

# THE KARIONG CONNECTION

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

Vol 22; No. 10 10 Langford Drive, Kariong, Ph: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



November 2013



## THE COOLAMON ON GREEN CENTRAL

### The Coolamon Café

The best place to cool down, relax and enjoy top quality food is more local than you thought – The Coolamon on Green Central, surrounded by beautiful Kariong bushland.

[Youthconnections.com.au](http://Youthconnections.com.au) - café provides a unique dining experience with fresh ingredients from the onsite organic garden and a range of Indigenous menu options.

The Coolamon on Green Central is part of the Indigenous Skills Centre and is a training café for Hospitality and Barista students. The café offers young people from the community the chance to gain skills and experience in the Hospitality industry. It employs a number of trainees as well as hosting work experience students.

Specialising in 'bush foods', The Coolamon staff prepare a range of delicious dishes containing Australian Indigenous ingredients. The Coolamon also provides a range of familiar dishes including burgers, fish and chips and daily specials – something for everyone!

Enjoy lunch or sit down with friends for a coffee at the café that gives back to your own Central Coast community.

The café is open from 8.00am to 3.00pm Monday to Friday and located at Gate 1, Kangoo Rd, Kariong. Catering for functions, business breakfasts, work lunches and morning teas is also available.

For enquiries contact our friendly café staff on 4346 1110.



Ph : 4340 4561

## Join us for OOSH ORIENTATION NIGHT

All you need to know about the services we provide  
Come and discover our safe, nurturing and fun environment.

Monday 18th November 2013

6.30pm — 8.00pm

At

Kariong Neighbourhood Centre  
10 Langford Drive  
Kariong

*Light refreshments served*

*Child care available*

*booking essential*



## Begins 8th November

## Gentle Hatha Yoga

Kariong Neighbourhood Centre  
10am Fridays  
\$13.  
Phone 43 401 724

Join Heidi Kartika for a gentle strengthening and calming practice of Hatha Yoga. Learn to move and breath with awareness.





Local volunteers and staff from Peats Ridge Public School in the picturesque location of Peats Ridge will be working with a team of volunteers from Conservation Volunteers Australia on 7/11/2013, to help undertake a working bee aimed at beautifying the school playground boundary and area adjacent to the newly constructed car park. The work will be mainly removing invasive weeds and general tidy up of the area.

MEET: 9.30am: Peats Ridge Primary School, Peats Ridge Road, Peats Ridge NSW 2250

FINISH: 3.00pm

Please wear sturdy boots, long pants, and long sleeve shirts. Hats, sunscreen, and water are a must. If for any reason you cannot make it on the day or if you are going to be late or cannot find the meeting point, please contact the team leader on 0404 828 911. If you need any more information please email:

[sydney@conservationvolunteers.com.au](mailto:sydney@conservationvolunteers.com.au) or give the Sydney office a call on (02) 93311610.

Notification to participate is essential and can be done by contacting us 93311610 by email.

## 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 Ph: 4340 1724**



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

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month.

You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact:

Judy Ph. 4344 6867



## SNOWY BRUMBIES PETITION

Stop aerial culling of the Brumbies.  
Petition at Kariong Neighbourhood

Centre. For more details go to:

<http://snowybrumby.wordpress.com/>

## MINGARA ORCHID CLUB

Will hold their Monthly Orchid Meeting on the 2nd Monday each month at 7.30pm at Mingara Recreation Club Tumby Umbi.

The Novice Grower's Class starts 6.45pm.

Orchids displayed and an interesting Guest Speaker.

There will be plants to buy, free tea and coffee and everyone is welcome to come along.

For enquiries please phone Anne on: 4351 0891.



### KARIONG SCOUTS

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

Joeys..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm

Cubs.....8 to 10 y/o ..... Meet Thursday 6.30pm to 8pm

Scouts.....11 to 14 y/o .....Meet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders

Contact Bruce 0419734002 for details

Hall hire available



Your Local Accountants and Registered Tax Agents

We've opened a new office in Somersby:

"Somersby Hub"

Corner Pile Road and Sailfind Place

**Phone: 4340 2415**

Individual Tax Returns from \$110

We can assist you with all your tax needs:

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Rental Properties

Companies

Self-managed Super Funds





## 'Love your lunch'

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FOOD**  
hate waste

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Save money and the environment while creating healthy lunchboxes for school and work that loved ones will love.



Inspiring and informative. Learn how to store food effectively, use leftovers, plan ahead and provide healthy seasonal food that tastes good.

