

THE KARIONG CONNECTION

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

Vol 23; No. 5 10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



June 2014

International Family Day BBQ and Neighbourhood Centre Week

What a FANTASTIC BBQ and Information Day Celebration!!!

48 local families and children came along to join in the fun and learn about all of the great services and groups and our wonderful Out Of School Hours & Vacation Care service run here at the Kariong Neighbourhood Centre

It was great to see such an enthusiastic response from our community!!

**"The best day I have had with my family.
There needs to be more"**



The Lucky Door Prize was won by Alex Crompton and the Free Raffle Prize was won by Joy Tappouris.

"Kariong Through My Eyes"



Photographic Competition

An opportunity to capture what Kariong means to you. The competition is open to all ages and all abilities. So grab your camera or phone and start capturing our local Community!!

\$3000 Prize Pool

For entry details phone 4340 1724 or
download an entry form at
[http://www.knc.net.au/competition/
photo-competition](http://www.knc.net.au/competition/photo-competition)

Entries Close Monday 31st August 2014.



At our International Family BBQ and
Neighbourhood Centre Day celebrations

We had the official unveiling of the
Welcome to Country Plaque

Generously created and donated by local
Aboriginal artist Garry Purchase

It looks fantastic on the wall with our
recently completed mosaic mural

This year is the 25 Year Silver Anniversary Of Your Local Neighbourhood Centre

To celebrate this special occasion we are hosting a formal dinner on 10th October 7pm-9pm

If you would like to join us for this great event, which will be loads of fun, with entertainment, contact us as soon as possible to reserve your ticket, as places are limited. If you are a long time resident of Kariong, you may have some information about the Centre that you would like to share with us as we are compiling a presentation on the history of the Centre.

**To reserve your space or share information
contact the Centre on 4340 1724
or email admin@knc.net.au**

Dog Minding Central Coast



Your dog will be cared for and loved while you are at work for the day or when you're away on vacation

Phone 0403-643108

We are at Kariong

Follow us on Facebook
www.facebook.com/dogmindingcentralcoast

ABN 34 598 966 984



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/oMeet Monday 7:00pm to 8.45pm

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

Rotary



Do you enjoy the three F's— 'Fun - Friendship - Fellowship' in your Community, work, Leisure & travel? Then join your local Rotary Club - contact Kerry Bayliss on 43 404 529 or kersuebay@philliphouse.com.au

FREE FAMILY LAW ADVICE CLINIC

Kariong Neighbourhood Centre

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

Assisting you to find solutions to your family law problems

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

Bookings essential Phone: 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

NILS — No Interest Loans Scheme

Have you lived in the Gosford Area for at least 3 months? Are you on a low income? If so, you may be eligible for a No Interest Loan. NILS Appointments can be held at Kariong Neighbourhood Centre.

For more information or appointments Call 4329 4477

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

Appointments are held at Kariong Neighbourhood Centre, 10 Langford Dr Kariong.

Counselling for adults - Kylie Fawcner 0435 809 506

Counselling for adolescents - Cheryl Andrews
0401 684 938

www.coastcarecounselling.org



St Vincent De Paul

Kariong—Kulnura Conference



Volunteers required for Community work.
Make a difference to those in need.

If you need any welfare please call

4323 6080 or email

gosford.region@vinnies.org.au

MINGARA ORCHID CLUB

Hold their Monthly Orchid Meeting on the 2nd Monday of each month at 7.30pm at Mingara Recreation Club Tumby Umbi. The Novice Grower's Class starts 6.45pm. Orchids displayed and Guest Speaker. Plants to buy, free tea and coffee. All welcome. For enquiries please phone Anne on: 4351 0891

MEGA RAFFLE!

Ten Fantastic Prizes To Be Won

1st Prize: Original Artwork by local artist Garry Purchase. Winner 2014 Reconciliation Exhibition

2nd Prize: Beautiful Handmade Patchwork Quilt & pillow case

3rd Prize: Electric Chainsaw

Tickets only \$1 each
available at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong

Prizes 4 to 10 ..

Include a variety of items including: DB patchwork quilt, paper tolle picture, quilt cover, assorted hampers with toys, Natio toiletries, Intensity, Rebel Sport, Coles and waterfall Café gift vouchers, and lots more

Raffle drawn at Kariong Neighbourhood Centre on Monday 18th August 2014. Winners will be notified on the day and results will be published in the Kariong Connection September 2014 issue.

Kariong Neighbourhood Centre would like to sincerely thank those who have generously contributed to our prize pool.

