

# 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](http://www.knc.net.au)



September 2016

## 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



10 Langford Drive, Kariong

Phone: 4340 1724 | Email [admin@knc.net.au](mailto:admin@knc.net.au)

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

## NOW OPEN

At your doorstep!

**SOMERSBY**  
ANIMAL HOSPITAL

**79 – b Howes Road, Somersby**

**Call us on: 4372 1799**

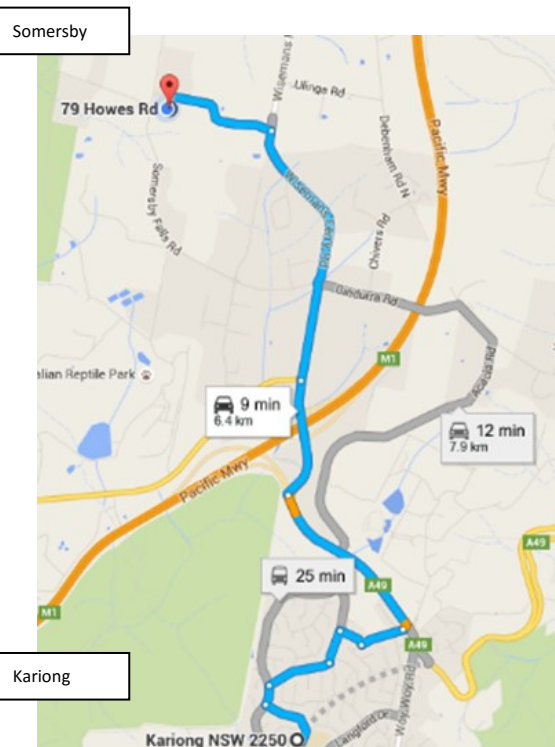
**Opening hours:**

Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

Cat boarding available

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





## OOSH UPDATE

The Kariong OOSH children have been very involved in some series of artworks revolving around keeping safe during Child Protection Week and have contributed to important educational discussions teaching them about protective behaviours.

Our new Sensory Corner is up and running and already very successful in providing a relaxing area for the children to access for quiet activities and time away from the more active areas.

We are really excited about our fantastic new soccer goals bought with the results of our chocolate fundraiser. The children have been even more passionate about their soccer than ever!! We extend a heartfelt thank you to all of our fabulous families for their support with this.

Please be sure to book in quickly to our great planned activities for the next school holidays. **Early bird Vacation Care bookings received 10 days prior to the start of vacation care with all fees paid in advance families will receive a 10% discount on fees.**

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

## ACTIVE PLAYGROUP



Our fabulous outdoor play area has been a hive of activity each Wednesday morning from 10.30 – 12.30pm at Kariong Neighbourhood Centre

A lot of new families have been discovering the enjoyment in meeting local families at our group and the children have been participating in a wide variety of fun and educational activities together. It has been especially rewarding to see all age groups of the children really responding well to the story times, sitting and concentrating for long periods as a group and developing school readiness skills.

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. We are always happy to see new faces!!!

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

## VACATION CARE PROGRAM



Week 1	Monday 26.9.16	Tuesday 27.9.16	Wednesday 28.9.16	Thursday 29.9.16	Friday 30.9.16
	Kariong Youth Centre \$60	Wildlife Education Day \$55	Spears Point Park \$60	Tie-Dye Day \$60	Burritz Gymnastics \$60
Week 2	Monday 26.9.16	Tuesday 27.9.16	Wednesday 28.9.16	Thursday 29.9.16	Friday 30.9.16
	Public Holiday	Tuesday 4.10.16 Australian Reptile Park \$60	Wednesday 5.10.16 OOSH Movies & Wii Games \$55	Thursday 6.10.16 Kids HQ \$60	Friday 7.10.16 Movies At Ettalong \$60
Week 3	Monday 10.10.16	<i>If for some reason e.g. The weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.</i>  <i>* Children of working and non working parents are all welcome</i> <i>* Child Care Benefit &amp; Child Care Fee Rebate are available</i>			
	Monday 10.10.16 Spring Party \$55				

**WE MUST HAVE YOUR CHILDS IMMUNISATION HISTORY BEFORE THEY CAN ATTEND**

# 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](mailto:info@alivedanceacademy.com.au)

Phone: 0407 259 001

## Wednesday

**All programs are FREE from 3.00pm to 6.00pm**

Ages 10 years and over. No bookings required.

