

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. 7 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



August 2014

URGENT NOTICE RE: INTERSECTION OF LANGFORD DRIVE AND WOY WOY ROAD KARIONG

Residents of Kariong beware. Plans are underway to install a roundabout at this dangerous intersection with little or no consideration given to pedestrians that use this crossing daily, or to those who occupy the lots surrounding this intersection.

ARE YOU WAITING FOR A SERIOUS INJURY OR DEATH BEFORE YOU ACT?

What do we stand to lose if this plan goes ahead?

The majority of the car parking that accommodates the progress hall, arts barn, eco gardens, tennis courts and playground (**Did you know the current plan allows for a maximum of 14 car parks only!**) which may result in diminished use of these facilities.

The very valuable Arts Barn will be demolished! Along with the recent \$35, invested in renovations and repairs **AND** diminished us of the popular Eco Gardens which provides a valuable sustainability program to the community.

Possible safety issues for the Rural Fire Brigade and longer response times to emergency situations—this is catastrophic given the Kariong RFS is in the top 5 busiest brigades in NSW.

Safety issues for the families accessing the child care service on Dandaloo Street **AND** further disconnection from the community and facilities for the children who attend childcare, school and out of school hours care services in Kariong.

WE STAND TO LOSE PRECIOUS LIVES!

KARIONG COMMUNITY NOW IS THE TIME TO ACT!

What can YOU do?

- Write to Lucy Wicks, Federal member for Robertson at Lucy.Wicks.MP@aph.gov.au.
- Write to Chris Holstein, Member for Gosford at 20 Blackwall Road, Woy Woy NSW 2256, or email on gosford@parliament.nsw.gov.au
- Write to Paul Anderson, General Manager of Gosford City Council, 49 Mann Street, Gosford 22650.
- Complete the online survey at <https://www.surveymonkey.com/s/XQMMPO9>
Or follow the Kariong Intersection Action Group on facebook

KARIONG COMMUNITY FORUM

The Kariong Neighbourhood Centre hosted a very successful community forum on Thursday 17th with members of the Kariong community and local service providers in attendance.

Peter Pauling, President of the Kariong Progress Association delivered an informative talk, going over the plans for the roundabout at the Woy Woy Road and Langford Drive Intersection and for the proposed shopping and business precinct at Mt Penang. Peter was able to bring us up to date information from the council and address concerns that were put forward regarding these issues. We strongly encourage you to follow our facebook page (search - Kariong Neighbourhood Centre) for updates on these issues as well as attend the Progress Association meetings which are held on the first Wednesday of each month at the progress hall from 8pm. Lisa Wriely from the Kariong ECO Gardens delivered a very interesting talk on the gardens and told us about the sustainability program that they run.

Our next Kariong Community Forum will be held on **Thursday 18th September at 12.30pm**. Guest Speakers will be Sonia Fowler from Sunnyfield Disability Services and Peter Watson from Youth Conferencing/Juvenile Justice.

If you wish to be a guest speaker representing your service/company or have a community issue you wish to have addressed please contact KNC on 43401724 or coordinator@knc.net.au.

FREE Financial Literacy Workshop



This informative workshop will give you valuable tips on:

- * **Budgeting and Saving for Expenses,**
- * **Needs & Wants,**
- * **Tenancy.**

Morning Tea Provided, BYO Lunch

When: Thursday 7th August, 9:30am - 2.30pm

Where: Kariong Neighbourhood Centre,
10 Langford Drive, Kariong

Bookings Essential: Phone 4340 1724

(Childcare available \$5.00 per child)



**Australian Government
Australian Taxation Office**

Unfortunately TAX HELP is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service

Wyoming Neighbourhood Centre 4323 7483
Gosford Narara Community Centre 4329 4477
Ettalong 50+Leisure & Learning Centre 4341 3222
Green Point Community Centre 4367 7591
Wyong Neighbourhood Centre 4353 1750
Gosford 50+ Leisure & Learning Centre 4324 4749
Kincumber Neighbourhood Centre 4363 1044



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

Rotary



Do you enjoy the three F's— 'Fun - Friendship - Fellowship' in your Community , work, Leisure & travel ? Then join your local Rotary Club – contact Kerry Bayliss on 43 404 529 or kersuebay@philliphouse.com.au

St Vincent De Paul

Kariong—Kulnura Conference



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

If you need any welfare please call
4323 6080 or email
gosford.region@vinnies.org.au.

