

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. 3 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



April 2013

KARIONG NEIGHBOURHOOD CENTRE FAMILY PORTRAIT FUNDRAISING DAY



Kariong Neighbourhood Centre is hosting a unique Family Portrait Day with Pencil Sketching for you and your family and friends on a Fundraising Day on

FRIDAY, 19TH APRIL 2013

For only **\$15** each family will receive **5** items: A3 Pencil Sketch, 10x13" Family Portrait + frame, key ring and a wallet sized portrait.

Bookings Essential Ph: 4340 1724

Get to know your Neighbours...
Invite people in your street to a gathering at your home. We will cater for your event **FREE** of charge.

CELEBRATE YOUR COMMUNITY NEIGHBOUR DAY

MAY 2013



Celebrating 10 Years

THE COMMUNITY YOU WANT
STARTS AT YOUR FRONT DOOR™
THAT'S ALONG WITH DOOR™
THE COMMUNITY YOU WANT

Register your activity
and download your free kit at



Please contact: Fiona
At the Kariong Neighbourhood Centre on 43401724 if you would like to host a morning tea, bbq, picnic or an event.

Multicultural Cooking Classes



Monthly Classes are back & still only \$10 per head which includes:

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

This month features

Filipino Cuisine
All invited to come along!!

When: Wednesday 10th April 2013

Time: 11.00 am– 1.00pm

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



Triple P Parenting Course is now open for registrations at Kariong Neighbourhood Centre
Learn how to discipline your child in a positive yet effective way

Venue: 10 Langford Drive Kariong

When: Four Thursday sessions.

Dates: 9th, 16th, 23rd and 30th May 2013

Time: 9:30am to 12:00pm

Bookings Essential on 4340 1724 or

Email : admin@knc.net.au

ALL SESSIONS FREE!

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

Editor's Note—Hello Kariong!!

We trust you have had a great month and enjoyed Easter celebrations with the family! Here is another jam packed edition of the Kariong Connection. With more Community contributors and advertisers than ever!

We hope everyone enjoyed the Kariong Community Fun Festival!! We had a great day, meeting some new locals and welcoming them to our Community! My family came along and we had some fun together on the rides and to the rhythms of Drumbala!!

We have some great opportunities this month at the Centre - have your Family Portrait taken for only \$15 and help the Centre raise money to replace the turf in the playground.

The 'How to apply for Grants and Tenders' is a great workshop for all the local not-for-profit organisations to attend. Keith will give you solid ideas on how to write winning grant applications to get the funding your group may need!!

We would like to welcome our newest staff member - Carolyn - to the Admin team! So please say hello to her the next time you are at the Centre. Remember also to pop in as we are a one stop shop that promises to give you any information that you need to better your life. Until Next Month - Enjoy!

Tracie Gosling Admin/Editor

KARIONG NEIGHBOURHOOD WATCH

- **CRIME STOPPERS 1800 333 000**
- **POLICE ASSISTANCE LINE (PAL) 13 14 44**
- **EMERGENCY 000**
- **Graffiti HOTLINE 1800 707 125**
- **LEGAL HELP 1300 888 529**
- **STATE EMERGENCY SERVICE 132 500**

**KARIONG SCOUTS**

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

Joeys..... 6 to 7 y/o.....Meet Tuesday 4pm to 5:00pm
Cubs.....8 to 10 y/o Meet Tuesday 7pm to 8.30pm
Scouts.....11 to 14 y/oMeet Monday 7pm to 9.00pm

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



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

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

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

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



Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"

Corner Pile Road and Sailfind Place

Phone: 4340 2415

Individual Tax Returns from \$99

We can assist you with all your tax needs:

Sole Traders
Rental Properties
Companies
Self-managed Super Funds
Business Activity Statements





How to Apply for Grants & Tenders Workshop - 3 hours

This workshop is the ideal, practical guide to grant writing for any small business seeking to attain funding by applying for grants or tenders. This is a practical step by step workshop where grants from both the **public and private** sector will be assessed and participants will have the opportunity to draft grant applications in class and have them assessed by the facilitator. A discussion will also take place with regard to current developments in the Philanthropic sector.

