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# THE KARIONG CONNECTION

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

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Vol 22; No. 2    10 Langford Drive, Kariong, Ph: 4340 1724;    [www.knc.net.au](http://www.knc.net.au)



March 2013

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**Sunday March 17th 9.30-3.00 Kariong Mountain High School,  
Mount Penang Parklands festival drive**

**This year promises to be bigger and better than last year!**

Four tents, dedicated for **kids activities** ranging from; face painting, balloon sculptures, nature crafts, plaster fun house, make your own mask, paint a bag, beading, carnival games, sports and kindy gym. Many are FREE!! Also Carnival Rides, Jumping Castle, horse riding, giant balls and Drumbala drumming circle.



A **bigger stage** on the mound with 20 amazing acts ranging from ; Dr Good Vibe, Kariong Primary School Choir, Jake Cassar, Lone Wolf, Centre Stage School of Dance, Sing Australia Choir to name a few.

**Food available;** Paella (seafood), Mediterranean (Gozeme), Pizza, wraps, chips, BBQ, bacon and egg rolls, coffee, ice cream, slushies, snow cones, Devonshire teas. ***Bring a picnic rug or sit in the shade while you and the kids are being entertained !***

Youth Hip Hop work shops and sports running all day, plus the Kariong High School bands. This year there will be an Art and Craft Exhibition with demonstrations on the day from lace making, mosaics, jewellery making, painting and sculpture. Emergency services, Machinery club NRMA will have displays. Plus 50 stalls, Family history searches, enviromental talks and alternative therapies

**DON'T MISS OUT - COME AND JOIN US !!!**

Ph: 43401724 for information



**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

**Editor's Note—Hello Kariong!!**

*Well this sure is a jam-packed edition!! March is going to be a huge month for the Community!!*

*It's all happening at the Kariong Community Fun Festival - heaps of free activities for the kids, loads of stalls & entertainment for everyone - it's going to be an awesome day out for the family!! A must!!*

*Family Portraits Fundraiser is an economical way to get a lovely family portrait as well as raise funds for the Neighbourhood Centre to replace turf!!*

*The free Time Banking workshop is a great opportunity to learn more about exchanging your volunteered hours for something that you may need and are unable to do yourself.*

*There are more fantastic workshops coming up: 'Groupwork Solutions' workshops give you strategies to take back to your workplace.*

*'The Grant's Guy' is bringing us an excellent workshop for all the not-for-profits out there trying to successfully apply for grants.*

*There are great things happening for the teenagers - Redemption Youth group for your 11-15yr olds, each Friday evening & the Annual Kariong Sessions Skate, Scooter & BMX Comp—see pg7 for more details—both look fantastic!*

*The new Line Dancing classes have been a raging success, so come along, kick up your heels & have a great time!!*

*I would like to thank Kariong families for kindly donating toys, board games, books and garden mulch— we greatly appreciate your support!! Until next month! Tracie Gosling/Editor*

**KARIONG SCOUTS**

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

JOEYS.....6 to 7 y/o..... Meet Tuesday 4 to 5:00pm  
CUBS.....8 to 10 y/o ..... Meet Tuesday 7 to 8.30pm  
SCOUTS.....11 to 14 y/o .....Meet Monday 7 to 9.00pm

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



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

We are a combined club and would welcome new members, Male & Female, retired or semi retired to join us for Friendship, Fellowship & Fun.

Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month.

You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact:  
Judy Ph. 4344 6867 or Frank Ph.4340 5657



Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"

Corner Pile Road and Sailfind Place

**Phone: 4340 2415**

Individual Tax Returns from \$99

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

## FAMILY PORTRAIT FUNDRAISING DAY

Kariong Neighbourhood Centre  
are hosting a Family Portrait Fundraising Day on  
**Friday, 19th April 2013**

For only \$15 each family will receive **5** items:  
frame, family portrait, unique family Pencil Sketch,  
key ring and a wallet sized portrait.

10x13" family portrait + Frame  
Wallet sized Key ring portrait, A3 Pencil Sketch

Contact Fiona Simpson on 4340 1724 for bookings



*Growing Local Communities-* through volunteer programs Time Banking is a community program that allows the voluntary exchange of services between members.

