

THE KARIONG CONNECTION

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

Vol 21; No. 11 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



December 2012

THE LOCAL CHURCHES INVITE YOU TO THE...

Kariong Carols by Candlelight

18th December 2012

Kariong Ovals Carpark

7:30pm

Carols/KPS choir performances/guest artists/BBQ/visit from Santa/shuttle bus/light refreshments. Please note this is a free family event so please keep it drug and alcohol free.

Please join us once again for Carols by Candlelight at the Kariong Ovals Carpark. There will be carols, school performances, the Rotary BBQ and as always the RFS have managed to convince Santa to pay us a visit! This year because we will occupy the car park there will be a shuttle bus driving the Langford/Mitchell Dr loop from 7pm to transport residents to and from the carols. You are strongly encouraged to walk or to use this service to avoid major congestion on streets surrounding the oval precinct. If you have mobility concerns please contact Noel on 0402 634 119. Please visit www.kariongchurch.org.au to view the shuttle bus pick up points. In the case of bad weather the event will be held in The Hill Youth Centre.



Seasons Greetings



Kariong Neighbourhood Centre would like to wish the local community a very Happy and Safe Christmas. Please join us for a Christmas Party to remember!!

Entertainment, Guest Speakers and LUNCH will be provided!!

When: Wed 12th December 2012, 11:00am to 1:00pm

Where: 10 Langford Dr, Kariong.

**Please RSVP by
Monday 10 December, 2013**

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

The Centre will be closing on the 21st December 2012 and all services recommence on Monday 7th January 2013.



Triple P Parenting courses are open for registrations.

**Venue: 10 Langford Drive Kariong
When: 4 Thursday evening sessions.
Dates: 4th, 11th, 18th and 25th February 2013
Time: 7pm to 9pm**

You must book on 4340 1724

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

Wednesday 7th December 2013

Appointments available between 2.30pm-4.30pm.

Will resume Monday 4th February 2013

Bookings essential Ph: 4340 1724

Editor's Note

Merry Christmas Kariong!!

Each month certainly goes quicker than the last!! In the short time since the AGM, the new Sustainable Garden has really taken off!! We have started to pick the fresh produce, just to keep it under control!! So congratulations to OOSH for doing such a great job of looking after it!!

Over the past year we have had some wonderful achievements: the Community Fun Festival, TOFFS group, Active Playgroup and Broadband for Seniors, new outdoor awning and sails, and most recently with the painting of the Centre. Over the Christmas break we will also be getting a new Reception area and Board room!! Something exciting to look forward to!!

We have finalised all our Christmas plans, so we look forward to seeing you at our Members & Community Christmas Party on 12th December. As always, Fiona has sourced some great entertainment, a guest speaker and some yummy festive fare!! Don't forget the OOSH Christmas Party for all the children on 21st December.

The Centre will be closing on the 21st Dec 2012 and all services will resume on Monday 7th January, 2013. The first edition of the Connection will be available February, 2013. Please refer to our webpage www.knc.net.au, where you can review our services and download forms.

Tracie Gosling - Admin@knc.net.au

**KARIONG SCOUTS**

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

JOEYS.....6 to 7 y/o..... Meet Tuesday 4 to 5:00pm
CUBS.....8 to 10 y/o Meet Tuesday 7 to 8.30pm
SCOUTS.....11 to 14 y/oMeet Monday 7 to 9.00pm

Also looking for Adults to assist as Leaders
Contact Bruce 0419734002 for details
Hall hire available

**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

ACCOUNTING FIRST

Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

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Phone: 4340 2415

Individual Tax Returns from \$99

We can assist you with all your tax needs:

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Rental Properties
Companies
Self-managed Super Funds
Business Activity Statements

**KARIONG NEIGHBOURHOOD WATCH**

- CRIME STOPPERS 1800 333 000
- POLICE ASSISTANCE LINE (PAL) 13 14 44
- EMERGENCY OOO POLICE
- Graffiti HOTLINE 1800 707 125
- LEGAL HELP 1300 888 529
- STATE EMERGENCY SERVICE 132 500



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- ✓ Sole Trader
- ✓ Companies
- ✓ Business activity statements

- *No Tax return is too big*

Toni Baines 0417 794 137
Registered Tax Agent



We would like to welcome you all along to join in the fun packed holiday programme for January. We are going Dolphin Watching, to the IMAX, over to Palm Beach, Intencity, Movies, Parks, unlimited carnival rides at The Entrance, Norah Head lighthouse, gymnastics, Amazement and plenty of in-house fun as well!!

