

THE KARIONG CONNECTION

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

Vol 24; No 1 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



March 2016



Kariong Neighbourhood Centre is now offering ANGELS DJ Services for your disco, party or any other special event held at the centre.

**2 hour minimum booking for just \$200
This includes DJ, disco lights and all equipment
Bookings for April are being taken now!!**

Contact Angel on 4340 1724 for more information



You can hire the whole of Kariong Neighbourhood Centre for only \$29.00 an hour — call 43401724

Best Lamb Sausage Maker In Australia

Jake & the team do it again with award winning lamb sausages!!

Now Jake can add “Best Lamb Sausage Maker in Australia” to his impressive list of achievements, since taking out this prestigious award in February at the National Finals in Brisbane. Competing against 3200 other butchers with years of experience from all over Australia is to be celebrated!!

At the very young age of 26 years, Jake started his business at Kariong. After two years of hard work he has achieved big things. It remains his only shop, and people travel long distances to buy his wonderful products. Kariong residents are very lucky to have such a gem right in their midst. If you haven't already tried Jake's sausages, you should do so soon. It's back to business now for Jake and his team, coming up with new ideas and flavours to extend his great range. He'll be back to compete again next year.



Grant Hayes, Jake Forbes and Graeme Thornton

2016 NATIONAL COMPETITION WINNER

1st (National) Australian Lamb Curry Lamb with Coriander & Cream

2015 NSW/ACT WINNER

1st (State) Poultry Chicken, Avocado, Bacon & Cheese

1st (State) Australian Lamb Curry Lamb with Coriander & Cream

3rd Australian Lamb Honey Lamb & Rosemary

3rd Continental German Bratwurst

1st Gourmet/Open Peri Peri Chicken, Spinach, Feta, Garlic

2nd Gourmet Chicken, Feta, Tomato, Bacon

Equal 3rd Gourmet/Open Chicken - Chicken Mariner's - Sweet Thai

Equal 3rd Gourmet/Open Chicken, Avocado, Bacon, Cheese

2nd Best Butchers Burger Sweet Thai Chicken

3rd Best Butchers Burger Beef Nacho Cheese

KARIONG QUALITY MEATS

Shop 1/Arunta Ave, Kariong Phone: 4340 1064



OOSH UPDATE

Our OOSH children have all settled into our morning and afternoon routines beautifully and our staff are thoroughly enjoying getting to know our new families.

Our older children have recently been encouraged to be really active in assisting the younger children and the kindy children whenever they can and this has been extremely effective in the building of relationships between the senior and junior children. An exciting opportunity each week to participate in ukulele lessons has appealed to the children and sparked a lot of interest in learning the musical basics of this fun instrument. Our gardening classes continue to educate the children on the importance of sustainable practices and the delicious afternoon teas are made more special with us knowing that we are eating the fruits of our labour straight out of the garden.

We are planning valuable multicultural learning soon with Spanish lessons. Feel free to drop in and check out our program and fabulous centre if you would like to offer your child extra-curricular learning and social experiences.

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Brandi and Nerida

Kariong Neighbourhood Centre

10 Langford Drive, Kariong Phone 4340 4561

ACTIVE PLAYGROUP



**Our very popular playgroup
has resumed for the school term
10.30am - 12.30pm**

**at the Neighbourhood Centre,
10 Langford Drive, Kariong.**

**We deliver an educational program
developing social skills and school readiness in a safe,
happy and stimulating environment.**

Come along and have some fun.

Meet new families, share ideas

**Cost: \$4 members and \$4.50 non members
+ \$1 additional child**

Morning tea is provided

Enquiries: Angel 43404561

Jammin' Juniors !!



Beginning 11th March 2016

**At Kariong Neighbourhood Centre
10 Langford Drive, Kariong
"A NEW 0-6 ACTIVITY"**

Does your child adore and respond to music?

Are you looking to boost your child's learning and development through a wide variety of musical experiences?

Our new weekly music group for toddlers and young children will stimulate language/social/physical and intellectual development as well as promote self esteem and confidence. Exploring numeracy and literacy through music will also promote school readiness.

