

THE KARIONG CONNECTION

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

Vol 22; No. 7 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



August 2013

'Love your lunch' Winter Workshops



Would you like to save money and the environment while creating healthy lunchboxes for school and work that your loved ones will love? Love your lunch – Avoiding food waste from the mountain to the sea is a series of ten workshops funded by the state government's Love Food Hate Waste Program, to educate families about how not to waste food (see www.lovefoodhatewaste.nsw.gov.au). Participants can expect to be informed and inspired by hands-on activities and cooking demonstrations of lunch options that loved ones will love".

Learn how to store food effectively, use leftovers, plan ahead and provide healthy seasonal food that tastes good.

Winter 'Love your lunch' workshops*:- Friday 2 August at 11:00am-12.30pm @ Kariong Eco Garden (cnr Dandaloo St, Kariong) OR, - Friday 23 August at 11:00am -12.30pm @ Woy Woy Environment Centre (Blackwall Rd, Woy Woy).

* More workshop dates to be announced for Spring/Summer 2013 and Autumn 2014.

All participants receive a free lunch/tastings and a Love Food Hate Waste pack.

For catering purposes, please call Kariong Neighbourhood Centre on 4340 1724 to book your place (20 max).

This Kariong Eco Garden project is also supported by the Peninsula Environment Group's Food Network (Woy Woy), the Food Integrity Group (Ourimbah) and Gosford City Council.

For more information, call Mia Hughes on 0417 043 165

WELLNESS EXPO

Come along and find ways to better your life

Entertainment

Finger food

A FREE DAY OUT with Great stalls with lots of information, displays, entertainment and food

When: August 15th

Where: Kariong Neighbourhood Centre 10 Langford drive Kariong.

Time: 10.00-12.00

For more information ring Fiona on 43401724

Wheelchair access and kids welcome!!

Come and receive lots of information and freebies about Cancer, meals on wheels, home care, Medicare local, chiropractor, free hearing tests and aids, hand massages, make overs, interesting books, home emergency plans, candles and more. Bring a friend!!

Headmasters Hair Design

Unlimited Foils, cut/blow dry any length \$99*

Student Special, 1/2 head foils, cut/blow dry \$60*

*Conditions Apply

4324 7995

Shop 10 Park Plaza, 131-135 Henry Parry Dr, Gosford



PARKLANDS COMMUNITY PRESCHOOL TRIVIA NIGHT

Date 14th September
Time 6.30 for a 7pm start.

Theme - Crazy Hair



Lots of awesome prizes to be won.
Please contact Gaynor on 4340 1342 to book \$10 per person
BYO nibbles and drink.

Thank you for supporting our preschool.

CHRONIC ILLNESS SUPPORT GROUP

Have you been diagnosed with a chronic illness?

Do you feel like no-one else understands your problem?



Are you looking for help, support, advice, guidance or assistance?

Come and join the Hope Wellness Group. There will be a counsellor, guest speakers and tea/ coffee.

Where: Kariong Neighbourhood Centre,
10 Langford Dr, Kariong
When: Mondays from 19th August
Time: 10.00 to 11.30am

For more information contact KNC on 02 4340 1724 or Kylie Fawkner, Coast Care Counsellor on 0435 809 506

FREE FAMILY LAW ADVICE CLINIC

Kariong Neighbourhood Centre



Advice on all areas of family law including parenting matters/children's issues, grandparent issues, child support problems, financial and property settlement matters and divorce.

Assisting you to find solutions to your family law problems

Appointments available between 2.30pm-4.30pm.
Bookings essential Ph: 4340 1724



**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 Ph. 4344 6867 or Frank Ph. 4340 5657

*Can't get out of the house
Want your hair done at home
Well I am the one for you!*

20 years experience as a hairdresser

*Call Shelley on 0420649335 or
Headmasters Design on 43247995*



ACCOUNTING
First
FIRST

Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"
Corner Pile Road and Sailfind Place

Phone: 4340 2415

Individual Tax Returns from \$110

We can assist you with all your tax needs:

Sole Traders
Rental Properties
Companies
Self-managed Super Funds
Business Activity Statements



Understanding
Loss Confidence
Illness Depression Addiction
Journey Sex Healing
Hope Grief Family Self Grief
Change Loss Lonely Problems Fear
Abuse Stress Rejected
Relationship Acceptance Trauma
Anxiety Feelings Forgiveness

Kylie Fawkner is now Counselling at
Kariong Neighbourhood Centre
10 Langford Drive, Kariong

For an appointment phone Kylie on 0435 809 506

Coast Care Counselling is a non for profit
organization - www.coastcarecounselling.org



Election Day Market Stalls at Kariong Primary School



Kariong P and C Fundraising Committee are holding an Election Day Event. These will include Market Stalls, a Cake stall and a BBQ. We are seeking people who are interested in holding a stall. These could be things like Tupperware, Avon, Homemade Jams, Craft, Candles, Jewellery, Clothes. Cost is \$25 a stall. You will need to provide everything you need for your stall and have your own insurances. Please contact Danielle on 04147487076 or Jodie after hours on 0414896191.