Local Kariong Artist, Garry Purchase, Wins 1st Prize (Tony Donovan) Award at the 2014 Reconciliation Exhibition at the Gosford Regional Art Gallery



This painting is about the unity of Indigenous and non-indigenous Australia.

There has been a lot of pain and suffering inflicted on Aboriginal people since the British occupation of our nation.

To many, the Union Jack is seen as a symbol of this. People have asked why I'd use it and that I shouldn't have it on here. But what would leaving it off achieve? Why is it there?

It's there because it needs to be. It's not something that should ever be swept under the rug and forgotten. I've used it to confront the past and acknowledge a very dark chapter in Aboriginal history, but also so we can all move forward as one.



Garry Purchase

Kariong Youth Support Group ALL 13-17 year olds invited



At; the Kariong Neighbourhood Centre
10 Langford Drive Kariong

When; Friday nights from 7pm-10pm.

Come and spend time with others and make friends, take part in activities and have access to trusted adults and youth support workers who can provide information and guidance.

For more info email kariong.youth@gmail.com

or call/text Natalie on 0478 122 599

Special events being planned!

Snacks and drinks will be available for a small donation. Follow us on Facebook for weekly updates and useful information! www.facebook.com/kariong.youth



Kariong OOSH Update

Kariong OOSH is pleased to welcome our new coordinator, Brandi Heitman to our team. Brandi comes to us with a background of Family Day Care and Administration and has been very busy settling in and putting her marvellous organisational skills to use.

This term our OOSH children have been learning OZTAG up at Kariong Public School with our trained Active After School Facilitators and also have been given the exciting opportunity to learn "Dojo" Martial Arts each Thursday afternoon with a motivational black-belt teacher, Liz.

Our Educator-supported Homework Club is proving very successful as is our Gardening and Environment Club.....

Keep your eyes peeled ready for our next Vacation Care Program; its lining up to be a beauty!!!!

Inquiries and bookings Ph: 4340 4561
Kariong Neighbourhood Centre

Kariong Writers Group

Do you enjoy writing?
Do you like to share your stories?

- * Are you currently working on something?
- * Or if you have never written before this is your chance to begin!

All welcome any level

Where: KNC - 10 Langford Drive Kariong

When: Last Tuesday of each month

Time: 10.00am-12.00pm

Cost: \$3.00 members - \$3.50 non-members.
Morning tea included

**Please call Sandra for more information
on: 43674117 or 0438008158.**

Kids Party Hire

**Have it all for only \$26 per hour
for members!!**

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



*Why try to squeeze into your
home when you can enjoy loads of space,
a kitchen for food preparation, and a playground*

**Contact Kariong Neighbourhood Centre
Ph:43401724**

BROADBAND FOR SENIORS

Funded by the Australian Government

FREE—Supported one on one computer
training run by volunteers for the
Kariong aged & disabled community.

Bookings essential

Please phone (02) 4340 1724 or
email admin@knc.net.au



Did you know we hire?

We now have two gazebos for hire at very
affordable rates! One is 6 x 3m and the
other is 3x 3m.

We can also hire tressle tables and chairs.

To find out more contact the Centre
on 4340 1724 or email admin@knc.net.au



Fancy a friendly game of indoor bowls?

Why not join us at Kariong Neighbourhood Centre.
We meet each Tuesday morning at 9.15am during
school term, and play until midday.

Newcomers most welcome.



Cost is \$3 for members - \$3.50 non-members

For more information please call 4340 1724
or checkout our web site www.knc.net.au

Active Learning Playgroup.



**Wednesdays at 10.30am-12.30pm
at Kariong Neighbourhood Centre
10 Langford Drive, Kariong**

Members: \$3.00 per child/ \$5.00 per family.

Non-members: \$3.50 per child/ \$5.50 per family

*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. Become a
member of Kariong Neighbourhood Centre
And hire for only \$2 a week per DVD**

**Just drop into the Centre to browse the
library, collect a DVD or make a booking.**

Social Table Tennis



Are you interested in running a table tennis
group at your local Neighbourhood Centre?
We have a brand new table, and equipment,
just waiting for some keen players

A fun way to improve your fitness and meet
some new people

For more details please contact

**Kariong Neighbourhood Centre on 4340 1724
or email at admin@knc.net.au**



KARIONG PROGRESS ASSOCIATION

The past month has been a very active period for the Association with presentations to Gosford City Council on several matters including the proposed Development Control Plan application by the CCRDC for Mt Penang Parklands.

