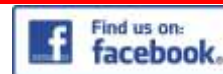


THE KARIONG & Beyond CONNECTION

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 2 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



March 2018

Women's Social & Support Group

FUN, CARING, FRIENDLY

- *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*



ALL WELCOME

Why stay at home when you can meet others & make great new friendships

\$10 per head *Childcare is free - for 1 - 5 year olds*

Mondays (during school term)

9.30am - 11.30am at Kariong Neighbourhood Centre 10 Langford Drive Kariong

Phone: 4340 1724 Or email admin@knc.net.au to register

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

Care 4 Kids 1 - 5 year olds

Let us care 4 the kids while you have a break or join our Women's Social & Support Group

**The kids will have heaps of fun including
creative time, story time, music and singing, activities & games.**

Just turn up

Facilitated by two trained child Educators

When: Mondays (During School Term)

Time: 9.30am - 11.30am

Where: Kariong Neighbourhood Centre - 10 Langford Drive, Kariong

Cost: FREE for Group Participants/Carers or \$10 per child or
\$15 per family for Non-Participants/Carers.

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

Contact 4340 1724 or email admin@knc.net.au for more information





OOSH UPDATE

Only 5 minutes off the M1

Term 1 has been a very busy time with our new children settling into our before and after school routines.

Our senior children have been very active with mentoring and assisting the Kindy children and helping them develop their sense of belonging in our centre.

Our Monday afternoon workshops are progressing well with the focus on teaching drama and film-making skills to the children. The workshops are a lead up to a weekend of filming to create a DVD that explores building resilience and assertiveness for children in a variety of challenging social settings.

We are very sad to farewell our coordinator, Brandi and wish her the very best of success in her future endeavors. We would like our families to share their best and favourite ideas for our menu – dishes we can prepare for afternoon tea for all our hungry children!! We also welcome ideas for our Vacation Care program – please feel free to let us know what activities and excursions your children will enjoy the most.

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

**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



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

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 turn-taking 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 school readiness along with 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

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



little big
3 to 5 year olds

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



BROADBAND FOR SENIORS

Why not join one of our FREE Broadband for Seniors Courses?
Our courses are wide ranging and easy to attend. Every Tuesday
between 9:30 - 2:00pm. Please ring our friendly staff to book a time.

• 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. Shopping and banking plus safety in the cyber world.

There are so many different ways to discover how technology can be very rewarding and improve our lives.



• Social Media

You know the names, now learn how to use them
Twitter, Youtube, Facebook, Instagram and Skype



**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**



Partners in Depression Program - 2018

Partners in Depression (PID) is a group education program that provides information and support for carers and family of people with depression. It provides people with the information and tools to better support the person in their life with depression, and themselves. The program is **FREE** and runs for six sessions over six weeks.

When	Time	Venue
Thursdays	6.00pm - 8.30pm	The Erina Centre, Erina Fair Shopping Centre
Wednesdays	10.00am - 3.30am	Lake Haven Community Health Centre, 3 Stratford Street,

Please note: These PID Programs are available to people who live or work on the Central Coast. For details about other PID Programs offered around Australia, visit www.partnersindepression.com.au

For more information or to register your interest contact:

Patrick: phone 4320 2952 or email
Patrick.Livermore@health.nsw.gov.au



Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 9th March, 2018 at 7.00pm for a 7.30pm start.**

There is a \$2 admission charge at the door which includes a Lucky Door ticket. Visitors are always welcome to attend our meetings. On Sunday morning 11th March members will be doing a bushwalk looking at and identifying plants. Our speaker for March is Pam O'Sullivan. Pam will give a presentation on '100 Things You Should Know about Fungi' – An overview on what fungi and their ecological roles.

There is 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 an account of our meeting and activities held during the month and future activities is distributed to members by email or post if necessary.

Inquiries contact Elsie at damael@hotmail.com.au or 43655 049 telephone

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

Beginner Guitar Lessons 3.30pm – 6pm

Learn to play guitar Ages 10 to 17 Cost: Free

Bookings required

Phone: 0408 353 891

Wednesday

Alive Dance Academy - 3.30pm to 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

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

9th and 23rd March

Phone: 0427 929 574

Saturday

Amy Cash Fitness 8am

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

Kariong Community Baptist Youth Group

10th March - 7pm

Central Coast Series – Skate Scooter and BMX

3rd March – Wadalba, 10th March - Umina

14th April – Bato Yard

Youth workers are available for referral and support, by appointment. The hall is also available for hire.

