

# 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. 2 10 Langford Drive, Kariong, Ph: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



March 2014



**KING OF THE RIVER  
FISHING COMPETITION**  
**SATURDAY 15<sup>th</sup> of MARCH**

MALALUKA CARAVAN PARK,  
4685 Wisemans Ferry Road, Spencer

ADULTS \$20  
KIDS \$8 (up to 17yrs)  
FAMILY \$50  
(2 Adults, 2 kids)

REGO from 6AM  
WEIGH in before 3pm  
Gilled and gutted

Trophies and Prizes  
Meat Raffle and raffles

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

## IT'S ON AGAIN!! KING OF THE RIVER FISHING COMPETITION FUNDRAISER

It was six years ago that the launch of the inaugural 'King of the River' fishing competition was held at Spencer. We have growing numbers every year through great prizes and trophies for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> in two divisions Senior and Junior. The trophies are based on the most overall points scored but there are loads of judges' prizes if you miss out on a trophy.

### Entrant prices are

\$20.00 for Adults  
\$10.00 for kids under 17yrs  
Family ticket \$50.00 for two adults and two children

The competition will be run in accordance with the NSW Fishing Code of Conduct. There will be meat raffles and numerous other prizes raffled off on the day so bring your loose change. Rules and maps and forms will be provided at arrival, stickers will also be on sale for \$2.00. T-shirts and hats are also for sale at the event.

You can pre-register or make enquiries for the competition by sending an email to [wendoreekingoftheriver@yahoo.com.au](mailto:wendoreekingoftheriver@yahoo.com.au) please give us all your details and we will write you up so you're ready to go after you pay and get your number.

Coffee and bacon and egg rolls will be on sale for breakfast and The Spencer School team BBQ will be looking after the afternoon BBQ from 2pm. So bring plenty of loose change for food and drinks plus for the amazing raffle with thousands given away in prizes. Shirts and hats will also be on sale.

## SENIORS WEEK

A FREE EVENT- including a light lunch

**Wellness Expo** showcasing  
many information stalls and  
displays on health and wellbeing

Plus

## Technology for Seniors

A presentation will be held  
at 11.00am

*"Keeping Seniors Connected - New  
Technology"*

**Technology is your friend –  
don't be afraid, don't stay at  
home and feel isolated – come  
along and learn how you can  
stay CONNECTED with family  
and friends.**



*'The only certainty  
in life is change'*

**You are ALL invited to join us!**

**Come along and find out what  
is available in your local  
community to improve your  
health and wellbeing.**

**When:** Friday 21st March 2014

**Where:** Kariong Neighbourhood  
Centre

**Time:** 11.00am to 2.00pm

**RSVP:** Tel: 4340 1724 or  
email [admin@knc.net.au](mailto:admin@knc.net.au)





## NSW Police Force Reporting Crime to Police



There are four ways to report crime in NSW, depending on the nature of the information: For further information on reporting crime contact the Crime Prevention Officer, Brisbane Water LAC on 4323 5534 or [www.police.nsw.gov.au](http://www.police.nsw.gov.au)  
**For do it yourself security audits-  
[www.crimeprevention.nsw.gov.au](http://www.crimeprevention.nsw.gov.au) (fact sheets)**

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

**Step 1.** Phone and advise the duty officer always request officer's name.

**Step 2.** If no response (attendance or phone back) contact Duty Supervisor.

**Step 3.** If still no response contact Duty Manager and advise Kariong Neighbourhood Centre of issues/outcome at your first opportunity.

