

# THE KARIONG CONNECTION

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

Vol 23; No 9

10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



October 2014

## Kariong Community Expo and Family Fun Day Success!

The crowds came out for our very exciting Kariong Community Expo and Family Fun Day held at the Centre on Saturday 6<sup>th</sup> September. Despite the temperamental weather, we had a great day, and everyone enjoyed the variety of activities on offer at the event!



The Kariong Neighbourhood Centre wishes to thank the following businesses for your generous donations and support:

- Coastal Mums • Kariong Rotary Club
- Kariong Quality Fruits • Nutrimerics
- Mangrove Mountain Spring Water
  - Dream On Aboriginal Arts
- Traditional Bakehouse • 2GO
  - Brisbane Water Police
  - Kariong Quality Meats
    - Ash & Sons Eggs

These events are put on so that the community can get to know each other and socialise while the kids are having fun. If you are interested in receiving email updates about our upcoming events or would like to know more about being a stall holder at the next community expo and family fun day please email [events@knc.net.au](mailto:events@knc.net.au) or phone 43401724



## It's Our Birthday! 25 years!

It's Kariong Neighbourhood Centre's 25th year of serving the community.

Pop in and say hello, and see the huge variety of services that we provide. You might find just what you have been looking for. Find us on Facebook

Log in to [www.knc.net.au](http://www.knc.net.au)

Or ring us on **4340 1724**

Small changes,  
big differences.



### FREE Triple P 2- 8 Years Group Program

conducted by **Central Coast Family Support**  
with **free childcare**

**Come along and learn from the program and each other**

**Be the Best Parent You can be....**

With Triple P – Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday concerns. Families NSW is offering Triple P to all families with children aged 2-8 years.

**Venue:** Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**When:** 5 Friday sessions in Term 4, 2014;

**17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> October and  
7<sup>th</sup> and 14<sup>th</sup> November, 2014**

**Time:** 12.30 pm to 2.30pm

#### BOOKINGS AND INFORMATION

To register for this Group and childcare as places are limited, please call Central Coast Family Support on 4340 1585 or email; [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)



## Kariong Community Forum

### All welcome!

The Kariong Neighbourhood Centre hosted another very successful community forum on Thursday September 18th with members of the Kariong community and local service providers in attendance.

Our Guest speakers were **Dianne Tsotras** from **Sunnyfield Disability Services** at Mt Penang who talked in depth of the services that Sunnyfield provides to it's clients and the future plans for the service. For more information on Sunnyfield you can view their website at <http://www.sunnyfield.org.au/>.

We then heard from **Peter Watson** from **Police Link** who gave us information on what the services were under the NSW Police Force, i.e. 000 Emergency, Police Assistance Line (PAL) and Crime Stoppers – Peter explained what these services were and the appropriate use of the numbers. Peter also explained about Youth Conferencing which is a valuable service provided to Youth through Juvenile Justice and assists troubled youth who are in legal trouble to be supported through the community rather than be sent to a correctional facility. We have some pamphlets and information at the Centre with the Police Link information for anyone who would like a copy.

**Anne Stewart, Manager of Fair Trading Gosford** talked to us about the workshops that Fair Trading was now running through local Neighbourhood and Community Centres on various topics – you will find more in depth information in a separate Ad in this Connection and we encourage anyone interested in attending to register your interest with the Centre using the contact details below. Anne left us a wealth of information, all of this you can find at the Centre on our resource shelves.

**Our next Kariong Community Forum will be held on Thursday 20th November at 10.30am. Guest Speakers will be Michelle Tilden from The Hill Youth Centre along with one of her fellow colleagues.**

**We are currently taking bookings for Guest Speakers at our 2015 Kariong Community Forums; these will run bi-monthly starting from February.**

If you wish to be a Guest Speaker on behalf of your service/company please call the KNC on 43401724 or email [events@knc.net.au](mailto:events@knc.net.au). If you have a community issue you wish to have addressed please let us know and we will do our best to accommodate your request. This is the time to speakout and improve your knowledge.



### Kariong OOSH Update

What an extremely busy term we have had at OOSH with the children all very involved with setting up our new fish tank, naming our new fish and learning how to care for them. This focus has linked significantly with our learning to appreciate, nurture and sustain our natural environment and helps develop this important awareness that hopefully will endure into the children's adult years...

Our service has recently undergone the assessment and rating process with the Department Of Education with very positive feedback and we look forward to announcing our rating with the confidence that we are providing high quality care for our children.

Vacation Care promises to offer many wonderful experiences to the children with trips to the Australian Reptile Park, Amazement Farm and Fun Park and also Ten Pin Bowling.

