



# THE KARIONG CONNECTION



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

Vol 22; No. 11 10 Langford Drive, Kariong, Ph: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



December 2013



Would like to wish you all a Merry Christmas

You are all welcome to come and join us for some festive cheer and meet some new friends

**at our Members and Community Christmas Party.**

Enjoy the Entertainment and a Christmas food smorgasbord.

**When:** 5th December 2013

**Where:** Kariong Neighbourhood Centre

**Time:** 11.00am— 1.00pm

Please RSVP on 4340 1724



We would like to welcome you all along to join in the fun packed holiday programme for December/January 2014. We are going Dizzyland, Lazer Tag, Kidz HQ, Camp Breakaway, Intencity, Movies, Explore our beautiful Rock Pools at Pearl Beach, sight a fantastic magician and enjoy a disco with a delicious lunch!! Along with many more adventurous and exciting activities. Please site our website [www.knc.net.au](http://www.knc.net.au) to keep you updated on all our current activities or simply download our documentation for your own convenience. Look forward to seeing you at all our upcoming exciting events.



**Any enquiries please feel free to contact Katie, La or Nerida on 43404561.**

The local churches present the...

# 2013 Kariong Community Carols

Tuesday 17<sup>th</sup> Dec

7:30pm Kariong Ovals Carpark

Carols//School performances//Sausage sizzle//Visit from Santa

Please make use of the shuttle bus available to ease parking congestion

## KARIONG ARTS & CRAFTS GROUP

*Come Join Us*

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

**THURSDAYS**

9:30am to 12:00pm Weekly

Kariong Neighbourhood Centre, 10 Langford Drive,  
Kariong

For more information contact Carmen on 4340 5734

**\$3.00 for Members, \$3.50 for Non Members.**

Morning Tea Provided

## 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.



Free StEPS Central Coast Clinics  
December 2013 & January 2014

Being held at: Erina Health Centre, Gosford Child & Family Health, Woy Woy Community Health Centre  
For a StEPS Appointment please call 4328 7900.



## Kariong Neighbourhood Centre

in partnership with

**VERO WEB STUDIO**

Is offering

Subsidised Computer Coaching

**ONLY \$55 / Person – 2 Hours Session**

**Every Saturday**

Personalised training lessons; One on one question time; Many topics to choose from.

**Booking Essential Contact Jag**

**Phone: 0433 197 699**

**Sessions:**

10.00am to 12.00pm; 12.30pm to 2.30pm

3.00pm to 5.00pm

**Lessons Topics Available:**

1. Introduction to Facebook; 2. iPad & iPhone Basics; 3. Introduction to Skype; 4. Basic Photo Manipulation - Using Adobe Elements; 5. Designing your own website or blog - Using Wordpress

## 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



ACCOUNTING  
FIRST

Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"

Corner Pile Road and Sailfind Place

**Phone: 4340 2415**

Individual Tax Returns from \$110

We can assist you with all your tax needs:

- Sole Traders
- Rental Properties
- Companies
- Self-managed Super Funds



## What a year for Kariong Neighbourhood Centre!

\*We held a number of **parenting workshops**

\*We started a new group **The Over 50's Friendship group** (T.O.F.F.S). We get at least 15 people each time, coming along to join the fun.

\*We have **Active Playgroup** on Wednesdays to prepare 3-5 year olds to become more school ready – At least, 12 children and 7 parents attend regularly.

\*We held a **support group for teens** that are affected by depression and anxiety to learn ways to deal with this.

\*We held a **workshop for parents of teens** to 'learn better parenting skills'.

We have started **Weight watchers** and **Yoga** again.

\*We continue to have Little Bees Playgroup, Indoor Bowls, New Mums Support Group, Australian Breast Feeders Association, Zumba, and Multicultural Cooking Classes, Arts and Craft group and Pilates.



