

# 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 4

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

May 2016

## Freaky Friday Disco

It's that time again!! **Disoo night** at Kariong Neighbourhood Centre !!

For children aged 5-13 years

The theme is 'Freaky Friday' **Prize for best dressed!!**

**You MUST register and purchase tickets prior to the night**

Ring 4340 4595, email [0034#@knc.net.au](mailto:0034#@knc.net.au) or call into the Centre to collect your tickets

**Cost: \$10 per child**

**This includes:** Entry,  
2 hours of fun, a great DJ,  
popper, sausage sandwich  
& glowsticks

**Games & Prizes to be won!!**

Also includes  
Games and Prizes

# 1-9 pm

Cost includes  
Sausage sandwiches,  
drinks, glow sticks, DJ.

**Friday 13th May 2016**

**7 - 9pm 10 Langford Drive, Kariong.**

**Qualified childcare workers and volunteers on site. ✕ All children must be signed in and out by an adult**

Illustrations created by the winner of our drawing competition - Monira

## Computer Basics (Mobile Technology) Workshop



Kariong Neighbourhood Centre is proud to present a new Mobile Technology workshop.

Don't be left behind—new users and those wanting to know more

**Topics:** Tablets and PC'S, Ipads, Smartphones—(bring along your own technology if you have it)

- How they work
- Advantages
- Current trends and the future.
- Learn the differences between Google's Android, Apple's iOS, Nokia's Symbian, and
- Windows mobile operating systems

**Date:** 28th June 2016

**Time:** 10am-12pm (Includes short break in middle)

**Location:** 10 Langford Drive, Kariong NSW

**Cost:** \$20 per person (includes tea/coffee and biscuit)

**Bookings essential Please Phone the Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)**



## Jammin' Juniors !!

Fridays 10.30-11.30



The first sessions of our weekly music hour have been a fabulous success with so many children, toddlers and babies joining in together with our songs, finger plays, dances and games.

It has been really wonderful to see the children's self-confidence grow as part of a big group and to see the smiles of enjoyment as they share the excitement with our enormous colourful parachute.

We have been learning the beginnings of number identification and basic subtraction and addition concepts through music too.

We hope to see many new faces come along to make new friends in their local area and join in with our musical fun and games.

**All ages up to 6 years are welcome.**

**EACH FRIDAY 10.30 — 11.30am**

**Kariong Neighbourhood Centre**

**10 Langford Drive, Kariong**

**\$4.00 for first child, \$1.00 per additional child.**

**Inquiries: Nerida 0415906033**

## ACTIVE PLAYGROUP



**Wednesdays**

**10.30am - 12.30pm**

**at Kariong Neighbourhood Centre,  
10 Langford Drive, Kariong.**

**We deliver an educational program  
developing social skills and school readiness  
in a safe, happy and stimulating environment.**

**come along and have some fun.**

**meet new families, share ideas**

**Cost: \$4 members and \$4.50 non members**

**\$1 additional child**

**Morning tea is provided**

**Enquiries: Angel 43404561**



## Kariong out of School Hours care

## OOSH UPDATE

What an outstanding Vacation Care we all enjoyed for our April school break with all of our children having impeccable behaviour on all our excursions and incursions. We were so proud to take them as a large group to our extra special



destinations such as the Powerhouse Museum, Inflatable World and Niagara Park Sports Centre. Another enjoyable highlight was having two students from the NAISDA dance school come along to our centre to give the children dance lessons and an insight into life at the local Aboriginal Dance School.

We look forward to offering our before and after school care children lots of valuable learning in term 3 with a focus on sustainability and recycling in our arts and crafts activities. We will also follow up on learning from our Powerhouse Museum trip with designing our own clothing ideas with different mediums.

**Brandi and Nerida—Kariong Neighbourhood Centre**

**10 Langford Drive, Kariong Phone 4340 4561**



**Enquire now**

## Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 2-6 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.

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

**Building 34 Mt Penang Parklands, Kariong**

**Ph. 43401342 Fax 43405742**

**email: parklandspreschool@bigpond.com.au**

# The Hill Youth Centre

**What's Happening  
at The Hill Youth Centre this month?**

**The Hill Youth Centre**

**98 Mitchell Drive Kariong**

**Phone: 4304 7039 Hours Open:**

**Tuesday-Thursday 3-6pm - Friday 4-8pm**



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. Access to free wifi 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.

## **Tuesday: 3-6 - Homework help**

3.30 – 5.30pm - Nutrition program - learn to make some tasty and healthy meals

## **Wednesday: Oz tag comp—3pm**

4.30pm - Fitness circuit - Get fit and healthy, set some fitness goals

## **Thursday: 3pm – Career Assistance and homework help**

3.30 pm - Basketball Competition

## **Friday: 4-8 - Dinner, games, events**

4-8 -1st Friday of every month , Open Mic night

## **Open Mic Night**

We are looking for young people who are interested in performing at our next open mic night held on the 1<sup>st</sup> Friday of every month. If you sing, play an instrument or have formed a band contact us to register your interest.



