



Karuah News

Karuah Progress Association Inc.

0410 616 132

karuahpa@outlook.com

www.karuah.org



KARUAH ROOS 2025 PREMIERS

Our mighty Men's C Grade Roos are 2025 Premiers after taking out the Grand Final on September 13: 34-28 winners over Stockton Sharks in the Newcastle Hunter Rugby League C Grade Grand Final.

The premiership carries historic weight for Karuah, arriving 50 years after the club's legendary 1975 side claimed the Newcastle Second Division A Grade title.

The support from our community was beyond words. From the moment the bus rolled in, to the sea of red and white packing the hill, you rode every high and low with us, lifted the boys when it got tough and turned the game into a true showcase of Roos pride.

As a club we've dealt with field issues and everything else that comes with it, but we pushed through together and came out the other side as champions. That's what footy and our community is all about pride, resilience, heart and family.

A massive congratulations to every single one of the boys. You've put your bodies on the line week in and week out, backed each other no matter the score and showed what it means to wear the red and white with pride. You fought through it all and earned your place as premiers.



To our incredible sponsors, committee and volunteers this win belongs to you too. You've stood by us, cheered us on and made this season something special we'll remember forever.

Roos Line Up:

Shaquiel Saunders	Ryan Saunders	Rhys Thompson
Isaac Mitchell	Daniel Evans (C)	Steven Soper
Kane Thomas	Nick John	Kurt Langdon
Koby Marytn	Tristan Neil	Josh White
Luke Perry	Caleb Langdon	Kyle Ridgeway
Sam Croese (VC)	Dean Langdon	COACH: Daniel Evans
Brandon Thompson	Jack Langdon	

Karuah Oyster & Timber Festival
Sat 18 October 2025
 Lionel Morten Oval, Karuah
 Gates open at 9 am - 5 pm
 The Karuah Oyster and Timber Festival draws champion woodchoppers from across Australia and is famed for its succulent oysters

Lots of Stall holders and fun for kids

Thank you to all the sponsors who have made this wonderful event possible

Karuah Motor Yacht Club
JNR Fishing Comp
 Longworth Park
 8am til 11am

Open up to and including 16 year olds.
 Prizes will be given after the event

In conjunction with the Karuah Oyster & Timber Festival
Sat 18 October 2025

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



NEWS FROM KARUAH RSL

October 7 to 10.30pm
Fridays *Saturdays*

SHAZA'S KARAOKE 3rd
Function Room
COSMIC DUO 10th
Main Bar
CHILL PILL 17th
Main Bar
PAUL WATTERS 24th
Main Bar
CHRIS WILCOX 31st
Main Bar

4th DARREN
Main Bar
11th JAI MAREE
Main Bar
18th THE HIGHWAYMEN &
TRAVELLING WILBURYS
TRIBUTE SHOW Tickets \$25
25th GREG BRYCE
Main Bar



TUE 4TH NOV
ENTERTAINMENT 11AM
LUNCH 12PM

MELBOURNE CUP
Luncheon

\$40
PER PERSON
INCLUDING A FREE DRINK

ASIAN AND SEAFOOD BUFFET MASSIVE GRAZING BOARD UNLIMITED FRESH PRAWNS

LOTS OF ENTERTAINMENT AND PRIZES
PUNTERS CLUB • BEST DRESSED • SWEEPS • \$100 AND \$50 CLUBS
Fun Chocolate wheel prizes to support our Sub Branch

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

DROP IN MUSIC JAM 1pm ALL WELCOME
KARUAH ROO'S MEAT RAFFLE drawn 6.30pm
ALL YOU CAN EAT ASIAN BUFFET 5pm

WEDNESDAY

Open 10am - 10pm
KNITTING WITH LOVE 10am - 12 Noon
KARUAH TENNIS CLUB MEAT RAFFLE Drawn 6.30pm
POOL COMP for minimum \$100 6pm Start

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 RAFFLE drawn from 6.30pm PLUS
\$200 CASH GIVEAWAY DRAW 7.45pm
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 RAFFLE drawn from 12.30pm PLUS
\$200 CASH GIVEAWAY DRAW 1.45pm
POKER 11.30am Rego. WIN \$500 only \$30 to play!