In 2013 we have been granted an Active After School Care Grant. In Term 1 we will be having gymnastics on a Tuesday and Triathlon on a Wednesday and in Term 2 we will have Fitness on a Wednesday and Oztag on a Friday.

We now have a website www.knc.net.au so please feel free to go and have a browse and see what we have been up to. All the new events and documentation that you require will also be there!

Any enquiries please feel free to **contact Katie or Kate on 43404561**. Look forward to seeing you at all our upcoming exciting events.



Transition Beauty

Rachel would like to welcome you to her new mobile salon. The complete salon that comes to your door.

Available Tuesday to Saturday.
Call 0418 474 374



Invitation to Craft Exhibition

The Kariong Community Fun Festival invite Handmade Crafters to Exhibit their products at Arts and Craft Show as part of the Kariong Community Fun Festival 17th March 2013

Location: Kariong Mountains High School Main Gymnasium Hall to be set up as the Arts & Craft Exhibition Hall.

- Exhibition and Sale of products
- Demonstrations & Displays
- Competitions & Prizes
- Low cost space hire - hire of tables & display boards available

Invitation to Art & Photography Exhibition

ALL ARTISTS AND PHOTOGRAPHERS ARE INVITED TO SUBMIT THEIR WORK FOR THE

KARIONG FUN FESTIVAL
17TH MARCH 2013

At

KARIONG MOUNTAIN HIGH SCHOOL
Festival Drive, Kariong
Opening 6pm Saturday 16th March

Entries close 8th March 2013

Forms available from
Gosford Regional Gallery
Gosford & Wyong Libraries

CONTACT: Festival Coordinator Fiona Simpson
For your application forms

Phone: 4340 1724

Email: coordinator@knc.net.au

or download from www.knc.net.au

KARIONG COMMUNITY

Celebrating 25 years

We are encouraged in many ways to make our life 'shine' but often we can get overwhelmed and it feels like all we emit is a flicker. The Light of the World's arrival was heralded with a bright star and promises of turning our dull flicker into a bright life...a life full of hope, full of purpose and full of joy! We love hosting the carols for our great community of Kariong because we believe there is no greater gift to celebrate than the gift of a Saviour born to bring joy, hope and peace to this world. After you celebrate with us at the carols why not join with us on Christmas Day 9:00am in the primary school hall to hear how Jesus' birth will light up your life.



For more information please contact
Noel 0402 634 119 or
email: youthpastor@kariongchurch.org.au

Kariong Community

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



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1789**

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25 Years Experience
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KARIONG PROGRESS ASSOCIATION

Thank you to everyone who attended our November meeting, it was informative and interesting.

Our next meeting is at 8:00PM
WEDNESDAY DECEMBER 5, 2012 IN THE
PROGRESS HALL, WOY WOY ROAD.
Please mark this in your diary. Special guest is
Councillor Vicki Scott who will be there to answer
any questions or concerns you have. Councillor
Scott is a great supporter of Kariong and we
certainly appreciate her interest.

We also wish to advise that our guest speaker for our
first meeting in 2013 will be a new Councillor,
Deputy Mayor Mr Bob Ward. Meeting date 8:00PM
WEDNESDAY FEBRUARY 6, 2013.

Kariong Progress support the Kariong Baptist
Church Community Carols event being held on
December 18 at 7:30pm, rain, hail or shine, everyone
is welcome.

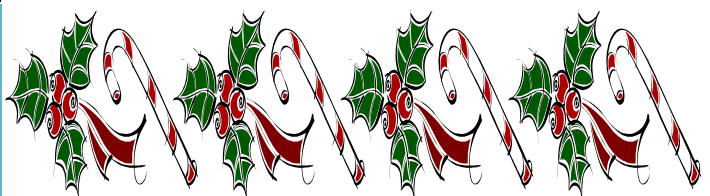
As we go into the holiday break please be conscious
of your home security by contacting friends and
neighbours if you are going to be away, ask them to
keep an eye out for any unusual activity and keep all
cars locked. Unfortunately the festive season is used
by opportunists to benefit from unsecured premises!

If you have access to Facebook on your computer a
very comprehensive Police site is the Brisbane
Waters LAC site where you can monitor events
happening locally and within the broader
community. This site also provides up to date data
on many spheres including the F3 and other traffic
information.

