

THE KARIONG CONNECTION

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

Vol 24; No 9 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



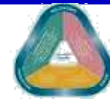
October 2016

School Readiness Program

For 3 to 5 year olds

In partnership with Kariong Primary School

At Kariong Neighbourhood Centre



The Early Years Learning Framework

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



ONLY \$15.00 per child per session for 2 hours or \$80 for the 6 week program when paid in advance.

WHEN: Weekly from Monday 17th October to Monday 28th November

TIME: 9.30am - 11.00am

WHERE: 10 Langford Drive Kariong

You must book and pay by October 11th to hold your place.

Only 20 places available!

For full details of program, and to make a booking contact office on 4340 1724 or Email: admin@knc.net.au



Your child will be in the capable hands of two qualified Early Years teachers that are dedicated to your child's education.

You are welcome to stay at the Centre, meet other parents and share a tea or coffee and chat

NOW OPEN

At your doorstep!

SOMERSBY

ANIMAL HOSPITAL

79 – b Howes Road, Somersby

Call us on: 4372 1799

Opening hours:

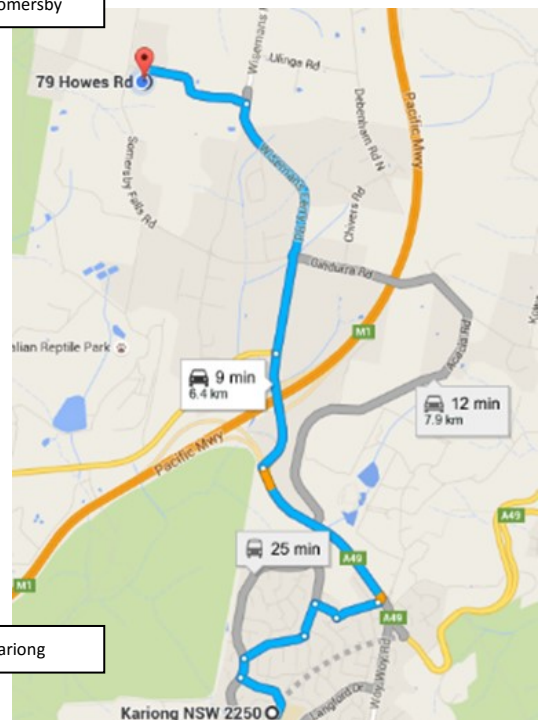
Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

Cat boarding available

www.sahvet.com.au

Somersby



Kariong





OOSH UPDATE

We are thrilled to welcome two new staff members to our team – Elise and Belinda, who come to us with loads of enthusiasm and motivation.

Lynda and Ayden have taken up new challenges in their careers and we wish them the very best. Coming into Spring, we have been reinforcing important learning about sun and swimming safety in our activities with the children.

Our maintenance man, Jeff, has constructed a magnificent wooden castle for imaginative and dramatic play which has been a source of much excitement and we thank Jeff so much for his extensive labours of love!!

Be sure to book in quickly for our marvellous Sept/Oct Vacation Care program and we look forward to sharing lots of memorable adventures with your children.

**Brandi and Nerida — Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561**



EXPRESSIONS OF INTEREST

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

Would you like to meet like minded people and feel safer 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.

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**



JELLYFISH ART

Get Creative and Passionate!!

I'm Kerry, Registered Nurse & Art Therapist and we **CAN DO** painting, Drawing, Mosaics, Card making, Shell Art, Collage and more!

I'll bring the materials

All ages and abilities welcome, and carers.

When: Monday October 17th to

Monday November 28th

Time: 12.00 noon until 2.00pm

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Cost \$10 per session

Book and Pay before October 10th



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

ACTIVE PLAYGROUP



Great friendships are forming for children, parents and also grandparents alike in our lovely weekly gathering together each Wednesday from 10.30am -12.30pm.

The children adore the opportunity to cut loose in our fabulous outdoor area with the choices of our sandpit, slippery dips, climbing frames, bikes and ball games.

Come along and join in our stimulating art/craft, free play and musical group times with your children as well as a shared morning tea together – (again much thanks to Jasmine Tarantula for her scrumptious home baked goodies!!!)