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.

March 2018 groups

Triple P 2-8 years Seminar Series

FREE Triple P Seminar for parents with children 2 - 8 years.

Come along and learn from the program and each other.

Venue: Woy Woy Goodstart Early Learning Centre

51 Trafalgar Ave, Woy Woy (next to Umina Fire Station)

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

Time: 6.00pm to 8.00pm

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, March 9 & April 13**

Time: 9:30am – 11:30am

No need to book, just turn up!

Stand Together, Term 2 2018

We are currently taking expressions of interest for our Domestic Violence group, *Stand Together*, for term 2 2018.

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



Despite its relatively small population, Australia accounts for a staggering 5% of the global online gambling market.

Online gambling is growing at 15% per annum, with over \$1.4 billion gambled online each year. The rate of problem gambling for online gamblers is huge at 2.7% with 41% of online gamblers considered to be at-risk. The risk factors of gambling online include:

- The ability to gamble online, anywhere via mobile devices;
- The ability for gambling operators to target individual gamblers with offers and encouragements to bet;
- The ability to transfer large amounts electronically into online betting accounts; and
- The ability for gambling operators to offer lines of credit to gamblers.

You can sit in your lounge room and lose your house in a weekend. In response to growing concerns about online gambling the government is introducing measures under a National Consumer Protection Framework to provide Australians with stronger safeguards when they gamble online. The measures include:

- A national self-exclusion register for online wagering which would allow a person to exclude from all gambling sites or apps in one step;
- A prohibition of lines of credit being offered by wagering providers; and
- A voluntary, opt-out pre-commitment scheme for online wagering with binding limits.

If you are experiencing gambling problems please contact PM Counselling West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html.

KARIONG MEDICAL CENTRE

"Caring for Kariong"



Kariong Medical Centre Welcomes Dr David Puglisi! Dr Puglisi will be with us four days a week and will be bulk billing, he has replaced Dr Sarah Gunn who is now practicing at Mariners Medical in Tuggerah.



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.com

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.com

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 8, 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.

Thrive Kids – Wednesdays, fortnightly @ 4.30pm – 6pm

Games, craft and activities for children in K – 6.

Youth Group – Saturday evenings, fortnightly

Fun activities – Grades 7 - 12.

Friends Group

All ages - Meets regularly for interesting and fun outings.

Other

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

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. Call 4350 5538 or communitybookings@centralcoast.nsw.gov.au

The Progress Association met on 14 February for an information session regarding the Community Hall.

In mid-December the Executive of the Association had a meeting with the Mayor, and a senior Council Director in which she reaffirmed the Community Halls would be run by Council, and not community groups themselves. As well the Executive members requested that the Council allocate 20 hours free time in the Hall, on the basis of a Community group, and the fact that the Association had looked after the Hall and the Tennis Courts for the past 40 years on a voluntary basis.

Advised that they would hear prior to Christmas. No advise was received, and further contact made to be told that the decision would be provided by the end of that week. This did not happen, so we are no wiser, but we will continue to agitate for an answer. Given the poor quality contact with this Council we cannot be hopeful of a positive outcome.

Tennis Courts

The tennis courts are unlocked at present, and for the foreseeable future. Anyone can use them free of charge, as long as they take a broom to sweep them first. We cannot guarantee that Council will not suddenly, without notice, lock them again. The Council has indicated that they intend to put the courts out to tender, but when that will be is not known.

Up to date Kariong crime stats will appear in next 'Connection'

**The next meeting is scheduled 7.00pm to 8.30pm
Wednesday 14 March 2018,
in the Community Hall (if we get a satisfactory outcome)
or in the Arts Barn building, just behind the Hall.**



Registration for the 2018 Soccer season is still open! We are looking to get all team nominations into Central Coast Football by the end of the month, so we need to know numbers soon. If you are planning on joining us in 2018, you can register online at www.playfootball.com.au

You can choose to pay online, but if you are still getting your fees together and can't pay now - that's ok! Register online, choose to 'Pay at the Club Later' and organise payment directly with the cub by emailing treasurer@kariongunited.com.au

Please note that by selecting the pay later option, your



registration fees must be paid in full before the season begins on Saturday 7 April.