### FREE NOVEMBER WORKSHOP

Wed 6 Nov, 11.00am to 12.30pm  
Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

To book, please call: 4340 1724



Kariong Neighbourhood Centre



## Christmas Vacation Care

**Vacation Care** will be available before Christmas on the following dates:

Thursday 19th December  
Friday 20th December  
Monday 23rd December  
Tuesday 24th December

BOOK NOW FOR YOUR PLACE

**CENTRE CLOSED**

**25TH DECEMBER 2013 TO 3RD JANUARY 2014**

Vacation Care Recommences Mon 6th January 2014

**Our Vacation Care Program will be available early December**



Free StEPS Central Coast Clinics  
December 2013 & January 2014

Being held at: Erina Health Centre, Gosford Child & Family Health, Woy Woy Community Health Centre  
For a StEPS Appointment please



**FAMILY FRIENDLY FOR ALL AGES**

BUY AFFORDABLE YUMMY FOOD OR BRING A PICNIC

2013 Saturday 2 November 6-9pm

2014 Saturday 22 February 6-9pm

2014 Saturday 24 May 5-8pm

2014 Saturday 26 July 5-8pm



### REGULARS INCLUDE:

The Central Coast Conservatorium Strings Ensemble playing Vivaldi's 'Four Seasons'; Family friendly episodes of "dirtgirlworld" as seen on ABC TV; Environmental Documentaries; Storytelling, Community Art and more. Youth space in the Arts Barn. Celebrating and enhancing the community of Kariong.



### Kariong Eco Garden

Dandaloo St Kariong (cnr Woy Woy Rd)

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

[kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)

0417 68 66 94 leave message



## Multicultural Cooking Classes



*Classes are only \$10 per head & includes:*

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

**This month features:**

### Middle Eastern Cuisine

*All invited to come along!!*

*Meet people and learn a new skill*

**When: Wednesday 20th November 2013**

**Time: 11.00 am – 1.00pm**

**Prepaid Bookings essential**

**Phone: 4340 1724**

## Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday and 9.30am until 2.30 pm Saturdays and is closed for half an hour at 12 noon.

The children and adults who came to the recent school holiday movie night had a very happy time. Visitors from Sydney expressed their delight. The Kariong Library Action Group hope to see you again at our next movie night. Thanks to the Gosford City Library for supplying the popcorn and drinks and thanks to all the people who helped to make the night a success.

The Kariong Library Action Group holds a regular monthly **Book Club** which meets at the library at 10 am on the last Friday of the month. Refreshments are served and good fellowship shared. **Friday 29<sup>th</sup> November** is the next one. The book to be reviewed is **Back When We Were Grownups**. This is a 2001 novel written by Anne Tyler in memory of her husband. In 2004 a TV movie starring Blythe Danner, Faye Dunaway and Peter Fonda was made. The tale is about 53 year old Rebecca Davitch - a widow, mother and grandmother who finds herself questioning everything about her life. Read the book to find out what happens and come along to the library to share your thoughts on her actions.

**Storytime** is held on Tuesday mornings. Stories, singing and craft activities begin at 10.30 am. This is a fun time for pre-schoolers and their carers. Come along and visit. The librarians are always helpful and welcoming. The summer reading program for children starts on 16<sup>th</sup> December until 26<sup>th</sup> January. Children receive a ticket which will go into a draw and a variety of prizes can be won. Lists of authors for junior fiction and young adult fiction in book-marker form are available from the Library. A great NSW Education and Communities website for practical help for primary and high school parents is [www.schoolatoz.com.au](http://www.schoolatoz.com.au).

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

## The Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 8<sup>th</sup> November, 2013 at 7.00pm for a 7.30pm start**. There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. There will be a guest speaker on the night and on Sunday 10<sup>th</sup> November we will be taking a leisurely bushwalk looking at and identifying plants. Visitors are also welcome to come along on our bushwalks. Our monthly meetings include a Plant of the Month and Book of the Month Presentation and a Specimen Table segment which is a presentation on growing information of plant material brought in by members from their gardens.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members. A monthly newsletter which gives a graphic account of our meeting and our activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049



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- \*\* Cylinder head and Engine rebuilding/ repairs
- \*\*Diesel servicing and Repairs

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





### Kariong Progress Association

Our Association meets on the 1<sup>st</sup> Wednesday of each month at 8pm in the Kariong Progress Hall, Woy Woy Road, Kariong.