It's as simple as give an hour, receive an hour: by giving one hour to helping another member, you earn one hour of time credits which can be used to receive services such as lawn mowing, hair dressing, caring for elderly/disabled etc.

**EVERYONE HAS SOMETHING TO GIVE,  
SO COME AND SEE WHAT  
TIMEBANKING IS ALL ABOUT!**

To find out more come to our information session:

**When:** Thursday 14th March, 2013  
**Venue:** Kariong Neighbourhood Centre,  
10 Langford Dr, Kariong NSW 2250  
**Time:** 10.00am to 12.00pm

Morning tea provided

**Bookings Essential** - please phone 4340 1724  
if you are volunteering, you could be banking!!



## How to Apply for Grants & Tenders Workshop - 3 hours

This workshop is the ideal, practical guide to grant writing for any small business seeking to attain funding by applying for grants or tenders. This is a practical step by step workshop where grants from both the **public and private** sector will be assessed and participants will have the opportunity to draft grant applications in class and have them assessed by the facilitator. A discussion will also take place with regard to current developments in the Philanthropic sector.

This workshop will provide valuable knowledge on a range of Grants related topics:

- **Public and Private** Sector Grants – what is out there?
- Visioning, Strategy, Methodology Project Planning & Project Rationale
- Community Capacity Building & Sustainability
- Practical Grant Writing Tips, Budgets & Grant Jargon
- Acquittal of Funding & Evaluation

**Presented by Keith Whelan:- lecturer at University of Sydney & Australian National University.**

**When:** Thurs 11<sup>th</sup> April, 2013 09:00am-12noon.

**Where:** Kariong Neighbourhood Centre,  
10 Langford Drive, Kariong. NSW 2250

**Cost:** \$55.00 each, Includes morning tea

**Registration:** Please contact Kariong Neighbourhood Centre for a registration form.



### Workshops at Kariong Neighbourhood Centre

- **Developing your presence as a Group Leader**  
7<sup>th</sup> March 2013. 9:00am-3:00pm
- **Working with Men's Responses to Conflict**  
8<sup>th</sup> March 2013. 9:00am-3:00pm

**Workshops are \$220 each, including morning tea, lunch & ample parking.**  
Visit [www.groupworksolutions.com.au](http://www.groupworksolutions.com.au)  
for further details and registration





## NEW KINDERS KEEN FOR SOMERSBY SCHOOL ADVENTURE

Seven girls and one boy make up the 2013 Kindergarten class at Somersby Public School. The excited youngsters are busy settling into school life in their K/1 classroom. The children come from Somersby and Kariong, and several have elder siblings already attending the school.



## KING OF THE RIVER FISHING COMPETITION

SATURDAY 16<sup>TH</sup> MARCH 2013

MALALUKA CARAVAN PARK  
4585 Wiseman's Ferry Road, Spencer

REGO from 6:00am  
WEIGH in before 3:00pm  
Gilled and Gutted

Trophies and Prizes Meat Raffle and raffles

Adults \$20, Kids \$8 (up to 17yrs),  
Family \$50 (2 adults, 2 kids)

Wendoree Park Progress Association  
FUNDRAISING EVENT  
Competition rules will be given to  
entrants upon registration  
Email: [wendoreekingoftheriver@yahoo.com](mailto:wendoreekingoftheriver@yahoo.com)



## CLINICAL HYPNOTHERAPIST

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[info@jascounselling.com.au](mailto:info@jascounselling.com.au)

## What is Hypnotherapy

Hypnotherapy is using hypnosis for the purpose of accessing the sub-conscious mind or the part of the mind/body that we normally tune out, such as suppressed emotions, memories or even inner resources like creativity and more physical energy. My style of therapy is client centred. The client is always in control, I simply act as a guide to create the changes that the client wants and I do this in a safe environment."

