

# THE KARIONG CONNECTION

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

Vol 22; No. 8 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



September 2013

## THE COOLAMON ON GREEN CENTRAL



The Coolamon café at youthconnections.com.au Green Central site is a training café for local young people, allowing them to gain the skills and confidence needed to enter industries such as hospitality. It employs a number of trainees as well as hosting TradeStart, TTW, Structured Work Placement and work experience students.

The Coolamon on Green Central is part of youthconnections.com.au's Indigenous Skills Centre and specialises in 'bush foods', using Australian Indigenous ingredients collected daily from the organic garden at Green Central.

The Coolamon also provides a range of familiar dishes including burgers, fish and chips and daily specials. Enjoy lunch or coffee in this comfortable and relaxed environment situated in beautiful bush surrounds at Gate 1, Kangoo Rd, Kariong.

The café is open from 8.00am to 3.00pm Monday to Friday.

Catering for functions, business breakfasts, work lunches and morning teas is also available. For enquiries contact our friendly café staff on 4346 1110.

## Ideas for *Parenting Teens*

...a workshop over 2 weeks which focuses on how to effectively communicate & set boundaries with your teenager

### Assists parents of teenagers to:

- Reduce the anxiety inherent in raising teenage children
- Help understand what is normal adolescent development
- Develop skills to communicate and negotiate with teenagers

**Dates:** 11<sup>th</sup> & 18<sup>th</sup> September 2013

**Time:** 7.00 pm – 9.00 pm

**Venue:** Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**Cost:** \$15.00 per couple per night  
\$10.00 per individual per night  
\$ 5.00 per child if child care required

**More information:** Please book & pay through  
Kariong Neighbourhood Centre on 4340 1724  
by Monday 2<sup>nd</sup> September 2013



www.interrelate.org.au  
1300 736 966

## Wellness Expo

A fantastic day was had by 80 people who attended the Wellness festival at the Kariong Neighbourhood Centre.

We had 28 stalls filled with loads of information about how to improve your future health.

THANK YOU to all who came.



## Multicultural Cooking Classes



*Classes are only \$10 per head & includes:*

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

**This month features:**

***Greek Cuisine***

*All invited to come along!!*

*Meet people and learn a new skill*

**When: Wednesday 18th September 2013**

**Time: 11.00 am– 1.00pm**

***Bookings essential - Ring 4340 1724***



### Elizabeth from *healing effect*

Elizabeth originally qualified as a kinesiologist is now a practitioner of *Dreamtime Healing using Holographic Kinetics*, an advanced therapy based on ancient Aboriginal knowledge of healing and cause and effect. She is currently available at the Kariong Neighbourhood Centre Clinic. By directly accessing Spirit and using muscle testing Elizabeth is able to find the cause of the effect of an issue and clear it at its creation point rather than simply treating the symptoms.

**Our past together with our present, creates our future**

Using this specialized technique, trapped energy from negative thoughts, emotions and trauma from past events which may be held in the cellular memory is released, as well as eliminating energies that may have entered the body through drugs, alcohol or other things, or from the genetic hereditary line. This brings you back into balance freeing you to create a positive future.

**If this energy is not cleared, it can attract similar situations over and over, and evolve within into life forms and beyond, causing mental, physical, emotional or spiritual imbalances.**

**Areas that can be assisted include:**

- \* emotional problems \* trauma \* anger, guilt, shame \*
- abuse \* depression \* anxiety \* dependency problems \*
- mental health issues \* drug or alcohol abuse \* inter-dimensional interference \* \*past life issues \*



### healing effect

Healing the issues affecting your life with  
DREAMTIME HEALING using  
HOLOGRAPHIC KINETICS  
Specialising in

**MENTAL HEALTH \* EMOTIONAL ISSUES \* TRAUMA \* DEPRESSION**

NEW CLIENT SPECIAL OFFER: 30 Minute Session only \$35!

Elizabeth Solway - Practitioner

Email: [lizzielotus@healingeffect.net](mailto:lizzielotus@healingeffect.net) Mobile: 0412 396 688

## FREE FAMILY LAW ADVICE CLINIC

### Kariong Neighbourhood Centre

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

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

Appointments available between 2.30pm-4.30pm.