NEED HELP WITH YOUR TAX RETURN?



Tax Help is a FREE community service for people on low incomes.

A Tax Help consultant is now available at The Kariong Neighbourhood Centre.
For appointments please phone **4340 1724**

Kariong Public School P & C Fundraising Committee



Will be holding an **Election Day** event from 8am, in our Truscott Avenue Car park.

There will be a sausage sizzle, a Cake Stall and more. So when you are coming up to vote in the upcoming elections don't forget to bring your wallet.

Social Enterprise on the Coast Workshop 101 - Road Map to Success

Our workshop program is specifically designed to start you on your social enterprise journey.

**When: Wednesday 18th September
10:00am to 2:00pm**

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

Bookings Essential Phone: 4340 1724

FREE ONLY ONCE HERE AT KARIONG!!

Active Playgroup



**10.30am-12.30pm,
Kariong Neighbourhood Centre**

Our Wednesday morning Active Learning Playgroup welcomes new Mums, Dads and children (0-6 years) to come along and participate in our educational and fun activities whilst also meeting new friends in our Kariong community.

We will be focusing primarily on school readiness skills as we progress through the second half of the year. All areas of the children's development are catered for in our program with an emphasis on early literacy and numeracy skills. A wide variety of activities allow the children to explore, experiment and learn through circle games, songs and musical dramas/role plays/dances, art and craft experiences, story/language groups and messy/ creative play.

Connecting with other families in our area allows your children opportunity to develop important social/emotional skills such as turn taking, sharing and interacting with peers. Establishing new friendships is a big benefit of our Playgroup for both the parents/ caregivers and the children. The children learn how to enter play situations, negotiate together and cooperate with each other, preparing them in various ways for successful social interactions. This learning will be highly beneficial in their transition to school.

Our exciting outdoor play area with safe yet challenging climbing equipment ensures physical and free-play needs are met for the children. Morning tea is provided, bringing everybody together in an enjoyable part of our morning's structure.

A warm invitation is extended to you to come along and discover how we can help promote your child's development in our friendly, stimulating environment. We hope to meet you soon!

(Members: \$3.00 per child/ \$5.00 per family.
Non-members: \$3.50 per child/ \$5.50 per family).

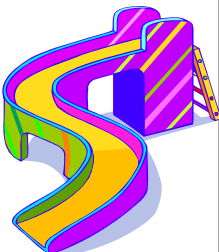
Kids Party Hire

Have it all for only \$28 per hour
or \$24 for members!!

A brand new playground with all the equipment, under cover area and a kitchen to warm up food.

*Why mess up your home when
you can have ours*

**Contact Kariong
Neighbourhood Centre
Ph:43401724**



Multicultural Cooking Classes



Classes are only \$10 per head & includes:

- *Cooking together with traditional cook*
- *Recipe & Ingredients*
- *Sharing an authentic meal*

This month features:

Malaysian Cuisine

All invited to come along!!

Meet people and learn a new skill

When: Wednesday 21st August 2013

Time: 11.00 am– 1.00pm

Bookings essential—Ring 4340 1724



**NRMA MOTORING + SERVICES
APPROVED REPAIRER**

Owners local residents Jamie & Belinda Beresford

**SPECIAL \$25.00 REGO/PINK SLIP
with this voucher**
Services from \$99.00

FREE PICKUP AND DROP OFF 7km Radius

- **Manufacturers' Log Book Servicing
- **Air Conditioning Regas, 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)



**Hearing Aid
Services Australia**

**Wyoming and
Kariong Medical
Centre 4322 2282**

FREE

HEARING TESTS

FREE ENTRY TO MT PENANG GARDENS

Meet up with friends and family and marvel at the creative ways in which modern landscapes and Australian native flora blend together to produce amazing seasonal displays.

Collect your free ticket from the Waterfall Café, open 7 days from 9:30am–4:30pm. Dine at the café or pack a picnic lunch.

Parklands Road, Mt Penang Parklands, Kariong.
Ph: 4340 1002 or Waterfall Café: 4340 1660
www.ccrdc.nsw.gov.au



Central Coast
Regional Development Corporation



Be part of a team !!