## FREE FAMILY LAW ADVICE CLINIC

### Kariong Neighbourhood Centre

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

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

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

**Bookings essential Ph: 4340 1724**



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

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

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

## 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).**



## NILS—No Interest Loans Scheme

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



### What do we do?

We offer an affordable service for those seeking counselling for:

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

### How do I arrange an appointment?

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

Counselling for adults - Kylie Fawcner 0435 809 506  
Counselling for adolescents - Cheryl Andrews  
0401 684 938

### How much does it cost?

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

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

## MINGARA ORCHID CLUB

Will 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 an interesting Guest Speaker. There will be plants to buy, free tea and coffee and everyone is welcome to come along. For enquiries please phone Anne on: 4351 0891



### KARIONG SCOUTS

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

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

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



### Kariong Progress Association

Our February meeting was attended by many community members keen to hear of the latest plans for development and or planning changes for Mt Penang Parklands. Unfortunately Councillor Scott, our guest, on the night couldn't provide a lot of new information.

Councillor Vicki Scott provided an update on new developments proposed for Gosford CBD. Whilst also providing an update on issues at Calga and the Mountains area.

We are still waiting advice from MP Chris Holstein on State funding of future works for the intersection of Langford Drive and Woy Woy Rd to improve safety for residents.

**The Plant Lovers Fair** will be held again this year on 27<sup>th</sup> and 28<sup>th</sup> September at the Kariong Mountains High School which proved a very popular location for the inaugural of the event last year. The committee is looking to more variety of rare/collectable plants being available at this years event. Mark it in your diary.

### **Tennis Court Update**

We are very pleased to let you know that the Progress Association has arranged to fund the work required on tennis court 2, and depending on the weather, will be completed in the next few months.

Bookings are still available for tennis court 1 also the Progress Hall, by phoning 4340 1068 between 8:30am and 6:30pm.

**Our next meeting is Wednesday 5<sup>th</sup> March commencing 8:00pm in the Progress Hall Woy Woy Rd and new members are most welcome.**

E. Pauling  
Publicity Officer

**Kariong Public School P&C is holding a fundraising sausage sizzle at *Masters West Gosford* on Sunday the 9<sup>th</sup> March from 10:00am-3:00pm. So why not come down the mountain, grab a sausage sandwich and support our local school.**



Thank you to all new and renewing members for registering with the Football Club for the 2014 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.

The club Facebook pages have been sent into meltdown with the level of activity in recent weeks. All the details about registration dates, muster days, trial games are all actively posted to keep you, our valued club members fully informed as to the upcoming season.

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. 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

### **Advertise with us**



Our newsletter reaches over 2500 community members and local Businesses 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)**



Plumber, Drainer, Gas Fitter, Roof Plumber.  
Genuine 24hr Service. Pension/Senior discount.  
**0415 135 360 - 4344 1309**  
Lic 239350c



## A NEW Youth Support Group



### ALL 13-17 year olds invited

**When:** Friday nights 7:00pm — 10:00pm

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

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

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

Special events also being planned!

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

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

## Multicultural Cooking Classes



Brought to you by Northern Settlement Services

**Next class Tuesday 18th March 2014**

**Time: 11.00 am – 1.00pm**

*This month will be Thai Cuisine*

*Still only \$10 per head & includes:*

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

**All invited to come along!!**

*Meet people and learn a new skill*

**Prepaid Bookings essential**

**Phone: 4340 1724**

## **NEW 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:** 10 Langford Drive Kariong

**When:** Last Tuesday of each month  
stating March 25<sup>th</sup>

**Time:** 10.00-12.00

Morning tea included

**Cost:** \$3.00 members and \$3.50 for non-members.

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

## Movement to Music

*Working towards performance*



Do you love to entertain?

Then these classes are for **you!**

We need at least 5 people to commit to learning dance routine - good enough to perform in front of others

**Every Monday 1:30pm - 2:30pm**

**Bring your dance shoes!**

Anyone can learn. Get fit and find better posture and balanced while having fun

**Cost:** Members \$3.00 Non-Members \$3.50

Register your details by contacting Kariong Neighbourhood Centre on **4340 1724.**

## Social Table Tennis Group

**Thursdays 6.30pm**

**At Kariong Neighbourhood Centre**

**All Welcome**



**Get fit — have some fun**

**Cost:** Members \$3.00 Non-Members \$3.50

For more details please contact

Kariong Neighbourhood Centre on **4340 1724**

# Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for half an hour at 12 noon).

