

# 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. 4 10 Langford Drive, Kariong, Ph: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



May 2014

## Our Community Inclusion Mosaic

Come and see our beautiful mosaic now displayed on the front of the Kariong Neighbourhood Centre for all the Community to enjoy..



The Mosaic was created by all the children who attend Kariong OOSH with our wonderful Community Artist Wendy Brigden



This project was funded by The Community Relations Commission



## "Kariong Through My Eyes" Photographic Competition

An opportunity to capture what Kariong means you. The competition is open to all ages and all abilities. So grab your cameras 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.



## International Family Day BBQ and Neighbourhood Centre Week Wednesday 21st May, 2014.

10.30am - 1.30pm

### A FREE EVENT TO MARK IN YOUR CALENDAR

Kariong Neighbourhood Centre offers many services and groups that many locals may be unaware of, or unsure of accessing. To highlight the range of groups, services and events available at the Centre, we invite all families and local members of our community to come along to an Information Day at

**Kariong Neighbourhood Centre**  
**10 Langford Dr, Kariong**  
**Please RSVP on 4340 1724 for catering**

A range of activities and experiences for children will be offered along with a delicious complimentary BBQ lunch.

## Wills & Planning Ahead Workshop

Learn about Power of Attorney, Guardianships and how to structure your will.

*Morning tea is included.*

**Where:** Kariong Neighbourhood Centre

**When:** Friday 9th May 2014, 10am—12pm

**Cost:** \$10 per head, Only 15 Places available

To book your place, please ring 4340 1724

Bookings with payment must be received before 25th  
April 2014



### Brisbane Water Police issue safety tips for seniors

*Brisbane Water Police are issuing tips to help older community*

*members stay safe and reduce the likelihood of them becoming victims of opportunistic crime.*



#### Safety at home

If you are harassed, attacked or robbed, tell the police immediately

Lock all doors when you are at home

Leave spare keys with a trusted friend rather than hiding them

Keep a photographic record of your jewellery and engrave valuable personal items with your name, address and license number

If you are going away ask a trusted neighbour to keep an eye on your home and collect your mail

Don't keep large amounts of money in the home

Make sure your house number is clearly visible to ensure police can locate your home quickly if you need assistance

If you live alone, don't publicise this

Do not publicise whether you are Ms, Miss, Mrs or Mr

Arrange to have regular contact with someone you trust.

#### Visitors

If you are not sure who it is, don't open the door

Remember if it seems too good to be true, it probably is

Be suspicious of people wanting to enter your home. Ask for identification, look at it carefully and contact their office for verification

If someone wants to use your phone for an emergency, offer to make the call for them, but don't let them in.

**Above is an excerpt from media release dated 18.3.14. To see the information in full or for other information visit [police.nsw.gov.au](http://police.nsw.gov.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

### 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.**

### 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

#### How do I arrange an appointment?

Contact a Counsellor below. 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

#### How much does it cost?

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

**[www.coastcarecounselling.org](http://www.coastcarecounselling.org)**





### **KARIONG PROGRESS ASSOCIATION**

We are pleased to advise that approval has now been received from Gosford City Council to proceed with the refurbishment work on tennis court #2 which has been closed for several months.

We also remind all residents to consider the impact of the application by the Central Coast Regional Development Corporation for the variations to use of Mt Penang Parklands under their DCP proposal which is on public display. Any applications are required to be lodged with Gosford City Council by early May.

**Our next meeting will be held on Wednesday 7th May, 8.00pm in the Progress Hall Woy Woy Rd and our guest speaker will be Mr Rendell Wagner, president of Tascott/ Koolewong Progress Association. Rendell is also heavily involved on other committees including those associated with matters at Calga and the Mountains area. It will be in this role that he will provide an update for our community.**

*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.*



### ***Kariong OOSH Update***

Term 1 has been a very successful time in our service with the children participating in a wide variety of stimulating activities. One of the highlights has been our fantastic mosaic work, (done with a local visiting artist) – keep an eye out for this display at the front of Kariong Neighbourhood Centre. Also greatly enjoyed was our weekly cycling lessons held up at the school, teaching basic bike skills and road safety. Next term (after our fabulous vacation activities!!), we will be offering the following: Monday – Oztag, Tuesday- art classes, Wednesday- guitar lessons, Thursday - Dojo classes, (martial arts), Friday – Gardening and Environment Club. Homework club is supported daily by our marvellous staff.

