



Karuah News

Karuah Progress Association Inc.

0410 616 132

karuahpa@outlook.com

www.karuah.org

Issue 10 – Nov 2024

A big THANKYOU



The Karuah Oyster and Timber Festival Committee extends a heartfelt thank you to our sponsors and patrons for their incredible support in making Saturday, October 19th, 2024, an outstanding event!

The success of the festival was greatly enhanced by a group of local oyster farmers, who came together to sell an impressive 800 dozen oysters. Feedback on the quality was exceptional.

A big thank you also goes out to the businesses who generously donated items for the raffle, as well as prizes for the Great Karuah Duck Race and the Oyster Eating Competition. Proceeds from these sales will support the Port Stephens Quality Assurance Program.

Christmas Carols in Longworth Park
 Wednesday 11 December
 5.30pm to 8.30pm

Music:
 GET VOCAL
 with Chris Wilcox and MC by Katie

- Candles provided
- Santa with his Sleigh, Reindeer and Elves
- Sausage Sizzle
- Christmas Raffle

EVERYONE WELCOME

*Brought to you by:
 Karuah Progress Assoc Inc and
 Karuah RSL*

WED 11TH DEC 4PM

KIDS CHRISTMAS PARTY!

Join us for a magical afternoon filled with holiday cheer!

FEATURING

- Ruby the Clown • ELF Kids Disco • Magic & Games
- Animal Balloons • Elf Face Painter • Special Visit from Santa!
- Roving Elf Entertainment with Ruby, Kelly, and Peta!

Don't miss out on the fun!
 Bring your friends and celebrate the season!

Karuah Community Hall **FOR HIRE**

2 Engel Avenue, Karuah

Full kitchen and amenities

Contact Shane: spewin@msn.com

Why didn't the skeleton go to the dance?
Because he had no body to go with.

Our appreciation goes to the team at the KARUAH RSL for proof reading and printing



NEWS FROM KARUAH RSL

SUN 17TH NOV 2PM

Mega XMAS RAFFLE

OVER \$30,000 IN PRIZES!

GIFTS FOR ALL AGES
THERE'S SOMETHING FOR EVERYONE!

PRE-SALE TICKETS AVAILABLE GET IN EARLY AND DON'T MISS OUT!

HAMS, HAMS & MORE PORK

HAM RAFFLES

BONUS HAMS WITH EVERY RAFFLE from Tue 26th Nov

12:30pm Sun 15th Dec **MONSTER HAM RAFFLE**

7pm Wed 18th Dec **MEMBER'S FREE HAM**

12x 1/2 Leg Hams PLUS 8x 1/2 Pork Legs to win

KARUAH RSL EVENTS

Ph.: 4997 5297

MONDAY

Open 10am - 10pm
BINGO - Eyes Down 11am

TUESDAY

Open 10am - 10pm
Tuesday Bowls
Names in by 9.30am and play at 10am
EUCHRE 10.30am
KARUAH ROO'S MEAT RAFFLE drawn 7pm
ALL YOU CAN EAT ASIAN BUFFET 5.30pm

WEDNESDAY

Open 10am - 10pm

THURSDAY

Open 10am - 10pm
BINGO - Eyes down 11am
Thursday Bowls
Names in by 9.30am to play at 10am
CRICKET CLUB MEAT RAFFLE drawn from 6.30pm
FUN TRIVIA from 7pm

FRIDAY

Open 10am - Midnight
MEAT & SEAFOOD RAFFLE drawn from 6.30pm
PLUS

KING OF DIAMONDS DRAW \$1000 minimum

LIVE MUSIC 7- 10.30pm

SATURDAY

Open 10am - Midnight
COURTESY BUS AVAILABLE 11.30am
HAPPY HOUR 1 to 3pm
Excellent TAB facilities

Saturday Bowls

Names in by 12.30pm to play 1pm
MEMBERS FREE RAFFLE drawn 4.45pm
LIVE MUSIC 7-10.30m

SUNDAY

Open 10am - 10pm
MEAT & SEAFOOD RAFFLE drawn from 12.30pm
PLUS
KING OF DIAMONDS DRAW \$1000 minimum
POKER 11.30am Rego. WIN \$500 only \$20 to play!