Next term we look forward to making the most of the warmer weather with extra sports and water play activities planned... hope to see you soon, Brandi and Nerida

**Inquiries and bookings Ph: 4340 4561**

**Or email at [oosh@knc.net.au](mailto:oosh@knc.net.au)**

### Active Learning PlayGroup



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 have been 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 role-plays. 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!!

**ALL WELCOME 0-6 YEARS  
at The Neighbourhood Centre  
10 Langford Drive, Kariong**

**Inquiries Phone Nerida on 4340 4561**

Cost: \$4.00 first child/\$1per extra child for members.  
\$4.50 first child/\$1per extra child for non-members.

## KARIONG YOUTH SUPPORT GROUP

**Where:** Kariong Neighbourhood Centre  
**When:** Friday 7pm – 10pm  
**Who:** Youths aged 12 – 18yrs old  
**Contact:** Natalie on 0478 122 599  
 or email [Kariong.youth@gmail.com](mailto:Kariong.youth@gmail.com)

For information on the youth support group please see our website  
[www.knc.net.au/youth-support-group](http://www.knc.net.au/youth-support-group)  
 or follow us on facebook [www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)



## Tai Chi:



### For Health & Relaxation

**Tai Chi is an easy, gentle and pleasurable exercise that refreshes physically & mentally.**

Tai Chi is an exercise art which has proven effective. It utilises the principles of non-physical exertion and internal, organic exercises by way of controlled breathing, stretching and gentle movements. It teaches the philosophy of *gradual self-improvements* vs. external competition, and *internal harmony* vs. external striving. It is an art of flowing movements, which gradually develop and strengthen the whole body evenly, increasing the body's resistance against diseases and illness, maintaining or regaining flexibility and helping to rejuvenate the whole person: body and mind. It is designed to provide general fitness while maintaining sensitivity and fluidity.

### Why learn Tai Chi?

Our modern living conditions and city-based lives subject the body to immense stress and tension, leaving one tired and drained by days end. Tai Chi slows down the pace and refreshes your body with peace and renewed energy. It can relax the body, calm the nervous system, benefit the heart and circulation, loosen stiff joints, and tone the muscles. It is also a social activity, which stimulates and increases your energy, brings out greater confidence and develops harmony between body and mind.



The **Australian Academy of Tai Chi** (Central Coast branch) will run Term 4 classes in Kariong KNC for beginners and all are welcome. For more information on Tai Chi, the Academy, or class times, visit and **'Like' Facebook: /learntaichi** or call **Daniel or Helen on 0435 121 520**.

**50 YEARS** Australian Breastfeeding Association  
 1964-2014  
**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

### 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 43401724 or contact us at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com)**

## BROADBAND FOR SENIORS

Funded by the Australian Government

**FREE**—Supported one on one computer training run by volunteers for the Kariong Seniors and disabled in our community at KNC.

**Bookings essential** please phone (02) 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)

## NOTICE OF KARIONG NEIGHBOURHOOD CENTRE ANNUAL GENERAL MEETING

THURSDAY 23 OCTOBER 2014 AT 12.30pm  
AT THE KARIONG NEIGHBOURHOOD CENTRE

The Agenda will include the Annual reports of the President of the Board and the Centre Manager, presentation of the Audited Financial Statement, and the election of the Board of Management for the next twelve months.

There will be a Special Resolution to the meeting that:  
"The Constitution of the Kariong Neighbourhood Centre be amended to include such information that will allow the Kariong Neighbourhood Centre to be granted Deductible Gift Recipient status, to encourage more local sponsors, to move the Centre to a more self-sustainable status"

Why not come and join us on the day. The meeting will take approximately one hour, and we invite you to join us for refreshments at its conclusion.

Nominations for the Board of Management are now open, and we would encourage new Board members to join us.

RSVP: 4340 1724 or email: [admin@knc.net.au](mailto:admin@knc.net.au)



Fair Trading is a **Consumer Protection Agency**, committed to providing improved services to the people of NSW. The following information sessions are available to the community:

- Shopping - refunds, consumer guarantees, repairs, unsolicited agreements
- Scams – that target the elderly and vulnerable
- Credit – credit card pitfalls, store credit, interest free deals
- Running an Incorporated Association
- Residential Tenancy
- Motor Vehicle – purchase and Repairs
- Mobile phones and tablets

If you are interested in attending any of these information sessions at the Kariong Neighbourhood Centre please register your interest by emailing [events@knc.net.au](mailto:events@knc.net.au) or phone 4340 1724



**Are you struggling to pay off fines?**

**Kariong Neighbourhood Centre is now a Work and Development Order Approved Organisation**

A simple and practical way to reduce this stress and pay your fines off is to talk to us about signing up for a work and development order at the centre.

