

# 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 10

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



November 2014



On the 10<sup>th</sup> October the Kariong Neighbourhood Centre celebrated 25 years of service to the community with an Anniversary dinner.

65 community members, who have contributed to the Centre and community over many years, were treated to a scrumptious dinner prepared by students from Kariong Mountains High School.

Long time residents and contributors to both the community and the Centre, provided wonderful insights into the history of the Centre and the Kariong area. Local TAFE students contributed by creating a great Power Point presentation, and History Booklet that entertained us and

documented statistics and services from the past 25 years. All of this highlighted just how far the community has developed in the past few decades.

A fun evening was enjoyed by all. The evening culminated with the presentation of prizes for the "Kariong through My Eyes" photographic competition, and dancing through the night. See inside for details on the winners of the competition.



*Beautifully prepared tables ready for our celebrations*



*Uncle Gavi giving 'Welcome to Country' and Kariong History*



*Kariong History Booklet and information*

Kariong Neighbourhood Centre opened in 1987 and has developed and evolved to become a dynamic Community Hub that offers so much to the community. If you haven't visited your local Neighbourhood Centre to see what it has to offer you, pop in and say hello, we have something for everyone, and would love to meet you.

## Kariong Community Forum

### All welcome!

Our next Kariong Community Forum will be held on Friday 21st November at 10.00am. The Guest Speaker will be Michelle Tilden from The Hill Youth Centre who will be talking about the valuable Youth Services the centre provides.

There is still space for one addition speaker at the November forum. If you'd like to talk on behalf of your company or service please call or email the centre.

**We are currently taking bookings for Guest Speakers at our 2015 Kariong Community Forums; these will run bi-monthly starting from February.**

If you wish to be a Guest Speaker on behalf of your service/company please call the KNC on 43401724 or email [events@knc.net.au](mailto:events@knc.net.au). If you have a community issue you wish to have addressed please let us know and we will do our best to accommodate your request. This is the time to speak out and improve your knowledge.

#### FEEDBACK REQUIRED:

KNC would like community feedback on times and days that would suit you to attend a Kariong Community Forum, please call or email us and let us know what time would suit you best to attend the bi-monthly forums.



### Kariong OOSH Update

**WOW!!!! AWESOME!!!!**

Our service was recently assessed by the Department Of Education and the results are back.....WE ROCK!!!! We are thrilled to bits to announce that we received the rating EXCEEDING National Quality Standard thus confirming what we already knew:....that our attending children are receiving the best possible care!!!

Celebrations have abounded and conviction from our wonderful staff that the highest quality care will continue to be provided for our families...

Vacation Care laid foundations for precious memories to be built together by the children; excursions to our local Australian Reptile Park, Ten Pin Bowling at Wyoming and also a trip up to Tuggerah to the Amazement Farm and Fun park kept us all busy and entertained along with special incursions to our Centre such as a Magic Workshop and "My Pet Dinosaur".

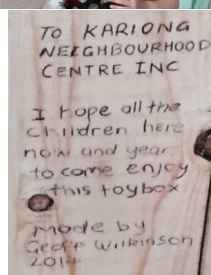
We look forward to this term's activities with extra fun planned for new sports and musical activities...feel free to pop in to see Brandi or Nerida to enroll your children for next year too!!!

**Inquiries and bookings Phone: 4340 4561**  
Or email at [oosh@knc.net.au](mailto:oosh@knc.net.au)

## New lounge for quiet corner



Our wonderful volunteer Geoff generously donated a fantastic new lounge that he built for the children to use whilst at the Centre. It is a very original concept with storage underneath, and has built in safety feature to protect little fingers. Thank you Geoff, the children love it!!



## Active Learning Playgroup



Our weekly Active Playgroup held each Wednesday morning continues to be really successful in welcoming new families into our Kariong community and helping establish new friendships for both the parents and children. Our school readiness activities have been promoting a lot of social confidence amongst the children, helping equip them with skills in entering and negotiating play situations as well as developing their group cooperative skills vital for successful transitioning to school.

Come along and join in our stimulating art/craft, free play and musical group times with your children. We are always happy to see new faces!!!

**ALL WELCOME 0-6 YEARS**  
**at The Neighbourhood Centre**  
**10 Langford Drive, Kariong**  
**Inquiries Phone Nerida on 4340 4561**

Cost: \$4.00 first child/\$1per extra child for members.  
\$4.50 first child/\$1per extra child for non-members.

## Comments from our Community

Congratulations and thank you to the Kariong Neighbourhood Centre on your 25<sup>th</sup> birthday.

The Centre has been a welcoming and supportive environment for many families on the Central Coast, and has become an important part of life for our community.

In particular, it's great to see and hear about the work you do in giving young people on the Central Coast the hope and opportunity they need for their future.

On a visit to the Central Coast recently, I took the Parliamentary Secretary to the Minister for Education, the Hon Scott Ryan MP, on a tour of the Centre. He was impressed with the facilities, services and opportunities that were on offer, and spent a long time hearing from young people.