For personal fitness a reminder that the Kariong
Tennis Courts are for permanent and casual hire by
phoning 4340 1068 between **8:30am and 6:30pm.**

Wishing you all a very happy and safe Christmas
and New Year.

Enid Pauling,
Publicity Officer



Kariong Library Action Group

The Kariong Library is open 9.30am to 5:00pm Tuesday to Friday and 9.30am until 2:00 pm Saturday.

Closed for Christmas from Monday 24th December 2012 - Tuesday 1st January 2013 - inclusive.

The Kariong Library Action Group wish to thank all our readers for their support in 2012 and wish them Christmas greetings for the season of peace, joy and sharing. We hope you all have a time of relaxation in which you can read a good book.

Storytime on Tuesdays 10.30 am – 11.30 am

There will be no story time on Tuesday 25th December and Tuesday 1st January but it will continue during the school holidays. There will be school holiday activities run by library staff beginning 9th January 2013.

Kariong Library Action Group with Gosford City Council Library Services will be hosting a **movie night on Friday 18th January at 7pm** for young movie goers. Please keep this night free and we will let you know what the movie is as soon as possible. As usual each child will be given popcorn and a popper drink. Bookings will be essential and children are to be supervised by an adult.

Bookclub Review: Friday January 25th 2013 at 10 a.m. There will be no Bookclub Review meeting in December, but we begin an exciting 2013 with Elizabeth Jolley's "An Innocent Gentleman" (published in 2001). Elizabeth Jolley, an Australian writer came to wide public attention only late in life (1965-2007). Her work, more than a dozen novels and several story collections, is passionately concerned with misfits: the very lonely, the slightly dotty, the gently murderous and the perfectly monstrous. In the Elizabeth Jolley universe, it is entirely normal to be abnormal. Come and share your views and share in refreshments which will be available.

The Kariong Community Fun Festival will be held on Sunday March 17, 2013 and the Library Action Group hope to again have a stall giving information and selling second-hand books. If you are recycling books during your summer break please consider giving your second hand books of good condition to our stall. All books can be left at the Kariong Neighbourhood Centre.

GymbaROO

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Book now for Term 1, 2013

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Kariong Mountains High School staff and students have had a fantastic year both in the school and local community.

Our students have been involved in many community activities including the Kariong Festival, Senior Citizens' Morning Tea and Central Coast Kids Day Out. We are very proud of our students' commitment and dedication to being involved in the school and community.

Each year a new and developing school has milestones. In 2012, our first cohort of students completed their RoSA, the senior uniform was introduced, our vegetable plots grew enough produce to make the school self sustainable and we were regional winners in debating and for 'The Great Schools' Showoff'. With just three years under our belt, we are proud of what has been achieved so far thanks to the collaboration of our students and staff.

We would like to take this opportunity to thank our local community for your continued support and look forward to a continuing partnership with you that benefits our youth.



We Serve

CHRISTMAS CAKES & PUDDINGS

Cakes 1.5 Kg ... \$15.00

Cakes 1Kg \$11.00

Puddings \$11.00



Order now for delivery 3rd December
Special Orders Welcome

Enquiries:

0408 163 696

Email: nailady@bigpond.net.au

Mountains Karlong Cricket Club.

Your Junior players are making a bit of a name for themselves on the pitches across the Central Coast. The u11 team compete locally in the "Central" division and sit middle of the table. Your u15 team is currently undefeated as players gel together and respond well to their Coach, Peter Foote. Several players are involved in Representative honours and we wish them all the best for their upcoming seasons.

To start our Senior teams accolades, we are fortunate to have 2 players compete with the Central Coast team in the Open Division Country Championships - Ben Sunshine and David Mitchell join their team in Orange and we'll post results in the next edition.

Senior teams are producing mixed results in their quest for the Club Championship and team honours. Whilst Premier League and Division 5 are searching for the consistency required for a competitive performance, your teams in Divisions 1, 3 and 4 are performing very well and are at the top end of their respective ladders.

On behalf of the MKCC, I wish you all the best for the upcoming festive season and a safe New Year.

Jeff Vilensky
MKCC Committee

KARIONG MEDICAL CENTRE

"Caring for Kariong"

Kariong Medical Centre wishes all our wonderful patients a happy and healthy Festive Season!



