

THE KARIONG CONNECTION

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

Vol 23; No. 3 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



April 2014



Kariong Out Of School Hours Care Update.

Our first term of 2014 has gotten off to a fantastic start with all our attendees settling quickly and happily into our routine and activities. We have enjoyed welcoming and getting to know many new children and their families to our service.

Along with our stimulating and varied program of activities, some of our major focuses this term have been:

- * Monday Active After School Program cycling group (learning and practising the basics of bicycling and road safety)
- * Tuesday Active After School Program Table Tennis Group
- * Wednesday Guitar lessons,
- * Wednesday and Thursday art/craft lessons with a local community artist
- * Environment and Gardening Club held daily.

Next term we are planning lessons in martial arts and also Oztag.

Be sure to check out our marvellous vacation care program for the fast approaching school break and book in quickly to ensure your child doesn't miss out!!

If you have any enquiries, contact : 4340 4561

Farewell and thank you Sister Fabian



Sister Fabian, who many will remember for her years of dedicated service and time spent at Kariong Neighbourhood Centre has retired. Her gentle ways and friendly smile will be missed, and on behalf of

the Kariong community we would like to wish her all the very best and say a big Thank You

Wills & Planning Ahead Workshop

Learn about Power of Attorney, Guardianships and how to structure your will.



Morning tea is included.

Where: Kariong Neighbourhood Centre

When: Friday 9th May 2014, 10am—12pm

Cost: \$10 per head, Only 15 Places available

To book your place, please ring 4340 1724

Bookings with payment must be received before 25th April

Kariong Vacation Care April Holiday 2014

Come along to Kariong Vacation Care - we have loads of fun for you all!!

Come down and meet Katie and Nerida at the Centre, who are always excited to see you! You can complete an enrolment form at the centre or download one from the website: www.knc.net.au

Hope you can join us!! Child Care Benefit and Child Care Rebate available!

<u>Week 1</u>	<u>Mon 14th April</u> Flip Out	<u>Tues 15th April</u> Easter Craft/ Activities	<u>Wed 16th April</u> Photoshop & T-Shirt Printing	<u>Thurs 17th April</u> Circus Factory	<u>Fri 18th April</u> Good Friday CLOSED
<u>Week 2</u>	<u>Mon 21st April</u> Easter Monday CLOSED	<u>Tues 22nd April</u> Camp Breakaway	<u>Wed 23th April</u> Kariong Youth Centre Activity Day	<u>Thurs 24th April</u> Go-Karts	<u>Fri 25th April</u> ANZAC Day CLOSED
<u>Week 3</u> <u>Pupil</u> <u>Free</u> <u>Days -</u>	<u>Mon 28th April</u> Cinema Paradiso and Umina Park	Fun, friendly, caring staff Exciting new adventures High Quality Accredited			





Brisbane Water Police issue safety tips for seniors

Brisbane Water Police are issuing tips to help older community

members stay safe and reduce the likelihood of them becoming victims of opportunistic crime.



Safety at home

If you are harassed, attacked or robbed, tell the police immediately

Lock all doors when you are at home

Leave spare keys with a trusted friend rather than hiding them

Keep a photographic record of your jewellery and engrave valuable personal items with your name, address and license number

If you are going away ask a trusted neighbour to keep an eye on your home and collect your mail

Don't keep large amounts of money in the home

Make sure your house number is clearly visible

to ensure police can locate your home quickly if you need assistance

If you live alone, don't publicise this

Do not publicise whether you are Ms, Miss, Mrs or Mr

Arrange to have regular contact with someone you trust.

Visitors

If you are not sure who it is, don't open the door
Remember if it seems too good to be true, it probably is

Be suspicious of people wanting to enter your home. Ask for identification, look at it carefully and contact their office for verification

If someone wants to use your phone for an emergency, offer to make the call for them, but don't let them in.

Above is excerpt of media release dated 18.3.14. To see the information in full or for other information visit police.nsw.gov.au

MINGARA ORCHID CLUB

Will hold their Monthly Orchid Meeting on the 2nd Monday of each month at 7.30pm at Mingara Recreation Club Tumby Umbi. The Novice Grower's Class starts 6.45pm. Orchids displayed and an interesting Guest Speaker. There will be plants to buy, free tea and coffee and everyone is welcome to come along.



