

# 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. 5 10 Langford Drive, Kariong, Ph: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



July 2014

## FREE Financial Literacy Workshops



This informative workshops will give you valuable tips on:

- \* Budgeting and Saving for Expenses,
- \* Needs & Wants,
- \* Tenancy.

Morning Tea Provided, BYO Lunch

**When:** Thursday 7th August, 9:30am - 2.30pm

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

**Bookings Essential:** Phone 4340 1724  
(Childcare available \$5.00 per child)

## "Kariong Through My Eyes"



### Photographic Competition

An opportunity to capture what Kariong means to you. The competition is open to all ages and all abilities. So grab your camera or phone and start capturing our local Community!!

### \$2000 Prize Pool

For entry details phone 4340 1724 or download an entry form at <http://www.knc.net.au/competition/photo-competition>  
Entries Close Monday 31st August 2014.

## Kariong Community early childhood and early school year's Forum.

The Kariong Community Forum is pleased to be hosting an early childhood and early school years forum on Wednesday 27<sup>th</sup> August from 6.30pm at the Kariong Neighbourhood Centre.



Our guest speakers for the night will be: **Nerida Stollery, Facilitator Active Playgroup**, who will tell us about the playgroup that she runs each Wednesday morning at the Kariong Neighbourhood Centre for young children. Nerida will explain the importance of offering our children an educational program in a safe, happy & stimulating environment

**Amanda Lester, Director of Kariong Kids Club**, who will be talking to us about early childhood facilities in the local area, what you can expect from these services and the pre-school curriculum.

**Mrs Vicki Redrup, Principal of Kariong Public School**, who will talk about the school and the Kindergarten transition program offered at Kariong Public School.

**Brandi Heitman OOSH Co-coordinator at Kariong Out Of School Hours Care**, who will talk to us about the very valuable service that OOSH provides local families who require care for their children outside of school hours. We invite parents and carers of children who are in the early childhood and early school years, and anyone else interested in joining us, to come along for an interesting, informative session that will hopefully assist in you in making the best choices for your children and families!

Childcare can be provided at a cost of \$5 per child. RSVP's for the forum and childcare bookings will need to be made by the 14<sup>th</sup> August. Please RSVP to [coordinator@knc.net.au](mailto:coordinator@knc.net.au) or call 43401724 - book early to secure your seat!



**Australian Government**  
**Australian Taxation Office**

### NEED HELP WITH YOUR TAX?

### TAX HELP IS RETURNING TO KARIONG NEIGHBOURHOOD CENTRE

Tax Help is a **FREE** community service for people on low incomes. For more information or to make a booking, please phone Kariong Neighbourhood Centre on **4340 1724**



### 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

# Rotary



Do you enjoy the three F's— 'Fun - Friendship - Fellowship' in your Community , work, Leisure & travel ? Then join your local Rotary Club - contact Kerry Bayliss on 43 404 529 or [kersuebay@philliphouse.com.au](mailto:kersuebay@philliphouse.com.au)

### St Vincent De Paul

Kariong—Kulnura Conference



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

If you need any welfare please call  
**4323 6080** or email  
[gosford.region@vinnies.org.au](mailto:gosford.region@vinnies.org.au).



For emergencies or life threatening situations call  
**Triple Zero (000)**



For non emergencies call the  
**Police Assistance Line**  
**131 444**



To provide crime information anonymously contact  
**Crime Stoppers**  
**1800 333 000**  
[www.nsw.crimestoppers.com.au](http://www.nsw.crimestoppers.com.au)

## 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 Phone: 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 Appointments 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

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

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

## MINGARA ORCHID CLUB

Hold their Monthly Orchid Meeting on the 2nd Monday of each month at 7.30pm at Mingara Recreation Club Tumbi Umbi. The Novice Grower's Class starts 6.45pm. Orchids displayed and Guest Speaker. Plants to buy, free tea and coffee. All welcome. For enquiries please phone Anne on: 4351 0891

## MEGA RAFFLE!

Ten Fantastic Prizes To Be Won

**1st Prize:** Original Artwork by local artist Garry Purchase. Winner 2014 Reconciliation Exhibition. Tickets on sale at the Centre

**2nd Prize:** Beautiful Handmade Patchwork Quilt & pillow case

**3rd Prize:** Electric Chainsaw

**Tickets only \$1 each**  
available at **Kariong Neighbourhood Centre, 10 Langford Drive, Kariong**

Prizes 4 to 10 are hampers that include a variety of items including:  
DB patchwork quilt, paper tolle picture, quilt cover, assorted hampers with toys, Natio toiletries, Intencity, Rebel Sport, Coles and waterfall Café gift vouchers, and lots more ...

