

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. 6 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



July 2013

A HISTORY OF KARIONG AND ITS PEOPLE.

In the hustle and bustle of today's world it is rare to be able to say that you have a family doctor, but many of us living in Kariong are lucky enough to be able to say that and it is thanks to foresight of Dr Michael Casey and his wife Tricia, who in 1985 purchased a block of land in Mitchell Drive to build a house with a surgery in front of their home. This practice was the first to serve the community of Kariong.

From that small beginning, the practice has grown and now operates from its large rooms contained in the shopping centre on the corner of Mitchell and Langford Drive employing around nine Doctors, seeing around 270 patients on an average day. Then there are the nursing staff, together with the reception staff, who are always pleasant, not to mention the Pathology service, podiatrist, and other services provided to the community. There have been many changes in the last 27 years but Kariong Medical Centre has stepped up to the mark and provided for the community needs.

The rapid growth of Kariong cannot be disputed and we are so fortunate to be part of it. If you have any information, photos, etc showing these changes, or if you have been part of these changes, then I want to hear from you. Please contact me at the KNC on 43401 724. Now is the time to let me know, I look forward to hearing from you.

Bye for now,

Dorothy Mulholland.

Central Coast Family History Society



Teach children *how* to think not *what* to think.

BECOME A VOLUNTEER ETHICS TEACHER

At Kariong Public School

The NSW Government has authorised Primary Ethics (a not-for-profit organisation) to deliver ethics classes to NSW primary schools. Curricula is now available for Years 3-6 with years 1-2 available later this year and Kindergarten next year. Primary Ethics classes may begin at Kariong Public School when suitable volunteer ethics teachers are recruited and trained [Learn more and apply online www.primaryethics.com.au](http://www.primaryethics.com.au) or contact Brooke Harvey, our Primary Ethics Coordinator at brooke.prescotte@bigpond.com or 0400 310 140



INVITATION

Parents, carers and interested community members are invited to

"Meet our Principal, Anne Vine"

at Kariong Mountains High School
on Wednesday July 31st, 2013
from 5pm - 6pm.

Join us to find out about the exciting and innovative programs and great facilities that are available for the students in our community.

STUDENTS - PARENTS - SCHOOL
working together for student success.



KARIONG MOUNTAINS
HIGH SCHOOL



NRMA MOTORING + SERVICES
APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

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with this voucher
Services from \$99.00

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- ** Batteries ** Shocks ** EFI Servicing
- ** Cylinder head and Engine rebuilding/ repairs
- **Diesel servicing and Repairs

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

Editor's Note—Hello Kariong!!

Of course yet another busy month at the Kariong Neighbourhood Centre!!

We had a very successful Biggest Morning Tea in late May. Everyone enjoyed our guest speakers, stall holders and lucky door prizes. We raised over \$200 for the Cancer Council - so thank you very much for your support.

It's that time of year and Kariong Neighbourhood Centre Membership is now due for renewal. All existing Members will receive a reminder and we warmly welcome all new Members to the Centre.

We have so much happening at the Centre in July! Not only do we have a fantastic Vacation Care program, but we have some new classes starting up! "Vinyasaflow Yoga" and also 'Beat It' Exercise for Seniors. Also, a special group for teenagers 'Resilient Teens' commencing 24th July, please call 4222 8868 for bookings. See back of the connection for details.

We are also introducing a new section Thumbs Up and Thumbs Down (see page 4) for good deeds and the not so good.

Look out for the new Computer Coaching Classes, Social Enterprise & Group work Solutions Workshops. All great opportunities to enrich your knowledge. Have a great month!

Tracie Gosling
Admin/Editor

**Visit our new website www.knc.net.au
and join us on facebook**

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.

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 or Frank Ph.4340 5657

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
- Business Activity Statements



KARIONG MOUNTAINS LEARNING COMMUNITY
invites you to

**NIGHT
OF THE ARTS**
WEDNESDAY JULY 31ST
FROM 6.30PM AT
KARIONG MOUNTAINS HIGH SCHOOL
Please visit our website for further details
www.kariongmountainhigh.com.au

Kariong Neighbourhood Centre In

in partnership with

VERO WEB STUDIO

Is offering

Subsidised Computer Coaching

ONLY \$55 / Person – 2 Hours Session

Every Saturday - Starting 6th July 2013

1 Trainer to 2 People; Personalised training lessons;

One on one question time; Many topics to choose from; *Morning tea provided.*

Booking Essential Phone: 4340 1724

All fees must be paid in full *2 weeks in advance.*

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

Embody Balance



YOGAVINYASA FLOW

Class description: This flowing style of yoga combines breath with movement to energise, tone and strengthen the body. Yoga postures, sutras and relaxation techniques are explored in the classes to achieve balance in both mind and body.

