



# Karuah News

**Karuah Progress Association Inc.**

0410 616 132

karuahpa@outlook.com

www.karuah.org

Issue 6 – JUNE 2026

## **Karuah Community Hall 2 Engel Avenue, Karuah NSW 2324**

Karuah Community Hall is now managed by a new, enthusiastic committee committed to increasing the use of the hall as a vibrant community hub. Together with Council, they are working to enhance the facility through ongoing improvements such as cleaning, maintenance, and garden upgrades to make it more inviting for all users.

Located in the heart of Karuah with convenient parking at the door, the hall features for hire:

- 2 x well-equipped rooms: These are ideal for activity groups, meetings, classes, social gatherings, community events, and private functions. A large kitchen complete with stainless steel benchtops and a basic supply of crockery, cutlery, and glassware. The venue offers a practical and welcoming environment for a wide range of uses.
- 2 office spaces

The committee welcomes ideas and suggestions from the community on how the hall can be used. If you are interested in joining the committee, and being part of the transformation then please contact:

[arnika99@outlook.com](mailto:arnika99@outlook.com) / 0410 616 132



Bookings can now be made online via the Port Stephens Council website: <https://www.portstephens.nsw.gov.au/>

### **THE LAST KARUAH NEWS**

It is with great sadness that I announce the Karuah News will cease publication at the end of June 2026. This will be the last edition. I have thoroughly enjoyed my time as editor and through the newsletter have met so many lovely people from this community.

Unfortunately, despite my efforts, I have been unable to find someone willing to take over the role and continue its publication. If anyone is interested I would be happy to "show you the ropes". If you are a people person and enjoy our community then you just might find being editor of the local newsletter a great experience. The RSL has always generously printed for free, so there is no cost involved. Delivering to the shops and businesses takes about 1 hour. Advertisers pay a yearly fee to advertise.

The newsletter has been an important part of the Karuah community for many years and, during that time, has been guided by several dedicated editors who generously contributed their time and effort to keep our community informed and connected. In recent years it was decided to produce it under the umbrella of the Karuah Progress Association and the advertising fees then went towards the community.

I will continue to update and inform Karuah through our Karuah website - [Karuah.org](http://Karuah.org). I will be happy to advertise your news, businesses, sport etc via the website.



#### **Tarean Road Upgrade Project includes:**

Pavement rehabilitation / Realignment of existing traffic lanes / Removal of redundant turning lanes and traffic islands / New sealed road surface / Updated line marking improvements

The works cover approximately 540 metres west of the Tall Trees Road intersection. Council says the extra lanes and wide shoulders are no longer needed because traffic volumes reduced after the Pacific Highway bypass opened.

That project is expected to be completed mid-2026 weather permitting.

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



# NEWS FROM KARUAH RSL

**TRIVIA**  
**EVERY THURSDAY**  
 FROM 7PM  
 \$3 ENTRY  
 \$160 in Cash & Vouchers UP FOR GRABS



**Fridays**  
 SNAPE & SON 5th  
 Main Bar  
 COSMIC DUO 12th  
 Main Bar  
 DREAMCATCHERS 19th  
 Main Bar  
 TONY FERGUSON 26th  
 Main Bar

**Saturdays**  
 6th CHRIS SAXBY  
 Main Bar  
 13th TONY CAMPS  
 Main Bar  
 20th DAN MANI  
 Main Bar  
 27th PISTOL PETE  
 Main Bar

