

# Karuah News

Issue 7 – Aug 2024

THE KARUAH CENTRE  
393 Tarean Rd, Karuah 2324

The Editor

Phone: 0410 616 132

Email: [arnika99@outlook.com](mailto:arnika99@outlook.com)



The Karuah Progress Association Inc. is pleased to announce that the Karuah Community website is now LIVE! You can visit the site at [KARUAH.ORG](http://KARUAH.ORG).

As the website is new, it might not yet appear at the top of Google search results, but we expect it to climb the ranks soon. We are continually making updates and improvements, and we **welcome any feedback that can enhance the site further**.

The Business and Community directories are designed to spotlight local businesses and community groups, making it easier for residents and visitors to find and support the services they need. By joining online, you'll increase your visibility and have the chance to connect with a wider audience.

We invite the entire community to participate in this website. If you have any events or news that would benefit the community, please email us: [contact@karuah.org](mailto:contact@karuah.org).

Your participation will not only benefit your community group or business but also contribute to the growth and vitality of our local economy.



Over the month of July, Karuah Pearls Netball Club (KPNC) had a much deserved break over the school holiday's. They got straight back into it with a one off intense biometric training session for Pearls and a joint training session for Opals and Dolphins. A busy come back, indeed!

The weekend that followed, saw KPNC host the 2024 Indigenous round for netball at the Port Stephens Netball Assoc. netball courts in Raymond Terrace. This round was busy, windy and fun packed.

Individuals from all 5 netball clubs, Karuah Pearls Netball Club, Dungog Netball Club, St Bridget's Netball Club, Terrace Centrals Netball Club and even Medowie Netball Club shared in an Aboriginal cultural experience. Starting with a Welcome to country and smoking ceremony performed by Uncle Justin and Uncle John Ridgeway followed by a shared cultural dance taught by Uncle Jamie and Auntie Clare. The Indigenous round was a brilliant display of cultural inclusion. Something Karuah Pearls welcomed.



To top the weekend off, two of KPNC's junior teams, Opals and Pearls, competed in the PSNA Junior Carnival. Both with outstanding results.

Opals finishing second on the ladder and

Pearls returning as overall winners for the Intermittent grade. An outstanding performance by all involved - coaches and players.

***Our community should be proud, these young girls did an amazing job. Well done teams.***

**Until next month, Gapu!**



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



# NEWS FROM KARUAH RSL



Friday 2nd **COSMIC DUO** Main Bar  
 SATURDAY 3rd **BRENDAN MURPHY** Main Bar  
 Friday 9th **SASS & THE BOSS** Main Bar  
 Saturday 10th **DEAN KYRWOOD** Main Bar  
 Friday 16th **CRAWFISH STEW DUO** Main Bar  
 Saturday 17th **CHRIS SAXBY** Main Bar  
 Friday 23rd **GEOFF KENDALL** Main Bar  
 Saturday 24th **KRISTY J** Main Bar  
 Friday 30th **PETER STEFANSON** Main Bar  
 Saturday 31st **LUKE DAVIS** Main Bar

Karuah RSL Bowling Club

## ONCOLOGY DAY Monday 9 September 2024

\$15 entry includes 9.30am Morning Tea, Bowls, Trivia or Games & 2 Course Luncheon



ALL MONIES RAISED TO ONCOLOGY UNIT CALVARY MATER HOSPITAL

Tables of Craft, Cakes, Jams, Pickles & Books etc  
PLUS a Tombola, Raffles,

Lucky Door Prizes & 100 Club!

Names must be in by Tuesday 3 September  
on Women's Bowls Notice Board.

## 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

### WEDNESDAY

Open 10am - 10pm  
KARUAH ROO'S MEAT RAFFLE drawn 7pm  
ALL YOU CAN EAT ASIAN BUFFET 5.30pm

### 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!



# The Karuah Centre

393 Tarean Road, Karuah 2324

Phone: (02) 4987 0002 • Email: admin@karuahcentre.com

**Opening Times:** 9.30am - 1.00pm Thurs & Friday

The Karuah Centre is a community based organisation that is run by a dedicated team of volunteers. It's main objective is to support the local community and assist Karuah's many visitors. The Centre

provides space for local community groups and contributes to many local initiatives. The Karuah Centre is responsible for producing this newsletter—The Karuah News.

