

THE KARIONG CONNECTION

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

Vol 21; No. 10 10 Langford Drive, Kariong, Ph: 4340 1724; *NEW: www.knc.net.au



November 2012

BROADBAND FOR SENIORS

Funded by the Australian Government



Learn to surf the net and more...

Visit our new Broadband for Seniors kiosk for 'how to' lessons and keep your mind active. Using the Internet can be a fun way to exercise your mind with activities including reading online newspapers, finding long lost friends, discovering your ancestry, or sending emails to keep in touch with overseas family.

Where: Kariong Neighbourhood Centre,
10 Langford Drive, Kariong

When: Every Friday from 2nd November
12:30pm - 2:30pm

Cost: **FREE** including afternoon tea
2 people with one trainer

Bookings are required. Please phone
(02) 4340 1724

or email admin@knc.net.au

Campaign to Upgrade Langford Dr & Woy Woy Rd Intersection Update!

The petition located in the Medical Centre is still growing! We now have 1700 signatures and several people have taken the time to write letters supporting the campaign – thank you!

As a result, you may have seen the council surveyors out and about over the last few weeks and a report is expected out sometime in November.

Unfortunately without funding, the project has no chance of ever being realised. It is likely that we need the State and Federal governments, and the Council to each contribute a third of the cost for the project to go ahead.

Please consider taking 5 minutes to send a letter or email to our State MP Mr Chris Holstein and/or Deborah O'Neill, Federal member for Robertson to request funding. Let's show them that Kariong is serious about improving our community.

A template is available to assist you in writing your letter. Please take the time to email the following address for your template information:

kariongiag@bigpond.com

A free post box is available in the Neighbourhood Centre and Kariong Public School Office for your letters, or email it to the above address to have it forwarded to the relevant offices.

Thank you.

Multicultural Cooking Classes



Monthly Classes are \$10 per head which will include:

- *Demonstration*
- *Recipe & Ingredients*
- *Sharing an authentic meal*

This month features

Phillipino Cuisine

All invited to come along!!

When: Wednesday 21st November 2012

Time: 11.00 – 1.00

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

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

Appointments available between 2.00pm-4.00pm.

Bookings essential Ph: 4340 1724

Editor's Note

Hello Kariong— already it's time to submit my editorial!! Each month comes around incredibly quickly for all of us!!

I was fortunate enough to attend the Central Coast Volunteer Awards - this was such an honour, not only to recognise the efforts of our volunteers here at our Centre, but also to see what other Volunteers are contributing to & the achievements they are making within our Community. I can highly recommend for anyone to become a Volunteer, not only are you changing someone else's life, but it will also do amazing things for your own self esteem. I am very grateful to all of our Volunteers here at the Neighbourhood Centre.

We have had a wonderful community member - Jagdeep Singh of Verowebstudios, volunteer his time to build us a new website!! He has done all the technical stuff & I have been learning how to upload content so that it would be ready for all to enjoy. We have a unique feature on our website - you can join our online 'Community' - so you can become a member of your favourite group & catch up with them online!!

By the time you receive this we would have held our DisabiliTea, AGM & attended the Kariong Primary School Fete. I'm sure with all the preparation that has gone into these events, they will have been a great success for the Community. Thank you to all for their hard work!!

Now, it's time to start thinking about Christmas - 'but it's only November' I hear you cry - well, it really would be wise to start getting organised - we will be running some fund raisers - I am sure a Family Portrait would make a wonderful gift.

Until next month!!

Tracie Gosling

Editor/Administration - Admin@knc.net.au

**KARIONG SCOUTS**

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

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

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

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

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

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

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



Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"

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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





Do you want a GREAT IDEA for CHRISTMAS PRESENTS for the Family????
Well do we have a GREAT IDEA & DEALS for YOU!!!!

Come to the Parklands Gardens on Nov 4th and get your children and/or the whole family photographed in the places that you chose in the gardens by the professional team of Carmography Photographics.

