

North Arm Cove

Worimi Country



RESIDENTS INFORMATION PACK



Edition 1, November 2023

For all Residents, New and Existing

This information pack has been prepared for North Arm Cove (NAC) residents to inform them about many important aspects of North Arm Cove, including its heritage, parks, boating and swimming, local services and major local retail establishments.

It was prepared by a community group taskforce comprising people from:

- NACCAi – the North Arm Cove Community Association Inc
- The NAC Community Centre Management Committee
- The NAC Tennis Club
- The NAC Rural Fire Service brigade
- The NAC Community Garden group.

The pack includes contact information for these groups.

We hope you find it useful and informative.

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Acknowledgements

The North Arm Cove community groups who prepared this document would like to thank Mid Coast Council, who granted us, as a Community Donation, funds to go towards the cost of producing it for new residents of North Arm Cove. The Donation was granted on the basis of developing new and existing Community relationships within NAC, in all forms.

This booklet has been compiled, as a group effort, by all interest groups operating within North Arm Cove. Most people who contributed to this booklet have lived in the Cove for many years and their knowledge gathered over those years has gone into the production of this booklet.

This booklet can also be found on the NORTH ARM COVE website [Reference Documents | NAC Community Website \(northarmcove.nsw.au\)](#)

We will endeavour to keep both the website and booklet as current as possible.

Please note that the inclusion of an entry in this directory does not imply any endorsement of the product, service, or organisation by the publishers of this booklet.

Please contact us on naccai@northarmcove.nsw.au if you identify any errors or omissions or if you have a local service you wish to add.



1. North Arm Cove village map



2. North Arm Cove Heritage

Worimi heritage



The first inhabitants of this area were the Worimi people, who first settled in the area over 40,000 years ago.

The Worimi's lands extended over 3,900 square kilometres, from the Hunter River in the south to Forster in the north to Dungog and Gresford in the west.

The area between Karuah and Tea Gardens was the home of the local Goorenggai (Gringai) clan of the Worimi people.

The Worimi people fostered, cared for and lived on resources found within their country. Marine food, especially shellfish, were favoured by people living closest to the sea. Due to the reliability of this resource, it may have been preferred over land animals and vegetables. The latter two were used as supplementary foods and added variety to their diet. Animals that were abundant included kangaroos and goannas, possums, snakes and flying foxes. Vegetables eaten included fern roots, stalks of the Gynea lily, and the bloom of the banksia.



Worimi fishing scene

Some local areas and roads are named after Worimi words. For example, Goorengi Road is named after the Goorenggai clan, the peninsula that North Arm Cove is situated on that was known as Baromee, and Tahlee comes from the local Aboriginal word, Tarlee, meaning "sheltered from the wind and above water".

The Goorenggai were said to be kind and always noble people:

- Four convicts recaptured in 1795 after five years at Port Stephens, praised the "pacific disposition and gentle manner" of their hosts,
- In his 1827-37 papers, Henry Ebsworth said the Goorenggai were "a good-natured class of people, possessing many excellent traits of character; generous to each other; apparently grateful and attached to their benefactors"
- William Scott, who was born in Carrington in 1844, wrote "from earliest childhood I was closely associated with them under all manner of conditions ... I found them to be wonderfully courteous, with a code of etiquette that many white people, supposedly more enlightened, might well copy to advantage".

2. North Arm Cove Heritage (continued)

European heritage

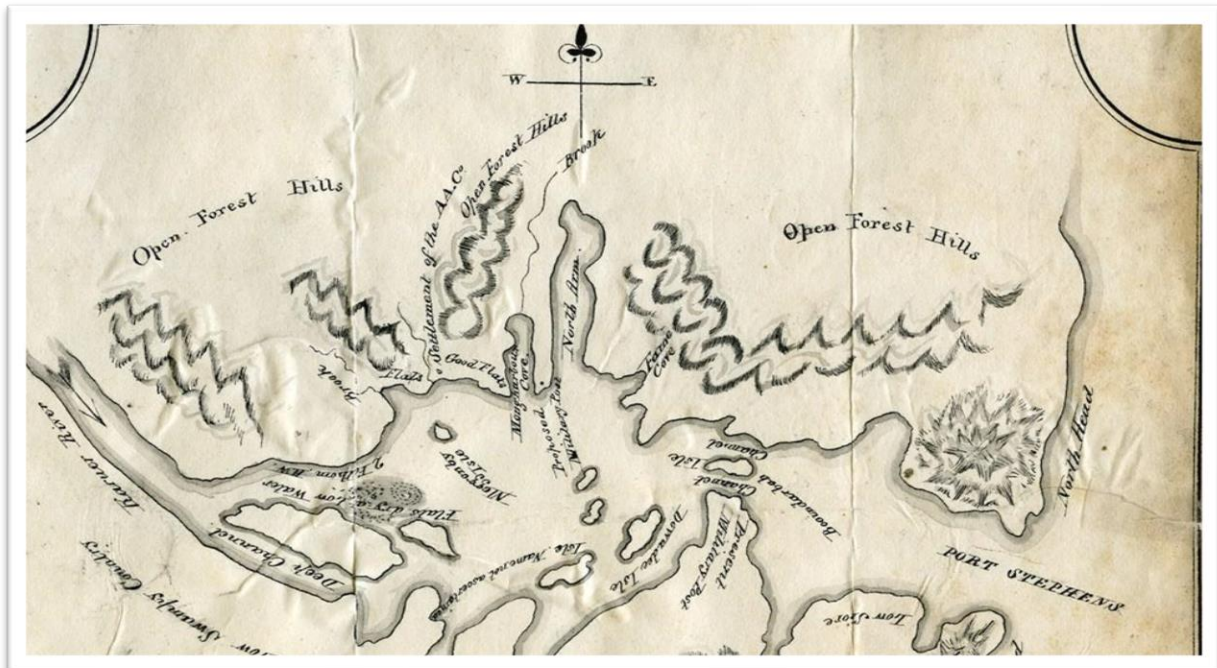


North Arm Cove, and the adjacent communities of Carrington and Tahlee have a significant European history, commencing with Port Stephens having been first sighted and named by Captain James Cook in 1770.

The AA Company

In April 1824 the Australian Agricultural Company (the AA Company) was formed to “produce wool of the finest quality in New South Wales for the markets of Great Britain ...”, and was granted one million acres (404,686ha) of land from Port Stephens to Gloucester in the west and the Manning River in the north. It established its first settlements at Carrington and Tahlee. This history is considered nationally significant in the development of Australia.

North Arm Cove was originally named as “North Arm” by Robert Dawson, the first commissioner of the AA Company, on a survey map of Port Stephens drawn in 1828.



Extract from “Birds Eye View of Port Stephens” Noel Butlin Archives Centre, Australian National University:
Australian Agricultural Company, 1-1-78-f157-x49, North Arm, Port Stephens, 1828

The AA Company tried, unsuccessfully, growing cotton on Baromee Point. On the shores of North Arm Cove, they built a ferry landing point, a cottage or two and a coal depot for refuelling steam vessels. Otherwise the Company made little use of this part of their grant. They found that the soil here was not particularly fertile and there was limited access to fresh water.

In 1904 the AA Company sold Lot 427 – which included all of the Baromee peninsular – to Archie Campbell, a dairy farmer and grazier from Raymond Terrace.

