

# THE KARIONG CONNECTION

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

Vol 23; No. 1 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



February 2014



## KARIONG PROGRESS ASSOCIATION

We are pleased to report that another student of Kariong Primary School has been awarded the Progress Association annual community award at the school prize day in 2013.

Accordingly the student's name has been recorded on the KPA Shield and a personal trophy given to the recipient, congratulations

The second tennis court remains closed as Gosford City Council have advised that funds are not available for reparation works. Accordingly the executive is now looking at alternative ways to fund the works and return the court to community use.

Over the holiday period, I am able to advise, that the Gosford Police put in operation several strategies to reduce anti-social behaviour in our community and therefore create a safer neighbourhood.

Operational matters included special task forces, traffic units and safety audits by the crime prevention unit, our thanks to them for their efforts.

**URGENT NOTICE** – a development control plan for the Mt Penang Parklands was presented to Gosford City Council mid December and scheduled for Public exhibition commencing in January 2014. However, it is understood, that Council has requested further documentation from the Central Coast Regional Development Corporation who made the submission. In order that all members of the community are engaged in this process current details and plans will be presented at our next meeting, **Wednesday 5th February 8:00pm** in the Progress hall.

This is an important issue for Kariong residents as the proposal will determine the use of the open space, heritage tree stands and traffic flow adjacent to Central Coast Highway, Curringa Rd and Festival Drive with possible impingement on Kariong Mountains High School. **To assist with this matter Councillor Vicki Scott will address the meeting and accept residents concerns. This is a most important issue as the proposed changes could embrace approval of four storey buildings on the highway frontage.**

So your committee look forward to you seeing you at our next meeting **Wednesday 5<sup>th</sup> February at 8:00pm at the Progress Hall** Woy Woy Rd to discuss your ideas for a greater community.

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



The Times  
Café  
supports  
Love your  
Sister  
Campaign



Samuel Johnson is currently riding his unicycle around Australia to raise money for Breast Cancer research in support of his sister's recent diagnosis.

Samuel visited Times Café owners Kirsty & Cameron in early December during his trip from the Central Coast to Sydney. They kindly donated lunch to Samuel and his team for their trip.

For more details or to support Samuel <http://www.loveyoursister.org/>



The Times Cafe  
opening hours :  
5am Mon-Fri  
6am Sat/7am Sundays



## ABLEANT

Audio Visual Cabling & Antenna Installations

- ✓ Digital TV Antennas
- ✓ Wall Mounted TVs
- ✓ Additional TV Outlets
- ✓ Surround Sound

**FREE TV RECEPTION TESTS AND QUOTES**

**Call Peter on 0431 777 447**

**Australian Government  
Approved Antenna Installer**





## 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. **Emergency Services** 000
2. **Police Assistance Line** 131 444
3. **Crime Stoppers** 1800 333 000
4. **Gosford Police** 4323 5599
5. **Woy Woy Police** 4379 7399
6. **NSW SES** 132 500
7. **Graffiti Hotline** 1800 707 125

**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.

## St Vincent De Paul

20 Watt St, Gosford.



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

If you need financial assistance and would like an appointment in Kariong please call **4323 6080** or email [gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au).

## MINGARA ORCHID CLUB

Will hold their Monthly Orchid Meeting on the 2nd Monday of each month at 7.30pm at Mingara Recreation Club Tumby Umbi. The Novice Grower's Class starts 6.45pm. Orchids displayed and an interesting Guest Speaker. There will be plants to buy, free tea and coffee and everyone is welcome to come along. For enquiries please phone Anne on: 4351 0891



## KARIONG SCOUTS

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

Joey's..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm  
Cubs.....8 to 10 y/o ..... Meet Thursday 6.30pm to 8pm  
Scouts.....11 to 14 y/o .....Meet Monday 7:00pm to 8.45pm

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

## FREE FAMILY LAW ADVICE CLINIC

### Kariong Neighbourhood Centre



Advice on all areas of family law including parenting matters/children's issues, grandparent issues, child support problems, financial and property settlement matters and divorce.

