

# THE KARIONG & Beyond CONNECTION

## COMMUNITY MAGAZINE

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

Vol 27; No 11 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)

Find us on:  
**facebook.**

December 2019

### Expressions of Interest WALK ON COUNTRY

Walk in the footsteps of Australia's first people, hear timeless stories, connect with and learn about this beautiful country.

Date TBA (mid-January) 2020 | 9-11am

**Register your interest**

Contact Ph: 4340 1724 or Email  
[admin@knc.net.au](mailto:admin@knc.net.au)

## INSIDE THIS ISSUE..

**Book Now!**



**Summer Vacation  
Care Program p.3**

Fantastic holiday activities for the kids! Get in early, limited places available.

**Kids Christmas & NY's Parties • Drumming Workshop •  
Movies @Cinema Paradiso • Ice Skating • Mad Scientist  
Day • Splashtastic Water Play Day • +more!**



**Our new General  
Manager p.2**

Introducing Shayne Silvers...

**Get to know her and find out about  
her vision for Kariong Neighbourhood  
Centre on p.2**



## FAMILY HELP SERVICE

We all have moments when  
the going gets tough.



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

**Contact us for a referral today  
4340 1724 | [admin@knc.net.au](mailto:admin@knc.net.au)**



## THE CHRISTMAS FAIR

**SUNDAY 1 DEC MT PENANG GARDENS 9AM-2PM**

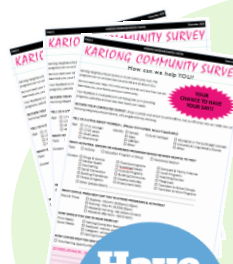
**Celebrating 12 Years!**  
**150+ STALLS**  
**LIVE MUSIC**

CHRISTMAS FOOD,  
SIX STRING BREWERY BAR,  
FACEPAINTING,  
KIDS CHILLOUT ZONE  
& MUCH MORE!

**FREE PARKING**  
+  
**GOLD COIN ENTRY**

Proudly brought to you by

[FIXEVENTS.COM.AU](http://FIXEVENTS.COM.AU)



**Have  
your  
say**

**Be an Influencer &  
Have Your Say!  
Local Community  
Survey p.6**

*How Can We Help YOU?*



This is your chance to influence the  
programs & services we provide, to help  
you, your family & your community.

**Fill in the survey on p.6 to have your say heard!**



**COMMUNITY  
CHRISTMAS PARTY**

*You're invited!*

**11am - 2pm | Tues 10th Dec 2019 | \$5 pp.**

**Join us for lunch, great company & entertainment!**

**RSVP: 4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)**

# CENTRE NEWS

## Stay Informed!

### KNC HAS A NEW GENERAL MANAGER

#### *Introducing Shayne Silvers*

Hi All,

I am indeed very excited to be starting to build on the good work and increasing the success that the Kariong Neighbourhood Centre has achieved over its 25 years working in the Kariong Community. Our capacity as an organisation has been built due to the generosity and skills of the many people who have worked at the Centre over the years.



I sincerely appreciate the warm welcome and support I have received from you.

To tell you a little about me...

*I am passionate about people feeling valued, their differences respected, and their basic needs met so they can live in dignity.*

I have occupied various roles in the humanities and community sector over the past thirty years.

Throughout my career I have demonstrated my commitment to the education and promotion of issues affecting community members which has seen me over the years facilitate cross cultural and domestic violence groups, grief and loss support groups, parenting groups, anxiety management and self-esteem groups, pregnancy counselling and coordination of young mum's group.

I have a personal philosophy of lifelong learning. My belief in the importance of collaboration and partnership building has enabled me to cement solid professional partnerships with a number of government and non-government organisations including TAFE and Newcastle University.

I am a Justice of the Peace, hold a Bachelor degree in Social Science, Business and Advanced Management Diplomas and a Graduate of the Sydney Leadership Australia Program. A recipient of the Central Coast Business Women Award, and Gosford City Council's Local Hero Award. In 2016 I was thrilled to be a recipient of the Central Coast

Community Women's Health Centre 'F' Award – Fantastic Female Leadership Award for Women in Business.

Finally, I would like to thank you, our members and those in the community who use our services for your support, friendship and trust. With the future in mind, I look forward to continuing to offer more program and services that meet the needs of our community.