Roleplays, parachute and circle games, dances, finger plays, action songs and experimentation with instruments will ensure your child's love of music is satisfied! Come along and meet other families and join in with our focus on fun. **All ages up to 6 years are welcome.**

EACH FRIDAY 10.30 — 11.30am

\$4.00 for first child, \$1.00 per additional child.

Inquiries: Nerida 0415906033



Parklands Community Preschool

is now taking enrolments for 2016

Parklands Community Preschool provides education and care for children aged 2-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation which is partially funded by the NSW Department of Education. We have been rated as EXCEEDING the National Quality Standards.

*Parklands Community Preschool - a great choice for you
and your child prior to starting school.*

Building 34 Mt Penang Parklands, Kariong

Ph. 43401342 Fax 43405742

email: parklandspreschool@bigpond.com.au



KARIONG COMMUNITY DRUG ACTION TEAM

Are you passionate about your Community and want to make a difference? We are working together to educate and support people and families to minimise the effects of drugs and alcohol in our community. **We need YOU! ALL welcome!**

WHERE: KNC 10 Langford Drive, Kariong

WHEN: Our first meeting will be May 9th
Followed by 2nd Monday of every 2nd month
(11th July, 12th September, 14th November)

TIME: 9.30am – 10.30am .

Please call Fiona on 4340 1724

*See more at: <http://adf.org.au>

A FREE Presentation on ICE and Helping Families Cope

This presentation is designed to provide information to families, relatives, partners and carers of those with addictions to ice and other drugs.

Topics covered will include:

- What is 'ICE' and how it affects us?
- Coping skills for families impacted by someone's drug use.

WHEN: 23rd March, 2016 — 7pm to 9pm

WHERE: KNC 10 Langford Drive, Kariong

Bookings are essential R.S.V.P. by March 3rd
Phone 4340 1724 or email: admin@knc.net.au

This presentation will be followed by a confidential weekly support group facilitated by a qualified group leader. Resources will be provided. See below for details



A SUPPORT GROUP

for families and friends of those who are addicted to ICE

A confidential group for parents, partners and friends of ICE and drug dependent people. A fully qualified psychologist facilitator with years of experience will explain the facts and supports available. How to cope with your emotions, guilt, anger, depression and keeping yourself safe.

When: Commencing 1st April - 6th May
6 Weeks duration

Time: 10.00am — 12.00pm

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Group Facilitator: Karen Clarke
(BA(Psych) MAPS, M Adolescent Mental Health)

Cost: \$5.00 per person per session

Light Refreshments provided

For more information or to book ring 4340 1724

Or email admin@knc.net.au

Providing Information and Support

BOOKINGS ARE ESSENTIAL FOR THIS GROUP.
CHILDCARE WILL BE AVAILABLE FOR \$5.00 PER CHILD



Kurt's Lawn Maintenance and Pest / Feral Animal Control

Do you need help with any of the following?

- Mowing, whipper snipping, weed and pest spraying
- The control of foxes, rabbits, pigs, and wild dogs in accordance with National Parks standards. Chemical accreditation number: 3939228

Contact Kurt on 0429988441 - Prices start from \$25 per hour



HURRY!
Classes fill quickly
due to popularity.

NUNGARA Children's Culturally Inspired Dance Group

Term 4 Bookings now open!

Boys & Girls all abilities welcome.

Male & Female teachers. \$8 per class.

Mondays 6.45 - 7.45pm.

Kariong Neighbourhood Centre Phone 4340 1724

This is a special event organised by



Special 'one off' event for Kariong locals only!
Experience a guided tour with Bara Barang—our local Aboriginal group.



Kariong is a VERY significant place due to its rich Aboriginal heritage. This is an excellent and rare opportunity for local people to understand the Aboriginal heritage of the Kariong area.
April 2nd 9.30am - 3pm

HURRY! Spaces limited.
\$30.00 per head (normally \$65)

Meet at KNC 10 Langford drive Kariong @ 9.30 to meet the bus.

Day includes:

- 10 to 10.30am Smoking Ceremony and morning tea
- 10.30 to 1.30pm Guided Tour around Kariong
- 1.30 to 2.30pm Bush Tucker lunch at Barabarang
- Please note No children under 13 years of age.

ONLY 30 seats available - you must pay to ensure your place.