**Bookings essential Ph: 4340 1724**



## 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



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 \$110

We can assist you with all your tax needs:

- Sole Traders
- Rental Properties
- Companies
- Self-managed Super Funds

## NEED HELP WITH YOUR TAX RETURN?



**Tax Help is a FREE community service for people on low incomes.**

A Tax Help consultant is now available at The Kariong Neighbourhood Centre.

For appointments please phone

**4340 1724**





## 'Love your lunch'

Avoiding food waste from the mountain to the sea



Hands-on activities and cooking demonstrations

Save money and the environment while creating healthy lunchboxes for school and work that loved ones will love.

Inspiring and informative. Learn how to store food effectively, use leftovers, plan ahead and provide healthy seasonal food that tastes good.



FREE Spring Workshops

Fri 11 Oct, 12noon to 1.30pm  
Kariong Eco Garden, cnr Woy Woy Rd & Dandaloo St Kariong

Thurs 24 Oct, 11.30 to 1.00pm  
Food Integrity Group, Ourimbah (venue to be confirmed)

Wed 6 Nov, 11.00am to 12.30pm  
Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

To book, please call:

Kariong Neighbourhood Centre on 4340 1724. All participants receive a FREE lunch/tastings and a Love Food Hate Waste pack (max 25 participants).



This Kariong Eco Garden project is funded by the New South Wales Government's Love Food Hate Waste Program ([www.lovefoodhatewaste.nsw.gov.au](http://www.lovefoodhatewaste.nsw.gov.au)) and is also supported by Peninsula Environment Group's Food Network (Woy Woy), the Food Integrity Group (Ourimbah) and Gosford City Council. For more information, call :  
Mia Hughes on 0417 043 165

## Homeserve

Real Estate & Co

ABN 87 102 327 855

Selling your home?... Call Leonie

Compare how much you can Save!

Property Value	Homeserve 1.5% + GST	Other Agents 3% + GST	Your Savings
\$300,000	\$4,950.00	\$9,900.00	\$4,950.00
\$600,000	\$9,900.00	\$19,800.00	\$9,900.00

# 1.5%

\*conditions apply

## Sales commission + GST

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Leonie McKay  
Licensee

Phone: 4340 0692  
0403 160 185

[Immckay@ozemail.com.au](mailto:Immckay@ozemail.com.au)  
[www.homeserverealestate.com.au](http://www.homeserverealestate.com.au)

Kariong

## Social Enterprise on the Coast Workshop 101 - Road Map to Success

Our workshop program is specifically designed to start you on your social enterprise journey.

**When: Wednesday 18th September  
10:00am to 2:00pm**

**Where: Kariong Neighbourhood Centre,  
10 Langford Dr, Kariong**

**Bookings Essential Phone: 4340 1724**

**FREE ONLY ONCE HERE AT KARIONG!!**

## Kariong Medical Centre... "caring for Kariong"

Spring is on the way and this brings with it warmer weather. This is a great time of year to start thinking about our health. Moving into the warmer months we generally become more active and start eating lighter and spending more time out- doors.

Did you know that Kariong Medical Centre offer clinics to mentor people through weight loss and to quit smoking? These are nurse run clinics that are overseen by the GP's.

We also offer Health Checks for people who are over 75 years and still living in their own homes.

These checks require an appointment with one of our practice nurses and your GP. The comprehensive assessment takes about 45mins and is billed through Medicare. The over 75 year old Health Care Assessments are designed to keep people in their own homes by putting them in touch with local services. This is a worthwhile and proactive service offered at Kariong Medical Centre.

If you have enquires about any of our clinics please phone and speak with our nursing staff. Take a step towards better health now and give us a call! 43404444

### Kariong Public School P & C Fundraising Committee

Will be holding an **Election Day Event on the 7th September** 8am, in our Truscott Avenue Car park. There will be a sausage sizzle, a Cake Stall and more. So when you are coming up to vote in the upcoming elections don't forget to bring your wallet.

### FREE ENTRY TO MT PENANG GARDENS

Meet up with friends and family and marvel at the creative ways in which modern landscapes and Australian native flora blend together to produce amazing seasonal displays.

Collect your free ticket from the Waterfall Café, open 7 days from 9:30am-4:30pm. Dine at the café or

pack a picnic lunch.  
Parklands Road, Mt Penang Parklands,  
Kariong.