This workshop will provide valuable knowledge on a range of Grants related topics:

- **Public and Private** Sector Grants – what is out there?
- Visioning, Strategy, Methodology Project Planning & Project Rationale
- Community Capacity Building & Sustainability
- Practical Grant Writing Tips, Budgets & Grant Jargon
- Acquittal of Funding & Evaluation

Presented by Keith Whelan:- lecturer at University of Sydney & Australian National University.

When: Thurs 11th April, 2013 9:00am-12noon.

Where: Kariong Neighbourhood Centre, 10 Langford Drive, Kariong. NSW 2250

Cost: \$55.00 each, Includes morning tea

Registration: Please contact Kariong Neighbourhood Centre for a registration form.



ALL INVITED TO ATTEND

Festival Meeting Debrief Meeting

Thursday 2nd May 2013

10:30am-12:00pm

10 Langford Dr, Kariong.

Held on March 17th it was a wonderful event put on for the whole community. It was a shame that there were two other festivals on the same day - which meant the number of visitors on the day were down. We handed out 150 surveys on the day and we will read through the feedback given - and we will report back to you in the June edition. The Festival took twenty dedicated volunteers and months to organise. Due to the low attendance we will be revisiting this - if this is what the community wants. We would love to hear your ideas for future events. We are thinking about a car boot market 4 times a year - rather than one big event.

Kariong Vacation Care April Holiday, 2013

Come along to Kariong Vacation Care - we have loads of fun for you all!!
Come down and meet Katie and Kate at the Centre, who are always excited to see you!

If you do not have the time or energy to take your kids out in the holidays let us!!

You can complete an enrolment form at the centre or download one from the website: www.knc.net.au



Week 1	Mon 15 th April Gymnastic Day	Tues 16 th April Walkabout Park	Wed 17 th April Putt Putt Golf	Thurs 18 th April Circus Day	Fri 19 th April Kids HQ
Week 2	Mon 22 nd April Woy Woy Disco	Tues 23 rd April Mingara Pools	Wed 24 th April The Entrance Rides	Thurs 25 th April Anzac Day CLOSED	Fri 26 th April Pyjama Movie Day
Week 3 Pupil Free Days -	Mon 29 th April Shark and Ray Centre	Tues 30 th April Cinema Paradiso and Umina Park	Fun, friendly, caring staff Exciting new adventures High Quality Accredited		

Friendly staff, great supervision and reasonable prices

Looking forward to seeing you!! Child Care Benefit and Child Care Rebate available!

Kariong Wanderers Rugby Club Season 2013



Welcome to season 2013! This year promises to be another great one for the club with a lot of plans for the season.

Many of last year's Executive and Committee were returned at the November AGM with the only notable exception that Chris Woutersz has taken over the reins as Vice President, Seniors from Gary Clay. I would personally like to thank Gary for his contribution and letting go the puppet strings!

After a very successful Long Lunch and Season Launch pre-season training has begun in earnest in preparation for Round 1 on April 6. We have had some terrific numbers turn up from both juniors and seniors and it is great to see so much enthusiasm for the season ahead! It will also be fantastic to be back at home training at Kariong Oval at the beginning of April after so many weeks at Mt Penang. If you feel like a run come up and say hello, we would love to see you. Training is every Tuesday and Thursday from 5.00pm (juniors) and 6.00pm (seniors).

On May 11 we will be holding our annual trivia night at Gosford RSL Club. So come and show your knowledge while having some fun. Tickets are \$20 per head for a table of 10 and can be purchased at the canteen or at training.

Don't forget our fortnightly meat raffles at Kariong Tavern. Held on Fridays at 5.30pm and convened by our Chief BBQ Boy, Graham.

