

THE KARIONG CONNECTION

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

Vol 24; No 2

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



March 2015



Kariong Disco-Ability the best EVER

All children aged between 9-15 (tweenies)
are invited to attend.

THE THEME is FLURO ... best dressed wins a prize!!

Only 75 tickets available.

You must register your child
and purchase tickets in advance!

@ 10 Langford Drive Kariong Phone 43401724

**Cost : \$8.00 per child - this includes a drink and a packet
of chips.**

**Or \$10.00 per child this includes all above
plus a sausage sandwich.**

There will be a D.J, Disco lights, Photo booth, Glow bar
with lots of FUN, Games and Prizes to be won!

5 qualified childcare workers on site.

All children must be signed in and out by an adult.

**A bus will be available for children
with disabilities & their carers**

**Parents and carers are welcome to stay.
(bookings essential)**



**Date : 27th March 2015
Time: 7.00pm till 9.00pm**



Be yourself. Be free! What better way for
your child to express themselves, than
through the joys of dance. It is our goal
to provide a welcoming environment
where every student, regardless of
ability or skill level, can learn, be
confident and above all, have fun,
while nurturing a love and respect for
the art of dance. We offer classes in all
dance techniques in our non-competitive
studio. We teach tiny tots to teens, with adult
classes for fitness and fun. Book your spot today.

where dreams come Alive

cro Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrical

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

**Need to Get Back on top
of your finances?**

ALL WELCOME!!

FREE

**Come along to our Financial
Information Day and learn how to
access the help you need to get
back on track in 2015**

Need some FREE financial advice?

Need to know where & how to access some
assistance or IMPROVE your knowledge
about financial services available to YOU?

We will have representatives from:

- **NILS** - No Interest Loans
- **St Vincent de Paul Society**
- Financial Literacy Counsellor
- **Legal Aid**
- Troubles paying your mortgage?
We can help!
- **Transport for NSW**
- Information on Gold Senior &
Pensioner Opal Cards

Where: Kariong Neighbourhood Centre
10 Langford Drive Kariong

When: 17 March 2015
10.00am to 2.00pm

For more information

or to book please call 4340 1724

Must RSVP by March 10th

Light refreshments will be served

*Childcare available \$10.00 per child
Bookings essential*



St Vincent de Paul Society
good works

Legal Aid
NEW SOUTH WALES



ACTIVE PLAYGROUP



So many new faces have been arriving to join in our Wednesday morning playgroup and it has been really wonderful to see the parents and children alike begin to strike up valuable new friendships. The children all love exploring our beautiful playground with its sandpit, flying fox and safe yet challenging climbing equipment. Our school readiness activities help to promote a lot of social confidence amongst the children, helping equip them with skills in entering and negotiating play situations as well as developing their group cooperative skills vital for successful transitioning to school. Our parents have struck up a great "Clothes and Toy Swap" system which has been popular and fun. Come along and join in our stimulating art/craft, free play and musical group times with your children. We are always happy to see new faces!

ALL WELCOME 0-6 YEARS
Wednesday during school term 10.30 - 12.30
at Kariong Neighbourhood Centre
10 Langford Drive, Kariong
Inquiries Phone Nerida on 4340 4561



OOSH UPDATE

Our local Kariong families will be pleased to hear that we are now offering a big variety of weekly extracurricular classes and activities at our safe, convenient and friendly centre! As well as parents needing care for children due to working requirements, there may be those who are wanting to offer their children extra learning opportunities (as well as benefitting from a little bit of parental "me-time"!!!!) and will be interested to hear that the following classes will be held on a weekly basis this term:

- * **Monday:** Scrapbooking Class and Physical Fitness Class
- * **Tuesday:** Tai Chi Class with our qualified instructor, Daniel
- * **Wednesday:** Intensive Mathematics Support Class
- * **Thursday:** Assertiveness Class
- * **Friday:** Multicultural Cooking Class

(Homework Support is offered to the children on a daily basis).

Feel free to pop in to our centre to have a look at what we can offer your children!!

Brandi and Nerida
10 Langford Drive Kariong Phone 4340 4561

Farewell Margaret

It is with great sadness that the staff of Kariong Neighbourhood Centre and the Kariong Out of School Hours Care share the news of the passing of our beloved friend, long time work colleague and much loved Kariong community member Margaret Hay.



Margaret passed away peacefully, in January, after a long and courageous battle with cancer, surrounded by her loving family.