**Inquiries and bookings: 43404561  
Kariong Neighbourhood Centre**

## **Trivia Night**

The **KARIONG YOUTH SUPPORT GROUP** will be hosting a **Trivia Night** on

**Friday 13<sup>th</sup> June 2014 from 7pm – 11pm at Kariong Neighbourhood Centre.**

Tables of 8 available at a cost of \$8 per person which includes trivia, table snacks and a drink. Smaller numbers can be accommodated. Additional food and drinks will be available to purchase on the night.

Money raised will be donated to the Kariong Neighbourhood Centre for their 25th Anniversary celebrations, photography competition prize pool. Join us for a fun night and you could win some great prizes!! Email [Kariong.youth@gmail.com](mailto:Kariong.youth@gmail.com) to reserve your table now! The first full table booked receives a prize for each person!

**ALL WELCOME!**

**[www.facebook.com/kariong.youth](http://www.facebook.com/kariong.youth)**

*Why not join us for our regular get together*

**At:** KNC - 10 Langford Drive Kariong

**When:** Friday nights from 7pm-10pm.

Kariong Youth Support Group would like to thank the following businesses & individuals for your generous donation to the Harmony Night Multicultural Meal that we hosted:

**Kariong Butcher, Kariong Kreations**

**Kariong Chinese Takeaway**

**Kariong Quality Fruits**

**Kariong Neighbourhood Centre**

*A big thank you to the generous volunteers and community members who donated delicious meals and helped out on the night. Thank you to all who came along to support the youth group!*

## **TWILIGHT MARKET**



**AT THE PARKLANDS**



**BUILDING 34 MT PENANG, KARIONG**

**3rd MAY 2014 5pm - 8pm**



**Contact Gaynor on 4340 1342 or facebook:**

**<https://www.facebook.com/pages/Parklands-Community-Preschool-Kariong-Fundraising/345554618899755>**

## NEW 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 Kariang

**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.**



## GymbaROO

### Enroll now for Term 2

From babies to school readiness, programs are based on a sound understanding of the importance of each developmental stage of your child, and are run by fully qualified professionals.

**Classes held at:**

Kariong Youth Centre, Mitchell Drive, Kariong  
Call 4340 5154 to book your child's place today  
Better Health Practices, 20 Langford Dr Kariong  
[www.gymbaroo.com.au](http://www.gymbaroo.com.au)

## Kariong Community Forum

***You are invited to attend a forum of discussion, information and networking.  
Let's make Kariong a safer and connected community.***

In our last meeting we had two guest speakers introducing a new local youth support group and a school readiness playgroup. It was great to see passionate facilitators who both do an amazing job, supporting and encouraging our young people. We all went away feeling that we had a lot more resources and information than before

Everyone is invited to attend and share ideas and resources. If you would like to be a guest speaker please let us know. Contact Fiona at the Centre on 4340 1724

**Next meeting is May 15 Then third Thursday of every second month - July 17, Sept 18 and November 20th. 10:30am -11:30am at the Kariong Neighbourhood Centre**



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](http://www.knc.net.au)



## Active Learning Playgroup.



**Wenesdays 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



## RED SHIELD APPEAL Volunteers Needed

Visit [www.salvos.org.au](http://www.salvos.org.au) or call 1300 SALVOS (1300 13 72 58) to register to door knock this Red Shield Appeal, 24th - 25th of May. All volunteers receive a McDonalds voucher and a certificate of appreciation. All ages welcome.

Also, check out [www.optusrockcorps.com.au](http://www.optusrockcorps.com.au) to find out how you can get a **FREE CONCERT TICKET** for doing 4 hours of voluntary work (16yrs and over).

