

# 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 2015

## DiscoAbility



A fantastic opportunity for the **90 children** who attended our first Kariong Neighbourhood Centre **DiscoAbility**....

Kids from 5—13 danced the night away with the famous D.J Magoos, with a photo booth for the kids to take home crazy pictures, a glow bar, with snacks and slushies available through the night.

Our next **DiscoAbility** will be held in August, there will be limited tickets on sale. Please make sure that you purchase them two weeks prior to the event otherwise you will miss out like many did with this one!

Some comments ....

"the best time I've ever had" - 11 year old boy

"It was great to leave the kids in a fun safe environment and go out for dinner" - parents

"I danced all night and met heaps of new friends"

- 9 year old girl

**Watch this space for the next one ...**



## Celebrate Neighbourhood Centre Week



Join us to celebrate Neighbourhood Centre Week. Kariong Neighbourhood Centre is inviting you to share your stories of what it was like growing up in your Neighbourhood or just listen to others tell their stories

### Growing up in my shoes Raised by your dad, Grandma or Overseas?

Bring along a photograph of your childhood & write a short story no more than 200 words

**A Free BBQ lunch provided**

**Date:** Thursday 14th May 2015

**Time:** 12:00pm– 2:00 PM

RSVP by 7th May  
by calling KNC on : 43401724  
or Emailing: [admin@KNC.net.au](mailto:admin@KNC.net.au)

## CONNECTING LOCAL CHARITIES / NOT FOR PROFITS DO BETTER BUSINESS

NFP Connect is a networking group that unites individuals working for and with not for profits/charities on the central coast.

Founder Grace McLean has worked for over 10 years for organisation such as CanTeen, Leukemia Foundation, RIDBC and knows all too well the struggles faced when working for a regional not for profit in events, fundraising and business development so started NFP Connect help address issues of isolation, lack of resources and support.

**Please join NFP Connect Central Coast will hold it's third networking breakfast at Ministry Café on Tuesday 28<sup>th</sup> April 7:10am.**

NFP Connect CC May event will be lunch with speaker held on Tuesday May 19<sup>th</sup> at Kariong Neighbourhood Centre – for more details about NFP Connect Central Coast events please contact Grace [grace@nfpconnect.com.au](mailto:grace@nfpconnect.com.au) or 0406 494 424.

## ACTIVE PLAYGROUP



Our Wednesday Playgroup just keeps getting bigger and better each week!!

It is so fabulous for everybody involved to have new locals come and join in with our busy, friendly and welcoming group. The various structured activities offer the children valuable learning experiences that promote early literacy and numeracy skills and the children also benefit from lots of social play opportunities in our beautiful outdoor environment.

Our attending parents, grandparents and carers are a fantastic support to each other, offering their own practical suggestions and experiences to assist each other with the challenges and tribulations of child rearing and we often have toy-swaps and children's clothes swaps to help each other too.

A big warm welcome is extended to our community to come along with children aged 0-6 yrs and enjoy an active and really pleasant weekly social time together.

**When: Wednesdays 10.30-12.30**  
**Where: 10 Langford drive Kariong**

**Enquiries: Nerida 43404561**



## OOSH UPDATE

Our April Vacation Care Program proved to be a resounding success with our children greatly enjoying a large range of exciting excursions and incursions.

A hands-down favourite was our exploration of Mingara Play Centre where the children had opportunity to participate in a variety of technological activities as well as challenge themselves in the huge climbing apparatus and cut loose in the ball-pit.

Our incursions included a focus on fire safety with the visit from our local fire fighters. The children's appreciation of nature and awareness of conserving precious forms of life was promoted with our "Rockpool" visitors. The children experienced hands on learning with this incursion and enjoyed craft and educational experiences also.

We look forward to providing our children with our usual high quality care during next term.