**Assisting you to find solutions to your family law problems**

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

**Bookings essential Ph: 4340 1724**



## KARIONG PROBUS CLUB Inc. MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month.

You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact:

Judy Ph. 4344 6867

## NILS—No Interest Loans Scheme

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



### What do we do?

We offer an affordable service for those seeking counselling for:

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

### How do I arrange an appointment?

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

Counselling for adults - Kylie Fawcner 0435 809 506

Counselling for adolescents - Cheryl Andrews  
0401 684 938

### How much does it cost?

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



## The Kariong Community Forum has reformed!

Come along and talk with local people and groups to strengthen our community.

This forum has been reformed to address the needs of the community identified in recent surveys and to help build on existing resources within Kariong.

If you have ideas, projects or concerns regarding the Kariong area, please come along and brainstorm with other local people and groups.

If you have a topic for discussion please contact **4340 1724** to have it added to the agenda prior to the meeting.

**Next meeting is at the Kariong Neighbourhood Centre, on the 20<sup>th</sup> March 2014 at 10.00am**

**Social Table Tennis Group  
Commencing Thursday  
6th February 2014 at 7:00pm**



**Get fit & have some fun!  
All Welcome**

Cost: Members \$3.00 Non-Members \$3.50  
For more details please contact Kariong Neighbourhood Centre on **4340 1724**

## A NEW Youth Support Group



### ALL 13-17 year olds invited

**When:** Friday nights 7:00pm —10:00pm (starting 28th February 2014.)

**Where:** Kariong Neighbourhood Centre, 10 Langford Drive Kariong

Come and spend time with others and **make friends**, take part in **activities** and have access to **trusted adults and youth support workers** who can provide information and guidance.

**Snacks and drinks** will be available for a small donation.

Special events also being planned!

Seeking adults who would be able to volunteer some time with the group either on a casual or regular basis. This would involve spending time chatting with the kids and making sure the night runs smoothly.

**Please email [kariong.youth@gmail.com](mailto:kariong.youth@gmail.com) or call/text Natalie on 0478 122 599 for more information.** Follow us on Facebook for weekly updates and useful information!

[www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)

## overcoming anxiety

a 4 week course  
(classes ongoing)



Monday Nights at Kariong Neighbourhood Centre



With Buddhist meditation teacher  
Natasha Mitchell

Feb 3, 10, 17, 24  
7 - 8.30pm  
\$10 / \$8 conc

Khedrubje Buddhist Centre ph 4385 2609  
[www.centralcoastmeditation.org](http://www.centralcoastmeditation.org) | [fb.com/khedrubje](https://fb.com/khedrubje)

## 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).

Wishing all our readers an exciting reading adventure in 2014. Welcome to all new e-book readers who are enjoying their new technology. (There are 2000 titles available –compatible with most devices - on the Gosford City Library Web Site!) Intrigued by the movie The Railway Man I bought the unabridged memoir of Eric Lowmax onto my Ipod and listened to his engrossing story realizing how much pleasure we can have from all forms of storytelling.

Mary one of the librarians who works at Kariong Library on a casual basis is the Home Library Services person the rest of the time. She delivers books and library items to the elderly and housebound people of Gosford and surrounding suburbs. She delivers to around 150 people who range in ages from 50 – 101. The people really value the service and enjoy having their items delivered personally to their homes. Thank you Mary for your kindness to all the housebound people who enjoy books.

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. Storytime will resume on Tuesday 4<sup>th</sup> February 2014. Did you enjoy the children's movie How to Train your Dragon held on 31<sup>st</sup> January 2014? If you did please let us have your feedback at the email address below.

**Book Club** will resume on Friday 28<sup>th</sup> at 10 am with a discussion on Mark Logue's book The King's Speech. This is a delightful story of the relationship between an Australian from Adelaide and a British Monarch. It is based on the diaries of Lionel Logue and if you enjoyed the movie, you will enjoy the book. Special thanks to Pat Lindsay, our January Book Club guest, who gave us a very inspiring talk. Come and join us for lively fellowship and morning tea.

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

## Rotary's Citizenship Awards



District Governor, Graeme Davies with Karl Ward, Monique Gatt and Mrs Julie Blair representing Peats Ridge Primary School.

**Kariong Somersby Rotary Club** recently held the inaugural presentation of Young Citizen Awards for primary children from schools across the Central Coast Plateau Region.

The Awards form a part of Rotary's commitment to the youth in our communities and will add to existing citizenship awards at Kariong Primary and Kariong Mountains High Schools.

