

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. 4 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



May 2013

CELEBRATE YOUR COMMUNITY NEIGHBOUR DAY

Saturday or Sunday May 4th or 5th 2013

THE COMMUNITY YOU WANT STARTS AT YOUR FRONT DOOR™

Register your activity and download your free kit at www.neighbourday.org

National Support Partners 2012: ripefruit, NEWS LOCAL, Neighbour Day is a signatory to the National Compact, Proudly promoting Neighbour Day, Nature of Compassion, Neighbour Day.

AUSTRALIA'S BIGGEST MORNING TEA

Come and enjoy a lovely morning tea, listen to a guest speaker and help us raise funds that contribute directly to ground breaking research, prevention programs and crucial services that benefit cancer patients and their families in your Community.

When: Friday 24th May 2013

Time: 10:00am - 12:00noon

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong



Bring a Gold Coin donation or a plate of Morning Tea

If you would like to host a **FREE** event in **Kariong** and invite some new neighbours – please contact Fiona at The Kariong Neighbourhood Centre 10 Langford drive Kariong **43401724**
We will order all of your food from local businesses and help you plan your event. A morning tea, cricket match, BBQ, kid's party or a picnic – all you have to do is invite 3 people in your neighbourhood that you don't know....



Triple P Parenting Course is now open for registrations at Kariong Neighbourhood Centre
Learn how to discipline your child in a positive yet effective way

Venue: 10 Langford Drive Kariong
When: Four Thursday sessions.
Dates: 9th, 16th, 23rd and 30th May 2013
Time: 9:30am to 12:00pm
Bookings Essential on 4340 1724 or
Email : admin@knc.net.au
ALL SESSIONS FREE!



!!!TODD AS THE TRIVIA MASTER!!!

\$5 ENTRY PER PERSON

up to 8 per table

Sat 18th May 6:30—9/9:30pm

10 Langford Drive Kariong

HEAPS OF PRIZES

BYO Grog & Nibbles

GOLD COIN GAMES

COME FOR SOME FUN and leave the kids in great care with trained workers!

Gold Coin donation for **BABYSITTING**

Bookings essential—

admin@knc.net.au 4340 1724



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!!

Welcome to yet another exciting edition of the Kariong Connection!!

We hope that you all enjoyed the School Holidays - Vacation care was awesome for all those who attended.

This month we are fortunate enough to be involved in some wonderful activities for the community. Get to know your neighbours and other locals by hosting a FREE Neighbour Day (we'll cover the cost of the catering), come along to our Fundraiser Trivia Night or enjoy the Biggest Morning Tea and support those affected by Cancer.

We have a FREE Social Enterprise Workshop on the 27th June, if you are trying to get your business out there!!

Triple P Parenting course is running again too!! and it is free. Bookings essential.

We are compiling a survey of local the local community which will be in the next Kariong Connection.

Don't forget our great Active Playgroup every Wednesday and also our TOFF's group for the over fifties, developing great new friendships

Until next month!!

Tracie Gosling
Admin/Editor

Check us out on www.KNC.NET.AU visit or visit us on facebook.

**KARIONG SCOUTS**

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

Joey's..... 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

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

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 \$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



KARIONG RUGBY TRIVIA NIGHT 2013
 Yes it's on Again Folks!
 The World Famous Challenge for the
 "GOLDEN BRICK OF KNOWLEDGE"



Hosted by that (self-proclaimed) fountain of knowledge, Ryan Bush with the help of his even less impressive assistant, Pete Larke

Venue: Gosford RSL Club
 Date: 11 May 2013
 Time: 6.30 for 7pm
 Price: \$20/person (8-10 max people per a table)
 RSVP: The Canteen Chicks by 4th May (Terrigal game) – Kath Lyon 0418 265 444 or Mel Larke 0412 757 235
 Theme: Op Shop Formal

So beat the rush, get down to Vinnies and start popping tags!



DID YOU KNOW?

ROUTE 34 GOSFORD – KARIONG - GOSFORD
 Burns Cr (**Gosford Station**), (L) Mann St, (L) Racecourse Rd, (R) Central Coast Hwy (**West Gosford**), (L) Curringa Rd (**Kariong**), (R) Sansom S, (R) Mitchell Dr, (L) Langford Dr, (L) Woy Woy Rd, (R) Pacific Hwy (**West Gosford**), (L) Racecourse Rd, (R) Mann St, (L) Faunce St, (R) Watt St, (R) Erina St (**Gosford**).
 (L) means bus turns left, (R) means bus turns right.