For more information call **Fiona Simpson**, Manager of the Kariong Neighbourhood Centre, on **4340 1724** for a confidential chat.



### Justice of the Peace

Available for contact within Kariong

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

### FREE FAMILY LAW ADVICE CLINIC

**Kariong Neighbourhood Centre**

Advice on all areas of family law including parenting matters/children's issues, grandparent issues, child support problems, financial and property settlement matters and divorce.

**Assisting you to find solutions to your family law problems**

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

**Bookings essential Phone: 4340 1724**



### KYLIE FAWKNER COUNSELLING

AdDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:

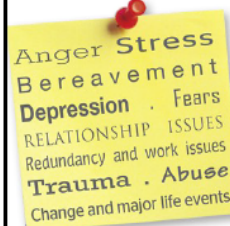
Kariong Neighbourhood Centre.

For other venues and more information:

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

To make an appointment call or text

Kylie 0435 809 506



## KARIONG MEDICAL CENTRE NEWS

Spring is here and this brings with it warmer weather. This is a great time of year to start thinking about our health. Moving into the warmer months we generally become more active and start eating lighter and spending more time outdoors.

Did you know that Kariong Medical Centre offers a weight loss clinic to mentor people through weight loss. This is a nurse run clinic that is monitored by your Doctor.

The Healthy Kids Check for children aged 4 is now a mandatory requirement for Centrelink payments. Please call us to make an appointment and advise that the appointment is for the Healthy Kids Check so the appropriate amount of time is allowed for this service. Please bring your Blue book to update immunisation at the time of appointment, as this is your proof of immunisation for Centrelink.

If you are aged between 45-49 years of age, you are invited to make an appointment for a Health Check. This is a good prevention tool and the cost is covered by Medicare.

We also offer Health Checks for people who are over 75 years and still living in their own homes. The over 75 year old Health Care Assessments are designed to keep people in their own homes by putting them in touch with local services. These checks require an appointment with one of our practice nurses and your Doctor. The comprehensive assessment takes about 45mins and is billed through Medicare. This is a worthwhile and proactive service offered at Kariong Medical Centre.

If you have enquires about any of our clinics please phone and speak with our nursing staff. Take a step towards better health now and give us a call on **4340 4444**.

## Kids Party Hire

Have it all for only \$26 per hour for members!!

A brand new playground with all the equipment, under cover area and a kitchen to warm up food.



Why try to squeeze into your home when you can enjoy loads of space, a kitchen for food preparation, and a playground

Contact Kariong Neighbourhood Centre  
Ph:43401724 or email [admin@knc.net.au](mailto:admin@knc.net.au)



**vc dental**  
KARIONG  
ALSO AT EAST GOSFORD



Mitchell Dr  
Kariong Medical Centre  
Langford Dr  
11 Mitchell Drive,  
Kariong

4340 2022 - [vcdental.com.au](http://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

### Administration Officer - 2 days a week

An excellent opportunity awaits an enthusiastic mature minded person to work in the Kariong Neighbourhood Centre, assisting the community with their needs.

**The successful applicant must possess the following attributes:**

- Excellent communication and interpersonal skills
- Proficient skills working with Microsoft Word, Excel, Outlook and Publisher
- Preparing petty cash summaries, purchasing and inventory control.
- Experience in a busy office environment
- Minimum Certificate 4 qualification
- Ability to work unsupervised and able to prioritise work and multi task
- Excellent skills in organisation and time Management
- Ability to work in a team environment with staff and volunteers

The position is a very busy role,  
The role is 2 days per week

Please email [coordinator@knc.net.au](mailto:coordinator@knc.net.au) for a job description and application package.

Applications close 17<sup>th</sup> October 2014



Cnr Dandaloo Street and Woy Woy Road Kariong NSW 2250  
Phone: 0417 686 694. Email: kariongecogarden@gmail.com

Website:  
[www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)  
ABN: 13 852 216 759

## Events. Eco Garden - October/ November 2014

**Saturday 15<sup>th</sup> November. 4 Seasons Art and Film Night; from 6pm to 9pm.** At the Eco Garden, Community Hall and Arts Barn; includes the Strings Ensemble from the Central Coast Conservatorium, a local Choir, talks, art show and environmental documentaries. Food for sale.  
**Entry by donation.**

**Other Events in October and November.**  
**Thursday 2<sup>nd</sup> October. Politics in the Pub** at Duttons Hotel, Mann St, Gosford. Talk on "Refugees". 6pm to 7.30pm.