Health and Wellbeing 10 week Challenge

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

**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](mailto: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

## 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>



## Girls, Technology and Future Career Options

We have heard a lot over the years about women breaking through the glass ceilings of business leadership and how there is still not equal representation at the top end. After returning from an international conference on current research into science, technology, engineering and maths (STEM) subjects, it has made me even more aware of the importance of increasing representation of girls in STEM if they are to have access to the high paying careers of the future.

Students with the capacity to cross traditional subject boundaries, have a sound grasp of computational thinking, an understanding of coding and high level communication skills, will create their own futures and engage in these 'jobs that have not yet been invented' of which we are told are the reality of the next generation's workplace.

You can see that to be in with a chance, our students need to engage and persist with these subjects throughout their schooling. Currently, the research is showing that girls are more likely to disengage with STEM rather than boys, thereby setting up the conditions for inequality in the workplace. As an educator with a Masters in Science, this is a trend that I feel passionate about reversing in our school, but it is the school-home partnership that is critical in changing mind sets. There is no question of a gender difference in the capacity to learn STEM subjects, but rather a lack of perceived relevance that causes girls to drop out.

We must help them to see the existing connections and the possibilities to ensure that they have the requisite backgrounds to ensure a level playing field in their working lives. At home and at school we must actively engage girls in STEM and play our part in smashing through the glass ceilings of the future.

Anne Vine  
Principal

## Kariong Progress Association



### CLOSURE OF KARIOG TENNIS COURTS

As discussed in last months column the Association decided not to renew our Agreement with the Council, because of an unacceptable set of requirements imposed by Council.

The keys have been handed back to Council and the Kariong Progress Association is no longer responsible for the tennis courts. It is most probable that the Council will call for "Expressions of Interest" for anyone else interested in taking over the Courts.

### POSSIBLE CLOSURE OF THE KARIOG COMMUNITY HALL

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 will be debated at the next Association meeting in September, which will be the Annual General Meeting. Please come along and be part of the process to prevent the Progress Hall closure.

**PLANT LOVERS FAIR** is on again this year. Everything in the way of plants, flowers and things growing!!  
Kariong Mountains High School - 24 and 25 September.  
All the info you need at [plantloversfair.com.au](http://plantloversfair.com.au)

## Kariong Eco Garden Incorporated



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

Phone: 0417 686694. Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

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

Our **office hours** are:

Monday & Friday 10am to 12.30pm.

Our office is upstairs in the Arts Barn building.  
Drop in and become a member or renew your membership (\$5 per year).

Check out the members library.

### Earth Kids activities in the school holidays

Monday 26 September 10-12noon

Spring is here. Planting, painting and making the garden beautiful. Gold coin donation.

Monday 3 October 10-12noon (public holiday)

Wildlife walk – check facebook for details.

### 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 4<sup>th</sup> Sunday of each month 9.30 – 11.30am. Come and join in. We will be working in Oakes Drive again this month.

### What to plant in SEPTEMBER?

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](http://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.**

### Annual General Meeting of the Kariong Progress Association - Wednesday 7 September at 7.30pm

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
3	2	4	0	4	2

## 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 Strait 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**



## Mt Penang Parklands

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



### NEWS & EVENTS

The Food & Wine Show.....10 & 11 September  
 Central Coast Cars & Coffee.....25 Sept & 30 Oct  
 Zombie Dash .....15 October  
 Dye Hard Fun Run .....23 October

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](http://mtpenangeventpark.com.au)

#### Host your next event at Mt Penang

- » Planning an intimate corporate function, your next Christmas gathering or team building day? Call us on (02) 4340 1002 or 1 300 304 676 to hire out the Event Park or Mt Penang Gardens.
- » Interested in booking a team building day or group activities on site? Contact Time Out Adventures [timeoutadventures.com.au](http://timeoutadventures.com.au).



Central Coast  
Regional Development  
Corporation



Mt Penang Gardens  
Event Park & Parklands



## 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.)**  
**Telephone: 4325 8155**

**Storytime Tuesdays at 10.30 am.** The purpose of Storytime is to encourage a love of reading. This great programme is designed to foster development of new skills is for children 3- 5 years, their parents, grandparents and carers.

