

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



November 2016

VACATION CARE IS NOW OPEN FOR BOOKINGS AT



Let us take care of your Precious 4 to 14 year old children

Don't miss out on a place for your child. Spaces fill quickly.

We will be open for vacation care from 19th December to 23rd December 2016
Closed for two weeks and reopen on 9th January 2017

Some exciting excursions will be happening such Intensity, Lazer Blast & Movies!!

If you are thinking of using our Before & After School Care services in 2017 that you book in soon. Some days are already at capacity and we would hate to see you miss out!! Pop into the Centre to pick up a form or contact Nerida or Brandi on 4340 4561 or email oosh@knc.net.au

GIRRAKOOOL BLUES FESTIVAL

4-5 MARCH 2017
MT PENANG GARDENS

GIRRAKOOOL
Blues
Festival & BBQ
2ND ANNUAL

INTERNATIONAL LINE-UP
SUPPORTING LOCAL MUSICIANS
SUPPORTING LOCAL BUSINESSES
COMEDIAN MC

FOR LIMITED & 25% OFF TICKETS GO TO:

girrakoolblues.com.au

20 BANDS
2 BIG STAGES

TEXAN SLOW COOKED BBQ

ABORIGINAL CULTURAL ACTIVITIES

OVERNITE CAMPING BUSES

BBQ COMP KIDS CAMP FREE



Art and Craft Lessons!

With Kerry Dempsey of JELLYFISH ART

Would you like to learn ..

- Mosaics • Drawing • Beading
- Card making • Collage
- Shell Art and more

Then join me at Kariong Neighbourhood Centre
And let's have some fun!

Only \$10 per session

ALL MATERIALS SUPPLIED!!

Don't miss this fabulous opportunity

When: Mondays at 12.00 noon until 2.00pm

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

All ages and abilities welcome & carers also welcome



For more information or to book
Phone: 4340 1724
or email admin@knc.net.au

School Readiness Program

For 3 to 5 year olds

At Kariong Neighbourhood Centre
In partnership with Kariong Public School



The program is designed for children who are preparing for school to extend their basic skills and gain practice and understanding of what is expected in the 1st year of school.

ONLY \$15.00 per session

When: Mondays

Time: 9:30am — 11:00am

Where: 10 Langford Drive, Kariong

For full details of program and to book contact
Centre on 4340 1724

*Parents are welcome to stay at the centre (separately)
and enjoy a tea or coffee and a chat with other parents



EXPRESSIONS OF INTEREST

Would you like to see your Community grow and become more connected?

Would you like to see more social events happen in your community?

Then we would like to hear from you!

Life is not all about work! Let's discuss your ideas. Some ideas for social events, that we have so far are; Community dinners with entertainment, Bingo, Bus trips, and Family picnics.

I would like to create an events committee for Kariong. We can work together with you to make things happen in your Community.

Please contact Fiona on 4340 1724 or email coordinator@knc.net.au



ACTIVE PLAYGROUP



Wednesdays during school term 10.30am - 12.30pm
For 0 - 6 year olds

Our Wednesday playgroup continues to offer a wide and stimulating variety of activities to local children as well as providing support and information for parenting.

This term we will be focusing on special group time musical performances for the children, giving them opportunities to develop self confidence and self esteem through simple numerical songs and roleplays. This type of experience is invaluable to the children's social development, assisting them in preparing for school readiness.

We look forward to welcoming and getting to know any new families so come along and join in the educational fun and games!!

Cost: \$4.00 for members \$4.50 for non members
Morning tea provided

Enquiries: Nerida 43404561
Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561

The Hill **YOUTH** Centre

98 Mitchell Drive Kariong
Phone: 4304 7039



Monday

Fitness - 6.40 pm Boxing - 7.45 pm
\$10 per class, first class is free

Tuesday

Alive dance academy - 3.30pm to 7.15pm
email: info@alivedanceacademy.com.au
Phone: 0407 259 001

Bricks4Kids 3.30pm – 4.00pm

New model each week, using TECHNIC LEGO® gears, axles and beams. Suitable for girls & boys from K-6. Different level of difficulties.