2. North Arm Cove Heritage (continued)

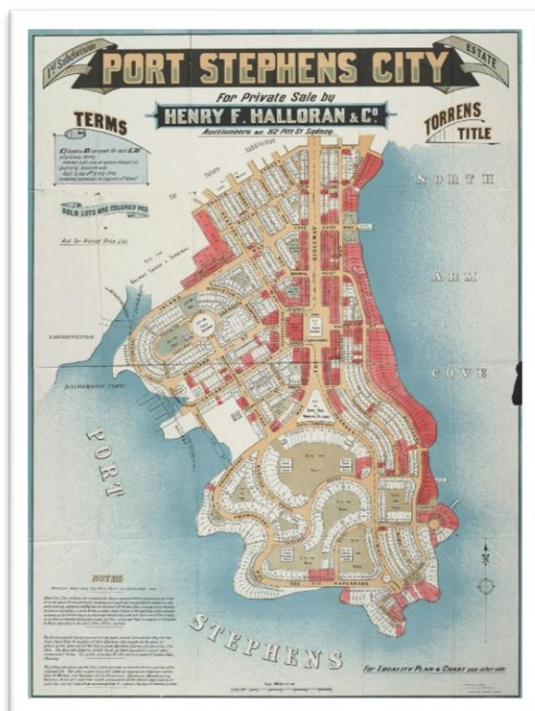
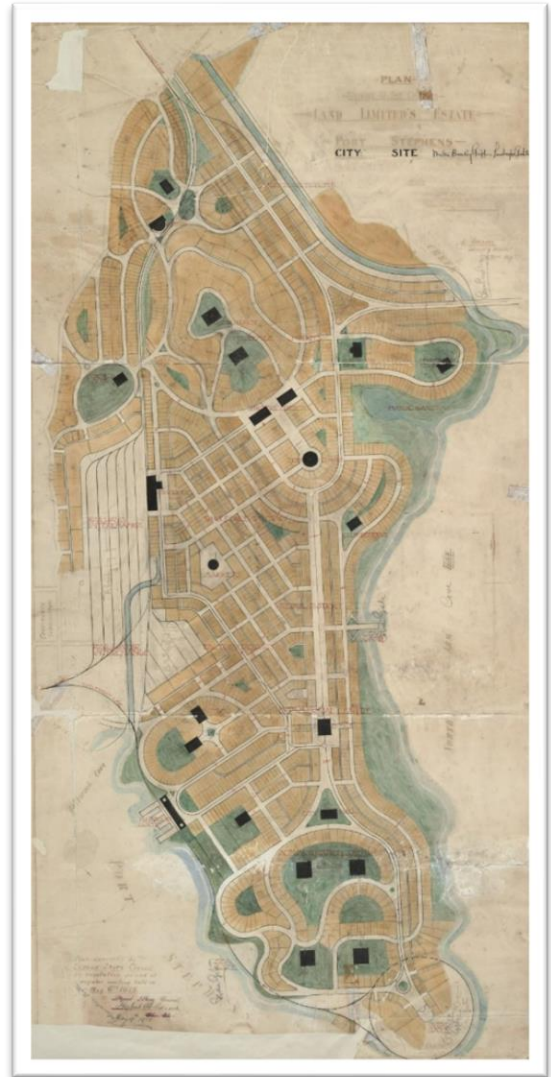
Land Limited

Land Limited purchased Lot 427 from Archie Campbell in early 1918. Four months later, a plan was lodged with Stroud Council for Walter Burley Griffin's bold vision for "Port Stephens City" – proposing broad main streets, public buildings, waterfront gardens, expansive parklands, railways, jetties, schools and theatres.

This plan was approved in May 1918, and in November 1918 Stroud Council gave permission to sell from the plan. After getting into financial difficulties Land Limited was wound up in late 1919.

Henry Halloran

In late 1919 Port Stephens Development Ltd, whose Governing Director was Henry Halloran, an entrepreneurial land developer, took over the Land Limited property. Walter Burley Griffin's vision for Port Stephens City was extensively modified, including most of the waterfront gardens being replaced with about 200 residential blocks of waterfront land, with the majority of them reaching right to the high-water mark. This land is referred to as the First Subdivision in Port Stephens City.



Sales of this land began on the Easter weekend in 1920.

Subdivision plans for the rest of Lot 427 and the areas west of Carrington Road were lodged two years later in 1922. These were to form the second and third subdivisions of Port Stephens City and brought the total number of lots to over 4,000. These three subdivisions combined are commonly referred to as Port Stephens City.

In 1930 Halloran formed a separate company, Realty Realizations, to sell the land.

In 1964, following the introduction of planning legislation, these lands were formally zoned Rural, with village zones being established only where there was existing development in the North Arm Cove and Carrington areas.

The land between the North Arm Cove village and Gooreengi Road is a "paper subdivision" – being non-urban land with Rural RU2 zoning which does not permit construction of a house unless the lot is at least 40 hectares in area. MidCoast Council is in the process of rezoning this land as Environmental Management or Environmental Conservation. This rezoning is expected to be completed by mid 2025.

3. Emergency services



Ambulance Emergency 000.



Fire-RFS Emergency 000.



NSW Police Force

Police Emergency 000 otherwise 131 444.



SES Emergency help in storms 132 500.



Australian Red Cross

Red Cross 1800 733 276.



NSW

Health Advice 24-hour health advice 1800 022 222.



WIRES Wildlife Rescue 1300 094 737.

A useful and important app that you should put on your smartphone is the Emergency plus app. It is a **free** app developed by Australia's emergency services and their Government and industry partners.



The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**.

When opened the app contains logos to tap on for calling triple zero (000), the SES and the Police. When you tap one of these logos the app comes up with a description of what to call the emergency service for. For example if you tap the SES logo it states "State Emergency Services for flood, storm and cyclone emergency help", and gives you the option to tap to Call or Cancel.

As well as providing your estimated street address, the app shows your latitude and longitude, and your location using What3words.

North Arm Cove Community Defibrillator

A defibrillator is located on the outside wall of the Community Centre next to the coffee shop entrance door. It was financed by community donations and a grant to the tennis club. It is in a locked cabinet for security. The access code for the cabinet is 7295. The access code is also on the notice board in the Community Centre next to the door.

In the event of a heart attack medical advice is to always call triple zero (000) first, then commence CPR if the victim does not have a pulse. If there is another person able to assist then they should go and get the defibrillator. The defibrillator is automated and contains instructions and verbal prompts on how to use it. It contains pads for both adults and children. If you use it please let us know so we can organise a replacement battery and pads.

4. North Arm Cove Community Association Inc

North Arm Cove Community Association Worimi Country

Background History

Known now as North Arm Cove Community Association Inc, abbreviated to NACCAi, the association can trace its history back to the mid-sixties when a group of community-minded residents met in a Cove Boulevard back garden and formed the '*village association*'. These meetings were the catalyst for the formation of the *Fire Brigade* and, later, *Neighbourhood Watch*.



In the early nineties, as the fire station was being built, members would bring their own chairs and meet in what is now the kitchen of the station, later moving into the truck bay.

At this time the association became incorporated and was renamed 'North Arm Cove Progress Association Inc' and the idea was mooted to build a community centre. In 1993/94 the major obstacle for the association was obtaining community land on which to build the much-

needed centre but luckily land became available at Lot 31 The Ridgeway and a deputation from the association obtained agreement from Great Lakes Council that this would be 'dedicated for community use.' With the land secured, Bernie May, association president at the time, together with his wife Patricia, donated a 1950's house they owned in Raymond Terrace. The association were then successful in obtaining a Department of Planning Area Assistance grant of \$19,737, and an \$8,000 council grant which enabled them to transport the house to the Cove. With careful management, under the direction of Les Oxenbridge, a team of incredibly committed volunteers set about transforming the house into a multi-purpose community centre.



October 12, 1996, was a red-letter day when the then Port Stephens MP Bob Martin, former Labor MP Bob Horne, Cr Bob Stuart, and Federal MP Bob Baldwin attended the opening and the progress association said 'thank you' to the community by inviting everyone to a meal at the centre! To manage the centre, Great Lakes Council appointed a S355 Committee of Management made up of local residents and they held their first meeting in July 1996.

4. North Arm Cove Community Association Inc (continued)



From that day forward to the present date, due to the ongoing efforts of many volunteer members of the NAC community, through the lobbying of Council, fundraising events, various grants from local, state and Federal governments, NACCAi continues to strive to make improvements to our little village. One example achieved is Yallarwah Park located opposite the Community Centre, which was achieved after many years of planning, lobbying, fund raising, donations and receipt of grant applications.

NACCAi will continue to lobby for upgrades to Heros Beach, Casuarina Park, Medina Bay, the Community Centre and other community facilities requested in a recent survey conducted within the village community.