Kariong Library currently has two **eBook providers** available – Axis 360 and Overdrive – which give library users the ability to search, browse and borrow eBooks and audiobooks. eBooks can be downloaded and read on Apple and Android devices and most eBook readers. For further information and help check out

[www.gosford.nsw.gov.au/libraries/elibrary/ebooks](http://www.gosford.nsw.gov.au/libraries/elibrary/ebooks) or phone the Librarian at Kariong on 43258155.

Join the **Kariong Library Book Club** and discuss a wide range of books. The group meets on the last Friday of the month at 10.00am. Morning Tea is provided. This will be our Librarian Bill's last Book Club.

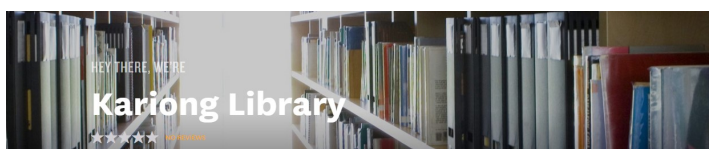
He is retiring after 15 years service and we wish him every success in his new ventures.



On **Friday 30<sup>th</sup> September**, two completely different books will be discussed. They are **The Secret Life of Bees** (2001) and **High Society: the Life of Grace Kelly** (2009).

The Secret Life of Bees is a book by author Sue Monk Kidd. Set in 1964, the coming-of-age story acknowledges the predicament of loss and betrayal.

In the second book for September biographer Donald Spoto gives a portrait of one of Hollywood's legendary actresses, Grace Kelly. Donald Spoto interviewed her at length in Monaco, and holds her in the highest regard.



Contact Library Action Group at: [klaq2013@yahoo.com.au](mailto:klaq2013@yahoo.com.au).

## Vale Sister Mary Fabian

*Sadly, we recently said farewell to Sister Fabian who was so much a part of Kariong where she met people at the Neighbourhood Centre and was part of the St Vincent de Paul, as well as an outreach centre at Somersby, where she attended Mass every Saturday evening.*

*Sister Fabian was known for her gentle, kind, smiling manner, her ready laugh, her caring, listening ear, wise counsel, and her willingness to assist those in need wherever she could.*

*She was a true model of the vocation she chose under St Mary of the Cross Mackillop and the Josephite Sisters, and we were blessed when she landed on our doorstep to give counsel and comfort to our local Community.*

*Since 2014 Sister Fabian had been resident at St Joseph's Hostel at Hunters Hill where she spread her warmth and her welcome to any new resident who came to stay.*

*She will be greatly missed by all who knew her. Rest in Peace Sister Fabian.*



## Standpipe



G'day all.

Back again with some more news from Kariong Rural Fire Brigade for this month.

Well, as mentioned previously, the NSWRFs "Get Ready Weekend" is fast approaching and Kariong will be right there along with other brigades in the district with doors open ready to answer questions & show off our gear.

Mark the 10<sup>th</sup> and 11<sup>th</sup> of September on your calendar for this event with Kariong being open on the 10<sup>th</sup> at the Dandaloo Street fire station between 10am and 3pm. It'll be the ideal time for Kariong locals to catch up with their local RFS members, discuss the impending fire season or Bushfire Danger Period starting on October 1<sup>st</sup> and to start thinking about the Prepare Act Survive program. Going over last month's stats, Kariong attended 34 calls which is fairly busy when you can just about figure one call per day roughly.

Amongst those there were 9 motor vehicle accidents which roughly equates to around one third of the jobs we attended. Folks, it's a very sad thing to say but if you've been around the service a bit, as soon as it starts to rain you know in your gut that there will be an accident somewhere. So please, do your poor humble cop, ambo & fiery a favour and **SLOW DOWN AND DRIVE TO THE CONDITIONS**. You've heard it a million times before on the telly, papers & radio, it's not rocket science people. There is no excuse for poor, inattentive, sloppy, aggressive or arrogant driving so do the right thing on the roads.

Okay, one other thing I need to let you know about again is Kariong RFB's 70<sup>th</sup> birthday in September. As I mentioned in the last issue, there's been a bit of chit chat about the event and we've still got an invitation to all past members as well as any "foundation" members who may be around to give our committee a bit more insight into brigade history. If you are such a person, then you're most welcome to pop up to the station Wednesday nights or Saturday mornings for a chat. Or, give Gosford Fire Control a call on 43402911 and they'll direct you on.

