

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

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

Vol 27; No 2 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au

Find us on:
facebook.

March 2019



OOSH UPDATE

Only 5 minutes off the M1

Welcome to Term 1 of Before and After School Care. This term sees the addition of Natalie and Alanna to our team of dedicated educators. Both Natalie and Alanna are studying Primary School teaching and University. I am sure they will be a huge asset to the team. Please help them feel welcome.

So far in the short time we have been back we have celebrated Chinese New Year. This involved lots of discussions around this cultural holiday. The children created patty liner dragons, Chinese fans and tried their hand at origami, where they folded a pig's face to represent the Chinese zodiac animal of the year. Bek challenged the children this week to use chopsticks to see how many noodles we could get into the bowl.

By providing opportunities to learn about other cultures we are recognising that diversity contributes to the richness of our society, and the children sense and respond to a feeling of belonging and feel respected for who they are. We also develop a wider sense of the diverse values and beliefs held by others, and broaden our understanding of the world in which we live.

If you have a culturally significant holiday, or practice you would like us to incorporate into our program, please speak to one of our educators.

Jacquelyn Pearson

Nominated Supervisor

Phone: 4340 4561 | **Email:** oosh@knc.net.au



ACTIVE PLAYGROUP



Wednesdays during school term
10.30am - 12.30pm | for 0 - 6 year olds

Bring your little ones along to help develop social skills while having fun in a safe and interesting play space. Let them enjoy play equipment, sand pit and stimulating activities while you meet other local families and also get to socialise.

Inquiries: 4340 1724 | **Coordinated by Miss Lyn**
Cost: \$5 plus \$1 each additional child

Little Big School



Our endeavor is to support each child's successful pathway to school. We provide fun activities that promote learning and development in a small pre-school like setting

Fridays — School Term Only | From 9.30am - 11.30am

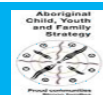
**FACILITATED BY AN EARLY CHILDHOOD
TEACHER & CHILDHOOD EDUCATOR**



3 to 5 year olds

Cost \$12 per child per session, plus \$12 annual booking fee

familiesNSW
supporting families to raise children



Bookings essential
Phone 4340 1724 **or email**
admin@knc.net.au

COMMUNITY CALENDAR

What's On Locally! | March 2019

Fri 1	<u>Volunteer Morning in the Garden</u> 10am-12noon, Kariong Eco Garden. Ph: 0429 431 889
Fri 1 - Sun 3	<u>Bottle & Can Run at GIRRakool Blues Festival</u> , Mt Penang Parklands, half day shifts, 9am – 12noon. Ph: 0429 431 889
Sun 3	<u>Clean Up Australia Day</u> , register 9am at Kariong Eco Garden. Ph: 0429 431 889
Mon 4	<u>Volunteer Morning in the Garden</u> 10am-12noon, Kariong Eco Garden. Ph: 0429 431 889
Tues 5	<u>Babytime</u> 9:45am & <u>Storytime</u> 10.30am, at Kariong Library
Thurs 7	<u>Meals on Wheels Central Coast Open Day & Taste Testing!</u> 11am-1pm, 93 McMasters Road, Woy Woy. Ph: 0447 074 161.
Fri 8	<u>Volunteer Morning in the Garden</u> 10am-12noon, Kariong Eco Garden. Ph: 0429 431 889 <u>Australian Plants Society</u> 7pm for a 7.30pm start, Phillip House. Ph: 4365 5049
Sat 9	<u>Red Hot Summer Concert</u> , Mt Penang Gardens, Kariong. www.redhotsummertour.com.au
Sun 10	<u>Boomerang Bags Making-Bee</u> 9.30am-12.30pm. Kariong Progress Hall. Ph: 0429 431 889
Mon 11	<u>Mingara Orchid Club</u> 7.30pm, Mingara Recreation Club Tumby Umbi. <u>Novice Growers Class</u> 6.45pm before meeting, FREE , All Welcome. Ph: 0407939738 or email: secretarymoc08@gmail.com <u>Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Tues 12	<u>Babytime</u> 9:45am & <u>Storytime</u> 10.30am, at Kariong Library
Wed 13	<u>Kariong Progress Association Meeting</u> 6.45pm for a 7pm start, Kariong Progress Hall
Fri 15	<u>Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Mon 18	<u>Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889

Tues 19	<u>Babytime</u> 9:45am & <u>Storytime</u> 10.30am, at Kariong Library <u>Kariong Probus Club</u> , Gosford Golf Club. Ph: 4344 6867
Fri 22	<u>Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Sun 24	<u>Kariong Bushcare</u> , Oakes Drive Kariong, 9.30am-11.30am. Ask for Council Bushcare Officer on ph: 4325 8222.
Mon 25	<u>Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
Tues 26	<u>Babytime</u> 9:45am & <u>Storytime</u> 10.30am, at Kariong Library
Fri 29	<u>Book Club</u> 10am, Kariong Library



Annual fair and show 29-30th June 2019

**FREE EVENT
for the community**

Providing a fabulous festival of exotic and native Australian Orchid displays!

