

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. 5 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



June 2013

Evolve Community Wellness Foundation Inc

RESILIENT TEENS

Does your teenager struggle with:
Anxiety/stress
Low self esteem
Social difficulties
Conflict with family and friends

Resilient Teens is an 8 week program which provides support to teens in managing stress and anxiety, teaching relaxation and mindfulness skills, focus on living in the "now" and taking values-based action, developing assertiveness skills and improving self-confidence. Each session will run for approximately one hour, with a brief opportunity for parent/caregiver feedback following each session.

Facilitated by:

Holly Egan from the Cottage Psychology Centre
(Registered Psychologist, Psychology Board of Australia; Associate Member Australian Psychological Society; B. Psych (hons))

Holly is a registered psychologist who is experienced in the intervention of children and adolescents with autism spectrum disorders, intellectual difficulties, attention and behavioural difficulties, anxiety, depression and trauma. She uses creative therapeutic approaches to engage children in treatment.

For bookings or enquiries please contact Evolve Community Wellness Foundation Inc. on 02 4322 8868. There are a limited number of places available each term, but those who miss out will be placed on a waiting list and offered a place in the next available group.

When: Commencing Term 3 Wednesday evenings 6-7pm

Where: Kariong Neighbourhood Centre
10 Langford Dr Kariong NSW 2250

Cost: FREE - PROUDLY SPONSORED BY THE COMMONWEALTH BANK. A ONE OFF SO BE QUICK - MUST BOOK!!

Please contact Evolve on 02 43228868 or email enquiries@evolvewellness.com.au

Social Enterprise on the Coast FREE Workshop

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

Whether you are;

DREAMING: Building your awareness of social enterprise - generating and formulating your ideas. OR

EXPLORING: Researching the market, testing the feasibility of your social enterprise idea.

Developing a business plan for your social enterprise or community organisation.

Starting a Social Enterprise 2013 - Road Map for Success Workshop

Giving social enterprises and community organisations an understanding of the importance of planning to create sustainability. Providing you with the tools to produce a business plan.

When: Thursday 27th June 10:00am to 2:00pm

Where: Kariong Neighbourhood Centre,
10 Langford Dr, Kariong

Bookings Essential Phone: 4340 1724

Multicultural Cooking Classes



Classes are only \$10 per head which includes:

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

This month features

Turkish Cuisine

All invited to come along!!

Meet people and learn a new skill

When: Wednesday 19th June 2013

Time: 11.00 am- 1.00pm

Bookings essential—Ring 4340 1724 or email: admin@knc.net.au

Editor's Note—Hello Kariong!!

Welcome to yet another busy month in the Kariong Connection.

I nearly wasn't able to write an editorial this month, as my son has had surgery and I'm not at work. However, the people around me have inspired me to write something that I have been thinking about for some time.

'Community and what it means to me'

After living anonymously in Sydney for thirteen years, the sense of community I now feel living in Kariong is almost overwhelming.

Perhaps it's a feeling of gratitude, for I am very grateful for the people in Kariong who make this such a wonderful Community.

The friendly faces at the local cafe's and shops - I just love being a regular, where they know my name and my order.

The families raising funds to support other families in devastating circumstances. Friends cooking meals for unwell friends.

Mother's supporting other Mum's by looking after their kids, or taking them to training, as most of our husbands commute to Sydney for work.

The wonderful, supportive people that I work with each week and all those Community members who come in and enjoy our activities or volunteer their time.

Even the people that extend beyond Kariong that have been willing to support our community and our fundraisers - thank you!

I am grateful, very grateful - so thank you to all those people who love and respect Kariong and making it their home.

Of course many thanks this month to Carolyn & Fiona for looking after the Connection in my absence!

Have a great month!

Tracie Gosling
Admin/Editor

Check us out on www.knc.net.au or visit 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:

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 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**



Kariong Station Chatter

G'day all; I'm back with more news from the shed at Kariong Rural Fire Brigade. Now that we're out of fire season, the brigade still had a busy period during April/ May with 37 calls in total. What is of concern folks is the number of un-notified burn offs going on around the area and by that I mean land owners carrying out agricultural burns without notifying the relevant authority. Even with the fact that fire danger period has finished, it is good policy to notify the RFS district office of your intent to perform an agricultural burn or any sort of hazard reduction on your rural property. In other words, a little prior preparation and planning will prevent....well you know the rest. And for those who live in the Kariong village, back yard burning is still a no no. Just lately I've been smelling the arid smoke of rubbish being burnt off around the neighbourhood so beware if you are inclined to do this. If you require any information regarding burning off then contact the district office on 4340 2911 during office hours or go to your nearest fire station and they'll point you in the right direction. **Remember, if reporting a fire ring 000.**

