

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF COMMUNITIES & JUSTICE AND SUPPORTED BY CENTRAL COAST COUNCIL

Vol 28; Issue 1

10 Langford Drive, Kariong | 4340 1724 | admin@knc.net.au | www.knc.net.au

February 2020

A NOTE FROM OUR MANAGER

*Welcome to all the
Kariong Community for 2020!*

The Kariong Neighbourhood Centre remains a dynamic and responsive organisation which delivers a broad range of groups, services, programs and activities to the Kariong Community. A couple of those services I want to remind you of are the Family Worker and Family Law Solicitor.

In 2020 the Centre will continue to build a strong resilient community which values and includes each member.

Everyone needs some support from time to time. If you are struggling, experiencing vulnerabilities or finding the going tough with just managing the pressures of modern life and bringing up a family, we have a Family Worker from the Benevolent Society who will be visiting the Centre on a Monday who is able to help.

You may just want some advice or something more serious is troubling you. No matter what the situation, please call the office to make an appointment if you would like to meet and speak with Katherine. Some of the things that might be worrying you might include:

- Feelings of isolation or loneliness a lot of the time
- Finding it tough looking after your children
- Is someone in your family being violent or abusive to you or your children?
- Are you or your children sad and unhappy a lot of the time?
- Are you worried that someone in your family might hurt your children?
- Are you worried that when you baby is born you won't be able to cope?
- Is someone in your family shouting and arguing a lot of the time?

If you need legal assistance we also have a Family Law solicitor Katie who can help. Katie is available for Monday evening appointments only, however to meet with Katie you will need to phone the office first to arrange for an appointment to me made.

Shayne Silvers JP.
General Manager, KNC



BUSHFIRE RECOVERY RESOURCES

The following resources may help if you or someone you know needs assistance with bushfire recovery

Australian Govt. Department of Human Services

<https://www.humanservices.gov.au/individuals/help-emergency/bushfires>

Australian Taxation Office

<https://www.ato.gov.au/Individuals/Dealing-with-disasters/>

Australian Red Cross

<https://www.redcross.org.au/>



Disaster Response Legal Service NSW: 1800 801 529

Mental Health and Wellbeing Assistance

24/7 assistance for individuals

Mental Health Line - 1800 011 511

Beyond Blue - 1300 224 636 | *Lifeline* - 13 11 14

Mensline - 1300 789 978 | *Kids Helpline* - 1800 551 800

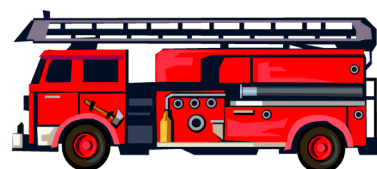
Please Contact Kariong Neighbourhood Centre if you are in need of further referral or assistance on Ph: 4340 1724



We would like to give **huge shout out of thanks** to our local Kariong fire fighters and those who travelled from far and wide to help save lives, properties and communities.

THANK YOU!

The RFS, police, ambulance and all emergency services on the ground and in the air, you have and continue to do an awesome job. To the men and women of all our emergency services we salute you.



CENTRE NEWS

Stay Informed!



Only 5 minutes off the M1

OOSH UPDATE

Summer Vacation Care



Welcome to 2020! Vacation care has been jam packed full of fun and adventure.

We started the year with a New Year's Party, have gone to Hawaii and searched for pirate treasure.

Craig from Kids on Congas was welcomed to the service for a day of drumming.

We had the opportunity to play different sounds on the drums and learnt about basic rhythms and drum rolls. We made lots of noise and most importantly had FUN!

We even coerced all the staff into participating.

Directions Health came in to teach us some basic first aid and what to do to help if one of our friends are injured. We learnt CPR and how to tie a sling and how to care for a basic wound.

Still to come these holidays is our excursion to Hunter Valley Ice, a trip to the art barn for some plaster painting fun.

