



# Karuah News

**Karuah Progress Association Inc.**

0410 616 132

karuahpa@outlook.com

www.karuah.org

**Issue 07 – August 2025**

## KARUAH ROOS OLD BOYS DAY

Karuah Rugby League Football Club held a memorable celebration on July 27th, marking 50 years since the club's historic 1975 Grand Final victory. Many members of the original premiership team were in attendance, joining in the festivities for a day filled with camaraderie, storytelling, and a few well-earned beers.

The day featured live rugby league matches, highlighted by a friendly touch football game between the Karuah Old Boys and the Terrace Old Boys, played in honour of the late Benny Langdon, with the Benny Langdon Memorial Trophy up for grabs.



In the evening, guests were treated to engaging speeches from both past and present players, reflecting on the club's rich history and enduring community spirit. The Bridgeview Restaurant catered the event with an exceptional all-you-can-eat Chinese buffet, which was enjoyed by all.

A major highlight of the night was the official unveiling of the club's special 50th Anniversary polo shirt. The celebration concluded with live music that kept spirits high and the dance floor lively well into the evening. (see next rounds Page 9)

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**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, music, fun for kids**

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

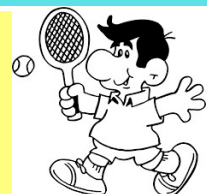


**Karuah Motor Yacht Club  
 JNR Fishing Comp  
 Longworth Park  
 8am til 11am**



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

**Karuah & District Tennis Club TRIVIA NIGHT**  
**Sat 9th August, 7-10pm, Karuah RSL**  
**Fun-filled night to raise funds for tennis court upgrades.**  
**Tickets on sale now at Karuah RSL (see Page 9 for further details)**



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



# NEWS FROM KARUAH RSL

**WEDNESDAY**  
*Pool Comp*

**\$10 ENTRY**

**NAMES IN BY 5:30PM**

**START 6PM**

**MINIMUM \$100 PRIZE POOL**

**KARUAH TENNIS CLUB**  
**TRIVIA Night**

Family friendly Trivia night to help raise funds for the local Tennis Club  
Tickets available at the Club  
Karuah RSL proudly supports our local Tennis Club

**\$10 PER HEAD**  
**\$30 FOR FAMILY**

Other games and prizes on the night.

**SAT 9TH AUG 7PM - 10PM**

"TO WIN! FANCY DRESS IS OPTIONAL, BUT THERE WILL BE A PRIZE FOR BEST DRESSED."

*August* 7 to 10.30pm  
*Fridays*                      *Saturdays*

<b>ANTON ZAMMIT</b> 1st Main Bar	<b>2nd TRINITY WOODHOUSE</b> Main Bar
<b>SPIKE RYAN</b> 8th Main Bar	<b>9th ANTHONY LEE</b> Main Bar
<b>DREAM CATCHERS</b> 15th Main Bar	<b>16th BIG PETE</b> Main Bar
<b>PETER STEFANSON</b> 22nd Main Bar	<b>23rd GREG BRYCE</b> Main Bar
<b>CHRIS WILCOX</b> 29th Main Bar	<b>30th JAI MAREE</b> Main Bar

**WE THE LOCALS**  
*Wednesdays*

**BONUS DRAW**  
Every purchase during HAPPY HOUR gets you a TICKET IN THE LUCKY DART JACKPOT  
7:15 PM - Lucky Dart Draw  
Hit 50+ points with 1 dart to win the Jackpot  
Starts at \$100, climbs to \$1000 - must be won at \$1000!

**TENNIS CLUB RAFFLE**  
6 x \$40 Meat Trays  
On sale from 5:30 PM  
Drawn at 6:30 PM

**CARLTON & DE BORTOLI**  
5:00 PM - 7:00 PM  
\$5 Specials on selected Carlton & De Bortoli products

**POOL COMP**  
Names in by 5:30 PM  
Start: 6:00 PM  
\$10 entry - \$100 prize pool (guaranteed)

## 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](http://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, 27 August, Karuah RSL**

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



<https://www.midcoast.nsw.gov.au>  
**Got a Question for Mid coast Council?**

Our "Talk About" pop-up events will be out and about across the region during July and August, helping people connect with Council services and have their say.

Whether it's asking a question, voicing a concern, or even helping pay a bill, our team will be on hand to listen and provide the support you need.

