

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 5

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



June 2015

National Volunteer Week 11–17 May 2015

We have a dedicated group of volunteers whose contribution we value and depend on to help keep the wheels running smoothly at the Centre, and of course there are many more people in the community who volunteer in many capacities in a variety of locations.

Volunteer Week is an opportunity to thank these people and recognize their valued contributions to their Community.



From left to right: **Charles Bacon, Jan Sambrook, Kurt Melville, Colin Mitchell and Marianna Bayatrah.**

All give their time to teach seniors and people with disabilities FREE lessons on how to use computers and technology. We currently have 25 volunteers who work in many capacities from Admin, Maintenance, Childcare, Group facilitation, Teaching computers and Board members. We thank them for their time & dedication.

Central Coast Regional Development Corporation recently published a thank you to the 'Blue Thumbs'



volunteers at Mount Penang Gardens, one of whom received a special mention. **Colin Jose** also has close ties to the Neighbourhood Centre and is well known throughout the community for his dedication and contributions.

We celebrated Neighbourhood Centre Week at Kariong recently ...

35 people came together to share their stories about what it was like growing up "In My Shoes" 15 people told their stories while the others enjoyed a meal and



listened. Some of the feedback we received

"It was very Enjoyable, lovely food and company"

"It was great to hear the stories and get to know people better"



★ FREE!! Parenting Support Information Day

We would like to facilitate an eight week support group for parents and Carers, who are experiencing **any** difficulties with raising their children.

The Facilitator, Annie Hooper, is an accredited Counsellor with 30 years of experience working with families and children. During this time Annie has assisted many parents in resolving behavioral problems, and children with additional needs, in a creative and innovative manner which has fostered positive relationships within families.

*Imagine no more constantly repeating yourself
Children responding to you the first time
you ask them to do something.
Peace and harmony in the house.
Sound unbelievable?
It's not!*

Come along to the information day, ask questions, make suggestions, and register you and or your partner for the workshop. You can expect complete confidentiality

Please join us at Kariong Neighbourhood Centre
10 Langford Drive Kariong

When: Friday 12th June Time: 9.30-11.00

Bookings essential 15 Places only

*Childcare available with child educators.
\$5.00 per child + \$2 per each additional child per family.
Please ring 4340 1724 — RSVP by 5th June*

ACTIVE PLAYGROUP

Each week brings new faces to our Wednesday morning



gathering where the children have the opportunity to enjoy our large range of activities and cut loose on our fabulous outdoor climbing equipment, slippery dips and sandpit areas.

The parents and carers are able to make new friends and discuss child rearing issues together and also access support through visiting support services such as Early Links for early intervention help and Speech Therapists to help parents identify developmental milestones and any areas of concern.

Our activities are geared towards teaching the children turn-taking and sharing and learning of early social skills in play. Numeracy and literacy are explored through our arts and crafts and also musical group times together.

Playdough and messy play is always popular as are our building activities and range of small bikes. We all enjoy a shared morning tea together and we extend a warm welcome to our community to join us every 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**



OOSH UPDATE

A lot has been happening at our Centre, and a lot more is planned.

We are excitedly anticipating big changes to our outdoor area with extensions to our sandpit, a new cubby house and installation of monkey bars.

A local artist has been working with the children to create a beautiful mural and mosaic which includes a tribute to Margaret Hay who passed away earlier this year. The mural will be positioned outside to brighten up our fence and features an amazing Aboriginal style lizard, a glittering butterfly and a glorious garden scene.

Our Term 2 activities have really engaged our OOSH children and taught them a range of new skills. The activities include table tennis lessons, tai chi classes, cooking classes and science experiments.

Keep your eyes out for our fantastic June/July Vacation Care Program; we will be having an educational tour of Maitland Gaol, visiting Ettalong Movies, creating masterpieces at the Plaster Barn and exploring Camp Breakaway...be sure to book in early for these!! Our in-house activities will include a tie-dye day, a balloon art and bubble day, and a "Trash Percussion" incursion.