## 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**

CURRENTLY ON HOLD

MEAT RAFFLE drawn from 12.30pm PLUS

**\$200 CASH MEMBER GIVEAWAY DRAW 1.45pm**

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

# ROCKING THE BOAT - Ruth Boydell, author, adventurer

*Your are invited to:*

**A life in 3 Voyages, Memoir by Ruth Boydell—Tuesday June 16th**

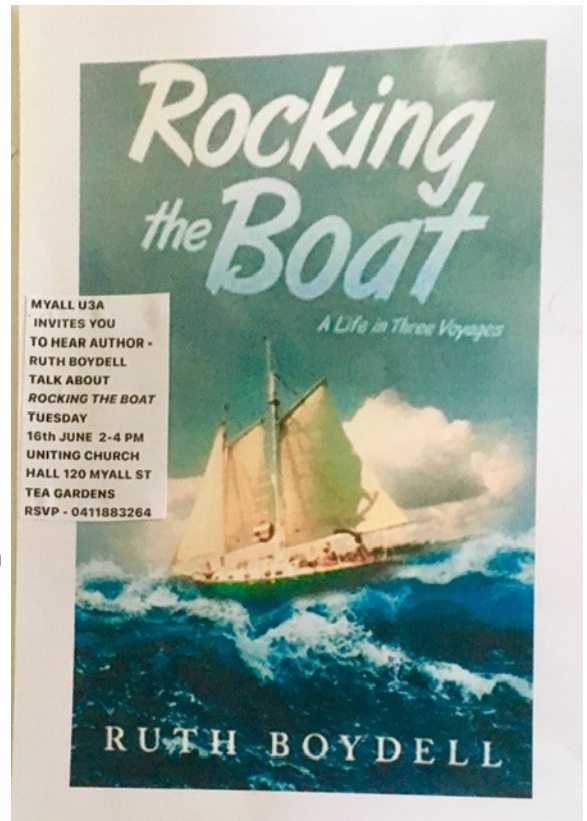
Uniting Church Hall, 120 Myall St, Tea Gardens: 2.00pm—4.00pm

To book a free seat - 0411 883 264

Ruth Boydell first sailed into adventure at seventeen years of age, embarking on a sailboat voyage halfway around the world. She eventually found a small boat of her own and voyaged halfway round the globe a second time. Ruth continued her adventure in Newcastle, NSW, Australia, teaching sailing, seamanship, and navigation. Now in her sixties, she helps others plan and navigate the end of life as a death doula and educator. While she found her spirit and her strengths and followed her dreams, it was not all smooth sailing. Heavy weather, health challenges, loneliness, and relationship and life lessons were all part of her journey. How did this young woman from the comfortable suburbs of Sydney become a solo sailor, crossing oceans in her own small craft? Join her as she shares her explorations, pains, and losses in this tale that looks at her life through the lens of three voyages.

Ruth Boydell left her Sydney home with a friend looking for adventure at the end of high school. They drove to Cairns, where Ruth continued her journey by sailboat. Ruth took to sailing and became captain of her own sailboat several years later, sailing from Australia to the Americas.

Ruth came back to Australia, started a magazine for women sailors, began teaching sailing and navigation and moved to Newcastle where she taught in TAFE for 25 years. More recently Ruth has moved into the world of End of Life Doula.



## Karuah OSHC

BEFORE AND AFTER SCHOOL CARE AND VACATION CARE

For Primary School-aged Children  
Kindergarten to year 6  
(Ages 5-12 years)

**Where?** Karuah Public School  
18 Bundabah Street, Karuah

Before School	After School	Vacation Care
6:30am to 8:30am	3:00pm to 6:00pm	6:30am to 6:00pm

Contact us for more information

✉ coordinator@karuahoshc.org.au / admin@karuahpreschool.org.au  
☎ 0476 454 037 or (02) 4997 5670

Operated by:  
**Karuah**  
Preschool INC 571616



## Karuah Progress Inc (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 monthly.

**Next Meeting:**  
Wed 24 June, 2026 in the RSL Boardroom

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

Did you hear about the new car that you can only drive when you are not talking?

It goes without saying.

## MOBILE LIBRARY TIMES

2026

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.

### LOCAL DEFIBRILLATOR LOCATIONS

- Voluntary Fire Brigade, Karuah
- Karuah Medical Centre
- Karuah Community Hall
- Karuah RSL
- KRLFC Lionel Morten Oval, Karuah
- Karuah Tennis Clubhouse
- Community Centre—North Arm Cove
- Karuah Waters Estate (over 50's)

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, 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.



## THE KARUAH OYSTER & TIMBER FESTIVAL IS BACK!

Mark your calendars for **Saturday, 17th October 2026** as the beloved Karuah Oyster & Timber Festival returns to **Lionel Morten Oval** for another incredible day celebrating the best of Karuah! Bring your family and friends along for a fantastic day filled with great food and plenty of fun. **Please note: No dogs or animals permitted at the event. Follow us on facebook.**

Get ready for:

- Fresh local oysters
- Delicious food & market stalls
  - Wood Chop
- Family-friendly activities
  - Community spirit
- The Great Karuah Duck Race

## Karuah Community Hall FOR HIRE

2 Engel Avenue, Karuah

Full kitchen and amenities


Phone: 0447 975 899

Email: [karuahhall@portstephens.net](mailto:karuahhall@portstephens.net)