When: Tuesdays 6.30pm -7.30pm

Where: Kariong Neighbourhood Centre

10 Langford Dr, Kariong

Cost: \$18 per class (School Term bookings)

Contact Alice for bookings 0401 195 688

www.embodybalance.com.au

info@embodybalance.com.au

Social Enterprise on the Coast Workshop 101

Our workshop program is specifically designed to start you on your social enterprise journey.

When: Friday 26th July 10:00am to 2:00pm

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

Bookings Essential Phone: 4340 1724

FREE ONLY ONCE HERE AT KARIONG

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(Includes FREE 1 Year Hosting + FREE Domain)

Contact Details

Phone: Jag on 0433 197 699

Email: info@verowebstudio.com.au Website:

www.VeroWebStudio.com.au



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|---|--|---|--|--|
| <p><u>Mon 1st July</u> <u>Save The Planet Day</u></p> | <p><u>Tues 2nd July</u> <u>Walkabout Park</u></p> | <p><u>Wed 3rd July</u> <u>Lazer Blast</u></p> | <p><u>Thurs 4th July</u> <u>Luna Park</u></p> | <p><u>Fri 5th July</u> <u>Rainbow Day</u></p> |
| <p><u>Mon 8th July</u> <u>IMAX – Despicable Me 2</u></p> | <p><u>Tues 9th July</u> <u>Arts Barn - plaster</u></p> | <p><u>Wed 10th July</u> <u>Bush Tucker Man</u></p> | <p><u>Thurs 11th July</u> <u>Kariong Youth Centre</u></p> | <p><u>Fri 12th July</u> <u>Xmas In July</u></p> |
| <p><u>Mon 15th July</u> <u>Tennis and BBQ</u></p> | <p>We would love to invite all you wonderful children to come along and enjoy a special holiday here with us at Kariong. There are loads of fun activities and new special friends for you to meet. Bookings Essential! Please contact Katie or Kate for any further Information – 43404561.</p> | | | |



BEAT IT exercise FOR SENIORS

Description:

'Beat it' is a 12 week Program (& ongoing), including twice weekly, progressive exercise classes and six life-style education sessions with topics including: healthy eating, motivation and home exercise. Classes include circuit, resistance training, relaxation techniques, pelvic floor strengthening. Originally designed for Diabetics, open to everyone.

Proven Benefits:

- Improved strength and independence
- Improved fitness; Reduced falls risk
- Improves balance; Reduced blood pressure
- Reduced cholesterol; Reduced Hba1c
- Reduced risk of heart disease

When: Tuesdays 10:00am -11:00am

Where: Kariong Neighbourhood Centre,
10 Langford Drive, Kariong

Cost: \$8 per class (Initial Consultation Fees apply)

Contact Alice for bookings 0401 195 688

www.embodybalance.com.au

info@embodybalance.com.au


Testimonials : May 2013


"My arthritis is 90% better, since doing three weeks of Beat it with Alice." - Phil


*"I've lost 1.5 kg after two weeks of Beat it with Alice".
Maureen*

We are introducing a new Section!!

THUMBS UP AND THUMBS DOWN


 **Thumbs Up:** to Bunnings West Gosford for donating 24 Golf Umbrellas to our OOSH Services.


 **Thumbs Up:** to OOSH Services for such wonderful care of our son over the past five years
- Mrs Weingaertner

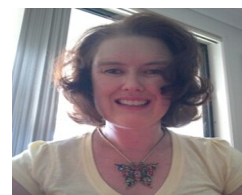
 **Thumbs Up: Thank You**
To: Jenny, Lindy, Derrick, David Sharon, Tracey, Hope, Bret, Jenny, Jake, Tom, Laura, Merrill, Carmen, Colleen, Colin, Ann, Helen, La, Karen, Fiona, Katie and Randall.

For their kind help with support, transport, meals, gardening and the warm rug. Also a big thanks to all the KNC staff and my neighbours over the past 16 weeks of my cancer journey.

- Lyn and Des

 **Thumbs Down:** to the person who stole a Melanesian Native Face Mask from Chisholm Cl.

 **Thumbs Down:** to those who don't pick up after their dogs!



My name is Kylie Fawkner and I've lived, worked and raised my family on the Coast for 13 yrs. Prior to having children and becoming a Counsellor, I spent 10yrs working with people with disabilities and mental health issues.

As a Counsellor I work with individuals and couples who are experiencing anxiety, stress grief, loss, depression, trauma, adjustment difficulties, depression, addiction, boundary confusion, loneliness, shame and self esteem issues, Personal Counselling is a process of self discovery and growth. It can help to increase self-confidence, improve relationships, assist with decision making, and learn how to clearly communicate and express emotions in a healthy way. Most people, at one time or another, can benefit from counselling.