Brandi and Nerida

10 Langford Drive Kariong Phone 4340 4561

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

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

KARIONG MEDICAL CENTRE

"Caring for Kariong"

Dr Mandile

Please be aware that as of July 1st Dr Mandile will no longer be routinely bulk billing patients.

Consultation fees will be as follows:

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

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.

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.

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.

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 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.

KARIONG RURAL FIRE BRIGADE

Hello from the desk of the Standpipe



Our call outs from 15th April 2015 to 19th May 2015 were a total of 31 Calls
False Alarms x 5, Fire & Explosions
x 11, Good Intent x 0, Hazardous Conditions x 1, MVA/
Rescue/EMS x 11 and Service Calls x 3.

Wow! What a wild and windy week or so we had last month. Trees and power lines down, roof damage and flooding etc. Your Brigade worked non-stop around the clock for several days assisting the Community to stay safe. We chain sawed and secured dangerous fallen trees and large branches that were blocking roads and access to homes, tarped roofs, attended motor vehicle accidents, closed roads due to flooding or power lines down. I would like to thank the Gosford Rural Fire Service, the Families of the Brigade and in particular the Kariong Brigade Members for their tireless commitment to the Community. The Brigade not only looked after it's own, but ventured afield to assist other Brigades in their areas when required. The days and nights were long, cold, wet, dark and miserable but the guys and gals pushed on. Fortunately, Kariong was very lucky as it was one of the least affected areas in the Gosford Shire. Gosford RFS Members worked hand in hand with the SES, Ausgrid, Police and the Gosford Council to secure a safe environment for all as quickly as possible.

If you notice any threatening trees, branches etc. in your area, you can contact either the SES on 13 2500 or Gosford Council on 4325 8222.

I just thought I would mention the informal program that we are offering to all the Residents of Kariong that are home during the day. The course will consist of basic fire awareness around the home and surrounds. The workshops will provide support and advice along with some hands on very low key activities. If anyone is interested in attending a workshop please contact the station on 4340 1694 or email on kariongrfb@bigpond.com The Brigade is always in need of new Members. If you are interested to become a Member, pop in to the station to see what we do and have a chat with the men and women of our Brigade or phone 4340 1694 or 4340 2911.

We train every Wednesday night from 1930 to 2100 and every Saturday morning from 0800 at the Station in Dandaloo Street.

Until next month Stay Safe and Firewise.



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

Events. Eco Garden June 2015.

28th June - 11am to 2pm. 10th Anniversary lunch – bring a plate. Family Nature Club and Bush Care Group .

Saturday 25th July - 5pm to 8pm. 4 Seasons Art and Film Night. “ Winter. “

Other events:

- **Friday 5th June** - World Environment Day.
- **Saturday 20th June** - 5 Lands Walk. From MacMasters Beach to Copacobana, Avoca Beach, North Avoca to Terrigal Beach. Events at every beach. See website for details. Stalls at Avoca Beach.
- **Sunday 5th July** Whale Dreamers Festival. 9.30am to 3.30pm at Norah Head Lighthouse

Planting: The following vegetables/herbs can be planted in

June: Beans, Beetroot, Cabbage, Carrots, Cauliflower, Celery, 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 from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

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 :



Pictured are local Kate Hooghuis and Eco Garden visitor Harry Wulff (of Wamberal) exploring the ponds at the eco garden.

Kariong Library Action Group

Kariong streets and roads – how did they get their names? Kariong Library is collecting information and would love to hear from you if you have any relevant information to add to the library's records. Please contact the librarian on 43258155 if you wish to contribute information or confirm facts already on display.

Books are continually being added to the library shelves and the following are part of a 'new titles' display. The Death House by Sarah Pinborough, Spirit of Wolves by Dorothy Hearst and Donation of Constantine (a novel) by Simon LeVay. Based on real people and actual events this is a tale of intrigue in the middle of the eighth century.

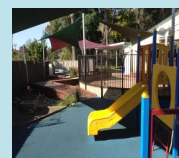
Come along on Tuesdays at 10.30 for Storytime. This programme is for children 3- 5 years, their parents, grandparents and carers. Storytime aims to introduce children to the joys of literature and language. The morning includes a simple craft. A selection of toys is also available for loan.