The bus trip to the Hunter Valley flower show was a great success....This is what people said  
" **Thank you so much for organising such a beautiful day**"

"**I met lots of lovely people on the day that made my husband and I feel so welcomed**"

Thank you to **the Australia Post grant** which has supported our T.O.F.F group and our fantastic new interactive Website....**www.knc.net.au**. Some of the events we held throughout the year were; A Trivia night, Kids Disco, Kariong Community Fun Festival, Wellness Expo, information days and Neighbour Day.

Don't forget that we have a counsellor for only \$15.00 an hour.

A family lawyer for FREE and an Early Health Nurse available.

As well as FREE computer lessons through Broadband for Seniors.



Thanks to Club Grants – we now have a miniature golf course and Basketball hoop

*Thanks to our new board members Jenny Palmer and Sally Gaha for joining us!*



The Kariong Neighbourhood Centre would like to wish Kariong and surrounding Communities a Wonderful Merry Christmas!!

The Centre Closes at 4.00pm on Monday 23rd December 2013 & re-opens 9.00am Monday 6th January 2014.

OOSH Services will close at 6.30pm on Tuesday 24th December 2013 & recommence at 6:30am Monday 6th January 2014.

For Enquiries, please contact:

KNC on 4340 1724 or OOSH on 4340 4561

## 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 Library will be closed on Friday 6<sup>th</sup> December (Union Picnic Day). The Library will also be closed from 2pm on Friday 20<sup>th</sup> December until Thursday 2<sup>nd</sup> January 2014.

Many thanks to all members of the Kariong Library for your support during 2013. It has been much appreciated and we wish you all a joyful Christmas and a time to relax and enjoy a book or two. We look forward to the relocation of the library to the Youth Centre on Mitchell Drive next year.

The Kariong Library Action Group's regular monthly **Book Club** will not be held in December. The Book Club members are choosing the books for review in 2014 and the first meeting of the year is Friday 31st January.

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. The last Storytime for the year will be Tuesday 10<sup>th</sup> December with a visit from Santa. Storytime will resume on Tuesday 4<sup>th</sup> February 2014. Please encourage your children to participate in the **Summer Reading Programme** which starts mid-December until 26<sup>th</sup> January 2014. Each child borrowing a book and writing a review will receive a ticket to enter a draw - with a variety of prizes to be won. A **great holiday fun children's movie** is to be shown on Friday January 24th.

Diane Eklund-Abolins, a resident of Kariong, was guest speaker at a recent Book Club Review meeting. *{Review by Sue McCabe: Her latest book "The Space in Between" is a moving and inspiring account of Nina and her family in Latvia and later in Sweden during the war. Diane's writing is elegant, yet succinct and captures the essence of life and survival in war torn Europe and beyond. It is a story that resonates at the deepest levels of who we are and it is a story that deserves to be told and needs to be heard. Our Book Club members were privileged to meet with an author of Diane's calibre. I cannot recommend this book highly enough.}* The Kariong Library Action Group would like to hear from you so please contact us at: [klag2013@yahoo.com.au](mailto:klag2013@yahoo.com.au).

## IT'S A TESTING TIME

This time of the year sees students finalising their assessments and/or undergoing end of year exams. For some students, this is a period of great stress as they are committed to doing their best, but worried that they won't achieve to the level expected by themselves, their school or families.

The feedback we give students about their results is an important factor in determining how they proceed on their educational journey. Andrew Martin (psychologist), in his book "How to Motivate Your Child", encourages the use of personal benchmarks (or in sporting parlance, personal bests). Although knowing where a child sits in comparison to others has its place, having your child compete against themselves, with achievable goals to which they are striving, will lead to greater success in the long run. Additionally, research has shown that students who are praised for their effort are more likely to take on new challenges and succeed better at them, than students who are only praised for coming 'top of the class'.

Andrew Martin concludes that "recognising what your child does on the way to getting his or her marks can be just as or more important than the marks themselves". In the end, it will be the perseverance, positive work ethic and curiosity about learning that will be important to the lifelong success of our students, not the mark they got on one report card in one school year. So as those grades come in, we should praise our students for their efforts in improving their results from those they have achieved in the past and challenge them to go even further in the next assessment period.