Our first game is at home this year against The Entrance. Come and support your teams from U17s through to 1st Grade from 9.00am. We hope to see you there to enjoy some exciting rugby and enjoy the best canteen on the Central Coast!

If you would like to be a part and sponsor a great club please call Gary Clay 0408 433 164, Chris Woutersz 0414 347 562 or me on 0438 692 276.

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

Tim Larke, Club President

If you have any unwanted good quality toys, books etc - Please donate them to our play-group or OOSH service - we love to share them with the local children

Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Friday 12th April, 2013 at 7.00pm for a 7.30pm start. There is a \$2 admission charge at the door. Our speaker on the night will be Mark Abel who will be speaking about Native Ponds – Using Native Fish & Plants. Visitors are always welcome to attend our meetings.

On Sunday 14th April we will be taking a walk along Bambara Road at Kariong with Jake Cassar and visiting the Grandmother Tree, a huge old Angophora as well as checking out the Egyptian Hieroglyphic carvings. There will be a \$5 charge for this activity which will go to Jake Cassar, our guide.

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

On conclusion of the meeting supper is served with an opportunity to 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.

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



BabyROO & GymbaROO Now at Kariong!

Give your child the best start in life!

Our programs are designed to maximize your child's potential – and best of all, it's great fun! Based on a sound understanding of the importance of each developmental stage, the BabyROO and GymbaROO programs focus on key motor skills and optimal brain stimulation for your child. Classes include gym equipment activities, music, dance, balance and strength exercises.

We can help with: tummy time issues, clumsiness, social skills, Pre-reading skills, balance and gross motor skills

###Kids needed for our 3-4yr and school readiness (4yr+) classes###
Call 4340 5154 to book your child in today.

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Contact Details:

Phone: Jen on 0459 221179

Facebook: Little Miss Cupcakes – by Jen

Website: www.littlemisscupcakes.com.au

Email: littlemisscupcakes@live.com.au



Active Playgroup



*With music, dance, exercise,
toys, craft & School Readiness.*

Come along, have fun and meet other families. An educational program in a safe, happy & stimulating environment.

Where: Kariong Neighbourhood Centre

When: Wednesdays at 10.30am —12.30pm

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

**For more information or to book,
please ring 4340 1724**

**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
PEAKER, PLANTS TO BUY - ENQUIRIES
PLEASE CALL ANNE ON 43510891.**

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Casual Drivers and Carers For School run required to transport special needs children to & from school in a mini bus, split shift 2-4 hours per day. Gosford, Kariong & Woy Woy area. This would **suit a retired professional person**, fit and mobile, with a caring nature. Drivers with LR licence or above, NSW Bus driver's Authority an advantage. A police check will be conducted for successful applicants.

Casual Charter Drivers for mid week & weekends also required.

Please send CV (if applying for driving position an RTA Drivers History must accompany application) to PO Box 7250, Kariong. NSW 2250 or BOM@adairsbus.com.au
Visit - www.adairsbus.com.au

Social Enterprise on the Coast Free Workshop

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

Whether you are;

DREAMING: Building your awareness of social enterprise - generating and formulating your ideas. OR

EXPLORING: Researching the market, testing the feasibility of your social enterprise idea. Developing a business plan for your social enterprise or community organisation.

Starting a Social Enterprise 201 -
Road Map for Success Workshop

Giving social enterprises and community organisations an understanding of the importance of planning to create sustainability. Providing you with the tools to produce a business plan.

When: Thursday 27th June 10:00am to 2:00pm

Where: Kariong Neighbourhood Centre,
10 Langford Dr, Kariong

Bookings Essential Phone: 4340 1724

Lions Club Recycle for Sight

Please drop your old reading glasses into the Kariong Neighbourhood Centre.



NEED HELP WITH YOUR TAX?

