



Karuah News

Karuah Progress Association Inc.

0410 616 132

karuahpa@outlook.com

www.karuah.org

Issue 1 – February 2026

Welcome Karuah to 2026

Karuah Pearls Players Start the Year Strong

The new year has brought exciting opportunities for the Karuah Pearls Netball Club, with current and former KPNC players Leiana and Maalaa recently travelling with their netball friends Lucy and Sarah to Brisbane to represent the NSW Echidnas. The girls competed at Nissan Arena, the home of the Queensland Firebirds, gaining valuable experience on one of Australia's premier netball courts.

Both athletes performed with confidence, determination, and maturity, holding their own against strong competition. Experiences like this highlight KPNC as a pathway to greater netball opportunities, from representative honours to personal growth and confidence.

Representing NSW and playing interstate provided invaluable learning moments both on and off the court. From teamwork and resilience to adapting to a high-performance environment, the girls made the most of every opportunity and represented their clubs with pride.

Congratulations to all four athletes Leiana, Maalaa, Lucy and Sarah on their appointment to play for NSW. A special congratulations to Maalaa and Lucy on their appointment to travel overseas and represent Australia — an amazing effort and a fantastic achievement. Karuah Pearls Netball Club is incredibly proud of all four athletes.

As the new season begins, registrations are now open for anyone interested in netball. Follow Karuah Pearls Netball Club on Facebook or email karuahpearlsnetball-club@gmail.com



Leiana, Maalaa, Lucy and Sarah



Love Karuah? So do we!

Join a progressive community association made up of people of all ages who care about our town.

- Meet like-minded locals, share ideas, and make things happen.
- Fresh faces mean fresh ideas—and extra hands to turn plans into action!

We meet two monthly to keep things flexible, with relaxed catch-ups in between so no one feels overwhelmed.

Next Meeting: 25 Feb 2026 (AGM) in the RSL **Contact:** karuahpa@outlook.com / 0410 616 131

Come along, get involved, and help shape the future of Karuah—everyone's welcome!

Karuah Progress Association Inc (www.karuah.org)

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



NEWS FROM KARUAH RSL



Fridays

CHRIS WILCOX 6th Main Bar

MT POCKETS 13th Main Bar

TWO SMARTS 20th Main Bar

SNAPE & SON 27th Main Bar

Saturdays

7th TONY CAMPS Main Bar

14th PISTOL PETE Main Bar

21st ROX THE PIANO MAN Main Bar

28th ANTHONY LEE Main Bar

TUESDAY

ASIAN Buffet

UNLIMITED 12 CHOICES + FRESH PRAWNS + DESSERTS

\$28 Member		\$32 Non Member
\$17 (7-12 years)		FREE (6 years & under)

5:30pm to 8:00pm

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- 10pm

SATURDAY

Open 10am - Midnight

COURTESY BUS AVAILABLE 11.30am

HAPPY HOUR 1 to 3pm

Excellent TAB facilities

MEMBERS FREE RAFFLE drawn 4.45pm

LIVE MUSIC 7-10pm

SUNDAY

Open 10am

SUNDAY BREKKY BOWLS

Names in by 5pm FRIDAY for brekky
9am for bowls only.

MEAT RAFFLE drawn from 12.30pm PLUS
\$200 CASH GIVEAWAY DRAW 1.45pm

POKER 11.30am Rego. WIN \$500 only \$30 to play!

Clean Up 

**Clean Up Australia Day
Sunday, 1st March, 2026!**

COME ON KARUAH

Together, we can make a big, positive impact on our environment – one piece of litter at a time!

- Meeting at 9am at Longworth Park
- Clean up bags and gloves will be provided

**KARUAH COMMUNITY HALL
AGM**

is being held on the
12th of Feb. at 6pm
in the
**Karuah Community Hall,
2 Engel Ave, Karuah.**

**New volunteers are needed.
Everyone welcome.**

 **PORT STEPHENS COUNCIL NEWS**

**PORT STEPHENS INTERNATIONAL WOMEN'S DAY
SPONSORSHIP APPLICATIONS CLOSING SOON**

Applications close soon for Port Stephens Council's 2026 International Women's Day Scholarships, with three \$1,000 scholarships available to support local women in pursuing education, leadership, and personal development opportunities.

