



Karuah News

Karuah Progress Association Inc.

0410 616 132

karuahpa@outlook.com

www.karuah.org

Issue 10 – November 2025



Cheers to Our Festival Legends!

Thank you to our generous sponsors,
woodchoppers, local oyster farmers, market stall holders, & patrons —
you made the 2025 Karuah Oyster & Timber Festival a huge success!



CAROLS IN LONGWORTH PARK

Thursday 11 December
5.30pm to 8.30pm

MUSIC:
GET VOCAL with Katie & Cameron
also featuring Chris Wilcox

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

EVERYONE WELCOME

bought to you by :
Karuah Progress Association Inc and Karuah RSL



WIN! A TRIP FOR TWO

TO THE
AUSTRALIAN OPEN 2026

COURTESY OF KARUAH & DISTRICT
TENNIS CLUB & HUNTER QUARRIES

HUNTER QUARRIES

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

DRAWN 6TH DECEMBER 2025 @ Karuah Tennis Club

For more information call Damien on 0411328114

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



NEWS FROM KARUAH RSL

November 7 to 10.30pm
Fridays Saturdays

SNAPE & SON 7th
Main Bar

1st JIM OVEREND Main Bar

TONY FERGUSON 14th
Main Bar

8th BRENDAN MURPHY Main Bar

DREAMCATCHERS 21st
Main Bar

15th ANTHONY LEE Main Bar

RUSTY BUCKET 28th
Main Bar

**22nd BROOK McCLYMONT
and ADAM ECKERSLIE SHOW**

29th ROX PIANO MAN Main Bar



Christmas Raffle
2pm Sunday 16th November

Lots of Winners!
Over \$30,000 in prizes.

Tickets \$1 for a strip of 5 numbers available at the bar.

December 2025 Ham Raffles

HAMS, HAMS AND MORE PORK!

Tuesday 25th	10 x \$30 Meat Trays	
NOV 6.30pm	PLUS 2x ½ Leg Hams	
Wednesday 26th	6 x \$40 Meat Trays	
NOV 6.30pm	PLUS 2x ½ Leg Hams	
Thursday 27th	10 x \$30 Meat Trays	
NOV 6.30pm	PLUS 2x ½ Leg Hams	
Friday 28th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
NOV 6.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork
Sunday 30th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
NOV 12.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork
Tuesday 2nd	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Wednesday 3rd	6 x \$40 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Thursday 4th	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Friday 5th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
DEC 6.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork
Sunday 7th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
DEC 12.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork
Tuesday 9th	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Wednesday 10th	6 x \$40 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Thursday 11th	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Friday 12th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
DEC 6.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork
Sunday 14th	21x Meat Trays	51x Half Leg Hams 10x Half Legs Pork
DEC 12.30pm	3x \$55 Meat Trays	5x Chickens
	1x \$50 Meat Tray	1x \$100 Meat Tray, 2x \$50 Gift Cards
	1x Lamb Tray, 1x Beef Tray	PLUS 2x Full Hams
Tuesday 16th	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Wednesday 17th	6 x \$40 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Wednesday 17th DEC 7pm MEMBER'S FREE HAM RAFFLE		
12x ½ Legs Ham plus 8x ½ Pork Legs to win.		
Thursday 18th	10 x \$30 Meat Trays	
DEC 6.30pm	PLUS 2x ½ Leg Hams	
Friday 19th	21x \$40, 3x \$55 Meat Trays	1x Tray of Lamb, 1x Tray of Beef, 1x \$100 Trays
DEC 6.30pm	2x \$50 Gift Cards	1x \$50 Tray PLUS 7x ½ Leg Hams, 2x ½ Legs Pork



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 with informal catch-ups during the off months.

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 for you.