In this day and age there is not much we have that is free. You can borrow books for free and for free you can join the library. You can order a book from the Gosford City Library website and it will be delivered to a library near you. The library is a free public space where people can come together to discuss books or ask help from the friendly librarian on how to access information. The mobile library is free. The van turns up regularly on the same day each week and is always a welcome sight. This is a meeting point for neighbours to exchange news and reserve or borrow books. Adam, one of our regular Saturday librarians did this for a while and enjoyed getting to know his regulars. He travelled as far south as Spencer and as far north as Wamberal.

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am for families with under fives. It is a bright and cheerful place with child sized tables and chairs for colouring, cutting and gluing. Call in one Tuesday morning and be surprised at the warmth and excitement of discovering lots of fun books.

**Book Club** on Friday 28 March at 10 am. Come and join us for lively fellowship and morning tea. The book under discussion will be **House of Mirth** by Edith Wharton. Edith Wharton was born in New York City in 1862. Her role was to learn to be a well-bred young woman. She rebelled against this role to become an author and traveller.

The publication of the [House of Mirth](#) in 1905, illuminated the materialistic lives of wealthy Americans and marked the true beginning of Edith Wharton's literary career.

**During Seniors Week the Kariong Public School's wonderful choir will be performing at the library on Wednesday March 19<sup>th</sup> at 10.30 am. Bring your friends and neighbours for morning tea as we celebrate Seniors Week with the young people of Kariong.**

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

## Walking the Rosepath Toward Inner Strength

'What lies behind us and what lies before us are tiny matters compared to what lies within us' ... Ralph Waldo Emerson



Recently some findings regarding loneliness were published in the Guardian. The article highlighted findings indicating that loneliness can be twice as unhealthy as obesity! My experience as a Group Leader, Family Counsellor, Mediator, as well as a Mother, Grandmother, partner and friend leads me to a similar conclusion.

For many years I have been working in the 'helping industry' and have facilitated changes to help people accept themselves with a deeper understanding of who they are, what lies within. I am delighted to be facilitating a group at the Kariong Neighbourhood Centre beginning soon.

The groups will be held on the second Thursday of each month, 1.00pm - 3.00pm, commencing Thursday the 13th March. Groups will consist of no more than eight people. Cost: \$10 per session or \$50 for 5 sessions.

**For more information or to book, please contact Jann on 0403 527 544 or email on [rose.path@bigpond.com](mailto:rose.path@bigpond.com).**

Do you have a 2–5 year old who loves to dance?



We have a tutor who may be able to facilitate a class at the Centre for those who would like something a little closer to home.

If you are interested please contact us on **4340 1724** or [admin@knc.net.au](mailto:admin@knc.net.au) to register your name and contact details

## Did you know?



We now have two gazebos for hire at very affordable rates! One is 6 x 3m and the other is 3x 3m. To find out more contact the Centre on 4340 1724 or email [admin@knc.net.au](mailto:admin@knc.net.au)

**Jodi Pauley & Team ABN 26153192428**



02 4340 5443

0433 253 827

**BLISS CLEANING & SERVICES**  
BUSINESS and PRIVATE CLEANING



## 4 Seasons for Art and Film

A FAMILY FRIENDLY EVENT FOR ALL AGES

BUY AFFORDABLE YUMMY FOOD OR BRING A PICNIC

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



### REGULARS INCLUDE:

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



### Kariong Eco Garden

Dandaloo St Kariong (cnr Woy Woy Rd)

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

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

0417 68 66 94 leave message



# The XChange

Seventh-day Adventist Church



The XChange has celebrated its 7<sup>th</sup> birthday in February. We had a big party for the occasion. Apart from lots of fun Pr Andy wowed us with changing flour, eggshells, lots of salt, nuts, lemon juice and spices into yummy do-nuts. How did he do that? A little bit of magic I say! We had games, cake, a BBQ and of course party bags to top it all off.