Our thoughts are with Margaret's husband Lindsay, her children Naomi and Stuart, their partners and children and all of Margaret's family and friends.



NEW!! **Monday Playgroup** **Play and learn** **Parent and Child** **SUPPORT GROUP**



A new playgroup has started on Mondays as a result of numerous requests from local parents. It is in addition to our very popular Wednesday group.

Run by qualified staff, and includes:

- School readiness program
- Age appropriate games, craft, stories, music and play equipment
- Guest speakers
- Morning tea provided

Now you have two great opportunities each week to meet new families and form friendships whilst interacting with your children in a fun, safe and educational environment. Ages from newborn to 6 years are welcome.

Come along to Kariong Neighbourhood Centre

Mondays 10.30—12.30 during school term

Cost: \$4 members - \$4.50 non members

A GREAT START FOR 2015



Kariong Mountains High School has had a positive start to the 2015 school year with student numbers staying strong and Year 7 students settling in with a calm and confident beginning to their high school career.

Our Year 12 foundation students had a successful HSC with destination survey data showing most students having enrolled into the courses/careers of choice. Of course, congratulations, in particular to the maths students and their teachers on achieving 'First in the State' on the Mathematics Merit Roll. A fabulous achievement for our first HSC and testimony to the professionalism and passion of our teachers. Students and parents have let us know that it was the extra mile and individual attention that students achieved which helped them to achieve so highly. Congratulations to our Dux, Erik Tults, who achieved an ATAR of 94.1.

Several new subjects are on offer this year. We have added Engineering Studies and Modern History to our already broad selection. In Stage 5, Elective Dance and Elective Rugby are now on offer - continuing our tradition of being responsive to student voice. Talented students in Year 8 will have the opportunity to join the elective dance group and hence enrich their experience in this area.

Applications will soon open for the 2016 Year 7 Selective Class. Please contact the school on 43400246 with any enquiries. More details about this in the next edition.

Kariong Community Forum, Anzac Special "The Unknown Soldier"

Date: Wednesday 22nd April,
7.00pm – 8.00pm



This special presentation is delivered by Linda Brown of T.J Andrews Funeral Services Hornsby which has contributed to Australian history in a way that is little known amongst the community. The Unknown Australian Soldier was returned to Australian soil by Robert Allison, a family member of TJ Andrews Funeral Services, who was instrumental in officiating at the Ceremonies held in France and Belgium in 1993, and assisting in the return of The Unknown Australian Soldier to the Australian War Memorial in Canberra later that year.

Linda will show a 30 minute presentation and will finish by playing The Last Post, The Ode and The Reveille, or by reading The Ode.

Bookings are essential, please call Kariong Neighbourhood Centre on 4340 1724 during business hours to register your attendance or email admin@knc.net.au

Light refreshments will be served.

KARIONG RURAL FIRE BRIGADE



Our call outs from 21st November to 18th February are as follows: We had a total of 74 Calls – False Alarms x 14, Fire & Explosions x 18, Good Intent x 1, Hazardous Conditions x 6, MVA/ Rescue/EMS x 30, Service Calls x 3, Undetermined x 2.

As you can see motor vehicle accidents top the list again. Please be careful on the roads, especially Woy Woy Road and the M1. Drive to the conditions of the area ie slow down in the wet, don't use your mobile phone when driving.

One of the Brigades long standing Members, Derek Buckley, passed away on the 19th February. Joining Kariong Brigade on January 19, 1994, he was a devoted Member who always pitched in to help the Brigade in any capacity that he could. I for one will never forget his unique sense of humour. Our thoughts are with his Family, especially Allen and Chelsea.

Would you like to join Kariong Brigade or any other Brigade in the District? If so, come to the station, in Dandaloo Street, on Wednesday nights between 1930 and 2100 or Saturday mornings from 0800. Alternately you can call the Gosford Rural Fire Service District Office on 4340 2911.

If you would like to be a Volunteer, but do not wish to put the wet stuff on the red stuff, there are support Brigades in the District, such as Catering, Bulk Water, Communications, Aviation Support or Logistics.

The Brigade received a grant from the Free Masons from the Central Coast Lodge No. 2001 late last year. We would like to sincerely thank the Central Coast Masons for their charitable contribution to enable us to purchase much needed equipment for the Brigade. The Central Coast Masons tirelessly support a lot of organisations on the Coast such as Surf Life Saving Clubs, Marine Rescues and other Rural Fire Brigades within the District.