"Working with Janet has made me realise that there has been so much of my former self holding me back from the life I want to live, the life I can have. With patience and persistence, Janet has helped me navigate some pretty tough realisations about myself, and I am now on the way to achieving some very important personal goals. Thank you!" Jane, Sydney



**Special offer if booking at  
Kariong Neighbourhood Centre  
Experience Hypnotherapy \$40 for 1/2 hour.  
Pensioners \$30 for 1/2hour.  
Friday between 10:00am and 12noon.  
Bookings Essential Ph:4340 1724**

Normal sessions in private practice are \$80/  
hour. Pensioners \$60/hour Ph:0452 260 043



## NEW YEAR NEW YOU!!

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

## 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

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

Email: [littlemisscupcakes@live.com.au](mailto:littlemisscupcakes@live.com.au)



## Kariong Library Action Group

The Kariong Library is open 9.30am to 5:00pm Tuesday to Friday and 9.30am until 2:00 pm Saturday.

March is an exciting month for the Kariong Library Action Group. Starting with **the Kariong Community Fun Festival** which be held on Sunday March 17, 2013 on grounds of the Kariong Mountains High School. Kariong Library Action Group will be holding a stall which will be staffed by members who will be pleased to talk to you and give information on how to support the Kariong Library. They will also have second-hand books of good quality for you to purchase at a very reasonable cost. Sharon Carpenter is reading to the children on the day - join her and find out how to win a prize - prizes will be given for Junior and Senior best reading. Many thanks to all who donated books. If you are sorting out your bookshelves this weekend we are still accepting at the Neighbourhood Centre.

This exciting event is followed by **Seniors' Week at the Library (March 17<sup>th</sup> - 24<sup>th</sup>)**

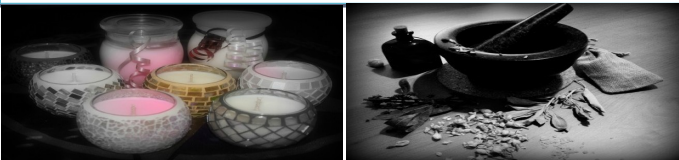
Bring your friends to the Library and enjoy sharing time with other senior residents of Kariong. On Tuesday 19<sup>th</sup> March a **Seniors Storytime** will take place. Seniors are welcome to join in Storytime with their grandchildren at 10.30 am. The morning will continue with entertainment by Kariong Primary School choir. (This choir were successful at an auditor for the Primary Proms to be held at Sydney Town Hall in September). We invite you to stay and enjoy Morning Tea which will be prepared and served by the Kariong Mountains High School students who are looking forward to returning to Kariong Library in 2013.

On Friday 22<sup>nd</sup> March at 11:00 am a member of the Brisbane Waters LAC will discuss "Safety for Seniors". This will be your opportunity to share your safety concerns with our local police. Please stay and enjoy morning tea.

### Book Club News

Recently news was received from an ex-member who is now living in New Zealand. She has joined her local Library but is missing the Kariong Library Book Club folks who made the reviews so interesting. Friday March 29<sup>th</sup>, is Good Friday and Book Club has been cancelled and will resume on Friday April 26<sup>th</sup> with a review of

**Most Wanted Man** written by John Le Carre.



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0403 643 108

[info@sacredcircleharmonyhealing.com.au](mailto:info@sacredcircleharmonyhealing.com.au)

ABN 34 598 966 984

## 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 201 -  
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**



## Want to learn Reiki?

FREE introduction to Reiki on  
Tuesday, 26th March at 7:00pm - 8:00pm  
At Kariong Neighbourhood Centre

You will learn what Reiki is and how you can be attuned to this ancient art of energy healing to use it in your everyday routine or to Practitioner or Reiki Master/Teacher levels.

**Bookings essential.**

Please phone 0403-643108 or email  
[info@sacredcircleharmonyhealing.com.au](mailto:info@sacredcircleharmonyhealing.com.au)

**Maxine Skinner is a local Reiki Master/  
Teacher and a member of The Australian  
Reiki Connection.**

Sacred Circle Harmony & Healing  
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[www.sacredcircleharmonyhealing.com.au](http://www.sacredcircleharmonyhealing.com.au)



### Eco Garden - March/ April 2013 Events.

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

**Saturday 13<sup>th</sup> April. " 4 Seasons Film and Art Night."** 6pm to 9pm; includes Central Coast Conservatorium Strings Ensemble playing Vivaldi's Four Seasons Concerto- **Autumn**, Environmental Films, 'dirtgirlworld' as seen on ABC TV, Talks and other music from local artists. **FREE ENTRY** Refreshments available and vege burgers by Kariong Scouts. Bring a chair.

