

# 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 9 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



November 2015

## A Free ICE Presentation and stepping forward session for the Community.

*"Family Drug Support has helped thousands of families survive this ordeal.  
Whatever happens, you will be glad you came along".*

Topics covered will include:

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

**WHEN:** 7pm to 9pm 23rd March, 2016

**WHERE:** KNC 10 Langford Drive Kariong

**Bookings are essential R.S.V.P by March 3rd Ph.4340 1724 or email: [admin@knc.net.au](mailto:admin@knc.net.au)**

This presentation will be followed up by a confidential weekly support group. Facilitated by a qualified group leader, many resources will be provided.



## State's Best Sausage Maker is here in In Kariong

**1st**

### Meet Jake Forbes and his team at Kariong Quality Meats

Jake Forbes and his family moved to Kariong 3 years ago. Jake has been a butcher for 10 years and has owned Kariong Quality Meats for just over a year, and what a year! He is now officially "The Best Sausage Maker in NSW" having been placed three times in the state finals and ultimately winning first place in the Poultry and Lamb categories. Jake suggests the secret to his success is in the quality of his product and keeping his sausages lean. "I love

my job especially preparing ready made meal products to save time for busy people and families. I also love living in the Kariong community, my family are all soccer players and we play for Kariong. In fact, our most popular sausage was inspired by our enthusiasm for the Mariners soccer team. It's coloured yellow with Thai spices, and kids love it." So what next? It's off to the National Finals in Brisbane in February 2016. Watch this space!



Paul Skellern (left), Grant Hayer (centre) and Jake Forbes (right).

#### 2015 NSW/ACT WINNER

#### Sausage King & Best Butchers Burger Competitions

- 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



## **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**

## **ACTIVE PLAYGROUP**



Our Wednesday playgroup from 10.30am- 12.30pm will be offering school readiness learning experiences including pre-reading and pre-writing art and craft activities to children transitioning to school.

The free play choices include our fabulous outdoor climbing equipment and slippery dips with its new installation of monkey bars as well as our large sandpit along with many arts and crafts, building activities and imaginative/dramatic play opportunities.

Our structured group times are geared towards promoting school readiness skills for the children and explore numeracy and literacy concepts through music, dance and storytelling.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea together. New faces are always welcome

**Enquiries: Nerida 43404561**



## **OOSH UPDATE**

It's hard to believe we are now into the final term of the year!!

Our OOSH children thoroughly enjoyed our September/October Vacation Care Program with the highlights being mini-golf at Thornleigh and Kids Headquarters at Wyong.

We were so proud of our children's behaviour during our excursions and also during the in-house days with everybody cooperating beautifully with our rules and our safety requirements. Our enormous jumping castle and water slide was also a huge hit and lots of fun on the hot days, helping to cool everybody down.



This term we will be focusing on reinforcing to the children important health and safety learning including road safety, protective behaviours and sun safety. The children will also continue to explore and learn about the dynamics of music through fun group activities with our keyboards and drums. 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.

***Brandi and Nerida***

***Kariong Neighbourhood Centre***

***10 Langford Drive Kariong Phone 4340 4561***



**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**



# 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.

### **Are you looking for a venue for sports training, workshops or community activities?**

The Hill Youth Centre has venue hire available for community groups, sporting clubs and education providers at reasonable rates. All rooms are air conditioned and have access to free wi-fi and kitchen facilities.

To enquire about our booking rates please e-mail [kariongyouthbookings@gosford.nsw.gov.au](mailto:kariongyouthbookings@gosford.nsw.gov.au) or phone 4304 7039.

### **Open Mic Night – Friday 11<sup>th</sup> December**

We are looking for young people who are interested in performing at our first ever open mic night at the Centre. If you sing, play an instrument or have formed a band contact us to register your interest.

We are looking at holding a jam session 1 Friday per month in 2016.