**The Karuah Centre has some amazing items for sale. If you do any kind of craft at home, wishing to make extra cash, call into the centre and talk to Jean. Selling items from the locals is a great way to support the community.**

**Green Waste Collection:** 1st Sunday of each month from 9am—2pm.

**Recycling:** Batteries/Printer Cartridges/Mobile Phones anytime. (Tony King Auto Repairs will take car batteries for recycling).

**Tourist Centre:** Maps, Brochures, Information

**Wrap with Love:** Donations drop off only

**Karuah Garden Centre:** Succulents, ferns, mixed garden plants, vegetables.  
*Donation of plants welcome.*

**Books:** Free from front of Centre.  
*(donations welcome)*

**Handmade Gifts:** Rugs, knitting items, hand-towels, beanies, pottery, jewellery, dolls and lots more.

**Treasures, Crafts & Art:** Variety of 2nd hand goods.

**Local History Group:** Local History Books & display

**Karuah Pure Local** 1kg tub \$16; 500g Jar \$10;

**Honey:** 300g Jar \$6

## WRAP WITH LOVE

No longer meets on Wednesday at the Visitor Centre.

Donations are still gratefully accepted for wool, squares and rugs.

You can still leave your donations of squares and wool at the Centre or please  
Phone Jenny 0448 880 509 and I will pick up.

Thank you

## MOBILE LIBRARY TIMES

2024

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.



## 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 4987 0002

### 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 Centre when booking.*

## FOR HIRE

### Karuah Community Hall

2 Engel Avenue, Karuah

Full kitchen and amenities

Contact Shane: spewin@msn.com

Two windmills are standing on a wind farm. One asks, 'What's your favourite kind of music?' The other replies, 'I'm a big metal fan.'



**Karuah Progress Association (KPA)**  
Community Organisation

**NEXT MEETING:**  
Wed 28 Aug 2024  
7.00pm at the RSL  
(4th Wed of the month)

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

**24 July Meeting Highlights**

- ◆ **Karuah Highway sign started, to complete soon**
- ◆ **Tarean Rd repair scheduled for 2024/25**
- ◆ **Karuah boardwalk to commence 2024 - \$67,000**
- ◆ **Muston's Rd widened 2024 - \$160,000**
- ◆ **Tarean Rd speed sign reviewed**
- ◆ **Swan Bay Rd, dirt section to have drains cleaned and material added.**
- ◆ **KPA to run Oyster & Timber Festival Sausage Sizzle**
- ◆ **Carols by Candlelight discussed for 2024**

**Contact Breanna:** [karuahpa@outlook.com](mailto:karuahpa@outlook.com) or follow Facebook to support event updates & announcements @ **Karuah Progress Association—KPA**

COMMUNITY DIARY	
4 Aug 4-5.30pm	Messy Church @ Anglican Church
9 Aug 10.30-12pm	Living through Grief @ Karuah RSL
10 Aug 5.30pm	Karuah Roos After Party @ Karuah Yacht Club
28 Aug 7pm	Karuah Progress Assoc @ Karuah RSL
23 Aug 10.30-12pm	Living through Grief @ Tea Gdns (See P12)
19 Oct	Oyster & Timber Festival
1st Tues 7pm	Karuah Local History Group @ Karuah RSL
2nd Wed 2.30pm	<b>Women's Shed. This is for all women.</b> Lady of the Rosary, Marian House (P11)
Every Tues 9-11	Mobile Library @ Karuah Centre
Every Tues 10.30	Euchre @ Karuah RSL
Every Tue 1pm	Drop in Musical Jam @ Karuah RSL (P6)
Every Tues & Thurs 10-2pm	Karuah Connect—on demand bus service (see Page 3)
Every Wed 10-12	Meet the Karuah Fire Brigade @ Fire Station
Centre Opening Times	Wrap with Love Drop off
Every Fri 4-5.30	Little Fish Playgroup @ Anglican Church
Every Sun 9-12	Meet the Karuah Fire Brigade @ Fire Station
1st Sun 9-2pm	Green Waste Collection @ Community Cntr