Tax Help is a **FREE** community service for people on low incomes. For more information or to make a booking, Phone Kariong Neighbourhood Centre on **4340 1724**



**Hearing Aid
Services Australia**

**Wyoming and
Kariong
4322 2282**

FREE

HEARING TESTS

FOR OVER 55'S

Kariong Library Action Group

The Kariong Library is open 9.30am to 5.00pm Tuesday to Friday and 9.30am to 2.00pm Saturday.

March was an exciting month for the Kariong Library Action Group. Thanks to all members of the **Kariong Community Fun Festival Committee** and the residents of Kariong who donated books and those who supported the event. It was a wonderful day and a very special thanks to the **Kariong Library Action Group** who worked tirelessly on their stall and ran a most successful reading competition. The four prizes were donated by Deborah O'Neill who has always been a generous supporter of Kariong and the Kariong Library Action Group.

Seniors' Week at the Library (March 17th – 24th).

Many Kariong senior residents visited the Library and joined Storytime and the entertainment which followed. Many thanks to the Kariong Primary School choir for their exceptional singing and the Kariong Mountains High School Year 10 Food Technology students for making and serving the scrumptious morning tea. Well done.

On Friday 22nd March a member of the Brisbane Waters LAC visited the library and spoke about "Safety for Seniors". Concerns were enthusiastically discussed with our local police who are much appreciated for their dedication to this area. Thanks again to Kariong Mountains High School for their part in making the morning tea a winner.

Storytime returns to its normal routine of stories and craft activities at 10.30 am on Tuesdays. The nominated books for the Premier's Reading Challenge are also available for loan.

Friday March 29th, is Good Friday and **Book Club** has been cancelled and will resume on Friday April 26th with a review of John le Carré's bestselling 2008 novel **A Most Wanted Man** which is set in Hamburg. **'A Most Wanted Man is a step away from the great era of the Karla trilogy, but this is not a simpler Le Carré. Just differently devious.'** ([California Literary Review](#).) A movie of this book will be released in 2014 starring Robin Wright and Willem Dafoe.

Love Kids Love Veggies?

We need a passionate veggie gardener to assist with our sustainable garden at the Centre. Please phone Fiona 4340 1724 .



The Hill Youth Centre

98 Mitchell Dr Kariong - Ph: 4304 7039

What's Happening at The Hill Youth Centre this month?

The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights and other programs. Information, advocacy, referral, career guidance and homework help is also available. Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community Issues. The centre is a community facility available for hire. **Hours Open:** Mon – Thur 3.00pm-6.00pm Friday 4.00pm-8.00pm. School Holidays 12.00pm - 4.00pm.

Other Activities held at The Hill include -

Monday

6.00pm - 7:15pm Toogee Taekwon do Ph: Shayne on 0405 209 857 or shaynemclaren@live.com.au

7.45pm Cross combo circuit Ph: Sarah or Joanne on 4369 5171 or info@transcendfit.com.au

Tuesday

5.00pm- 7.00pm Ku-Ring-Gai Academy of Irish Dance Ph: Cathy on 9456 0446 or cathylea@bigpond.net.au

8.00pm-9.00pm Boxing Ph: Sarah or Joanne

Wednesday

4:00pm – 5:00pm Boxing and Fitness Circuit Ph: 4304 7039

9.30 – 10:30 am Pilates with crèche available Ph: Sarah or Joanne

7:00pm - 8:00pm Pilates Ph: Sarah or Joanne

Thursday

9.15am – Gymbaroo – Babies, toddlers and preschooler classes Ph Merlene 4340 5154

6pm -7.15pm Toogee Taekwon do Ph: Shayne

Saturday

8am – 9am Boxing Call Sarah or Joanne 4369 5171

9am-10am Pilates Ph: Sarah or Joanne

The Hall is available for hire to community groups and business with public liability insurance. All enquiries Ph: 43047039 or e-mail – michelle.tilden@gosford.nsw.gov.au



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The season is upon us! April 7 is the start of the 2013 season and your Kariong United Cougars are ready to go. We hope you have enjoyed the early season training over at Mt Penang and had the opportunity to hone your skills during the trial games.

