

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



October 2013



We are pleased to invite you to our
ANNUAL GENERAL MEETING
to be held on
Thursday, 31st October 2013
11.00am

at
Kariong Neighbourhood Centre
10 Langford Drive, Kariong

**Please join us in a creative and interactive
celebration of our work and our community.**

Guest speakers will be in attendance.

A light lunch featuring multicultural delights
will be served.

RSVP by 23/10/13 on Tel: 43401724 or email to
admin@knc.net.au

**Our Vision - A friendly, caring, safe and
connected Community.**

Kariong Neighbourhood Centre Inc. The Board Nomination Form 2013 NOMINATION

I nominate: _____

For the position of

President

Vice President

Treasurer

Secretary

Ordinary Member

of the Kariong Neighbourhood Centre Inc. Board.

Yes, I am a financial member of Kariong Neighbourhood
Centre Inc.

Proposed by: (print) _____

Signature: _____ Date: _____

Seconded by: (print) _____

Signature: _____ Date: _____

NOMINATION ACCEPTANCE

I, a financial Ordinary Member of Kariong
Neighbourhood Centre Inc. **accept nomination** for the
above position.

Name: _____

Signature: _____ Date: _____

Please hand in completed nomination form to the
administration area at Kariong Neighbourhood Centre.

home buyers want Kariong

Our recent 'open home'
inspections have had up to
**25 potential buyers
through the door**
(that's 25 groups or families)

7 of our last 10 Kariong home
sales have **sold within 15 days**
of hitting the market

We offer '**No Sale - No Charge**' service plus...

- **FREE** marketing
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- **FREE** quality photography
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- **FREE** property listing with the entire 9 office George Brand network

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Positive Parenting

A six week workshop which focuses on helping mums and dads become more mindful parents and gain skills to build closer relationships with their children.

Topics include:

1. Being a Mum & Being a Dad
2. Communication—learn a range of relating and communication skills.
3. Assertiveness—develop an understanding of appropriate assertiveness skills
4. Challenges of Disciplining— learn techniques in disciplining and encouraging children

When: 9:30am to 12:30pm. 8th Oct -12th Nov 13

Where: Kariong Neighbourhood Centre
10 Langford Dr, Kariong

Cost: \$60 per person for 6 week program
\$5.00 per child per week (if needed)

Bookings Essential: Ph: 4340 1724



www.interrelate.org.au
1300 736 966

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

**MINGARA ORCHID CLUB MEETS 2ND MONDAY
EACH MONTH
AT 7.30PM AT MINGARA RECREATION CLUB
TUMBI UMBI
NOVICE GROWERS CLASS AT 6.45PM PRIOR TO
MEETING - ALL WELCOME FREE TEA/
COFFEE, GUEST SPEAKER, PLANTS TO
BUY - ENQUIRIES
PLEASE CALL ANNE ON 43510891.**



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

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



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



'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).



GymbaROO

ENROL NOW FOR TERM 4

From babies to school readiness, GymbaROO programs are based on a sound understanding of the importance of each developmental stage of your child. Classes run by fully qualified professionals. Classes include: gross and fine motor skills activities, music, balance and strength exercises, pre-reading skills and best of all they are lots of fun!

**Classes run at the Kariong Youth Centre,
Mitchell Drive, Kariong**

**Call 4340 5154 to book your child's place today!
BABY CLASSES FILLING FAST!**

Celebrating Carers week

\$10.00 each

**Hunter Valley
24th October
9.30—3.30 meet at
10 Langford Drive
Kariong**

Spring

Time Out For You!!!!

A bus trip has been organized by Kariong Neighbourhood Centre and the TOFF facilitator to take you to the Hunter Valley's Spring Garden show. Lunch will be provided in the gardens. You will meet new people and be spoilt for the day.