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**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](mailto:portstephens@parliament.nsw.gov.au)

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

**PEEPING INTO THE PAST – From the “Maitland Mercury” 5th April 1860  
Submitted by Robyn Witt**

“DESTRUCTION OF TAHLEE HOUSE – we regret to have to record the total destruction of this splendid building, so long the residence of the Superintendent in Chief of the property belonging to the Australian Agricultural Company. During the night of Thursday last the inmates were alarmed by the fearful cry of fire; on rushing out the shingled roof was discovered to be in a blaze; the fire had already made so much progress that any effort to save the main building would have been fruitless. The family, with the few persons present, therefore used their utmost exertions to save the furniture and moveables, and we are happy to say that although at much personal risk from the falling timber, they succeeded in rescuing a considerable amount of property from the devouring element. In about three hours after the first alarm nothing remained of this fine old mansion but a pile of scorched and blackened walls. Tahlee House, embosomed in groves of orange and lemon trees, interspersed with clumps of roses, was situated on the crest of a green hill, whose slopes subsided in the waters of Port Stephens. It was built by the AA Company as a residence for their Superintendent in Chief, and long formed one of the principal ornaments of the district. This fine property has but recently passed into the hands of Mr Manton, who was in Sydney at the time of the accident.”

Work was begun on the first Tahlee House, originally called Mandorbah Cottage, during the first year of settlement at Carrington. It was situated about half a mile west of the township (Carrington), and was to be the home of the Company Commissioner. Captain Philip Parker King was the last commissioner to live there. His term finished in 1849.

In 1856 the Company sold the house and land to Mr Frederick Manton, who in turn sold it in 1871. It changed hands again in 1880 when it was purchased by the Hon. Robert Hoddle Driberg White, who was the Member for Gloucester in the NSW Parliament. Many improvements and extensions were made to the property during White’s time. He added a large lounge room to the existing house, along with a billiard room and ballroom separate to the house. These rooms became a lecture hall and dining room when Tahlee Bible College was established.



Tahlee, Feb. 8th. 1840, Port Stephens. Ink. (Courtesy of State Library of NSW)



**VISION 2030 PLAN**  
**Dr David GILLESPIE MP**  
Federal Member for Lyne  
*He Listens. He Cares. He Delivers.*

*In updating our Vision 2030 Plan for the area, I'm seeking your ideas about local projects important to you.*

Fill out the survey in the mail, visit **davidgillespie.com.au** or scan this QR Code



**Wauchope:** 📍 Shops 2&3, 43 High Street, Wauchope NSW 2446 ☎️ 02 6586 4462  
**Taree:** 📍 144 Victoria Street, Taree NSW 2430 ☎️ 02 6557 8910  
✉️ david.gillespie.mp@aph.gov.au 🌐 davidgillespie.com.au 📺 DavidGillespieMP

**THE NATIONALS**  
*for Regional Australia*

Authorised by D. Gillespie, National Party of Australia, Shops 2&3, 43 High Street, Wauchope NSW 2446.



### Karuah Rural Fire Brigade News

**A winter reminder of safety around Fireplaces, Heaters, and Clothes Dryers.**

1. Chimneys need yearly maintenance.
2. Never leave clothes on or too close to heaters.
3. Clothes dryer filters need cleaning regularly.
4. Clean dust and webs from fire alarms.
5. Store Batteries in dry areas, avoid dropping, crushing or piercing batteries.
6. Be vigilant around heating appliances, mobile vehicles and the use and disposal of batteries.