*Raffle drawn at Kariong Neighbourhood Centre on Monday 18th August 2014 Winners will be notified on the day and results will be published in the Kariong Connection September 2014 issue.*

Kariong Neighbourhood Centre would like to sincerely thank those who have generously contributed to our prize pool.

**Lucy Wicks MP**  
**Mobile Office is coming to Kariong.**



The Kariong Community are invited to a meet and greet with their local MP, Lucy Wicks. Come along, discuss local topics and enjoy morning tea.

**When: Friday 25th July, 9:30am-12:30noon**

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

## This year is the 25 Year Silver Anniversary Of Your Local Neighbourhood Centre

To celebrate this special occasion we are hosting a formal dinner on 10th October 7.00pm-9.00pm

If you have been involved in the Centre at any time over the past 25 years or have some information about the Centre that you would like to share with us, please contact the Centre. The History of the Centre is currently being compiled to be presented on the night.

**Attendance will be by invitation only.**  
**Please contact the Centre on 4340 1724**  
or email [admin@knc.net.au](mailto:admin@knc.net.au)

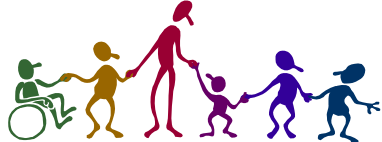


Please join us for our next **Kariong Community Forum** which will be held on Thursday 17<sup>th</sup> July 10.30-11.30am. Guest speakers will be Peter Pauling from the Kariong Progress association who will talk about the proposed roundabout at the Langford Drive and Woy Woy Road Intersection and the plans for a new commercial precinct at Mt Penang AND Lisa Wriley from the Kariong ECO Gardens who will discuss the purpose of the Gardens and tell us about their upcoming Art and Film Night on July 26th.

The **Kariong Community Forum** will be held bi-monthly on the 3<sup>rd</sup> Thursday, we welcome all ages, cultures, businesses and community services. Morning tea will be provided. If you'd like to speak on behalf of your company or service or you have a topic of discussion to put forward, please ring Fiona Simpson Manager of the Kariong Neighbourhood Centre on 4340 1724 or email [coordinator@knc.net.au](mailto:coordinator@knc.net.au)

## **Kariong Vacation Care July Holidays 2014**

Come along to Kariong Vacation Care - we have loads of fun for you all!!  
Come down and meet Brandi and Nerida at the Centre, who are always excited to see you! You can complete an enrolment form at the centre or download one from the website: [www.knc.net.au](http://www.knc.net.au)  
**Hope you can join us!! Child Care Benefit and Child Care Rebate available!**

<b>Week 1</b>	<b>Mon 30th June</b> Ettalong Cinema and Umina Park Picnic	<b>Tues 1st July</b> Talent Quest Day	<b>Wed 2nd July</b> Beading and Craft Day	<b>Thurs 3rd July</b> Games2U	<b>Fri 4th July</b> Plaster Barn
<b>Week 2</b>	<b>Mon 7th July</b> Niagra Park Stadium	<b>Tues 8th July</b> Christmas in July	<b>Wed 9th July</b> Pyjama and Movie Day	<b>Thurs 10th July</b> Tennis Courts & Park	<b>Fri 11th July</b> Our big Kitchen
<b>Week 3</b> <b>Pupil Free</b> <b>Days -</b>	<b>Mon 14th July</b> Kindi Farm	Fun, friendly, caring staff Exciting new adventures High Quality Accredited			

## Kariong Writers Group

Do you enjoy writing?  
Do you like to share your stories?

