

# THE KARIONG CONNECTION

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

Vol 25; No 7

10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



August 2017



**A friendly, caring, safe  
connected community.**

- Before & After School Care
  - Vacation Care
  - Family Services
- Health & Wellbeing Workshops
- Social Inclusion Groups/Events
  - NDIS Services
- Training and Skills Development
  - Room Hire
  - Administration Services
- Affordable Advertising, community magazine - "Kariong Connection"
  - Information & Referral

Only 5 minutes from Freeway M1

Monday to Friday 9.00am to 4.00pm

Place: 10 Langford Drive, Kariong

Phone: 4340 1724

Email: [admin@knc.net.au](mailto:admin@knc.net.au)

Web: [www.knc.net.au](http://www.knc.net.au)

Facebook: Kariong Neighbourhood Centre



KARIONG NEIGHBOURHOOD CENTRE  
PRESENTS

**01/SEPT**

BYO Drinks  
and nibbles to place  
on a share table  
no table allocations



**FRIDAY  
7:30PM  
TO 9:30**

**DINNER  
DANCE  
\$15**

Register online at:  
[www.knc.net.au/swing-dance-dinner](http://www.knc.net.au/swing-dance-dinner)  
or in person at the centre

ROMANTIC &  
SWING DANCING

CONSERVATORIUM LITTLE BIG BAND

For more info call the centre on 4340 1724 or email us on [admin@knc.net.au](mailto:admin@knc.net.au)

**Stand Together**

A group for women who have survived domestic family violence

When: Monday's 14, 21, 28 August, 4, 11, 18 September 2017  
Where: Narara Community Centre,  
2 - 12 Pandala Road, Narara 2250  
Time: 1pm - 3pm

Limited Childcare available; bookings essential  
Participants will need to complete a pre-group interview  
To register, please contact Central Coast  
Family Support Services on 4340 1585 or  
[ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

CENTRAL COAST FAMILY SUPPORT SERVICES

## CAN YOU HELP?

Kariong Neighbourhood Centre  
is in need of a volunteer grounds person.

Some of the duties include:

- Sweeping • Using the blower vac • Cleaning
- General maintenance of the centre
- 2 days a week from 9:00am — 12:00pm

No experience is required, must be well organised  
and a working with children's check is required.

To apply please contact Kariong Neighbourhood  
Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)

## Transition to School Program



**Mondays** - During School Term

**Time:** 9.30am – 11.30am - Leave your child in our care

### Open to ALL 3-5 year olds

*This program has been developed in consultation with other educational service providers*

#### Activities include:

**Cognitive Skills:** cutting, drawing, pasting

**Stories:** to build literacy & listening skills

**Games:** to develop sharing & turn taking skills

**Group Experiences:** to learn to work with others and develop problem solving and investigative skills.

*Each child will develop a portfolio of their work, 2 qualified child educators giving individualized care, teaching your child social skills, to become more ready for school and to build confidence.*

**Bring along a hat, drink and morning tea**

**Cost:** \$10 per child per session.

A discount of 10% is available, if you pay in full for the Term and in advance.

#### Bookings are essential

Phone: **4340 1724** Or email: [admin@knc.net.au](mailto:admin@knc.net.au)

**Come in or ring for a Welcome Pack (with Enrolment Form)**

**familiesNSW**  
supporting families to raise children



## OOSH UPDATE

We had **THE BEST** Vacation Care Program **EVER** during the July school holidays!!!

Our children are hard pressed to name their favourite day spent with us as there was such a great variety of fantastic excursions and experiences.

Our visit to Warnies Café to have their famous Crazy Shakes was the stuff of childhood dreams while the trip to spooky Maitland Gaol gave insight as to the hardships endured if choosing the wrong path in life. Our OOSH children took away a wealth of precious memories from the two weeks holidays spent with us.



Term 3 promises to bring lots of interest and fun to our Before and After School Care children. We are lucky to be having two educational presentations from Vision Australia to help our children understand challenges faced by others in our community. Also weekly workshops with William, a group leader with vision impairment (accompanied by his dog, Nash) will reinforce and extend the children's learning in this area.