PHOTO PACKAGE DEALS

Package 1:

\$20 offering 4 framed + 4 watermarked playdate photos + 1 collage on a disk for easy print

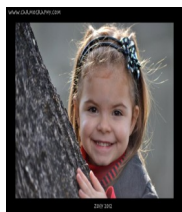
Package 2

\$30 offering 9 framed + 9 watermarked playdate photos + 1 collage on a disk for easy print

Package 3

\$50 offering 15 framed + 15 watermarked playdate photos + 1 collage on a disk for easy print

To book a time on November 4th, please ring Kariong Neighbourhood Centre 43401724



A HISTORY OF KARIONG AND ITS PEOPLE

The 6th January 1989 saw a major storm event that affected the Central Coast in general and Kariong in particular. There were a number of accidents on the freeway with the subsequent delays and a landslide on the rail line at Tascott which held up the trains and the flood retention basins in the Kariong estate were tested to their full extent.

A 15 year old boy was near the drain in the Peppermint Park retention basin, which was flooded, when he was pulled into the drain by the force of water and washed away. Luckily, a local man saw what happened and was quick enough to know where the outlet of the drain was, he ran down to the outlet and caught the boy as he came out of the drain, saving the boys life. The story was picked up by Channel Nine news and the Sydney newspapers – a true local hero.

How do we know about this story? A local man, Garry Sanders, has kept records and newspaper cuttings of Kariong over the years that he has lived here and he has very generously shared this information with us. Perhaps you have some information you would like to share to be included in our book – we would love to hear about it. Please phone the Kariong Community Centre on 4340 1724 and leave your name and details and we shall contact you.

Dorothy Mulholland
 Project Editor
 Central Coast Family History Society Inc



Woongarra - We can come to you

Individual Tax Returns start from \$98

Can assist in the following tax Returns

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- ✓ Sole Trader
- ✓ Companies
- ✓ Business activity statements

- No Tax return is too big

Toni Baines 0417 794 137
 Registered Tax Agent



Next year's Festival will be held on March 17th

This is a community run event – you only have to give a couple of hours on the day - helping us to set up the shade covers, guiding the cars, putting up signs, assisting the stall holders to set up.

Please contact Fiona - 43401724 Remember this event can't happen without YOU!! You will receive a free lunch and a job reference for your efforts.

If you would like to have; a stall, entertain us, provide a service, put in an art work etc please email me on coordinator@knc.net.au

Sponsored by



ARE YOU GOOD WITH COMPUTERS ?? And would like to teach others.

We now have broadband for Seniors at the Centre—this is a wonderful opportunity to learn how to teach by using a manual and having support from others. We have two brand new computers and only require 3 hours of your time each week voluntary. This could lead to paid work in the future.
 Please call Fiona **43401724**

KARIONG NEIGHBOURHOOD WATCH

- CRIME STOPPERS 1800 333 000
- POLICE ASSISTANCE LINE (PAL) 13 14 44
- EMERGENCY 000 POLICE
- Graffiti HOTLINE 1800 707 125
- LEGAL HELP 1300 888 529
- STATE EMERGENCY SERVICE 132 500

KARIONG COMMUNITY***Celebrating 25 years***

The shops are starting to be filled with sparkling decorations which can only mean one thing...Christmas is coming soon! Each and every year the local churches host the Kariong Community Carols event at The Hill to celebrate one of the greatest gifts ever given. This year the carols are set to be held on Tuesday 18th December. Make sure you lock that date away and come join in the festivities.

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

For more information please contact
Noel 0402 634 119 or
email: youthpastor@kariongchurch.org.au



The Central Coast Group of the ***Australian Plants Society*** meets on the 2nd Friday of each month at Phillip House Old Mt. Penang Road Kariong. The November meeting will be held on Friday 9th November. (No meetings held December or January). There is an admission charge of \$2 at door which includes 1 raffle ticket and more raffle tickets can be purchased at a cost of \$1 or 3 for \$2. Visitors are always welcome.



Our meetings include a monthly speaker, a Plant of the Month and Book of the Month presentation and a plant identification table which is a collection of flowering natives from members' gardens. At the end of the evening supper is served. At our November meeting we will be holding a trivia night instead of having a speaker. We have a monthly bushwalk on the Sunday following our meetings and in November we will be exploring Dangar Island with a picnic lunch sometime during the walk. This will be our last bushwalk for the year. 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.