	Weekdays	Saturday	Sunday & Public Holidays
First Bus			
Gosford Station	5.16am	7.05am	7.43am
Last Bus			
	11.17pm	11.17pm	7.15pm

**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



To all the wonderful volunteers

Thank you!

We would like to also thank the Waterfall Café and LOL Driving school for their donation of gift certificates in support of the Art Exhibition Held at the Kariong Fun Festival.

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



Central Coast Regional Development Corporation

www.ccrdc.nsw.gov.au



Well it has been a disappointing start for our seniors and U17s with Council closing Kariong Oval for our first round clash with The Entrance and the second round bye. There hasn't been a lot of rugby played in the opening weeks.



For our Juniors (up to U15s), however, it has been a different story. The first two weeks saw our U11s, U12s, U14s and U15s figure in seven aside tournaments around the Central Coast. It was a fantastic way of giving our players a taste of what is to come when their respective competitions start. In fact on Saturday 13th April Kariong Rugby Club hosted one of these tournaments which was a very successful day showcasing some of our great junior talent.

On the following day (Sunday 14th) the club went from one extreme to the other in hosting Seagulls Golden Oldies Rugby Club and their guests. Some 'interesting' rugby was played proving that you are never too old! My thanks go to all the volunteers who helped out on both days and went back to work on the following Monday for a well-earned rest!

It is with great sadness that the club lost one of its popular players, in mid-April, Charlie Bryce-Toleafoa. Kariong Rugby would like to pass on our deepest sympathies to his family. He was a talented footballer, a fine young man but most importantly a mate to many of our club members. Charlie was one of Colts players who played 29 games for the club and left us way too young. Vale Charlie.

On May 11 we will be holding our annual trivia night at Gosford RSL Club. So come and show your knowledge while having some fun. Tickets are \$20 per head for a table of 10 and can be purchased at the canteen or contact Kath Lyon 0418 265 444 or Mel Larke 0412 757 235.

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

Our next home game is at home against Woy Woy on 27th April. Come and support your teams from U17s through to 1st Grade from 11am. Or support our juniors at other venues (check our website for details). We hope to see you there to enjoy some exciting rugby and enjoy the best canteen on the Central Coast!

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

Heyden Frame & Truss; Break Thru People Solutions; Times Café; Battlewin Sports Tape; Kariong Physiotherapy; Heyden Frame & Truss; Break Thru People Solutions; Times Café; Battlewin Sports Tape; Kariong Physiotherapy

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 part of Kariong now for 6 years. 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.karionxchange.org.au

Ring Lesley on 43401581

Email: karionxchange@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.



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.

Kariong Library Action Group

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

Sydney is hosting The Sydney Writer's Festival – Saturday May 18th – Thursday May 23rd.

You can find details of writers and venues at www.swf.org.au, or on facebook.com/sydwritersfest, If you are unable to visit the city, you can always find your favourite author's books at the Kariong Library. Carlos Ruiz Zafon is a guest of the Festival and Kariong Library has copies of his books.

The Kariong Library Action Group have a regular monthly **Book Club** on the last Friday of the month - watch out for the guest speakers invited each quarter. **Book Club** will meet at **10 am on Friday May 30th** to discuss *Secret Son* the first novel of Laila Lalami published in 2009. "A brilliant story of alienation and desperation that easily transports readers to hot, dusty Casablanca; highly recommended." - Library Journal. "A story brimming with insight into the complexities of life in contemporary Morocco." - Booklist. Laila Lalami was born and raised in Morocco. She earned her M.A. from University College, London, and her Ph.D. in linguistics from the University of Southern California where she is currently Assistant Professor of Creative Writing.