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 Phone: 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 Appointments 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

Appointments are held at Kariong Neighbourhood Centre, 10 Langford Dr Kariong.

Counselling for adults - Kylie Fawcner 0435 809 506

Counselling for adolescents - Cheryl Andrews
0401 684 938

www.coastcarecounselling.org



MINGARA ORCHID CLUB

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 Guest Speaker. Plants to buy, free tea and coffee. All welcome. For enquiries please phone Anne on: 4351 0891



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



For non emergencies call the
Police Assistance Line
131 444



To provide crime information anonymously contact
Crime Stoppers
1800 333 000
www.nsw.crimestoppers.com.au

★ **MEGA RAFFLE!** ★

Ten Fantastic Prizes To Be Won

1st Prize: Original Artwork by local artist Garry Purchase. Winner 2014 Reconciliation Exhibition. Tickets on sale at the Centre

2nd Prize: Beautiful Handmade Patchwork Quilt & pillow case

3rd Prize: Electric Chainsaw

Tickets only \$1 each
available at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong

Prizes 4 to 10 are hampers that include a variety of items including:
DB patchwork quilt, paper tolle picture, quilt cover, assorted hampers with toys, Natio toiletries, Intensity, Rebel Sport, Coles and waterfall Café gift vouchers, and lots more ...

Raffle drawn at Kariong Neighbourhood Centre on Monday 18th August 2014. Winners will be notified on the day and results will be published in the Kariong Connection September 2014 issue.

Kariong Neighbourhood Centre would like to sincerely thank those who have generously contributed to our prize pool.

"Kariong Through My Eyes"



Photographic Competition

An opportunity to capture what Kariong means to you. The competition is open to all ages and all abilities. So grab your camera or phone and start capturing our local Community!!

\$2000 Prize Pool

For entry details phone 4340 1724 or download an entry form at <http://www.knc.net.au/competition/photo-competition>

Entries Close Monday 31st August 2014.

Kariong Community early childhood and early school year's Forum.

Don't miss out on vital information for your children



The Kariong Community Forum is pleased to be hosting an early childhood and early school years forum on Wednesday 27th August from 6.30pm at the Kariong Neighbourhood Centre.

Our guest speakers for the night will be:
Nerida Stollery, Facilitator Active Playgroup, who will tell us about the playgroup that she runs each Wednesday morning at the Kariong Neighbourhood Centre for young children. Nerida will explain the importance of offering our children an educational program in a safe, happy & stimulating environment

Amanda Lester, Director of Kariong Kids Club, who will be talking to us about early childhood facilities in the local area, what you can expect from these services and the pre-school curriculum.

Mrs Vicki Redrup, Principal of Kariong Public School, who will talk about the school and the Kindergarten transition program offered at Kariong Public School.

Brandi Heitman OOSH Co-coordinator at Kariong Out Of School Hours Care, who will talk to us about the very valuable service that OOSH provides local families who require care for their children outside of school hours.

We invite parents and carers of children who are in the early childhood and early school years, and anyone else interested in joining us, to come along for an interesting, informative session that will hopefully assist in you in making the best choices for your children and families!

Childcare can be provided at a cost of \$5 per child. RSVP's for the forum and childcare bookings will need to be made by the 14th August. Please RSVP to coordinator@knc.net.au or call 43401724 - book early to secure your seat!

Afternoon Tea will be provided

BROADBAND FOR SENIORS

Funded by the Australian Government

FREE—Supported one on one computer training run by volunteers for the Kariong aged & disabled community.

Bookings essential

Please phone (02) 4340 1724 or email admin@knc.net.au



Kariong Neighbourhood Centre is now a Work and Development Order Approved Organisation

Are you struggling to pay off fines? Unpaid fines can really hurt, they can result in increasing debt, loss of driver's license and car registration, garnishing of wages and property being taken by the sheriff. The stress and worry of unpaid fines can also impact on your health and wellbeing, your relationships and your ability to find employment.

A simple and practical way to reduce this stress and pay your fines off is to talk to us about signing up for a work and development order at the centre.

WDO's are available to those who:

have a mental illness, intellectual disability or cognitive impairment
are homeless
have a serious addiction to drugs, alcohol or volatile substances
are experiencing financial hardship to satisfy their fines through unpaid work with an approved organisation or through certain courses or treatment.