We heard some challenging stories, but also testimonies of how the Centre bonds the community and builds resilience by responding to local needs.

For this I commend President Tom Wilson, Treasurer Iris Clay, Secretary Marianna Bayatrah and Board Members Bernard Stivala, Jenny Palmer and Sally Gaha – as well as Natalie Purchase, your Events Coordinator who is always keeping our office up to date with a smile!

Please accept my apologies that I cannot be with you tonight. May you continue to pursue with passion your vision to be a friendly, caring, safe and connected community.



Lucy Wicks MP  
Federal Member for Robertson  
10 October 2014



a message from

**Lucy Wicks MP**  
Federal Member for Robertson

*"A fantastic opportunity to give back to the community in more than one way. 25 years and still strong for many more years to come". TK*

*"My heartfelt thanks to Fiona and the Board for creating such a welcoming Centre. A delight to visit and spend some time." HGR*

*"I remember the 'knock at the door' with June McSweeney calling for volunteers. I enjoyed the friendships, starting the office procedures, the training and ability to share knowledge and skills in teaching other members of the Kariong Community. Here's to 25 years and bring on the next 25!!"*

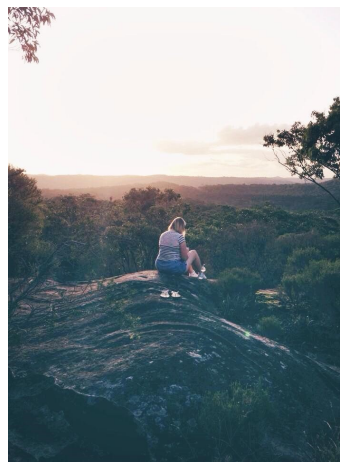
*"Involvement in the community is vital to the well-being & mental health of individuals and families. Kariong Neighbourhood Centre provides wonderful facilities to enable people to socialise and share family burdens. The children's playground is wonderful, and meets the needs children of all ages It MUST remain available for community use" T.M.*

## Photography Competition Winners

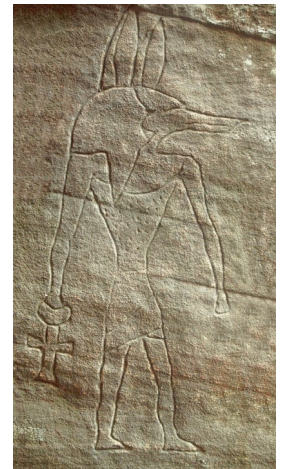
We would like to thank all those who entered our "Kariong Through My Eyes" competition, and congratulate all of the winners. We had some wonderful entries, making judging a difficult task.



First Prize Adult Category - Pat Smith



First Prize Under 18s Category - Marika Tults



First Prize Viewers choice  
Andris Abolins

### **congratulations also to all our Place winners in each category**

**C McCoy - 2nd Prize Adult Category**

**L Moore - 3rd Prize Adult Category**

**L Peruch - 2nd Prize Under 18 Category**

**B Herbert - 3rd Prize Under 18 Category**

**G Singh - KNC Choice award**

The winning entries are all on display at the Centre, why not pop in and see them.

## KARIONG YOUTH SUPPORT GROUP

**Where:** Kariong Neighbourhood Centre

**When:** Friday 7.00 pm – 10.00 pm

**Who:** Youths aged 12 – 18years old

**Contact:** Natalie on 0478 122 599  
or email [events@knc.net.au](mailto:events@knc.net.au)

For information on the youth support group please see our website

[www.knc.net.au/youth-support-group](http://www.knc.net.au/youth-support-group) or follow us on

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

### SCHOOL HOLIDAY WORKSHOPS AND MENTORING PROGRAM

**December 2014/January 2015**

The Kariong Youth Support group will be hosting a series of workshops/activities for youth, ages 12 years – 22 years over the Christmas school holiday period. These will include Primary school year 6 students as part of our mentoring program for those going into High School in 2015.

**If you would like your child to attend any of the following workshops please call Natalie on 43401724 or email [events@knc.net.au](mailto:events@knc.net.au)**

Girls Only – Baking Day

Girls Only – Pamper Day

Boys Only – BBQ & Games Day

Boys Only – Fitness Day

Mixed – Movie and Pizza Night

Mixed – Trivia and BBQ lunch



**5am Mon-Fri  
6am Sat/7am Sundays**

We now sell iced coffees, fruit smoothies, milkshakes and thickshakes. As well as our great Di Lorenzo coffee and homemade cakes.

**Kirsty and Cameron**      **Orders: 43405427**

Shop 4/10 Curringa Rd, Kariong.

## Ettalong Beach Arts and Crafts Centre

Once again Ettalong Beach Arts and Craft Centre invite members of the community to attend our exhibition and sale.

**WHERE:** At the Coast Community Connections

(Formerly The Peninsula Community Centre)  
Cnr Ocean Beach Rd & McMasters Rd Woy Woy.