Next meeting Wednesday November 6, 8pm, our guest is Councillor Hillary Morris and she will be speaking about OPEN SPACES/ ENVIRONMENT so if you have an interest or concern about our parks and open spaces/ environment, this is your opportunity to voice your concerns to a Gosford Council representative.

Kariong residents are reminded about Dog exercising regulations. You will be fined under the Companion Animal Act **\$220 per animal if you walk your dog without it's lead attached,** and, we are told, rangers are patrolling our streets because of this growing trend of walking your dog without its lead also due to a recent fatal attack.

At our last meeting, residents of Kariong voiced their disgust and concern about the malicious damage happening on weekends in Kariong. If you witness anything that concerns you, PLEASE phone the Police Hot Line on 131444 AND REMEMBER TO RECORD THE EVENT NUMBER WHICH THE OPERATOR WILL PROVIDE and also the name of the person you are speaking to.

Finally, membership of the Kariong Progress Assoc is now open for 2013/14 at \$2, please show your support for the good work done by the Progress Assoc and join now.

If you would like to book the Progress Hall or tennis courts please phone Yvonne on 4340 1068 after 8.30am and before 6.30pm

Enid Pauling  
Publicity Officer

## Homeserve

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# 1.5%

\*conditions apply

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Licensee

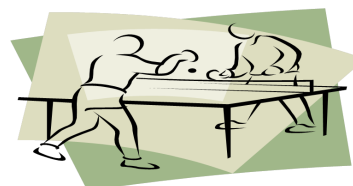
Phone: 4340 0692  
0403 160 185

[lmckay@ozemail.com.au](mailto:lmckay@ozemail.com.au)  
[www.homeserverealestate.com.au](http://www.homeserverealestate.com.au)

Kariong

## "ARE YOU INTERESTED IN PLAYING TABLE TENNIS"

Some locals have expressed an interest in  
having a table tennis competition



For Bookings, please contact Kariong  
Neighbourhood Centre on 4340 1724



## NSW Police Force Reporting Crime to Police



There are four ways to report crime in NSW, depending on the nature of the information: For further information on reporting crime contact the Crime Prevention Officer, Brisbane Water LAC on 4323 5534 or [www.police.nsw.gov.au](http://www.police.nsw.gov.au)

**For do it yourself security audits-  
[www.crimeprevention.nsw.gov.au](http://www.crimeprevention.nsw.gov.au) (fact sheets)**

- |    |                               |                     |
|----|-------------------------------|---------------------|
| 1. | <b>Emergency Services</b>     | <b>000</b>          |
| 2. | <b>Police Assistance Line</b> | <b>131 444</b>      |
| 3. | <b>Crime Stoppers</b>         | <b>1800 333 000</b> |
| 4. | <b>Gosford Police</b>         | <b>4323 5599</b>    |
| 5. | <b>Woy Woy Police</b>         | <b>4379 7399</b>    |

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

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

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

### Tips for car security

1. Don't keep valuables and personal items in your car.
2. Make sure all windows are closed and doors are locked, even when your car is parked at home.
3. Keep all valuables out of sight.
4. Leave nothing in plain sight that may make your car interesting to a thief.
5. If you park in a garage make sure you lock it.
6. Park safe – avoid quiet streets, park where it is well lit.
7. Keep your keys safe.
8. Protect your data – beware of identity theft.
9. Install a car alarm.

Visit [www.crimeprevention.nsw.gov.au](http://www.crimeprevention.nsw.gov.au) for more information. Taken from Tips for Car Security produced by NSW Police Force & NSW Government Attorney General and Justice.

### Chronic Illness Support Group

The Chronic Illness is now on hold until we have more people who are interested in joining. The Chronic Illness Support Group is for:

- Anyone who has a Chronic Long Term Health Problems and needs support.
- People who have had major operations and need support.

#### Purpose

- To provide emotional and social support to people with Chronic Health Problems who may feel isolated in their community.
- Teach techniques and skill to participants that will empower them to cope with their condition.
- Provide an environment where participants can learn new ways of dealing with their health problem and share their experience with others

If you are interested joining, please contact Kylie Fawkner, Coast Care Counsellor on 0435 809 506.



## The Hill Youth Centre



#### Tuesday

- Young Women's Program
- Homework Help
- Resume writing & Job Seeking skills

#### Wednesday

- 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

#### Thursday

- Sports and Fitness
- Table Tennis Comp

#### Friday

- Football Competition
- Dinner

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

Tue – Thurs open 3-6pm

Friday 4-8pm

Youth Workers available for referral and support 10-2pm by appointment.