We are always happy to see new faces!!!

**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

Wednesday

All programs are FREE from 3pm to 6pm

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

3.00pm 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

School holiday program.

This holidays we have a diverse range of programs on offer including Grasshoppers soccer clinics, Amy Cash Kids fitness soccer gala day, BMX and scooter skills workshops, Anime workshop, Bricks for Kidz, kids fit camp, coding club, paper planes workshop and movie night. For further details go to

[http://www.gosford.nsw.gov.au/
community/services/youth-services](http://www.gosford.nsw.gov.au/community/services/youth-services)

LAUNCH NIGHT
6:30PM //
30TH OF SEPTEMBER
FEATURING:
CROSSWORDZ HIP HOP
@ KARIONG YOUTH CENTRE
YEARS 6 -12 EVENT

ELEVATE Youth Kariong

ELEVATE YOUTH NIGHTS TERM 4:
6:30PM - 14TH OF OCT //
11TH OF NOV // 9TH OF DEC
@ KARIONG YOUTH CENTRE

KARIONG NEIGHBOURHOOD CENTRE

AGM 11th October
10.00am—12.00pm
ALL WELCOME!

- Come along and get involved in your local Community
- Become a member • Join the KNC Board
- Find out how you can make a difference

Nomination forms available at Centre reception desk.

Forms must be lodged before October 4th



Kariong
Neighbourhood
Centre

10 Langford Drive, Kariong

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

***Please contact the office to register
your attendance for catering purposes***

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?

At Kariong Neighbourhood Centre we offer Broadband for Seniors lessons, and we are looking for volunteers who have a couple of spare hours each week, and would love to share their skills to enable our Senior Citizens and those with a disability to become skilled in using technology and help to keep them connected with family and friends.

If you think that you might be interested, or would like more information please ring KNC on 4340 1724 or email admin@knc.net.au

Kariong Progress Association



CLOSURE OF THE KARIONG COMMUNITY HALL

As discussed in last months column Council has sent the Association a new Agreement for the Hall with the same set of unacceptable requirements as proposed for the tennis courts.

This was debated at the Association meeting in September, and the decision made not to sign the Agreement.

As a result the Council has issued the Association with a Notice Of Termination, to vacate the Hall by 12 October 2016.

Therefore, the last meeting to be held in the Hall, by the Association, will be 5 October 2016 at 7.30pm.

Future meetings 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.

The Annual General Meeting of the Kariong Progress Association was held on 7 September 2016, and all Executive positions were filled. Despite losing the Hall the Association will continue to function as usual.

Kariong Crime stats for August will not be available this month. August and September stats will be published together next edition.

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
and 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
Website: www.kariongecogarden.org.au
ABN: 13 852 216 759

BIG THANK YOU to all the local businesses and individuals who supported out Trivia night. We raised over \$900 and can now repair our inverter, purchase and install a small wind turbine and prepare for a pedal powered 4 SEASONS event on 19 November – powered by nature. Save the date and time 6.00—9.00pm.

Earth Kids activities in the school holidays

Monday 3 October 10.00am— 12noon (public holiday)
Wildlife walk – check Facebook for details.
Bring your water bottle and hat.

Bush Kids Kindy

Nature play for 2-5 year olds with a grown up.
For info and bookings:
<http://www.eventbrite.com.au> and search for Central Coast Bush Kids

Bush Care & 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 again this month.

Boomerang Bags – Sew Sustainable

Meets fortnightly on Mondays (10/10 & 24/10 this month) 10.00 am – 2.00 pm in Kariong Community Hall 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 forget to BYO Bag .

What to plant in OCTOBER?

Refer www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday & Friday mornings 10am – 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

Academy of Road Safety.....	8 October
Zombie Dash	15 October
Dye Hard Fun Run	23 October
The Wedding Festival.....	13 November

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

Did you know?

- » With its diverse environment, aquatic gardens and dams, Mt Penang Parklands is the perfect place to watch migratory, nomadic and resident birds species. Which birds have you seen lately?
- » Dog owners and professional walkers are asked to be considerate of other park visitors. Please make sure your dog is on leash at all times and always pick up after your dog(s).