Until next month Stay Safe and Firewise.

FREE - 2 mattresses

2 single innerspring mattresses in good clean condition

FOR SALE - 2 Desks

1 Near new cherry coloured timber desk measuring 1800cm L x 750 cm W x 720cm H — \$100 negotiable

1 used - good order 150L x 75W x 71H - \$30 negotiable

All items can be viewed at the Neighbourhood Centre

All items are collection only.

For more information ring Fiona on 4340 1724



Cnr Dandaloo Street and Woy Woy Road
Kariong NSW 250
Phone: 0417 686 694.
Email: kariongecgaren@gmail.com
Website: www.kariongecgarden.org.au

Events @ Kariong Eco Garden - March/ April 2015.

Sunday 1st March; from 9.30am.

“Clean Up Australia Day” Meet in the garden for Clean up round the streets of Kariong. Meet back at the garden at 11.30am for morning tea.

Saturday 23rd May 4 Seasons Art and Film Night. “Autumn”. 5pm to 8pm.

Saturday 25th July 4 Seasons Art and Film Night. “Winter”. 5pm to 8pm.

Other events:

Saturday 11th April “Ecoburbia” at the Narara Valley High School. Promoting sustainable communities.

Planting: The following vegetables/herbs can be planted in **March:** Amaranth, Asparagus, Beans, Beetroot, Burdock, Cabbage, Carrot, Cape Gooseberry, Cauliflower, Celery, Chilli Peppers, Chives, Cucumber, Dill, Kale, Leeks, Lettuce, Mustard Greens, Okra, Oregano, Parsley, Radish, Rocket, Rosella, Silverbeet, Spring onions, Squash, Sunflower, Turnip, . Refer www.gardenate.com for full list.

Kariong Eco Garden is available for events, parties, tours and workshops. Membership is \$5.00 pa, download a Membership Form from the website.

See also our Kariong Eco Garden Facebook page.

We welcome new volunteers to help with jobs around the garden and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

Our Education for Sustainability Program kindly supported by Gosford City Council.



Kariong Library Action Group

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

The Virtual Library – information in electronic form accessible from home. This resource is for students and also the general public. The address is www.gosford.nsw.gov.au/community/library/virtual-library. Simply type your library card number in the password box (using a capital C) and check out the range of information available. I especially like the e-books and audio books section.

Storytime has recommenced. Come along on Tuesdays at 10.30. This programme is for pre-schoolers, their parents, grandparents and carers. It is always fun with stories, music and a themed craft activity. Regulars and new families are invited to join in the action.

The **Book Club** is on Friday 27th March at 10 am. The Committee trust you are enjoying the 2015 selections and will stay on to join with like-minded people for a friendly chat over morning tea. For review this month are **Angle of Repose** by **Wallace Stegner** and **Consequences of Love** by **Sulaiman Addonia**.

Wallace Stegner was an American historian, environmentalist, short story writer and novelist. His Pulitzer Prize for Fiction in 1972 tells the story of Lyman Ward, a severely disabled, retired professor of history who returns to his ancestral home to write and rediscovers his grandmother.

Sulaiman Addonia is an author residing in London. He was born the son of an Eritrean mother and an Ethiopian father. This is his first novel which was published in 2008 and is set in Saudi Arabia in 1989. It is the story of Nasser a young refugee, lonely and at a loose end.

Seniors Week

On March 18th at 10.30 am we will have a volunteer from NSW National Parks and Wildlife Service. She will present slides of interesting places to visit and will answer your questions about our National parks.

On Friday March 20th we welcome back our own Central Coast singing group “Lavender Blue”. These ever popular ladies will entertain us from 10.30. Stay and join us for a super Morning Tea which will be provided on both days.

The Kariong Library Action Group would like to hear from you so please contact us at:
klaq2013@yahoo.com.au.



The start of the 2015 soccer season is nearly upon us and it's not too late to join Kariong United Football Club! Boys and girls aged from Under 5 to Over 45 of all skill levels are still welcome to register with the club. Soccer is a great way to make new friends, learn new skills and have fun - and registering is now easier than ever!

You can register online at www.myfootballclub.com.au or email registrar@kariongunited.com.au with any questions.

We are also excited to announce that grading information and trial game dates will be announced shortly, so please keep an eye on our website at www.kariongunited.com.au or at our Facebook page – www.facebook.com/KariongUnitedFC.