Ph: 4340 1002 or



### NRMA MOTORING + SERVICES APPROVED REPAIRER

Owners local residents Jamie & Belinda Beresford

**SPECIAL \$25.00 REGO/PINK SLIP**  
with this voucher  
Services from \$99.00

### FREE PICKUP AND DROP OFF 7km Radius

- \*\*Manufacturers' Log Book Servicing
- \*\*Air Conditioning Regas, Repairs and Servicing
- \*\*Tune ups \*\* Brake & Clutch repairs
- \*\* Batteries \*\* Shocks \*\* EFI Servicing
- \*\* Cylinder head and Engine rebuilding/ repairs
- \*\*Diesel servicing and Repairs

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



## No Interest Loan Scheme

Have you lived in the local Gosford Area for at least 3 months? Are you on a low income? If so you maybe eligible for a No Interest Loan.

The amount you can borrow will vary, depending on your income & your capacity to make repayments. The maximum is \$800 for entertainment items such as TVs/Stereos, & up to \$1,200 for essential items like white goods/furniture. Nils® may also be provided to meet other essential needs like health aids, car registration or education costs. Nils® is not for emergency relief, bond or rent money, living expenses or debt repayment. The limit for people on Newstart/Youth Allowance is between \$600 - \$800, to ensure we don't place anyone in financial hardship. The repayment period is usually around 12 to 18 months. There are no fees, charges or interest. Call 4329 4477 for further information/application pack. Nils® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.



# Little Bees



Hi my name is Colleen and I would like to take this opportunity to invite all mums, dads, grandparents and carers of preschool children to come along to our Little Bees playgroup on a Monday morning at the Kariong Neighbourhood Centre. We can offer adult interaction and support. We have a very relaxed atmosphere here. We are open from 10am – 11am during school term. Sometimes we go over our finishing time because the children are having so much fun. We have lots of toys, puzzles, colouring in, lovely outside play area, a few ride on toys and sandpit. We will even make you a nice cup of tea and coffee with biscuits. Our prices are \$3 per child/ \$5 per family.

**HOPE TO SEE YOU THERE!**



## PARKLANDS COMMUNITY PRESCHOOL TRIVIA NIGHT

**Date 14th September  
Time 6.30 for a 7pm start.**

**Theme - Crazy Hair**

**Lots of awesome prizes to be won.  
Please contact Gaynor on 4340 1342 to book \$10 per person  
BYO nibbles and drink.**

**Thank you for supporting our preschool.**



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

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

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

# Welcome a NAISDA Developing Artist into your home.

NAISDA Dance College is looking for families to participate in the NAISDA Homestay Program for 2013.

NAISDA Dance College is a national Indigenous dance college, an RTO and a member of the Commonwealth Roundtable for Excellence in Arts Training; providing ground-breaking delivery in a Careers in Dance curriculum to Diploma level.

NAISDA students are known as 'Developing Artists', they come from Indigenous Communities from all parts of Australia and the Torres Strait Islands.

We currently seek families to accommodate some of our Developing Artists during their study here at NAISDA, as the challenges for independent living for Developing Artists at age 16, 17 & 18 can be very real. We want to be able to offer them an extra degree of support and enrich their performing arts training through the Homestay Program.

- **Cultural and lifestyle exchange**
- **Provide a room/board in a safe home environment**
- **Working with Children Check undertaken**
- **Financial assistance provided**

For more information contact:

Sue Gosson  
Human Resource Officer  
(02) 4340 3100  
s.gosson@naisda.com.au





## ARE YOU A DEADLY DANCER?

**EXPLORE THE WORLD OF DANCE AND CULTURE AT NAISDA DANCE COLLEGE.**

- / Australia's premier Indigenous training college
- / Nationally accredited courses
- / Study full-time and visit home twice a year
- / Abstudy pays audition travel & accommodation costs

For more information contact Elizabeth Bailey...  
**1800 117 110 / e.bailey@naisda.com.au**  
[WWW.NAISDA.COM.AU](http://WWW.NAISDA.COM.AU)



**THIS COULD BE THE CAREER FOR YOU!**

**AUDITIONS**  
24TH - 27TH  
SEPTEMBER  
2013

# Active Learning Playgroup

**Wednesdays 10.30am-12.30pm**

**Kariong Neighbourhood Centre  
10 Langford Drive, Kariong**

Our Wednesday morning Active Learning Playgroup continues to welcome new Mums, Dads and children (0-6 years) to come along and participate in our school readiness activities, connect with other families in the area and enjoy the opportunity for your child to begin establishing friendships with others.