Book online bricks4kidz.com.au/nsw-central-coast/ or call 0429 640 028

Wednesday

All programs are FREE from 3.00pm to 6.00pm

Ages 10 years and over. No bookings required.

Health and Wellbeing 10 week Challenge

Set some goals for the next 10 weeks and get active and healthy through sports and nutrition

3pm to 3.30pm Mixed sports

3.30pm to 4.30pm Bootcamp

4.30pm to 6.00pm Nutrition Program - Learn how to make some tasty and healthy meals.

Fitness 6.40 pm Boxing 7.45 pm \$10 per class, first class is free

Thursday

Alive Dance Academy - 3.30pm to 7.15pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

DIY Day - 3.30pm to 5.30pm Free

Ages 10 years and over No bookings required

Learn some new skills with this exciting new building, maintenance and repair program.

Friday

Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

Open mic night 1st Friday of the month

Elevate Youth 2nd Friday of the month

Youth workers are available for referral and support from 10.00am to 2.00pm, by appointment.

KARIONG MEDICAL CENTRE

"Caring for Kariong"

It's coming around to that festive time of year again where the weather warms up and we eat and drink too much, but somehow the world seems a little friendlier.

We would like to welcome back from maternity leave both Dr. Dionne Bolla and Dr. Diana Treece. Also Dr Lancaster who has returned from extended leave.

We are currently fundraising to support Carolyn one of our lovely long term reception staff through her journey with cancer treatment. Donations can be made at the front desk. Should you wish we also have a message book you might like to write in at KMC

Have you heard about our Art Competition?

We are giving school students the opportunity to have their art displayed in a professional setting and win cash prizes.

The size of the artwork to be submitted is 420 x 590 (A2) on no thicker than 170gsm. The theme of the art work is 'Health and Well Being' Terms and conditions are on the Kariong Medical Centre Facebook page. Art works are being accepted now.

The Team at KMC

THE
CHRISTMAS
FAIR

SUNDAY 4TH DECEMBER

MT PENANG GARDENS, KARIONG
9AM - 2PM

150+ STALLS
LIVE MUSIC
CHRISTMAS FOOD
SIX STRING BREWERY AND
EAST COAST BEVERAGES BAR
JULIE GOODWIN BOOK SIGNING,
FACEPAINTING, KIDS CHILLOUT ZONE
& MUCH MORE

FREE PARKING
+
FREE ENTRY

PROUDLY BROUGHT TO YOU BY

neon GARAGE eastcoast Central Coast Council FAIRPLAY belle PROPERTY iMag SIX Central Coast Audi STAR104.5 Queensland Club

Kariong Progress Association



CLOSURE OF THE KARIONG COMMUNITY HALL

As discussed in last months column, the Association has been asked to hand back the responsibility of the Hall to the Council, as the Association felt the proposed lease was untenable. A date of 12 October 2016 has been nominated by Council to finalise our involvement with the Hall.

The last meeting to be held in the Hall, by the Association, was held on 5 October 2016 at 7.30pm. It was confirmed at the meeting that the Association would not sign the proposed Council lease.

Future meetings of the Association will be held in the Kariong Neighbourhood Centre, and it will be necessary to change those meetings to the **second Wednesday each month.**

In the next few months the Council will most probably publish an "Expression of Interest" for anyone wishing to take over and run the Hall.

Crime stats for August 2016

Assault	Break	Malicious	Robbery	Stealing	Stolen
2	6	5	1	8	0

Crime stats for September 2016

Assault	Break	Malicious	Robbery	Stealing	Stolen
1	1	2	0	5	0

**The next meeting is scheduled for Wednesday
9 November 2016 at 7.30pm
at the Kariong Neighbourhood Centre.**

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

Kariong Eco Garden Incorporated

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



Our **office hours** are:

Monday & Friday 10am to 12.30pm.

Our office is upstairs in the Arts Barn building.

BIG THANK YOU to Yvonne & Doug Hart for their MANY YEARS of faithful service to the community, looking after the Community Hall and tennis courts. We hope the Hall remains in local community hands.