We will also be working on making a DVD with the children (in conjunction with Regional Youth Services) focusing on cyber bullying, verbal and physical abuse and cultural social isolation. The DVD will eventually be released to schools to educate children about these issues.

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

## KARIONG NEIGHBOURHOOD CENTRE

# AGM

**20th October 10.00am—12.30pm**

**ALL WELCOME!**

- Come along and get involved in your local Community
- Become a member !!
- Join the KNC Board !!
- Find out how you can make a difference



**10 Langford Drive, Kariong**

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

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

#### PLEASE NOTE:

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

**JPs available within Kariong area:**

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Tracie Gosling **0412 486 678**

Foreman One Properties **4340 0777**  
**(Tuesdays & Thursdays 9am – 11am)**

# The Hill Youth Centre

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



## Monday

### Gecko Sports Multi Sports Program

3.30pm to 4.15pm ages 5 to 8 years

4.30pm to 5.15pm 9 to 13 years

\$12.50 per class

Enquire 0412688070 / [natlee@geckosports.com.au](mailto:natlee@geckosports.com.au)

### Fitness - 6.40 pm Boxing - 7.45 pm

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

## Tuesday

### Alive dance academy - 3.30pm to 8.30pm

email: [info@alivedanceacademy.com.au](mailto:info@alivedanceacademy.com.au)

Phone: 0407 259 001

## Wednesday

### Martial Arts - 3.30pm to 4.15pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

### Fitness 6.40 pm Boxing 7.45 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](mailto:info@alivedanceacademy.com.au)

Phone: 0407 259 001

### Beginner Guitar Lessons 3.30pm – 6.00pm

Learn to play guitar Ages 10 to 17 Cost: Free

Bookings required

## Friday

### Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

Elevate Youth 4<sup>th</sup> August 5.30—8.30pm

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

For further details go to <http://www.gosford.nsw.gov.au/community/services/youth-services>



## ACTIVE PLAYGROUP



**Wednesdays during school term 10.30am - 12.30pm**

We have had so many new faces attending our Wednesday morning group (10.30am – 12.30am) It has been so great to see beginnings of friendships forming between children and also parents. Seth and Limali have settled back into our routine after their big holiday and we thank Limali very much for her delicious morning teas she brings along.

Our family day care educators have found our playgroup really successful in offering their children new experiences and also great for networking and socialising with other day care mums instead of being isolated in their homes.

Our free play choices include our fabulous outdoor climbing equipment, slippery dips and large sandpit along with many arts and crafts, building activities and imaginative/dramatic play opportunities. Our structured group times are geared towards developing social skills, confidence and self esteem for the children and we explore numeracy and literacy concepts through music, dance and storytelling.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea.

**Cost: \$4 Members - \$4.50 non members  
+ \$1 each additional child  
Enquiries: Nerida 43404561**

## 1st KARIONG SCOUT GROUP



**Cub News**—This term we will be building Chariots for our Father's Day BBQ, growing our own tomato plants, communicating in codes and signals, attending the District Cub Camp at Camp Kariong and visiting the Camden Air base to take a flight in the Scout plane.

If you have a child 7.5 to 9 years of age who would love to do these activities, plus other fun stuff that helps develop their skills, then we would love to meet them on a Tuesday night 6.30-8.00pm at the Kariong Scout Hall, Currunga Road. We provide a safe environment with qualified leaders.

**'Coco' - Cub Scout Leader Teresa Read - 0408606154**

In other 1st Kariong Scout news, we are seeking support from our community to help us keep our Scout hall grounds looking smart. If you enjoy mowing lawns and gardening, we would be grateful for your support.

Please contact **Paul Jacobson - 0400367398**



## Kariong Progress Association

kariongpa@gmail.com



### Email address

If you have something to say about anything regarding Kariong let us have your opinion on our new email address.

### Council Pop-Up stall on 26 May 2017

We endeavored to have the actual comments recorded that day made available to publish this month, but it seems they must have blown away in the wind, as the Council couldn't find them!!