Yallarwah Park



Heros Beach



Casuarina Park

4. North Arm Cove Community Association Inc (continued)



NACCAi is run by a team of volunteers, who allocate many hours of their time in lobbying Council to perform maintenance to roads, drainage and parks, talking to State and Federal politicians regarding grants that may be available to help us fund future projects to better the community and environment of NORTH ARM COVE.

The Committee is made up as follows: President, Vice President, Treasurer, Secretary, committee members (usually 3). There are subcommittees for more specific areas.

We are always looking for new people to come onto the Committee,

to firstly give a new view to our discussions and secondly to replace members who have after dedicating many years' service feel it is time to hand the baton on to the next generation of residents who have moved to NORTH ARM COVE to live and play in our unique environment.

Meetings are held at the Community Centre on a Saturday afternoon four times per year, usually starting at 2pm and finishing by 4pm. A friendly cup of tea or coffee is offered at the end of all meetings for everyone to have a chat with neighbours and friends. Our aim is to include residents in local planning and capture and represent the views, ideas, and energy of the community. This is a good venue to meet residents in our village. Meeting dates are on the event calendar on the website.

For those interested, the Constitution is available for viewing on the NACCAi website [constitution.pdf](http://constitution.pdf(northarmcove.nsw.au)) (northarmcove.nsw.au)

If you wish to join us and would like to contribute to making NORTH ARM COVE a better place to live you can find a membership form on our website. Banking information is listed on the application. [How to join the Association | North Arm Cove](#)

NACCAi is but one of the groups that work together for the betterment of NORTH ARM COVE. Others include, but not limited to, are the following:-

- The NAC Community Centre Management Committee
- The NAC Tennis Club
- The NAC Rural Fire Service brigade
- The NAC Community Garden group

If you would like to contact NACCAi, send an email to naccai@northarmcove.nsw.au, or use the contact link on the bottom of the home page of the website.

5. North Arm Cove Community Website



The NAC community website (northarmcove.nsw.au) is the main form of communication used within the village. Developed in 2011 by the community for the community, and run by volunteers, this comprehensive website has lots of information on:

- emergency services links
- our history, environment and waterways
- special interest and volunteer groups
- local issues, events and photos
- MidCoast Council matters
- NACCAi and community centre updates
- sponsor and donor details
- events
- and much more.

As well as being the best little village in Australia, we reckon that the North Arm Cove website is the best community website in Australia.

You can subscribe for free, and all subscribers can post articles, comments, photos, ads and events.

The website was recently upgraded to the latest content management system providing a cleaner and fresher look. Subscribers receive a weekly email on Saturday mornings summarising what had been put on the website that week, upcoming events, as well as a description of the delicious home cooked cakes and toasties that will be served at Coffee in the Cove that morning (see next page!).

One of the cool features of the website is a community notice board section, where subscribers can advertise items for sale, wanted, for free, lost and found, or even make an announcement. This is a useful service for our community and there is no charge for placing an ad on the community notice board.

Previously we had a printed version of the monthly happenings within NAC, called COVE NEWS. Unfortunately, after many years enjoyment, it was recently retired, reluctantly, due to the large amount of time taken to gather the information, format it, organize the printing, and finally organizing a team of people to distribute COVE NEWS to our letterboxes. We would like to acknowledge all who were involved in the production of Cove News over many years, and hope that the NAC Website can evolve into the 21st century version in an ever-increasing technological world.

Many hundreds of hours by many people have been spent in developing and improving the NAC Website. We hope we can **gather around us new residents to maintain and continue to develop the website**. The website is constantly evolving and **we require constant input from residents to keep it relevant to the times**, now and onwards in the future.

6. Community Centre Management Committee (A section 355 committee of Mid Coast Council)

The North Arm Cove Community Centre plays a pivotal role in the social and recreational activities of the local community. First established in 1996 it is the focal point of the North Arm Cove village and surrounds for any community activities. Since that time, numerous grant funding has enabled the Community Centre to evolve from the originally donated terrace house, extending to the library (Wetherley Wing) and newly acquired Yallarwah Park opposite.



The Centre has grown into a multipurpose facility that incorporates a community hall space (capacity 100 sitting) sizeable kitchen, community library and exhibition / display space, a small book swap outside for all to enjoy, outdoor play facilities for children, pizza oven and BBQ.

Within the Community Centre complex, you will find: Coffee in the Cove open Mondays 10-11 am, Thursdays 10-11 am and Saturdays 10-12 noon. You will also find other activities, as listed on the following page, Zumba, and Pilates classes. There also is a first-class tennis court for hire.

Coffee in the Cove is the 'hub' of the village... why not pop in on a Monday, Thursday (10 am to 11 am) or Saturday (10 am to 12 noon) to meet the friendly villagers / neighbours and make new friends. We would love to have you as part of our volunteer team at the coffee shop! If you enjoy baking cakes or would like to learn how to make barista style coffee please contact Robyn Gee, 0412 154 421.

The Community Centre can be hired for weddings, parties, wakes, seminars, and charity events. Please check with the Booking Officer, Robyn Gee 0412 154 421 as to availability and fees.

Further information and booking form etc. can be downloaded from the website: <https://northarmcove.nsw.au/hall> (under the tabs: *Our Community / Community Centre / Hirer's Manual / Hiring Rates / Booking Fees / Conditions of Use*).

As the major focus for a varied community and social activities, it is an ideal facility and location for the whole community's use. It is also recognised as a 'Place of Last Resort' in case of an emergency.

In September 2023, the Community Centre building undertook refurbishment with exterior cleaning and painting. A new street 'Library' was installed on the wall beneath the pergola, and seating and planter box with natives and grasses to beautify the external seating area. The Management Committee is consulting with MidCoast Council on the upgrade of interior lighting from fluorescent to downlighting. We are also endeavouring to supply Wi-Fi to the Community Centre which would enable the use of a much-needed *eftpos* facility at Coffee in the Cove.

The Management Committee meets on a regular basis and is always looking at fund-raising options; annual Garage Sale Trail in November where all are invited to set up a table to sell used items. January is a fun time of the year with the Australia Day celebrations on Heros Beach and the Committee organise a sausage sizzle, games for adults and children (sack race, egg and spoon race, tug-o-war... etc) where you can also laze away the afternoon swimming, sailing, kayaking or just sipping a wine / beer whilst chatting to friends, family, and neighbours.

6. Community Centre Management Committee (S355 of Mid Coast Council) (continued)

All fees generated by the hire of the Community Centre are returned to MidCoast Council.

However, **Coffee in the Cove** ploughs funds back into the upkeep of the Hall. This is our only source of income to cover costs (*cleaning, repairs, refurbishment of the flooring, furniture for the coffee shop and utensils for the main kitchen*) ... therefore, we much appreciate your patronage.



Main Hall and Stage Area



Coffee in the Cove

Committee Members:

Robyn Gee	President and Booking Officer	0412 154 421
John Fisk	Treasurer	0408 115 553
Coralie Wilks	Secretary	0433 490 791
Loal Conroy	Media Officer	0414 322 948
Jan Walker	Social Officer	0411 433 181
Elizabeth Hall	Librarian	0432 333 635

Activities at the Centre

Please ring Robyn Gee for bookings: 0412 154 421

MONDAY:

Zumba 9.00 – 10 a.m. - \$10 per class
Contact: Jan Walker - 0411 433 181



WEDNESDAY:

Community Garden 8 – 10 a.m. 0490 080 795
Contact: Bill Moller - Volunteers welcome



THURSDAY:

Zumba 9 – 10 a.m. - \$10 per class
Contact: Jan Walker - 0411 433 181



FRIDAY:

Pilates 7.30 – 8:30 am
Contact: Sarah Kevin – 0413 153 363



7. Tennis club



Founded in 2009, the NAC tennis club is a very successful small club, with over 70 memberships. It provides a great and well used facility for residents and holidaymakers and their extended families.