All areas of the children's development are catered for in our program with an emphasis on early literacy and numeracy skills. Children attending our group of late have been responding with great enthusiasm to our focus on counting and number identification through our storytelling and it has been wonderful to see the children learning to sit and concentrate as part of a group.

Our singing, dancing and simple musical dramas/role plays/dances with the guitar are really drawing our group together and giving the children a sense of belonging as they build familiarity with our morning's routine.

Our craft focus the last few weeks has been a group project of a Papier Mache Humpty Dumpty and our messy/creative play opportunities continue in their popularity!

Our splendid vegetable and herb garden has allowed the Playgroup children to begin to learn some basic gardening skills and to develop an early appreciation of their natural environment. (A big thankyou to Rebecca, one of our regular mums for her kind donations of seedlings, fertilisers and patience in sharing her gardening knowledge!!)

Connecting with other families in our area allows your children the opportunity to develop important social/emotional skills such as turn taking, sharing and interacting with peers. Establishing new friendships is a big benefit of our Playgroup for both parents/caregivers and the children. The children learn how to enter play situations, negotiate together and cooperate with each other, preparing them in various ways for successful social interactions. This learning will be highly beneficial in their transition to school.

Our exciting outdoor play area with safe yet challenging climbing equipment ensures physical and free-play needs are met for the children. Morning tea is provided, bringing everybody together in an enjoyable part of our morning's structure.

A warm invitation is extended to you to come along and discover how we can help promote your child's development in our friendly, stimulating environment. We hope to meet you soon!

(Members: \$3 per child/ \$5 per family. Non-members: \$3.50 per child/\$5.50 per family)

Phone : Nerida 43401724

## "Jam'n Juniors"



A new 6 week music workshop for parents and their children (aged 2-6 years) is beginning at Kariong Neighbourhood Centre. **Bookings are essential to secure your child's participation in this one hour weekly workshop as numbers are limited to 15 children per workshop.**

**When: Beginning Thursday 9<sup>th</sup> October, 10am-11am**

**Where: Kariong Neighbourhood Centre, 10 Langford Dr, Kariong**

**Cost: \$55 total**

Research confirms that listening to music or playing an instrument can actually make you learn better. To give your child the best head start to learning through fun and educational musical experiences, the Jam'n Juniors workshop will powerfully stimulate multiple senses and whole brain development. Singing, moving and playing to music during your child's formative years simultaneously promotes their language, social, emotional, intellectual and physical development.

The Jam'n Juniors workshop will specifically focus on social development, connecting your child to others through music and strengthening your parent/child relationship.

Music is an incredible tool for heightening young children's self-esteem and confidence and empowering their social participation. The Jam'n Juniors' program of circle games, songs and dances as well as opportunities to perform role-plays with help your child develop valuable cooperative skills as part of a group. Listening skills and impulse-regulation will be promoted throughout the workshop as will learning about the rights and needs of others. Parents will learn about the impact of incorporating simple and spontaneous musical experiences into everyday routines and activities, maximising their child's learning and improving behaviour management strategies.

The one hour weekly workshops will introduce the basic elements of music to the children; pitch tempo, rhythm, dynamics and tone.

This learning will be the foundation of the workshops, promoting development of musicality in your children. All children must be accompanied by an adult.

Cost: \$55 for 6 week workshop. **Payment must be made to secure your bookings. All payments to be made in cash at the Kariong Neighbourhood Centre, 10 Langford Dr, Kariong.**

Bookings and inquires: Nerida Stollery 0415 906 033



## Currency Wars and the Global Currency Reset



Fiat currencies reset about every forty years. The US Petro dollar (a fiat currency) started in 1971 and is now coming to an end. What will it mean for you and your family? Understanding what is about to happen will help you better manage things. Smart money already knows but the little man on the street also needs to understand.

