

# 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. 1 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



February 2013

## LINE DANCING CLASSES FOR BEGINNERS

AT  
KARIONG NEIGHBOURHOOD CENTRE  
10 Langford Drive, Kariong



Starting 4<sup>th</sup> February and  
On Every Monday Evening 7.00 till  
8.30pm

Come along and have some fun while  
you exercise Great Music  
and comfortable atmosphere!!

All ages welcome: male and female.  
\$8.00 a lesson

Enquiries: Call Lyn on 0402 908444



## 2013 Workshops at Kariong Neighbourhood Centre

- Developing your presence as a group leader - 7<sup>th</sup> March 2013. 9am-3pm
- Working with men's responses to conflict 8<sup>th</sup> March 2013. 9am-3pm
- Building Resilient Workers 5<sup>th</sup> August 2013. 9am-3pm
- Focus on strengths based practise 6<sup>th</sup> August 2013. 9am-3pm

For further information and registration  
visit [www.groupworksolutions.com.au](http://www.groupworksolutions.com.au)



## Family Portrait Fundraiser

Creating treasured memories for  
your family and future generations!

Come and have your family portraits  
taken at Kariong Neighbourhood  
Centre & help us raise funds for  
much needed resources!!

Sittings available 19/04/2013

For more information  
and Bookings  
please phone  
4340 1724



## BRIDGE LESSONS FOR BEGINNERS

Learn with an **experienced teacher** who has taught on cruise ships and is accredited with the Australian Bridge Federation. **Lessons** cost \$80 for 8 weeks and start on Tuesday 5th March 2013 - 9.30am to 11.30am at the Central Coast Leagues Club, Gosford. Textbook and notes included and supervised play provided. **Bridge** is a fascinating game that provides mental stimulation as well as social contact. Exercise the brain and have fun as well.

### Want to know more?

Contact Dorothy Berzins on 4340 1222 or  
Rosanne Ransley on 4368 2233



Triple P Parenting course available.

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

Appointments available between 2.30pm-4.30pm.  
Will resume Monday 4th February 2013

**Bookings essential Ph: 4340 1724**

**Editor's Note**

*Happy New Year Kariong!!*

*We hope you have all enjoyed the Festive Season & Australia Day!!*

*Here at the Centre we had a great break, with some re-furbishments occurring to improve the Centre. OOSH staff have been in full swing with Vacation Care - heading out on some great excursions & coping well with the heat!!*

*New class starting - Line Dancing - great fun, great exercise & you don't need a partner - so come along and enjoy this new group!!*

*We have a couple of great editorials on how to play Bridge - to keep your mind active, an explanation about Naturopathy - to keep your body healthy, an article from the Central Coast Brass Band & the Australian Plant Society!!*

*We will also be hosting 'Groupwork Solutions' workshops, which are great Community Sector training courses.*

*Triple P four week parenting course is coming back to help with families!!*

*So something for everyone this issue!! All our regular contributors are back with plenty of news to share!!*

*We look forward to seeing you all again at the beginning of Term 1,*

*Until next month!*

*Tracie Gosling - Editor / Administration*

**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/o .....Meet 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



Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

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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**

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- 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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**Toni Baines 0417 794 137**  
Registered Tax Agent



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## The Kariong Fun Festival needs YOU!!



**Where:** Kariong Mountains High School

**When:** Sunday 17th March 2013

To ensure the Fun Festival is a success, VOLUNTEERS are urgently required. If you can volunteer your time to assist with this great Community event, please contact:

**Fiona Simpson at Kariong Neighbourhood Centre on 4340 1724 or email [coordinator@knc.net.au](mailto:coordinator@knc.net.au)**

## Multicultural Cooking Classes



Monthly Classes are back & still only \$10 per head which includes:

- Demonstration
- Recipe & Ingredients
- Sharing an authentic meal

This month features

**Brazilian Cuisine**  
All invited to come along!!

**When:** Wednesday 20th February 2013

**Time:** 11.00 am- 1.00pm

**Bookings essential—Ring 4340 1724 or email: [admin@knc.net.au](mailto:admin@knc.net.au)**

## Australian Plants Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 8th February, 2013 at 7pm for a 7.30pm start. There is a \$2 admission charge at the door. Our speaker on the night will be Mark Wolff author of 'The Weed Book – Identifying and Removing Weeds and Introduced Species from your Garden'.