**Bookings essential
43401724**

**Sponsored by
Kariong
Neighbourhood
Centre**



Kariong United Football Club is celebrating some milestone wins at the conclusion of the season. Our young stars of the Women's 12A (our Kittens) and the u14B Men's team walked away with Premierships! Your team of Kittens picked up double honours also topping their table as Minor Premiers and now plays Champion of Champions in Griffith. The boys pick up their second premiership trophy in 2 seasons.. A great finish to the season of 2013. Honourable mentions must also go to the u10D's and u11D's who triumphed in their end of season competitions. The end of season celebration for Juniors (Presentation Day) was held at The Hill (Kariong Oval) on September 15 as advertised on your club website at www.kariongunited.com.au and Facebook. Senior Presentation is always a memorable event and this year we have secured the Parkview Room at the Central Coast Leagues Club from 7pm on October 12th. Full details are shown on the News page of your club website and we look forward to seeing as many of you there as possible. As always, the season is just not possible without these forward thinking businesses - ECOSUN, with their revolutionary solar pool heating system and our very own Northcoast Solar partner together to lengthen your swimming season. George Brand Real Estate Kariong and Ross McLarty (Happy Birthday Ross!) complete their 9th year as major sponsor of Kariong United FC and we look forward to more to come. To Guy and his family at Foodworks (Mitchell Drive shops) - our BBQ's would not happen without your help nor without the help of Kariong Quality Meats. Kariong Pizza & Pasta have yet again proven to be generous with their player awards Relative newcomer Worthington BMW has made a valuable contribution to the year and the best place for your kids in the area has to be the Kidz Klubs. All their details are found on the Sponsors page on your club website at www.kariongunited.com.au

We now hand the grounds (in great condition) over to the Summer codes and we look to season 2014 with you and your families.

Jeff Vilensky, Kariong United FC Publicity.

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

We have a great selection of DVDs for hire. Topics include , parenting, health and well being for families.

Only \$2 a week per DVD for Members of Kariong Neighbourhood Centre. Phone 4340 1724



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- **Diesel servicing and Repairs

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



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. NLS® may also be provided to meet other essential needs like health aids, car registration or education costs. NLS® 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. NLS® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.

Jam'n' Juniors

A new 6 week music workshop for parents and their children (aged 2-6 years) is beginning at Kariong Neighbourhood



Centre, beginning Thursday 10th October 2013, 10am-11am. **Bookings are essential to secure your child's participation in this one hour weekly workshop as numbers are limited to 15 children per workshop.**

Research confirms that listening to music or playing an instrument can actually make you learn better.

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

The program of circle games, songs and dances as well as opportunities to perform role-plays will help your child develop valuable cooperative skills as part of a group. Your child's listening skills and impulse-regulation will be promoted and parents will learn about the impact of incorporating simple and spontaneous musical experiences into everyday routines and activities.

The workshops will introduce pitch, tempo, rhythm, dynamics and tone, promoting development of musicality in your children. All children must be accompanied by an adult.

Total cost:\$55.00 Payment must be made to secure your bookings. All payments to be made in cash at the Kariong Neighbourhood Centre, 10 Langford Drive, Kariong
Bookings and inquiries: Nerida Stollery
0415906033

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Property Value	Homeserve 1.5% + GST	Other Agents 3% + GST	Your Savings
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Email: info@verowebstudio.com.au

Website: www.VeroWebStudio.com.au





Kariong Progress Association

The Annual General Meeting was held in September, thank you to all those who attended. The President's report listed many successful outcomes for Kariong residents following strong representation to several government and associated departments. Participation in promotional groups also assisted with increasing the profile of Kariong and ensured that we were able to hold a new event "**The Plant Lovers Fair**" at the Kariong Mountains High School. These events also provide the opportunity for students to engage in and acquire supplementary skills to the standard curriculum.

With the assistance of Kariong/Somersby Rotary, graffiti has been removed from fencing and we are assured by Member for Gosford, Mr Chris Holstein, that he will be prioritising government action on this issue with the enforcement of the new act.

Unfortunately during August considerable damage was caused to the Mitchell Drive playground and to seating/shelters in the Hill Youth Centre Carpark! Your association is still working with Gosford City Council to have the Tennis Court 2 back in operation and we shall advise asap.

Our guest speakers for the November meeting Wednesday 6th will be Councillor Ms Hillary Morris and Ms Kate DeCosta, Greens candidate for the recent Federal elections, so if you are concerned about loss of public areas this will be a great forum. Please consider joining the Kariong Progress Assoc., it is afterall, for the residents of Kariong and you would be made very welcome. Cost to join just \$2.

NEXT MEETING OCTOBER 2, 8PM

Corner Langford Drive and Woy Woy Road

With warmer weather and longer days start thinking about outdoor activities. If you would like to book the tennis courts please phone Yvonne after 8am on 4340 1068.

Yvonne will also take bookings for the recently painted Progress Hall. Our thanks to Yvonne for her ongoing support.

Residents Beware

A local community member has reported an incident whereby a Male in their early 20's advised that local properties were being valued. He started to ask questions about the property & said a crew would be back the following week

This incident has been reported to Police.