Where: Mingarah Recreation Club Tumby Umbi
Times: 9am-4pm Sat 29th June
 & 9am-3pm Sun 30th June

A SUB CLUB OF MINGARA RECREATION CLUB LTD.
 PO BOX 8028, TUMBI UMBI, NSW 2261. ABN 96 189 570 048.

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 on **4344 6867**





Kariong Eco Garden Incorporated
2 Dandaloo Street, Kariong NSW 2250
Phone: 0429 431 889
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au

Do you notice litter around Kariong, or illegal dumping spots in our parks or bushland?

Clean Up Australia Day, Sunday 3 March 2019, is a great opportunity to get out and make a difference. Come on your own, with a friend or bring the family!

Register for this national event in the Eco Garden, at 9am, collect rubbish bags, head out to pick up rubbish that bugs you most and return the rubbish to one of three pick up spots around Kariong by 11am for Council to take away. Easy!!

BYO water and hat – we have lots of gloves if you would like to borrow some.

Our Official Clean Up Australia Webpage: <https://www.cleanupaustriaday.org.au/s/10154/10115>

Find us behind the Kariong Progress Hall, in Dandaloo St. Find out more on our facebook page or website: www.kariongecogarden.org.au

Australian Plant Society

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



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 8th March at 7pm for a 7.30pm start.

There is a \$2 admission charge at the door which includes a Lucky Door Ticket.

Speaker on the night will be Central Coast Mayor Jane Smith and her topic will be Council's Actions and Plans relating to conservation and the environment.

Visitors are always welcome at our meetings.

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

A monthly newsletter which gives an account of our meeting and activities held during the month and future events is distributed to members by email.

Standpipe



Hi all,

Its time for this month's news from Kariong Rural Fire Brigade.

Following on from last months issue, this month we would like to talk to you about Myfireplan. Myfireplan is a website developed by the RFS to help community members develop a fire survival plan. The website has an interactive questionnaire that can help start a plan or improve a plan you may already have in place. The questionnaire will only take 5 minutes. This is a small price to pay for peace of mind.

Many people say they will wait and see what happens during a fire. This is not a fireproof plan and can put you or your family at risk.

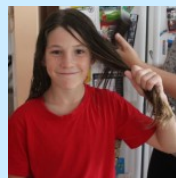
The brigade highly encourages you to visit <https://www.myfireplan.com.au> and start the conversation about your plan. How fireproof is your plan? Find out today rather than waiting.

That's it for now, Stay Safe and be Firewise.

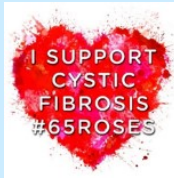


When we experience something pleasurable, such as eating food or winning money, our dopamine neurons get excited. This helps the brain to learn about pleasure and rewards, and as pleasurable things often help us to survive, the brain attempts to predict when it will happen again.

While you play the pokies your brain is trying to predict patterns, trying to anticipate future rewards. But poker machines are completely random. There is no pattern to decipher. So the more you play the more your brain is flooded with dopamine. Your brain is constantly stimulated, just like someone using cocaine. Constantly playing pokies can create changes in your brain which can lead to addiction. If you are concerned about your gambling please contact Parramatta Mission Counselling Services West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html



Kye's hair for CF Fundraiser



For those of you that have had me bang on your door selling raffle tickets, you will know who I am. For those of you that I missed, my name is Kye Feltham and I have spent the last 8 weeks raising money for Cystic Fibrosis. This is a debilitating disease that effects the lungs and the digestive system, that one of my best friends has had to deal with her whole life. With the help of every donation and the support from the Kariong community, I was able to raise the amazing amount of \$3702.40

A huge thank you to all of you. A special thanks also has to go to my school, Kariong Public and the principal Mrs Skinner and the rest of the faculty for helping to get this off the ground. A massive thank you also to all the people and businesses who have donated goods towards the raffle prizes and towards the event (all listed below in alphabetical order)

Bunnings West Gosford	Julie Goodwin
Central Coast Mariners FC	Kariong Quality Meats
Chocolate Factory Gosford	Maria Charalambous
ClaireAbella Hair Studio	The Supreme Pizza Kariong
Dan Murphy's West Gosford	Times Café Kariong
Fetch Doggy Day Spa	Wet'n'wild Sydney
Gai Feltham	

Congratulations to the winners of the raffle prizes:

- Entertainment Pack Mel Steel
- Indulgence Pack Tarsh Keene
- Chocolate Hamper Rob Farrell

Kye



The team at Coast Cuisine know that planning meals can be a challenge, and that's why we're here to help!

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Coast Cuisine proudly supports Meals on Wheels Central Coast, with all profits going back to this iconic Central Coast Company.