Ph: 4304 7039

98 Mitchell Drive, Kariong



### What do we do?

We offer counselling 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?

Appointments are held at KNC, 10 Langford Dr Kariong. Contact Kylie Fawkner 0435 809 506  
[www.coastcarecounselling.org](http://www.coastcarecounselling.org)



## Brisbane Water Cricket Club

The BWCC is a newly merged entity between two forward thinking clubs with two unique histories making one decisive future with teams for all ages and abilities and skill levels. The Club will be running a Milo (in2cricket) program for those young enough to not know who Ricky Ponting is... To lodge your interest, please visit the club website at [www.bwcc.com.au](http://www.bwcc.com.au) or search Brisbane Water Cricket Club on Facebook.

Early on-field success has come to the new Club with wins to the u15A, u15B-Green, u13A, u13B, u13C, u11A, 11-Central. Highlights of the games came from a dashing century to Jordan Vilensky, retiring on 102 not-out as part of a team score of 306, and Samuel Wright for his brilliant 23 not-out on one of the best grounds for Juniors on the Coast - Fred Pinkstone Oval in Peats Ridge. Thomas Fredericks was clinical in his 34 not-out and partnership of 56 to take the team to 243 after their 50 overs. Well done to the teams and we look forward to bringing you more highlights as the season progresses.

Senior teams started off with a one-day game over the long weekend and results were not in our favour. It is early days and there is plenty of time left in the season.

Jeff Vilensky Publicity - BWCC

## Basketry and Fibre Sculpture Workshops

Contact Lisa on 0414 201 669 for details

Or check website:

[www.lisamcarthuredwardsartist.com](http://www.lisamcarthuredwardsartist.com)

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Email: [info@verowebstudio.com.au](mailto:info@verowebstudio.com.au)

Website: [www.VeroWebStudio.com.au](http://www.VeroWebStudio.com.au)



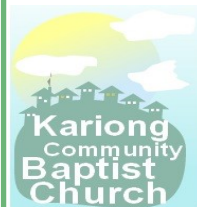

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[www.facebook.com/sacredcircleharmonyhealing](http://www.facebook.com/sacredcircleharmonyhealing)

ATMS & ARC member ABN 34 598 966 984



KCBC is busy heading towards the end of the year. Our women's group is exploring living a more grateful and thankful life. Our little "church house" on the cnr of Milyerra and Woy woy rd is getting a facelift to facilitate more community programs. Organisation for Kariong Community Carols has begun...it will be held on Dec 17<sup>th</sup>. Our youth and girls club continue to run programs right up until school finishes for the year. Plus we are on the search for a new pastor. There is always something that you could be involved in at KCBC and we encourage you to check out our website [www.kariongchurch.org.au](http://www.kariongchurch.org.au) for more information and as always everyone is warmly welcome to join us at our church service on Sunday mornings at 9:30am in the Kariong Public School Hall. Contact: Noel 0402634119 for further information.

As each of you prepare for Christmas and begin straining your brains for gifts to give those who are so hard to buy for...why not consider purchasing something from "The little book of big gift ideas". The gifts in this catalogue do much more than meet real and immediate needs such as clean water, food, health and income...each gift you give contributes to the holistic transformation of entire communities in need of assistance. This catalogue can be found at [www.biggifts.org.au](http://www.biggifts.org.au)



Kariong United Football Club is pleased to announce the u12 Womens "Kittens" team went into the Semi Final of the Football NSW Champion of Champions competition. Unfortunately they went down 1-nil to Baulkham Hills. The girls should be extremely proud of themselves to have come so far and been so successful this season. Congratulations to the entire team and to Coach Anneliese for her patience and guidance!

The Senior Presentation Evening was a huge success at the Central Coast Leagues Club and coincided with the opening round of the A-League at Bluetongue Stadium. Our team shared the points on the pitch just like the attendees at the presentation shared new memories.

As always, the off-season is the right time to get in touch with a few of our sponsors - George Brand Real Estate Kariong and Ross McLarty complete their 9th year as major sponsor of Kariong United FC and we look forward to more to come. ECOSUN, with their revolutionary solar pool heating system and our very own Northcoast Solar partner together to lengthen your swimming season. To Guy and his family at Foodworks (Mitchell Drive shops) - our BBQ's would not happen without your help nor without the help of Kariong Quality Meats. Kariong Pizza & Pasta have yet again proven to be generous with their player awards. Relative newcomer Worthington BMW has made a valuable contribution to the year. All their details are found on the Sponsors page on your club website at [www.kariongunited.com.au](http://www.kariongunited.com.au)

Jeff Vilensky

Kariong United FC Publicity.