Storytime is held on Tuesday mornings. Stories and craft activities begin at 10.30 am. New children's books (including new books for the Premier's Reading Challenge) are on display and available for loan. During the school holidays I have enjoyed reading a March 2013 addition to the Library - *Ernie Dances to the Didgeridoo* (Years 3-4) and *Drac and the Gremlin* classed as 'a masterpiece' by the Sydney Morning Herald (also for Years 3-4). Kindergarten to Year 2 children are in for a treat with *I Hate Gloria* (added to Library March 2013) and a very funny book written by Susan Lubner *Ruthie Bon Bair – Do Not Go to Bed with Wringing Wet Hair!*

Kariong Library Action Group with Gosford City Library hosted a Movie Night on April 26th for young movie goers. As usual each child was given popcorn and a popper drink. Thanks to Karen the librarian and the members of the Action Group for a successful fun evening.

The Kariong Action Group now have an email address, please contact us for any information: klag2013@yahoo.com.au

DIRTY TAP WATER?

Report it to Gosford City Council 4325 8222



Thinking about Education in the Twenty First Century

Schools are learning institutions and schools such as Kariong Mountains High School have a commitment to fostering lifelong learning skills in our students. To achieve this we have to respond to the needs of the twenty first century child and make sure that the learning environment is adaptive and creative. There are very few businesses today that would survive if they did everything, with the same tools, in the way things were done 40 years ago. We should have the same expectations of schooling. You keep what is right and change what is not.

As a new school, we are in the right place to adopt this type of thinking and when reflecting upon how we can best educate the whole child – this is our philosophy. As a parent and grandparent, I know that this is the type of school that I would like my child to attend.

We welcome any enquiries and I am always pleased to show how we meet the needs of each individual.

Our bioscience focus has resonance with the words of Sir Ken Robinson on education: "We have to go from what is essentially an industrial model of education, a manufacturing model, which is based on linearity and conformity and batching people. We have to move to a model that is based more on principles of agriculture. We have to recognize that human flourishing is not a mechanical process; it's an organic process. And you cannot predict the outcome of human development. All you can do, like a farmer, is create the conditions under which they will begin to flourish."

Anyone interested in his thoughts on education in the twenty first century should visit [RSA Animate - Changing Education Paradigm](#) This youtube clip has had close to 10 million hits since being posted.

Contact phone: 4340 0246

Love Kids Love Veggies?

We need a passionate veggie gardener to assist with our sustainable garden at the Centre. Please phone Fiona 4340 1724 or email on: coordinator@knc.net.au



CLINICAL HYPNOTHERAPIST

It's Your Life. Live it.

Hypnotherapy can help Manage

Anxiety, Increase Self Esteem, Reduce Weight and help you to Quit Smoking.

Call Janet Sirio for a consultation

PH: 0452 260 043



The season's opening weekend came and fizzled out in an unfortunate wet patch as Kariong Oval was shut down for the Saturday. Not all was lost as many games were able to go ahead on the Sunday. With 485 players slotting into 33 Junior and 12 Senior teams, it is close to a record number of members and by far the biggest sporting club in the area.

The Club Facebook pages are getting a good workout and have served to be a great source of information for mid week training and games on the weekend. 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 Currunga 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.

NEED HELP WITH YOUR TAX?

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

The Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 10th May, 2013 at 7pm for a 7.30pm start. There is a \$2 admission charge at the door. There will be a guest speaker on the night but at this stage the speaker has not been confirmed.

Visitors are always welcome to attend our meetings. On Sunday 12th May we will be joining our guide Jeannie Lawson of OCCl at the Pearl Beach Rock Platform at 2.15pm Visitors are also welcome to attend. On this occasion this activity will be free for members but a charge of \$5 applies to visitors.

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.

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

Rotarians & Friends @ Work



Bunnings Warehouse together with Selleys and Dulux are partnering with the Rotary Club of Kariong/Somersby to provide the painting and preparation necessities to add a revitalising lick of paint to the interior of Rotary's Phillip House buildings and facilities at 21 Old Mount Penang Road Kariong. Graffiti will also be tackled.

In one of the biggest collective Rotary initiatives in Australia, "Rotary & Friends @ Work" celebrates Rotary's support and commitment to local communities. Teaming up with Bunnings Warehouse stores across Australia and with the support of Dulux, Selleys and Yates, this initiative will see Rotary clubs from all states and territories take part in a campaign to reinvigorate a local garden or building in their community during April 2013.

Its all about doing something positive for communities across Australia, with Rotary Clubs invited to partner up with their local Bunnings Warehouse and together nominate a painting or gardening project to work on to help the community.

Rotary's Phillip House is available for Hire to Community Groups and Families – contact 43 404 529 for bookings.