Hold on to your seat as it shakes, rotates, turns and vibrates when the 9D Mobile cinema visits us again these holidays.

The feeling of the wind in our hair and the drizzle of the rain is always welcomed by the children.

Term 1 is fast approaching and our afternoon places are filling fast. If you are yet to enrol, please pop in to see us or give us a call. We are so excited for 2020 and some fun and adventure this year. We cannot wait to work with you again in 2020.

Jacqui & the Team at Kariong OOSH!

Phone: 4340 4561

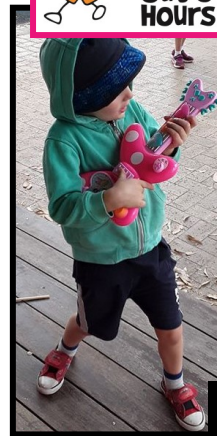
Email: oosh@knc.net.au

SUMMER VACATION CARE 😊

DIGGING FOR BURIED TREASURE...



CONGA DRUMMING



UKULELE LESSONS



PIRATE DAY 🏴‍☠️

Little Big School



Our endeavour is to support each child's successful pathway to school. We provide fun activities that promote learning and development in a small pre-school like setting

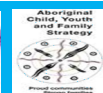
Fridays — School Term Only | From 9.30am - 11.30am

FACILITATED BY AN EARLY CHILDHOOD TEACHER & CHILDHOOD EDUCATOR



3 to 5 year olds

Cost \$12 per child per session, plus \$12 annual booking fee



Bookings essential
Phone 4340 1724 or email
admin@knc.net.au



EXPLORING UMINA BEACH PARK



HAPPY NEW YEAR

...LETS PARTY!!



READY, SET...GO!

ACTIVE PLAYGROUP



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

Bring your little ones along to help develop social skills while having fun in a safe and interesting play space. Let them enjoy play equipment, sand pit and stimulating activities while you meet other local families and also get to socialise.

Enquiries: 4340 1724 | Coordinated by Miss Lyn
Cost: \$5 plus \$1 each additional child

Recipe of the month



This recipe was generously shared by the Country Women's Association Woy Woy branch. CWA Woy Woy welcome new members and visitors. They meet 9am Wednesdays at 30 The Boulevard, Woy Woy or find them on Facebook at www.facebook.com/CWAWoyWoy/

CLASSIC WALDORF SALAD

INGREDIENTS

- 1 red apple
- 1 green apple
- 1 cup of red or green grapes - cut in half
- 3/4 cup walnuts - lightly chopped
- 1/2 cup of your favourite mayonnaise
- 1 to 1.5 cups diced celery - 1cm cubes
- 2 cups chopped iceberg lettuce
- Juice of 1 lemon
- Salt and pepper to taste

METHOD

Peel and dice the apples into 1cm cubes. Place in a small bowl, add the lemon juice and mix well.

In a larger bowl put the diced celery, grapes and walnuts. Add the mayonnaise and then the apples, gently mix, add salt and pepper to taste. Just before serving mix in the iceberg lettuce, serve in a lettuce lined salad bowl and enjoy.

For a different twist you can add cooked shredded chicken.

This is an easy salad that was popular in the 70's and a great addition to the summer BBQ for something a little different.