Our submission, with others, is now being considered by Council and we take this opportunity to thank those groups who prepared and sent submissions. This matter is most important to our community as the current direction by the State Government Department is to sell the greater part of the parklands to developers.

Whilst on State Government matters we continue to support the Intersection Action Committee for development of a safe pedestrian crossing at Woy Woy Rd and Langford Drive. Unfortunately, though we have federal funding of \$67500, the only design by Gosford City Council is for a roundabout which does not address pedestrian safety – the core of all community submissions!

Unfortunately we have not been able to acquire financial support from our State Member Mr Chris Holstein. We have invited Mr Holstein to a forthcoming forum to allow you the community to present your direct concerns. Further details will be available in the next publication.

On the good news – we have received from Department of Sport and Recreation a grant towards refurbishment of our Tennis Court #1 which together with works planned by KPA will complete all areas on this important community facility.

Finally a reminder that our next meeting is **Wednesday 4th June in the Kariong Progress Hall at 8:00 pm and everyone is welcome.**

*Bookings are still available for the Progress Hall
(subject to conditions)
and for tennis court #1 by phoning 4340 1068
after 8.30am and before 6.30pm.*

NOTICE

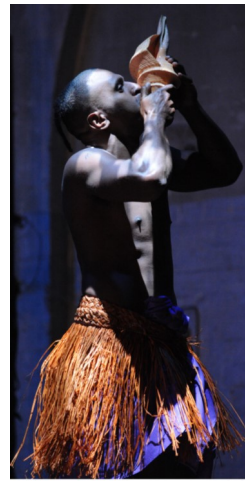
A ladies wedding ring was found on the Salvo's Red Shield Appeal Door Knock around Kariong. If you think that this ring might belong to you please contact Ron on 0488 002 623



MEDIA RELEASE **NAISDA – *Mud Map***

In acknowledgement of NAIDOC week and the contributions that Indigenous Australians make to our country and society, the 2014 NAISDA mid year show is called ***Mud Map*** and celebrates NAISDA Developing Artists' (DAs') homes and where they come from while commemorating NAISDA's nearly 40 year existence.

Mud Map, directed by Aku Kadogo, looks closely at the many ways that NAISDA is unique and one of them is that our Developing Artists come from all over Australia bringing their experiences and knowledge from different parts of Australia with them. The choreographers are all responding to this theme with works that feature a hip-opera, created by our DAs, featuring original songs, hip-hop verses and choreography. The mid year show is traditionally a time



for the DAs to show their emerging choreographic skills and this year will be no different. Other additional works by NAISDA faculty members and senior DAs will be featured along with a special glimpse into the work they have been creating with visiting artist, Iquail Shaheed, a Master Lester Horton dance teacher from New York.

SOLD OUT 11:00am MATINEE PERFORMANCES

Seats are still **available** for performances on **Wednesday 25 June at 6.30pm, Thursday 26 June at 6.30pm and Friday 27 June at 6.30pm.** Each performance runs for approximately one hour. Gold coin donations will be accepted for entry.

All performances will be located at NAISDA Dance College, Building 32, Mt Penang Parklands, Kariong. NAISDA Dance College merchandise will also be on sale at the mid year show.

**Bookings are essential, please call
Casey Bourke on 4340 3100 or email
c.bourke@naisda.com.au**



The 2014 season has already been a huge success and its great to see The Hill well supported each weekend. With Karan back in control at the sign in desk maintaining the smooth flow of teams and referees across the venue, please give her a nod and a "thank you" when you next see her. The Hill does not function without her devotion to the Club and the game.

Team photos are coming soon. Grandparents be warned! You are about to be inundated with a fresh batch of soccer photos from your little darlings. We hope you enjoy seeing the kids in their club colours as much as they enjoy playing in them.

Do you know about the team results pages on your Club Website? Just visit www.kariongunited.com.au and in the top left corner click "Match Results" and you'll see how each team's season in an easy to read format. You'll also see some little gems like this from the u5s5 - *Awesome win today from our side against Terrigal. Despite the early morning 8am game the team was on FIRE !! Really working hard to defend the ball well and all that dribbling work with the ball at training was noted during todays game. Great effort little 5 5's.*

TRAFFIC WARNING - Residents, please take care on weekends around Mitchell Drive and Currunga Road. These are the two major access points for Kariong Oval and "watch out kids about". Let's keep our kid safe. Special mention here for our annual **Gala Day on June 29** - this is going to be a traffic challenge as we host hundreds of players and their families. Thank you for your understanding on the day.