KNC needs a maintenance/gardener to assist us at the Centre 2 days a week 2 hours a day.

Please phone;

Fiona 4340 1724 or email on:

coordinator@knc.net.au

If you have any unwanted good quality toys or books please donate them to our playgroup or OOSH service - we love to share them with the local children
10 Langford Drive, Kariong

Golden Tips Hair & Beauty

Hair Specials

½ Head Foils, cut, blow-dry \$100.00

6 Foils, Colour, cut, blow-dry \$100.00

I.P.L Permanent Hair Removal

**Bikini, Chin or Lip, Underarms \$99.00
saving \$59.00**

**Back, Chest, Shoulders \$149.00
saving \$50.00**

Waxing

Bikini, ½ leg \$39.00

Lip, Chin, & Eye Brow \$30

Underarm, Brazilian 20% off

PAMPER PACKAGE:

Shampoo, treatment, cut, blowdry,

Eye lash tint, Eye brow wax

All for only \$80!!

Shazzlee's Nails Specials!

Acrylic set - \$45

Gel Polish (Shellac) set - \$30

Various Nail Art extra

**Also now doing Micro Bead, Tape in and
Keratin Bonded hair extensions**

**To make an appointment today phone
4340 4194**

*These prices for short hair only
medium add \$10, Long add \$15.*



Youthconnections.com.au's Green Central site is home to Indigenous café The Coolamon. The Coolamon offers a range of delicious dishes containing Australian Indigenous ingredients as well as burgers, wraps, fish and chips and daily specials.

Fresh ingredients are collected daily from the organic garden at Green Central and a Market Day is held every Wednesday offering fresh produce and organic eggs. The café also offers young people the chance to gain skills and experience in the Hospitality industry.

The staff at The Coolamon also provide catering for functions, business breakfasts, work lunches and morning teas. The café is open from 8.00am to 3.00pm

Monday to Friday and located at Gate 1 Kangaroo Rd Kariong. For all enquiries please contact our café staff on **(02) 4346 1110**.



KARIONG PROGRESS ASSOC

On behalf of our members, a special thanks to Deborah O'Neill MP, member for Robertson, for attending our July Meeting. Those present had the opportunity to ask questions and chat to Deborah.

Our special thanks also to Councillor Vicki Scott for her attendance and her continued support of Kariong.

Our guest for August 7 meeting is Lucy Wicks, coalition candidate for the federal election. Please come along and hear how Lucy intends to support Kariong and the Central Coast if elected in the forthcoming election.

The Progress Hall, Woy Woy Road, has been painted internally and is looking fresh and clean,

If you would like to book the hall for a function or the tennis courts, please phone Yvonne on 4340 1068 between 8.30am and 6.30pm

Another reminder to all the "green thumbs" in our community that the Plant Lovers Fair featuring over 30 specific exhibitors from interstate and NSW will be held at Kariong Mountains High School on 28th and 29th September. For detailed information go to the website www.centralcoastgardenshow.com.au mark it on your calendar and show your support so an even larger event can be held next year!

NEXT PROGRESS MEETING;

**WEDNESDAY AUGUST 7, 8.00PM at
PROGRESS HALL.**



KARIONG SCOUTS

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

Joeys..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm

Cubs.....8 to 10 y/o Meet Thursday 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 0419734002 for details

Hall hire available

News from Kariong Medical Centre.

We find ourselves once again in the middle of winter. Kariong Medical Centre has been busy and we apologise if you have had difficulties securing an appointment in recent times. As you can imagine winter time finds us in very high demand.

The shortage of appointments causes difficulty, we find people often are booking days in advance and then are perhaps getting better or finding appointments elsewhere. This may be a reason why we have had an increase in the number of people not attending for appointments. In order to remind people of the flow on effect when appointments are not cancelled the practice has begun sending letters. These letters are not meant in any way to chastise people, as we are fully aware that people have busy lives and things happen, but rather a reminder that appointments can be precious!

The Kariong Medical Centre family has had some staff changes, with Dr Diana Treece on maternity leave Dr Robyn White has increased her days and is now working 4 days a week. The nursing team also has had changes. We are also pleased to announce that we had a new GP Registrar starting July 22nd, Dr Rebecca Lee will work 4 days a week. Hopefully the arrival of our new doctor will help alleviate the shortage of appointments.

We wish you all a pleasant winter time. Stay warm and well!

Hoyts Cinemas is offering \$1 Movie Tickets for Carers!