Counselling provides an objective, confidential and caring safe place for openly talking about and working through issues. It is not advice giving, rather it provides professional guidance and support to help you gain greater clarity and understanding.

My approach to Counselling is to establish a therapeutic relationship which is person centred, utilising integrative therapy techniques., By working together in a honest and collaborative way, we can begin the process of healing.

Coast Care Counselling has been providing affordable Counselling to the community of the Central Coast for the last 20 yrs. Fees for counselling are based on a sliding scale depending on the client's income and are usually between \$20 to \$60, however this can be negotiated when you make a booking.
<http://www.coastcarecounselling.org/Index.html>

I am available at Kariong Neighbourhood Centre on Mondays, Thursdays, some evenings and weekends. For more information please contact Kylie on 0435 809 506

I hope to hear from you soon.

Kind Regards

Kylie Fawkner Adv Dip (Coun)

Bianca Foreman is a local Kariong resident servicing all your real estate needs.

SPECIAL OFFER: A \$500 gift card of your choice to anyone that refers a friend who is looking to sell their home!*

* Conditions Apply



Mobile: 0430 929 034

Email: biancaf@oneagency.com.au

ONE AGENCY
KYLEE JONES PROPERTIES

How to Stay Young

Everyone knows that exercise & staying active is good for us but when it comes to the older adult, we tend to think exercise is just for the young. However there are many benefits that exercise provides for the older adult & research shows that even moderate exercise can improve the health of people who are frail or who have diseases that accompany aging.

As we age our health & independence become even more important than in our younger days when we may have felt invincible. In order to maintain health & independence, activity is essential because it helps with four key factors. These factors are: endurance, strength, balance & flexibility. Current research suggests that a person can maintain and partially restore these four key factors through exercise. And it doesn't end there, other benefits of exercise include:

Staying strong & fit to do the activities that you like to do as you get older; Helps maintain independence; Relieves anxiety and depression; Improves & maintains cognitive function e.g. the ability to shift quickly between tasks, plan an activity, & ignore irrelevant information; Maintains cardiovascular health (inactive people are twice as likely to develop heart disease as those who are more active); Strengthens bones; Prevents & delays disease & disabilities e.g. arthritis, diabetes, high blood pressure, balance problems & difficulty walking.

So if you want to be breathing when you get to the top of those stairs & be able to tango with the best of them & keep up with the grand kids both mentally & physically; this is what you need to do: Lift some weights (either purchase some weights that suit you, or use the can of vegies in the cupboard). You want to exercise your back, chest, arms, tummy & legs; Try some balance training (walking in a straight line one foot in front of the other & single leg standing); Stretch (stretch those muscles that feel tight & may stop you from doing your activities); Get out & walk, swim, bike ride, dance or do any activity that will increase your heart rate & build endurance.

But before you try any of these activities, first get clearance from your medical professional as well as seeking advice on how to perform exercises safely & correctly. Even better come along to Seniors Pilates at the Kari-ong Neighbourhood Centre on Mondays at 1130am to learn how it's done and have fun.

Contact Sarah at Transcend Fitness & Wellbeing on 0425 265 609 for some friendly free advice.



Well time for another monthly report from your Kariong Progress Assoc and this time we have the good and unfortunately some not so good news. I shall pass on the advice from our Neighbourhood Watch team first, and that is the destruction of public property continues in our community for reasons none of us can understand. Apparently a bus stop seat in Langford Drive may have to be removed due to vandalism and local homes have also been subject to malicious damage. In addition the toilet block for the tennis courts was subjected to an arson attack and had to be closed for repairs. This activity is illegal and the result is not beneficial to our residents.

Please report any unlawful activity, no matter how trivial, to the Police Assistance Line 131 444, or anonymously to Crime Stoppers 1800 333 000 alternatively at the Kariong Neighbourhood Centre.

Now to some good news - our last monthly meeting was attended by Councillor Gabby Bowles who was made very welcome and addressed many issues raised by those present.

They included, to name a few-

The Woy Woy Rd intersection, Sand mining on the Mountain and forward planning for the Mount Penang Parklands which now includes a confirmed "events area" under construction. Other thoughts are for expansion of the waterfall garden area and possible re-instatement of the pool, this would be so exciting for Kariong.

Plans for a plant show are still going ahead for the 28th and 29th September, 2013, at the Kariong Mountains High School, organised by a new committee which includes our President.

Our next meeting on Wednesday 3rd July will be addressed by Federal Member for RobertsonDeborah O'Niell, another great opportunity for you, the community, to cover some very important subjects before the Election in September.

Whilst on 7th August the Coalition candidate Ms Lucy Wicks will be our guest and again she will be more than happy to address your concerns.