*Together I believe, we can break social isolation and continue to build a strong, resilient community which values and includes each and every member.*



*To our valued community members,*

In warm appreciation of our association during the past year, we extend our very best wishes for the festive season. We thank you for your gift of friendship, trust and belief in our work and we look forward to working with you in 2020.

We wish you the joy of family, the gift of friends and the best of everything in the coming year.

*From the Team at Kariong Neighbourhood Centre*

**Please note, our office will close from 19th December 2019 to 3rd January 2020.**



## Wonderful Womens Group

*For all women | Make great friends | Be empowered*

**9.30 - 11.30am  
Mondays\***

**Cost: \$5**

**FREE Childcare  
(1-5 years)**

**Bookings  
essential**



Contact: 4340 1724 | [admin@knc.net.au](mailto:admin@knc.net.au)

\*(during school term)



# VACATION CARE

## Summer 2019-20 Vacation Care Program



### Dec'19 & Jan'20 VACATION CARE PROGRAM

Thurs 19.12.19

INHOUSE

**Christmas Art  
Attack Day**

**\$65**

Fri 20.12.19

INHOUSE

**Traditional  
Christmas Lunch**

**\$65**

Mon 6.1.20

INHOUSE

**New Year Party!!**



**\$65**

Tues 7.1.20

EXCURSION

**Cinemas Paradiso  
Movies "Spies In  
Disguise" & Umina  
Park**

**\$75**

Wed 8.1.20

INCURSION

**Kids on Congas –  
Drumming Workshop**



**\$65**

Thurs 9.1.20

INHOUSE

**Pirate & Treasure  
Hunt Day**



**\$65**

Fri 10.1.20

INHOUSE

**Plaster Mould  
Making &  
Decoration & Group  
Games Day**

**\$65**

Mon 13.1.20

INHOUSE

**Hawaiian Day**



**\$65**

Tues 14.1.20

EXCURSION

**Cinema Paradiso &  
Peninsula  
Recreation Precinct  
Park Umina**

**\$75**

Wed 15.1.20

INCURSION

**First Aid Course for  
Children &  
Visit from Kariong  
Fire Service**

**\$65**

Thurs 16.1.20

INHOUSE

**Zumba & Water  
Play Day**



**\$65**

Fri 17.1.20

EXCURSION

**Ice Skating at Hunter  
Valley Ice**



**\$75**

Mon 20.1.20

EXCURSION

**Art Barn Plaster  
Painting &  
Elizabeth Ross  
Park, Gosford**

**\$75**

Tues 21.1.20

INCURSION

**9D Cinema**



**\$65**

Wed 22.1.20

INHOUSE

**Mad Scientist Day!!**



**\$65**

Thurs 23.1.20

EXCURSION

**Australia Day**



**\$65**

Fri 24.1.20

INHOUSE

**Splasztastic Water  
Play Day**



**\$65**

Tues 28.1.20

EXCURSION

**Cinema Paradiso &  
Peninsula  
Recreation Precinct  
Park Umina**

**\$75**

All bookings to be received prior to **December 6th 2019** to allow time to sufficiently roster staff. Bookings will not be accepted over the phone. Please book via Book Me, which is accessed via your Hubworks account.

**Bookings will not be accepted if you are currently in arrears.**

Any extra days requested need to be paid for at time of booking as per fee policy.

