

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 7

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



September 2015



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers
to be held at Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Thursday nights 8th, 15th and 22nd of October 7.00 – 9.00pm

Learn:

- * How to discipline without arguing, yelling or smacking
- * How to sort behaviour
- * How to handle challenging and testing behaviours
- * Choosing your strategy, the three choices
- * Using emotion coaching to encourage good behaviour
- * 7 tactics for encouraging good behaviour

Parents will receive:

A 1-2-3 Magic & Emotion Coaching Parent Workbook

The course costs \$60 for the full course this includes workbook and handouts.
Register By 30th September for this course by contacting
Kariong Neighbourhood Centre on 4340 1724

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

ROOMS AVAILABLE FOR HIRE AT KARIONG NEIGHBOURHOOD CENTRE

All functions welcome.
One of the cheapest venues on the Central Coast!



Starting from \$10 per hour—\$29 per hour
(for members)

Call the Centre on 4340 1724 or email
admin@knc.net.au for more information.

Find more pictures on our website
www.knc.net.au



Trivia Night Fundraiser

Saturday, September 12, 6 to 9pm.

\$15 per person - Book a table of 8 people for \$100
and save \$20.

We'll allocate your table a colour - decorate
yourselves and your table.

We promise a night of laughter & fun

BYO Nibbles & Drinks.

Tea, Coffee, Cakes and biscuits will be provided.

This is a Child Free Event



BOOKINGS ESSENTIAL: Phone OOSH at Kariong Neighbourhood Centre 4340 4561
or email oosh@knc.net.au

ACTIVE PLAYGROUP



Each week we welcome new faces and friends to our Wednesday morning playgroup from 10.30am - 12.30pm.

Whilst the children investigate a big selection of social and educational activities, parents, grandparents and carers enjoy the opportunity to share common ground relating to child rearing and parenting challenges.

Morning tea is provided and we usually conclude our group each week with a good old fashioned sing-along and circle games. Our enormous new sandpit and exciting cubbyhouse will be finished very soon to add to our outdoor play options.

Feel free to come along to our supportive group to make friends in your local area... we hope to see you soon.

Wednesday mornings from **10.30am-12.30pm**
at **Kariong Neighbourhood Centre**
10 Langford drive Kariong

Cost: \$4.00 members \$4.50 non members
\$1 each additional child.

Enquiries: Nerida 4340 4561

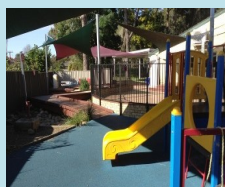
MONDAY Parent run PlayGROUP

Come along to Kariong Neighbourhood Centre
Mondays 10.30—12.30 during school term
Cost: Gold coin donation towards resources
Enquiries: contact the Centre on 4340 1724



CHILDRENS PARTY HIRE

Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus a fantastic playground for the little ones to enjoy. We also have an all weather covered area outside. You can have all this for just \$29 per hour for members! To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email **admin@knc.net.au**



OOSH UPDATE

It's been such a busy Term 3 so far with our Before and After School Care children!

Our focus this term has been on sustainable arts and crafts. The children have been especially loving having lots of hammers and nails (donated very kindly by Bunnings West Gosford) to create their own designs and masterpieces from timber offcuts. Also using old clothing to follow and extend the children's creative ideas and interests has reinforced to them the importance and fun of recycling.

There has been so much excitement and anticipation as everybody watches workmen extend our sandpit and also construct a beautiful new cubbyhouse with a new ramp leading down to it to enable inclusion of all children to play together there.

Our Seniors Room is currently undergoing further renovations including a beautiful new paintjob to further enhance our environment for our lucky children!! We invite parents to drop in and check out our program of activities if they are seeking extracurricular and social experiences for their children.

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

Do you have a washing machine that you don't want that is still in working order? We looking for one to use at the Centre. We are also in need of a community minded plumber who would love to offer their services to help with this project. If you can assist with any of these requests, we would love to hear from you. Please contact Fiona on 4340 1724 or email us at admin@knc.net.au



HURRY!
Classes fill quickly
due to popularity.