Please enter these important dates on your Calendar, perhaps your last opportunity to let the Politicians know how you feel.

KARIONG PROGRESS ASSOC NEXT MEETING
JULY 3, PROGRESS HALL, WOY WOY ROAD
 E Pauling
 Publicity Officer



KARIONG SCOUTS

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

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

Also looking for Adults to assist as Leaders

Contact Bruce 0419734002 for details

Hall hire available

VOLUNTEER TUTOR REQUIRED FOR BROADBAND FOR SENIORS COMPUTER CLASSES.

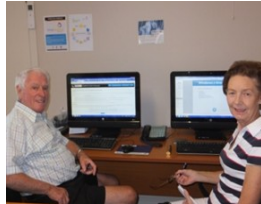
Are you interested in sharing your computer knowledge and would like to Volunteer?

Keep up to date with technology, keep your brain active and develop your social skills. Training seniors is important. Our aim is to build a sense of connection and support.

Broadband for Seniors access training is FREE. It is a Federal Government initiative and available to all senior Australians wanting to learn basic computer and internet skills.

Essential skills:

- *Must have intermediate
- *Knowledge of computers
- *Must be able to use Microsoft
- *Must have patience
- *Must be flexible with time
- *Good people skills
- *Volunteer 2 to 4 hours per week.



For more information, please contact Marianna at Kariong Neighbourhood Centre on 4340 1724.

The XChange

Seventh-day Adventist Church



The XChange has been busy again this month. This month we are collecting bathroom items for a special hamper at the end of term for some families around Kariong who find it hard to make ends meet. We are running a good old fashioned games night in the Scout Hall on **Saturday night 29th June**. All welcome. We have enjoyed meeting lots of you – and your children through various program that we have run. This year we want to continue to meet you and increase our circle of friends.

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

www.kariongxchange.org.au

Ring Lesley on 43401581 or

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:00am – 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 a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm.

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.

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

Kariong Mountains High School
P&C proudly presents:

TRIVIA NIGHT 2013

\$15.00 per head

8 to 12 per table

"CHRISTMAS IN JULY"
Saturday July 20th, 6.30pm 'till 11.00ish

Sponsored by Kariong Pizza
Host: Jamie Cartner

Where: Kariong Mt High School Hall
Bring: a wrapped \$3.00 present for a gift exchange game, Nibbles & Drink
Dress: Dressing up is optional but encouraged!!
Prize for best dressed!

Bookings: Call/text Sharon 0407 401 916 or
sharon.partridge@det.nsw.edu.au
1st prize \$350 2nd prize \$150

FREE ENTRY TO MT PENANG GARDENS

Meet up with friends and family and marvel at the creative ways in which modern landscapes and Australian native flora blend together to produce amazing seasonal displays.

Collect your free ticket from the Waterfall Café, open 7 days from 9:30am–4:30pm. Dine at the café or pack a picnic lunch.

Parklands Road, Mt Penang Parklands, Kariong.

Ph: 4340 1002 or Waterfall Café: 4340 1660

www.ccrdc.nsw.gov.au

This offer is for a limited time only

Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday and 9.30am until 2.30 pm Saturdays with a lunch break of half an hour at 12 noon.

The Writers' Festival was an exciting time for Sydneyiders. I know some of you attended and had a memorable time. Please email the KLAG with your experience and we can share it at Bookclub.

The Kariong Library Action Group have a regular monthly Book Club which meets at the library at 10 am on the last Friday of the month, sometimes hosting a guest speaker. On **Friday 26th July** the book *Dear Husband* by Joyce Carol Oates (2009) will be reviewed. You can obtain a copy of her collection of 14 of short stories at the library. If you are in the mood for thrills, suspense, shock, terror, even revulsion, get your copy of *Dear Husband* and you will wonder how she comes up with such astonishing ideas. Come along and stay to enjoy morning tea and a chat.

Storytime is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. This is a fun time for pre-schoolers and their carers. Also check out the many new Junior Fiction on the shelves. The librarians are always helpful and welcoming. The Kariong Library Action Group and Gosford City Library will be holding a **free Movie Night** for young viewers in the July School Holidays. **Friday 12th July at 7pm.** This entertainment is free and as usual each child receives a free drink and pop corn, thanks to Gosford City Library Services. Watch out for flyers giving details at the library, the Gosford City Library website and other local venues. Book in at the library early, and bring a pillow if you wish on the night.

The Kariong Action Group now have an email address, we would like to hear from you so please contact us for information and to leave your comments:
klag2013@yahoo.com.au

The Hill Youth Centre

98 Mitchell Dr Kariong Ph: 4304 7039
Hours Open: School Holidays 12pm - 4pm.

July Holiday Program Become a Member & Enjoy!