Hoyts Cinemas is offering \$1 movie tickets for carers who **come accompanying the person they care for**. Carers simply need to present either a **Healthcare Card with a CD or CP code noted in the payment type section** or **A Centrelink Pension Card with CAR or DSP noted on the reverse side of the card** to be eligible. All Hoyts cinemas are accepting this special offer until 31 March 2014.

Please note the following terms and conditions:

- Carers will not be allowed \$1 carers ticket if not accompanying the person they care for.
- The person with a disability will be charged admission at the appropriate rate for their category (i.e. concession/senior/child).
- If the person with a disability is accompanied by multiple carers, only one carer is allowed the \$1 carers ticket.
- Offer valid all day, everyday including Saturday nights, school holidays and public holidays.
- Offer valid for special events including 3D films (\$1 fee for 3D glasses) and gala events.

Offer valid for Hoyts La Premiere, Directors Suite, Bean Bag Cinema, Xtremescreen and IMAX®.



As a community-based not for profit outside school hours care service, we provide a stimulating, caring and fun environment for your school aged child (5-13 years). Whether at our service enjoying activities in the surrounds of the beautiful revamped playground, or out and about on exciting excursions, our skilled educators will create an environment in which your child can form friendships, explore, create, experiment and use their imagination. We offer Active After School Sports two afternoons a week as well as extra-curricula activities (eg. Guitar lessons, gardening club) so that your child does not miss out on expanding their skills and knowledge. We provide before school, after school and vacation care. We currently have children from Kariong Public School, Somersby Public School, St Patricks Christian College and St Phillips Catholic School enrolled at our service. The children are transported to and from by their school bus. During Vacation Care children from any school anywhere in Australia are more than welcome!

Fees can be discounted significantly as we are an approved service with two types of financial assistance available to help cover the costs:

- **Child Care Benefit:** You will receive a percentage based on your family income. This is done through Centrelink.

- **Child Care Rebate:** This is **not income tested**. You will receive 50% back of your out of pocket expenses.

Most importantly, why be bored at home when you could come along and join in on all the fun! Hope to see you all soon!



Please contact Katie or Kate on 43404561—
email: oosh@knc.net.au

Please visit our website and check out our programs on
www.knc.net.au and joins us on FACEBOOK

KARIONG ARTS & CRAFTS GROUP

Come Join Us

Bring Your Own Arts and Crafts Along; We do Bobbin Lace, Crotchet, Knitting, Quilting, Embroidery, Painting and MORE. So Come Along and have a cuppa, meet new people and have some Fun!



THURSDAYS

9:30am to 12:00pm Weekly

Kariong Neighbourhood Centre, 10 Langford Drive, Kariong

For more information contact Carmen on 43405734

\$3.50 for Non Members. Morning Tea Provided

Kariong Community needs and outcomes from our survey

Speeding Drivers/trail bikes

We will be discussing this with the police at a precinct meeting

Transport – bus direct to Erina. – When trains stop, city buses do not stop at Kariong

Bob Thomson from transport has kindly looked into both issues for us. The buses are not legally able to stop at bus stops they are only allowed to go from train station to train station.

He is still looking into the more direct route to Erina from Kariong..

Roaming youths and antisocial behaviour (no respect for the elderly). Vandalism and stealing - more youth activities in the evenings and Friday nights.

We are working together with Youth Connections and Gosford council's youth outreach teams. They will be setting up a van on a Friday evening from 4.00-7.00pm down on the skate park on Mitchell drive to provide a place for youth to have a BBQ and hang out with supervision. This will be happening every fortnight. This is a way to get to know the young people in Kariong and find out what they might like to happen in the evenings. We want to provide a safe area for youth to hangout and socialise.

More community events - markets, entertainment, etc

We have just received funding once again from Gosford council for the **Kariong Community Fun Festival**. Please join us at Kariong Neighbourhood Centre on August 8th 10.00am-12.00pm to discuss what you would like for this Festival. ALL INVITED.

We are also having a **WELLNESS EXPO** on 15th August 10.00am-12.00pm – this will be a day of amazing information and freebies. Stalls ranging from; Cancer council, health department, diet awareness, healthy cooking, massages, facials, hair and nails, mental health, books and much more all free.

Music and food. Please all come along

Bushfires and home emergency plans

Are you prepared for fire or flood?

You practice fire drills and safety procedures at work... but do you practice them at home?

Every office has a floor plan with emergency exits marked....but what about your home?

Did you know?