## Social Table Tennis Group

**Thursdays 6.30pm**



**At Kariong Neighbourhood Centre**

**All Welcome**

**Get fit — have some fun**

**Cost: Members \$3.00 Non-Members \$3.50**

For more details please contact  
Kariong Neighbourhood Centre on **4340 1724**

## The Impact of the Connected World on Learning

When we picture a quality learning environment, we tend to picture our own classroom experience (sometimes with rose tinted glasses). Yet, when we consider our twenty first century lifestyle and the technologies we take for granted, the classrooms of our youth are not necessarily providing students with the skills they will need to be successful leaders of their own learning. Make no mistake, that is one of our goals at Kariong Mountains High School.

The modern world is a connected one – knowledge is shared (you can go to Youtube and learn how to sew on a button!); connectivity is lateral not a hierarchy, meaning that knowledge from teachers, parents, professors... is not always given more respect than knowledge from peers, and with increasing globalisation our students will need to be more proficient in working across cultures (and this means more than just learning 'a language other than English', although this can still be helpful).

It is my belief that learning in the twenty first century is more blended than at any other time. Formal learning definitely still has an important place, but the informal learning of the digital, social media driven age cannot be ignored. Instead, we should recognise it for its position in students' lives and help them to learn from it wisely. It is the challenge and excitement of how to do this, that underpins much of the professional learning undertaken by teachers. If we can help students to be leaders of their own learning, then they will have the resilience required to stand on their own and reach for their dreams.

At Kariong Mountains High School, we recognise that you can learn from the past, but to support students as leaders we have to also equip them with 'the skills necessary to be successful citizens in an ever changing society'. Our school operates with a future focused approach, learning from the past, but challenging ourselves to be responsive to the world we actually live in.

*Jacqueline Ayres*



Kariong Mountains High School P&C  
proudly presents



## TRIVIA NIGHT 2014

"HALLOWEEN"



**DRESS AS YOUR FAVOURITE SCARY THING!**

Witching Hour: Saturday May 17th, 6:30pm

Haunting at: KMHS Hall

Bring: Nibbles, drinks and a wrapped \$3 gift  
for a gift exchange game



Price: \$15 each. Pay on the night.

8 - 12 per table (or I can put you on a table)

Bookings: Call or text Sharon 0407 401 916  
or email: [sharon.partridge@det.nsw.edu.au](mailto:sharon.partridge@det.nsw.edu.au)

Bookings Essential!!!

Host: The host with the most ... Jamie Cartner !!!!



Sponsored by Kariong Pizza

1st prize \$200

Plus Lots more prizes to win !!!!!



## RAFFLE DRAW RESULTS

**We are happy to  
announce the winners  
of our recent raffle -  
drawn Friday 4th April**

**First Prize - S Stainbeck  
Second Prize — H Ross  
Third Prize—W Brigden**

*Keep watching  
for our  
MEGA RAFFLE  
Coming Soon*







Two weeks into the season and we are already having to re-schedule games! Nature can be cruel to Winter sports but it now gives me that opportunity to remind everyone that good communication with your team Coach and Manager is important and goes two ways. Keep an eye out for your team messages and its always nice to reply back to say you've received an update.

We invite you to keep posting on our Facebook pages. Our pages regularly receive over 1000 visits each week including a growing number of 'likes'. The questions you ask are of benefit to all club members as they are providing up to the minute information about ground status on game day and training on/off confirmations. There is also a growing number of photo albums being shared so you really should spend some time online checking them out, even share them with family and friends. Whilst you're there, why not click through to our major sponsor (George Brand Real Estate Kariong) Facebook page.

Isn't it great to see Karan is back in charge at The Hill for another season! Karan's commitment to the club ensures you have a smooth running environment for your Saturday competitions and please take the time to thank her for her huge volunteering effort.

**TRAFFIC WARNING TO KARIONG RESIDENTS** - Please take care on weekends around Mitchell Drive and Curinga Road. These are the two main access points for the ovals and "watch out kids about" will help keep them safe. The date of our annual Gala Day will be known soon and will provide some additional challenges for traffic on the day.

Your committee wishes you an enjoyable season and we welcome all those in the Kariong area to drop in to The Hill each weekend to watch the great on field action coupled with great food at our fully stocked canteen and BBQ.