We were so happy to make some new friends at our birthday bash and look forward to cementing our friendship throughout the year. We would love to meet you too! 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](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 9:30am – 11:00am. 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.

## Nutrimetics Beauty Classes

Looking for a girls' night out?

Attend our beauty classes

On Tuesdays Nights from 7 til 9pm

Learn a different beauty treatment each week

Facials, Hands and Feet, Hair & Makeup

Bring your friends and win prizes!

Cost is \$7 per class & bookings are essential

Please call Cat on 0422 795 139 Or email [Catsnutrimetics@gmail.com](mailto:Catsnutrimetics@gmail.com) to register

## 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.**

# 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)



## LOCAL ROTARY CLUB IS 25 YEARS YOUNG



The Rotary Club of Kariong/Somersby was chartered on Australia Day 26<sup>th</sup> January 1989 and their 25<sup>th</sup> Anniversary Celebrations were held recently at Phillip House Kariong – the Club's Headquarters.

Highlights of the Kariong/Somersby Club's local and international activities include:

*Pride of Workmanship and Community Service Awards* – Recognising outstanding local citizens

International Youth Exchange – Inbound & Outbound – e.g. South Africa; Netherlands; Chile; UK Brazil etc. where students spend a full year of their schooling in another country

Graffiti removal locally supporting the National campaign

*Primary School Citizenship Awards*

Financial Support Bursary – Kariong Mountains High School

Worldwide Polio Eradication fundraising – only a few countries remain with the scourge

Vanuatu Village Medical Centre on Espiritu Santo Island – current work in progress

Youth Leadership Programs – over 50 young people trained and supported

Road Safety Awareness Program for Year 11 students – over 5,000 Central Coast students attended over 10 years

Many local worthwhile causes supported – e.g. Motor Neurone; Cancer Survivors; Riding for the Disabled.

The Anniversary Celebrations included presentation of one of the highest Rotary Awards to Charter member Allan Parsons for service not only to Rotary but the Community in general. A Sapphire Pin was added to his previously awarded Paul Harris medal. Concurrently, Allan's wife Pam was awarded a Paul Harris Medal for consistent Community Service including to the Rural Fire Service of NSW.

The Club meets at 7.30am Fridays at Rotary's Phillip House, 21 Old Mount Penang Road, Kariong and members are keen to hear from residents interested in our friendly International and Local Community Service Club. A full cooked breakfast is enjoyed by members and guests each week at minimal cost and your first will be complimentary. Join us prior to commencing work. Contact Kerry Bayliss on 02 43 404529 for details.



## Donate 20cm or \$20

Do you have a 20cm Ponytail?  
Donate a 20cm Ponytail through the  
Pantene "Beautiful Lengths" program.

[donateyour20.com](http://donateyour20.com)

Register online to sponsor  
or be part of the team.



## Massage for women

Present this advertisement and receive 10% off  
60-minute massage and/or Reiki treatments  
(Offer valid until 31 March 2014)

0403-643108

Remedial massage therapist / Reiki Master

[www.sacredcircleharmonyhealing.com.au](http://www.sacredcircleharmonyhealing.com.au)

Kariong ATMS & ARC Member ABN 34 598 966 984



## 'Love your lunch'

**LOVE  
FOOD**  
hate waste

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

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

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



### FREE WORKSHOPS

**Sun 2nd March, 11am to 12:30pm, Kariong Eco  
Garden, Cnr Dandaloo Rd & Woy Woy Rd, Kariong.**

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

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





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

#### Events. Eco Garden - February / March 2014

**Sunday 2<sup>nd</sup> March: "Love Food Hate Waste"**, Free cooking demonstrations, lunch and tea towel, and how to avoid food waste. @ the Kariong Eco Garden. 11.00. Booking essential- ph 43401724( Kariong Neighbourhood Centre)