NUNGARA
Children's Culturally Inspired Dance Group

Term 4 Bookings now open!
Boys & Girls all abilities welcome.
Male & Female teachers. \$8 per class.
Mondays 6.45 -7.45pm.
Kariong Neighbourhood Centre Phone 4340 1724



Twenty first century skills - we hear this catch phrase again and again, to such an extent that I wonder whether our society grasps the fact that these are the skills needed here and now, not some soon to be future. Articles are written about the 3Rs being replaced by the 3Cs: creativity, collaboration and communication. What does this shift mean for educators and parents?

For educators, it is a change in emphasis, from a content bias to an outcome bias, the inclusion of different pedagogies such as problem based learning and guided inquiries and a more explicit approach to developing these skills. Teachers have for a long time been teaching the 3Rs in tandem with the 3Cs! Ironically, though, we need to develop better ways of communicating this and have our students see the importance of excelling in these competencies. More often than not, they rate mastery of content as the only important skill, ignoring the fact that we live in an age where content can be accessed from any mobile device such as google, bing, Facebook, or similar for an answer to almost any content question.

The skill set now lies in asking the right questions, critically responding to the answers, communicating with others about the response and then creatively finding solutions, often using online conversations and blogs. We see professional online communities being created and new ideas being developed in these forums - truly a global creative think tank, transcending all borders.

For parents then, this shift perhaps entails a rethinking of the value they place on the 3Cs, how homework should be re-imagined to develop these and their capacity, as the educators at home to develop these skills through their everyday interactions and discussions with their children. For when we show that we think these are important skills, then so will our children. We will then truly see all of which they are capable and I think that future will be quite exciting.
Anne Vine
Principal

NEW APP FOR EMERGENCY

'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia.

The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smart phone. 'Emergency+' also includes SES and Police Assistance Line numbers as options, so non-emergency calls are made to the most appropriate number.

[Where to find the app](#)

For iOS and Android Devices:

iOS: App store – 'Emergency Plus'

Android: Google Play Store – 'Emergency Plus'



The Hill Youth Centre

What's Happening at The Hill Youth Centre this month?

The Hill Youth Centre

98 Mitchell Drive Kariong

Phone: 4304 7039 Hours Open:

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



The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights, youth health clinic and other programs. Information, advocacy, referral, career guidance and homework help is also available. Access to free wifi is also available. Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community issues.

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

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

To enquire about our booking rates please e-mail kariongyouthbookings@gosford.nsw.gov.au or phone 4304 7039.

Gosford City Youth Council Recruitment Do you have an idea for social change in the community?

Gosford City Youth Council (GCYC) is looking for social innovators to bring their ideas and make innovative changes. GCYC connects young people with the local community to spark a passion for social change. The committee meets monthly for formal meetings at designated locations. Members are also required to attend a meeting bi-monthly a Gosford City Council main office, Mann Street Gosford with other members from all districts.

Kariong meetings held the 1st Wednesday of the month at 3.30pm.

Bi monthly meeting 1st Wednesday of the month Gosford 4:30pm

To register your interest email – michelle.tilden@gosford.nsw.gov.au or at Kariong Youth centre.

Kariong Progress Association



The third Plant Lovers Fair will be held in the grounds of the Kariong Mountains High School on Saturday 26 September and Sunday 27 September, from 9.00am to 4.00pm.

It provides plant lovers with a unique opportunity to buy unusual and interesting plants, mostly not seen in retail nurseries. It is the best way to start Spring gardening.

There will be free talks, a new segment of short gardening advice and plenty of information in the Gardening Advice Marquee. Guest speakers will be headed by well known ABC TV presenter Angus Stewart.

All the information you need is on the website at plantloversfair.com.au
Regular posting on Facebook will highlight the exhibitors attending the Fair.

CCTV cameras for Kariong: the installations have been delayed while awaiting parts from America. Kincumber will have theirs installed first

Additional 'No Stopping' signs have been added to Curringa Road, which should improve the traffic flow in Sansom Street and Arunta Avenue.