Our sponsors continue to provide your club with valuable financial support. George Brand Real Estate Kariong, Foodworks, Kids Klub, Kariong Pizza and Pasta, and Ecosun are all back for another year and we ask that you keep these businesses in mind when choosing where you spend your money. Check out our Sponsors link on [www.kariongunited.com.au](http://www.kariongunited.com.au) for full contact details.

Jeff Vilensky  
Kariong United FC Publicity

### **Ettalong beach Arts & Craft Centre Inc.**

#### **Announcing good news week!**

Children's art classes are back on our agenda. Beginning at the start of Term 2 the class will be held on Thursdays  
from 4pm to 5.30pm

We are lucky to have secured the services of Belinda Linhardt a prominent artist on the Central Coast. The Term Fee is \$80.00 and bookings are being taken now.  
Don't delay – call today.

Our other classes commence 28<sup>th</sup> April

MONDAY - Patchwork, Quilting & Pottery.

Childrens afternoon Pottery

TUESDAY - Folk Art & Silk painting

WEDNESDAY - Oils, Acrylics, Pastels & Drawing

THURSDAY - Art & Silvercraft, Social Stitchery & Childrens afternoon Art

FRIDAY - Watercolour painting

SATURDAY - Workshops as requested

**All sessions are held at the centre located in Kitchener Park on the corner of Maitland Bay Drive and Picnic Parade Ettalong Beach. Please direct your enquiries/suggestions to: 43418344 or visit our web site at [www.ebacc.com.au](http://www.ebacc.com.au)**

### **YOUR NEW LOCAL DENTIST**



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dental spa

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- Child Dental Benefits Scheme, bulk billed.
- HICAPS claiming.

**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).**

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30am for families with under fives. It is a bright and cheerful place with child sized tables and chairs for colouring, cutting and gluing. The children enjoyed sharing chocolate Easter eggs in April and on May 6<sup>th</sup> they will have a special Mothers Day story and a special Mothers Day craft to make.

**National Simultaneous Storytime** – Wednesday 21<sup>st</sup> May at 10.30 am. Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools and pre-schools. This year the book is **Too Many Elephants in the House** written by Ursula Dubosarsky and illustrated by Andrew Joyner. At time of writing this has not been confirmed by Kariong Library, so if you wish to join the fun please check with the librarian, on 43258155.

**Free Comic Book Day** is Saturday 3<sup>rd</sup> May. Comics are given to customers who borrow graphic novels.

Book Club is back to its usual last Friday of the month - **30<sup>th</sup> May at 10.00 am.** We have two books for review and discussion this month. The first is **Day after Night** by **Anita Diamante**. It is an intensely dramatic novel about four young women who survived the Holocaust and escaped to Israel from Nazi Europe.

The second book is **Desert Queen: The Many Lives and Loves of Daisy Bate** written by **Susanna De Vries**. Set in the 1890s Daisy would become one of the best known anthropologists in history, and one of the first people to put Aboriginal culture on the map. While other biographies have presented Daisy Bates as a saint, historian Susanna De Vries gives readers a more complex portrait of the 'Queen of the Never Never' as a fascinating figure ahead of her time. Both these books would make great Mothers Day gifts.

Our guest this month is Dr Clem Gorman and he has been involved in theatre, film, teaching, fellowships and grants, to name but a few of his many talents. Dr Gorman is currently running classes called "The Half-Written Book". Please feel free to come to the Library at 11am on Friday May 30 and meet Dr Gorman.

We would like to thank the Kariong Mountains High School for their generous donation for Seniors Week, of scones made by the students

**You can contact the Kariong Action Group on [ktag2013@yahoo.com.au](mailto:ktag2013@yahoo.com.au)**

## The Central Coast Group of the Australian Plants Society



will next meet at Phillip House on Saturday 10<sup>th</sup> May, 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 10<sup>th</sup> May we will be bushwalking at Strickland Forest 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

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](mailto:damael@hotmail.com.au) or phone 43655049**

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## The XChange

Seventh-day Adventist Church



April has been a month that was fun for all. Our kids in KidzXChange experienced the Easter story where they journeyed through the times, emotions and celebrations associated with Easter. Of course no Easter program would be complete without an Easter egg hunt! We had the pleasure of hosting an afternoon tea for the community. Yummy food and happy moments were had by all that attended. Our family fun night was lots of fun as we relived the 1980's with dress, food, music, games and hospitality. I think most of us are glad we've hit the new millennium.