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*

**For information about what's on at KBC phone Pastor Jeff on 0448 814 511, or visit our website:**

# KARIONG MOUNTAINS HIGH SCHOOL

Good luck to all students in our community who are undertaking the HSC. Although it is an important milestone in a student's life, we need to remember that it is just one pathway to future career destinations and that there are always alternate routes if we continue to pursue our dreams. One of the best pieces of advice that we can give our youth is to be persistent. After all, the moral behind success stories always includes an element of 'never giving up' as part of the take home message and this includes not giving up on your dreams!

### **An Invitation to Year 6 Parents**

Our Year 6 parent evening is on 4th November and we hope to see as many parents of our Year 7 2016 cohort as can attend. If you are new to the area and want to check out your local high school, as the best choice for education for your child, then please come along to hear about all that we offer in respect to a first class quality learning environment for all students.

We are holding an 'Evening of Excellence' on November 25th to showcase the artistic, creative, performance and technical skills of our students. Although, we have a unique focus on the biosciences, this is an opportunity for the local community to see how we also cater for students with talents in these areas. We hope to also have a photo diary on display of the exciting trip our students had to Japan during the last holidays.

All too often, people only take note of the negative behaviours of the minority; come along and celebrate with us the success stories.

Anne Vine  
 Principal

## **KARIONG MEDICAL CENTRE**

*"Caring for Kariong"*



*It is with a heavy heart that we at Kariong Medical Centre must share the sad news of the passing of*

**Dr Trevor Day.**

*Trevor was with us at Kariong for over 20 years and the community has missed him greatly since his retirement in December 2014.*

*Our thoughts are with the family at this difficult time.*

## Kariong Progress Association



### **NOTE FOR YOUR DIARY— WEDNESDAY 2 DECEMBER**

**2015:** Kathy Smith, local State government MP will be our guest at the December meeting. Everyone is welcome to come along and discuss either your local or State issues.

CCTV cameras for Kariong: installation now completed for the two shopping centre car parks, the skate park and The Hill Youth Centre car park.

Mt Penang Highway Precinct and the Langford Drive / Woy Woy Road intersection: no action on these two matters at present.

At a recent meeting with the Police they brought to our attention that there is some rise in opportunistic crime causing some concern to them, for example 'Steal from Person' occurring Monday through Thursday, and on Sundays from business/shopping areas, with mainly female victims, and theft of communication devices.

Also 'Steal from Dwelling' mostly occurring on Saturdays and Sundays between noon and 4.00pm, through open garage doors, and open windows and doors. With summer coming on the Police are worried this will increase with people leaving their homes open during the warmer weather.

And don't forget a book is held at the Kariong Neighbourhood Centre, where any local resident can document any particular issue that concerns them in relation to Kariong. That way the Progress Association can take up the matter with the relevant people, and hopefully resolve problems before they become major concerns within the community.

### **Kariong Crime stats for September**

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

This would have to be one of the lowest recorded reports we have seen. Hopefully it continues! Police patrols of the Kariong Estate continue with Highway Patrol cars and bikes on their way to and from their M1 duties

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 will be held in the Progress Hall on Wednesday 4 november at 7.30pm.

AND the first Wednesday of each month.

## **Kariong Eco Garden Incorporated**

Cnr Dandaloo Steet and Woy Woy Rd.  
Kariong NSW 2250  
(next to Tennis court2)

Postal address: c/o KNC 10 Langford Dr.  
Kariong NSW 2250

Phone: 0417 686694.

Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)



### **Exciting news:**

#### **New Bush Care group in Kariong, supported by Gosford Council.**



If you would like to become a bush carer and can spare 3 hours a month please let us know. Join us for our next working bee Sunday 22nd November 9.30am-12.30pm and every Fourth Sunday of the month thereafter (except December).

Our new **Bush Kids Kindy** is full and we will be starting a waiting list for 2016. Email Kate at [centralcoastbushkids@gmail.com](mailto:centralcoastbushkids@gmail.com) for more info.



### **Upcoming Events November 2015**

#### **Saturday 7<sup>th</sup> November 6pm to 9pm**

#### **4 Seasons Art and Film Night "Spring"**

Featuring the Central Coast Conservatorium choir - The Katandra Singers & Film "Last Paradise" – The World's Greatest Story of Adventure and Innovation. We will have a Creative Space in the Arts Barn, yummy food for sale, tea and coffee by donation.

