

# 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. 9

10 Langford Drive, Kariong, Ph: 4340 1724;

Web: [www.knc.net.au](http://www.knc.net.au)

October 2012

## Annual General Meeting

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**Grand Opening of Sustainable Garden and New Playground, Launch of New Website!**

**Please join us at the Annual General Meeting and celebrate the Grand Opening of our new Sustainable Garden, new Playground, and the launch of our new Website!!**

**On Thursday, 1<sup>ST</sup> November 2012 at 10.30am-12.30pm at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong.**

**It's FREE and all are welcome at this community event. It will be a lot of fun, so bring your children and try out the new equipment. Entertainment will be provided for all the family. Lunch and refreshments will be served (following the Annual General Meeting).**

**To vote at the AGM you must be a current Member of the Kariong Neighbourhood Centre, so come along, have your say and become a member during October.**

**Kindly RSVP by 25th October, 2012  
Ph: 43401724 or Email: [admin@knc.net.au](mailto:admin@knc.net.au)**



## Kariong Public School Fete

Time 10am to 2pm

Date: Saturday 3rd November 2012

Location: Kariong Public School, Langford Dr & Truscott Ave, Kariong

**Food, drink and entertainment galore!!**

### Rides:

Water Balls, chair-o-plane, giant inflatable slide, inflatable rock climbing wall, standard jumping castle

All day rides wristbands can be purchased at the school from 8:30am to 9am and 2:30pm to 3:10pm from 30th October at a discounted rate of \$20 or \$25 on the day.

Stalls: Chocolate Wheel, Show bags, Cakes, Tombolas, Plants, Preloved cloths books and toys, Crazy hair, fingernails, Temporary tattoos, Face Painting, Fairy room, Ghost house, Plaster fun house and Sand Art, Christmas shopping stall, Hoopla, Footy Passing Competition, Vintage American Cars, NSW Rural Fire Brigade, A visit from the 101.3 Sea FM Sea Cruiser at 11:40am, Information stalls by Kariong Neighbourhood Centre & Kariong Eco Garden

**For Further information contact Danielle Beckman on 0414748076 or Jodie Williams on 0414896191**

## Multicultural Cooking Classes



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

- Demonstration
- Recipe & Ingredients
- Sharing an authentic meal

This month features

*French Cuisine*

*All invited to come along!!*

**When: Wednesday 17 October 2012**

**Time: 11.00 – 1.00**

**Bookings essential—Ring 4340 1724 or email: [admin@knc.net.au](mailto: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, \*\*8th October 2012\*\*  
from 2.00pm-4.00pm.

**Bookings essential Ph: 4340 1724**

**Editor's Note**

*Hello Kariong— where does the time go? We are certainly shaping up for yet another huge month here at the Centre!!*

*We are currently planning our Annual General Meeting & will be celebrating some major achievements, with our new sustainable garden, playground and fancy new website!! This is also a great opportunity to have a say, to nominate and vote in new Board members. To do this, you must be a current Member of Kariong Neighbourhood Centre, so please ensure your Membership is up to date.*

*We are hosting a very special morning tea this month, 'Disabili-Tea' in support of the NDIS, so we hope you are able to make that and show your Support to such an important cause.*

*The monthly Multicultural Cooking class was successful yet again, so look out for October's 'French Cuisine' class!!*

*Of course, I have to mention my favourite group—the TOFFS are heading off to the Hunter Valley for this month's excursion—if only I could join them!! Until next month!!*

*Tracie Gosling*

*Editor/Administration - Admin@knc.net.au*

**SOCIETY OF ST VINCENT DE PAUL****KARIONG DONATION BIN**

Dear Residents, the St Vinnie's donation bin is currently unavailable at Kariong Neighbourhood Centre due to the recent rebuild of the Wyong store. It will be returned as resources become available. Thank you for your patience.

**KARIONG SCOUTS**

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

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

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

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

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

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

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

# 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





## The New Sustainable Garden at Kariong Neighbourhood Centre



Youth Connections are working hard to create a new sustainable garden for our centre. The garden will have vegies, fruit trees, bush tucker, worm farm and compost heap. The garden is there for the OOSH children and Community to learn all about growing your own edible food. Now all we need is someone from the Community to volunteer their time a couple of hours a week to help us maintain the garden and teach the kids. Please ring Fiona on 43401724 if you love kids and gardening.