As we look forward to another great year on the pitch, we'd like to once again thank our sponsors who help us off the pitch – George Brand Real Estate Kariong, Foodworks, Kariong Pizza, Kariong Takeaway, EcoSun Solar Pool Heating and Kariong Quality Meats. If you're interested in discussing sponsorship opportunities, please contact Daniel Clark on 0408415456.

Carly Carmichael
KUFC Publicity Officer

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 13th March, 2015 at 7.00pm for a 7.30pm start**. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings

On **Sunday morning 15th March** members will be enjoying a bushwalk looking at and identifying plants. Our monthly meetings include a Speaker, Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members. A monthly newsletter which gives a graphic account of our meeting and our activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at damael@hotmail.com.au or telephone 4365 5049



Kariong Progress Association

ADDITIONAL MARCH MEETING

Meet the Labor candidate for Gosford, Kathy Smith

The State Government election will be held on 28 March 2015.

This is an opportunity to meet the new Labor candidate and hear what she has to say about local and State issues, and to ask any questions you think are relevant to future Government in this State.

Wednesday 11 March 2015 at 7.30pm at the Progress Hall

Kariong Crime stats for January

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
2	1	4	0	7	0

Langford Drive / Woy Woy Road intersection: the report prepared for Gosford Council has been completed, and the cost of traffic lights is just under \$8 million dollars!!!

The reality is that no Government is going to provide that amount of funding, and an alternative plan was suggested, a set of controlled pedestrian lights near Milyerra Road for safe crossing, plus a right-turn bay into Woy Woy Road from Langford Drive. A meeting took place between Gosford Council staff, and members of the Association on 3 February, and Council staff have gone back to cost the alternative plan. The funding already approved by Lucy Wicks, Federal Member for Robertson remains available.

Mt. Penang Development Plan: expressions of interest have been called for this site, and applications close on 12 March. Applications will be assessed by the Central Coast Regional Development group, before submission to Gosford Council for approval. More information as it comes to hand.

Tennis Courts: both Courts are now fully functional. To make a booking you can contact Yvonne on 4340 1068, between 8.30am and 6.30pm.

CCTV cameras for Kariong: the installation of the cameras will be delayed until all new cameras for the Central Coast are determined, so that the process can be completed as one package.

CHANGE TO THE MONTHLY MEETING TIME: at the February meeting it was decided to change the monthly meeting time to 7.30pm. It was thought that this would allow more people to attend knowing that the finishing time would not be too late, particularly those who have an early commute.

Next meeting of the Association will be held in the Progress Hall on Wednesday 4 March, at 7.30pm.
AND the first Wednesday of every month.

KARIONG MEDICAL CENTRE

KARIONG MEDICAL CENTRE

"Caring for Kariong"

Fee changes as at 1st March 2015

A reminder following information given in the last newsletter, all Doctors will be privately billing patients from 1st March 2015. Children **under 16** will continue to be bulk billed. If you are on a concession /pension card the decision on whether you are privately billed or bulk billed will be up to your Doctor on the day. All patients are asked to please come to the surgery prepared to pay for their consultation. Eftpos facility is available as well as online claiming to Medicare. Please register your bank account details with Medicare for the rebate to be paid to you within 24 hours, otherwise you will receive a cheque in the mail.

Non Attendance of appointments

Unfortunately, over the last few months there has been an exceptional amount of patients who have not attended their booked appointment at the surgery. If this trend continues, a non-attendance fee will have to be introduced.

Patients are asked to please cancel a booked appointment with as much notice as possible if you are unable to attend.

Appointments

Patients are reminded to ask the receptionist for a longer appointment if you have forms to be filled out, or multiple or complicated issues to discuss with your Doctor. This will help us keep our appointments running to time. We appreciate it when you arrive on time for your scheduled appointment, however, expect that there are times when Doctors do run late due to emergencies on the day.

Fluvax Immunisation

We have received information from Australian Health Department regarding the availability of the flu vaccine for the 2015 season. The vaccine will possibly **not be available until mid April**.

SENIORS WEEK

To celebrate Seniors Week Kariong Neighbourhood Centre is holding a morning tea for our Community Seniors and Members. Join us at the Neighbourhood Centre and connect with your local community.

Enjoy a sumptuous spread and be entertained! We will also have a demonstration of Tai Chi from The Academy of Tai Chi.