Karuah Progress Association (KPA)

KPA is a non-profit organisation dedicated to enhancing the Karuah community. Its mission is to improve residents' quality of life through social, economic and environmental initiatives.

We welcome new members, volunteers and community support. We invite input from you, the community.

TOPICS OF DISCUSSION AND PROJECTS

- ◆ Tarean Rd repair scheduled for 2024/25
- ◆ Karuah boardwalk to commence 2024 - \$67,000
- ◆ Muston's Rd widened 2024 - \$1.6 m
- ◆ RV parking
- ◆ Revitalise Karuah—1 November
- ◆ Carols by Candlelight - 11 Dec in Longworth Park
- ◆ Christmas Monster Raffle
- ◆ Community Christmas Tree Decoration
- ◆ Karuah Notice Board and Town Map

We are asking YOU, the Community, for any donations that would be suitable as prizes for a MONSTER CHRISTMAS RAFFLE. All proceeds go back into the Karuah Community. Email below and we can pick up.

NEXT MEETING: Wed 27 Nov 2024 / 7.00pm at the RSL (4th Wed of the month)

Contact: karuahpa@outlook.com or follow Facebook to support event updates & announcements @ Karuah Progress Association—KPA



placescore.org/portstephens



As part of the [2024 Port Stephens Liveability Survey](#), we want to know what you think makes a neighbourhood great. We'll use this information to form the foundations of our future community engagement program, track how our services are improving your community's liveability, and inform our future planning and investment.

The 2024 Port Stephens Liveability Survey **closes at 11.59pm on Sunday, 1 December 2024**

Go to Council's website: [Liveability Survey 2024 | Have Your Say Port Stephens](#)



The survey has 2 sections and takes 5 to 10 minutes to complete. It's easy – all you need to do is tell us what is most important to you in your ideal neighbourhood and where we can help improve it.

Share what's important to you and rate your neighbourhood to go in the draw for a chance to win one of 10 x \$100 shopping vouchers!

We've commissioned [Place Score](#), a social research organisation, to undertake the 2024 Port Stephens Liveability Survey. By participating in this research, you'll provide us with specific insights that ensure our local planning responds directly to local needs.

LOCAL DEFIBRILLATOR LOCATIONS

- Voluntary Fire Brigade
 - Karuah Both Medical Centres
 - Karuah Motor Yacht Club
 - KRLFC Lionel Morten Oval
 - Karuah RSL
 - Karuah Tennis Clubhouse
 - Community Centre: North Arm Cove
- Police/Fire/Ambulance/SES: 000**
East Maitland Hospital: 4087 1000



WRAP WITH LOVE

- Donations are gratefully accepted for wool, squares and rugs.
- These can now be dropped off at the Church Op shop to be collected.
- 6 rugs were delivered this month to WWL.

Thanks again to all donors. Very much appreciated.

Jenny, Wrap With Love

Phone Jenny 0448 880 509 for information

MOBILE LIBRARY TIMES

2024

Karuah Community Centre
Every Tuesday—9 - 11am



Access over 10,000 items on board with the added benefit of borrowing from the entire Newcastle Region Library collection.

Services include: Computers, Free Internet and Wi-Fi, Books, Magazines, DVDs, CDs, Printing and photocopying, Seed library.

Come along for some fun, food,
faith and funky craft!



For children in school years 4, 5 and 6.

Where: St Columba Anglican Church Hall, 414A Tarean Road, Karuah

When: Friday afternoons during school term, 3:15 - 5pm (school pick up available)

Cost: \$2 per child.

For further information and sign up link please contact Joel Cottier on
0490848435
or messychurch2324@gmail.com



ADVERTISEMENT

A portrait of Kate Washington MP, a woman with short dark hair, smiling, wearing a red blazer. The background is a scenic view of a coastline with blue water and green hills.