Right-oh troops, that's it for now. We'll catch up next issue. In the meantime, stay safe and be Firewise.

## 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](mailto:admin@knc.net.au)

## 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](mailto: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



I am so glad we have warm hearts here at The XChange because it has been cold! Maybe we also kept warm because of all the activity that has been happening. We enjoyed our Agape together and felt so blessed we could enjoy it with so many of our Barney's friends. Talking of Barney's, we have enjoyed Valerie's company again, telling the story of Blind Bartimaeus, and Stewart. KidzXChange is always fun, but especially so when we get a visit from Pr Daron the balloon man. He always tells us great stories and has something special from the bible for us.

Coming up in September we have Family church celebrating fathers day on the 3<sup>rd</sup>. We have our community morning tea starting at 10.00am on the 7<sup>th</sup>. We also have Pr Neil with us on Monday nights for a 10 week series on What's in the bible. We would love to see you at either or all.

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 4340 2872

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

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





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.

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

Pastor Jeff O'Derry 0448 814 511

Em: [pastor@kariongchurch.org.au](mailto:pastor@kariongchurch.org.au)

### What's on at KCBC?

#### Sunday Service @ 9.30am – Kariong Public School Hall

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

#### JAM (Sunday School) – Sundays @ 9.30am

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

#### Playtime – Tuesdays @ 10am – 12pm

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

#### Girl's Club – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month – 6.30pm

Craft and activities for girls in Kinder – Grade 6.

#### Women's Craft – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month – 7pm

Heart 'n' Home is our Women's Craft Group. In September we will be continuing basic needlework. Call Kylie on 0427 445 197 for more info.

#### Life Groups – various times & locations

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



### Tech Savvy Seniors Course

We are very excited to announce that our extremely popular Tech Savvy Seniors course is going to be back-up and running in October and November!

Tech Savvy Seniors is an initiative of the NSW Ageing Strategy and is funded in partnership between the NSW Government and Telstra. This course is free of charge to anyone over the age of 60 and is ideal for anyone interested in learning some new skills, such as how to use smartphones, tablets and computers.

For more information please visit

[https://cccc.nsw.edu.au/course/tech\\_savvy\\_seniors](https://cccc.nsw.edu.au/course/tech_savvy_seniors)

There are a number of short courses coming up in the next few weeks as well, everything from foreign languages, SLR Camera Photography Basics and Xero Essentials, through to Drawing from the Right Side of the Brain and Chinese Brush Painting.

These courses and many more can be found via our website [www.cccc.nsw.edu.au](http://www.cccc.nsw.edu.au) or if you would like a Semester Two Course Guide, please let us know and we will pop one in the post for you!

If you have any questions about the courses on offer at the College or would like help enrolling, please email [info@cccc.nsw.edu.au](mailto:info@cccc.nsw.edu.au) or call our main office on 02 4348 4300 Monday – Friday.

We look forward to seeing you soon!

### 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.

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

For more information or to make a booking ring 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)





## Australian Plant Society

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

**9<sup>th</sup> September, 2016 at 7.00pm for a 7.30pm start.**

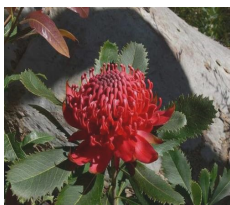
There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On **Sunday morning 11<sup>th</sup> September** members will be enjoying a bushwalk looking at and identifying plants.

Our speaker for this month will be Jacob Wanner, and Jacob will be speaking about his love of native orchids. Our monthly meetings also include 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 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](mailto:damael@hotmail.com.au) or telephone 43655 049**



**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 [kariogabagroup@gmail.com](mailto:kariogabagroup@gmail.com) or ring KNC on 43401724.