Local Issues: in a book held at the Kariong Neighbourhood Centre, any local resident can document any particular issue that concerns them in relation to Kariong. That way the Progress Association can take up the matter with the relevant people, and hopefully resolve problems before they become major concerns within the community. Police patrols of the Kariong Estate continue with Highway Patrol cars and bikes on their way to and from their M1 duties

Progress Hall: You can book the Hall for parties, functions and ongoing activities.

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

By the time you read this the Progress Hall will have a brighter new look having just been painted outside.

Next meeting will be held in the Progress Hall on Wednesday 2 September at 7.30pm.
AND the first Wednesday of each month.

JULY CRIME STATS

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
2	2	0	0	5	2

Corner Dandaloo Street
and Woy Woy Road
Kariong NSW 2250
Phone: 0417 686 694.
Email: kariongecgaren@gmail.com
Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759



Events September/October 2015

Volunteers and visitors welcome every Monday 10am-12noon.

Monday 28 September 10-12noon

Family Nature Play – Bookings essential – see KEG website

Monday 5 October 10am-12noon

OPEN DAY to celebrate Organics Week. 10am Recycled Paper making; 10.30am No Dig gardening, growing food in small spaces. Visit chooks, worms and look for tadpoles. All welcome.

Saturday 10 October Gosford Council Composting workshop, details To Be Confirmed. Bookings essential.

Saturday 7th November.. 6pm – 9pm.

4 Seasons Art and Film Night.
Conservatorium Students, Choir,
Documentaries and great food

Planting: The following vegetables/herbs can be planted in **September**:

Artichokes, Amaranth, Asparagus, Basil,
Beans, Beetroot, Cabbage, Capsicum,
Celery, Chives, Cucumber, Leeks,
Lettuce, Parsnip, Potato, Pumpkin,
Sage, Silverbeet, Tomato, Turnip,

Refer www.gardenate.com for full list.

Kariong Eco Garden is available for events, tours & workshops;

Membership is \$5.00 pa, download a membership form from the website.

See also our Kariong Eco Garden [Facebook](#) page for news & photos.

**DO YOU HAVE UNWANTED GOODS
THAT YOU COULD DONATE TO OUR
FUNDRAISING HAMPER?**

Please drop off at the
Kariong Neighbourhood Centre
10 Langford Drive

**THANK YOU IN ADVANCE
FOR YOUR GENEROSITY**



Items must be sealed and in date



It's come to the end of the soccer season for 2015 and we've had a fantastic year at the Kariong Cougars!

We are proud to have had 11 teams finish in the top four in their leagues, which put them all into the finals. The W14A & MAA3 finished top of their competitions, with WAA1 & WAA3 coming in second. WAA7-2, M16A-1, MAA6 all ended up in third spot, and the M35CS, MAA9, U14C & U12A all finished the season in fourth position.

We would like to thank everyone who has supported our club throughout the season, including all of the club volunteers, and the family and friends who came to support their teams. A special thank you goes to our club sponsors, whose valued support does not go unnoticed each week: International Football School, George Brand Real Estate, Foodworks, The Entertainment Grounds, Kariong Quality Meats, Kariong Pizza, Kariong Takeaway, Nationwide Auto, Times Cafe, Better Health Practices, Online Appliance Parts, McDonalds & Boost.

SAVE THE DATE!

Junior Presentation Day – Saturday 19th September at The Hill.

Senior Presentation Night – Friday 9th October at The Entertainment Grounds, Gosford

More details will be announced soon on all the above events, so keep an eye on the website and our Facebook page.

Website: www.kariongunited.com.au

Facebook: www.facebook.com/KariongUnitedFC

Enquiries: secretary@kariongunited.com.au

GO COUGARS!

OPEN ACCESS

Internet and computer use available
at Kariong Neighbourhood Centre
During office hours 9am - 3pm
For information ring 4340 1724
From \$1.50 per half hour

2015 CENTRAL COAST PLANT LOVERS FAIR

"Now in its third year, Plant Lovers Fair, the Central Coast's Premier Garden Show, is a firm fixture for Sydney and Central Coast garden lovers", said Stephen Goodwin, event director. "It provides plant lovers with a unique opportunity to buy unusual and interesting plants mostly not seen in retail nurseries. It is the best way to start Spring gardening.