Your committee welcomes all members of the Kariong community to The Hill home ground each weekend for some great on field action coupled with great food at our fully stocked canteen and BBQ.

George Brand Real Estate Kariong continues to be the major sponsor to your Club. Foodworks provide assistance with our grocery purchases to bring you the best BBQ each weekend at The Hill. Our culinary mates at Kariong Pizza and Pasta have returned to assist your club with Pizza vouchers awarded each round. And Kids Klub (childcare) also returns in 2014. Please keep these valuable sponsors in mind when making your purchasing decisions.

Jeff Vilensky
Kariong United FC Publicity
0418 608 868

Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 14th June, 2014 at 1.30pm for a 2.00pm start. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On Saturday morning 14th June we will be bushwalking at Van Dahl's Trail looking at and identifying plants.

Our monthly meetings include a Speaker, 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.

Our speaker for June will be Diane Warman and Diane will be talking about the local vulnerable plant *Grevillea shiressii*.

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.

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

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Phone: (02) 4323 4323

Address: Suite 2, 392-398 Manns Road, West Gosford.

Beneath Masters Home Improvement, opposite the GP Super Clinic



Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for half an hour at 12 noon).

Library Funding – Kariong Library Action Group ask all readers who value libraries to read and sign the petition in the Kariong Library. If the State doesn't put in more money, public library services in NSW will be at risk of service cuts. The State Government contribution to public libraries is the lowest of all States in Australia.

Storytime is held on Tuesday mornings. 10.30am – 11.30am Storytime aims to introduce children to the joys of literature and language through story, poetry, rhymes, songs and craft. Recommended for children 3 to 5 years. Call in and introduce your children and grandchildren to the world of books.

Book Club is held on last Friday of the month – 27th June at 10.00 am. The two books for discussion this month are **Kite Runner** by Khaled Hosseini and **19 Minutes** by Jodi Picoult. Both these novels are concerned with parent/children relationships in situations of violence.

Khaled Hosseini was born in Kabul and his first novel, published in 2003, is set in Afghanistan. The story is set against a backdrop of events ranging from the Soviet military intervention to the rise of the Taliban regime. **Jodi Picoult** was born in U.S.A. and has written 14 books. Her book **19 Minutes**, which was published in 2007, focuses on the events leading up to and following a school shooting incident.

2000 new items were added to Gosford City Library Services during February and March 2014. Call in and check out the new books, CDs and DVDs allocated to Kariong Library.

The Gosford Local Studies Librarian Geoffrey Potter's new and dramatic book **Wreck of the Maitland** helps shed new light on the worst shipping disaster in local waters. Borrow or purchase this new history through the Library – purchase price: \$35.

Kariong Community Baptist Church



Pastor Jeff O'Derry is the new Pastor at Kariong Community Baptist Church (KCBC), having moved down with his family from Rockhampton, Queensland at the end of March to take up the position.

Prior to coming to Kariong, Pastor O'Derry served as a missionary in Madagascar before returning to Australia where he has served as a pastor and conducted Global Missions Support, a ministry which involved providing practical support and ministry training to pastors throughout South East Asia and the Pacific regions.

Pastor O'Derry is excited to join the Kariong Community, and looks forward to getting to know the people who are a part of it.

If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home ... we would love for you to come and check us out, and discover the difference at KCBC. We are a church who aspire to be relevant to and loving of its community.

We would love you to join us for our weekly worship service. We meet every Sunday morning at 9.30am in the Kariong Public School Hall, Truscott Avenue (can also enter through the Langford Drive entrance).

It is Pastor O'Derry's belief that a relationship with God is essential to living a full and abundant life. In fact, when Jesus was asked, in the New Testament, which is the greatest commandment, he replied:

"You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbour as yourself. On these two commandments hang all the Law and the Prophets."

The people who make up KCBC come from all walks of life and backgrounds, and are of all different ages. We are young families, empty-nesters, seniors, teens, young adults and singles. During the service we run a separate kids program, at an age appropriate level.

If you would like to know more about KCBC, or about Christianity in general, please don't hesitate to contact Pastor O'Derry on 4340 5864 or 0448 814 511.

Pilates & Yoga With Vanessa Sew Hoy

All levels welcome

New opening special
\$15 For First 3 Classes

MONDAY 6PM YOGA
7:15PM PILATES
FRIDAY 10AM YOGA
11:15AM PILATES
STARTS JUNE 13TH 2014



@ Phillip House Rotary Club of Kariong Somersby
21 Old Mount Penang Road Kariong

For more information contact
0402 308 181
Vanessaland.com

Australian Academy of Tai Chi "Health & Relaxation"

Men & women of all ages are enjoying the benefits of this ancient health art.