But, according to the Council all comments from all the Pop-Up stalls will be collated, as part of the Council's Strategic Plan, and the results will be made available to the public in the coming months.

### Upgrade of existing footpath and provision of appropriate street lighting in Langford Drive, between the Neighbourhood Centre and Woy Woy Road

This was discussed at the Pop-Up stall as there is no public lighting in that area, and the footpath is very uneven. Advice now to hand that maintenance works will be undertaken to even out the footpath. The lighting will be further discussed with local residents, and the Progress Association in August.

### **STOP PRESS: FOOTPATH FIXED!!**

### Langford Drive and Woy Woy Road intersection

We understand the design consists of a single lane roundabout and pedestrian facilities on all four legs of the roundabout. The provision of these pedestrian refuges will provide for improved pedestrian crossings of Woy Woy Road, Langford Drive and Dandaloo Street. Appropriate street lighting of these refuges will be considered as part of the project.

### AGM on 13 September

This will be an important meeting, as the President, Secretary and Treasurer have all indicated they will be stepping down at that meeting. If you want to see the Progress Association continue to work for the benefit of Kariong we need a good attendance that night. It will also be an important meeting to define the way forward for the Association.

### Kariong crime stats for June 2017

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

**The next meeting is scheduled for  
Wednesday 9th August 2017 at 7.30pm  
at the Kariong Neighbourhood Centre.**



## 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 \$30 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**

**Available at  
Kariong Neighbourhood Centre  
On Tuesdays and Fridays  
between 9.30am and 1.45pm  
Bookings essential on 43401724  
Conditions Apply**



**Get free help with  
your tax return from  
a Tax Help volunteer**

> Are your tax affairs simple?

> Do you earn around \$60,000 or less?

To find out more, contact the ATO on **13 28 61**.

**myTax**



## Room and Equipment Hire At Kariong Neighbourhood Centre

Room Hire booking system is now on line  
[www.knc.net.au/room-booking-system](http://www.knc.net.au/room-booking-system)

**Our rooms book out fast so don't miss out!**

Central Coast Community Council "Fantastic space to have large meetings — the staff at KNC are so hospitable, we feel welcomed. We hire the tables, chairs, projector and highly recommend these rooms."

Mrs Grey "This is the best place to have a kids party, my family and friends loved the playground for the kids, large kitchen, BBQ and plenty of room for the adults to relax."



### Electronic Games – research that may help parents make electronic gaming decisions

Electronic games are found in 90% of Australian households and 65% of households have three or more game devices. A study of more than 3,000 children across Australia explored children's electronic gaming.

The study had two phases:

- parents reported on their children's use of electronic games when their children were eight or nine years of age; and
- teachers reported two years later on these children's social and emotional development and academic achievement, when the children were 10 or 11.

Results showed that most children (52%) played electronic games for four or fewer hours per week, but nearly 24% of children played for more than seven hours per week.

Taking into account family background, parental education and type of game and context in which it is played, the good news is that low-to-moderate use of electronic games (between two and four hours per week) had a positive effect on children's later academic achievement (better literacy and mathematical skills), however, over-use of electronic games (more than seven hours per week, more than one hour per day) had a negative effect on children's social and emotional development and they were identified two years later, by their teachers, as having poor attention span and less ability to stay on task.

Surprisingly, children who were reported as playing electronic games for less than two hours per week, or not at all, did not appear to benefit in terms of literacy or mathematics achievement.

The relationship between playing electronic games and children's academic and developmental outcomes is not straightforward. The quality of the game and the family context play important roles. Sandbox games (e.g. Minecraft) are recognised as offering opportunities for collaboration with others while engaging in creative and problem solving activities. Studies show that when parents and siblings participate in game playing, they offer opportunities to negotiate with each other and engage in conversations and literacy practices. All of these potentially contribute to the child's language, literacy, numeracy and social development.