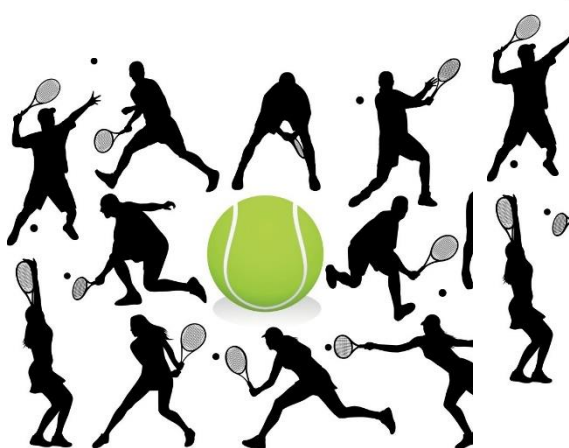
The court is located next to the Community Centre. As well as the flood lit tennis court, the adjacent multi-purpose facility with a rebound wall and wire netting provides a playing space for tennis practice, handball, cricket practice and basketball.

The club membership structure is unique, with family membership including parents, children and grandchildren and their partners. Membership fees are very modest, and are possibly the lowest in NSW.

So why not join, or simply come and try out tennis enjoying free use of the club tennis racquets.

Social tennis is played on Tuesday, Thursday and Saturday mornings from 8am to about 9am. If you are interested in joining the club or learning how to play, or just feel like a social game or two, come along to a social tennis morning. The fee for non-members for social tennis is only \$5 per hour.

For any enquiries about the tennis club or to book the court call 0427 276 718.



NORTH ARM COVE TENNIS CLUB – FEES

Family Membership: means parent, children, grandchildren and their partners.

Single Membership: means one individual player only.

Fees: 12 months (1 July to 30 June) Family Membership = \$40
Single Membership = \$20

with additional \$1 per hour for all Members per game.

Court Hire: \$20 per hour for non-members.

Night Hire: Lights \$3 per hour. Key for meter box to be obtained from booking officer – 0427 276 718.

Record of Players: The Tennis Club is required to retain a record of all play. Therefore, all court users must complete the Record of Play and include it in the envelope with their court hire money each time they play. The Booking Officer is to forward names of first-time players to the Treasurer or Membership Officer who will check with Tennis NSW re registration.

RULES OF PLAY:

- The person booking the court is responsible for completing the Record of play and collecting correct money from all players including court hire fees, and non-members levy.
- Players under 15 years are to be supervised.
- The practice wall is not to be used while court is in use.
- Correct non-marking footwear is to be worn.
- Court is to be swept clean before playing.
- Smoking and drinking (other than water) is not allowed on court.
- Court is to be locked after use.
- All rubbish is to be taken by players.

The North Arm Cove Tennis Club accepts no responsibility for personal injury. Any injury sustained on the court is to be reported by completing the Incident Report Form (copies available on court) AND by advising the Club by phone (0427 276 718) as soon as possible following incident.

Membership fees are to be paid into the following bank account:

Bank:	Newcastle Permanent Building Society
Account Name:	North Arm Cove Tennis Club Incorporated
BSB:	650-300
Account Number:	988978518
Ref:	'family name' subs

Court hire fees are preferably paid in cash on the day.

8. North Arm Cove Community Garden

North Arm Cove (NAC) has a thriving Community Garden adjacent to the Community Centre. It commenced in August 2012 with the establishment of the first garden beds and made the first compost. The NAC Community Garden is run by the NAC Community Garden Network, a volunteer group that is freely open to all to



join and participate in the various activities. It initially was given the go head from the Council to begin a garden on the grounds adjacent to the Community Centre in early 2012 and has regularly been upgraded and extended by the group members / volunteers with the assistance of several Community Grants and donations from various local and regional businesses. The Garden is a place that can not only provide some year-round availability of vegetables, herbs and fruit but also is a place for social interaction, a meditative space, a place for problem solving and a place to learn new skills.

New members are always welcome to join the group on the regular Wednesday morning 8am to 10am working bee, but the garden is available to all to participate whenever they are able. Those that contribute to the ongoing upkeep of the Garden can freely partake in the available produce, however, for those that are unable to contribute, can apply for a Pickers Certificate which enables the holders to harvest a modest share of the available produce (the Pickers Certificates currently are valued at \$30 per year).

For further information contact:
Bill Moller 0490 080 795



9. Fires and the Rural Fire Service Brigade

North Arm Cove Bushfire Brigade – There is a Bushfire Brigade located in North Arm Cove, the Station building is at 4 Gloucester Street, The Brigade has two appliances, a large Category-1 Tanker and a smaller Category-9 Striker. The Fire Station is not manned so to report a fire or other emergency call triple zero (000).

The Brigade has a small membership and is always looking to recruit new members to assist with Brigade activities.

If interested in joining please call Bill Moller 0490 080 795



North Arm Cove

Fires in Urban Areas -

The burning of general waste is prohibited under the *Protection of the Environment Operations (Clean Air) Regulation 2010*. Meaning rubbish fires are NOT allowed in the Urban areas for North Arm Cove (NAC), however, cooking, warming or cultural fires are allowed provided the proper precautions are taken, ie it is not a declared **Total Fire Ban Day**, must be a clearing at least 2 metres around the fire area and you have an immediate and continuous supply of water available and you being in attendance at all times while the fire is active.

Fires in Non-Urban Areas

Similar rules apply to the Non-urban Areas of NAC, however, under the Regulation vegetation fires are allowed but only of dead and dry vegetation which has accumulated on parcels of land during the normal use of the land. The vegetation piles can have a maximum diameter and height of two metres. You must notify the MidCoast Rural Fire Service and all of your neighbours at least 24 hours before lighting the fire, the same precautions as above also apply and it is not in the declared Fire Danger Period.

The Bush Fire Danger Period in the MidCoast District including North Arm Cove commences on the 1st of September each year and runs to 31st March (but may be brought forward if conditions demand). There is to be no vegetation Fires during the Bush Fire Danger Period **without a Fire Permit. Permits can be requested by this QR Code**



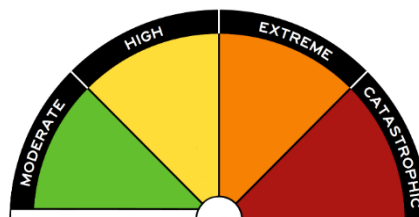
Fire Danger Rating System.

The Fire Danger Rating System is now an Australia wide system.

The new Fire Danger Rating has four levels – Moderate, High, Extreme and Catastrophic. When there is minimal risk, such as when it's raining, 'No Rating' is used.

The following actions have been assigned to each level, so you'll know what to do to protect your life, family and property. You can check the daily fire danger rating on the RFS website, in the "**Hazards Near Me**" smartphone app, or look out for the roadside signs.

- **Moderate** - Plan and prepare.
- **High** - Be ready to act.
- **Extreme** - Take action now to protect your life and property.
- **Catastrophic** - For your survival, leave bushfire risk areas.



MODERATE Plan and prepare	HIGH Be ready to act
EXTREME Take action now to protect life and property	CATASTROPHIC For your survival, leave bushfire risk areas

9. Fires and the Rural Fire Service Brigade (continued)

Don't forget your Bush Fire Survival Plan

Bush fire is a part of life in New South Wales. So, you need to live bush fire ready. That means knowing your risk and having a plan for what to do during a fire. You can make your plan online in as little as five minutes at www.myfireplan.com.au. Or you can sit down with your family and discuss what you will do using our guide to make a bush fire survival plan.

FOUR SIMPLE STEPS FOR MAKING YOUR PERSONAL BUSHFIRE SURVIVAL PLAN

Step 1 discuss what to do if a bush fire threatens your home.

[Download the Step 1 discussion guide \(PDF, 985.3 KB\).](#)



Step 2 prepare your home and get it ready for bush fire season.

[Download the Step 2 checklist \(PDF, 595.5 KB\).](#)



Step 3 know the bush fire alert levels.

[Download Step 3 \(PDF, 227.4 KB\).](#)



Step 4 keep all the bush fire information numbers, websites, and the smartphone app.

And monitor the conditions

[Download Step 4 \(PDF, 219.1 KB\).](#)



Remember in case of fire call 000 - and No Fires in the open on Declared Total Fire Ban Days

Further information on bushfire planning and preparation is contained in the four-page booklet at the back of this folder.