NEW MONTHLY SUNDAY Open Garden for Volunteers and Visitors 10.00am – 12.00noon, 2nd Sunday each month, starting Sunday 13 November – **ALL WELCOME**

4 SEASONS Nature Night Saturday 19th November 2016

Theme for Spring: Powered by Nature. Free entry.
6.00 – 9.00pm pedal powered cinema, solar power info, Ecopella singing and delicious food & drink for sale.

Bush Kids Kindy (SOLD OUT this term)

Nature play for 2-5 year olds with a grown up.

For info: <http://www.eventbrite.com.au> and search for Central Coast Bush Kids. Join us in Term 1, 2017.

Bush Care & Brunch

Our regular Bush Care day is the 4th Sunday of each month 9.30 – 11.30am. Come and join in. We will be working in Oakes Drive bush on SUNDAY 27/11/16.

Boomerang Bags – Sew Sustainable

Meets fortnightly on Mondays (7/11 & 21/11 this month) 10.00am – 2.00pm in the Arts Barn to make bags out of recycled fabric. The long term plan is to have these bags at local shopping centres for people to borrow if they don't BYO Bag. No sewing experience required.

What to plant 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 for more details.

Garden Volunteers are always welcome on Monday & Friday mornings 10.00am – 12.30pm. If you have a particular gardening interest or just like to potter please come and share with us.

All welcome.

Mt Penang Parklands

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



NEWS & EVENTS

- The Wedding Festival..... 13 November
- Central Coast Cars and Coffee..... 27 November
- Central Coast Christmas Fair 4 December
- Christmas Lights in the Gardens 9-13 December

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

Enjoy the Garden this Spring!

- » Take a guided tour of Mt Penang Gardens where you will see over 8 hectares of very contemporary garden architecture and unique native plants.
- » Groups are provided with information about the design of the gardens, the use of water, seasonal highlights and of course great tips for home gardens.
- » Call 4340 1002 to book your guided tour.



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.



WHAT'S ON

...AT KARIONG LIBRARY

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.) Telephone: 4325 8155

Storytime Tuesdays at 10.30 am. A social occasion especially for 3 – 5 year olds. The purpose of Storytime is to encourage a love of reading and interacting using music, puppets and craft activities. This great programme to foster development of new skills is for children 3- 5 years, their parents, grandparents and carers.

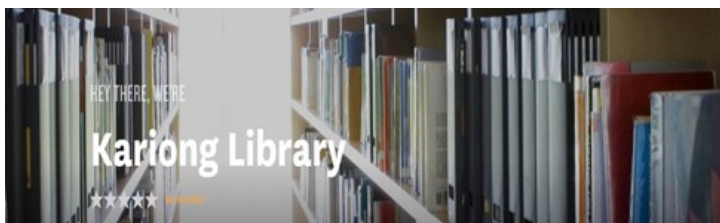
The children's school holiday movie was a great success and thank you all who helped to make it so. Especially Liana from Gosford City Library who ran the evening and the young boys who swept up the popcorn.

Join the **Kariong Library Book Club** and discuss a wide range of books. The group meets on the last Friday of the month at 10am. **Friday 25th**

November is the FINAL meeting for 2016 and we invite you to come along, meet like-minded people and enjoy with us a special festive morning tea.



Our two selections for this, our last meeting of the year, are by authors who have set their novels in Melbourne. Helen Garner is Australian and Neville Shute spent many years in Australia and died here in 1960. **On the Beach** (1957) by Neville Shute and **The Spare Room** (2008) by Helen Garner are available for you to borrow. The first relates how the characters function in a world dying of radiation after an atomic war. The second The Spare Room is set over the course of three weeks while the narrator, Helen, cares for a friend dying of cancer.



Contact Library Action Group at: klaq2013@yahoo.com.au.



Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also**. The next meeting, Gosford group, 24 November, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong

Save the Date – Grandparents Raising Grandchildren Christmas Party - 27th November 2016

This year we have are planning a big family Christmas party for all of our wonderful grandparent families. The Christmas Party will be held at the Australian Reptile Park Somersby. It will be on Sunday 27th November 2016.



For more information please call 4340 1585.