**National Youth** The annual *Kariong Sessions Skate Scooter and BMX* competition took place on Saturday 9<sup>th</sup> April.

The winners of each division have been invited to compete at the Central Coast Series grand finale at Umina on the 1<sup>st</sup> May. Competitors travelled as far as Liverpool and some deserving local participants placed in the comp.

Congratulations to *Thomas Sharp* for taking out 1<sup>st</sup> place in the U'12 scooters, *Thomas Davis* for 1<sup>st</sup> place in U'12 BMX and *Ryan Van Eden* for 2<sup>nd</sup> in U'16 and open divisions of BMX. We would also like to thank all the young people who volunteered their time on the day to help with a special thanks to Hannah and Sarah Barnett for their help throughout the full day.

Over the last month, we have celebrated Seniors Week and Youth Week. What wonderful bookends in life!



Our seniors carry the wisdom of experience and we, all too often, do not get the opportunity to learn from them. I think this is a great waste and I really would like to have a program at the school in which our youth could interact with our elders in engaging, learning conversations. As usual, I put the call out there (43400246) for anyone interested in discussing how such a program could be implemented. Another advantage of bringing our seniors and youth together is that it demystifies each group and as a result such knowledge can have a positive flow on effect about what happens in our community and the interactions each group has with the other.

Youth week celebrates the potential of our young people to take on their roles as the future leaders of our society. As noted in the NBN news clip last month, we have some fantastic ambassadors for leadership at our school and they have developed these skills through our leadership and academic programs. At school, we often see this potential being realised, in formal settings such as peer support and the leadership team, but also in informal ways, when students volunteer to support particular charities, help out friends in need and work together within their classes to help everyone achieve more, not just themselves.

Sometimes our focus on negative behaviours, leads to the positive behaviours being forgotten. There are more reasons to praise our youth, than damn them. I don't have 'rose tinted glasses' about youth, I have the experience of working with them every school day and I continue to be proud and optimistic about what the students of Kariong Mountains High School will go on to achieve.

Anne Vine  
Principal

**Lifeline shop**

Quality second-hand clothing/furniture  
books & now craft mornings

2/11 Brooks Ave Wyoming, 4324 4555  
Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

**DO YOU HAVE ANY SMALL BIKES FOR ONE TO FOUR YEAR OLDS THAT YOU ARE NOT USING? WE ARE LOOKING FOR DONATIONS FOR OUR PLAYGROUPS.**  
If you can help, please call the Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)



## Kariong Progress Association



KARIONG ON LINE....there are 2 good Facebook sites providing plenty of information about Kariong.

**Kariong Local Community NSW** provides local updates on issues affecting local residents, and is a way to keep abreast of what's happening in the area; particularly good about residents providing warnings of unsavory activity to keep an eye out for in your street.

**Kariong Neighbourhood Centre** provides updates on local courses and all local activities at the Centre.

It is a very busy Neighbourhood Centre, and regarded as one of the best on the Central Coast.

You can also find a copy of this edition of the Kariong Connection.....in glorious colour!

A third Facebook page worth a look is: Brisbane Water LAC – NSW Police Force

A busy site filled with all kinds of worthwhile information on Gosford and its suburbs, including daily crime stats. Currently there is an article on Neighbourhood Watch groups....Kariong is one of those listed. The Kariong Neighbourhood Watch group is currently combined with this Progress Association, and meets regularly with all the other Watch groups at the Gosford Police Station.

MT PENANG HIGHWAY PRECINCT....to date no decision has been made about public discussion on the building submissions received by them, but we will continue to monitor the situation.

WOY WOY ROAD / LANGFORD DRIVE INTERSECTION.....still waiting to hear from Council about their intention to request that the NSW Department of Roads and Maritime Services commit, with Council, to a 50/50 split in the funding to augment the already received Federal Government grant.

Kariong Crime stats for April 2016

Assault	Break and Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
2	0	6	0	3	0

**PROGRESS HALL:** You can book the Hall 7 days a week for parties, functions and ongoing activities.

**TENNIS COURTS:** You can book the courts for playing 7 days a week.

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

**Next meeting:**

Wednesday 4 May 2016 at 7.30pm.....and the first Wednesday of each month

## Kariong Eco Garden Incorporated

Cnr Dandaloo Street and Woy Woy Rd.  
Kariong NSW 2250 (next to Tennis court2)



Postal address: c/o KNC 10 Langford Dr.  
Kariong NSW 2250  
Phone: 0417 686694.

Our **office hours** are:

Monday & Friday 10am to 12.30.