Monday 1st - Basketball and Soccer
Tuesday 2nd - Get fit and have fun - Dance/Sport/Exercise
Wednesday 3rd - Board Games
Thursday 4th - Indoor Soccer competition
Friday 5th - Movie and Popcorn

Monday 8th - Chill out lounge
Tuesday 9th - Excursion to Erina Ice Rink (permission slips required)
Wednesday 10th - AFL Skills training
Thursday 11th - Comedy Festival
Friday 12th - Cooking dessert

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 centre is a community facility available for hire.

The Hall is available for hire to community groups and business with public liability insurance. All enquiries
Ph: 43047039 or e-mail –

michelle.tilden@gosford.nsw.gov.au



Blue Orchid Accounting

Individual Tax Returns start from \$98
Can assist in the following tax Returns
Rental Properties
Sole Trader
Companies
Business activity statements
No Tax return is too big

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Registered Tax Agent



GymbaROO

ENROL NOW FOR TERM 3

From babies to school readiness, GymbaROO programs are based on a sound understanding of the importance of each developmental stage of your child. Classes run by fully qualified professionals. Classes include: gross and fine motor skills activities, music, balance and strength exercises, pre-reading skills and best of all they are lots of fun!

**Classes run at the Kariong Youth Centre,
Mitchell Drive, Kariong
Call 4340 5154 to book your child's place today!**

How we plan to meet the needs of Kariong



Main issues in Kariong are:

1. pedestrian crossings on Langford/Woy Woy Rd and Mitchell Ave

We are currently working alongside Fiona Lloyd's Action group and The Progress Association. We have a draft of a letter for people to send out to politicians and collecting signature. Whilst we are still campaigning for a safety upgrade, it is essential that we have a safe crossing incorporated into the solution. Our local Neighbourhood Centre has now had to cancel tennis lessons for 24 children as it is not a safe option for them to cross. We will be continuing talks with council to address this, but in the mean time please consider taking 5 minutes to send a letter or email to our State MP Mr Chris Holstein and Deborah O'Neill, Federal member for Robertson to request funding.

2. Let's show them that Kariong is serious about improving our community.

A template is available to assist you in writing your letter. Please take the time to email kariongiag@bigpond.com for your template information. A free post box is available in the Neighbourhood Centre and Kariong Public School Office for your letters, or email it to the above address to have it forwarded to the relevant offices. See following Article for more information.

3. Speeding Drivers/trail bikes

We will be discussing this with the police at a precinct meeting.

4. Roaming youths and antisocial behaviour (no respect for the elderly). Vandalism and stealing, aggressive behaviour, graffiti, need law and order for abusive behaviour.

We are working with the local youth centre, youth connections and PCYC to look at other activities for youth in Kariong. We welcome any ideas and would like to start up a blue light disco if we can get a committee together.

5. Bushfires and home emergency plans

We will be inviting the local fire brigade here to the centre closer to summer to discuss with the community an emergency exit strategy in case of a fire. We will have a consultant available soon to come into your home and create a home emergency plan – watch this space

6. Transport – bus direct to Erina. – When trains stop city buses to stop at Kariong

These requests have been sent through to the local transport company and we are awaiting a reply, we will keep you posted.

7. What would you like to see more of?

40% of people said; more youth activities in the evenings and Friday nights. We will be discussing this further and involving all youth services- we will keep you posted

8. Basketball and netball courts.

This matter was put to the community approximately two year ago when GCC wanted to construct multi use Courts in Curringa Rd. The proposal was rejected by the community with support at the time from the Kariong Netball Association. Some reasons being:-Kariong Primary School has courts, Kariong Mountains High School has courts, The Hill youth Centre has indoor court. Netball Association preferred expenditure on existing venue at Adcock Park. Present facilities are not fully utilised.

9. How can we improve the Connection magazine to get information out to you? – you asked for police reports, school news, job/volunteer vacancies, transport information.

We continue to improve our local connection magazine we now have a thumbs up and thumbs down section you can add to! We are communicating better with the local schools about their news, we are adding vacancies as they come up and also add in transport news.

We are still looking into the following;

Upgrade playgrounds, More community events eg: markets, entertainment, Swimming pool to be re-stored in Mount Penang. Available doctors for emergencies.

Campaign to Upgrade our Intersection! Update

Update July 2013

A recent email received from the Director of City Services outlined the following:

"Investigation by Council of a suitable intersection treatment has been undertaken which resulted in a two lane roundabout being the preferred option. This treatment provides the best solution to manage traffic flows. A preliminary design and estimate of cost has been prepared which is in the order of \$1 million.

Unfortunately the benefit to cost ratio is less than the 2:1 that is required to be eligible for funding under the Nation Building Black Spot Program.