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Kariong Progress Association

EMAIL: kariongpa@gmail.com

FACEBOOK: Kariong Progress Association



Election time is near and we would urge local residents to ask themselves who is doing the most for the local area and rather than vote for the leaders of the Party. We need people to represent and fight for our interests in the area and not the issues or egos of the politicians based in Sydney.

Please be aware that Kariong, Somersby and environs are undergoing dramatic changes that will have a negative impact on our environment and general wellbeing. All are welcome to attend our monthly meetings, ask questions and raise your concerns.

If you have a local problem contact your local Councillor. Councillor Holstein is the most experienced and helpful to date: Chris.Holstein@centralcoast.nsw.gov.au

Next meeting 13th March
6.45 pm at the Kariong Hall

Brisbane Water Police District has decided to change the way that crime statistics are reported. In future, only when reported information shows an increase or spike in offences within our area will we be notified, allowing us to pass on relevant Crime Prevention information in the 'Connection'

What's on at Kariong library?



The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) and Saturday 9.30am until 2.30pm (closed 12 to 12.30pm) Ph: 43258155.

Babytime (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided and new members are welcome. Our book for March is The Sparsholt Affair by Alan Hollinghurst (a tale of relationships among friends bound by art, literature and love across 3 generations) so please grab your copy at the library.



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EVENT NOTIFICATION

**RED HOT SUMMER CONCERT
MT PENANG PARKLANDS, KARIONG
SATURDAY 9th MARCH 2019**

The Red Hot Summer concert will be held on Saturday 9th March 2019 featuring Suzi Quatro and special guests at Mt Penang Parklands, Kariong.

This licensed event will run from 2.45 pm and will conclude at 10.30 pm and will involve amplified music with gates opening at 1.30 pm. Sound checks will occur prior to these times during the day and a noise abatement plan will be implemented during the event.

The event will be enclosed, and will be fully patrolled by Security and the NSW Police. Traffic restrictions will apply at all entry points to the event space.

If you have any queries with relation to the event, please feel free to contact Deb Alexander on mobile 0414 857 738 or visit www.redhotsummertour.com.au



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www.vcdental.com.au

11 Mitchell Drive, Kariong 2250 | also at East Gosford



Speech Therapy for Children

Do you have a concern about your child's talking, listening, or comprehension? Please contact Alison if you would like to talk about your concerns for your child.

ALISON DOWNEY, Speech Pathologist.

Phone 0400 145835



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CLUBS & GROUPS



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?
TRY SCOUTING — OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm
Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders
Contact **Teresa 0408 606 154** for details

KARIONG NOW HAS A LOCAL TRAVEL AGENT



The Grand Traveller

I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thegrandtraveller.com.au

Website: www.thegrandtraveller.com.au

Survivors of Domestic Violence Group



Are you interested in joining a support group for survivors of domestic violence?

Join us for a cuppa and a round table discussion (which will be helpful for all).

No need to take part in the discussion, just listen, and down the track perhaps we can help others who are actually going through domestic violence.

Phone: 4340 1724 or 0423 357 096

**You are a hero to come this far,
take another good step forward!**

Australian Academy of Tai Chi

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- Mindful Meditation • Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am

Certified Instructor Helen
0435 121 520




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.

MONDAYS

NECK & BACK PROGRAM - starting May 2019

9:45am to 11:15am. Please contact 1300 103 418

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **During school term.**

A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class.

TUESDAYS

Immunisation Clinic for children - NSCC Area Health

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. **During school term.** Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs.

Early Childhood Clinic — NSCC Area Health — Free

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

Yoga with Corina

7-8pm **During school term.** Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am — 10:00am **During school term.** \$12 per lesson For information contact Helen on 0435 121 520

Active Playgroup for 0 to 6 year olds

Music, dance, exercise, toys, craft & School readiness 10:30am to 12:30pm **During School Term** Cost: \$5 per child plus \$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

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

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

THURSDAYS

Kariong Crafts & Chat 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. **During school term.** Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday. **During school term.** Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4.00members, \$4.50 for non members. 12:15pm to 2.00pm.

EV Church

Thursdays, 9.15am to 11.45am. **During school term.**

FRIDAYS

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.

9.30am—11.30am **During School Term.**

\$12 per child per session + \$12 enrolment fee. Bookings essential. Ring 4340 1724 or email admin@knc.net.au to book Call into the Centre for an information / registration pack.

FREE Creative Communities program - starting 8th March 2019

9:30am to 12noon. Free, materials provided. Free childcare for kids of participants (1-5 year olds). Book now! Ph: 4340 1724.

SATURDAYS—Available for PARTY hire!

Pilates 8.15am - 9.15am

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am —11.00am Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724.



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Building 34, Mt Penang Parklands, Kariong NSW
Ph: 4340 1342 | Email: parklandspreschool@bigpond.com

ADVERTISING CLOSING DATE for NEXT ISSUE

Tuesday 19th March 2019

Please submit advertising and community announcements to admin@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 as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. 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.