Friday 20th March — 10.00am — 11.30pm

RSVP required for catering purposes. Please ring 4340 1724 to register your name by Wednesday 18th March



The Hill Youth Centre

Whats Happening at The Hill Youth Centre this month?

The Hill Youth Centre - 98 Mitchell Drive Kariong

Phone: 4304 7039 **Hours Open:** Tuesday – Thursday 3.00pm-6.00pm Friday 4.00pm-8.00pm.

No Cost Health Clinics for Young People (14 – 24 years)

Youth GP Clinic (DROP-IN, NO APPOINTMENT NECESSARY)

From Friday 27th February we will be working in partnership with Youth Health to run a FREE clinic between 3 and 6pm on Fridays for young people up to the age of 24. The clinic will see young people about medical issues but specialise in – sexual health, drug and alcohol and mental illness eg self harm, depression, anxiety, eating disorders nutrition. Call Shirley at Youth Health for more information - 43569333

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

The centre is a community facility available for hire.

National Youth Week is being held from 10th – 19th April and to celebrate we will be holding the annual *Kariong Sessions Skate Scooter and BMX* - comp on Saturday 11th April. There are 4 age divisions and a sponsored riders category for each event. The winners of each division will be invited to compete at the Central Coast Series grand finale at South Kincumber on the 18th April. If you would like to volunteer on the day please call Kariong Youth Centre.

Participant registration forms are available from <http://www.gosford.nsw.gov.au/about-council/general-information-rates/events/event-details/2015/04/10/gosford-calendar/central-coast-series---kariong-sessions>



The XChange

Seventh-day Adventist Church



We started off with a bang! The beginning of February was our 8th Birthday and we decided to party. We had a carnival theme complete with fairy floss, snow cones and caramel apples. We played side show alley games and had a wonderful time. The kids enjoyed their gift bags – Thanks radio Rhema for providing fillers. We are now back to normal programming and had a fun time last Saturday.

Thanks to you that have helped us to remain accountable to our facebook page – keep up the great work – your encouragement helps.

All our usual programming is coming back so come and join us! Pr Neil Watts has been a missionary for many years and has some very exciting stories to tell us. You would love to hear some of his stories. Drop us a line and we will let you know when he will be next with us and you could come and hear for yourself. Last time he was with us he told us about the meaning and importance of the cross.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

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

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

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

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

KARIONG COMMUNITY BAPTIST CHURCH



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

What's on at KCBC?

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

Playtime – Tuesdays from 10.00am – 12.00pm

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

Heart 'n' Home - 2nd and 4th Wednesdays of the month from 7.00pm – 9.00pm

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

Lounge Lessons – Thursdays from 9.00am – 10.30am and 8.00pm – 9.00pm

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

Sundays @ Kariong Public School Hall, Truscott Avenue entrance

Sunday worship service at 9.30am

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

AWANA from 11.30am – 1.00pm

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

Other

Friends Group

Meets regularly for meals, and interesting and fun outings.

Men's Business

Meeting bi-monthly on Saturday mornings.

Women's Coffee

Meeting bi-monthly on Saturday mornings for coffee.

For more information phone Pastor Jeff on 0448 814 511, or visit our website: www.kariongchurch.org.au

BROADBAND FOR SENIORS

funded by the Australian Government

Come and Join the Online Community

- One on One or small group learning
- The Internet explained, easy friendly teaching at your pace.
- Beginners or those with some experience.
- Connect to the world ; Talk to Family & Friends, Share experiences.
- Learn how to set up :
 - Your internet browser and email.
 - Social Media — Skype, Facebook.
 - Go online Shopping, E-bay, Store accounts.
 - Avoid Scams—simple but effective ways to keep you safe.

**No Cost***Bookings Essential.
Friendly!
No large groups!

- * New for March 2015
- Publisher, learn the easy and fun way to make invitations, cards, brochures. simple enhancement techniques—great results (Small affordable cost).

Pick up the  and call, Kariong Neighbourhood Centre 4340 1724

HOMework HELP or TUTORING

Available at the Neighbourhood Centre



For children 9-14 years and 5-9 years

- * University trained teachers.
- * Computers available.
- * Bookings essential
- * Cost \$20.00 per child for 2 hours
- * Minimum 4 children per session.