Book now at admin@knc.net.au or 4340 1724



Morning tea includes:

Wattle seed scones, tea and coffee

Lunch Menu includes:

- Kangaroo Meatballs
- Salad
- Lemon myrtle Chicken Kebab

Please remember hat, sunscreen, water & appropriate foot wear.
General level of fitness required



Lifesaving Courses at Kariong Neighbourhood Centre

Hurry! Spaces Limited. Cheapest on Coast!

First Aid Full Course - March 14 & May 30

Incl. CPR & Refresher) 1 day - 9.00am - 2.30pm - \$99
Possible to do CPR only (2 hours)

Nationally Recognised Statement of attainment HLTAID003
Provide First Aid (formerly HTLFA311A) Valid for 3 years

Manual Handling - May 2

9.00am - 11.00am - \$95

Provides participants with the basic knowledge & skills to apply the broad provisions of WHS Act regarding manual handling.

Asthma & Anaphylaxis - May 2

11.30am - 2.30pm - \$85

Nationally recognized course. Statements of Attainment (22282VIC) & (22099VIC) upon successful completion

Enquiries: 4340 1724 or admin@knc.net.au

Kariong Neighbourhood Centre

10 Langford Drive, Kariong NSW 2250

BROADBAND FOR SENIORS

Unlock The Digital World

Be a part of it

Get connected – Stay connected



Why not join one of our FREE Broadband for Seniors Courses?

Our courses are wide ranging and easy to attend. Tuesdays and Thursdays between 10.00 - 2.00pm. Please ring our friendly staff to book a time.

• Computer Basics

Computer use, how a computer works, basic tasks, creating a file, printing, downloading digital images, photos, introduction to common Microsoft programs

• The internet

How to get online, search for your favorite subject. Understand the different web browsers and how search engines work
Shopping and banking plus safety in the cyber world

• Social Media

You know the names, now learn about Twitter, youtube, facebook, Instagram and Skype



Come and learn the easy friendly way with us at Kariong Neighbourhood Centre

10 Langford Drive, Kariong

Phone: 4340 1724 Email: admin@knc.net.au

Learning = Confidence, Enjoyment

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:

Tuesday-Thursday 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. Access to free wifi 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.

EOI for Activity Leaders

The Hill Youth Centre is seeking Expressions of Interest from local sporting groups and businesses that would like the opportunity to operate classes such as Personal Training, Boxing, Karate, Muay Thai, MMA, and skills development for Football, Union or League at the Centre. Public liability insurance for your business is required.

We will offer a reduced rate for operations run in the afternoon after school or for businesses which provide a scholarship for a disadvantaged young person.

We would like to maximize the use of the Centre whilst providing quality programs for young people in your local community. If you are interested in running an activity please contact Michelle on 4304 7039 or e-mail michelle.tilden@gosford.nsw.gov.au

Open Mic Night

We are looking for young people who are interested in performing at our next open mic night held on the 1st Friday of every month. If you sing, play an instrument or have formed a band contact us to register your interest.



National Youth Week is being held from 8th - 17th April and to celebrate we will be holding the annual *Kariong Sessions Skate Scooter and BMX* - comp on Saturday 9th April. There are 4 age division and a sponsored riders category for each event. The winners of each division will be invited to compete at the Central Coast Series grand finale at Umina on the 1st May.

If you would like to volunteer on the day please call Kariong Youth Centre.

KARIONG MOUNTAINS HIGH SCHOOL

Our first Connection article for the year! I hope your children have had a good start back at school. We have had a great start to the year, with our student numbers increasing above expected due to new enrolments and the number of school leavers at an all-time low. I would like to think that this is linked to our school values of **'unity knowledge respect'** as being seen as more than just a motto, but the foundation of who we are and how we operate.

Congratulations to our Year 12 2015 graduates. Once again, students have gained entry into a variety of university and TAFE courses, as well as employment and apprenticeships.

From Term 4 last year, we were able to create a Head Teacher Wellbeing position using Gonski funding. Already, the impact has been greater structure and support for students and feedback is very positive from students, staff and families. On the academic front, our first cohort of accelerated students in the Year 10 selective stream, has begun their Year 11 studies in Science, bringing to fruition a plan that has been in place since 2010.