Your local beginners class is held at:
Kariong Neighbourhood Centre,
Mondays, 9:15–10:15am
Contact Daniel on 0435 121 520



KARIONG MOUNTAINS
HIGH SCHOOL



A recent study of VET education in schools has shown that it is having a positive effect on the employability skills of students. Even students who have university in their sights can study one of these courses as an alternative learning experience to add to their overall curriculum pattern. At Kariong Mountains High School we understand the importance of diversity in curriculum choice. Hence, in our just published HSC 2016 Subject Selection Booklet we have offered students the choice of 4 VET curriculum frameworks to study at school, as well as access to the wide range of TVET courses that students study at TAFE as part of their overall Stage 6 pattern of study.

In addition, Stage 6 students are offered a choice of 35 subjects across the whole range of key learning areas. Subject offerings at Kariong Mountains High School are determined by student choice, not school preferences, so each cohort will have a slightly different pattern of study to reflect their identity. Students are supported in their learning through mentor and study skills programs.

Please contact us on 43400246 or by email (kariongmtn-h.school@det.nsw.edu.au) if you are interested in finding out more about our Years 11-12 options.

You can access our Subject Guide through using the QR code below or visiting our website www.kariongmountainhigh.com.au

FREE TRIAL

SoccaJoeys

SoccaJoeys has arrived in Kariong.
REGISTER NOW FOR AUSTRALIA'S LEADING PRE-SCHOOL SOCCER PROGRAM
FOR BOYS AND GIRLS AGED 3-5 YEARS.

1 hour classes indoors Trained coaches

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中文课

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Plumber, Drainer, Gas Fitter, Roof Plumber.
Genuine 24hr Service. Pension/Senior discount.
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Lic 239350c

Do you love to garden but don't have a space to play?



Kariong Neighbourhood Centre is looking for a volunteer gardener to help us with our vegie patch. Just 2 hours a week. The kids and community will thank you, and you can have some fun. If you think you might be interested we would love to hear from you.

For more information please contact us
on 4340 1724
or email on admin@knc.net.au





Cnr Dandaloo Street and Woy
Woy Road Kariong NSW 2250
Phone: 0417 686 694. Email:
kariongecogarden@gmail.com

Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759

Eco Garden Events - June/ July 2014

Saturday 26th July ; 4 Seasons Art and Film Night. 5pm to 8pm. FREE. The Central Coast Conservatorium Senior Strings Ensemble playing "Winter" from Vivaldi's Four Seasons Concerto; Family friendly episodes of "dirtgirlworld" as seen on ABC TV; Environmental Documentaries; Community Choir; Storytelling; Community Art: Food available, or bring picnic.

Please bring a chair.

Sunday 29th June. VEGE DAY, from 1pm to 4pm- for younger volunteers to help and learn in the garden.

Other Events in June / July

Sunday 1st June: LETS Trading Day from 10am to 1pm, in the Progress Hall and Eco Garden.

5th JUNE. WORLD ENVIRONMENT DAY.

Saturday 7th June. "Forest Festival." 10am-4pm. @ Forest of Tranquility, Ourimbah. Celebrating World Environment Day . Stalls, speakers and workshops. Contact; email- harvis@ozemail.com.au phone-0414414291. See the Eco Garden Stall.

Saturday 21st June. "5 Lands Walk" from MacMasters Beach to Terrigal. See- www.5landswalk.com.au for details. Food, Art, Sculpture, Ceremonies and exhibitions.

Planting: The following vegetables/herbs can be planted in June: Beans, Cabbage, Garlic, Chives, Kale, Lettuce, Mustard Greens, Onion, Peas, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Strawberries plants/ seeds. Refer www.gardenate.com for full list.

The Eco Garden is available for events, tours and workshops; refer to the above address, phone number, email address and website in the letterhead.

Membership is \$5.00 pa, copy on website.

The Eco Garden welcomes new volunteers to help with jobs around the garden and administration: garden is open from 10am to 12.30pm on Mondays, and some Fridays.
Open to people of all ages and ability.

Hello from the Desk of the

Standpipe



The Brigade has had a relative quiet four weeks.

From April 16 to May 21

we have had 34 Calls. Unfortunately 12 of those were Motor Vehicle Accidents (MVAs). The other Calls consisted of : 4 Fires and Explosions, Hazardous Conditions x 3, Good Intent x 10, False Alarms and False calls x 3 and 2 x Other Situations.