Week days from 4.00pm - 6.00pm

Bring your own lap top, or we have computers available

Children will be placed in age appropriate classes

Bookings essential call Fiona 43401724

50 YEARS Australian Breastfeeding Association
1964-2014

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

Breastfeeding Support.

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

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

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

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

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

Latecomers always welcome.

For more info ring KNC on 43401724 or contact us at kariongabagroup@gmail.com

Better Health Practices



Kariong Chiropractic & Wellness Centre

Chiropractic Pilates Massage Physio Acupuncture

We can help with back pain, neck pain, headaches, stress, weight loss, pregnancy and birth support, exercise programs, orthotics, children's health and behaviour and more!!

CORNER LANGFORD AND MITCHELL DR KARIONG

Phone: 4340 5154



KYLIE FAWKNER COUNSELLING

AdDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:
Kariong Neighbourhood Centre.

For other venues and more information:

www.kfbcounselling.com.au

To make an appointment call or text

Kylie 0435 809 506

Anger Stress
Bereavement
Depression . Fears
RELATIONSHIP ISSUES
Redundancy and work issues
Trauma . Abuse
Change and major life events

Advertise with us

Our newsletter is delivered to over 2500 community members and local businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services.

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



NEW KARIONG REAL ESTATE OFFICE!!!!



- * Bianca Foreman is a local Kariong resident having lived in Kariong for over 8 years.
- * She has a wealth of local real estate knowledge
- * Bianca and her team are happy to assist with all your real estate needs.

Please call in to our office or call to find out about our fantastic service and offers.

Shop 7/4 Mitchell Drive, Kariong
Ph: 4340 0777 Mob: 0430 929 034
bianca@foreman1properties.com.au

Going away and can't take your dog?



Phone us today!

Your dog will receive 5-star treatment at my safe, clean and loving home at Kariong.

I take in up to 3 dogs at a time, so your dog will be given the care and attention he/she deserves in a loving home environment.

Your dog will live inside with access via a pet door into a large courtyard and garden.

I work from home so I'm with your dog 7 days a week.

A Meet & Greet is organised prior to your dog's stay-over so that he/she can meet my Jack Russell Terrier.

I look after small dogs only.

All dogs must have C5 vaccination, be clean, desexed and up-to-date with worm and flea control, be fully toilet-trained and must be social with other dogs.

For more information please phone Maxine.

Central Coast Dog Lodge

0403-643108

www.facebook.com/dogmindingcentralcoast

ABN 34 598 966 984

Australian Academy of Tai Chi

"Health & Relaxation"

TERM 4 CLASSES:

Beginners: Thursday 7:00–8:00pm

Intermediate: Wednesday 9:00–10:00am

at Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520



4340 2022 - vcdental.com.au

OPEN 7 DAYS
30 YEARS LOCAL

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

Now open until 8pm Thursdays

Medicare Child Dental Benefits Schedule bulk billed



DO YOU HAVE GOOD COMPUTER SKILLS? WE NEED YOU!!

Would you enjoy sharing your computer skills?
 Would you like to help connect your community?

We are looking for people who would enjoy teaching seniors and disabled people basic computer skills. Share your time and skills, you won't regret it.

- Training and manuals are available

If you think that this is something you would enjoy, or would like more information, please contact Fiona on 4340 1724



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Owners local residents Jamie & Belinda Beresford

**SPECIAL for February & March
Air Conditioning Re-gas - \$159**

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www.ccselect.com.au

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SELECT the BEST with Hana Volarik,
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Ancestry & Family Tree Research

because your past is who you are today

Are you interested in having your family tree compiled for you? Would you like to learn how to research your family history yourself? Ancestry & Family Tree Research is a local business, based in Kariong.

Email Ruth on ruth-fuller@bigpond.com or call 0412 994 147 for more details.

www.yourfamilytreerearch.com

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Monday to Friday 8.00am to 6.30 pm
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We offer family dental through to implants and smile makeovers in a relaxing setting.