**KARIONG MOUNTAINS**  
HIGH SCHOOL **anne vine - principal**

## The Hill Youth Centre

We would like to thank the community for all their support throughout 2013 and wish everyone a safe and happy Christmas. The centre will have the annual Christmas party for all members on Friday 13<sup>th</sup> December from 4 – 7.30pm. We will be closing Friday 20<sup>th</sup> of December 2013 and reopen on Monday 20<sup>th</sup> January 2014.

The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights and other programs. Information, advocacy, referral, career guidance and homework help is also available. Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community issues.

The Hall is available for hire to community groups and business with public liability insurance. All enquiries **98 Mitchell Dr Kariong Ph: 4304 7039** or email [michelle.tilden@gosford.nsw.gov.au](mailto:michelle.tilden@gosford.nsw.gov.au)

## **BROADBAND FOR SENIORS INFORMATION**

Kariong Neighbourhood Centre is a buzz of activity with lots of people coming and going. The Centre hosts a number of services and courses to support and connect their community.



Kariong has been designated as a *Kiosk Host* for **Broadband for Seniors** which provides senior Australians, aged 50 years and over, with a friendly and secure environment to receive computer and Internet training.

### **Access Training at a Kiosk**

The Broadband for Seniors ONLINE LESSONS allows you to work entirely at your own speed and it's easy to jump from place to place in the lessons to remind yourself of something you may have forgotten. Everyone learns at their own pace.

Senior Australians visiting a Broadband for Seniors kiosk will have access to the Broadband for Seniors 'Your Resource Kit'. This kit was specifically designed for seniors. The lessons within the kit can be used for one-on-one or group training with a Volunteer Tutor, or to take home to use on your own computer. The Kiosk is only manned with a tutor if there is a booking made.

### **Getting started**

If a senior phones or drops into the Centre asking to learn something about computers their contact details are noted and they are assured that someone will be in touch. They are then contacted by the coordinator to discuss their needs, expectations and lesson times. A training time is then booked. The Coordinator will then contact the Volunteer Tutor that is rostered on in the agreed time and day, advising details of the client's needs and confirms their roster time. The volunteer comes in only if there is an appointment. This avoids volunteers wasting their valuable time.

Our team of 4 wonderful Volunteer Tutors are all well informed with good communication skills who give their valuable time FREE to teach Broadband for Seniors.

**For more details or to make a booking please contact**  
Kariong Neighbourhood Centre on 4340 1724

### *Writers Group*

*Ever thought about writing your memoirs  
or a short story?*

We are looking for expressions of interest for a creative writing group to be facilitated at the Kariong Neighbourhood Centre in the new year. Six people would be required to get the group up and running. We would meet on Mondays from 10am—12pm. Interested? Please contact Sandra on **0438 008 158** or email [sandraplowight@hotmail.com](mailto:sandraplowight@hotmail.com)



## *The Over Fifties Friends Group*

*Would like to invite you to their Christmas Party at Pelican's Restaurant – The Old Pub, Woy Woy. Come and enjoy good food and the companionship of good friends.*

***When: Thursday 19<sup>th</sup> December 2013***

***Bookings Essential, RSVP by 12<sup>th</sup> December 2013***  
*Please pay by this date.*

***Cost per head \$10.00 for lunch, (pay for your own drinks).***

***We meet at Kariong at 12pm – to car pool or meet at Woy Woy if more convenient.***

*Come eat and relax with us at a great venue.*

**Phone: 4340 1724**



### **Active Playgroup, November 2013**

We have been thoroughly enjoying getting to know lots of new Mums, Dads and children with several newcomers to our Wednesday playgroup. It has been really great to see the children developing impressive social skills throughout the year (of sharing and waiting for turns as well as playing cooperatively with one another). Some strong friendships have been forged through everyone's attendance at our weekly gathering, both for parents and children alike, preparing for school transitions in this way along with school readiness skills promoted for the children through our language and music groups and games. A warm welcome is extended to any interested newcomers eager to share their Wednesday mornings with other families of children aged 0-6 years. We'd love you to come along and join in with our wide variety of activities.