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/oMeet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders

Contact Bruce 0419734002 for details

Hall hire available

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

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

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

NILS — No Interest Loans Scheme

Have you lived in the Gosford Area for at least 3 months? Are you on a low income? If so, you may be eligible for a No Interest Loan. NILS Appts can be held at Kariong Neighbourhood Centre. For more information or appointments Call 4329 4477.



What do we do?

We offer an affordable service for those seeking counselling for:

- Grief & loss; Stress & anxiety
- Coping with health problems
- Depression & loneliness
- Relationship & family issues
- Self Esteem & boundary issues
- Anger issues; Addiction

How do I arrange an appointment?

Contact a Counsellor below. Appointments are held at Kariong Neighbourhood Centre, 10 Langford Dr Kariong.

Counselling for adults - Kylie Fawkner 0435 809 506
Counselling for adolescents - Cheryl Andrews 0401 684 938

How much does it cost?

Clients pay a fee which is dependent on income. This is negotiated with your Counsellor. For further information check the website or contact the Centre.

www.coastcarecounselling.org



KARIONG PROGRESS ASSOCIATION

The Association over the past month has made several representations to Gosford City Council regarding community infrastructure in Kariong. These matters have included a marked pedestrian crossing at Mitchell Drive, pedestrian signage CC Highway and Woy Woy Rd and the ongoing matter of the Langford Drive Woy Woy Rd intersection.

Your Association was also represented at the launch for the Mt Penang Events precinct and has met with the Central Coast Regional Development Corporation regarding the updated DCP which has been lodged with Gosford City Council for approval.

This matter is now on public exhibition and can be downloaded from the GCC website or viewed at the Kariong Neighbourhood Centre, Progress Hall or Hill Youth Centre. Please ensure you view the proposal, particularly if you have any concerns. At our next meeting on Wednesday 2nd April an updated overview of all the above matters will be presented.

The renovation of tennis court 2 has been delayed due to issues with GCC. However we are hoping that all will be resolved by our next meeting and we are back on track! In the meantime court 1 is available for bookings, also the Progress Hall, by phoning 4340 1068 after 8.30am and before 6.30pm.

So if you have any ideas for a greater Kariong Community or wish to address infrastructure issues come along to our next meeting at the Kariong Progress Hall on **Wednesday April 2, 2014 at 8:00pm** – take the opportunity to become a member and participate in the improvement of Kariong as a residential location and community.

Do you love to garden but don't have a space to play?

Kariong Neighbourhood Centre is looking for a volunteer gardener to help us with our vegie patch. Just 2 hours a week. The kids and community will thank you, and you can have some fun. If you think you might be interested we would love to hear from you.

For more information please contact us on 4340 1724

or email on admin@knc.net.au



International Family Day BBQ and Neighbourhood Centre Week Wednesday 21st May, 2014.

10.30am - 1.30pm

A FREE EVENT TO MARK IN YOUR CALENDAR

Kariong Neighbourhood Centre offers many services and groups that many locals may be unaware of or unsure of accessing. To highlight the range of groups, services and events available at the centre we invite all families and local members of our community to come along to a free BBQ and Information Day at

**Kariong Neighbourhood Centre
10 Langford Dr, Kariong
Ph: 4340 1724**

A range of activities and experiences for children will be offered along with a delicious BBQ lunch.

Be sure to save the date for this free event and come along to gain knowledge of valuable community services available to you and your family.

A NEW Youth Support Group ALL 13-17 year olds invited

When: Friday nights 7:00pm — 10:00pm

Where: Kariong Neighbourhood Centre,
10 Langford Drive Kariong

Come and spend time with others and **make friends**, take part in **activities** and have access to **trusted adults and youth support workers** who can provide information and guidance. **Snacks and drinks** will be available for a small donation

Trivia Night

Friday 2nd May, 2014 - 7.00pm – 11.00pm
Tables of 8 available Cost: \$8 per person includes trivia, table snacks and a drink.
Additional food and drinks will be available to purchase on the night. Come along for a great night of fun, friendly faces and great prizes!