- \* Are you currently working on something?
- \* Or if you have never written before this is your chance to begin!

**All welcome any level**

**Where:** KNC - 10 Langford Drive Kariong

**When:** Last Tuesday of each month

**Time:** 10.00am-12.00pm

**Cost:** \$4.00 members - \$4.50 non-members.  
Morning tea included

Please call Sandra for more information  
on: 43674117 or 0438008158.

# Kids Party Hire

Have it all for only \$26 per hour  
for members!!

A brand new playground  
with all the equipment,  
under cover area and a  
kitchen to warm up food.



Why try to squeeze into your  
home when you can enjoy loads of space,  
a kitchen for food preparation, and a playground

Contact Kariong Neighbourhood Centre  
Ph:43401724

## BROADBAND FOR SENIORS

Funded by the Australian Government

FREE—Supported one on one computer  
training run by volunteers for the  
Kariong aged & disabled community.

Bookings essential

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



## Did you know we hire?

We now have two gazebos for hire at very  
affordable rates! One is 6 x 3m and the  
other is 3x 3m.

We can also hire tressle tables and chairs.

To find out more contact the Centre  
on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)



## Fancy a friendly game of indoor bowls?

Why not join us at Kariong Neighbourhood Centre.  
We meet each Tuesday morning at 9.15am during  
school term, and play until midday.

Newcomers most welcome.



Cost is \$4 for members - \$4.50 non-members

For more information please call 4340 1724  
or checkout our web site [www.knc.net.au](http://www.knc.net.au)

## Active Learning Playgroup.



Wednesdays at 10.30am-12.30pm  
at Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

Members: \$4.00 per child/ \$7.00 per family.

Non-members: \$4.50 per child/ \$7.50 per family

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



We have a great selection of DVDs for  
hire. Topics include , parenting, health  
and well being for families. Become a  
member of Kariong Neighbourhood Centre  
And hire for only \$2 a week per DVD

Just drop into the Centre to browse the  
library, collect a DVD or make a booking.

## Social Table Tennis



Are you interested in running a table tennis  
group at your local Neighbourhood Centre?  
We have a brand new table, and equipment,  
just waiting for some keen players

A fun way to improve your fitness and meet  
some new people

For more details please contact

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

# JULY HOLIDAYS @ The Hill Youth Centre

OPEN 12:00—4:00PM Membership is FREE and completed forms must be returned to attend.

98 Mitchell Dr Kariong  
Ph: 4304 7039 or 0407 940 433



<p><i>Tuesday 1st</i></p> <p><b>TABLE TENNIS TOURNAMENT</b></p> 	<p><i>Wednesday 2nd</i></p> <p><b>IMPROVE YOUR FITNESS</b></p>  <p><b>FITNESS</b></p>	<p><i>Thursday 4th</i></p> <p><b>GAMES CHALLENGE</b></p> 	<p><i>Friday 5th</i></p> <p><b>COOKING</b></p> 
<p><i>Tuesday 8th</i></p> <p><b>CHILL OUT LOUNGE</b></p> 	<p><i>Wednesday 9th</i></p> <p><b>EXCURSION</b></p>  <p>LUNCH AT HUNGRY JACKS MEET AT YOUTH CENTRE 10.30AM PERMISSION FORMS MUST BE SIGNED BY A PARENT TO ATTEND</p>	<p><i>Thursday 10th</i></p> <p><b>FIGHTING FIT</b></p> 	<p><i>Friday 11th</i></p> <p><b>MOVIE &amp; POPCORN</b></p> 

Kariong Youth Support Group  
ALL 13-17 year olds invited

At; the Kariong Neighbourhood Centre  
10 Langford Drive Kariong

When; Friday nights from 7pm-10pm.

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.

For more info email [kariong.youth@gmail.com](mailto:kariong.youth@gmail.com) or call/text Natalie on 0478 122 599

Special events being planned!

Snacks and drinks will be available for a small donation.

Follow us on Facebook for weekly updates and useful

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



**Kariong Out of School Hours Care Casual Work Available**

We are looking for dedicated, hard working childcare workers. If you are interested and available, we would love to hear from you.