For more information call **Fiona Simpson, Manager of the Kariong Neighbourhood Centre, on 43401724 for a confidential chat.**

Kids Party Hire

Have it all for only \$26 per hour for members!!

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



Why try to squeeze into your home when you can enjoy loads of space, a kitchen for food preparation, and a playground

Contact Kariong Neighbourhood Centre
Ph:43401724 or email admin@knc.net.au

Did you know we hire?

We now have two gazebos for hire at very affordable rates! One is 6 x 3m and the other is 3x 3m.

We can also hire tressle tables and chairs.

To find out more contact the Kariong Neighbourhood Centre on 4340 1724 or email admin@knc.net.au

Access valuable information from the comfort of your own home - It's easy!



We have a great selection of DVDs for hire. Topics include , parenting, health and well being for families. Become a member of Kariong Neighbourhood Centre And hire for only \$2 a week per DVD

Just drop into the Centre to browse the library, collect a DVD or make a booking.



Individual Tax Returns start from \$100
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

www.blueorchidaccounting.com



The Hill **y O u t h** 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**
- Thursday
- > Basketball Clinic and comp
- > Homework Help
- > Resume writing & Job Seeking skills

Friday

- > 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



youth services

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11 Mitchell Drive,
Kariong

4340 2022 - vcdental.com.au

**OPEN 7 DAYS
30 YEARS LOCAL**

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



Medicare Child Dental Benefits Schedule bulk billed

Kariong Youth Support Group ALL 13-17 year olds invited

At; the Kariong Neighbourhood Centre
10 Langford Drive Kariong

When; Friday nights from 7pm-10pm.

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.

For more info email kariong.youth@gmail.com



call/text Natalie on 0478 122 599

Special events being planned!

Snacks and drinks will be available for a small donation.

Follow us on Facebook for weekly updates and useful information! www.facebook.com/kariong.youth

Alive Dance Academy

Hip Hop
Modern
Jazz
Tap
Ballet
Acro
Zumba
Burlesque
Contemporary
Lyrical



Enrol before
20th September for
NO
Registration
Fee

where
dreams
come

Alive

@ Kariong High School

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

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

Kariong Mountains High School, Festival Drive, Mt Penang, Kariong



Kariong United Football Club is beginning its run into the Semi Finals (for comp teams) in excellent shape. It is great to see so many teams in contention for more football at the end of the season. When you balance that against the nurturing environment the Club creates for its non-comp teams you have to admit the club is in good hands with the current Committee at the helm. Their hard work each weekend morning to setup the grounds before the sun comes up, ready for the first game is truly admirable and if you are keen to help out, I am sure they can find something for you to do in the early hours of the morning.

Your club would love to see you on weekends at The Hill after your own game. Saturday and Sunday afternoons host the top grades in both mens and womens teams so why don't you come and join in the social atmosphere of The Hill - watch some football, have a chat to the other supporters and cheer on your club mates too! Check the draw for upcoming games at www.kariongunited.com.au

I'd like to share with you some words from our u13C team as it embraces what Kariong United Football Club is all about:-

Report - May 17 U13C vs Toukley , Result: 2 - 2 Draw: "What a fantastic game you all played as a team and worked really hard for the draw. Well done! We are very proud parents. See you all at training."

Facebook continues to provide a valuable resource for spreading information throughout the club. Thank you to all our friends and their likes and keep posting photos and stories online. It is a great communication tool and generates interest in your club.

And a huge **THANK YOU** to our wonderful sponsors that have made it possible to put our teams on the park each week. **George Brand Real Estate Kariong** (4340 2424), **Kariong Pizza** (4340 4225), **Foodworks** (4340 0957), **Kariong Take Away** (4340 2686), **Kidz Klub** (www.kidsklubs.com.au), **Kariong Butcher** (4340 1642) and **EcoSun** (1300138 864).

Jeff Vilensky
KUFC Publicity



Kariong OOSH Update

Precious memories were built during our June/July Vacation Care period with so many of our local children joining in with our variety of excursions, incursions and special events days.

The highlights included the GAMES2U visiting us, creative artwork at the PlasterBarn and also the excitement of meeting all the animals when the Kindifarm came to our centre.

The opportunity to cook for the needy at "Our Big Kitchen" in Bondi was a life changing experience for us all in that it opened up our awareness of how very fortunate we all are in our own homes and circumstances and hopefully impacted on our children the importance of being "community-minded" and helping others when we can.