If you would like to volunteer your time with your local youth

Please email kariong.youth@gmail.com or call/text

Natalie on 0478 122 599 for more information. Follow us on Facebook for weekly updates and useful information!

www.facebook.com/kariong.youth

YOUR NEW LOCAL DENTIST



**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: 4323 4323

**ADDRESS: SUITE 2/392-398 MANNS
ROAD, WEST GOSFORD**

**LOWER FLOOR OF MASTERS HARARE
OPPOSITE GP SUPER CLINIC**

Multicultural Cooking Classes



Brought to you by Northern Settlement Services

Next class Tuesday 15th April 2014

Still only \$10 per head & includes:

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

*All invited to come along!!
Meet people and learn a new skill
Prepaid Bookings essential
Phone: 4340 1724*

NEW Kariong Writers Group

Do you enjoy writing?
Do you like to share your stories?

- * Are you currently working on something?
- * Or if you have never written before this is your chance to begin!

All welcome any level

Where: 10 Langford Drive Kariong

When: Last Tuesday of each month

Next meeting Tuesday April 29th

Time: 10.00-12.00

Cost: \$3.00 members - \$3.50 non-members.
Morning tea included

**Please call Sandra for more information
on: 43674117 or 0438008158.**

Kariong Community Forum

You are invited to attend a forum of discussion, information and networking. Let's make Kariong a safer and connected community.

In our last meeting we had two guest speakers introducing a new local youth support group and a school readiness playgroup. It was great to see passionate facilitators who both do an amazing job, supporting and encouraging our young people. We all went away feeling that we had a lot more resources and information than before

Everyone is invited to attend and share ideas and resources. If you would like to be a guest speaker please let us know. Contact Fiona at the Centre on 4340 1724

**Next meeting is May 15 Then third Thursday of
every second month - July 17, Sept 18 and
November 20th. 10:30-11:30 at the Kariong
Neighbourhood Centre**

Social Table Tennis Group

Thursdays 6.30pm

At Kariong Neighbourhood Centre

All Welcome



Get fit — have some fun

Cost: Members \$3.00 Non-Members \$3.50

For more details please contact
Kariong Neighbourhood Centre on **4340 1724**

Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for half an hour at 12 noon).

The Kariong Library will be closed Good Friday 18th April until Tuesday 22nd April and on Anzac Day 25th April 2014.

Storytime is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am for families with under fives.

During the **April school holidays** Storytime will be held as normal but unfortunately we are unable to hold a school holiday movie night. We apologise to all our regular holiday movie viewers and hope to see you all again next holidays.

Gosford City Library have several **Nature In Books** events planned and a children's display of Easter books is on display at Kariong. Check out the Library website for details at www.gosford.nsw.gov.au/library/whatson.

Book Club on Thursday 24th April at 10 am. Note the change of date – for this month only as the library is closed on Friday for Anzac Day. Come and join us for lively discussion of Lee Child's thriller novel **Gone Tomorrow**. Published in 2009 **Gone Tomorrow** is the thirteenth book in the Jack Reacher series. Lee Child is a British thriller writer and his first novel **Killing Floor** won the Anthony Award for Best First Novel and his novel **One Shot** was adapted for the screen with Tom Cruise as Jack Reacher.

If you haven't been a member of a library since you were about ten years old call in and see the changes. You can borrow up to 20 items – books, DVDs, CDs and audio books. Enjoy part of your Easter break relaxing with one of these items. There are also two computers for your use. No charge for is made for study use and only a small charge for other uses.

The Kariong Library Action Group would like to hear from you so please contact us at: kla2013@yahoo.com.au.

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

Active Learning Playgroup.



Our Wednesday morning Active Learning has been enjoying meeting lots of new Mums, Dads and children during our first term of 2014.

Our welcoming and stimulating environment gives babies and children opportunities to develop their social awareness and skills of interaction with peers through a wide variety of activities.

Whilst we have a big focus on school readiness skills with our music and language group times based on numeracy and literacy, we also offer art/craft experiences and manipulative/constructive activities.

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!

10.30am-12.30pm
at Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Members: \$3.00 per child/ \$5.00 per family.

Non-members: \$3.50 per child/ \$5.50 per family

The Central Coast Group of the Australian Plants Society will next meet at

Phillip House on Friday 11th April, 2014 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.

On Sunday 13th April, we will be bushwalking at Bombi Moors 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. In April our speaker will be Angus Stewart. 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

PLEASE NOTE ! unfortunately, we have had to suspend the Monday morning playgroup. Wednesday Active Playgroup (as per above), continues. Should you wish to see the return of a Monday group, please lodge your interest with us on 4340 1724



The season is upon us! We take to the field in April and your Kariong United Cougars are ready to go. We hope you have enjoyed the early season training over at Mt Penang and had the opportunity to hone your skills during the trial games. Karen assures me the referees and cadets are eager to officiate your games too.