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

Support 'Cash for Containers' campaign- 10c refund on cans and bottles. See website- [www.boomerangalliance.org.au](http://www.boomerangalliance.org.au) Reduce Litter, Increase Recycling.

#### **Other Events on the Central Coast:**

**Friday. 1<sup>st</sup> March. Outdoor Screening of " Bag It ". 7 to 9pm.** ( a look at our increasing dependence on plastic. Rotary Park, Terrigal (next to Central Coast Marine Discovery Centre). FREE activities, including FREE guided tours of the Marine Discovery Centre on the night between 7-8 pm. Contact Jen Dwarde on 4348 4327 or email [jen.dwarde@cen.org.au](mailto:jen.dwarde@cen.org.au) for bookings.

**Wed. 6<sup>th</sup> March. Sustainable Seafood.** 6.30 to 9pm. Terrigal Surf Club(Hunter CMA)

**Sunday 17<sup>th</sup> March. Kariong Community Fun Festival.** Kariong Mtns High School. 9.30am to 3pm. Includes an Art Show, Craft and Food Stalls, Environmental talks, Childrens activities; Performers include- Kariong Primary School Choir, Welcome Ceremony with Ganang Spirit Dancers, Sing Australia Choir, Slam Tango, Stephen Hunt, Duane Marnell, Corina Jones and Jake Cassar. To be **opened by Laurie McKenna and Liesel Tesch, paralympian.**

**March Planting:** The following vegetables/ herbs can be planted; Asparagus Pea, Broad Beans, Beetroot, Cabbage, Carrots, Cauliflower, Celery, Chilli, Chives, Cucumber, Dill, Dwarf Beans, Endive, Leeks, Lettuce, Oregano, Parsley, Rocket, Radish, Parsley, Spring Onions, Silverbeet, Swedes, Turnip

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

**The 4 Seasons Film and Art Nights are funded by a cultural grant from Gosford Council; we are looking for volunteers to help run these events.**

**We are also need a volunteer to help with our administration; 1-2 hours a week, includes finances , updating membership and filing.**

The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10am to 12.30pm on Mondays and some Fridays, and can be contacted on the details below. See website for more details;

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

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



### KARIONG PROGRESS ASSOCIATION.

An excellent meeting was held in February and Progress would like to thank Councillors Hillary Morris and Vicki Scott for attending. It was a lively meeting and already we have seen evidence of their good will toward Kariong, and we hope they attend more Progress meetings.

Our guest for the March meeting is Deputy Mayor Councillor Bob Ward. This is another opportunity for the public to voice your concerns, hear the Councillor's report or meet other Kariong residents in a pleasant, friendly atmosphere.

Meeting Date – MARCH 6. at 8:00PM.

#### **MARCH 17 - KARIONG FUN FESTIVAL -**

This is a wonderful day for Kariong, something for everyone to enjoy. Progress Assoc members will be there to bring you up to date with current events happening around Kariong.

Progress Assoc has made a submission to Gosford Council regarding the proposed subdivision at Mount Penang and an update for discussion will be presented at our March meeting.

Good News about the Progress Hall, Gosford Council have completed wall repairs and the Progress Assoc is now organising painting of the interior.

Please remember if you are wanting to make a booking for the tennis courts or the Progress Hall, please phone after 8.30 am and before 5.30pm.

A reminder: **Next Meeting MARCH 6 at 8.00pm**

Enid Pauling  
Publicity Officer



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*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**







The 5<sup>th</sup> Kariong Sessions Skate, Scooter and BMX Comp is on **Saturday 6th April** at Kariong Skate Park to celebrate National Youth Week.