*Summarised from "The Effect of Electronic Games on Learning" written by Sue Walker, Professor, School of Early Childhood, Queensland University of Technology; Susan Danby, Professor of Education, Queensland University of Technology. First published on The Conversation. 2017*



**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](mailto:nils@gnnc.com.au)**

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



Can you believe it! July has come to end. This year is really flying. We have had new faces join our programs and have had another fabulous BBQ.

KidzXChange is continuing to learn about the Fruits of the Spirit in many creative ways. Our teens continue to write programs and take the leading roll for each Fruit of the Spirit. This is a wonderful learning and growing experience for them.

There are a few things happening each week, and we would love to have you join us. If anything catches your eye, please feel free to give us a call or an email for more information. Or, just come on and join us. You are always welcome.

During school holidays we don't meet at the School.

August 5 will be another Community BBQ. Why don't you give our snags a go. We are outside the gates of the school on Truscott Ave at 12:30. It only costs you your time. Hope to see some new faces this time.

Also on August 5 is our Family Fun Night. The theme this term is Mexican Fiesta. Brush upon your hat dance and come and join us. Starts at 6 pm with a yummy dinner, games, and lots of great company.

Wednesday, August 23 is our Community Morning Tea. It will be held at 1 Banks Close, Kariong from 10:00 am to 11:00 am. Come and have some delicious food meet some new friends.

For more information feel free to contact us:

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

Ring Lesley on 4340 2872

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

**KidzXChange** – Saturday mornings during the school term. 9:45am – 11:15am 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 Kariong Public School Hall. Entrance via Truscott Avenue.

**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 Kariong Public School Hall Saturday 11:30am - 12:30pm. You could even stay for a bit of lunch from 12:30 - 1:30pm. Entrance via Truscott Avenue.



### Kariong Eco Garden Incorporated

2 Dandaloo Street, Kariong NSW 2250  
(next to Tennis court 2)

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

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

Facebook: [www.facebook.com/kariongecogarden/](https://www.facebook.com/kariongecogarden/)

#### Our KEG office hours are:

Monday & Friday 10.00am to 12.30pm.

Our office is upstairs in the Arts Barn building.

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

#### Open Garden every 2<sup>nd</sup> Sunday of the month

Visitors and volunteers welcome, 10am – 12noon.

Sunday 13 August – “Who Lives here?” explore our new bush track and nature sign. Did you know we have a resident Satin Bower Bird?

#### Bush Kids Kindy – spaces available Wednesdays

Nature play for 2-5 year olds with a grown up, 9.30 – 11am. For info and bookings: <https://wednesdaybushkidskindy.eventbrite.com.au>

#### Introductory Bush Care Training

Bush Care in August is a training course in the Arts Barn, 27/8/17, 9.30 – 11.30am.

Bookings: [michael.smith@centralcoast.nsw.gov.au](mailto:michael.smith@centralcoast.nsw.gov.au)

#### What to plant in August?

Artichokes, Asparagus, Beetroot, Cabbage, Cape Gooseberry, Capsicum, Chili peppers, Eggplant, Kohlrabi, Leeks, Lettuce, Mint, Mustard greens, Onion, Parsnip, Peas, Potato, Radish, Rocket, Snow Peas, Spring onions, Strawberries, Sunflower, Thyme, Tomato, Watermelon.

Refer. [www.gardenate.com](http://www.gardenate.com) for more details.

**Garden Volunteers** are always welcome on Monday & Friday mornings 10am – 12noon.

## SECOND ANNUAL TRIVIA NIGHT



**Saturday 19 August 2017**

**5.00pm—8.00pm**

**Kariong Neighbourhood Centre**

**Tickets \$10 each**

**Book now:**

<https://kariongecogardentrivia.eventbrite.com.au>





## 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 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155.

Mrs Helen Ross and Librarian Adam Palmer were instrumental in forming the first Library Book Club on the Central Coast in 2005. Helen was elected President and has given much of her time to keeping the Book Club informative and interesting for the residents of Kariong. This Book Club is one of the largest in the area and we thank Helen and supporters for its continuing growth. At the June Book Club meeting Helen handed over presidency to Mrs Jane Howden who will be ably assisted by Mrs. Sue McCabe as Vice President. We warmly welcome both these ladies.