**Sunday October 19<sup>th</sup>; Woytopia Sustainability Fair @ Woy Woy South Public School** from 9.30am. Music, Arts and Food. Contact [www.woytopia.info](http://www.woytopia.info)

**Sunday 9<sup>th</sup> November; Oyster Festival at the Ettalong Waterfront**

**Planting:** The following vegetables/herbs can be planted in **October:** Amaranth, Artichoke, Asparagus, Basil, Beans, Beetroot, Borage, Cabbage, Cape Gooseberry, Capsicum, Carrots, Celery, Chilli Peppers, Chives, Coriander, Cucumber, Dill, Eggplant, Fennel, Jerusalem Artichokes, Horseradish, Jerusalem Artichokes, Kohlrabi, Leeks, Lettuce, Marrow, Mint, Mustard Greens, Onion, Oregano, Potato, Pumpkin, Radish, Rocket, Rhubarb, Rosemary, Rockmelon, Sage, Silverbeet, Spring Onions, Squash, Sweet Corn, Sweet Marjoram, Thyme, Tomato, Turnip, Watermelon, Yam, Zucchini. Refer [www.gardenate.com](http://www.gardenate.com) for full list.

**The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead. Membership is \$5.00 pa, download a copy from the website. See also our [Facebook](#) page.**

The Eco Garden welcomes new volunteers to help with jobs around the garden and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability. We are still looking for a volunteer to sort out our library in the shed. See the letterhead for all the contact detail. If no phone reply, contact **John** on **4323 1843**.

## Hello from the Desk of the Standpipe

Welcome to the "Standpipe" your local Brigade's monthly article in the Kariong Connection.

Our statistics for the month of September are unavailable at this time. They will be included in next month's Standpipe.

Open Day 2014 was held on Saturday, 13<sup>th</sup> September. It was a quiet one this year with only a few coming up to the station for a show around and chat. Remember the station is open Saturday mornings from 0800 and Wednesday nights from 1900, if you wish to have a look around.

The bushfire season commenced on October 1. An "above normal" bush fire season is expected for much of NSW, according to the latest outlook from the Bushfire & Natural Hazards Cooperative Research Centre which was published on Sept 6, 2014. Getting ready for the bush fire season could be easier than you think. Even the little things can make a difference during a bush fire.

### Our top tips are:

- Prepare or revisit your Bush Fire Survival Plan
- \* Clear leaves, sticks and other things that could burn from your gutters.
- \* Prune shrubs and trees so they are not overhanging the home.
- \* Rake up leaves and litter from your property
- \* Move firewood away from your home
- \* Keep lawns mowed and gardens well maintained
- \* Keep things that can burn like flammable liquids in an enclosed area and not out in the open
- \* Make sure your hose is in good condition and will reach all corners of your property
- \* If you have a water tank, swimming pool etc. you can get a SWS (static water supply) sign from your Brigade so firefighters know there is another water source on the property. Call 4340 2911 to arrange to get one.
- \* Enclose underfloor areas and make sure there are no gaps or broken tiles in the roof – they can let in burning embers.

It doesn't take long, but these simple steps can make all the difference. If you have a mobile device such as an iPhone, iPad, Android, tablet or smart phone, current fire information is available in a number of ways. – \* Fires Near Me NSW – Mobile App (Provides fire information on bush fire incidents in NSW), \* Fires Near Me – Mobile App (Provides fire information from participating Australian and New Zealand fire agencies), \* MyFirePlan – Bush Fire Survival Plan App (A mobile and smartphone version of the Bush Fire Survival Plan), \*Emergency+ Smartphone App (A mobile and smartphone app to help you identify your location when calling Triple Zero). NSW RFS encourages you to not rely solely on these applications and services.

Hazard Reductions are happening in and around our area. There was a largish one conducted at the Mangrove Creek Catchment Area late last month.

Until next month .... **Stay safe and fire wise.**



# Kariong Library Action Group

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

**Movie Fun at Kariong Library.** Join us for a **free** screening of **Wreck-it Ralph** at 7pm on **Friday 3rd October**. Free popcorn and a fruit juice for every child. Please bring a cushion to sit on. Children are to be accompanied by an adult and bookings can be made by contacting Kariong Library 4325 8155. We look forward to meeting you there.

**Storytime** is held on Tuesdays at 10.30am to 11.30am. This is a fun time for children 3 to 5 yrs and popular with parents, grandparents and carers. Storytime aims to introduce children to the joys of literature and language through story, songs and craft.