The Sessions are a joint initiative of The Hill Youth Centre, Brackets and Jam and the Kariong Community Action Team. We are looking for young people interested in organising the event with the assistance of staff at The Hill Youth Centre. Do you have any ideas or suggestions on how the comp should be run, improvements we could make or just want to be involved? We are also looking for young people interested in judging and MCing events. We will be holding a meeting from **4.30pm on Wednesday 13th March** at The Hill Youth Centre to discuss these issues. If you would like to be involved but can't attend this meeting please call Michelle on 4304 7039 or e-mail [michelle.tilden@gosford.nsw.gov.au](mailto:michelle.tilden@gosford.nsw.gov.au) Registration forms for the *Sea FM Kariong Sessions Skate, Scooter and BMX Competition* are available at The Hill Youth Centre



**KARIONG COMMUNITY BAPTIST CHURCH**



Are you in Year 6,7, or 8? Are you looking for something to do on Friday nights?

You are invited to Redemption Youth!!

Redemption Youth is a group of young people in years 6-8 who get together for a whole stack of fun. Every Friday night from 7:00-9:00pm during school term we have a program full of games, outings, food, opportunities to 'give back' to the community and exploring a spiritual life. If you would like to come along and be a part of Redemption Youth call Noel on 0402634119. We meet in the "church house" on the corner Milyerra and Woy Woy Roads.

Why not also join us at our service on Sunday mornings 9:30am at the Kariong Public School hall. There are programs for children up to the age of 16 during the service and you are encouraged to hang around for a cuppa afterwards. We also have several programs for various age/gender groups throughout the week, check the website for details [www.kariongchurch.org.au](http://www.kariongchurch.org.au)

For more information please contact  
Noel 0402 634 119 or  
email: [youthpastor@kariongchurch.org.au](mailto:youthpastor@kariongchurch.org.au)

## Multicultural Cooking Classes



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

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

**This month features**

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

**When: Wednesday 20th March 2013**

**Time: 11.00 am- 1.00pm**

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

**Need Someone to mow your lawn & Maintain your gardens?**

**Ben's your man**  
**Ph:0457 656 267 for quote**  
**Pensioner discounts**



## **BabyROO & GymbaROO**

**Now at Kariong!**

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.**

**\$\$\$Would you like to earn extra cash?\$\$\$**

**Kariong Connection Delivery Required to 2200 Kariong Households**  
**Please phone 4340 1724**

## BROADBAND FOR SENIORS

Funded by the Australian Government

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

Bookings essential

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

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



### Chiro Pilates Massage Herbalist Acupuncture

CNR LANGFORD AND MITCHELL DR KARIONG

Ph: 4340 5154

We can help with back pain, neck pain, headaches, stress, weight loss, pregnancy and birth support, exercise programs, orthotics, children's health and behaviour and more!!

## Australian Plants Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House

on **Friday 8th March, 2013** at 7:00pm for a 7.30pm start. There is a \$2 admission charge at the door. Our speaker on the night will be Peter Street our current Vice President who will be speaking about a scientific expedition he was involved with at Kakadu.

On Sunday 10th March we will be bushwalking at the Avondale College at Cooranbong.

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

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

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

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

Inquiries contact Elsie:

[damael@hotmail.com.au](mailto:damael@hotmail.com.au) or phone 4365 5049.



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**Mobile:** 0430 929 034

**Email:** [bforeman.pointclare@ljh.com.au](mailto:bforeman.pointclare@ljh.com.au)



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### 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](http://www.coastcarecounselling.org)  
Very affordable prices

### Kariong Community

Volunteers required for Community work.

Make a difference to those in need.

All you need is empathy & some life experience

Ring **4323 6080** or email

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



**SOCIETY OF ST VINCENT  
DE PAUL**





Thank you to all new and renewing members for registering with the Football Club for the 2013 season. We welcome you to a proactive and successful club where we offer the opportunities to develop in the great game of Football. Any late registrations need to proceed straight to [www.mysoccerclub.com.au](http://www.mysoccerclub.com.au) to get your details entered, fees paid and the Club Registrar will allocate you into a team. If in doubt, you can always download the step by step guide on how to register online from the club website.

Major news items are being updated each day and I urge you to keep up to date with all the goings on by heading straight to the main Club website at [www.kariongunited.com.au](http://www.kariongunited.com.au). By the time you read this, preparations for team musters have come and gone and we now proceed headlong into trial games all in preparation for the season opening weekend of 6th and 7th of April.