For more information: [Talk About | Have Your Say](#)

**Telephone:** (02) 7955 7777

**Email:** [council@midcoast.nsw.gov.au](mailto:council@midcoast.nsw.gov.au)



**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, including:

- Mainstreet Beautification – Stage 1 (2022) and Stage 2 (2023)**
- Karuah Bridge Mural Project (2022)**
- Restoration of the Karuah Riverbank (2022)**
- Garuwa Community Market Project (2022)**

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 1 September 2025:** Aboriginal Projects Fund (Round 1)  
Community Support Fund (Round 1)  
Vibrant Spaces Fund (Round 1)
- 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 and to apply online, visit [pscouncil.info/community-funding](https://www.portstephens.nsw.gov.au/services/roads/roads-acceleration-program)

**NEED HELP?** Call Port Stephens Council's Vibrant Places team on 4988 0255 or

email [pscgrants@portstephens.nsw.gov.au](mailto:pscgrants@portstephens.nsw.gov.au)

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

**Connect with your Councillors**

**Mayor Leah Anderson** will be going mobile with the Monthly Mayor Meetups.

It's an informal opportunity to meet the Mayor, have a chat, ask questions and share your ideas for Port Stephens.

**You'll catch the Mayor on the Mobile Library Bus at the Karuah Community Centre, 9 - 11am, Tuesday 7 October 2025**

## 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](mailto: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



Why did the coffee file a police report?  
It got mugged.

ADVERTISEMENT

A large portrait of Kate Washington MP, a woman with short dark hair, smiling and wearing a red blazer. The background shows 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](mailto:portstephens@parliament.nsw.gov.au)

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

## PEEPING INTO OUR PAST – OBJECT STORIES

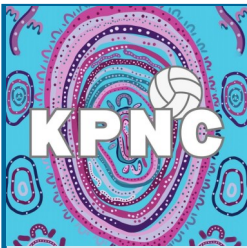
Submitted by Robyn Witt

### DAD'S GRINDSTONE

In 2014 ABC Newcastle ran a project called Object Stories. A visit to Karuah yielded some very interesting items with great stories. The photo opposite is my fathers old grindstone. Here is the story I wrote for the programme.

A grindstone is a thick disc of stone that revolves on an axle and is used for grinding or sharpening metal tools. They are usually made of sandstone. When I was a youngster this particular stone was used regularly by my father, and it is highly likely that his father before him had used it as well. Many an axe was sharpened on it, and sometimes a shovel or some other tool. It was my job to turn the handle for him, and to pour water over the stone to keep it moist. This would also lay any dust that the job might have stirred up. Often, when sharpening an axe, he would use the big stone first, and then finish the job with a small handheld whetstone.

I have no idea what this one weighs, but it is heavy!! Grindstones, either handheld or mechanised, have been around for as long as man has used metal tools. One internet site I visited had an illustration of a water powered grindstone, with a plank over the top. You stretched out on this plank to reach the stone, with the tool to be ground held in your hands. Apparently this is what gave rise to the expression 'nose to the grindstone'. Others were mounted so that the user stood in front of the stone and used his feet to operate the mechanism which turned it. These days grinding and sharpening tools are all electric, with no effort needed to use them. But the sight of this one in our garden brings back many fond memories – something that the modern tool will never be able to do.



**Email:**  
[karuahpearlsnetballclub@gmail.com](mailto:karuahpearlsnetballclub@gmail.com)

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

What an incredible experience had by the smaller of our local Karuah Pearls Netball Club (KPNC).

Aged 6-10, ours Dolphins with a few Opals in tow, travelled to Sydney to play Curtain Raiser to the official NSW Swifts Vs Sunshine Coast Lightning's game played at the Ken Rosewall Arena.

The invitation to participate was extended by Netball NSW and NSW Swifts.

The game showcased our local communities next generation along with their growing talent.

KPNC is creating opportunities, while shining light on the importance of pathways to greater participation and inclusion in sport.

A proud moment for our club and our community as the team represented our community with pride, showing resilience and strength beyond their years.

Congratulations team we are proud of the impact you made and will continue to make, as you continue to learn and grow.

Further to this excitement our Opals (Intermediate 5) participated recently in the Port Stephens Netball Association, Annual Junior Carnival. Where the team played with heart and enjoyed a fun filled day of netball.