#### **Donations of \$5 go in lucky door prize**

**Sunday 29<sup>th</sup> November. 11am- Renewable Energy Workshop** as part of LETS Trade Day 10am to 1pm.

**Planting:** The following vegetables/herbs can be planted in **November:** Asparagus, Beans, Basil Beetroot, Carrots, Cabbage, Capsicum, Cape Gooseberry, Chives, Cucumber, Eggplant, Horseradish, Lettuce, Marrow, Mustard Greens, Potato, Pumpkin, Radish, Rocket, Rockmelon, Silverbeet, Sweet corn, Spinach, Sweet potato, Tomato, Turnip, Watermelon, Zucchini. Refer. [www.gardenate.com](http://www.gardenate.com) for more details.

**Kariong Eco Garden is available for booking and is open from 10am to 12.30pm on Mondays for volunteers and visitors. All welcome.**



## Kariong CDAT needs YOU!!!

Community Drug Action Teams (CDATs) are groups of volunteers who work together to minimise and prevent the harmful use of alcohol and other drugs in their neighbourhoods.

### Opportunities to get involved

There are a range of opportunities available to get Involved with your local CDAT.

Whether you want to become a member or just have a small amount of time to assist with a one-off event, your CDAT needs you!

Contribute your skills by becoming a CDAT member. Meet regularly with other CDAT members to run events throughout the year.

Help out with a short-term CDAT event such as a conference, community activity or campaign.

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

### CDATs are open to all community members

CDATs unite parents, schools, TAFE and universities, government and health workers, law enforcement, businesses, community organisations and local residents who want to create safer and healthier communities.

### Our activities for next year so far are:

- Are a presentation on ICE/ addictions and helping families to move forward.
- A support group for family and friends with a trained facilitator.

Please call Fiona on 43401724 if you want to join us and help your community.

## Lifesaving courses with



Best \$  
value on  
the coast



**Hurry!**  
**Spaces Limited**

**Register now!**  
**Convenient Location**

All courses include a **FREE**  
**Managing Mental Health**  
**session.**

**March 14** **First Aid (Incl. CPR & Refresher)** Course provides the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. **Note:** Possible to do CPR only (2 hrs).  
Nationally recognised Statement of Attainment. Valid for 3 years. HLTAID003

**May 2** **Manual Handling**  
**ONLY \$95** Provides participants with the basic knowledge and skills to apply the broad provisions of WHS Act regarding manual handling. It will also familiarise participants with the Manual Handling Code of Practice.

**May 2** **Asthma & Anaphylaxis**  
**ONLY \$85** **Asthma:** Learn to recognise and respond to a life threatening allergic reaction. Learn to administer either the casualty's own asthma bronchodilator medication or the organisation's asthma first aid equipment. Receive Statement of Attainment 22282VIC upon successful completion.  
**Anaphylaxis:** Learn to recognise a life-threatening allergic reaction and competently administer adrenaline via a preloaded injecting device. Receive a Statement of Attainment (22099VIC) upon successful completion.

Enquiries & Bookings: 4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)  
Kariong Neighbourhood Centre, 10 Langford Drive, Kariong  
[www.knc.net.au](http://www.knc.net.au)



0468 511 619

CLASSES HELD AT  
KARIONG MOUNTAINS HIGH

KIDS - BEGINNERS - INTERMEDIATE - ADVANCED - ADULTS

australian  
**LIFESAVER**  
training



# Kariong Library Action Group

Kariong Library Action Group hope you enjoy reading our Connection column each month. We try to include interesting information keeping you up to date with library happenings.

In November Kariong Library invite you to come along and make a Christmas card. All materials will be available and the cards will be delivered to local nursing homes to bring pleasure to the residents.

Gosford City Libraries in partnership with Coast Shelter are asking your help to bring books into the lives of families and those spending time in temporary accommodation on the Central Coast. Donations of new books for this Annual Book Drive will be accepted at the Library during November.