**Sunday 2<sup>ND</sup> March: 'Clean Up Australia Day'**; Meet at the Eco Garden at 9am to 11.0am. Clean up in Kariong

**Sunday 30<sup>th</sup> March. 'VEGI Day'**. 2pm to 5pm @. Young people aged 14 to 18.

Maximum 10 places. Volunteering in the garden. Book on 0417686694 or email. [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

**Saturday 24th May ; 4 Seasons Art and Film Night.** 5pm to 8pm. FREE. The Central Coast Conservatorium Senior Strings Ensemble playing "Autumn" from Vivaldi's Four Seasons Concerto; family friendly episodes of "dirtgirlworld" as seen on ABC TV; Environmental Documentaries ; Storytelling; Community Art: Food available, or bring picnic.

#### Other Events in March/April

17<sup>th</sup> March. 7pm. "Is your Trash a Treasure". – Community Forum @, Gosford Uniting Church, Donnison St, Gosford

26<sup>th</sup> April. "Ecoburbia". Narara Eco Village. Celebrate sustainability. 10am -4pm.

**Planting:** The following vegetables/herbs can be planted in **March**: Amaranth, Basil, Beetroot Beans, Cabbage, Cauliflower, Celery, Chives, Cucumber, Dill, Endive, Leeks, Lettuce, Oregano, Parsley, Rocket, Radish, Silverbeet, Swedes, Turnip, Zucchini. Refer [www.gardenate.com](http://www.gardenate.com) for full list.

The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead. Membership is \$5.00 pa, copy on website.

The Eco Garden welcomes new volunteers to help with jobs around the garden, which is open from 10am to 12.30pm on Mondays, and some Fridays. Open to people of all ages and ability.

Hello from the desk of the

## Standpipe

Happy belated New Year To All!! We missed the first edition for 2014. We at the station hope all our friends



in Kariong had a fantastic and safe Christmas and New Year. We had a great Christmas Party for all our Members, Partners and Kids. There was face painting for all. A jumping castle, a craft table and Santa popped in to say hello with gifts for the Kids. The food was delicious and of course the company of the Members and their Families added to the enjoyment of the night. Many thanks must go to the organisers – Kirrie, Ian, Belle, Nita are just a few of many that made the night such a great success.

Since I last wrote to you your Brigade has attended 62 Callouts. (21<sup>st</sup> Nov 13 to 19<sup>th</sup> Feb 14) Twenty-four of those calls were to motor vehicle accidents. A couple were fatalities. Please slow down, drive to the conditions of the roads and weather and don't use your mobile, put on makeup or get distracted in any way from driving. It only takes a second to cause an accident or to avoid one.

How are your gutters? Clean of leaf litter? With the summer weather nearing a close, now is not the time to slacken off on your fire wise duties. Have a good look at your dwelling and remove any fuel (grasses, trees, rubbish) that is around your home. Ember attack can strike kilometres away from the actual fire as the lit debris travels on the wind. Do you have a Survival Plan for You, your Family and your Pets?

There have been a huge amount of fires Australia wide. Crews from all agencies are still battling blazes. Our thoughts are with the crews and their families as well as the people that have lost loved ones, their homes, pets and livestock.

To keep up to date with the fire activity around NSW you can visit the RFS website – [rfs.nsw.gov.au](http://rfs.nsw.gov.au). There is a wealth of information on the site. You can also follow them on Facebook which is updated regularly. Well, that's about it for this month. If you wish to come up and have a look around the station or ask any questions, the station is open on Saturdays from 8 to 12 and every Wednesday night from 7 to 9. Hope we see you! Stay safe and fire wise.





## Chiro Pilates Massage Physio Acupuncture

CNR LANGFORD AND MITCHELL DR KARIONG

Ph: 4340 5154

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

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**Phone : 4340 1724, 4340 5050,**

**Mobile :0404808622**

**E-mail : cccsinfo2014@gmail.com**



You are warmly invited to join us on Sunday mornings. We meet at 9.30am at the Kariong Public School Hall, Langford Drive or Truscott Ave, Kariong. Our services are for the whole family. Close parking is available in the 2 school car parks in Truscott Ave.