I know I have written several times regarding safety on our roads - driving to the conditions of the time of day, the weather and the condition of the roads themselves. However I feel the need to express my amazement at the way all drivers that travel the Central Coast roads, are not obeying the rules and causing near misses, accidents and even serious injuries! I have yet to travel up and down 'Kariong Hill' where all vehicles on the road are doing the speed limits. The road rage appears to be increasing - if running late for an appointment ... being late a few minutes is far better than having an accident. Please take care on the roads.

Over the coming months there could be some Hazard Reductions taking place. Burn Plans have been completed for a few areas. We will keep you up to date if any are scheduled for around Kariong.

Our Annual General Meeting is in July. At this meeting we elect qualified Members for both Operational and Administrative Positions. Good luck to all the Members that are standing for Positions.

If you are interested in finding out about becoming a Member of the Kariong Brigade, please come along to the Station either on a Wednesday night from 1930 or a Saturday morning from 0800. Have a friendly chat with the Crew, see what goes on and take it from there! If you feel that being a fire fighting Brigade Member isn't for you, yet you want to be a part of the Rural Fire Service and volunteer your time, there are other Brigades e.g. Bulk Water, Catering, Communications or Logistics that might interest you. The contact number for these Brigades is 4340 2911.

Until next month, Stay safe and fire wise.

ROTARY AND COMMUNITY VOLUNTEERS DOING TIME

Rotarians and their Clubs worldwide annually seek out volunteers and leaders who "do time" in their communities.

Kariong/Somersby Rotary Club recently gave Community Service Awards to four outstanding people because of their unselfish contributions to our society in diverse fields of youth development, performing arts and marine rescue services.



Merv Collins, Ros English, Graeme Davies (District 9685 Governor), Susan Wakefield; Cynthia Murphy and Jess Hind

MERV COLLINS is an executive of the Hawkesbury unit of NSW Marine Rescue and leads fellow volunteers "from the front" by willingly working in fundraising, equipment procurement and maintenance, answering call-outs in all weather, times of day, and emergencies alongside his volunteer colleagues.

ROS ENGLISH has been involved with Gosford Musical Society (GMS) for over twenty years as a rehearsal pianist, keyboardist in orchestras and Musical Director for many productions such as "Me and My Girl", "Cabaret", "Shout", "Oliver", "Cats" and "Jekyll and Hyde". As well as attending Sydney Conservatorium, establishing her own teaching studio on the Central Coast, teaching at Central Coast Grammar School and Central Coast Conservatorium, Ros was President on GMS Committee for nine years. Ros is a Life Member of GMS and her contributions to her communities are ongoing.

CYNTHIA MURPHY is described by her peers as a community gem. Her time and efforts are focussed on Central Coast youth, mainly in the Girl Guide and Scout Associations. Cynthia is known as "Brown Owl". Her time in volunteering over the past 30 years has been immense and the Central Coast Guide and Gang Shows have benefited each year from her efforts.

JESS HIND is a very young lady with a passion for Performing and Musical Theatre. She has appeared in several GMS productions such as "High School Musical", "Cats", "The Producers" and "Chorus Line".

Jess owns a dance studio "Turning Points Studio" and as a singer/songwriter teaches private singing. The Rotary Club enlisted her singing talents to lead the Australian National Anthem at the conclusion of the Community Service Awards presentations.

Jess was The Director of "Seussical the Musical" recently and is an outstanding local talent who gives much back to her community in all that she does and attributes much of her success to her supportive family and fellow

HESS HOME ENERGY SAVER SCHEME

The Australian Government funded HESS program will cease on 30 June 2014. Until then, you are still able to access these HESS services.

HESS Workers can assist by offering:

- Information about easy and affordable ways to use less energy in the home
- One-on-one budgeting assistance
- Information on whether you are getting the right rebates and assistance
- Help to understand your energy bills and the energy market
- Advice, advocacy and support
- Links to other services that may be able to assist you, and help to access no or low interest loans and the Subsidy Scheme to purchase energy efficient appliances.

Are you having difficulty managing your energy needs and bills?