On Sunday 10th February we will be bushwalking at Strickland Forest. Our monthly meetings also include a Plant of the Month and Book of the Month Presentation and a Specimen Table segment; a presentation and growing information of plant material brought in by members from their gardens.

On conclusion of the meeting supper is served with an opportunity to 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.

Visit us at the Kariong Community Fun Festival on Sunday March 17th.

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049.



## ROTARY RACE DAY FOR DISABLED RIDERS

With the financial assistance of seven major sponsors the Rotary Club of Kariong/Somersby recently took over a major Randwick Race Day transferred to Gosford Race Club and raised funds for the Central Coast Chapter of the Riding for the Disabled Association (RDA).

RDA have stables and facilities at Mount Penang and require ongoing funds to provide activities for Disabled children and adults with their reliable steeds. Their local well-known leader Gary Kirkby attended the race day and may be better known for his other "Whip-cracking" expertise at various functions around the country. The organisation makes a huge contribution to the Central Coast community through their varied services and activities for the Disabled.

The local Rotary Club operates from premises not far from RDA at Mount Penang - Phillip House, 21 Old Mt Penang Road Kariong, and is pleased to be able to assist this local worthwhile organisation.

The Club also assisted the local Carols by Candlelight function last month at The Hill venue in Mitchell Drive - it seems "Caroling" makes people hungry - over 300 sausage sandwiches were provided by Rotary's Club BBQ Trailer facility.

Interested in Rotary and its local and International work? - just phone 4340 4529 - we meet Friday mornings at 7.30am at Phillip House. All men and women welcome.

### STOP PRESS : FIRST LADY IN KARIONG

Did you know that there is a FIRST LADY in Kariong? Marylyn Whitwell is our Club's FIRST LADY MEMBER and after only a few years is now our FIRST LADY PRESIDENT !!

## BROADBAND FOR SENIORS

Funded by the Australian Government

Are you interested in learning how to send emails, create documents, search for long lost friends on the internet?

Bookings essential

Please phone (02) 4340 1724  
or email [admin@knc.net.au](mailto:admin@knc.net.au)

### Lions Club Recycle for Sight

Please drop your old reading glasses into The Kariong Neighbourhood Centre.



**NEW YEAR, NEW YOU!!**

Lose the Xmas pounds and make 2013 your year towards a happier, healthier you. Book a consultation with a qualified Naturopath. Please phone 0414 495 023

### What is Naturopathy?

It is defined as "a drugless system of health care, using a wide variety of therapies, including massage, and herbal medicine, whose purpose is to treat the whole person to stimulate and support the person's own innate healing capacity."

The New Year is a fantastic time to take control of your health and set some positive goals towards a healthier and happier you!!

So why should we worry about looking after ourselves? Do you worry that you aren't setting a good example to your kids, or that you may not live long enough to see your kids grow up and raise their family. Wouldn't it be great to have the energy and vitality to charge ahead with the day and make it through comfortably so you can enjoy activities with the kids or to enjoy your passion.

Over the years I have helped many clients to not only reduce their weight, but also to reduce symptoms associated with being overweight such as diabetes, heart disease and more. My clients learn to take control of their health by arming themselves with knowledge on how to eat the right foods to minimize the risk of long term disease.

Other areas that I have successfully treated include fertility issues, both female and male, anxiety and stress and ADHD.

If you want to take control of your health then book an appointment to see how I can help you to regain your health, naturally.

OPENING SPECIAL: 50% OFF YOUR FIRST CONSULTATION (1HR) ONLY \$40 (products extra). Mention this ad to receive your discount.

Phone Jane to book your appointment: 0414 495 023.