Where: Kariong Neighbourhood Centre  
10 Langford Dr, Kariong

When: Sunday 29<sup>th</sup> Sept 2013, 2pm to 4pm

“Just Turn Up”

Two short videos followed by a discussion.  
Free and no selling. Information only

## VERO WEB STUDIO

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Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au) Website:  
[www.VeroWebStudio.com.au](http://www.VeroWebStudio.com.au)



## Kariong Neighbourhood Centre

in partnership with

## VERO WEB STUDIO

Is offering

Subsidised Computer Coaching

**ONLY \$55 / Person – 2 Hours Session  
Every Saturday**

1 Trainer to 2 People; Personalised training lessons;  
One on one question time; Many topics to  
choose from; *Morning tea provided.*

**Booking Essential Phone: 4340 1724**

All fees must be paid in full 2 weeks in advance.

### Sessions:

10.00am to 12.00pm; 12.30pm to 2.30pm  
3.00pm to 5.00pm

### Lessons Topics Available:

1. Introduction to Facebook; 2. iPad & iPhone Basics; 3. Introduction to Skype; 4. Basic Photo Manipulation - Using Adobe Elements; 5. Designing your own website or blog - Using Wordpress

## New Garden Show on the Central Coast



A new garden event, the Plant Lovers Fair, will be held at Mount Penang in the grounds of Kariong Mountains High School on **Saturday 28 September and Sunday 29 September between 9am and 4pm.**

It is being organised by *Central Coast Garden Shows* under the leadership of respected plants person, Elaine Slade, President of Kulnura Garden Club. Association spokesperson, Dr Stephen Goodwin said, “Our inaugural event, Plant Lovers Fair, will have a new format involving specialist plant growers who will bring together a diverse range of rare, interesting, and collectable plants not normally found in local retail outlets. Stallholders are coming from as far afield as Victoria, Western NSW and the North Coast.

“It will be a hit with plant and garden lovers and we invite Kariong families and plant lovers to come along and support this exciting new event.”

He continued, “Plant Lovers Fair will be the beginning of new, high quality flora events on the Central Coast as well as something that will appeal to schools and families. Gardening has received a huge boost from shows like the ABC TV Gardening Australia program with its enthusiastic presenter, Costa Georgiadis.

“As a result, many younger viewers and their families have become interested in gardening and we believe the Plant Lovers Fair on the Central Coast will complement this interest. We plan to hold a competition for primary and secondary schools for novel scarecrows and best basket of mixed produce from a school garden on the Sunday this year. So, mark it in your diaries.

“Anyone intending to visit Plant Lovers Fair should check our website at [www.centralcoastgardenshows.com.au](http://www.centralcoastgardenshows.com.au) or search under either Central Coast Garden Shows, or Plant Lovers Fair Kariong,” he said. “We are also on Facebook at <https://www.facebook.com/pages/Plant-lovers-Fair-Central-Coast-Garden-Shows-Inc/565224606846448>”



*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*



Contact Toni Baines **0417 794 137**

Registered Tax Agent

## Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday and 9.30am until 2.30 pm Saturdays and is closed for half an hour at 12 noon. Gosford City Library celebrated its 65<sup>th</sup> Birthday on 16th August. The Kariong Library opened June 28th 2002. We thank all the supporters of the Library since it opened its doors in Kariong. If you joined some other library before that date and now borrow books from Kariong please talk to the librarian and change your library branch code. In this day of statistics it is important that every membership of Kariong is correctly recorded.

**The Kariong Library Action Group** have a regular monthly **Book Club** which meets at the library at 10 am on the last Friday of the month.

On **Friday 27<sup>th</sup> September 2013** the book to be reviewed is **84 Charing Cross Road** by American author Helene Hanff. After reading a review in The Telegraph ([www.telegraph.co.uk](http://www.telegraph.co.uk) › [Culture](#) Jun 27, 2011) I am very much looking forward to being the first person to borrow the Book Club copy of this book. This 1970 book, later made into a stage play, television play and film, is about the twenty-year correspondence between Helene and Frank Doel, chief buyer of Marks & Co, antiquarian booksellers located 84 Charing Cross Road. A DVD of the same name is available. It stars Anne Bancroft and Anthony Hopkins and has a supporting cast of Judi Dench and Maurice Denham.

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. This is a fun time for pre-schoolers and their carers. Come along and visit, the librarians are always helpful and welcoming.

The Kariong Action Group now have an email address, we would like to hear from you so please contact us for information and to leave your comments: [klag2013@yahoo.com.au](mailto:klag2013@yahoo.com.au).