**Book Club** is held on the last Friday of the month – 31<sup>st</sup> October at 10 am. The first book to be discussed is ***In the Lake of the Woods*** (1994) a novel by American author Tim O'Brien. This book follows the struggle of John Wade to deal with political failure and issues related to his Vietnam War experiences. In complete contrast the second selection is the first in the Rita Farmer Mystery series - ***The Actress***. The main character, Rita Farmer, is a single mother and struggling Hollywood actress who is recruited to secretly coach the unsympathetic defendant in a high-profile murder trial. The author - Elizabeth Sims - is a member of the Mystery Writers of America and Sisters in Crime.

The library catalogue is available online. Check out the selection of ebooks and audio books also provided online.

**The Kariong Library Action Group would like to hear from you so please contact us at:**  
[klag2013@yahoo.com.au](mailto:klag2013@yahoo.com.au)

## DVD Hire at KNC

### It's easy!

We have a great selection of DVDs for hire. Topics include, Parenting, Health and Wellbeing for families. Become a member of **Kariong Neighbourhood Centre** and hire a DVD for only \$2 a week.

**Just drop into the Centre to browse the library, collect a DVD or make a booking.**



## KARIONG PROGRESS ASSOCIATION

The Kariong Progress Association held their Annual General Meeting on Wednesday 3 September 2014, and all Executive members were re-elected, with the exception of the Vice-President position which remains vacant.

Doug Hart who had filled that position (and most other positions over many years) felt that he would prefer to continue with the Association as an ordinary member. We thank Doug for his care and commitment with the Association for more years than he really wants to remember!

So that brings us to the issue of membership...there will always be issues to debate, and then require action in Kariong, and we need more people to join us in that process. A couple of hours at our monthly meeting at the Progress Hall would be of great support and benefit to the current members.

### **Kariong Crime Stats for August 2014**

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

Ten incidents, down from forty four earlier in the year. This can be attributed to an increased Police presence, with the Highway Patrol doing the rounds of Kariong on their way to and from the Motorway. As well there has been an increase in unmarked Police cars in and around Kariong during the winter months. The Police presence will continue, although it is expected that incidents may increase with the warmer weather, as it has been a particularly cold winter at night.

**Mount Penang Swimming Pool:** the local Kariong Facebook page has shown an interest in getting the pool reopened. Anyone interested in getting some specific action moving on the pool is invited to the November Progress Association meeting on Wednesday 5 November 2014.

**Traffic Lights update:** you may have seen in the "Express Advocate" that the Council is currently undertaking a survey at the junction of Woy Woy Road and Langford Drive to present to the Roads and Maritime Services on the feasibility of traffic lights there. This will still be some months away, so we could expect that no information would be available until the new year.

**Next meeting of the Association will be held in the Progress Hall on Wednesday 1 October, at 8.00pm**



Kariong United Football Club is celebrating some milestone wins at the conclusion of the season. Two of our Senior Men's teams (35D and AA4) brought home the silverware in what is reported to be the best supported weekends of football the KUFCC has ever seen. Your President, Rob Littlehales, thanks to all those members that travelled to the games to see our men triumph. Notable mentions to the W13A Kittens and W30A that both went down in tough grand final games. 12 competition teams need mentioning for qualifying for finals football and they are: M15B, M16A, M35D, M35E, MAA10, MAA4, u12B, u14C, W13A, W15B, W30A, WAA6. This is a great result for your Club!

The end of season celebration for Juniors (Presentation Day) was held at The Hill (Kariong Oval) on September 20 as advertised on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au) and Facebook.

We hope you enjoyed the day with plenty of trophies handed out and then stayed to share a meal and maybe a few beverages as the night closed in .... Senior Presentation is always a memorable event and this year we have changed the venue to Gosford Golf Club from 7pm on October 18th. Full details are shown on the News page of your club website and we look forward to seeing as many of you there as possible.

As always, the season is just not possible without these forward thinking businesses -

ECOSUN, with their revolutionary solar pool heating system and our very own Northcoast Solar partner together to lengthen your swimming season.

George Brand Real Estate Kariong and Ross McLarty complete their 9th year as major sponsor of Kariong United FC and we look forward to more to come.

To the boys at Foodworks (Mitchell Drive shops) - our BBQ's would not happen without your help nor without the help of Kariong Quality Meats.

Kariong Pizza & Pasta have yet again proven to be generous with their player awards and the best place for your kids in the area has to be the Kidz Klubs.