Our grading for Junior Players will begin in the next week so keep an eye on the website and Facebook for dates, location and times. You must be registered to take part in the grading days.

If you have any issues with registering online, please contact us registrar@kariongunited.com.au

We look forward to seeing you on the pitch in Kariong colours this season!

Room and Equipment Hire At Kariong Neighbourhood Centre

Cost from \$10 to \$35 per hour

A perfect venue for your event

We have fantastic facilities including fully equipped kitchen, outdoor playground and



undercover area for wet weather option for parties.

Equipment hire is available at the centre such as chairs, tables, projector etc.

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

Mingara Orchid Society



The 15th annual Mingara Orchid Club Fair & Show held over the weekend June 24 and 25 was another outstanding success.

Our 2017 F & S included over 20 vendors, local, state, interstate and overseas. Eight Orchid Clubs including small groups provided plants to create a colourful mix of floor and table top displays, with the overall winning display going to Mingara OC. The (perpetual) Gold Plate Maree Smith trophy for Grand Champion was awarded to Bruce Wood from Central Coast & Lakes Society for his plant Rlc Lakehaven Pearl 'Colleen' AM/AOS-OSNSW.

The 2018 Mingara Fair & Show will see the introduction of a Speakers program over the weekend, mark this date **June 23 and 24** at Mingara Recreation Club, Tumby Umbi, just 1.5 hours from Sydney, and 10 minutes off the M1 Freeway. Take a break and also enjoy the NSW Central Coast. There is so much to see and do.

The MOC is very fortunate to have the Mingara Recreation Club support us in providing an outstanding venue with two large areas. One for Vendors and another for the spectacular Orchid Clubs displays. It is air conditioned with lots of seating and a large variety of food and refreshments options available. There is plenty of car and bus parking.

Vouchers to the value of \$50 and \$25 are offered to societies which bring a bus load of OS members to Mingara Fair and Show.

For enquiries email mingaraorchidclub@gmail.com or contact Marie 0404041803

Marie Bartlett
Mingara Orchid Club



Winning Display by Mingara OC



Winning Display by Mingara OC



A term you will hear quite often in education articles is “future-focused learning”. It is a term being used to represent the type of learning required by students to prepare them for the type of competencies that they will need to be successful in our increasingly complex society.

We can no longer make exact casual links to specific skills and future careers, as careers are changing, so we must ensure that students are exposed to a range of competencies. Of course, this includes literacy and numeracy, but also critical thinking, communication, technology, creativity, for example.

Our school is currently finalising its next three year school plan and this future focus is at the forefront of many of our goals, with respect to further building the capacity of our staff, having the resources to effectively engage with this learning and developing teaching programs that immerse students in future focused learning practice. We’ve even found a way to use “Minecraft” for HSIE! Of course, technology is a key factor in this thinking and students need to be adept and responsible in its usage. We have been at the forefront of embedding effective use of technology into the curriculum since we opened. It is important to remember that simply having a device, or being given an Ipad for learning, means nothing without the learning that goes behind its use.

All our youth will have a “smart device” as a part of their future lives, but the future focused learners will know how to use these devices to lead learning, thinking and creativity. That is what our planning is about and what our teachers put into their lesson design. That is why this is a great school.

Exciting times are ahead and I hope that when we have open days on the calendar that our community can come and see this future focus in action.

Anne Vine
Principal Kariong Mountains High School

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 10am to 12noon.

Our office is upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year).

Please note **NEW temporary Eco Garden access**, due to roadwork, is via driveway next to tennis courts.

Volunteers in garden every Monday & Friday 10am – 12 noon. Planting, watering, weeding & having cuppas!

Open Garden & Boomerang

Bags – 2nd Sunday every month, 10am – 12noon. Visitors and volunteers welcome.

Sunday 11/3/18 – Introduction to Eco Garden talk & Boomerang Bags working bee.

Don't forget to BYO Bag when popping into Kariong Foodworks or the Bakery



Bushcare – 4th Sunday each month, 9.30am – 11.30am.

Find us in the bush in Oakes Street. New volunteers always welcome. No experience needed.

Clean Up Australia Day – Sunday 4th March, 9:30 – 11:30am. Register at KEG. Remember to BYO hat, gloves and water to drink!

Girrakool Blues Festival KEG Fundraiser – volunteers needed! 2nd to 4th March, collecting bottles & cans to raise funds for KEG & reduce waste. To help contact us via Facebook or phone 0429 431 889.