You have your teams sorted and coaches appointed. Your club has asked long time sponsors, George Brand Real Estate Kariong and Foodworks for a new and creative way of helping get their name out in the community. They came back to us with a proposal to provide each player with a brand new training shirt! We spared no expense with the models to show them off and you can see the result at <https://www.facebook.com/GBKariong?ref=ts&fref=ts>

Your committee wishes you an enjoyable season and we welcome all members of the Kariong community to The Hill home ground each weekend for some great on field action coupled with culinary delights at our fully stocked canteen.

The Sponsorship team have had a busy off-season and I have the honour of announcing George Brand Real Estate Kariong has signed on for the next 12 months. Worthington BMW has joined the club's sponsors and we look forward to bringing you more details in the months ahead. Guy and his family at Foodworks have committed to providing another year of great service to assist with our grocery purchases to bring you the best BBQ each weekend at The Hill.

Jeff Vilensky
Kariong United FC Publicity.

Kariong Medical Centre News

Flu Vaccine has arrived.

If you are eligible for the free vaccine and you have been to the centre in the last 3 months you can make a Fluvax only appointment with the Doctor to have the flu vaccine on the day your usual GP is available.

Eligible groups for free government supplied seasonal influenza vaccine

- 65 years of age and over
- Pregnant women at any stage of pregnancy
- Indigenous people 15 years of age and over
- Residents of nursing homes and other long-term care facilities
- Any person 6 months of age and over with a chronic condition predisposing to severe influenza illness that requires regular medical follow-up or hospitalisation such as:
 - cardiac disease
 - respiratory disease including severe asthmatics
 - kidney disease
 - diabetes
 - impaired immunity
 - neuromuscular disease
 - Homeless people.

If you are not eligible for the free vaccine you will need to make an appointment to see your GP for a Prescription.

Cosmetic Procedures Available

Kariong Medical Centre is now offering cosmetic consultations and a range of dermal filler and anti-wrinkle treatments. For more information or to make an appointment please call 43404444.

Low Level Laser Therapy

Low Level Laser Therapy is a form of phototherapy or light therapy. This involves the application of low power light to areas of the body in order to decrease pain and stimulate healing. On average 10-12 treatments are required. If you think that Low Level Laser Therapy may

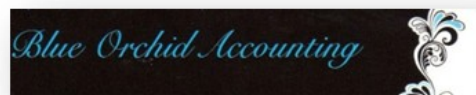
Mountains Kariong Cricket Club.

Presentation night for our club will be held on April 13th at The Hill home ground, Kariong. All players, parents, and partners are invited to what will be an historic event. The Junior component will start at 5.00 pm and the Seniors from 6:30pm. Full details are on the club website at www.mkcc.org.au and we hope to see you there..

Your local cricket club will be hoping for a Premiership from our 15b side as the u11 and Senior Division 1 sides were unfortunately bundled out of their competitions. We look forward to bringing you news of that game in the next edition.

Your committee wishes to thank all players for a great season and we look forward to seeing you again when the grass on Kariong Oval is at the "right" height again..

Jeff Vilensky
MKCC Committee.



Woongarra - We can come to you

Individual Tax Returns start from \$98

Can assist in the following tax Returns

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

- No Tax return is too big

Toni Baines 0417 794 137
Registered Tax Agent





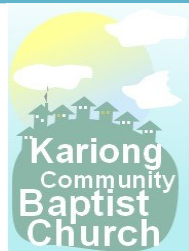
As part of National Youth Week celebrations, Kariong Skate Park will play host to the Sea FM Kariong Sessions Skate, Scooter and BMX Competition on Saturday 6th April 2013.