The scholarship recognises women's achievements and supports goals across areas including arts, culture, business, community, health, sport and the environment.

Applications are open until 13 February 2026. To learn more or apply, visit pscouncil.info/iwd-apply

Other funding 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



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

Free Software always has a Catch

The Browser Extension **Urban VPN** has been caught selling people browsing data and AI Chat history. The extension claims to help shield users from phishing attempts, malware, and intrusive ads. It also offers AI protection, which checks prompts for personal data and scans AI chat responses for suspicious or unsafe links.

However, researchers found that it contains scripts designed to intercept and exfiltrate conversations from at least ten major AI platforms, including ChatGPT, Claude, Gemini, Microsoft Copilot, Perplexity, DeepSeek, Grok (xAI), and Meta AI. The same code was found in the following Urban VPN Proxy + 1ClickVPN Proxy + Urban Browser Guard + Urban Ad Blocker.

Never Trust Free Software

I have mentioned before that a VPN is not a method to keep your info safe or hind your info. It is simply to pretend you are in a different location, such as access to USA Netflix from Australia. VPN may not work in future due to the location tracking now built into all devices. But never trust it will protect your data. In some countries even Paid VPN have to, by law report your traffic to the local government.

LOCAL DEFIBRILLATOR LOCATIONS

- Voluntary Fire Brigade
- Karuah Both Medical Centres
- Karuah Motor Yacht Club
- KRLFC Lionel Morten Oval
- Karuah RSL
- Karuah Tennis Clubhouse
- Community Centre: North Arm Cove

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

I can always tell if someone is lying just by looking at them,
I can also tell if they are standing. !!!!

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



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)
4997 5670/ oshcteam@gmail.com
Before & After School Care + Vacation Care
admin@karuahpreschool.org.au

A Busy and Exciting Time at Karuah OSHC

Karuah OSHC has enjoyed an amazing Vacation Care program, filled with fun, friendships, and memorable experiences for the children. Throughout the holidays, children took part in a variety of engaging activities and excursions designed to support wellbeing, creativity, and belonging. From hands-on craft and group challenges to active outdoor play and special themed days. Vacation Care was a wonderful opportunity for children to relax, make new friends, try new things, and build strong connections with their peers and educators.

A big thank you to the Karuah RSL Club for hosting yet another amazing Bingo Day. The Lawn Bowls team — Peter, Max, and Sharon — were absolutely wonderful, and the children loved learning about lawn bowls and having the opportunity to give it a go. A special thank you to the Karuah Op Shop for welcoming us and for the marvellous treasures the children enjoyed purchasing and proudly showing off in the fashion parade.

Thank you to our trusty bus driver, Allan Clark, who always gets us safely to and from our out-of-town excursions. We truly appreciate your reliability and care — thank you so much!

Thank you to the local community for your continued support. We are so grateful for the kindness and generosity shown to our OSHC children.

As the school term approaches, we are now looking forward to welcoming children back into their regular routines. OSHC provides a safe, supportive, and welcoming environment before and after school, where children can unwind, socialise, and participate in activities that reflect their interests and ideas. Our programs focus on promoting positive relationships, encouraging creativity, and supporting children's emotional and social development.

We are so excited to welcome new children and families joining our OSHC community this year. Starting somewhere new can be a big step, and our educators work closely with families to ensure every child feels comfortable, included, and supported from day one. Building strong partnerships with families is important to us, and we look forward to getting to know our new families and working together throughout the year.

With a fantastic year ahead, we are excited for all the learning, laughter, and experiences that OSHC will bring. We can't wait to see familiar faces return and to welcome new ones as we begin another wonderful school year together.

For those interested in enrolling their child, please contact the office at:

admin@karuahpreschool.org.au or call **4997 5670**.