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 1.00pm – 2.00pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155

Welcome to our new librarian, Amy. Amy has come to Kariong from Gosford City Library and is enthusiastic about working in Kariong. Please call in and say "hello".

Storytime Tuesdays at 10.30 am. The purpose of Storytime is to encourage a love of reading. This great programme to foster development of new skills is for children 3 - 5 years, their parents, grandparents and carers. The NSW Premier's Reading Challenge has ended but the K-2 books are still available for borrowing. Come in and check them out.

Join the **Kariong Library Book Club** and discuss a wide range of books on the last Friday of the month at 10.00am.

Morning Tea is provided. 28th October is the next meeting and both books for review are set in the North American continent - the first book is **Alone in the Classroom** (2011) by Canadian author Elizabeth Hay and takes place in two different *Canadian* locations over a ten year period. The second book is **South of Broad** (2009) written by Pat Conroy and set in Charleston, South Carolina. The novel follows the life of Leopold Bloom King and ranges from his troubled childhood to his adult life. Pat Conroy lived in South Carolina until his death in 2016.

School holiday movie at the Library – Enjoy a free screening of Paper Planes. Friday 7 October at 7.00 pm.

Bookings are essential. Please contact Kariong Library on 43258155 or on line at

www.gosford.nsw.gov.au/libraries/what's-on.



Thanks to Central Coast Council Library Services for supplying popcorn and poppers for each child at intermission.

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

CENTRAL COAST



FAMILY SUPPORT SERVICES

CCFSS Kariong Groups October 2016

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, 27 October, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong



Triple P 2-8 years Seminar Series

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns.

Venue: Central Coast Family Support Services
21 Old Mt Penang Road, Kariong

Dates: 3 Monday sessions; 24, 31 October and 7 November 2016 10.00am to 12.00pm

BOOKINGS ESSENTIAL



Embracing Mums – A support group for Women Experiencing Depression and Anxiety

Topics include: Myths of motherhood, What is post natal depression and anxiety? Management of anxiety and depression and coping strategies, challenge negative thinking, and looking after ourselves.

Venue: Central Coast Family Support Services
21 Old Mt Penang Road, Kariong

Dates: Tuesday's, 18 October – 29 November 2016
12.00pm to 2.00pm

Bookings essential

To Book into a Group

Call: 4340 1585, text 0434 426 709

Email: ccfss@ccfss.com. **Website:** www.ccfss.org.au

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

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

Standpipe



G' Day everyone.

Here's some more news from the Dandaloo Street fire station.

Kariong had its Annual General Meeting in August and here are some details. Captain for this year is Rob Sterling. Senior Deputy is Jeremy Morris. Deputies are Ian Wells, Michael Hughes, Josh Sanders & Paul Barwick. The President of the Brigade is Tim Falkenberg. Secretary is Chris Tierney. Treasurer is Nita Hughes. A huge thanks to these and the other members who stepped up to take positions and by looking at the line up, it should be a great year.

Another event that featured in September was the Rural Fire Service "Get Ready Weekend" As mentioned previously, the day was mainly there so locals could come up to the station, see & meet the members who are locals as well, look at the gear, talk to the fires and get some valuable information in relation to the up and coming fire season due to start on October 1st. Folks, the weather forecasters are predicting "average weather" during the Bushfire Danger Period east of the Great Divide, which is us. That doesn't mean you get complacent about it. It still means you do your usual housekeeping to be ready because as I've mentioned in the past, you can't predict the weather 100% of the time so it is better to be safe than sorry. Got any questions? Then come up to the Dandaloo Street station on any Wednesday night from 7.30 pm or Saturday morning from 8.00am and get a copy of the "Prepare Act Survive" program or drop in at the Emergency Operations Centre on Woy Woy Road during office hours.

Kariong also held its 70th Birthday celebrations on September 17th which ended up being very successful. Several members from the early days of the brigade were in attendance as well as those who were a bit more recent. The day was well received with all who attended and there were plenty of "war stories" about on how things were done back in the day.