## **KEN'S PET FOOD & TREATS**

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## Kariong Library Action Group

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

New Year's greetings to all readers. I hope you have had a fun holiday and found time to read a book or two. I received an iPod for Christmas and have been enjoying listening to books, some I bought and others were downloaded. Gosford City Libraries e-book collection was launched last year and contains over 1,000 fiction, non-fiction and young adult titles. Library members are able to download e-books from the online library catalogue onto a compatible e-reader, tablet or smart phone. For more information please contact the library.

**Kariong Book Club** will continue in 2013 on 22<sup>nd</sup> February (the last Friday of the month) commencing at 10.00 when the book to be reviewed will be Jellico Road by Melina Marchetta. Marchetta hit the big time in 1993 with her young-adult novel *Looking for Alibrandi* and followed it up with *Saving Francesca*. Scattered throughout the book are references to classics such as Harper Lee's *To Kill a Mockingbird* and Maurice Sendak's *Where the Wild Things Are*. It's important to remember that in *On the Jellicoe Road* everything means something and Marchetta's signposts are there for a reason.

**Guest Speaker** - A member of the National Parks and Wildlife Service will be the guest speaker following the book review. This will be a most interesting and informative talk. Come along, this is your opportunity to ask questions about local fauna and flora and how to care for them in times of bush fires. Refreshments will be served.

**Storytime on Tuesdays 10.30 am – 11.30 am** - Children love to listen to stories and join in singing and dancing. Storytime not only socialises the children but also stimulates the brain for healthy development. Come along and check it out.

**The Kariong Library Action Group** with the approval and co-operation of the Gosford Council Library Services conducted another very successful movie night for younger children during the recent school holidays. We would like to thank Gosford Council for always supplying the movie and refreshments for the children at interval.

**The Kariong Community Fun Festival** will be held on Sunday March 17, 2013 and the Library Action Group will be holding a stall giving information on supporting the library and selling second-hand books. Your donations of books in good condition can be left at the Kariong Neighbourhood Centre.

**Seniors' Week (March 17<sup>th</sup> – 24<sup>th</sup>)** We are once again looking forward to Seniors' Week when interesting entertainment and refreshments will take place in the Library. Check out the details next month.

## THE GAME OF BRIDGE:

Bridge is a challenging game which can be played at many levels, from a friendly social game to highly competitive duplicate sessions. Many keen players also compete in other Clubs throughout NSW and inter-state. There are over 150 (Affiliated) Bridge Clubs in NSW, including 4 on the Central Coast.

There is no age barrier to playing bridge and it can be played regardless of the weather. Bridge is considered to be a great way to exercise the grey cells and to ward off Alzheimer's. It is not expensive to play.

Bridge is also a means of instantly having access to a community if you travel or move house. During a recent visit overseas we played in America and were warmly welcomed and provided with transport to the venue and back to our hotel.

The game can trace its origins back to the early 16<sup>th</sup> Century in England. It has been known in a variety of forms, and referred to by various exotic names such as Triumph, Trump, Ruff, Slam, Whisk, Swabbers and Whist. It is not clear how it became "Bridge" although a pamphlet in the British Museum 1886 refers to "Biritch or Russian Whist".

The use of playing cards for leisure however goes back to about 969 AD in China where a pack was divided into four suits with fourteen cards each. Tradition has it that a relative of Marco Polo brought cards back from China to his native Venice in about 1269.

Bridge is played in over 100 countries throughout the world and is believed to have over 60 million players worldwide. If you have ever enjoyed playing "500" or "Euchre" you will probably love bridge. It takes longer to learn the rudiments of the game and then you continue to learn for however long you play. This is what makes it so fascinating and keeps people playing all their lives.

Omar Sharif was reported to have said "Acting is my profession, breeding race horses is my hobby, but **Bridge is my passion**". I understand what he means.