Kind regards, Melissa Mills, Coordinator Karuah OSHC & VC

PLEASE SUPPORT ME

Hi there, I'm taking part in World's Greatest Shave 2026 to support Leukaemia Foundation. Please sponsor me and support my efforts to give back and change lives.

Simply click here to make a donation through my page. Alternatively, you can copy and paste the link below into your browser:

<https://www.worldsgreatestshave.com/fundraisers/johnandrewlanda>

Thank you so much for your support - it is truly appreciated. Best wishes, John Andrew Landa

DID YOU KNOW?

Lemon Myrtle (*Backhousia citriodora*) is one of Australia's most aromatic native plants, growing naturally in the subtropical rainforests of northern NSW and southern Queensland. Aboriginal communities from these areas traditionally used the crushed leaves for their strong lemon scent and medicinal properties, including infusions to help relieve coughs and colds, soothe skin conditions, and freshen living spaces.

The plant was formally described in the mid-19th century by botanist Ferdinand von Mueller, but remained little known outside its native range for many years. Today, lemon myrtle is celebrated as a uniquely Australian ingredient, with modern uses grounded in thousands of years of Aboriginal knowledge.

Lemon Myrtle Tea:

Use fresh, young lemon myrtle leaves or dried lemon myrtle and hot water.

Method:

Fresh leaves - Rinse well, then lightly crush or tear 1–2 leaves to release the oils.

Dried leaves - Use about ½–1 teaspoon per cup.

Place the leaves in a cup or teapot. Pour over hot (just boiled) water. Cover and steep for 5–10 minutes, depending on how strong you like it. Strain out the leaves.

Enjoy plain, or add honey if desired.



Karuah

Karuah Rural Fire Brigade News

Karuah RFS has been in action 24hrs most days, over the past weeks, mainly due to the major fire activity close by.

Other incidents attended were: 3 motor vehicle accidents, 1 oil spill, 3 car fires, 2 B Double highway closures, 2 Assist Ambulance. Please consider becoming a brigade member.

Be aware of Total Fire Ban periods. Remember, a permit to burn is now required.

Visit the station for a chat on Sundays 9am until 12pm.

All visitors are welcome at the station.

Always call 000 in emergencies

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**

**A locksmith had to go to court to give evidence
last week.**

Apparently he was the key witness.

Karuah Pharmacy Mural

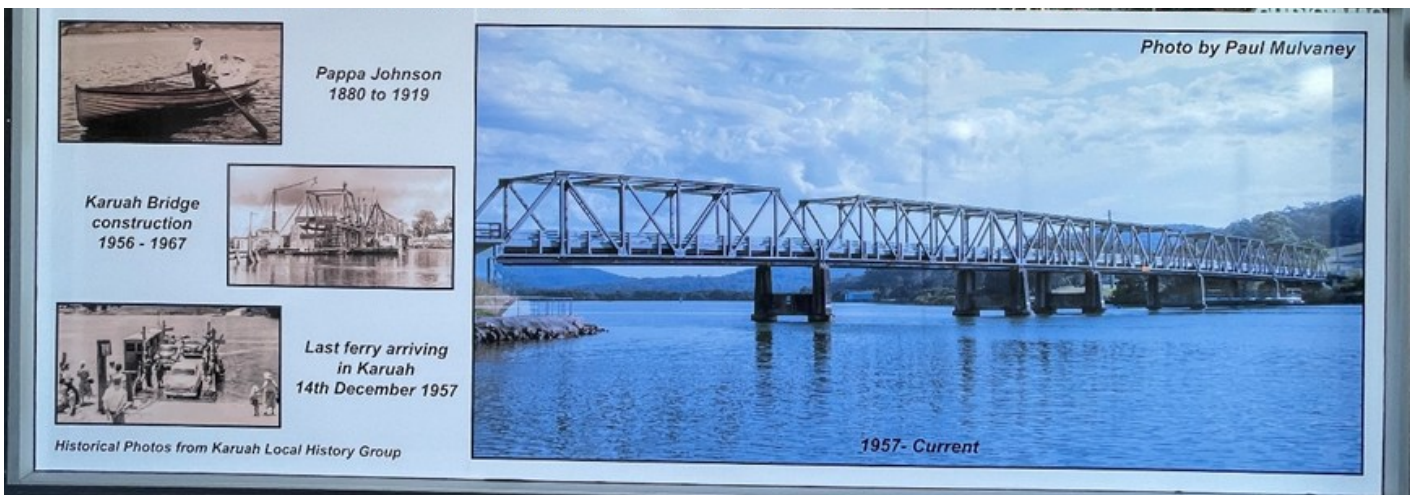
With the move to a new location our local Pharmacist, Wilson Soh, asked Paul Mulvaney, a member of the Karuah Local History Group, to design a mural for the front window. Paul used a theme of "Crossing the Karuah River".