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON	<b>Wonderful Women's Group*</b> 9:30 to 11:30am A fun social & creative group for all women. FREE CHILDCARE (1-5 yrs). Bookings essential, contact 4340 1724 or admin@knc.net.au Cost: \$5	<b>Be Connected*</b> 1hr sessions between 9am-3pm^ Free tutorials for seniors, learn to use your computer, smart-phone & ipad to stay connected. ^By appointment only, contact 4340 1724 or admin@knc.net.au	<b>Pilates for Seniors*</b> 12pm to 1pm Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class	
TUES	<b>Immunisation Clinic for children - NSCC Area Health</b> Free service, no booking required. The 2nd and last Tues each month For more detail call Gosford Gateway Clinic - 4328 7900	<b>Indoor Bowls*</b> 9:15am sharp to 11:45am Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs Cost \$4 for members, \$4.50 for non-members	<b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900	<b>Yoga with Corina*</b> 7pm to 8pm Please contact Corina on 0409 242 153
WED	<b>Tai Chi for Health &amp; Relaxation*</b> 9:00am to 10:00am For information contact Helen on 0435 121 520. \$12 per lesson <b>Early Childhood Clinic - NSCC Area Health</b> Child Health appointments with Helen from Area Health For appointments call Gosford Gateway Clinic - 4328 7900		<b>Active Playgroup for 0 to 6 year olds*</b> 10:30am to 12:30pm Music, dance, exercise, toys, craft & school readiness. All welcome Cost: \$5 per child plus \$1.00 each additional child	<b>Provide First Aid Course - HLTAID003</b> Nationally accredited First Aid, CPR & HLTAID004 courses To enrol contact Directions Health 9486 3120 or www.firstaid.net.au
THURS	<b>Grace Church*</b> 9:15am to 11:45am	<b>Kariong Craft &amp; Chat Group*</b> 9.30am to 12noon A social group for people who enjoy doing arts and crafts Bring your own project or learn new skills. Morning Tea provided Cost: \$4 for members, \$4.50 for non-members	<b>The Over Fifty Friendship (TOFF's) group*</b> 12:15pm to 2pm Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4 members, \$4.50 for non-members	
FRI			<b>Little Big School*</b> 9:30am to 11:30am Preparing 3-5 year olds for big school. Includes art, music, stories, games & group time \$12 per child per session + \$12 enrolment fee. Bookings essential: 4340 1724 or admin@knc.net.au	
SAT	<b>Pilates</b> 8:15am to 9:15am A great way to get your body back into shape. Book with Sarah on 0425 265 609 or sarah@yourtemple.com.au	<b>Ukulele Group Lessons</b> 9am to 11am Don't own a Ukulele - no problems we supply what you need to start \$10.00 per lesson. Contact Garry on 0419 217 006	<b>Available for PARTY hire!</b> The Centre is available for hire for events and children's birthdays Book online at www.knc.net.au or ph: 4340 1724	
SUN	<b>Available for PARTY hire!</b> Book online at www.knc.net.au or ph: 4340 1724			

\*During school term only

# COMMUNITY CALENDAR

## What's On Locally | December 2019

### THROUGH THE MONTH

<b>Thurs 5</b>	<b>Young Parents Group – Woy Woy</b> 10am-12pm. Ph: 4340 1585
<b>Fri 6</b>	<b>Wicking Beds &amp; Soil Workshop with Peter Rutherford</b> 10am-2pm, Fri 6th Dec. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 10</b>	<b>Grandparents Raising Grandchildren support group – Umina</b> 11:15am-1pm. Ph: 4340 1585
<b>Fri 13</b>	<b>Grandparents Raising Grandchildren support group – Erina</b> 10am-12pm, 2 <sup>nd</sup> and last Fri of the month during school term. Ph: 4340 1585
<b>Tues 17</b>	<b>Kariong Probus Club</b> 3rd Tuesday each month. Everglades Country Club. Ph: 4344 6867 <b>Grandparents Raising Grandchildren support group – Umina</b> 11am-1pm, 3 <sup>rd</sup> Tues each month during school term. Ph: 4340 1585
<b>Wed 25</b>	<b>CHRISTMAS</b>
<b>Thurs 26</b>	<b>BOXING DAY</b>
<b>Fri 27</b>	<b>Kariong Book Club</b> - No book club for December <b>Grandparents Raising Grandchildren support group – Erina</b> 10am-12pm, 2 <sup>nd</sup> and last Fri of the month during school term. Ph: 4340 1585
<b>Tues 31</b>	<b>NEW YEAR'S EVE</b>

### WEEKLY / REGULAR

<b>MON</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>TUES</b>	<b>Babytime</b> 9:45am & <b>Storytime</b> 10.30am. Kariong Library
<b>WED</b>	<b>CWA Woy Woy Craft &amp; Chat</b> 9am. 30 The Boulevard, Woy Woy
<b>FRI</b>	<b>Volunteer Morning in the Garden</b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889



Kariong  
Neighbourhood  
Centre Inc.