We have continued to respond to the needs of students and our subject choices are driven by student demand, not school timetables or teacher preferences. For this reason, 2016 has seen the introduction of 'Outdoor Recreation' as a Stage 5 elective and the introduction of the 'Visual Design' course in Stage 6. We are the only school in the State with a rugby elective and it has grown in popularity as it enters its second year of implementation.

In co-curricular activities, we now have both robotics and makerspaces operating for students with an interest in these STEM related areas, as well as a wide range of sporting teams from which to choose.

If you are a parent of a child in Years 4-6 and would like more information and/or a tour of our school, please contact me on 43400246. I am always proud to showcase what we do and how we can meet your child's needs.

We are looking at getting a school bus. Are there any community members who would be interested in casual work as a bus driver of a 22 seater bus? Please contact the school if interested so that we can determine if going ahead is a viable option.

Anne Vine
Principal

Kariong Progress Association
CONCERN ABOUT THE FUTURE OF THE
KARIONG TENNIS COURTS



The Gosford Council is proposing a new 3-year Community License which would see the Council taking half the hiring income of the tennis courts. This could mean a doubling of the current hiring charges. We have pointed out to Council that all the current hiring fees go to the upkeep of the courts by the Progress Association. The hiring of the courts, and all associated administrative activity is carried out by volunteers, which does not appear to be understood by the Council.

If you find enjoyment at our tennis courts, and/or if you would like to assist us in overturning this proposal, please join us at our next meeting.

Mt Penang Highway Precinct

See the ad for the Mt Penang Parklands on page 11 in this edition of the Connection. Interesting to see how long before they call for community consultation.

Langford Drive / Woy Woy Road intersection:

You will probably have noticed that the Council has placed traffic flow counting equipment along Woy Woy Road. This is to update their current information prior to further decisions being made.

POLICE CONCERN continued

In last month's edition of the Connection there was a full page notice from Gosford Police. Since that edition we have had some comments regarding the Police Assistance Line. You can call PAL to report minor crimes that have already been committed (crimes that are not in progress) and which do not involve traumatized victims, or require urgent attention or immediate Police attendance. For example, steal from motor vehicle, stolen motor vehicles, graffiti, malicious damage, and break and enters. When you ring PAL, they will take the details of the crime, and make them available to local Police for analysis and action. As we said last month, Police stress that all reports are recorded, and over a period they can build up a profile of events, or concerns, that they can act on.

And don't forget that there is a book at the Neighbourhood Centre that you can also express your concerns. And you can use that book to let us know of the results of your Police contact.

Kariong Crime stats for January 2016

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
2	1	3	0	3	0

These look to be our lowest crime figures yet. At this rate there will be no crime in Kariong soon!!!

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:

Wednesday 2 March 2016 at 7.30pm and the first Wednesday of each month

Kariong Eco Garden Incorporated



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

Our **office hours** are:

Monday, Wednesday & Friday 9.00am to 12.30pm.

We are upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year).

Bush Kids Kindy

Nature play for 2-5 year olds with a grown up. For info and bookings:

<http://www.eventbrite.com.au> and search for Central Coast Bush Kids

Bush Care

Our regular Bush Care day is the 4th Sunday of each month 9.30am – 11.30am. Come and join in.

Clean Up Australia Day

Sunday 6th March 9.00am—11.00am

Register at KEG then clean up your favourite place (fire trail, park, waterway) and leave rubbish at one of three collection points.

Bags and gloves provided. Slip, slop, Slap!

Narara ECOBURBIA Festival

Saturday 16 April 9.00am – 3.00pm

At Narara Valley High School

"making suburban living more sustainable"

What to plant in March?

Asparagus, Beans, Beetroot, Burdock, Carrots, Cabbage, Capsicum, Cauliflower, Celery, Chives, Cucumber, Dill, Endive, Eggplant, Horseradish, Kale, Lettuce, Marrow, Mustard Greens, Oregano, Parsley, Potato, Radish, Rocket, Rockmelon, Silverbeet, Sweet corn, Spinach, Spring Onion, Sweet potato, Tomato, Turnip.