Peter Mulholland - Public Relations Director Rotary Club of Kariong/Somersby Inc.

Kariong Community Baptist Car Boot Sale!

SATURDAY 25 MAY 2013

Cnr Woy Woy & Milyerra Rds' KARIONG
Starting 8.00am - 1pm

- Trash & Treasure
- Barista Coffee
- Devonshire Tea's
- Sausage Sizzle
- Books & Plants
- Robyn's Plaster
- Toys / Face Painting



**Hurry Book a
Spot for just
\$15! Make
\$\$\$ on your
trash and
find a few
treasures as
well!**

*For More Info or to book
a car spot Contact:*

Jenny Ward - Mob: 0415613538 or

Noel Wraight - Mob: 0402634119

Email: youthpastor@kariongchurch.org.au

FREE FARMING SPACE in Somersby for
'Gardening' purposes only. Grow your own
Potatoes, cabbages or carrots on organic land.

For more details contact Anneli on 4372 1318

Multicultural Cooking Classes



*Classes are only \$10 per head which in-
cludes:*

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

This month features

Filipino Cuisine

All invited to come along!!

When: Wednesday 15th May 2013

Time: 11.00 am– 1.00pm

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

News from Kariong Medical Centre

Autumn what a beautiful time of year! The air is a little crisper, the trees are changing colour, mornings are brighter and evenings arrive sooner. With the change in our physical seasons we sometimes hear the term Flu season, welcome to it!

As a result of the new season, we are experiencing an increased demand for appointments.

Please phone and advise staff if you are unable to attend an appointment, so this appointment can be given to another person.

We also have a cancellation list which is triaged throughout the day when cancellations arise.

Seasonal Flu

Each year flu affects thousands of people. You can help reduce the spread of flu by taking a few simple precautions:

*Make sure that you and your family are vaccinated against flu each year,
Take time off work and avoid groups of people if you have flu-like symptoms
Wash your hands frequently and cover coughs and sneezes.
Covering coughs and sneezes and using disposable tissues instead of a hanky.
Wearing a mask, when requested, to protect others in the community.*

Colds or Flu

Sorting out whether you are suffering from a simple cold or flu can be confusing. Influenza is a serious illness and many people who think or say they are suffering from influenza, just have a cold that that will quickly resolve itself.

Key flu symptoms include:

A fever that generally lasts for several days; Chills and sweating; A dry, sore throat; Weakness and muscle and joint pain; Headache; A dry cough

Colds symptoms can be different, in that :

Symptoms generally only last a couple of days

A cold usually starts with a runny nose

People with a cold don't usually have muscle pains and shivers

A mild fever can develop, but usually only lasts a day.

For further information you may wish to visit:

<http://www.nsw.gov.au/tags/health-advice> or
phone 4340 4444



Eco Garden - April/ May 2013 Events.

Sunday. 5th May. Eco Garden Autumn Working Bee. 12.00pm to 3pm. Bring gloves and hat. Afternoon tea at 3pm. Celebrate International Permaculture Day. Wednesday 15th May. VOLUNTEER EXPO, Niagara Park Community Centre; visit Kariong Eco Garden stall.

Saturday. 1st June. Footprint Festival_ Craft & Food Workshops. 3pm-6pm

Saturday 1st June. "4 Seasons Film and Art Night. Winter. 6pm to 9pm. with Central Coast Conservation Senior Strings Ensemble, 'dirtgirlworld' from the ABC, Kariong Primary School Choir. Entry to the event will be **FREE**, and refreshments including vegeburgers, from the Kariong Scouts. will be available throughout the evening, also tea, coffee and cakes by donation. BYO picnic tea welcome. Bring a chair, and warm clothes.

Sunday 16th June. **LETS Trading Day**, in Kariong Hall and in the Eco Garden.

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

Sunday 21st and 28th April. Random Refund. at Terrigal, next to Surf Club; Trial 10cent refund – get 10c for your bottles and cans, limit of \$5.00. From 12.00 midday to 2pm. Details; ccmdc.org.au

Other Events on the Central Coast:

Saturday 27th April. 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 for bookings

Planting: Recommend that the following vegetables/ herbs can be planted in **May:** Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Chives, Coriander, Dill, Dwarf beans, Endive, Garlic, Kale, Leeks, Lettuce, Onion, Oregano, Parsley, Peas, Radish, Rocket, Shallots, Silverbeet, Shallots, Snow peas, Strawberry plants, Swedes, Turnip.