The Hill Youth Centre

98 Mitchell Drive, Kariong - 4304 7039

PCYC BOXING IS BACK AT THE HILL YOUTH CENTRE!!

The Hill Youth Centre is working in partnership with PCYC Umina Beach to hold Boxing Classes in Kariong. Classes are for all ages and are run by a qualified instructor.

Where: The Hill Youth Centre – 98 Mitchell Dr Kariong

When: Wednesdays 4.30 – 5.30pm

Cost: First class is \$6 which covers annual membership to PCYC Umina. Weekly cost \$5



Active Playgroup

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

Come along, have fun and meet other Families.

An educational program in a safe, happy & stimulating environment.

Where: Kariong Neighbourhood Centre

When: Wednesdays at 10.30am – 12.30pm

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

For more information or to book, please ring 4340 1724

BABY FIRST AID

Children 0-5 years

Ideal for parents & grandparents

Where: Kariong Neighbourhood Centre

When: Wednesday 21st November 2012

Time: 9.30am – 1.30pm **Cost:** \$55 per person

Registration Essential

Please contact Kariong Neighbourhood Centre on 4340 5353 or admin@knc.net.au



Kariong Library Action Group

Kariong Shopping Centre, Arunta Avenue

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

The Kariong Library Action Group with the approval and co-operation of the Gosford Council Library Services conducted another very successful movie night for younger children during the recent school holidays. They thoroughly enjoyed the movie and our members were very impressed with the manners and behaviour of the children. We would like to thank Gosford Council for always supplying the movie and refreshments for the children at interval. After the interval, as the lights went out, it was a pleasure to watch them correctly dispose of their empty pop corn and drink cartons. Thanks also to the Librarian for helping to make the night such a success. We hope to repeat the experience in January.

Storytime on Tuesdays 10.30 am – 11.30 am

Children love to listen to the themed stories and create something based on the theme. They also join in singing and dancing. Storytime not only socialises the children but also stimulates the brain for healthy development. Come along and join in the fun.

Bookclub Review: Friday 30 November 2012 at 10.00

This month members will be discussing author Alice Hoffman's book **Practical Magic**. The Owens women have been witches for several generations. Orphaned Sally and Gillian Owens, raised by their spinster aunts in a spooky old house, grow up observing desperate women buying love potions in the kitchen and vow never to commit their hearts to passion. Fate, of course, intervenes. Nichole Kidman and Sandra Bullock are the stars of the 1998 movie.

70th Anniversary Kokoda Display

Have you met Bill? He is a Saturday morning librarian at Kariong and also one of the very first librarians at Kariong (10 years ago). Bill recently walked the Kokoda Trail and has created a wonderful display at present in Woy Woy library to commemorate the 70th Anniversary of the Kokoda Track Campaign. This display will be touring other libraries in the Gosford area. Call in the library on Saturday morning and chat to Bill. He would love to give you more information.

The Kariong Community Fun Festival will be held on March 17, 2013 and the Action Group hope to again sell second-hand books. Please start cleaning out book shelves and saving any second-hand books in good condition for our stall. All books can be left at Kariong Neighbourhood Centre

Work Wanted
Labouring for Builder or demolition
White Card License
Please Phone Scott 0421 517 024



TRANSITION TO HIGH SCHOOL

The move from primary school to high school signals a significant change in the life of a student. It has been recognised for some time that a supportive process involving both the primary and high school, working with parents, is important in making this a successful transition.

Throughout the year we have been involved in a number of transition events with our learning community primary schools and our Year 7 Year Advisor for 2013 has been out to each school to talk with Year 6 teachers. These processes help us to identify the best placement for students into classes based on academic and social requirements. We take the transition process seriously, as the most important thing that we can do for our new Year 7 students is have them feel calm and confident about starting high school and feel welcomed into our school community, hence enhancing their capacity for future successful learning.

How can families help? If your child is feeling anxious about starting high school, then respect this feeling, but share with them the good stories about being at high school, let them know that it is an opportunity to make new friends and enjoy new types of learning, that teachers are there to help them and love being asked questions and finally let their current class teacher know as that they can also help during this term.