For more information call the HESS help line on 1800 007 001 or visit www.fahcsia.gov.au

The Hill Youth Centre

Tuesday

- > Dance Class (Jazz/Hip Hop) 3.40 – 4.20pm - Young People in Years 1- 4, 4.30 – 5.10pm young people Year 4 and above
- > Homework Help

Wednesday

- > Sports and Fitness Circuit

NEW

Thursday

- > Basketball Clinic and comp
- > Homework Help
- > Resume writing & Job Seeking skills

Friday

- > Football Competition
- > Dinner

Young people have access to internet, sporting equipment career guidance and tutoring every afternoon.

Tuesday – Thursday open 3-6pm
Friday 4-8pm

Youth Workers available for referral and support 10.00 - 2.00pm by appointment. For more information Telephone 4304 7039 or michelle.tilden@gosford.nsw.gov.au





NSW POLICE FORCE BRISBANE WATER LAC



Unfortunately, there will always be thieves on the lookout for properties to rob. But there are simple measures you can take to greatly reduce the likelihood your property will be targeted. This fact sheet has advice on how to protect your personal property from burglary.

PROFILE OF A THIEF

Most thieves enter through a door or window at the side or rear of the house. They are usually after jewellery, cash or other portable items that can be easily sold eg. televisions, video recorders and personal computers.

Good home security involves more than fitting deadlocks or an alarm. You must ensure you use them every time you leave your home. All too frequently thieves enter homes through unlocked or open doors and windows.

HOW TO MAKE YOUR HOME MORE SECURE

The following simple steps will help safe guard your home.

KEYS

- Never leave spare keys outside your home. Thieves know all the usual hiding places, especially under mats or pot plants.
- Don't have personal details such as your name, address and telephone number on your keys.
- Give a duplicate set of keys to a trusted friend, relative or neighbour.
- If you lose your keys or move into a new home, make sure you change all your locks.

DOORS

- Install quality deadlock devices on all external doors.
- Check your doors are correctly fitted and working properly. Check door frames are secure and sound.
- Security grilles can be a useful barrier to outsiders. They should only be used, however, as a last resort in high risk situations/locations.
- Don't leave notes on the door stating that you are away or when you'll return.
- Keep the front door locked when you are at the back of the house or in the garden.
- Install a peephole in your front door and always check the identification of strangers before opening the door.
- Secure garage doors with deadlocks or strong padlocks. Always lock the garage door.

YARDS

- Thieves like their privacy too, so ensure you keep trees and shrubs trimmed, especially trees close to your home that could be used to climb to gain access to your property, or to hide thieves' activities.
- Owning a pet may deter would-be thieves from targeting your home.
- Ensure gates are secured, as thieves often target the rear and sides of homes.
- Always lock away tools, ladders and gardening equipment. These items can be used by thieves to enter your home.
- Infra red (or movement activated) security lights covering front and rear access to your home may help deter thieves.
- If your street lights are not working, contact your local council.

WINDOWS

- Install key operated locks on all windows. Have your window locks keyed alike so you only need one key to open or lock all your windows.
- Use laminated glass or shatter resistant window film to help prevent entry.

ALARMS

- Visible alarm equipment can be very effective deterrent to thieves.
- Your alarm system should cover all external entry doors and windows.

STRANGE PHONE CALLS

- Don't give personal information to a caller you don't know.
- Don't let the caller know that you are home alone.
- Program your phone with emergency numbers such as 000 and your local police station. Also program the Police Assistance Line – 131 444 for all non-emergencies.

GOOD NEIGHBOURS – YOUR BEST WATCH DOG

Good neighbours are one of the best security devices you can have. Get to know your neighbours, stay in touch and together keep an eye out for any suspicious behaviour. It's a good idea to exchange work and holiday telephone numbers. Report any unusual noises or suspicious behaviour to your local police. Your quick action may prevent a burglary.

KEEP ACCURATE RECORDS

- Thieves don't like stealing property that is clearly identified. Marked property is very hard to dispose of and recent legislation regarding their operation for pawnbrokers has made it even more difficult. Accurate records of all your property will not only deter thieves but will give the police a better chance of locating your property.
- Engrave your electrical equipment and other property (including your CDs) with your driver's license number and prefixed by NSW.
- Keep photographic records of all your property that can't be engraved, especially jewellery and works of art.
- Obtain valuation certificates with detailed descriptions of all items. Store the certificates in a safe place.

IF YOU ARE ROBBED

If you arrive home and suspect that you've been robbed, call the Police Assistance Line on 131 444 or your local police immediately. If you are alone, ask a neighbour to come in with you or wait until the police arrive. If you suspect the thieves may still be inside, don't enter the premises.