## Etalong Beach Arts & Craft Centre Inc.

Corner, Picnic Parade & Maitland Bay Drive  
ETTALONG BEACH

*EBACCINC will be holding some exciting Workshops  
in September and October 2016*

### FUNCTIONAL ART GLASS

Saturdays 24th September & 1st October 2016  
9.00am - 12.00pm

### CROCHET

Saturdays 8th & 15th October 2016 12.00pm - 3.00pm

### GELATINE PRINTING

Saturdays 22nd & 29th October 2016  
10am — 12.00pm

To register for any of the above Workshops  
Contact EBACC on 02 4341 8344

Or [www.ebacc.com.au](http://www.ebacc.com.au) | [facebook.com/EBACCINC](https://www.facebook.com/EBACCINC)

*Full details are available on line for each Workshop*



## 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](mailto:coordinator@knc.net.au)**





Recent studies have shown that Australians are among the most overworked people in the world, working longer hours than people in most other countries, having fewer leave days and fewer public holidays. As a result many people have developed the habit of spending their scant few free hours socialising at the local pub or club. Every Friday and Saturday at least, and usually one or two nights during the week too, they can be found at the pub drinking and gambling away their hard earned wages.

While a visit to the local pub, club, hotel or tavern can be a great night out and lots of fun, there is so much more to life. Here's 3 benefits of socialising in other ways:

**1. Save money:** The most noticeable benefit of not going out to the club or pub every night is that you save so much money. You can wine and dine with friends in the comfort of your own home or local restaurant, but you'll save a small fortune by not being in environments where drinks cost \$10 a pop and poker machines devour your hard earned cash.

**2. Avoid hangovers:** Imagine being able to wake up on a Sunday morning and actually do things. You don't realize how depressing lying in bed all day and feeling like hell is until you start seeing what the world looks like when you feel good and have the energy, money and inclination to participate in weekend life.

**3. You have more time to develop healthy interests:** When you're not going to the pub all the time, you free up precious time in which you can learn to do other, more productive things. Develop a hobby, cook, do yoga, go to the gym, surf, play sport, go to a museum, go to the cinema, meet people for coffee or food, go shopping, go on a day trip, camp, bushwalk, paint, make things. The world is your oyster.

UCMH Counselling Services provides **free Gambling Help counselling** for **anyone** affected by problem gambling. Please contact us on 0408 679 351 or email [ucmh.cs@ucmh.org.au](mailto: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



## World Suicide Prevention Day Friday 9th September 2016 Fort Scratchley, Newcastle East

**Lifeline** joins international activities to observe **World Suicide Prevention Day**, a time to provide an opportunity to discuss suicide prevention openly and respectfully. You can make a difference and show your support for the work that we do at Lifeline Hunter Central Coast by participating in Lifeline's symbolic **Out of the Shadows and into the Light** dawn walk and /or our free breakfast. We invite you to join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.



**6:00am – 7:00am**

**Out of the Shadows and into the Light Walk**

Assemble at the base of Fort Scratchley from 5:45am and walk along the foreshore with members of the NSW Police and Ambulance Services, returning via the Resilience Sculpture.

**7:00am – 8:30am**

**World Suicide Prevention Day Breakfast**

Free hot buffet breakfast at Fort Scratchley with guest speakers, Rev. Kesh Rico Govan speaking about his own personal experiences in dealing with suicide and Garry King, subject-matter expert on self-harming behaviours.

To register for these events, please go to:

[http://www.lifelinehunter.org.au/  
event/world-suicide-prevention-day-9th-september-2016](http://www.lifelinehunter.org.au/event/world-suicide-prevention-day-9th-september-2016)

*We look forward to connecting with you at one or both events for World Suicide Prevention Day*



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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**

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## Advertise with us

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more

Recently we have had very positive feedback from our advertisers regard the business generated from advertising in the Kariong Connection For more information on our very reasonable rates

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

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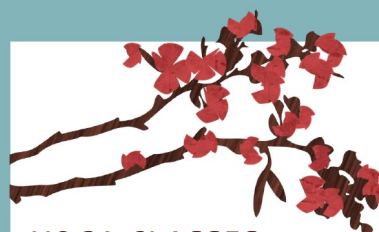
**6am Sat/7am Sundays**

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

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**Orders: 43405427**

Shop 4/10 Currunga Rd, Kariong.



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

Yoga Nidra (Meditation) followed by Gentle Stretches (Asana's)  
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CORINA JONES @ 0409242153

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## 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](mailto: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](http://www.redcross.org.au)**



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**1800 333 000**

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

## MONDAYS

### Pilates for Seniors - [sarah@yourtemple.com.au](mailto: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](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. 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.

## FRIDAYS

### Australian Breastfeeding Association Meeting

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

Contact [kariongabagroup@gmail.com](mailto: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

## 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 14th September 2016**

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.