Kariong Somersby Rotary Club, in conjunction with the Principals of Spencer, Peats Ridge, Kulnura, Central Mangrove and Somersby Schools, recognised nine students who all exemplified the attitude and behaviour within their school community deserving of recognition.

Citizen of the Year at Spencer was Makayla Myers; at Somersby Kyle Tinworth and Hannah Scarr; at Kulnura Laura Jackson and Bailey Davis; Karl Ward and Monique Gatt at Peats Ridge; Abigail Rickards and Emmett Donovan at Central Mangrove.

The Principals of each school introduced the students at a special Young Citizen of the Year Dinner at Rotary's Phillip House, Kariong and spoke of additional special attributes of each recipient which set these students apart from others. It has to be said that students at mountain schools generally bat well above the average however, as it is in every community, there are always those who go the extra mile.

Rotary's District Governor, Graeme Davies, in presenting the awards, said that these awards were, in reality, an international award reflecting Rotary's international presence.

Youth Adviser for Kariong Somersby Rotary Club, Rodger Wilson, said the Young Citizen Award compliments existing leadership programs RYPEN (Rotary Youth Program of Enrichment) and RYLA (Rotary Youth Leadership Awards).

## Stamp and Create!

Hi, my name is Amanda from Stampin'Up! I live in Kariong with my young family and love papercrafts!

From February, I will be holding Card Making Classes in Kariong and depending on number of interest, I will be holding classes every 3rd Friday of the month.

Classes are beginner friendly so if you would like to try something new or already enjoy card making or scrapbooking, please join us. There will also be a lucky door prize!

The first class will be held on:

21 February 2014 and will start at 7.15 pm til 9.45pm at the Kariong Neighbourhood Centre.



This month we will be making 3 cards using products from our New Occasions Catalogue! Only just released on 28 January 2014.

Cost \$20 per person and all materials are supplied. Tea and coffee facilities will also be available.

Please note Bookings are ESSENTIAL to ensure your kit is supplied.

Bookings can be arranged by contacting me via phone on 0450126093 or via email [amandageorge0377@gmail.com](mailto:amandageorge0377@gmail.com).

## LITTLE BEE'S



**Recommences Monday 3rd February  
10:00am -11:00am  
at Kariong Neighbourhood Centre.**

All carer's welcome to bring along their children for fun activities, a child safe playground and sandpit.

Enjoy a cuppa and supportive chat with other parents, while the children enjoy themselves.

Members: \$3.00 per child/ \$5.00 per family.  
Non-members: \$3.50 per child/ \$5.50 per family

## BROADBAND FOR SENIORS

Funded by the Australian Government

Are you interested in learning how to send emails, create documents, Or 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)

## Active Playgroup

**RECOMMENCES 5th February 10.30am-12.30pm  
at Kariong Neighbourhood Centre**

Our Wednesday morning Active Learning Playgroup welcomes new Mums, Dads and children (0-6 years) to come along and participate in our educational and fun activities whilst also establishing new friendships in our Kariong community.

We will be focusing primarily on school readiness skills. All areas of the children's development are catered for in our program with an emphasis on early literacy and numeracy skills. A wide variety of activities allow the children to explore, experiment and learn through circle games, songs and musical dramas/role plays/dances, art and craft experiences, story/language groups and messy/creative play.

Connecting with other families in our area allows your children opportunity to develop important social and emotional skills such as turn taking, sharing and interacting with peers. The children learn how to enter play situations, negotiate together and cooperate with each other, preparing them in various ways for successful social interactions. This learning will be highly beneficial in their transition to school.

Our exciting outdoor play area with safe yet challenging climbing equipment ensures physical and free-play needs are met and morning tea is provided, bringing everybody together in an enjoyable part of our morning's structure.

A warm invitation is extended to you to come along and discover how we can help promote your child's development in our friendly, stimulating environment. We hope to meet you soon!

Members: \$3.00 per child/ \$5.00 per family.  
Non-members: \$3.50 per child/ \$5.50 per family.

## Music with Movement



For seniors 50+  
**Commences Monday 3rd February,  
1:30pm - 2:30pm**  
1 hour training and choreography classes run by an experienced dance teacher.

Limited places available.  
Cost: Members \$3.00 Non-Members \$3.50  
Register your details by contacting Kariong Neighbourhood Centre on **4340 1724.**



Kariong United Football Club welcomes all players to 2014 and before you know it, you'll be running on the field in the tri-colours once again.

