

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. 8

10 Langford Drive, Kariong, Ph: 4340 1724;

Web: www.knc.net.au

September 2012

The Hill Centre

Win an IPOD Touch!

Fill out this survey and return it to The Hill Youth Centre by the 21st September to be in the draw to win!
Or Go to <http://www.surveymonkey.com/s/DBSP9W2>

Name: _____

Contact Ph: _____

Email: _____

1. Are you male or female

- Male
- Female

2. How old are you?

- 9 or younger
- 10-12
- 13-15
- 16 -18
- 19-24

3. What school do you go to?

- Kariong Public School
- Kariong Mountains High School
- Henry Kendal High School
- Not at school

Other (please specify) _____

4. Did you know that there is a Council run Youth Centre in Kariong called The Hill?

- Yes
- No

5. How many times have you utilised the free services /programs at Kariong Youth Centre?

- Yes - 1-5 times
- Yes - more than 5 times
- No – but am interested
- No – wasn't aware

6. What do you use the youth centre for? (you may tick more than one category)

- Sporting programs
- Art /photography programs
- Dance program
- Boxing and fitness program
- Music jam session and music lessons
- Computers/Internet access
- Homework help and subject tutoring
- Support /someone to talk to
- Girls group program
- Cooking program
- Friday night games
- Chilling out/getting out of the house

Other (please specify) _____

Does not apply to me

7. What would you like to see more of at Kariong Youth Centre?

- More sport and structured activities
- More skate comps and events organised
- Dance parties and discos

Other (Please specify) _____

BABY FIRST AID



Children 0-5 years

Ideal for new parents & grandparents

This information session focuses on CPR & covers a wide range of topics including:

Recognition of Childhood Illnesses -First Aid Treatment for Burns, Fractures, Snake & Spider Bites - Bleeding - Anaphylaxis - Choking Asthma - Allergic Reactions - Head Injuries Diabetes, and lots, lots more

Where: Kariong Neighbourhood Centre

When: Thursday 11 October 2012

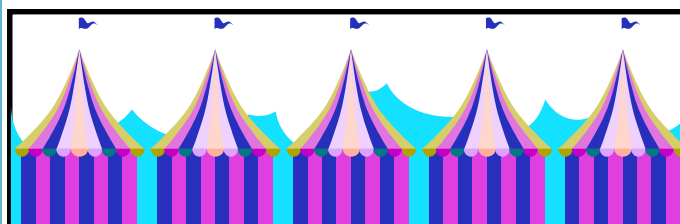
Time: 9.30am—1.30pm **Cost:** \$55 per person

Bookings Essential

To make a booking or for more information please contact Kariong Neighbourhood Centre on 4340 5353 or admin@knc.net.au

Morning Tea will be provided

Childcare may be available subject to Numbers— please enquire



St John's Anglican Church

Takari Avenue, Point Clare

Annual Fete and Flower Show
Saturday 15th September 2012
8am—1pm

Heaps of stalls: books, cakes, plants, craft, Christmas items, children's clothing, gift baskets, toys and bric a brac, sausage sizzle, Devonshire teas, Big Raffle and Children's activities. Garage sale items. Come along and have some fun.

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, from 2.00pm-4.00pm.

Bookings essential Ph: 4340 1724

Editor's Note

Hello Kariong – another whirlwind month at the Centre this month!!

We would like to welcome and thank Marianna & Jan for volunteering their time to assist the admin team & Hassib for his help in the garden.

It really is fantastic to see such Community involvement at the Centre!! I attended the Resilient Workers Training which was to encourage us busy workers & commuters to take the time to look after ourselves by doing the things we enjoy. Check out what we have on here at the Neighbourhood Centre & you might just find a new hobby and some well-deserved downtime!!

We would like to thank Mrs Pauline Dixon for the donation of her father's autobiography – 'My Story' by Paul Springer. It has been added to our book & DVD library for community members to borrow. We would also like to thank the Kariong families who have generously donated toys to the Centre.

Over the next few months, the Centre will be repainted. We are really looking forward to creating a warm, welcoming environment for our community and hope that we can all be patient during this time.

I hope you enjoy this month's edition take a moment to complete the Youth Survey, it's a great opportunity for Kariong teenagers to have their say in what activities they would like to have at the Youth Centre — Dream Big!!

Until next month!!

Tracie Gosling
Editor/Administration



Come along and enjoy an exciting Vacation Care time with us these holidays - We are off to Ice Skating at Warners Bay, movies, karaoke, Muckabout and up to Dizzyland for loads of fun and excitement or if you just feel like kicking back and relaxing through the holidays we have some days planned within the Centre as well! At Before and After School Care we are really enjoying our Board Games at the moment (if anyone has any complete Board games that they no longer use we would love to have them!!) Loads of craft, pottery, French knitting and sport - soccer, skipping etc.... Please feel free to drop in at any time to have a look and see what we can do for you.!!!