**Brandi and Nerida**  
**10 Langford Drive Kariong Phone 4340 4561**

## HOMEWORK HELP

Available at the Neighbourhood Centre



For children 9-13 years and 5-9 years

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

Week days from 4.00pm - 6.00pm

Bring your own lap top, or we have computers available

or

Tutoring one on one for 13—17 year olds will be  
 \$25.00 per hour

**Bookings essential call Fiona 43401724**

## Monday PlayGroup

Play and learn  
Parent and Child  
SUPPORT GROUP



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

Run by qualified staff, and includes:

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

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

**Come along to Kariong Neighbourhood Centre**

**Mondays 10.30—12.30 during school term**

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



Football is back for another season, and we have lots of exciting news happening at Kariong United in 2015! We have had a great response to player registrations, and have over 60 teams representing Kariong this year. For those players who need to make any outstanding payments, or make enquiries about new players, please contact the Club Treasurer at [treasurer@kariongunited.com.au](mailto:treasurer@kariongunited.com.au)

Secondly, we see the inclusion of Kariong Oval 2 which we will be sharing with the Rugby Club – along with the newly completed drainage works on Kariong Oval 1, this means we'll see more games at home this season.

The first round for 2015 has kicked off after the Easter break, we had some fantastic results including the Division 1 Reserves 4-0 win over Wyong, our Men's 18A getting 4 past Gosford in a 4-1 victory, a 4-0 win for our Women's 14A over the Woongarra Wildcats, and Women's AA7-2 beating Ourimbah 9-0.

The Club would also like to extend a big thank you to Amy Cash from Amy Cash Fitness, who helped keep our DIV 1 boys in shape leading up the season. You can find out more about Amy Cash and her Fitness Groups on Facebook.

Finally, we'd like to thank our all of our coaches, managers and volunteers for helping out this season, along with our valued sponsors including The Entertainment Grounds, NCS Pool Heating Systems, Foodworks, George Brand Real Estate, Kariong Takeaway, International Football School, Kariong Quality Meats and Kariong Pizza.

You can keep up to date at our website ([www.kariongunited.com.au](http://www.kariongunited.com.au)) or like the Cougars on Facebook ([www.facebook.com/KariongUnitedFC](https://www.facebook.com/KariongUnitedFC)).

#### UPCOMING DIVISION 1 HOME GAMES

**19<sup>th</sup> April 2015**

Kariong United v Kincumber

12:45pm – Reserves

2:45pm – First Grade

#### KARIONG RURAL FIRE BRIGADE

Hello from the desk of the Standpipe



Our call outs from 19<sup>th</sup> March 2015 to 15<sup>th</sup> April 2015 were a total of 30 Calls – False Alarms x 3, Fire & Explosions x 5, Good Intent x 1, Hazardous Conditions x 2, MVA/Rescue/EMS x 16 and Service Calls x 3.

As you can see we attended 16 motor vehicle accidents in the month. We have had some shocking weather of late. Rain, thunderstorms, fog, trees fallen across roads etc. Poor visibility and not driving to the conditions of the day may result in an accident. Be aware of the other vehicles on the road as they may make a wrong judgement. Safety is always a priority for example turning you headlights on in the rain, securing your pets in the vehicle, no not use your mobile phone.

In preparation for the fire season commencing on the 1<sup>st</sup> October the Brigade would like to update its records of the static water supply (SWS) properties in our area. What is this you may ask? If your property has a swimming pool, tanks, dams, ponds, creeks or any other large container of water that could be used in case of a fire. A SWS indicator plate is fixed in a location on your property to be highly visible from the road. More than likely near your letter box. If you would like to know more or you have a SWS sign please contact the station by phone on 4340 1694 or email on [kariongrfb@bigpond.com](mailto:kariongrfb@bigpond.com)

The Brigade is holding another informal program soon for all the residents of Kariong that are home during the day. The course will consist of basic fire awareness around the home and surrounds. The workshops will provide support and advice along with some hands on activities. If anyone is interested in attending a workshop please contact the station on 4340 1694 or email on [kariongrfb@bigpond.com](mailto:kariongrfb@bigpond.com)

We train every Wednesday night from 1930 to 2100 and every Saturday morning from 0800 at the Station in Dandaloo Street. The Brigade is always in need of new Members, if you are interested pop in to the station to see what we do and to have a chat with the men and women of our Brigade or phone 4340 1694 or 4340 2911.

**Until next month Stay Safe and Firewise.**

#### Children's Cultural & Contemporary Dance Group

Children of all cultures and abilities are invited to come along to our weekly dance group with teachers Neville and Pieta (students from the NAISDA Dance College) and learn different styles of dancing (Contemporary, Ballet, Hip Hop and Cultural).