This update is all about REGISTRATION for the 2014 season! Registrations for boys and girls from u5 all the way through to senior women's and men's teams are as follows:-

Saturday Feb 1 and Feb 8 at The Hill (Kariong Oval) from 9am to 1pm.

Monday Feb 9 also at The Hill from 6:30pm to 8:30pm.

A new feature of soccer on the Central Coast this year is the ability to create or renew registrations online yourself. The website [www.myfootballclub.com.au](http://www.myfootballclub.com.au) is open for new and returning players.

Keep an eye out for updates

on [www.kariongunited.com.au](http://www.kariongunited.com.au) and Facebook, which can also be used to ask any questions you may have about the registration process. You can also email [registrar@kariongunited.com.au](mailto:registrar@kariongunited.com.au) or join us on the dates above where your committee will be on hand to assist you.

Limited sponsorship packages are being opened for 2014 and please contact me on the number below for your sponsorship prospectus.

Jeff Vilensky

Publicity - Kariong United FC 0418 608 868

### *In Loving Memory of Jay Michael Pemberton*



If tears could build a stairway  
and thoughts a memory lane  
I'd walk right up to heaven  
and bring you home again.

No Farewell words were spoken  
No time to say good-bye  
You were gone before I knew it  
And only God knows why.

My heart's still active in sadness  
And secret tears still flow  
What it meant to lose you  
No one can ever know.

But now I know you want us  
To mourn for you no more  
To remember all the happy times  
Life still has much in store.

Since you'll never be forgotten  
I pledge to you today  
A hallowed place within my heart  
Is where you'll always stay.

05/11/1986 - 04/01/2014

## ***Gentle Hatha Yoga***



*Gentle, Strengthening and Calming  
Learn to move and breath with  
awareness*

If this sounds like something you would like to experience, please register your interest with Kariong Neighbourhood Centre on **4340 1724**.

### **Kariong Community Carols Announcement**

"Thank you to all that assisted with the Kariong Carols. It must be mentioned that *The Times Cafe* was also a supporter of the Carols (this local business name was omitted off the flyer, that was handed out on the night). Special thanks also to *Kariong Takeaway* who continually supplied hot chips on the night, giving all monies raised in support of the Carols (after already donating previously)."

## **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***

## **JUSTICE OF THE PEACE**

Kariong Neighbourhood Centre is happy to offer Justice of the Peace services on Thursdays and Fridays between 1:00pm and 2:00pm.

Please phone **4340 1724** for an appointment or referral to an alternative JP.

*Donations to the Centre are greatly appreciated.*

## Ettalong Beach Arts &amp; Craft Centre Inc.

where arty and crafty people connect

P Search

**2014 CLASSES****TERM 1 COMMENCES 3<sup>RD</sup> FEBRUARY**

The start of a new year always brings with it the expectation of new members and new friendships to be formed.

**COME AND JOIN US**

- MONDAY - Patchwork, Quilting & Pottery  
 MONDAY - Childrens afternoon Pottery  
 TUESDAY - Folk Art & Silk painting  
 WEDNESDAY - Oils, Acrylics, Pastels & Drawing  
 THURSDAY - Art & Silvercraft  
 THURSDAY - Childrens afternoon Art  
 FRIDAY - Watercolour painting  
 SATURDAY - Workshops as requested

**We are seeking the services of an experienced folk art Tutor for our Tuesday class. If you fill the bill call us.**

For more information please call 43418344 or visit [www.ebacc.com.au](http://www.ebacc.com.au)

Kitchener Park - cnr Picnic Pde & Maitland Bay Drive  
Ettalong

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. Andrew & Barry will give a photo presentation on local plants that would be flowering in August. On Sunday 16<sup>th</sup> February we will be visiting Bushcare sites at Green Point followed by a byo BBQ lunch at Kincumba Mountain. 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 5049.