The other thing I wanted to talk about folks is the usual winter message and that is to make doubly sure of the serviceability of all heating appliances in your home. I've said many times in the past that it can get mighty cold in Kariong so chances are that the trusty old heater and electric blanket will be making an appearance. The good oil is to check them for any breaks, damage, frayed cords and so on before they go into action. If you have a slow combustion wood heater then make sure the dampers and flue are clear and remove any build up in the flue. As sometimes we can tend to be a bit slack and burn some unseasoned wood in the fire place, this tends to put up residue in the flue which can potentially catch fire, and flue fires are a messy thing to handle not to mention expensive. And, what ever you do, don't be tempted to burn rubbish in wood heater as that can give you major headaches as well. Never leave them unattended or let children go unsupervised near them or any electrical appliance.

The last matter I'd like to discuss with you is being aware of what's going on around you when driving your car. Just lately I've been noticing drivers just not moving over for emergency service vehicles or playing with their mobile phones whilst in traffic. With traffic the way it is either down Kariong Hill or Woy Woy Road at any given time of day, many drivers can tend to be in their own little world trying to make it between point A to point B. You need to remember that you are not the only one on the road and an emergency service vehicle may appear out of nowhere trying to get to a job. I can tell you from experience folks that there is nothing more annoying than being stuck behind a driver who is off in La La Land either with earphones in plugged into loud music trying to drown out the day or fiddling with their mobile and completely not hearing a siren or noticing red and blue flashing lights. Be kind to your emergency service people and give them the respect they deserve on the road because after all, they could be coming to help you one day.

Ok that's it for now folks. Remember, stay safe and be Firewise.



KARIONG MOUNTAINS
HIGH SCHOOL

Staying On At School

Sometimes when a student is getting closer to the age of 17 they start to think that taking their chances with getting a job is better than staying on at school. Some of this is due to a 'grass is greener on the other side' type of thinking and some is due to still not having career goals, making the purpose of schooling harder to see.

What does the research tell us about staying on? Well, if we just consider this with respect to median wages than the data is clear:

It is to a student's advantage to strive for tertiary

| Year in which student leaves school and qualification gained | Median Wage |
|--|-------------|
| Year 11 - Preliminary RoSA | \$496 |
| Year 12 - HSC | \$671 |
| Gaining a Certificate I/II | \$431 |
| Gaining a Certificate III/IV | \$873 |
| Gaining a Bachelor's degree | \$1562 |

qualifications. At Kariong Mountains High School we begin career education early, as having goals and understanding the range of career options makes a big difference to not only staying on, but also to believing that a tertiary goal is achievable.

Our school has high expectations for all students and will continue to challenge them to put their best effort into their learning. Another interesting statistic for Stage 6 students working towards achieving an ATAR, is that an ATAR of 60 will get you into about 50 university courses and an ATAR of 80 will get you into over 600.

We want our students to have maximum choice, so we will continue to work with them to develop a good work ethic, be organised and apply themselves with diligence and sustained effort, thereby opening many more doors for career choice.

ANNE VINE
Principal

Quality, Fun, Child Care

Kariong Out of School Hours Care

10 Langford Drive, Kariong 2250

Ph: 4340 4561 E: oosh@knc.net.au

F: 4340 4595 M: 0405 358 049

W: www.knc.net.au

Before, After and Vacation Care 6:30am-6:30pm

This school is serviced by Kariong OOSH

Kariong 3D Mural Creation Story Stage 1

When welcoming 'new comers' to the area it became apparent to The Kariong Neighbourhood Centre that the UBS directory map had not had a recent update therefore many of the streets, significant buildings and even the local High School were not being displayed. We decided to print off a topographic map of the area and display it in the reception area. This attracted a lot of interest from the local community. We thought it would be a fabulous idea to extend on this interest by creating a mud map of the area. We applied for and received the 'Community and Cultural' grant through Gosford council which enabled us the



finances to work on our idea with the Kariong Mountain High School students.

We were keen for the local youth to develop a sense of pride in their local community and find out more about their man-made and natural environment. A prize was offered for the most innovative and accurate A2 mud map. We then went for stage two of the project – to create an 8 foot realistic model of Kariong and its surroundings. The idea was the easy bit; we then had to find a model maker who could create it. We found Jay Crandell at the Terrigal Craft markets; he was making small scale models. I approached him about working with local community artists on this massive project. Jay worked on the project for 9 months with the assistance of Libby Bourke. An Overhead Projector was used to cast a transparency of Kariong onto an appropriately sized



This was then traced onto paper, giving an outline of roads, major buildings and prominent features, and their relationship to the surrounding environment. Large slabs of Styrofoam were carved to characterize the topography. Many recycled materials were used to symbolise the buildings, trees, roads, bushwalks etc. This map is now on show for all to see in the foyer at The Kariong Neighbourhood.