Some of our after school activities this term include a sewing club, cooking lessons and table tennis and of course our Environment and Gardening Club along with our daily Homework Support ensures the children have hardly a moment to spare!!

Inquiries and bookings Ph: 4340 4561
Or email at oosh@knc.net.au

Active Learning Playgroup.



Playgroup has never been so much fun for both parents (and some special grandparents too) and children alike. The forming of friendship groups happens before our eyes each week and it's so great to see parents supporting each other and discussing common goals and challenges in their daily routine with their children.

Jennifer, one of our regulars, had the inspiring idea of holding spontaneous clothes and toys swaps at our weekly playgroup which has been a success, whilst Jacqui's idea of weekly parenting focus discussions has also opened up communication and sharing of knowledge amongst our members.

We look forward to helping the children prepare for school through lots of fun and educational experiences so **a big welcome is extended to all to join us on Wednesday mornings from 10.30am**

Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Inquiries Phone Nerida on 4340 4561

Cost: \$4.00 per child/\$7.00 per family for Members
\$4.50 per child/\$7.50 per family for non-members

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 1/2 an hour at 12 noon).

If you have not been to the Kariong Library call in as there are many interesting things on offer. Check out the new print books, audio books, CDs and videos, and learn about e books. There are two computers available for your use or sit in the warmth and read the newspapers available daily.

Storytime is held on Tuesdays at 10.30 am to 11.30 am. This is a fun time for children 3 to 5 years and popular with parents, grandparents and carers. Storytime aims to introduce children to the joys of literature and language through story, poetry, puppetry and rhymes, songs and craft.

Book Club is held on the last Friday of the month – **29 August at 10.00 am**. Do you enjoy having two books to discuss? Please let the Library Action Group have your feedback as we are always interested in what you have to say. The August selections are written by American authors who write each of their chapters in a different voice but there the similarities end. The first writer is **Susan Wittig Albert**, a former English professor. Her book **The Darling Dahlias and the Cucumber Tree** involves the 'Dahlias Garden Club' (whose members are the good ladies of Darling, Alabama) in digging into the town's buried secrets to solve some local mysteries.

Anita Shreve is the writer of our second book for this month. Ms Shreve began her writing career while working as a high school teacher. Her book, **Testimony**, is a dark emotional drama set in a New England boarding school. It revolves round a teenager sex scandal and a videotape.

After discussion of the two books we have **Diane Ecklund Abolins** as our special guest. She will talk to us about her new book just published - **Room Nineteen**. It is a psychological thriller based on our different concepts of time.

Please stay and chat to Diane over a pleasant morning tea. **Put 29th August in your diary.**

The Kariong Library Action Group would like to hear from you so please contact us at: klaq2013@yahoo.com.au.



KARIONG PROGRESS ASSOCIATION

Firstly we must provide an overview of the special Forum held on July 16th at our Progress hall in Woy Woy Rd. The organisers appreciated the great attendance by residents which left standing room only. We also thank Mr Chris Holstein MP for attending and addressing those present.

Two major issues were scheduled for discussion, the most urgent that of a safe pedestrian crossing and traffic control at **the intersection of Langford Drive, Woy Woy Rd and Dandaloo Street**. Gosford City Council provided the latest detailed plan for a roundabout which was displayed for viewing and pertinent response which was an overwhelming request for traffic lights and a pedestrian crossing as a control system.

This proposal has been supported by a majority of participants to the online surveys, by the Intersection Action Committee, the petitions from the Kariong Neighbourhood Centre and the Kariong Kids Club child minding centre. So we now, obviously, have a community mandate to strongly request a change of direction by Gosford City Council and we, the Progress Association, together with our partners will now put forward a strong representation to provide the desired outcome.

Please note that we will be utilising available media, including electronic resources to seek your ongoing support for this important campaign. The other major item discussed was the proposed revision of the **Development Control Plan for Mt Penang Parklands** as presented to Gosford City Council by the Central Coast regional Development Corporation. This proposal allows for 10 precincts to be created – two of which, the Juvenile Justice and the Kariong Mountains High School are outside areas and not controlled by the Central Coast Regional Development Corporation. Among the thoughts expressed by those present was “where is the Parklands” as encompassed in the area title. A theme which was proven more relevant as the proposed use of this State Government holding is offered for sale. The area most contentious was Area 2 Highway Commercial Precinct which provides an inviting entry ambience to the Central Coast and a most beneficial open space community facility for residents and visitors. Whilst the impingement of high rise development (up to 4 storey) upon the upgrading of the Mt Penang Gardens and great increase in traffic flow, including delivery trucks, adjacent to the High School will become a concern!