**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/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"
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



Multicultural Cooking Classes



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

- Demonstration
- Recipe & Ingredients
- Sharing an authentic meal

This month features
South American Food

All invited to come along!!

When: Wednesday 19th September 2012

Time: 11.00 – 1.00

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

Spring Fair Family Fun - All Welcome

at Kariong Eco Garden & Hall.

Sunday 9 September 2012 10am-2pm.

SEE KARIONG ECO GARDEN & VIETNAM
VETERANS' NAMBUS DISPLAYS.



- ◆ Woy Woy Lions Club Tucker Trailer will sell food & rink
- ◆ Books, crafts, plants, Cancer Council merchandise and information
- ◆ guessing competitions and lots more will be in the hall.

**Kariong Somersby Rotary Club, TAD Disability Services &
other service groups will be represented.**

"Vaila's Capri" written by local author Helen Ross will be sold.

Hand painted fine china, jewellery & more will be sold by artists Margaret

Towler and Josette Guimbeau.

Hall Entry \$2 (adults only)

proceeds to



**Bring your cash, change included, & have fun
while supporting local organisations**

EARTH MEDICINE FOR WOMEN

PRESENTS

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.

Commencing: 28th September 2012, 7:30-8.30pm.
Then every 4th Friday



KARIONG PROGRESS ASSOCIATION

*The next Progress Association meeting will be
the Annual General Meeting to be held on
Wednesday 7 September at 8pm
Hope to see you there*

**Don't forget the Rural Fire Service Open Day
Saturday 22 September
at the Dandaloo Street Fire Station
from approximately 9am to 3pm**

Y Hart
Media Officer

**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*

ON SATURDAY 8TH SEPTEMBER KARIONG PUBLIC SCHOOL WILL BE HOLDING AN ELECTION DAY CAKE STALL

From 9am outside the School Hall - Truscott Street
Entrance.

Please bring your money to buy some yummy
treats to support KARIONG PUBLIC SCHOOL.



Kariong Fun Festival needs YOU!!!

Take this opportunity to showcase your business or community group, get involved, make it a great day out & show the Central Coast what the Kariong Community is made of !!

We are inviting **ALL** community members, service providers and private businesses to join us for Festival planning on the following dates:

On: 20th September, 18th October & 15th November

At: Kariong Neighbourhood Centre,

Time: 12.00-2.00 (afternoon tea provided)

This Festival belongs to the Kariong Community and we need your ideas and support to keep it running. Please RSVP to 43401724



KARIONG COMMUNITY

Celebrating 25 years



Happy Father's Day to all the dads! Our fathers play such an important part in shaping who we are and how we engage with the world around us. Even people who for various reasons find themselves disengaged from their dad, can attest to their father's influence on aspects of their life.

As fathers this is a reminder of the great privilege and responsibility it is to raise our children and should drive us to ensure we foster the best possible relationship with our kids.

While our earthly fathers impact our lives there is also a heavenly Father who designed you and planted within you talents and passions and qualities that make you uniquely you. When we turn to the Heavenly Father and acknowledge his part in our lives these things he planted within you are awakened and are given eternal purpose. Sound Intriguing?

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
www.kariongchurch.org.au

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



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



A HISTORY OF KARIONG

DID YOU KNOW that many of the streets in Kariong are named after families who have lived in the area?

Pankhurst, Gilford, Belsham and Foster to name just a few.

Tudawali Crescent is named after Robert Tudawali the Aboriginal star of the movie *Jedda* and of course Jedda Street is named after the movie of the same name.

Arunta Avenue is named after the central Australian tribe that Jedda was from. The question is who came up with these names? Perhaps it was someone's favourite film.

If you have any information you would like to share with us relating to the history of Kariong, anything at all, please contact us on 4340 1724. We look forward to hearing from you.

Dorothy Mulholland
 Project Editor

Central Coast Family History Society

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

BOXING AND FITNESS

All classes in Kariong. Morning, afternoon and evenings.
 All fitness level within a fun friendly atmosphere.

Call Amy on **0434390011** for more information.

Parenting around the world

Play, learn and engage with your kids.

Come along and meet other families.
We provide an educational program in a happy, safe & stimulating environment.
Getting your kids school ready!

