

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

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

Vol 26; No 1 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



February 2018



First Class FREE
AGES 2 & UP

Kariong's Local Dance School
The Hill Youth Centre, 98 Mitchell Drive, Kariong 0407 259 001 www.alivedanceacademy.com.au

WISEBERRY®

Caring for the Kariong Community
Owned by the Local for the Locals

Proudly supporting;

- Kariong Neighbourhood Centre
- Kariong Mountains High
- Kariong Wanderers Rugby
- The Black Dog Institute

Kariong

7/4 Mitchell Drive, Kariong NSW 2250

p: 4326 0500 | e: kariong@wiseberry.com.au





OOSH UPDATE

Only 5 minutes off the M1

What a truly fantastic time we all had during the Dec/Jan school holidays with our local children. So many exciting adventures were shared throughout our Vacation Care program including highlights such as visits to Hunter Valley Ice skating Rink, Charmhaven Inflatable World and also Our Big Kitchen down at Bondi. We had some valuable educational experiences with our Emergency Response First Aid day as well as fantastic creativity during our Movie-making incursion, Photography incursion and tie-dye day.

We look forward to a busy first term getting to know our new families and settling all the children back into our morning and after school routines. Our program this term will include a focus on building resilience in our young people as we work together with the Regional Youth Support Service to create an educational DVD. Our children will learn to act and write scripts. We will also be providing weekly music therapy classes for our children to encourage rhythm and movement. We have vacancies available so please feel welcome to pop in to meet our friendly staff and see the great program of activities we offer the children.

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



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

Our Wednesday playgroup looks forward to welcoming many new faces into our midst this year. Our weekly group runs from 10.30am – 12.30pm and provides a friendly, happy and supportive environment for parents and children to come along and connect with other families in our local area.

The children have the opportunity to participate in group games, art, craft and messy play experiences as well as structured music and story times together.

The variety of activities we offer helps the children to develop skills important for child development, promoting their self-esteem and self confidence in social situations.

Our fantastic outdoor play area includes challenging climbing equipment and a giant sandpit, promoting lots of physical play and exploration. Please join us for a shared morning tea and discover new local friendships!

Cost: \$5 plus \$1 each additional child

Morning tea provided

Enquiries: Nerida 43404561

Facilitated by 2 Qualified Child Educators

IN MY SHOES

A COMMUNITY INVOLVEMENT PROJECT TO COMBAT BULLYING

'Celebrate the role of diversity in society'

Get involved in our film workshops for six weeks with a professional drama tutor, writer and film crew. Acting, script writing, story boarding and filming.

"In My Shoes" will produce three DVD's on learning how to deal better with bad situations. Be the face of building resilience in young people and work on a training DVD for school aged children to help educate diversity, acceptance and anti bullying behaviour

LIMITED SPOTS SO ENROL NOW

Must commit to six week workshops and a filming weekend on the 6th and 7th April at the Youth Arts Warehouse, Gosford

DATE: Feb 5th to 26th
TIME: Monday's 3:30-6:30pm
COST: FREE
AGE: 8-24
CONTACT US: 02 4340 1724
coordinator@knc.net.au

Kariong Neighbourhood Centre
p: 402752 e: arts@ryss.com.au
10 Langford Drive, Kariong

WWW.YOUTHARTSWAREHOUSE.COM.AU

Care 4 Kids 1-5 year olds



Let us care 4 the kids while you meet others and have fun in the Women's Social and Support Group.

The kids will have creative time, story time, music and singing, activities and games

They will share morning tea together

Facilitated by Two trained child educators

When: Mondays (During School Term)

Time: 9.30am -11.30am

Where: KNC 10 Langford Drive, Kariong

Cost: \$10.00 per child or one child free for all mums/carers attending the Women's Social & Support group running at the same time.

Bring: A hat, old shirt (for painting) and a piece of fruit to share.

Parents are welcome to stay if they choose.

Women's Social & Support Group

FUN, CARING, FRIENDLY

Let us care for your children



While you concentrate on you

- Guest speakers about topics of interest
- Develop friendships and reduce feelings of isolation
- Write poetry & share stories
- Embrace & connect with your creativity through the arts
- Feel empowered & understood

Time out just for you!