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.

2018 has started off with a great Carnival day. We at the Xchange had a wonderful time with the children, parents, and aunts, uncles and grandparents. Lots of fun games, jumping castle, fairy floss, popcorn, and yummy dinner. I am sure the children had a fantastic time too.

We meet at the Kariong Primary School Hall.

Entrance via Truscott Avenue Saturday mornings.

We had our first KidzXChange on the 10th of February with games, craft, movie clips and a great story.

We have started learning about Acts of the Apostles.

KidzXChange – Saturday mornings during the school term.

9:45am – 11:15am for kids aged 4-13. Free morning tea provided. We would love to see you there.

Come and join in the fun.

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.

Small Group will be starting back up Mid March. Please contact Lesley or the email address below for actual date, time and place.

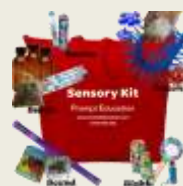
March 15th we will have our first community morning tea. It will be held at the Davidson's. We look forward to meeting some new faces this year.

For further information, ring Lesley on 4340 2872

Or Email: kariongxchange@me.com

Sensory Kidzspace

Our portable "Sensory Kidzspace" Kits are available to any community organisations or agencies working on the Central Coast to use at their next indoor or Outdoor event!



Help to create an inclusive and comfortable space for children who may be experiencing sensory needs. The kit includes a pop up tent, soft blankets, ear defenders, toys, books and more!

For more information on how to book the "Sensory Kidzspace" kit please phone Bronwyn, at Toukley Neighbourhood Centre on 4396 1555 or Fiona at Kariong Neighbourhood Centre on 43401724.





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

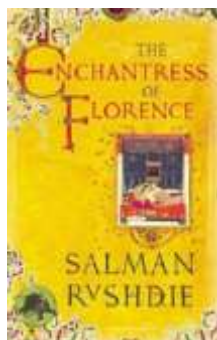
*The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30pm (closed for half an hour at 12 noon.)
Telephone: 4325 8155.*

New Books - Call into the Kariong Library and check out the wonderful new books on offer and proudly on display. New titles including: Force of Nature, the second book by best-selling Australian author Jane Harper: The Body on the Doorstep, an historical mystery by A J MacKenzie set in 1796, and Roomies, a quirky love story by Christina Lauren, are among those awaiting you. New titles are constantly being added to the collection so please come and browse for yourselves.



Storytime is held every Tuesday morning at 10.30am. Spend a fun, creative morning with your pre-school aged children. All welcome.

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.



Books up for discussion in March are The Enchantress of Florence by Salman Rushdie which tells the tale of a mysterious woman, a great beauty believed to possess the powers of enchantment and sorcery, attempting to command her own destiny in a man's world.

The second book is The Reader on the 6.27 by Jean-Paul Didierlaurent and is a delightful tale about the kinship of reading – perfect perhaps for a book club read.

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



Standpipe



G'Day folks.

I'm back with more items of interest from the fire shed at Kariong Rural Fire Brigade.

For anyone who reads this column, in my last piece I said that the brigade had an average month as far as operational matters went during January & February. Well, didn't things change! Firstly, there was a double tanker crash involving one vehicle carrying ethanol on the northern end of the Coast on the M1 and the Masonite Road fire at Heatherbrae just north of Newcastle. Both events took quite a bit of work to resolve with crews from the local area attending.

Now that we're into March which is traditionally the end of what is known as Fire Season or Bushfire Danger Period which by the way will finish up on March 31. And just because we're at the end of the season it doesn't mean you let your guard down. This still means that if we don't get significant amounts of rain, fires can still happen and during February saw major fires out west around Orange and north-west in the Glen Innes district. Thankfully, nothing serious around these parts and we'd like to keep it that way.