This group is open to children aged 5-12 years and will be run at the Kariong Neighbourhood Centre one evening a week. \$8 per child.

Please contact the Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au) to register your interest





Cnr Dandaloo Street and Woy Woy Road  
Karióng NSW 250  
Phone: 0417 686 694.  
Email: [karióngecogarden@gmail.com](mailto:karióngecogarden@gmail.com)  
Website: [www.karióngecogarden.org.au](http://www.karióngecogarden.org.au)

### **Events. Eco Garden - April/ May 2015.**

#### **Saturday 23<sup>rd</sup> May. 4 Seasons Art and Film Night**

"Autumn", 5pm to 8pm. Featuring the Central Coast Conservatorium group, the Tangelos singing group, short films, an Eco Café, an Arts Exhibition and the inaugural EQ- Eco Quiz- get your team together.

#### **Other events:**

#### **Friday 5<sup>th</sup> June. World Environment Day.**

Saturday 20<sup>th</sup> June. 5 Lands Walk.

From MacMasters Beach to Copacabana, Avoca Beach, North Avoca to Terrigal Beach. Events at every beach. See website for details.

#### **Planting:**

The following vegetables/herbs can be planted in **May**: Beans, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chilli, Chives, Endive, Fennel, Garlic, Horseradish, Kale, Kohlrabi, Leeks, Lettuce, Mustard Greens, Onion, Parsley, Peas, Radish, Rocket, Shallot, Silverbeet, Snow Peas, Spinach, Strawberry plants, Turnip. Refer. [www.gardenate.com](http://www.gardenate.com) for more details.

**The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead.**

\*The Eco Garden welcomes new volunteers to help with jobs around the garden and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

**We need you!** 10 years ago the Karióng Community generously sponsored our fence. This year we are seeking sponsors of \$100 to add 12 Wine Barrel Vege Gardens( using wicking bed design). If you would like to help, Please **cut out** voucher below, and return to Karióng Neighbourhood Centre.

**Yes I would love to sponsor a wicking bed wine barrel!!**

Name: \_\_\_\_\_

Contact details \_\_\_\_\_

## *Karióng Library Action Group*

### **Centenary of Anzac**

Karióng Library is commemorating the WW1 Centenary with a changing display. These displays will feature a chronology of events through WW1 with photographs and brief descriptions of the events. Visit the Library and check out the related reference books for adults, young adults and children. **The First World War: The War to End all Wars** by Senior Historian Peter Simpkins et al is a new addition to the library and available for borrowing. Also **War Horse** by Michael Morpurgo, a fiction story for young adults. The Complete Idiot's Guide to WW1 can also be borrowed.

### **Come along on Tuesdays at 10.30 for Storytime.**

This programme is for children 3- 5 years, their parents, grandparents and carers. A selection of toys is also available for loan. The Karióng Library Action Group trusts everyone enjoyed the recent school holiday movie **Despicable You 2** as much as we did. Thanks to Gosford City Council for their help and support.

The **Karióng Library Book Club** is on Friday 29<sup>th</sup> May at 10 am. Meet Chet, the wise and lovable canine narrator of **Dog on It**, who works alongside Bernie, a down-on-his-luck private investigator. This is the first of 7 Spencer Quinn's Chet and Bernie mystery novels. The second book for review is **Name of the Rose** by Umberto Eco. The **Name of the Rose** is Italian author Umberto Eco's first novel. It is a historical murder mystery set in an Italian monastery in the year 1327. A film adaptation was made in 1986.

If you enjoy reading and good company please come along and hear reviews of two books and stay for morning tea.

**2015 Premier's Reading Challenge** for children K – Y9 is supported by Karióng Library. The Challenge is to encourage a love of reading and the reading lists and a large selection of recommended books are currently available.