Our office is upstairs in the Arts Barn building.

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

### Putting out the Welcome Mat for Wildlife

New series of free family friendly workshops about insects, frogs, reptiles, birds and bats.

We had a great BIRD workshop on 11th April 2016

Next event planned is for Saturday 7th May 2016

2.00— 4.00pm and will be about INVERTEBRATES – bugs, bees & butterflies. See our facebook page for details and dates. Funded by Greater Sydney Local Land Services.

### Bush Kids Kindy

Nature play for 2-5 year olds with a grown up. For info and bookings:

<http://www.eventbrite.com.au> and search for Central Coast Bush Kids

### Bush Care

Our regular Bush Care day is the 4<sup>th</sup> Sunday of each month 9.30 – 11.30am. Come and join in.

### 4 SEASONS for Art & Film – Autumn

Saturday 21 May 5.00—8.00 pm – Nightbirds & Bats, Music, Food, Powerful Owl talk & Bat film. Local bird photography & Bambara artworks.

### What to plant in May?

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

**Garden Volunteers** are always welcome on Monday & Friday mornings 10am – 12.30pm. If you have a particular gardening talent or just like to potter please come and share with us.

### All welcome



Margaret & Kaye and Annabelle who enjoyed our Bird workshop

## BROADBAND FOR SENIORS

### Unlock The Digital World

### Be a part of it



Why not join our Broadband for Seniors and People with a Disability FREE tuition?

Our courses are One on One and are held on Tuesdays and Thursdays between 10.00 - 2.00pm.

Please ring our friendly staff to book a time.

#### • Computer Basics

Computer use, how a computer works, basic tasks, creating a file, printing, downloading digital images, photos, introduction to common Microsoft programs

#### • The internet

How to get online, search for your favorite subject.

Understand the different web browsers and how search engines work

Shopping and banking plus safety in the cyber world

#### • Social Media

You know the names, now learn about - Twitter, youtube, face-

book,  
gram  
Skype



Insta-  
and

Come and learn the easy friendly way with us

At Kariong Neighbourhood Centre

10 Langford Drive Kariong



Windows 10 basics Windows 10 *ected for details"*

**Learning = Confidence, Enjoyment**

## Explore & Discover what you like

*A person centred, interactive 4 week workshop*

*For people with a disability  
(carers & support workers welcome)*

*Bookings being taken for next workshop*

**- Coming soon -**

**18 — 60 years with a disability**

**ALL WELCOME**

*All materials supplied • Refreshments provided*

*\$40 for the full workshop*

*Must complete the four weeks*

**Clients  
Get ready  
for the  
N.D.I.S**



With a skilled facilitator you will learn how to:

- \* Identify what you enjoy doing?
- \* What makes you feel good?
- \* What is really important to you?
- \* What you love, not what you need

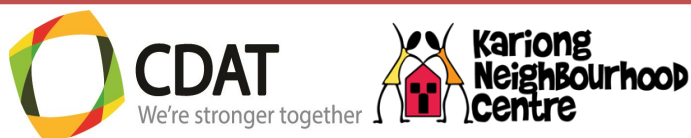


10 Langford Drive, Kariong

**For more information or to register your interest  
please contact the Centre on 4340 1724**

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

Following this workshop you will have a 'vision board'  
to help you and your carer/support worker  
to identify what YOU love doing



### KARIONG COMMUNITY DRUG ACTION TEAM

**Are you passionate about your Community and want to make a difference?**

**We are working together to educate and support people and families to minimise the effects of drugs and alcohol in our community.**

**We need YOU! ALL welcome!**

**WHERE:** KNC 10 Langford Drive, Kariong

**WHEN:** Our first meeting will be May 2nd  
(please note change to start date)

Followed by  
(27th June, 22nd August, 12th September)

**TIME:** 9.30am – 10.30am .

**Please call Fiona on 4340 1724**

\*See more at: <http://adf.org.au>

### A SUPPORT GROUP for families and friends of those who are addicted to ICE

*A confidential group for parents, partners and friends of ICE and drug dependent people. A fully qualified psychologist facilitator with years of experience will explain the facts and supports available. How to cope with your emotions, guilt, anger, depression and keeping yourself safe.*

**When:** Commencing 1st April - 6th May  
6 Weeks duration

**Time:** 10.00am — 12.00pm

**Where:** Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**Group Facilitator:** Karen Clarke  
(BA(Psych) MAPS, M Adolescent Mental Health)  
**Ann Harwood**  
BA Social Science, Advanced Dip AOD, AOD counsellor

**Cost:** \$5.00 per person per session

*Light Refreshments provided*

For more information or to book ring 4340 1724

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

#### Providing Information and Support

BOOKINGS ARE ESSENTIAL FOR THIS GROUP.  
CHILDCARE WILL BE AVAILABLE FOR \$5.00 PER CHILD



### Kariong Neighbourhood Centre *is the perfect venue for your event*

We have fantastic facilities including fully equipped kitchen, outdoor playground and with the wet weather coming, our undercover area is a great wet weather option for parties. Don't miss out—Book now