Refer. www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday mornings 9.00am – 12.30pm. If you have a particular gardening talent or just like to potter please come and share with us.

All welcome.



Learning Centre
 "Leading provider of quality childcare since 1994"

Looking for quality childcare in Kariong?

Our smaller boutique family owned centre is a place where your child will feel safe, secure and supported as they learn and grow in confidence. They will develop long lasting friendships in a nurturing environment with our highly qualified educators.

**Offering education and care for children
 6 weeks to 6 years.**

**Please phone Karan or Debbie on 4340 4351
 to arrange an orientation visit.**

**1 Milyerra Road, Kariong
 (corner Woy Woy Rd)**

www.littleangels.com.au

We would love to meet you and your family!

Taking enrolments now for 2016



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

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

(Availability subject to court appearances)

Bookings Essential

**Please Phone Kariong Neighbourhood Centre
 on 4340 1724 for an appointment**

30 Years Experience in:

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

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

Website: <http://www.katiesmithsolicitor.com.au/>



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?

**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.

Kid's Club @ 11.30am – 1.00pm

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

Other

Playtime – Tuesdays @ 10am – 12.00pm

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

Girls Club – 1st & 3rd Wednesdays of the month
 @ 6.30pm – 8.00pm

Girls Club is for girls in Kinder – Grade 6, and meets fortnightly during school terms for craft and activities.

Thrive – 2nd & 4th Saturdays of the month @ 7pm

Thrive combines our youth and young adults ministries. Both groups meet fortnightly for bible study and activities.

Heart 'n' Home - 2nd & 4th Tuesdays of the month
 @ 7.00pm – 9.00pm

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 @ 9.00am – 10.00am and
 7.30pm – 8.30pm

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

Life groups are also held on other nights at various homes, please phone Pastor Jeff for more information.

Friends Group

Open to all - Meets regularly for meals, and interesting and fun outings.

Bloke's Business & Women's Coffee

Meeting bi-monthly on Saturday mornings (alternate months).

For more information phone Pastor Jeff on 0448 814 511.

www.kariongchurch.org.au

Facebook: Kariong Community Baptist Church

*Office: Cnr Woy Woy & Milyerra Roads,
 Kariong NSW 2250*

HOMESTAY PROGRAM



NAISDA Dance College is looking for families to participate in the NAISDA Homestay Program for 2016.

NAISDA Dance College is a national Aboriginal and Torres Strait Islander dance college, a Registered Training Organisation, and a member of the Commonwealth Roundtable for Excellence in Arts Training; providing ground-breaking delivery in a Careers in Dance curriculum to Diploma level.

NAISDA students are known as 'Developing Artists' and they come from Communities throughout Australia.

We currently seek families to accommodate some of our Under 18 year old Developing Artists during their study here at NAISDA Dance College.

We want to be able to offer our Developing Artists family support in a safe and comfortable home, which promotes successful outcomes for our DAs as they study towards a career in Dance.

- Cultural and lifestyle exchange
- Provide a room / board in a safe home environment
- Working with Children Check undertaken
- Financial assistance provided

For more information contact:
Sue Gosson
Human Resource Coordinator
(02) 4340 3100



It's not long now until the 2016 kicks off for Kariong United! Some of our teams including DIV1 and our women's teams have already gotten a head start on their preparations for the season ahead and all looking in fine form.

With the season fast approaching, it's important to lock in some dates into your diary:

Saturday 27th February – Junior Muster Day, held at Mt Penang. U5 – 8.30am, U6 – 8:30am, U7 – 10.30am.

Saturday 12th March / Sunday 13th March – Trial Games: More details to be announced soon. Please check the Kariong United website for more details.

Wednesday 16th March – Coaches and Managers Meeting, held at Kariong Neighbourhood Centre at 7.30pm.

Saturday 19th March / Sunday 20th March – Trial Games: More details to be announced soon. Please check the Kariong United website for more details.

Saturday 2nd April / Sunday 3rd April – Round 1 of the season kicks off!

You can keep up to date with all the latest club information online:

Website: www.kariongunited.com.au

Facebook: www.facebook.com/kariongunitedfc

Twitter: @kariongunitedfc

Instagram: @kariongunitedfc

See you all at The Hill in 2016 - GO COUGARS!