Please contact Brandi or Nerida on 43404561 or email [oosh@knc.net.au](mailto:oosh@knc.net.au)



## 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 (off 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



**THANK YOU**

"I wish to extend very sincere thanks to the two ladies from Kariong who came to the aid of my husband Derek when his car broke down recently on Woy Woy Road. Thank you both for your kindness, it was very much appreciated. Joyce Crawford"



Despite the weather reading from a different script, the 2014 season has already been a huge success and its great to see The Hill well supported each weekend. Our grounds continue to be one of the best on the Coast and has held up well to the demands of training and matches.

Our team in the spotlight this month is the 11B's with an impressive 6-2 record so far. Earlier in the season they wrote: *"A tough game against Kanwal this week saw our first loss of the season. The boys played well with lots of great goal attempts but unfortunately Kanwal were too strong for us. Let's keep our heads up and go again next week. Player of the match was goalie Michael S and encouragement award went to Ryan R."* You can catch up with all team results and reports at [http://www.kariongunited.com.au/cgi-bin/choose\\_reports.cgi](http://www.kariongunited.com.au/cgi-bin/choose_reports.cgi)

With many games in the older age groups being played on a Sunday, the area is busier than usual. Your committee welcomes all members of the Kariong community to The Hill home ground each weekend for some great on field action coupled with great food at our fully stocked canteen and BBQ.

Your Club pages on Facebook continue to provide up to the minute information about training and weekend results - be sure to stop in and have a look and feel free add to the posts!

George Brand Real Estate Kariong continues to be the major sponsor to your Club. Foodworks provide assistance with our grocery purchases to bring you the best BBQ each weekend at The Hill. Our culinary mates at Kariong Pizza and Pasta have returned to assist your club with Pizza vouchers awarded each round. And Kids Klub (childcare) also returns in 2014. Please keep these valuable sponsors in mind when making your purchasing decisions.

Jeff Vilensky  
Publicity - Kariong United FC.

## WE MOW LAWNS WELL

**EDGES, BLOW DOWN, GARDEN AND  
YARD CLEAN UP**

Also Gerni, pruning & trailer size rubbish removal  
**LOW PRICES FROM THE WOY WOY LOCALS**  
Call Brad and Jye 0405 798 667

**THE LAWN BOYS**

Get a real good job - we don't rush



## Kariong OOSH—June Update

Our team of educators have been very busy with the children focusing on learning about Japan this term and providing a range of exciting experiences such as sushi –making, origami and a range of arts and crafts. We have also explored other cultures through activities with our globe, music and sharing of our own family backgrounds. Our martial arts “Dojo” sports have our children well on their way to effective self –defence and our Monday afternoon Oztag has been offering a really fun sporting option. Everybody is gearing up for Vacation Care so be sure not to miss out on booking in for our special events!!!

**Inquiries and bookings Ph: 4340 4561**  
**Kariong Neighbourhood Centre**

## Active Learning Playgroup.



What a lot of new Mums and Dads we have recently been welcoming into our midst each Wednesday morning!! It has been so great to get to know new faces in our local area and see the beginnings of new friendships being established for the children and also for their parents. As we progress through the second half of the year we will be focusing on some fun social games as well as of course our weekly group time activities, arts and crafts that introduce literacy and numeracy learning to the children. So don't hold back from coming to join in the fun especially as we will be introducing our “Ice-breaker Parenting Topic of The day” each playgroup for shared reflection and discussion...

**Hope to see you soon!!!**

**NEW SELF STORAGE facility soon to be located in your local area at Wiseman's Ferry Road, Somersby. Please watch this space for details of opening date.**

# 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 1/2 an hour at 12 noon).

**Our regular school holiday movie time** will be held at Kariong Library on Friday 11th July 2014 at 7.00pm. Join us for a free screening of *The Fox and the Child*. With thanks to Gosford City Library for the free popcorn and fruit juice available to every child. The movie lasts 90 minutes so bring along a cushion to sit on. Bookings are essential.