At our Church service, we meet to worship God, pray together, form and develop meaningful friendships, and support and encourage each other in life's challenges. We are a genuine, friendly gathering where you will be made welcome.

We have special children and youth programmes on Sunday mornings, as well as at other times. We are eagerly awaiting the arrival of our new pastor Jeff O'Derry.

Kariong Community Baptist Church has many other regular activities that you are invited to join, including Friends' Group (for seniors), Girl's Club (for primary age girls), Ladies' craft group, Men's Shed group, Ladies' Group, prayer and study groups, monthly Friday night "Freedom" Youth Group, Young Adults group, and Kariong Community Care, which offers help for those facing challenging circumstances.

**WE ARE HAVING A CAR BOOT SALE ON SATURDAY 5<sup>th</sup> APRIL** on our Church grounds cnr Woy Woy and Milyerra Rds. **DON'T MISS IT!** Come and say hello, grab a bargain and have a sausage sandwich...we'd love to meet you!

Please feel free to contact Jon on 0427 731 277 for more information.

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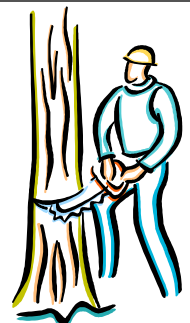
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## What's On at Kariong Neighbourhood Centre...

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating.*

### MONDAYS

#### Music with Movement

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

#### Coast Care Counselling

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

#### Family Law Advice Clinic—FREE

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

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

11.45am to 12.45pm Contact Joanne to make a booking  
On 0425 265 609 . \$10.00 each class

#### Khedrubje Buddhist Meditation

7:00pm to 8.30pm. Cost: \$10 / \$8 Conc. For more information please phone: 4385 2609 [www.centralcoastmeditation.org](http://www.centralcoastmeditation.org)

### TUESDAYS

#### Kariong Writers Group

10.00am to 12.00pm Last Tuesday of each month. Starts March 25th.  
Cost: \$3.00 members and \$3.50 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 \$3 for members, \$3.50 for non-members. Morning tea included.

#### Multicultural Cooking Classes

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

#### Early Childhood Clinic—NSCC Area Health

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

#### Nutrimetics Beauty Classes - 7:00-9:00pm

Come along and be pampered with one of our Beauty Treatments. Learn a new treatment each week. Facials. Hands. Feet. Hair. Makeup. \$7 per class. Bring your friends. Win prizes. Bookings are essential. Call Cat on 0422795139 or email [Catsnutrimetics@gmail.com](mailto:Catsnutrimetics@gmail.com)

#### ZUMBA fitness

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

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

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

#### Early Childhood Clinic—NSCC Area Health

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

### Wednesdays cont.

#### 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.weighwatchers.com.au](http://www.weighwatchers.com.au)

### THURSDAYS

#### Walking the Rosepath toward Inner Strength

Self awareness and acceptance. 1.00pm to 3.00pm every second Thursday of each month. Beginning 13th March. Cost: \$10 per session. For more information ring Jann on 0403 527 544 or email on [rose.path@bigpond.com](mailto:rose.path@bigpond.com).

#### Kariong Arts and Crafts Group

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

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

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

#### Coast Care Counselling

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

#### Social Table Tennis Group

**Get fit , have fun, make new friends. Time: 6:30pm—9:00pm**  
**Cost: \$3.00 for members, \$3.50 non-members**

### FRIDAYS

#### Stamp and Create

Cardmaking classes - 3rd Friday morning of each month 10am—1.00pm. Next class 21st March. Bookings essential. Please contact Amanda on 0450126 093 or [mandageorge0377@gmail.com](mailto:mandageorge0377@gmail.com)

#### Australian Breastfeeding Association Meeting

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

#### Youth Support Group

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

### SATURDAYS

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

### SUNDAYS

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

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

## CLOSING DATE for NEXT ISSUE Wednesday 19th March, 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.