Thank you Jay and Libby for an amazing work of art.

If you would like a map like this in your foyer or have any enquiries, please ring Fiona on 43401724. This map is now on show for all to

A VOICE FOR KARIONG COMMUNITY

We started taking surveys in November 2012 and to date (May 2013) 107 surveys have been completed. Kariong has a population of 6,451 with 1,734 families and a median age of 33.

This is what we found :

How long have people lived in Kariong?

The biggest percentage is 0-5 years with young families moving in. Second is 11-15 years.

Where do people travel to for work?

The biggest percentage of people travel to Sydney.

How long do people spend on the road?

2 to 3 hours.

Do you use KNC?

51% say yes.

Why do you use KNC?

Two main areas were before and after school care and room hire.

Are you aware of ALL KNC's services?

Most people were not aware of the support groups such as; indoor bowls, craft group, the over-fifties friendship group, playgroups and cooking classes etc.

Are people happy living in Kariong?

57 % said they are happy living in Kariong and 16% said no.

Main issues in Kariong are:

- Unsafe pedestrian crossings on Langford/ Woy Woy Rd and Mitchell Ave
- Speeding Drivers/trail bikes.
- Roaming youths and antisocial behaviour (no respect for the elderly).
- Vandalism and stealing, aggressive behaviour, graffiti
- Bushfires
- Transport – bus direct to Erina.
- CityRail buses to stop at Kariong

What would you like to see more of?

40% of people said; more youth activities in the evenings and Friday nights
Basketball and netball courts.

Upgrade playgrounds.

Law and order for abusive behaviour

More community events eg: markets, entertainment

Swimming pool to be restored in Mount Penang.

Available doctors for emergencies.

95% of residents receive and read their Connection.

What interests you? What do you like/ dislike about the Connection?

Most like all of it especially the local news, activities and local business adds

What would you like to see In the Connection?

Most like it the way it is – police reports, school news, job/volunteer vacancies, transport information.

We will be addressing each issue outlined - separately and keep you posted on a regular basis in the Connection. If you have any questions contact Fiona on 43401724

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

It has been a tough start to the season with three of our senior grades struggling so far. With injuries, suspensions and players away our teams have done it a bit tough over the first few rounds. However all is not lost with players coming back over the next few weeks the club is very confident of figuring in the finals at the end of the season.



It is a very different story with our Colts however with the team sitting in second place having played two less games than the leaders. A real solid start to the season, boys, keep at it! Whilst on Colts a big congratulations to Jackson Parkes— Jacko has been chosen to play for NSW Country U18s in the European Tour late this year. A fantastic effort, we are all extremely proud of you!

Our Juniors have all started their season in earnest with all sides figuring in some good games of footy. With some good weather over the last couple of weeks there has been some real talent showcased by all our junior players.

On May 11 we held our annual trivia night at Gosford RSL Club. There were around 120 attendees with the winning table captained by Paula Wills, wife of Club Coach Tod. It is always good to see the traditional supporters of Club events although some were not that recognisable. What was even better was seeing some new members supporting our events as well. Thanks all for coming along. We even had some celebrities there on the night with Grand Final goal scoring Mariner Patrick Zwaanswijk and former A Country Practice busybody Esme Watson. A special thank you to Bushy and his sidekick Pete Larke (nice Ricky Martin channeling, Pete) for all their efforts in making the night such a success

Don't forget our fortnightly meat raffles at Kariong Tavern. Held on Fridays at 5.30pm and convened by our Chief BBQ Boy, Graham.

A big thank you to our sponsors who support us so please support them:

Heyden Frame & Truss, Break Thru People Solutions Times Café, Kariong Physiotherapy, Bendigo Bank, Aware Education, Kariong Tavern, Gosford RSL Club Crocodile Encounters

If you would like to be a part and sponsor a great club please call Gary Clay 0408 433 164, Chris Woutersz 0414 347 562 or me on 0438 692 276.

For more news and contact information please check our website www.kariongrugby.com

Tim Larke, Club President

The XChange

Seventh-day Adventist Church



The XChange has been busy again this month. We had the extreme pleasure of helping a dozen families out around Kariong with a little extra in their pantries this term as well as our usual weekly 'bakery run'. 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. If we could do anything for you, give us a ring and have a chat – we love to help!

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

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9am – 10:30am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at 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.



GymbaROO

Give your child the best start in life!

Our programs are designed to maximize your child's potential – and best of all, it's great fun!

Based on a sound understanding of the importance of each developmental stage, the BabyROO and GymbaROO programs focus on key motor skills and optimal brain stimulation for your child. Classes include gym equipment activities, music, dance, balance and strength exercises. We can help with: tummy time issues, clumsiness, social skills, Pre-reading skills, balance and gross motor skills

###Kids needed for our 3-4yr and school readiness (4yr+) classes###

Call 4340 5154 to book your child in today.

Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday and 9.30am until 2.30 pm Saturdays.

From 1st May 2013 Gosford City Library customers will be able to borrow 5 extra items per card taking the maximum up to 15 items – books, DVDs, CDs, magazines and audio-books. DVDs have a 7 day loan period and all other items are available for borrowing for a 3 week loan period. The Kariong Library Action Group have a regular monthly **Book Club**. Book Club meets at 10 am on Friday 28th June 2013 and will be reviewing **The Tourist** by Olen Steinhauer - published 2009. The books follow Milo Weaver who used to be a "tourist" for the CIA—an undercover agent with no home, no identity. Just when he has finally found some happiness, an investigation into the death of a hired killer he'd been hunting threatens to ruin everything. Raised in Virginia, Olen Steinhauer lives with his family in Budapest. (The book is the first in a trilogy - Sony Pictures have acquired **The Tourist, Nearest Exit plus An American Spy**, with Doug Liman to direct.) **Storytime** is held on Tuesday mornings. Stories and craft activities begin at 10.30 am. New children's books on the short list of the Childrens Book Council of Australia have recently arrived in the library with some exciting 'young adult' short listed books. The 'young adult' books include **After** written by Morris Gleitzman, **The Shiny Guys** by Doug MacLeod and a new Jackie French novel – **Pennies for Hitler**, a companion piece to the bestselling *Hitler's Daughter*. The Kariong Action Group now have an email address, please contact us for any information and to leave your comments:

klag2013@yahoo.com.au

**Do you have a love for History?
We would like a volunteer to assist
us with compiling the history of the
Kariong Neighbourhood Centre
25 years next year!!**



Are your teenage children moping around the house saying "I'm bored" or "why can't I watch all Harry Potter movies in a row?" Are you after something for them to do in Kariong? KCBC runs regular programs that might be what you are after.

Girls Club happens every second Thursday evening and involves craft, cooking, games and great deal more creative activities. It is for all girls in primary school.

Redemption Youth is a weekly program for all in yr 6 - 10 that seeks to provide an enjoyable place to hang with peers. Crazy games, plenty of laughs, exciting outings and all round good times are regular occurrences at RY.

If you would like to talk about these programs more 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.



Massage & Reiki healing for women

Hand-poured fragrant soy wax candles & melts, herb & resin incense blends, incense sticks, white sage, crystals & gemstones, salt lamps & more

Market stall open on weekends at Kariong
Phone Maxine on 0403-643108 for details

info@sacredcircleharmonyhealing.com.au
www.sacredcircleharmonyhealing.com.au

ABN 34 598 966 984





By all accounts the season has already been a huge success and its great to see The Hill well supported each weekend. With Karan back in control at the sign in desk maintaining the smooth flow of teams and referees across the venue, please give her a nod and a "thank you" when you next see her. The Hill does not function without her devotion to the Club and the game.

Team photos - 1st June. Grandparents be warned! You are about to be inundated with a fresh batch of soccer photos from your little darlings. We hope you enjoy seeing the kids in their club colours as much as they enjoy playing in them.

The Club Facebook pages are getting a good workout but it needs more effort from you! We are sitting at 373 likes (at time of writing) and I'd like you to get that number up to 500 by the end of June. Spread the word - come and "like" us at <https://www.facebook.com/GBKariong?ref=ts&fref=ts>. Our Facebook page also has a link to Central Coast Football to check for ground status and closures and we recommend this as your first option.

TRAFFIC WARNING - Residents, please take care on weekends around Mitchell Drive and Curringa Road. These are the two major access points for Kariong Oval and "watch out kids about". Let's keep our kid safe. Special mention here for our annual Gala Day on June 23 - this is going to be a traffic challenge as we host hundreds of players and their families. Thank you for your understanding on the day.

Your committee wishes you an enjoyable season and we welcome 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.

The Sponsorship team have had a busy off-season and I have the honour of announcing George Brand Real Estate Kariong has signed on for the next 12 months. Worthington BMW has joined the club's sponsors and we look forward to bringing you more details in the months ahead. Guy and his family at Foodworks have committed to providing another year of great service to assist 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. Please keep these valuable sponsors in mind when making your purchasing decisions.

Jeff Vilensky
Kariong United FC Publicity.

Campaign to Upgrade our Intersection! Update

After our successful petition last year, council were able to put in an application for black spot funding.

We won't know the outcome of the application until approximately August.

Although council did reassess the intersection last year as a result of the campaign, the report that came back was that a roundabout is still the best and cheapest solution.

No provision was made for a safe pedestrian crossing for our families.

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 meantime please consider taking 5 minutes to send a letter or email to our State MP Mr Chris Holstein and/or Deborah O'Neill, Federal member for Robertson to request funding.