# The XChange

## Seventh-day Adventist Church



October is another full month for us here at The XChange. Our laundry hampers are complete and now we are working towards the Christmas hampers. We want to make sure they have some real yummy stuff in them! If you know of anyone that could benefit from a hamper of some sort – give us a ring or send us an email and we would be happy to get right on that – no strings attached! Saturday 26<sup>th</sup> we are going to have Lynelda Tippo coming to talk to us. She is the director for the Aboriginal and Torres Strait Islanders and will be chatting about her experiences of their spiritual needs. Would love for you to come and hear her – it is during Barney's time.

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. 9am – 10:30am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

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

**Small Group** – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Tuesday Evenings 7:15pm - 8:15pm and Wednesday mornings 9:30am – 11:00am. Various locations – ring to find out where!

**The Sling Shot** - Every Alternate Monday Afternoon during the school term 3:30pm - 4:15pm at the Scout Hall. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.



## No Interest Loan Scheme

Have you lived in the local Gosford Area for at least 3 months? Are you on a low income? If so you maybe eligible for a No Interest Loan.

The amount you can borrow will vary, depending on your income & your capacity to make repayments. The maximum is \$800 for entertainment items such as TVs/Stereos, & up to \$1,200 for essential items like white goods/furniture. NILS® may also be provided to meet other essential needs like health aids, car registration or education costs. NILS® is not for emergency relief, bond or rent money, living expenses or debt repayment. The limit for people on Newstart/Youth Allowance is between \$600 - \$800, to ensure we don't place anyone in financial hardship. The repayment period is usually around 12 to 18 months. There are no fees, charges or interest. Call 4329 4477 for further information/application pack. NILS® interviews can be held at the Kariong Neighbourhood Centre - by appointment only.



## KARIONG MEDICAL CENTRE

*"Caring for Kariong"*

### Skin Cancer

Two in three Australians will be diagnosed with skin cancer by the time they are 70.

The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential disfigurement or even death.

Become familiar with the look of your skin, so you pick up any changes that might suggest a skin cancer. Look for:

- any crusty, non-healing sores
- small lumps that are red, pale or pearly in colour
- new spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months (especially those dark brown to black, red or blue-black in colour).

If you notice any changes make an appointment with your regular GP by phoning 4340 4444. Your doctor may perform a biopsy (remove a small sample of tissue for examination under a microscope) or refer you to a specialist if he/she suspects a skin cancer.

Also at Kariong Medical Centre we have our GP, Dr Dionne Bolla who specialises in skin cancer, she is available most Tuesdays and Thursdays. Most importantly protection from the sun is the best prevention. This includes;

**Slip** on some sun-protective clothing – that covers as much skin as possible

**Slop** on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

**Slap** on a hat – that protects your face, head, neck and ears

**Seek** shade

**Slide** on some sunglasses – make sure they meet Australian Standards



©1996 Jeff Buccino

Hello from the desk of the

### Standpipe

Well we are another month closer to Christmas, which means warmer weather and dryer conditions. So far we have been lucky in our neck of the woods with only minor flare ups around the area. I hope by now most of you have heeded the warning to prepare your home for the hotter,

dryer months ahead!

With that thought in mind – Have you thought about your feather and fur friends? Make sure you include their safety and requirements when completing your Bush Fire Plan.

Our Open Day on the 28th September was a great success. The red truck received an extra spit and polish for the day and didn't disappoint the little ones of Kariong that enjoyed having a sit in the passenger seat. Thanks to all the Crew on duty for showing our community around the station, demonstrating some of the equipment we use, answering any questions and cooking a great BBQ.

As I mentioned in last month's Standpipe, we visited the Kariong Child Care Centre in Langford Drive. The children's eyes lit up when they saw the truck pull into their car park. We had a little chat with them about fire safety in the home and out in the bush. We played a couple of games and they asked some very important questions. Then it was out to the truck to have a look around. The garden had a good soaking with all of the children having a go at the hose. The visit ended with a climb up into the truck and out the other side. Even the teachers had a go!