For more information contact Dorothy Berzins on 4340 1222 or Rosanne Ransley on 4368 2233. You can also access information at the website of the Australian Bridge Federation, the NSW Bridge Association or the CCLCBC website [cclcbridgeclub@westnet.com.au](mailto:cclcbridgeclub@westnet.com.au) Links from this site will take you to the other two sites and to other local Clubs

Bridge is played at the Leagues Club Gosford 6 days per week with an additional game on Monday evenings.



## Help to brighten someone's day ...



Volunteers needed to visit a 31 year old bedridden lady in her Kariong home.

She loves **laughing, music, flowers, animals and conversation.** She especially loves

**soccer.** Visit for a chat and morning or

afternoon tea will be provided.

Wheelchair access available.

If you would like to help please ring or email her carer Judy on 0401 964 744 or jonayak7@hotmail.com

## KARIONG MEDICAL CENTRE "Caring for Kariong"

Welcome to 2013!

At this time of year New Year's resolutions.....

1. Lose weight
2. Quit smoking
3. Be healthy

If you have one of these on your to do list for 2013 maybe we can help We currently run a very successful weight loss and quit smoking clinic. Make an appointment with your GP.

### **NEW Weight loss program for 2013**

New 12 week weight loss clinic starting February 2013, please contact the centre to register your interest. Supported by our friendly nurses and an online interactive website. Weigh in with the Body Composition Analyzer to calculate your metabolic age.

### **Are you in the 45 to 49 age group?**

Do you have at least one of the following risk factors that could lead to a chronic disease later in life?

- High blood pressure
- High cholesterol
- Family history of disease (such as cancer or diabetes)
- Smoking
- Overweight
- Inadequate exercise

If you answered **YES** to any of these, you are eligible for a free one off health check covered by Medicare. Ask your doctor or nurse for more details at your next consultation or phone to make an appointment asking for a 45 – 49 year health check. We also offer **4 year Immunisation and Healthy Kids Check, Diabetes and Asthma Clinics.**

Please phone Kariong Medical Centre on 43404444 should you require any of the above.

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## HEARING TESTS

## FOR OVER 55'S

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4322 2282



Kariong United Football Club welcomes all players to 2013 and before you know it, you'll be running on the field in the tri-colours once again.

Registrations for boys and girls from u5 all the way through to senior women's and men's teams are as follows:-

Saturday Feb 3 and Feb 10 at The Hill (Kariong Oval) from 8:30 am to 1pm.

Monday Feb 12 also at The Hill from 6:30pm to 8:30pm. Keep an eye out for updates on

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

Limited sponsorship packages are available and please contact me on the number below for more details

Jeff Vilensky

Publicity - Kariong United FC

Ph: 0418 608 868





**Sunday 3<sup>rd</sup> February. Summer Working Bee in the Garden- 3pm to 6pm**

**Saturday 9<sup>th</sup> February. " 4 Seasons Film and Art Night."** 6pm to 9pm; includes Central Coast Conservatorium Strings Ensemble playing Vivaldi's Four Seasons Concerto- Summer, Environmental Films- " Freedom Ride", 'Dirt Girl World' as seen on ABC TV, Talks, an Art Show in the Arts Barn, and other music from local artists. **FREE ENTRY.** Refreshments available and vege burgers by Kariong Scouts. Bring a chair.

**"Clean Up Australia Day" Sunday 3<sup>rd</sup> March. 9am to 12noon, at the garden. BYO Gloves and hats. Clean up in the local area.**

**Saturday 13<sup>th</sup> April. . " 4 Seasons Film and Art Night."** 6pm to 9pm. Autumn

**Saturday 1<sup>st</sup> June. " 4 Seasons Film and Art Night."** 6pm to 9pm. Winter.

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

**Other Events on the Central Coast:**

**Saturday 2<sup>nd</sup> February. "Breakfast with the Birds" at the Pioneer Dairy, turn left off Tuggerah Straight, under the bridge. 8.30am to 11am. Ring CEN on 43494756 to book or email [cen@cen.org.au](mailto:cen@cen.org.au). Contact Samantha Willis.**