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](https://www.portstephens.nsw.gov.au/services/roads/roads-acceleration-program)
- **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>



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

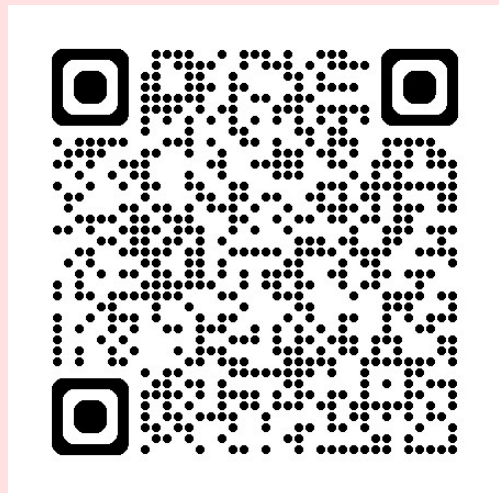
Email: lower.hunter@rfs.nsw.gov.au
Or scan here to find out more



rfs.nsw.gov.au/join

FIRE DANGER RATINGS HAVE CHANGED

Knowing the fire danger rating may save your life



Get Ready For A Bush Fire

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save lives, as well as your home. [BFSP-Complete.pdf](#)

Emergency Bush Fire Information & Alert Levels

In a bush fire it is important you stay up-to-date on the situation in your area so you and your household can put your Bush Fire Survival Plan into action as soon as possible.

[CE-2024-Factsheet-7-Emergency-Information-DIGI.pdf](#)

More information:

[Lower Hunter - NSW Rural Fire Service](#)

Know your local fire danger rating, have a bushfire survival plan ready, and follow instructions from emergency services. Stay informed, stay safe, and never take risks with fire.

MOBILE LIBRARY TIMES

2025

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



Do you want to hear a construction joke?
Sorry, I'm still working on it.

ADVERTISEMENT

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

Your local voice in NSW Parliament

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

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

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



OSHC Service

Karuah OSHC (Located at Karuah Public School)
0476 454 037 / oshcteam@gmail.com
Before & After School Care + Vacation Care

What a fantastic Vacation Care Program we had!

The children had such a wonderful time exploring *Our Community* and taking part in all the exciting experiences planned throughout the holidays. We are so grateful for the amazing support we continue to receive from local businesses in Karuah.

A big thank you to **The Karuah RSL, Karuah Pizzeria,** and the **Karuah Op Shop** for welcoming us and making our visits so special. Your kindness and generosity mean so much to the children and educators at Karuah OSHC.

The children also enjoyed fishing at the Karuah Jetty, playing games of football, and getting creative with a variety of craft activities. It was a fun-filled holiday period full of laughter, learning, and community connections.

As we head into Term 4, we are looking forward to the beautiful warmer weather, which allows us to spend more time outdoors staying active and engaged.

If your child will be attending Karuah Public School next year and you will be needing our services, now is the perfect time to enrol for the **start of the 2026 school year**. For those interested in enrolling their child, please contact the office at admin@karuahpreschool.org.au or call **4997 5670**. Kind regards, *Melissa Mills, OSHC Coordinator.*



 **St Columba Anglican Church**

Playground Fundraiser Event



Giving Together, Supporting Community

 **Date:**
Sunday, 2 November

 **Time:**
Starting at 4pm

 **Location:**
414A Tarean Rd, Karuah

Please bring **CASH** for BBQ, drinks, fairy floss, face painting, OP shop open, cakes and goodies.

ORDER YOUR LOCAL OYSTERS / SEAFOOD FOR CHRISTMAS

THE KARUAH OYSTER BAR
429 Tarean Road, Karuah
0435 273 922 (open from 6th November)

A family business established in Karuah in 2021, we are the leading supplier of the freshest seafood in the region. We offer local Sydney Rock Oysters, fresh local prawns, bugs, fish, crabs and more.

LATITUDE 31 OYSTER CO
latitude31oysterco@gmail.com
23 Barclay Street, Karuah

How many tickles does it take to get an octopus to laugh?

Ten tickles



IMPORTANT COMMUNITY INFORMATION

Police/Fire/Ambulance/SES	000
Karuah Police Station	4997 5544
Karuah Medical Centre	4997 5510
Karuah Family Practice - Triple C	4243 8786
Karuah Pharmacy	4997 5557
Port Stephens Council	4988 0255
Maitland Hospital	4087 1000
GP Access—After Hours	1300 130 147

LOCAL DEFIBRILLATOR LOCATIONS

Voluntary Fire Brigade, Karuah
Karuah Medical Centre
Karuah RSL
KRLFC Lionel Morten Oval, Karuah
Karuah Tennis Clubhouse
Community Centre—North Arm Cove



Karuah Rural Fire Brigade News

Karuah

Karuah RFS has had a busy spring season preparing for what could be a serious summer. The team welcomed the interest from the community at the local festival and would be happy to welcome new members.