Karuah Progress Association (KPA)
www.karuah.org

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

Meetings are held two months to allow for more flexible project planning and informal catch-ups during the off months.

NEXT MEETING: 7.00 pm, TBA Karuah RSL

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



COMMUNITY FUNDING AVAILABLE FOR KARUAH PROJECTS

The 2025 to 2026 Port Stephens Community Funding Program is now open, with over \$450,000 in grants and scholarships available to support local initiatives across the region, including Karuah.

The Community Funding Program has supported several past projects in Karuah that delivered key actions from the Karuah Place Plan.

If you're part of a community group, sporting club, school, business or are an individual with a great idea, there's funding available to help bring your ideas to life and enhance the Karuah area.

Open until 3 December 2025:

Mayoral Academic Scholarship for year 12 students

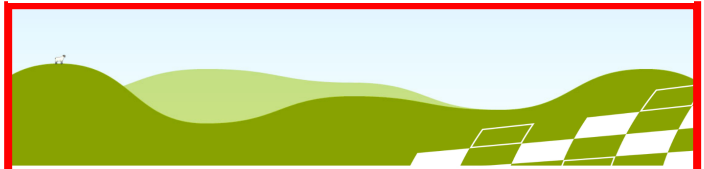
Open until 30 June 2026:

- Community Event Development Fund
- Major Event Sponsorship Fund
- Vibrant Spaces Micro Grant Fund
- Rapid Response Fund
- Mayoral Funds
- NEW Sporting Excellence Fund

FOR MORE INFORMATION:

- **Apply online:** pscouncil.info/community-funding
- **Phone:** Port Stephens Council's Vibrant Places team on 4988 0255
- **Email:** pscgrants@portstephens.nsw.gov.au

<https://www.portstephens.nsw.gov.au/services/roads/roads-acceleration-program>



RFS

BE A PART OF SOMETHING SPECIAL

Join the KARUAH team today!

The KARUAH Rural Fire Service is currently seeking dedicated and enthusiastic individuals to join our team as volunteer Firefighters. As a member of our team, you will be part of a community-based organisation that plays a critical role in protecting the lives and property of our community members.

APPLY NOW

Email: lower.hunter@rfs.nsw.gov.au
 Or scan here to find out more



rfs.nsw.gov.au/join

IMPORTANT INVITATION FOR THE KARUAH COMMUNITY

WHAT TO DO IN CASE OF A DISASTER
Read below



RediCommunities Karuah

RediCommunities is an Australian Red Cross initiative that empowers local communities to create and implement their own disaster resilience action plans.

This first workshop is an opportunity to meet your local emergency services and learn about their roles, your risks and the services that support you before, during and after an event.

Venue: Karuah RSL Club

Date: Thursday 16th October

Time: 6:00–8:30pm

RSVP: via QR code or to Karen Maloney on 0428 634 272

Catering provided



What did the duck say when it bought some lipstick? "Put it on my bill."

**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.

**Karuah Community Hall
FOR HIRE**

2 Engel Avenue, Karuah

Full kitchen and amenities

Contact Shane: spewin@msn.com

**EVERY WEDNESDAY
10AM - 12NN | FUNCTION ROOM**

**Wrap with
Love**

**KNITTING, CROCHET
& CRAFT GROUP**



Come along to learn knitting and crochet, and help make rugs for charity

Have a chat! Donations of 8-ply wool and squares are always needed and welcome. Feel free to bring your own craft projects along too.

SHOW, TELL, AND SHARE YOUR INTERESTS!

Contact: **Jenny Semple 0448 880 509**



What does a house wear? Address!