May is another exciting month for us. One week we have Pr Daron again and he will be creating exciting balloon sculptures, telling exciting stories and teaching us how to make new balloon creations. We have an AGAPE planned and Mr. King from Adventist Education will be joining us in Barney's. We can't wait!

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

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

Ring Lesley on 43401581

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

**KidzXChange** – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall

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

**Small Group** – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

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

## KARIONG MEDICAL CENTRE

*"Caring for Kariong"*

The air is a little crisper, the trees are changing colour, mornings are brighter and evenings arrive sooner. With the change in our physical seasons we sometimes hear the term Flu season, welcome to it!

As a result of the new season, we are experiencing an increased demand for appointments.

**Please phone and advise staff if you are unable to attend an appointment**, so this appointment can be given to another person. We apologise if you have had difficulty getting an appointment recently, but we are doing our very best to accommodate your needs.

We also have a cancellation list which is triaged throughout the day when cancellations arise.

### Seasonal Flu

*Each year flu affects thousands of people. You can help reduce the spread of flu by taking a few simple precautions:*

- \* *Make sure that you and your family are vaccinated against flu each year*
- \* *Take time off work and avoid groups of people if you have flu-like symptoms*
- \* *Wash your hands frequently and cover coughs and sneezes.*
- \* *Covering coughs and sneezes and using disposable tissues instead of a hanky.*
- \* *Wearing a mask, when requested, to protect others in the community.*

### Colds or Flu

*Sorting out whether you are suffering from a simple cold or flu can be confusing. Influenza is a serious illness and many people who think or say they are suffering from influenza, just have a cold that that will quickly resolve itself.*

### Key flu symptoms include:

*A fever that generally lasts for several days.  
Chills and sweating  
A dry, sore throat  
Weakness and muscle and joint pain  
Headache  
A dry cough*

**Colds symptoms can be different, in that :**  
*Symptoms generally only last a couple of days  
A cold usually starts with a runny nose  
People with a cold don't usually have muscle pains and shivers  
A mild fever can develop, but usually only lasts a day.*





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

Website:  
[www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)  
ABN: 13 852 216 759

### **Events. Eco Garden - May/ June 2014**

#### **Other Events in April/ May**

**26<sup>th</sup> April. "Ecoburbia". Narara Eco Village.**  
10am-4pm. @ Narara High School, Fountain  
Rd, Narara. Celebrating sustainable living.  
Stalls, speakers and workshops. Contact;  
phone-0416923655. Email:  
[info@fixxevents.com.au](mailto:info@fixxevents.com.au). See the Eco  
Garden Stall.

**2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> May. Gosford Show at Gosford  
Showground.**

**Wednesday 21<sup>st</sup> May. Volunteering Central  
Coast Fair. 10am. Niagara Park Community  
Centre. See Eco Garden Stall.**

**Saturday 24th May ; 4 Seasons Art and Film  
Night. 5pm to 8pm. FREE. The Central Coast  
Conservatorium Senior Strings Ensemble  
playing "Autumn" from Vivaldi's Four  
Seasons Concerto; family friendly episodes  
of "dirtgirlworld" as seen on ABC TV;  
Environmental Documentaries ; Storytelling;  
Community Art: Food available, or bring  
picnic**

**Planting:** The following vegetables/herbs can  
be planted in **May**: Beans, Broccoli, Brussel  
Sprouts, Carrots, Cabbage, Cauliflower ,  
Chives, Fennel, Kale, Koharibi, Leeks, Lettuce,  
Onion, Oregano, Parsley, Peas, Rocket,  
Radish, Shallots, Snow Peas, Silverbeet,  
Spinach, Strawberries plants, Turnip. Refer  
[www.gardenate.com](http://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, which 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**



MMM well it's getting a  
bit chilly in the evenings  
and mornings.

It's nearly time to get the heaters, electric  
blankets and anything else we use to keep us  
warm in the colder months. I hope when you  
get your heaters etc. out of storage, you will  
give them a good dust and clean, check their  
cords and plugs. Check your gas connections  
that there isn't a gas leak and if you have an  
open fire remove all the soot and debris from  
the flue.