KNC ACTIVITIES

What's Happening at Kariong Neighbourhood Centre

MON		<p>Be Connected* 1hr sessions between 9am-3pm[^] Free tutorials for seniors, learn to use your computer, smart-phone & ipad to stay connected. [^]By appointment only, contact 4340 1724 or admin@knc.net.au</p>	<p>Pilates for Seniors* 12pm to 1pm Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class</p>	
TUES	<p>Immunisation Clinic for children - NSCC Area Health Free service, no booking required. The 2nd and last Tues each month For more detail call Gosford Gateway Clinic - 4328 7900</p>	<p>Indoor Bowls* 9:15am sharp to 11:45am Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs Cost \$4 for members, \$4.50 for non-members</p>	<p>Basic Preschool Ballet* 10:30-11:30am For 3-5 year olds, learn ballet basics through Royal Academy of Dance training + more! Contact - 4340 1724</p>	<p>Early Childhood Clinic - NSCC Area Health Child Health appointments with Helen from Area Health Contact - 4328 7900</p>
WED	<p>Tai Chi for Health & Relaxation* 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson</p> <p>Early Childhood Clinic - NSCC Area Health Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900</p>		<p>Active Playgroup for 0 to 6 year olds* 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome Cost: \$5 per child plus \$1.00 each additional child</p>	<p>Provide First Aid Course - HLTAID003 Nationally accredited First Aid, CPR & HLTAID004 courses To enrol contact Directions Health 9486 3120 or www.firstaid.net.au</p>
THURS	<p>Grace Church* 9:15am to 11:45am</p>	<p>Kariong Craft & Chat Group* 9.30am to 12noon A social group for people who enjoy doing arts and crafts Bring your own project or learn new skills. Morning Tea provided Cost: \$4 for members, \$4.50 for non-members</p>	<p>The Over Fifty Friendship (TOFF's) group* 12:15pm to 2pm Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4 members, \$4.50 for non-members</p>	
FRI		<p>Little Big School* 9:30am to 11:30am Preparing 3-5 year olds for big school. Includes art, music, stories, games & group time \$12 per child per session + \$12 enrolment fee. Bookings essential: 4340 1724 or admin@knc.net.au</p>		
SAT	<p>Pilates 8:15am to 9:15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or sarah@yourtemple.com.au</p>	<p>Ukulele Group Lessons 9am to 11am Don't own a Ukulele - no problems we supply what you need to start \$10.00 per lesson. Contact Garry on 0419 217 006</p>	<p>Available for PARTY hire! The Centre is available for hire for events and children's birthdays Book online at www.knc.net.au or ph: 4340 1724</p>	
SUN	<p>Available for PARTY hire! Book online at www.knc.net.au or ph: 4340 1724</p>			

*During school term only

COMMUNITY CALENDAR

What's On Locally | February 2020

THROUGH THE MONTH

Fri 14	Central Coast Group of the Australian Plants Society Meeting , 7:30pm. Phillip House. Ph: 0408 653 140
Sun 16	Boomerang Bags Making-Bee 10am-1pm. Kariong Progress Hall. Ph: 0429 431 889
Tues 18	Grandparents Raising Grandchildren Support Group 11:15am-1pm (during school term). Umina. Ph: 4340 1585 Kariong Probus Club 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867
Wed 19	Kariong Progress Association Meeting , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong
Fri 28	Book Club 10am, Kariong Library. Ph: 4325 8155

WEEKLY / REGULAR

MON	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
FRI	Volunteer Morning in the Garden 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889 Grandparents Raising Grandchildren Southern Support Group 10am-12pm, 31 Jan-27 Mar (during school term). Ph: 4340 1585 YPG – Young Parent Group 10am-12pm, 31 Jan-3 Apr. Ph: (02) 4340 1585

NEXT MONTH

17 MAR	Grandparents Raising Grandchildren Support Group 11:15am-1pm (during school term). Umina. Ph: 4340 1585
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@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!

FREE COMPUTER CLASSES FOR SENIORS

- Keep in touch with others
- Use social media like a pro
- Surf the internet
- Safely shop online
- And much more!



Book now: 4340 1724 admin@knc.net.au

FAMILY HELP SERVICE

We all have moments when the going gets tough.

Our Family Worker can assist your family with housing, Centrelink, food, childcare and more.

Contact us for a referral today
4340 1724 | admin@knc.net.au

BASIC PRESCHOOL BALLET



3-5 yr olds

Join our Term 1 class!

10:30-11:30am Tuesdays

Class will include:

Royal Academy of Dance Training
Music Appreciation & Performance

****Bookings essential****

@Kariong Neighbourhood Centre

Ph: 4340 1724 or Email: admin@knc.net.au

Like to publish in the Connection?