All their details are found on the Sponsors page on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au)

We now hand the grounds (in great condition) over to the Summer codes and we look to season 2015 with you and your families.

Jeff Vilensky  
Kariong United FC Publicity

## Kariong Community Baptist Church



*Pastor Jeff O'Derry and his family*

How do children spell love? As I write this we are entering into the school holiday period and as a dad I am reminded of what is important in life. As a dad, I am a provider, a protector, a role model, a super hero - I am many things to my kids and in the role of father there are many things I give my kids. Yet the thing that my kids need most of all is love. Sometimes in our effort to show and give love we can forget how our kids spell it: T-I-M-E.

I was reminded of this the last time I went fishing. After a full day of fishing, I came home with nothing in my bucket and I felt like I had wasted a day. Yet my son turned to me and said "Dad, that was the greatest day!" For him, it was never about the fish, it was always about spending time with me, his father.

Children know that we spend time doing what we love. What do you spend your time on? If I was to ask your kids what it is that you love, what would they say? TV? Cars? Facebook? Work? Your phone? Let me encourage you to think about what it is that you spend your time on. Do you need to re-prioritise? Do your children know that they are the most important things in your life?

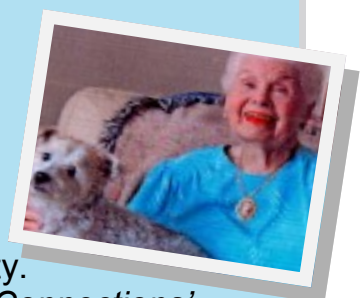
Kariong Community Baptist Church (KCBC) meets each Sunday at 9.30am in the Kariong Public School Hall. Parking is available at the Truscott Avenue entrance.

KCBC is a place to come together and worship God, form and develop meaningful friendships and support and encourage each other in life's challenges. We would love for you to join us. Our services are for all ages and suitable for the whole family. During the service we run a separate kids program, at an age appropriate level.

If you would like to know more about KCBC, or about Christianity in general, please don't hesitate to contact Pastor O'Derry on 4340 5864 or 0448 814 511.

## Congratulations to Helen Ross on her new book 'Short Stories'

The launch is to be held at Kariong Neighbourhood Centre in November. Helen is a wonderful patron in our community.  
*More details in the next 'Connections'.*





# The XChange

Seventh-day Adventist Church



September has been a really fun month. We have had various speakers for Barney's, yum lunches and we have even had some Ahh Haa moments. Did you know that the first 3 days of creation God made livable environments and the last 3 days of creation he filled those livable environments? KidzXChange ended the term with a movie and party day. We had about 50 people come to our Hawaiian Luau and we had such a great time. October sees the baptism of two of our children Chris and Sky. They have decided they want Jesus as their forever friend. We are so excited and can't wait to be part of their decision.

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

Ring Lesley on 43401581

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, 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.

## Australian Academy of Tai Chi

*"Health & Relaxation"*

### TERM 4 CLASSES:

Beginners: Thursday 7:00–8:00pm

Intermediate: Wednesday 9:00–10:00am

at Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520



## Kariong Public School P&C Trivia Night

**Saturday 18th October 2014**

**Doors open 6:30pm for a 7pm start**

**\$10 per head—10 per table.**

**Limited spaces**

**Tickets on sale from 1st October**

**outside school office**

**Lots of prizes to be won**

**Theme: Hawaiian Shirts**

**BYO: Nibbles & Alcohol**

**Please note: This is an**

**Adult only event**

**Any enquiries please contact**

**Danielle on 0414 748 076 or**

**Jodie on 0414 896 191**

## Australian Plant Society

The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 10th October, 2014 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 12th October we will be bushwalking from Woy Woy Tip to Mnt Wondabyne looking at and identifying plants.

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

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members. A monthly newsletter which gives a graphic account of our meeting and our 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 43655049**



## TAX HELP



**Australian Government**  
**Australian Taxation Office**

Unfortunately TAX HELP is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service:

Wyoming Neighbourhood Centre	4323 7483
Gosford Narara Community Centre	4329 4477
Ettalong 50+Leisure & Learning Centre	4341 3222
Green Point Community Centre	4367 7591
Wyong Neighbourhood Centre	4353 1750
Gosford 50+ Leisure & Learning Centre	4324 4749
Kincumber Neighbourhood Centre	4363 1044

## 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.

**Calls to this number from mobiles are free.**

## COURT HIRE

### KARIONG TENNIS COURTS

If you would like to hire the courts please call **Yvonne** on **4340 1088** between 8.30am and 6.30pm.