The Kariong Library Book Club members continue to meet on the last Friday of the month at 10am with morning tea provided.



Each month Kariong Library Book Club discusses two books. The **August 25** meeting will discuss *Everything Asian* by Sung J. Woo. This is a novel weaving together two compelling stories of the Kim family. The second book is *A Secret Kept* by Tatiana de Rosnay. This is also a family relationship novel and the power of a past secret to change everything in the present. Also, in 2009 Helen initiated the establishment of the Kariong Library Action Group which succeeded in their efforts to save the Kariong Library from proposed closure.



**Storytime** is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Storytime is an exciting programme to encourage a love of reading and to foster development of new skills. Listening, singing and craft work are all part of a fun morning.

Central Coast Council invites your entries for the 2017 Short Story Competition. Stories up to 1500 word for submission by 5pm 31<sup>st</sup> August 2017. Junior (5-8 years); Child (9-12 years); Youth 13-17 years and Adult (18+ years). Get your competition entry form from Kariong Library.

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

## Standpipe

G'day folks

I'm back with some more news from the Dandaloo Street fire station for this month.



As I mentioned in my previous columns the weather here in Kariong has been to say the least "chilly" But spare a thought for the people out in the Central West of NSW. On a recent trip out there it was biting cold with heavy frost and in some cases snow and the fire services are pushing the message of people keeping vigilant with their heating appliances. One message seen in Mudgee is "Time to clean the flue or chimney in your fire place" The message is still the same here folks and that is, keep an eye on your appliances. This also means paying attention when you're cooking. DON'T leave things on the stove unattended because it's a recipe for disaster.

Ok, on a brighter note, members of Kariong RFB attended what is colloquially known as a "Field Day" or district championships, held at Cessnock Showgrounds during July and didn't do too badly I might say. Events such as this not only showcase the talents & skills of the districts brigades, it also gives them contact with other brigades so you put names to faces. Because when we're out in the field fighting a fire with neighbouring brigades the job runs in most cases smoother because we know each other. Kariong acquitted themselves admirably with a Second in the Portable Pump event and a Third in the Tanker Presentation. Kariong in the past when attending events such as this always came away with something and these guys kept the tradition going. From all reports, crews and spectators alike had a wonderful day and a couple of trophies made it all a bit more special.

Now, I want to talk to you about joining the NSW RFS. Yes, I know you've heard me go on about it in the past but isn't it time you had a think about it? You'll be doing a vital job in the community. You'll be trained how to do it. You'll make some wonderful friends and you'll have the self-satisfaction of knowing that you're doing your part in helping to protect YOUR community.

The fire station is in Dandaloo Street Kariong. We're open 8.00am Saturdays and 7.30pm Wednesday nights. Come up and see what it's all about.

That's it for now folks. Remember, Stay Safe and be Firewise.



Hi Cougars Players, Families & Supporters,

With 5 games left to go for the Cougars, we have quite a few teams who are sitting in contention for a spot in the finals! In particular, our Women's All Age 4 Team who are sitting at the top of the ladder after a fantastic run this season so far.

To check out the full list of our competition teams and how they're going so far, check out our Facebook Page!

### SAVE THE DATE!

Junior Presentation Day – September 16  
(Time and Location TBA)

Senior Presentation Day – October 13 (6:30pm,  
The Entertainment Grounds – Tickets on sale soon!)

### THANK YOU!

As a local grassroots club, we couldn't exist without the support of our Sponsors. We'd like to send a big shout out to the following businesses who have supported us throughout the season:

George Brand Real Estate  
Foodworks Kariong  
Amy Cash Fitness  
The Times Café  
Kariong Automotive  
The Supreme Pizza Kariong  
Kariong Quality Meats  
The Entertainment Grounds  
Uke4Fun  
Aquarius Water Tanks  
Alive Dance Academy  
Tag Mate Safety Services  
SIGNrite

**INSTAGRAM** – Have you snapped a photo at a Cougars game this season? Share it online and tag us @kariongunitedfc and you could be featured on our page! Get the group together for a team shot, post a pic of a goal celebration – we want to see it!