Join us for a  
**Disabili Tea**  
 To support the NDIS

*Thursday 25<sup>th</sup> October , 2012*

*Please join us for morning tea to show our support for The National Disability Insurance Scheme*

*Hear our guest speakers and local families share their journeys about caring for their disabled loved ones and the 'special love' this brings into their lives...*

*Exciting lucky door prizes & raffles  
 Entry by Cold Coin donation*

Time: 10:30-12:00

Where: Kariong Neighbourhood Centre  
 10 Langford Dr, Kariong.

Bookings Essential  
 Ph: 4340 1724 or Email:  
 admin@knc.net.au



## KARIONG PROGRESS ASSOCIATION

The Annual General Meeting was held on the 5<sup>th</sup> September in the Kariong Hall. Office bearers elected for 2012/13 are:

|                |               |
|----------------|---------------|
| President      | Peter Pauling |
| Vice President | Doug Hart     |
| Secretary      | Murray Scott  |
| Treasurer      | Tony Mills    |

The Association would like to thank Mrs Yvonne Hart for her continued hard work with the Bookings for the Kariong Hall and the Kariong Tennis Courts. Yvonne gives much time and effort to help Community hirers whilst ensuring both venues are well maintained.

Some of the projects currently on the Progress Assoc agenda: **Traffic lights** at the intersection of Woy Woy Road and Langford Drive Progress Assoc working in association with the Intersection Action Committee. This has allowed over 1300 signatures to be presented as a petition to Councillor Craig Doyle and our parliamentarian Chris Holstein. We understand that Gosford City Council will prepare the initial report.

**Graffiti removal** in Kariong is a project we are supporting and working with the Attorney General's Dept. together with the Gosford City Council and local organisations to ensure this practice is not part of our community. Subject to weather conditions the exterior of the Scout Hall should be refurbished by the time you read this article.

Curringa Road traffic congestion continues to be contentious due to the width of this main traffic artery. Whilst the physical aspects of this are challenging we will continue to work with Gosford City Council on ways to enhance traffic flow.

Community safety is paramount for any suburb, not least Kariong, and the Kariong Progress Association therefore totally support our Neighbourhood Watch/Eye Watch team who are ably strengthened by the Gosford Police Unit. It was also pleasing to be advised of the appointment of a new permanent commander in Superintendent Daniel Sullivan who has an impressive CV in policing. This year Progress will be assisting with some new youth functions which will expand facilities and entertainment for Kariong teenagers.

Councillor attendance at our monthly meetings over the past year has been anchored by Councillor Vicki Scott and we have acknowledged her support during this time. We also look forward to her continuing participation along with, we hope, some of the new Councillors who were recently elected to Gosford City Council.

The Kariong Rural Fire Service, with our support, held an open day and seminar on Saturday 22<sup>nd</sup> September so you will, we trust, have taken the opportunity to attend. This was a new expanded function and the speakers included supporting units of the Brigade plus representatives of National Parks. An important and timely event for Kariong at this time of the year!

Should you have matters of community benefit or that may require representation on your behalf (within Progress Assoc charter) please come along to the monthly meeting held in the Progress Hall Woy Woy Road on the

**first Wednesday of each month at 8:00pm.**

**NEXT MEETING OCTOBER 3RD AT 8.00P.M**



Book early for your place in the next...

# Hep C: Take Control Program

Would you like to learn what you can do to stay healthy and get more out of life?

Would you like to meet other people with hepatitis C?

Starting Oct 2012

On the Central Coast

In a supportive environment participants will work together over 6 weeks to share skills and develop strategies to better manage their Hep C and improve their symptoms.

Some topics to be covered are:

- Better management of hepatitis C and liver-related health problems
- Treatment and dealing with side effects
- Working effectively with doctors and other health professionals
- Making healthy lifestyle changes

Where: Wyong Central, 38A

Pacific highway, Wyong

When: Starting Monday 15th Oct 2012

Time: 10.30 am – 12.30pm

The course will be facilitated by Jennie Hales, the Liver Clinic & Amanda Burfitt from HIV & Related Programs, from the Central Coast Local Health District.