### The Importance of making errors

I recently attended an international ACER conference on "How the Brain Learns". One of the sessions I attended discussed the value of making errors and I would like to share some of the knowledge that I gained.

Sometimes we try to protect our children from making mistakes by limiting their opportunities for safe risk taking, helping too much with a class or homework task or being too prescriptive in the strategies we suggest they should use to navigate a myriad of everyday challenges. In our efforts to be supportive, we are forgetting a fundamental fact about how our brain, and hence learning, takes place. "Errors play a critical role in the establishment and maintenance of neural networks and, consequently, in building expertise" (Pegg, J 2013). The brain appears to be organised to respond to errors as a mechanism for learning.

Learning from mistakes is how we are challenged to do things differently and hence try new approaches to solving problems. Rather than being seen as failures, these attempts should be seen as developing and strengthening the capacity of the brain to take on more complex ideas and gain deeper understanding of the task at hand.

The quotes below are well known and support this view: Thomas Edison, who invented the light bulb, reportedly told his colleagues: "Of the 200 light bulbs that didn't work, every failure told me something I was able to incorporate into the next attempt". Benjamin Franklin, the US statesman and scientist, reportedly once said: "I haven't failed; I have had 10,000 ideas that didn't work".

Therefore, next time, your child is trying something new – resist the impulse to jump in and help straight away, step back and allow the trial and error process to thrive. You might be quite surprised at what is achieved!

If you are interested in finding out more about the brain and learning, I will be giving a presentation on "The Learning Brain" at the next P&C meeting, Monday September 9 at 7pm in C Block, Festival Drive Kariong. For further information please contact the school on 4340 0246

*Anne Vine—Principal*

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 Kariong Neighbourhood Centre, or call us on 4340 4595 us on 4340 4561



## Australian Plants Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 13<sup>th</sup> September, 2013 at 7.00pm for a 7.30pm start**. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

Our guest speaker this month will be Samantha Travers and she will be talking about how native animals can enhance the growth of native plants in semi arid areas. On Sunday 11<sup>th</sup> August we will be taking a leisurely bushwalk at Chain Valley Bay looking at and identifying plants. Visitors are also welcome to come along on our bushwalks.

Our monthly meetings include a Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members.

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

**Visit us at the Plant Lovers Fair** being held at the Kariong Mountains High School on Saturday & Sunday 28<sup>th</sup> & 29<sup>th</sup> September.

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049.



**KARIONG COMMUNITY BAPTIST CHURCH**  
KCBC operates a group called the Friends' Group. Each month the Friends' Group gathers for an outing and lunch together in some of the great spots the Central Coast has to offer. While Friends' group is predominantly retired folk anyone is welcome to attend. So if you are retired and looking for a great bunch of people to share time with or if you simply want to connect with others and expand your friendships then why not get in touch with us and discover what Friends' Group is about. As always everyone is warmly welcome to join us at our church service on Sunday mornings at 9:30am in the Kariong Public School Hall. Contact: Noel 0402634119 for further information.



Hello from the desk of the *Standpipe*  
Sorry for the absence of this column over the last couple of months but rest assured its back and loaded with important information for the residents of Kariong.

Over the months ahead there are going to be a few hazard reductions taking place in and around our area. If you have anyone in your family with any respiratory complaint, such as asthma and want to keep up to date on hazard reduction burns visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au). On the main page under the heading of "Latest News" there will be a sub heading 'Hazard Reduction Advisory', click on the link. Now is the perfect time to be cleaning out your gutters, pruning trees and clearing away rubbish and leaf litter from your property. Summer and the Fire Season are just around the corner so let's **BE PREPARED**. Do you have a Bush Survival Plan? On Saturday, 28<sup>th</sup> September our station, in Dandaloo Street, is holding an Open Day. We are inviting our Kariong family to come to the station during the day, from 10:00 to have a look around, enjoy a sausage sandwich whilst having an informal neighbour chat and we can answer any questions you might have. We hope you can make it.

So far this year the Brigade has attended 204 calls to incidents. June we had 20 calls, July we had 30 calls and August, up until the 20<sup>th</sup>, we have been called to 12. With the fire season nearly upon us and with the dry weather we are experiencing, we feel we might be a tad busy in the coming months.