**DRAW CHANGES** – Make sure to keep an eye on the draw at [www.ccfootball.com.au](http://www.ccfootball.com.au) for any draw changes.

To make sure you don't miss out on any of our events or news, you can follow us online:

**Website:** [www.kariongunited.com.au](http://www.kariongunited.com.au)

**Facebook:** [www.facebook.com/kariongunitedfc](http://www.facebook.com/kariongunitedfc)

**Twitter:** @kariongunitedfc

**Instagram:** @kariongunitedfc

**See you all at The Hill in 2017 - GO COUGARS!**



Energy & Water  
Ombudsman NSW  
Free, fair and independent

## Help for people experiencing problems with their energy or water provider

The Energy & Water Ombudsman NSW (EWON) assists consumers who are having problems with their energy or water provider. EWON is an independent body – we don't advocate on behalf of consumers or represent the interests of the energy and water providers. Instead, we investigate and resolve complaints by working with each party to understand their perspective, and consider relevant laws and codes, good industry practice and what is fair and reasonable in the particular circumstances.

EWON helps NSW consumers, including tenants, with issues including high and estimated bills, debt and credit default listings, disconnection or restriction of supply, provider actions that affect someone's property, reliability and quality of supply, connection or transfer issues, contracts, marketing practices, poor customer service, and more. Best of all, our services are free.

### Having trouble paying your utility bills?

All energy and water providers must offer payment plans to allow customers to pay off the debt they've built up over time, and most now also have hardship programs. Customers experiencing financial difficulties should ask their providers what payment options are available to help them to pay off debt and keep on top of their ongoing usage. If you can't work out an affordable payment plan with your provider, call us for assistance.

The NSW and Federal Governments offer a range of rebates and vouchers to assist people with their bills. These include Energy Accounts Payment Assistance (EAPA) vouchers, the Family Energy Rebate, Low Income Household Rebate, Gas Rebate, Life Support and Medical Equipment rebates. Customers can talk to their energy or water provider or call EWON to find out which rebates they may be eligible for.

### Saving energy and water around the home

You don't have to be a home owner to save energy and water around the home. Making small changes can lead to big savings on your next bill. For example, turning off a second fridge can save up to \$300 a year and washing clothes in cold water will save you up to \$124 a year. For more energy and water savings tips, visit [ewon.com.au/factsheets](http://ewon.com.au/factsheets).

If you or someone you know is having trouble sorting out a problem with an energy or water provider, call us on 1800 246 545, email [complaints@ewon.com.au](mailto:complaints@ewon.com.au), or visit us online at [ewon.com.au](http://ewon.com.au).





## Do you need help with the NDIS?

Fairhaven Services is a local charity that has been working with families, carers and people living with disability on the Central Coast since 1962. We provide supports and services to help you achieve your goals and aspirations, to enable you to live as independently as possible.

An approved NDIS provider, we offer person centred assistance tailored to meet your specific needs. Including:

- ✓ preparing for your NDIS First Plan,
- ✓ coordination of supports,
- ✓ development of daily living and life skills.

Fairhaven can help you live your life your way!

Call (02) 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** **Wyong**  
**4905-0749** **4905-0750**  
www.abilitylinksNSW.org.au



**WINNER of the Gosford/Erina & Coastal Chamber Awards 2017 for Excellence in Social Enterprise!**

Vintage Fair Shopping Village has an op shop, upcycled giftware store, Antiques room, second hand book shop, used furniture shed, "RE-CReATE" custom made palette furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.



### WHAT'S ON this Month:

**Point Clare Car Boot Market** Drop in to sell or shop! Saturday 12 August, 9am-2pm



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

10- 12pm. Latecomers always welcome. For more info contact us at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or ring KNC on 43401724.