Hope to see you soon!!





Thank you to Councillor Hillary Morris for attending our November Progress Meeting. Hillary, as always, was informative and interesting, she is only too willing to act on your behalf to solve any problems or answer any questions you may have.

Councillor Vicky Scott also attended our November meeting and a big thank you to Vicky who is always a friend and support to Kariong residents.

Progress Association is a great supporter of the Kariong Community Carols organised by the Kariong Baptist Church and once again made a donation to help the Church cover costs involved. Please support the Baptist Church and take the family along to this annual event on 17th December, at 7.30pm at Kariong Ovals Carpark.

The Committee and members of the Progress Association wish you all a very happy and safe Xmas and look forward to seeing you at our meetings in 2014. The first meeting for the year will be on **Wednesday February 5 at 8.00pm.**

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

Enid Pauling  
Publicity Officer

## ARE YOU INTERESTED IN PLAYING TABLE TENNIS

Some locals have expressed an interest in having a table tennis competition



Only three more members needed. To show your interest, please contact Kariong Neighbourhood Centre on 4340 1724

## Music with Movement



For seniors 50+  
Starting in the New Year  
1 hour training and choreography classes run by an experienced dance teacher and performer

Show your interest by calling the Kariong Neighbourhood Centre on **4340 1724** and leaving your name and number.

Make sure you join us for our Christmas Activities this December

### Gingerbread House Decorating

Tuesday 10<sup>th</sup> December 6:30pm  
at our "church house" cnr Milyerra

and Woy Woy Rd. Costs \$15 which includes all you need to for a festive gingerbread house. Contact Noel 0402634119 to claim your spot.

### Kariong Community Carols

Tuesday 17<sup>th</sup> December at Kariong Ovals Carpark. 7:30pm

Once again we are hosting the Carols as a great chance to celebrate Christmas together. Santa will pay a visit and we will be entertained by our talented school students and join with the carols band for a good old sing along. This year we will have a shuttle bus available in an attempt to minimise parking congestion. Please make use of the service...check out the bus route on our website [www.kariongchurch.org.au](http://www.kariongchurch.org.au). Please note that this is a drug and alcohol free event.

Sausage sizzle and light refreshments will be available on the night.

### Christmas Morning Service

Wednesday 25<sup>th</sup> December, 9am, you are most welcome to join us at Kariong Public School hall for our Christmas service.

For any more information on KCBC programs or what we are about please contact Noel 0402634119.





Kariong United Football Club held its Annual General Meeting last month and on behalf of the Committee I thank all those that attended. In a show of confidence, your Committee was re-elected and we look forward to another year under the guidance and leadership of Rob Littlehales as your President, Craig Spratt as VP Seniors and Martin Leo VP Juniors. Greg Wells as Treasurer and Ian Coleman your club Secretary complete the Senior Management Team to continue their solid commitment to your Club..

Details will be out shortly with regards the Registration Dates for the 2014 season. The administrators will be updating all your club information on Facebook at <https://www.facebook.com/pages/Kariong-United-FC/186984721338701> and you'll see the signs around the suburb in the New Year.

On behalf of the Club, we wish you all the best for the upcoming festive season. Stay safe and we look forward to seeing you in the New Year!

As always, the season is just not possible without these forward thinking businesses - ECOSUN, with their revolutionary solar pool heating system and our very own Northcoast Solar partner together to lengthen your swimming season. George Brand Real Estate Kariong and Ross McLarty (Happy Birthday Ross!) complete their 9th year as major sponsor of Kariong United FC and we look forward to more to come. To Guy and his family at Foodworks (Mitchell Drive shops) - our BBQ's would not happen without your help nor without the help of Kariong Quality Meats. Kariong Pizza & Pasta have yet again proven to be generous with their player awards. Relative newcomer Worthington BMW has made a valuable contribution to the year and the best place for your kids in the area has to be the Kidz Klubs. All their details are found on the Sponsors page on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au)

Jeff Vilensky  
Publicity.