10. Doctors, Dentists, Pharmacies, Hospitals and Physiotherapists

Doctors



Karuah Medical Centre (8kms)

406 Tarean Rd. Karuah 2324.

Dr. Marguerite Hennes

Phone: 4997 5510 & 4997 5912.

Fax: 49975080.

Email: karuah.medical@hotmail.com

Website: <https://margueritehennes3.wixsite.com/karuahmedical1>

Hours: Monday to Friday 9.00am to 5.30pm. Closed Saturdays, Sundays and Public Holidays.

Pathology Service: Lavery. Appointments not required. Monday, Wednesday and Friday 8.30am to 11.30am.

Triple C Health Medical Centre (8kms)

418 Tarean Rd. Karuah 2324.

Phone: 4243 8786

Fax: 4997 5917.

Email: contact@triplehealth.com.au

Website: triplehealth.com.au

Hours: Monday to Friday 9.00am to 4.30pm. Saturday 8.00am to 1.00pm. Closed Sundays and Public Holidays

Ochre Medical Centre (11kms)

8-10 Myall Keys Blvd. (Next to Coles Car Park).

Tea Gardens 2324.

Phone: 4997 1900.

Fax: 4997 1022.

Email: admin.mchmc@ochrehealth.com.au

Website: ochrehealth.com.au

Hours: Monday to Friday 8.30am to 5.30pm.

Pathology Service: Lavery. Phone: 4997 9099. Appointments not required. Monday to Friday 8.30am to 5.00pm. Closed Saturday, Sunday and Public Holidays.

Dentists



[Tea Gardens Dental Surgery](#)

Shop 6, 205-207 Myall Street, TEA GARDENS NSW 2324

[Medowie Dental](#)

7/5 Peppertree Road, MEDOWIE NSW 2318

19.36 kms from NORTH ARM COVE NSW 2324

[Medowie Dental Surgery](#)

1 Blueberry Road, MEDOWIE NSW 2318

20.84 kms from NORTH ARM COVE NSW 2324

[Raymond Terrace Dentist for Chickens](#)

Shop 5, Lakeside Shopping Village, 80 Benjamin Lee Drive, RAYMOND TERRACE NSW 2324

27.79 kms from NORTH ARM COVE NSW 2324

[Pacific Smiles Dental Raymond Terrace](#)

Marketplace Raymond Terrace, William Street, RAYMOND TERRACE NSW 2324

30.33 kms from NORTH ARM COVE NSW 2324

[Raymond Terrace Dental Care](#)

Suite 4, 42 William Street, RAYMOND TERRACE NSW 2324

30.44 kms from NORTH ARM COVE NSW 232

Pharmacies

Pharmacist



Karuah Pharmacy (12kms)

413 Tarean Rd. Karuah 2324.

Ph. 4997 5557. Fax: 4997 5047.

Email: karuahpharmacy@gmail.com

Hours: Monday to Friday 9.00am to 5.30pm. Saturday 8.30am to 12.30pm.
Closed Sunday and Public Holidays.

Myall Tea Gardens Pharmacy (18 kms)

166 Myall St. Tea Gardens. 2324.

Phone: 4997 2445. Fax: 4997 2446.

Email: myallpharmacy.teagardens@nunet.com.au

Hours: Monday to Friday 8.30am to 5.30pm. Saturday 8.30am to 1.00pm. Closed Sunday and Public
Holidays.

Myall Hawks Nest Pharmacy (22 kms)

45/47 Yamba St. (Cnr. Tuloa Ave.) Hawks Nest.

Phone: 4997 0267. Fax: 4997 1546

Email: hawksnestpharmacy@gmail.com Hours: Monday to Friday 8.30am to 5.00 pm. Saturday 8.30am to 1.00pm.
Closed Sunday and P.H.

Hospitals



Public

John Hunter Hospital (44km)

Lookout Rd.

New Lambton Heights 2305

Phone: 4921 3000.

Calvary Mater Hospital (40km)

20 Edith St.

Waratah 2298

Phone: 4921 1211

The Maitland Hospital (55kms)

51 Metford Rd.

Metford 2323

Phone: 4939 2000.

Private

East Maitland Private (60km)

175 Chisholm Rd.

East Maitland 2323

Phone: 4933 8400.

Lingard Private Hospital (65kms)

23 Merewether St.

Merewether 2291

Phone: 49696799

Newcastle Private Hospital (62kms)

14 Lookout Rd.

New Lambton Heights 2305

Phone: 4941 8400.

Physiotherapists



Steer Physiotherapy

29 Eastslope Way,

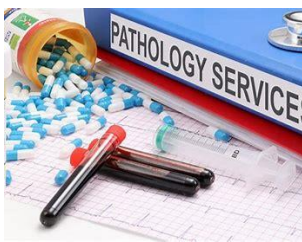
North Arm Cove 2342

Phone: 0437 334 290

Website: Steerphysiotherapy.com.au

Email: info@steerphysiotherapy.com.au

11. Pathology services



Hawks Nest Medical Centre, 45-47 Yamba Street Hawks Nest, NSW, 2324

Phone: [0400 617 365](tel:0400617365)

Notice:

<https://survey.medallia.com.au>

Operating hours:

- **Mon:** Closed
- **Tue:** 08:30–12:30
- **Wed:** Closed
- **Thu:** 08:30–12:30
- **Fri:** Closed
- **Sat:** Closed
- **Sun:** Closed

Myall Quays Boulevard Tea Gardens, NSW, 2324

Phone: [0482 833 885](tel:0482833885)

Operating hours:

- **Mon:** 08:30–13:00, 13:30–16:30
- **Tue:** 08:30–12:00, 13:30–16:30
- **Wed:** 08:30–13:00, 13:30–16:30
- **Thu:** 08:30–13:00, 13:30–16:30
- **Fri:** 08:30–13:00, 13:30–16:30
- **Sat:** Closed Sun: Closed

Pathology Suite 406 Tarean Road Karuah, NSW, 2324

Phone: [02 4997 5228](tel:0249975228)

Fax: 02 4997 5228

Operating hours:

- **Mon:** 08:30–11:30
- **Tue:** Closed
- **Wed:** 08:30–11:30
- **Thu:** Closed
- **Fri:** 08:30–11:30
- **Sat:** Closed
- **Sun:** Closed

Medowie Family Clinic, Shop 13, 37c Ferodale Medowie, NSW, 2318

Phone: [0476 688 486](tel:0476688486)

Operating hours:

- **Mon:** 07:30–14:00
- **Tue:** 07:30–14:00
- **Wed:** 07:30–14:00
- **Thu:** 07:30–14:00
- **Fri:** 07:30–14:00
- **Sat:** Closed
- **Sun:** Closed

12. Free clinic bus

For those in need of transport for medical appointments the area has a Free Clinic Bus that services Tea Gardens, Hawks Nest, North Arm Cove, and Karuah. The service is run by volunteers and provides a door-to-door service for medical, optical, and dental appointments.



The bus operates daily taking people to appointments in Raymond Terrace, Newcastle, and Maitland.

If you need transport to medical appointments call 0403 657 195 between 9am and 12 noon to make a booking.