Refer 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.

The garden is available for events, tours and workshops, see contact details below.

The Eco Garden welcomes new volunteers. The garden is open from 10am to 12.30pm on Mondays and some Fridays, See website www.kariongecogarden.org.au All ages, skills and experience are welcome to come and share in this community space. **For further KEG details Contact Lisa on 0417 686694, 43405425 or John on 43231843**



KARIONG PROGRESS ASSOC.

Kariong Progress Assoc meets on the 1st Wednesday night of each month at the Progress Hall, Woy Woy Road, Kariong at 8.00pm.

At the April Meeting we welcomed the President of the Point Claire/Tascott Progress Association, a young man with a vision for re-vitalising Gosford Town Centre. In the near future, he will conduct a forum for all residents of the Central Coast to attend and hopefully share his enthusiasm, we will keep you informed.

Some good news for Kariong residents, the application to subdivide 6 allotments at Mt. Penang Parkland's, in the general area of the carpark between the KMHS and the Visitors Information Centre, has been withdrawn by CCRDC. As previously advised your Association together with several residents lodged a submission against approval of this matter on many grounds.

We are still working with the Intersection Action Committee for a successful outcome regarding the provision of traffic lights at the intersection of Woy Woy Rd and Langford Drive and Parents with children who need to use this area, we invite you to attend our meeting for discussion and support!

The Kariong Neighbourhood Watch committee have advised that more Police Patrols have been provided to reduce crime in our area and the Highway Patrol is active in the community regarding traffic issues.

If you have any concerns or suggestions for Kariong, please come along to the next meeting MAY 1 – 8.00pm. Or if you wish to write to Progress, PO BOX 7069, KARIONG.

On the social side the Progress Hall and the Tennis Courts remain popular and if you wish to keep warm and active through the cooler months a match or two of tennis could be the answer. Court bookings available by phoning 4340 1068 between 8.30am and 6.30pm only.

Enid Pauling
Publicity Officer



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



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!!



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

Mountains Karlong Cricket Club.

Last month we promised you an update on the 15b team and their quest for a premiership. Unfortunately, the team were not able to overcome their opposition on the day and finished their season as Minor Premiers and Runners Up. The boys had a great season and have asked me to thank their coach, Peter Foote, for providing leadership during a most enjoyable season.

Anthony Crutcher took charge of the u11 team this year and his players and parents were united in telling me at Presentation that he is the best coach in Junior Cricket on the Coast. He respects the players and progressed their individual skills to also taking out the Minor Premiership for the Central Division this season. Special mention to Andrew Wright for scoring the season!

Late season success was earned and deservedly so from our u21 team of champions! Their Grand Final was held at Mt Penang on a beautiful sunny day and the boys were simply too strong for their opposition, passing the winning score with wickets and plenty of overs to spare. Ben Sunshine performed well with the bat and ball, with great support from Sam Lawrance and little brother Matt.

Presentation night has come and gone for another year and your Club took the opportunity of acknowledging individual achievements like:

Junior Player of the Year - Jordan Vilensky
u21 Colt Player of the Year - Ben Sunshine
Club Player of the Year - David Mitchell
ADW Johnson Player of the Year - Warren Mulligan and Ben Sunshine as joint winners.

Your committee wishes to thank all players for a great season and we look forward to seeing you again when the grass on Kariong Oval is at the "right" height again..

Jeff Vilensky

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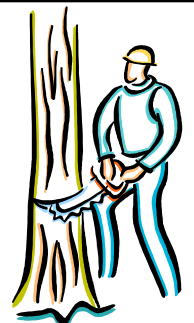
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What's On at Kariong Neighbourhood Centre...

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

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

Line Dancing

6:30pm-9:00pm - 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 - 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.
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WEDNESDAYS

Tai Chi

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

Active Playgroup for 1 to 5 year olds.

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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—HLTFA301C

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THURSDAYS

Kariong Arts and Crafts Group

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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!
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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

3rd, 17th & 31st May 2013 — 10.00am to 12 noon
www.breastfeeding.org.au

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

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

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Sorry—No Late Entries will be accepted
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