Your local voice in NSW Parliament

KATE WASHINGTON MP
MINISTER FOR FAMILIES AND COMMUNITIES
MINISTER FOR DISABILITY INCLUSION
MEMBER FOR PORT STEPHENS

📍 26 William St, Raymond Terrace 📮 PO Box 82, Raymond Terrace NSW 2324
☎ 02 4987 4455 📧 portstephens@parliament.nsw.gov.au

Authorised by Kate Washington MP, 26 William St, Raymond Terrace NSW 2324 funded using parliamentary entitlements.

KARUAH MEALS ON WHEELS

A story from the past

Meals on Wheels was started 1989. Loriane Pevitt, Kathy Fletcher and Peggy Griffiths started by travelling to Tea Gardens each week to pick up meals to deliver to the clients in Karuah. Christine Conley volunteered later to help pick up the meals. Peggy Griffiths did the delivering of the meals to our Karuah clients. We then decided to cook our own meals and we did this at home, as it was getting too much to travel to Tea Gardens. When we eventually began cooking at the Uniting Church in their small kitchen, Loriane, Kathy and I made the desserts at home, due to not enough room in the church kitchen. Kathy Fletcher left the Meals on Wheels due to health and also moved from Karuah.

We stayed there until we managed to get the use of Karuah Community Hall kitchen. For us this was wonderful to have a large and wonderful kitchen to prepare and cook the meals in. Hope Simpson then joined the team, and we joined Meals on Wheels and became Incorporated. Hope became the Co-ordinator and did all the paper work necessary. Hope also did the interviews of the clients to see that they qualified for getting the meals. Our number of clientele varied, sometimes numbers were up and other times they were low, but we were determined to keep it going.

The meals were cooked the same as you would cook at home for your own family, and our clients loved them. They would get 1 hot meal, sweet, juice and fruit. They also would order how many frozen meals they would like to take, so they didn't have to cook themselves. We delivered to Karuah and Swan Bay. *(Continued Page 6)*

KARUAH		COMMUNITY DIARY	
		November 2024	
1 st Nov	9am – 3 pm	Revitalise Conference	Karuah RSL
3 rd Nov	4 – 5.30 pm	Messy Church	Anglican Church
6 th Nov	5.30 – 7 pm	Karuah Pearls AGM	
8 th Nov	10.30 – 12 pm	Living through Grief	Karuah RSL
22 nd Nov	10.30 – 12 pm	Living through Grief	Grange Clubhouse Boardroom, Tea Gardens
27 th Nov	7 pm	Karuah Progress Assoc meeting	Karuah RSL
1 st Dec	4 – 5.30 pm	Messy Church	Anglican Church
1 Dec	Close of 2024 Port Stephens Council Liveability Survey		
11 th Dec	3 – 5 pm	RSL Children's Xmas Party	Karuah RSL
11 th Dec	5 – 7.30 pm	Xmas Carols	Longworth Park
20 th Dec	10.30 am	Living through Grief for a chat and a Christmas meal together	Karuah RSL
1 st Tuesday	7 pm	Karuah Local History Group	Karuah RSL
Every Tues	9 – 11 am	Mobile Library	Community Centre
Every Tues	10.30 am	Euchre	Karuah RSL
Every Tues	1 pm	Drop in Musical Jam	Karuah RSL
Every Tues school term	10 – 12 am	The Karuah Hub playgroup	Aboriginal Hall, Mustons Rd, Karuah
Every Tues	1 pm	Drop in Musical Jam	Karuah RSL
Every Tues & Thurs	10 am – 2 pm	Karuah Connect – On Demand Bus Service	Phone Karuah RSL to book
2 nd Wed	2.30 pm	Women's Shed for all Women	Lady of the Rosary, Marian House
Every Fri	10 – 11.30 am	Little Fish Playgroup	Anglican Church
Every Fri	3.15 – 5 pm	Big Fish Friday Kids Club (during school term)	Anglican Church
Every Sun	9 – 12 am	Meet the Fire Brigade	Karuah Fire Station
Every Fri	5 pm	Dinner and music some days	Karuah Motor Yacht Club
1 st Sun	9 – 2 pm	Green Waste Collection	Community Centre
All week (7 days)	10am – 10pm	Restaurant, Bistro, Drinks, Music some days, raffles	Karuah RSL