Christmas Opening Hours

**Christmas Eve Monday, 24 December 2012:
8.00am – 5.00pm**

Christmas and Boxing Day - CLOSED

**New Years' Eve Monday, 31 December 2012:
8.00am – 5.00pm**

New Years' Day - CLOSED

**Australia Day Public Holiday Monday,
28 January 2013 - CLOSED**

For **URGENT** medical attention such as chest pain or bleeding:

Dial 000 or proceed directly to Gosford Hospital.

For **non-urgent** medical attention:

Dial 4340 4444 and you will be transferred to our triage service to speak to a registered nurse for advice.

Alternative contacts:

Gosford Hospital 4320 2111

Government Health advice line 1800 022 222

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KARIONG UNITED FC

Pride & Passion

Your local Football Club is enjoying a well deserved break during Summer. During this break, your club AGM was held (on the 31st October) and it was great to see continuity in the major strategic positions of your club.

2013 registrations are not far away so be sure to keep up to date with all the activity at your club by visiting the Facebook page or www.kariongunited.com.au

The sponsorship doors will be opening soon so be sure to register your interest by emailing your details to publicity@kariongunited.com.au or calling me on 0418 608 868. We look forward to continuing the wonderful relationships with existing sponsors George Brand Real Estate Kariong, Foodworks, Kariong Pizza & Pasta, Kids Klub.

Your Kariong United FC Committee wishes you a Merry Christmas and a Happy New Year.

Jeff Vilensky
Publicity



Eco Garden-December 2012 and January 2013 Events

- ◆ **Saturday 9th February. 2013. 4 Seasons Film and Art Night.** 6 to 9pm. Includes Central Coast Conservatorium Strings Group.
- ◆ **Saturday 13th April. 2013. 4 Seasons Film and Art Night.** 6 to 9pm
- ◆ **Saturday 1st June. 2013. 4 Seasons Film and Art Night.** 6 to 9pm

"Aussie Farmers Direct" online: Customers can nominate the Eco Garden

Other Events on the Central Coast:

- ◆ **Sunday 17th March 2013. Kariong Community Fun Festival.** Kariong Mtns High School. 9.30am to 3pm.

On 2nd November Prime Minister Julia Gillard was shown round the garden by Lisa Wriley and stayed with us for a cup of tea. Photos are on our Facebook site.

- ◆ **Planting:** It is recommended that the following vegetables/ herbs can be planted in **December:** Asparagus, Basil, Beetroot, Borage, Cabbage, Capsicum, Carrots, Celery, Celery, Chilli, Chives, Choko, Cucumber, Dwarf beans, Eggplant, Lettuce, Leeks, Marrow, NZ Spinach, Okra, Oregano, Parsley, Pumpkin, Radish, , Rock Melon, Shallots, Silverbeet, Squash, Sweet Corn, Tomato, Turnip, Watermelon, Zucchini.

Refer www.gardenate.com for full list

- ◆ **The Eco Garden has a grant to run 4 Film and Art nights in the next 12 months; we are looking for volunteers to help run these events.**
 - ◆ **We are also looking for a volunteer to help with our administration; 1-2 hours a week.**
 - ◆ The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10am to 12.30pm on Mondays and some Fridays, can be contacted on the details below. See website for more details; www.kariongecogarden.org.au
- All ages, skills and experience are welcome to come and share in this community space. The garden is available for meetings and events.

**For further KEG details contact:
Lisa on 0417 686 694 or 43405425 or
John on 4323 1843**

Karion Eco Garden Incorporated
Cnr Dandaloo Street and Woy Woy Road Kariong
Email: kariongecogarden@gmail.com
www.kariongecogarden.org.au

Prime Minister Julia Gillard with Deborah O'Neill MP and Lisa Wriley at Kariong Eco Garden



The Art and Craft Group meet at the Neighbourhood Centre on Thursdays at 9.30 am until 11.30 am

The Arts and Crafts Group is passionate about sharing their skills with a new generation. They enjoy the relaxation and pleasure of making special items, when a mass produced item just does not quite fit the bill. Special gifts for a bride and groom or for a new baby are always welcomed. Nostalgia for the past keeps old traditions flourishing. In the UK in the late 1800s, knitting classes were required for students to prevent a complete loss of the art. Lace making is having a revival in areas of Spain and Malta, as it is proving to be of great benefit to arthritic fingers. We seem to have finally come full circle and are experiencing a revival of many crafts.

A sense of calm sets in when one is crocheting. Unusual wools and cottons are available in beautiful colours and intriguing textures. Many people, male and female, enjoy this craft and knitting was a man's trade between the 1400s and the 1600s. Boys had to serve under an apprenticeship for 6 years. Women still cleaned and spun the wool and did some at-home knitting. (The Craft Group has a spinning wheel for you to try.)