By now you would all be Facebook savvy and whilst you are waiting for the season to start, why not like our major sponsor at <https://www.facebook.com/GBKariong?ref=ts&fref=ts>? You can also get up to the minute Information from your club Facebook pages. Many member ask questions (like, is training on?) or make comments, and it's great to see so many members of the club helping out.

This season we have a record number of players at 517 playing personnel in 47 teams! That is a great effort for the area and your Committee looks forward to working with you for the season ahead.

We have 2 more ways to stay in touch with your teams progress and upcoming games. The first is to go direct to the Central Coast Football (www.ccfootball.com.au) Competition pages, where you can scroll around the age groups and the other method is right back at your new and revamped club website at www.karionguited.com.au.

Your committee wishes you an enjoyable season and we welcome all members of the Kariong community to The Hill home ground each weekend for some great on field action coupled with culinary delights at our fully stocked canteen.

The Sponsorship team have had a busy off-season and I have the honour of announcing George Brand Real Estate Kariong has signed on for the next 12 months. The new boys at Foodworks have committed to providing another year of great service to assist with our grocery purchases to bring you the best BBQ each weekend at The Hill.

Jeff Vilensky
Kariong United FC Publicity.



Plumber, Drainer, Gas Fitter, Roof Plumber.
Genuine 24hr Service. Pension/Senior discount.
0415 135 360 - 4344 1309
Lic 239350c

The Hill Youth Centre



Tuesday

- > Dance Class (Jazz/Hip Hop)
3.40 – 4.20pm - Young People in Years 1- 4, 4.30 – 5.10pm young people Year 4 and above
- > Homework Help

Wednesday

- > Sports and Fitness Circuit **NEW**
- > Basketball Clinic and comp
- > Homework Help
- > Resume writing & Job Seeking skills

Thursday

- > Football Competition
- > Dinner

Young people have access to internet, sporting equipment career guidance and tutoring every afternoon.

Tuesday – Thursday open 3-6pm
Friday 4-8pm

Youth Workers available for referral and support 10.00 - 2.00pm by appointment. For more information Telephone 4304 7039 or michelle.tilden@gosford.nsw.gov.au



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4 Seasons for Art and Film

A FAMILY FRIENDLY EVENT FOR ALL AGES

BUY AFFORDABLE YUMMY FOOD OR BRING A PICNIC

- 2013 Saturday 2 November 6-9pm
- 2014 Saturday 22 February 6-9pm
- 2014 Saturday 24 May 5-8pm
- 2014 Saturday 26 July 5-8pm



REGULARS INCLUDE:

The Central Coast Conservatorium Strings Ensemble playing Vivaldi's 'Four Seasons'; Family friendly episodes of "dirtgirlworld" as seen on ABC TV; Environmental Documentaries; Storytelling, Community Art and more. Youth space in the Arts Barn. Celebrating and enhancing the community of Kariong.



Kariong Eco Garden

Dandaloo St Kariong (cnr Woy Woy Rd)

www.kariongecogarden.org.au

kariongecogarden@gmail.com

0417 68 66 94 leave message



A Reflection on International Women's Day

International Women's Day reminds us of the changes we have seen in the opportunities for women in society since the days of the suffragettes. At Kariong Mountains High School we celebrated the day by providing a morning tea for our female staff to recognise their contribution to providing a positive role model for our students. Two of our female students, Matilda and Alex gave speeches on this year's theme of inspiring change.

Matilda, our school captain spoke first about Malala Yousafzai, a young student who was shot by a member of the Taliban for standing up for women's rights to an education. Her courage, in not letting this stop her in speaking out about inequality is inspirational. Whilst such stories reaffirm how lucky we are to live in a country like Australia, where girls can dare to dream and strive to achieve that dream, I was reminded that we still need to reinforce that message from a very young age, so that girls have the confidence and assertiveness to map their path and think 'big'. As adults, we have a responsibility to help students see the value in education.