DELIVERING FOR OUR COMMUNITY

Dr David GILLESPIE MP

Federal Member for Lyne

He Listens. He Cares. He Delivers.



For more information about community project funding, assistance with Federal Government services or to have your say on our Vision 2030 Plan visit www.davidgillespie.com.au

Wauchope: 📍 Shops 2&3, 43 High Street, Wauchope NSW 2446 ☎️ 6586 4462

Taree: 📍 144 Victoria Street, Taree NSW 2430 ☎️ 6557 8910

✉️ david.gillespie.mp@aph.gov.au 🌐 davidgillespie.com.au 📘 DavidGillespieMP

Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.






Karuah Rural Fire Brigade News

Karuah

Residents in local areas will notice smoke in the atmosphere for several weeks due to Hazard Reduction burns in the Lower Hunter. Wearing a mask will be beneficial. Make sure Air Conditioning units are clean and free of mould. For all emergencies always ring 000. Visit the station for a chat on Sundays 9am until 12pm.

Always call 000 in emergencies

All visitors are welcome at the station For more information about volunteering with RFS <https://www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs>

Captain Jim Semple:

You can contact me at the station on Sunday 9am - 12pm or Wed 10am-12pm



Karuah Local History Group

Meets in the Parker Room, RSL Club 7.00pm on the first Tuesday of each month

The local group works towards recording to preserve events and local people's history. We have produced small, reasonable cost publications from information received by members. Most of these books have been prepared by our members and are available for perusal and purchase at the Karuah Centre or from members.

If you are interested, please call in at the Centre to check what is there. We are keen to have people with information / photos or new members to join us at our meetings.

If you wish to contact our group: Cliff Johnson on 4997 5217 or Paul Mulvaney on 0407 583 623

BYO ACOUSTIC INSTRUMENTS FOR OUR

DROP IN MUSICAL Jam

A COLLECTIVE OF LOCAL MUSICIANS conducting a musical jam session, all musicians & community members invited.

ALL WELCOME, COME & ENJOY THE MUSIC!

1PM EVERY TUESDAY

Bring chords and words if original composition.

At the Karuah RSL

436 Tarean Rd, Karuah NSW 2324 Ph: 4997 5297



I was having trouble with my computer so I called Richard, the young fellow next door whose bedroom looks like Mission Control, and asked him for help.

Richard clicked a couple of buttons and solved the problem. So I asked "what was wrong"?

He replied, "It was an ID ten T error". I said "An ID Ten T error? What's that? In case I need to fix it again."

Richard grinned. "Haven't you ever heard of an ID ten T error before?" "No", I replied. "Write it down", he said, "and I think you'll figure it out".

So I wrote down: I D 1 0 TI used to like the little #@.

KARUAH MEALS ON WHEELS

(continued from Page 5)

Travelling to Swan Bay in those days was very rough, as it was dirt road and wasn't graded very often. We took turns in doing the deliveries. As time went on we had only one client at Swan Bay and he used to come and pick up his meals.

We had many other volunteers come and help out with the preparing and cooking of the meals and doing the deliveries. In later years we bought hot and cold bags to delivery the meals in, so that the clients had a nice hot lunch and frozen food was kept cold until it was delivered. This ensured that food was up to Health Regulations.

Then came the time that the "powers to be", decided that Meals on Wheels was to be run on strict guidelines. The meals were to be measured out in the containers, so many grams of this and only so much of that. The clients were used to receiving a full container and sometimes they would split it, so they could have two meals instead one. With the new restrictions there was certainly only enough for one meal.