# The XChange

## Seventh-day Adventist Church



Christmas is almost here and we at The XChange have been busy busy busy! Christmas started early for us with a kids Christmas craft and cooking day the beginning of November. The kids had a wonderful time with lots of things being made. Last week KidzXChange took over Barney's and we had a very exciting retelling of the Christmas story with craft, games, stories and lots of food. Our Christmas family fun night was chocker block full of games, food and laughs. A great evening was had by all. Coming up in December we have the KidzXChange Christmas on Dec 16 and Barney's Church Christmas on the 21<sup>st</sup> December. Have you heard of Road to Bethlehem? It is happening again this year December 15-17. Look it up and check it out. Really worth attending. 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](http://www.kariongxchange.org.au)

Ring Lesley on 43401581

Email: [kariongxchange@me.com](mailto:kariongxchange@me.com)

**KidzXChange** – Saturday mornings during the school term. 9am – 10:30am 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 Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. (Most welcome to stay for a yummy lunch afterwards too!)

**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. Tuesday Evenings 7:15pm - 8:15pm and Wednesday mornings 9:30am – 11:00am. Various locations – ring to find out where!

**The Sling Shot** - Every Alternate Monday Afternoon during the school term 3:30pm - 4:15pm 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.

## Gentle Hatha Yoga

Kariong Neighbourhood Centre  
10am Fridays  
\$13.  
Phone 43 401 724

Join Heidi Kartika for a gentle strengthening and calming practice of Hatha Yoga. Learn to move and breath with awareness.

## JUSTICE OF THE PEACE

Please note that the Justice of the Peace at Kariong Neighbourhood Centre will only be available by appointment. Currently Wednesdays and Thursdays between 1:00pm and 2:00pm. Please contact 4340 1724 for an appointment or referral to an alternative JP.

## KARIONG MEDICAL CENTRE

"Caring for Kariong"

The surgery will be closed on the following days:

**Christmas Day – Closed**

**Boxing Day - Closed**

**New Year's Day - Closed**

For **URGENT** medical attention such as chest pain or bleeding Dial 000 or proceed directly to Gosford Hospital For non urgent medical attention please contact;

**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**

### Welcome Back

We welcome back Dr. Diana Treece from Maternity Leave.

Dr. Treece is working on a casual basis until the end of January and then will be consulting two days per week.



Better Health Practices



Kariong Chiropractic & Wellness Centre

**Chiro Pilates Massage Physio  
Acupuncture**

**CNR LANGFORD AND MITCHELL DR KARIONG**

**Ph: 4340 5154**

**We can help with back pain, neck pain, headaches, stress, weight loss, pregnancy and birth support, exercise programs, orthotics, children's health and behaviour and more!!**



Hello from the desk of the  
**Standpipe**

Not long now and the chubby little fellow in the red suit will be coming to visit us. That means hot weather, dry fuel on the ground and the chance of a fire.

I know you are probably saying with the rain we have been having of late that the chances of a fire impacting our area are nil, however, after the rain comes a growth spurt of fuel (grasses and trees) and with the hot days of summer approaching we should be prepared.

Your Brigade, along with other Brigades in the Gosford District have helped neighbouring Districts requiring assistance with the control of fires in their areas. We have been to the Lower Hunter again, Wyong and Hawkesbury.

Many thanks must go to all the dedicated Members who put in the time away from their families to help protect life and property. To the Wives, Husbands, Partners, Children and Parents of the Members of our Brigade, a huge thank you. Without your support and understanding, Kariong Brigade would not be able to operate as proficiently as it does.

We attended 41 call outs in October; of those there was 11 Fires, 8 Motor Vehicle Accidents. November 1 to 20, there has been 22 callouts, 5 fires, 6 MVAs. Please be careful on the roads. Slow down in the wet, don't go over the speed limit and don't use your mobile whilst driving..... *It's just not worth it!*

We have had the opportunity to place some donation boxes around the businesses of Kariong and West Gosford. If you happen to see a box and have some loose change please pop it in the box. We appreciate and thank you sincerely.