There will be an emphasis on respecting the privacy and confidentiality of all participants. If you are interested in taking part in this program or would like more info about this course or other dates when this course will be running, please contact Jennie by phone on 4320 2390 or Jennie by email, [jhales@nscchahs.health.nsw.gov.au](mailto:jhales@nscchahs.health.nsw.gov.au)

Central Coast Local Health District

Liver Clinic

Blue Orchid Accounting



Woongarra - We can come to you

Individual Tax Returns start from \$98

Can assist in the following tax Returns

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

- No Tax return is too big

Toni Baines 0417 794 137  
Registered Tax Agent



Next year's Festival will be held on March 17<sup>th</sup>

It will be bigger and better than last year!! All of the comments from last year have been taken on board – like move the stage to the grassy hill, spread out the stalls, have all the craft stalls together and have them doing the craft on the day, more kid's activities and more food!! We now need YOU to help out on the day.

**This is a community run event** – you only have to give a couple of ours on the day - helping us to set up the shade covers, guiding the cars, putting up signs, assisting the artists or crafts people.

**Please contact Fiona - 43401724, at the Neighbourhood Centre to offer your time. Remember this event can't happen without YOU!! You will receive a free lunch and a job reference for your efforts.**

**Stall Holder Application Forms Now available!!**

**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 LAW ACCESS NSW
- STATE EMERGENCY SERVICE 132 500



## Kariong Library Action Group

Kariong Shopping Centre, Arunta Avenue

The Kariong Library in the Kariong Shopping Centre, Arunta Avenue is open 9.30am to 5pm Tuesday to Friday and 9.30am until 2 pm Saturday.

The Action Group is still waiting to see proposals for the Kariong Library move to the Youth Centre and we will keep the Community informed as information comes to hand.

**Storytime on Tuesdays 10.30 am – 11.30 am** continues during school holidays. It is always a great time for pre-schoolers and their carers. Come long and enjoy a fun time.

### School Holiday Movie On Friday 5<sup>th</sup> October at 7pm

Gosford Library with the Kariong Library Action Group are screening a movie during the school holidays. *The Lorax* is an animated comedy based on the Dr. Seuss' children's book. This event is **free** and children will be provided with popcorn and a drink. Bring a pillow and blanket if you like. Children must be supervised by a parent. For enquiries and bookings please call 4325 8155



### Bookclub Review: Friday 26th October 2012 at 10am

The book for review in October is 'Pearl in a Cage' by Joy Dettman. Joy Dettman was born in country Victoria and spent her early years near the Murray River. Set in 1923 *Pearl in a Cage* spans two decades and captures rural Australia. This will be followed by our **Book Review guest for October, Mr Neville Lee** from the Australasian Native Orchid Society -Central Coast group. Neville will be happy to answer all your questions regarding orchids or enjoy seeing beautiful orchids. Neville is also a Kariong resident and is passionate about orchids.

The Kariong Library Action Group and the Book Review Club would like to offer their sympathies to Kariong resident Mr John Barr and his family after the death of John's wife Dorothy. Dorothy was a founding member of the Action Group and we will miss her input and enthusiasm for all things concerning our Library. Most of our members attended her funeral 14/9/12 and said goodbye to a beautiful lady and a dear friend.

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

Commencing **Monday Sept 3, 2012**, School Bus 4 will service 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](http://www.busways.com.au)**



Are you thinking about what high school is right for your child?

Are you thinking about what you want from a high school?

You are welcome to attend "Meet the Principal" on Wednesday October 24 at 4.30pm. Have a tour of the school, speak with some students and have questions answered. We are committed to providing the best education that we can for all children. Please contact us on 43 400 246 for further details. Come and see what we have to offer! Thank you to all local businesses and community members who supported our Year 8 Mock Interviews on September 11th. It was extremely pleasing to see so many businesses support our young people and wonderful to see the effort and maturity that our Year 8 students put into making the experience worthwhile. Once again, feedback was very positive – showing what great students go to Kariong Mountains High School, what an excellent Careers Advisor we have on staff and how community and schools working together can make a difference in young people's lives.