*Fantastic playground equipment*

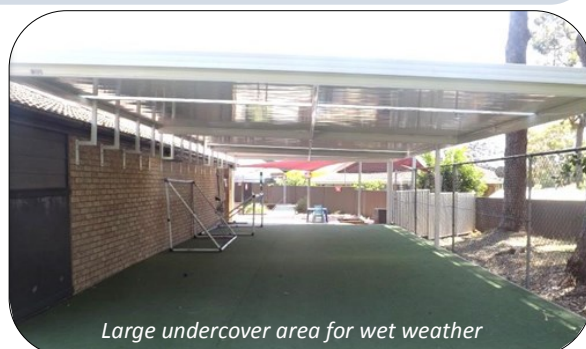
**As a member of KNC you can hire the Centre for just \$26 per hour**

Membership starts at \$5 for a single, and \$8 per family

It's easy to become a member, for more information about becoming a member and our extensive facilities just ring us on 4340 1724, email at [admin@knc.net.au](mailto:admin@knc.net.au),



*Fully equipped spacious kitchen*



*Large undercover area for wet weather*







April proved to be a wonderful time at The XChange. The children learned about Queen Ester and how she saved a nation. At Barney's we had different studies and two great speakers.

We also held a community afternoon tea, with lots of yummy foods.

For those of you that missed this one, keep an eye out in your letter box for an invitation to the May afternoon tea. There is no KidzXChange or Barney's House for two weeks as we are all off to Big Camp. This is a fun filled week of activity and Spiritual uplifting.

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.kariongexchange.org.au](http://www.kariongexchange.org.au)

Ring Lesley on 4340 2872

Email: [kariongexchange@me.com](mailto:kariongexchange@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 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 pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

## Advertise with us

Our newsletter is delivered to over 2500 local community members and local businesses, and is 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](mailto:admin@knc.net.au)



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?

#### **Sundays @ Kariong Public School Hall, Truscott Avenue entrance**

Sunday worship service @ 9.30am

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

#### **Kid's Club @ 11.30am – 1.00pm**

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

#### **Other**

#### **Playtime – Tuesdays @ 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.

Girls Club – 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month @ 6.30pm – 8.00pm

**Girls Club** is for girls in Kinder – Grade 6, and meets fortnightly during school terms for craft and activities.

#### **Thrive – 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of the month @ 7.00pm**

Thrive combines our youth and young adults ministries.

Both groups meet fortnightly for bible study and activities.

Heart 'n' Home - 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month @ 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 @ 9.00am – 10.00am and 7.30pm – 8.30pm

This Bible study/Life Group is the first point of call for those looking for a small group to "do life" with. Life groups are also held on other nights at various homes, please phone Pastor Jeff for more information.

#### **Friends Group**

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

#### **Blake's Business & Women's Coffee**

Meeting bi-monthly on Saturday mornings (alternate months).

For more information phone Pastor Jeff on 0448 814 511.

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

Facebook: Kariong Community Baptist Church

Office: Cnr Woy Woy & Milyerra Roads,  
Kariong NSW 2250

# Kariong Library Action Group

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

Please take advantage of the free computers, and scanning facilities available. Use your own USB or borrow from the library. WiFi is also free. There is a small charge for the use of the photocopier. Come in and read the daily and local newspapers.

Thanks to Gosford City Library for the free poppers and popcorn at our April school holiday movie Penguins of Madagascar. This was a very well supported event and we look forward seeing you all next school holidays.



Thanks also to all who were involved in making poppies for the **“Poppy Project Never Forget the Sacrifices”**. There are several books about ANZAC (including very good children’s books) on the shelves for you to borrow.



**Book Club Review** meets at 10.00 am on the last Friday of each month. The books for review on Friday May 27 are **Suite Francaise** by Irene Nemirovsky and **The Year of Living Dangerously** by Christopher J Koch.

Christopher J Koch was an Australian novelist whose 1978 novel *The Year of Living Dangerously* was adapted into an award-winning movie in 1982. This novel is set primarily in the Indonesian capital of Jakarta in the summer and autumn of 1965

Irene Nemirovsky was a French writer of Ukrainian-Jewish origin. She was arrested as a Jew and detained in Auschwitz, where she died in 1942. *Suite Francaise* was published in 2002 and portrays life in France beginning in Paris on the eve of the Nazi occupation. It tells the remarkable story of men and women thrown together in circumstances beyond their control.

**Tuesdays at 10.30 for Storytime.** The purpose of Storytime is to encourage a love of reading. This great programme is for children 3- 5 years, their parents, grandparents and carers – all are welcome. Singing and craft are important features of the programme.