Make sure you don't place anything in front or  
on top of heaters that could catch alight.  
Educate your children on the dangers of  
heaters and getting too close.

Have you replaced your smoke alarm battery  
yet? It's always a good idea to check your  
smoke detector is working properly once a  
month. It only takes a second or two, a broom  
stick and a pair of ears. Remember, it could  
save your family's lives.

Since February 19 until 16<sup>th</sup> April, the Brigade  
has been called to 38 calls. 10 of those were  
to Fire and or Explosions, 10 were Good Intent  
Calls and 8 were MVAs. Well done and thanks  
to the amazing crews that have attended these  
calls. Some in the early hours of the morning.  
The pager goes off, they fly out of bed, head to  
the station – sometimes still in their PJs, don  
on their gear and jump in the truck. These men  
and women have such a strong commitment to  
protect their Community.

This week we have visited three early learning  
centres in Kariong and around the District. The  
kids love seeing the big red truck. We have a  
quick chat to them about fire in the home, the  
need to know their address and what to do if  
there is a fire. Then the children have a turn to  
get dressed up in a jacket and helmet, sit in  
the truck and use the hoses to wet some trees,  
or today, it was the Teacher's cars and a  
couple of the Crew. Overall the Children,  
Teachers and Crew thoroughly enjoy the  
experience.

Until next month, Stay safe and fire wise.

## **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





**spinalhealthweek**  
19-25 MAY, 2014

### Time to Start Living Better

#### **Live Better, We've Got Your Back this Spinal Health Week 19-25 May**

As part of Spinal Health Week 2014, **Better Health Practices** will be encouraging patients and the Kariong community to improve their postural fitness.

The population is living longer, so let's live better. Over a quarter of Australians are being forced into early retirement because of back or arthritic pain. Chronic back pain is one of the top three causes of disability in Australia. Back pain is a common ailment for Kariong residents and one in eleven residents can be expected to have back problems this year.

Postural fitness can prevent problems that may occur in your muscles, joints and ligaments, and it can also prevent potential injury. We can restore and maintain healthy spinal joints and mobility with chiropractic check-ups.

There are ways to improve our spinal health, such as avoiding sitting down for too long and sitting correctly. By using proper techniques when bending or lifting, you can avoid damage to your spine.

Around the workplace, people should consider new ways to combat the problems from sitting down for too long. Small changes that you can make to improve your postural fitness and limit time spent sitting include:

- \* Taking the stairs where possible
- \* Stand up while on the phone for long periods
- \* Remember to take regular breaks from sitting and stretch or walk around
- \* Introduce walking meetings instead of sitting around a table
- \* Remember to check and adjust your sitting posture regularly

Chiropractors often get asked how to sit right at a computer desk. So the CAA developed a widget you can download ([www.sitright.com.au](http://www.sitright.com.au)) to guide you.

At home it's important for everyone to be aware of their posture, especially children. While playing video games or watching TV, children tend to sit with their head and chin forward which jams the top part of the neck joints. Symptoms of prolonged screen time include visual impairment, headaches and a variety of physical pains including low back pain and repetitive strain. An active spine is a healthy spine and a healthy spine leads to a healthier life. Why not use Spinal Health Week to make an appointment with our clinic to assess your postural fitness and discuss how being more active will improve your wellbeing.

To start living better, call **Better Health Practices** on **4340 5154** to arrange a FREE spinal screening during Spinal Health Week (19-25 May).

### Kariong Community Baptist CHURCH

MAKE GOD YOUR FIRST  
PRIORITY  
NOT  
YOUR LAST  
RESORT

#### **WE ARE EXCITED TO ANNOUNCE THE ARRIVAL OF OUR NEW PASTOR JEFF O'DERRY! COME AND MEET HIM AND HEAR HIM PREACH!**

*Come as you are, but you won't leave the same!*

You are warmly invited to join us on Sunday mornings. We meet at 9.30am at the Kariong Public School Hall, Langford Drive or Truscott Ave, Kariong.

Our services are for all ages and suitable for the whole family. Close parking is available in the two school car parks in Truscott Ave.