Council Officers will be submitting an application for grant funding under the Black Spot Program. Lodgement of applications for this funding is called for and received by the Roads and Maritime Services (RMS) from June to August each year. Based on the criteria applied by the RMS for the selection of projects (where project costs are a significant factor) it is unlikely that a submission for a two lane roundabout will be successful in securing funds under the 2014/15 Black Spot Program. The intersection treatment itself cannot be funded by Council in the near future.

Council officers are currently investigating other interim options which could be undertaken to reduce travel speeds along Woy Woy Road and improve safety for pedestrians crossing Woy Woy Road. These treatments could include thresholds, narrowing etc at a lower cost. A Black Spot Funding application with this type of treatment with lower costs will have a better benefit cost ratio and is expected to have greater potential for securing funding at this location. These options are expected to provide a short to medium term solution. Council will lodge separate Black Spot funding applications for all of the options discussed above."

Meetings are still in progress with various government bodies, as we look to secure some alternative funding promises in the run up to the election. Please keep voicing your concerns to council, state and federal members!

Family Bingo Night

Date: Saturday 20th July 2013
Where: Mangrove Mountain Memorial Club
 18 Hallards Rd, Central Mangrove
Time: 7pm
Cost: Adults \$15
 Children \$5

Bookings essential phone – Dani Scarr 0412 321 468 or Nicki Ward 0417 721 435

Sublime Dining is open for dinner – (02) 4373 1062

Support “Team Somersby” and fight back against cancer. Team Somersby is again participating in the Relay for Life at Mingara on the 12th October 2013. This is our major fund-raising event with all proceeds going to Cancer Council Relay for Life

“Team Somersby”



Australian Plants Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 13th July, 2013 at 1.30pm for a 2pm start. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

Our guest speaker this month will be Wendy Grimm from the APS North Shore Group. On Saturday morning 13th July before the meeting we will be taking a leisurely bushwalk looking at and identifying plants at Rumbalara Reserve. 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 afternoon tea will be served with an opportunity to meet and mix with members.

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

Inquiries contact Elsie at damael@hotmail.com.au or telephone 4365 5049.



Timebanking is here!

Do you volunteer? Perhaps at your local school, with the football club or wish to assist locally but can only spare an hour or so? Do you sometimes wish you had some extra hands to help out with day to day tasks? If you do there is some good news!



An initiative called Timebanking is being trialled across the Central Coast and Hunter region. It is supported by the NSW government and aims to recognise your volunteering efforts in a simple and easy way.

Timebanking is a community program that allows the voluntary exchange of services between members. It's as simple as give an hour, receive an hour: by giving one hour of help to another member you earn one hour of time credits, which can be used to receive services that are of personal value.

For example, Jill has registered on

www.timebanking.com.au and helps in her son's classroom every week. She 'banks' these hours and then uses those hours to help with tutoring her other high school son with another member Tracey, who then uses her credits to get her driving hours up from Margaret, who then uses her credits with help in the garden!

With over 900 offers and 700 members, individuals, families and organisations can be part of Time banking, as everyone has something to give.

Keen to find out more!? Come down to the Centre to meet Angela Chaperon who can register your interest and get you started. She will be in the Kariong Neighbourhood Centre every fortnight starting 14 June 12.30- 4.30pm. If you'd like her to talk to your organisation to share the concept, just ask! Discover a new way of "growing local communities" Register now at: www.timebanking.com.au

Multicultural Cooking Classes

Classes are only \$10 per head & includes:

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

This month features

*Malaysian
Cuisine*

All invited to come along!!

Meet people and learn a new skill

When: Wednesday 17th July 2013

Time: 11.00 am– 1.00pm



**Kariong Eco Garden
Incorporated**
Cnr Dandaloo Street
and Woy Woy Road Kariong NSW 2250
Postal address: c/o KNC
10 Langford Drive Kariong NSW 2250
Phone: 0417 686694.
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au
ABN: 13 852 216 759

Eco Garden –July/ August 2013 Events.

Friday 2nd August. Love Food, Hate Waste free workshop- " Love your Lunch", at 11am. How to create a healthy lunchbox, with free lunch and giveaways. Avoid waste and look after the environment. Talks by Amber Cardozo from ' Mindfully Green'. Call Kariong Neighbourhood Centre to book your place, on 43401724. Ring Mia Hughes on 0417043165 for info.

**Sunday. 8th August. Eco Garden Winter Working Bee. 12.00pm to 3pm.
ring gloves and hat. Afternoon tea at 3pm.**

Support 'Cash for Containers' campaign- 10c refund on cans and bottles. See website- www.boomerangalliance.org.au Reduce Litter, Increase Recycling.