## Standpipe

G'day folks.

Here's some more news from Kariong Rural Fire Brigade for this month.



As I mentioned last issue we're moving into Autumn and the RFS will be conducting hazard reduction burns throughout the district and outlying areas. Crews will be out and about carrying out this work whilst the weather is favourable. So you may see a little smoke about but if you've got any concerns give the local Fire Control Centre a call on 43402911 and as always, if you see an unattended fire call 000.

Also, just a reminder about home safety and the things you can do to help best protect you. Folks, I can't make it any clearer that safety in the home where heating appliances are concerned is a vitally important matter for you to keep in mind. I can tell you from experience that Kariong can be bitterly cold in winter and you need to be on your toes with your heating appliances particularly where there are kids involved. To an adult if something doesn't look right they'll more than likely put it aside for checking or repair later. Generally speaking, kids don't have that cognitive skill and will do things that "mum & dad do" albeit slightly different.

Here's an example. Years ago I knew a family in Kariong & they had two littlies. Every morning the eldest would get up & go to the lounge room and mum would put the heater and telly on. On this particular morning "little miss" went out as usual however, mum decided to have a lay in so "little miss" thinking herself a "big girl" duly put the heater & telly on by herself. Being a rather chilly morning "little miss" pulled the heater closer and closer to the lounge until it was almost touching the fabric. Dad, who was home that morning started to smell the acrid smell of burning material foam. He jumped out of bed along with mum and made it to the lounge room just in time to see the lounge slowly smouldering away with "little miss" still sitting on it. Another minute or two and it would have caught fire.

Folks, that's how easy it can happen so please do your checks with electric blankets, heaters and so on and most importantly, supervise your kids around them. **DO NOT** leave things to chance.

Just a reminder folks that the fire station is open for training Wednesday nights from 7.30pm and Saturday mornings from 8.00am. We're in Dandaloo Street Kariong so if you're keen to come up and see us, please do. We'd be most happy to have a chat with you about joining the Service and brigade.

That's it for this issue folks so Stay Safe and be Firewise 'till next time.



## Australian Academy of Tai Chi

*"Health & Relaxation"*



### An Antidote for Anxious Children and Teens

Recently through the media, attention has been drawn to some disturbing problems facing Central Coast children and teens: increasingly, parents and teachers are reporting signs and symptoms of stress and anxiety in young people. The causes of this problem are no doubt complex, and the author is not inclined to give extended commentary here, however an anxious child, teen, and young adult myself, I understand too well the cage of limitations that anxiety creates.

Along the way, the antidote I stumbled across, for me, was tai chi - a moving meditation and exercise that I have come to believe so strongly in as a holistic health practice, that I pursued the in-depth training needed to become an instructor. Regular practice helped me to the point that I now have no problem standing in front of large groups of people to demonstrate the methods learned. So what is tai chi and how can this ancient practice help today's stressed and anxious youth?

Most people nowadays recognise there is a strong mind-body connection; neither exists in isolation. Whether it is the mind playing tricks on the body with the 'placebo effect', or stomach butterflies when you are feeling nervous, most acknowledge that the mind can lead the body to feel certain ways. Many are not aware however, that this process can also work in reverse; the body can also exert some control over the mind.

In tai chi, we use sequenced, precise, slow-flowing movements and diaphragmatic breathing to release tension from the body, and also send feedback to the brain that we are safe, calm, and relaxed. This short circuits the vicious cycle of our 'fight or flight' response and quells the cause of anxiety at the source. It is a powerful technique.

Adapted from martial arts, the movements are fun and enjoyable for children to perform. At its deeper levels, tai chi draws from the Taoist philosophies of 'going with the flow' and finding balance in all things - helpful messages for over stressed teens. Ultimately, tai chi gives children a 'toolbox' of techniques which can be used to find calmness anytime they are feeling nervous or anxious.

I am currently seeking interest in a children and teens tai chi course to run in Kariong.

**For more information and to book, please call Daniel on 0435 121 520 or via email at [danw@live.com.au](mailto:danw@live.com.au)**

## Mt Penang Parklands

A place for people to meet, celebrate, play and enjoy



### NEWS & EVENTS

Cross Country Carnival.....	4 May
Century Challenge Cycle Ride.....	15 May
Central Coast Ks for Kids.....	26 June

For more information on these events or to find out what's happening at Mt Penang, visit our calendar of events at [mtpenangeventpark.com.au](http://mtpenangeventpark.com.au)