"We are happy to be holding it again in the grounds of Kariong Mountains High School on Saturday 26 September and Sunday 27 September from 9.00am to 4.00pm".

Headed by well known ABC TV gardening presenter Angus Stewart as the Special Ambassador. Angus will be present on Saturday afternoon and all day Sunday at his 'Gardening With Angus' stand. He is also one of the feature speakers as well as contributing to gardening advice in the marquee.

As we count down to the 2015 Plant Lovers Fair we've made it even easier to find out what's on at the Fair, with the launch of our redesigned website (www.plantloversfair.com.au) and facebook page. "Regular postings on facebook will highlight our exhibitors" Dr Goodwin said.

46 Exhibitors from around Australia have been invited to bring a wonderful range of interesting and rare plants for all garden interests in warm temperate to cool, frosty conditions, plus quality garden tools, locally made garden-themed pottery, gardening and horticultural books, native bees and a well known garden tour company headed by gardening expert Judy Horton.

There will be four free talks and a new segment of short gardening advice and demonstrations in the Gardening Advice Marquee.

New also this year is a children's gardening activity Plant and Learn (PAL) designed to attract children and parents together. Children will be able to design their own plant container, discover how to plant their own seeds and care for them at home.



Kariong Library Action Group

The Kariong Library is constantly adding to their book stock and among the 2015 publications available are:

The Angel and The Sword by **Sally Wragg**. Set in 1930s when the Nazi Party has a firm hold of Germany.

Starborn, by **Lucy Hounsom**. An intriguing world full of myth and mystery.

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

Kariong Library Book Club is held on the last Friday of the month. The date for September is Friday 25th at 10 am. If you enjoy reading and good company please come along and hear reviews of two books and stay for morning tea. **Oblomov** by **Ivan Goncharov** and **Maralinga** by **Judy Nunn** are the September selections.

Oblomov is a novel by Russian writer Ivan Goncharov, first published in 1859. Oblomov is a young nobleman and central character of the novel. The book was considered a satire of Russian nobility.

Maralinga written by **Judy Nunn**. This, her 10th novel, is the story of a British airbase in South Australia. An atomic weapons testing ground, an army of raw youth led by powerful, ambitious men. Such is Maralinga in the spring of 1956.

Book Club has a talent for attracting interesting Kariong guest speakers. Last month was delightful Mrs. Carmel Bofarull-Vila talking about her time as a young girl in her beloved Barcelona during the notorious Franco years.

Our second Kariong resident is Mrs. Diane Eklund-Abolins has had 4 books published. **On The Circle** is her book of poetry. The latest book, **45 days Walking the Bibbulmun Track** was published in July 2015. This very talented lady also has a blog and a newsletter and we look forward to hearing from her in September.

PLEASE NOTE: Justice of the Peace no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

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

Standpipe



G'day folks. Here's some news from the fire shed at Kariong Rural Fire Brigade.

Well for starters, Kariong had its AGM just recently and the team this season is a mix of raw talent, youthful exuberance along with tried and tested experience. Leading the team again this year is brigade stalwart Don Simpson along with 2IC Jeremy Morris. The Deputies are Ian Wells, Jim Blackwell, Mick Hughes, Al Buckley and Josh Sanders. I'll talk more on the administrative staff next issue but for now, this is the leadership team for this year.

Now folks, lots has been said on what sort of fire season might be around the corner and the truth is that you just can't predict the weather 100% but the modelling indicates that it may be a difficult one. The fire services have been banging on about being prepared in terms of bushfire safety and to be honest I'd be paying attention. Do yourself a favour if you haven't already done so, and get yourself a copy of the "Bushfire Survival Plan" from the local District Office on Woy Woy road during office hours or call them on 43402911 for details. Get into it because if the worst happens you'll be glad you did.

The NSWRFs will be having the annual "Get Ready Weekend" on the 12th and 13th of September this year. Kariong Brigade will be participating in the event and the station will be open to everyone to have a sticky beak into what we get up to. It will also give you an opportunity to see if you'd like to be part of the service. There'll be lots to look at and things to do so keep your eye out for posters advertising the details.