### Craft & Chat Group

A social group for people who enjoy doing art & craft activities and would like to have some company.

All welcome. Morning tea provided.

**\$4 members or \$4.50 non-members**  
**Thursdays 9:30am - 12noon**

Contact: 4340 1724 | admin@knc.net.au



### ACTIVE PLAYGROUP



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

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

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



### JUSTICE OF THE PEACE

A Justice of the Peace, Shayne Silvers,  
is NOW AVAILABLE at Kariong Neighbourhood Centre  
between 9am-4pm Mon-Fri.

Please phone to notify the Centre before dropping by.

Contact: 4340 1724 | admin@knc.net.au

### Like to publish in the Connection?

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

**Tuesday 14th January 2020**

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

**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. 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.

### Little Big School



Kariong  
Neighbourhood  
Centre Inc.

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

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

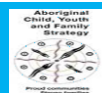
**FACILITATED BY AN EARLY CHILDHOOD  
TEACHER & CHILDHOOD EDUCATOR**



**3 to 5 year olds**

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

**familiesnsw**  
supporting families to raise children



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



# KARIONG COMMUNITY SURVEY

## How can we help YOU?

Kariong Neighbourhood Centre is YOUR Community hub. The programs we run and services we provide are all about YOU.

But we need your help. Fill in this survey and let us know how we can best help you, your family and your community.

Your feedback is invaluable and will help guide us in providing programs, activities and services that meet your needs.

**YOUR  
CHANCE TO HAVE  
YOUR SAY!!**

**RETURN YOUR COMPLETED SURVEY:** Snap a photo and email to [admin@knc.net.au](mailto:admin@knc.net.au) OR drop into our letter box at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong.

### TELL US A LITTLE ABOUT YOURSELF... (Please tick multiple boxes if applicable)

- |            |  |                 |                                  |                          |   |
|------------|--|-----------------|----------------------------------|--------------------------|---|
| <b>Age</b> | <input type="checkbox"/> 17 or younger | <b>Identity</b> | <input type="checkbox"/> Female  | <b>Cultural heritage</b> | <input type="checkbox"/> Aboriginal or Torres Straight Islander |
|            | <input type="checkbox"/> 17-25 years   |                 | <input type="checkbox"/> Male    |                          | <input type="checkbox"/> Culturally & Linguistically Diverse    |
|            | <input type="checkbox"/> 25-40 years   |                 | <input type="checkbox"/> LGBTQI+ |                          | <input type="checkbox"/> Other                                  |
|            | <input type="checkbox"/> 40 and over   |                 | <input type="checkbox"/> Other   |                          |   |

### WHAT ACTIVITIES, GROUPS OR AWARENESS PROGRAMS WOULD BE MOST HELPFUL TO YOU?

- |             |                                   |   |  |
|-------------|-----------------------------------|---|--|
| <b>Type</b> | <input type="checkbox"/> Activity | <input type="checkbox"/> Education Program or Group | <input type="checkbox"/> Awareness Session |
|-------------|-----------------------------------|---|--|
- 
- |                |   |  |  |
|----------------|---|--|--|
| <b>Content</b> | <input type="checkbox"/> Drugs & Alcohol            | <input type="checkbox"/> Financial programs  | <input type="checkbox"/> Domestic & Family Violence  |
|                | <input type="checkbox"/> Mental Health              | <input type="checkbox"/> Subsidised Meals    | <input type="checkbox"/> Youth Programs              |
|                | <input type="checkbox"/> Counselling                | <input type="checkbox"/> Cultural Programs   | <input type="checkbox"/> Parenting Courses           |
|                | <input type="checkbox"/> Social Connection          | <input type="checkbox"/> Building Community  | <input type="checkbox"/> Playgroups                  |
|                | <input type="checkbox"/> Building Friendships       | <input type="checkbox"/> Creative Activities | <input type="checkbox"/> Transition to School Groups |
|                | <input type="checkbox"/> Fitness programs           | <input type="checkbox"/> Employment Skills   | <input type="checkbox"/> Transition to Work Programs |
|                | <input type="checkbox"/> Other (please detail)..... |  |  |