Expressions of Interest for Groups in Term 1, 2017

We are taking expressions of interest for Term 1, 2017 for the following groups:

Circle of Security - Gumnuts Playgroup Gosford

Triple P Seminar – Narara Community Centre

Shark Cage – Green Point Community Centre



To Book into a Group

Call: 4340 1585, text 0434 426 709 Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

*for groups in other locations please see www.ccfss.org.au

ANNUAL CHRISTMAS EXHIBITION

and SALE by the

ET TALONG BEACH ARTS & CRAFTS CENTRE

SATURDAY 5th NOVEMBER 9.00am – 4.00pm

SUNDAY 6th NOVEMBER 10.00am - 3.00pm

at the **PENINSULA COMMUNITY CENTRE**

93 McMasters Road, Woy Woy - Opposite Rogers Park

Lots of Goodies for Sale including

• PAINTINGS • JEWELLERY • POTTERY

Plus LOTS OF CRAFT ITEMS TO CHOSE FROM

ENJOY THE ENTERTAINMENT AND RELAX WITH A CUPPA FROM OUR CAFÉ - SEE YOU THERE!!

Standpipe



G' Day all,

Here's some more news from Kariong Rural Fire Brigade.

One thing for sure folks is that the weather can change very quickly. At the time of writing, it's windy with an expected high of thirty degrees and we've only just got into Spring. With the combination of winds and reasonably high temperatures makes things a little uneasy for the common garden variety fire fighter I must say.

Moving on, as I mentioned in the last issue, we are now in what's known as the Bushfire Danger Period or fire season. This runs from October 1 this year to March 31 next year and it carries a whole different set of rules and regulations that are designed to protect the public and you need to be aware of them. Have a look at the NSWRFBS web site and it'll give the do's & don'ts of fire season and whilst you're there, take a look at the Bushfire Survival Plan; you'll be glad you did.

As we move into Summer there will be hazard reductions carried out (weather permitting) around the district so the possibility of seeing smoke is on the cards. The guys and gals of the district brigades will be out there carrying out this work, however as always if you see an unattended fire ring 000. This also includes keeping an eye out around our beautiful bushland for the annual pest "The Fire Bug". If you do happen to see suspicious activity around the bush then give the Police a call. It'll warm the cockles of this old fire fighters heart to see them caught and put away.

Lastly, if you need to contact the brigade you can always call the district office or the brigade Captain's phone on 0428 401694 if you require information on brigade activities, membership or general information. Also, we're open Wednesday nights from 7.30pm and Saturday mornings from 8.00am if you simply feel like coming up for a look around or chat, we'd be happy to meet you.

That's it for now folks. Remember, stay safe and be Firewise.

LISA'S COLUMN



I've been asked to make a regular contribution to help the community address community issues. I would like to address issues such as Domestic Violence, Drug and Alcohol and Mental health. I would also really like to hear from you with any questions you may have.

The key to making a difference is knowledge; busting myths and stereotypes that keep old, dangerous or unhealthy habits and behaviours repeating in our community and families.

I could never guarantee that positive change is easy but I can guarantee that it is worth it, to you, the people you love and the greater community. We can make a difference and it is our business.

One of the issues that our young people face is a rising rate of Mental Health issues. It's tough being a teen and with many of us in the daily grind, it's easy to overlook some of the early warning signs

Did you know that children as young as 11 are now often being seen in our local Mental Health services.

Here are some alarming but educational figures

In the average Year 12 classroom: 7 will have experienced a mental health disorder. At least 1 young person will have attempted suicide. Only 2 of those 7 will have sought professional help.

Why? Due to the stigma that is still associated with having a mental health disorder.

The key to reducing the stigma attached to mental illness is education. Increasing awareness of the symptoms, causes and treatments of mental illnesses and by promoting the experiences of people whose lives have been affected by mental illness we will go a long way to reducing the negative perception of mental illness.

Common Questions and Answers:

Q. At what age would you expect to see a behavioural change in your teen?

We expect to see change during adolescence. That's a difficult time, moving from being a child to becoming a young person.

Q. When should you seek professional/ external help?

You should seek help urgently if the young person is saying "suicide" or a near friend has committed suicide. It is always better to be safe than sorry with such a final act.