**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 Wednesday 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**



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**Wildlife In Need of Care (WINC)**  
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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



**Check Council's project page for the latest updates. <https://www.portstephens.nsw.gov.au/services/projects/2023-2024>**

**KARUAH PROJECTS INFORMATION PAGE**  
Did you know that council provides an up-to-date information page on projects that are happening in Karuah? We encourage you to look, to get involved, find out information and have your say about important issues and projects. Please go to [www.portstephens.nsw.gov.au](http://www.portstephens.nsw.gov.au) and search *Have Your Say* to subscribe for regular updates.

ARE YOU A KARUAH BUSINESS who's keen to connect with the Port Stephens business community? To find out about business events and professional development opportunities, Port Stephens Council has a monthly e-newsletter for business:

**"YOUR BUSINESS"**

It's a great way to stay across local business news, events and opportunities.

Join the [Your Business Network | Port Stephens Council \(nsw.gov.au\)](http://www.portstephens.nsw.gov.au)

For further information please contact:  
Economic Development Specialist Deborah Rodden by email [deborah.rodde@portstephens.nsw.gov.au](mailto:deborah.rodde@portstephens.nsw.gov.au)



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 from Preschool**

During Term 2 Aunty Di continued to visit the preschool regularly, spending time with the children in the playground, chatting, painting, weaving and teaching the children indigenous dancing. All the elements of our time with Aunty Di seemed to come together beautifully when it came to planning events for our NAIDOC week celebrations, to round out the term.

With such wonderful items to share, we thought it only fitting to make sure we had some very special guests to enjoy them. Luckily some of the Estia Health residents from Tea Gardens, were happy to accept an invitation to watch the performance, prepared by the children and staff, with the help of Aunty Di.

The children helped Aunty Di make lovely oyster belts, by painting oysters shells and wearing them around their waist, representing the importance of the waterways and oysters in the history Worimi people and Karuah as a township.

In the days leading up to the event, the children made biscuits and scones which were enjoyed after the performance. What a lovely way to showcase what it is we do at preschool, sharing our learning and celebrating some of the special relationships we have built.

Preschool will be continuing to grow the community partnerships with Estia Health Residents by planning an excursion to visit them sometime soon.

We also had Aunty Pearl come along to teach us 'heads, shoulders, knees and toes' in Gathang, something we plan to practice.

Our little Midji-Gan Dalang children made campfire artworks to place around their room as a symbol of 'Keep the firing burning' and the Birrwal Dalang friends practiced their fine motor skills in learning to weave.

This term we have opened up all the remaining enrolment spots at preschool, with a number of new friends starting at the beginning of Term 3. As always we are keen to be prepared for coming years and urge those of you in the community that have young children to pop themselves on the waiting list sooner rather than later. It actually does increase your likelihood of being offered a position if you're in the list early, so call us or call in and we can organise this in just a matter of minutes.

**Thank you & kind regards, Karen**



Phone: (02) 4997 5670 / 0476 454 037

Operating Mon - Fri 8:30am - 4:00pm

### **Garuwa Kids Association News—Wiyabu everyone**

That's a wrap for the winter school holidays. WOW that went super-fast with so many fun days planned. We celebrated OSHC's 2nd Anniversary with a day filled with party fun and of course it wouldn't be a party without cake!

We were lucky enough to have Aunty Di help us celebrate NAIDOC week by sharing her culture through stories and craft. We have had an amazing informative incursion with cool kids first aid, where the children had hands on learning some lifesaving skills. We are now busily preparing for our next vacation care in October.

We recommend that if your interested in potentially using our OSHC for either vacation care or in term programs that enrolments are set up in advance, as it can take sometime to process new enrolments. That way when you want to come along everything is already set up and ready to go.



For anyone wishing to enrol their child please contact KARUAH preschool at [admin@karuahpreschool.org.au](mailto:admin@karuahpreschool.org.au) or 49975341.

**Thank you & Kind Regards, Samantha**





Stephen McCarthy

0428 678 909

[stephensgr8@gmail.com](mailto:stephensgr8@gmail.com)

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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](mailto:ivy_stevenson@coastalproperties.net.au) / 0432 705 766

Bryan Stevenson:

[bryan\\_stevenson@coastalproperties.net.au](mailto:bryan_stevenson@coastalproperties.net.au) / 0419 384 569



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**Microsoft to Charge for Windows Updates**

Windows 11 has only just reached 30% market share of all Computers.