13. Veterinary Services

Tea Gardens Veterinary Hospital
2/197 Myall Street Tea Gardens 2324
(02) 4997 1877
www.teagardensvet.com.au

The Nest Mobile Vets

0402 220 928
www.thenestmobilevets.com.au

Raymond Terrace Veterinary Clinic

Daytime Phone: 02 4987 1111
After Hours Phone: 02 4987 1111
(emergencies only)

Email: admin@terracevets.com.au

<https://www.raymondterraceveterinaryclinic.com.au/contact-us.aspx>



63 Port Stephens Street,
Raymond Terrace, NSW 2324

My Vets Irrawang

3/17 Port Stephens St Raymond Terrace, NSW, 2324
(02) 4987 1898
www.myvets.vet

Noah's Ark Veterinary Services

37 Ferodale Rd, Medowie NSW
4982 9899

14. Council Services



[Home - MidCoast Council \(nsw.gov.au\)](http://nsw.gov.au)

MidCoast Council website has all the information you may need relating to local council matters, services, and amenities. **We list below important day to day matters for quick reference.**

- **Garbage:** (Red Bin) is collected every Tuesday morning so leave out the night before to ensure you don't miss the clearance. Green and yellow bins are alternate weeks, so refer either to the Council website [Waste and recycling - MidCoast Council \(nsw.gov.au\)](http://nsw.gov.au) or to the NORTH ARM COVE website which indicates the appropriate bin colour on the front page: <https://northarmcove.nsw.au/>.
- **Waste Transfer Station:**
Located in Transfer Close Tea Garden Contact: Tel. (02) 4997 2287

Hours: Sunday 12:00 PM–4:00 PM; Monday 12:00 PM–4:00 PM; Tuesday 8:00 AM–12:00 PM
Wednesday 12:00 PM–4:00 PM; Thursday 8:00 AM–12:00 PM; Friday 8:00 AM–12:00 PM

Saturday Closed

Closed: Christmas Day and Good Friday
- **Library:** 135 Marine Parade Tea Gardens

Monday - 9:00 am to 5:00 pm; Tuesday – Closed; Wednesday - 9:00 am to 5:00 pm; Thursday - Closed

Friday - 9:00 am to 5:00 pm; Saturday - 9:30 am to 12:00 noon; Sunday – Closed
- **Local Council office:** Myall St Tea Gardens

Contact (02) 4997 0182 Council@midcoast.nsw.gov.au

Hours Sunday Closed; Monday 9:00 AM–4:00 PM; Tuesday 9:00 AM–4:00 PM;

Wednesday 9:00 AM–4:00 PM; Thursday 9:00 AM–4:00PM; Friday 9:00 AM–4:00 PM;

Saturday Closed
- **Animals and Pets:** Various forms relating to animals and Pets are found on the Council website.

[Animals & Pets - MidCoast Council \(nsw.gov.au\)](http://nsw.gov.au)
- **Fire Restrictions:** [Contact us - NSW Rural Fire Service](http://nsw.gov.au)

The RFS MidCoast Bushfire Danger Period is from 1 September until 31 March, or as advised by the NSW RFS. If you plan to burn during this period anywhere within the MidCoast Council area, you require a Fire Permit from the RFS. Click on this site [Bush Fire Danger Period and Fire Permits - NSW Rural Fire Service](http://nsw.gov.au) and open hyperlink or call 1300 643 262.

If you wish to know the location of any bush fires in this region, click on this site.

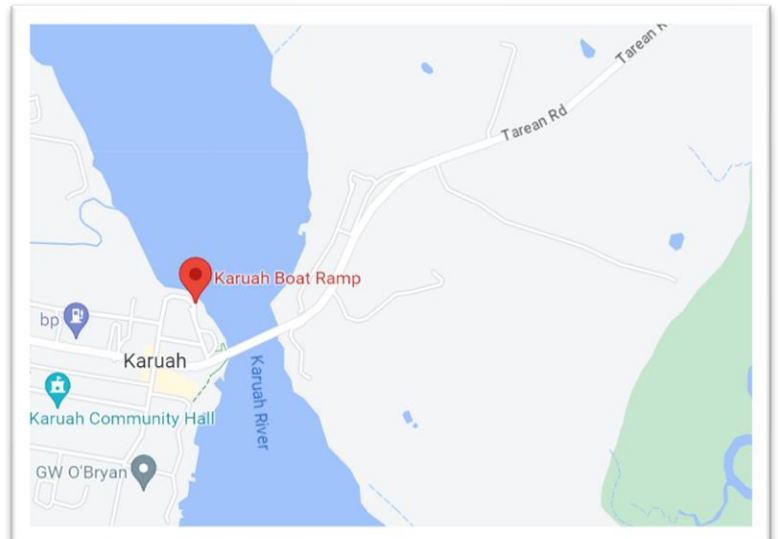
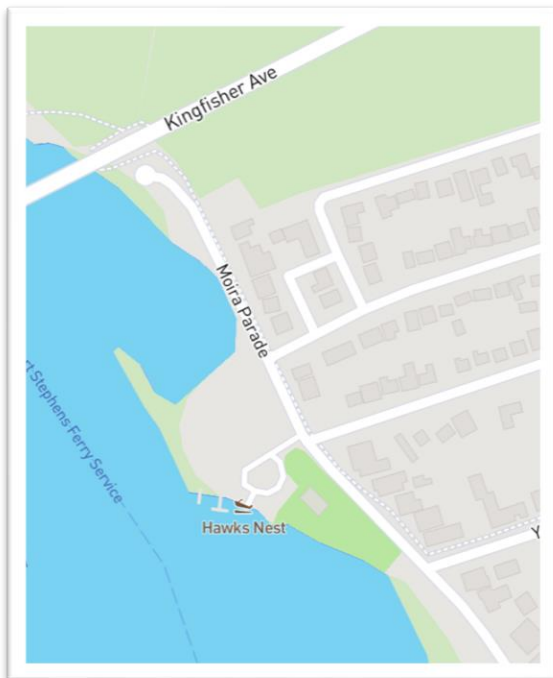
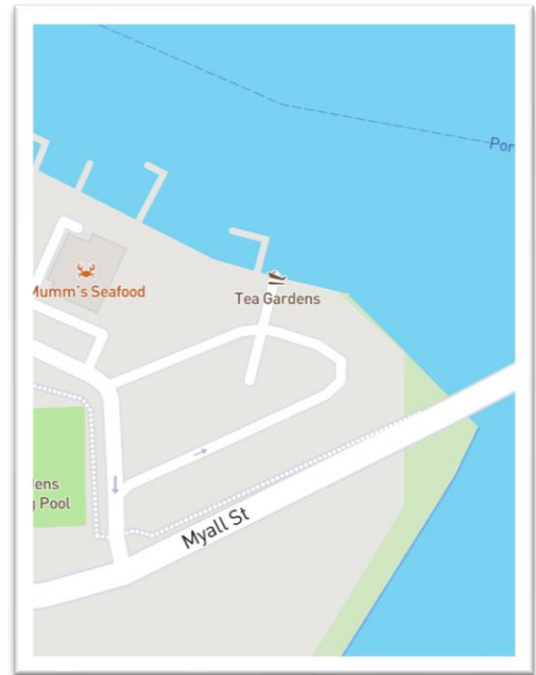
[Fires Near Me \(nsw.gov.au\)](http://nsw.gov.au) and open hyperlink

15. Boating and swimming locations

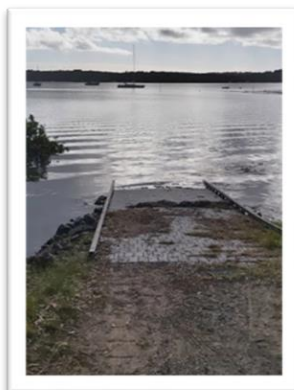
Even though it is surrounded by water on three sides, the North Arm Cove village is not well endowed with useable public swimming and boating locations. Boating and swimming locations can have hazardous areas including rocks, oysters, oyster leases, thick mud, and boating and oyster lease debris. It is strongly recommended that boaters and swimmers check where they are planning to launch a boat or swim beforehand at low tide, so they can be aware of these hazards. Many of these hazards cannot easily be seen at high tide. Boaters need to be careful when boating in North Arm Cove due to oyster leases, rocks, and shallow waters.

Boating locations

There are no public boat ramps in North Arm Cove. The nearest public boat ramps are at Karuah and Tea Gardens and Hawks Nest.



Ramps for launching small dinghies by hand are located at Casuarina Park and Water Street. The Casuarina Park dinghy ramp has a steep drop off at the end, so users need to be careful when using it. Both Casuarina Park and Water Street contain dinghy and kayak storage racks. Residents have launched small boats from the reserves between 108 and 110 Cove Boulevard, Medina Bay, the Esplanade (east section), and Heros Beach. All of these sites have hazards and users should do a thorough risk review before using them.



15. Boating and swimming locations (continued)

Kayaks can be launched at the locations discussed above. There are some wonderful locations to explore by kayak in the North Arm Cove area, including the Cove itself, Bulga Creek, Bundabah Creek, Fame Cove, and along the foreshore from Heros Beach towards Carrington.