### Kariong Community

Volunteers required for Community work.

Make a difference to those in need.

All you need is empathy & some life experience

Ring **4323 6080** or email

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



**SOCIETY OF ST VINCENT  
DE PAUL**

### Healing, Meditation & Relaxation at Kariong

Day & Evening sessions by Appointment 1-2hrs  
Gold Coin Donation— Refreshment Provided

For more details please call

**Dawn on 4340 5262**

## Mountains Kariong Cricket Club.

The 2012/12 season opens in just a week and the excitement of the players cannot be contained. Our off-season recruiting has been successful and sees a number of players joining the Mountains Club to bolster our player numbers. The junior registrations have been well supported by our young future champions returning in the Milo have a go program run on a Saturday morning. This is where players are introduced to the skills and fun in the game. The 11's team is set and ready to be unleashed on the opposition and the 15's side has high hopes for a fun and successful season.

Our Senior teams have been hard at work practicing under the watchful eyes of Club Coach, Scott Atkinson and selectors. Teams from Premier League through to Division 6, with a likely one-day team will take place in the this years program and we look forward to many match reports for all team captains at our home ground of The Hill or The Settler's each week.

Very late registrations for Juniors can be made to Jeff Vilensky on 0418 608 868 or for seniors to secretary@mkcc.org.au  
Jeff Vilensky  
Publicity - MKCC  
0418 608 868

## WOMEN'S DRUMMING CIRCLE

Creating unity amongst women & building community. Come along to the Kariong Neighbourhood Centre to enjoy the benefits of drumming.

Drumming improves memory and increases attention span. Promotes joy, happiness, & sound sleep. Reduces stress, helps with co-ordination skills. Creates a peaceful heart, relaxes and energises the body, mind & spirit.

**Revitalise, restore & nurture you, Its time to give back to yourself!**

Introductory offer of \$10 per session.

When: 7:30-8:30pm 26th Oct & 23rd Nov 2012,

**Bookings Essential:: 4340 1724**

# MASTERPRINT

Fine Quality Masterprint

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Please take advantages of the  
Special Offer this month!

*For your convenience,  
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For 500 Business cards  
Multi cello, single sided

**\$99**

Business cards Posters Digital Printing  
Letterheads Graphic Design Offset Printing  
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info@masterprint.net.au

www.masterprint.net.au

## KARIONG MEDICAL CENTRE

"Caring for Kariong"

### Skin Cancer

Two in three Australians will be diagnosed with skin cancer by the time they are 70.

The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential disfigurement or even death.

Become familiar with the look of your skin, so you pick up any changes that might suggest a skin cancer. Look for:

- any crusty, non-healing sores
- small lumps that are red, pale or pearly in colour
- new spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months (especially those dark brown to black, red or blue-black in colour).

If you notice any changes make an appointment with your regular GP by phoning 4340 4444. Your doctor may perform a biopsy (remove a small sample of tissue for examination under a microscope) or refer you to a specialist if he/she suspects a skin cancer.

Also at Kariong Medical Centre we have our GP, Dr Dionne Bolla who specialises in skin cancer, she is available most Tuesday and Thursdays. Most importantly protection from the sun is the best prevention. This includes;

- **Slip** on some sun-protective clothing – that covers as much skin as possible
- **Slop** on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- **Slap** on a hat – that protects your face, head, neck and ears
- **Seek** shade
- **Slide** on some sunglasses – make sure they meet Australian Standards

### 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 the Kariong Neighbourhood Centre on **4340 1724**

### Marine Engine Service & Repair

Outboard Motors

Contact Bill on **0423875711**

## HOMESTAY PARENTS REQUIRED

Welcome a NAISDA student in to your home  
Cultural and lifestyle exchange  
Provide a room / board in a safe home  
environment  
Financial assistance provided  
Working with Children Check undertaken

Please contact Sue Gossan,  
Human Resources Officer  
At NAISDA Dance College on 02 4340 3100  
or  
[www.naisda.com.au](http://www.naisda.com.au)  
for background information