**WHEN: SATURDAY 15<sup>TH</sup> NOVEMBER 2014**  
9.00 am to 4.00 pm

**SUNDAY 16<sup>TH</sup> NOVEMBER 2014**  
10.00 am to 3pm

Visitors to this exhibition will be enchanted by the wide variety of artworks in all mediums that have been skilfully crafted by our talented tutors and students. You will see - Paintings, Pottery, Jewellery, Hand dyed silks, Patchwork and quilts This is your chance to snap up a unique gift to surprise those very special family and friends.

There will be activities to delight children, music and varied entertainments during the weekend.

Of course not to be missed will be our very special famous 'Overseas Personality' who will grace us with their presence each day from 10.30am to 11.00am .



Light refreshments to tempt your taste buds will be available on both days. For those who have always wanted to take up a craft or learn some new skills this is the ideal opportunity to see at

first hand the exquisite items made by members and be able to talk to students and tutors about what the centre has to offer.

For more information please call: 43418344

To keep up to date with all our activities visit our web site [www.ebacc.com.au](http://www.ebacc.com.au) and of course our Facebook page – don't forget to "like us"



**Have an idea for a Group or workshop?**  
If there is a group that you would like us to run at the Centre please contact Fiona Simpson on 4340 1724.

**Membership:** Become a member of Kariong Neighbourhood Centre from only \$5.00 and receive many discounts and invitations to lunches with guest speakers

**Room Hire** available from only \$9hr  
Ring & Book for your next meeting or function  
Phone: 4340 1724

**ALL Community Group Memberships must be paid if you wish to place your news in The Kariong Connection**

**50 YEARS** Australian Breastfeeding Association  
1964-2014  
**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

## **Breastfeeding Support. Come along and join us and meet other mums in the area!**

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends.

A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held fortnightly on Fridays at KNC from 10am to 12pm.

Latecomers always welcome.

For more info ring KNC on 43401724 or contact us at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com)

## **BROADBAND FOR SENIORS**

Funded by the Australian Government

**FREE**—Supported one on one computer training run by volunteers for the Kariong Seniors and disabled in our community at KNC.

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

## *'Power & Mysteries of Tai Chi'*



**By Grandmaster Gary Khor**

(from Australian Academy of Tai Chi's Term 3 Newsletter)

Beginners in Tai Chi and Qigong usually have no idea of just how much is in store for them. The slow, graceful movements of Tai Chi are so deceptive that most people see it as just a gentle exercise art. In their wildest dreams, they cannot imagine the vast universe hidden within the art. In its entirety, Tai Chi is not only a model for exploring the wide spectrum of life's energies and dynamics; it is ideal for exploring all aspects of our human makeup: the physical, mental, emotional, energetic, and spiritual. It cannot be predicted from observation—it must be experienced. Something magical happens when the movements are performed harmoniously; however because of its many layers and depth, many do not have the patience and perseverance to stay with it until experiencing its magic.

The experience is analogous to learning to ride a bicycle. It only works when it's moving; but initially, you don't know that. If you are familiar with other wheels, you might guess that "this thing's meant to roll", but it falls over when unsupported. You struggle to keep it upright, fighting the pull of gravity, but after a number of painful falls, you find yourself anticipating the next one. As your attention becomes fixed on resisting all that can go wrong, you find it difficult to do the one thing you need to do to succeed: *relax* into the centre of your body. Surrender totally to the state of relaxation, and suddenly you're riding!

The majority of people who seek to master Tai Chi usually have to backtrack in their studies; normally first learning the solo form postures and then later seeking out the fundamental principles and 'hidden' aspects for example: *soong* (relaxed alertness), diaphragmatic breathing, focussing the mind-intent, and sinking the *Chi* into the *Tan Tien* to name a few. Aside from bringing many health benefits, conscientious practise imparts calmness and hidden wisdom that can transform the individual in unexpected ways...

**Term 4 Beginners Classes are now running at Kariong Neighbourhood Centre Australian Academy of Tai Chi**  
Call 0435 121 520 for local class times, or visit and 'Like' [facebook.com/LearnTaiChi](https://www.facebook.com/LearnTaiChi)

## Watch Out - Snakes about !!



We have had reports of increased snake activity in the recent weeks with the warmer weather fast approaching. Please be vigilant with your property and keep a close eye on children and pets. For information on managing a snake bite go to [http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS\\_snakebite.pdf](http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS_snakebite.pdf)

You can make your garden less attractive to snakes by keeping shrubs trimmed, lawns mowed and the garden generally tidy. Remove any piles of rubble, wood, roof sheeting or leaf clippings where snakes can shelter. If you believe your pet has been bitten by a snake please take them to the nearest veterinary clinic.

If you have a snake in your yard and would like it removed please go to the following website <http://www.environment.nsw.gov.au/resources/wildlifelicences/reptilehandlerlist.pdf> for a list of Snake catchers that can assist you.