An update will be given at the next Progress meeting Wednesday 6th August 8pm in the Progress Hall, Woy Woy Road.

If you would like to hire the Progress Hall or the tennis court, please phone Yvonne on 4340 1068 after 8.30am and before 6.30pm

E. Pauling Publicity Officer



Celebrate Education Week With Us

The Kariong Mountains Learning Community is the professional and collegial partnership of schools in the Kariong and Mountains communities. It consists of Kariong Mountains High School and each of its partner primary schools – Kariong, Somersby, Central Mangrove, Peats Ridge, Kulnura and Spencer.

Each year we hold a number of events that bring the schools together to build a sense of community and support and help dispel myths about the high school experience. At the end of last term, we held a very successful sport gala day, in which teachers and community coaches worked with Stage 3 and Stage 4 students on a range of sport and dance activities.

In Week 6 of this term we hold a Science Week Day for budding junior scientists to work with high school student mentors on a series of science related activities.

But, most immediately, is our combined Week 3 (July 30th) Education Week performance, in which performers from K-12 enchant our audience with their skills and enthusiasm. This is an open day and members of our community are invited to attend.

Expression of Interest

Community members interested in being supervisors for the HSC exams in October-November are invited to put in an EOI to the school office by August 30th. Applicants must not have any relatives sitting for the exam.

Anyone interested in submitting a resume for casual/part-time work as a School Administration Support Staff is invited to email the application to the school (kariongmtn-school@det.nsw.edu.au) to be placed on an eligibility list.

For further details about these positions, please contact Ms Jackie Ayres on 43 400246.

Fun French for Beginners

8 week term—1.5 hour classes

\$10 per class

For more information

ring Colleen on 4340 0871

Or email colleenfrankland@hotmail.com



Kariong Community Baptist Church

Peace

Over the last few weeks I have been preaching on what the Bible calls the fruit of the Spirit, spoken of in the book of Galatians. Last Sunday we looked at the fruit of the Spirit of peace.



Pastor Jeff O'Derry and his family

Different people have different ideas about peace – for me, a day out fishing by myself is about as peaceful a day as I can imagine. For some, peace comes when the kids go back to school! For others it is a walk along the beach, or getting away to the country for a weekend, or sitting down with a good book and a cup of tea.

But this type of peace is situational peace, dependent on our circumstances.

The peace spoken of in the Bible is the peace of God. Chapter 4 of the book of Philippians talks about *the peace of God, which surpasses all understanding*. A peace that is not situational or circumstantial, but present through the tough times in life, through our turmoils and trials. A peace that comforts us and keeps us standing, when without it we would collapse in a heap and be unable to carry on.

There is an old hymn called *It is Well With My Soul*, the words of which were written by a wealthy American Christian man. He was happily married, with four daughters and a son. Within a short space of time, his son died, he lost most of his wealth, and his four daughters drowned when the ship they were on sank whilst en route to Europe. His wife survived.

Heartbroken, Spafford boarded a boat that would take him to his grieving wife in England. It was on this trip that he penned those now famous words, *When sorrow like sea billows roll; whatever my lot, thou has taught me to say, it is well, it is well with my soul*.

Ask yourself could you honestly say those words, "whatever my lot ... it is well with my soul"?

Have you experienced the peace of God? Would you like to find out more about the peace of God? Contact Pastor Jeff O'Derry on 0448 814 511, or come and join us on Sunday mornings.

Kariong Community Baptist Church meets each Sunday at 9.30am in the Kariong Public School Hall. Parking is available at the Truscott Avenue entrance.

ROOM NINETEEN



DIANE EKLUND-ÅBOLIŅŠ

A psychological thriller
by Diane Eklund-Åboliņš

AVAILABLE from:

Book Bazaar 4342 2482

Gosford Regional Gallery
4322 7069

**Online
Retailers**

Or phone
0468 424 339

Australian Academy of Tai Chi

"Health & Relaxation"

Come along and enjoy the benefits of this ancient health art.