As time went on Karuah Meals on Wheels was told they would no longer be cooking the meals, and the clients would order their meals which would come from Raymond Terrace. I believe that they lost a lot of the clients due to the fact that the meals were terrible. The clients missed the meals that had been lovingly cooked by locals and tasted home made, and not the meals that was cooked in bulk, like hospital food.



Phone: (02) 4997 5670
Operating Monday - Friday 8:30am - 4:00pm

We acknowledge the traditional custodians of this land on which we live and work, both the peoples of the Karuah and Worimi Nations.

Wiyabu everyone

Spring has sprung and we are elbow deep in our vegetable patch. If you need parsley, we've got you covered and are well on the way to being the proud producers of tomatoes, every colour of the rainbow. We are also in the midst of planning some fun playground upgrades with the help of a couple of local gentlemen so watch this space.

Our Preschool Program is filled with cooking, gardening, music, and social opportunities that enrich the children's experience and foster a love of sharing and learning together. Karuah Preschool provides care and education for children 2 to 6yrs of age and is planning its orientation sessions for new families, these are scheduled for the Thursday, 14th and Tuesday, 19th November. If you have any interest in enrolling, please make sure you're on the waiting list so that you and your child are able to be included in these sessions.

Our curriculum aims to Embrace, Engage, Enhance, and Empower children to become their best self in every way supporting wellbeing and resilience and developing lifelong skills and values.

Please contact us at the office on 4997 5670 or by emailing admin@karuahpreschool.org.au. We look forward to meeting you and working with your family. **Thank you & kind regards, Karen**



OSHC Service

Wiyabu from OSHC

Phone: (02) 4997 5670 / 0476 454 037
Operating Monday - Friday 8:30am - 4:00pm

What a lovely spring school holiday we have all had! Loads of time building friendships sharing experiences that will create lasting memories.

The children had a fantastic time on an excursion to Spring Loaded where they jumped, flipped and cartwheeled around the trampolines, ninja park and gymnastics areas, perfecting tricks and building bravery.

We also enjoyed a local outing to the Karuah pizzeria. These guys are consistently supportive of our Vacation Care Programs and a favourite item for all of our participants. The kids designed their very own delicious pizzas for lunch and to top it off, Tracey, Craig and Rachael treated everyone to a free ice cream desert! We are incredibly grateful for their wonderful hospitality and for always going the extra mile to make the experience special for the children.

Fishing is another favourite down at the Karuah jetty, where both children and educators caught plenty of fish.

We can hardly believe we're already in Term 4 and beginning to plan our next BIG Summer Vacation care program! We're always on the lookout for fresh ideas, so if you know of any local businesses that would enjoy a visit from OSHC, please don't be shy. Contact us at admin@karuahpreschool.org.au or 49975341.

This is also the best way to get in touch if you're wishing to enrol children in either our Before & After School Program (BSC) / After School Care Program (ASC) or for the upcoming December/January Vacation Care period. We recommend that enrolments are done in advance as new enrolments can take time to process. If you have a child starting Kindy in 2025 and are interested in any of our OSHC services, please touch base now so we can pop you on our waiting list. **Kind Regards, Samantha Johnson. Karuah OSHC Co-Ordinator**



The Worimi are the traditional custodians of Port Stephens. Their connection to the land and waters of Karuah stretches back thousands of years and remains strong today.

The present Karuah Mission was established in 1898, but the first Karuah Mission was established in 1868 at Sawyers Point (where the Karuah RSL Club is today). This was so the people could see their homeland at Soldiers Point.

Karuah Local Aboriginal Land Council (established in 1983) continue to reinforce this connection to land and culture, so that it can be shared with and kept alive by future generations.