At our Church service, we meet to worship God, pray together, form and develop meaningful friendships, and support and encourage each other in life's challenges. We are a genuine, friendly gathering where you will be made welcome.

We have special children and youth programmes on Sunday mornings, as well as at other times. Kariong Community Baptist Church has many other regular activities that you are invited to join, including Friends' Group (for seniors), Girl's Club (for primary age girls), Ladies' craft group, Men's Shed group, Ladies' Group, prayer and study groups, monthly Friday night "Freedom" Youth Group, Young Adults group, and Kariong Community Care, which offers help for those facing challenging circumstances.

Please feel free to contact Jon on 0427 731 277 or [pastor@kariongchurch.org.au](mailto:pastor@kariongchurch.org.au)  
More information on [www.kariongchurch.org.au](http://www.kariongchurch.org.au)

Better Health Practices



### **Chiropractic Pilates Massage Physio Acupuncture**

**CORNER LANGFORD AND MITCHELL DR KARIONG**

**Ph: 4340 5154**

**We can help with back pain, neck pain,  
headaches, stress, weight loss, pregnancy and  
birth support, exercise programs,  
orthotics, children's health and  
behaviour and more!!**



# The Hill **youth** Centre



Printed by Gosford City Council 49 Mann Street Gosford NSW 2250, March 2014.

## 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](mailto:michelle.tilden@gosford.nsw.gov.au)



## Mingara Orchid Fair and Show- The Coast's BIG horticultural event 2014

### Entry FREE

Saturday 28<sup>th</sup> June 9am – 5pm  
and Sunday 29<sup>th</sup> June 9am – 3pm



As usual there will be more than twenty orchid and nursery vendors happy to sell plants, fertiliser, pots, stakes, labels and even the shade house! There will be potting demonstrations throughout the weekend with time to talk to knowledgeable growers who will answer questions. These vendors will travel from all over Australia to be here so you can buy the orchids of your dreams.

*Ty Tags Aussie Shade Houses B & T Ferns & Orchids Burbank Orchids Bromeliads Australia Cedarvale Orchids Coachwood Nurseries Dark Star Orchids David Keneally Orchids Easy Orchids Ezi-gro Orchids Fong Ping Orchids Johnson Orchids Kawana Gardens Nursery Kiwi Orchid Bark NSW Nicky's Slippers Orchid Care Services Orchid Productions Orchid Species Plus Orchids on Newblold Rosella Orchids The Orchid Tray Company Stockers Orchids Tinonee Orchid Nursery Woolf Orchid Culture*

There will be fabulous displays of orchids by orchid clubs and local orchid growers and you will be able to see orchids of colours shapes and sizes including the beautiful Australian natives. These like many other orchids are easily grown in Central Coast Gardens. Again this year there will be floral art with orchids.

If you would like to join a society to help you make your hobby a more rewarding and beautiful experience, you will find Mingara Orchid Club members in attendance to answer all your questions and provide you with a sample bag of goodies when you join.

Orchids often inspire people to produce the most beautiful art and the Porcelain Painters of Australia – NSW, will be on hand to sell you art, porcelain and jewellery. Profit from these sales goes to help Cancer research.

This fabulous event will be held as always at Mingara Recreation Club Tumby Umbi in air conditioned comfort. Plenty of parking available and easy wheelchair access is assured. If you are travelling by train alight at Tuggerah station and the bus will take you to the door. Special food and drink discounts to those who mention they are attending the show at Indigo Eats and Treats Bar. Special incentives for bus groups up to **\$50 vouchers** to spend with vendors.

Special accommodation deals at Chittaway Motel 4388 9110 and The Coachman Inn Long Jetty 4332 3692.

Easily the best and biggest event in June on the beautiful Central Coast.

For further information Ralph 4328 2008 or visit [www.visitcentralcoast.com.au](http://www.visitcentralcoast.com.au)

## ET TALONG BEACH ARTS & CRAFT CENTRE INC.

### ALL ROADS LEAD TO OUR ARTS & CRAFT CENTRE IN 2014. WHEN IT COMES TO SATURDAY WORKSHOPS

We can take you on a voyage of discovery and 'tempt your taste buds' with a variety of crafts you may not have tried before.