The Sessions are a joint initiative of The Hill Youth Centre, Brackets and Jam and the Kariong Community Action Team. As in previous years, local young people will organise and run the event using the opportunity to develop skills in event management as well as essential team work, time management and organisational skills.

We encourage any rider to register, come down and have a great day with a BBQ, demo riders, music and giveaways. Entries are open to riders of any skill level.

"With young people having such a strong involvement in this event from start to finish we have seen a great response over the last few years. Registration forms for the Sea FM Kariong Sessions Skate, Scooter and BMX Competition are available at The Hill Youth Centre and on Council's website.

For more information or for any enquiries please contact Michelle Tilden on 4304 7049 or email michelle.tilden@gosford.nsw.gov.au.



KARIONG COMMUNITY BAPTIST CHURCH



Playtime

Craft, Music, Story time, Free Play

Come join us Mondays 10:00am – 12:00pm
\$3 per family.

Cnr Milyerra and Woy Woy Rd, Kariong.

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

Need Someone to mow your lawn & Maintain your gardens?

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HIGH SCHOOL

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Application packages are available from the school.

SELECTIVE BIOSCIENCE CLASS YEAR 7, 2014

Applications are invited from students who have a passion to pursue their interest in Science, Bioscience, Environmental Science, Marine Biology, Exercise and Sport Science, Forensics and Zoology.

Information and application package is available from our School.

Kariong Mountains High School, Festival Drive, Kariong.

P: 43 400246 E: kariongmtn-h.school@det.nsw.edu.au

W: www.kariongmountainshigh.com.au

unity

knowledge

respect





G Day all; I'm back with some news from Kariong Rural Fire Brigade for this month. Well, I've got to put in some apologies for missing the last two issues. I had some house moving to do...you know what it's like. Anyway lets get on with it shall we?

Over the past couple of months we've experience the best Mother Nature could offer. Bushfires in January, awesome storms and wild weather in February which really kept the brigade hopping from one job to another. The stats for last month were: 8 motor vehicle accidents. 1 bush alight. 4 vehicle fires. 3 structure fires. 6 storm assistance. 1 gas leak. 7 Automatic Fire Alarms. Totalling 31 calls but with several jobs bunched together whilst assisting with storm damage, the total came close to 40! So as you can see folks, your local brigade has been quite busy. It's been a real credit to the group and an extraordinary test of the depth of the membership to maintain this level of operations in such a busy time. Remember folks, these guys are volunteers who have jobs and other commitments to attend to so they were all stretched to their limits but were happy to do so in assisting the community. That's what the RFS is all about guys...for the community. Whilst we're on the subject folks, if you think that you'd like to be a part of an organisation that is solely community based, manned and operated by locals looking after their local community, then come up and see us. We're in Dandaloo Street Kariong near the tennis courts and Hall. We're open Wednesday nights from 7.30 pm or Saturday mornings from 8.00 am for training and maintenance. We'd love to see you, have a cuppa and chat about your future with the NSW Rural Fire Service. If that's not your thing but you'd like to do other things such as Communications, Catering or Bulk Water haulage, give the District Office a call on 43402911 and they'll point you in the right direction.

During February four candidates were passed as basic fire fighters. They were John Dawes, Jen Pearce, Josh Denton and William Edwards. Again folks, 4 locals who answered the call, did their training and are now part of an effective team working for the community. Well done guys and well done to their trainers Deputy Captain, James Arentz and Deputy Captain, Jim Blackwell who skilled and drilled them into competent members of the service.

Kariong was out also at the recent Kariong Fun Day held at Kariong-Mountains High School. The guys had our vehicles as well as our Community Education trailer and from all reports, spoke to quite a few members of the public about Firewise programs and bushfire survival as well as the Prepare Act Survive program. All worthwhile stuff and it was good to touch base with everyone.