\$10 per head Morning Tea is provided

Childcare is free - MUST register if required
Ring centre manager if you require assistance

Time: 9.30am-11.30am

Place: Kariong Neighbourhood Centre

Starts: 5th February, then Mondays (during school term)

Bookings essential, phone: 4340 1724

Or email admin@knc.net.au

For information on content please call the Facilitator, Judy, on 0403 338 433

WISEBERRY

Little Big School

Our endeavor is to support each child's successful pathway to school

Leave your child in our care

We provide fun activities that promote learning and development in a small pre-school like setting.

- Group experiences are included to foster working with others.
- Activities that encourage problem solving, investigative skills and exploration are devised and planned for.

FACILITATED BY AN EARLY CHILDHOOD TEACHER & CHILDHOOD EDUCATOR



Mondays — School Terms Only From 9.30am - 11.30am

Kariong Neighbourhood Centre 10 Langford Drive, Kariong

Cost \$10 per child per session Bookings essential

Inquire with us to see if you are eligible for concession or discount consideration

Call or Email for more information 4340 1724 or admin@knc.net.au

familiesnsw
supporting families to raise children



Friendship & Music Group

For Adults

At Kariong Neighbourhood Centre
10 Langford Drive Kariong

Meet new friends who love music in a relaxed & friendly space



"Discover Your Rhythm, Connect and have fun"

Cost: \$10.00 per session
(NDIS participants welcome)

Facilitator Judy Moase - Registered Music Therapist with AMTA.

On: WEDNESDAYS from 1pm – 2.30pm. (During school term)

**No prior musical experience needed*

**You can bring your own instrument or song idea*

**Fun with rhythm could include playing instruments, singing, movement and musical improvisation*

To register: Phone 4340 1724

or email admin@knc.net.au



The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive Kariong
Phone: 4304 7039



Monday

Amy Cash Fitness - 6.40 pm

\$10 per class, first class is free Phone: 0434 390 011

Tuesday

Alive dance academy - 3.30pm to 9.15pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

Alive Dance Academy - 3.30pm to 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Elevate Youth Church – 3.30pm to 6.30pm Homework Club

Phone: 0427 929 574

Amy Cash Fitness 6.40 pm

\$10 per class, first class is free Phone: 0434 390 011

Thursday

Alive Dance Academy - 3.30pm to 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Friday

Sport, games, food and events - 4pm to 7pm

No bookings required, Ages 10 + Ph:4304 7039

Elevate Youth Church - 5.30 - 8.30pm

23rd February, 9th and 23rd March

Phone: 0427 929 574

Saturday

Amy Cash Fitness 6.40 pm

\$10 per class, first class is free Phone: 0434 390 011

Central Coast Series – Skate Scooter and BMX

3rd March – Wadalba, 10th March - Umina

14th April – Bato Yard

We are currently planning our programs for 2018.

If you have any suggestions please contact us.

The hall is also available for hire.

Youth workers are available for referral and support, by appointment.

michelle.tilden@centralcoast.nsw.gov.au



CENTRAL COAST



FAMILY SUPPORT SERVICES

Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children.

February 2018 groups

Triple P 2-8 years Group Program

FREE Triple P Group Program for parents with children 2-8 years. Come along and learn from the program and each other

Venue: Green Point Community Centre

96 Koolang Road, Green Point

Dates: Wednesday's 7, 14, 21, 28 February and 7 March 2018

Time: 10.00am to 12.00pm

Limited childcare available. Bookings essential.

Grandparents Raising Grandchildren Support Group

Our grandparent peer support groups are a great way for grandparents who are raising their grandchildren to meet and get some support over a cuppa. Peer support groups meet regularly at venues across the Central Coast during school terms.

Venue: Erina Meeting Centre, Room 2 Erina Fair

Dates: Friday's, February 2, 9, March 9 & April 13

Time: 9:30am – 11:30am

No need to book, just turn up!