Well done Karuah Pearls Netball Club, keep being the AMAZING club you are!

If you would like to know more about the club please email [karuahpearlsnetballclub@gmail.com](mailto:karuahpearlsnetballclub@gmail.com)





## 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*

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](http://www.karuah.org)**

[mail@kmyc.net.au](mailto:mail@kmyc.net.au)  
<https://www.facebook.com/karuahmotoryachtclub/>  
Off Pacific Hwy, Karuah Waterfront, Karuah



## 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.*



## KARUAH LANDCARE GROUP

Anyone interested could contact the group at:  
[karuahlandcare@portstephens.net](mailto:karuahlandcare@portstephens.net)  
or check out our Facebook page:  
**Karuah Landcare Group**



### 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**



## 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](mailto:lower.hunter@rfs.nsw.gov.au)  
Or scan here to find out more



[rfs.nsw.gov.au/join](http://rfs.nsw.gov.au/join)



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

### Microsoft Emails Programs & Office Changes

The email program called Outlook Express included with Windows XP, was one of the best ever released. But it disappeared with Windows XP. Windows 7 & 8 did not include an email program.

Windows 10 originally came with Windows Mail, a simple email program, bit buggy but worked for free.

This was retired in December 2024 and replaced with Outlook NEW, Windows Mail will automatically update to this by itself, but you will have to re setup your email. This program looks the same as the Webmail app on the Microsoft website, it is most suitable to Imap emails and needs permission to import contacts and email settings.

The Name of this program Outlook NEW, is confusing as Outlook already existed with Microsoft Office. The Office version has been renamed to Outlook CLASSIC.

**Outlook New** is more like webmail. It won't allow you to save to a PST file and all your emails have to be kept online. The first email in the top of the list is ALWAYS an ADVT. It won't allow you to open a document from inside the program unless you own Office 365.

A way around it is to save the document to your desktop and open it with your normal office package.

Outlook Classic is fully featured without the limitations, is not free and only comes with Office Business or Office 365.

**Recent changes to licencing:** Office 365 Family or Personal, is no longer eligible to connect to an exchange email, you must now use Office 365 Business or Microsoft 365 Apps for business.

**Microsoft Publisher** will no longer be supported after October 2026 and will not be included with any office package including Office 365.

### Karuah & District Tennis Club Trivia Night!

Saturday 9th August, 7–10pm

Karuah RSL (Tickets on sale now at Karuah RSL)

Pricing: \$10 per seat OR \$30 per family  
*Kids welcome and encouraged*

Tables of 10 – bring your team or join one on the night.  
Games, side quests & laughs all night long.

**Seeking local business prize donations – get involved!**

**Best Dressed Table Prize** – come in costume!  
*(The Tennis Committee will be in full fancy dress – you should be too)*

Come along for a night of community spirit, laughs and a true village vibe.



## OSHC Service

Karuah OSHC (Located at Karuah Public School)  
0476 454 037 • [oshcteam@gmail.com](mailto:oshcteam@gmail.com)  
Before & After School Care + Vacation Care

The July school holidays have been packed with fun, friendship, and unforgettable moments at Karuah OSHC!

Our Vacation Care program included some amazing experiences, like a private screening of The Smurfs at Scotty's Cinema. With the whole theatre to ourselves, the children relaxed with popcorn in hand and plenty of laughs throughout the film.

We also headed off on an exciting day trip to Snowtime at Hunter Valley Gardens, where the kids enjoyed ice skating, snow play, and the giant toboggan run. It was a day full of chilly fun and big smiles.

Back at the service, we celebrated a special milestone — Karuah OSHC's 3rd birthday! We're proud to have been a part of the Karuah community for three years, providing a safe and fun environment where children thrive.

The school holiday buzz continued with our State of Origin Day, where maroon and blue jerseys filled the room as the kids took part in friendly footy games and cheered on their teams.

We also enjoyed some everyday magic — with plenty of time spent playing outside in the sunshine with our friends, making the most of the beautiful winter weather. Whether it's ball games or just running around together, outdoor play is always a favourite.

Thank you to all our wonderful families for being part of the fun — we can't wait to do it all again next holidays!