I'd like to devote this part of the column to a member of the brigade who sadly is leaving us for greener pastures. Unfortunately, two hundred words wouldn't do justice to him because he's been a corner-stone of Kariong Rural Fire Brigade. I'm talking about Barry Myers. Barry has been with the service and the brigade for about twenty-five years. Barry held many positions within the brigade, but I think one of the highlights was as Captain overseeing the transition from our old wooden fire shed to a modern & well-equipped fire station. Along with his wife Lorrain who was for a long time the treasurer for Kariong ensured that the brigade was in a strong position both operationally and financially. Barry fought many a fire and spent long hours on the fire line all over the state wherever he was needed. One humorous anecdote with "Bazza" was when we were sent to Jindabyne around 2002 to help fight a major bushfire down there. He and another brigade stalwart Don Simpson, were instrumental in relocating yours truly to a more secluded part of our billet because yours truly snored much too loudly. I'd like to finish this by saying that, Barry and your dear wife Lorrain have been pillars of the brigade, true and trusted friends and we sincerely wish you a bright & happy future where ever you go.

Well folks, that it for now. Remember, stay safe and be Firewise.



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

FAIRHAVEN SERVICES
discover | belong | celebrate

209 Brisbane Water Drive, Point Clare
OFFICE HOURS: Mon-Fri 8am-4pm TEL (02) 4349 5500
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



ABILITY LINKS NEW SOUTH WALES



Linkers
can assist
you to

Look at ways
you can
participate in
and be part
of your
community

Develop
your existing
support
networks and
create new
networks

Build your
confidence
to achieve
your goals

Set goals
and plan
your
future

ABILITY LINKS
is a FREE
state funded
service linking
people with
disability aged
0-64 to their local
communities

Gosford **Wyang**
4905-0749 **4905-0750**

www.abilitylinksNSW.org.au



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, be inspired.

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

WHAT'S ON:

Point Clare Car Boot Market
9am-2pm. 10 March, 14 April
Second Saturday of the month.



209 Brisbane Water Drive, Point Clare. TEL (02) 4349 5500
SHOP HOURS: Mon-Fri 9am-4pm, Sat 9am-2pm.
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



**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)

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 • Wills & Probate

Please note Advice on mortgages, guarantees, bank loans, commercial leases,
personal injury or workers compensation is **NOT** able to be given.

Website: <http://www.katiesmithsolicitor.com.au/>



... **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



1st KARIONG SCOUT GROUP

Cub New Cubs has kicked off the year with a complete compliment of Leaders and a programme planned with many exciting things throughout the entire year.

Cubs is for 7.5 to 10 year old's. We meet on Tuesday's 6.30-8.00pm, during School Term at Kariong Scout Hall.

If you have a child who enjoys the great outdoors, exploring our universe, celebrating our world and being active, then Cubs is perfect for them. This year our theme is 'Celebrations.' We kicked off with pancakes for Pancake Tuesday. Later in the term we are heading to the Marine Sanctuary. In terms 2 & 3 we will be getting creative, camping and having campfires. Term 4 we are planning abseiling and high ropes

Scouting is fun for all ages, come and join us.

'Coco' - Cub Scout Leader Teresa Read - 0408606154

Scouting NSW is an Active Kids Rebate Provider

ADVERTISE WITH US

YOU WON'T FIND CHEAPER ADVERTISING ANYWHERE

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

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



Australian Red Cross
THE POWER OF HUMANITY



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

Alison Downey

B.app.sc MSPA CPSP

Speech Pathologist



Speech Therapy for Children

Do you have a concern about your child's talking, listening, comprehension, eating and drinking?

Phone: 0400 145835 **Email:**

adow8044@bigpond.net.au



open early 7 days

Quality Coffee * Gourmet Burgers & Wraps
Breakfast * Shakes * Smoothies

Shop 4, 10 Currunga Rd, Kariong NSW 2250 Tel: 4340 5427

By George
Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**



FREE TV RECEPTION TEST

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

Digital TV Antenna Services TV & Speaker Mounting

0419 409 180



Too busy to clean ?

Get back your weekends doing what you love

- Residential & Commercial Cleaning
- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

reception@fibern.com.au <https://www.fibern.com.au>

02 4340 0800 or 0405 189 042



Kariong Dog Grooming Salon. Located in the Kariong Shopping Centre, near The Times Café.

- Professional grooming
- Appointments or stay & play*
- Early & late Drops & Pickup*
- Pickup & delivery*
- Loyalty card program*
- Competitive prices
- Dog walking locally*
- Pet supplies, treats and oral care
- **Monday \$25 Doggy Wash Day incl. nails, no appointment needed 9-4pm**
- Tidy-ups and Hygiene Services from \$35
- Full Grooming Services from \$55

*Conditions apply

Fetch Grooming is an insured and certified family owned and run business with 18+ years' experience.