Where: Kariong Neighbourhood Centre

When: Every Wednesday starting 5/09/2012

Time: 10:30 to 12:30 noon

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

Enquiries: 4340 1724



Kariong Library Action Group

Kariong Shopping Centre, Arunta Avenue

Kariong Library is in the news again. Several members of the Kariong Library Action Group attended the Gosford City Council meeting on 7th August 2012 where a Recommendation "that the Branch Library at Kariong be relocated to Kariong Youth Centre and operate under the model of an "Open Library" was accepted. We will keep you informed about this exciting move when more news comes to hand.

Borrowing statistics are always important when Gosford Council make a decision, so please continue to borrow books. If you joined the library before 2002 (before Kariong Library opened) at any other Branch Library, please ensure your library card now has the **Kariong code number**. The librarian will help you check your registration and update it on the computer if necessary. This will enable your borrowings to be counted in Kariong's statistics. Every book and every borrowing counts. Events currently organised by the Kariong Library Action Group will still take place when the Library moves to its new permanent address.

Storytime: Tuesdays 10.30 am – 11.30 am is always a popular time for pre-schoolers and their parents and your support is welcome to ensure it continues.

SCHOOL HOLIDAY SPECIALS:

Read Around Australia Wed. September 26 -10am
Ages 6 – 10yrs. Stories by Ursula Dubosarsky read by staff, and children can create their own carousel craft. Bookings necessary

STOP PRESS: The regular school holiday childrens movie - *title and date to be advised*, watch this space.

Bookclub: Friday 28th September 2012 at 10 am
Prodigal Summer written by Barbara Kingsolver. This novel is set in the Forested mountains and struggling small farms of southern Appalachia. From her outpost in an isolated mountain cabin, Deanna Wolfe, a reclusive wildlife biologist, watches a den of coyotes that have recently migrated into the region. Barbara grew up in the part of Kentucky that lies between the opulent horse farms and impoverished coal fields. When not writing, Barbara gardens, cooks, hikes, works as an environmental activist and human rights advocate.

Guest for September Book Club

A representative of the National Parks and Wildlife will tell us all about walking paths around Kariong, any endangered species in our National parks and our wild bird species or anything else you would like to ask about. Please come along to the Library on **September 28**, 10.00am for Book Club and 11.00am for our guest speaker. Enjoy morning tea with us after the speaker.



Kariong Mountains High School has been purpose built to have a Biosciences/Technology focus, providing learning opportunities in areas such as Environmental Studies, Exercise and Sports Science, Forensics, Horticulture, Marine Studies/Aquaculture and Zoology. Many of these subjects will lead to university/TAFE options and future employment opportunities on the Central Coast.

The Biosciences focus is unique to Kariong Mountains High School. To ensure that all students who have an interest and ability in the Sciences and PDHPE have access to this curriculum, a selective Biosciences/Technology class will be established in 2013. The selective class will sit parallel with the school's existing class structure and will not replace the current enrichment class for high achievers/independent learners. Students in this class will follow a curriculum consisting of all the mainstream subjects, but which also allows them to undertake enrichment and extension in the Bioscience subjects, as well as acceleration in Science and/or PDHPE. Opportunities to work with our partner organisations, be involved in work experience and gain external credentials will also be available.

KARIONG MOUNTAINS HIGH SCHOOL ELECTIVE BIOSCIENCES CLASS:-

**Limited spaces are still available for the
Inaugural Year 7 2013 class.**

**Suitable for students interested in
The Sciences, Sport & Exercise Science and
related BioScience fields.**

**Entry by application only
For further information, please contact
the school on 4340 0246.**

Kariong Community

Volunteers required for Community work.
Make a difference to those in need.
All you need is empathy & some life experience
Ring **4323 6080** or email
Gosford.region@vinnies.org.au



**SOCIETY OF ST VINCENT
DE PAUL**

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**

Mountains Kariong Cricket Club.

Registration.

That is this month's word. Learn it. Own it...

Be a part of the Central Coast's most progressive Cricket club by becoming a player in the 2012/13 season.

In the Junior ranks, we cater for all ages, starting with a great development program for boys and girls any age younger than 8 years all the way up to competition teams for players to under 17 years. If you missed the Registration dates in August, feel free to contact me on 0418 608 868 or jeff@vilensky.com.au with any questions or to join up. There are a good number of changes to the way cricket is being played on the Coast this year and if you visit www.mkcc.org.au you will see a fresh player and parent friendly approach to the game. More fun, less travel!

For Senior teams, Registration is being held at Adcock Park (West Gosford) each Saturday in September from 12:30. Bring your playing gear for an immediate start to your pre-season training.

Welcome to the Mountains Kariong Cricket Club.