Continued

Let's take a look at some of the signs:

1. Abandoned friends for new, questionable peers

Your child has had the same set of friends since Year 3. They played soccer, danced together and always hung out. Suddenly they dump them and start going out with friends that you know nothing about. They don't want to associate with their old friends.

2. Sudden drop in school performance

I would be concerned with a young person who has been consistent in their performance all along and now they have dropped a lot.

3. Has lost interest in his or her positive activities; has abandoned goals; lacks motivation; is very apathetic; displays unhealthy relationship with food.

4. Lies about whereabouts

What are they doing when they get there that they can't come clean about it?

5. Drug or alcohol misuse

6. Overtly sexualised behaviours

Key Tips for Parents in short:

- Keep communication constant, open, and honest. Your children should not only know that they can talk to you about anything, you have to be committed to broaching topics of concern and do so openly. Talk about your own experiences and fears when you were an adolescent. Let them know that they are not alone.
- Understand that mental health disorders are treatable. Moving on from here:

In an emergency 000 Police and Ambulance

Headspace details for local assistance are
2/237 Mann Street Gosford Phone: 02 4304 7870

Central Coast Primary Care. 167B the Entrance Road, Erina 4365 2294.

Central Coast Health Department 4328 7988

You can also speak with your child's Doctor, your local Area Health Department, your local Neighbourhood Centre, School Social Worker/Teacher.

Send your questions to admin@knc.net.au for Lisa's next column.



ABILITY LINKS
NEW SOUTH WALES

Linkers can assist you to

Look at ways you can participate in and be part of your community

Develop your existing support networks and create new networks

Build your confidence to achieve your goals

Set goals and plan your future

ABILITY LINKS is a FREE state funded service linking people with disability aged 0-64 to their local communities

Gosford 4905-0749 **Wyong 4905-0750**

www.abilitylinksNSW.org.au

EST 1987

KARIONG COMMUNITY
BAPTIST CHURCH

CHRISTMAS CAROLS

KCBC along with Kariong Public School are excited to be hosting the Kariong Christmas Carols again this year.

Date: Friday, 9 December

Venue: Kariong Public School

More details to follow in next month's issue.

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 6, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10am – 12pm

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

Girl's Club – 1st & 3rd Wednesday of the month – 6.30pm

Craft and activities for girls in Kinder – Grade 6.

Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.



Australian Breastfeeding Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

Come along 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 Fridays of the month (excluding public and school holidays) from 10- 12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

The XChange

Seventh-day Adventist Church



It is wonderful to have our lounge room full every Monday night to listen to Pr. Neil Watts present to us prophecies in Hope.

We always have room for you to come – I know you would just love it! We had such a wonderful time during the school holidays – we went to Budgewoi Lake and discussed what it means to be family and we also had bible trivia the next week. Lots of laughs, groans and “I knew that” coming from the crowd.

Coming up in November we have the General Manager from radio Rhema – Rick Broome coming to Barneys, Pr. Watts, we are visiting The Orchards Aged Care, and on the 26th November we have our Family Fun Night – Beach Christmas.

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 – 11.00am 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 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 locations.

Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on **Friday 11th November, 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 November** members will be enjoying a bushwalk looking at and identifying plants. This will be our last meeting for 2016 – the next meeting will be held on Friday 10th February 2017.

Our monthly meetings include a speaker, 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 is served with an opportunity to meet and mix with members.

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

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

MARTA LETT



Experienced tutor in Primary level English, Maths & High School prep.

ENGLISH

Spelling
Phonics
Reading
Comprehension
Written expression
Handwriting
Computer skills

MATHS

Addition/Subtraction
Multiplication/Division
Problems
Percentage
Decimals
Fractions
Algebra

Introductory fee term 4 2016

\$20/student per session

Limit 3 students per session

Mondays: 3.30 – 4.30pm / 4.40 – 5.40pm

Bookings & enquiries:

Marta.lett@gmail.com / 0423 947 472

Venue: Kariong Neighbourhood Centre
10 Langford Drive, Kariong



POKER MACHINES: Australians lose eleven billion dollars a year on them. It's the graphics, sounds and chance of winning that attracts us to them, but it's the random nature of the games that keeps us playing.