Lastly troops remember that fire season or the Bushfire Danger Period is quickly approaching. It starts on the 1st of October and runs through to the 30th of March next year. Once fire season starts, there are a whole lot of different rules and regs that kick in so, if you're burning off make sure your I's are dotted and your T's are crossed because your friendly local firies will be around to pay you a visit if you haven't.

That's it for now. Remember, stay safe and be Firewise. See you next issue. SP **KARIONG RURAL FIRE BRIGADE**



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home ... we would love for you to come and check us out, and discover the difference at KCBC.

What's on at KCBC?

At the Church house, Corner Woy Woy and Milyerra Roads, Kariong

Playtime – Tuesdays @ 10am – 12pm

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

Heart 'n' Home - 2nd and 4th Wednesdays of the month @ 7pm – 9pm

A night out for women to get together for craft or, if you are not "crafty", for a coffee and get together.

Lounge Lessons – Thursdays @ 9am – 10.30am and 7.30pm – 8.30pm

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

Sundays @ Kariong Public School Hall, Truscott Avenue entrance

Sunday worship service @ 9.30am

Join us for great music, relevant messages and to meet a great bunch of people doing life together.

AWANA @ 11.30am – 1pm

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

Other

Friends Group

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

Men's Business

Meeting bi-monthly on Saturday mornings.

Women's Coffee

Meeting bi-monthly on Saturday mornings for coffee. For more information phone Pastor Jeff on 0448 814 511, or visit our website: www.kariongchurch.org.au

***** Please note that activities break during school holidays *****

The XChange

Seventh-day Adventist Church



We made cereal cupcakes, coco pop slice and moon rocks at KidzXChange this month – just because we could!

We are learning about Naaman this month with stories, games, music and activities. Our AGAPE was lovely. Maybe you would like to come to the next one? Next month we have Noel from the bible society coming to speak as well as Pastor Neil. Our community afternoon tea is on Wednesday 9th September at 1:30pm in the Scout Hall. Come along and meet us. Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

The Kariong XChange www.kariongexchange.org.au
Ring Lesley on 43401581 or Email: kariongexchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13years. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, experiments and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. You could even stay for a bit of lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

The Sling Shot - Every Alternate Monday afternoon during the school term 3:30pm - 4:30pm Ring for location. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on Saturday morning into our everyday lives. Craft, games, challenges and more.



The **NO INTEREST LOAN SCHEME (NILS)** provides individuals and families on a low income, access to safe, fair and affordable credit.

Phone: 4329 4477 or Email: nils@gnnc.com.au For information.

If you are not living in the local Gosford area ring 1800 509 994

Ettalong Beach Arts & Craft Centre Inc.

ANOTHER EXCITING WORKSHOP at the
ETTALONG BEACH ARTS & CRAFTS CENTRE
FREE FORM CROCHET WORKSHOP

WHEN: Saturdays 12th & 19th September
TIME: 12.00 noon to 3pm
COST: \$80 + \$15 Membership, (if not current member)
VENUE: Kitchener Park - Corner Picnic Parade &
Maitland Bay Drive, Ettalong Beach

TO REGISTER Phone 0408421820 or email
gwynneth.weir@gmail.com

COURSE PRE-REQUISITE: Students must be able to do basic crochet. For students with no previous experience the tutor is able to offer, for a small fee, a personal session to learn the basic skills before the workshop. Please advise when registering if you need this.

Ettalong Beach Arts & Craft Centre Inc.

2ND MOSAICS WORKSHOP with JENNY WILDER
at ETTALONG BEACH ARTS & CRAFT CENTRE

26th September & 3rd October TIME 10am-2pm
COST: \$100 plus \$15 if not a member of EBACC

MATERIALS PROVIDED BY THE TUTOR
COST : \$30 per Student

Students have the opportunity to make one of four designs provided by the tutor - Size 25cm x 25cm

CHOOSE FROM – JELLY FISH – PROTEA – SURFER
RAINBOW LORIKEET

to register phone 0408 421 820
or email: gwynneth.weir@gmail.com

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



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

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends.