Jeff Vilensky
Juniors Liaison Officer - MKCC
0418 608 868

Amy Cash Fitness Market and Family Fun Day

Supporting Relay for Life

Sunday
16 September 2012
10am - 2pm
Milestones Pre-school
11 Eyres Close,
Kariong

**GOLD COIN DONATION
ON ENTRY**

Jumping Castle
Live Entertainment
Face Painting
Balloons
Crazy Hair
Nails
Lucky Dip
Games
Fairy Floss
& More

Anyone interested in having a stall please contact
Amy on 0434390011. Stalls \$50 per site

Come and enjoy our spring time 'Family Fun Day'
with market stalls, BBQ and Raffle

Sponsored by Milestones Pre-school

KARIONG MEDICAL CENTRE

"Caring for Kariong"

Billing Policies

Kariong Medical Centre has a mix of private and bulk billing Doctors. These arrangements are at the discretion of each of the Doctors. For those of you who regularly see a private billing Doctor the staff will ask if you would like your claim transmitted directly to Medicare. We would like to advise that from 1 July 2012 Medicare Service Centre's will begin going cashless and evening trading will cease.

To assist you Kariong Medical Centre is able to lodge your claim to Medicare and benefits will be paid straight into your bank account by Electronic Funds to your bank account the next working day.

To enable you to take advantage of this option you have to have registered your bank account details with Medicare. You can choose from a range of convenient payment options to have your Medicare benefit paid securely into your bank account. Phone them on 132 011

At Kariong Medical Centre, Staff are able to explain the new process to customers. It's important to note that, if a person does not want their benefit paid into their bank they can also opt for a cheque to be sent to their home or take a receipt and visit a Medicare office (bearing in mind you will not longer be able to receive cash).

We would also like to remind our patients of the fees for services provided for Script and Referral requests over the phone. This service is provided as a convenient option to patients who are either unable or do not want an appointment with the GP. Your GP will endeavor to process your request within 24 hours of the GP receiving the message. You must have seen your GP within the last 4 months and this should be an existing medication or referral. \$5.00 Scripts and \$10.00 Referrals payable on pick up. You are unable to claim this back from Medicare.

Measure up – Bone Density Scan

Thank you to all the patients who attended the Bone Density Scanning Van. Results from these will be available in about a week for Doctors to review. If there are any significant results indicating higher risk of Osteoporosis or early signs of Osteoporosis we will contact you to make an appointment with your GP and have an information session with Nic, our Registered Nurse.

It is recommended that everyone over the age of 70 be tested every 2 years. Other health issues such as fracture after minimal trauma, Rheumatoid Arthritis, early menopause, prolonged use of steroid therapy to name a few that can place you at high risk, and you may be eligible for a Medicare covered scan. If you are interested please speak to you GP.

Marine Engine Service & Repair

All makes and models
Contact Bill on **0423875711**

Parklands Community Preschool

Bldg 34, Mt Penang Parklands, Kariong



"A day full of friends makes happy memories for a lifetime"

Are NOW taking enrolments for 2013.

Please contact us

Phone 4340 1342

Fax 4340 5742

Email: parklandspreschool@bigpond.com.au

Better Health Practices



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



Homepride Handyman

Contact Derek-43404098 or 0423163016

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

Water Exemption Certificate Fully insured - ABN9691678087

FOR SALE

WESLO-CADENCE—DX9 WALKER
\$200

Please call 4340 0443 or 0402 25211



KARIONG WANDERERS RUGBY CLUB SEASON 2012

By the time you read this the finals series will be well and truly under way. It is great to see our 1st grade, Colts and under 14s all playing a part with 3rd grade a strong chance at time of writing. Good luck to all teams!

I would also like to congratulate the teams that didn't quite get there. To the rest of our juniors, 11s, 13s, and 16s, you all put in a great effort. There is absolutely no doubt that there are future grade players in all those teams. The club really looks forward to watching you all develop over the next few seasons.

To our second grade it was a tough year. However without you pushing 1sts (and 3rds) the club would not have been nearly as successful as it has been in 2012.

In the last edition of the Kariong Connection I expressed my thanks to the committee, coaches, managers, etc. but I do want to draw attention to a couple of our unsung heroes. Firstly Graham Crain – Crainey is a club stalwart who loves being part of the club. He turns up every Saturday to strap and massage the players and is always willing to give advice! Linda Douglas, who is our only lady on the committee as Junior Secretary, also leads our first aid team. Finally Steve Masterson who manages the under 13s side, serves on the committee and is there to set up and pack up our home ground week in and week out. These three people really form part of the backbone of our club and lead by their example – our heartfelt thanks to you!