Our Year 9 representative, Alex, gave a speech which honed in on how we all have it within us to be inspirational to others with whom we interact. Alex spoke about the day to day inspiration provided by teachers in building her capacity and confidence. None of us is perfect, I thought, but our journey, our perseverance, our passion and commitment can provide a model on which young people can build their own 'operating system' for adult life. Her speech reminded me to be more conscious of the impact any adult has on helping to shape a young person's life. And, of course, if that is the impact of a teacher, how much more so that of parents, friends and community members. We are lucky at Kariong Mountains High School to have such supportive families and local community members who want to work with the school to help grow our students into caring, perceptive, successful citizens of the twenty first century. You too, can inspire a young person!

Anne Vine
Principal



Kariong Wellness Expo for Seniors week feedback

On March 21st the Kariong Neighbourhood held a day for Seniors.



We enjoyed a presentation with guest speakers on Seniors and Technology

And enjoyed a shared lunch

We had 25 stalls throughout the centre providing information about all things that relate to ageing.



Thank you to all the community who joined us, sadly we had fewer people attend than we'd hoped would join us.



\$5 ENTRY
Covers all 4 events and T-shirt

GREAT PRIZES FROM: ESS, SLAM, MGP, DRPM, SLIMES & MORE

CENTRAL COAST SERIES

4 SKATE SCOOT BMX

DO YOU THINK YOU COULD BE THE CENTRAL COAST CHAMPION?

Enter one or all 4 comps and win in your age division for your chance to compete and take out the Central Coast Series Champion title at Narara Knockout!

Scooter, Skate & BMX Age divisions u12, 12-14, 15-17, 18-24 & Sponsored.
Registration required, pre-registration info on facebook or at Kariong and Kincumber Youth Centres and available on the day at 9am.

**APRIL 5
KARIONG**

**APRIL 16
COPACABANA**

**APRIL 12
UMINA**

**APRIL 23
NARARA**

NATIONAL SKATE WEEK 2014

An Australian, State, Territory and Local Government Initiative

ccscomp

@centralcoastseries

For more information: 4304 7039
michelle.tilden@gosford.nsw.gov.au

GOSFORD CITY COUNCIL

youth services



Cnr Dandaloo Street and Woy Woy Road Kariong NSW 2250
Postal address:
c/o KNC, 10 Langford Drive
Kariong NSW 2250
Phone: 0417 686 694. Email:
kariongecogarden@gmail.com
Website:

www.kariongecogarden.org.au

ABN: 13 852 216 759

Events. Eco Garden - April/ May 2014

Sunday 30th March. 'VEGI Day'. 2pm to 5pm

@. Young people aged 14 to 18.

Maximum 10 places. Volunteering in the garden. Book on 0417686694 or email.

kariongecogarden@gmail.com

Saturday 24th May ; 4 Seasons Art and

Film Night. 5pm to 8pm. FREE. The Central Coast Conservatorium Senior Strings Ensemble playing "Autumn" from Vivaldi's Four Seasons Concerto; family friendly episodes of "dirtgirlworld" as seen on ABC TV; Environmental Documentaries ; Community Choir; Storytelling; Community Art: Food available, or bring picnic. Please bring a chair.

Other Events in March/April

26th April. "Ecoburbia". Narara Eco Village. 10am-4pm. @ Narara High School, Fountain Rd, Narara. Celebrating sustainable living. Stalls, speakers and workshops. Contact; phone-0416923655. Email. info@fixxevents.com.au

Planting: The following vegetables/herbs can be planted in **April**: Amaranth, Beetroot, Beans, Broccoli, Carrots, Cabbage, Cauliflower, Celery, Chives, Coriander, Dill, Endive, Kale, Koharibi, Leeks, Lettuce, Onion, Oregano, Parsley, Peas, Rocket, Radish, Shallots, Silverbeet, Strawberries, Sunflower, Swedes, Turnip. Refer www.gardenate.com for full list.

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

Membership is \$5.00 pa, copy on website.

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

Hello from the desk of the

Standpipe



This month I thought I would take you on the journey of the Kariong Rural Fire Brigade. Kariong Rural Fire Brigade was formed on the 12th September 1946 and was known as KENDALL HEIGHTS BUSH FIRE BRIGADE.

The first appointed Captain was Percy Parry, who applied for equipment through Gosford Shire Council. This comprised of 6 x knapsacks, 6 x beaters, 6 x rakes, 1 x axe and a small engine and pump combined plus a 200 gallon tank.