Meetings Times and Dates

(Meetings are for members only)

Community Land & Business Plan (CLBP)

Wednesday 30th October 2024 – 4pm

CLBP Meeting

Wednesday 6th November 2024 – 4pm

Extra Ordinary meeting CLBP – Pass the CLBP

Monday 18th November 2024 – 5:30pm

Community Meeting

18th November 2024 - 6pm

All meetings are at:

Cnr Mustons Road & Ridgeway Close, Karuah NSW 2324

<https://www.karuahaboriginal.com.au/>



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CENTURY 21 Coastal Properties

**AS YOUR LOCAL REAL ESTATE AGENT WE
HAVE PREPARED A SPECIAL REPORT TO
SHOW THE ACTIVE PROPERTY
VALUES AROUND YOUR STREET**

As a result of the changing market, many residents are keen to know the current market of their property in comparison to properties sold in the last 12 months. We will produce a report & we hope you benefit from our knowledge. If you would like your own property appraised in the near future contact us:

Ivy Stevenson:

ivy_stevenson@coastalproperties.net.au / 0432 705 766

Bryan Stevenson:

bryan_stevenson@coastalproperties.net.au/ 0419 384 569



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Australia shutting down 3G Phone Network

This has been planned for some time, originally the beginning of 2024 but now pushed back until 1st Nov 2024. This means that any phone or device using a 2G or 3G sim card will no longer connect to the mobile network, this can include phones / emergency devices / tablets and some cars with sim cards built in.

Because of this, Optus and other couriers have given customers thousands of updated mobiles for free BUT even some 4G/5G mobiles won't be able to make calls after the changeover.

4G or 5G phone refers to the data connection and is not actually used for phone calls in Australia, instead they use a system called VoLTE (Voice over Long-Term Evolution) you may have seen this in the top of your mobile when making a call. A lot of overseas mobiles don't use this system and instead make voice calls using the 3G network even though they are a 4G/5G phone.

For this reason it is important to only purchase mobiles meant for Australia network. This will effect people travelling from overseas to Australia.

There is a further problem, there are some 4G/5G mobiles that can make voice calls using the VoLTE but are unable to make emergency calls to 000. The Government is currently making new legislation to ban these phones from the 4g Network, this will cause a lot of E-Waste as thousands of phones will no longer work.



Opening of new wing

On Saturday, 21 Sept, the Port Stephens Koala Hospital (PSKH) opened it's new wing which includes an Operating Theatre, a multi-purpose Triage Centre and a CT scanner which was donated to the Hospital by the Cockbain Family Wildlife Trust.

The Extension was officially opened by The Hon. Tanya Plibersek, Federal Minister for Environment & Water and attend by distinguished guests and PSKH volunteers.



PLEASE NOTE: Koala's and other Native Wildlife are now on the move as we are coming into the mating season, so please drive carefully and if you see any sick or injured koala's or wildlife, please phone:

Port Stephens Koala Hospital 24-hour rescue line



Karuah Motor Yacht Club

WELCOME

to our family-friendly sports club!

Join us every Friday night from 5pm at our licensed venue for delicious family meals and desserts.

On special nights, enjoy live music

1st November Melbourne cup night

22nd November Brewhaha

Our courtesy bus is available every Friday night for your convenience.

Stay updated by following us on Facebook and the Karuah Community website - www.karuah.org

mail@kmyc.net.au

*<https://www.facebook.com/karuahmotoryachtclub/>
Off Pacific Hwy, Karuah Waterfront, Karuah*

KARUAH PEARLS NETBALL CLUB

JOIN THE COMMITTEE

ALL POSITIONS VACANT

A-G-M	PRESIDENT	VICE PRESIDENT
WEDNESDAY	TREASURER	EXECUTIVE MEMBERS
6TH NOVEMBER @ KARUAH RSL		SECRETARY
5:30 - 7:00 PM		
*MUST HAVE CURRENT WWCC		

For more information: karuahpearlsnetballclub@gmail.com



The Karuah Hub is run by the team at First-chance and led by our specialist Early Intervention Educators, providing local families with:

- A community-led playgroup for 2 hrs per week during school terms
- A Speech Therapist and Occupational Therapist to support children and families
- Individual support to parents/carers

All welcome—parents, carers, grandparents and siblings. Lunch provided.