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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.



**OSHC
Service**

Karuah OSHC (Located at Karuah Public School)

0476 454 037 / oshcteam@gmail.com

Before & After School Care + Vacation Care

Karuah OSHC – Term 3 Update

This term at Karuah OSHC has been a wonderful one, filled with new faces, great experiences, and plenty of fun. We were delighted to welcome several new families into our service, and it has been fantastic to see everyone settling in so smoothly. With school enrolments well underway and the countdown to children starting school next year, we encourage families to begin planning ahead and securing enrolments for the 2026 OSHC year.


Our days have been full of activity and enjoyment. Outdoors, children and educators have taken advantage of the sunshine with a variety of games and physical play. Indoors, creativity has been thriving through drawing, LEGO, and magnetic block constructions, showcasing the imagination and skills of our children.

Looking ahead, we are excited to launch our upcoming Vacation Care program. This holiday period, our focus is “Our Community”, with excursions and visits to local businesses designed to strengthen connections and provide meaningful experiences. Vacation Care offers children the chance to spend time with peers, explore new activities, and continue learning in a fun and engaging environment.

We invite families to secure their bookings via OWNA or contact us directly for assistance. We look forward to another enriching and enjoyable holiday program with your children.

For those interested in enrolling their child, please contact the office at admin@karuahpreschool.org.au or call 49975670. We recommend that if you are considering using our OSHC services for Vacation Care, this coming holiday that enrolments are set up in advance to allow time for them to be processed. *Kind regards, Melissa Mills, OSHC Coordinator*

Karuah OSHC Vacation Care Program

<p>Monday 29/9 Karuah Pizzeria</p> <p>We'll be heading to Karuah Pizzeria where children will make their own pizza's. Choosing their own toppings and enjoying a hands -on cooking experience!</p> 	<p>Tuesday 30/9 Shrink Art</p>  <p>Children will design and colour their own shrink art pieces, then watch them magically shrink into keyrings and charms to take home!</p>	<p>Wednesday 1/10 Bingo @ RSL</p> <p>Join us for a fun Bingo session at the Karuah RSL with Prizes, laughter and competition!</p> 	<p>Thursday 2/10 Tie Dye day</p>  <p>Children will create their own masterpieces to wear and take home!</p>	<p>Friday 3/10 Rewear and Flare</p> <p>children will raid the OP shop racks, style their own outfits and strut their stuff with a fun and fabulous fashion show</p> 
<p>Monday 6/10 Public holiday</p> 	<p>Tuesday 7/10 Wheels day</p> <p>Get ready for wheels day at vacation care! Bring your bikes or scooters for a day of fun on wheels in the school grounds</p> 	<p>Wednesday 8/10 Sports day</p>  <p>We will spend the day at the school playing team games, running races and enjoying plenty of fun activities in the sun</p>	<p>Thursday 9/10 Throwback day!</p> <p>Children will revisit past favourites, choose to create a teddy bear, bunny, trinket box, or other special items to take home and treasure</p> 	<p>Friday 10/10 Fishing</p>  <p>We'll head to Karuah Jetty for a relaxing day of fishing and hoping to catch the big one</p>
<p>Monday 13/10 Talent Show</p>  <p>Children will take the stage to sing, dance, joke or showcase their special skills in a fun and supportive talent show</p>	<p>Tuesday 14/10 Back to school</p> 			<p>PLEASE NOTE..</p> <p>Some activities are weather dependent and may be cancelled at short notice. An alternative activity will be provided</p>

**Please ensure your children have the following:
Hat, Drink bottle, enclosed shoes, spare change of clothes, morning tea & lunch, a jumper**



Karuah Rural Fire Brigade News

Karuah

Karuah RFS has been busy through the winter months & have had to use a number of different CAT 1 vehicles.