### WHAT DAYS & TIMES BEST SUIT YOU TO ATTEND PROGRAMS & ACTIVITIES?

- |                         |  |
|-------------------------|--|
| <b>Days &amp; Times</b> | <input type="checkbox"/> Daytime - Mon-Fri (8:30am-2:30pm)   |
|                         | <input type="checkbox"/> Evening - Mon-Fri (6:30-8:30pm)     |
|                         | <input type="checkbox"/> Weekend morning - Sat (10am-12noon) |
|                         | <input type="checkbox"/> Weekend afternoon - Sat (2-4pm)     |

### HOW WOULD YOU LIKE TO HEAR FROM US?

- |                     |   |
|---------------------|---|
| <b>Print Media</b>  | <input type="checkbox"/> Kariong Connection Newsletter - delivered to homes monthly |
| <b>Social Media</b> | <input type="checkbox"/> Facebook - events, posts and photos                        |
|                     | <input type="checkbox"/> Instagram - photos and program updates                     |
|                     | <input type="checkbox"/> Kariong Connection Newsletter - delivered electronically   |

### HOW CAN WE HELP YOU GIVE BACK TO YOUR COMMUNITY?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Volunteering opportunities | <input type="checkbox"/> Mentoring opportunities | <input type="checkbox"/> Local working-bees |
|---|--|---|


**GENERAL COMMENTS - PLEASE NOTE ANY OTHER SUGGESTIONS BELOW:**

.....

.....

.....

# Recipe of the month



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

## Christmas Cake

### INGREDIENTS

1kg good quality dried fruit (sultanas, raisins, currents, cherries, peel etc)  
4 tbsp brandy  
juice of half an orange  
250g butter  
250g brown sugar  
zest of 1 lemon  
5 eggs - lightly beaten  
2 tbsp treacle  
300g plain flour  
30g self-raising flour  
2 tsp mixed spice  
pinch salt  
1/2 cup slivered almonds  
2 tbsp brandy extra



### METHOD

Chop fruit to an even size, combine with brandy and orange juice, cover and leave overnight.

Line base and sides of 20cm round cake tin with 3 layers of baking paper.

Cream butter, brown sugar and zest until pale and fluffy.

Add egg gradually, beating until combined, then add treacle and beat until just incorporated.

In a large bowl add batter to the fruit mixture and stir until evenly mixed.

Sift together flours, mixed spice and salt and fold into mixture, then fold in almonds.

Spoon mixture into cake tin, being careful to push into the bottom. Smooth the top.

Bake at 140-150 degrees for around 3 1/2 - 4 hours, until the top is firm. An old trick is to put your ear to the cake and if it whistles it's not quite done.

Brush the top of the hot cake with extra brandy and cool in the tin overnight, wrapped in a towel.

Once cool the can be wrapped in 2 layers of cling wrap and stored at room temp until Christmas.



## OOSH UPDATE

Only 5 minutes off the M1

So 2019 has nearly come to an end. 2020 Enrolment confirmations are being finalised and these are being emailed to parents. If you have not received yours please contact the centre.

Vacation Care is fast approaching and the program is now live on the website, Facebook page, and Book Me. Please login into Hubworks to book your vacation care activities. These will fill fast.

The children had a ball creating monsters from paddle pop sticks, mummy frankfurts for Halloween and lollipop spiders.

Kariong Out of School Hours Care proudly has an open door policy. We welcome family interactions within the service. We had one such moment recently where a parent joined in play with their child before heading home for the day. This is just one way we develop partnerships with our families and help them to feel comfortable, welcomed, and valued at our service. (Quality Area 6)

*The Team at Kariong OOSH!*

Phone: 4340 4561

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





2019 has been another great year for KMHS, with students engaged in a wide variety of experiences to support their learning.

Our partnership with P-Tech/IBM and Borg Industries, sees us developing pathways for engineering studies and we have complemented this with Stage 5 Engineering Studies commencing in 2020 and pathways for computer programming/coding. Breaking away from traditional models of study, 2020 will see selected students following a pattern of study, directly related to their needs.

We have not neglected the importance of developing global citizens either and have partnered with High Resolves over the next two years to develop skills in leadership and social consciousness.

Enrolments are still open for these pathway programs. If your child's experience is just go to school and then think about what next, you might want to inquire about the more focused, integrated approach occurring in these programs.