## 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.

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence
- Parenting

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

**Some of our Parenting programs:****Triple P 2-8 years Group Program**

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

**Triple P Seminar Series**

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns

**Circle of Security**

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

**For Support or to Book into a Group**

**Call: 4340 1585, text 0434 426 709**

**Or email: [ccfss@ccfss.com](mailto:ccfss@ccfss.com).**

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

\*for groups in other locations please see  
[www.ccfss.org.au](http://www.ccfss.org.au)



Volunteering Central Coast – we refer potential volunteers to community organisations and provide ongoing support to volunteers and community, involving organisations on the Central Coast. Join one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 7122, email [recruit@volc.org.au](mailto:recruit@volc.org.au)

or visit [www.volunteeringcentralcoast.org.au](http://www.volunteeringcentralcoast.org.au)

**Information Booklets**

on services available to you on the Central Coast  
available at Kariong Neighbourhood Centre

**We are here to support you !!**

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact details and a brief overview of services provided.

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



**10 Langford Drive, Kariong**

**OPEN ACCESS**

**Internet and computer use available**  
at Kariong Neighbourhood Centre  
During office hours 9am - 3pm  
For information ring 4340 1724.  
From \$1.50 per half hour



## SUPPORT

**Central Coast Community****Handy Contacts**

- \* Aged & Disability Support Services 4334 2633
- \* Central Coast Mental Health Service 4320 3170
- \* Central Coast disability Network 4324 2355
- \* 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**

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

**4323 6080 or email**

**[gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au)**



## Volunteers needed for social inclusion programs

Visit isolated individuals for social support ie:  
chats, walks, coffee, assistance with shopping.

**Enquiries: Red Cross Gosford 4324 3411**

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



**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](http://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](mailto:adow8044@bigpond.net.au)

**5am Mon-Fri****6am Sat/7am Sundays**

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

**Kirsty and Cameron****Orders: 43405427**

Shop 4/10 Currunga Rd, Kariong.

## By George

Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

**SOMERSBY**  
ANIMAL HOSPITAL  
[www.sahvet.com.au](http://www.sahvet.com.au)

**Opening hours:**

Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

**79 – b Howes Road, Somersby**

**Phone: 4372 1799 After hours available**

**Luxury Cat Boarding Taking bookings**

*We would love to show you through our fantastic facilities  
Please phone to arrange a tour*

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

Pop into the Centre today and collect your copy of our handy booklet listing all the activities and workshops scheduled for Term 3. There's lots of opportunities to connect socially with members of your Community, have some fun, and meet your neighbours. We would love to see you. Call in between 9.00am and 4.00pm.

- Expert Care with timely, friendly, service
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- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

**PH 4340 1643**

3 Mitchell Drive, Kariong

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



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

Digital TV Antenna Services TV & Speaker Mounting

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Get your yard entertaining ready!**

\* Spring Special\* Rid your lawn of Bindyi and Clover from \$59

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[enquiry@outoftimeservices.com.au](mailto:enquiry@outoftimeservices.com.au)

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## Hinterland REAL ESTATE

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Whether you're planning to sell now or in the future we can assist you in preparing for all of your real estate needs and ensure a maximum return.

Call me to find out the value of your property, with a

**NO OBLIGATION**

**MARKET APPRAISAL**

Sales Executive / licence Agent

James Roberts—0404 447 551

James Roberts

[jamesr@hinterlandre.com.au](mailto:jamesr@hinterlandre.com.au)

# Bay's

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

7 Camelia Circle, Woy Woy NSW 2256

## Kariong Branch – Labor

Next Meeting

July 19, 2017 - 7:30pm

Kariong Neighbourhood Centre

Visitors and New Members welcome

Enquiries: Alasdair 0418 264115

**Seleisa Duddy Podiatry**

**3 Mitchell Drive, Kariong**

PH: 4340-4444 or at Kariong Medical Centre

(Available Monday and Tuesday only)

- Nail Cutting / Corns / Ingrown Nails / Heel pain / Orthotics / Footwear advice
- Retrain to WALK with correct ALIGNMENT / Balance Retraining / Movement Classes
- Enhanced Primary Care (EPC) / NDIS / DVA / Workers Comp



## 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

## BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?
- A DESIRE TO HELP OTHERS?

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability.