- On 7th February 2009 (Black Saturday) 173 people died in the worst bushfires of recent times in Victoria.
- 35 people died in the South East Queensland floods of 2010-11.
- In the winter of 2010 in NSW alone, 13 people died and 156 were injured in 1018 house fires.
- In 2011 in Queensland there were more than 1650 house-fires, with 21 deaths including 11 members of one family.
- 64% of fire-related deaths in the home occurred while the individuals were sleeping or resting.

Be prepared with a Home Emergency Plan

For only \$100 you'll receive

- Emergency Plan prepared for your family
- Household risk assessment
- House plan with exit routes
- Advice on Emergency kit and documentation

To make your personal appointment call

Don on 0411 693 186 or email don@reviewconsultingnsw.com.au

Re-View Consulting NSW

Other issues being looked into are;

Upgrade playgrounds

Swimming pool to be restored in Mt Penang

Available doctors for emergencies

**Fiona Simpson Manager of Kariong
Neighbourhood Centre
coordinator@knc.net.au
43401724**

**Let us know your thoughts and register at
www.knc.net.au**



Individual Tax Returns start from \$98

*Can assist in the following tax
returns -*

Rental Properties

Sole Trader ; Companies

Business activity statements

No Tax return is too big



Contact Toni Baines **0417 794 137**

Registered Tax Agent



NAISDA Dance College is looking for families to participate in the NAISDA Homestay Program for 2012.

NAISDA Dance College is a national Indigenous dance college, an RTO and a member of the Commonwealth Roundtable for Excellence in Arts Training; providing ground-breaking delivery in a Careers in Dance curriculum to Diploma level.

NAISDA students are known as 'Developing Artists', they come from Indigenous Communities from all parts of Australia and the Torres Strait Islands.

Culture is at the heart of NAISDA and Developing Artists enjoy a range of unique experiences during their study; visiting communities and learning from Aboriginal and Torres Strait Islander Cultural Tutors and Mentors.

We currently seek families to accommodate some of our Developing Artists during their study here at NAISDA, as the challenges for independent living for Developing Artists at age 16, 17 & 18 can be very real. We want to be able to offer them an extra degree of support and enrich their performing arts training through the Homestay Program.

For more information contact:

Sue Gosson
Human Resource Officer
(02) 4340 3100

ST VINCENT DE PAUL

Volunteers required for Community work.

Make a difference to those in need.

All you need is empathy & some life experience

Ring 4323 6080 or email

Gosford.region@vinnies.org.au



USE SPONTANEOUS ART TO CREATE

INSPIRING IMAGES FOR

HEALING AND DISCOVERY

THE NEW ART SHED IN WOY WOY

would like to invite you to a

FREE INTRODUCTORY
SPONTANEOUS ART WORKSHOP

to learn some tools to face life's challenges

For more information please call

Anna 0468 785 240

Brisbane Water Cricket Club

Your newly formed Brisbane Water Cricket Club is officially the new home for Kariong cricketers. The former Mountains Kariong and Gosford Cricket Clubs have merged into a united force for the upcoming season and continue to offer a stable recreational club to foster development of the game of cricket in the greater Gosford area. We call on boys and girls of all ages and abilities to take part in the family friendly atmosphere and will be calling for Registrations very soon.

Pre-season training for returning and any new players will start on 3rd August at the Mt Penang nets. We have a 12:00pm to 2:00pm timeslot for our Junior players (any age 17 and under) and all Senior players from 2:00pm till stumps.

Keep an eye out on Facebook for the new club presence and whilst a brand new website is under construction, you will still be able to access all our information at the www.mkcc.org.au

Jeff Vilensky
Brisbane Water CC Publicity

Australian Plants Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 9th August, 2013 at 7.00pm for a 7.30pm start. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

Our guest speaker this month will be well known local identity Nola Parry from The Wildflower Place at Erina Heights and Nola will be introducing us to new plants on the market and the plants will be for sale. On Sunday 11th August we will be taking a leisurely bushwalk looking at and identifying plants. Visitors are also welcome to come along on our bushwalks.

Our monthly meetings include a 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 supper 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 or telephone 4365 5049

Bianca Foreman is a local Kariong resident servicing all your real estate needs.

SPECIAL OFFER: A \$500 gift card of your choice to anyone that refers a friend who is looking to sell their home!*

* Conditions Apply



Mobile: 0430 929 034
Email: biancaf@oneagency.com.au

ONE AGENCY
KYLEE JONES PROPERTIES

No appointment necessary

Barber

Express

OPENING SPECIAL

26 Woy Road KARIONG
(Opposite Jedda Street)

\$10
All Cuts

SHELTER BOX

We respond instantly to natural and manmade disasters by delivering boxes of aid to those who are most in need.