Get ready for the NDIS - A Vision Board workshop for people with a disability – (carers welcome)

An opportunity to explore how you would like your life to look

Learn how to : Identify what do I really want?
What makes you feel good?
What is really important to you?

When: Thursdays - 5th, 12th, 19th & 26th May, 2016

Time: 12.30pm - 2.30pm

Where: 10 Langford Drive Kariong

Cost: \$40 for the full workshop (must complete the 4 weeks)

After 4 weeks you will have a vision board to show your carer or case worker

For more information or to book contact the Centre on 4340 1724 email admin@knc.net.au

Or contact Anna on 0401 306 494



Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon).

Dates for your diary

25 March – 28 March 2016 library closed for Easter.
No Book Club on Friday 29.

1 - 10 April 2016 Seniors Week

Thursday April 7 our guest will be **Mr. Andrew Church**. At the recent Australia Day Award ceremony **Andrew Church** was named Gosford 2016 Citizen of the Year for his tireless work in creating an unique interactive War Exhibition in Gosford. Come along at 10.30 to meet him. Bookings essential. Please ring the library.

What's New on the Shelves?

Frontline Ukraine, Crisis in the Borderlands by Professor Richard Sakway. Published 2015

Bennett's Broncos. The Story of the Brisbane Broncos' Golden Era. Written by Steve Ricketts and published 2014

Book Review Club usually meets at 10.00 am on the last Friday of each month. Unfortunately the last Friday in March is Good Friday and the library will be closed. The books for April 29 are **After You** the second novel by Julie Buxbaum. Set in London it examines grief and the complicated nature of friendship and **The Lost Symbol** by Dan Brown. This is a thriller novel set in Washington, after the events of The Da Vinci Code.

Tuesdays at 10.30 for Storytime. This great programme is for children 3- 5 years, their parents, grandparents and carers – all are welcome. Storytime aims to introduce children to the pleasure of literature and language and to the joy of creative work as they engage in learning a simple craft.

The librarian (Bill) is looking for more residents to help complete his history of Kariong street names. Are you able to add to the list? A selection of books on Kariong history are available in the library but are not for loan.

Standpipe



Hi folks.

I'm back with some more news from the Kariong RFB fire shed. There's a couple of things we need to discuss this issue, so we'll get into it.

Firstly, just recently I had a chance to have a yarn of a smoke detector technician whilst he was working on a detector at my place as a matter of fact. My jaw literally dropped with some of the stories he related on people who deliberately tamper with smoke detectors. He told me a yarn where he found a detector in a house and the batteries had been taken out because it used to go off when anything was cooked on the stove and it annoyed the occupants. Folks, I've got to say that I've been involved with the RFS for nearly twenty years and that has to be one of the craziest things I've heard. It's been said before, a working smoke detector saves lives and it's definitely your friend in high places. Don't mess with it because it's annoying or inconvenient. Treat it with the respect it deserves because it's a life saving instrument.

Secondly, Kariong RFB in company with NSWFR attended an incident in bushland not too far from Kariong. The problem was illegally dumped substances which in the end proved harmless but the fact remains that someone took the time to drive a distance to dump not just this rubbish but piles of other waste in and around our beautiful bushland. Not only is it a despicable act it's also highly illegal so folks the message is, if you see anyone carrying out illegal dumping do us all a favour and give the Police a call. The bushland around Kariong is some of the most picturesque you'll ever see and you'll be doing everyone a great service by eradicating pests such as these.

Now, Kariong RFB is turning a spritely seventy years old this September so the call is going out to all ex-members to contact us. Send us an email on your involvement with the brigade on Kariongrfs@outlook.com it'd be great to hear from you.

In late mail, an appliance from Kariong has been deployed to Tasmania for firefighting duties there. Members from the Gosford district along with other crews will be flying down to the Apple Isle to give our Taswegian friends a much need hand. Good luck guys... looking forward to the "war stories" when you get back.

That's it troops. Remember, stay safe and be Firewise.

College Open Day Success

The Central Coast Community College attracted over 150 students to its recent Open Day, which was held at their Ourimbah Campus on Saturday 6th February.