Fair Trading is a **Consumer Protection Agency**, committed to providing improved services to the people of NSW. The following information sessions are available to the community:

- Shopping - refunds, consumer guarantees, repairs, unsolicited agreements
- Scams – that target the elderly and vulnerable
- Credit – credit card pitfalls, store credit, interest free deals
- Running an Incorporated Association
- Residential Tenancy
- Motor Vehicle – purchase and Repairs
- Mobile phones and tablets

If you are interested in attending any of these information sessions at the Kariong Neighbourhood Centre please register your interest by emailing [events@knc.net.au](mailto:events@knc.net.au) or phone 4340 1724



## Are you struggling to pay off fines?

### Kariong Neighbourhood Centre is now a Work and Development Order Approved Organisation

A simple and practical way to reduce this stress and pay your fines off is to talk to us about signing up for a work and development order at the centre.

For more information call **Fiona Simpson**, Manager of the Kariong Neighbourhood Centre, on **4340 1724** for a confidential chat.



## Justice of the Peace

Available for contact within Kariong

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

## FREE FAMILY LAW ADVICE CLINIC

### Kariong Neighbourhood Centre

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

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

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

**Bookings essential Phone: 4340 1724**



## KYLIE FAWKNER COUNSELLING

AdDipCounselling, GradDipRelationshipCounselling

- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:

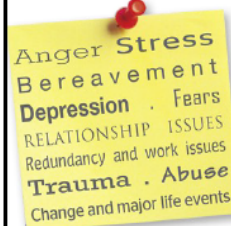
Kariong Neighbourhood Centre.

For other venues and more information:

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

To make an appointment call or text

Kylie 0435 809 506



## KARIONG MEDICAL CENTRE NEWS

### NATIONAL CANCER AWARENESS MONTH

The month of October was National Cancer Awareness month. The staff and Doctors of Kariong Medical Centre teamed up with the Cancer Council to raise vital funds for cancer awareness.

The Cancer Council raises awareness about breast and gynaecological cancers, as well as raising funds to support women in Australia and their families who are affected by these cancers.

We would like to sincerely thank all who participated in our fundraising for Pink Ribbon Day.

### ONLINE APPOINTMENTS

Kariong Medical Centre now offers online appointments to existing patients of the surgery. Unfortunately, this service is unable to accommodate new patients at this stage. To make a booking online visit [www.kariong.ipn.com.au](http://www.kariong.ipn.com.au) or download the free GP4Me app on your smartphone.

### APPOINTMENTS

Thank you for your patience over the last few months if you have had difficulty getting an appointment at the surgery. We have a Doctor shortage and are trying to attract new Doctors to the surgery. We have also had several Doctors on holiday. The cancellation list we offer on the day has proved very successful. This list is triaged by our nurses on the day, and when possible we try accommodate our patients needs. If you are unable to keep a booked appointment, please call to cancel.

### REPEAT PRESCRIPTIONS

Medications are important. Please do not leave it to the last minute to renew your prescriptions. We ask that you keep track of your supply and book an appointment with your Doctor in advance.

### REQUESTS AND MESSAGES

The Doctors will do their best to reply to requests and messages in a timely manner, however, it could take up to 48 hours for your request to be done.

### REMINDER

Kariong Medical Centre offers Asthma Clinics, Diabetes Clinics, Health assessments for over 75 years, 45 to 49 years health check and 4 year old Healthy Kids Check. Please phone 43404444 for an appointment.



Blue Orchid Accounting

*Individual Tax Returns start from \$100  
Can assist in the following tax returns:- Rental Properties,  
Sole Trader; Companies, Business Activity Statements  
No tax return is too big!*

Contact **Toni Baines 0417 794 137**

Registered Tax Agent

[www.blueorchidaccounting.com](http://www.blueorchidaccounting.com)





KARIONG  
ALSO AT EAST GOSFORD

  
 11 Mitchell Drive,  
Kariong

## 4340 2022 - [vcdental.com.au](http://vcdental.com.au)

OPEN 7 DAYS  
30 YEARS LOCAL

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



Now open until  
8pm Thursdays

*Medicare Child Dental Benefits Schedule bulk billed*

## ATTENTION FATHER'S OF KARIONG!



**would you like to meet other full time fathers?**

We are considering offering a playgroup tailored for dads to socialize with their children and meet other full time fathers.

If you think that you would enjoy a playgroup tailored for Dads and your little ones, contact the Centre to register your details on

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



Cnr Dandaloo Street and Woy Woy Road Kariong NSW 2250  
 Phone: 0417 686 694. Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)  
 ABN: 13 852 216 759

**Events. Eco Garden - November/ December. 2014**

**Saturday 15th November.** 4 Seasons Art and Film Night; from 6pm to 9pm. At the Eco Garden, Community Hall and Arts Barn; includes the Strings Ensemble from the Central Coast Conservatorium, Ecopella Choir, Drumbala-audience drumming, Art Show by local artists- in the Arts Barn and "Fractured Country" - documentary on CSG 'from ' Lock the Gate and talk by Our Land, Our Water, Our Future. Food for Sale Entry by donation.

**Saturday 30th November.** Central Coast LETS-Market Day, from 10am to 1pm at the Eco Garden and the Kariong Community Hall. Contact email; [admin@centralcoastlets.org](mailto:admin@centralcoastlets.org). website- [www.centralcoastlets.org](http://www.centralcoastlets.org)

**Other Events in November / December.** Sunday 9th November; Oyster Festival at the Ettalong Waterfront, with ACF-CC. recycling.