In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

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

**Please ring KNC on 4340 1724  
or email [admin@knc.net.au](mailto:admin@knc.net.au)**



A PLUS TAX AID

## Registered Tax Agent

will visit you within Kariong for \$110

(Standard Individual Tax Return, includes GST)

Website: [www.aplustax.com.au](http://www.aplustax.com.au)

E-mail: [info@aplustax.com.au](mailto:info@aplustax.com.au)

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



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**FREE QUOTATION**

**WORK GUARANTEED**

Call **0408 917774 or 43400420**

Lic. No. 129863C

## 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**



## BOVIS ROOF REPAIRS

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\*All Roof Leaks & Repairs

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



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Audio Visual Cabling & Antenna Installations

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- ✓ Wall Mounted TVs
- ✓ Additional TV Outlets
- ✓ Surround Sound

**FREE TV RECEPTION TESTS AND QUOTES**  
**Call Peter on 0431 777 447**

**Australian Government  
 Approved Antenna Installer**



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**Phone: 0414 431 671**

Better Health Practices



20 LANGFORD DRIVE, KARIONG

4340 5154

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

*Celebrating 20 years of Caring for Kariong*

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

**Health fund & Medicare accredited**



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 also at  
 East Gosford



4340 2022

[vcdental.com.au](http://vcdental.com.au)

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"Always Fresh"

**Telephone: 0400 292 220**

*We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.*

**Home Deliveries & Wholesale**

**Twice a week on Mondays and Thursdays**

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



## 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

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Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

## MONDAYS

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

9.30am to 10.30am **During school term.**

A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

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

Call into the Centre for an information / registration pack.

Parents invited to stay for first Term sessions.

Bring morning tea, a hat and a drink.

## TUESDAYS

### Immunisation Clinic for children - NSCCA

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: \$10 if paid in advance, \$12 for casuals

For more information contact Corina Jones 0409 242 153

## WEDNESDAYS

### Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 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: \$4 per child, (member) \$4.50 per child (non-members)

\$1.00 each additional child. Morning tea provided. All

welcome

### Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

### Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To

enrol contact Directions Health 9486 3120 or

[www.firstaid.net.au](http://www.firstaid.net.au)

### Weight Watchers from 6.30pm to 8:00pm

[www.weighwatchers.com.au](http://www.weighwatchers.com.au) Phone: 131 997

## THURSDAYS

### Kariong 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**

## FRIDAYS

### Australian Breastfeeding Association Meeting

**During school term**

All welcome! Fortnightly 10.00am to 12.00pm

Contact kariongabagroup@gmail.com or phone 1800 686 268

## SATURDAYS—Available for PARTY hire!

**Pilates & Boxing for Fitness** 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing.

A great way to get your body back into shape. Contact Sarah to

make a booking 0425 265 609 [sarah@yourtemple.com.au](mailto:sarah@yourtemple.com.au)

**Ukulele Group Lessons** \$10.00 per lesson. 9.00am —11.00am

Don't own a Ukulele—no problems we supply what you need to

start. Contact Garry 0419 217 006

## SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday

parties on Saturdays and Sundays. For bookings please Phone

KNC 4340 1724 .

### ADVERTISING CLOSING DATE

for NEXT ISSUE

**Wednesday 19th August 2017**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au)

and Community Announcements to

[coordinator@knc.net.au](mailto:coordinator@knc.net.au) or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from

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

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

## 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](http://henrykendallcottage.org.au)

## 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](mailto:danielle@thesmarttraveller.com.au)

Website: [www.thesmarttraveller.com.au](http://www.thesmarttraveller.com.au)

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SICK OF ATTEMPTING TO 'GET ORGANISED'?

## MAKE SURE YOUR SOCKS STAY TOGETHER...

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## FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre

on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare  
Family Law Divorce • Property & Parenting  
Driving Matters • Wills & Probate • Neighbourhood Issues

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

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

## 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.

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