Remember, a permit to burn is now required. 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
MUSICIANS**
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**

My teachers told me I'd never amount to much
since I procrastinate so much.
I told them, "Just you wait!"

PEEPING INTO THE PAST – Earthquakes and Extinct Volcanoes

DETAILS FROM THE RAYMOND TERRACE EXAMINER 25th December 1925

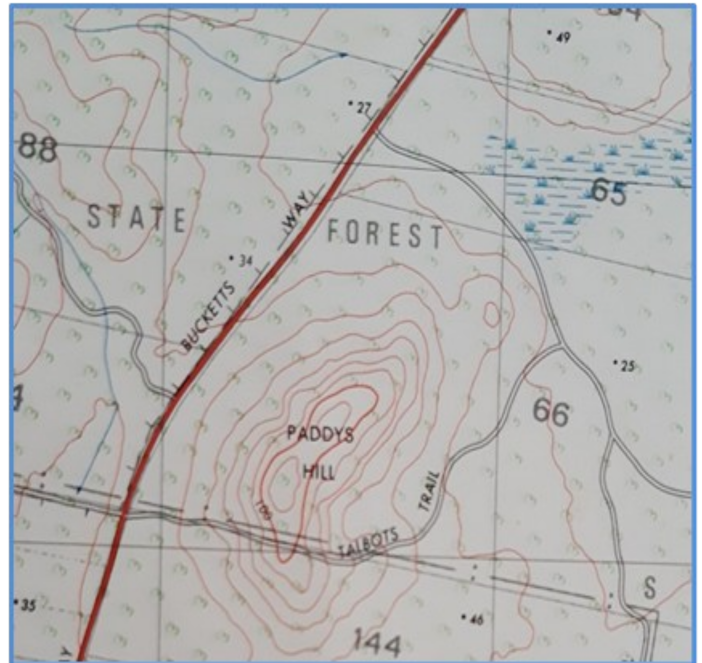
Submitted by Robyn Witt

The Examiner's correspondent reports an earthquake occurring on 18th December 1925 at about 8.45pm, which "caused much consternation in many minds for a second or two. Doors swung shut, tables moved, and plates rattled, and quite an uncanny feeling ran through most who felt the movements". Expert opinions agreed that the tremors were due to a fall in the continental shelf not far away from Newcastle.

The concluding paragraph makes interesting reading. Although the quake was felt over a large area – parts of Sydney and the Blue Mountains, the Hunter Valley - "there is not considered to be much damage of any serious conditions arising through an earthquake, as this part of the world worked out its destiny in such things thousands of years ago. Paddys Hill, at the 13 mile, Stroud Road, is an extinct volcano and no doubt there was much ado in those sorts of displays about these parts, when he was at his best. Port Stephens bears much evidence of volcanic activity, and the Port is sometimes thought to have been the crater of a huge volcano".

Just who the "Paddy" was who gave his name to Paddys Hill remains a mystery, but the name was in use by 1883 when an advertisement appeared in the Maitland Mercury for "Pick and shovel men, also stonebreakers".

Applicants had to apply to Richard Hillier at Paddys Hill, Stroud Road. It is roughly bounded by Talbots Trail to the south and Paddys Hill Trail to the north, both of which turn off Bucketts Way south of Limeburner's Creek.



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

Windows 11 25H2 October Update Breaks Localhost

Localhost is a hostname that points to your own computer, allowing you to access local network services like a web server or a database running on your machine. It's a way to communicate with your computer's loopback interface, which creates a virtual server that sends data back to itself without using a physical network or the internet.

A lot of people won't be affected but this can also break connection to another computer on a network. To fix this issue simply uninstall the update KB5066835.

But the update 25H2 also has stopped people using a local user account and insists on you using a Microsoft account and saving your files to One Drive.

There are workarounds for this but not covered in this article. The best option to use a local account now, is to create it on Windows 11 24H2 or earlier before updating to 25H2.

As Windows 10 has now finished support, they will be offering people to upload to One Drive to continue using Windows 10 for another 12 months. This service isn't free beyond 5Gb, and I advise backing up your data elsewhere, as a hack could result in irretrievable loss from OneDrive.