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. Thank you.

Mountains Kariong Cricket Club.

Winter brings a certain peace and quiet over the hallowed turf of Kariong Oval when it comes to cricket. We'll begin publishing news from our Annual General Meeting and associated Club updated in future editions, and there are a considerable number of advances being worked on in the off-season.

Jeff Vilensky

KARIONG SCOUTS



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

Joeys..... 6 to 7 y/o.....Meet Tuesday 4pm to 5:00pm
Cubs.....8 to 10 y/o Meet Tuesday 7pm to 8.30pm
Scouts.....11 to 14 y/oMeet Monday 7pm to 9.00pm



Since 1998 LJ Hooker has raised and donated over \$5 million towards the Australian Cystic Fibrosis Research Trust.

The profit from each box of cupcakes sold goes directly to Cystic Fibrosis Australia.

LJ Hooker Central Coast Cupcake Drive Order

Name: _____

Contact Number: _____

YES, I would like to order Cupcakes to Support Cystic Fibrosis:

Caramel Mud
_____ box of 6 @ \$25.00

Red Velvet
_____ box of 6 @ \$25.00

Mixed Box
_____ box of 6 @ 25.00
\$ _____ Total

LJH Office I wish to collect my cupcakes from: _____

Delivery Date (please circle)
Sat 08/06/2013 Tues 11/06/2013 Thurs 13/06/2013
Payment: (please tick)
 Cash Direct Deposit
Bank Details: 062-544 1047 7549
(please use surname as reference)
Please fax completed form to: 02 4324 1783 or email to gosford@ljh.com.au
ORDERS CLOSE: 5pm Thursday 30th May 2013

***“Little Miss Cupcakes -
By Jen”***
Find her on facebook



Whats

Happening at The Hill Youth Centre this month?

The Hill Youth Centre - 98 Mitchell Dr Kariong
Ph: 4304 7039

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.

Hours Open: Mon – Thur 3-6pm Friday 4-8pm.
School Holidays 12pm - 4pm.

Other Activities held at The Hill include -

Monday

6 - 7:15pm Toogee Taekwon do Ph: Shayne 0405 209 857 or shaynemclaren@live.com.au

7.45pm Cross combo circuit Ph: Sarah or Joanne 4369 5171 or info@transcendfit.com.au

Tuesday

5- 7pm Ku-Ring-Gai Academy of Irish Dance Ph: Cathy 9456 0446 or cathylea@bigpond.net.au

8-9pm Boxing Ph: Sarah or Joanne 4369 5171 or info@transcendfit.com.au

Wednesday

4:00 – 5:00pm Boxing and Fitness Circuit Ph: 4304 7039

9.30 – 10:30 am Pilates with crèche available Ph: Sarah or Joanne 4369 5171 or info@transcendfit.com.au

7:00 – 8:00pm Pilates Ph: Sarah or Joanne 4369 5171 or info@transcendfit.com.au

Thursday

9:00am – Gymbaroo – Babies, toddlers and pre-schooler classes Ph Merlene 4340 5154

6 -7:15pm Toogee Taekwon do Ph: Shayne 0405 209 857 or shaynemclaren@live.com.au

Saturday

8 – 9am Boxing Call Sarah or Joanne 4369 5171 or info@transcendfit.com.au

9-10am Pilates Ph: Sarah or Joanne 4369 5171 or info@transcendfit.com.au

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



2013

**Saturday 1st June 2-5pm:
Footprint Festival in the Garden,
Hall, Playground and Arts Barn.**



Join us for fun and learning:
Includes an Eco Magician (2pm),
The Kariong Primary School Choir,
Cooking demonstrations, Organic
Food & Wine, Home-made soft
Cheese-making, Footprint Art,
Information stalls,
Calculate your Ecological Footprint,
**Essential to book for some
workshops - see website for details.**
Donation/Cost for some workshops.

Buskers wanted & welcome!

5pm to 8pm:

4 Seasons Film & Art Night,
Opening with the Conservatorium's
Senior Strings Ensemble playing
Vivaldi's Winter, episodes of
'dirtgirlworld' as seen on ABC TV, The
Tangelos Community Choir,
Storytelling and short films

ENTRY IS FREE.

**Yummy Hot Food by Kariong Scouts,
with tea, coffee & cakes by donation.**
BYO cup, chair & dress warmly.

*Kariong Eco Garden: sustained by volunteers
thinking globally, acting locally.*

Dandaloo Street, Kariong

Ph: 0417 686694/43405425/ 43231843

Email: : kariongecogarden@gmail.com

www.kariongecogarden.org.au

Australian Plants Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 15th June, 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. There will be a guest speaker. On Saturday morning 15th June we will be taking a leisurely bushwalk looking at and identifying plants. Visitors are also welcome to come along on our bushwalks.