**Sunday 17<sup>th</sup> March. Kariong Community Fun Festival.** Kariong Mtns High School. 9.30am to 3pm.

**Planting:** It is recommended that the following vegetables/ herbs can be planted in **February;** Asparagus, Broccoli, Beetroot, Capsicum, Chilli, Chives, Carrots, Cucumber, Dwarf beans, Eggplant, Lettuce, Leeks, NZ Spinach, Okra, Onion, Oregano, Parsley, Pumpkin, Radish, Shallots, Silverbeet, Squash, Swedes, Sweet Corn, Tomato, Turnip, Zucchini.

Refer [www.gardenate.com](http://www.gardenate.com) for full list

**The Eco Garden has a grant to run now 3 Film and Art nights in the next 6 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, includes finances , updating membership and filing.**

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, and can be contacted on the details below. See website for more details; **[www.kariongecogarden.org.au](http://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 686694, 43405425 or John on 43231843**



The Kariong Progress Association is back in action for 2013, let's all make it the best year yet for Kariong!

**First Meeting for 2013 - WEDNESDAY - FEBRUARY 6<sup>th</sup> - 8.00PM IN THE PROGRESS HALL - WOY WOY ROAD.**

Our guest for February is Councillor Hillary Morris. If you have any questions or concerns this is the perfect opportunity to speak to one of Gosford's new Councillors.

**Examples of proposed changes to Kariong and Central Coast that you may wish to discuss with the Councillor:-**

Article in the Advocate Newspaper Friday January 4 – The Central Coast Regional Development Corporation is seeking approval for a six lot subdivision of the former Flora Festival Site Mt Penang. No purpose for the subdivisions is stated on paperwork for viewing at Gosford Council, are you happy about such a subdivision on this land?

Upgrading of the intersection of Langford Drive and Woy Woy Road. if you are a commuter using these roads or a parent accompanying children across Woy Woy road, you will understand the implication of the roundabout proposed by Gosford Council showing no pedestrian crossing.

The ongoing planning for massive changes to the Gosford Water Front, are you happy about proposed plane? If not - this is a perfect opportunity to voice your concerns.

Gosford Council released a Media statement in 2012 advising the Kariong Community that their Library was moving to the Kariong Youth Centre, would you like more information or updates from Council. Please come to the Progress Meetings and voice your concerns or approval.

At the Kariong Primary School 2012 Annual Speech Day Awards, Progress Assoc presented their prize to a Year 4 boy who excelled in a State Wide Spelling Competition, congratulations to him.

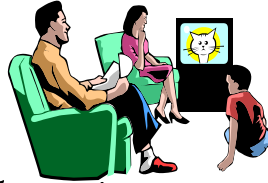
Council have advised Progress Assoc that upgrades to the Progress Hall will take place in the near future and Inconvenience to the public will be kept to a minimum. **DON'T FORGET NEXT MEETING FEBRUARY 6, 2013 AND WE HOPE TO SEE YOU THERE.**

Enid Pauling,  
Publicity Officer

## Family Health & Wellbeing DVD Library

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

We have a great selection  
of DVDs about health and  
wellbeing for families



- \* Only \$2 a week per DVD
  - \* Must be a member of Kariong  
Neighbourhood Centre - only \$3.
- Just drop into the Centre to browse the  
library, collect a DVD or make a booking.*

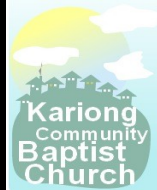


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children's health and behaviour and more!!



## KARIONG COMMUNITY BAPTIST CHURCH

No doubt many of you have made some  
new year resolutions and by now they have either  
diminished already or have begun to form into habits.  
These resolutions we make are so often to do with  
our health and well being...exercise more; pursue an  
particular experience; invest more into certain  
relationship; eat healthy etc. However very often we  
neglect a very important part of our health and well  
being.

Spirituality is a vital ingredient in an overall positive  
sense of well being. We believe being mates with  
Jesus meets our spiritual needs and more. He said  
that in Him we would find "Abundant life" we would  
experience peace and he has given his followers an  
incredible purpose in life.