Windows 10 is still the most popular operating system BUT Windows 10 will end its support in October 2025. At this stage Microsoft will offer people to pay so they continue getting the windows security updates. \$61 per device for first year/ \$122 for second year / \$244 for third year.

You could take the risk and just not do the security updates, Microsoft will do their best to convince you how risky this is, but you have the choice.

When Windows 7 finished support, Microsoft allowed certain businesses to pay a fee to continue getting security updates, but that time has now passed. As most programs no longer support Windows 7, including all antivirus. If you are still using Windows 7 on the internet STOP.



Email: karuahroosrlfc@gmail.com  
Facebook: www.facebook.com/karuahroosrlfc  
Phone: Sonja 0402 283 316

**3 Aug:**  
2.00 pm - Roos have 2 home games against Morpeth  
1.45 pm - Rooettes have Hinton @ Hinton

**And then all 4 team will be at home for the first time:**

**10 Aug:**  
10.00 am - U7's against Thornton Beresfield,  
11.30 am - U11's against Tea Gardens  
12.30pm - Roos against Kearsley  
2.00 pm - Rooettes against Lakes United

**It will be our old boys day and sponsors day then over to the yacht club.**

# KARUAH ROOS AFTER PARTY

**Saturday 10th August**

**@ Karuah Motor Yacht Club**

**Entertainment by BREWHAHA from 5pm**

Come along and celebrate the awesome season our footy club has had!



**Hot Food available from 5:30pm**

ENTERTAINMENT KINDLY ORGANISED BY ONE OF OUR AMAZING SPONSORS KARUAH MOTOR YACHT CLUB

**Everyone Welcome!**



Port Stephens Koala Hospital (PSKH) is thrilled to announce the birth of its first-ever joey, marking a significant milestone in the hospital's history.

The female joey is named Birubi which is the Worimi term for Southern Cross, acknowledging the contributions of First Nations communities to our shared PSKH history, culture and identity.

PSKH has dedicated over four decades to the rescue, rehabilitation, and release of injured and orphaned koalas.

This momentous occasion represents a pinnacle achievement in our mission to support and sustain koala populations in the Port Stephens region.

We have many good days at Port Stephens Koala Hospital, and this is one of them said Ron Land, President at PSKH, "Please welcome a baby girl for Mum Midnight Rose and proud dad Blinky! This little treasure is the first koala conceived and born at our hospital, and when big enough, she will be released into the wild. Another day in the wonderful world of Port Stephens Koala Hospital."

This event not only highlights the success of our conservation efforts but also serves as a beacon of hope for the future of koalas in the wild. The birth of this joey symbolises a new chapter for PSKH, reinforcing our commitment to the preservation of this iconic Australian species. To help us nurture Birubi, she can be adopted here - [bit.ly/3RUGvJT](https://bit.ly/3RUGvJT)

# KARUAH ROOS OLD BOYS DAY 2024



## OLD BOYS PACK

- Stubby Holder
- Karuah Roos Beanie
- 4 x Beer vouchers
- 1 x BBQ voucher

**\$50 per pack**

Pre-order your pack today so you don't miss out... as limited packs will be available on the day



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](mailto:reception@firstchance.org.au)  
website [www.firstchance.org.au](http://www.firstchance.org.au)



## MEALS ON WHEELS

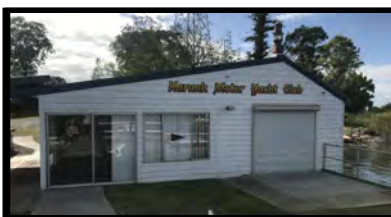
More than just a meal!

- ◆ 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 Motor Yacht Club

[mail@kmyc.net.au](mailto:mail@kmyc.net.au)

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

We are a family orientated sports club.  
We are a licensed premises open every Friday night from 5pm for family meals and desserts.