There are no reels spinning inside a gaming machine. The reels you see are just computer graphics. The winning or losing combination has nothing to do with what is on the screen, or what happened on the last press of the button. It is determined by a random number generator. Every spin is random. There's no strategy to beat it and no way to cheat it. It's totally random.

This very randomness affects your brain by affecting your dopamine system. Dopamine is a neurotransmitter that affects the pleasure centres of the brain, influencing how we see the world and survive. Whenever we experience something pleasurable, such as eating a meal or winning some money, our dopamine neurons get excited. This helps the brain to learn about pleasure and rewards, and as pleasurable things often help us to survive, the brain attempts to predict when it will happen again.

While you play the pokies your brain is trying to predict the patterns, trying to anticipate future rewards. But here's the catch, poker machines are completely arbitrary. There is no pattern to decipher. They are completely random. So the more you play the more your brain is flooded with dopamine. Your brain is constantly stimulated, just like someone using cocaine.

The best way to beat the pokies is to be realistic. Every now and then you might come out ahead, but don't trust in luck. You have to expect to lose money, so only gamble what you can afford. Set a limit and stick to it. Don't try to win back what you've lost. Chasing losses leads to desperation and playing more, and playing more can create changes in your brain which can lead to addiction.

If you do experience problems please contact us on 0408 679 351 or got to www.problemgambling.net.au.

OPEN ACCESS

Internet and computer use available

At Kariong Neighbourhood Centre
During office hours 9am - 4pm
For information ring 4340 1724
From \$1.50 per half hour



Interested in volunteering? Come to the expo and speak with over 30 community organisations and...

- ✓ Learn new skills and meet people
- ✓ Improve your health and wellbeing
- ✓ Get on-the-job experience
- ✓ Follow a pathway to employment
- ✓ Give back to your local community

10am - 2pm Tuesday 15th November 2016

Park View Room, Central Coast Leagues Club
Dane Drive, Gosford

Phone: 4329 7122 or email: recruit@volcc.org.au

Volunteering...
helping people
changing lives



FLU VACCINE

Kariong Neighbourhood Centre has a number of flu vaccines available and we would like to offer them free of charge to Community Members.

To take advantage of this offer, simply contact the office on 4340 1724, or email admin@knc.net.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

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Phone: 0414 431 671



Ramsey Group

Local owners with over 20 years experience.

Thinking of selling or buying?

If you're thinking of selling, buying or renting, or simply would like some advice or a FREE no obligation market appraisal, call us today on **4322 7233**.

Your Area's Premier Agency

Supporting your Local Community

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

- Expert Care with timely, friendly, service
- Sports Injuries
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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

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

Health fund accredited
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Mates Rates Phone **0432 050 644**

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Mowing | General Home Maintenance | Rubbish Removal



Alison Downey
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Speech Pathologist



Speech Therapy for Children

Do you have a concern about your child's talking, listening, comprehension, eating and drinking?

Phone: 0400 145835 **Email:** adow8044@bigpond.net.au

Healing Space
 Reflexology & Reiki




Enjoy the benefits of relaxation with healing, nurturing treatments.

✂

For more information, contact:
 Jan McGlashan
 Reflexologist / Reiki Master Teacher
 Contact : 0467 441 659



Advertise with us

Recently, we have had very positive feedback from our advertisers regard the business generated from advertising in the Kariong Connection. Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more.

For more information on our very reasonable rates
 Contact us on 4340 1724 or admin@knc.net.au

HAVING AN EVENT?
 Consider **VENUE HIRE**
 AT **KARIONG NEIGHBOURHOOD CENTRE**



We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties.
 From only \$29 per hour for members

Tables and chairs are included with your hire, and we have a BBQ available for hire.



For more information or to make a booking ring 4340 1724 or email admin@knc.net.au

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Information Booklets

on services available to you on the Central Coast available at Kariong Neighbourhood Centre

These directories are a very valuable resource to have.
 Drop into the Centre to pick up your copy

MATURE TECHNO GUY

with over 30 years' experience

The one stop shop for all your technical needs

Computer & Software Issues
 Need help with a website for that new business
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 Need to setup a domain
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Call Greg on 0408 968 599



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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.