NSW Police Force Reporting Crime to Police



There are four ways to report crime in NSW, depending on the nature of the information: For further information on reporting crime contact the Crime Prevention Officer, Brisbane Water LAC on 4323 5534 or www.police.nsw.gov.au
For do it yourself security audits-
www.crimeprevention.nsw.gov.au (fact sheets)

1. 000
Emergency
000 can connect you to Police, Fire or Ambulance, depending on your situation. Only dial this number if you want to **report a crime in progress or if it is a life-threatening situation**
2. 131 444
Police Assistance Line
You can call PAL to report **minor crimes** that have already been committed (crimes that are not in progress) and which do not involve traumatised victims or require urgent attention or attendance. (eg. Steal from motor vehicle, stolen motor vehicle, graffiti, malicious damage, break and enters and minor motor vehicle accidents.)

When you ring PAL, specially trained Customer Service Representatives will take the details of the crime, and make them available to local police through the police computer system for analysis and action if required.
3. 1800 333 000
Crime Stoppers
If you have information about a crime or criminal behaviour, then call Crime Stoppers on this toll free number. Crime Stoppers uses information that members of the public provide to solve crimes and catch offenders.
You are guaranteed anonymity and confidentiality and, if your information leads to an arrest, you could receive a reward.
4. 4323 5599
Gosford Police
4379 7399
Woy Woy Police
You can call or visit your local police station at any time to report a crime. Report a non life-threatening crime in progress.

Step 1. Phone and advise the duty officer *always* request officer's name.

Step 2. If no response (attendance or phone back) contact Duty Supervisor.

Step 3. If still no response contact Duty Manager and advise Kariong Neighbourhood Centre of issues/outcome at your first opportunity.

Brisbane Water Cricket Club

Brisbane Water Cricket Club.

The BWCC is a newly merged entity between two forward thinking clubs with two unique histories making one decisive future with teams for all ages and abilities and skill levels. The Club will be running a Milo (in2cricket) program for those young enough to not know who Ricky Ponting is...

To lodge your interest, please visit the club website at www.bwcc.com.au or search Brisbane Water Cricket Club on Facebook.

Training sessions for all ages have commenced in preparation for the season opening weekend on October 5th. Your new club will be in the enviable position of providing at least 3 teams in each Junior age group plus a Senior team in every grade from Division 1 down. Based on these numbers, the Brisbane Water Cricket Club has become the second biggest club in the competition and we will bring you results from their efforts throughout the summer.

Jeff Vilensky

Publicity - BWCC

CLEANING SERVICES

Residential and Commercial cleaning.
Very reasonable prices

Ph: 0405 225 982

Multicultural Cooking Classes



Classes are only \$10 per head & includes:

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

This month features:

Thai Cuisine

All invited to come along!!

Meet people and learn a new skill

When: Wednesday 16th October 2013

Time: 11.00 am– 1.00pm

Bookings essential - Ring 4340 1724

Bambara – Celebrating a Moment In Time Exhibition

Saturday September 21st will see the opening of a very special exhibition in the foyer of the Gosford Library at the Erina Centre,

Bambara- Celebrating a Moment In Time.

In March 2012 an exhibition, Kariong- Capturing a Moment in Time, was shown in the Gosford Library Foyer in the Erina Centre. The intention of the exhibition was to raise public awareness and support for the incorporation of the land at Bambara into the Brisbane Waters National Park.

Much progress has been made in the Bambara campaign and recently a significant milestone was reached when the Gosford City Council purchased one of the blocks. To celebrate this event twenty of the Central Coast's artists and photographers have volunteered their time and talent to produce a second exhibition, Bambara- Celebrating a Moment In Time.

This year's event has been themed to both celebrate the recent acquisition and to draw attention to the unique and 'at risk' flora and fauna in the Kariong and Bambara region.

The exhibition will once again show in the foyer of the Gosford Library at the Erina Centre from Saturday September 21st for four weeks.

The park and surrounds of Kariong are incredibly rich in flora, fauna and indigenous and culturally significant sites. Specifically, Kariong is home to twelve known endangered flora and fauna species, many registered Aboriginal rock carvings and the mysterious, controversial and internationally famous, Kariong Egyptian Hieroglyphs.

Many of the artists will be participating and supporting the Bambara project for the second time and include many leading Central Coast painters and photographers. Capturing a Moment in time will run over four weeks.

Exhibition Opening - Saturday September 21st at 11.00am in the Foyer of the Gosford Library at the Erina Centre

Exhibition Close – October 27th.