While you are waiting for the police to arrive compile a list of what you think is missing. Include brand names, model numbers, serial numbers, accurate descriptions and any engraving details in your list. Remember not to touch anything. It is important the police see your home exactly as the thief left it. What you think is a mess could be valuable evidence.

LIKELIHOOD OF THIEF RETURNING

Thieves often like to return to a house they have robbed because they know how to get in and they are familiar with the layout of the house. They also know that items they took last time will have been replaced, or they may tell another thief the best way to break in to your property. Upgrading your security may prevent a repeat break-in.

BUYING STOLEN GOODS

Buying stolen goods is not a bargain, it's a crime. If you are offered something that you suspect has been stolen, notify the police.



For emergencies or life threatening situations call
Triple Zero (000)



For non emergencies call the
**Police Assistance Line
131 444**



To provide crime information anonymously contact
**Crime Stoppers
1800 333 000**
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Jodi Pauler & Team ABN 26153192428



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JUSTICE OF THE PEACE

Kariong Neighbourhood Centre is happy to offer
Justice of the Peace services on Thursdays and
Fridays between 1:00pm and 2:00pm.

Bookings Essential

Please phone **4340 1724** for an appointment or
referral to an alternative JP.

Donations to the Centre are greatly appreciated.

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KARIONG
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What's On at Karingong Neighbourhood Centre...

Karingong 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.**

Please note: All daytime groups operate only during school term

MONDAYS

Tai Chi with Daniel from the Australian Academy of Tai Chi
9.15am- 10.15am All welcome. **Cost \$10** per session
For bookings please contact Daniel on 0435 121 520.

Coast Care Counselling

Affordable Counselling is available every Monday & Thursday 9:00am to 12noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or KNC Phone: 4340 1724, For more information visit www.coastcarecounselling.org

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 phone: KNC: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

Khedrubje Buddhist Meditation

7:00pm to 8.30pm. Cost: \$10 / \$8 Conc. For more information please phone: 4385 2609 www.centralcoastmeditation.org

TUESDAYS

Karingong Writers Group

10.00am to 12.00pm Last Tuesday of each month. Next meeting 29th April. Cost: \$3.00 members and \$3.50 non members. For more information please call Sandra on 4367 4117 or 0438 008 158

Immunisation Clinic - NSCCAH

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.

Early Childhood Clinic—NSCC Area Health

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

Nutrimetics Beauty Classes - 7:00pm—9:00pm

Come along and be pampered with one of our Beauty Treatments. Learn a new treatment each week. Facials. Hands. Feet. Hair. Makeup. \$7 per class. Bring your friends. Win prizes. Bookings are essential. Call Cat on 0422795139 or email Catsnutrimetics@gmail.com

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 **All welcome**

Early Childhood Clinic—NSCC Area Health

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

Apply First Aid Course—HLTA311A

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

Wednesdays cont.

Weight Watchers from 6.30pm to 8:00pm
www.weighwatchers.com.au

THURSDAYS

Karingong 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: \$5 members, \$5.50 for non members. 12:15pm to 2.00pm

Coast Care Counselling

Affordable Counselling is available every Monday & Thursday, 9:00am to 12.00 noon. Other times can be negotiated. To book an appointment contact Kylie Fawkner Ph: 0435 809 506 or Phone KNC 4340 1724, For more information visit www.coastcarecounselling.org

FRIDAYS

Stamp and Create

Cardmaking classes - 3rd Friday morning of each month
10am –1.00pm. Bookings essential. Please contact Amanda on 0450126 093 or mandageorge0377@gmail.com

Australian Breastfeeding Association Meeting

Fortnightly 10.00am to 12 noon www.breastfeeding.asn.au

Youth Support Group

For teenagers 13-17 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm —10:00pm
Contact Natalie on 0478 122 599 for more information.
Follow us on Facebook www.facebook.com/karingong.youth

SATURDAYS

Central Coast Chinese School

All Levels of Mandarin. 10:00am-12:00noon
Contact: 0404 808 622 or cccsinfo2014@gmail.com

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

SUNDAYS

River Christian Church - From 9:00am.to 2.00pm

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

If there is a group that you would like us to run at the Centre Please contact Fiona Simpson on 4340 1724. Become a member of Karingong Neighbourhood Centre for only \$3.00 for an individual or a group and receive many discounts and invitations to lunches with guest speakers Room Hire available from only \$9hr Ring & Book for your next meeting or function Ph: 4340 1724 ALL Memberships must be paid if you wish to advertise with us

**CLOSING DATE for NEXT ISSUE
Wednesday 18th June, 2014**

**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: Karingong 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.