A special thanks must go to the Brigade Executive and in particular Nita Hughes for bringing the whole show together. It was a fair old undertaking but it was well worth it. This event was just the 'entrée' and the 'main course' will be the 75th Birthday in 5 years' time, because it will be the big show. Looking forward to that one. That's it for now folks.

Remember, Stay safe and be Firewise.

BROADBAND FOR SENIORS

funded by the Australian Government

Why not join our Broadband for Seniors and People with a Disability FREE tuition?

- **Computer Basics**

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

- **The internet**

How to get online, search for your favorite subject. Understand the different web browsers and how search engines work

- **Come and learn the easy friendly way with us**

At Kariong Neighbourhood Centre

10 Langford Drive, Kariong

Phone: 4340 1724 Email: admin@knc.net.au for more information or to book



Learning = Confidence, Enjoyment

EVOLVE counselling sessions Intervention and Referral Service with a highly qualified practitioner

Is someone you care about in trouble?
Or maybe it is you ...

Do drugs, alcohol or violence live with or around you?
If the answer is yes, then 'EVOLVE' may be able to help you.

At "EVOLVE" we are able to provide you with the support and direction, that could make a difference in your life.

We have confidential meeting times and places to talk over the things you would like to change, and a referral system to get you or the people you care about, back on track. Support by phone is also available.

Where: Kariong Neighbourhood Centre
10 Langford Drive Kariong

When: Mondays from 3.00pm — 6.00pm
or can be arranged to be done by phone

Cost: \$20 per session (negotiable) funded by CDAT

Bookings are essential phone 43401724

You CAN make a difference with just one call

The XChange

Seventh-day Adventist Church



We haven't had the heater out at The XChange now for a few weeks – so exciting. That means that warm weather is on the way! Thankfully the cold has not kept us down at all. We have been buzzing with activity. We have started a series 'Prophecies of Hope' and everybody attending seems to think it is wonderful. We are learning so much about the bible from Pr Watts. We would love you to join us – you would think its wonderful too. Our fathers day program was really fun and again we were reminded how valuable a fathers role in the family is and that god is itching to be a father to the fatherless. Coming up in October we have our Holiday Barney's where the first week we are going on a picnic lunch and the second we are having a game of bible trivia. Valerie is coming to chat with us in October as well.

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 years. 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 7.00 pm - 8:15pm and Wednesday mornings 10.00am – 11:15am. Various locations.



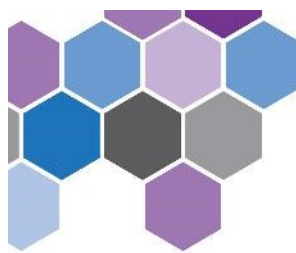
This time of the year sees another Year 12 cohort graduating from school, preparing for their final HSC exams and then getting ready to take on the world.

For all HSC students, regardless of school, we wish you the very best and congratulate you on successfully completing 13 years of schooling. To parents and students alike, I would like to remind you that a HSC result, a lifetime destination does not make. It is the start of the journey and it will be the young person’s choices throughout their life that determines where they go and what they do.

During September, Kariong Mountains High School ran a program in partnership with the Soroptimists International Brisbane Water Inc. to inspire girls. They had an opportunity to go to Sydney and visit the workplaces of some highly successful women and then to listen to a forum of several local women about their journeys to the successful careers they now hold. The message was similar throughout: have confidence in yourself, take a risk – even if you are not sure that you have all the skills required for a position and that effort leads to positive results. I think that when we can share such inspirational stories from people in our community then we are providing the positive narrative of success for our young people.

Our Kariong Mountains Learning Community consists of students, representing at least 35 different nationalities. To celebrate this cultural diversity, the school is holding a Multicultural Event on October 12th, commencing at 1.00pm. We welcome parents and community members to join in with us in a range of activities and food stalls. This is a great opportunity to visit your local high school and connect with your own cultural heritage. We hope to see you there!

Anne Vine
Principal



Term 4 Courses Starting Soon!

The Central Coast Community College is situated amidst beautiful bushland on the University of Newcastle, Ourimbah Campus.

We have been proudly delivering high quality training to the local community for more than 30 years, with exceptional facilities that provide students with a realistic working environment.