Swimming locations

There are no netted swimming locations or designated public swimming beaches in North Arm Cove.

The best swimming location in North Arm Cove is Heros Beach. It is a good swimming location at high tide, but at low tide swimmers need to walk out a long way to reach the water. There are a lot of hazardous rocks on the left side of Heros Beach as you face the water, but the right side is predominantly sand with the occasional small rock and weed in the deeper water. There are also hazardous rocks on the right-side extremity. Heros Beach is not good for swimming in strong southerly to westerly winds as there can be large waves. Residents have been known to swim from Casuarina Park, Water Street, Medina Bay and The Esplanade (eastern section), but none of these locations are good swimming locations and they contain many hazards such as those listed above.



The nearest public swimming locations are at Hawks Nest and Karuah. There is a public swimming pool at Tea Gardens.

People are advised not to enter the water after heavy rain due to agricultural and sewage runoff from the adjacent land.

Sharks

There have been no shark attacks in North Arm Cove, but there have been shark attacks in the main part of Port Stephens. Bull sharks have been seen and caught in North Arm Cove. Swimmers and boaters must be aware of the possibility of shark attacks.

16. Parks, Reserves, and Public Toilets

Community Centre precinct

The community centre precinct on The Ridgeway features off street parking, the community centre, outside BBQ and pizza oven with picnic tables, Cove Coffee Shop, community garden, children's playground, tennis court and the Yallarwah Park fitness track. The only public toilet in North Arm Cove is located next to the Community Centre.



Yallarwah Park fitness track

This fitness track is in Yallarwah Park on The Ridgeway, opposite the Community Centre. It contains a 260-metre-long concrete walking track, two exercise stations, seats and a picnic table and pergola. The northern exercise station contains an aerobic cycle and equipment for stretching and twisting. The southern exercise station contains equipment for leg presses, pull downs and arm presses. The walking track is ideal for young children to learn to ride bikes and scooters.



Casuarina Park

Located on Eastslope Way, Casuarina Park contains picnic tables, a dinghy launching ramp and dinghy and kayak storage racks.



Heros Beach

Located on Promontory Way, Heros Beach contains off-street parking, a picnic table, a large grassed and shaded area and a swimming beach.

Medina Bay

Located off Cove Boulevard, Medina Bay is undeveloped with poor vehicular access and no picnic facilities. Pedestrian access is difficult due to the rough terrain and long grass.

17. Sporting/recreation clubs



Sport / Recreational Clubs:			
Hawks Nest Golf Club	1 Sanderling Avenue Hawks Nest	4997 0145	
Karuah & District Golf Club	154 Tarean Road, Karuah	4997 5693	
Tea Gardens Country Club	2A Yalinbah Street Tea Gardens	4997 0250	
Tea Gardens Soccer Club	Hough Street, Tea Gardens	0412 753 679	
Karuah Rugby League Football Club	370 Tarean Road, Karuah	0402 283 316	
Karuah Motor Yacht Club	Off Pacific Highway Karuah Waterfront	0415 419 741	Karuah Motor Yacht Club
Myall Park Croquet Club	Yamba St Hawks Nest	4913 2866	
Karuah and District RSL Club	436 Tarean Rd, Karuah	4997 5297	

18. Schools

Primary Schools

Tea Gardens Public School

25 Witt Street Tea Gardens NSW 2324

Telephone 02 4997 0286

Email: teagardens-p.school@det.nsw.edu.au

Karuah Public School

18 Bundabah Street Karuah NSW 2324

Admin: 8.30am - 3.15pm

Telephone 02 4997 5341

Email: karuah-p.school@det.nsw.edu.au

Buladelah Central School

8 Meade Street Bulahdelah NSW 2423

Telephone 02 4997 4329

Email: bulahdelah-c.school@det.nsw.edu.au

Irrawang Public School

21 Geer Street Raymond Terrace NSW 2324

Telephone 02 4987 2403

Email: irrawang-p.school@det.nsw.edu.au

Raymond Terrace Public School

Swan Street Raymond Terrace NSW 2324

telephone 02 4987 2083

Email: raymondter-p.school@det.nsw.edu.au

Medowie Christian School

68 Waropara Rd Medowie 2318

Telephone 40523300

Email: medowie@acc.edu.au

High Schools



St Brigid's Catholic School

52 Irrawang St Raymond Terrace 2324

Telephone | (02) 4987 2625

Email: admin@raymondterrace.catholic.edu.au

St Joseph's Catholic School

26C Buladelah Way Bulahdelah 2423

Telephone: 49970286

Email: admin@bulahdelah.catholic.edu.au



Bulahdelah Central School

8 Meade Street

Bulahdelah NSW 2423

Telephone 02 4997 4329

Email: bulahdelah-c.school@det.nsw.edu.au

Hunter River High School

36 Elkin Avenue
Heatherbrae NSW 2324
Telephone: 02 4987 2306
Email: hunterriv-h.school@det.nsw.edu.au

Hunter Valley Grammar School

42 Norfolk Street Ashtonfield NSW 2323
Telephone: 02 4934 2444

Catherine McAuley Catholic College

507 Medowie Road, Medowie NSW 2318
Telephone: (02) 4068 1000
Email: admin@medowiecmcc.catholic.edu.au

Irrawang High School

80 Mount Hall Road,
Raymond Terrace NSW 2324
Telephone: 02 4987 4687
Email: irrawang-h.school@det.nsw.edu.au

Medowie Christian School

6B Waropara Rd, Medowie NSW 2318
Telephone: (02) 4052 3300
Email: medowie@acc.edu.au

Pre-schools

Tea Gardens Hawks Nest Preschool

Yamba Street, Hawks Nest New South Wales 2324
Telephone: (02) 4997 0037

Medowie Gumnut Preschool

2 Creighton Drive, Medowie New South Wales 2318
Phone: (02) 4982 8467
Website: medowiegumnuts.com.au

Brighter Beginnings Early Learning Centre

44 Coupland Avenue, Tea Gardens New South Wales 2324
Telephone: (02) 4997 0282

Buladelah Preschool Inc.

76 Crawford Street, Bulahdelah New South Wales 2423
Phone: (02) 4997 4645
Email: bulahdelahpreschool@bigpond.com

Karuah Preschool

2 Engel Avenue, Karuah New South Wales 2324
Phone: (02) 4997 5670



19. Churches

Tea Gardens Baptist Church

Baptist church

Tea Gardens NSW
0414 662 268

St Stephen's Church

Catholic church
Tea Gardens NSW
(02) 4997 1822





St Andrew's Anglican Church

Anglican church
28 Witt St.
Tea Gardens NSW

St Columba's Karuah

Anglican Church
414a Tarean Road Karuah NSW

20. Local newspapers

Local Newspapers:		
Port Stephens Examiner 	Level 2, 710 Hunter Street Newcastle West 2302	1300 131 095
NOTA (News of the Area) 	PO Box 1000, Raymond Terrace	4981 8882
Newcastle Weekly NEWCASTLE WEEKLY	Level 1/116 Hunter Street Newcastle NSW 2300	4003 4448

Copies of the *News of the Area* can be picked up from the Community Centre from late Wednesday afternoon.

21. Power Failures

Essential Energy (phone) 13 20 80 is the go-to for any power problems within NAC.

www.essentialenergy.com.au/outages-and-faults/power-outages



22. Buses



Route No 152 *Hawks Nest to Newcastle*/Newcastle to Hawks Nest

STOPS

Hawks Nest Coach Stop, Booner St
Hawks Nest (Stop ID 2324153)

Tea Gardens Coach Stop, Myall St
Tea Gardens (Stop ID 2324157)

Tarean Rd after Bundabah St
Karuah (Stop ID 2324189)

Raymond Terrace Coach Stop, Adelaide St
Raymond Terrace (Stop ID 232499)

Newcastle Interchange, Stand C
Wickham (Stop ID 230246)

TIMETABLE Valid from: 01 Jan 2022 Creation date:
01 Oct 2023

NOTE: Information is correct on date of download.