Many of our Members have successfully attended a variety of courses over the last few months to enhance their knowledge and skills. Congratulations to all of these Members of the Brigade. Having such enthusiastic Volunteers assisting their Neighbours, makes me very proud to be a part of the Community of Kariong.

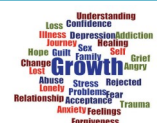
If you are interested in becoming a Member, the Station is open on Wednesday nights from 7:00pm and Saturdays from 8:00am for training. You are welcome to come along and have a chat. If putting the 'wet' stuff on the 'red' stuff isn't for you, there are many Support Brigades, such as Catering, Communications and Logistics that might be of interest.

Until next month - Stay Safe and Firewise.



### AFFORDABLE COUNSELLING

Kylie Fawkner is now Counselling at  
Kariong Neighbourhood Centre  
10 Langford Drive, Kariong  
For an appointment phone Kylie on 0435 809 506  
[www.coastcarecounselling.org](http://www.coastcarecounselling.org)



## CHRONIC ILLNESS SUPPORT GROUP

Have you been diagnosed with a chronic illness?

Do you feel like no-one else understands your problem?

Are you looking for help, support, advice, guidance or assistance?



Come and join the Hope Wellness Group. The Group will be facilitated by a skilled counsellor with guest speakers discussing many relevant topics.  
Morning Tea Provided

*Where: Kariong Neighbourhood Centre  
10 Langford Dr, Kariong*

*When: Mondays from 2nd September*

*Time: 10.00 to 11.30am*

*Cost: \$5.00 each person*

- Bookings Essential -

Contact Kylie Fawkner, Coast Care  
Counsellor on 0435 809 506 or  
Kariong Neighbourhood Centre on  
43401724



### Kariong Eco Garden Incorporated

Cnr Dandaloo Street and Woy Woy  
Road Kariong NSW 2250  
Postal address: c/o KNC 10 Langford  
Drive Kariong NSW 2250  
Phone: 0417 686694.

Email: [kariongecoqarden@gmail.com](mailto:kariongecoqarden@gmail.com)

**Planting:** In September: Amaranth, Asparagus, Basil, Beans, Beetroot, Cabbage, Cape Gooseberry, Capsicum, Carrot, Celery, Chives, Cucumber, Coriander, Eggplant, Fennel, Globe Artichoke, Leeks, Lettuce, Marrow, Mint, Mustard Greens, Oregano, Parsnip, Potato, Rocket, Rock Melon, Sage, Silverbeet, Spring Onions, Sweet Corn, Thyme, Tomato, Turnip.

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

**For further KEG details; Contact Lisa on 43405425 or John on 43231843**



Your Progress Association has been very busy over the last month. Tennis Court No.2 is closed for repairs to the surface. Our thanks to Gosford Council for removing the offensive trees, responsible for damage to the surface, so promptly, roots will now be removed so that repairs to the Court surface can go ahead. We will keep you informed on progress and we hope the Court won't be closed for too long.

Liberal Candidate for Robertson, Lucy Wicks. was our guest at last Progress meeting. Lucy promised full support for the Woy Woy Road/Langford Road crossing. However we are still awaiting support from our state parliamentary member Mr Chris Holstein to allow Gosford Council to also commit to this most important infrastructure.

The incident of a dog attack is still causing extreme concern in the community and we are presenting strongly this concern to Gosford City Council and the Gosford Police. The Premier of NSW has timely made an announcement on the issue in general proposing changes to the Act.

We are still experiencing unsocial behaviour within Kariong unfortunately – the latest being an incident at the Sports Oval/Skate park. However Lucy Wicks Liberal Candidate for Robertson has responded to a long negotiation/request for more CCTV at some of our hotspots subject of course to her election. Remember to report all incidents to the Police Assistance Hotline 131 444 or anonymously to Crime Stoppers 1800 333 000 to build a safer community, Emergencies 000.

We are also, through our President, represented on the committee for the Plant Lovers Fair to be held at the Kariong Mountains High School on 28<sup>th</sup> and 29<sup>th</sup> September – for more detail see the media release on page 7. It has been an issue your Progress Association has been working towards for several years and we are now pleased to have secured this event for Kariong.