### **Have you heard about our fabulous facilities that are available for Party Hire?**

- Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus a fantastic playground for the little ones to enjoy. We also have an all weather covered area outside. You can have all this for just \$26 per hour for members!
- To make a booking or for more information contact Karióng Neighbourhood Centre on **4340 1724** or email [admin@knc.net.au](mailto:admin@knc.net.au)





## Kariong Progress

We have a new State representative in Parliament. Following the election five weeks ago, the seat of Gosford changed hands from Liberal to Labor and the new Member for Gosford is Kathy Smith. The former State Liberal MP Chris Holstein lost the seat by less than 200 votes with a 12.2% swing to Labor after ten days of counting in the closest contest in Gosford's political history. At the Kariong Public School booth, Holstein's 1,337 votes shaded Smith's 1,054 votes; but the swings elsewhere in this marginal electorate were enough to ensure that Labor will represent our Kariong residents in Parliament for the next four years.

One achievement of the previous government just before the election was to purchase the majority of the Bambara land (just south of Kariong) for incorporating into Brisbane Water National Park. The protection of the land from unwanted development and improved bio-security was a high priority for local community and Aboriginal groups who worked with Council, Chris Holstein and the private land owners to secure it. It took more than two years to do it but the purchase of lots 229, 251, 478 and 2502 is now being finalised by the Office of Environment and Heritage.

Modern closed circuit television cameras are coming soon to four locations in Kariong — around the skate park, the two shopping centre car parks and The Hill Youth Centre car park. Progress representatives attended an on-site meeting in mid-March to identify the most useful positions for the cameras and Council's project, supported by a Federal grant, should be completed this month.

Council is not prepared to clean the extensive graffiti over the surface of the skate park because cleaning may affect the integrity of the concrete surface. No anti-graffiti paint was ever used there. Progress is writing to Council to explore this issue further.

Expressions of interest in developing Mt Penang's Highway Precinct (Precinct 6) closed nearly two months ago and the CCRDC is now culling and assessing a few of the proposals. All land and buildings at Mt Penang have been leased up to now but the State Corporation claims to reserve the right to sell land there too. Progress is keeping a watching brief on any development applications in Council for this land.

The weather in Kariong is mostly pleasant these days — not too cold yet and not too hot. Why not get out, be active and consider a game of tennis? To make a tennis booking (day or night), phone Yvonne on 4340 1068 but only between 8:30am and 6:30pm.

**Members and guests and all local residents are welcome to come along to our next meeting in the Progress Hall next Wed 6<sup>th</sup> May from the earlier time of 7:30pm in the evening.**

### Kariong Crime Statistics For March:

Assault	Break & Enter	Malicious Damage	Stealing
3	4	7	3



Central Coast NSW  
Suite 16, 1 Reliance Drive, Tuggerah T: (02) 43530017 F: (02) 43535960  
Email: [info@tlkcc.com.au](mailto:info@tlkcc.com.au) Web: [www.tlkcc.com.au](http://www.tlkcc.com.au) National RTO No: 90381

## Are you looking to kick start your career?

### Take advantage of the Subsidised Pathway Programs



**Business Skills  
Community Services  
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 eg. 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

Fees are applied in accordance with Smart and Skilled and The Department of Education and Communities. The College will confirm fees on application.

#### Training Venue

Kariong Neighbourhood Centre, Tuggerah, and others.

#### Further Information

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

**\*Childcare care is available onsite at some training venues.**

### 2014 –2015 Family Energy Rebate

The Family energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. To see if you are eligible and for assistance

**Phone:** Service NSW on 13 77 88

**Email:** [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)

**WEB:** [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)

# The XChange

Seventh-day Adventist Church



Term 1 has passed. We have had a wonderful time. Our Easter family church was full of stories, craft, games and cooking. You would have loved it! We are all geared up for this term with lots of exciting things happening. Check out our Facebook page for updates.

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

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

Ring Lesley on 43401581

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

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

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

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

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

## DISASTER WELFARE ASSISTANCE LINE

**1800 018 444**

The Ministry for Police & Emergency Services can provide financial assistance to people affected by a disaster who are experiencing financial hardship and who are unable to meet the cost of repairs for essential household contents and/or structural repairs to their homes. Financial assistance is a contribution towards the cost of essential household items and restoring the home to a safe and habitable condition. Conditions apply - Financial assistance does not replace insurance, provide compensation, cover insurance excess, replace food spoiled as a result of power outages.