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





Curringa Medical Centre Kariong

*Dr Tiong will
recommence
seeing
General Practice
Patients.*

*Opening Hours :
Tuesday to Friday Mornings
7.30 a.m. to 11.30 a.m*

Walk in appointments available

*Address : Shop No 8, 4 Mitchell Drive,
Kariong Shops*

Telephone: 43404888

*Appt : e mail :
info.drtyong@gmail.com*

KARIONG MEDICAL CENTRE NEWS

Spring is here 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 outdoors.

Did you know that Kariong Medical Centre offers clinics to mentor people through weight loss and to quit smoking? These are nurse run clinics that are over seen by the Doctor.

The Healthy Kids Check for children aged 4 is now a mandatory requirement for Centrelink payments. Please call us to make an appointment and advise that the appointment is for the Healthy Kids Check so the appropriate amount of time is allowed for this service. Please bring your Blue book to update immunisation at the time of appointment, as this is your proof of immunisation for Centrelink.

If you are aged between 45-49 years of age, you are invited to make an appointment for a Health Check. This is a good prevention tool and the cost is covered by Medicare.

We also offer Health Checks for people who are over 75 years and still living in their own homes. 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. These checks require an appointment with one of our practice nurses and your Doctor. The comprehensive assessment takes about 45mins and is billed through Medicare. 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 on 43404444.



INVITATION: Beat it Exercise for Seniors

Come join us for 'BEAT IT' and recapture your youth!

Classes include circuit, resistance training, relaxation techniques, pelvic floor strengthening. Originally designed for diabetics, open to everyone.

Proven Benefits:

- Improved Strength and independence
- Improved Fitness
- Reduced falls risk
- Improved balance
- Reduced blood pressure · Reduced cholesterol
- Reduced Hba1c · Reduced risk of heart disease

What: \$8 for your 1st session. 6 weeks \$49.50.

Date: Tuesdays

Time: 10am-11am

Where: Kariong Neighbourhood Centre

RSVP: Alice 0401 195 688

love Kids love Veggies?

We need a passionate vegie gardener to assist with our sustainable garden at the Centre. Please phone Fiona 4340 1724 or email on: coordinator@knc.net.au

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.

The Kariong Library Action Group hold a regular monthly **Book Club** which meets at the library at 10 am on the last Friday of the month. It is exciting to report that numbers are growing - 18 people attended the last one. Refreshments are served and good fellowship shared.

Friday 25th October 2013 starting at 10 am we will be reviewing **An Accomplished Woman** by **Jude Morgan**. This is a tale of wit and romance. As a young woman, clever, self-reliant Lydia Templeton scandalized Regency society by rejecting the county's most eligible bachelor (touches of Jane Austen!). Jude Morgan (49) lives in England with his wife and young son Adam. His works include Emily and Charlotte, a novel about the Bronte sisters. This will be followed at 11 am by our guest speaker - Kariong author **Diane Eklund-Abolins**. Her most recent book is *The Space in Between* (published 2012). In addition to her poetry and prose she is an artist and loves bushwalking. Come and meet her and chat over morning tea.

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.

Movie School Holiday Library Special - On Friday 4th October at 7pm you are invited to join us for a free screening of **PUSS IN BOOTS**. Free popcorn and fruit juice for every child and bring a cushion to sit on. Places are limited so please book by calling 43258155.

The Kariong Library Action Group: klaq2013@yahoo.com.au. We would like to hear from you so please contact us for information and to leave your comments.



Hello from the desk of the *Standpipe*

Well what a hazy month we had in September!

I said in last month's *Standpipe* there were going to be a few hazard reductions taking place in and around Kariong. As the weather conditions were near to perfect the decisions were made to reduce the fuel, which will reduce the risk of a bush fire impacting on Kariong and the surrounding areas. Our Guys and Gals from our Brigade worked long and hard with the assistance of neighbouring RFS Brigades to make our Community a safer place. If you wish to find out what hazard reductions are planned in and around our area for the coming months ahead, visit the Rural Fire Service website - www.rfs.nsw.gov.au.

Don't forget we are having an Open Day on Saturday, 28th September at the station. The day starts at 10:00. We would be delighted if you and your family would come along throughout the day, have a "sanger" sandwich with us, meet the crew, have a look at the station, the equipment we use and ask any questions you might have.

October 1 is the commencement of the fire season. October is definitely the time to finalise your Bush Fire Survival Plan and have it ready to implement if the need arises. Remember a plan to do a plan isn't a plan! You can get a copy from the Rural Fire Service website or come and see us at the station or at the Fire Control Centre, 155 Woy Woy Road. This is also a time when the Fire Danger Rating comes into effect.