Each box supplies an extended family of up to 10 people with a tent and essential equipment to use while they are displaced or homeless.

The contents are tailored depending on the nature and location of the disaster, with great care taken sourcing every item to ensure it is robust enough to be of lasting value.

The cost of a box is \$1,000, including delivery direct to those who need it. Each box bears its own unique number so as a donor you can track your box all the way to its recipient country via the website.

Highly trained Shelter Box Response Teams distribute boxes on the ground, working closely with local government organisations, international aid agencies and Rotary clubs worldwide.

The Rotary Club of Kariong/Somersby presents a fundraising concert by

Ensemble Astor

BY POPULAR DEMAND
RETURNING FOR 2013

to raise the much needed funds for Shelter Box Australia

Date Saturday 3rd August 2013

Time 7pm for 7:30 concert

Place Phillip House
21 Old Mount Penang Road



Ravel String Quartet

Brahms Clarinet Quintet

with special guest artist
Andrew Kennedy



Steve Meyer, cello



Michelle Urquhart, viola



Inge Courtney-Haentjes, violin



Daniel Bangert, violin

ENSEMBLE ASTOR is a new and emerging Australian string quartet, which, as well as performing all the classical and romantic masterpieces, is dedicated to offering a range of exciting works from the 20th century and beyond. The members of ENSEMBLE ASTOR have performed, recorded and toured extensively throughout Australia and Europe as soloists and with various ensembles and orchestras. Now graciously returning to Phillip House for their Second Benefit Concert for Rotary.

Tickets are available through the Central Coast Conservatorium Box Office

Ph 02-4324 7477 Credit Card only

or in person at the conservatorium by cash, cheque or Credit Card

or on-line at www.centralcoastconservatorium.com.au

or cash at the door on the night / reservations are recommended

RESERVATIONS Phone 4340 1288

Cost Adults \$35 Children under 12 free

which includes a glass of wine or soft drink and finger food



shelter
BOX



Group Work Solutions Workshops

Building Resilient Workers

Resilience has been described as the capacity to adapt well in the face of adversity...

When: Thurs 22nd August - 9.00am to 3.30pm

Where: Kariong Neighbourhood Centre

10 Langford Dr, Kariong.

Bookings Essential go to:

<http://groupworksolutions.com.au/Home.htm>



**Kariong Eco Garden
Incorporated**
Cnr Dandaloo Street
and Woy Woy Road Kariong NSW 2250
Postal address: c/o KNC
10 Langford Drive Kariong NSW 2250
Phone: 0417 686694.
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au
ABN: 13 852 216 759

Eco Garden –August / September 2013 Events.

Friday 2nd August. Love Food, Hate Waste

Free workshop- "Love your Lunch" at 11:00am.
How to create a healthy lunchbox, with free lunch and giveaways. Avoid waste and look after the environment. Talks by Amber Cardozo from 'Mindfully Green'. Call Kariong Neighbourhood Centre to book your place, on 43401724. Ring Mia Hughes on 0417043165 for information.

Sunday. 4th August. Eco Garden Winter Working Bee. 12.00pm to 3:00pm. Bring gloves and hat. Afternoon tea at 3:00pm.

4 Seasons Film and Art Nights – Spring. Watch out for date in Early September—Check Website and Facebook Page.

Films, Music, Art and Talks. + Food. Thank you to Gosford Council again for the Community Cultural Grant.

Support 'Cash for Containers' campaign:-

10c refund on cans and bottles. See website- www.boomerangalliance.org.au Reduce Litter, Increase Recycling.

Planting: Recommend that the following vegetables/ herbs can be planted in August: Amaranth, Asparagus, Basil, Beans, Beetroot, Cabbage, Cape Gooseberry, Carrot, Celery, Chives, Cucumber, Coriander, Dill, Eggplant, Fennel, Globe Artichoke, Koharabi, Leeks, Lettuce, Marrow, Mint, Mustard Greens, Onion, Oregano, Parsnip, Peas, Pumpkin, Rocket, Rock Melon, Sage, Squash,, Silverbeet, Sweet Corn, Tomato, Turnip, Watermelon, Zucchini.

Refer www.gardenate.com for full list

The garden is available for events, tours and workshops, see contact details below.

We are looking for a volunteer to help with updating the books, filing and financials—about 2 hours a week. The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10:00am to 12.30pm on Mondays and some Fridays, and can be contacted on the details below. See website for more details; ww.kariongecogarden.org.au All ages, skills and experience are welcome to come and share in this community space.