On April 10, 1947 the Brigade's name was changed to Kariong Bush Fire Brigade. In 1964 the Brigade obtained its first fire tanker and on May 11, 1965 Kariong's first Fire Station was completed at the end of Dandaloo Street.

In recent years, Kariong has participated in many major campaign fires, some including: 1986 – Kariong Fire. Stopped at Woy Woy Road.

1988 – Kariong Bushfire. Encroached on the then new Landcom Sub-Division. Stopped at Horsfield Bay.

1991 – Ridgeway Fire. Stopped at Forrester's Beach

1994 – These fires were the turning point for the NSW Bush Fire Brigades. Bush Fire Brigades found that they were no longer just a Bush Fire Brigade. They were now required to be more up-to-date, higher trained more professional and better equipped to deal with major incidents.

2000/2001 – 2006 – Fires - In most instances, fire has threatened Kariong village from the west fanned by strong westerly winds. The fires came up out of the valleys and toward our township at a roaring rate.

Kariong Rural Fire Brigade has been at the forefront of significant up-grades and improvements to maintain it's position as a highly trained and motivated Brigade and a Brigade to be relied upon.

In 2000, the old timber Fire Station was demolished to make way for a new building. Today, Kariong is housed in a modern building with a double motor bay, training / meeting room, office, kitchenette and work shop. Kariong Rural Fire Brigade is in the TOP FIVE most active Brigades in NSW.

We not only attend bush fires, we also attend:

Structure Fires – domestic and industrial, Car and Truck Fires, Flood and storm damage and Motor Vehicle Accidents.

Kariong covers the M1 (F3) Motorway from Hawkesbury Bridge in the South to Ourimbah Hill in the North.

WANTED: Vanity. Our bathroom is in need of an upgrade. If there is anyone that might have a good second hand or new vanity no longer required, the Brigade would be extremely grateful and would make good use of it.

Stay safe and fire wise.

An open letter to the community of Kariong/Somersby from Dr Michael Casey

It was with mixed emotions that after 28 years of service to the people of the Kariong district I saw my last patient in consultation on Wednesday March 12th. There was (and is) a sadness of ending long and significant relationships, a concern for how patients will fare and a grief for putting down knowledge and skills honed over 38 years of medical training. At the same time I felt a pride in the care that has been provided over many, many, thousands of consultations and the legacy that remains of empowered patients with a vibrant medical centre of excellence to support them. I also look forward (nervously) to the next stage of my life, using my experience to date to assist learning of future generations and doctors at The University of Notre Dame Australia.

Change is inevitable. Making this momentous decision took much consideration. For me and my family to make it at a time of our choosing is a real blessing. All my adult children are now based in Sydney, as is my wife's work.

To my patients, I sincerely apologise for any inconvenience or distress caused by this decision. I trust (as I always have) in your capacity to make the right decisions about your own health care going forward. I have been truly touched by the overwhelming support of me doing what I believe is in my, and my family's best interest at this stage of life.

I thank you from the bottom of my heart for allowing me to be a part of your journey and entrusting me with the privilege of supporting your health and wellbeing.

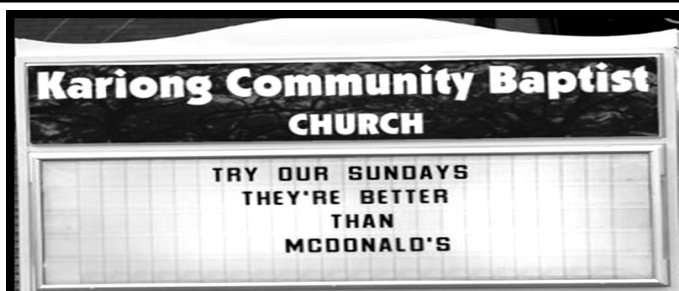
I know that I leave you in good hands with my fine colleagues at Kariong Medical Centre, which is real comfort to me, and I hope to you. You will always hold a special place in my heart. I pray that your lives continue to be enriched.

To the Kariong/Somersby community I thank you for the welcome you gave me and my young family all those years ago and since. I remember how much my wife Tricia and I liked the feel of Kariong as we drove around the Central Coast in early 1985 looking for a place to settle. That feeling proved right and still exists today in a community more than ten times the size. It is community of contributors, rightly proud of who they are and what they have created.

From 1985, when Kariong Medical Centre started, to now is a long time. There have been so many people with whom I have engaged and been supported by in an effort to provide both good medical care and build a positive community in the Kariong district. To all of you, and you know who you are, thank you.