Our monthly meetings include a Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

On conclusion of the meeting afternoon tea will be served with 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.



KARIONG PROGRESS ASSOC.

Kariong Progress Assoc. meet on the 1st Wednesday night of each month.

Next meeting: WEDNESDAY JUNE 5, 8pm Progress Hall, Woy Woy Rd.

Special guest for our June meeting is Councillor Gabby Bowles. Gabby is a new Councillor and hasn't been to a Progress Association meeting before but is looking forward to meeting local residents and discussing local issues.

Please come along and take the opportunity to discuss any Council issues directly with Councillor Bowles. If you have any concerns about the Langford Drive / Woy Woy Road intersection, this would be a perfect opportunity to voice your thoughts with Councillor Bowles.

Our guest speaker for the July meeting, Wednesday 3rd at 8.00pm will be MP for Robertson Deborah O'Neill who will be available for discussion on Federal matters including the F3 link. So if you wish to see progress in Kariong these will be two excellent opportunities, musts for the diary.

The Progress Hall and tennis courts can be booked by ringing 4340 1068 between 8.30am and 6.30pm.

Enid Pauling
Publicity Officer

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

Bookings essential

Please phone **(02) 4340 1724**
or email admin@knc.net.au

Justice of the Peace

Registered Justices of the Peace (JPs) are volunteers and offer their time as a free Community Service.

They may not be available at short notice or at all times of the day. When seeking the services of a JP, please telephone in advance to make an appointment.

Kariong Neighbourhood Centre has JP services available on Wed & Thurs 9am-3pm.
For an appointment please ph: 4340 1724.



LITTLE BEE'S



COME HAVE A CUPPA, A BISCUIT AND A CHAT WITH
OTHER PARENTS
WHILE YOUR CHILD/REN PLAY, DO FUN ACTIVITIES
AND MAKE NEW FRIENDS WITH OTHER KIDS

WHEN: EVERY MONDAY 10AM-11AM

WHERE: KARIONG NEIGHBOURHOOD CENTRE

COST: \$3 MEMBERS \$3.50 NON MEMBERS

HOPE TO SEE YOU THERE



**5:00am Mon-Fri/6:00am
Sat**

Providing: great coffee,
freshly made sandwiches,
burgers and home-made
cakes.

**Now taking phone
orders: 43405427**

Your new local owners, Kirsty and Cameron

Kariong Community

Volunteers required for Community work.
Make a difference to those in need.
All you need is empathy & some life experience
**Ring 4323 6080 or email
Gosford.region@vinnies.org.au**



**SOCIETY OF ST
VINCENT DE PAUL**

Kariong OOSH available to Somersby School Children via Public Bus

School Bus 4 now services the Kariong loop on Langford
Drive to / from Somersby Public School.

Afternoon: Bus 4 will depart Somersby Primary School at
3.03pm and arrive at Kariong at 3.26 pm

**For further information please contact Kincumber Depot
on 4368 2277 or visit www.busways.com.au**

**If you have any unwanted good quality toys,
books etc - Please donate them to our play-
group or OOSH service - we love to share
them with the local children**

Active Playgroup

*With music, dance, exercise,
toys, craft & School Readiness.*

**Come along, have fun and meet
other families. An educational pro-
gram in a safe, happy & stimulating
environment.**

Where: Kariong Neighbourhood Centre

When: Wednesdays at 10.30am —12.30pm

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

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



Coast Care Counselling

Now available at
**Kariong Neighbourhood Centre
10 Langford Dr, Kariong.**

**Thursdays & Every Second Friday
By appointment. Ph: 4340 1724
www.coastcarecounselling.org
Very affordable prices**

Hinterland REAL ESTATE

Ramsey Group

Local owners with over 20 years experience.

Thinking of selling or buying?

If you're thinking of selling, buying or renting, or simply would like some advice or a
FREE no obligation market appraisal call us today on 4322 7233.

Your Area's Premier Agency

Supporting your Local Community

Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford
Ph: 4322 7233 www.hinterlandre.com.au

KARIONG AUTOMOTIVE

Under New Management

All makes and models servicing
Log book servicing
Rego Checks
Brake and clutch specialists
Suspension Repair
Exhaust Repair

Friendly Service you can Trust
P: **4340 0295**

www.kariongautomotive.com



*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

Toni Baines 0417 794 137
Registered Tax Agent



Little Miss Cupcakes

Themed Cupcake Towers

Delicious local home made gourmet cupcake towers themed to suit your every occasion - made to order in many sizes and flavours - Gluten Free & egg/dairy free also available



Contact Details:

Phone: Jen on 0459 221179

Facebook: Little Miss Cupcakes – by Jen



Extensions,
Renovations,
Supervision,
And Light
Commercial

Scott Reeves

Local Builder in Kariong

Licence No: 162094C

Phone: 0409454527 or
0414419784

Email:

stconstructions@bigpond.com

Member of:



"Leading provider of quality childcare since 1994"

Offering a warm, nurturing and home-like environment, our boutique family owned centre is a place where your child will feel safe, secure and supported as they grow in confidence and develop long lasting friendships.