Don't forget Christmas Eve when 'Santa' and his Helpers will be visiting all the streets of Kariong in a fire truck to wish You all a Merry Christmas.

He might have a lolly or two to throw your way. He said he is going to start around 3pm.

Wishing You and Your Families all the joy of Christmas. Happy 2014!

Until next Year Stay Safe and Firewise.



## CUDDLE CARE

Colleen Frankland  
Animal Carer

Mobile: 0424 340 051 Home: 4340 0871

I SHALL LOOK AFTER ALL YOUR ANIMALS WITH LOVE IN THEIR OWN HOME, WHEN YOU ARE AWAY.





Cnr Dandaloo Steet and  
Woy Woy Road Kariong  
NSW 2250  
Postal address: c/o KNC  
10 Langford Drive  
Kariong NSW 2250  
Phone: 0417 686  
6 9 4 . E m a i l :

[kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

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

ABN: 13 852 216 759

**Eco Garden - December 2013 / January 2014 /  
February 2014**

**Friday 6<sup>th</sup> December. Christmas Meeting.**  
9.30/10am in the garden, please bring a  
plate.

**No events in January**

**Saturday 22<sup>nd</sup> February: 4 Seasons Art and  
Film Night.** 6pm to 9pm. The Central  
Coast Conservatorium Senior Strings  
Ensemble playing "Summer" from  
Vivaldi's Four Seasons Concerto;  
family friendly episodes of  
"dirtgirlworld" as seen on ABC TV;  
Environmental Documentaries;  
Storytelling; Community Art: Youth  
space in the Arts Barn. Food available,  
or bring picnic.

**Don't Forget:**

**26<sup>th</sup> January; Australia Day - Kibble Park,  
Gosford and Anderson Park, Woy Woy.**

**Planting:** The following vegetables/herbs can  
be planted in **December:** Amaranth, Basil,  
Beetroot, Climbing beans, Capsicum,  
Chives, Cucumber, Eggplant, Marrow,  
Oregano, Pumpkin, Radish, Rockmelon,  
Silverbeet, Sweetcorn, Tomato, Turnip,  
Zucchini. Refer [www.gardenate.com](http://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. All ages, skills and  
experience welcome to come and share in  
this space.

The Central Coast  
Group of the  
**Australian Plants  
Society**  
will next meet at Phillip  
House on **Friday 14<sup>th</sup>  
February, 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. There will be a  
guest speaker on the night and on Sunday 16<sup>th</sup>  
February we will be taking a leisurely bushwalk  
looking at and identifying plants. Visitors are also  
welcome to come along on our bushwalks.  
Our monthly meetings include a Plant of the  
Month and Book of the Month Presentation and a  
Specimen Table segment which is a presentation  
on growing information of plant material brought  
in by members from their gardens.  
On conclusion of the meeting supper will be  
served with an opportunity to meet and mix with  
members.

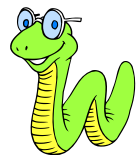
A monthly newsletter which gives a graphic  
account of our meeting and our activities held  
during the month is distributed to members either  
by email or post.

Inquiries contact Elsie at  
[damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365

**KARIONG PUBLIC SCHOOL**

is hosting a

***FREE Council Composting and Worm  
Farming Workshop.***



We have room for AT LEAST 30 people to attend.  
Tuesday 17<sup>th</sup> December 2013 from 12:30pm to  
3pm at Kariong Public School Composting Area.  
Come along and learn how to successfully manage  
a worm farm and compost bin to gain maximum  
benefit for your garden

*All attendants will receive a worm  
farm or compost bin*

Please reserve your spot by leaving a message for  
KAREN HILL at the school on 4340 1885 with your  
name, and contact number.