## Campaign to Upgrade our Intersection!



Many of you will be aware that there is a campaign in Kariong to have the intersection of Woy Woy Road and Langford Drive upgraded for safety reasons. A petition has been handed to the State Government with over 1500 signatures, and the council have agreed to support the lobby to the government to obtain funding – hopefully for traffic lights. This would mean a safe crossing for both our primary and high school students, parents using the pre-school and play facilities, as well as for all our families driving in and out of Kariong Estate. To really be effective, we need as many people as possible to send a letter to our State MP Mr Chris Holstein. The strength of our lobby gives him a strong case to present to the government on our behalf and show them that Kariong is serious about improving our community, to get the funding needed to make the upgrade. A template is available to assist you in writing your letter. Please take the time to email [kariongiag@bigpond.com](mailto:kariongiag@bigpond.com) for your template information.

A free post box is available in the Neighbourhood Centre for your letters!

Thank you.



Do you love the thought of a traditional Christmas but need some help to get going? Have you always wanted to make some beautiful decorations to set the scene for merry Christmas celebrations? Read on ....

## **Kariong Arts and Crafts Group Fourth Term**

**Join us Thursdays at 9.30 – 11.30am  
at Kariong Neighbourhood Centre**

Planning is under way to help you make some delightful gifts to give away. Starting in October come and find out what samples the Craft Group can show you. We will be mixing the old-fashioned with modern technology. Join us on Thursdays at 9.30 – 11.30. Bring your own unfinished work or come along to find out how to make jolly Santa's or colourful stockings to add to your family Christmas fun. Whether you want to start from the beginning or just add a few new pieces to your family's well-loved decorations, the Arts and Craft Group will help you find lots of ideas. Christmas decorations do not have to be expensive. If you can't sew you could find working with beads is fun. Also a plain white sheet of paper and a bit of glue are the only materials you will need to make a beautiful dove. Doves have been the universal symbol of peace for centuries. We will be exchanging special ideas and favourite recipes.



## **ABC Playgroup**

*An 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 the number below*

## **BABY FIRST AID**

Children 0-5 years

**Ideal for new parents & grandparents**

**Where:** Kariong Neighbourhood Centre

**When:** Thursday 11 October 2012

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

**Bookings Essential**

*To make a booking or for more information please contact Kariong Neighbourhood Centre*

*on 4340 5353 or  
[admin@knc.net.au](mailto:admin@knc.net.au)*





## KARIONG COMMUNITY

### Celebrating 25 years

As you read this I have hopefully made it to the top of the world's largest free standing mountain...Mt Kilimanjaro and have safely touch back down again! There are few things more satisfying than conquering a mountain; overcoming daunting challenges or breaking through adversity.

As I have prepared for this challenge unsurprisingly most of the preparation has fallen on my shoulders and so it should. However there has also (somewhat surprisingly) been many other hands at work to get me ready for success. Whether we face a physical mountain or a metaphorical mountain of pressure/pain/uncertainty the fact remains that we cannot do it alone. We need people around us. We need faithful guides who have trodden the path before. We require wisdom from those with greater understanding. All in all we need each other! Ever wished that you could find some help when you faced a mountain?

Jesus once said "Love your neighbour as you love yourself." If you want people around you when you face mountains why not start by first "being neighbourly". Mow their lawns, bring in their bins, invite them around for a cold one... whatever it is "be neighbourly" and begin building a culture in your street, or your block or even the whole suburb where we help each other up life's mountains. Why not 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

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



## Justice of the Peace

Registered Justices of the Peace (JPs) are volunteers and offer their time as a free Community Service. They may not be available at short notice or at all times of the day. When seeking the services of a JP, please telephone in advance to make an appointment. Kariong Neighbourhood Centre has JP services available on Wed & Thurs 9am-3pm. For an appointment please ph: 4340 1724. If you require a JP outside of these hours, check <http://jp.lawlink.nsw.gov.au/public/welcomePublic.do>

## The Hill Youth Centre

98 Mitchell Drive, Kariong - 4304 7039

### Win a \$50 gift voucher

Fill out this survey and return it to The Hill Youth Centre by the 10<sup>th</sup> October to be in the draw to win!