**4 Seasons for Art and Film**

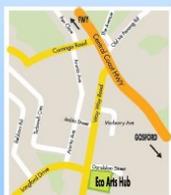
A FAMILY FRIENDLY EVENT FOR ALL AGES

BUY AFFORDABLE YUMMY FOOD OR BRING A PICNIC

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

**REGULARS INCLUDE:**

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

**Kariong Eco Garden**

Dandaloo St Kariong (cnr Woy Woy Rd)

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

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

0417 68 66 94 leave message

**'Love your lunch'**

**LOVE FOOD**  
hate waste

**Avoiding food waste from the mountain to the sea.**

**Hands-on activities and cooking demonstrations.**

**Inspiring and informative. Learn how to store food effectively, use leftovers, plan ahead and provide healthy seasonal food that tastes good.**

**FREE WORKSHOPS**

**Thurs 13th Feb, 11:30-1:00pm Ourimbah Scout Hall, Ourimbah Creek Rd, Ourimbah**

**Sat 22 Feb, from 4:30pm prior to 4 Seasons for Art & Film, Kariong Eco Garden, Kariong**

**Sun 3rd March, 11am to 12:30pm, Kariong Eco Garden, Cnr Dandaloo Rd & Woy Woy Rd, Kariong.**

**Bookings Essential: Please contact Kariong Neighbourhood Centre on 4340 1724.**

**All participants receive a FREE lunch/tastings and a Love Food Hate Waste pack (max 25 participants).**



## Multicultural Cooking Classes



Brought to you by



Services



Northern Settlement

*Classes will recommence in March, are only \$10 per head & includes:*

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

*All invited to come along!!*

*Meet people and learn a new skill*

**When: Tuesday 18th March 2014**

**Time: 11.00 am- 1.00pm**

**Prepaid Bookings essential**

**Phone: 4340 1724**



Below are some security tips for your home from Brisbane Water crime prevention officers:

1. secure your home, garage and sheds with quality locks.
2. don't give burglars a place to hide.
3. make sure your valuable aren't visible.
4. lock up outside.
5. always lock up when you leave.
6. avoid leaving natural ladders around your property.
7. never buzz strangers into your building and be aware of garage tailgating.
8. don't hide your spare keys in obvious places.
9. install sensor lighting.
10. mark your property for identification.
11. if you lose your wallet and or keys, change your locks.

yours in crime prevention

Corina Hassett

Senior Constable | Crime Prevention Officer

Northern Region | Brisbane Waters LAC| 9-11

Mann St Gosford NSW 2250

**FIND US ON FACEBOOK: <http://www.facebook.com/BrisbaneWaterLAC>**

## VERO WEB STUDIO

Website Design & Development

Professional and custom design  
Get quality website at lowest price  
Website Redesign

Ecommerce / Shopping Cart

Branding / Banner / Logo design

Search Engine Optimisation( SEO )

FREE hosting for a year; FREE domain name

**Small Business Special Website**

**Package Starting From \$250**

(Includes FREE 1 Year Hosting + FREE Domain)

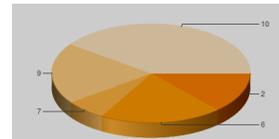
Contact Details: Phone: Jag on 0433 197 699

Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au)

Website: [www.VeroWebStudio.com.au](http://www.VeroWebStudio.com.au)



Did you take part in our OOSH survey?



You can view the results on our web page

At [www.knc.net.au](http://www.knc.net.au)

go to survey / view results

Thank you to all who participated

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!!**



Calling all Parents / Carers

*It is that time of year again to enrol / re-enrol your children for before and after school care for 2014.*

*We will be doing loads of exciting things this term including Table Tennis - OZ tag -*

*Creating beautiful mosaics - Guitar lessons -  
Cooking and Much Much More.*

*The more the merrier New Enrolments Welcome*

**Please phone Katie on 4340 4561**



Cnr Dandaloo Street and Woy Woy Road Kariong NSW 2250  
 Postal address:  
 c/o KNC, 10 Langford Drive  
 Kariong NSW 2250  
 Phone: 0417 686 694. Email:  
[kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)  
 Website:  
[www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)  
 ABN: 13 852 216 759

Events. Eco Garden - February / March 2014

### Thursday 13<sup>th</sup> February

**“Love Food Hate Waste” Free cooking demonstrations, plus lunch and tea towel. Learn how to avoid food waste at the Ourimbah Scout Hall, Ourimbah Creek Road, Ourimbah.**

**To book- ph 43401724**

### Saturday 22<sup>nd</sup> February

**4 Seasons Art and Film Night. 5pm to 9pm. FREE. 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. @ the Kariong Eco Garden. Also Love Food Hate Waste @ 5pm.**