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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

KARIONG MEDICAL CENTRE

"Caring for Kariong"

2018 brings with it much change here at Kariong Medical Centre.

In late December we said goodbye to our dear friend and colleague Carolyn Franklin, this has left a hole in our team that will never be filled. We wish her family all the very best at this terribly sad and difficult time.



Jessica Shelton (Receptionist) has left her employment of the last five years to take up a career as registered nurse. Jess will be working from Gosford Hospital and we wish her every success!

Dr Sarah Gunn will be leaving us to join the team at Mariner Medical for the next 6 months. In place of her we will be joined by Dr David Puglisi who will be with us full time from February until August.

2018 also see the government introduction of Health Care Homes. Kariong Medical Centre has some of our Doctors working with this trial and this will mean increased contact from our Doctors, Nurses and Administration staff for those people who suffer chronic disease and eligible for the program.

With all the change Kariong Medical Centre will continue to provide the dedicated service that this community has come to rely on.
Happy New Year!

Ettalong Beach Arts & Craft Centre

ETTALONG BEACH ARTS & CRAFTS CENTRE
Corner Picnic Parade & Maitland Bay Drive
ETTALONG BEACH

Phone M.0412 155 391 email.. ebacc.email@gmail.com

TERM 1 2018 Commences 29th January

Runs for 9 weeks Last Day 30th March

For Fees & Class Timetable refer to
www.ebacc.com.au

Classes held in

- Patchwork & Quilting
- Drawing and Painting • Watercolours
- Silvercraft • Pottery

PLUS A VARIETY OF WORKSHOPS

First for 2018 will be
Pastels with tutor GWYNNETH BOYCE
"Landscapes in Pastels"
on 24th February 2018
All Enquiries to 0412 155 391



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

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

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

Life Groups – various times & locations

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

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 @ 10.00am – 12.00pm

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.

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

Friends Group

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

Other

We also have various men's, women's and family events throughout the year.

HENRY KENDALL COTTAGE & HISTORICAL MUSEUM

25-27 Henry Kendall St, West Gosford



Set on 2 beautiful acres Henry Kendall Cottage (c1840) and Historical Museum is a wonderful way to step back into local history.

Open

Wednesday, Saturday, Sunday – 10.00am to 3.00pm

Public Holidays – 10.00am to 3.00pm

(with the exception of Christmas Eve, Christmas Day and Good Friday)

Adult – \$5 Concession – \$4 Child – \$3

Child under 5yrs – Free

Family (2 adults and up to 3 children) – \$10

Schools - Student – \$2

Accompanying Adult – 1 free per 20 students

Please note: Group tours can be booked for any day of the week by pre-booking

For more information please phone 43252270 or go to henrykendallcottage.org.au



Energy & Water
Ombudsman NSW
Free, fair and independent

Electricity and gas providers offer customer assistance programs to help customers stay on top of their energy bills

In New South Wales, electricity and gas retailers are required to operate a customer assistance program. Each retailer may have slightly different eligibility criteria.

When a customer is part of an assistance program they are protected from disconnection and have access to tailored payment arrangements to help them manage their account. There may be other incentives the retailer offers customers for making regular payments such as waiving fees or making co-payments.

If you are struggling with your energy bills, ask your retailer if you are eligible for their customer assistance program. See EWON's website for more information about what help is available including Energy Account Payment Assistance (EAPA), rebates and financial counselling.

<https://www.ewon.com.au/page/customer-resources/help-paying-bills>.

Kariong Branch – Labor Party

Next Meeting

Saturday February 10

11:00AM

Parklands BBQ Area

Enquiries: Alasdair 0418 264 115

PLEASE NOTE:

Justice of the Peace service no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford 4340 1286

John Bain 4340 2860

Diane Merryfull 4309 0229

Pastor Jeff O'Derry 4340 5864 / 0448 814 511

Tracie Gosling 0412 486 678

Foreman One Properties 4340 0777

(Tuesdays & Thursdays 9am – 11am)

EVENT NOTIFICATION



**RED HOT SUMMER CONCERT
MT PENANG PARKLANDS, KARIONG
SATURDAY 24TH FEBRUARY 2018**

The Red Hot Summer concert will be held on Saturday 24th February 2018 featuring John Farnham and special guests at Mt Penang Parklands, Kariong.