As the season nears its end for another year I would like to thank our sponsors for their wonderful support in 2012. They are:

Aware Education	Bendigo Bank Ettalong
Break Thru People Solutions	Coastal Waters Painting
Crocodile Encounters	Gosford RSL
Heyden Frame & Truss	JDs Family Automotive
Kariong Physiotherapy	Kariong Tavern
McCarroll Automotive	Meiko
NJ Auto Electrics	Quantum Accounting

During the month of September come and support the club at the finals. Seniors are at Woy Woy Oval and Morrie Breen for the Grand Final (fingers crossed) and Juniors are at various locations during the semis with the GF at Central Coast Stadium – check our website for details.

Look forward to seeing you at the footy!

Tim Larke, Club President

For more news, draws and contact information please check our website www.kariongrugby.com



Eco Garden- August/ September/October 2012 Events.

30th August. Thursday. 10.00am GCC Composting and Worm Farm Workshop **FREE Bookings Essential 4325 8175.** Participants receive free worm farm or compost bin.

9th September. Sunday. Cancer Council – Spring Fair: In the Community Hall, and also in the Eco Garden. Entry \$2.00. Proceeds to Relay for Life.

6th or 13th October Saturday 6-9pm Four Seasons Film night—see website for update

14th October. Sunday. 1pm to 4pm. Spring Working Bee in the garden.

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

Other Events on the Central Coast:

Sunday 28th October. Woytopia 2012. 9.30am— 3pm Woy Woy South Public school, Waterloo Ave, Woy Woy.

Planting:

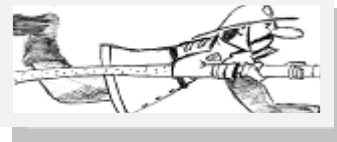
The following herbs & vegetables are recommended for planting in **September;** Asparagus, Basil, Beetroot, Cabbage, Capsicum, Carrots, Celery, Coriander, Celery, Chives, Cucumber, Dill, Dwarf beans, Eggplant, Endive, Fennel, Garlic, Globe Artichokes, Kohlrabi, Leeks, Lettuce, Marrow, Mint, Oregano, Onion, Parsnip, Potato, Peas, Pumpkin, Radish, Rhubarb, Rocket, Rock Melon Shallots, Silverbeet, Snow peas, Squash, Spring Onions, Sweet Corn, Thyme, Tomato, Turnips, Watermelon.

Refer 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 4323 1843.



G'day all. I'm back with more news from Kariong Rural Fire Brigade. Looks like pretty soon we'll be out of winter and into spring so now is the perfect time to start your housekeeping for Bushfire Danger Period starting October 1. Folks, I had a quick look at the NSWRFBS web site today and it was showing 66 incidents across the state and quite a few of them were grass and bushfires. We've been getting windy weather with dry periods and this has a tendency to increase the risk of fire so we all need to be wary and vigilant. You only have to see the news recently with a bushfire down Bulli way being fanned by strong winds and it wasn't even hot. So it shows that the danger is out there and we all need to prepare.

During the next few months you'll be seeing activity around the area with hazard reductions taking place including one proposed for Kariong so keep your eye out for that one. On September 22, Kariong RFS station will be open for the Rural Fire Service Open Day. The station will be open to the public from 9 am to around 2.30 pm for you all to come up and have a “look-see” on what goes on. At 3 pm we will be having our open Public Meeting in conjunction with Kariong Progress Association covering subjects such as bushfire preparation and awareness, safe refuge areas, resources and fielding any questions you may have in relation to this subject. Speakers from the brigade as well as from our local Fire Control centre will be in attendance. Please keep this date highlighted as it is important for as many of the local residents to attend this as the information shared will be of great assistance should the worst happen. A light supper along with coffee and tea will be supplied so we hope to see you there.

Finally a little ray of sunshine shone down on Kariong during August with the stations driveway finally being repaired. For around ten years the brigade has been trying to have this job done but to no avail. Thankfully Michael Sharpe of Sharpe Bros. Bitumen and Asphalt heard about the problem and came to the brigades' aid. They donated their time, material and manpower totalling around \$7000 to do the job and now the fire fighters don't have to “bounce” out of the station over a pot-hole riddled crumbling drive to respond to fire calls. Instead, it's a level even drive befitting the station. Well done Michael Sharpe and Sharpe Bros and a sincere thank you from the brigade.

Congratulations go to two members who have qualified as drivers for the brigade. Ian “Wellsy” Wells and Jason “Stacky” Stack both came through the course with flying colours so well done lads. Kariong will be having its AGM during the latter part of August and the results of that will be in the next issue of Kariong Connection along with the winner of the brigades' raffle.

Ok folks, that about does it for now. Remember September 22 for Open Day and our Public Meeting; both at the Dandaloo Street fire station. Stay safe and be Firewise.



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

Hi guys,

A small update for the soccer fans..