The **Kariong Library Book Club** is on Friday 27th June 10 am. If you enjoy reading and good company please come along and hear reviews of two books and stay for morning tea. **A Man's Got to Have a Hobby** by William McInnes and **Stardust** by Neil Gaiman are the June selections. William McInnes grew up in Queensland and is well known to Australians for his roles in the TV shows "Blue Heelers" and "Sea Change". He recounts many hilarious tales of his childhood. **Stardust** is a magical novel. Young Tristran Thorn vows to retrieve a fallen star and deliver it to his beloved. This oath sends him into a world that is dangerous and strange. (This is not a fairy story suitable for children.)

2015 Premier's Reading Challenge for children K – Y9 is supported by Kariong Library. The Challenge is to encourage a love of reading. The reading lists and a large selection of recommended books are currently available.

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



Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 13th June, 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 13th June** 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 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 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

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'



Saturday 27th June — Sunday 28th June 2015

Mingara Orchid Club Inc. proudly presents the annual orchid fair and show providing a huge range of orchid vendors and a fabulous festival of exotic and native orchid displays. The event will be held at Mingara Recreation Club, Mingara Drive Tumbi Umbi. There is plenty of parking, buses from Tuggerah railway station, and a spacious air conditioned venue that is welcoming no matter the weather conditions. All this and entry is **FREE!**

Buy orchids from trusted Australian and international vendors. Buy pots, fertilisers, fungicides and potting mediums:

Alice's Orchids – Bromeliads Australia – Burbank Orchids – Cedervale Orchids – Dark Star Orchids – David Keneally Orchids – Dendi Orchids – Easy Orchids – Ezi- Gro Orchids – Fong Ping Orchids – Johnson Orchids – Kawana Gardens Nursery – Kiwi Orchid Bark – Nicky's Slippers – Orchid Care Services – Orchid Productions – Orchid Species Plus – Orchids on Newbold – Rosella Orchids – Sakdirsi and Daughters Nursery Thailand – The Orchid Tray Company – Tinonee Orchid Nursery – Tropical Exotic Orchids Thailand – TyTags – Western Orchid Culture – Woolf Orchid Culture

Members of the society will be on hand to provide information about orchids, growing conditions on the Central Coast and **providing potting demonstrations throughout the fair and show weekend.**

You can enjoy beautiful exhibits by the wonderful wood turners of the Central Coast and browse through orchid books, magazines and orchid crafts.

Bus tours receive incentives of \$50 vouchers for coaches over 30 and \$25 vouchers for mini buses. These can be redeemed at the many orchid and plant vendors enumerated above.

The fair and Show will be open on Saturday from 9.00am – 5.00pm and Sunday from 9.00am – 3.00pm. If you would like further information about this event you can download a brochure from mingaraorchidclub@gmail.com or ring Steve: **0411 149 499** or George : **0414 442 495**



Kariong Progress

The Kariong Progress Association aims to improve the wellbeing and lifestyle of local residents by open discussion of issues and offering useful advice from the community to local, State and Federal government (although we deal mostly with our local Gosford City Council). We are also active in preserving and protecting the important aspects of the local environment and we try to ensure that only reasonable and appropriate development occurs in our township. Here are some recent issues of concern for the members and how we are dealing with them.

The Kariong community is one step closer to an upgrade for the Langford Drive / Woy Woy Road intersection. At its meeting five weeks ago, Council considered a 6-page report from its Constructions and Operations department, outlining four options to improve pedestrian and traffic safety there. While it noted the community's preference for signalization (Option 3 costing around \$8 million), it endorsed Option 4 as its preferred option — a set of mid-block pedestrian signals in Woy Woy Road with right-turn lanes into and out of Langford Drive (costing around \$1 million). Progress continues to seek a promise of additional State funding from our new MP to complement the Federal funding secured in last year's budget for this intersection.