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

Meetings are held fortnightly on Fridays at KNC from 10am to 12pm. Latecomers always welcome.

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

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 11th September, 2015 at 7.00pm for a 7.30pm start.**

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

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

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

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

Volunteers needed for social inclusion programs

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



BROADBAND FOR SENIORS

funded by the Australian Government

JOIN OUR ONLINE COMMUNITY

Come along for free tuition



- ◆ One on One or small group learning
- ◆ The Internet explained, easy friendly teaching at your pace
- ◆ Beginners or those with some experience welcome
- ◆ Connect to the world ; Talk to Family & Friends
- ◆ **BOOKINGS ESSENTIAL**

Learn how to set up :
Your internet browser and email.
Social Media — Skype and Facebook.
Go online Shopping, E-bay, Store accounts.

**No Cost*
Bookings
Essential**

Avoid Scams simple but effective ways to keep you safe.

* Ask about our additional specialised services:

Tablet, Apple iPad , Integrated Digital Media, Windows 7 / 8
Power user, (Affordable charges apply for this additional service)

**How to use Social Media Workshop
coming up soon
Date to be confirmed.
Watch this space for more details**

DO YOU HAVE COMPUTER SKILLS THAT YOU WOULD LIKE TO SHARE? Then we would love to hear from you. Additional tutors are required, for the program that we run at the Centre for over 50's and people with disability. If you think that this would be something that you would enjoy, please contact us at Kariong Neighbourhood Centre on 43401724 or email admin@knc.net.au

Central Coast *Community* Handy Contacts

Call in to the Neighbourhood Centre to collect a brochure with a comprehensive list of local support services, some of which you will find listed below

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Disaster Recovery Line 1800 018 444
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919
- * Welfare Rights Centre 9211 5389

Above numbers are just a small excerpt from the brochure created by St Vincent De Paul in collaboration with NSW Police Force - Brisbane Water & Tuggerah Lakes Local Area Command.



Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs



Information Technology

Children's Services



The delivery mode creates a relaxed, flexible environment for students and caters to people who have not studied or worked for a long time, people with a disability or people who may struggle with literacy and numeracy.

Study Locally in School Hours

Eligibility

If you answer "YES" to all four questions below then you are encouraged to apply:

- Are you 15 years old or over
- Living or working in NSW
- Have barriers to access assessment e.g. financial hardship, disability, struggle with literacy and numeracy, at risk of not making a successful transition from school to higher education, training or work.
- An Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizen?

Course Fee: \$0.00 if eligible for Fee Exemption
\$80 if eligible for Concession

Fees are applied in accordance with Smart and Skilled and The Department of Education and Communities. The College will confirm fees on application.

Training Venue: Kariong Neighbourhood Centre, Tuggerah, and others.

Further Information Contact the College

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

*Childcare care is available onsite at some training venues.



Australian Government
Australian Taxation Office

TAX HELP IS HERE!!

WE ARE OFFERING TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE AND WE ARE CURRENTLY TAKING APPOINTMENTS. FOR MONDAYS AND WEDNESDAYS BETWEEN 10AM AND 12PM PLEASE RING THE CENTRE ON 4340 1724 TO SECURE AN APPOINTMENT TIME



**NRMA MOTORING + SERVICES
APPROVED REPAIRER**

Owners local residents Jamie & Belinda Beresford

FREE PICKUP AND DROP OFF 7km Radius

- **Manufacturers' Log Book Servicing
- **Air Conditioning Re-gas, 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)



4340 2022 - vcdental.com.au

**OPEN 7 DAYS
30 YEARS LOCAL**

- dental implants
- general dentistry
- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
- oral hygiene department
- orthodontics
- sleep dentistry
- ceramic filling
- cosmetic laser technology
- one hour tooth whitening
- HICAPS claims accepted

**Now open until
8pm Thursdays**

Medicare Child Dental Benefits Schedule bulk billed



THE ONLY LOCAL AGENTS IN KARIONG!