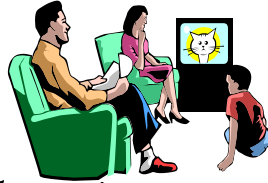
Lace making and quilting have been popular down the ages and we all know someone who is a great quilter. The Craft Group has enthusiastic lace makers and quilters - come and meet them on Thursday mornings - they would love to chat with you over a cup of tea. While you are there check out a variety of crafts, beads, baubles, and dolls in the display cabinet.

You can find out more via the Kariong Neighbourhood Centre website - www.knc.net.au

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 - * Must be a member of Kariong
Neighbourhood Centre - only \$3.
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Kariong Wanderers Rugby Club Season 2013



Preparations are well under way to give it the club's best shot for 2013. Recently the AGM was held and following positions were filled:

President – Tim Larke
Vice President Seniors – Chris Woutersz
Vice President Juniors – Craig Parker
Treasurer – Steve Lyon
Secretary – TBA (Ian McGrath interim)
Club Coach – Tod Wills
Football Manager – Ian (Bear) McGrath
Senior Registrar – Michael Hanley
Junior Registrar – Ivan Gage
Junior Secretary – Linda Douglas
Canteen Manager – Kath Lyon

We are looking for a club secretary so if you feel you can help out and want to get involved in the best rugby club on the Central Coast please let us know.

Coaching appointments 2013 – applications are now being called for all coaching & support positions including 2nd grade, 3rd grade & colts and junior teams from 7-17 years. Managers, 1st aiders, & trainers for all the above teams.

All applications for positions in 2013 to be in writing to Kariong Rugby via post PO Box 7224, Kariong 2250 or email kariongrugby@hotmail.com.

TRY Rugby is coming to Kariong for junior players, dates are 8th, 15th, 22nd, and 29th February 6pm through to 7.30pm so keep an eye out for more details on our website and in the Kariong Connection!

From all at The Wanderers have a great Christmas and safe and prosperous New Year! We look forward to seeing you in 2013.

Tim Larke, Club President

For more news, draws and contact information please check our website www.kariongrugby.com

ROTARY CLUB OF KARIONG/SOMERSBY CHARITY RACE DAY - 19TH DECEMBER 2012

Our Rotary Club is supporting the local Branch of Riding for the Disabled and local people can have a great day out and Business Proprietors may consider the event a suitable Christmas Party or Year End Party for Executives and Staff.

Organisations are invited to SPONSOR a RACE and receive Nation-wide publicity at minimal cost and the benefits of attending with customers/staff on the day. Contact Rochelle at the Gosford Race Club on 02 43 25 0461 soon as there are only 7 races available. This is a "transferred" Randwick Race Day with many "top notch" trainers, horses and jockeys competing.



G'day folks. I'm back with some more news from Kariong Rural Fire Brigade. Well it has been a awesome introduction to "Fire Season" for brigades on the Central Coast as well as our northern cousins. At one stage there were at least 80 odd incidents across the state mostly bushfires but luckily with some cooler weather things have settled down for the time being. Yes, it's nice to see a bit of moisture about but I've got to tell you folks, the message hasn't changed since last I spoke. That is, get prepared and have your Survival plans sorted because we're "not out of the woods" yet so to speak. I had a chance to get out and about in the local area recently, having a bit of a sticky beak at the scrub and things are very dry out there and I mean very dry so I'm saying we need to be on our toes if something gets out of shape. Again, if you're not sure as to what to do, get to your nearest fire station or contact Gosford Fire Control on 43402911 and they'll point you in the right direction. **As always, if reporting a fire ring 000.** And by the way, that perennial pest the "fire bug" usually makes its appearance around this time particularly around holiday season. If you perchance to see something going on please give the boys or girls in blue a call on **Crimestoppers 1800 333 000** so this pest gets taken care of quickly.

Kariong has been out and about lately with assisting at the Central Coast Kids Day Out as well as Kariong Public School Fete. Well done to the guys and girls who helped out at these functions. They were long days spent talking to the public and showing off our gear but it was well worth it as a couple of locals applied for membership. Remember folks, if you're thinking about joining the RFS in particular Kariong then all you need do is simply come up to the fire station in Dandaloo Street Kariong (next to the Progress Hall) either on Wednesday nights around 7.30pm or Saturday mornings around 8.00am. You're more than welcome to have a chat with us and have a look around and remember this invitation isn't just for the blokes it's for the girls as well so have a think about it. You'll be part of a local community organisation run by locals for the protection of theirs as well as other communities.