In Mt Penang, the CCRDC is consolidating its development plans for its prime Highway Precinct (Precinct 6) opposite Fox Close by putting a DA into Council that proposes to subdivide the holding in two — a super lot and a residual lot. The DA is accompanied by a fanciful environment report. After this, the Corporation can put forward further DAs for office buildings between two and four storeys along this Highway frontage with just a 10m setback. Progress sees this as the next step in a process by the Corporation to try and secure a major financial gain for the State government.

Recent crime statistics collated by the police for Kariong show that illegal activity here has dropped a bit these days compared with years past. This is due to more decisive activity and better targeting of potential offenders by the police, and also to less reluctance by residents to contacting the authorities quickly when crimes take place — we have a pretty responsible community in Kariong who do the right thing. For emergencies, phone 000 and ask for ambulance, fire or police. For Crime Stoppers, phone 1800 333 000. And for reporting past crimes and misdemeanours (it also helps police maintain up-to-date statistics), contact the Police Assistance Line on 13 1444. Some residents needed to call the SES on 13 2500 six weeks ago for emergency help in the severe storms and flooding at that time. Finally there is Kariong eyewatch, a closed Facebook forum to share information and find local solutions to local crime problems.

If you would like to join us, the Progress Association next meets in the Progress Hall (corner Dandaloo St and Woy Woy Rd) on Tue 2nd June from 7:30 pm in the evening. The more diversity of opinion, the better for all of us



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.

2014 –2015 Family Energy Rebate

The Family energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. To see if you are eligible and for assistance

Phone: Service NSW on 13 77 88

Email: fer.program@trade.nsw.gov.au

WEB: www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

The XChange

Seventh-day Adventist Church



We had the honour of paying respect to our ANZAC's in April. Their sacrifice so special, like one that went 2000 years before them.

Our Mothers day service was nice, and we even got to make a special card for that special lady in our lives. The XChange went a little Western in their family fun night. Love for you to join us for our community afternoon tea June 10 at the scout hall at 1:30pm.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you.

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.

For more information feel free to contact us:

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

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 Hill Youth Centre

Whats 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 Friday 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 eg 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

Mon Kincumber 5.00pm

Wed Kariong 3:30pm

Wed Gosford 4:30pm

Thu Erina 5.00pm

Bi monthly GCYC meetings

Wed Gosford 4:30pm

To register your interest

go to: www.surveymonkey.com/s/ktc9slg



TABLE TENNIS LESSONS AND COMPETITION FOR EVERYONE

WHERE:

Kariong Neighbourhood Centre
10 Langford Drive, Kariong

WHEN:

Thursdays 7:30PM — 9:30 PM

STARTING May 28th 2015

COST: \$8 for Youths & \$10 for Seniors



AGES 10 years - TO ADULT

Enhance your PING PONG skills while having fun through drills, games and competitions.



TRAINER

Angel Davis - Ping Pong
Intermediate level
Trained and played in China

CLASS
STARTING
28th May

To register contact:
KNC Admin
Phone: 02 4340 1724
Email: admin@KNC.net.au

EST 1987
KARIONG COMMUNITY
BAPTIST CHURCH



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

What's on at KCBC?

At the Church house, Corner 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 & 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 ***



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 may be 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.

Rotary Club of Kariong/Somersby



ROOFING IRON AND WATER FOR VANUATU ROTARY CLUB SENDS 10 TONNE AND 10 PALLETS

Kariong/Somersby Rotary Club member Ross Marshall arranged for 10 Tonne of Ranbuild and BlueScope Steel roofing iron to be shipped to Vanuatu following Cyclone Pam's devastation of the islands, particularly Tanna, and Port Vila. Mr Marshall said "the material will provide immediate shelter and assist around 1,000 locals rebuild their homes and is grateful for the assistance and donations of other Australian Ranbuild Franchisees and their supplier BlueScope Steel". Road transport of the material was undertaken by local Rotary Club members to Rotary's **Donations In Kind** warehouse at Minchinbury for onward shipping containerisation by the **Rotary Australia World Community Service (R.A.W.C.S)** project. Another example of Rotary International "Doing Good In The World" !