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 and this has enabled the club to issue a brand new training shirt to all players to proudly show the George Brand logo on each sleeve. 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.

Jeff Vilensky—Kariong United FC Publicity.

#### Love Kids Love Veggies?

We need a passionate veggie gardener to assist with our sustainable garden at the Neighbourhood Centre. Please phone Fiona 4340 1724

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



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**HEARING TESTS**

**FOR OVER 55'S**

## Mountains Kariong Cricket Club.

Mountains has turned into the New Year of 2013 with some great news in that both our Junior teams have bolted to the front of their respective competition ladders. The u11 team now have a winning streak extending past 11 wins and the u15's have lost just a single match.. We look forward to seeing both teams in action in March Semi and hopefully Grand Finals and I look forward to bringing you this news next edition.

Jordan Vilensky deserves a special mention this month. The Mountains Kariong CC is proud to have Jordan as an active member and applaud his efforts along with the rest of his Representative team as they travelled to Taree in January and brought home the trophy for the best Country NSW Cricket team. This is a huge bonus for the greater Central Coast and provided the team an opportunity to compete against the City NSW champions at the SCG this month. It is with great pleasure that I announce that Jordan and his team were clinical in their victory. After posting a competitive 10-100 from their 20 overs (Jordan top scored), they bowled out the opposition for just 67 to take the title of "Best u14 team in NSW". A perfect way to end a great season.

Our Senior teams have not had the luck go their way this year. Coming into the New Years break we were cruising with 3 teams out of 5 in Semi Finals contention only to be another month along in the season and it is looking like our top side will be relegated out of the top grade. Whilst it would be most unfortunate, it simply means we have to do better next season. Our Division 1 team is holding onto 4th spot at the time of writing and on another positive note I hope to bring you news of our u21 boys as they take on Narara in the Grand Final of that competition.

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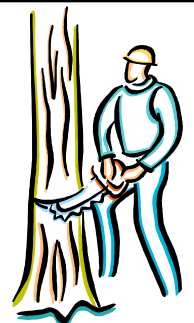
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## What's On at Kariong Neighbourhood Centre...

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

### MONDAYS

#### Little Bees Playgroup

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

#### Sister Fabian - Free

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

#### Family Law Advice Clinic—FREE

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

#### Pilates for Seniors - [www.transcendfit.com.au](http://www.transcendfit.com.au)

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

#### Line Dancing

7:00pm-8:30pm - 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. You will learn simple, effective meditation practices and clearing techniques aimed at experiencing mental silence. [www.freemeditation.com.au](http://www.freemeditation.com.au)

### TUESDAYS

#### Immunisation Clinic - NSCCAH

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

#### Indoor Bowls

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

#### Early Childhood Clinic—NSCC Area Health

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

#### ZUMBA fitness

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

### WEDNESDAYS

#### Tai Chi

With Roz from the Australian Tai Chi Academy. For beginners and intermediate levels. 9.15am to 10.15am during school terms, \$5 for members, \$5.50 non-members. No bookings required.

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

Music, dance, exercise, toys, craft & School readiness 10:30am to 12:30pm During School Terms - all welcome! Cost: \$3 members, \$3.50 non-members

#### Early Childhood Clinic—NSCC Area Health

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

#### Central Coast Multiple Birth Association Playgroup

10:00am to 1:00pm, 1st Wed of each month. [www.ccmba.org.au](http://www.ccmba.org.au)

#### 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—HLTA301C

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

### THURSDAYS

#### Kariong Arts and Crafts Group

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

#### The Over Fifty Friendship (TOFF's) group

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

#### Coast Care Counselling

Every Thursday counselling services. Also available for Emergency Bookings contact KNC Ph: 4340 1724 [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

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

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

### FRIDAYS

#### Australian Breastfeeding Association Meeting

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

#### Craft Group

Make Paper Craft with Pamela or bring your own project.. Every third Friday night 7:00pm to 11:00pm Contact Pamela for bookings & cost—0477 640 357

### SATURDAYS

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

### SUNDAYS

#### River Christian Church - From 9:00am,

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

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

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### **CLOSING DATE for NEXT ISSUE Wednesday 20th March, 2013**

**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**

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