**Planting:** The following vegetables/herbs can be planted in November: Amaranth, Artichoke, Asparagus, Basil, Beans, Beetroot, Borage, Cabbage, Cape Gooseberry, Capsicum, Carrots, Celery, Chilli Peppers, Chives, Choko, Cucumber, Dill, Eggplant, Fennel, Jerusalem Artichokes, Ginger, Horseradish, Jerusalem Artichokes, Kohlrabi, Leeks, Lettuce, Marrow, Mint, Mustard Greens, Oregano, Potato, Pumpkin, Radish, Rocket, Rhubarb, Rosemary, Rockmelon, Sage, Silverbeet, Spring Onions, Squash, Sweet Corn, Sweet Marjoram, Thyme, Tomato, Turnip, Watermelon, Yam, 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, download a copy from the website. See also our Facebook page.

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

**Help to finish the Labrynth project on Mondays at 10.30am**



**Hello from the desk of the Standpipe**



Our calls from August 22 until present are still not available. Hopefully next month I will be able to report to you the statistics.

Just a couple more **Bush Fire MYTHS** I would like to share with you:

**Myth:** Fire travels slower up hill!

**Fact:** Fires will move faster up a hill and slower down a hill. The speed of a fire will double with every 10 degree increase in slope. For example on a 20 degree slope, bush fire speed is four times faster than on flat ground.

**Myth:** Standing on my roof and hosing it down with water will help! **Fact:** During a bush fire more injuries normally occur from people falling off roofs than from burns! Filling your gutters with water and hosing down your roof will help with spot fires due to ember attack, but hosing should be done from the ground or off a ladder.

**Fire Danger Ratings:** The Fire Danger Rating gives you an indication of the consequences of a fire, if a fire was to start. The rating is based on predicted conditions such as temperature, humidity, wind and dryness of the landscape. It tells you how a bush fire may act, what impacts there might be on the community if a bush fire were to start and when to implement your Bush Fire Survival Plan. There are thousands of the Fire Danger Signs throughout Australia, one being on the Central Coast Highway at Kariong.

| FIRE DANGER RATING  | WHAT YOU SHOULD DO   |
|---------------------|--|
| <b>CATASTROPHIC</b> | For your survival, leaving early is only option. Leave bush fire prone areas the night before or early in the day – do not just wait and see what happens. Homes are not designed to withstand fires in catastrophic conditions so you should leave early. |
| <b>EXTREME</b>      | Leaving early is the safest option for your survival. Only consider staying if you are well prepared and can actively defend your specially designed, constructed or modified home.  |
| <b>SEVERE</b>       | Well prepared homes that are actively defended can provide safety – but only stay if you are physically and mentally prepared to defend in these conditions.   |
| <b>VERY HIGH</b>    | Review your Bush Fire Survival Plan with your family. Keep yourself informed and monitor conditions.   |
| <b>HIGH</b>         |  |
| <b>LOW MODERATE</b> | Be ready to act if necessary.  |



# Kariong Library Action Group

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

**Library Services available at Kariong** - you can use free wireless internet. Bring along your device and access the internet with a username and password supplied by the librarian. Two computers are accessible for a small charge and use by students is free. Check out also the selection of ebooks and audio books provided online.

Thank you parents and children for making the **Wreck-it Ralph** school holiday movie evening such a great success. Thanks also to all who helped to make it an enjoyable time for both adults and children.

**Storytime** is held on Tuesdays at 10.30 am to 11.30 am. This is a fun time for children 3 to 5 years and popular with parents, grandparents and carers. Storytime aims to introduce children to the joys of literature and language through story, songs and craft.

The last **Book Club** for 2014 will be held on Friday November 28<sup>th</sup> at 10 am. The first of the books to be reviewed will be **Cloud Atlas** (2004). This is the third novel by British author David Mitchell. It consists of six overlapping stories that take the reader from the remote South Pacific in the nineteenth century to a distant, post-apocalyptic future.

The second book is **The Poisonwood Bible** (1998) by American author Barbara Kingsolver. This novel follows a missionary family who in 1959 move from the US State of Georgia to the Belgian Congo. The story is narrated in turns by the five women of the family and covers three decades in postcolonial Africa, including the Congo's fight for independence, the murder of its first elected Prime Minister and the CIA coup to install his replacement. Visit the library and meet the enthusiast Book Club members over morning tea.

*The Kariong Library Action Group would like to hear from you so please contact us at:  
[klag2013@yahoo.com.au](mailto:klag2013@yahoo.com.au).*

## DVD Hire at KNC

### It's easy!

We have a great selection of DVDs for hire. Topics include, Parenting, Health and Wellbeing for families.

Become a member of **Kariong Neighbourhood Centre** and hire a DVD for only \$2 a week.