How can Kariong Mountains High School help? The information evening for parents of our Yr 7 2013 students is on November 7th starting at 6.30pm. We will provide information about organisation, provide opportunities to purchase book packs and uniforms and staff will be available to answer any questions.

Finally, don't hesitate to phone our school at any time if you have a question about Kariong Mountains High School and how we can work with you to support your child in this next phase of their learning.

You can contact us on 4340 0246 or visit our website at www.kariongmountainhigh.com.au

Kariong OOSH available to Somersby School Children via Public Bus — See below

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

Mountains Karlong Cricket Club.

October marks the start of the cricket season and your club has started with a couple of Junior teams and an impressive 6 Senior teams. Early results in show wins to the Junior teams with a few individuals racking up big scores. I take the opportunity to applaud the 132n.o. partnership between Woodja (59*) and Chief (76*) in their win against The Entrance. Impressive results can also be found in the senior ranks, especially as we hold the early lead in the Premier League table. David Mitchell has been a stand-out after making 114 with the bat and taking 6 for 29 with the ball.

The Mountains Karlong club continues to foster and develop young talent through it's Milo have a go program. These are skills development sessions held at Kariong Oval on a Saturday morning. The sessions run for an hour or so, and it is a great way to get a taste for the game of cricket. Places are available for any boy or girl that hasn't played the game before and you can contact either myself or Chris Johnston (cgpajohnston@hotmail.com) for more details.

Best of luck to all players and I look forward to publishing more achievements throughout the season. Get your updates at www.mkcc.org.au each week!

Jeff Vilensky
Mountains Kariong CC Publicity
0418 608 868

KARIONG MEDICAL CENTRE

"Caring for Kariong"

NEW GP

Kariong Medical Centre is excited to let you know we have a new Doctor starting in early November. Dr Diana Treece has transferred from the UK and has a special interest in women's health, pediatrics' and travel medicine. She will be working 5 days a week. Dr Treece is a very welcome addition to our team and will assist in our shortage of appointments.

Health Assessments

Did you know that the government encourages GPs to undertake the following health assessments to provide Doctors with the opportunity to identify risk factors and to talk to their patients about preventative measure to reduce chronic disease;

4 Year Healthy Kids Check (once only before 5years of age)

Aboriginal and Torres Strait Islander Annual Health Assessment (Aged 0 – 75 years)

40-45 Year Health Checks (once only)

75 Year plus Annual Health Assessment

If you believe you are eligible for one of these Health Assessment please speak to your Doctor or phone and speak to our Admin staff about booking in for one at your next visit.

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HEARING TESTS

FOR OVER 55'S



The goalposts have been removed and the grounds handed over to the summer codes. Boots are put away (mostly unwashed of course) and the waft rising from the inside of numerous sets of shin pads is enough to strip paint! Off-season means that we get to follow our beloved Mariners in their quest to retain the Premiers Plate and even go one further and bring home a Champions trophy! Be sure to keep up to date with their quest at

www.ccm Mariners.com.au

Also keep your browser set to www.kariongunited.com.au for the new season updates. The 2013 season is sure to be another huge success for the community and we are going to need you to be a part of the Club for that to happen.

As always, this can not be achieved without the generous support of the best companies on the Coast who choose to sponsor you. George Brand Real Estate Kariong, Foodworks, Kariong Pizza, Kids Klub all contribute funds into your club to make sure you keep playing the game you love. We ask that you think about that when it comes to your spending decisions.

Jeff Vilensky
Kariong United FC Publicity
0418 608 868



Eco Garden- November 2012 Events

Sunday 25th November. LETS Trading Day. In the Kariong Community Hall and in the Eco Garden

Saturday 24th November. Gosford Council Composting Workshop

"Aussie Farmers Direct" online: Customers can nominate the Eco Garden.

Other Events on the Central Coast:

Sunday 4th November. " Kids Day Out" at the Kariong Mountains High School.

Saturday 3rd November. Kariong PS Fete; 10am to 2pm.