The 2015 publication **A Knight of the Seven Kingdoms** by **George R.R. Martin** has been added to the Kariong Library book stock. G.R.R.Martin has many fans, who have also enjoyed his **Game of Thrones** adaption for television in 2011.

**Tuesdays at 10.30 am for Storytime.** This programme is for children 3-5 years, their parents, grandparents and carers. Storytime on Tuesday 1<sup>st</sup> December will include a visit from Santa. Come and share the fun of making of a Christmas craft.

**Kariong Library Book Club.** The date for November is Friday 27th at 10.00am. This is the last meeting for 2015 and if you have not visited before you are very welcome to come along and stay for morning tea.

The selections for November are **The Christmas List** by Richard Paul Evans and **Provenance – How a con man and a forger rewrote the history of modern art** by Laney Salisbury and Aly Sujo.

**Richard Paul Evan** is the American author of the novel **The Christmas List**. This Christmas novel follows The Christmas Box trilogy, Grace, The Gift, and Finding Noel. In complete contrast the second book is written by investigative reporters **Laney Salisbury and Aly Sujo**. **Provenance** reads like a thriller but is the extraordinary account of one of the greatest cons in the history of art forgery.

**Movie Fun at Kariong Library** on Friday 2<sup>nd</sup> October was exciting. Thanks to Gosford City Council, the librarian and all parents and children who attended and made the evening such a success.

***The Library will close from Wednesday 23<sup>rd</sup> December until Tuesday 5<sup>th</sup> January 2016.***

## Standpipe



G'Day folks,

Back again with more news from the Kariong fire shed. Well, warmer days have finally arrived and with that I want to raise a bushfire survival issue with you.

You've no doubt heard on the telly, papers and radio about filling out a **Bushfire Survival Plan (BSP)** and for those who have, good onya. For those who haven't, the fire services are advising you to get onto it and get it sorted because as I've mentioned in past issues, no one can predict the weather to 100% but the indicators are that we may be in for a hot summer and along with that the higher risk of fire activity.

In your BSP you'll find info on what to do if you are to leave early or stay and defend but the matter I want to raise with you is what if it's too late to leave; and that's covered in the BSP too. I'm focusing in this instance, the village of Kariong and its' **Neighbourhood Safer Place**. Ask yourself this question: Do I know where it is in Kariong? I'm betting a few of you don't and that's the point of the exercise.

**Kariong residents Place of Last Resort  
or Neighbourhood Safer Place  
is the oval area adjacent to the café  
in the Mt Penang Parklands precinct.**

This is the place you go to that will provide some protection away from the immediate threat of a bush fire. It is a short-term place only and is NOT an Evacuation Centre, Fire Refuge or Welfare Centre. You need to remember that there may not be food, water and toilet facilities or emergency service personnel present so you still need to be prepared.

Folks, let's be very clear. I'm not trying to frighten anyone or overstate the issue, it's just fact and common sense, so please do your local Furies a huge favour and get onto this ASAP.

Lastly, Kariong Rural Fire Brigade will be turning 70 next year and I'm shouting out to any Kariong-ite who may have some brigade history to contact us. Doesn't matter what it is just give us a bell on 0419 838 385 or 0428 401 694 or email us on;

[kariongrfb@bigpond.com](mailto:kariongrfb@bigpond.com)

That's it Campers.

Remember Stay Safe and be Firewise.



### BE WHO YOU WANT TO BE

The Central Coast Community College offers a wide range of qualifications in Accounting and Finance, Aged Care and Disability, Beauty and Massage, Leadership and Management, Health, Foundation Skills, Health and Safety, Information Technology and Training and Assessment, varying from Certificate II to Advanced Diploma. So if you are looking to improve your skills or change career, why not consider us?

As well as offering the above, we still provide a number of Lifestyle and Leisure courses, including Languages, Cake Decorating, Origami, Ukulele, Acoustic Guitar, Creative Writing, Cooking, Photography and Website Design.

We have recently invested in a new beauty and nail salon as well as upgrading our IT facilities to provide training in modern, state of the art facilities. We are changing and so can you!