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



## KARIONG PROGRESS ASSOCIATION

### Kariong Crime Stats for September 2014

| Assault | Break & Enter | Malicious Damage | Robbery | Stealing | Steal Motor Vehicle |
|---------|---------------|------------------|---------|----------|---------------------|
| 2       | 2             | 4                | 1       | 2        | 0                   |

**Mount Penang swimming pool:** the local Kariong Facebook page has shown an interest in getting the pool reopened. Anyone interested in getting some specific action moving on the pool is invited to our next meeting on Wednesday 5 November 2014.

**Tennis Courts:** work has commenced on the refurbishment of Court 1 which has been closed for a while because of some structural problems. Good news is that it should reopen for use by mid-late November.

**Graffiti Removal Day Sunday 26 October:** this is a day where local groups take action to remove any graffiti from their local areas. We appreciate the support of Kariong-Somersby Rotary who have organized to remove any graffiti from around Kariong on the day. The RMS has agreed to remove the graffiti from the tunnel through to the school

Just a reminder that the Police are still monitoring the area, as all forms of graffiti are illegal (apart from being unwanted.)

**CCTV cameras for Kariong:** funds have been approved for the installation of CCTV cameras at the Kariong skatepark, and the Mitchell Drive and Arunta Drive shopping centres. At present going through the process of determining the exact positioning at each location. More news in the next 'Connection'.

**Langford Drive / Woy Woy Road intersection:** we are still waiting for advice and support from the State Government, via our local Member Chris Holstein, regarding supplementary funding to that already provided by the Federal local Member, Lucy Wicks.

We need more people to join us at our meetings. We seem to bring out the numbers when we have a specific issue to discuss, but it is the members of our monthly sessions that actually work to make that happen. If we had no Progress Association much that gets done in Kariong would not eventuate.

So a couple of hours at our monthly meeting at the Progress Hall would be of great support and benefit to the current members, so that they don't feel that they are shouldering all the work.

Next meeting of the Association will be held in the Progress Hall on Wednesday 5 November, at 8.00pm and always on the first Wednesday of each month so why not come and join us.



Kariong United Football Club is pleased to announce the Annual General Meeting held the other night returned your Committee intact. They have asked me to thank all the attendees and have commenced planning for the 2015 season to leverage the great results from the season just past.

The Senior Presentation Evening was a huge success at the Gosford Golf Club. The change of venue was a welcome change and by all reports, everyone enjoyed the evening.

As always, the off-season is the right time to get in touch with a few of our sponsors - George Brand Real Estate Kariong and Ross McLarty completing their 10th year as major sponsor of Kariong United FC and we look forward to more to come. ECOSUN, with their revolutionary solar pool heating system and our very own Northcoast Solar partner together to lengthen your swimming season.

To the boys at Foodworks (Mitchell Drive shops) - our BBQ's would not happen without your help nor without the help of Kariong Quality Meats. Kariong Pizza & Pasta have yet again proven to be generous with their player awards and Kids Klub continues to be the venue for educating your little ones. All their details are found on the Sponsors page on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au)

Your Committee wishes you all the best for the off season and will post details about 2015 Registrations on Facebook, the Club website and here in the wonderful Community monthly, the Kariong Connection.

Jeff Vilensky  
Kariong United FC Publicity.

## **FREE** Sahaja Yoga MeditaTion

*Discover the peace of true meditation*

- *Achieve inner silence*
- *Simple effective techniques*
- *For beginners and regulars*
- *No physical exercises or postures*
- *No special clothing required*

Weekly sessions at Kariong Neighbourhood Centre  
Monday 7.00pm - 8.20pm Contact Jayu on 4340 0118

## **Kariong Community Baptist Church**

### **Number Your Days**

Each week I have the privilege of teaching scripture at Kariong Public School, to the year 6 students. I love their enthusiasm, excitement and zest for life. Each week, as part of my lesson, I ask them questions about the future and their plans for their lives. I am amazed at times by their answers. One of my students is convinced he is going to play for Manchester United. I was thinking about that as I left my students, and I realised how long it has been since I was in year 6, and how long it has been since I dreamed dreams as big as that.



*Pastor Jeff O'Derry and his family*

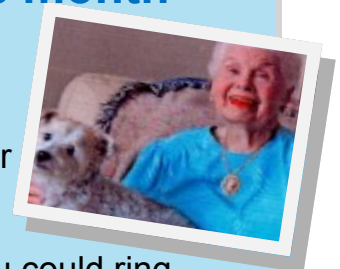
I was later reminded of this as I was reading through Psalm 90, which talks about numbering our days. We all have a limited time here on earth, probably averaging out at around 70 years (referred to as three score years and ten in the Bible), and most of us don't give a lot of thought as to how we pass those days, or what comes next. We get caught in the daily grind of work and meeting our responsibilities and, before we know it, years have passed and we might be wondering whether anything we have done really matters in the big scheme of things.

One way to ensure that you try to make the most of each day, is to number your days. If the average life is 70 years, then we can break that down to 25,567 days. At 35, you have used half of those days! A bit scary isn't it? Have you ever considered what comes when we reach the end of our days? One certainty in this life is that this life will end. But the Bible tells us death is not the end.