# 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 3.00pm—6.00pm Friday 4.00pm—8.00pm.

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

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

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

The Hill Youth centre is working in partnership with youth health to run a FREE clinic between 3 and 6pm on Fridays for young people up to the age of 24.

The clinic will see young people about medical issues but specialize in – sexual health, drug and alcohol and mental illness e.g. self harm, depression, anxiety, eating disorders and nutrition.

Call Shirley at Youth Health for more information on 43569333

**Gosford City Youth Council**

Do you have an idea for social change in the community? Can you share ideas, skills, knowledge?

Gosford City Youth Council (GCYC) is looking for social innovators to bring their ideas and make innovative changes. GCYC connects young people with the local community to spark a passion for social change.

The committee meets monthly for formal meetings at designated locations. Members are also required to attend a meeting bi-monthly at Gosford City Council main office, Mann Street Gosford with other members from all districts.

District meetings held the 1st week of the month

Wednesday — Kariong 3:30pm

Wednesday — Gosford 4:30pm

Thursday — Erina 5.00pm

Bi monthly GCYC meetings





## TABLE TENNIS LESSONS AND COMPETITION FOR EVERYONE

### WHERE:

Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

### WHEN:

Thursdays 7:30PM — 9:30 PM

STARTING May 21st 2015

COST: \$8 for Youths & \$10 for Seniors

### AGES 10 years - TO ADULT

Enhance your PING PONG skills while  
having fun through drills, games and competitions.



### TRAINER

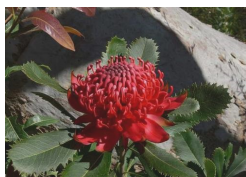
Angel Davis - Ping Pong  
Intermediate level  
Trained and played in China

CLASS  
STARTING  
20th May

To register contact:  
KNC Admin  
Phone: 02 4340 1724  
Email: admin@KNC.net.au

## Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 9th May, 2015** 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 9th May** members will be enjoying a bushwalk looking at and identifying plants.

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

On conclusion of the meeting 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 our 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



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.

We meet on Sundays at 9.30am at the Kariong Public School Hall, Truscott Ave entrance.

### Kids' Stuff at KCBC

#### Sunday School for Kindergarten – Grade 6

**Sundays @ 9.30am – 11.00am, Kariong Public School Hall, Truscott Ave entrance**

Jesus And Me, or JAM as we like to call it, is our Sunday School program, which runs while our main church service is held. JAM is a fun and exciting environment for kids to learn from the Bible at an age appropriate level, while parents attend the main worship service.

#### Kids Club for Kindergarten – Grade 6

**Sundays @ 11.30am – 1.00pm, Kariong Public School Hall, Truscott Ave entrance**

Awana is a 3-part Christian ministry that is Bible based.

Fun and exciting games, unique to the Awana program that allow all kids to participate no matter their skill level. All kids get equal opportunities. Everyone gets a lot of "floor time".



Small group time with a caring adult leader. No getting lost in the crowd here. Your child receives individualized attention as he or she works through an introductory booklet and handbook. Interactive large group segment between an adult leader and all the kids in Awana club.

#### Playtime for 0 – 5's

**Tuesdays @ 10.00am – 12.00pm, Kariong Community Baptist Church house, corner Woy Woy & Milyerra Roads**


Open to all parents and carers with 0 – 5year olds. An informal get together for the little ones to play and for the adults to enjoy morning tea and a chat.

For more information please phone the church office on 4340 5864, Pastor Jeff O'Derry on 0448 814 511 or Kylie O'Derry on 0427 445 197.

**Ettalong Beach**  
**Arts & Craft Centre Inc.**  
 Come along and learn a fun and creative way  
 to spruce up your home with Jenny Wilder's  
**MOSAIC WORKSHOP**  
 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> of May  
 Time: 12 – 4 pm  
 Cost: \$120 workshop, plus a \$15 membership fee  
 (\$30 payable to tutor for materials)  
 Enquiries: 43418344  
[www.ebacc.com.au](http://www.ebacc.com.au)  
 Kitchener Park – Corner of Picnic Parade &  
 Maitland Bay Drive, Ettalong Beach