You know you're a parent when you understand why Mama Bear's porridge was too cold." – Anonymous



Stephen McCarthy

0428 678 909

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 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 / 0432 705 766

Bryan: bryan_stevenson@coastalproperties.net.au /

0419 384 569

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- Deceased Estate Home Coordination
- Home Sorting and Organisation
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🌐 www.thekindagent.com.au



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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

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

IN THE WASH LAUNDROMAT

1/42 William St, Raymond Terrace 2324
0438 799 648



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Offering Self Service, Wash, Dry, Fold and
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*Large, modern machines, with a dedicated
pet machine and dryer. Vending machine,
couches, TV and phone charging area!*

Local and Independent

Part of your Community



HUNTER
QUARRIES

Ph: 4050 0304



Karuah Motor Yacht Club

**FRIDAY 31ST OCTOBER
MELBOURNE CUP NIGHT
MUSIC BY AARON HOOD
HORSE RACING AND BEST DRESSED
MEAT & SEAFOOD RAFFLES**



**31ST TO 2ND NOVEMBER
ANNUAL CRABBING
COMP**

GET YOUR NETS READY 2PM
WEIGH IN ON THE SUNDAY
BAG LIMITS APPLY



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

mail@kmyc.net.au
<https://www.facebook.com/karuahmotoryachtclub/>



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



Return & Earn

We are sure that everyone has heard of the **Return & Earn** scheme across New South Wales for recycling bottles and cans.

Port Stephens Koala Hospital (PSKH) currently has a fundraising campaign to raise \$10,000 *for much needed ICU koala cots*. The campaign is well underway and has reached over \$7,000 in refund donations already!

If you would like to help PSKH reach their target, please set **Port Stephens Koala Hospital** as your preferred payout on the Return & Earn app when recycling at your local recycle machine. Even if you donate just 10 cents or 20 cents from your refunds - that small donation will help to achieve their fundraising goal.

To register, just download the Return and Earn App





Our Incredible Place Strategy Review

Port Stephens Council are reviewing their Our Incredible Place Strategy, which is their plan to support and grow events, arts, and culture across our region. Building on the success of the current strategy, the review will guide councils events, arts, and culture planning for the next 5 years, reflecting our community's and creative industries changing values and aspirations.

Port Stephens would love your feedback as it is **vital** to help shape the future of events, arts and culture that will benefit and support events in Port Stephens. This data feeds directly to guiding our work plan for the next five years so please take the time to have your voice and event be heard.

Please complete the [survey](#), cut and paste into you favourite search engine.

[Our Incredible Place Strategy Review | Have Your Say Port Stephens](#)



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 NOVEMBER:

- Friday 14th, 10.30-12pm: Karuah RSL Boardroom
- Friday 28th, 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**

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



A horse walks into a bar.

The bartender says, "Why the long face?"

THE KARUAH UNITING CHURCH

The Karuah Uniting Church services & times for November 2025 are currently as follows:
Any changes to this can be found on our website: grahamstown.uca.org.au



- Date:** November 2 **Time:** 2.00 pm **Minister:** Joe Kalou
Date: November 9 **Time:** 11.00 am **Minister:** Rev. Judy Redman
Date: November 16 **Time:** 11.00 pm **Minister:** Rev Waisea LogoLogo
Holy Communion with lunch after church.
Date: November 23 **Time:** 2.00 pm **Minister:** Joe Kalou
Date: November 30 No service in Karuah. 9.30 am service at Medowie Uniting Church Grahamstown, Congregation Advent Service followed by lunch at Medowie Golf Club, The Dunes **Minister:** Rev Waisea Logo Logo
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 NOVEMBER 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.

Why won't skeletons fight each other? They just don't have the guts :-)



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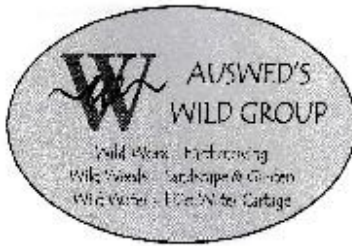
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Just Over the Bridge on the Left

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

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Mon – Fri	8am – 5pm
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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

GAS	\$32.00
8.5KG	

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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