Name: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email Address \_\_\_\_\_

**1) Are you male or female**

- Male
- Female

**2) How old are you?**

- < 18
- 19-25
- 26-45
- 46-65
- 66 +

**3) Are you a resident of Kariong? If not, please specify where you live: \_\_\_\_\_**

**4) Did you know that there is a Gosford Council run Youth and Community Sports Centre in Kariong called The Hill?**

- Yes
- No

**5) How many times have you used the Centre?**

- Yes - 1-5 times
- Yes - More than 5 times
- No - But am interested
- No - Wasn't aware.
- No

**6) What have you used the Centre for? (you may tick more than one category)**

- Sporting programs
- Community/Organisation Meetings
- Training sessions (including computer room use)
- Sports training
- Irish Dancing
- Tae Kwon Do
- Personal Training
- Pilates
- Boxing
- Functions and Events
- Use of large kitchen and kiosk
- Use of bathrooms and change rooms
- Youth specific programs (< 18's)
- Other \_\_\_\_\_
- Does not apply to me

**7) What else would you like the Centre used for?**

- \_\_\_\_\_

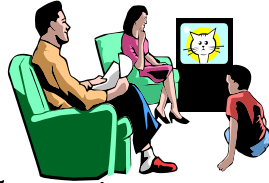




## Family Health & Wellbeing DVD Library

*Access valuable information from  
the comfort of your own home  
It's easy!*

We have a great selection  
of DVDs about health and  
wellbeing for families



- \* Only \$2 a week per DVD
- \* Must be a member of KNC

*Just drop into the centre to browse the  
library, collect a DVD or make a booking.  
KNC Membership is only \$3 per year*



### 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!!**



Point  
Clare

**Bianca Foreman**—A local  
Kariong resident working for you!  
**Call today for your free market  
appraisal.**

**Phone:** (02) 4323 3133

**Mobile:** 0430 929 034

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



## Homepride Handyman

Contact Derek-43404098 or 0423163016

- High Pressure Cleaning Driveways - Paths etc
- End of Lease house cleaning
- General maintenance - Pensioner Discounts

Water Exemption Certificate Fully insured - ABN9691678087



## KARIONG WANDERERS RUGBY CLUB SEASON 2012

What a fantastic season we had in 2012!

There were many highlights to the year in both juniors and seniors. In juniors our mighty under 14s beat their great rivals, Ourimbah, in claiming the title. In a see sawing game the boys won by one point! Congratulations to them and all the other junior teams – 11s, 13s and 16s. All teams represented the club in the best way and we look forward to seeing you all back in 2013.

Seniors also did the club proud. Our Colts team just missed out on going past the minor semi-final and our third grade side bowed out at the preliminary final stage. Again, along with second grade, these teams did us proud in the spirit in which they played the game. Congratulations to all.

First grade went one further and made the grand final against Avoca. Unfortunately they were not to become Premiers this year like our 14s but fought valiantly to the end. At the first grade Grand Final it was fantastic to see the amount of support we got from the Kariong Community. Thank you to all of you for coming out to support the club. It is a huge inspiration knowing that we have so much backing.

A huge thank you to all the players, reserves, coaches and trainers for all their efforts during the finals and all season. We are the envy of every other club on the Coast.

Recently the Central Coast Rugby Union awards were held and I am proud to say that the club figured very well. We received five awards including Colts Encouragement (Justin Canterbury), Referees Player of the Year (Derick Peachey), Services to Rep Rugby (Shannon Beavan), Coach of the Year (Tod Wills) and Club of the Year. Congratulations to all the award winners and to all the volunteers who deserve all the accolades for receiving the club of the year award.

If you want to be a part of this great club our AGM is to be held on 4<sup>th</sup> November, check our website for details to follow.

Again, thanks to everyone involved with the club, and all our supporters, for a great year. Here's to another great season in 2013!