Just remember folks that although we've had a fair bit of rain and stormy weather, we're still in "fire season" That means that all the conditions attached to the bushfire danger period are still in force 'till March 31st. You can still find yourself in hot water if you think that it's ok to burn off building material or burn off rubbish in your back yard...that's a real no no. Remember, if you're not sure what you are able to do, give the District Office a call.

Ok folks, that's about it for now. Remember, stay safe and be Firewise.

PRESS RELEASE **STATE GOVERNMENT HELPS ROTARY**

Last week the member for Gosford Chris Holstein MP was formally thanked by the Rotary Club of Kariong/Somersby for providing over \$17,000 to refurbish Phillip House at Kariong. These Community facilities are leased by the Rotary



Club from the Central Coast Regional Development Corporation and under the Community Building Partnership Grants process urgently needed funds became available. President Marylyn Whitwell said "the Rotary club is therefore better able to assist other worthwhile local and International causes through their general fundraising activities e.g. local Kariong Primary and High schools; Grandparents Raising Grandchildren group; Central Coast Family Support; Coastwide Child and Family Services; etc."

Phillip House at 21 Old Mt. Penang Road can accommodate around 80 people and is available for function/meeting hire – phone the manager on 43404529.

Peter Mulholland - PR Director - Rotary Club of Kariong/Somersby
February 2013

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Eco Garden - April/ May 2013 Events.

Saturday 13th April. "4 Seasons Film and Art Night." 6pm to 9pm; includes Central Coast Conservatorium Strings Ensemble playing Vivaldi's Four Seasons Concerto- **Autumn**, Environmental Films, 'dirtgirlworld' as seen on ABC TV, Talks and other music from local artists. **FREE ENTRY** Refreshments available and vege burgers by Kariong Scouts. Bring a chair.

Sunday. 5th May. Eco Garden Autumn Working Bee. 12.00 noon to 3.00pm. Bring gloves and hat. Afternoon tea at 3pm

Saturday. 1st June. Footprint Festival . Craft & Food Workshops. 3.00pm-6.00pm

Saturday 1st June. "4 Seasons Film and Art Night. Winter. 6pm to 9pm. Program similar to April event.

Support 'Cash for Containers' campaign- 10c refund on cans and bottles. See website- www.boomerangalliance.org.au Reduce Litter, Increase Recycling.

Other Events on the Central Coast:

Saturday 27th April. Outdoor Screening of "Bag It". 7.00 to 9.00pm. (a look at our increasing dependence on plastic. Rotary Park, Terrigal (next to Central Coast Marine Discovery Centre). FREE activities, including FREE guided tours of the Marine Discovery Centre on the night between 7.00-8.00 pm. Contact Jen Dwarte on 4348 4327 or email jen.dwarte@cen.org.au for bookings.

Planting: Recommend that the following vegetables/ herbs can be planted in April: Amaranth, Beetroot, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Chives, Coriander, Dill, Dwarf beans, Endive, Horseradish, Kale, Leeks, Lettuce, Onion, Oregano, Parsley, Peas, Radish, Rocket, Shallots, Silverbeet, Snow peas, Strawberry plants, Swedes, Turnip. Refer www.gardenate.com for full list

The 4 Seasons Film and Art Nights are funded by a Cultural Grant from Gosford Council; we are looking for volunteers to help run these events.

The garden is available for events, tours and workshops, see contact details below.

The Eco Garden welcomes new volunteers to help do various jobs around the garden. The garden is open from 10.00am to 12.30pm on Mondays and some Fridays, and can be contacted on the details below. See website for more details;

www.kariongecogarden.org.au

All ages, skills and experience are welcome to come and share in this community space. **For further KEG details contact Lisa on 0417 686694, 43405425 or John on 43231843**



Kariong Progress Association

It has been another busy month for your association with many issues on the agenda. The hall refurbishment work is continuing and we are hoping for completion within the next few months.