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fixits"

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

Call Bernie 43401166 / 0410434845 - Keven 0413208450

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HOUSE SHARE - KARIONG

Female over 45 preferred to live with female over 50 in a peaceful household

Fully furnished bedroom including - Double bed, BIR, dressing table, TV connection point & TV if required.

Own car space

\$250 per week inclusive - negotiable. Payable fortnightly in advance. Ring Theresa - 0408 438 508



Parklands Community Preschool

Now taking enrolments for 2017

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. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

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

parklandspreschool@bigpond.com.au



Owned and Operated by Local Kariong Residents

**Clean up in time for summer.
Get your yard entertaining ready!**

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 - * Worked in Kariong 30 Years



No Job Too Big or Small
Phone Grant on 0412437175

KARIONG QUALITY MEATS

Prize winning sausages & burgers available in Kariong

Take something special home for dinner today

- NSW STATE WINNER Poultry & Australian Lamb sausages
- Delicious ready made meals



Shop 1/Arunta Ave, Kariong Phone: 4340 1064



Music Lessons



Ukulele & Guitar -Group and Private Lessons at Kariong
Learn to play Music, Call for **FREE** Introductory Lesson

Bookings required: Phone **0419 217 006**

(after hours **4340 1311**)

Email debi29@bigpond.com



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

Bizzar Pet Grooming

Caring for your pets at Kariong NSW 2250

Qualified vet nurse / Groomer / Boxer breeder
Spruce up your pet! Call our salon today

- * **Bathing all size dogs \$25**



All dog grooming starts from \$50

Grooming includes

- * Clip nails
- * Clean ears
- * Bath
- * Blow dry
- * Clip in your style

Please call Michelle Smith for an appointment
0401 509 498



Telephone: 0400 292 220

We are no 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



Australian Academy of Tai Chi

"Health & Relaxation"

TERM 3 CLASSES:

Wednesdays 9.00 - 10.00am

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



SUPPORT



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.

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>

Scouts



1st KARIONG SCOUT GROUP

**LOOKING FOR 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 8:00pm
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



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

CLUBS



'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.

MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male and 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**

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



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



BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE A COUPLE OF SPARE HOURS EACH WEEK?

• **COMPUTER SKILLS ?** • **A DESIRE TO HELP OTHERS?**

We are looking for volunteers who have a couple of spare hours each week would like to share their skills with our Senior & disabled Community members. If you think that you might be interested, we would love to hear from you.

Please ring KNC on 4340 1724 or email admin@knc.net.au

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

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **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

School Readiness Program - for 3 to 5 year olds

The program is designed for children who are preparing for school to extend their basic skills and gain practice and understanding of what is expected in the first year of school. \$15.00 per session

9.30am - 11.00am Bookings essential phone 4340 1724

Jellyfish Art - Art & Craft Workshop for all ages and abilities.

12.00pm - 2.00pm Bookings essential ring 4340 1724

\$10 per session All materials supplied

TUESDAYS

Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required.

The 2nd and last Tuesday of each month. 12.00pm — 1.00pm

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.**

Cost \$4 for members, \$4.50 for non-members. Morning tea

included. Join us for a fun morning with lots of laughs. Beginners welcome

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

Yoga with Corina — 7.00pm—8.00pm

Cost: \$10 if paid in advance, \$12 for casuals

For more information contact Corina Jones 0409 242 153

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. Bring a plate to share. Monthly outings

on the last Thursday of the month. The group leader is caring & eager to show you all a great time! 12:15pm to 2.00pm **During school term**

Cost: \$4.00members, \$4.50 for non members.

Ukulele Lessons

Ukulele Group Lessons \$10.00 per lesson 7.00pm.

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome! **Fortnightly** 10.00am to 12 noon **During school term**

Contact kariongabagroup@gmail.com or phone 1800 686 268

Multiple Birth Playgroup 9.30am - 11.30am **Fortnightly during school term**

\$4.00 per family. Bring along a plate to share for morning tea.

Non multi birth families are also welcome.

SATURDAYS

Rooms are available for hire for events and children's birthday parties

For bookings please Phone the Centre on 4340 1724

Ukulele Lessons

Ukulele Group Lessons \$10.00 per lesson 9.30am

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

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 16th November 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.