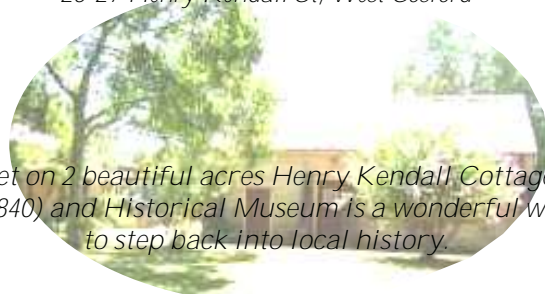
Caring for your fur babies is our priority.

8/10 Currunga Road, Kariong
Behind the Shell Service Station
fetchgrooming.com.au
shannon@fetchgrooming.com.au

0400 403 411

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



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

Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details

KARIONG NOW HAS A LOCAL TRAVEL AGENT



If you are looking for a personal travel manager and would like to discuss your next vacation please give me a call, my name is Danielle Stanton and I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thesmarttraveller.com.au

Website: www.thesmarttraveller.com.au



Registered Tax Agent

will visit you within Kariong for \$110

(Standard Individual Tax Return, includes GST)

Website: www.aplustax.com.au

E-mail: info@aplustax.com.au

Phone: **0413 034 649 (Shinji)**



Australian Academy of Tai Chi

- Stretching • Coordination • Balance • Strength
- Mindful Meditation • Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



CENTRAL COAST SELECT PROPERTIES

James says
"our buyer numbers are growing -
Bring me more stock



James Roberts
Sales Agent 0404 447 551
jroberts@ccselect.com.au
www.ccselect.com.au

RESIDENTIAL | LAND | ACREAGE



PROPERTY
MANAGEMENT

Call Gina
0424 663 977



- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

PH 4340 1643

3 Mitchell Drive, Kariong

www.kariongphysio.com.au



KARIONG
Physiotherapy
Centre

"I LOVE KARIONG" STICKERS !!!

Be loud and proud of your community

I ♥ Kariong

Sponsored by  Kariong Neighbourhood Centre Inc.

Available at the Centre reception only for \$5 each.
For your car, your bedroom, your fridge, your school folders.
Size: W27.9cm x H7cm

BOVIS ROOF REPAIRS

(Lic. No.10805)

*All Roof Leaks & Repairs

*Re-bed & Point-up Loose Ridge Capping in FlexiPoint

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

* All Types of metal roofing, flashing and guttering

* Work Guaranteed * Free Quotes

* Worked in Kariong 26 years

No Job Too Big or Small

Phone Grant on 0412437175




ABLEANT

Audio Visual Cabling & Antenna Installations

Digital TV Antennas TV Wall Mounting
Satellite TV Systems Surround Sound

0431 777 447
www.ableant.com.au



ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR
DOMESTIC/COMMERCIAL
ALL REPAIRS & SPECIAL EFFECTS
FREE QUOTATION
WORK GUARANTEED
Call 0408 917774 or 43400420
Lic. No. 129863C

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fix it"

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

Call Bernie 4340 0974 / 0410 434 845

-----fully insured-----

Affordable Local Counselling

- Anxiety, depression, relationships problems, or addictions?
- Perhaps another mental health or social issue?
- Professional and confidential.



Shauna Maloney Counselling Service Somersby
Phone: 0438 434 018

Email: Shauna.socialwork@gmail.com



VC DENTAL

Care For Life



Medicare Child Dental Benefits Schedule Bulk Billed

4340 2022

OPEN LATE NIGHT THURSDAYS

30 YEARS LOCAL

Dental Practice  **ACCREDITED**

www.vcdental.com.au
11 Mitchell Drive, Kariong 2250 | also at East Gosford

Emergency dental care
Preventative care
Teeth whitening
Cosmetic dentistry
Dental implants
Facial cosmetic injections
Sleep dentistry (IV sedation)
Oral surgery
Wisdom teeth removal
Orthodontics and Invisalign
3D CT scanning



Better Health Practices
Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
4340 5154
www.betterhealthpractices.com.au

Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

Health fund & Medicare accredited



out of time

LAWNS GARDENS LANDSCAPES

0429 729 417

FREE QUOTES
Kariong local, Fully insured
over 20 years experience

 www.facebook.com/ooservices

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.

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.

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.

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

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

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

Monday 19th March 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.