Tim Larke, Club President

For more news, draws and contact information please check our website [www.kariongrugby.com](http://www.kariongrugby.com)



### Eco Garden- September/October 2012 Events

- \* **13th October** Saturday from 6pm to 9pm  
Film and Art Night. **Entry Free.** In the Eco Garden, Arts Barn and the Community Hall. Includes performances by the Central Coast Conservatorium and Jake Cassar. Films include Earthships, Gifting It, and episodes of DirtGirl. Also refreshments.
- \* **14th October** Sunday 1pm to 4pm. Spring Working Bee in the Eco Garden. Share afternoon tea
- \* "Aussie Farmers Direct" online: Customers can nominate the Eco Garden

#### Other Events on the Central Coast:

- \* **Sunday 28th October** Woytopia 2012  
9.30am to 3pm. Woy Woy South Public School, Waterloo Ave, Woy Woy
- \* **Sunday 4th November** " Kids Day Out" at the Kariong Mountains High School

**Planting:** It is recommended that the following vegetables/ herbs can be planted in September; Asparagus, Basil, Beetroot, Cabbage, Capsicum, Carrots, Celery, Coriander, Celery, Chives, Choko, Cucumber, Dill, Dwarf beans, Eggplant, Globe Artichokes, Lettuce, Marrow, Mint, NZ Spinach, Oregano, Potato, Pumpkin, Radish, Rocket, Rock Melon, Shallots, Silverbeet, Squash, Sweet Corn, Taro, Thyme, Tomato, Turnips, Watermelon and Zucchini.

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

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.**



G'day folks. I'm back with some more news from Kariong Rural Fire Brigade for this month. Well you can probably say Spring has sprung and with that some dryish weather. Already we've seen hazard reductions go in around Mangrove dam area, Wendourie village area as well as a couple of bushfires so I'm thinking that it could be an interesting summer. Folks I've got to say this again, if you're living in the district, chances are you are surrounded or have close by, bushland. Please do your local fire fighters a huge favour and get yourself organised in terms of preparing your home & property in case you are threatened by bushfire. It is so simple, get tidied up around the yard, clear your roof and gutters of leaf litter, get any stacked timber away from the house, check your trusty old garden hose for serviceability. Yes it may be a days work for you but it will pay off in the long run if we have a problem near you. If you've got any questions then get in contact with your local fire authority. The Emergency Operations Centre on Woy Woy Road is open during business hours on 4340 2811. Give them a call if you're not sure on what you can do to best protect yourself and they'll steer you in the right direction. On Saturday 22nd September Kariong RFB had its Open Day along with a public forum and meeting. The Open Day was a great success for us with lots of families coming through the station having a look around, climbing through the trucks, sitting in on one of Miss Jacquie (Clason) home safety talks and watching the guys go through their paces in a smoke filled room with their breathing apparatus. There was lots of information available on all sorts of issues relating to the RFS's Firewise and Prepare Act Survive program as well as some fun stuff for the kids. Interestingly enough, a few people came up to me making comment on a few things that I should touch on in this article so here goes. The first issue was mentioned by a local chap who regularly drives the F3 to and from work. He constantly sees occupants of cars throwing out their lit cigarette butts which he says that you can see quite clearly sparking up when they hit the ground. Folks, not only is this silly it's quite irresponsible because all you need is a little breeze and some dry grass and you've got yourself a fire. Not to mention the fine that you'll cop if you're identified as the culprit. As far as I know every car has an ash tray, please use it and save the hassle. The other issue was contact points in the event of some sort of emergency. The local Emergency Operations Centres number 4340 2911. If you are reporting a fire ring 000. Our Public Meeting was reasonably well received with about 22 locals attending. Representatives from Kariong RFB, The RFS District Office, National Parks and Wildlife and Fire Rescue NSW were all on hand to talk to local residents on fire matters pertaining to Kariong and surrounding districts. The talk was quite informative and there were many questions fielded by the speakers. I guess the main message was to be prepared this summer as we've already seen significant fire activity and with the prediction of less than average rainfall, this may indicate a dry summer. As I've mentioned, have your plans in place now because planning to make a plan...is not a plan. So now is the time to get organised. Remember, Bushfire Danger Period starts on the 1st of October and runs through to March 30th next year. That's it for now folks. You can catch us on Facebook on Kariong rfb. Have a look. Remember stay safe and be Firewise and we'll catch up later.