Sunday 17th March 2013. Kariong Community Fun Festival. Kariong Mountains High School

The Eco Garden has a grant to run 4 Film and Art nights in the next 12 months; we are looking for volunteers to help run these events.

We are also looking for a volunteer to help with our administration; 1-2 hours a week.

The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10am to 12pm on Mondays and some Fridays, and can be contacted on the details below.

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 ASSOCIATION

At the October Progress Meeting we welcomed a new member representing the Kariong Baptist Church following the retirement of their long time pastor. We were very pleased to hear that Carols in the park will be held again this year and the Progress Assoc always make a generous donation toward the success of the night. It will be held in December at the usual venue of the Kariong Ovals/Hill Youth Centre.

Woy Woy Rd & Langford Drive traffic lights update:

The petition, on display at the Neighbourhood Centre, has now been signed by more than 1500 people so keep up the good work and pop into the neighbourhood centre if you haven't already signed. Surveying by Gosford City Council representatives appears to be completed and your association in conjunction with the Intersection Action Group will continue to monitor progress and keep you informed.

On behalf of the Kariong Neighbourhood/Eyewatch team a reminder that the laws on Graffiti have been changed and penalties increased. Also the police will charge all offenders under the new Act and the young offenders provisions do not apply. For the present all incidents should be reported to the Graffiti Hotline 1800 707 125 however a new system "Vandaltrak" will be in place shortly with stronger operating conditions. Also a reminder that any matter can be reported to Crimestoppers 1800 333 000 if you wish to remain anonymous and also remember all anti-social concerns can be noted with staff at the Kariong Neighbourhood Centre.

Your Association is also represented on the Kariong Fun Festival Committee supporting this great event which will be a definite notation for your calendar, **March 17, 2013.**

Guest speakers from the newly elected Gosford City Council Councillors are scheduled for our December, February and March Progress meetings and a special forum will be also be held next March. So if you have any Council matters for discussion, please come along to a Progress Assoc meeting 8pm in the Progress Hall, first Wednesday of the month.

Progress Assoc is pleased to report to residents that Police are patrolling Kariong in marked cars and we feel this will help people feel more secure in their homes.

Don't forget next Progress Meeting will be held on **WEDNESDAY NOVEMBER 7, 2012, 8.00PM**

Enid Pauling
Publicity Officer

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



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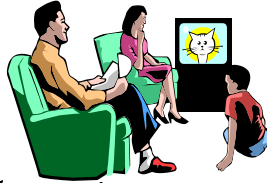
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ROTARY CLUB OF KARIONG/SOMERSBY CHARITY RACE DAY - 19TH DECEMBER 2012

Our Rotary Club is supporting the local Branch of Riding for the Disabled and local people can have a great day out and Business Proprietors may consider the event a suitable Christmas Party or Year End Party for Executives and Staff.

Organisations are invited to SPONSOR a RACE and receive Nation-wide publicity at minimal cost and the benefits of attending with customers/staff on the day. Contact Rochelle at the Gosford Race Club on 02 43 25 0461 soon as there are only 7 races available.

This is a "transferred" Randwick Race Day with many "top notch" trainers, horses and jockeys competing.

**Rotary Club of
Kariong Somersby**

Charity

RACE DAY

DECEMBER 19, 2012
GOSFORD RACE CLUB

Secure your seats to a fabulous day of racing. Enjoy a roast buffet lunch with beer and wine included in The Cusick Stand with panoramic views of the racecourse.

Contact Gosford Race Club on 02 43250461 to book
Tables of 10 - \$1000 or individual tickets - \$100

In support of
**Riding for the Disabled Association
CENTRAL COAST CENTRE NSW**
And Other Rotary Projects