#### Try new and exciting things at Mt Penang!

- » Book **A Moment in Time group tour** and learn about the history of Mt Penang Parklands and the Gosford Farm Home for Boys. Call 4340 1002.
- » Join the **Mt Penang parkrun** every Saturday at 8:00am. [www.parkrun.com.au/mtpenang](http://www.parkrun.com.au/mtpenang)
- » Try a thrilling **Jet-Pack ride**. [www.jetpackadventures.com.au](http://www.jetpackadventures.com.au)
- » Enjoy Mt Penang Parklands on a **Segway**. [www.segwaycentralcoast.com.au](http://www.segwaycentralcoast.com.au)

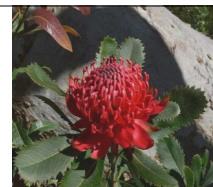


Central Coast  
Regional Development  
Corporation



Mt Penang Gardens  
Event Park & Parklands

## Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 14<sup>th</sup> May, 2016 at 1.30pm for a 2.00pm start**. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

On **Saturday morning 14<sup>th</sup> May** members will be enjoying a bushwalk looking at and identifying plants. Our speaker for this month will be Graeme Errington, and his subject will be 'Collecting for the Australian Plant Bank'.

Our monthly meetings also include a Plant of the Month and Book of the Month Presentation as well as a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

On conclusion of the meeting afternoon tea will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

**Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049**



## BE WHO YOU WANT TO BE

The Central Coast Community College offers a wide range of qualifications in Accounting and Finance, Aged Care and Disability, Beauty and Massage, Leadership and Management, Health, Foundation Skills, Health and Safety, Information Technology and Training and Assessment, varying from Certificate II to Advanced Diploma. So if you are looking to improve your skills or change career, why not consider us?

As well as offering the above, we still provide a number of Lifestyle and Leisure courses, including Languages, Cake Decorating, Origami, Ukulele, Acoustic Guitar, Creative Writing, Cooking, Photography and Website Design.

We have recently invested in a new beauty and nail salon as well as upgrading our IT facilities to provide training in modern, state of the art facilities.

### We are changing and so can you!

Jonathan Davis, Executive Director of the College is excited about the college's future. Our vision is to:

**Raise aspiration**

**Achieve potential**

**Enjoy success**

"To help our students achieve their potential we have different options for people to study with us, whether it be full time, part time, distance or online," said Mr Davis.

To find out more visit our website [www.cccc.nsw.edu.au](http://www.cccc.nsw.edu.au), email [info@cccc.nsw.edu.au](mailto:info@cccc.nsw.edu.au)

or phone us on 02 4348 4310.

Our vision is your vision and our mission is to help you be who you want to be in 2016.

Start planning for the new year, and a new you!

Visit [www.cccc.nsw.edu.au](http://www.cccc.nsw.edu.au) and start planning for the new year, a new you!

## 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

## CCFSS Groups Term 2 2016



### CIRCLE OF SECURITY

#### A Relationship Based Parenting Program for Caregivers

Circle of Security Kariong,

Mondays May 2 – June 6, 10.00am to 12.00pm

Phillip House, 21 Old Mt Penang Road Kariong.

Bookings essential (Sorry no childcare available)



### EMBRACING MUMS

#### A Support Group for Women Experiencing Post Natal Depression and Anxiety

Topics include: Myths of Motherhood, What is Post Natal Depression and Anxiety? Management of anxiety and depression and coping strategies, Challenging negative thinking and Looking after ourselves.

Embracing Mums,

Tuesdays May 3 – June 21, 12.00pm to 2.00pm

Phillip House, 21 Old Mt Penang Road Kariong

Babes in arms welcome, limited child care available if pre-booked – bookings essential, gold coin donation.



### Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group

Gosford group, April 28, May 26, June 30, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong



#### To Book into a Group

Call 4340 1585 to book your spot in one of the groups

Central Coast Family Support Services  
4340 1585  
[www.ccfss.org.au](http://www.ccfss.org.au)

## Ettalong Beach Arts & Craft Centre Inc

*Classes are held at the Art Centre in Kitchener Park,  
Corner Picnic Parade & Maitland Bay Drive  
Ettalong Beach*

**Term 2 2016 Classes: 2nd May – 1st July**

### MONDAYS

9.00am – 11.00am	Patchwork & Quilting
11.00am – 1.00pm	Social Patchwork & Quilting
10.00am – 12.00 noon	Pottery
4.00pm – 5.30pm	Children's Pottery
6.00pm – 9.00pm	Silver Craft

### TUESDAYS

9.30am – 11.30am	Patchwork & Quilting
7.00pm – 9.00pm	Pottery

### WEDNESDAYS

9.00am – 11.00am	Painting & Drawing
11.30am – 1.30pm	Painting & Drawing

### THURSDAYS

9.00am – 12.00noon	Silver Craft
12.30pm – 3.00pm	Social Stitchery
4.00pm – 5.30pm	Children's Art