This licensed event will run from 1.00pm and will conclude at 8.00pm each and will involve amplified music with gates opening at 11.30am.

Sound checks will occur prior to these times during the day and a noise abatement plan will be implemented during the event.

The event will be enclosed, and will be fully patrolled by Security and the NSW Police.

Traffic restrictions will apply at all entry points to the event space.

If you have any queries with relation to the event, please feel free to contact Deb Alexander on mobile 0414857738 or please visit www.redhotsummertour.com.au.



DO YOU HAVE A COPY OF OUR 'WHAT'S ON' BOOKLET ?

Pop into the Centre today and collect your copy of our handy booklet listing all the activities and workshops scheduled for Term 1 Including many new programs.

Kariong Progress Association



EMAIL: kariongpa@gmail.com

FACEBOOK: We are now on Facebook : Kariong Progress Association

If you have something to say about anything regarding Kariong let us have your opinion on our gmail address or the Facebook page. If you don't have a computer there is a book at the Kariong Neighbourhood Centre where you can register any comments.

Community Hall

The Council has now advertised that the Hall has been upgraded, and is inviting casual bookings from community groups and residents.

For information call 4350 5538 or communitybookings@centralcaost.nsw.gov.au

In mid-December the Executive of the Progress Association had a meeting with the Mayor in which she reaffirmed the Community Halls would be run by Council, and not community groups themselves.

You may remember that in the last edition of the 'Connection' it was reported that on Monday 13 November a group of concerned Community groups met to discuss the proposal from Council that Council would operate Community Halls in future. It seems that many other groups are in the same position as Kariong. A submission was put to council on behalf of those groups, and that scenario is still not resolved. So it could be that other decisions about the Community Halls may be made in the forthcoming weeks.

It may take a while to convey principles for effective Community - Council interaction to all new Councilors (including the Mayor). Check the Facebook page for updates and an updated report will be provided in the next edition of the 'Connection' out in March.

Kariong crime stats for November and December 2017 not yet available. Find them in the next 'Connection'.

**The next meeting is scheduled 7.00pm to 8.30pm
Wednesday 14 February 2018,
in the Arts Barn building, just behind the Hall.**

To assist us in getting a better outcome for the Hall join us that night to hear the latest updates.



Kariong United FC invites current and new players to register to play soccer with us in 2018. We have teams for boys and girls aged from Under 5 (born in 2013) to Over 45. Players of all skill levels and experience are welcome, and are encouraged to have a go.

Register NOW on line at www.myfootballclub.com.au and pay via credit card on line, or register and pay in person as follows:

2018 Registration Dates

Saturday 3 Feb, 11am-2pm - Rebel Sport, Riverside Park, West Gosford

Saturday 10 Feb, 11am-2pm - Rebel Sport, Riverside Park, West Gosford (receive 20% off Storewide at Rebel Sport West Gosford on these days)

2018 Registration Fees (includes referee fees and a pair of new club shorts)

Age/Team	Early Bird*	Normal
U5-U9	\$163.00	\$180.00
U10-U11	\$168.00	\$185.00
U12	\$173.00	\$190.00
U13-U14	\$205.00	\$225.00
U15-U16	\$210.00	\$230.00
U17-U18	\$220.00	\$240.00
F/T Student	\$301.00	\$330.00
All Age/O35	\$337.00	\$370.00
Women Div1	\$382.00	\$415.00
Men Div 1	\$397.00	\$430.00

***Early Bird Registration - PAY IN FULL by Friday 16 Feb, 2018 to receive a 10% discount off the Normal fee.**

Families with 3 or more players will also receive a 5% discount off their registration costs*.

Players registering for the first time will receive a free pair of Club socks. First time players will need to provide proof of age.