We will see you at the Timber and Oyster Festival to help you get prepared for the summer months, remember, a permit to burn will be required from **1st October**. 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>

You can contact Captain Jim Semple at the station
Sunday 9am - 12pm or Wed 10am-12pm



Meals on Wheels

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 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.



Karuah Local History Group

**Meet in the Karuah Centre,
393 Tarean Road, Karuah
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
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conducting a musical
jam session, all
musicians & community
members invited.

**ALL WELCOME, COME
& ENJOY THE MUSIC!**

Bring chords and words if
original composition.

**1PM EVERY
TUESDAY**

Where should you go in the room if you're feeling cold?

The corner—they're usually 90 degrees.

SNIPPETS FROM OUR PAST *Submitted by Robyn Witt*

Senior Constable Tony Tamplin was Newcastle's longest serving policeman at the time of his death in 2013. He had completed 35 years in the police force, 29 of those as a media officer. The snippet below was published in a column he wrote called "On The Beat". It was titled "Common Sense Is Dead". My copy is undated.

An obituary – for a beloved old friend Common Sense, who has been with us for many years. He will be remembered as having cultivated such valuable lessons as knowing when to come in from the rain; why the early bird catches the worm; life isn't always fair; and maybe it was my fault. Common Sense lived by simple, sound financial policies – don't spend more than you earn, and other reliable strategies – adults, not children, are in charge.

His health started to deteriorate when well intentioned but overbearing regulations were set in place. Reports of a six year old boy charged with sexual

assault for kissing a classmate; teens suspended from school for using a mouthwash after lunch; and a teacher fired for reprimanding an unruly student only worsened his condition. He lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault. He gave up the will to live after a woman failed to realise a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents Truth and Trust; by his wife Discretion; his daughter Responsibility and his son Reason. He is survived by four stepbrothers; I Know My Rights, I Want It Now, Someone Else Is To Blame, and I'm A Victim.

Not many attended Common Sense's funeral because so few realised he was gone.

PEEPING INTO OUR PAST – Object Story: THE HARGAN SAW

These saws have an interesting history. The story starts in the small village of Willawarrin, about 30kms northwest of Kempsey. A gentleman called Don Hargan had moved there in the late 1940s and set up an engineering and mill workshop. It was here that he planned his extraordinary saw.

It was manufactured by an engineering firm in Sydney, and the sole selling agent was the firm of Dangar, Gedye & Malloch at Young Street, Circular Quay. The saw was described in glowing terms as a "*revolutionary portable saw which proved to be a boon to sleeper cutters. The saw could be wheeled on site and used horizontally, vertically, or converted to a swing saw. It was used extensively until the chain saw was perfected.*"



Only 500 Hargans were made. The advantages of this saw over an axe were huge, and they were very popular. They were usually powered by BSA motorcycle engines and featured a 90cm diameter blade.



Shop 1, 410 Tarean Rd, Karuah NSW 2324
Ph: 02 4987 0188 - phill@phillica.com.au

The Future of the Internet - The End of Human-Made Content & the Rise of AI

The internet is on the brink of a transformation. Two powerful trends, AI becoming the sole creator of content and AI replacing URLs and search engines as the gateway to the

digital world, are poised to redefine how we interact with and experience the internet.

For the first time in history AI bots now outnumber human users online, and this trend is increasing.

Using the internet for fact checking and finding information has already become difficult as Low-quality 'Slop' generated by AI is crowding the internet as mass produced fake news is filling the internet and Social Media feeds.

Imagine an internet where every article, image, video, or virtual experience is generated by AI. In this world, humans no longer create the content we consume; instead, AI handles everything—faster, cheaper, and more effectively than humans ever could, this is happening now.

AI Search Becoming the Gateway to the internet

AI Assistants as Interfaces: Instead of typing a URL or searching Google, you might simply ask an AI assistant for what you need.

No More Manual Browsing: The AI would filter, summarise, and present the most relevant information or content, saving you time and effort.