Confidence at Kariong United FC has never been higher with an unprecedented 57% of Competition teams contesting finals (at time of writing). The great spread of results in ages is pleasing to see from a Club perspective as teams from u11 all the way up to All Age teams battle for top honours. In the next edition we will bring you a team by team perspective with updates on their progress through the Semi Final games.

Be sure to keep an eye out on the scores at your club website www.kariongunited.com.au or stay connected with the likes of Facebook where you will see more insights into the teams and many great action shots.

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.

Reward - Missing Dark Grey Tabby Cat
'Nigel' went missing 22nd June from Maher Cl.
We had moved from Stacey Cl the day before.
If found please contact 0409 240 324

Wanted to Purchase Urgently
3br Home in Kariong, Up to \$350k
Level enclosed block ,Carport/Garage
Please Phone: 0409 240 324

MATURE HANDYMAN SERVICES

Your Local Kariong Mr Fixits"

Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 43401166 - Keven 0413208450

-----fully insured-----

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



5am Mon-Fri/6am Sat
Providing: great coffee,
freshly made sandwiches,
burgers and home-made
cakes.

**Now taking phone
orders: 43405427**

Your new local owners, Kirsty and Cameron

Shop 8/10 Currunga Rd, Kariong

RESOLVE FAMILY LAW

Specialising in Collaborative Family Law
Assisting you to reach amicable solutions
without the distress and expense of court

Legal Aid Accepted

Cnr Central Coast Highway & Moore St
WEST GOSFORD
lorn.corney@bigpond.com

Ph: 4322 4409

**Hinterland
REAL ESTATE**
Ramsey & Jones

Local owners with over 20 years experience.

Thinking of selling or buying?

If you're thinking of selling, buying or renting, or simply would like some advice or a FREE no obligation market appraisal. call us today on 4322 7233.

Your Area's Premier Agency

Supporting your Local Community

Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford
Ph: 4322 7233 www.hinterlandre.com.au

FOODWORKS

WIN IN SEPTEMBER...

WIN...WIN...WIN...WIN...WIN

A COKE RETRO BIKE

BUY ANY 2 COCA COLA 1.25L PRODUCTS FOR
YOUR CHANCE TO WIN.

WIN...WIN...WIN...WIN...WIN

AN APPLE IPAD

PURCHASE ANY 3 CADBURY PRODUCTS TO
GO INTO THE DRAW

OPEN 7 DAYS FROM 6AM TILL 10PM

MITCHELL DRIVE KARIONG 4340 0957

Golden Tips

September Specials

MICRODERMABRASION TREATMENTS (Very Relaxing)
\$65.00 per session normally \$89.00 **SAVE** \$24.00 per session

Nails by Nat

Full Set \$35.00
Infills \$25.00

BRAZIAN KERATIN STRAIGHTENING \$199.00
TEETH WHITENING \$149.00 (20 mins)
2ND SESSION IF ON THE SAME DAY ONLY \$99

Ionic Foot Detox - Introductory Offer **\$25.00**—Normally \$35
ONLY TAKES 30 MINS RELAXING IN A FOOT SPA AND YOU
WILL SEE ALL THE TOXINS BEING RELEASED.

**SCHOOL FORMALS ARE COMING UP DONT FORGET TO
BOOK NOW SO YOU WONT BE DISAPPOINTED**

Hair, Make-up, Spray Tan and Nails buff and polished \$133.00

Hair and Make- up \$95.00
Make – up \$35.00

Call now to make an appointment
Gift certificates available

hair+beauty

Phone 4340 4194

4/4 Langford & Mitchell Drives, Kariong 2250



ST CONSTRUCTIONS

Scott Reeves

Local Builder in Kariong
Licence No. 162094C

Extensions, Renovations, New
Builds, 1st Floor Additions and
Light Commercial

PH: 0409454527 or 0414419784

Email: stconstructions@bigpond.com

Member of:



Master
Builders
Association

Kariong News

SHOP 3/4 MITCHELL DRIVE, KARIONG.
PHONE 4340 4303

**WE'VE GOT FATHERS DAY COVERED WITH OUR
RANGE OF EASY TO AFFORD GIFT IDEAS AND
FATHERS DAY CARDS.**

**HOW ABOUT A PAPER SUBSCRIPTION FOR DAD?
CHECK OUT THESE OFFERS:**

DAILY TELEGRAPH SUBSCRIPTION OFFER

- 7 Day Home Delivery (\$5.95 a week) Mon - Sun
- Sports Lover (\$4.00 a week) Mon, Fri, Sat and Sun
- Weekend (\$2.00 a week) Sat and Sun
- Sunday (\$1.30 a week) Sunday only