#### REWARD

Lost Cockatiel. 6 Years old, cinnamon & yellow in colour. He flew away on 9th September. Very tame family pet  
**Please call Pat on 43404036**





Your Kariong United Football Club has increased its "on field" success for the third year in a row. The full list of teams and their achievements can be found at <http://www.kariongunited.com.au/cgi-bin/events.cgi?type=All>. This season we placed 24 Competition teams with over half playing Semi Final football. Our 11D team took top honours as League Champions after the regular season and the 13C and 16D teams took away Grand Final Winner trophies.

It is all looking good for the years to come when you see 19 non-competition teams taking to the field each week. Their season was full of fun and rule changes as the small sided football concept matures each year. The Club VP of Non-Comp, Mark O, will be offering summer football training at a yet to be disclosed location and you can find out more on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au).

Presentation day (Juniors) and night (Seniors) are on again! Sunday October 7th at The Hill, Kariong will see the day kick off from 9am with the youngest stars receiving just rewards for their efforts during the year. A full timetable of age groups is on the News page of [www.kariongunited.com.au](http://www.kariongunited.com.au) and we hope to see you there! Your help in setting up the hall is always welcome and if you're keen to get involved we'll see you there from 8am. Senior Presentation is a great social event to cap off another great season. This year the organisers have chosen the Central Coast Leagues as the venue for their 13th October celebration. Starting at 6:30, your \$55 covers entertainment, dinner, beer/wine/soft drinks plus travel to and from the venue. To book your seat you must contact Liz on 0416 277 803 or Daniel on 0408 415 456.

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.

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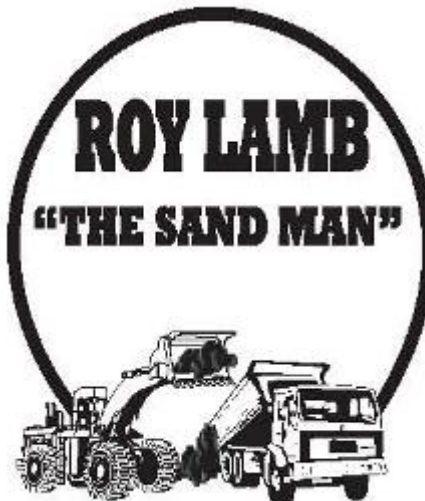
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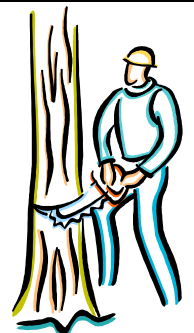
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## What's On at Kariong Neighbourhood Centre...

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. 12:30-2:30pm

#### Family Law Advice Clinic—FREE

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

#### Pilates for Seniors

12.00-1.00pm Contact Joanne to make a booking on 4369 5171 or 0435 144 664. [www.transcendfit.com.au](http://www.transcendfit.com.au) \$10.00 each class

#### Sahaja Yoga Meditation

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

### TUESDAYS

#### Immunisation Clinic - NSCCAH

Free service provided by Area Health. No bookings required. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900. September 11th & 25th October 9th & 30th -12pm to 1pm.

#### 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](mailto:zumbawithkim@live.com.au)

### WEDNESDAYS

#### Tai Chi

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

#### ABC Parenting

Supporting parents in a fun & innovative way. Starting 5/9/12 10:30-12:30 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

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

#### Apply First Aid Course—HLTA301C

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR) 9 :30am-3:30pm 12th September, & 10th October To Enrol Contact Directions Health 9486 3120 or [www.firstaid.net.au](http://www.firstaid.net.au)

### THURSDAYS

#### Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12.00pm 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. 12.15—2.00pm

#### Coast Care Counselling

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

#### Sister Fabian - Free

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

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

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

### FRIDAYS

#### Australian Breastfeeding Association Meeting

September 7th & 21st 2012 — 10.00am to 12.00pm. [www.breastfeeding.org.au](http://www.breastfeeding.org.au)

#### Craft Group

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

### SATURDAYS

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

#### ZUMBA fitness

There will be no classes from 2nd June—31st August. Classes will resume from 11th September. Watch this space for updates.

### SUNDAYS

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

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

***Please contact me if there is any group that you would like us to run - Fiona 43401724***

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#### CLOSING DATE for NEXT ISSUE

**Wednesday 17th October, 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](mailto:Advertising_admin@knc.net.au)  
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