## CLUBS

# Rotary



Do you enjoy the three F's?  
**'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

Joeys..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm  
Cubs.....8 to 10 y/o ..... Meet Thursday 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 **Bruce 0419 734 002** for details  
Hall hire available

## VOLUNTEERING

### St Vincent De Paul

*Kariong—Kulnura Conference*



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

If you need any welfare please call  
**4323 6080** or email  
[goford.region@vinnies.org.au](mailto:goford.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)

# The Hill **y** **O** **u** **t** **h** Centre

## Tuesday

- > Dance Class (Jazz/Hip Hop)  
3.40 – 4.20pm - Young People in  
Years 1- 4, 4.30 – 5.10pm young  
people Year 4 and above
- > Homework Help

## Wednesday

- > Sports and Fitness Circuit **NEW**

## Thursday

- > Basketball Clinic and comp
- > Homework Help
- > Resume writing & Job Seeking skills

## Friday

- > Football Competition
- > Dinner

Young people have access to internet, sporting equipment career guidance and tutoring every afternoon.

Tuesday – Thursday open 3-6pm  
Friday 4-8pm

Youth Workers available for referral and support 10.00 - 2.00pm by appointment. For more information Telephone 4304 7039 or michelle.tilden@gosford.nsw.gov.au



2014



Printed by Gosford City Council 49 Mann Street Gosford NSW 2250, March 2014.

## YOUR NEW LOCAL DENTIST



RIVERSIDE  
dental spa

We offer family dental through to implants and smile makeovers in a relaxing setting.

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- HICAPS claiming.

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Beneath Masters Home Improvement, opposite the GP Super Clinic



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Get quality website at lowest price  
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Small Business Special Website

Package Starting From \$1250

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Contact Details: Phone: Jag on 0433 197 699

Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au)

Website: [www.VeroWebStudio.com.au](http://www.VeroWebStudio.com.au)



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LIC NO. 250241C

Phone: 0414 431 671

## BABYSITTING

Fully qualified Childcare workers available.

Please call Kat **0421 602 535**

or Beth **0415 103 722**

We will come to you

\$20 an hour (Special Needs are O.K.)



## REVIVAL CENTRES INTERNATIONAL GOSFORD

INVITE YOU TO COME AND HAVE A CHAT.  
We are a Bible based Church

Contact us on 4381 0777 or 4381 0444 for information about our meetings on Sundays or our weekly night meeting.



## NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

**SPECIAL \$25.00 REGO/PINK SLIP  
with this voucher**  
Services from \$99.00

**FREE PICKUP AND DROP OFF 7km Radius**

- \*\*Manufacturers' Log Book Servicing
- \*\*Air Conditioning Regas, Repairs and Servicing
- \*\*Tune ups \*\* Brake & Clutch repairs
- \*\* Batteries \*\* Shocks \*\* EFI Servicing
- \*\* Cylinder head and Engine rebuilding/ repairs
- \*\*Diesel servicing and Repairs

**Call Rachael or Belinda 02 4325 7133**  
5/401 Manns Road, West Gosford  
(Entry via Grieve Close)

## Alive Dance Academy

Hip Hop  
Modern  
Jazz  
Tap  
Ballet  
Acro  
Zumba  
Burlesque



where  
dreams  
come  
Alive

Be yourself. Be free! What better way for your child to express themselves, than through the joys of dance. It is our goal to provide a welcoming environment where every student, regardless of ability or skill level, can learn, be confident and above all, have fun, while nurturing a love and respect for the art of dance. We offer classes in all dance techniques in our non-competitive studio. We teach tiny tots to teens, with adults classes for fitness and fun. Book your spot today!

@ Kariong High School

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

Kariong Mountains High School, Festival Drive, Mt Penang, Kariong

## Central Coast Select Properties

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

Buying or selling in the Kariong area?  
SELECT the BEST with Hana Volarik,  
your local area expert. 0437 401 009



CENTRAL COAST  
SELECT  
PROPERTIES

## Advertise with us

Our newsletter is delivered to over 2500 community members and local businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates.

Contact us on 4340 1724 or admin@knc.net.au

## Joy's Foot Care

(Member of Foot & Hand Carers Assoc.,  
Qualified Allied Health Cert IV Nurse)

### Mobile Service

We come to you, everything is sterilized. We provide a friendly, caring service.

**Foot Care \$40 Fingernails \$20**

**Please call: 0419 296 128 or 4388 3025**



## ADVERTISING CLOSING DATE for NEXT ISSUE

**Wednesday 15th October, 2014**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au) and  
Community Announcements to [coordinator@knc.net.au](mailto: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](http://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.