The Open Day included cooking demonstrations, free massages, manicures, diabetes checks and a free BBQ lunch.



For the past three years the College has opened its doors to hundreds of prospective students, providing them with additional course information and subject taster experiences.

Executive Director, Jonathan Davis, said "We try to provide visitors with a unique experience by having our trainers' available to not only talk to students, but also to provide mini workshops. This gives potential students the opportunity to really get a feel for the course and the practical aspects of the qualification."

The College provides training in leadership and management, aged care and disability, beauty, information technology, and work, health and safety, as well as general interest courses such as photography, cookery and modern foreign languages.

Phone: 02 4348 4300 Email: info@cccc.nsw.edu.au

KARIONG MEDICAL CENTRE

"Caring for Kariong"

You may have noticed some changes around the surgery over the last few months. We have been renovating the surgery with new paint, carpets, chairs and reception counter.

During March our Doctors will be changing to a new Clinical Software System. Please be aware that this may cause some delays and also a temporary disablement of the online booking system. We thank you in advance for your patience.

We would like to introduce Dr Ronald Wai, newest member to our team and say all the best to Dr Bolla and Dr Treece who are on Maternity leave.

We have bulk billing doctors available and would like to thank you for your ongoing support.

The Team at KMC

The XChange

Seventh-day Adventist Church



We started off with a bang!

The beginning of February was our 9th Birthday and we decided to party. We had a carnival theme complete with fairy floss, snow cones and popcorn. We played sideshow alley games and had a wonderful time. The kids enjoyed their gift bags – Thanks Radio Rhema for providing some of the fillers. We are now back to normal programming!

Pastor Neil Watts spoke to us about Heaven – if you heard it you would have loved it! We have 4 of our young people starting their leadership journey in KidzXChange with us – the younger kids are really excited and will be so helpful.

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

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 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 pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various location

PLEASE NOTE:

Justice of the Peace service no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Tracie Gosling **0412 486 678** - (Tuesday PM only)

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 11th March, 2016** at 7.00pm for a 7.30pm start.



There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On **Sunday morning 13th March** members will be enjoying a bushwalk looking at and identifying plants.

Our speaker for this month will be Leigh Brennan, horticulturist with qualifications in agriculture and arboriculture and Leigh will be talking about growing plants for Barangaroo. Our monthly meetings also include a 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 specimens brought in by members from their gardens.

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

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

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

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



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

We are a family friendly group. All mothers are welcome regardless of how their babies are fed.

We also welcome other children, partners, grandparents, parents to be and friends.

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

Meetings are held on the first and third Friday of each month, except public and school holidays at KNC from 10am to 12pm. Latecomers always welcome.

For more info ring KNC on 4340 1724 or contact us at kariongabagroup@gmail.com

Ettalong Beach Arts & Craft Centre Inc.

Kitchener Park
Corner Picnic Parade & Maitland Bay Drive
ETTALONG BEACH

WATERCOLOUR WORKSHOPS

- TUTOR JUDITH HOSTE

BEGINNERS: 5th March 10.00am — 3.00pm

ADVANCED: 19th March 10.00am — 3.00pm

//

CHILDRENS POTTERY CLASS - AGE 7 YEARS & OVER

Mondays : 4.00pm — 5.30pm **Vacancies**

//

CHILDRENS ART CLASS - AGE 7 YEARS & OVER

Thursdays: 4.00PM — 5.30pm **Vacancies**

For enquiries and details contact Gwynneth Weir at gwynneth.weir@gmail.com

Mt Penang Parklands

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



NEWS & EVENTS

Girrakool Blues Festival5 March

Horror Movie Campout12 March

Century Challenge Cycle Ride15 May

Central Coast Ks for Kids26 June

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

» Join **Mt Penang parkrun** on every Saturday starting at 8am in the Gardens.

» **Mt Penang Development:** Multiple proposals have been received from the private sector and the Corporation is currently in negotiations with proponents with the objective of concluding a transaction and redevelopment outcome that will provide jobs and services to the local community.



Central Coast
Regional Development
Corporation



Mt Penang Gardens
Event Park & Parklands



Sport is a big part of Australian life and plays a huge part in our national identity. We're avid followers of 'footy', which covers everything from rugby union to Australian AFL.