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

## **Helen Ross is holding her Book launch this month**

The launch is to be held at Kariong Neighbourhood Centre on 15th November 2.30pm - 5.00pm. If you would like to help Helen celebrate her launch, you could ring and reserve a spot on 4340 1918



# The XChange

Seventh-day Adventist Church



Can you believe that October is done? We can't. October has been a wonderful month for The XChange. Christopher and Skye were baptised the beginning of the month. They wanted to make a public commitment and tell their friends and community that they want Jesus as their forever friend. There were loud cheers encouraging them in their decision. We also celebrated Jesus' gift to us by holding a communion service. Both the adults and children who participated felt humbled at the opportunity. Pr Daron came with stories from the bible and of his own pets and of course taught us how to make real complicated balloon sculptures.

We welcomed Lynelda back as well during October. She has a heart to reach her indigenous kinsfolk with the good news of Jesus and last but not least our own Pr. Bob came again with further thoughts on the book 'In Step' about our walk with Jesus.

Coming Up: Sunday Nov 2 Kids Craft day – Christmas cooking

Wednesday Nov 12 Community Afternoon Tea  
Saturday Nov 15 Family Church  
Saturday Nov 29 Family Fun Night - Christmas

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. You could even stay for a bit of lunch!

**Small Group** – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

**The Sling Shot** - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm Ring for location. 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.

## Have you heard about our fabulous facilities that are available for Party Hire?

Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus fantastic playground for the little ones to enjoy. We also have an all weather covered area Outside.



You can have all this for just \$26 per hour for members!

To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email [admin@knc.net.au](mailto:admin@knc.net.au)

## Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 14th November, 2014 at 7.00pm for a 7.30pm start.**

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. This will be our last meeting for the year the next one will be in February 2015.

On **Sunday morning 15<sup>th</sup> November** we will be taking the ferry from Woy Woy to Empire Bay where we will explore the Cockle Bay Wetland area before returning to Woy Woy on the ferry for a picnic lunch.

Our monthly meetings include a Speaker, Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens. On conclusion of the meeting supper will be served with an opportunity to meet and mix with members.

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

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 504

## TAX HELP



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

Unfortunately TAX HELP is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service:

|                                       |           |
|---------------------------------------|-----------|
| Wyoming Neighbourhood Centre          | 4323 7483 |
| Gosford Narara Community Centre       | 4329 4477 |
| Ettalong 50+Leisure & Learning Centre | 4341 3222 |
| Green Point Community Centre          | 4367 7591 |
| Wyong Neighbourhood Centre            | 4353 1750 |
| Gosford 50+ Leisure & Learning Centre | 4324 4749 |
| Kincumber Neighbourhood Centre        | 4363 1044 |

## SUPPORT

## AL-ANON

**If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?**

**For information and help contact: AL-ANON**

**Saturday 2pm Woy Woy Hospital  
Group Therapy Room (near kiosk)**

**To find locations near you  
Phone 49693889**

**Check the white pages of the directory or go  
to Web site <http://www.al-anon.alateen.org>**



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

## COURT HIRE

### KARIONG TENNIS COURTS

If you would like to hire the courts please call **Yvonne** on **4340 1088** between 8.30am and 6.30pm.

## CLUBS

# 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)



### 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 on **4344 6867**

## SCOUTS



### KARIONG SCOUTS

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

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

Also looking for Adults to assist as Leaders  
Contact **Bruce 0419 734 002** for details  
Hall hire available

## VOLUNTEERING

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



For emergencies or  
life threatening situations call

**Triple Zero (000)**



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



To provide crime information  
anonymously contact

**Crime Stoppers  
1800 333 000**

[www.nsw.crimestoppers.com.au](http://www.nsw.crimestoppers.com.au)

# The Hill **youth** Centre



**Tuesday**

- > Dance Class (Jazz/Hip Hop)  
3:40 to 4:20pm – young people in years 1-4,  
4:30 to 5:10pm – young people Year 4 and above
- > Homework help

**Wednesday**

- > Fitness circuit and nutrition program  
Get fit and healthy for summer.  
Set some fitness goals and learn to make some tasty and healthy meals
- > Free youth health clinic on

**Thursday**

- > Soccer competition
- > Homework help
- > Career assistance

**Friday**

- > Dinner, games, events
- Youth have access to sporting equipment, our youth friendly cafe, career guidance, tutoring & WiFi accessible on our computers or your device.

Open Tuesday to Thursday 3-6pm and Friday from 4-8pm

Youth Workers available for referral and support 10.00 - 2.00pm by appointment. For more information Tel: 4304 7039 or michelle.tilden@gosford.nsw.gov.au



Printed by Gosford City Council 48 Mann Street Gosford NSW 2250 October 2014

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Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au)

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



## **CENTRES INTERNATIONAL GOSFORD**

**INVITE YOU TO COME AND HAVE A CHAT. We are a Bible based Church**

Contact us on 4381 0777 or 4381 0444 for information about our meetings on Sundays or our weekly night meeting.