**Meiso Tora**  
 Martial Arts

Empower your Children and Yourself  
 through **MARTIAL ARTS**

 **TRAIN FOR**

- Self Defence
- Confidence
- Fitness
- Coordination
- Focus & Discipline

Classes held locally at  
**Kariong Mountains High School**  
 Tuesdays and Thursdays

**Mini Toras** | **Kids & Adults**  
 6:00 - 7:00pm | 6:30 - 7:30pm

**BEGINNER**  
**NOVICE**  
**INTERMEDIATE**  
**ADVANCED**

Please contact Natalie for more info  
 0468 511 619  
[meisotoramartialarts@gmail.com](mailto:meisotoramartialarts@gmail.com)



**“Colours of Country “  
 In Memory of Shaun Longeran**

**ART EXHIBITION**

This unique exhibition will be showcasing the  
 art work of 8 local Aboriginal Artists.

Joyce Dukes, Jenni McEwan, Kylie Cassidy,  
 Kay Banville, Wendy Pawley, Ron Smith,  
 Gavi Duncan & Garry Purchase

Come on down to the **Gosford Regional Art  
 Gallery**, 36 Webb Street East Gosford and view  
 the works of these local artists and take the  
 opportunity to meet and share stories with  
 them. All works will be sold off the wall.  
 Cash and EFTPOS/Credit Card sales available.

The exhibition will run from **Thursday 21<sup>st</sup> May  
 until Wednesday 27<sup>th</sup> May** – 10am – 4pm each  
 day.

Join us for our **Opening Night on Friday 22<sup>nd</sup>  
 May at 6pm** at the Gosford Regional Art  
 Gallery, coinciding with the **Opening Night of  
 the 2015 Reconciliation Exhibition and the Five  
 Lands Walk 10 Year Anniversary Exhibition.**

**50 YEARS** Australian Breastfeeding Association  
 1964-2014 **Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

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

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

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

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

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

Latecomers always welcome.

For more info ring KNC on 4340 1724 or contact us  
 at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com)





**Alive**  
DANCE ACADEMY

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

**where dreams come Alive**

Ballet Modern Jazz Tap Adult Classes Zumba Hip Hop Lyrical

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



**FOREMAN1**  
PROPERTIES

**NEW KARIONG REAL ESTATE OFFICE!!!!**

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

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

**Shop 7/4 Mitchell Drive, Kariong**  
**Ph: 4340 0777 Mob: 0430 929 034**




**Dan's Lawns and Gardens**

Because there is better things for you to spend your time on.

Phone Daniel Smith **0429 729 417**

\*20yrs experience \*Local Kariong resident \*Free Quotes

## Advertise with us

Our newsletter is delivered to over 2500 community members and local businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates contact us on **4340 1724** or **admin@knc.net.au**



**Vc dental**  
KARIONG  
ALSO AT EAST GOSFORD

11 Mitchell Drive, Kariong

**4340 2022 - vcdental.com.au**

**OPEN 7 DAYS  
30 YEARS LOCAL**

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

**Now open until 8pm Thursdays**

*Medicare Child Dental Benefits Schedule bulk billed*



**KYLIE FAWKNER  
COUNSELLING**

AdDipCounselling, GradDipRelationshipCounselling

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

For other venues and more information:  
**www.kfcounselling.com.au**

To make an appointment call or text  
**Kylie 0435 809 506**



## Australian Academy of Tai Chi

*"Health & Relaxation"*

### TERM 2 CLASSES:

**Wednesdays 9:00 – 10:00am**

at Kariong Neighbourhood Centre  
Contact Helen or Daniel on 0435 121 520  
Suitable for all ages and abilities



## BROADBAND FOR SENIORS

funded by the Australian Government

### Come and Join the Online Community

One on One or small group learning.

The Internet explained, easy friendly teaching at your pace . Beginners, or those with some experience.

Connect to the world , Talk to Family & Friends, Share experiences.

Learn how to set up :

Your internet browser and email

Social Media — Skype and Facebook.

Go online Shopping, E-bay, Store accounts.

Avoid Scams — simple but effective ways to keep you safe.

\* **New for May 2015**

Publisher: learn the easy and fun way to make invitations, cards, brochures. Simple enhancement techniques—great results (Small affordable cost).