Our children and families benefit from:

- ◆ Early childhood education 0-6 years
- ◆ An individualised preschool and school transition program
- ◆ Nutritional meals daily
- ◆ Beautiful interactive sensory gardens
- ◆ A bright, happy and positive learning environment with our team of highly qualified educators

Please phone Karan or Tracey: 4340 4351

1 Milyerra Road, Kariong (cnr WoyWoy Rd)

www.littleangels.com.au

**30 YEARS LOCAL
OPEN 7 DAYS
MEDICARE EPC**

- dental implants
- general dentistry
- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
- oral hygiene department
- orthodontics
- sleep dentistry
- ceramic filling
- cosmetic laser technology
- one hour tooth whitening
- HICAPS claims accepted





vc dental
KARIONG
ALSO AT EAST GOSFORD



Mitchell Dr
Medical Centre
Langford Dr
11 Mitchell Drive,
Kariong

4340 2022 - vcdental.com.au



ABLEANT

Audio Visual Cabling & Antenna Installations

✓ Digital TV Antennas

✓ Additional TV Outlets

✓ Wall Mounted TVs

✓ Surround Sound

FREE TV RECEPTION TESTS AND QUOTES

Call Peter on 0431 777 447

**Australian Government
Approved Antenna Installer**



TANYA STOKES
Photography



Local Kariong photographer
Affordable quality images

Newborns | Children | Families | Couples

P - 0422331750 | E - dtars@optusnet.com.au
www.tanyastokesphotography.com.au
www.facebook.com/tanyastokesphotography

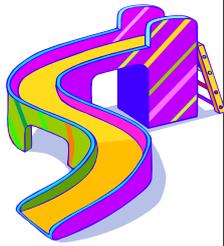
Kids Party Hire

Have it all for only \$28 per hour
or \$24 for members!!

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

Why mess up your home when you can have ours

**Contact Kariong
Neighbourhood Centre
Ph:43401724**



MASTERPRINT

Fine Quality Masterprint

Servicing Central Coast & Sydney

Please take advantages of the
Special Offer this month!

*For your convenience,
we will come to see you!*

Business cards Posters Digital Printing
Letterheads Graphic Design Offset Printing
Envelopes Magazine Large Format Printing
Brochures Magnets Die Cutting Laminating
Flyers Invoice Books Bindingand more!

info@masterprint.net.au www.masterprint.net.au

For 500 Business cards
with cello, single sided

\$99

Please call Morrie
on
0412 063 418

Marine Engine Service & Repair

Outboard Motors

Contact Bill on **0423875711**



**Hearing Aid
Services Australia**

FREE

HEARING TESTS

FOR OVER 55'S

Wyoming and Kariong

MARK WALKER PLUMBING

HOT WATER SERVICES
GAS FITTING
GUTTERS & DOWNPIPES
STORMWATER & TANKS
BATHROOM RENOVATIONS
GENERAL MAINTENANCE

**FULLY INSURED - 10% DISCOUNT ON
PRESENTATION OF AD**

0418 449 801 or 4342 6299
LIC NO. 25262C

By George
Window Cleaning Services

Professional residential and commercial window cleaning
Free quotes—reasonable prices
Give George a call
0410 332354



Phone: 02 4341 9141
Fax: 024341 9141

J & J Cassidy and Son

Gold Licence No. 47947C
Painting and Wallpaper Service
Commercial * Domestic
* Extensions *Repairs
Jim: 0419 666 447

MATURE HANDYMAN SERVICES

Your Local Kariong Mr Fixits"

Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 43401166 / 0410434845 - Keven 0413208450
-----fully insured-----

R & R Roofing Specialist



25 years experience for all your roofing needs

Whirly Bird discounts. Leak detection. Downpipes & Gutters, Guard & Clean. Skylights. Bed & Pointing. Free quotes & Pensioner discounts.
LIC NO. 250241C

Phone: 0414 431 671

Family Health & Wellbeing DVD Library. Hire only \$2 a week for Kariong Neighbourhood Centre Members - drop in for a browse!