Tickets available by phoning Gosford Race Club on 02 43250461



G'day folks. I'm back with some more news from Kariong Rural Fire Brigade. It's been a busy time for the brigade contending with bushfires and hazard reductions around the area. During the recent hot weather, crews attended a bushfire in the Gunderman area then followed up with the Pretty Beach fire which proved a real headache for fire fighters. Crews spent a couple of days and nights working on it assisted by water-bombing choppers and eventually with some cooler weather, was reined -in to the relief of the residents in that area. Folks I'll say it again, there is little value trying to run around getting your evacuation or survival plan in place when the fire is on your doorstep. And this was literally happening on the day, people clearing gutters, removing timber from around the house whilst fire fighters battled the blaze at their back fence. As a matter of fact during this fire, the wind direction changed from westerly to southerly which blew the smoke over much of Kariong and yours truly was fielding phone calls at the fire station from concerned Kariong residents wanting to know if the fire was near by and what were they to do and this is a worry for both me and my fellow fires. **The time to act on your plan is now folks** before anything happens around here because the decisions and actions you make now will be a lot more clearer and easier to do than waiting till the proverbial is hitting the fan. Make your survival or exit plans now and in the event something does happen then you'll have something to work to and believe me, if you've got an idea of what to do it makes things a whole lot easier for you, your family as well as the fire fighters. To get more info on the things you can do to best protect yourselves, pop in to the Emergency Operations Centre on Woy Woy road or give them a call on 4340 2911 during office hours. They will not hesitate in pointing you in the right direction. **Remember this: Planning to make a plan...is not a plan.** Get started now!

Another thing to remember folks is that we are in the Fire Danger period or more commonly known as "fire season". It started on October 1st and will be in force till next March 31st and with that comes the rules and regulations associated with hazard reduction burns on rural land. However, here in Kariong you need to remember that you can't burn off rubbish in the back yard. Years ago you could but these days it's a no no. Ok that's it for now folks. Remember, stay safe and be Firewise.

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

Thursdays & Every Second Friday
By appointment. Ph: 4340 1724
www.coastcarecounselling.org



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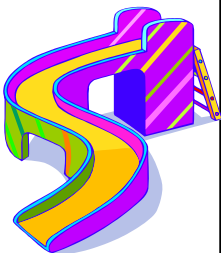
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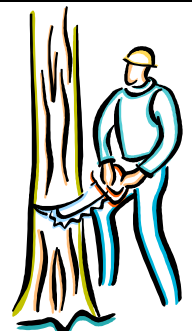
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KARIONG
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What's On at Kariong Neighbourhood Centre...

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. 12:30-2:30pm

Family Law Advice Clinic—FREE

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

Pilates for Seniors

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

Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book Call Jayu on 4340 0118. You will learn simple, effective meditation practices and clearing techniques aimed at experiencing mental silence. www.freemeditation.com.au

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. November 13th & 27th, December 4th & 18th -12 noon to 1:00pm.

Indoor Bowls

From 9.30am sharp til 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 - 8.30pm. \$10 p/class. The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722 zumbawithkim@live.com.au

WEDNESDAYS

Tai Chi

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

Active Playgroup

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

Early Childhood Clinic—NSCC Area Health

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

Central Coast Multiple Birth Association Playgroup

10:00am to 1:00pm, 1st Wed of each month. www.ccmba.org.au

Apply First Aid Course—HLTA301C

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR) 9:30am-3:30pm 14th & 21st Nov, 5th & 19th Dec. To Enrol Contact Directions Health 9486 3120 or www.firstaid.net.au

THURSDAYS

Kariong Arts and Crafts Group

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

The Over Fifty Friendship (TOFF's) group

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

Coast Care Counselling

Every Thurs 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-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

2nd, 16th & 30th November 2012 — 10.00am to 12 noon www.breastfeeding.org.au

Craft Group

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

Womens Drumming

Every 4th Friday Night 7:30pm-8:30pm - \$10 per class Bookings Essential Ph: 4340 1724

SATURDAYS

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

ZUMBA fitness

There are currently no Saturday classes, but classes may resume in summer. Watch this space for updates. zumbawithkim@live.com.au

SUNDAYS

River Christian Church - From 9:00am,

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

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

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CLOSING DATE for NEXT ISSUE

Wednesday 21st November, 2012

Please submit any items for the Kariong Connection to: **Kariong Neighbourhood Centre** 10 Langford Drive, Kariong, 2250

Ph: 4340 1724 or email: Advertising.admin@knc.net.au Community Announcements coordinator@knc.net.au

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