On St Patrick's Day the Progress Assoc participated in the Kariong Community Fun Festival at Kariong Mountains High school and this was a most successful event with a tremendous amount of interest shown in viewing the 3D model of Kariong on display, if you missed seeing it, call into the Neighbourhood Centre where it is now on display.

We also acknowledge the great support for the two petitions you have been signing: bring back the Flora Festival to Mount Penang and the installation of traffic lights at Langford Drive and Woy Woy Road intersection. We will be able to provide an update on this at the next Progress meeting Wednesday 3rd April.

Unfortunately our suburb has experienced a spate of graffiti attacks over the past month which has caused many residents property damage and the responsibility of cleaning up the mess. We have referred the locations to our Neighbourhood Watch committee who have liaised with the Gosford Police and we understand that the Vandaltrack program is now activated to enforce the Act which provides for criminal charges regardless of the persons age.

So two points for all residents – if you see anyone placing graffiti on any property please phone Gosford Police on **4323 5511** and please ensure no young residents have a supply of aerosol paint cans!

Now good news, at our next meeting, **Wednesday April 3**, we are expecting representatives from the Mountains area to be present for discussion of matters beneficial to both areas. This is an initial meeting which has the potential to provide a stronger voice for both of our communities.

Bookings for the tennis courts or the Progress Hall: please phone 4340 1068 between 8.30am and 6.30 pm

PLEASE COME ALONG TO OUR NEXT MEETING; WEDNESDAY APRIL 3 - 8.00pm – KARIONG PROGRESS HALL

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Publicity Officer

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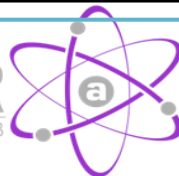
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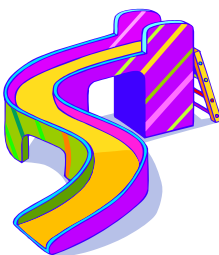
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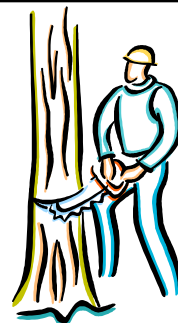
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What's On at Kariong Neighbourhood Centre...

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently from here. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We also offer internet access, photocopying, faxing and laminating*

MONDAYS

Little Bees Playgroup

Activities aimed at children aged 1 to 5 years. Siblings are welcome to attend also. 10.00am to 11.00am during school terms only.
Cost: \$3 for members, \$3.50 for non-members. Morning tea included

Sister Fabian - Free

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

12 noon to 1.00pm Contact Joanne to make a booking on 4369 5171 or 0435 144 664. \$10.00 each class

Line Dancing

6:30pm-9:00pm - Keep fit the fun way!! - \$8 per class
For Bookings contact Lyn 0402 908 444

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. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.30am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

Early Childhood Clinic—NSCC Area Health

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

ZUMBA fitness

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

Tai Chi

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

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 members, \$3.50 non-members

Early Childhood Clinic—NSCC Area Health

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

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—HLTA301C

Nationally accredited First Aid & CPR Courses \$129 & \$60 (CPR)
To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

THURSDAYS

Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.
Bring your own project or learn new skills. All welcome,
Thursdays, 9.30am to 12 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

Every Thursday counselling services. Also available for Emergency
Bookings contact KNC Ph: 4340 1724 www.coastcarecounselling.org

Sister Fabian - Free

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

Transcend Pilates - www.transcendfit.com.au

7:00pm to 8:00pm. Contact Joanne to make a booking on 4369 5171 or 0435 144 664.

FRIDAYS

Australian Breastfeeding Association Meeting

5th April 2013 — 10.00am to 12 noon
www.breastfeeding.org.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

Free Workshops and Training

Social enterprise workshop
27 June - 10.00am until 2.00pm
Grants Workshop
11 April - 9am until 12.00 noon

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 17th April, 2013**

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Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from
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