Originally a bell would be rung and the boatman, Pappa Johnson, would row the people over.

The Karuah Ferry then took over from 1884 to 1957. The Karuah Bridge was constructed from 1956 to 1957. N.B. the date in the mural shows 1956 to 1967, this error was not the fault of Paul Mulvaney.

The final ferry trip marked the opening of the Karuah Bridge. The young boy on the right of that photo is Billy Neil a member of the Karuah Local History Group. Billy's father, George, was a long-term operator of the ferry and he built the ferry masters cottage on the banks of the river below Memorial Park. The remains of the foundations and the access stairs are still visible.

The bridge has been upgraded many times over the years to keep it safe for traffic.



RediCommunities Karuah

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

We will be hosting a series of 3 workshops here in your Hall for community members to assess risks, build on local strengths and identify priority areas for resilience building interventions.

Tuesday Feb 3rd - Workshop 1 - Introduction

Wednesday Feb 18th -Workshop 2 - RediCat (community assessment tool)

Wednesday March 4th - Workshop 3 - Brainstorming and prioritising

Venue: Karuah Waters Community Hall, 96 Holdom Road, Karuah, NSW

Time: 10:00 - 13:00

For more information contact

Trevor Whitehorn - 0428 834 068

Catering provided





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



WILDLIFE IN NEED OF CARE INC
NURTURE TO NATURE

PHONE: 1300WINCWL 1300 946295



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

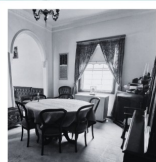
Bryan: bryan_stevenson@coastalproperties.net.au /

0419 384 569

*The Kinda
Way...*

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agent**

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AVALANCHE CHIROPRACTIC

44 William St, Raymond Terrace 2324

0412 761 512

Chiropractic, Dry Needling and Complete Concussion Management—Steve Smith
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

We are open 7am to 7pm, 7 days per week
Offering Self Service, Wash, Dry, Fold and Dry-Cleaning Agent

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



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QUARRIES**

Ph: 4050 0304

KPNC

<p><i>Seniors</i></p> <p>\$210</p>	<p><i>Intermediate</i></p> <p>\$185</p>	<p><i>NetSetGo 5-10</i></p> <p>\$175</p>
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KARUAH PEARLS NETBALL CLUB REGISTRATION
OPEN 22ND DECEMBER - CLOSES 16TH MARCH 2026

PLAYING SEASON - 2ND MAY - 19TH SEPTEMBER

WE PLAY AND TRAIN IN RAYMOND TERRACE
WERE AN INCLUSIVE CLUB ACCEPTING GIRLS/LADIES/BOYS/MEN
ALL ABILITIES.

★ NSW ACTIVE KIDS VOUCHERS ACCEPTED -
APPLY BEFORE REGISTERING!

FOR MORE INFORMATION EMAIL:
karuahpearlsnetballclub@gmail.com

Karuah Roos Rugby League Football Club

Contact Information: 0402 283 316 /
karuahroosrlfc@gmail.com

JOIN THE KARUAH ROOS – 2026 SEASON

We're calling on players of all ages — juniors and seniors — to come and be part of the Karuah Roos for the 2026 season! Whether you're new to the game or returning to footy, we'd love to welcome you to our club and show you what we're all about.