## NSW Police Force Reporting Crime to Police



There are four ways to report crime in NSW, depending on the nature of the information: For further information on reporting crime contact the Crime Prevention Officer, Brisbane Water LAC on 4323 5534 or [www.police.nsw.gov.au](http://www.police.nsw.gov.au)

For do it yourself security audits-  
[www.crimeprevention.nsw.gov.au](http://www.crimeprevention.nsw.gov.au) (fact sheets)

- |    |                               |                     |
|----|-------------------------------|---------------------|
| 1. | <b>Emergency Services</b>     | <b>000</b>          |
| 2. | <b>Police Assistance Line</b> | <b>131 444</b>      |
| 3. | <b>Crime Stoppers</b>         | <b>1800 333 000</b> |
| 4. | <b>Gosford Police</b>         | <b>4323 5599</b>    |
| 5. | <b>Woy Woy Police</b>         | <b>4379 7399</b>    |

**Step 1.** Phone and advise the duty officer always request officer's name.

**Step 2.** If no response (attendance or phone back) contact Duty Supervisor.

**Step 3.** If still no response contact Duty Manager and advise Kariong Neighbourhood Centre of issues/ outcome at your first opportunity.

# Masquerade Ball

Friday 13 December  
Central Coast Leagues Club  
6.30 ~ 11.30pm

This is an over 18s event

**Dining  
Live Music  
Dancing & Fashion Show**

Celebrating International Day of People with Disability

Tickets \$40 each      Wheelchair Access  
Contact CCDN: 43242355      Auslan Interpreter  
[info@ccdn.com.au](mailto:info@ccdn.com.au)





## NOTICE TO ALL CURRENT AND NEW PLAYERS FOR 2014 SEASON

Kariong Netball Club is trialling a payment plan for the payment of registration fees for the 2014 netball season. All fees for the 2014 season need to be paid in full by registration day which is **Feb 1, 2014** which is a requirement from Netball NSW. Fees for the 2014 season have been set at \$150 for 7 – 9 years, \$175 for 10 – 15 years and \$195 for Seniors.

To ease the burden on parents at this time of year we are offering a payment plan, where you deposit a proportion of fees into Kariong Netball Club account on a weekly, fortnightly or monthly basis, utilising your surname as reference, so come registration day fees are either paid in full or there is an affordable balance owing which can be paid on registration day.

The new uniforms are expected to cost around the \$80 mark, this price will be confirmed at registration day.

If you are interested account details are:

KARIONG NETBALL CLUB -  
BSB 062690  
ACCOUNT NO: 10009713

Further details are also available on Kariong Netball Club website [www.kariongnetballclub.com](http://www.kariongnetballclub.com)

Regards

Marg Allen  
Secretary  
Kariong Netball Club



## Kariong Centre ENROLLING NOW

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5 FREE Days\*

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Kariong 2250

Ph: (02) 4340 2211

[www.milestoneschildcare.com.au](http://www.milestoneschildcare.com.au)

\*An enrolment form must be completed to be eligible for a once off 5 free days.  
This offer applies to NEW enrolments only



## Brisbane Water Cricket Club

The countdown to the season break for Christmas is fast approaching and your new cricket club is harmonious and successful.

Our top seniors grade has taken on the best team from the Hunter and defeated them in grand style as part of the SCG Plate competition. They are also pushing hard for top spot in their Saturday competition as are the Division 2 side. This new club is so large, that we have representation through every grade in the senior competition and I look forward to bringing you their chase to the Semi Finals early next year...

Our Junior sides are also producing results on the ground. From the 17's team where the aim is to provide an opening into the Senior ranks right through to the u11's just starting their competitive cricketing careers, the results are outstanding and will provide for great reading in future editions.

On behalf of the club, we wish you and your families all the best for the festive season and hope you have a happy and safe New Year!  
Jeff Vilensky Publicity - BWCC.

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Early bird registration before  
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Website: [www.VeroWebStudio.com.au](http://www.VeroWebStudio.com.au)



Celebrate  
Mount Penang  
Gardens  
10th Anniversary

You're invited to our party!

9am-12 noon on Friday 6 December 2013

With free admission and parking, come along and enjoy birthday cake, free guided garden tours and children's activities. You can even meet Santa and have your child's or grandchild's photo taken. Enjoy the parkland's free gas BBQs or stop by the café.

Are you interested in joining the Blue Trumbs?