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

7/4 Mitchell Drive, Kariong

Phone: 4340 0777 Mob: 0430 929 034

bianca@foreman1properties.com.au

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

where dreams come Alive

Acro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyficial

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

Australian Academy of Tai Chi

"Health & Relaxation"

TERM 2 CLASSES:

Wednesdays 9:00 – 10:00am

at Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520

Suitable for all ages and abilities



2/11 Brooks Ave Wyoming, 4324 4555

Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

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*All Roof Leaks & Repairs

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* Pressure clean roof tiles, clean and point (2 coats)

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* Work Guaranteed * Free Quotes

**Worked and lived in
Kariong 22 years**



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



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

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

Kirsty and Cameron Orders: 43405427

Shop 4/10 Curringa Rd, Kariong.

YOUR NEW LOCAL DENTIST



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

- HCF preferred provider.
- Child Dental Benefits Scheme, bulk billed.
- HICAPS claiming.

Phone: (02) 4323 4323

Address: Suite 2, 392-398 Manns Road,
West Gosford.

Beneath Masters Home Improvement, opposite the GP Super Clinic



CENTRAL COAST
SELECT
PROPERTIES



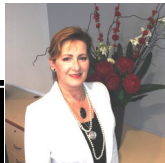
**Do you have questions about Real Estate?
Need answers?**

Ask Hana 0437 401 009

Come and talk to me at the Kariong Neighbourhood Centre

Time: 10am - 11am

When: 1st Tuesday of every month
(Except school holidays)



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

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Telephone: 0400 292 220

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

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



MATURE HANDYMAN SERVICES

Your Local Kariong Mr Fixits"

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

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

Your Area's Premier Agency
Supporting your Local Community

Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford
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 3 Mitchell Drive, Kariong



KARIONG
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Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
4340 5154

www.betterhealthpractices.com.au

- Chiropractic • Massage • Acupuncture
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 Phone: **0414 431 671**

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

CHECK OUT OUR RESOURCE LIBRARY

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre? We have some great information on a variety of topics including:

- Families - Seniors - Youth
- Health and Disability
- Mental Health
- Aboriginal & Torres Straight Islander resources.

Only \$2 a week per DVD for members, \$3 for non-members. Just drop into the Centre Monday to Friday, between 9am - 4pm to browse the library, collect a DVD or make a booking

SUPPORT

AL-ANON

If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?

For information and help contact: AL-ANON

**Saturday 2pm Woy Woy Hospital
Group Therapy Room (near kiosk)**

To find locations near you
Phone 49693889

Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>



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

COURT HIRE

KARIONG TENNIS COURTS

If you would like to hire the courts please call Yvonne on 4340 1068 between 8.30am and 6.30pm.

CLUBS



'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



KARIONG PROBUS CLUB Inc. MEETS AT GOSFORD GOLF CLUB

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

SCOUTS



KARIONG SCOUTS

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

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

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details
Hall hire available

VOLUNTEERING

St Vincent De Paul

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

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

4323 6080 or email
gوسفord.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

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

Parent Run Playgroup
Music, dance, exercise, toys, and craft All welcome.
10:30am to 12:30pm **During School Term**
Cost: Gold coin donation. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

Nungara—Children's Culturally Inspired Contemporary Dance Group 6.45pm—7.45pm (8 week terms)
Cost: \$8 per child—**term and family discounts available**
E: nungara2250@gmail.com for more information

TUESDAYS

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

Indoor Bowls
From 9.15am sharp to 12.00 noon. **During school term.** Beginners welcome
Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

Early Childhood Clinic — NSCC Area Health — Free
Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900.

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

WEDNESDAYS

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

Active Playgroup for 0 to 6 year olds.
Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm **During School Term**
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health
Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003
Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

If you are interested in running a group or workshop at the Kariong Neighbourhood Centre please contact Fiona Simpson on 4340 1724 or email coordinator@knc.net.au

THURSDAYS

Kariong Arts and Crafts Group
A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group
This is a wonderful group that meets every Thursday, Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month.
Cost: \$4.00members, \$4.50 for non members.
12:15pm to 2.00pm **During school term**

FRIDAYS

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 on Saturdays.
For bookings please Phone KNC 4340 1724 .

SUNDAYS

River Christian Church - From 9:00am, to 2:00pm
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 16th September 2015

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.