JUNIOR INFORMATION DAY
Sunday 22 February—10:00am—Lionel Morten Oval

Come along, meet the committee, ask questions and find out what our club is all about. No experience needed.

To help us plan teams please contact us via Facebook or email and send through an Expression of Interest for more information.
karuahroosrlfc@gmail.com or Message us on Facebook

SENIOR MEN & WOMEN — TRAINING NOW ON

Thinking about playing this season? Come down and join us at training!

Every Tuesday & Thursday—6:00pm—Lionel Morten Oval

No experience needed — just bring your boots, have a run, and enjoy being part of a great club culture.

SPONSORSHIP SUPPORT NEEDED – 2026

With our club continuing to grow, especially in our junior teams, we are seeking support from local businesses and community partners. Sponsorship helps us cover vital costs including uniforms, equipment, coaching, referees and allows us to keep Rugby League affordable for local families.

If you or your business would like to support local sport and be part of a strong, growing community club, please contact us to discuss sponsorship opportunities for the 2026 season.

Come play tennis WITH US

From 2nd Feb

Karuah & District Tennis Club

** Social Comp will be on Mondays.
 ** A Grade Comp on Tuesdays.
 (This may change depending on numbers)
 Comps run until 30 March 2026

🎾 FREE SOCIAL HIT 🎾
 Tuesday 27th January
 Bring along anyone who may be interested in playing.
 New members are encouraged!!!

For more info:
 Call Damien 0411328114
 or Emily 0401 646 548

Karuah & District Tennis Club

*Why did the football quit the team?
 It was tired of being kicked around.*

*Why did Cinderella get kicked off the team?
 Because she kept running away from the ball*

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

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**

Shop assistant fought off a robber with a labelling gun.

Police are looking for a man with a price on his head.

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.

February 13—Karuah RSL, 10.30-12.00pm

February 27—The Grange, Tea Gardens
10.30-12.00pm

For more information contact:

Lee Clayton - agiftofsong@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 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

mail@kmyc.net.au

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

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.

THE KARUAH UNITING CHURCH

The Karuah Uniting Church services & times for February 2026 are currently as follows:

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



Date: February 1	Time: 11.00 am	Minister: Rev Waisea LogoLogo
Holy Communion with lunch after church.		
Date: February 8	Time: 2.00 pm	Minister: Joe Kalou
Date: February 15	Time: 11.00 am	Minister: Jermaine Yan
Date: February 22	Time: 2.00 pm	Minister: Joe Kalou

Our Hall is available for hire. We have a form to be filled for that purpose and it is available from myself, Andrew, I can be contacted by email at: johnlanda@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 at 9:00am to sing some inspiring hymns and songs, hear a message of hope from the Bible, and then enjoy coffee and morning tea afterwards.

Our congregation ranges in ages from 4 to 94 and everyone is welcome!

Messy Church is on Sunday from 4:00-5:30pm. This is for families who would like to get creative, enjoy fun activities, hear a Bible story, sing some songs and then enjoy a hot dinner together afterwards. It is free, but there is a donations box if anyone would like to contribute.

Little Fish Playgroup is on every Friday during school term from 10:00-11:30am.

Big Fish Fridays Kids Club is lots of fun for primary aged children in years 4-6.

The OpShop is open 4 days from Wednesday to Saturday from 9:00am to 1:00pm.

A disabled ramp for our hall is currently being built. We are sorry for any inconvenience to anyone walking from the carpark as there is a builder's fencing blocking some of the path. We hope that it will be completed before Christmas.

For enquiries about Sunday services and the Opshop contact:

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

For enquiries about Playgroup, Kids Club or Messy Church, contact Vicki or Joel Cottier at messychurch2324@gmail.com

OUR LADY OF THE ROSARY, CATHOLIC CHURCH, KARUAH

Mass Times for FEBRUARY 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.

Interesting fact:

Giraffes are 30 times more likely to get hit by lightning than people. True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for [about 0.003 lightning deaths per thousand giraffes](#) each year. This is 30 times the equivalent fatality rate for humans.



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