For further KEG details Contact Lisa on 0417686694, 43405425 or John on 43231843

Kariong Library Action Group

The Kariong Library is open 9.30am to 5:00pm Tuesday to Friday and 9.30am until 2.30pm Saturdays and is closed for half an hour at 12 noon.

The school holiday movie night at the Library was well attended and enjoyed by both adults and children. Many thanks to Adam the librarian for running the show, and Gosford City Council Library Services for supplying the popcorn and poppers. Thanks also to those who attended this fun night and the volunteer helpers from the Library Action Group.

The Kariong Library Action Group have a regular monthly Book Club which meets at the library at 10:00 am on the last Friday of the month. On Friday 30th August the book under discussion will be "A Disobedient Girl" by Ru Freeman, a Sri Lankan-American writer and activist. This is her debut novel and has been translated into 6 languages. "A Disobedient Girl" is an epic, heartbreaking novel about the linked destinies of two women, set against the backdrop of beautiful, politically turbulent Sri Lanka. At 11:00 am the guest for August Book Club will be Australian author Paul Radcliffe. Paul's first book was "The Web" and then "Out of the Past" published in 2011. "Out of the Past" is an intriguing Australian family drama centred on the mid north coast. Come and chat to Paul over a coffee or tea.

Storytime is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. This is a fun time for pre-schoolers and their carers. The librarians are always helpful and welcoming.

The 2013 Premier's Reading Challenge will come to a close on 1st September 2013. This Reading Challenge is supported by Kariong Library who have a large range of books for children in K – Y9. Check the allocated number of books your children have read and borrow your final selections soon.

The Kariong Action Group now have an email address, we would like to hear from you so please contact us for information and to leave your comments: klag2013@yahoo.com.au.

love Kids love Veggies?

We need a passionate veggie gardener to assist with our sustainable garden at the Centre. Please phone Fiona 4340 1724 or email on: coordinator@knc.net.au



The month of July means the days are slowly getting longer (but colder!) and the season is drawing to a close for an unfortunate number of Kariong United FC teams this year. Our on-field success from last season has not been replicated this year and as at the time of printing, only a handful of teams are in Semi Final contention. Your Kittens 12A are atop the ladder! The 16A and 13D's are finishing strong to hold onto third place, 2 of the Mens 35's, the All Age, and our Womens 18A's teams are all sitting close to the final 4. Best of luck for the final rounds! Keep up to date at www.kariongunited.com.au

Your Non-Comp VP has welcomed the decision of CCF to extend the season a few weeks to make up for lost time due to the weather. Mark relishes the opportunity of setting up the small sided fields each Saturday morning and its great to see he has a loyal band of helpers each week willing to brave the 6am chill and help make a difference for our up and comers..

A huge thank you to the residents of Kariong for helping us celebrate the Kariong United Gala Day on the 21st of July. The event was a huge success, with 30 teams playing in 5 divisions in windy but manageable conditions. Check out our Facebook pages for images and video of the day and be sure to check out the best dancing teams (and supporters) as they enjoyed some of the lighter moments of the days proceedings.

As always, days like this simply cannot be run without the generous assistance of our Club sponsors and we urge you to consider the following businesses when making your purchasing decisions.

George Brand Real Estate Kariong, Worthington BMW, Foodworks @ Kariong, Kariong Pizza and Pasta, ECOSUN Solar Pool Heating, Kids Klub, and a relative newcomer in Lifestyle Financial Services. Full contact details can be found at www.kariongunited.com.au
Jeff Vilensky
Kariong United FC Publicity.

ART CLASSES FOR CHILDREN

Ages: 5 – 12 years welcome.
Venue: Arts Barn, Dandaloo St, Kariong.
Dates: Wednesday 31st July -
11th September 2013
Time: 4 - 5pm.
Cost: \$10 per student

Contact: Lisa on 0414 201 669
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ALL KARIONG YOUTH ARE INVITED TO.....

Come and meet Rick from Youth
Connections, he will be at.....

**The Kariong Skate Park on Friday 2nd
August from 4:00pm – 7:00pm (if it's not
raining)!!**

He will be there to meet with you and talk
about future events.

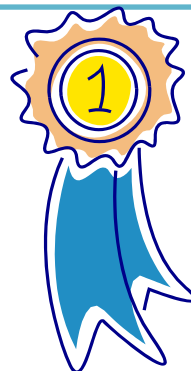
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So come along and
bring your friends.

**Meet with others and
have fun!!**



ROTARY CLUB NOTICE



The Rotary Trailer Raffle will be
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in conjunction with the sale of
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The winner will be notified
direct which will provide a
Christmas "Bonus" of the fully registered Box
Trailer and its contents.