Meet the volunteers and explore the gardens.

Mt Penang Gardens is located 2 minutes off the Gosford exit on the M1 (off of The Avenue, Mt Penang Parklands, Kariong).



# Kids Party Hire

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Neighbourhood Centre  
Ph:43401724

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WEB [www.aquafun.net.au](http://www.aquafun.net.au)

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**Call Rachael or Belinda 02 4325 7133**  
5/401 Manns Road, **West Gosford**  
(Entry via Grieve Close)

## love Kids love Veggies?

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



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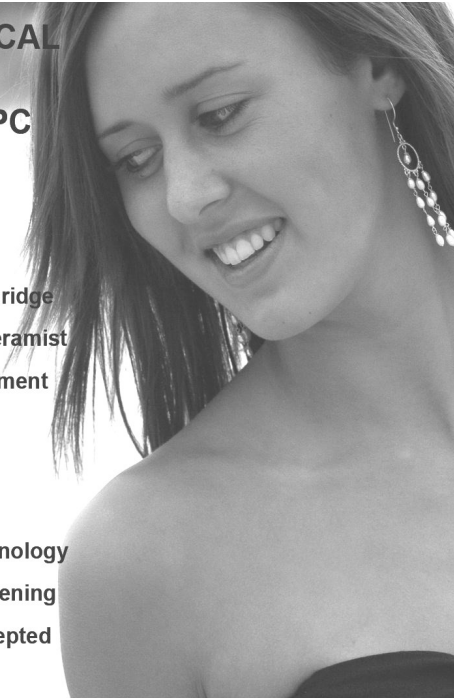
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**Ring 4323 6080 or email  
Gosford.region@vinnies.org.au**

**MINGARA ORCHID CLUB**

Will hold their Monthly Orchid Meeting on the 2nd Monday 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. For enquiries please phone Anne on: 4351 0891.



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

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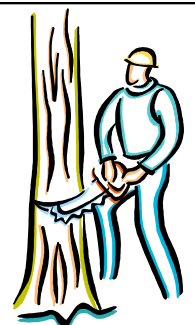


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**KARIONG**  
 Physiotherapy  
 Centre

## 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. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating.*

### MONDAYS

#### Little Bees Playgroup

Activities aimed at children aged 1 to 5 years. Siblings are welcome to attend also. 10.00am to 11.00am during school terms only. Cost: \$3 each child for members, \$3.50 for non-members. \$5 for families/ \$5.50 for non-member families. Morning tea included

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawcner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### 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 - [www.transcendfit.com.au](http://www.transcendfit.com.au)

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

#### Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book Call Jayu on 4340 0118. [www.freemeditation.com.au](http://www.freemeditation.com.au)

### 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 \$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](mailto:zumbawithkim@live.com.au)

### 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

#### Multicultural Cooking Classes

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

#### Apply First Aid Course—HLTA311A

Nationally accredited First Aid & CPR Courses. To enrol contact Directions Health 9486 3120 or [www.firstaid.net.au](http://www.firstaid.net.au)

**Weight Watchers** from 6.30pm to 8:00pm [www.weightwatchers.com.au](http://www.weightwatchers.com.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

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawcner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

#### Transcend Pilates - [www.transcendfit.com.au](http://www.transcendfit.com.au)

7:00pm to 8:00pm. Contact Joanne to make a booking on 0425 265 609

### FRIDAYS

#### Australian Breastfeeding Association Meeting

Fortnightly 10.00am to 12 noon [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

#### Gentle Hatha Yoga

Gentle, strengthening and calming practice 10:00am to 12:00pm Cost: \$13 Bookings: 4340 1724

### SATURDAYS

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

### SUNDAYS

#### River Christian Church - From 9:00am,

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

*Please contact Fiona Simpson if there is a group that you would like us to run - Ph: 4340 1724  
Become a member of Kariong 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  
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### CLOSING DATE for NEXT ISSUE Wednesday 15th January, 2014

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au) and Community Announcements to [coordinator@knc.net.au](mailto: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](http://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.