I know 2013 is well under way (and you are probably  
no longer accidently writing 2012) but it may be time  
to consider what sort of attention you are paying to  
your spiritual life.

Why not also join us at our service on Sunday  
mornings 9:30am at the Kariong Public School hall.  
There are programs for children up to the age of 16  
during the service and you are encouraged to hang  
around for a cuppa afterwards.

We also have several programs for various age/  
gender groups throughout the week, check the  
website for details [www.kariongchurch.org.au](http://www.kariongchurch.org.au)

For more information please contact

Noel 0402 634 119 or

email: [youthpastor@kariongchurch.org.au](mailto:youthpastor@kariongchurch.org.au)



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### Coast Care Counselling

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'Kariong Neighbourhood Centre'  
10 Langford Dr, Kariong.

Thursdays & Every Second Friday

By appointment. Ph: 4340 1724

[www.coastcarecounselling.org](http://www.coastcarecounselling.org)

### 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](mailto:Gosford.region@vinnies.org.au)



**SOCIETY OF ST VINCENT  
DE PAUL**





G'day all. I'm back with more news from Kariong Rural Fire Brigade. Firstly, I hope you all had a Merry Christmas and a Happy New Year. Right now the lead topic in the media and on most people's minds are the bushfires burning across the state and the tragedies that have befallen residents in the Shoalhaven and in the Central West of NSW. And not only there but also in Victoria, South Australia and Tasmania bushfires have burnt out thousands of hectares of bushland and destroyed property. I was only saying to a few of my fellow fire fighters whilst on stand-by during a couple of Total Fire Bans a little while ago, that we have really dodged the bullet around the Central Coast for any fires. Luckily for us the fire activity locally has been minimal however not so elsewhere. Like most fires, you can accept lightning strikes and to a degree accidental ignitions such as sparks off an angle grinder or such to start fires but again, like all fires, the most despised and disliked pest of all, namely "the firebug" unfortunately made their appearance during the worst time of the fire emergency. Folks I've got to tell you that, if you see suspicious activity around the bush or even in the streets please call the Police. Fire bugs exhibit the worst of human nature because of the wilful damage and destruction they can cause because of the potential damage that can occur because of this criminal act so help catch them and put them away.

Another issue that has raised its head lately is the old cigarette butt flicker. Folks, every car has an ash tray, if you are a smoker please use it. There is nothing that gets me more annoyed than to see a lit cigarette butt carelessly flicked out of moving a car. Tossed into tinder-dry grass or bush and with a little breeze and you've got yourself a fire. Not only is it silly it'll cost you if detected by the Police because there are some sizable fines that will be imposed on you if found guilty particularly during a Total Fire Ban day.

People if all that has unfolded throughout the country hasn't convinced you to get your Bushfire Survival Plan organised that I don't know what will. Don't ever think that dangerous fires won't happen around Kariong and surrounding districts. Do your friendly fires a huge favour and get on the net and download your plan from the MyRFS web site. If you don't do computer then get up to your local fire station and get all your info from the fire fighters there. I don't want to alarm anyone but it makes sense to be organised and if the worst happens, you'll know what you need to do.

Finally folks, I've got to acknowledge the members of Kariong brigade for their commitment and dedication during times of TOBAN. I've got to tell you that it's not easy to man a station for anything up to twelve hours, mostly in hot uncomfortable weather but these guys are prepared to do it for their community. You can't get much better than that.

That's it folks. Stay safe and be Firewise.

## Central Coast Brass Is Born!

Central Coast Brass has been created for all the great brass musicians who currently travel to Sydney or Newcastle because there are no A Grade/ Championship bands based on the Central Coast.

This new brass band will be performing 5 major concerts, attending 2 brass contests throughout the year, as well as performing at corporate functions, retirement villages, Christmas parties and weddings etc. Within Central Coast Brass we also have soloists, quartets, quintets and ensembles of 10-15 players allowing us to provide music for any occasion.