Finally, a reminder that our AGM will be held on Wednesday 4<sup>th</sup> September and we extend a welcome to all residents of our community to attend, this will be followed by our regular monthly meeting at the:

**Kariong Progress Hall - Woy Woy Rd,  
commencing at 8:00pm, Wednesday Sept. 4.**

No appointment necessary

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Good luck to our 11s, 17s and Colts in the finals series!

All players, volunteers & supporters are invited to the 2013 presentations:

#### **JUNIOR PRESENTATION**

**3PM 15<sup>TH</sup> September at 'THE HILL'**

#### **SENIOR PRESENTATION DINNER**

**26<sup>TH</sup> September at Gosford RSL Club**

**(cost & time TBA)**

**Annual General Meeting to be held on 26<sup>th</sup> September at 5pm at Gosford RSL Club**

More information as it comes to hand on the website [www.kariongrugby.com](http://www.kariongrugby.com) and our Facebook page.



## **SOCIETY OF ST VINCENT DE PAUL**

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**Gosford.region@vinnies.org.au**

# The XChange

## Seventh-day Adventist Church

The XChange has been busy again this July. We ran a kids Critter craft day and made caterpillars, pigs, turtles and fish all from recycled material. The bathroom hampers went down a treat for the 12 families around Kariong who we know could use a helping hand. This term we are collecting laundry items for the special end of term hamper. We have enjoyed meeting lots of you – and your children through various program that we have run. We want to continue to meet you and increase our circle of friends. If we could do anything for you, give us a ring and have a chat – we love to help!

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

[www.kariongexchange.org.au](http://www.kariongexchange.org.au)

Ring Lesley on 43401581

Email: [kariongexchange@me.com](mailto:kariongexchange@me.com)

**KidzXChange** – Saturday mornings during the school term. 9am – 10:30am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

**Barney's House** – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm.

**Small Group** – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Tuesday Evenings 7:15pm - 8:15pm and Wednesday mornings 9:30am – 11:00am. Various locations.

**The Sling Shot** - Every Alternate Monday Afternoon during the school term 3:30pm - 4:15pm at the Scout Hall. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.



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



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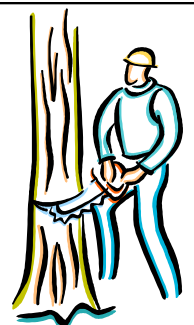
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## What's On at Kariong Neighbourhood Centre...

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. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating .*

### 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: \$3ea child for members, \$3.50 for non-members. \$5 for families/\$5.50 for non-member families. Morning tea included

#### Hope Wellness Group

Understanding and support for those with chronic illnesses  
10:00am—11:30am Cost \$5.00

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

#### Family Law Advice Clinic—FREE

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

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

11.45am to 12.45pm Contact Joanne to make a booking on 4369 5171 or 0425 265 609 . \$10.00 each class

#### Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book  
Call Jayu on 4340 0118. [www.freemeditation.com.au](http://www.freemeditation.com.au)

### TUESDAYS

#### Immunisation Clinic - NSCCA

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

#### Indoor Bowls

From 9.15am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

#### Beat It - Exercise for Seniors

Progressive exercise class and six lifestyle education sessions  
10:00am to 11am Cost: \$8 per class  
Contact Alice for bookings 0401 195 688

#### Early Childhood Clinic—NSCC Area Health

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

#### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.  
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### WEDNESDAYS

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

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms - all welcome!  
Cost: \$3 per child, (member) \$3.50 per child (non-members) or \$5.00 per family

#### Early Childhood Clinic—NSCC Area Health

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

### Wednesday Cont...

#### Multicultural Cooking Classes

11:00am to 1:00pm. 3rd Wed of each month. Only \$10 for tutorial, recipe and meal. Bookings Essential Ph: 4340 1724

#### Apply First Aid Course—HLTA311A

Nationally accredited First Aid & CPR Courses. 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 noon weekly.  
Cost: \$3 for members, \$3.50 for non-members.

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

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

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

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

7:00pm to 8:00pm. Contact Joanne to make a booking on 4369 5171 or 0425 265 609

### FRIDAYS

#### Australian Breastfeeding Association Meeting

9th & 23rd August 2013 — 10.00am to 12 noon  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### SATURDAYS

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

### SUNDAYS

#### River Christian Church - From 9:00am,

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

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

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### **CLOSING DATE for NEXT ISSUE** **Wednesday 18th September, 2013**

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