See in store for details

We are open 8am-6pm Monday – Friday
8am – 2pm Saturdays &
8am – 12pm Sundays

**30 YEARS LOCAL
OPEN 7 DAYS
MEDICARE EPC**

- 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





vc dental
KARIONG
ALSO AT EAST GOSFORD



Mitchell Dr
Medical Centre
Langford Dr
11 Mitchell Drive,
Kariong

4340 2022 - vcdental.com.au



ABLEANT

Audio Visual Cabling & Antenna Installations

✓ Digital TV Antennas
✓ Wall Mounted TVs

✓ Additional TV Outlets
✓ Surround Sound

FREE TV RECEPTION TESTS AND QUOTES
Call Peter on 0431 777 447

Australian Government
Approved Antenna Installer



KARIONG AUTOMOTIVE

WE DO IT ALL !

All your Automotive needs in 1 stop

Service & repairs to most makes and models
Exhaust systems original and custom
brakes, Steering, Suspension, REGO'S
and much more

**WE NOW HAVE FLEET CARD, CUSTOM FLEET
AND FLEETCARE AUTHORISATION**

Local pick up & drop off available

PH- **43 400295**

6 CURRINGA ROAD KARIONG
BEHIND SHELL SERVO



Kids Party Hire

Have it all for only \$28 per hour
or \$24 for members!!

**A brand new playground with all the equip-
ment, under cover area and
a kitchen to warm up food.**

*Why mess up your home when
you can have ours*



Contact Kariong
Neighbourhood Centre
Ph:43401724

Gift Voucher !!

Present This Voucher & Receive:

FREE Puppy PreSchool Class- Basic Nail Clip

FREE Puppy packs-Dental Check

\$5 Off Clips – 10% Off HOME VISIT

10% Off Consulation - De-sexing – Vaccination

LICENSED HOSPITAL

WEST GOSFORD VETERINARY CLINIC

20 Jusfrute Dr.... Appointments **43 23 6023**

Same Street As Gosford Post Office

Valid June 2012/Until stocks last - Conditions Apply-Disc on ONE Service







GML Lawnmowing & Outdoor Services

Chainsaw Pruning • Shrub Removal • Weed Control
Property Maintenance • Commercial Mowing
Pensioner Discounts
Fully Insured - Covering the Coast

Gerard Lee

Ph: 43 293 810 M: 0401 333 950

MARK WALKER PLUMBING

HOT WATER SERVICES
GAS FITTING
GUTTERS & DOWNPIPES
STORMWATER & TANKS
BATHROOM RENOVATIONS
GENERAL MAINTENANCE

FULLY INSURED - 10% DISCOUNT ON
PRESENTATION OF AD

0418 449 801 or 4342 6299
LIC NO. 25262C

* DISCOUNT FOR KARIONG CONNECTION READERS *

By George

Window Cleaning Services

Professional residential and commercial
window cleaning
Free quotes—reasonable prices
Give George a call
0410 332354



Phone: 02 4341 9141
Fax: 024341 9141

J & J Cassidy and Son

Gold Licence No. 47947C
Painting and Wallpaper Service
Commercial * Domestic
* Extensions * Repairs
Jim: **0419 666 447**

akuna



Frozen Cocktails &
Slushie Machine Hire

Call Mel or Mick 0421792649
info@akunafrozencocktails.com.au
or online at.....

www.akunafrozencocktails.com.au

ALL CARPENTRY WORKS



RESIDENTIAL & COMMERCIAL
(Pergolas, Decks, Windows, Doors ...)

MARK WHITFIELD

Lic No. 223277C

CALL 0411 026 411

markthecarpenter@live.com.au

KEN'S PET FOOD & TREATS

ABN 22 416 335 695 SPECIALISING IN FREE DELIVERY

**NOW THE WEATHER IS WARMING UP IT IS TIME TO
TREAT YOUR PETS FOR FLEAS AND TICKS
PLEASE RING FOR A PRICE LIST OR QUOTE**



Phone Ken or Dianne on 4342 1789
Mob. 0422 780 934



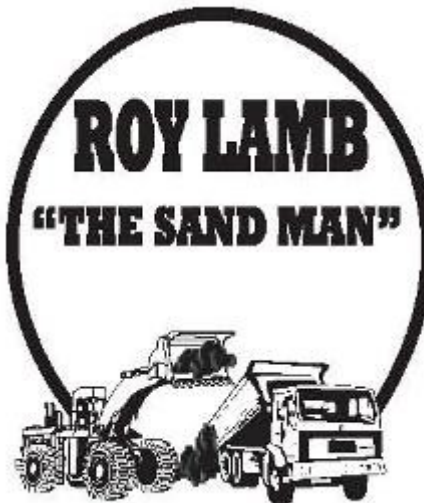
5/401 Manns Road
WEST GOSFORD
02 4325 7133