Your local beginners class is held at:
Kariong Neighbourhood Centre,
Wednesdays, 9:00 – 10:00am
Contact Helen on 0435 121 520



The XChange

Seventh-day Adventist Church



July has been busy, busy, busy. We had our annual KidzXChange Got Talent show and we had lots of talent shining through from singing, musical instruments to dance. We enjoyed our holidays and embarked on our annual winter crafts day where the children created sock creatures, a garden Jurassic park, button creation and a out of this world rock sculpture. Pr Daron has been to see us again telling wonderful stories all the while creating amazing things out of balloons. Barney's enjoyed a change of pace during the holidays as well.

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

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

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

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

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

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

Ancestry and Family Tree Research.



Are you interested in your Family Tree/ Ancestry and having it done for you?

Depending on where your Ancestors come from, some research is relatively easy, with records available. While some countries there is no access to records.

I will only ever charge you if I have been successful in helping you. Even if I put many hours into the research, if I don't find anything I won't charge you.

Contact Ruth for more information or to set up a meeting. Kariong Local. Mobile 0412 994 147 or email on fuller@bigpond.com



Massage for women

Present this advertisement and receive 10% off 60-minute massage and/or Reiki treatments (Offer valid until 31 March 2014)

0403-643108

Remedial massage therapist / Reiki Master

www.sacredcircleharmonyhealing.com.au

Kariong

ATMS & ARC Member

ABN 34 598 966 984

Australian Plant Society



There will be no regular meeting for The Central Coast Group of the **Australian Plants Society** in August.

However, on the weekend of the 15th – 17th August the Group will be hosting the Region Get Together and are expecting visiting members from around the State. Visitors are always welcome to join in but registration and payment is essential and there is a cut-off date.

On **Sunday 10th August** we will be bushwalking looking at and identifying plants. Our next regular meeting will be Friday 12th September at 7.00pm for a 7.30pm start with a \$2 fee on entry which includes a raffle ticket. 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.



Cnr Dandaloo Street and Woy
Woy Road Kariong NSW 2250
Phone: 0417 686 694. Email:
kariongecogarden@gmail.com

Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759

Events. Eco Garden - August 2014

Monday 28th July: The Kariong Eco Garden will have been open for 7 Years. Work will continue to build the Labrynth Path around the wooden statue. Please come and help any Monday mornings from 10am to 12.30pm. Lisa is taking a well deserved holiday til September.

Other Events in August:

1st August - Jeans for Genes Day.
19th August - Keep Australia Beautiful Day
28TH-29TH September; Plant Lovers Fair at the Kariong Mountains High School

Planting: The following vegetables/herbs can be planted in August: Amaranth, Artichoke, Asparagus, Basil, Beans, Beetroot, Cabbage, Capsicum, Carrots, Celery, Chilli Peppers, Chives, Coriander, Cucumber, Dill, Fennell, Jerusalem Artichokes, Kohlrabi, Leeeks, Lettuce, Marrow, Mint, Mustard Greens, Okra, Onion, Oregano, Parsnip, Potato, Pumpkin, Radish, Rocket, Rockmelon, Sage, Silverbeet, Spring Onions, Squash, Sweet Corn, Tomato, Turnip, Watermelon, Zucchini. 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, download a copy from the website. See also our Facebook page.

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

We are still looking for a volunteer to sort out our library in the shed. See the letterhead for all the contact detail. If no phone reply, contact John on 43231843.



Brisbania P.S. Students watering the garden with yummy Worm Tea during a recent excursion to the Eco Garden.

Hello from the Desk of the

Standpipe



Ours calls from June 18 to July 17 are as follows: False Alarms x 2, Fire and Explosions x 3, Good Intent Calls x 4, MVA's x 10, Other x 5 totalling 24 for the month.

Just a few **Bush Fire MYTHS** I would like to share with you:

Myth: It won't happen to me! **Fact:** No one can guarantee that it won't happen to you. If you prepare and nothing ever happens then you have lost nothing.

Myth: I'll be fine; the bush is a few streets away! **Fact:** Most houses are burnt in bush fires because of ember attacks. Embers can cause fires many kilometres in front of the main fire and can start falling up to an hour before the fire arrives at your home. You need to make sure that your home is properly prepared to withstand ember attack.

Myth: There will always be a fire truck available to fight a bush fire threatening my home! **Fact:** There will never be as many fire trucks as there are houses. Do not depend on a fire truck being available at your home.