**Storytime** is held on Tuesday mornings 10.30am–11.30am. Storytime aims to introduce children to the joys of literature and language through story, poetry, rhymes, songs and craft. It is always a wonderful time for children and adults.

**Book Club** is held on last Friday of the month – 25th July at 10.00am. The two books for discussion this month are **Robbery Under Arms** written by Rolf Bolderwood and **Seabiscuit** by Laura Hillenbrand. Both these books are great historical reads, one fiction the other non-fiction.

**Robbery Under Arms** is a classic Australian novel. Published 1889 it is set in the bush and goldfields of the 1850s and tells of the adventures of bushranger Captain Starlight. **Seabiscuit** is a non-fiction book published in 2001 about an American thoroughbred race horse. This book is about a sporting legend who was one of the biggest newsmakers in 1938.

Please stay on at 11.00am to welcome and talk to our guest speaker Ms Judy Jaeger. Ms Jaeger is the new Director of Community Growth at Gosford City Council. The Directorate includes libraries and community venues and we look forward to hearing her.

**iPad Workshop** at Kariong Library on Wednesday 23rd July from 2.00pm–4.00pm. Bookings will be limited to 10 places and can be made at the Library. Come along and learn basic skills with Andrew Cox. Information is available from the Librarian at Kariong.

The Kariong Library Action Group would like to hear from you so please contact us at:  
klag2013@yahoo.com.au.



## KARIONG PROGRESS ASSOCIATION

RESIDENTS OF KARIONG - THERE ARE SOME MATTERS THAT MAY AFFECT YOUR EVERY DAY LIVING THAT I WOULD LIKE TO REMIND YOU ABOUT:

1. THE INTERSECTION AT LANGFORD DRIVE AND WOY WOY ROAD; IF THE RMS CONTINUE TO INSIST ON A ROUNDABOUT, IT WILL BE ALMOST IMPOSSIBLE FOR PEDESTRIANS TO CROSS THIS ROAD SAFELY. CHILDREN USING THE CROSSING TO ATTEND SCHOOL WILL BE IN DANGER AS NO PROVISION FOR PEDESTRIANS IS INCLUDED IN THE CURRENT DESIGN.

2. MOUNT PENANG PARKLANDS AND THE PROPOSED SELLOFF; THIS MATTER IS STILL ONGOING AFTER SEVERAL YEARS, AND THE COMMUNITY HAS PROVIDED SEVERAL SUBMISSIONS TO THE CURRENT PROPOSAL BY THE CENTRAL COAST REGIONAL DEVELOPMENT CORPORATION. HOWEVER, AS THE PLAN IS CONTENTIOUS AND WOULD PERMANENTLY CHANGE THE OPEN AMBIENCE OF THE PARKLANDS NOW IS THE TIME TO EXPRESS YOUR VIEWS.

3. ROCLA SAND MINING; TWO DAYS BEFORE XMAS 2013 THE NSW GOVERNMENT'S PLANNING AND ASSESSMENT PANEL APPROVED ROCLA'S PROPOSAL TO EXTEND ITS CALGA SAND MINING OPERATION BY 36 HECTARES. WE UNDERSTAND THIS WILL INCREASE PRODUCTION FROM 400.000 TONNES TO ONE MILLION TONNES OF SAND PER YEAR. THIS IS A FRIGHTENING PROSPECT FOR KARIONG BECAUSE OF FINE SILICA DUST PARTICLES WITH JAGGED EDGES AND TOO SMALL TO SEE, BLOWING OUR WAY. LOG ON TO 'ROCLA SAND MINING QUARRY THREATS' AND FOLLOW THE LINK TO EMAIL THE DIRECTOR GENERAL (PLANNING) AND THE MINISTER FOR PLANNING LODGING YOUR OBJECTION TO THIS EXPANSION.

**On July 16th a Community Forum will be held in the Progress Hall Kariong, 8pm, our Featured Speaker will be Mr Chris Holstein MP addressing particularly items 1 and 2 above. Everyone is invited, so please put this date into your diary and be there.**

In June Progress column mention was made of a grant received toward work to be done on Tennis Court 1, the Grant was given through Recreation and Assistance Programme, Gosford City Council and we thank them.