Our trainers are specialists in their field and ensure that all students receive individualised training that will help enhance their skills and knowledge, for both personal and professional development.

Term Four courses will be starting soon and classes are already filling up! But don't worry, there is still time to secure your place in one of the following courses, just visit www.cccc.nsw.edu.au or give us a call on 02 4348 4300 to enrol today!

Course	Start Date
MYOB Accountright Basics	15th Nov
Xero Essentials	23rd Nov
Upholstery for Beginners	18th Oct
Drawing from the Right Side of the Brain	18th Oct
Drawing from the Right Side of the Brain - The Next Step 3	18th Oct
Chinese Brush Painting - Cards for all Occasions	29th Oct
SLR Camera Photography Basics	20th Nov
Health & Safety Representative Training	10th Oct
TAELLN411 Address Adult Language, Literacy & Numeracy Skills	22nd Oct
Health & Safety Representative Training	24th Oct
Microsoft Excel Intermediate	14th Oct
Microsoft Excel Basics	23rd Nov
Italian for Travellers	10th Oct
French Level 6	10th Oct
Mandarin Level 1	10th Oct
French Level 20	11th Oct
French for Beginners & Travellers	11th Oct
French Level 4	12th Oct
German Level 1	12th Oct
Spanish for Travellers	12th Oct

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



Ettalong Beach Arts & Craft Centre Inc.

Kitchener Park, Corner Maitland Bay Drive
and Picnic Parade, Ettalong Beach Phone 02 4341 8344

TERM 4 CLASSES

10th OCTOBER – 9th DECEMBER 2016

MONDAY

9.00am – 11.00am	PATCHWORK & QUILTING
11.00am – 1.00pm	SOCIAL PATCHWORK & QUILTING
10am – 12 noon	POTTERY
4pm – 5.30pm	CHILDREN'S POTTERY
6pm – 9pm	SILVERCRAFT

TUESDAY

9.30am – 11.30	PATCHWORK & QUILTING
2pm – 5pm	SILVERCRAFT
7pm – 9pm	POTTERY

WEDNESDAY

9.00am – 11.00am	PAINTING & DRAWING
11.30am – 1.30pm	PAINTING & DRAWING
4.00pm – 5.30pm	CHILDREN'S ART

THURSDAY

9.00am – 12 noon	SILVERCRAFT
12.30pm – 3.00pm	SOCIAL STITCHERY

FRIDAY

9.30am – 11.30am	WATERCOLOUR PAINTING
12.00 noon – 2.00pm	WATERCOLOUR PAINTING

CHECK OUT THE FOLLOWING WORKSHOPS AT THE CENTRE.

CROCHET Saturdays 8th & 15th OCTOBER
GELATINE PRINTING Saturdays 22nd & 29th OCTOBER

GO TO www.ebacc.com.au or [facebook.com/EBACCINC](https://www.facebook.com/EBACCINC)
for all details for classes and workshops



Australian
Breastfeeding
Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

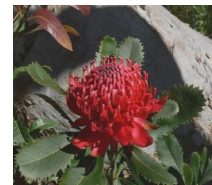
Come along and meet other mums in the area!

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.

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on

Friday 14th October, 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 **Saturday 1st October** we will have a bus trip to a nursery in the Hunter District and a garden visit in the same area.

On **Sunday morning 16th October** members will be enjoying a bushwalk looking at and identifying plants.

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**

Below is some valuable information from **NATIONAL STROKE WEEK**
Held September 12 - 18 2016

SPEED SAVES

**How do you know if
someone's having a
stroke? Think...**

F.A.S.T.

Think F.A.S.T. Act FAST!

CALL 000

FACE

Check their face.
Is the mouth drooped?

ARMS

Can they lift both arms?

SPEECH

Is their speech slurred?
Do they understand you?

TIME

Is critical. If you see any of these
signs call 000 immediately



SPORTS BETTING is becoming more and more accessible via TABs, phone, social media and an explosion of online sites. Because most bookies allow people to gamble on credit the potential for problems is enormous.

Sports and sports betting is a major way that men socialise and connect with each other — very few women ever develop an addiction to sports betting. For men, sports is a way to connect with each other and betting is a way to have fun and compete.