### FRIDAYS

9.30am – 11.30am	Watercolour Painting
12 noon – 2.00pm	Watercolour Painting

*For enrolments & enquiries please phone:  
4341 8344 or visit [www.ebacc.com.au](http://www.ebacc.com.au)*

### JOIN IN A 'RECYCLING DENIM' WORKSHOP

**Where:** Ettalong Beach Arts & Craft Centre  
*See above for address*

**When:** Saturdays 28th May & 4th June 2016

**Tutor:** Donna Jones

**Time:** 9am – 12 noon

**Cost:** \$80

For more details see [www.ebacc.com.au](http://www.ebacc.com.au)  
or phone: 4341 8344

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



**Australian  
Breastfeeding  
Association**

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 4340 1724 or contact us at  
[kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com)



Central Coast NSW

Suite 16, 1 Reliance Drive, Tuggerah

T: (02) 43530017 F: (02) 43535960

**Are you looking to kick start your career?**

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**Information Technology - Children's Services**

The delivery mode creates a relaxed, flexible environment for students and caters to people who have not studied or worked for a long time, people with a disability or people who may struggle with literacy and numeracy.



**Study Locally in School Hours**

**Eligibility**

If you answer "YES" to all four questions below then you are encouraged to apply:

- Are you 15 years old or over
- Living or working in NSW
- Have barriers to access assessment e.g. financial hardship, disability, struggle with literacy and numeracy, at risk of not making a successful transition from school to higher education, training or work.
- An Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizen?

**Course Fee: \$0.00** if eligible for Fee Exemption

**\$80** if eligible for Concession

**Further Information** Contact the College

on 02 4353 0017 or email [info@tlkcc.com.au](mailto:info@tlkcc.com.au)





Responsible Gambling Awareness Week (RGAW) falls on the 23-29 of this month. RGAW is all about raising awareness of the free Gambling Help counselling services and support tools available for people experiencing gambling problems, and this year the theme is Family and Friends.

The theme was chosen for two important reasons. The support of family and friends can make a major difference in helping problem gamblers muster the strength to overcome their gambling addiction. At the same time an estimated ten other people can be negatively affected by one person's gambling problem – not only partners and family but also workmates and friends. People often don't realise they are able to access free support as well.

One of the biggest challenges facing family and friends is how to raise the issue of problem gambling. It can be a very awkward thing to do. People are often afraid that mentioning someone's gambling problem may damage their relationship.

In response, Gambling Help is launching an animated e-card campaign, Talkward, to help break through any stigma and encourage dialogue and support from family and friends. The e-cards, which can be found at [www.talkward.com.au](http://www.talkward.com.au), can be customised and personalised, then emailed to a person to humorously focus on a thorny subject but carry a serious message: "Now we've got the awkward bit out of the way, let's have a talk in real life."

We are also launching a free self-help booklet for family and friends which has a wealth of information on how to protect yourself financially and emotionally and how to assist loved ones with their problem. You can find this booklet on our Central Coast Gambling Help website at [www.problemgambling.net.au](http://www.problemgambling.net.au)

*UCMH Counselling Services provides **free Gambling Help counselling** for **anyone** affected by problem gambling. We are at Kariong Neighbourhood Centre on Wednesday evenings from 4.00-8.00 and Saturday mornings from 9.00-1.00. For more information or to book an appointment please contact Caroline on 0408 679 351 or email [ucmh.cs@ucmh.org.au](mailto:ucmh.cs@ucmh.org.au)*

## PLEASE NOTE:

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

**JPs available within Kariong area:**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Tracie Gosling **0412 486 678**



### Looking for quality childcare in Kariong?

Our smaller boutique family owned centre is a place where your child will feel safe, secure and supported as they learn and grow in confidence. They will develop long lasting friendships in a nurturing environment with our highly qualified educators.

**Offering education and care for children  
6 weeks to 6 years.**

**Please phone Karan or Debbie on 4340 4351  
to arrange an orientation visit.**

**1 Milyerra Road, Kariong  
(corner Woy Woy Rd)**

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

**We would love to meet you and your family!**



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### THE ONLY LOCAL AGENTS IN KARIONG!

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- We can assist with all your real estate needs – Sales & Rentals
- Conveniently located in Kariong's main shopping centre next to the General store

**7/4 Mitchell Drive, Kariong**

**Phone: 4340 0777 Mob: 0430 929 034**

**[bianca@foreman1properties.com.au](mailto:bianca@foreman1properties.com.au)**



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 3 Mitchell Drive, Kariong



**KARIONG**  
 Physiotherapy  
 Centre

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Kariong Chiropractic & Wellness Centre

**20 LANGFORD DRIVE, KARIONG**  
**4340 5154**  
[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

- Chiropractic • Massage • Acupuncture
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*Health fund accredited*  
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**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



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# Mates Rates

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Email: nationwideauto@bigpond.com



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Spruce up your pet! Call our salon today

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All dog grooming starts from \$50

### Grooming includes

- \* Clip nails
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Please call Michelle Smith  
for an appointment  
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Worked and lived in Kariong 22 years

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Or 43401825



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.

