally Inspired Contemporary Dance Group



Bring the kids along for fun evenings filled with different
dance styles (contemporary, hip hop, ballet and cultural)

Boys and Girls of all abilities welcome!

When: Monday evenings 6.45pm—7.45pm

Who: Children 5 -12 years , \$8 per child per class.

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Classes will run to an 8 week term with a
mini-performance for families and friends at the
duration of each term.

Please phone 4340 1724 or email
admin@knc.net.au to register your attendance.

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.

Only \$2 a week per DVD for members, \$3 for non-
members. Just drop into the Centre Monday to
Friday, between 9am - 4pm to browse the library,
collect a DVD or make a booking



NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

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)

YOUR NEW LOCAL DENTIST



RIVERSIDE
dental spa

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



CENTRAL COAST
SELECT
PROPERTIES

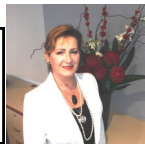


Do you have questions about Real Estate? Need answers?

Ask Hana 0437 401 009

You'll appreciate the difference

Suite 9, 482 Pacific Highway, Nth Gosford 2250
P: 4324 8486 F: 4337 6166
hvolarik@ccselect.com.au www.ccselect.com.au



"Always Fresh" **KARIONG** "Always Fresh"
QUALITY FRUIT

Telephone: 0400 292 220

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

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday

Email us at kariongfruit2u@gmail.com



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-----



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.



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

By George
 Window Cleaning Services

Professional residential & commercial window cleaning
 Free quotes—reasonable prices
 Give George a call **0410 332354**

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**



ALL PAINTING SOLUTIONS
 INTERIOR/EXTERIOR
 DOMESTIC/COMMERCIAL
 ALL REPAIRS & SPECIAL
 EFFECTS

**FREE QUOTATION + WORK
 GUARANTEED**

Call **0408 917774** or **43400420**
 Lic. No. 129863C

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**



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

- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- **Late Appointments available**

PH 4340 1643
 3 Mitchell Drive, Kariong



FoxyFit
BOOTCAMPS

Karla Mansfield
0409 247 833
www.foxyfit.com.au

NEW to Kariong!

Get Fit the Fun Way! — Contact Karla for Session Details



Better Health Practices



Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
4340 5154

www.betterhealthpractices.com.au

- Chiropractic • Massage • Acupuncture
- Pilates/PT • Calmbirth Classes

Health fund accredited.

TAX HELP



Australian Government
Australian Taxation Office

WE WILL BE OFFERING TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE THIS YEAR FROM 27TH JULY. APPOINTMENT TIMES WILL BE MONDAYS AND WEDNESDAYS BETWEEN 10AM AND 12PM BY APPOINTMENT. PLEASE RING THE CENTRE TO REGISTER YOUR DETAILS.

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



'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**

Joey's..... 6 to 7 y/o.....Meet Monday 4:00pm to 5:00pm
Cubs.....8 to 10 y/o Meet Tuesday 6.30pm to 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

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

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

**4323 6080 or email
gوسفord.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

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

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au
9.30am to 10.30pm **During school term.** A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Play & Learn Playgroup

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

TUESDAYS

Immunisation Clinic for children - NSCCAH

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

Indoor Bowls

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

Early Childhood Clinic — NSCC Area Health — Free

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

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 0 to 6 year olds.

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

Early Childhood Clinic—NSCC Area Health

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

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm
www.weighwatchers.com.au Phone: 131 997

If you are interested in running a group or workshop at the Kariong Neighbourhood Centre please contact Fiona Simpson on 4340 1724 or email coordinator@knc.net.au

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. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month.
Cost: \$4.00members, \$4.50 for non members.
12:15pm to 2.00pm **During school term**

FRIDAYS

Australian Breastfeeding Association Meeting

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

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

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 15th July 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.