YOU CAN NOW BOOK ONLINE

<https://www.portstephens.nsw.gov.au/community/community-venues/community-centres-and-halls/karuah-community-hall>

# PaL Plus<sup>+</sup> Playgroup




FUNDED BY NSW DEPARTMENT OF EDUCATION  
ABORIGINAL FAMILIES AS TEACHERS PROGRAM

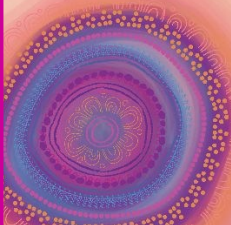
FirstChance proudly offers the PaL (Parents and Learning) Program. Delivered by Aboriginal people for Aboriginal families in Karuah, Raymond Terrace and Toronto, aiming to support children aged 2-5 in a culturally connected, fun learning environment.

Key aspects of PaL include:

- Developing early literacy and numeracy skills through play
- Celebrating Aboriginal culture and identity
- Sharing practical tips for at-home learning
- Building confidence in children for preschool and school readiness
- Fostering family connections and mutual support



The program is free, family-led, and rooted in the strengths and knowledge of the families involved.



KARUAH PLAYGROUP

Wednesdays - During School Terms  
10:00am to 11:30am  
Karuah Community Hall  
2 Engel Ave, Karuah

Contact us: Kerrie Mullard  
0249103130 | [reception@firstchance.org.au](mailto:reception@firstchance.org.au)



**Karuah**

## Karuah Rural Fire Brigade News

Karuah Fire Brigade has been fortunate in accepting two new members. Gratefully relieving the pressure on current members.

Installation of the solar system is finally complete. Training now takes place on Saturday.

**The AGM in on June 3rd. All welcome.**

**PLEASE CONSIDER JOINING OUR FIRE BRIGADE**

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**



### 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**

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**



**WILDLIFE IN NEED OF CARE**  
NURTURE TO NATURE

PHONE: 1300WINCWL 1300 946295

## PEEPING INTO OUR PAST *By Robyn Witt*

### OBJECT STORIES—THE HARGAN SAW

The photo shows the saw much better than the original one that accompanied the story in 2014 – a photo of 4 year old me standing in front of my Dad's Hargan saw. My memories of Dad's saw are vague, except for the name of the business who was the sole agent, and the name of the saw doctor in Raymond Terrace who sharpened the blades for Dad.

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

It was manufactured by an engineering firm in Sydney, and the sole selling agent was the firm of Dangar, Gedye & Malloch at Young Street, Circular Quay. The saw was de-

scribed in glowing terms as a "revolutionary portable saw which proved to be a boon to sleeper cutters. The saw could be wheeled on site and used horizontally, vertically, or converted to a swing saw. It was used extensively until the chain saw was perfected." Only 500 Hargans were made. The advantages of this saw over an axe were huge, and they were very popular. They were usually powered by BSA motorcycle engines and featured a 90cm diameter blade.



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

### Microsoft Publisher will no longer be supported after October 2026

In October 2026, Microsoft Publisher will reach its end of life. After that time it will no longer be included in Microsoft 365 and existing on-premises suites will no longer be supported. Microsoft 365 subscribers will no longer be able to open or edit Publisher files in Publisher. Until then, support for Publisher will continue and users can expect the same experience as today.

Anyone that has an older non-subscription version of office that included Publisher will still work.

Alternates include:

<https://www.canva.com> / <https://www.scribus.net/> / <https://designer.microsoft.com/>  
<https://www.affinity.studio/>

Although these won't open your old Publisher files, they give options to create new pages.

Also consider Word / or Google Docs

A man walks into a bar, and it's empty - it's just him and the bartender. He sits down and orders a drink. He hears someone whisper, "Pssst...I like your tie." The man looks around but doesn't see anyone. "Pssst...that colour looks nice on you." He asks the bartender, "Excuse me, but...are you speaking to me?" The bartender rolls his eyes and says, "No, sorry about that. It's the peanuts... they're complimentary."

## 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**

## Living Through Grief Group

There will always be some grief we hold in us about the person we lost or the things that changed our lives, but we can go on and live our lives and find joy in everyday things, buying a cuppa with a friend, sharing a meal, doing some gardening, volunteering at a school, an op shop or a sport club. It always helps us to grow and focus on others and what they need. It's amazing how grateful you will feel helping other people.