Other Events on the Central Coast:

Sunday 7th July: Whaledreamers Festival.
Around Norah Head Lighthouse. Music, Talks.
Entertainment, Food and Stalls.

Planting: Recommend that the following vegetables/ herbs can be planted in **July:** Beetroot, Cape Gooseberry, Carrot, Chives, Dill, Endive, Garlic, Kale, Koharabi, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Radish, Rocket, Shallots, Silverbeet, Snow peas, Spring Onions, Thyme.

Refer www.gardenate.com for full list

• **The garden is available for events, tours and workshops, see contact details below. We are looking for a volunteer to help with updating the books, filing and financials—about 2 hours a week.**

The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10am to 12.30pm on Mondays and some Fridays, and can be contacted on the details below. See website for more details; [ww.kariongecogarden.org.au](http://www.kariongecogarden.org.au)

All ages, skills and experience are welcome to come and share in this community space.

For further KEG details Contact Lisa on 0417 686694, 43405425 or John on 43231843



Coast Care Counselling
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10 Langford Dr, Kariong.

Thursdays & Every Second Friday
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www.coastcarecounselling.org
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Kariong United Football Club is beginning it's run into the Semi Finals (for comp teams) in excellent shape. It is great to see so many teams in contention for more football at the end of the season. When you balance that against the nurturing environment the Club creates for it's non-comp teams you have to admit the club is in good hands with the current Committee at the helm.

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

How many of you watched the Socceroos play Iran the other night? With an amazing 80,000 screaming fans at ANZ Stadium, our national team played and won a hard fought match to advance to the FIFA World Cup in Brazil next year. Please join me in wishing the team all the best for their campaign and I look forward to bringing you news of their successes in time.

This month we welcome a brand new sponsor. ECOSUN have joined the honourable list of forward thinking companies partnering the Kariong United FC in 2013. What do they do I hear you say? I am glad you asked... Ecosun have created a revolutionary solar pool heating system and our very own Northcoast Solar is the company you want installing it. As the website says:- "Distinguished by our "tube & Web" design. Ecosun panel has the highest heat rating of all the panels tested at the Florida Solar Energy Centre. Lifetime Warranty for Domestic Solar Pool Panels, 35 Year on Commercial. 10 Year Warranty on Cockatoo damage". Sounds good? To beat the summer rush you had better contact the team NOW on 1300 138 864.

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

Jeff Vilensky
Kariong United FC Publicity.

Be part of a team !!

KNC needs a maintenance/gardener to assist us at the Centre 2 days a week 2 hours a day. Please phone;

Fiona 4340 1724 or email on:
coordinator@knc.net.au

IT'S ALL IN YOUR NAME!

Life has a strange way of giving us a shove in a certain direction. Sometimes we go there unwillingly sometimes happily other times as I did, knowing something was wrong.

From childhood, teens and marriage nothing seemed to gel, blockages, difficulties, heartache. After divorce I felt there was something wrong, I could not keep going like this, there had to be an answer.

I had four children to support, without help. The alarm bells were ringing. I met a lady from India through a friend. She was wise, gentle and guided me through a self analysis so I could pinpoint my problem. It was my – Name.

I had been living with a 9 Destiny which is decided by both my First and Surname. My 9 Destiny had been blocking me from achieving any happiness and success. It was easy I changed my Name, changed my Destiny and changed my life, successfully.

If I can do it, so can you. Just don't choose any Name you need to know what you are doing. There are do's and don'ts that make a difference. I can help by you attending one of my workshops or talks - it certainly will make a difference.

Jahne Peart. - (02)43920233
P.O. Box 3036
Tuggerah. 2259



At KCBC we are about to start a program called 40 Days in the Word. We believe the Bible contains the very words of God to his creation. It does not exist to merely **INFORM** us.... God's word exists to **TRANSFORM** us! You are so very welcome to join KCBC for

40 Days in the Word: a campaign designed to help you better understand, love and live out the message of the Bible. We'll tackle questions like "Why can I trust the Bible?", "How does the Bible change us?" and "How do I get the most out of studying the Bible?". There'll be weekly messages, small group studies, daily readings, and more. This is not just open to Christians but to all who want to have a greater understanding of the Bible and experience its wisdom.

40 Days in the Word begins Sunday 21st July, if you would like to be a part of 40 days in the Word please contact Leigh Dart on email 40ditw@kariongchurch.org.au.



If you would like to talk about this program or any of the other programs KCBC offers then please contact Noel on 0402634119. As always everyone is warmly welcome to join us at our church service on Sunday mornings at 9:30am in the Kariong Public School Hall.



Kariong Station Chatter

G'day all. I'm back again with more news from Kariong Rural Fire Brigade.