The action on sports is substantial. Huge wins and losses are possible in a single day and the rush can be tremendous. But the financial damage and stress to families can also be tremendous. Unlike most forms of gambling, sports wagering is typically conducted on credit. The sports gambler can put a large bet on a team and not have any money to back it up. This causes the indebted gambler to become desperate to create money through borrowing, pawning items of value and taking out loans.

The obsessive checking of scores is another sign of trouble. This activity can take on a degree of compulsion that can be quite severe as the gambler keeps checking, checking, checking during work and critical family time, leading to sackings and family breakdown.

It is impossible to sustain a constant winning streak over a long period of time--in the end, every frequent sports bettor will lose. If you find yourself in strife with sports betting there is help available.

UCMH Counselling Services is in the process of changing its name to Uniting Recovery Counselling. We provide **free financial and Gambling Help counselling** for **anyone** affected by problem gambling. Please contact us on 0408 679 351 or email ucmh.cs@ucmh.org.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

2016 Central Coast Volunteer expo



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



TAX HELP

There is still time for you to make an appointment to see our tax help Volunteer on Tuesdays & Fridays
Between 10.00am and 1.00pm



Simply ring the Centre on 4340 1724
or email admin@knc.net.au



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We will Test & Diagnose any problems you are having with your TV Reception for FREE!!

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3 Mitchell Drive, Kariong



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Mowing | General Home Maintenance | Rubbish Removal





out of time

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SERVICES

Locally owned and operated by Kariong Residents

Are your outdoor areas overrun by mould?
Are you tired of looking at that dirty driveway,
decking, patio, fence and wall?

Let us professionally clean it for you.

You'll be amazed at the difference!

* Spring Special * Driveway's from \$199.00

Services Offered

- * Driveways *Decking *Patio's *Pathways
- * Pool Areas *External Walls *Fences
-and more.

Clean up in time for summer

Call for a free quote - 0406 482 146 or 0429 729 417
email : enquiry@outoftimeservices.com.au

Out of Time Services - Saving you time, everytime.



out of time

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SERVICES

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

* Spring Special* Rid your lawn of Bindyi and Clover from \$59

- * All Lawn and Garden Services *Yard Makeovers
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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



YOGA CLASSES WITH CORINA

TUESDAY NIGHTS FROM 7PM TO 8PM

STARTING 16 AUGUST 2016 FOR 6 WEEKS

KARIONG NEIGHBORHOOD CENTRE
 10 LANGFORD DRIVE
 KARIONG NSW 2250

\$10 if paid in Advance \$12 for Casuals

Yoga Nidra (Meditation) followed by Gentle Stretches (Asana's)

Bring along Yoga Mat, Blanket & Water Bottle.
 Wear Loose Comfortable Clothing.

FOR MORE INFORMATION CONTACT:
 CORINA JONES @ 0409242153

Alison Downey
 B.app.sc MSPA CPSP
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



5am Mon-Fri

6am Sat/7am Sundays

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

Kirsty and Cameron

Orders: 43405427

Shop 4/10 Curringa Rd, Kariong.



Music Lessons



Ukulele & Guitar—Group or Private Lessons at Kariong
 FREE Ukulele Beginners Workshop for ages 13 – 99

Bookings required: Phone 0419 217 006

(after hours **4340 1311**)

Email debi29@bigpond.com

MATURE HANDYMAN SERVICES

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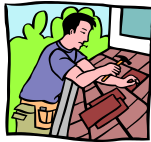
Recently, we have had very positive feedback from our advertisers regard the business generated from advertising in the Kariong Connection. Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more.

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

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We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

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Orders for Thursday Delivery - in by 3pm Wednesday



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Take something special
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Shop 1/Arunta Ave, Kariong Phone: 4340 1064

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>

RESOURCES

Information Booklets

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

We are here to support you !!

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact

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



10 Langford Drive, Kariong



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 & 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



For emergencies or life threatening situations call **Triple Zero (000)**



For non emergencies call the **Police Assistance Line 131 444**



To provide crime information anonymously contact **Crime Stoppers 1800 333 000**
www.nsw.crimestoppers.com.au

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

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **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

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

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 19th October 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.