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Proud to be supporting the Kariong community with property sales and rentals. With over 38 years combined sales experience and a passion for real estate, we can get you sold and moving in the quickest amount of time.



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M. 0428 497 160

E. jenny.vile@oneagency.com.au

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## KARIONG QUALITY MEATS

**Prize winning  
sausages & burgers  
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Take something special  
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- NSW STATE WINNER Poultry & Australian Lamb sausages
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Beneath Masters Home Improvement, opposite the GP Super Clinic



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

Now offering home deliveries!!

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 Fixits"

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

Call Bernie 43401166 / 0410434845 - Keven 0413208450

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## 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.

**Calls to this number from mobiles are free.**

## RESOURCES

**CHECK OUT OUR RESOURCE LIBRARY**

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre? We have some great information on a variety of topics including:

- Families - Seniors - Youth
- Health and Disability
- Mental Health
- Aboriginal & Torres Straight Islander resources.

Only \$2 a week per DVD for members, \$3 for non-members. Just drop into the Centre Monday to Friday, between 9am - 4pm to browse the library, collect a DVD or make a booking

## 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



**'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).



## SCOUTS

**KARIONG SCOUTS**

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

Joys..... 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/o ..... Meet Monday 7:00pm to 8.45pm

*Also looking for Adults to assist as Leaders*

Contact **Teresa 0408 606 154** for details



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)

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

## 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

### Multiple Birth Playgroup

10:30am to 12:30pm **During School Term.** If you are a parent of twins, triplets or more, you might like to join this playgroup and get to know some more local families with multiples.

**Cost:** \$4 per family. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

## TUESDAYS

### Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

### Indoor Bowls

From 9.15am sharp to 12.00 noon. **During school term.** Beginners welcome

Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

### Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

## 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 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.weightwatchers.com.au](http://www.weightwatchers.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. 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

### Jammin' Juniors 10.30am - 11.30am each Friday during school term

New weekly music group for toddlers and young children.

Cost: \$4.00 for first child, \$1.00 per additional child

Enquiries: Nerida 0415 906 033

### Australian Breastfeeding Association Meeting

All welcome! Fortnightly 10.00am to 12 noon

**During school term** Contact [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

### Ice Support Group 10.00am—12.00pm

Cost: \$5.00 per person per session. Refreshments provided (please book) 43 401724

A confidential weekly support group for families & friends of those who are addicted to ICE. Facilitated by qualified psychologist and Counsellor

## SATURDAYS

Rooms are available for hire for events and children's birthday parties  
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 May 2016**

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.



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Visit Worthington BMW and arrange a test-drive before November 30.

## FREE ON-ROADS\*

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  - Free Stamp Duty
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THE BMW **X** DRIVE  
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\*Free on-roads applies to new BMW X Range vehicles (excluding the all new BMW X1) ordered and delivered between 01/10/2015 and 30/11/2015 and includes 12 months registration and CTP and stamp duty but excludes dealer delivery which varies between dealers. While stocks last. Cannot be combined with any other offer. Excludes fleet, government and rental buyers.

## Update on recent events at Kariong Neighbourhood Centre

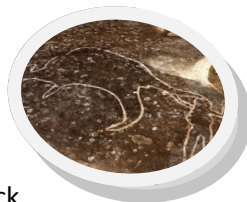


### BARA BARANG TOUR

Forty local community members joined us on Saturday 1st April for the Aboriginal Cultural Tour hosted by our local group from Bara Barang. We were given a tour of the facility and treated to a delicious morning tea.

We then visited some of the local sites and received first hand information about the meanings of rock carvings and their significance. Back at Bara Barang, we enjoyed a fabulous lunch with some traditional bush tucker, which everyone really enjoyed. Feedback from the well attended day was all very positive and complimentary, with most people saying that they would like to visit Bara Barang again and would even like to do the tour again because there was so much to take in.

We are fortunate to live in such a unique and important heritage area at Kariong, and it was a privilege to be able to enjoy such a delightful experience.



### PRESENTATION ON ICE ADDICTION

On the 23<sup>rd</sup> of March we held Presentation which highlighted the prevalent issue within our community of ICE and addiction. Approximately 60 people attend this presentation highlighting the need for support and information in this area within the community.



Julie Clarke (from FDS) spoke on Ice addiction and support for families, giving practical advice and letting people know that there are lots of services and groups available now that help them to gain the necessary skills needed to cope.

Kariong Neighbourhood Centre has lots of information on where and how to gain help. We also have a weekly support group which is facilitated by a qualified psychologist for a nominal fee and is confidential.

*for more information or to book  
ring the Centre on 4340 1724*