To book the tennis court or Progress Hall please phone 4340 1068 after 8.30am and before 6.30pm

**Next Progress Meeting. WEDNESDAY JULY 2 at 8pm Progress Hall Woy Woy Road.**

E. Pauling  
Publicity Officer



### Dance Is Coming to Kariong Mountains High School

Schools work in partnership with their communities and open their facilities to various groups to allow for community interest activities to take place on their grounds. Over the years, we have had a strong partnership with the highly successful Move Performance Studio and their dancers have trained in our movement and fitness studios.

We have now brokered an additional partnership with the Move Performance Studio to work with our teachers to allow us to offer Dance as a Stage 5 (Years 9 &10) elective for the first time in 2015. Students will have lessons with both school staff and teachers of the Move Performance Studio. This is a really exciting opportunity for students with a passion for dance. We are also looking at opportunities to collaborate with NAISDA, so that a truly dynamic dance program can be put into place. It is hoped that we can then carry this initial program through to the HSC years.

Students interested in being a part of the foundation course will be invited to attend a workshop early in Term Three to assess their capacity and interest to participate. Students will need to put in an expression of interest and be placed on an eligibility list for the class.

This is just one of the many opportunities we can offer students attending Kariong Mountains High School. Please contact us on 43400246 if you are interested in learning more about our new dance program or wish to inquire about seeking enrolment.

### Kariong Community Baptist Church

What is your Purpose?  
One of the great questions in life is "Why am I here?" – in other words, "What is my purpose?"



History tells us that over the years many people, from many different backgrounds have all asked this question, and some have dedicated their lives attempting to discover "the meaning of life".

People spend time, money and energy searching for meaning in their lives, trying to find a way to feel fulfilled and for their days to have meaning, or a purpose.

At KCBC we believe that God has a purpose for everybody, and we would love to help you discover God's purpose for your life.

What is the purpose of KCBC?

Our purpose is as simple as the letters of our church – KCBC

Knowing – No matter where you are in your walk with Jesus, it's never too late to begin pursuing a deeper relationship with Him. Whether you are already passionate about Jesus, or know him only on a surface level, at KCBC we want to help you know Him better.

Caring – Once we get to know who Jesus is, we cannot help but start to care as He cares, and to see the world through His eyes, and with His heart.

Becoming – Once we start to know Jesus and to care like Jesus, we will start to become more like Him. We cannot become like Him until we first get to know Him.

Communicating – The more we strive to become like Jesus, everything we do should communicate Him to the world around us and this ultimately is our aim: to show the world who Jesus is.

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Kariong Community Baptist Church meets each Sunday at 9.30am in the Kariong Public School Hall. Parking is available at the Truscott Avenue entrance.

KCBC is a place to come together and worship God, form and develop meaningful friendships and support and encourage each other in life's challenges. We would love for you to join us. Our services are for all ages and suitable for the whole family. During the service we run a separate kids program, at an age appropriate level.

If you would like to know more about KCBC, or about Christianity in general, please don't hesitate to contact Pastor O'Derry on 4340 5864 or 0448 814 511.

### Australian Academy of Tai Chi

*"Health & Relaxation"*

Come along and enjoy the benefits of this ancient health art.

Your local beginners class is held at:  
Kariong Neighbourhood Centre,  
Wednesdays, 9:00 – 10:00am  
Contact Helen on 0435 121 520







Cnr Dandaloo Street and Woy  
Woy Road 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 - July/ August 2014

**Saturday 26<sup>th</sup> July ; 4 Seasons Art and Film Night.** 5pm to 8pm. Entry by Donation. The Central Coast Conservatorium Strings Ensemble playing "Winter " from Vivaldi's Four Seasons Concerto + other; family friendly episodes of "dirtgirlworld " as seen on ABC TV; Short films ; Community Choir- "Tangelos"; Storytelling; Community Art from Kariong Mtns High School students: 'Best Beanie' competition; Food available- hot soup, or bring picnic.