ADVERTISING CLOSING DATE
for NEXT ISSUE

Tuesday 18th February 2020

Please email admin@knc.net.au or phone 4340 1724

PLEASE NOTE: Kariong Neighbourhood Centre Inc. publishes 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. 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.

COMMUNITY NEWS

Know What's Happening In Your Community

KARIONG PROGRESS ASSOCIATION UPDATE

Our next meeting will be Wednesday 19th February 2020 at 6.45pm – 8pm, in KARIONG PROGRESS HALL, Dandaloo St, Kariong.



Meet long time locals, new neighbours, and discuss local issues of concern. Help plan events for 2020, eg guest speakers about local history, meet local artists, authors, poets, hold a Community BBQ Breakfast and Wine & Cheese night.

Big thanks to our local heroes - our hardworking Volunteer Bushfire Brigade!

WANTED: Hall Booking Officer - to be member of KPA committee and some remuneration is negotiable. Please email us if you can join the team.



HALL BOOKINGS: PLEASE EMAIL US. Prices vary for permanent and casual bookings, for private hire and not for profit organisations. **EMAIL:** kariongpa@gmail.com | **FACEBOOK:** Kariong Progress Association

POLICE ASSISTANCE LINE: 131 444 | **Have you got your Fire plan?** <https://www.myfireplan.com.au/>

WHAT'S HAPPENING AT KARIONG ECO GARDEN?



Volunteer mornings at the Eco Garden are Mondays and Fridays 10am – 12noon, all are welcome. Jobs this month include working on the labyrinth path – weeding and re-planting – and planning changes in the pond and fairy garden area. Hopefully watching more rainwater go into our water tanks!



Boomerang Bags & new Repair Cafe – 3rd Sunday each month: 16/2/20, 10am – 1pm. Volunteers sewing cloth bags for the box at Kariong Foodworks and helping repair broken things!

On-going challenges - We have always wanted to have our garden open for visitors and expect people to respect the space. Sadly we have had more vandalism over Christmas and had to resort to closing the garden. The garden is open on Monday and Friday mornings 10am – 12noon – and can be accessed via the back gates if you need to find your tennis balls. **POLICE ASSISTANCE LINE: 131 444 if you see anti-social behaviour.**

Find us behind the Kariong Progress Hall, in Dandaloo St. Find out more on our Facebook page or visit our website at www.kariongecogarden.org.au.

 **@KariongNeighbourhoodCentre - Follow on Facebook for photos + more!**

COMMUNITY SERVICES

CLUBS & GROUPS



FREE FAMILY LAW CLINIC
 at Kariong Neighbourhood Centre
 with Solicitor Katie Smith
Appointments Available Now
Monday evenings
(Availability subject to court appearances)

BOOKINGS ESSENTIAL
 4340 1724 | admin@knc.net.au





NDIS & HCP Menu Now Available!

Make meals times easy & affordable.
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*Available to new clients with a current NDIS Plan or those on a Home Care Package

4357 8444 www.ccmow.com.au



WHAT'S ON AT KARIONG LIBRARY?

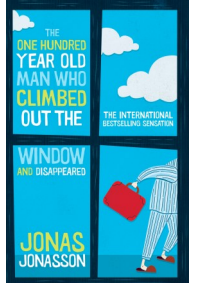
The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm)

Ph: 43258155.

Babytime (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

Kariong Library Book Club meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided and new members are welcome.

Our book for February is ***The one hundred year old man who climbed out of the window and disappeared*** by Jonas Jonasson, a quirky tale of an old man so bored in a retirement home he jumps out of a window and begins an unexpected adventure. Please grab your copy at the library and then come join us.



CENTRAL COAST FAMILY SUPPORT SERVICES - FOCUS ON BETTER OUTCOMES FOR KIDS



Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children. All of our programs aim to strengthen family relationships and increase the safety and wellbeing of children and young people.

Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.

We provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

We also provide support groups for Grandparents Raising Grandchildren, and Young Parents.

Phone: (02) 4340 1585 | **Email:** ccfss@ccfss.com.au | **Website:** www.ccfss.org.au



ETTALONG BEACH ART & CRAFTS CENTRE INC - GET CREATIVE AND JOIN A CLASS OR WORKSHOP

We offer a diverse range of creative classes at the lowest possible prices. Our classes include silvercraft, pottery, drawing and painting, watercolours, patchwork and quilting, jewellery design and techniques, plus a variety of workshops!

EBACC has been an artistic and social hub for local artisans since 1975. We are a not-for-profit organisation with close links to charities in our Community.

Check out our website for all class details and times at www.ebacc.com.au, phone 0412 155 391 or email ebacc.email@gmail.com.

AUSTRALIAN NATIVE PLANT SOCIETY - WHAT PEA FLOWER IS THAT?



Shirley McLaran, expert on native pea flowers (the Fabaceae family), will speak at the next meeting of the Australian Plants Society Central Coast.

Time: 7.30 pm

Date: Friday 14 February

Where: Phillip House, 21 Old Mount Penang Road, Kariong

Cost: \$2 entry covers supper.

Visitors very welcome. Enquiries to Pat Carlton, 0458 300922.



CLUBS & GROUPS continued

Beginner Level Social Dance Classes

**Australian Colonial & Bushdance, Contra,
Scottish Country, Old Time, Ragtime & Jane
Austen (English Country) dance.**

Kariong Community Hall
Cnr. Woy woy Rd. & Dandaloo St.
Each Friday Evening 7.30 – 9.30
Cost \$8.00

Enq: 4344 6484
www.ccbdma.org

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



KARIONG PROBUS CLUB Inc.



MEETS AT EVERGLADES COUNTRY 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 Everglades Country 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.



HENRY KENDALL COTTAGE & MUSEUM

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10am -3pm Christmas Day and Good Friday)
Adult \$5, Concess \$4, Child \$3, Family \$10 (2 adults, 3 child)
Groups can be booked on any day of the week for \$4 pp.
Schools \$2 per student with 1 teacher free per 20 students.

Phone 43252270

Email info@henrykendallcottage.org.au

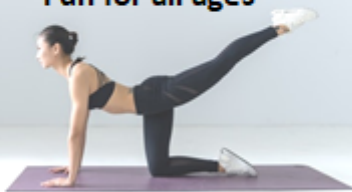
Web www.henrykendallcottage.org.au



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sarah@yourtemple.com.au | 0425 265 609

Hall for Hire

1st KARIONG SCOUT GROUP

\$25 p/h



We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Classes or Celebrations. Very flexible availability, located just off the M1. We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please contact:

Sandra McIntosh —Secretary

0490 128 259 | hallhire@kariongscoutgroup.com.au



Parklands Community Preschool

- * Education & care for children 3-6 years old
- * Commitment to quality early-years education, rated MEETING with the National Quality Standards
- * Embracing sustainable practices & play based learning in a natural environment

Building 34, Mt Penang Parklands, Kariong NSW
Ph: 4340 1342 | Email: parklandspreschool@bigpond.com

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ASSISTED DYING IN NSW IN 2020**

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NSW CENTRAL COAST

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Email: centralcoast@dwdnsw.org.au

BUSINESS DIRECTORY



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MYWAY
FITNESS

2 FOR 1 NEW CLIENT SPECIAL
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OR YOUR HOME (Kariiong Area)

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Doggy Day Spa Salon



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B.app.sc MSPA CPSP

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- NBN Compatible Business Phone Systems



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- Windows Reload
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- Ask about Windows 10 Upgrade Options!
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Email: danielle@thegrandtraveller.com.au

Website: www.thegrandtraveller.com.au

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