Owners local residents Jamie & Belinda Beresford

ALL TYPES OF MECHANICAL REPAIRS

NRMA APPROVED REPAIRER

*SPECIAL \$25.00 REGO/PINK SLIP with this voucher



Woy Woy
4344 1110

Kariong
4340 0044

PLUMBING & GASFITTING

MAINTENANCE

HOT WATER HEATERS
CISTERNS
TAP WASHERS
REPAIRS & SERVICE
GAS LOG FIRE SPECIALIST

GRAHAM TANGYE PLUMBING

0417655182

Lic No. 14430

4342 9926

TRAYS ON
REQUEST

Kariong Quality fruits



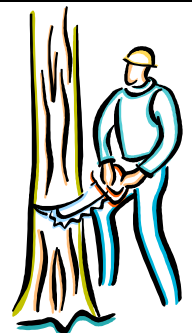
OPEN 7
DAYS

MON-FRI 8AM TO 6.30PM
SAT-SUN 8AM TO 4PM
SHOP 2 CNR ARUNTA AVE KARIONG
PHONE: 43 400887



- Tree Pruning
- Fully Insured
- Tree Removal
- Qualified Arborist

**Firewood
Sales & Delivery**
Call Will: **0402 418 017**
or **4340 1528**





FREE TV RECEPTION TEST
 We will Test & Diagnose any problems you are having with your TV Reception for FREE!!
 Digital TV Antenna Services TV & Speaker Mounting
0419 409 180



PAINTING
 For much needed painting and most affordable one try me, you wont be disappointed.
FREE QUOTATION + WORK GUARANTEED
 Call 0408 917774 or 43400420
 Lic. No. 129863C

BOVIS ROOF REPAIRS
 (Lic. No. 10805)
 * All Roof Leaks & Repairs
 * Re-bed & Point-up Loose Ridge Capping in FlexiPoint
 * Pressure clean roof tiles, clean and point (2 coats)
 * All Types of metal roofing, flashing and guttering
 * Work Guaranteed * Free Quotes

Worked and lived in Kariong 22 years
 No Job Too Big or Small
 Phone Grant on 0412437175 Or 43401825




Do you have any complete board games - puzzles - sporting equipment - educational toys or art & craft items that you think would be useful for our after school and vacation care programs for Children aged 5 – 12 years . We would love to take them off your hands. Drop them in to the Centre, or call us on 4340 4595

FoxyFit BOOTCAMPS
 Karla Mansfield
 0409 247 833
 www.foxyfit.com.au
 NEW to Kariong!
 Get Fit the Fun Way! — Contact Karla for Session Details



“ROSS’S HANDYMAN SERVICES”
 Also available: Gas/elect welding & light machining
 Hi-pressure path and patio cleaning (water exemption certificate.)
 Call 4340 0948 — mobile 0417 309 546
 (Fully Insured)

MOTOR MECHANIC

STEPHEN McLAINE Automotive Services

MUFFLERS - BRAKES & SUSPENSIONS
 MANUFACTURERS LOGBOOK SERVICES
 ALL MECHANICAL REPAIRS & SERVICING
 AIR CONDITIONING, TYRES & ALIGNMENTS
 REGISTRATION INSPECTIONS WHILE U WAIT

ALL MAJOR CREDIT CARDS
 QUALITY WORKMANSHIP - COMPETITIVE PRICING

43248066
 5 GRIEVE CLOSE, WEST GOSFORD

FREE PICK UP & DELIVERY!

PCFIX
 computer solutions

Hardware replacement, spyware and virus removal, data recovery, networking, custom built PCs and more!

ABN: 36 608 482 155
 Call Shane on 0437 057 491
 info@pcfixcs.com.au
 www.pcfixcs.com.au

- Expert Care with timely friendly service
- Sports Injuries
- Necks & Backs
- Women's Health
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- Late Appointments available

PH 4340 1643
 3 Mitchell Drive, Kariong



KARIONG
 Physiotherapy
 Centre

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 \$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

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

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

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

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. 12.00—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. 12:30-2:30pm

Transcend Pilates - 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

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

Become a member of Kariong Neighbourhood Centre for only \$3.00 and receive many discounts and invitations to lunches with guest speakers

**Room Hire Available
From only \$7hr
Ring & Book for your next meeting
or function Ph: 4340 1724**

CLOSING DATE for NEXT ISSUE

Wednesday 19th September, 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

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses. Contributions are also welcome from non-profit organisations & are published free of charge to organisations meeting the criteria. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.