Have a happy and safe holiday period and we will be back



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

We provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour. Call us for information on parenting groups running in Term 1, 2020.

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

Phone: (02) 4340 1585

Email: [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

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

**Our office will be closed from 23<sup>rd</sup> December 2019 until the 3<sup>rd</sup> January 2020**

## Kariong Medical Centre



Heads Up – we will be saying a sad farewell to Dr Alicia Steller and Dr Lily Foster who will be moving on to new locations to finishing their GP training at the beginning of February. We wish them all the best.

Following in their stethoscopes, joining the KMC family will be 2 new Registrars. We extend a warm welcome to Dr Derek Fleming and Dr Alana Jacobson. Their days are to be announced.

In addition, Congratulations to Karenne Keane who was nominated and won the Practice Manager of the year thru Central Coast Primary Care NSW.

If you require regular medication, **AVOID** running out by making appointments in advance with your doctor or see another doctor for just a script appointment on the day. Check your Drs Availability now.

Christmas Hours: Tuesday 24<sup>th</sup> 8-4pm, Wednesday 25<sup>th</sup> CLOSED, Tuesday 26<sup>th</sup> – CLOSED, Friday 27<sup>th</sup> 8-6pm, Saturday 28<sup>th</sup> – CLOSED, Monday 30<sup>th</sup> 8-6pm, Tuesday 31<sup>st</sup> 8-4pm, Wednesday – CLOSED.

We wish a Merry Christmas to all.

## Standpipe



*Hi All,*

It's time for this month's news from Kariong Rural Fire Brigade.

Currently the northern areas of the state are experiencing extreme fire activity. Locally just to our north, there has been a number of smaller fires. As the season progresses and the weather warms, the risk for fire will only increase. Kariong has sent a number of members north over the last month and attended numerous jobs in the Central Coast District.

It is critical for you to have a plan in place and know what you will do in the event of a fire. The safest option is to leave and leave early. Residents can keep up to date on fires using Fires Near Me, the RFS website and Facebook pages. Kariong brigade does have a Facebook page; however, this must not be relied upon for up to date information.

*That's it for now, Stay Safe and be Firewise!*



## CLUBS &amp; GROUPS

• Nutritious Meals • Free Delivery • Social Support

Contact us for a free copy of our extensive menu and claim your FREE meal!\*

Call 4357 8444 or email  
admin@ccmow.com.au

\*Available to new clients aged 65 and over or those with a current NDIS Plan



4357 8444

www.ccmow.com.au

## KARIONG PROBUS CLUB Inc.



### MEETS AT EVERGLADES COUNTRY CLUB

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun.

Our Club meets at Everglades Country Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member.

For more information contact: Judy on 4344 6867

## Basic Preschool Ballet

3-5 yr olds



### Expression of Interest

*Class will include:*

Royal Academy of Dance Training,  
Music Appreciation & Performance

*Tuesdays 1-2pm*

Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**Express your interest now!**

4340 1724 or admin@knc.net.au



### HENRY KENDALL COTTAGE & MUSEUM

25-27 Henry Kendall St West Gosford  
On 2 beautiful acres, the Cottage c1839  
is a way to step back into local history.

**OPEN Wed / Sat / Sun** and Public Hols (except Christmas Eve,  
10am -3pm Christmas Day and Good Friday)

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

**Phone 43252270**

Email [info@henrykendallcottage.org.au](mailto:info@henrykendallcottage.org.au)

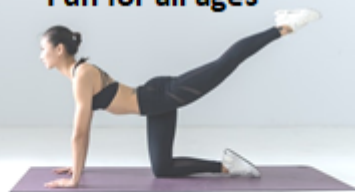
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Email: [nils@gnnc.com.au](mailto:nils@gnnc.com.au)



## Central Coast Community

### Handy Contacts

- \* Aged & Disability Support Services 4334 2633
- \* Central Coast Mental Health Service 4320 3170
- \* Central Coast Disability Network 4349 3700
- \* Central Coast community Legal Centre 4353 4988
- \* Coast Shelter Gosford 4325 3510
- \* Domestic Violence Help Line 1800 656 463
- \* DOCS Helpline 1321 11
- \* Family Referral Service 1300 006 480
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