Jonathan Davis, Executive Director of the College is excited about the college's future. Our vision is to:

- Raise aspiration
- Achieve potential
- Enjoy success

"To help our students achieve their potential we have different options for people to study with us, whether it be full time, part time, distance or online," said Mr Davis.

To find out more visit our website [www.cccc.nsw.edu.au](http://www.cccc.nsw.edu.au), email [info@ccc.nsw.edu.au](mailto:info@ccc.nsw.edu.au) or phone us on 02 4348 4310.

Our vision is your vision and our mission is to help you be who you want to be in 2016.

**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)



The year is nearly over. We have done heaps. We have enjoyed meeting some of you and sharing stories. We have got lots happening in and around The XChange to wrap up the year.

KidzXChange will be learning about the amazing life of Daniel in the bible before they move on to cooking days, craft days, super quizzes, and prizes. Barney's will be welcoming Pr. Neil again, Stewart and Pr. Noah. The Sling Shot will be ending with a bang with a pizza and pool party.

Keep 28/11/15 free and join in for our Family Fun Night Christmas theme – a night you won't want to miss. We would LOVE you to come to our Family Church Christmas on 19/12/15 where we will have games, crafts, stories and fun learning about why Jesus is the reason for the season.

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



The Kariong XChange

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

Ring Lesley on 4340 2872

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

**KidzXChange** – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, experiments 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.

## Ettalong Beach Arts & Craft Centre Inc.

### CHRISTMAS EXHIBITION

**SATURDAY 14th NOVEMBER 9.00am – 4.00pm**

**SUNDAY 15th NOVEMBER 10.00am – 3.00pm**

**AT THE PENINSULA COMMUNITY CENTRE**

**Corner OCEAN BEACH RD**

**& McMASTERS RD WOY WOY**

**A chance to find that special gift**

**for Christmas**

**Plus**

**Entertainment throughout the weekend**

**Enjoy refreshments at our Cafe` while you visit**

**SEE YOU THERE!**

## Australian Plant Society



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

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On **Sunday morning 15<sup>th</sup> November** members will be enjoying a bushwalk looking at and identifying plants.

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

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

This will be our last meeting for the year. Our next meeting will be on Friday, February 2016 at 7pm arrival for a 7.30pm start.

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

## BROADBAND FOR SENIORS

funded by the Australian Government

### Come and Join the Online Community

8 FREE computer lessons for seniors and people with disabilities funded by the Australian Government.

One on one or small group learning

- The Internet explained
- Easy friendly teaching at your pace
- Beginners, or those with some experience
- Connect to the world, Talk to Family and Friends, share experiences

Learn how to set up:

Your internet browser and email

Social Media - Skype and Facebook

Go online shopping, E-bay, Store accounts

Avoid scams - simple but effective ways to keep you safe

### Bookings Essential

**To register ring Kariong Neighbourhood Centre on  
4340 1724 or email at [admin@knc.net.au](mailto:admin@knc.net.au)**





PHONE • FACE TO FACE • ONLINE

1800 858 858  
www.gamblinghelp.nsw.gov.au



Mental Health **0408 679 351**  
UCMH Counselling Services

**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](mailto:caroline.mcnally@ucmh.org.au)



**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

## Merry Christmas

From your friends at the

**Kariong Neighbourhood Centre**

Please join us  
Kariong Community Members  
**for a festive Christmas smorgasbord lunch**

When: **Friday 11th December 2015**  
Where: **Kariong Neighbourhood Centre, 10 Langford  
Dr, Kariong**  
Time: **11.00am – 2.00pm**

**Come and enjoy a scrumptious smorgasbord lunch  
and entertainment.**

For catering purposes please **RSVP** on  
4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)  
no later than Friday 4<sup>th</sup> December

*Please bring along a friend and they can become a member on  
the day!*




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

**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](mailto:info@tlkcc.com.au)



**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**



**ABLEANT**  
 Audio Visual Cabling & Antenna Installations

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

**FREE TV RECEPTION TESTS AND QUOTES**  
**Call Peter on 0431 777 447**

Australian Government  
 Approved Antenna Installer




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

**FREE QUOTATION + WORK  
 GUARANTEED**

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

**Frank's Roofing**  
 For all your roofing needs  
 25 years experience

Whirly Bird Discounts - Leak Detection  
 Downpipes & Gutters - Guard & Clean  
 Skylights - Bed & Pointing

Free Quotes & Pensioner Discounts  
 LIC NO. 250241C  
**Phone: 0414 431 671**



Local owners with over 20 years experience.  
*Thinking of selling or buying?*  
 If you're thinking of selling, buying or renting, or simply would like some advice or a  
 FREE no obligation market appraisal, call us today on **4322 7233**.