### Other Events in July/ August:

**Sunday 6<sup>th</sup> July.** Whaledreamers Festival at Norah Head Lighthouse; 10am to 3pm.

**July is "Plastics Free month. Refuse Single use plastic products.** For details see- [www.plasticfreejuly.org](http://www.plasticfreejuly.org)

**Planting:** The following vegetables/herbs can be planted in **July**: Beetroot, Cape Gooseberry, Carrots, Endive, Garlic, Chives, Kale, Kohlrabi, Lettuce, Mustard Greens, Parsnip, Peas, Radish, Rocket, Shallots, Silverbeet, Snow Peas, Spring Onions, Thyme. 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 and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

**SPECIAL JOB:** Construct Labrynth Path around the wooden sculpture.

Hello from the Desk of the

## **Standpipe**



Last month was another quiet month for call outs for the Brigade. From 21st

May until 18th June we have had 29 calls: - 4 x False Alarms, 4 x Fires, 5 x Good Intent, 2 x Hazardous Conditions, 4 x Miscellaneous and 10 x Motor Vehicle Accidents which equates to a huge 36% of the calls for the month.

Have you and your family discussed a home escape plan in the case of a fire in your home? It's a good idea to have a meeting place outside the home and practice how to evacuate your dwelling in a safe and calm way.

Did you know that half of all kitchen fires start from unattended cooking? If you have to leave the kitchen, turn the stove right down, and if you leave the kitchen with the oven going make sure you set a timer (maybe use your mobile phone) so you don't forget.

Always turn your heater off before going to bed. Check the condition of power points, electrical cords and appliances on a regular basis. If it looks a little sus, don't use it until you get it checked over.

Before the fire season commences on October 1, the Brigade would like to hold informal workshop/s for the Ladies of Kariong. The Women's Program will consist of basic fire awareness within the home and surrounds. The workshop/s will provide support and advice along with some hands on activities. The aim of the Program is to give women the confidence to successfully prepare their families and properties for bush and house fires. At this stage, we are asking for expressions of interest. If you are interested in attending the Program please email [standpipe.feedback@gmail.com](mailto:standpipe.feedback@gmail.com) with your name and contact number before the end of July.

Over the last few months we have had a lot of our Members attend different courses to enhance their skills to assist in the protection of our Community. Some of the courses are: Bush Firefighter, Village Firefighter, Chain Saw Operator, Breathing Apparatus Operator, Senior First Aid just to name a few. All of our Members have passed their courses with flying colours .... Congratulations Guys and Girls! Until next month, Stay safe and fire wise.

# The XChange

Seventh-day Adventist Church



June has been a month with LOTS of stuff happening. Our kids in KidzXChange have been learning a lot of the Old Testament stories and we have discovered that God put the stories in the bible for a special reason – they are not there by accident. We had the pleasure of hosting yet another afternoon tea for the community. If you haven't been along you should really come!

Yummy food and happy moments were had by all that attended. Our family fun night was lots of fun as we pretended we were in Mexico enjoying a wonderful fiesta. Great food, music, games and hospitality.

July is another exciting month for us. Kids don't forget to come to the craft day. You should have received a flyer in your letterbox – or see the one in this month's Connection. Lots of fun crafts planned. Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

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

Ring Lesley on 43401581

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

**KidzXChange** – Saturday mornings during the school term. 9:30am – 11am 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. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

**The Sling Shot** - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm at the scout hall. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.

## Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 12th July, 2014 at 1.30pm for a 2.00pm start. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On Saturday morning 12th July we will be bushwalking at Norah Head looking at and identifying plants.

Our monthly meetings include a Speaker, 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](mailto:damael@hotmail.com.au) or telephone 4365 5049.



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\$10 each (Subsidies available).

Bookings essential - limited places

Morning tea & light lunch provided

Contact Lesley Davidson on 4340 1581

or email at [kariongxchange@me.com](mailto:kariongxchange@me.com)

Looking forward to seeing you there!