# ACCOUNTING FIRST

Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"  
Corner Pile Road and Sailfind Place

**Phone: 4340 2415**

Individual Tax Returns from \$110

We can assist you with all your tax needs:

Sole Traders  
Rental Properties  
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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.

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Ph: 4322 7233 [www.hinterlandre.com.au](http://www.hinterlandre.com.au)



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## COASTWIDE SELF STORAGE

New Storage Facility open now at:

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Somersby** (behind Hydraulink)

6m x 2.4 m wide storage units available

All units at ground level with easy access

For business or household storage

Perfect for tradespeople

Caravan and Boat storage

Close to M1 motorway

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**PH: 0412 724123**

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

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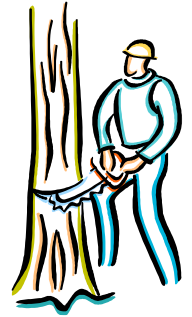
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 LIC NO. 250241C

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For 500 Business cards  
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Karla Mansfield  
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 www.foxyfit.com.au

NEW to Kariang!

**BOOTCAMP alliance** **Fitness Australia** **Follow Us on Facebook** **Approved**

**Check out our resource library**

Have you seen our newly updated resource shelves at the Kariang Neighbourhood Centre?

They are located as you walk in the front door just to your right. We have some great information on a variety of topics including Families, Seniors, Youth, Health and Disability, Mental Health and Aboriginal and Torres Straight Islander resources. All of these resources are **FREE**, you can drop into the centre Monday - Friday between 9am - 4pm and pick up your copies!



*Individual Tax Returns start from \$100*  
 Can assist in the following tax returns:- Rental Properties, Sole Trader; Companies, Business Activity Statements  
 No tax return is too big!

Contact **Toni Baines 0417 794 137**  
 Registered Tax Agent  
 Www.blueorchidaccounting.com




**5am Mon-Fri**  
**6am Sat/7am Sundays**

We now sell iced coffees, fruit smoothies, milkshakes and thickshakes. As well as our great Di Lorenzo coffee and homemade cakes.

**Kirsty and Cameron** Orders: **43405427**  
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**Nat's Your Man**

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 "Big or Small, he'll fix'em all!"



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 3 Mitchell Drive, Kariang



**KARIONG**  
 Physiotherapy  
 Centre

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.

***We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating .***

## MONDAYS

### Family Law Advice Clinic — FREE

Assisting you to find solutions to your family law queries.  
First Monday of each month 2:00pm –4:00pm  
Bookings essential phone: KNC:4340 1724

### Pilates for Seniors - [www.transcendfit.com.au](http://www.transcendfit.com.au)

10.30am to 11.30pm Contact Sarah to make a booking  
0425 265 609 \$10.00 each class

## TUESDAYS

### Immunisation Clinic - NSCCAH

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

### Indoor Bowls

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

### Early Childhood Clinic—NSCC Area Health

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

### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.  
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722  
[zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

## WEDNESDAYS

**Tai Chi** with Helen from the Australian Academy of Tai Chi  
**9.00am- 10.00am** All welcome. **Cost \$10** per session For bookings please contact Helen on 0435 121 520.

### Active Playgroup for 1 to 5 year olds.

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

### Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic on 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](http://www.firstaid.net.au)

### Weight Watchers from 6.30pm to 8:00pm

[www.weighwatchers.com.au](http://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.  
Cost: \$4 for members, \$4.50 for non-members.

### The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company — The group leaders are caring and eager to show you all a great time!

Cost: \$4 members, \$4.50 for non members.  
12:15pm to 2.00pm

## FRIDAYS

### Australian Breastfeeding Association Meeting

#### All welcome!

Fortnightly 10.00am to 12 noon Contact [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

### Youth Support Group

For teenagers 12-18 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm —10:00pm  
**Contact Natalie on 0478 122 599 for more information.**  
Follow us on Facebook [www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)

## SATURDAYS

Rooms are available for hire for children's birthday parties on Saturdays.

For bookings please Phone KNC 4340 1724 .

## SUNDAYS

### River Christian Church - From 9:00am, to 2.00pm

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

***If there is a group that you would like us to run at the Centre please contact Fiona Simpson on 4340 1724.***

***Become a member of Kariong Neighbourhood Centre from only \$5.00 and receive many discounts and invitations to lunches with guest speakers***

***Room Hire available from only \$9hr  
Ring & Book for your next meeting or function  
Phone: 4340 1724***

***ALL Community Group Memberships must be paid if you wish to place your news in  
The Kariong Connection***