*Your Area's Premier Agency*  
*Supporting your Local Community*

Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford  
**Ph: 4322 7233** [www.hinterlandre.com.au](http://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



**KARIONG**  
 Physiotherapy  
 Centre

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

Better Health Practices



Kariong Chiropractic & Wellness Centre

**20 LANGFORD DRIVE, KARIONG**  
**4340 5154**

[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

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

*Health fund accredited.*

**Volunteers needed**  
 for social inclusion programs

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

**Enquiries: Red Cross Gosford 4324 3411**

[www.redcross.org.au](http://www.redcross.org.au)  Australian Red Cross  
 THE POWER OF HUMANITY



ABN 58 988 579 846

## Mates Rates

Phone 0432 050 644  
Lawn Mowing & Maintenance  
Mowing | General Home Maintenance | Rubbish Removal



## MARK WALKER PLUMBING

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

FULLY INSURED - 10% DISCOUNT ON  
PRESENTATION OF AD

0418 449 801 or 4342 6299 LIC NO. 25262C



### JAMIE BERESFORD

5/401 Manns Road,  
West Gosford NSW 2250  
(entry via Grieve Close)

Ph: (02) 4325 7133 Fax: (02) 4325 7166  
Email: nationwideauto@bigpond.com



www.nationwideauto.net.au | ABN 93 114 368 106

### 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

## 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



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



THE ONLY LOCAL AGENTS IN KARIONG!

- Bianca Foreman and her team are all Kariong based and carry a wealth of local knowledge
- We can assist with all your real estate needs – Sales & Rentals
- Conveniently located in Kariong's main shopping centre next to the General store

7/4 Mitchell Drive, Kariong  
Phone: 4340 0777 Mob: 0430 929 034  
bianca@foreman1properties.com.au

**Alive**  
DANCE ACADEMY

**Local Dance School**  
All Ages  
All Dance Styles

where dreams come Alive

Acro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrfocal

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



## BOVIS ROOF REPAIRS

(Lic. No. 10805)

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



**Worked and lived in Kariong 22 years**

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



**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.

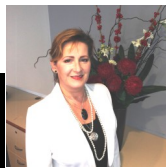
CENTRAL COAST  
**SELECT**  
PROPERTIES



**Do you have questions about Real Estate?  
Need answers?**

**Ask Hana 0437 401 009**

Come and talk to me at the Kariong Neighbourhood Centre  
Time: 10am - 11am  
When: 1st Tuesday of every month



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

## KT's Bistro

**Under New Management**

AT KARIONG TAVERN

**Classic Pub Menu**  
\$10 Tuesdays - Selected menu items  
Sunday - all children's menu half price  
Take Away available

Open Lunch Tues to Sunday  
Dinner 7 nights a week

**Phone: 0466 363 466**



## 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



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

**Telephone: 0400 292 220**

We are longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

**Now offering home deliveries!!**

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



## MATURE HANDYMAN SERVICES

**Your Local Kariong "Mr Fixits"**

**Experience in** Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

**Call Bernie 43401166 / 0410434845 - Keven 0413208450**

-----fully insured-----

## 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

## 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](mailto:kersuebay@philliphouse.com.au)

### KARIONG PROBUS CLUB Inc. MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on 4344 6867

## SCOUTS



### KARIONG SCOUTS

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

Joey's..... 6 to 7 y/o.....Meet Monday 4:00pm to 5:00pm  
Cubs.....8 to 10 y/o ..... Meet Tuesday 6.30pm to 8pm  
Scouts.....11 to 14 y/o .....Meet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** 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**

**gosford.region@vinnies.org.au.**



For emergencies or  
life threatening situations call

**Triple Zero (000)**



For non emergencies call the

**Police Assistance Line  
131 444**



To provide crime information  
anonymously contact

**Crime Stoppers  
1800 333 000**

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



# MORE X, LESS WHY.

FREE ON-ROADS\* ACROSS A SELECT RANGE OF BMW X VEHICLES AT WORTHINGTON BMW.