### Bookings Essential

To register Ring Kariong Neighbourhood Centre  
on 4340 1724



## No Interest Loan Scheme

Have you lived in the local Gosford Area for at least 3 months? Are you on a low income? If so you maybe eligible for a No Interest Loan.

The amount you can borrow will vary, depending on your income & your capacity to make repayments. The maximum is \$800 for entertainment items such as TVs/Stereos, & up to \$1,200 for essential items like white goods/furniture. NILS® may also be provided to meet other essential needs like health aids, car registration or education costs. NILS® is not for emergency relief, bond or rent money, living expenses or debt repayment. The limit for people on Newstart/Youth Allowance is between \$600 - \$800, to ensure we don't place anyone in financial hardship. The repayment period is usually around 12 to 18 months. There are no fees, charges or interest. Call 4329 4477 for further information/application pack. NILS® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.



# ABLEANT

Audio Visual Cabling & Antenna Installations

- ✓ Digital TV Antennas
- ✓ 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**



## MARK WALKER PLUMBING

HOT WATER SERVICES  
GAS FITTING  
GUTTERS & DOWNPIPPES  
STORMWATER & TANKS  
BATHROOM RENOVATIONS  
GENERAL MAINTENANCE

**FULLY INSURED - 10% DISCOUNT ON  
PRESENTATION OF AD**

**0418 449 801 or 4342 6299 LIC NO. 25262C**

## PLEASE NOTE

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

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

## 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**





### NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

### FREE PICKUP AND DROP OFF 7km Radius

- \*\*Manufacturers' Log Book Servicing
- \*\*Air Conditioning Re-gas, Repairs and Servicing
- \*\*Tune ups \*\* Brake & Clutch repairs
- \*\* Batteries \*\* Shocks \*\* EFI Servicing
- \*\* Cylinder head and Engine rebuilding/ repairs
- \*\*Diesel servicing and Repairs

**Call Rachael or Belinda 02 4325 7133**

5/401 Manns Road, **West Gosford**  
(Entry via Grieve Close)

### YOUR NEW LOCAL DENTIST



**RIVERSIDE**  
dental spa

We offer family dental through to implants and smile makeovers in a relaxing setting.

- HCF preferred provider.
- Child Dental Benefits Scheme, bulk billed.
- HICAPS claiming.

Phone: (02) 4323 4323

Address: Suite 2, 392-398 Manns Road,  
**West Gosford.**

Beneath Masters Home Improvement, opposite the GP Super Clinic



### Central Coast Select Properties

Suite 9, 482 Pacific Highway, North Gosford 2250  
P: 4324 8486 F: 4337 6166 [info@ccselect.com.au](mailto:info@ccselect.com.au)  
[www.ccselect.com.au](http://www.ccselect.com.au)

Buying or selling in the Kariong area?  
SELECT the BEST with Hana Volarik,  
your local area expert. **0437 401 009**



"Always Fresh" **KARIONG** "Always Fresh"  
QUALITY FRUIT

**PH: 02 4340 0887**

**Open 7 days**



Monday to Friday 8.00am to 6.30 pm

Saturday 800am to 4.00pm

Sunday 9.30am to 4.00pm

10% Seniors Discount on Fridays

Shop 2 Corner Arunta Avenue Kariong

*Shannon*  
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*Fetch*  
DOG GROOMING  
.....  
Mobile Service  
by Certified Groomer  
**"Extra care, Extra attention"**  
**0400 403 411**



**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 Curringa Rd, Kariong.





**FREE TV RECEPTION TEST**  
 We will Test & Diagnose any problems you  
 are having with your TV Reception for **FREE!!**  
**Digital TV Antenna Services TV & Speaker Mounting**  
**0419 409 180**

**By George**  
 Window Cleaning Services

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

**BOVIS ROOF REPAIRS**  
 (Lic. No. 10805)

- \* All Roof Leaks & Repairs
- \* Re-bed & Point-up Loose Ridge Capping in FlexiPoint
- \* Pressure clean roof tiles, clean and point (2 coats)
- \* All Types of metal roofing, flashing and guttering
- \* Work Guaranteed \* Free Quotes