We turn out in our thousands to watch the Grand Final, the State of Origin, the World Cup, the cricket at the MCG, the Grand Slam tennis and the Australian Masters. We are fiercely proud of Australia's reputation as a nation of sporting achievers. And so we should be.

Watching and playing sport is a great way for families and communities to come together. But thanks to the rise of the sports betting, professional sport is now saturated with gambling ads. Promotions for gambling appear in stadiums and during broadcasts of matches on electronic banners; in commercials before and after matches, during breaks in play; and as team sponsorship on Guernseys and team banners. It's now impossible to watch a major sporting event without being urged to bet.

Gambling too, is a part of Australian culture and many Australians enjoy a punt. But gambling has a dangerous side. Problem gambling destroys lives and it is on the rise. The saturation of advertising normalises gambling and people are coming to associate gambling as integral part of sport. Rather than talking about their favourite team, people are now talking about the odds of that team winning. Young men in particular are being primed to start their gambling careers early.

If you or someone you know falls into difficulty with gambling you can call UCMH Counselling services. We provide **free Gambling Help counselling for anyone** affected by problem gambling. We are at Kincumber Neighbourhood Centre on Wednesday evenings from 4.00-7.00pm and Saturday mornings from 9.00 -1.00.

For more information or to book an appointment please contact Caroline on **0408 679 351** or email caroline.mcnally@ucmh.org.au

Lifeline shop

Quality second-hand clothing/furniture
books & now craft mornings

2/11 Brooks Ave Wyoming, 4324 4555
Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

It's that time already! Time to start thinking about Vacation care April 2016

Here's a little Preview of what we have Planned

Our Vacation Care plan for the April school break is promising to deliver some really fantastic experiences that will be tons of social fun as well as being educationally valuable to all school age children.

Our most exciting plans include * THE POWERHOUSE MUSEUM, * INFLATABLE WORLD at Mt Kuring gai, * MINGARA ACTIVITY CENTRE and * NIAGARA PARK SPORTS STADIUM. Book in quickly so as not to miss out!!!

Is English your second language ?

Would you like to become more confident with everyday English? Why don't you join our 'Just Talk' English Conversation Coffee mornings Practise English in a relaxed and friendly environment. Make new friends

When: Fridays, during school term

Time: 10.00am - 11.30am

Where: Kariong Neighbourhood Centre
10 Langford Drive Kariong

Cost: \$5.00 - Morning tea provided

For more information email : kariong@hotmail.com or admin@knc.net.au or ring the Centre on 4340 1724



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

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs

Information Technology - 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 e.g. 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

Further Information Contact the College

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



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 3 Mitchell Drive, Kariong



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4340 5154

www.betterhealthpractices.com.au

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- Pilates/P • Calmbirth Classes

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au  Australian Red Cross
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Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



Advertise with us

Our newsletter is delivered to over 2500 local community members and local businesses, and is 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

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CLUBS

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

Rotary

'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

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>

VOLUNTEERING

St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

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

4323 6080 or email

gosford.region@vinnies.org.au



POLICE CONTACT NUMBERS



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

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.

OPEN ACCESS

Internet and computer use available

at Kariong Neighbourhood Centre

During office hours 9am - 3pm

For information ring 4340 1724

From \$1.50 per half hour



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

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **During school term.** A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Multiple Birth Playgroup

10:30am to 12:30pm **During School Term.** If you are a parent of twins, triplets or more, you might like to join this playgroup and get to know some more local families with multiples.

Cost: \$4 per family. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

Nungara—Children's Culturally Inspired Contemporary Dance Group

6.45pm—7.30pm

Cost: \$8 per child—**term and family discounts available**

E: nungara2250@gmail.com for more information

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

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

Jammin' Juniors — NEW!! Starting on 11th March 2016

10.30am - 11.30am each Friday during school term

New weekly music group for toddlers and young children. Exploring numeracy & literacy through music. Promoting school readiness

Cost: \$4.00 for first child, \$1.00 per additional child

Enquiries: Nerida 0415 906 033

Australian Breastfeeding Association Meeting

All welcome! 1st and 3rd Friday of each month except public and school holidays.. 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 March 2016

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.

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