We have numerous professional musicians and music teachers who have joined his new band however we still have a couple of vacancies we wish to fill.

We would especially love to hear from trumpet, trombone, tuba players and percussionists, who currently play for concert bands or symphony orchestras who aren't being challenged. Players do not have to have brass band experience, they just need to be passionate and committed to producing quality music. All other brass band players also welcome to apply.

The Central Coast has some of the best musicians in the country, we now need to keep them on the Central Coast.

Phone Christina on 0448 293 650 for more information or visit <https://www.facebook.com/CentralCoastBrass>

**TUTORING:** Former Kariong Public & current Gosford High School student in Year 11 willing to tutor school students and assist with homework after school. Available weekdays any time after 4:15 for \$10 per half an hour. Please contact Daniel Owers on 4340 2657 or mobile 0424 829 595.

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**Where:** Kariong Neighbourhood Centre

**When:** Wednesdays at 10.30am —12.30pm

**Cost:** \$3 for members \$3.50 non members

**For more information or to book,  
please ring 4340 1724**

## Golden Tips

### Happy New Year!!

I Know I haven't been around much last year with my husband and his transplant in March and doctor's appointments and then the passing of my husband Michael and his mother six weeks later has been a few hard months, Thank you so much for your best wishes and condolences. Now I have had my shoulder surgery I will be looking forward to be back to work in February.

I would like to thank my staff for looking after all our clients and thank you for your loyalty.

We have had Rachael leave us a few weeks after Michaels passing, which was a surprise and I wish her luck at her new venture.

Congratulations to Kate and Simon expecting their 2<sup>nd</sup> child and Demme expecting her 1<sup>st</sup> child. We will be sorry to lose, Jane as she is going to follow her heart and move to Sydney with the family. It will be hard to replace our great staff, But in saying that we will be having a great year.

WITH SOME NEW CHANGES (keep an eye on the salon, it is having a bit of a makeover in the next couple of months)

Introducing **Shazz Nails** Sharron has been with us for a couple of months now, if you like nail art and design just come in and see her work or find her facebook page.

### February Specials

**WAXING 20% OFF**

**Back to school kids cuts 20% off**

**Foils, colour, treatments, all 20% off**

**Great Deals on IPL treatments.** - This is for men and women (Hair removal, acne treatments, pigmentation, wrinkles, skin rejuvenation and more)

Jane and I have just had more training on beauty treatments; you will be amazed at what is happening with new products and treatments at the moment. We are so excited to treat you. Come in for an appointment. My grandson Kane has registered for the **World's Greatest Shave**. He is ten and will be colouring his hair to raise money for leukaemia, as this is what his da died of. If you would like to donate it is under the team name Michael Guyatt.

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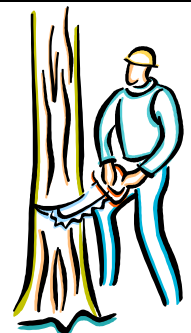
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## What's On at Kariong Neighbourhood Centre...

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

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

#### Line Dancing

7pm-8:30pm - Starting 4th February 2013 - \$8 per class For Bookings contact Lyn 0402 908 444

#### Sahaja Yoga Meditation

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

### TUESDAYS

#### Immunisation Clinic - NSCCAH

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.

#### 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](mailto: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](http://www.ccmba.org.au)

#### Apply First Aid Course—HLTA301C

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR) 9 :30am to 3:30pm 13th & 27th Feb, 13th & 27th March 2013. To enrol contact Directions Health 9486 3120 or [www.firstaid.net.au](http://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](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 4369 5171 or 0435 144 664.

### FRIDAYS

#### Australian Breastfeeding Association Meeting

8th & 22nd February 2013 — 10.00am to 12 noon [www.breastfeeding.org.au](http://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 .

### SUNDAYS

River Christian Church - From 9:00am, Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

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

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### CLOSING DATE for NEXT ISSUE Wednesday 20th February, 2013

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