Workshops without materials cost \$40 each  
plus \$15 annual joining fee

Saturday 17<sup>th</sup> May 12 - 4pm

Learn to crochet for beginners

Saturday 7<sup>th</sup> June 12 - 4pm

Watercolour painting

Saturday 2<sup>nd</sup> August 12 - 4pm

Repurposing - old jeans to a handy lined tote bag

Saturday 6<sup>th</sup> September 12 - 4PM

Organza flower making for hats/fascinators, brooches & more

All sessions are held at the centre located in Kitchener Park on the corner of Maitland Bay Drive and Picnic Parade Ettalong Beach. Please direct your enquiries/suggestions to: 43418344 or visit our web site at [www.ebacc.com.au](http://www.ebacc.com.au)



**Jodi Pauler & Team ABN 26153192428**



**02 4340 5443 0433 253 827**

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## Kariong Neighbourhood Centre

in partnership with

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**Every Saturday**

Personalised training lessons; One on one question time; Many topics to choose from.

**Booking Essential Contact Jag**

**Phone: 0433 197 699**

**Sessions:**

10.00am to 12.00pm; 12.30pm to 2.30pm

3.00pm to 5.00pm

**Lessons Topics Available:**

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



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✓ **Digital TV Antennas**    ✓ **Wall Mounted TVs**  
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**FREE TV RECEPTION TESTS AND QUOTES**

**Call Peter on 0431 777 447**

**Australian Government**  
**Approved Antenna Installer**



### Advertise with us

Our newsletter is delivered to over 2500 community members and local Businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates, contact us on 4340 1724 or admin@knc.net.au



**NRMA MOTORING + SERVICES**  
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Owners local residents Jamie & Belinda Beresford

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

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**\*\*Diesel servicing and Repairs**

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

## BROADBAND FOR SENIORS

Funded by the Australian Government

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

**Bookings essential**

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



**Hearing Aid**  
**Services Australia**

**Over 55? Free hearing**  
**tests here in Kariong**  
**Bookings essential:**  
**4322 2282**

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**Kincumber**  
**Stay local**

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**Phone: 4340 2415**

Individual Tax Returns from \$110

We can assist you with all your tax needs:

Sole Traders  
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- dental implants
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11 Mitchell Drive,  
Kariong

**4340 2022 - vcdental.com.au**

# 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 mess up your home when you can have ours

Contact Kariong Neighbourhood Centre  
Ph: 43401724

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## St Vincent De Paul

Kariong—Kulhura 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.



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**KARIONG**  
Physiotherapy  
Centre

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

Kariang 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](http://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](http://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](http://www.centralcoastmeditation.org)

### TUESDAYS

#### Kariang 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](mailto:Catsnutrimetics@gmail.com)

#### ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.  
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722 [zumbawithkim@live.com.au](mailto:zumbawithkim@live.com.au)

### 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](http://www.firstaid.net.au)

### Wednesdays cont.

**Weight Watchers** from 6.30pm to 8:00pm  
[www.weighwatchers.com.au](http://www.weighwatchers.com.au)

### THURSDAYS

#### Kariang 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](http://www.coastcarecounselling.org)

#### Social Table Tennis Group

Get fit, have fun, make new friends. Time: 6:30pm—9:00pm  
Cost: \$3.00 for members, \$3.50 non-members.  
For more information Phone KNC 4340 1724

### FRIDAYS

#### Stamp and Create

Cardmaking classes - 3rd Friday morning of each month  
10am –1.00pm. Next class 21st March. Bookings essential. Please contact Amanda on 0450126 093 or [mandageorge0377@gmail.com](mailto:mandageorge0377@gmail.com)

#### Australian Breastfeeding Association Meeting

Fortnightly 10.00am to 12 noon [www.breastfeeding.asn.au](http://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/kariang.youth](http://www.facebook.com/kariang.youth)

### SATURDAYS

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 Kariang 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 21st May, 2014

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au) and Community Announcements to [coordinator@knc.net.au](mailto: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](http://www.knc.net.au)

PLEASE NOTE: Kariang 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.