5/401 Manns Road
WEST GOSFORD
02 4325 7133
Owners local residents Jamie & Belinda Beresford

ALL TYPES OF MECHANICAL REPAIRS

NRMA APPROVED REPAIRER

*SPECIAL \$25.00 REGO/PINK SLIP with this voucher



LOOK WHAT'S AT ROY LAMB

Buy 4 Bag's Potting Mix and get a bag of
Active-8 Free
SOILS
MULCH
SANDS
PEBBLES
CEMENT
WOY WOY
Phone: 4344-1110
KARIONG
Phone: 4340-0044

PLUMBING & GASFITTING MAINTENANCE

HOT WATER HEATERS
CISTERNS
TAP WASHERS
REPAIRS & SERVICE
GAS LOG FIRE SPECIALIST

GRAHAM TANGYE PLUMBING

0417655182 Lic No. 14430 4342 9926

TRAYS ON REQUEST



OPEN 7 DAYS

MON-FRI 8AM TO 6.30PM
SAT-SUN 8AM TO 4PM

SHOP 2 CNR ARUNTA AVE KARIONG

PHONE: 43 400887



- Tree Pruning
- Tree Removal
- Fully Insured
- Qualified Arborist



Firewood Sales & Delivery
Call Will: 0402 418 017
or 4340 1528



FREE TV RECEPTION TEST
 We will Test & Diagnose any problems you are having with your TV Reception for FREE!!
 Digital TV Antenna Services TV & Speaker Mounting
0419 409 180



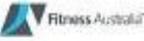
PAINTING
 For much needed painting and most affordable one try me, you wont be disappointed.
FREE QUOTATION + WORK GUARANTEED
 Call 0408 917774 or 43400420
 Lic. No. 129863C

BOVIS ROOF REPAIRS
 (Lic. No. 10805)
 *All Roof Leaks & Repairs
 *Re-bed & Point-up Loose Ridge Capping in FlexiPoint
 * Pressure clean roof tiles, clean and point (2 coats)
 * All Types of metal roofing, flashing and guttering
 * Work Guaranteed * Free Quotes

Worked and lived in Kariong 22 years
 No Job Too Big or Small
 Phone Grant on 0412437175 Or 43401825



FoxyFit BOOTCAMPS
 Karla Mansfield
 0409 247 833
 www.foxyfit.com.au
 NEW to Kariong!
 Get Fit the Fun Way! — Contact Karla for Session Details




Karaoke_With_Frankie
 ABN:19 667 143 947

We conduct professional karaoke runs on parties, events & functions held at your preferred venue. We come to you. We only use quality backing tracks on a fully digital karaoke equipment that can accommodate 100 people.
FOR ENQUIRIES PLEASE RING:
 0402 145 578 0401 800 803 (02) 4340 0532

MOTOR MECHANIC

STEPHEN McLAINE Automotive Services

MUFFLERS - BRAKES & SUSPENSIONS
 MANUFACTURERS LOGBOOK SERVICES
 ALL MECHANICAL REPAIRS & SERVICING
 AIR CONDITIONING, TYRES & ALIGNMENTS
 REGISTRATION INSPECTIONS WHILE U WAIT

ALL MAJOR CREDIT CARDS
 QUALITY WORKMANSHIP - COMPETITIVE PRICING

43248066
 5 GRIEVE CLOSE, WEST GOSFORD

FREE PICK UP & DELIVERY!

Nat's Your Man

Your Handyman
 "Big or Small, he'll fix'em all"

Call Nat Bille
 Ph: 4340 1648
 Mobile: 0422 919 034 ABN: 70 305 961 574



- Expert Care with timely friendly service
- Sports Injuries
- Necks & Backs
- Women's Health
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

PH 4340 1643
 3 Mitchell Drive, Kariong



KARIONG Physiotherapy Centre

What's On at Kariong Neighbourhood Centre...

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently from here. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We also offer internet access, photocopying, faxing and laminating*

MONDAYS

Little Bees Playgroup

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

Sister Fabian - Free

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

Family Law Advice Clinic—FREE

Assisting you to find solutions to your family law queries. First Monday of each month, 2:00pm -4:00pm. Bookings essential ph:4340 1724

Pilates for Seniors - www.transcendfit.com.au

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 Yoga 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 - NSCCA

Free service provided by Area Health. No bookings required. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.30am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

Early Childhood Clinic—NSCC Area Health

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

ZUMBA fitness

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

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

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—HLTA311A

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR)
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

14th & 28th June 2013 — 10.00am to 12 noon
www.breastfeeding.org.au

Arts and Craft Evenings

7-10pm. 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

Andrew Kings Workshops

Developing your presence as a group leader
Working with men's responses to conflict
7/8 August - 9.00am until 3.00pm

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

*Become a member of Kariong Neighbourhood Centre for only \$3.00 and receive many discounts and invitations to lunches with guest speakers
Room Hire Available*

*From only \$7hr Ring & Book for your next meeting or function Ph: 4340 1724
Justice of the Peace Services available*

CLOSING DATE for NEXT ISSUE **Wednesday 19th June, 2013**

Please submit advertising to admin@knc.net.au and Community Announcements to 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

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.