NO RAIN FOR WALGETT AREA – ROTARY CLUB DISAPPOINTED

Kariong/Somersby Rotary Club would like to have sent some recent local rainfall to Walgett Shire as it recently sent a delegation to this Sister City of Gosford to develop a connection of local School Students with youth in the Walgett Shire through Civic leaders and School Principals. Other country Shires had good rainfall but Walgett received very little. Although in its infancy the **Rotary Walgett Project** plan has hopes for communication exchanges; cultural exchanges; vocational guidance/visits and has the support of Gosford Deputy Mayor Counsellor Bob Ward, several local School Principals and the Walgett Shire President. The nearby Rotary Club of Lightning Ridge is also very supportive.

ROTARY COMMUNITY SERVICE AWARDS

Kariong/Somersby Rotary Club will recognise outstanding Community Service and Vocational Excellence by local people at the end of May and seeks nominations from residents and business organisations.

YEAR 11 STUDENTS ATTEND ROTARY YOUTH DRIVER AWARENESS (RYDA) PROGRAM

Kariong Mountains High Year 11 students recently attended the RYDA Program aimed at increasing Road Safety Education at a critical time in their lives. Wyong Racecourse was the venue for this single day Program aimed at illustrating Road Safety messages for all young people, particularly L plate and P plate license holders. This program is conducted by Police, Driving School organisation/s, Health Professionals, and is supported by the 15 Central Coast Rotary Clubs together with local High School Principals. **Rotary "Doing Good" at the local level.**

Kylie Fawkner

Individual and Relationship Counsellor
Ad Dip Counselling,
Voc. Grad Dip Relationship Counselling



Hello. We all have times in our lives where we feel stuck or overwhelmed and alone with our problems and suffering. I know that it can take courage to ask for help.

As your Counsellor, I will provide a safe, confidential, non-judgemental place for you to explore your thoughts, feelings, personal issues and heal any emotional pain. I can help you to develop a better understanding of yourself and your inner resources. I have experience in working with individuals, couples, women, men, people with disabilities and those with mental health issues.

My area of interest includes (but is not limited to)

- | | |
|--------------------------------|------------------|
| * Addiction | * Grief and loss |
| * Anger Management | * Life changes |
| * Anxiety | * Relationships |
| * Depression | * Self Esteem |
| * Health problems Disability | * Stress |
| * Domestic and Family Violence | * Trauma |

I also work alongside couples who are either forming a committed relationship or coping with the end of their relationship, as well as couples who would like to improve communication and intimacy.

I am available at various times for day, evening and Saturday appointments at Kariong NC, Hills St Counselling and Psychology and Wyoming Community Centre. Home visits are available for people with disabilities and other venues available upon request.

My fees are: Individual Counselling \$30 to \$60 and Couple Counselling \$50 to \$80 Fees vary depending on circumstances.

**To make an appointment, please call or text me on
0435 809 506.**

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



Ettalong Beach Arts & Craft Centre Inc.

RUG MAKING WORKSHOP

Sabine Parge will show you how to create a thing of beauty that may become a family heirloom or a treasured gift!

SATURDAYS

13TH & 20TH JUNE
12 noon to 3pm

COST: \$80 Workshop
(Plus \$15 annual membership fee)

For over 20 years, we have offered pottery classes for young children and adults alike, but now we are excited to introduce

TEEN POTTERY

Beginning in Term 3
July 13th – September 4th
Wednesdays 4pm – 5.30pm

COST: \$100 for an 8 week term
(No membership fee for kids or teens!)

For more information call **0421234405**
or visit **www.ebacc.com.au**

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

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

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.

50 Australian
Breastfeeding
Association
YEARS
1964-2014

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

Children's Cultural & Contemporary Dance Group

Children of all cultures and abilities are invited to come along to our weekly dance group with teachers Neville and Pieta (students from the NAISDA Dance College) and learn different styles of dancing - (Contemporary, Ballet, Hip Hop and Cultural).

This group is open to children aged 5-12 years and will be run at the Karingong Neighbourhood Centre Monday evenings from 13th July — 6.45 - 7.45pm

REGISTRATION: 22nd June 6.45 — 7.45pm

For more information ring the Centre on **4340 1724** or email admin@knc.net.au Cost: \$8 per child.