*Kind regards, Samantha Johnson, OSHC Coordinator*



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**



**WILDLIFE IN NEED OF CARE INC**  
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**Stephen McCarthy**

**0428 678 909**

*stephensgr8@gmail.com*

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[in the front corner of Medowie Hardware building]

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

**Ivy: [ivy\\_stevenson@coastalproperties.net.au](mailto:ivy_stevenson@coastalproperties.net.au) / 0432 705 766**

**Bryan: [bryan\\_stevenson@coastalproperties.net.au](mailto:bryan_stevenson@coastalproperties.net.au) /**

**0419 384 569**

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🌐 [www.thekindagent.com.au](http://www.thekindagent.com.au)



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44 William St, Raymond Terrace 2324

**0412 761 512**

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Remedial Massage—Brittany Hepburn**

**Hours: Mon to Wed: 8am-6pm**

**Thursday: Closed**

**Fri: 8am-5.30pm**

**Sat/Sun: Closed**

*[avalanchechiropractic@outlook.com](mailto:avalanchechiropractic@outlook.com)*

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

**IN THE WASH LAUNDROMAT**

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**0438 799 648**



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*Part of your Community*



**HUNTER  
QUARRIES**

**Ph: 4050 0304**

## KARUAH & DISTRICT TENNIS CLUB



karuahtennis@gmail.com

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

2 Engel Ave, Karuah



### It's your serve!

Looking for a fun, healthy, and social way to get involved in the community? Karuah Tennis Club is the perfect place to start. Tennis is a sport for all ages and skill levels. It keeps you active, sharpens your mind, and brings people together. Whether you're picking up a racquet for the first time or getting back into the swing, there's a spot for you on our courts!

**Annual Membership is only \$50 per adult and \$5 for kids.**

We offer social comps on various nights of the week for all levels. **Kids sessions every Tuesday**, and a relaxed, welcoming atmosphere. It's not just about the game. It's about the laughs, the friendships, and the joy of being part of something local. Come join Karuah Tennis Club and discover how enjoyable it is to **GET YOUR RACQUET ON!**

**For more information call Damien on 0411328114**



# SP Netball

## SKILLS & SHOOTING CLINICS

WHERE: RAYMOND TERRACE NETBALL COURTS

WHEN: TUESDAY 12TH AUGUST

### SKILLS CLINIC

TIME: 4PM-5.30PM

AGE: 6-13 YEARS

COST: \$50

### SHOOTING CLINIC

TIME: 5.30PM-6.30PM

AGE: 9+ YEARS

COST: \$60

REGISTER AT

[WWW.SPNETBALL.COM](http://WWW.SPNETBALL.COM)



**WIN!** A TRIP FOR TWO

TO THE **AUSTRALIAN OPEN 2026**

COURTESY OF KARUAH & DISTRICT TENNIS CLUB & HUNTER QUARRIES

RAFFLE TICKETS - \$5 EACH, 5 FOR \$20, 15 FOR \$50

RAFFLE TO BE DRAWN DECEMBER 2025 @ Karuah Tennis Club  
For more information call Damien on 0411328114



## Karuah Roos Rugby League Football Club

Contact Information: 0402 283 316 / [karuahroosrlfc@gmail.com](mailto:karuahroosrlfc@gmail.com)

### DATES FOR THE NEXT ROUNDS

#### Saturday, 2nd August: Last round for the Juniors

U8's @ HOME against Stockton 9.50am

U10's @ HOME against Greta 10.30am

U12's @ McKeachies Aberglasslyn 9.50am

Women @ HOME against Maitland Pickers 1pm

Men @ HOME against Woodberry 2.30pm

Game day Sponsors: Karuah Kitchens, Morten Family & Banks Marine

#### Thursday 7th August @ 6pm

We will be having an open training night for any sponsors and supporters to attend on Thursday night 7th August @ 6pm. Come along and check the teams out and have a beer and a snag sandwich.

#### Saturday, 9th August: Last Home Game for the Seniors

##### SPONSORS DAY

• Women @ HOME against Lake United 12.30pm

• Men @ HOME against Dudley 2.00pm

Game Day Sponsors: KOTF & The Kind Agent

#### Thursday, 21st August, 6pm

We will be having an open training night for any sponsors and supporters to attend. So your support before the first round of the finals start. Come along and check the teams out and have a beer and a snag sandwich.