## **Brazilian Jiu Jitsu**

@ Kariong. Instruction by Black Belt

Free for 2 Months, see [CentralCoastBJJ.com](http://CentralCoastBJJ.com)

For details

Gavin: 0416508787



[CENTRALCOASTBJJ.COM](http://CENTRALCOASTBJJ.COM)

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0400 403 411



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- \*\*Diesel servicing and Repairs

**Call Rachael or Belinda 02 4325 7133**  
5/401 Manns Road, West Gosford  
(Entry via Grieve Close)

# Alive Dance Academy

Hip Hop  
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Jazz  
Tap  
Ballet  
Acro

Adult Burlesque - Monday  
Adult Zumba - Tuesday  
Adult Salsa - TBA  
Adult General Dance - Thursday



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alivedanceacademy@hotmail.com  
www.alivedanceacademy.com.au

Kariong Mountains High School, Festival Drive, Mt Penang, Kariong

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Suite 9, 482 Pacific Highway, North Gosford 2250  
P: 4324 8486 F: 4337 6166 info@ccselect.com.au  
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CENTRAL COAST  
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PROPERTIES

## Advertise with us

Our newsletter is delivered to over 2500 community members and local businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates.

Contact us on 4340 1724 or admin@knc.net.au

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Qualified Allied Health Cert IV Nurse)

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**Foot Care \$40 Fingernails \$20**

**Please call: 0419 296 128 or 4388 3025**



## Ancestry and Family Tree Research

by Ruth Fuller

Are you interested in your Family Tree / Ancestry  
and having it researched for you?

Depending on where your Ancestors come from, some research is relatively easy, with records available. While some countries there is no access to records.

Casual Research. \$30 per hour

Set up and teach you how to do your own research.

\$30 per hour, 2 hour minimum

Compiling an Ancestral Family Tree for you. \$150  
(4-6 Generations)

**Contact Ruth for more information or to set up a meeting. Kariong Local. Mobile 0412 994 147 or**

# ACCOUNTING FIRST

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We've opened a new office in Somersby:

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Corner Pile Road and Sailfind Place

**Phone: 4340 2415**

Individual Tax Returns from \$110

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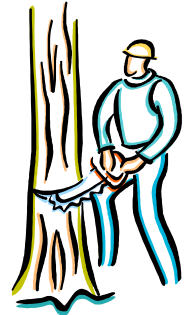
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## Australian Academy of Tai Chi

"Health & Relaxation"

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Beginners: Thursday 7:00—8:00pm  
Intermediate: Wednesday 9:00—10:00am  
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Contact Helen or Daniel on 0435 121 520



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### Check out our resource library

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre?  
They are located as you walk in the front door just to your right. We have some great information on a variety of topics including Families, Seniors, Youth, Health and Disability, Mental Health and Aboriginal and Torres Straight Islander resources. All of these resources are **FREE**, you can drop into the Centre Monday - Friday between 9am - 4pm and pick up your copies!

# MOTOR MECHANIC

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3 Mitchell Drive, Kariong



**KARIONG**  
Physiotherapy  
Centre

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre.

We also welcome feedback on anything related to our service or Centre.

**We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating .**

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

## MONDAYS

### Family Law Advice Clinic — FREE

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

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

10.30am to 11.30pm Contact Sarah to make a booking  
0425 265 609 \$10.00 each class

### Sahaja Yoga Meditation — FREE

Weekly classes 7pm — 8.20pm  
Contact Jayu or Malcolm on 4340 0118

## TUESDAYS

### Immunisation Clinic - NSCCAH

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

### Indoor Bowls

From 9.15am sharp to 12.00 noon. Cost \$4 for members, \$4.50 for non-members. Morning tea included.

### Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 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 Helen from the Australian Academy of Tai Chi  
9.00am- 10.00am All welcome. Cost \$10 per session For bookings please contact Helen on 0435 121 520.

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

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms - all welcome!  
Cost: \$4 per child, (member) \$4.50 per child (non-members ) \$1.00 each additional child. All welcome

### Early Childhood Clinic—NSCC Area Health

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

### Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 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) Phone: 131 997

## THURSDAYS

### Kariong Arts and Crafts Group

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

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

This is a wonderful group that meets every Thursday, specifically for those that are needing some company — The group leaders are caring and eager to show you all a great time! Cost: \$4 members, \$4.50 for non members.  
12:15pm to 2.00pm

### Tai Chi - Australian Academy of Tai Chi

7:00pm - 8:00pm. All welcome. For enquiries please contact Daniel on 0435 121 520.

## FRIDAYS

### Australian Breastfeeding Association Meeting

All welcome!  
Fortnightly 10.00am to 12 noon Contact [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

### Youth Support Group

For teenagers 12-18 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm —10:00pm  
**Contact Natalie on 0478 122 599 for more information.**  
Follow us on Facebook [www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)

## SATURDAYS

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

## SUNDAYS

**River Christian Church** - From 9:00am, to 2.00pm  
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

## ADVERTISING CLOSING DATE for NEXT ISSUE

**Wednesday 19th November, 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)

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