Advertise with us

Our newsletter is delivered to over 2500 community members and local businesses, and emailed to many more. Many locals use the Karingong 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

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

The Hidden Courtyard Café Markets NEW MARKET OPEN SUNDAYS FROM 30 AUGUST

At The Hidden Courtyard Café, 18a Railway Street, Woy Woy

Looking for Stallholders

Email maxineskinner@gmail.com
or phone 0403-643108

Follow us on Facebook & Instagram
ABN 34 598 966 984

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

Pro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrical

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

KARIONG QUALITY MEATS

PH 43401064

WHEN ONLY THE BEST WILL DO
SAUSAGE SPECIALIST

FAMOUS \$50 MEAT PACK comprising:

- 5 Schnitzels - 5 Pork chops - 1KG MINCE
- 10 Thick sausages - 10 Rissoles - 5 BBQ Steaks
- AND A carton of eggs - ALL FOR \$50

SHOP 1/10 CURRINGA RD, KARIONG
* FREE DELIVERY TO KARIONG AREA

Vc dental

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

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

Skype for Beginners



Skype for Beginners with an Interactive Webinar (Question & Answer time included) at **Kariong Neighbourhood Centre**, 10 Langford Drive, Kariong

Enrol Now Bookings essential as small group only: Please contact our Admin office no later than Friday, 12th June to confirm your attendance. Tel: 4340 1724
Tuesday, 16 June 2015 and Tuesday, 23 June 2015
 10.30am to 12.30pm
2 sessions, of 2 hours each

*Skype is a system which is used by over 40 million people worldwide to communicate for **FREE**. Communication is very simple where you can share experiences with the people that matter to you, wherever they are.*

These sessions will show you how to install and use Skype on your computer or tablet. Skype can be used in a cost-free mode or by paying a small monthly fee to the supplier so more extensive services can be accessed.

\$5.00 each lesson - Morning tea provided

What to Bring:

- Pen and paper
- USB memory stick (any size) would be an advantage for taking home additional materials.

Please Note: this is a small group session only.

Future Sessions: Keep posted for our July dates; topics will include "Introduction to Android Tablets and iPhones"

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

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Audio Visual Cabling & Antenna Installations

- ✓ Digital TV Antennas
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FREE TV RECEPTION TESTS AND QUOTES
Call Peter on 0431 777 447

**Australian Government
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HOT WATER SERVICES
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 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**

Diane Merryfull **4309 0229**

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**

Suite 9, 482 Pacific Highway, North Gosford 2250
P: 4324 8486 F: 4337 6166 info@ccselect.com.au
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 800am to 4.00pm
Sunday 9.30am to 4.00pm

10% Seniors Discount on Fridays

Shop 2 Corner Arunta Avenue Kariong

Get fit in a friendly, fun and non judgmental environment

**AMY CASH
FITNESS**

kids welcome

0434390011

Group fitness & Boxing classes. PT & Kids holiday programs
amycashfitness@outlook.com Facebook- Amy Cash fitness & Amy
All classes in Kariong Cash fitness 'KIDS'



**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**

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- * 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**




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 INTERIOR/EXTERIOR
 DOMESTIC/COMMERCIAL
 ALL REPAIRS & SPECIAL
 EFFECTS

**FREE QUOTATION + WORK
 GUARANTEED**

Call **0408 917774** or **43400420**
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Frank's Roofing
 For all your roofing needs
 25 years experience

Whirly Bird Discounts - Leak Detection
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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 ARE HOPING TO BE ABLE TO OFFER TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE THIS YEAR. PLEASE WATCH THIS SPACE FOR DETAILS.

ONCE WE HAVE CONFIRMATION FROM THE TAXATION OFFICE, YOU WILL BE INVITED TO REGISTER FOR AN APPOINTMENT TIME.

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

Joys..... 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**

Table Tennis **NEW Starting 28th May**

7.30pm to 9.30pm. \$8 Juniors \$10 Seniors
Phone KNC on 4340 1724 for bookings

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 17th June 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.