Monday to Friday

Newcastle Interchange 15:35 15:35

Raymond Terrace Coach Stop, Raymond Terrace 16:09
16:10

Karuah Coach Stop, Karuah 16:33 16:34

Tea Gardens Coach Stop, Tea Gardens 16:57 17:02

Hawks Nest Coach Stop, Hawks Nest 17:04 17:11

Saturday Sunday & Public Holidays no services

Hawks Nest Coach Stop, Hawks Nest 06:48 06:57

Tea Gardens Coach Stop, Tea Gardens 06:53 07:04

Tarean Rd after Bundabah St, Karuah 07:24 07:28

Raymond Terrace Coach Stop, 07:49 07:53

Newcastle Interchange 08:29 08:29

Saturday Sunday & Public Holidays no services

Route No 151 Taree to Newcastle via Forster & The Rock

<https://transportnsw.info/routes/details/busways-great-lakes/151/06151>

Route No 150 Taree to Newcastle via Forster, Hawks Nest & Tea Gardens

<https://transportnsw.info/routes/details/busways-great-lakes/150/06150>

23. Water carriers

- Vellas Contracting Pty Ltd. Servicing North Arm Cove.
0408 479 764



- Lanes Water Cartage. Servicing North Arm Cove.
0400 294 436



- Barker Water Haulage. Servicing North Arm Cove.
0419 609 455

- H₂O Water Cartage
537 Tarean Rd, Karuah
4997 0105, 0427 799 843

24. Sewage services


COUNCIL APPROVED LIQUID WASTE TRANSPORTERS



	Area	Pump-out	Desludge	Greasetrap	Telephone
All Septic Services	Sth of Bulahdelah & Sth of Gloucester	✓	✓	✓	4930 5321 0419 488 172 allsepticsservices@hotmail.com
J R Richards & Sons	Nth of Bulahdelah & Stroud Area	✓	✓	✓	6555 7007
	Sth of Bulahdelah, North Arm Cove, Bundabah, Pindimar, Tea Gardens, Hawks Nest	✓	✓	✓	0418 714 820
Mid Coast Liquid Waste	All areas	✓	✓		6553 6388 stephen.coble@bigpond.com

Enviroking Pty Ltd
843 John Renshaw Dr,
Black Hill 2322
49303000

25. Mail

Post Office 	Karuah Hawks Nest Tea Gardens	404 Tarean Road, Karuah Shop 7 34 Yamba St Hawks Nest 10 Myall Quays Blvde Tea Gardens	4997 5204 4997 0789 4997 0240
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26. Supermarkets, Butchers, Takeaways and Restaurants

Supermarkets



Coles Tea Gardens (21km)

Myall Quays shopping centre.
Myall Rd, Tea Gardens NSW 2324

Phone 4997 2603

Opening Hours

- Monday to Saturday 7am-9pm
- Sunday 8am -8pm



Woolworths Medowie (35km)

39-47 Ferodale Rd, Medowie

Phone 4919 5019

Opening hours

- 7am-10am 7days



Woolworths Raymond Terrace (28km)

33 Port Stephens St, Raymond Terrace

Phone 4983 7007

- Monday to Saturday 7am-9pm
- Sunday 7am -8pm



Woolworths Raymond Terrace (29km)

39/41 Glenelg St. Raymond Terrace

Phone 4983 7004

- Monday to Saturday 7am-9pm
- Sunday 7am -8pm



IGA Karuah

7km.425-427 Tarean Rd, Karuah

Phone (02) 4987 0005

- 7am-7pm 7days



IGA Xpress Hawks Nest (25km)

1/46 Tulca Ave, Hawks Nest

Phone (02) 4997 9180

- 7am-7pm 7days

Butchers

Karuah Quality Meats

7km 421A Tarean Rd, Karuah

Phone 4997 5708

Jeffs Quality Meats

19km Myall Quays Shopping Centre

1 Myall St, Tea Gardens

Phone 4997 0766

Barry Bros, Butchery

640km 7 Stroud St, Bulahdelah

Phone 4997 4544

Terrace Meats

41km 3/34 Sturgen St, Raymond Terrace

Phone 4987 4259

Medowie Meats

35km 8/5 Peppertree Rd, Medowie

Phone 4981 7888

Stroud Butchery

41km 56A Cowper St, Stroud

Phone 4994 5150

Takeaways

Karuah Seafood & Thai
431 Tarean Rd, Karuah
Phone 4997 5558

Karuah Pizzeria
2/410 Tarean Rd, Karuah
Phone 0447 627 617

Munchies Take Away
433 Tarean Rd, Karuah
Phone 4997 5959

Auroras Chinese Takeaway
205 Myall St, Tea Gardens
Phone 4997 2398

Hook N Cook
71 Marine Dr, Tea Gardens
Phone 4997 0110

Hawkes Nest Takeaway
34 Yamba St, Hawkes Nest
Phone 4997 0805

Restaurants

The Bridgeview Restaurant
436 Tarean Rd, Karuah
Phone 4997 5960



(RSL)

Benchmark On Booner
Crn Booner & Bennett St,
Hawks Nest
Phone 4997 2980



Tea Gardens Boatshed
110 Marine Dr, Tea Gardens
Phone 4997 0307



Moongarden Restaurant
3/41 Booner St, Hawks Nest
Phone 4997 9156



Tillermans
77 Marine Dr, Tea Gardens
Phone 4997 0138



Thai House
162 Myall St, Tea Gardens
Phone 4997 2394



Mumm's On the Myall
46 Marine Dr, Tea Gardens
Phone 4997 1162



Tea Gardens Hotel
Maxwell St & Marine DR, Tea Gardens
Phone 4997 0203



The Garden Eatery
2A Yalinbah Street Tea Gardens
Phone 4997 0250



ATMs



starATM
ATM
46 Tuloa Ave Hawks Nest
atmx Hawks Nest
ATM
34 Yamba St · Hawks Nest

Also ATMs are at
RSL at Karuah
IGA at Karuah
The Rock Goorengi Rd Viney Creek
Bowling Club at Tea Gardens Country Club

Regional Australia Bank
Bank
Shop 15, Myall Quays Shopping Tea Gardens
ATM Karuah
427 Tarean Rd, Karuah

27. Fuel supplies

United Petroleum Viney Creek

Petrol Station

Karuah NSW · (02) 8089 1925

Open · Closes 10 pm



BP

Petrol Station

Karuah NSW · (02) 4997 5306

Open 24 hours



Caltex Tea Gardens



Petrol Station

Tea Gardens NSW · (02) 4045 4002

Open · Closes 8 pm

Woolies PETROL Raymond Terrace

Petrol Station

Raymond Terrace NSW



Ampol Foodary Raymond Terrace North

Petrol Station

Raymond Terrace NSW · (02) 4987 6407

Open 24 hours



Shell

Petrol Station

Medowie NSW · (02) 4982 9582

Open · Closes 6:30 pm



Chargefox (electric vehicles)

6 Muir St, Medowie NSW

Phone: 1300 518 038

2318



403 Tarean Rd, Karuah

Phone 1300 518 038

Metro Petroleum Medowie Petrol Station

26 Ferodale Rd · (02) 4982 9582

Open · Closes 5:30 pm



7-Eleven Petrol Station

787 Medowie Rd · 0419 299 437

Open 24 hours



28. Local tradespeople



Local Trades:		
Century 21 Coastal Properties	Marine Drive Tea Gardens	0432 705 766
General Maintenance Repairs		0423 001 544
Twin Rivers Plumbing	The Esplanade North Arm Cove	0475 258 199
David Read Landscaping	Cove Boulevarde North Arm Cove	0415 966 244 4997 3311
JK Lawns and Landscaping	The Esplanade North Arm Cove	0417 417 077
Big Paw Dog Wash	Tea Gardens	0497 467 958
Pixel Pest Control	73 Holdom Road Karuah NSW 2324	0492 856 369
Port Stephens Mini Diggers		0457 154 817
Barneys Tank Cleaning	190 Deaves Road Mandalong NSW 2264	1300 662 647
Port Stephens Moorings		0421 739 035