**2nd Friday of the month** —Karuah RSL Boardroom, 10.30-12.00pm

**4th Friday of the month** —The Grange Boardroom, 33-93 Spinifex Ave, Tea Gardens 10.30-12.00pm

### For more information contact:

Lee Clayton - agiftosong@icloud.com

### ALL PEOPLE 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.



## 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



## 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**



## STROUD BICENTENARY — Fri 20 to Sun 29 Nov 2026

Stroud has a rich history spanning 200 years. To mark its bicentenary, the Stroud and District Historical Society is planning a wide range of celebrations.

Events will feature heritage walks, historical plays inspired by the journey of AA Company Chief Agent Robert Dawson, guided tours, bush dances, film screenings, monastery open days, trivia nights, and much more.

Accommodation in Stroud will be limited, so support from nearby towns will be important. Located close to Karuah, Stroud has strong community ties, with many residents regularly supporting Karuah's businesses.

**Be sure to mark the dates in your diary and show your support for this significant milestone celebration.**

## THE KARUAH UNITING CHURCH

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

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



<b>Date:</b> June 7	<b>Time:</b> 2.00 pm	<b>Minister:</b> Joe Kalou
<b>Date:</b> June 14	<b>Time:</b> 11.00 am	<b>Minister:</b> Barbara Lyle
<b>Date:</b> June 21	<b>Time:</b> 11.00 am	<b>Minister:</b> Lissa Macilquham
<b>Date:</b> June 28	<b>Time:</b> 11.00 am	<b>Minister:</b> John Lamb

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](mailto: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, and then enjoy coffee and morning tea afterwards.

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

**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.

**Youth Group** is a new group for high school students - on every second Friday from 6:00-8:00pm.

**Messy Church** fun, faith and dinner for young families

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

For enquiries about Sunday services, the Opshop or Youth contact: Reverend Alison Williams at [alisonwilliams1@zoho.com](mailto: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](mailto:messychurch2324@gmail.com)

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

Mass Times for June 2026

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.*

*Can a kangaroo jump higher than a house? Of course. A house doesn't jump at all!*



**Stephen McCarthy**

**0428 678 909**

*stephensgr8@gmail.com*

**PLUMBER & GASFITTER**

*Lic. No. 34832C - FULLY INSURED*

**DAILEY**   
**Family Funerals**

Incorporating Karuah & District Funerals

At Need Service 24/7

**Ph: 4062 8844**

Owned and operated by The Dailey Family of Karuah

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reasonable rates*

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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

*The Kinda  
Way...*

**Kind  
agent**

Call us on 0401 646 548



Home Sorting & Organising

Deceased Estate homes

Moving help Packing/ Unpacking

Advice & Advocacy



**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](mailto: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*



**HUNTER  
QUARRIES**

Ph: 4050 0304

## Karuah & District Tennis Club



- Join the fun
- Meet new people
- Have a laugh
- Learn a new sport

ENGEL AVE,  
KARUAH

### BOOK A COURT OPTIONS

FROM \$10

BECOME A MEMBER FROM \$50

FREE COURT HIRE FOR MEMBERS

All Enquiries to Damien  
0411 328 114

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

WE NEED YOUR HELP!

BAR STAFF WANTED!

TODAY FROM 2PM ONWARDS

MUST HOLD RSA

★ HELP OUT YOUR CLUB!

THANK YOU FOR SUPPORTING KARUAH ROOS RLFC!



VOLUNTEERS NEEDED!



## TRAINING

ROOS & ROOETTES



Tuesday & Thursday  
LIONEL MORTEN OVAL

6pm



No experience needed

# KPNIC

KARUAH'S NETBALL CLUB

## PLAYERS of the WEEK

DOLPHINS

SAPPHIRES

OPALS



THANK YOU TO OUR SPONSOR



Round 3

PORT STEPHENS NETBALL ASSOCIATION

GreaterBank

# JUNIOR CARNIVAL



DATE:  
Sunday 19th July



COST:  
\$35 per team



REGISTER YOUR TEAM:  
<https://www.playhq.com/netball-australia/register/693bcf>



REGISTRATIONS CLOSE:  
Friday 3rd July



LIMITED SPOTS  
WILL BE AVAILABLE  
SO GET IN QUICK!





## East Coast Flat Pack Kitchen Experts

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