PREPARE ACT SURVIVE

Last month I mentioned our Program we wish to commence before the start of the fire season on October 1. We have had a good response. Now we would like to include any Retiree - man or woman and any stay at home Dads that are keen to attend a workshop/s. The Program will consist of basic fire awareness around the home and surrounds. The workshops will provide support and advice along with some hands on activities. If anyone is interested in attending a workshop, or finding out a bit more about the program please email –

standpipe.feedback@gmail.com with your name and contact number. We will return your email ASAP.

Many congratulations to a Brigade Member, Joshua Sanders. He turns 21 on the 18th August. From all the Crew at Kariong RFB – Happy Birthday, Josh.
Until next month, Stay safe and fire wise.



REVIVAL CENTRES INTERNATIONAL GOSFORD

INVITE YOU TO COME AND HAVE A CHAT.

Contact us on 4381 0777 or 4381 0444 for information about our meetings on Sundays or our weekly night meeting.

We are a Bible based church that use the bible as a guide in living our lives. Members of our church live in many suburbs in the Gosford area and may even be known to you. We lead normal lives and work with people such as yourselves and send our children to local schools. We are a worldwide church group and are in many countries and have many thousands of members.

We may be different to many in this way. We believe that the God of Adam and the God of the Apostles still does healings and miracles to this day. We have many exciting testimonies of people being healed by the power of God and of amazing events in their lives that can only be attributed to the power and love of God for his people.

Jesus said certain signs would follow those that believe. We can show you in the Bible what Jesus said and examples of different believers in the word of God. Our members have those signs wherever they are in the world today and, if you do not have those signs, God offers you these to you also.

So come and have a talk, especially if you have a problem, whether it is a sickness, confusion or any other worry and we can show you how you can have the power of God in your lives. In Paul's letter to the Hebrews he wrote these words, "Jesus Christ is the same yesterday, today and forever". (Hebrews Chapter 13). Yes, this is his promise to those who believe and trust in him so come and hear how you can also enjoy these comforting benefits.

For information about our meetings on Sundays or our weekly night meeting please ring us on 4381 0777.

Rotary



ROTARY CLUB HAS A NEW PRESIDENT – "DOING GOOD IN THE WORLD"

Well known Business Executive Mr Reginald Barber is now President of Kariong/Somersby Rotary Club. Reg is very experienced in Consultancy, Management Advisory, Small Business, and is impacting the focus of the Club already.

The Rotary Club had two successful years under the Presidency of Marylyn Whitwell culminating in financial grants being made to the local High School; Primary School support; Ettalong Beach Arts & Crafts Centre (Boobs & Bags Medical Program for Cancer survivors); and several other worthwhile causes. Over \$7,000 was allocated last year.

The Club has several vacancies for active members in a number of vocations e.g. Real Estate; Banking; Information Technology; Investment Services; Building Services; Education Management. We would love to see you at a Breakfast meeting – our shout.

*Phone Kerry on 4340 4529
Meetings 7.15AM FRIDAYS*

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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.**

Please note: All daytime groups operate only during school term

MONDAYS

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 Fawcner 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

10.30am to 11.30pm Contact Sarah to make a booking
On 0425 265 609 . \$10.00 each class

TUESDAYS

Immunisation Clinic - NSCCA

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 \$4 for members, \$4.50 for non-members. Morning tea included.

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

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

Active Playgroup for 1 to 5 year olds.

Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm During School Terms - all welcome!
Cost: \$4 per child, (member) \$4.50 per child (non-members) or \$7.00 per family **All welcome**

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 Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm
www.weightwatchers.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: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company—The group leaders are caring and eager to show you all a great time!
Cost: \$4 members, \$4.50 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 Fawcner Ph: 0435 809 506 or Phone KNC 4340 1724, For more information visit www.coastcarecounselling.org

FRIDAYS

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
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, to 2.00pm

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

If there is a group that you would like us to run at the Centre Please contact Fiona Simpson on 4340 1724.

Become a member of Kariang Neighbourhood Centre for only \$5.00 for an individual and receive many discounts and invitations to lunches with guest speakers

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ALL Community Group Memberships must be paid if you wish to place your news in the Connection

CLOSING DATE for NEXT ISSUE
Wednesday 20th August, 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
www.knc.net.au

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.