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Phone: (02) 4323 4323

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Beneath Masters Home Improvement, opposite the GP Super Clinic



5am Mon-Fri
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Kirsty and Cameron

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Call Nat Bille

Phone: 4340 1648

Mobile: 0422 919 034 ABN: 70 305 961 574



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Professional residential & commercial window cleaning
 Free quotes—reasonable prices
 Give George a call **0410 332354**

Kariong Easter Markets

21st March 9am to 2pm

Come along and enjoy a wide variety
 of stalls and support our locals

- ✓ Over 35 stalls
- ✓ BBQ and fresh coffee
- ✓ Free Easter themed
 activities and giveaways
 for kids including
 special guests Elsa &
 Anna

Kariong Progress Hall & Park beside
 the tennis courts on Woy Woy Rd
Markets are every month on the 3rd Sat,
9am to 2pm



Find us on
Facebook

facebook.com.au/kariongmarkets



FREE TV RECEPTION TEST
 We will Test & Diagnose any problems you
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If you're thinking of selling, buying or renting, or simply would like some advice or a
 FREE no obligation market appraisal call us today on **4322 7233**.

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FREE FAMILY LAW ADVICE CLINIC

Kariong Neighbourhood Centre

Advice on all areas of family law
 including parenting matters/children's
 issues, grandparent issues, child
 support problems, financial and
 property settlement matters and divorce.

Assisting you to find solutions to your
 family law problems

Third Monday of each month, excluding Public holidays.

Appointments available between 2.00pm-4.00pm.

Bookings essential Phone: 4340 1724



TAX HELP



Australian Government Australian Taxation Office

Unfortunately TAX HELP is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service:

Wyoming Neighbourhood Centre	4323 7483
Gosford Narara Community Centre	4329 4477
Ettalong 50+Leisure & Learning Centre	4341 3222
Green Point Community Centre	4367 7591
Wyong Neighbourhood Centre	4353 1750
Gosford 50+ Leisure & Learning Centre	4324 4749
Kincumber Neighbourhood Centre	4363 1044

SUPPORT

AL-ANON

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

For information and help contact: AL-ANON

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

**To find locations near you
Phone 49693889**

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



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

COURT HIRE

KARIONG TENNIS COURTS

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

CLUBS

Rotary



'Fun - Friendship - Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club
contact Kerry Bayliss on 43 404 529

or kersuebay@philliphouse.com.au



KARIONG PROBUS CLUB Inc. MEETS AT GOSFORD GOLF CLUB

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

SCOUTS



KARIONG SCOUTS

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

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

Also looking for Adults to assist as Leaders

Contact **Bruce 0419 734 002** for details
Hall hire available

VOLUNTEERING

St Vincent De Paul

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

If you need any welfare please call
4323 6080 or email
gosford.region@vinnies.org.au.



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



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



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

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

We also welcome feedback on anything related to our service or Centre.

We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating .

Please note: All daytime groups operate only during school term

MONDAYS

Family Law Advice Clinic — FREE

Assisting you to find solutions to your family law queries.
Third Monday of each month 2:00pm – 4:00pm
Bookings essential phone: KNC:4340 1724

Pilates for Seniors - sarah@yourtemple.com.au

9.00am to 10.00pm Contact Sarah to make a booking
0425 265 609 \$10.00 each class

Play & Learn Playgroup

Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm During School Terms
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. All welcome

Sahaja Yoga Meditation — FREE

Weekly classes 7.00 pm — 8.30 pm
Contact Jayu or Malcolm on 4340 0118

TUESDAYS

Immunisation Clinic - 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. Cost \$4 for members, \$4.50 for non-members. Morning tea included.

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic - 4328 7900.

ZUMBA fitness

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

WEDNESDAYS

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

Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm During School Terms
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. All welcome

Early Childhood Clinic—NSCC Area Health

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

Provide First Aid Course—HLTAID003

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

Weight Watchers from 6.30pm to 8:00pm
www.weighwatchers.com.au Phone: 131 997

THURSDAYS

Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.
Bring your own project or learn new skills. All welcome,
Thursdays, 9.30am to 12 noon weekly.
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
Cost: \$4.00members, \$4.50 for non members.
12:15pm to 2.00pm

Tai Chi - Australian Academy of Tai Chi

7:00pm - 8:00pm. All welcome. For enquiries please contact Daniel on 0435 121 520.

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome!
Fortnightly 10.00am to 12 noon Contact
kariongabagroup@gmail.com or phone 1800 686 268

Youth Support Group

For teenagers 12-18 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm — 10:00pm
All children must be transported to and from venue.
Contact Natalie on 0478 122 599 for more information.
Follow us on Facebook www.facebook.com/kariong.youth

SATURDAYS

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

SUNDAYS

River Christian Church - From 9:00am, to 2.00pm

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 18th March 2015

Please submit advertising to admin@knc.net.au and
Community Announcements to coordinator@knc.net.au
or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from
www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.