### 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 **February**:

Amaranth, Basil, Beetroot Broccoli, Climbing beans, Capsicum, Chives, Cucumber, Eggplant, Lettuce, Marrow, Oregano, Parsley, Pumpkin, Radish, Rockmelon, Silverbeet, Swedes, Sweetcorn, Tomato, Turnip and 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*

## You Just Don’t Smoke Around Kids

It is of great concern the number of parents, in particular mothers that are smoking around their babies and young children. I see it all the time here on the Coast. There is clearly not enough education or media presence around the effects of ETS (Environmental Tobacco Smoke). Passive smoking is just as toxic whether it is indoors or outdoors. NSW Tobacco Laws came into effect in

January 2013 and cover outdoor areas such as sports and recreational parks, entrances to public buildings, bus stops, train stations & swimming pools. The message from NSW Health is “There is No Safe Level of Exposure to Second-hand Tobacco Smoke” and “You Just Don’t Smoke Around Kids”. The law applies to people of all ages, gender, religious groups etc.

The thing I’ve noticed is, even if you are standing the correct distance away from a prohibited area, or are even in your own backyard, you’re still allowing your children to stand beside you or be within metres of the drifting second-hand smoke. A person has the right to smoke but they **do not** have the right to harm other with that smoke. Babies and children are especially susceptible to the ill affects of passive smoking, even more so if they have asthma or other respiratory ailments.

There are laws around smoking in cars with children 16 years old or under. I’d like to see a law that says you must not smoke within 10 metres of a child 16 or under. Smoking around children needs to be a criminal offence. It’s a form of child abuse in my eyes. As a parent don’t you have a duty of care? I urge everyone to not only put value on your own health but to value the health of

others, especially our children. There are 7000 chemicals in a cigarette, 8 of them are proven to cause certain types of cancer. Smoking related illness claims the lives of around 15,000 people in Australia each year. If exposed to passive smoking you have a 30% greater chance of developing lung cancer. The cost to the Government is 31.5 billion dollars annually. This is a serious issue. The Government has a strategy in place, The National

Tobacco Strategy. It is the implementation of policy and programs to improve the health of all Australians by eliminating or reducing their exposure to tobacco in all its forms. There are several actions in this strategy, an important one being protecting people from second-hand tobacco smoke in outdoor areas.

I personally do not wish to breath in someone’s second-hand tobacco smoke and I certainly do not want my children exposed. Smokers need to be considerate of others and remember that although they have the right to smoke, they do not have the right to harm others with that smoke. You can find out more by contacting the Tobacco Information Line on 1800 357 412 or visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

I urge you all to read through the Tobacco Laws and related information on the effects of ETS.



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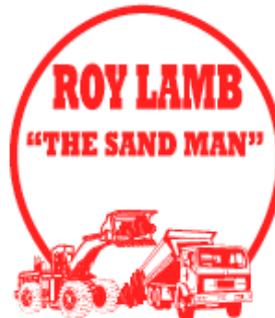
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## What's On at Kariong Neighbourhood Centre...

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. 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

#### Music with Movement

For seniors 50+ training and choreography classes run by an experienced dance teacher. **1:30pm—2:30pm**  
For bookings please contact KNC on **4340 1724** .

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawkner 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 - NSCCAH

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

#### Indoor Bowls

From 9.15am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

#### Multicultural Cooking Classes

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

#### Early Childhood Clinic—NSCC Area Health

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

#### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.  
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### WEDNESDAYS

#### Active Playgroup for 1 to 5 year olds.

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms - all welcome!  
Cost: \$3 per child, (member) \$3.50 per child (non-members )or \$5.00 per family

#### Early Childhood Clinic—NSCC Area Health

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

#### Apply First Aid Course—HLTA311A

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**Weight Watchers** from 6.30pm to 8:00pm  
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### 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 Fawkner 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

### FRIDAYS

#### Australian Breastfeeding Association Meeting

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

#### Youth Support Group

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

### SATURDAYS

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

#### Social Table Tennis Group

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6th February 2014 at 7:00pm**

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### SUNDAYS

**River Christian Church - From 9:00am,**  
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**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 19th February, 2014**

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**Sorry—No Late Entries will be accepted**  
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