On a more serious note, during the month our Station Officer whilst mowing the lawn around the station found a syringe on the edge of the bush at the rear of the fire station. Folks if you've got kids running around or just walking the dog please be mindful of this and have solid footwear on. I'm not going to comment on drug use or its implications save to say that it is an irresponsible act to leave this sort of thing lying around. I'm focusing on the safety of the general public as I don't want to see injuries sustained because of some individuals' irresponsibility.

That's it for now people. Just as a reminder we are in the "Bushfire Danger Period" from the 1st October 2012 to March 30th 2013.

Remember; Stay safe and be Firewise.



Coast Care Counselling
Now available at
'Kariong Neighbourhood Centre'
10 Langford Dr, Kariong.

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By appointment. Ph: 4340 1724
www.coastcarecounselling.org



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FOODWORKS

MERRY CHRISTMAS KARIONG!



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FROM 8am (EXCEPT XMAS DAY).**

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 - CHRISTMAS PARTY SUPPLIES
 - CARDS, DECORATIONS & MORE!
 - WEEKLY GROCERY SPECIALS
 - FISHING LICENCES

OPEN 7 DAYS FROM 6AM TILL 10PM
MITCHELL DRIVE KARIONG 4340 0957

Golden Tips

Beauty Specials

- 1) **Rehydrate for Summer** - Eyebrow Wax, Eyebrow Tint, EyeLash Tint and Facial \$85 (Save \$19)
- 2) **Spray Tans Deal** - Buy 3 Spray Tans for \$60 (Save \$48) Must be used by Same Person And no more than 10 days between visits
- 3) **Eye Package** - Eyebrow Wax, Eyebrow Tint, Eye Lash Tint in same visit & get Free Lip or Chin Wax .

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ST CONSTRUCTIONS

Scott Reeves

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Kariong News



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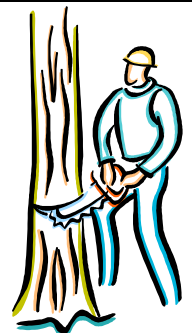
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KARIONG
 Physiotherapy
 Centre

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 from here. 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 also offer 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, 2:00pm -4:00pm. Bookings essential ph:4340 1724

Pilates for Seniors

12 noon to 1.00pm Contact Joanne to make a booking on 4369 5171 or 0435 144 664. \$10.00 each class

Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book Call Jayu on 4340 0118. You will learn simple, effective meditation practices and clearing techniques aimed at experiencing mental silence. www.freemeditation.com.au

TUESDAYS

Immunisation Clinic - NSCCA

Free service provided by Area Health. No bookings required. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900. November 13th & 27th, December 4th & 18th -12 noon to 1:00pm.

Indoor Bowls

From 9.30am sharp to 12.00 noon. Cost \$3 for members, \$3.50 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. The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722 zumbawithkim@live.com.au

WEDNESDAYS

Tai Chi

With Roz from the Australian Tai Chi Academy. For beginners and intermediate levels. 9.15am to 10.15am during school terms, \$5 for members, \$5.50 non-members. No bookings required.

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 members, \$3.50 non-members

Early Childhood Clinic—NSCC Area Health

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

Central Coast Multiple Birth Association Playgroup

10:00am to 1:00pm, 1st Wed of each month. www.ccmba.org.au

Apply First Aid Course—HLTA301C

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR) 9 :30am to 3:30pm 14th & 21st Nov, 5th & 19th Dec. 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 Thurs 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

8th & 22nd February 2013 — 10.00am to 12 noon www.breastfeeding.org.au

Craft Group

Make Paper Craft with Pamela or bring your own project.. Every third Friday night 7:00pm to 11:00pm Contact Pamela for bookings & cost—0477 640 357

SATURDAYS

Rooms are available for hire for children's birthday parties on Saturdays. For bookings please contact 4340 1724 .

ZUMBA fitness

There are currently no Saturday classes, but classes may resume in summer. Watch this space for updates. zumbawithkim@live.com.au

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

Become a member of Kariong Neighbourhood Centre for only \$3.00 and receive many discounts and invitations to lunches with guest speakers Room Hire Available

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CLOSING DATE for NEXT ISSUE Wednesday 16th January, 2013

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

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.