Since the last Standpipe our Brigade has been given the privilege of having a second truck in the Station. We now have Kariong 1A and Kariong 1B. This will enhance the ability of the Brigade to protect the Community as best as we can. One of our trucks with a full Crew on board, was deployed in a Strike Force Team, for 12 hours, to the Lower Hunter Rural Fire Service to assist their Crews with the recent Salt Ash, Fingal Bay and Heatherbrae fires.

There have been a few TOBAN (Total Fire Ban) days lately and no doubt there are going to be a lot more before this year ends and we are into April 2014. A TOBAN is usually announced around 5:00pm, and comes into effect at midnight that night for 24 hours. It can be extended. During this time no fires are permitted except for a gas or electric BBQ, which must be in the control of an adult and have a water supply readily available. All permits are suspended until the TOBAN is lifted. To find out more – [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au). Until next month Stay Safe and Firewise.



*Individual Tax Returns start from \$98*  
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- EMERGENCY 000
- Graffiti HOTLINE 1800 707 125
- LEGAL HELP 1300 888 529
- STATE EMERGENCY SERVICE 132 500

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

Kariog Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. **We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating.**

### MONDAYS

#### Little Bees Playgroup

Activities aimed at children aged 1 to 5 years. Siblings are welcome to attend also. 10.00am to 11.00am during school terms only.  
Cost: \$3ea child for members, \$3.50 for non-members. \$5 for families/\$5.50 for non-member families. Morning tea included

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawcner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

#### Family Law Advice Clinic—FREE

Assisting you to find solutions to your family law queries.  
First Monday of each month 2:00pm –4:00pm  
Bookings essential ph:4340 1724

#### Pilates for Seniors - [www.transcendfit.com.au](http://www.transcendfit.com.au)

11.45am to 12.45pm Contact Joanne to make a booking  
On 0425 265 609 . \$10.00 each class

#### Sahaja Yoga Meditation

7:00pm to 8.30pm. Cost: donation for room hire. Please book  
Call Jayu on 4340 0118. [www.freemeditation.com.au](http://www.freemeditation.com.au)

### TUESDAYS

#### Immunisation Clinic - NSCCA

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

#### Indoor Bowls

From 9.15am sharp to 12.00 noon. Cost \$3 for members, \$3.50 for non-members. Morning tea included.

#### Early Childhood Clinic—NSCC Area Health

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

#### ZUMBA fitness

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

#### Active Playgroup for 1 to 5 year olds.

Music, dance, exercise, toys, craft & School readiness  
10:30am to 12:30pm During School Terms - all welcome!  
Cost: \$3 per child, (member) \$3.50 per child (non-members) or \$5.00 per family

#### Early Childhood Clinic—NSCC Area Health

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

#### Multicultural Cooking Classes

11:00am to 1:00pm. 3rd Wed of each month. Only \$10 for tutorial, recipe and meal. Bookings Essential Ph: 4340 1724

#### Apply First Aid Course—HLTA311A

Nationally accredited First Aid & CPR Courses. To enrol contact  
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**Weight Watchers** from 6.30pm to 8:00pm  
[www.weightwatchers.com.au](http://www.weightwatchers.com.au)

### THURSDAYS

#### Kariog Arts and Crafts Group

A social group for people who enjoy doing arts and crafts.  
Bring your own project or learn new skills. All welcome,  
Thursdays, 9.30am to 12 noon weekly.  
Cost: \$3 for members, \$3.50 for non-members.

#### The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company—The group leaders are caring and eager to show you all a great time!  
Cost: \$3 members, \$3.50 for non members. 12:15pm to 2.00pm

#### Coast Care Counselling

Affordable Counselling is available every Monday & Thursday. Other times can be negotiated. To book an appointment contact Kylie Fawcner Ph: 0435 809 506 or KNC Ph: 4340 1724, For more information visit [www.coastcarecounselling.org](http://www.coastcarecounselling.org)

#### Sister Fabian - Free

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

#### Transcend Pilates - [www.transcendfit.com.au](http://www.transcendfit.com.au)

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

### FRIDAYS

#### Australian Breastfeeding Association Meeting

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

#### Gentle Hatha Yoga

Gentle, strengthening and calming practice  
10:00am to 12:00pm Cost: \$13 Bookings: 4340 1724

### SATURDAYS

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

### SUNDAYS

#### River Christian Church - From 9:00am,

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

***Please contact Fiona Simpson if there is a group that you would like us to run - Ph: 4340 1724  
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### **CLOSING DATE for NEXT ISSUE Wednesday 20th November, 2013**

**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: Kariog 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.