**Saturday, 23rd August** Karuah RLFC will be one of the venues hosting round one of the semi finals for the NHCR

**Saturday, 27 September:** Seniors Presentation Night

#### Saturday, 16th August: Last round before the finals start

• Women @ Baddeley Park, Cessnock against Cessnock 11am

• Men @ Coronation Oval, Telarah against Maitland United 6.00pm

Game Day Sponsors: Goodwin Plumbing & DJM Designs



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

**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

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

## 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**

When does a joke become a 'dad' joke?  
When it becomes apparent.



## 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 AUGUST:

**Friday 8th, 10.30-12pm: Karuah RSL Boardroom**  
**Friday 22nd - 10.30 - 12pm: The Grange Boardroom, 33-93 Spinifex Ave, Tea Gardens**

### For more information contact:

Lee Clayton - [agiftosong@icloud.com](mailto: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%.*

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](mailto:messychurch2324@gmail.com)



## THE KARUAH UNITING CHURCH

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

*Any changes to this can be found on our website: [grahamstown.uca.org.au](http://grahamstown.uca.org.au)*

**Date:** August 3 **Time:** 2.00 pm

**Minister:** Rev Waisea Logologo

**Date:** August 10 **Time:** 2.00 pm

**Minister:** Joe Kalou

**Date:** August 17 **Time:** 2.00 pm

**Minister:** Rev Waisea Logologo

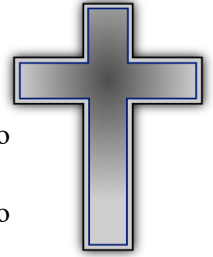
Holy Communion and afternoon tea after church.

**Date:** August 24 **Time:** 11.00 am

**Minister:** Greg Smyth

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 — 414a Tarean Rd, KARUAH

**You are warmly invited to join us** on Sunday **mornings now starting at 9.00am** 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 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sundays of the month we have a Holy Communion service and on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays we have a more relaxed Praise, Prayer & Proclamation service.

**Messy Church** – Every Sunday 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.

**Little Fish Playgroup** – every Friday from 10:00 - 11:30am (during school term). 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.

**Big Fish Fridays Kids Club** – Friday afternoons from 3:15 - 5:00pm for children in school years 4-6 (during school term) *See Page 10.*

**The Op Shop**—Weds, Thurs, Fri & Sat from 9:00-1:00pm (closed Good Friday, Easter Saturday & Anzac Day). It is a treasure trove of clothes and goods and also a great place to call in for a chat with our friendly volunteers. 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](mailto:alisonwilliams1@zoho.com)**



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

### Mass Times for August 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.***

### LAUGHING came before language

How do we know? Some researchers tickled baby apes, which, beyond being adorable, showed that they share the same structure as ours and likely arose in our common ancestors millions of years ago. Language came about much later.



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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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**Just Over the Bridge on the Left**

**537 Tarean Rd. Karuah.**

**Ph 4997 0105**

**Garden:- Soils – Potting Mix  
Mulch - Manure**

Compost - Mushroom		\$7.50
Manure – Chicken / Cow	from	\$10.50
Manure & Mulch Mix 50 Liter		\$17.50
Mulch – Sugar Cane Jumbo		\$19.50
Mulch- Pea Straw/ Lucerne		\$26.00

Potting mix Eco / Basic	from	\$11.00
Garden soil	from	\$7.50

**Dog Food**

Coprice - Working Dog	\$62.50
Coprice - Family Dog	\$62.50
Drover - Value Pack	\$48.00

**Building Materials**

Treated Pine Sleepers	
Cement - Quick set	\$10.00
Cement - General Purpose	\$10.00
Cement - Concrete mix	\$12.50
Cement - Sand and Cement mix	\$12.50

**Trading Hours.**

Mon – Fri	8am – 5pm
Sat	8am-2pm

**Decorative Rocks**

Western White Rocks	\$14.00
Sydney White Sand	\$12.50
River Gravel / Sand	\$10.00

**Poultry - Bird**

Vella Layer Pellets	\$25.00
Vella Scratch Mix	\$29.00
Parrot Mix	\$43.00

**Horses**

Chaff - Darra blended	\$46.00
Chaff - Darra lucerne	\$48.00
Mitavite - Gumnuts	\$48.00
Pellets - Horse and Pony	\$22.50
Prydes - Old Timer	\$45.00
Hay - Grassy & Lucerne	from \$27.50
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