**Worked and lived in Kariong 22 years**

No Job Too Big or Small  
 Phone Grant on **0412437175**




**ALL PAINTING SOLUTIONS**  
 INTERIOR/EXTERIOR  
 DOMESTIC/COMMERCIAL  
 ALL REPAIRS & SPECIAL EFFECTS

**FREE QUOTATION + WORK GUARANTEED**  
 Call **0408 917774 or 43400420**  
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**Frank's Roofing**  
 For all your roofing needs  
 25 years experience

Whirly Bird Discounts - Leak Detection  
 Downpipes & Gutters - Guard & Clean  
 Skylights - Bed & Pointing

Free Quotes & Pensioner Discounts  
 LIC NO. 250241C  
 Phone: **0414 431 671**



Local owners with over 20 years experience.  
*Thinking of selling or buying?*  
 If you're thinking of selling, buying or renting, or simply would like some advice or a  
 FREE no obligation market appraisal call us today on **4322 7233**.  
*Your Area's Premier Agency*  
*Supporting your Local Community*  
 Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford  
 Ph: **4322 7233** [www.hinterlandre.com.au](http://www.hinterlandre.com.au)

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

**PH 4340 1643**  
 3 Mitchell Drive, Kariong



**FoxyFit BOOTCAMPS**

Karla Mansfield  
**0409 247 833**  
[www.foxyfit.com.au](http://www.foxyfit.com.au)

Get Fit the Fun Way! — Contact Karla for Session Details

**BOOTCAMP alliance** **Fitness Australia** **Fellow Usance** **Approved**

NEW to Kariong!

*Better Health Practices*



**Chiropractic Pilates Massage Physio Acupuncture**

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

CORNER LANGFORD AND MITCHELL DR KARIONG  
 Phone: **4340 5154**

## TAX HELP



**Australian Government**  
**Australian Taxation Office**

**WE ARE HOPING TO BE ABLE TO OFFER TAX HELP FROM KARIONG NEIGHBOURHOOD CENTRE THIS YEAR. PLEASE WATCH THIS SPACE FOR DETAILS.**

**ONCE WE HAVE CONFIRMATION FROM THE TAXATION OFFICE, YOU WILL BE INVITED TO REGISTER FOR AN APPOINTMENT TIME.**

## SUPPORT

**AL-ANON**

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

**For information and help contact: AL-ANON**

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

**To find locations near you  
Phone 49693889**

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



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

## COURT HIRE

**KARIONG TENNIS COURTS**

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

## CLUBS

**Rotary**



**'Fun - Friendship – Fellowship' in your Community?**

Work, Leisure & Travel ?

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

or [kersuebay@philliphouse.com.au](mailto:kersuebay@philliphouse.com.au)



**KARIONG PROBUS CLUB Inc.  
MEETS AT GOSFORD GOLF CLUB**

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

## SCOUTS

**KARIONG SCOUTS**

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

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

*Also looking for Adults to assist as Leaders*

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

## VOLUNTEERING

**St Vincent De Paul**

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

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

**4323 6080 or email  
[gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au)**



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



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



To provide crime information anonymously contact  
**Crime Stoppers  
1800 333 000**  
[www.nsw.crimestoppers.com.au](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 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 10.30pm **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

### **Play & Learn Playgroup**

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. All welcome

## 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.

### **ZUMBA fitness**

7.30pm to 8.30pm. \$10 p/class.

The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722

[zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

## WEDNESDAYS

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

### **Active Playgroup for 0 to 6 year olds.**

Music, dance, exercise, toys, craft & School readiness

10:30am to 12:30pm **During School 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

**If you are interested in running a group or workshop at the Kariong Neighbourhood Centre please contact Fiona Simpson on 4340 1724 or email [coordinator@knc.net.au](mailto:coordinator@knc.net.au)**

## 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, **During school term.** 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**

### **Table Tennis NEW**

7.30pm to 9.30pm. \$8 Juniors \$10 Seniors  
Phone KNC on 4340 1724 for bookings

## FRIDAYS

### **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

## SATURDAYS

Rooms are available for hire for events and children's birthday parties on Saturdays.

For bookings please Phone KNC 4340 1724 .

## SUNDAYS

**River Christian Church** - From 9:00am, to 2.00pm  
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

### **ADVERTISING CLOSING DATE for NEXT ISSUE**

**Wednesday 20th May 2015**

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.