Well as previously mentioned, the weather lately has been cold and most probably get colder as we move right into winter. The message is still out there folks at that is make sure all your heating gear is up to the task and if not, get it checked out. Winter is the time when a lot of house fires happen for lots of different reasons such as worn or damaged appliances, appliances left unattended or accidentally knocked over. Every fire will tell you the same thing and that's to be vigilant with these things and make sure you have a working smoke alarm.

One thing that I'd like to flag with you all is the NSWRFBS Open Day which this year will be held on the 28th of September. As in previous years, it will be an opportunity for the local public to come up to the station, have a look around, meet the members and get information. This year as last year, we'll be holding a public meeting for all interested people where they can ask questions about bushfire related issues as well as any other matter of concern. Last year we had a modest turn out and for this year, we're hoping that more people come to the station to discuss issues, share ideas and generally better prepare themselves for the impending bushfire season which will commence on October 1st going through to March 30th next year. I'll keep everyone posted on events as we get closer to the day.

Operationally speaking, Kariong has had an "average" month with around 33 calls. There were no "stand out" incidents but it does reflect on the commitment and dedication of the members. We're a 24 hour, seven day a week, 365 days a year operation and it is a reflection on the members who are doing it for their community which is commendable. Whilst we're on the subject of membership, I've had a few enquiries from some locals who showed interest in being a part of the Rural Fire Service. They made the decision to enquire by simply going on-line and filling out the application or by calling the District Office. Either way, they were put in contact with us and are well on the way to being a part of a community based organisation. If you feel that this is the thing for you then do what these people did and go on-line or call the District Office on 4340 2911 during office hours and they'll point you in the right direction. Socially speaking, several members from Kariong organised a BBQ after training on State of Origin night. A great night was had by all who attended and thanks should go to the members who got right behind the event to make it possible which was made even more entertaining with a great NSW victory. **Ok, that's it for now folks. Remember, stay safe and be Firewise.**

KARIONG NEIGHBOURHOOD WATCH

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

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Phone: Jen on 0459 221179

Facebook: Little Miss Cupcakes – by Jen



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**Please phone Karan or Tracey:
4340 4351**

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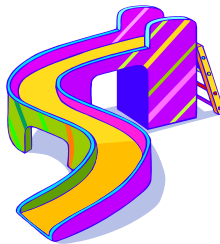
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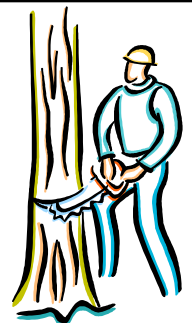
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What's On at Kariong Neighbourhood Centre...

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 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, recommencing August: 2:00pm -4:00pm. Bookings essential ph:4340 1724

Pilates for Seniors - www.transcendfit.com.au

11.30am to 12.30pm Contact Joanne to make a booking on 4369 5171 or 0435 144 664. \$10.00 each class

Line Dancing

6:30pm-8:00pm - Keep fit the fun way!! - \$8 per class
For Bookings contact Lyn 0402 908 444

Sahaja Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book
Call Jayu on 4340 0118. 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 9.15am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

Beat It - Exercise for Seniors

Progressive exercise class and six lifestyle education sessions
10:00am to 11am Cost: \$8 per class
Contact Alice for bookings 0401 195 688

Early Childhood Clinic—NSCC Area Health

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

Vinyasaflow Yoga

Flowing style of Yoga combines breath and movement
6:30pm- 7:30pm Cost: \$18 per class
Contact Alice for Bookings 0401 195 688

ZUMBA fitness

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

Wednesday Cont...

Multicultural Cooking Classes

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

Apply First Aid Course—HLTFA311A

Nationally accredited First Aid & CPR Courses. To enrol contact
Directions Health 9486 3120 or www.firstaid.net.au

THURSDAYS

Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.
Bring your own project or learn new skills. All welcome,
Thursdays, 9.30am to 12 noon weekly.
Cost: \$3 for members, \$3.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company—The group leaders are caring and eager to show you all a great time!
Cost: \$3 members, \$3.50 for non members. 12:15pm to 2.00pm

Coast Care Counselling

Every Thursday counselling services. Also available for Emergency
Bookings contact KNC Ph: 4340 1724 www.coastcarecounselling.org

Sister Fabian - Free

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

Transcend Pilates - www.transcendfit.com.au

7:00pm to 8:00pm. Contact Joanne to make a booking on 4369 5171 or 0435 144 664.

FRIDAYS

Australian Breastfeeding Association Meeting

19h & 26th July 2013 — 10.00am to 12 noon
www.breastfeeding.org.au

Arts and Craft Evenings

7.00-10.00pm. Bring your own crafts. Tea and coffee provided.
Cost: \$5 per person

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 17th July, 2013**

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or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from
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