* all discounts exclude referee fees and merchandise

Active Kids Rebate

From 31 January 2018, the NSW Government will provide \$100 for parents/guardians/carers to contribute to the cost of their children's participation in sport and active recreation. As a result of this our junior registrations will not open until 1 February 2018.

To apply for your \$100 voucher and for further information about the program, visit www.sport.nsw.gov.au/activekids

For further information visit: facebook.com/KariongUnitedFC | www.kariongunitied.com.au



Do you know someone who is affected by problem gambling?

People who gamble heavily are often stigmatised and feel great shame so unfortunately they don't seek help until they reach a crisis.

Typically, people who gamble to problematic levels feel incredibly guilty because of the debts they have accumulated, because of the lies they told to partners, friends and family and because they keep going back to gamble. And they worse they feel about themselves the more they will gamble.

Harm can be far-reaching, causing significant damage to individuals, families and communities. Some of the effects of problem gambling include financial loss or bankruptcy, relationship breakdowns, or health problems such as depression, anxiety, ulcers, high blood pressure, or even suicidal thoughts.

If you think someone may be struggling with gambling, either directly or as the result of their relationship with a problem gambler, take them aside for a cuppa and let them know that help is available

If you are experiencing gambling problems please contact PM Counselling West Gosford on 0408 679 351 or check us

Thank you

Kariong Neighbourhood Centre
would like to thank:

- **Lucy Wicks**, for funding improvements on our playground area through the Stronger Communities Grant.
- **WISEBERRY Real Estate** for sponsoring our Women's Social & Support Group
- **Premier's Office** for funding the making of a DVD on Building Resilience in children through the Premier's Fund For Social Cohesion
- **Ray Williams MP** for funding for our new Care 4 Kids program through the Multicultural NSW Program 1-5 year olds.



As we start each new school year, there is a sense of excitement about how each student will grow their knowledge as the year progresses. I feel privileged to go on this journey with our citizens of the future and look forward to sharing, both our school's stories and education news/research in general, with the community throughout the year. This year we have students travelling to Japan in April, the Snow in August and Year 10 to Queensland to celebrate the conclusion of their junior schooling. This complements a wide range of other co-curricula opportunities and participation in many different sporting events. I have always been a firm believer of the philosophy of the benefits of students engaging with many different and diverse activities, rather than specialising too young, as it is the different perspectives and mindsets that you can then call upon to truly bring something creative and successful to any endeavour. The careers of the future are seeking such unconstrained thinkers and we design our curriculum to develop this potential.

As your child has moved to a higher grade, you may be thinking of the routines that need to be established to assist learning. I would suggest that "being organised" is an important skill to consider. Having a diary and using it daily, recording homework, putting in reminders for that homework prior to its due date, knowing the lessons being taught the next day and then packing for those class requirements the night before are all simple tips that will make a difference in your child's capacity to maximise their learning. "Being organised" is telling the brain to get ready for learning and helps make it a habit of mind.

Please don't hesitate to contact the school if you have any questions/suggestions/ideas about your child's learning.

Anne Vine
Principal Kariong Mountains High School

The No Interest Loan Scheme (NILS)
provides interest free loans for individuals or families on low income. It's a community-based program that enables people to access fair, safe and equitable credit for the purchase of goods and services.



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

Phone: 1800 509 994 for your nearest NILS provider if you are living outside the local Gosford area

Kariong Eco Garden Incorporated
 2 Dandaloo Street, Kariong NSW 2250
 (next to Tennis court 2 – which is OPEN!)
 Phone: 0429 431 889
 Email: kariongecogarden@gmail.com
 Website: www.kariongecogarden.org.au



Our **KEG office hours** are:
 Monday & Friday 10.00am to 12noon.
 Our office is upstairs in the Arts Barn building.
 Drop in and become a member or renew your membership
 (\$5 per year).

Volunteers in garden every Monday and Friday 10am – 12.00noon. Planting, watering, weeding & having cuppas!

Open Garden every Second Sunday of the month
 Visitors and volunteers welcome, 10am – 12noon.
 Sunday 11/2/18 – Introduction to Eco Garden talk

Bush Kids Kindy 2018 - nature play for 2 - 5year olds
 Four Fridays in February 9.30am – 11.00am, \$10 per week
 To Book – see link on our Facebook page.