The problem with both above search methods is the results are filtered or tailored to us, based on information gathered about the user and will give different results which will not always be accurate.

Google acknowledges that AI search is disrupting the internet, offering minimal traffic to creators' websites.



Stephen McCarthy

0428 678 909

stephensgr8@gmail.com

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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 and we hope you benefit from our knowledge. If you would like your own property appraised in the near future contact us:

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Bryan: bryan_stevenson@coastalproperties.net.au/

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Hours: Mon to Wed: 8am-6pm

Thursday: Closed

Fri: 8am-5.30pm

Sat/Sun: Closed

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

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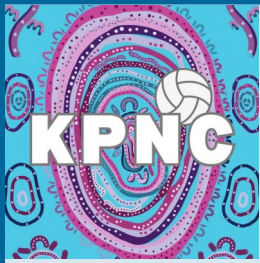
Local and Independent

Part of your Community



**HUNTER
QUARRIES**

Ph: 4050 0304



Email:
 karuahpearlsnetballclub@gmail.com

Facebook:
<https://www.facebook.com/>

GRAND FINAL WRAP-UP FROM 20 Sept 2025

Firstly, congratulations to the Bay Breakers (Bay) on their Grand Final victory!

The Grand Final was a true testament to the dedication, hard work, and resilience of every team. Every **Pearl player** should stand tall and proud of this incredible achievement.

Our senior team, **Malu**, played with strength and determination all season. After a brilliant quarterfinal win over **MCG (TCNC)**, they earned their place in the Grand Final. While the win wasn't ours, Malu displayed outstanding teamwork, spirit, and pride in representing both the club and Karuah—we couldn't be prouder.

A special **congratulations to our junior team, the Opals**—the last juniors standing! Reaching the Semi Finals is an incredible achievement. You gave it your all and played brilliantly. Well done! Congratulations also to **Swifts** on your win.

- To Emily from our sponsor **The Kind Agent**—thank you for treating our players to an ice-cold delivery of drinks. Your support means so much.
- To our **spectators**—your cheers and encouragement from the sidelines truly lifted our teams.
- To **Team Whit**—thank you for your leadership and the vital decisions across today's games.
- To our **coaches and team managers**—take a bow. You've led your teams with passion, commitment, and heart all season.
- To our **Member Clubs**—thank you for making netball so special in our community.
- And finally, to our **Executive Team and Committee Members**—we are so grateful for your hard work and dedication in making this season with Port Stephens Netball Association such a success.

Our Valued Sponsors:

- Osborn George Raymond Terrace / Medowie
- Kalon Beauty & Massage
- Pixel Pest Control
- The Kind Agent
- InK Air Conditioning
- Karuah Hire
- Woody's Building & Garden Centre
- Hunter Quarries
- Banks Marine
- Bridgeview Restaurant
- AJN Oysters
- Russ's Fresh Baker



KARUAH & DISTRICT TENNIS CLUB

THANK YOU!!

We would like to say a HUGE thank you so much for the recent support at our Community Trivia Night. We had the best night and raised some great funds for our local tennis club. Overall we raised \$1,240. We hope you enjoyed the committee dressing up and the prizes on the night

SOCIAL SUMMER COMP

Our Summer Comp starts on 13/10/2025 at 7pm Monday nights Social tennis & Tuesday nights A Grade. Cost is \$50 /year membership and \$50/comp fees. **TAKING NAMES NOW & ALL ENQUIRIES TO DAMIEN ON: 0411 328 114**

RAFFLE TICKETS:

For the chance to WIN a trip to the 2026 Australian Open including flights and accommodation call Emily on 0401 646 548 to enter.
 \$5 a ticket or \$20 for 5 tickets

KIDS TENNIS

Kids tennis is Tuesday afternoons at the Karuah & District Tennis Courts from 3.15pm - 4.15pm. Cost is \$2 per week and \$5 registration per year. ALL EQUIPMENT IS PROVIDED.