Worthington BMW

Sales  
Finance  
Service  
Parts



The Ultimate Driving Machine



During the BMW X Drive, you can take advantage of free on-roads\* across the BMW X Range. Showcasing the power of the latest generation of BMW TwinPower Turbo engines, the innovations of BMW ConnectedDrive, as well as a striking presence both on and off road, now is the time to start living with more X and less why.

Visit Worthington BMW and arrange a test-drive before November 30.

## FREE ON-ROADS\*

- Free 12 months Registration
  - Free 12 months CTP
  - Free Stamp Duty
- Excludes Dealer Delivery

THE BMW X DRIVE  
ENDS NOVEMBER 30

Worthington BMW Cnr. Central Coast Hwy & Kangoo Rd, Kariong, Gosford. Ph 1300 179 754. worthingtonbmw.com.au DL 16016

\*Free on-roads applies to new BMW X Range vehicles (excluding the all new BMW X1) ordered and delivered between 01/10/2015 and 30/11/2015 and includes 12 months registration and CTP and stamp duty but excludes dealer delivery which varies between dealers. While stocks last. Cannot be combined with any other offer. Excludes fleet, government and rental buyers.

## COMMUNITY GROUPS AND WORKSHOPS

### MONDAYS

**Pilates for Seniors** 9.30am to 10.30am **During School Term**  
Contact Sarah 0425 265 609 **Cost:** \$10.00 per class

**Parent Run Playgroup** 10:30am - 12:30pm **During School Term**  
**Cost:** Gold coin donation. 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—7.45pm **Cost:** \$8 per child  
E: nungara2250@gmail.com for information

**Immunisation Clinic for children - NSCCAH**  
Free service provided by Area Health. No bookings required. The 2nd & last Tuesday of each month. For more information call 4328 7900.  
**Indoor Bowls**

### TUESDAYS

From 9.15am sharp to 12.00 noon. **During School Term**  
**Cost** \$4 for members, \$4.50 for non-members. Morning tea included.

**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. **Cost:** \$10 p/class. Enquiries Kim: 0409759722

**Tai Chi** 9.00am -10.00am **During School Term. Cost** \$10 per session  
For bookings please contact Helen on 0435 121 520.

**Active Playgroup for 0 to 6 year olds.** 10:30am to 12:30pm  
**Cost:** \$4 per child, (member) \$4.50 per child ( non-members ) \$1.00 each additional child. Morning tea provided.

### WEDNESDAYS

**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

**Weight Watchers** from 6.30pm to 8:00pm **Phone:** 131 997

### THURSDAYS

**Kariong Arts and Crafts Group**  
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** Thursdays 12:15pm to 2.00pm  
**Cost:** \$4.00members, \$4.50 for non members.

**Ukulele Lessons** 7.00pm - 8.00pm **Cost:** \$5.00 per lesson  
Bookings required Phone 4340 1311 or 0419 217 006

### FRIDAYS

**Australian Breastfeeding Association Meeting**  
Fortnightly 10.00am -12 .00pm  
Phone 1800 686 268

**Multiple Birth Playgroup:** Fortnightly 10.00am—12.00pm  
**Cost:** \$4 per family bring along a plate to share for morning tea.

### SATURDAYS

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

### SUNDAYS

**River Christian Church** - From 9:00am, to 2.00pm  
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

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. For additional information call in to the Centre and collect a copy of 'What's On', or visit our website on [www.kariongneighbourhoodcentre.com.au](http://www.kariongneighbourhoodcentre.com.au)

We also welcome feedback on anything related to our service or Centre.