Bushcare - 4th Sunday each month, 9.30am – 11.30am. Find us in the bush in Oakes Street. New volunteers always welcome. No experience needed.

Boomerang Bags - stay tuned for monthly working bees and sew-ins at the local shops. Don't forget to BYO Bag when shopping in Kariong .

4 Seasons Nature Night
Saturday 17/2/18 6.00-9.00pm

*Jake Cassar will share a bush tucker talk and music.
 Bring your walking shoes for a short twilight bushwalk.
 Peter Street will unveil our new 'Who Lives Here?' sign.
 Pedal Powered films 8.00 - 9.00pm – enter yours by 10/2/18. See our Kariong Eco Garden Facebook page for details.*

Thanks to Greater Sydney Local Land Services for their Community Landcare Grant to help with this event.

What would you like to see happening at the Eco Garden?
 Phone or email to share your ideas. KEG is run by a volunteer management committee.

We are registered with Centrelink as an approved Volunteer Work provider and are a registered Charity.

All welcome.

The XChange
 Seventh-day Adventist Church



Hello friends and neighbours.

Welcome to a new year. We are planning a lot of wonderful programs and activities for 2018 and we would love for you to be a part of it.

We meet at the Kariong Primary School Hall. Entrance via Truscott Avenue Saturday mornings.

We will be kicking off this year with our birthday bash on February 3rd from 4 pm to 6 pm. There will be a jumping castle, games, a cake decorating contest, ice cream, cotton candy and a yummy BBQ. There is no cost to you. We would love to see you there. **WE ARE TURNING 11 YEARS OLD.** So of course, there will be cake.

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Free morning tea provided. Starts back on February 10th.

Barney's House – Experience church in a simple, uncomplicated, informal way. Saturdays 11:30am - 12:30pm. Stay for a yummy lunch from 12:30 - 1:30pm. Starts back on February 10th.

March 15th we will have our first community morning tea. It will be held at the Davidson's. We look forward to meeting some new faces this year.

Contact Lesley for further information.

Ring Lesley on 4340 2872 Email: kariongxchange@me.com

"I LOVE KARIONG" STICKERS !!!

Be loud and proud of your community

AVAILABLE NOW

at the Centre reception only for \$5 each.



For your car, your bedroom, your fridge,
 your school folders.

Size: W27.9cm x H7cm



..WHAT'S ON ...AT KARIONG LIBRARY?

The Kariong Library is open 9.30am to 5.00pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30pm (closed for half an hour at 12 noon.)

Telephone: 4325 8155.

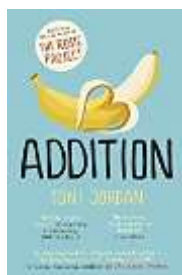
Welcome to the library in 2018. Wishing everyone a wonderful year of good health and much happiness and of course great reading too.

Storytime resumes on Tuesday, 6th February at 10.30 am. The purpose of Storytime is to encourage a love of reading. This great program hopes to foster development of new skills and is for children 3 - 5 years, their parents, grandparents and caregivers.

Kariong Library keeps up with advances in technology and offers a huge range of eBooks, newspapers, magazines and movies – all for free through the online portals - Axis 360 and Overdrive. For more information on using these wonderful resources, please phone the library for assistance on 4325 8155 or check out

www.gosford.nsw.gov.au/libraries/elibrary

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided.



Our books up for discussion on Friday, 23rd February include the debut novel by Toni Jordan called *Addition*. This is a funny, lovable novel about obsessive compulsive disorder and the unpredictability of romance.

Agincourt by Bernard Cornwell is an historical novel relating the events leading to the famous Battle of Agincourt, through its protagonist Nicholas Hook.

Pick up one of these books from Kariong library and come along to our book club meeting – you would be most welcome.



Standpipe



G'Day everyone.

I'm back for a whole new year with news from Kariong Rural Fire Brigade. I sincerely hope you all had a great Christmas & New Year and are ready for the year ahead.