Yours with sincere gratitude and fondness,

Dr Michael Casey



WELCOME to our NEW PASTOR

JEFF O'DERRY!

Join us on Sunday Mornings 9:30 in Kariong Public School Hall.

All welcome.

Plenty of close parking.

Find us at www.kariongchurch.org.au/

or call Jon on 0427 731 277 for information about the Church...we've got something for everyone, and help if you need it.



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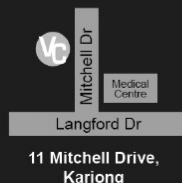


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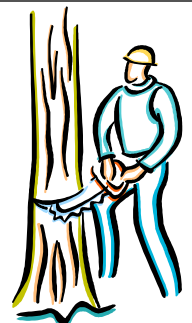
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KARIONG
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What's On at Kariang Neighbourhood Centre...

Kariang 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

Tai Chi with Daniel from the Australian Academy of Tai Chi
9.15am- 10.15am All welcome. **Cost \$10** per session
For bookings please contact Daniel on 0435 121 520.

Coast Care Counselling

Affordable Counselling is available every Monday & Thursday 9:00am to 12noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or KNC Phone: 4340 1724, For more information visit www.coastcarecounselling.org

Family Law Advice Clinic—FREE

Assisting you to find solutions to your family law queries.
First Monday of each month 2:00pm –4:00pm
Bookings essential phone: KNC:4340 1724

Pilates for Seniors - www.transcendfit.com.au

11.45am to 12.45pm Contact Joanne to make a booking
On 0425 265 609 . \$10.00 each class

Khedrubje Buddhist Meditation

7:00pm to 8.30pm. Cost: \$10 / \$8 Conc. For more information please phone: 4385 2609 www.centralcoastmeditation.org

TUESDAYS

Kariang Writers Group

10.00am to 12.00pm Last Tuesday of each month. Next meeting 29th April. Cost: \$3.00 members and \$3.50 non members. For more information please call Sandra on 4367 4117 or 0438 008 158

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.

Multicultural Cooking Classes

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

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic on 4328 7900.

Nutrimetics Beauty Classes - 7:00-9:00pm

Come along and be pampered with one of our Beauty Treatments. Learn a new treatment each week. Facials. Hands. Feet. Hair. Makeup. \$7 per class. Bring your friends. Win prizes. Bookings are essential. Call Cat on 0422795139 or email Catsnutrimetics@gmail.com

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

Apply First Aid Course—HLTA311A

Nationally accredited First Aid & CPR Courses. To enrol contact

Wednesdays cont.

Weight Watchers from 6.30pm to 8:00pm
www.weighwatchers.com.au

THURSDAYS

Kariang 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

Affordable Counselling is available every Monday & Thursday, 9:00am to 12.00 noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or Phone KNC 4340 1724, For more information visit www.coastcarecounselling.org

Social Table Tennis Group

Get fit , have fun, make new friends. Time: 6:30pm—9:00pm
Cost: \$3.00 for members, \$3.50 non-members.
For more information Phone KNC 4340 1724

FRIDAYS

Stamp and Create

Cardmaking classes - 3rd Friday morning of each month
10am –1.00pm. Next class 21st March. Bookings essential. Please contact Amanda on 0450126 093 or mandageorge0377@gmail.com

Australian Breastfeeding Association Meeting

Fortnightly 10.00am to 12 noon www.breastfeeding.asn.au

Youth Support Group

For teenagers 13-17 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm —10:00pm starting 28th February **Contact Natalie on 0478 122 599 for more information.**
Follow us on Facebook www.facebook.com/kariang.youth

SATURDAYS

Rooms are available for hire for children's birthday parties on Saturdays. For bookings please Phone KNC 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 - Phone KNC 4340 1724 Become a member of Kariang Neighbourhood Centre for only \$3.00 for an individual or a group and receive many discounts and invitations to lunches with guest speakers Room Hire Available From only \$9hr Ring & Book for your next meeting or function Ph: 4340 1724 ALL Memberships must be paid if you wish to advertise with us

CLOSING DATE for NEXT ISSUE Wednesday 16th April, 2014

Please submit advertising to admin@knc.net.au and
Community Announcements to coordinator@knc.net.au
or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from
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PLEASE NOTE: Kariang 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.