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



## REVIVAL CENTRES INTERNATIONAL GOSFORD

**INVITE YOU TO COME AND HAVE A CHAT.**

WHERE: Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

When: Mondays 9:00am—12Noon in July

We are a Bible based church that use the bible as a guide in living our lives. Members of our church live in many suburbs in the Gosford area and may even be known to you. We lead normal lives and work with people such as yourselves and send our children to local schools. We are a worldwide church group and are in many countries and have many thousands of members.

We may be different to many in this way. We believe that the God of Adam and the God of the Apostles still does healings and miracles to this day. We have many exciting testimonies of people being healed by the power of God and of amazing events in their lives tht can only be attributed to the power and love of God for his people.

Jesus said certain signs would follow those that believe. We can show you in the Bible what Jesus said and examples of different believers in the word of God. Our members have those signs wherever they are in the world today and, if you do not have those signs, God offers you these to you also.

So come and have a talk, especially if you have a problem, whether it is a sickness, confusion or any other worry and we can show you how you can have the power of God in your lives. In Paul's letter to the Hebrews he wrote these words, "Jesus Christ is the same yesterday, today and forever". (Hebrews Chapter 13). Yes, this is his promise to those who believe and trust in him so come and hear how you can also enjoy these comforting benefits.

For information about our meetings on Sundays or our weekly night meeting please ring us on 4381 077.

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Our newsletter is delivered to over 2500 community members and local Businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates, contact us on 4340 1724 or [admin@knc.net.au](mailto:admin@knc.net.au)

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No Tax return is too big

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



**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.

**Bookings Essential**

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

*Donations to the Centre are greatly appreciated.*

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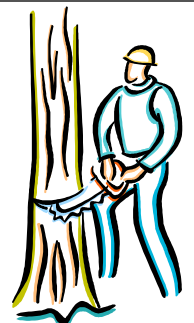
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## What's On at Kariong Neighbourhood Centre...

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 .**

**Please note: All daytime groups operate only during school term**

### MONDAYS

**Tai Chi** with Daniel from the Australian Academy of Tai Chi  
**9.00am- 10.00am** All welcome. **Cost \$10** per session  
For bookings please contact Daniel on 0435 121 520.

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday 9:00am to 12noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or KNC Phone: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### 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 phone: KNC: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

### TUESDAYS

#### Kariong Writers Group

10.00am to 12.00pm Last Tuesday of each month. Next meeting 29th April. Cost: \$4.00 members and \$4.50 non members. For more information please call Sandra on 4367 4117 or 0438 008 158

#### 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 \$4 for members, \$4.50 for non-members. Morning tea included.

#### Early Childhood Clinic—NSCC Area Health

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

#### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.  
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722 [zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

### WEDNESDAYS

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

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms - all welcome!  
Cost: \$4 per child, (member) \$4.50 per child (non-members )or \$7.00 per family **All welcome**

#### 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—HLTFA311A

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

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

### THURSDAYS

#### Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.  
Bring your own project or learn new skills. All welcome,  
Thursdays, 9.30am to 12 noon weekly.  
Cost: \$4 for members, \$4.50 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: \$5 members, \$5.50 for non members. 12:15pm to 2.00pm

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday, 9:00am to 12.00 noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or Phone KNC 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

### 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  
**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 Phone KNC 4340 1724 .

### SUNDAYS

#### River Christian Church - From 9:00am, to 2:00pm

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

***If there is a group that you would like us to run at the Centre Please contact Fiona Simpson on 4340 1724.***

***Become a member of Kariong Neighbourhood Centre for only \$5.00 for an individual and receive many discounts and invitations to lunches with guest speakers***

***Room Hire available from only \$9hr Ring & Book for your next meeting or function Ph: 4340 1724 ALL Community Group Memberships must be paid if you wish to place your news in the Connection***

**CLOSING DATE for NEXT ISSUE**  
**Wednesday 16th July, 2014**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au) and Community Announcements to [coordinator@knc.net.au](mailto:coordinator@knc.net.au) or Phone: 4340 1724

**Sorry—No Late Entries will be accepted**  
Applications for Advertising can be downloaded from [www.knc.net.au](http://www.knc.net.au)

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses. Contributions are also welcome from non-profit organisations & are published free of charge to organisations meeting the criteria. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.