<https://play.tennis.com.au/KaruahTennisClub>.

BOOK A
COURT
VIA
OUR
WEBSITE



ALL WELCOME TO COME & PLAY



PORT STEPHENS KOALA HOSPITAL

If you see any sick or injured koala's,
 or any injured
 Native Australian Wildlife,
 please call the
 Port Stephens Koala Hospital
 24 hour Rescue Line on
 1800 775 625



The Karuah playgroup is run by the team at Firstchance and led by our Specialist Educators, providing local families with:

- A community-led, playgroup for 1.5 hours 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.



Communities for Children Facilitating Partner Initiative Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family



Days:

Every Monday during school terms

Time:

10am to 11:30am

Location:

Aboriginal Community Hall, Mustons Road, Karuah

Join Us:

No need to book a place. Just come along and meet our team

Want to know more:

Phone: Aunty Michelle on 0434 212 480 or 02 4910 3130
email: reception@firstchance.org.au or visit our website www.firstchance.org.au

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.

DATES FOR OCTOBER:

- Friday 10th, 10.30-12pm: Karuah RSL Boardroom
- Friday 24th, 10.30 - 12pm: The Grange Boardroom, 33-93 Spinifex Ave, Tea Gardens

For more information contact:

Lee Clayton - agiftosong@icloud.com

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**

Want to hear a joke about a roof?
The first one's on the house.

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



THE KARUAH UNITING CHURCH

The Karuah Uniting Church services & times for October 2025 are currently as follows:

Any changes to this can be found on our website: grahamstown.uca.org.au



Date: October 5 **Time:** 2.00 pm

Minister: Joe Kalou

Date: October 12 **Time:** 11.00 am
Holy Communion with lunch after church.

Minister: Barbara Lyle

Date: October 19 **Time:** 2.00 pm

Minister: Joe Kalou

Date: October 26 **Time:** 11.00 am

Minister: Tracy DeGeer

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 or phone 0437 115 032.

Be Blessed. Andrew Landa for the Karuah Uniting Church



ST COLUMBA ANGLICAN CHURCH — 414a Tarean Rd, KARUAH

October 2025 News Update

You are warmly invited to join us on Sunday mornings at 9:00am to sing some inspiring hymns and songs, hear a message of hope from the Bible, pray together and then enjoy coffee and morning tea afterwards.

The 1st, 3rd and 5th Sundays are Holy Communion services, and the 2nd and 4th Sundays are more relaxed Praise and Prayer services. Our congregation ranges in ages from 3 to 93 and everyone is welcome!

Messy Church is for young families and happens once a month on a Sunday afternoon from 4:00-5:30pm. There is craft, activities, a Bible story, some songs and then a hot dinner afterwards. It is free, but there is a donations box if anyone would like to contribute. The next dates are: **12th October, 2nd November and 7th December.**

The OpShop is open every Wednesday, Thursday, Friday and Saturday from 9:00am to 1:00pm (except for public holidays and the Christmas/ New Year break). Our volunteers can help you find a bargain and you are always welcome to call in for a chat.

Our OpShop Chaplain, Tim Scheuer, will once again be offering coffee and tea and a listening ear on Fridays from 11:00am when the weather fines up.

Little Fish Playgroup is on every Friday during school term from 10:00-11:30am. Cost is \$2 per family.

Big Fish Fridays Kids Club is for primary aged children in years 4-6. It runs from 3:00-5:00pm during school term. There is a 'walking bus' from the school and it is always lots of fun with sport, games, table tennis, a Bible story and afternoon tea.

For enquiries about Sunday services and the Opshop contact:

Reverend Alison Williams at alisonwilliams1@zoho.com or call/text 0491 112 681

OUR LADY OF THE ROSARY, CATHOLIC CHURCH, KARUAH

Mass Times for OCTOBER 2025

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.

You heard the rumor going around about butter?
Never mind, I shouldn't spread it.



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

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