First & foremost on my mind right now is road safety. Unless you've been out of the country this past few months, NSW road statistics are horrendous which has the Police dismayed, frustrated not to mention annoyed. They've all but begged the motoring public to take care, be aware, don't drive drunk, don't drive drugged, don't use your mobile whilst driving and drive to the conditions. Sadly, there were quite a few who didn't heed the message and payed the ultimate price. Folks, I say this without reservation that it is all up to the driver when behind the wheel. I spent about four years speaking at local Traffic Offenders program nights and the statistics are mind boggling. For example, the program lasted eight weeks and at the start of each program, without fail, there were between 35 and 40 participants and the offenses were all the same every time. Speeding, DUI even 'loss of traction' Doing burn-outs in other words. Just about each participant explained themselves by saying...." I thought I'd be right" Obviously they weren't. Unfortunately, these days with everyone "time poor", drivers are in the "here & now" and anything in between doesn't exist and in between the "here" and "now" are where the problems start. I've observed inattentive & sloppy drivers with only one intention on their mind and that is to get from point A to point B in the shortest possible time and not considering anything or anyone else on the road. They are out there trust me. From a firefighter's perspective the all too often occurrence of "MVA Persons Trapped" coming across the radio is a gut-tightening experience let me tell you because you know it may not end well. So please, in this case don't just do it for your poor humble firefighter but for everyone who uses the road, drive safely, drive to the conditions and drive to survive.

Operationally speaking, the brigade has had an average Christmas and New Year period as far a fire activity is concerned with a few warm days here and there but thankfully no major incidents.

OK folks, that's it for now. Remember, drive to the conditions and be Firewise. Till next time.



**NOW
HIRING**

Supported employees get to work at Fairhaven!

Fairhaven is the largest provider of supported employment on the NSW Central Coast. When you work with Fairhaven you'll learn new skills, receive workplace training, enjoy variety and best of all – be part of a great team!

Our two social enterprises, Pacific CoPack and RE-CReATE provide meaningful employment and real life work experience opportunities for over 130 people who live with disability.

If you are looking for supported employment, contact us to arrange a site tour of our Tuggerah or Point Clare facility.

Call Lynne or
Julie on 4349 5500

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Have you discovered Vintage Fair? Browse the op shop, antiques, second hand book store, used furniture shed, RE-CReATE upcycled wares plus custom made timber furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.

Volunteer! Seeking people from all walks of life to help in retail, sorting room, office or maintenance team.

Donate! Drop off your good quality gently used items.

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SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.
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**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 10am - 12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.



www.kariongnetballclub.com

Play NETBALL in 2018 with Kariong Netball Club

Kariong Netball club is seeking expressions of interest from players of all age groups, all levels of talent and even players who have never played before, to play in the 2018 Saturday Competition.

Ages start from 6 year olds to seniors. Meet new friends and enjoy being part of a team.

If you are interested in playing - Email Sandra, Club Secretary: secretary@kariongnetballclub.com your name, age and previous playing history or simply if you would like any further information. Tell your friends, spread the word.

Kariong Netball Club Open Day is on **Saturday 3rd Feb 2018** at Kariong Public School Hall from 10am – 12noon. Come along and meet the Executive Team, try on and order uniforms, register and pay fees.



Online Registrations
open on 1st Jan 2018,
but please contact us
now to express your
interest

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

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••• **W**e refer potential volunteers to organisations and provide ongoing support to volunteers and community involving organisations on the Central Coast.

••• **J**oin one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 712

email recruit@volcc.org.au or visit

www.volunteeringcentralcoast.org.au



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 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.

**We have been rated as EXCEEDING
the National Quality Standards.**

Our current daily fees are \$25 for 4-5 year olds and
\$32 for 3 year olds.

Fee relief is available for ATSI families and families
with a Low Income Health Care Card.

*Parklands Community Preschool - a great choice for you and
your child prior to starting school.*

Building 34 Mt Penang Parklands, Kariong

Ph. 43401342 Email: parklandspreschool@bigpond.com

LITTLE LIBRARY



Have you seen our 'little library' box at the front of the parking area at the Centre.