### 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 Helenna and 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:**

- 2nd Friday at Karuah RSL Boardroom 10.30 - 12pm
- 4th Friday at The Grange Clubhouse Boardroom, 21-93 Spinifex Ave, Tea Gardens 10.30-12.00pm

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, Impantation, IUD, OCP injections, Pregnancy tst, 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**

Whenever you jump on a trampoline, did you know it changes the season?  
No matter what time of year, it always becomes spring time.



## THE KARUAH UNITING CHURCH

The Karuah Uniting Church services & times for August are currently as follows:  
*Any changes to this can be found on our website: [grahamstown.uca.org.au](http://grahamstown.uca.org.au)*

<b>Date:</b> August 4	<b>Time:</b> 2.00 pm	<b>Minister:</b> Joe Kalou
<b>Date:</b> August 11	<b>Time:</b> 11.00 am	<b>Minister:</b> Rev Waisea Logologo
	Holy Communion Service and lunch after church	
<b>Date:</b> August 18	<b>Time:</b> 2.00 pm	<b>Minister:</b> Joe Kalou
<b>Date:</b> August 25	<b>Time:</b> 2.00 pm	<b>Minister:</b> Joe Kalou

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: [johnalanda@gmail.com](mailto:johnalanda@gmail.com) or phone 0437 115 032.

*Be Blessed. Andrew Landa for the Karuah Uniting Church*

## ST COLUMBA ANGLICAN CHURCH — KARUAH

The OpShop continues to be a source of great bargains, and a place where there is always a warm welcome from the hard-working volunteers. Our carparking area has proven a great asset and is not only used for church purposes since its completion. We currently have plans with the Diocese for the establishment of an access for disabled people to the Johnson Hall.

'Messy Church' is for families with children and it involves fun and creative ways to learn about faith without having to stress about having children being still and quiet. It includes craft/activities in the hall, then a Bible story and music in the church, and then it finishes with a dinner together in the hall. It is free, however we do have a donation box at the entrance, should you choose.

Little Fish Playgroup is on every Friday during school term from 10am to 11.30 and is a relaxed and welcoming place for parents and grandparents with young children and babies. If the weather is fine it starts outside in playground, and then there are activities and toys in the hall with a story and music time. Everyone is welcome and can just drop in. Religious Education (scripture) is taught in our local school on Friday mornings by a number of people from different churches.

*Cliff Johnson and Revd. Alison Williams (alisonwilliams1@zoho.com)*



## OUR LADY OF THE ROSARY, CATHOLIC CHURCH, KARUAH

### Mass Times for July 2024

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

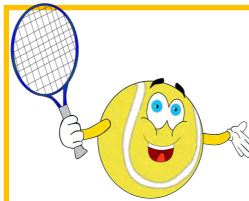
2nd and 4th weeks are Sundays @ 8.30am

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 and bring along any craft to work on.***



## KARUAH & DISTRICT TENNIS CLUB NEWS

[KaruahTennis@gmail.com](mailto:KaruahTennis@gmail.com)  
<https://play.tennis.com.au/>  
KaruahTennisClub, 2 Engel Ave, Karuah

### Looking for a great way to get fit & meet new people - Then TENNIS is the option!!

We are always looking for new members and would love to welcome you to our family friendly, growing club. We run social competitions every term for all experience levels. Here new players can get to know us and we can grade you into the season's comp, while playing for some glassware at the same time!

Things to enjoy at our club:

- Kids Tennis every Friday from 4pm
- Social Nights will be held throughout the season.
- You will meet great people and get fit at the same time!
- Cheap fees and membership.
- Kids of all ages from the start of primary school are welcome on a Friday. As well as any adults looking to hone their skills.

**If you are interested call Damien on 0411 328 114**



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# KARUAH HIRE



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Dr Sita Dewamitta

Dr Bilmalka Wijayanayake

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Allied Health: John Park—Physio  
Coast Podiatry

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\*all pension/health care card holders, children <16 years of age, those with ATSI background eligible for CTG, patients needing frequent follow up/chronic disease management plans and all non VR consultations are bulk billed.

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walk-ins welcome

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