When: Every Tuesday during school terms - 10am to 12pm

Where: Aboriginal Community Hall, Mustons Rd, Karuah

No need to book, just come along and meet our team

Need to know more:

Phone 49103130 / email: reception@firstchance.org.au
website www.firstchance.org.au



MEALS ON WHEELS

More than just a meal!

Meals on Wheels

- ◆ We provide meals to Tea Gardens, Hawks Nest and areas from Karuah to Bulahdelah.
- ◆ Meals are nutritious and a variety is available for selection.
- ◆ Specific dietary requirements can be catered for including vegetarian, gluten free and diabetic.



Did you know? Meals on Wheels has been operating for over 40 years in our area. We are always on the lookout for volunteers either in our local kitchen or delivering meals.

For more information phone our friendly office staff on 4997 0800

Karuah Konnect

On-demand bus service

Service times: Tuesdays and Thursdays, 10am to 2pm

Gold coin donation, to invest back into the service



TO BOOK CALL 4997 5297

PLEASE BOOK IN ADVANCE

The service will pick you up from your home and drop you anywhere in the designated area.

Please remember to leave your mobile number with the Karuah RSL when booking.

Living Through Grief Group

This group will give people experiencing grief and loss, an opportunity to meet with others in similar circumstances and to share their feelings and concerns. It will be a time for people to talk in a safe and comfortable setting, with some general input provided by Lee, both of whom have experience in working with these groups. Feel free to buy a coffee and bring into the meeting.

Meetings to be held monthly:

- Friday 8th Nov at Karuah RSL Boardroom, 436 Tarean Rd, 10.30 - 12pm
- Friday 22nd Nov at The Grange Clubhouse Boardroom, 31-93 Spinifex Ave, Tea Gardens 10.30-12pm
- FOR DECEMBER we'll meet 3rd Friday—20th at Karuah RSL 10.30am for a chat and a Christmas meal together.

All welcome, this is a safe, inclusive, respectful place

Healing isn't always about therapy, it's often about:

- ◇ People
- ◇ Recognising we need them and
- ◇ Sometimes not knowing how to trust

It's allowing ourselves to exhale in the presence of someone safe, and trust ourselves there.

Dr Glenn Doyle:

Can't clean up the whole room? Clean a corner of it.

Can't do all the dishes? Do a dish.

Can't get in the shower? Wash your face.

Always look for the things you CAN do, with the energy and focus you DO have. Little wins pave the way for bigger wins. 1% beats 0%.

KARUAH MEDICAL CENTRE

406 Tarean Rd, Karuah, NSW 2324

Phone: 4997 5510 / 4997 5912

We bulk bill all pensioners, concession card holders and kids under 16 years of age

- **Pfizer booster** vaccines are available.
- **Flu vaccinations** at clinic.
- **Shingris (Shingles vaccine)** is free for over 65.
- **Children's health:** Baby check, Immunisation, catch up.
- **General health:** General Check ups, Diabetes, Sexual Health check, Health assessment, Enhanced Primary Care Plans, Mental Health care plans, Aboriginal health Assessment
- **Women's health:** Cervical screening test, self collection is available.
- **Family Planning:** Infertility test, Implantation, IUD, OCP injections, Pregnancy test, Antenatal shared care.
- **Surgery/treatment:** Skin Cancer check, Minor surgery, removal of lesions, suturing, lacerations, cryotherapy, wound care
- **Speciality Services:** ECG, Weight control, Travel vaccine, pre-employment check up, fitness to drive medical assessment
- **Mental Health Plan**
- **Counselling**
- **Hypnosis**
- **Hearing Check**

What did one elevator say to the other?