This is your own community library to enjoy and share at any time.

SUPPORT

Central Coast Community**Handy Contacts**

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast Disability Network 4349 3700
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * 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

Call into the Centre for your copy of the full brochure

AL-ANON

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

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

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



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

Calls to this number from mobiles are free.

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 Society
good works

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



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	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

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At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability. Unfortunately, due to lack of tutors, it appears that we are not going to be able to continue to offer this service in the new year.

In order to continue these services, we need your help.

We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

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



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING — OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

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Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details

KARIONG NOW HAS A LOCAL TRAVEL AGENT



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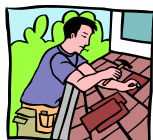
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Our newsletter

- is delivered to over 2500 local community members and local businesses,
- is emailed in full colour to over 600 more within and outside the community.

For more information on our very reasonable rates



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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

Women's Social & Support Group

A Fun, Caring and Friendly Program for Women.
Guest speakers, develop friendships, embrace and connect with your creativity through the arts.
\$10 per head. Morning tea provided. Free Childcare, must register if required.
9.30am to 11.30am on Mondays (**during school term**) at Kariong Neighbourhood Centre.

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.
9.30am—11.30am **During School Term**.
\$10 per child per session. Bookings essential
Ring 4340 1724 or email admin@knc.net.au to book
Call into the Centre for an information / registration pack.

Care 4 Kids 1-5 year olds

Let us care 4 the kids while you meet others and have fun in the Women's Social and Support Group.
9.30am to 11.30am on Mondays (**during school term**) at Kariong Neighbourhood Centre.
\$10 per child or one child free for all mums/carers attending the Women's Social & Support Group at the same time.

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **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.
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.

Yoga with Corina—7.00pm-8.00pm

Cost: \$15 if paid in advance, \$17 for casuals
For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am —10:00am during school term, \$12 per lesson
For information 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: \$5 per child plus \$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

Friendship & Music Group

Meet new friends who love music in a relaxed & friendly space.
Discover your Rhythm, Connect and have fun.
Wednesdays from 1:00pm to 2:30pm (**during school term**)
Cost: \$10 per session (NDIS participants welcome).
RSVP by email: admin@knc.net.au, phone: 0243401724

THURSDAYS

Kariong Crafts & Chat 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**

EV Church

Thursdays, 9.15am to 11.45am. **During school term**.

FRIDAYS

Australian Breastfeeding Association Meeting During school term

All welcome! Fortnightly 10.00am to 12.00pm
Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS—Available for PARTY hire!

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates
9.15am - 10.15am Boxing.

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am —11.00am
Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724.

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 21st February 2018

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.

COMING TO KARIONG

Discover HOPE

FINDING PEACE IN
UNCERTAIN TIMES

You're invited to a series of talks that will help you look to the future with hope! Topics include:

Discover the news

Political tension is building. Great uncertainty abounds. As we put the pieces of the puzzle together, you will be amazed to learn how you can find peace in these uncertain times.

Discover the future

How will this world end? What does the future hold? You will discover hope, meaning and purpose in the pages of one of the most incredible prophecies recorded in the Bible. Understand the fascinating way that God predicted the rise and fall of nations with total accuracy from 2,500 years ago to our very day.

Discover the rescue plan

In October 2010, the world erupted in celebration as 33 trapped Chilean miners were rescued after spending 69 days trapped hundreds of meters below the earth's surface. Discover how the Bible describes God's ultimate rescue effort. In the second presentation, we will answer the most asked question of all time – why is there so much pain and suffering in the world?

Discover true peace

We live in a world of crumbling foundations. Morals and values that have been the bedrock of society for thousands of years are being challenged and dismantled at an alarming rate. Stress and anxiety are rampant. Is there any hope? In these two presentations you will discover how you can have peace, meaning, purpose and direction in these turbulent times.

Go to DISCOVERHOPESERIES.COM for more topics and information!

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BEGINS 17 FEB, 3PM

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