Tickets – available from the Club (43 404 529)
and various locations including West Gosford
Shops where the prize can be viewed during
ticket sales.



You are a very generous community!

In recent times we have been very proud to be part of Kariong. We have observed large numbers of the area mobilised to care for and assist

members of Kariong in need. It has been so encouraging and inspiring to see the depths of compassion, the lengths of help and the height of community spirit dished out to those doing it tough. All of this resonates loudly with what we are all about as a community of faith. In recent months the church has excitedly been putting together 'baby bundles' to send to Lichinga, Mozambique where new mothers in the local maternity ward are offered a bundle of beautiful and useful baby things.

A generous spirit lifts the spirits of others. So a big thank you to everyone in Kariong that has been putting the needs of others above their own and therefore enhancing and enriching this community. God bless you.

As always everyone is warmly welcome to join us at our church service on Sunday mornings at 9:30am in the Kariong Public School Hall. Contact:

Noel

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- **POLICE ASSISTANCE LINE (PAL) 13 14 44**
- **EMERGENCY 000**
- **Graffiti HOTLINE 1800 707 125**
- **LEGAL HELP 1300 888 529**
- **STATE EMERGENCY SERVICE 132 500**



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4340 4351**

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KARIONG
Physiotherapy
Centre

What's On at Kariong Neighbourhood Centre...

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. *We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating.*

MONDAYS

Little Bees Playgroup

Activities aimed at children aged 1 to 5 years. Siblings are welcome to attend also. 10.00am to 11.00am during school terms only.

Cost: \$3 for members, \$3.50 for non-members. Morning tea included

Sister Fabian - Free

Come along for a friendly chat & cuppa. 12:30pm to 2:30pm

Family Law Advice Clinic—FREE

Assisting you to find solutions to your family law queries.

First Monday of each month, recommencing 5th August: 2:00pm - 4:00pm. Bookings essential ph:4340 1724

Pilates for Seniors - www.transcendfit.com.au

11.45am to 12.45pm Contact Joanne to make a booking on 4369 5171 or 0435 144 664. \$10.00 each class

Line Dancing

Recommencing September/October - Watch this space!

For Bookings contact Lyn 0402 908 444

Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book

Call Jayu on 4340 0118. www.freemeditation.com.au

TUESDAYS

Immunisation Clinic - 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. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

Beat It - Exercise for Seniors

Progressive exercise class and six lifestyle education sessions

10:00am to 11am Cost: \$8 per class

Contact Alice for bookings 0401 195 688

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic on 4328 7900.

ZUMBA fitness

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

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WEDNESDAYS

Active Playgroup for 1 to 5 year olds.

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

10:30am to 12:30pm During School Terms - all welcome!

Cost: \$3 per child, (member) \$3.50 per child (non-members) or \$5.00 per family

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic on 4328 7900

Tax help available - Please ring us on 4340 1726
Broadband for seniors FREE Computer classes
Bookings essential on 4340 1726

Wednesday Cont...

Multicultural Cooking Classes

11:00am to 1:00pm. 3rd Wed of each month. Only \$10 for tutorial, recipe and meal. Bookings Essential Ph: 4340 1724

Apply First Aid Course—HLTA311A

Nationally accredited First Aid & CPR Courses. To enrol contact

Directions Health 9486 3120 or www.firstaid.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.

Cost: \$3 for members, \$3.50 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 leaders are caring and eager to show you all a great time!

Cost: \$3 members, \$3.50 for non members. 12:15pm to 2.00pm

Coast Care Counselling

Every Thursday counselling services. Also available for Emergency

Bookings contact KNC Ph: 4340 1724 www.coastcarecounselling.org

Sister Fabian - Free

Come along for a friendly chat & cuppa. 12:30pm to 2:30pm

Transcend Pilates - www.transcendfit.com.au

7:00pm to 8:00pm. Contact Joanne to make a booking on 4369 5171 or 0435 144 664.

FRIDAYS

Australian Breastfeeding Association Meeting

9th & 23rd August 2013 — 10.00am to 12 noon

www.breastfeeding.asn.au

SATURDAYS

Rooms are available for hire for children's birthday parties on

Saturdays. For bookings please contact 4340 1724 .

SUNDAYS

River Christian Church - From 9:00am,

Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

Please contact Fiona Simpson if there is a group that you would like us to run - Ph: 4340 1724

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CLOSING DATE for NEXT ISSUE **Wednesday 21st August, 2013**

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or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from
www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses. Contributions are also welcome from non-profit organisations & are published free of charge to organisations meeting the criteria. 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.