I think I'm coming down with something

THE KARUAH UNITING CHURCH

The Karuah Uniting Church services & times for November are currently as follows:
Any changes to this can be found on our website: grahamstown.uca.org.au



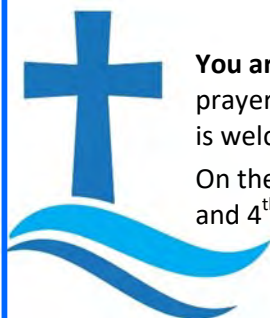
Date: November 3 **Time:** 11.00 am **Minister:** Own service
Date: November 10 **Time:** 11.00 am **Minister:** Rev Waisea Logologo
Holy Communion and lunch after church.
Date: November 17 **Time:** 2.00 pm **Minister:** Joe Kalou
Date: November 24 **Time:** 11.00 am

No Service. Karuah congregation joining combined churches in Longworth Park, Karuah for an Advent service with Minister Rev Waisea Logologo

Our Hall is available for hire. We have a form to be filled for that purpose and it is available from myself, Andrew, I can be contacted by email at: johnlanda@gmail.com or phone 0437 115 032.

Be Blessed. Andrew Landa for the Karuah Uniting Church

ST COLUMBA ANGLICAN CHURCH — KARUAH



You are warmly invited to join us on Sunday mornings at 8:30am for a time of singing, a Bible talk, prayers and morning tea afterwards. Our congregation ranges in ages from 2 to 92 and everyone is welcome! We sing a range of songs including hymns, choruses and contemporary music.

On the 1st, 3rd and 5th Sundays of the month we have a Holy Communion service and on the 2nd and 4th Sundays we have a more relaxed Praise, Prayer & Proclamation service.

Messy Church is held once a month from 4:00 -5:30pm. This has been very popular with young families and consists of craft and activities, followed by a Bible story, songs and prayer in the church after (every child gets to ring the bell!) and then a delicious meal is shared together. The cost is free, but there is a donations box if people would like to contribute. The dates for Messy Church for the rest of this year are: **3rd November, 1st December.**

You are welcome to turn up, but it helps with catering if you let us know you'd like to come. Enquiries are through Vicki Cottier at messychurch2324@gmail.com or on 0431 985598 .

Little Fish Playgroup is on every Friday during school term from 10:00-11:30am. Parents and carers of young children are welcome to come and enjoy a chat and a coffee while their little ones play. There is also a time of music, movement and a story. Cost is \$2 per family.

The Op Shop is a treasure trove of clothes and goods and also a great place to call in for a chat with our friendly volunteers. Opening times are **Weds, Thurs, Fri and Sat from 9am - 1pm.** Please remember if you are donating goods, we are not allowed to sell or give away electrical items and we don't have room for furniture or large items, so please don't drop these items off.

For enquiries for any of our services or activities, please contact Rev. Alison Williams on 0491 112681 or alisonwilliams1@zoho.com



OUR LADY OF THE ROSARY, CATHOLIC CHURCH, KARUAH

Mass Times for November 2024

1st, 3rd and 5th weeks are Saturday evening @ 6.30pm

2nd and 4th weeks are Sundays @ 8.30am

The 2nd Sunday is a celebration of the Eucharist with Communion without a priest.

After the 4th Sunday Mass we have a community morning tea in Marian House with the Catholic community invited.

Our Lady of the Rosary parishioners have commenced a monthly

Women's Shed

to be held on the

2nd Wednesday of each month at

2.30pm in our

Church Hall, Marian House.

This is for all women in our town who would like to come and share a cuppa, chat & bring along any craft to work on.

What did the tie say to the hat?

You go on ahead. I'll hang around.



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Bulahdelah

Dr Sita Dewamitta (MBBS, PhD, FRACGP) Dr Bimalka Wijayanayake (MBBS, FRACGP)

Dr Avisham Ramphul (MBBS, MSc Dentistry) Dr Jacintha Barnasuriya (MBBS)

Dr Aqsa Tufail (MBBS) Dr Iqbal Pakzad (MBBS) Dr Dinushi Wamasuriya (MBBS)

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