A few suggestions you may wish to do around your house and garden are: - * Keep lawns short and gardens well maintained, *Cut back trees and shrubs overhanging buildings, *Clean up fallen leaves, twigs and debris around your property, * Have hoses long enough to reach around your house, * Check that your insurance is adequate and up to date, * Complete your Bush Fire Survival Plan.

This month we are visiting Kariong Child Care Centre to talk to the children about Fire Safety. The children enjoy looking at the truck, handling some of the equipment, watering the garden, and sometimes the teachers and crew, with the hoses. They are always keen to listen, play a few safety games and ask questions. I don't know who enjoys the time more - the children or the crew! Until next month - Stay Safe and Firewise.



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Providing affordable
counselling to the
community

What do we do?

We offer an affordable service for those seeking counselling for:

- Grief & loss
- Stress & anxiety
- Coping with health problems
- Depression & loneliness
- Relationship & family issues
- Self Esteem & boundary issues
- Anger issues
- Addiction

What is counselling

Counselling is an opportunity to talk to someone who listens, is non-judgemental and helps you make sense of what is happening in your life.

Counselling can help you understand what changes you can make and how.

How much does it cost?

Clients pay a contribution which is dependent on income. This contribution is negotiated with your Counsellor. For further information check the website or contact the centre.

What about confidentiality?

Yes all information gathered in the counselling process will remain confidential and secure.

How do I arrange an appointment?

Appointment are held at KNC, 10 Langford Dr Kariong. Contact Kylie Fawcner 0435 809 506
www.coastcarecounselling.org

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 10th October, 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. There will be a guest speaker on the night and on Sunday 12th October we will be taking a leisurely bushwalk at the Milyerra Road Fire Trail at Kariong 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 28th & 29th September.*

Inquiries contact Elsie at
damael@hotmail.com.au or telephone
4365 5049.



Now that the season is over the committee would like to thank all supporters, players, canteen personnel, coaches, managers, trainers, and support staff for all their dedication and hard work in 2013. Our AGM will be held on October 26 at Gosford RSL at 5pm, all welcome. All coaching applications to PO Box 7224 Kariong NSW 2250.

A big thank you to our sponsors (we look forward to continued support in 2014) Bendigo Bank Ettalong, Break Thru People Solutions, Gosford RSL, Heyden Frame & Truss, Kariong Fruit & Veg, Kariong Meats, Kariong Physiotherapy, Kariong Tavern, McCarroll Automotive Group and Times Cafe.

Waddya wanna be? A Walla Wallaby! What do wish you were? A Wander Wanderer! See you in 2014.

www.kariongrugby.com



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

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.

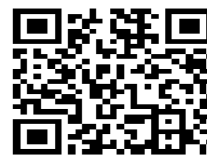
Parklands Road, Mt Penang Parklands, Kariong.

Ph: 4340 1002 or Waterfall Café: 4340 1660

www.ccrdc.nsw.gov.au

The XChange

Seventh-day Adventist Church



The XChange has been busy again this September. We decided to celebrate community by holding a Mexican Fiesta with great food, lots of fun and of course awesome people to go with it. We also celebrated the gift given to us by Jesus by participating in an AGAPE feast. How blessed we are that Jesus accepts us just as we are. He accepts and loves you too you know! Our laundry hampers are almost complete, then we can distribute them to the 12 families around Kariong who we know have it tough at the moment. If you know of anyone that could benefit from a hamper of some sort – give us a ring or send us an email and we would be happy to get right on that – no strings attached!

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

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9.00am – 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 Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. (Most welcome to stay for a yummy lunch afterwards too!)

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 – ring to find out where!

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.

No appointment necessary

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- Graffiti HOTLINE 1800 707 125
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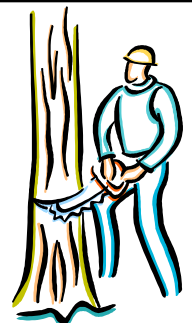
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KARIONG
Physiotherapy
Centre

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. 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

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

11.45am to 12.45pm Contact Joanne to make a booking
On 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

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

Weight Watchers from 6.30pm

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

Sister Fabian - Free

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

Transcend Pilates - www.transcendfit.com.au

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

FRIDAYS

Australian Breastfeeding Association Meeting

10.00am to 12 noon 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 16th October, 2013**

Please submit advertising to admin@knc.net.au and Community Announcements to coordinator@knc.net.au or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from www.knc.net.au

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.